

Our Latest Big Deals

Available through May 31



Members:
43% OFF

Earth Friendly Ultra Ecos Laundry Detergent

Select varieties, 100 fl oz

Co-op Members
7⁹⁹ save 6.00

Non-Members
8⁹⁹ save 5.00



Members:
40% OFF

Cantaloupe

Each
Co-op Members
1⁷⁹ save 1.20

Non-Members
2²⁹ save 70¢



Members:
40% OFF

Westbrae Organic Beans

Select varieties, 25 oz

Co-op Members
1⁹⁹ save 1.30

Non-Members
2³⁹ save 90¢



Members:
33% OFF

A' Siciliana Sparkling Soda

Aranciata, Limonata, 33.8 fl oz

Co-op Members
2/6 save 1.49 ea

Non-Members
3⁴⁹ save 1.00

SALES GOOD MAY 18-24

BAKERY

Rudi's Organic Bakery
100% Whole Wheat
Hamburger Buns
8 count **3⁵⁹ save 1.00**

Rudi's Organic Bakery
Wheat Hot Dog Rolls
12 oz **2⁹⁹ save 1.00**

CHEESE SHOP

Greek Olive Mix
Pitted **6⁹⁹lb save 2.00**

Champlain Valley Creamery
Middlebury, Vt.

Old Fashioned
Organic Cream Cheese
8 oz **3⁹⁹ save 1.00**

PREPARED FOODS

Co-op Kitchens Kale & White Bean
Salad **7⁹⁹lb save 1.00**

Co-op Kitchens Quiche
Cheddar Apple & Bacon, Ham & Cheese,
Spinach, 24 oz **1¹⁴⁹ save 1.50**

Boston Salads
Select varieties **2⁹⁹lb save 1.00**

HEALTH AND BODY CARE

Alba Botanica
Sport Sunscreen Lotion
4 fl oz **6⁹⁹ save 3.00**

Nature's Gate
Tea Tree Shampoo or Conditioner
18 fl oz **4⁹⁹ save 3.00**

Hydro Flask
18 oz Wide Mouth Hydration Flask
All varieties **1⁹⁹⁹ save 6.00**

DAIRY

Wallaby Organic Lowfat Yogurt
All varieties, 6 oz **5/5 save 49¢ ea**

Tropicana Pure Premium Juice
All varieties, 59 fl oz **2/6 save 2.29 ea**

Daisy Squeeze Sour Cream
14 fl oz **1⁶⁹ save 60¢**

Calafia Farms
Unsweetened Almond Milk
48 fl oz **3⁶⁹ save 80¢**

Nellie's Cage-Free
Large Brown Eggs
12 count **3⁴⁹ save 1.10**

BULK

Grandy Oats Organic
Classic Granola **4⁹⁹lb save 1.00**

Nutty Steph's Peanut Butter
Magic Chunks **1²⁹⁹lb save 4.00**

Peet's Coffee Peetnik Pack
All varieties, 20 oz **1⁰⁹⁹ save 3.00**

Now arriving in stores...



Local Asparagus

from MacLennan Farm—Windsor, Vt.

Over 1,000 products on sale each week in stores

SALES GOOD MAY 18-24

GROCERY

Santa Cruz Organic Lemonade 32 fl oz	2/3	save 1.69 ea
Kellogg's Special K Cereal 12 oz	2/5	save 1.89 ea
Nabisco Wheat Thins & Wheat Thins Flavors All varieties, 5.5-9.1 oz ...	2/5	save 1.29 ea
Rice Dream Enriched Organic Rice Drink All varieties, 32 fl oz	2/5	save 1.19 ea
Near East Rice Pilaf 6.09 oz	4/5	save 74¢ ea
CLIF Energy Bar All varieties, 2.4 oz	5/5	save 25¢ ea
Green Mountain Gringo Yellow Corn Tortilla Strips 8 oz	2/5	save 99¢ ea
Green Mountain Gringo Salsa Select varieties, 16 oz	3/29	save 1.20
Kashi Organic Cereal All varieties, 16.3 oz	2/99	save 2.00
Angie's BOOMCHICKAPOP Sea Salt Popcorn 4.8 oz	2/39	save 90¢
Field Day Organic Peanut Butter All varieties, 18 oz	3/99	save 1.00
Bonne Maman Fruit Preserves & Jelly All varieties, 13 oz	3/49	save 1.00
Spectrum Naturals Organic Coconut Oil 14 fl oz	4/99	save 2.00
Filippo Berio Extra Virgin Olive Oil 16.9 fl oz	4/99	save 1.70
Bush's Best Baked Beans All varieties, 28 oz	1/79	save 60¢
Bove's Vodka Pasta Sauce 24 oz	3/29	save 1.00
Al Dente Pasta Select varieties, 12 oz	2/99	save 1.00
Maya Kaimal Indian Simmer Sauce All varieties, 12.5 oz	3/99	save 1.50
Ghirardelli Double Chocolate Brownie Mix 20 oz	2/29	save 70¢
Solo 18 oz Party Plastic Cups 20 count	2/4	save 59¢ ea
Seventh Generation Bath Tissue 12-rolls	7/69	save 3.30

