

Sales Good through 3/20



Save on Your St. Patrick's Day Meal



Produce

- Organic Green Cabbage ... **1.49/lb** *save 50¢*
- Organic Baby Carrots 16 oz **1.79** *save 1.00*
- Organic Red Potatoes **99¢/lb** *save 70¢*
- Carrots, 1 lb bag.... **69¢** *save 40¢*
- Green Cabbage ... **79¢/lb** *save 30¢*
- Yellow Onions **59¢/lb** *save 40¢*
- Creamer Potatoes Red, Yukon Gold **1.29/lb** *save 90¢*

Cheese Shop

- Kerrygold Dubliner Cheese 7 oz **4.99** *save 2.00*

Beverage

N.H. STORES ONLY

- Guinness Extra Stout, 6-pack, 72 fl oz **7.89** *save 1.00*

VT. STORE ONLY

- Guinness Draught, 4-pack cans, 51.6 fl oz **6.99** *save 1.00*

Friday & Saturday

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.

Our Latest Big Deals

Available through April 3



Drew's Organic Salsa
All varieties, 12 oz

- Co-op Members** **2.29** *save 2.10*
- Non-Members** **2.99** *save 1.40*



Spectrum Naturals Organic Olive Oil
25.4 fl oz

- Co-op Members** **7.99** *save 5.50*
- Non-Members** **9.99** *save 3.50*



Rising Moon Organic Pasta
All varieties, 8 oz

- Co-op Members** **2/6** *save 1.99 ea*
- Non-Members** **3.99** *save 1.00*



Mi-Del Snap Cookies
Select varieties, 8-10 oz

- Co-op Members** **2.39** *save 1.60*
- Non-Members** **2.99** *save 1.00*



Natural Sea Albacore Tuna
No Salt, Salted, 5 oz

- Co-op Members** **2/4** *save 1.29 ea*
- Non-Members** **2.49** *save 80¢*



Organic Valley Large Brown Eggs
12 count

- Co-op Members** **3.99** *save 1.90*
- Non-Members** **4.99** *save 90¢*

GROCERY

Betty Crocker Fudge Brownie Mix 18.3 oz.....	2/3	save 39¢ ea
Food Should Taste Good Tortilla Chips Select varieties, 5.5 oz....	2/4	save 1.49 ea
Annie's Organic Macaroni & Cheese All varieties, 6 oz.....	2/4	save 1.49 ea
Lay's Potato Chips All varieties, 7.75-8 oz....	2/5	save 79¢ ea
Epic Pork Rinds Select varieties, 2.5 oz....	2/5	save 1.49 ea
Justin's Organic Almond Butter Squeeze Pack Select varieties, 1.15 oz...	5/5	save 29¢ ea
Blue Diamond Almonds Select varieties, 6 oz.....	2/6	save 49¢ ea
Kashi Organic Cereal All varieties, 16.3 oz.....	2/6	save 1.99 ea
Natural Sea Premium Unsalted Pink Salmon 7.5 oz.....	2/6	save 1.29 ea
Back Roads Organic Granola Select varieties, 10-12 oz.....	5/9	save 2.00
General Mills Chex Cereal Select varieties, 12-14 oz	2/9	save 1.00
Eden Organic Beans Select varieties, 15 oz.....	1/69	save 90¢
Barilla Pasta Select varieties, 16 oz.....	1/29	save 40¢
R.W. Knudsen Organic Just Tart Cherry Juice 32 fl oz.....	5/99	save 1.50
Rice DREAM Enriched Rice Beverage Select varieties, 64 fl oz	3/99	save 1.00
Pamela's Gluten-Free Lemon Shortbread Cookies 6.25 oz.....	2/99	save 1.50
Mrs. Meyer's Dish Soap All varieties, 16 fl oz.....	3/49	save 1.30
Cottonelle Ultra ComfortCare Bath Tissue, 6 rolls.....	5/29	save 70¢

DELI

Cabot Creamery Cooperative Cheddar Cheese.....	6/49lb	save 1.50
 Vermont Salumi —Plainfield, Vt. Prosciutto Cotto Ham	9/49lb	save 1.50

