

Sales Good November 9–15

## Local Thanksgiving Veggies on Sale

Blue Ox Farm—Enfield, N.H.  
Farm-to-Co-op 14 Miles

Organic Red Beets ..... **1.89/lb** save 50¢  
Organic Golden Beets... **2.49/lb** save 50¢  
Organic  
Butternut Squash ..... **1.19/lb** save 40¢

Pierson Farm—Bradford, Vt.  
Farm-to-Co-op 27 Miles

Squash  
Acorn, Delicata .... **.69/lb** save 40¢



### GROCERY

**Baker's Angel Flake Coconut**  
7 oz ..... **2/3** save 49¢ ea

**Ocean Spray Cranberry Juice Blends**  
All varieties, 64 fl oz ..... **2/4** save 1.59 ea

**Wild Planet Wild Sardines in Extra Virgin Olive Oil**  
4.375 oz ..... **2/4** save 99¢ ea

**Nabisco Wheat Thins Originals & Flavors**  
All varieties, 5.5-9.1 oz ... **2/4** save 1.79 ea

**Imagine Foods Organic Free-Range Chicken Broth**  
32 fl oz ..... **2/4** save 1.99 ea

**Classico Pasta Sauce**  
All varieties, 15-24 oz .... **2/5** save 49¢ ea

**Snyder's of Hanover Pretzels**  
All varieties, 15.5-16 oz .. **2/5** save 99¢ ea

**Nestlé Semi-Sweet Morsels**  
12 oz ..... **2/5** save 89¢ ea

**Lay's Potato Chips, All varieties,**  
9.75-10.25 oz ..... **2/5** save 1.79 ea

**General Mills Chex**  
Select varieties, 12-14 oz **2/5** save 1.19 ea

**Betty Crocker Fudge Brownie Mix**  
Family Size, 18.3 oz ..... **5/5** save 89¢ ea

**Farmhouse Culture Organic Kraut Krisps**  
All varieties, 5 oz ..... **2/6** save 49¢ ea

**R.W. Knudsen Papaya Nectar**  
32 fl oz ..... **2/6** save 79¢ ea

**Wholesome! Organic Powdered Sugar**  
16 oz ..... **2/6** save 1.49 ea

### GROCERY

**Domino Light Brown Sugar**  
16 oz ..... **.99¢** save 50¢

**Nature's Path Organic Maple Nut Oatmeal**  
14 oz ..... **2.99** save 1.50

**Napa Valley Imported Organic Extra Virgin Olive Oil**  
25.4 fl oz ..... **8.99** save 6.00

**Bionaturae Organic Fusilli**  
16 oz ..... **1.99** save 1.00

**Lundberg Garlic Primavera Risotto**  
5.5 oz ..... **2.49** save 50¢

**Field Day 100% Recycled 2-ply Bath Tissue**  
12 roll ..... **5.99** save 1.00

**Seventh Generation Free & Clear Natural Dishwasher Detergent Gel**  
42 fl oz ..... **4.39** save 2.10

### SEAFOOD

#### FishWise Green Choice

**Arctic Char Fillets**  
Farm-raised ..... **13.99/lb** save 2.00

#### FishWise Yellow Choice

**Cod Loin Fillets**  
Wild-caught ..... **11.99/lb** save 2.00

**Lobsters**  
1¼ lb ..... **10.99/lb** save 1.00

### FLORAL

**Gerbera Daisy**  
Single stem ..... **1.75** save 1.25

### PRODUCE

**Organic Asparagus**... **6.99/lb** save 1.20

**Organic Granny Smith Apples** **1.99/lb** save 2.00

**Organic Baking Potatoes** ..... **99¢/lb** save 70¢

**Cucumbers**..... **.69¢** save 30¢

**Avocados**..... **1.29** save 1.21 ea

**Lemons**..... **2/1** save 49¢ ea

**Clementines**  
3 lb bag ..... **5.99** save 50¢

**Mangoes** ..... **1.59** save 70¢

**Bosc Pears** ..... **1.69/lb** save 1.30

**Sliced White Mushrooms**  
8 oz ..... **1.99** save 1.00

### MEAT

**Co-op Quality Ground Beef**..... **3.49/lb** save 1.00

**Smart Chicken Organic Boneless Drumsticks**..... **6.49/lb** save 1.00

**Choice Grade Beef Chuck Roast**..... **4.99/lb** save 1.00

**McKenzie Country Classics Sliced Bacon, 16 oz** ..... **6.99** save 1.00

**Boston Smokehouse Chicken Sausages**  
All varieties ..... **5.49/lb** save 1.00

**Boneless Pork Spareribs** ..... **2.79/lb** save 1.00

**Robie Farms**—Piermont, N.H.  
**Crankin Country Sausage** ..... **5.99/lb** save 2.00

## Wednesday (11/15) & Thursday (11/16)

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.

