



STUFF-A-TRUCK
Food Drive

Friday (12/8) and **Saturday** (12/9)
Lebanon Co-op Only ~ Rt. 120, Centerra Marketplace

Help us fill trucks with food donations. Benefiting **Listen, The Haven** and the **Claremont Soup Kitchen**.

SALES GOOD NOVEMBER 30-DECEMBER 6

DELI

- McKenzie Natural Artisan Deli Vermont Maple-Smoked Raw Milk Cheddar **999lb** save 2.00
- Plainville Farms Black Forest Ham **899lb** save 1.50
- Cabot Creamery Cooperative Sharp Cheddar Cheese **599lb** save 1.30
- Plainville Farms Hickory-Smoked Turkey Breast 7 oz **499** save 1.00

FLORAL

- 4" Zigo Cactus Plant Each **499** save 2.00

DAIRY

- Silk Soy Nog Original Dairy-Free Beverage 32 fl oz **2/5** save 1.19 ea
- Florida's Natural Premium Juice All varieties, 59 fl oz **2/6** save 99¢ ea
- Brown Cow Cream Top Yogurt All varieties, 5.3 oz **79¢** save 30¢
- Cabot Creamery Cooperative Natural Butter Salted, Unsalted, 16 oz, 4 sticks **399** save 1.00
- Organic Valley Large Brown Eggs 12 count **399** save 1.80

BULK

- Frontier Organic Cinnamon Powder **599lb** save 3.30
 - Salted Deluxe Mixed Nuts **1199lb** save 2.50
 - Dean's Beans Organic Birdwatchers Blend... **899lb** save 2.00
- HEALTH AND BODY CARE**
- Ancient Nutrition Bone Broth Protein, Select varieties, 0.78-0.89 oz packets **2/5** save 49¢ ea
 - Shikai Shower Gel All varieties, 12 fl oz **699** save 2.00
 - A La Maison Hand & Body Lotion All varieties, 5 fl oz **599** save 2.00

Our Latest Big Deals

Available through December 13



Nature's Path Organic Waffles
All varieties, 7.4 oz
Co-op Members **199** save 1.50
Non-Members **249** save 1.00



KeVita Organic Master Brew Kombucha
All varieties, 15.2 fl oz
Co-op Members **179** save 1.20
Non-Members **239** save 60¢



Chocolove Chocolate Bar
Select varieties, 3.2 oz
Co-op Members **199** save 1.30
Non-Members **2/5** save 79¢ ea



Montebello Organic Pasta
Select varieties, 16 oz
Co-op Members **2/5** save 1.49 ea
Non-Members **299** save 1.00

GROCERY

Annie's Organic Pasta Dinners All varieties, 6 oz.....	2/3	save 1.99 ea
Bookbinders Cocktail Sauce 10.5 oz.....	2/4	save 49¢ ea
Keebler Townhouse Original Crackers 13.8 oz.....	2/4	save 2.29 ea
Wolfgang Puck Organic Soup All varieties, 14.5 oz.....	2/4	save 99¢ ea
Betty Crocker Fudge Molten Lava Brownie Mix 19.1 oz.....	2/4	save 69¢ ea
Mott's Apple Juice 64 fl oz.....	2/4	save 1.29 ea
Kellogg's Rice Krispies 12 oz.....	2/5	save 1.69 ea
Barilla Pasta Select varieties, 16 oz.....	4/5	save 44¢ ea
Divine Fair Trade Chocolate Bar All varieties, 3.5 oz.....	2/5	save 99¢ ea
Teddie Old Fashioned Peanut Butter Select varieties, 16 oz.....	2/6	save 69¢ ea
Tostitos Tortilla Chips Select varieties, 9-13 oz.....	2/6	save 1.29 ea
Yogi Organic Green Tea Select varieties, 16 count.....	2/6	save 1.49 ea
Arrowhead Mills Organic Buttermilk Pancake & Waffle Mix 26 oz.....	3/39	save 1.60
Pamela's Whenever Bars Select varieties, 7.05 oz.....	3/69	save 1.30
Doctor Kracker Organic Seedlander Crispbreads 7 oz.....	2/69	save 1.70
Kettle Krinkle Cut Potato Chips All varieties, 13 oz.....	4/79	save 1.20
Wholesome! Organic Light Brown Sugar 24 oz.....	3/99	save 1.50
Spectrum Organic Mediterranean Extra Virgin Olive Oil 33.8 fl oz.....	10/99	save 4.50
Green Mountain Gringo Mild Salsa 16 oz.....	3/49	save 1.00
Earth Friendly ECOS Dishmate Select varieties, 25 fl oz.....	2/5	save 1.49 ea
Cottonelle Double Roll Bath Tissue 4 roll.....	2/99	save 90¢
CHEESE SHOP		
Vermont Creamery —Websterville, Vt. St. Albans, 2.8 oz.....	4/99	save 1.30
Vermont Salumi —Plainfield, Vt. Fennel Salami.....	2/149lb	save 3.00

