



Co-op Savings and Highlights

Visit coopfoodstore.coop/enews ... it's this flier, but fewer trees!

SALES GOOD MAY 17-23

Grilling Season Kickoff Event!

Enjoy hot off the grill samples and cold beverages to help inspire your own Memorial Day weekend parties.

Full vendor listing at coopfoodstore.coop/grilling

NEXT FRIDAY (5/25) • 3:30-5:30 pm • ALL LOCATIONS



BULK

- Organic Garbanzo Beans **1.99lb** save 50¢
- Tierra Farm Organic Roasted Salted Sunflower Seeds **3.49lb** save 1.00
- Vermont Coffee Company Organic Signature Series Select varieties, 16 oz **10.99** save 2.00

DELI

- Dietz & Watson Top Round London Broil Roast Beef **10.99lb** save 2.00
- Dietz & Watson Buffalo Style Chicken Breast **7.99lb** save 1.00

DELI

- McKenzie Natural Artisan Deli Vermont Raw Milk Cheddar **9.99lb** save 2.00
- Plainville Farms Hickory-Smoked Turkey Breast, 7 oz **4.79** save 1.20

PREPARED FOODS

- Co-op Kitchen Garden Salad **2.99** save 1.00
- Co-op Kitchen Classic Potato Salad **4.49lb** save 1.50
- Vegetaball's Farm**—Claremont, N.H. Pesto, Select varieties, 7 oz **5.99** save 1.00

DAIRY

- Florida's Natural Premium Juice All varieties, 59 fl oz **2/6** save 99¢ ea
- Sargento Shredded Cheese Select varieties, 8 oz **2/6** save 1.39 ea
- Brown Cow Cream Top Yogurt All varieties, 5.3 oz **79¢** save 30¢
- FAGE Total Greek Yogurt Cups All varieties, 5.3-7 oz **1.29** save 30¢
- Calafia Farms Unsweetened Almondmilk 48 fl oz **3.79** save 80¢

Our Latest Big Deals

Available through May 30



Members: **48% OFF**

Woodstock Farms Dark Chocolate Covered Almonds

Co-op Members 5.99lb save 5.50

Non-Members 7.99lb save 3.50



Members: **45% OFF**

Seventh Generation Bath Tissue 12 rolls

Co-op Members 5.99 save 5.00

Non-Members 6.99 save 4.00



Members: **45% OFF**

Spectrum Naturals Organic Mediterranean Extra Virgin Olive Oil 33.8 fl oz

Co-op Members 8.49 save 7.00

Non-Members 9.99 save 5.50



Members: **37% OFF**

So Delicious Dairy-Free Unsweetened Coconut Milk Yogurt Plain, Vanilla, 24 oz

Co-op Members 3.99 save 2.30

Non-Members 4.69 save 1.60



Members: **31% OFF**

Ancient Harvest Organic Quinoa Inca Red, Traditional, 14.4 oz

Co-op Members 4.79 save 2.20

Non-Members 5.99 save 1.60

GROCERY

Vlasic Kosher Dill Baby Pickles 16 fl oz	2/4	save 1.19 ea
Ocean Spray Cranberry Juice Blends All varieties, 64 fl oz	2/5	save 1.09 ea
Lay's Potato Chips , All varieties, 9.75-10.25 oz	2/5	save 1.79 ea
Nabisco Wheat Thins Originals & Flavors All varieties, 5.5-9.1 oz ...	2/5	save 1.29 ea
General Mills Honey Nut Cheerios Cereal 12.25 oz	2/5	save 1.49 ea
Chocolove Chocolate Bar Select varieties, 3.2 oz	2/5	save 79¢ ea
Muir Glen Organic Tomatoes 14.5 oz	4/5	save 94¢ ea
Garden Of Eatin' Tortilla Chips Select varieties, 16 oz	2/6	save 1.99 ea
Tate's Bake Shop Cookies All varieties, 7 oz	3/9	save 1.00
Kashi Organic Cereal All varieties, 16.3 oz	2/9	save 2.00
CLIF Builder's Protein Bar All varieties, 2.4 oz	1/29	save 70¢
Field Day Organic Chocolate Cream Cookies 12 oz	2/9	save 70¢
Field Day Stoneground Wheat Crackers , 8 oz	2/49	save 50¢
Good Health Veggie Chips 6.75 oz	2/9	save 1.50
GimMe Seaweed Snacks Select varieties, .35 oz	1/69	save 50¢
Natural Sea No Salt Albacore Tuna 5 oz	1/99	save 40¢
Once Again Organic Cashew Butter 16 oz	10/99	save 2.00
Explore Cuisine Organic Black Bean Spaghetti 8 oz	2/9	save 1.00
Annie Chun's Udon Soup Bowl 5.9 oz	2/9	save 1.00
Charmin Basic Double Roll Bath Tissue 12 roll	4/9	save 2.00
Kingsford Match Light Charcoal 11.6 lb	7/9	save 4.50

