

Sales Good June 14–20



— Enjoy Extra Savings on a Feast Fit for Kings & Dads Alike —

Member Appreciation Days

Friday & Saturday (6/15–6/16)

Members, **SAVE 10%*** on everything throughout the store!

*Alcohol and Service Center excluded. Save 10% applies when members shop on the 15th-16th each month.

MEAT

- Pineland Farms Natural Meats
Sirloin Steak..... **7.49/lb** *save 1.50*
- McKenzie Country Classics
Natural-Casing
Hot Dogs..... **4.99/lb** *save 1.00*
- Johnsonville Original Bratwurst
19 oz..... **4.89** *save 2.00*

SEAFOOD

FishWise Green Choice

- Char Fillet
Farm-Raised..... **12.99/lb** *save 2.00*
- Swordfish
Wild-Caught..... **12.99/lb** *save 3.00*

GROCERY

- Stonewall Kitchen
Curried Mango Grille Sauce
11 fl oz..... **4.99** *save 1.00*

FROZEN

- Klondike Ice Cream Bars
Select varieties,
24-27 fl oz..... **2.99** *save 2.00*

MEAT

- Co-op Natural Meats
Fresh Ground Beef..... **5.99/lb** *save 50¢*
- McKenzie Country Classics
Sliced Bacon, 16 oz..... **5.99** *save 2.00*
- McKenzie Natural Artisan Deli
Uncured Beef Franks
10 oz..... **4.29** *save 70¢*
- Chicken Legs..... **9.9¢/lb** *save 80¢*
- St. Louis-Style
Pork Spareribs..... **2.99/lb** *save 50¢*

SEAFOOD

- Ducktrap River Of Maine
Kendall Brook Smoked Salmon
4 oz..... **7.99** *save 2.00*

HEALTH AND BODY CARE

- Andalou Naturals Hand Cream
All varieties, 3.4 fl oz..... **3.99** *save 4.00*
- Badger Anti-Bug Shake & Spray
2.7 fl oz..... **5.99** *save 3.00*
- Solaray B-Complex 50
50 count..... **6.49** *save 2.50*

BULK

- Organic
Yellow Popcorn..... **1.39/lb** *save 60¢*
- Quaker Hill Maple Cherry Almond
Granola..... **6.49/lb** *save 1.00*
- Vermont Coffee Company**
Middlebury, Vermont
- Viva Café
Dominicano Dos..... **9.99/lb** *save 1.00*

Our Latest Big Deals

Available through July 4



Members:
49% OFF

Cascadian Farm
Organic Protein
Bars
Select varieties, 8.85 oz

Co-op Members
2.79 *save 2.70*

Non-Members
3.39 *save 2.10*



Members:
42% OFF

Cascadian Farm
Organic Granola
Bars
All varieties, 6.2-7.4 oz

Co-op Members
2.79 *save 2.00*

Non-Members
3.39 *save 1.40*



Members:
42% OFF

Cascadian Farm
Organic Fruit
All varieties, 8-10 oz

Co-op Members
2/5 *save 1.79 ea*

Non-Members
2.99 *save 1.30*



Members:
39% OFF

Angie's
BOOMCHICKAPOP
Popcorn
Select varieties, 4.5-7 oz

Co-op Members
2/4 *save 1.29 ea*

Non-Members
2.49 *save 80¢*



Members:
38% OFF

Alden's Organic
Ice Cream
All varieties, 48 fl oz

Co-op Members
4.99 *save 3.00*

Non-Members
5.99 *save 2.00*

GROCERY

Field Day Light Skipjack Tuna
No Salt, Salted, 5 oz **2/3** save 49¢ ea

Westbrae Organic Beans
All varieties, 15 oz **2/3** save 79¢ ea

Pringles Potato Chips Snack Stacks
Select varieties, 5.2 oz **2/3** save 69¢ ea

Pirates Booty Puffed Snacks
Select varieties, 4-6 oz.... **2/4** save 99¢ ea

Garden Of Eatin' Tortilla Chips
Select varieties,
7.5-8.1 oz **2/4** save 1.49 ea

Smucker's Red Raspberry Preserves
12 oz **2/4** save 1.19 ea

Red Oval Farms Stoned Wheat Thins
All varieties, 8.8-10.6 oz **2/6** save 99¢ ea

Lake Champlain Chocolates
Organic Filled Chocolate Bar
All varieties, 3.25 oz **2/6** save 99¢ ea

General Mills Honey Nut Cheerios
17 oz **3/99** save 1.00

Back Roads Organic Granola
Select varieties, 10-12 oz **5/99** save 2.00

Kellogg's Nutri-Grain
Soft Baked Breakfast Bars
All varieties, 10.4 oz **2/79** save 1.00

Once Again American
Classic Organic Peanut Butter
Chunky, Smooth, 16 oz... **5/99** save 2.00