PRODUCE

Organic Mangoes	2/4	save 99¢ ea
Organic Broccoli Crowns	2/59lb	save 1.70
Blueberries , 6 oz.....	3/49	save 2.30
Clementines , 3 lb bag.....	4/99	save 1.50
Pink Grapefruit	99¢	save 40¢
Anjou Pear	149lb	save 1.10
Red Anjou Pear	179lb	save 1.70
Romaine Hearts 3-pack.....	2/6	save 99¢ ea
Avocados	79¢	save 1.00
Baby Peeled Carrots 16 oz.....	109	save 40¢
Cauliflower	2/99	save 2.50
English Cucumber	1/69	save 1.30
Whole White Mushrooms 8 oz.....	1/69	save 1.00
Imported Peppers Orange, Red, Yellow.....	2/99lb	save 1.00
Grape Tomatoes Pint.....	3/69	save 80¢
Nasoya Organic Extra Firm TofuPlus 12 oz.....	2/5	save 1.29 ea

MEAT

Co-op Quality Fresh Ground Beef	3/99lb	save 50¢
Smart Chicken Organic Chicken Tenders Tray-pack.....	9/99lb	save 1.50
Smart Chicken Boneless Chicken Thighs Tray-pack.....	5/49lb	save 1.00
Choice Grade Beef Flat Iron Steak	10/99lb	save 1.50
Choice Grade Beef Strip Loin Roast	8/99lb	save 2.00
Boar's Head Sweet Sliced Ham	5/99lb	save 1.00
Shady Brook Farms 93% Lean Ground Turkey 16 oz.....	3/99	save 60¢
McKenzie Country Classics Kielbasa 14 oz.....	4/49	save 1.00

SEAFOOD

FishWise Green Choice		
Øra King Salmon Farm-raised.....	19/49lb	save 1.50
FishWise Yellow Choice		
Fresh Shrimp , 16-20 count, Wild-caught.....	15/99lb	save 3.00

BEVERAGE

Arizona Arnold Palmer Half & Half 12-pack cans, 138 fl oz... Izze Sparkling Beverage Select varieties, 48 fl oz... Polar Seltzer All varieties, 1 liter..... Iceland Spring Water 1 liter, 33.8 fl oz.....	3/49	save 1.70
3/49	save 1.80	
79¢	save 20¢	
1/49	save 50¢	

NEW HAMPSHIRE STORES ONLY

Harpoon Brewery Beer and Ales All varieties, 6-pack, 72 fl oz..... Cigar Box Reserve Malbec Argentina, 750 ml.....	8/99	save 1.00
13/99	save 2.00	

VERMONT STORE ONLY

Farnum Hill Semi-Dry Sparkling Cider New Hampshire, 750 ml..... Alias Wine , Select varieties, California, 750 ml.....	12/99	save 1.00
9/99	save 2.00	

PREPARED FOODS

NEW! Co-op Kitchen Vegan Harvest Shepherd's Pie	7/99lb	save 1.00
Breaded Chicken Tenders	5/29lb	save 1.20
RP's Pasta Gluten-Free Organic Linguine 9 oz.....	3/99	save 1.50

FROZEN

Cascadian Farm Organic Sweet Corn 16 oz.....	2/4	save 1.29 ea
Ling Ling Vegetable Mini Spring Rolls 11 oz.....	3/99	save 1.40
Daiya Pumpkin Spice Cheezecake 14.1 oz.....	5/49	save 2.50
Klondike Ice Cream Bars Select varieties, 24-27 fl oz.....	2/99	save 2.00

Half Baked Pizza

South Burlington, Vt.

Pizza , All varieties, 18 oz.....	8/99	save 2.00
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BAKERY

Pepperidge Farm Swirl Breads All varieties, 16 oz.....	2/99	save 1.00
Dave's Killer Bread Organic Good Seed Bread 27 oz.....	4/99	save 90¢