CHEESE SHOP

Fairy Tale Farm —Bridport Vt. Barbegazi	17/99lb	save 2.00
Cobb Hill Cheese —Hartland, Vt. Oh my Gouda	15/99lb	save 1.00

PRODUCE

Organic Mangoes	2/3	save 1.79 ea
Organic Limes	22/9lb	save 1.00
Organic Cantaloupe	3/29	save 1.70
Organic Blueberries Pint	4/99	save 80¢
Organic Broccoli Crowns	22/9lb	save 1.00
Organic Portabella Mushrooms	4/99lb	save 3.80
Red Seedless Grapes	27/9lb	save 70¢
Kiwi Fruit	3/9¢	save 30¢
Whole Seedless Watermelon	5/79	save 1.20
Strawberries , 16 oz	2/99	save 3.00
Corn	6/350	save 31¢ ea
Red Potatoes , 5 lb bag	3/49	save 1.00
Grape Tomatoes , pint	1/99	save 80¢
Baby Peeled Carrots 16 oz	1/09	save 40¢
Celery	1/69	save 80¢
Red Peppers	22/9lb	save 1.00
Vidalia Sweet Onions	7/9¢lb	save 1.00

SEAFOOD

Ducktrap River Of Maine Smoke-Roasted Wild Sockeye Salmon , 4 oz	7/99	save 2.50
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FishWise Green Choice

Swordfish , Wild-Caught	15/99lb	save 3.00
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FishWise Yellow Choice

Halibut Fillets Wild-Caught	18/99lb	save 3.00
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FROZEN

Cool Whip Frozen Whipped Topping 8 oz	2/3	save 49¢ ea
Van's Organic Whole Wheat Waffles Select varieties, 8-9 oz ...	2/39	save 60¢
Wyman's Of Maine Fresh Frozen Wild Blueberries 15 oz	2/99	save 1.00
Northeast Grown Organic Green Beans 10 oz	3/49	save 1.30
Saffron Road Chicken Pad Thai Entrée , 10 oz	3/99	save 1.30

BAKERY

Ozery Bakery Morning Rounds All varieties, 12.7 oz	2/5	save 1.49 ea
Pepperidge Farm Sandwich Buns 8-pack, 12.25 oz	2/99	save 50¢

MEAT

Co-op Quality Fresh Ground Beef	3/99lb	save 1.00
Baby Back Ribs	32/9lb	save 70¢
McKenzie Country Classics Sliced Bacon , 16 oz	6/99	save 1.00
Choice Grade Beef Sirloin Tips	9/99lb	save 2.00
Smart Chicken Organic Chicken Legs	34/9lb	save 50¢
Smart Chicken Organic Thin Sliced Chicken Breast	9/99lb	save 3.00
Applegate Naturals Uncured Beef Hot Dog , 10 oz	3/99	save 3.00

Vermont Salumi

Plainfield, Vermont

Sausages All varieties, 14 oz	5/49	save 1.50
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BEVERAGE

Arizona Arnold Palmer Half & Half 128 fl oz	2/5	save 69¢ ea
GT's Organic Raw Kombucha Select varieties, 16 fl oz ..	2/5	save 99¢ ea
Gatorade All varieties, 32 fl oz	1/19	save 50¢
Polar Seltzer , All varieties, 12-pack, 144 fl oz	3/49	save 1.10

NEW HAMPSHIRE STORES ONLY

Harpoon Brewery Beer and Ales All varieties, 6-pack, 72 fl oz	8/99	save 1.00
Noble Vines Wine , Select varieties, California, 750 ml	12/99	save 4.00

VERMONT STORE ONLY

Dogfish Head 90 Minute IPA 4-pack, 64 fl oz	10/99	save 1.00
Cupcake Vineyards Wine All varieties, 750 ml	9/99	save 2.00

HEALTH AND BODY CARE

Ancient Nutrition Bone Broth Protein , Select varieties, .78-.89 oz packet	2/5	save 49¢ ea
A La Maison Shower Gel Select varieties, 16.9 fl oz	5/99	save 3.00
Alba Botanica Anti-Bug Spray 4 fl oz	9/99	save 4.00

FLORAL

High Mowing Organic Seeds All varieties,	2/4	save 75¢ ea
Peonies Bouquet with Greens	19/99	save 5.00