HEALTH AND BODY CARE

Kirk's Castile Bar Soap 12 oz.....	2/99	save 1.00
Solaray 1000 mg Vitamin C 100 count.....	10/49	save 4.50
A La Maison Bath and Shower Gel All varieties, 16.9 fl oz.....	6/99	save 2.00

BEVERAGE

Coca-Cola Soft Drinks, Select varieties, 6-pack, 45 fl oz.....	2/5	save 69¢ ea
Health-Ade Organic Kombucha Select varieties, 16 fl oz	2/6	save 79¢ ea
Polar Seltzer JR, All varieties, 6-pack, 48 fl oz.....	2/59	save 70¢

NEW HAMPSHIRE STORES ONLY

Bota Box Wine, All varieties, California, 500 ml.....	4/69	save 1.00
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VERMONT STORE ONLY

90+ Cellars Wine Select varieties, 750 ml...	10/99	save 1.00
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MEAT

Co-op Quality Fresh Ground Beef.....	4/29lb	save 70¢
Choice Grade Sirloin Beef Steak, Rump Roast.....	6/49lb	save 1.50
Smart Chicken Organic Chicken Sausage All varieties, 12 oz.....	4/99	save 2.00
Boneless Pork Roast	3/29lb	save 70¢
McKenzie Country Classics Italian Sausage Links Hot, Sweet.....	3/69lb	save 1.00

SEAFOOD

Seafood Stuffed Tilapia.....	9/49lb	save 1.50
Cajun-Seasoned Tilapia Farm-Raised.....	7/99lb	save 2.00
Handy Gluten-Free Crab Cakes Each.....	3/99	save 1.00

FishWise Green Choice

Tilapia Farm-Raised.....	7/49lb	save 1.50
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FishWise Yellow Choice

Fresh Shrimp, Wild-Caught 16-20 count.....	14/99lb	save 3.00
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BAKERY

Hail Merry Coconut Vanilla Crème Miracle Tart 3 oz.....	2/6	save 99¢ ea
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Canyon Bakehouse Gluten-Free Bread, Select varieties, 18 oz.....	4/49	save 1.50
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CHEESE SHOP

Cashel Farmhouse Cheesemakers Blue Cheese Ireland.....	19/99lb	save 4.00
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 Vermont Salumi Salami Assorted varieties, 4 oz...	5/99	save 2.00
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PRODUCE

Organic Asparagus....	5/99lb	save 2.00
Avocados.....	8/9¢	save 40¢
Lemons.....	2/1	save 39¢ ea
Cantaloupe.....	2/5	save 79¢ ea
Strawberries, 16 oz.....	3/99	save 2.00
Raspberries, 6 oz.....	3/99	save 1.50
Seedless Grapes Green, Red.....	2/59lb	save 90¢
Blood Oranges.....	1/99lb	save 1.00
Cara Cara Navel Oranges.....	1/99lb	save 1.00
Brussels Sprouts.....	2/99lb	save 1.00
English Cucumbers....	1/69	save 60¢
Spinach.....	3/29lb	save 1.70

FROZEN

Woodstock Farms Organic Green Peas, 10 oz.....	2/3	save 1.29 ea
Evol Burrito All varieties, 6 oz.....	2/4	save 99¢ ea
Wyman's of Maine Fresh Frozen Wild Blueberries 15 oz.....	2/99	save 1.00
Gardein Seven Grain Crispy Tenders, 9 oz....	3/99	save 1.00
Klondike Ice Cream Bars Select varieties, 27 fl oz	2/99	save 2.00

DAIRY

Stonyfield Organic Yogurt All varieties, 5.3 oz.....	5/5	save 29¢ ea
Blue Diamond Almond Breeze Almondmilk Select varieties, 64 fl oz	2/99	save 1.30
Organic Valley Stringles 6 oz.....	4/29	save 70¢

PREPARED FOOD

NEW! Co-op Kitchen Take & Bake Four Cheese Wheat Pizza 24 oz.....	8/99	save 1.00
Co-op Kitchen BBQ Pulled Pork.....	8/99lb	save 1.00

BULK

Whole Raw Almonds	5/99lb	save 1.00
Frontier Chili Powder	8/99lb	save 2.80

FLORAL

Alaffia Handwoven Basket Large.....	3/299	save 4.96
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 Talking Well Farm —Post Mills, Vt. Assorted Spring Bulbs 4" Plant.....	3/99	save 1.00
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