**BEVERAGE**

- Arizona Arnold Palmer Half & Half**  
128 fl oz ..... **2/5** *save 69¢ ea*
- Hiball Sparkling Energy Water**  
All varieties, 16 fl oz ..... **1.99** *save 90¢*
- Coca-Cola Soft Drinks**, Select varieties,  
12-pack cans, 144 fl oz ... **4.29** *save 1.00*
- San Pellegrino Sparkling Natural Mineral Water**  
1 liter plastic bottle ..... **1.49** *save 50¢*

NEW HAMPSHIRE STORES ONLY

- New Belgium Brewing Company Citradelic**, 12-pack,  
144 fl oz ..... **15.99** *save 1.00*
- Twisted Wine**, All varieties,  
California, 750 ml ..... **7.99** *save 3.00*

VERMONT STORE ONLY

- Founders Brewing Co. Beer and Ales**, All varieties, 6-pack,  
72 fl oz ..... **9.99** *save 1.50*
- Dark Horse Wine**, All varieties,  
California, 750 ml ..... **9.99** *save 2.00*

**DELI**

- McKenzie Natural Artisan Deli Uncured Smoked Ham** ..... **9.99lb** *save 2.00*
- Boar's Head Golden Classic Oven-Roasted Chicken Breast** ..... **6.99lb** *save 1.80*
- Plainville Farms Oven-Roasted Turkey Breast** ..... **8.99lb** *save 2.50*
- Land O Lakes American Cheese**  
All varieties ..... **4.49lb** *save 1.00*

**DAIRY**

- Lifeway Organic Kefir Cup**  
All varieties, 5.3 oz ..... **2/3** *save 49¢ ea*
- Cabot Creamery Cooperative Cracker Cuts**  
Select varieties, 7 oz ..... **2/5** *save 1.19 ea*
- Pillsbury Pie Crust**  
14.1 oz ..... **2/5** *save 79¢ ea*
- Wallaby Organic Lowfat Yogurt**  
All varieties, 6 oz ..... **5/5** *save 49¢ ea*
- Land O Lakes Butter**  
Light, Salted, Unsalted, 16 oz,  
4 sticks ..... **3.49** *save 1.80*
- Evolution Fresh Super Green Juice Blend Smoothie**  
15.2 fl oz ..... **3.69** *save 60¢*

**BAKERY**

- Hail Merry Dark Chocolate Espresso Cups**  
2-pack, 1.65 oz ..... **2/3** *save 69¢ ea*
- Dave's Killer Bread Organic Thin-Sliced 21 Whole Grains & Seeds Bread**  
20.5 oz ..... **3.99** *save 1.00*

**CHEESE SHOP**

- North Country Smokehouse Smoked Pepperoni Stick** ..... **7.29lb** *save 1.00*
- Maple Brook Farm**  
Bennington, Vt.
- Fresh Handmade Mozzarella** ..... **8.99lb** *save 2.00*

**FROZEN**

- Evol Burrito**  
Select varieties, 6 oz ..... **2/4** *save 99¢ ea*
- Woodstock Farms Organic Cut Spinach**  
10 oz ..... **2/4** *save 99¢ ea*
- Oronoque Orchards 9" Deep Dish Pie Crust**  
16 oz ..... **2/5** *save 1.39 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*

**BULK**

- Breadshop Raspberry 'n Cream Granola** ..... **4.99lb** *save 1.00*
- Organic Quick Rolled Oats** ..... **1.09lb** *save 80¢*
- Dean's Beans Organic Birdwatchers Blend**  
16 oz ..... **10.99** *save 1.00*

**HEALTH AND BODY CARE**

- Avalon Shampoo & Conditioner**  
All varieties, 11 fl oz ..... **6.99** *save 3.00*
- Kiss My Face Moisturizer**  
All varieties, 6 fl oz ..... **4.99** *save 2.00*
- Nordic Naturals Omega-3**  
60 count ..... **12.99** *save 2.00*

**Our Latest Big Deals**

Available through November 15



**Kettle Chips**  
Select varieties, 5 oz

**Co-op Members**  
**2/3** *save 1.49 ea*

**Non-Members**  
**1.99** *save 1.00*



**Pacific Foods Organic Soup**  
Select varieties, 32 fl oz

**Co-op Members**  
**2/5** *save 2.19 ea*

**Non-Members**  
**2.99** *save 1.70*



**Blue Diamond Nut-Thins**  
Select varieties, 4.25 oz

**Co-op Members**  
**1.79** *save 1.50*

**Non-Members**  
**2.29** *save 1.00*