PRODUCE

Organic Cantaloupe ...	2/5	save 1.99 ea
Organic Portabella Mushrooms	5/79lb	save 3.00
Whole Seedless Watermelon Each	4/99	save 1.80
Limes	2/1	save 19¢ ea
Lemons	59¢	save 20¢
Strawberries, 16 oz	2/99	save 1.50
Yellow Peaches	3/19lb	save 80¢
Nectarines	3/19lb	save 80¢
Corn	6/299	save 16¢ ea
Green Beans	1/49lb	save 1.10
Vidalia Onions	69¢lb	save 1.30
Imported Peppers Orange, Red, Yellow	2/99lb	save 1.00
Red Creamer Potatoes	1/59lb	save 70¢
Yukon Gold Creamer Potatoes	1/59lb	save 70¢
Cluster Tomatoes	1/79lb	save 1.70

MEAT

Baby Back Spareribs	2/99lb	save 1.00
Smart Chicken Natural Chicken Thighs, Drumsticks, Tray-pack	2/99lb	save 70¢
Choice Grade Delmonico Steak	12/99lb	save 2.00
Black River Meats Northeast-Raised Organic 92% Lean Ground Beef	7/99lb	save 1.00
McKenzie Country Classics Natural Casing Hot Dogs	4/99lb	save 1.00
Niman Ranch Pulled Pork All Varieties, 14 oz	7/99	save 1.00

SEAFOOD

Ducktrap of Maine Cracked Pepper & Garlic Smoked Salmon 4 oz	7/99	save 2.00
--	-------------	-----------

FishWise Green Choice

Arctic Char Fillets Farm-raised	13/49lb	save 1.50
---	----------------	-----------

FishWise Yellow Choice

Fresh Haddock Fillets Wild-caught	11/99lb	save 1.50
---	----------------	-----------

BEVERAGE

Nantucket Nectars All varieties, 16 fl oz	5/5	save 49¢ ea
Field Day Sparkling Water All varieties, 6-pack, 72 fl oz	1/99	save 30¢
Honest Tea All varieties, 16 fl oz	1/19	save 40¢
Zevia Zero Calorie Soda All varieties, 6-pack, 72 fl oz	3/49	save 2.00

NEW HAMPSHIRE STORES ONLY

Truly Spiked & Sparkling Variety Pack 12-pack, 144 fl oz	13/99	save 2.00
Good: Pinot Grigio 750 ml	10/99	save 3.00

VERMONT STORE ONLY

Harpoon Beer & Ales , All varieties, 12-pack, 144 fl oz	15/99	save 2.00
Noble Vines Wine , Select varieties, California, 750 ml	13/49	save 3.00

DELI

North Country Smokehouse Smoked Provolone Cheese	6/49lb	save 50¢
McKenzie Country Classics Maple Cured Ham	6/99lb	save 1.00
Dietz & Watson Oven-Roasted Homestyle Turkey Breast	9/49lb	save 1.00
Plainville Farms Oven-Roasted Chicken Breast	10/49lb	save 1.00

FROZEN

Ore-Ida Tater Tots 32 oz	2/5	save 1.09 ea
Ling Ling Potstickers Chicken, Vegetable, 13 oz	3/99	save 1.80
American Flatbread Cheese & Herb Pizza , 13.8 oz	6/99	save 3.00
Weaver Chicken Breast Nuggets 26 oz	4/99	save 70¢
Häagen-Dazs Ice Cream All varieties, 14 fl oz	3/49	save 1.50

FLORAL

Gerbera Daisy Plant 4 inch	6/99	save 1.50
--	-------------	-----------

SOME ADVERTISED SPECIALS MAY NOT BE AVAILABLE IN ALL LOCATIONS.