Muir Glen Organic Salsa
All varieties, 16 oz **2/99** save 1.30

Seeds Of Change Rices & Pilafs
All varieties, 8.5 oz **2/69** save 1.20

Spectrum Naturals Organic
Olive Oil, 25.4 fl oz **8/99** save 4.50

Rice DREAM Enriched Rice Beverage
Original, Vanilla, 64 fl oz **3/99** save 1.00

Choice Organic Teas
Select varieties, 16 count **3/49** save 80¢

Newman's Own Fig Newmans
Select varieties, 10 oz **3/39** save 1.40

Seventh Generation Free & Clear
Natural Laundry Detergent
100 fl oz **1/199** save 3.50

Ecover Automatic Dishwasher
Tablets, 25 count **4/39** save 2.60

CHEESE SHOP

Cornichons in Vinegar
India **3/99lb** save 2.80

Vermont Shepherd
Putney, Vermont

Sheep's Milk Cheese **25/99lb** save 4.00

PRODUCE

Organic Seedless Grapes
Green, Red **3/49lb** save 1.00

Organic Grape Tomatoes
Pint **2/99** save 2.00

Whole Seedless
Watermelon **5/99** save 1.00

Blueberries, pint **3/99** save 2.00

Cherries **5/99lb** save 5.00

Nectarines **1/99lb** save 1.30

Yellow Peaches **1/99lb** save 1.00

Limes **2/1** save 19¢ ea

Mangoes **2/3** save 99¢ ea

Corn **6/350** save 30¢ ea

Cauliflower **2/99** save 1.00

Mini Seedless
Cucumbers **1/99** save 1.50

Red Onions **99¢lb** save 50¢

Portabella
Mushrooms **3/99lb** save 2.00

Cluster Tomatoes **1/49lb** save 1.50

Tofurky Lightly Seasoned
Slow-Roasted Chick'n
8 oz **3/29** save 1.50

Real Pickles Organic Dill Pickles
26 fl oz **6/99** save 1.00

DAIRY

Tropicana Juice
All varieties, 59 fl oz **3/49** save 1.80

Organic Valley Stringles
6 oz **3/99** save 1.00

Pillsbury Grands!
Homestyle Buttermilk Biscuits
16.3 oz **1/69** save 50¢

FAGE Total 2% Plain Yogurt
35.3 oz **6/29** save 1.20

Ripple Dairy-Free Milk
All varieties, 48 fl oz **3/99** save 1.00

PREPARED FOODS

Co-op Kitchen Multi Color
Bean Salad **7/99lb** save 1.00

Co-op Kitchen Take & Bake
Pepperoni Pizza
24 oz **7/99** save 2.00

Rp's Pasta Company Gluten-Free
Organic Black Bean Penne Pasta
9 oz **3/99** save 1.50

FLORAL

4" Perennial
Hens & Chicks **5/79** save 2.20

BEVERAGE

Santa Cruz Sparkling Lemonade
12 fl oz **2/3** save 49¢ ea

Kevita Master Brew Kombucha
All varieties, 15.2 fl oz.... **2/5** save 49¢ ea

Poland Spring Water
Half Liter Bottles
24-pack **3/99** save 2.00

Gatorade
All varieties, 64 fl oz **1/89** save 70¢

NEW HAMPSHIRE STORES ONLY

Harpoon Brewery Beer and Ales
All varieties, 6-pack,
72 fl oz **8/49** save 1.50

Mionetto Prosecco Brut
Italy, 750 ml..... **16/99** save 1.00

VERMONT STORE ONLY

Long Trail Brewing Co.
Beer and Ales, All varieties,
12-pack, 144 fl oz **16/99** save 1.00

Dark Horse Wine, All varieties,
California, 750 ml..... **9/99** save 2.00

FROZEN

Birds Eye Steamfresh Vegetables
Select varieties, 10.8 oz **2/3** save 49¢ ea

Nature's Path Organic Waffles
All varieties, 7.4-7.5 oz ... **2/29** save 1.20

Tandoor Chef Chicken Curry
w/ Basmati Rice, 9 oz **3/99** save 1.00

So Delicious Organic Dairy-Free
Coconutmilk Dessert
Select varieties, 16 fl oz **3/99** save 2.00

DELI

Dietz & Watson Top Round
London Broil
Roast Beef **10/99lb** save 2.00

Plainville Farms Oven-Roasted
Chicken Breast **8/99lb** save 2.00

McKenzie Natural Artisan Deli
Vermont Raw Milk Maple-Smoked
Cheddar **9/99lb** save 2.00

Plainville Farms
Black Forest Uncured Ham
7 oz **5/99** save 50¢

BAKERY

Hail Merry Miracle Tart
Select varieties, 3 oz **2/99** save 1.00

Dave's Killer Bread Organic
21 Whole Grains Thin-Sliced Bread
20.5 oz **3/99** save 1.00