

— On Sale Through October 17 —

Peeled & Cut Butternut Squash

Fresh from **Pierson Farm—Bradford, Vermont**

2 lb bag **4⁹⁹** save 1.00



>> Over 100 Varieties of Fresh Local Produce Arriving Daily

MEAT

- Co-op Natural Meats
- Fresh Ground Beef.....**4⁹⁹lb** save 1.00
- Fresh Ground Lamb...**7⁹⁹lb** save 2.00
- Lamb Loin Chops.....**14⁹⁹lb** save 2.00
- McKenzie Country Classics Kielbasa
14 oz**3⁹⁹** save 1.50
- McKenzie Country Classics
Sausage Links
Country-Style, Maple.....**3⁹⁹lb** save 1.00
- Pineland Farms Natural Meats
Chuck Roast.....**6⁹⁹lb** save 1.00
- Niman Ranch Pulled Pork
Select varieties, 14 oz**7⁹⁹** save 1.00

SEAFOOD

FishWise Green Choice

- Katama Bay Oysters
Farm-Raised, each..... **1²⁹** save 40¢
- Catfish, Farm-Raised**6⁹⁹lb** save 1.50
- Char Fillet
Farm-Raised **13⁹⁹lb** save 2.00

BAKERY

- Dave's Killer Bread
- Organic Good Seed Bread
27 oz**4⁹⁹** save 1.00
- The Essential Baking Company
- Organic Bake-At-Home
French Baguette
12 oz**3⁹⁹** save 1.00

DELI

- North Country Smokehouse
Applewood-Smoked
Turkey Breast.....**9⁹⁹lb** save 1.00
- Cabot Creamery Cooperative
Sharp Cheddar
Cheese.....**5⁹⁹lb** save 1.30
- Boar's Head
Hard Salami.....**7⁹⁹lb** save 1.00
- Boar's Head Simplicity
Smoked Ham, 7 oz.....**5²⁹** save 1.00
- FLORAL**
- 4" Kalanchoe Plant**4⁹⁹** save 2.00
- Alaffia
Handwoven Basket....**2⁹⁹** save 7.96

Our Latest Big Deals

Available through October 17



**Blue Diamond
Almond Breeze**
Select varieties,
32 fl oz

Co-op Members
2/3 save 1.49 ea
Non-Members
1⁹⁹ save 1.00



**KIND Healthy
Grains Bars**
All varieties, 6.2 oz

Co-op Members
2/4 save 1.69 ea
Non-Members
2⁶⁹ save 1.00



**Organic
Grind-Your-Own
Peanut Butter**

Co-op Members
2⁹⁹lb save 2.50
Non-Members
3⁹⁹lb save 1.50



**Alexia Fries
or Potatoes**
Select varieties,
15-19 oz

Co-op Members
2/4 save 1.49 ea
Non-Members
2⁴⁹ save 1.00



**Brown Cow
Whole Milk
Yogurt**
All varieties, 32 oz

Co-op Members
2⁷⁹ save 1.70
Non-Members
3²⁹ save 1.20

GROCERY

Frontera Guacamole Mix 4.5 oz pouch.....	2/3	save 49¢ ea
Late July Organic Tortilla Chips Select varieties, 5.5 oz	2/4	save 1.29 ea
Bigelow Tea Select varieties, 20 count	2/5	save 49¢ ea
Annie's Macaroni & Cheese Select varieties, 5.25-6 oz	5/5	save 99¢ ea
Domino Brown Sugar Dark, Light, 16 oz	5/5	save 49¢ ea
Lake Champlain Organic Chocolate Bars All varieties, 3-3.5 oz.....	2/6	save 99¢ ea
Quaker Life Cereal Original, Cinnamon, 13 oz	2/6	save 1.29 ea
Fritos Scoops! Corn Chips 9.25 oz	2/6	save 79¢ ea
Kashi Organic Cereal Select varieties, 12-13.4 oz	3/99	save 1.00
Teddie Old Fashioned Peanut Butter Chunky, Smooth, 26 oz...	4/79	save 80¢
Hero Raspberry Fruit Spread 12 oz	3/79	save 2.00
Simple Mills Almond Flour Sea Salt Crackers 4.25 oz.....	3/79	save 70¢
Frontera Salsa Select varieties, 16 oz	2/99	save 1.50
Eden Organic Beans Select varieties, 15 oz	1/59	save 90¢
Equal Exchange Organic Extra Virgin Olive Oil 16.9 fl oz.....	1/499	save 2.00
Barilla Pasta Select varieties, 16 oz	1/29	save 40¢
Barilla Pasta Sauce All varieties, 24 oz	2/29	save 50¢
R.W. Knudsen Organic Grape Juice 32 fl oz	2/99	save 1.80
Equal Exchange Semisweet Chocolate Chips 10 oz	4/49	save 1.00
Bim Bam Boo Bathroom Tissue Single Roll.....	79¢	save 40¢
Ecover Zero Non-Chlorine Bleach 64 fl oz	3/99	save 2.40

PRODUCE

Organic Bartlett Pears	1/99lb	save 1.00
Organic Limes	2/19lb	save 80¢
Organic Equal Exchange Avocados	1/59	save 40¢
Organic Romaine Hearts 3 count	2/99	save 1.80
Cranberries, 12 oz	1/59	save 1.00
Strawberries, 16 oz	3/99	save 80¢
Raspberries, 6 oz	3/79	save 1.00
Clementines, 3 lb bag	4/49	save 1.00
Seedless Grapes Green, Red	2/19lb	save 1.30
Kiwi Fruit, each	39¢	save 30¢
Artichokes, each	2/4	save 99¢ ea
Sliced Baby Bella Mushrooms 8 oz	2/39	save 1.00
Baby Peeled Carrots 16 oz	1/09	save 40¢
Cauliflower, Each	2/49	save 1.50
Broccoli Crowns	1/99lb	save 1.00

BULK

Organic Whole Wheat Couscous	2/19lb	save 80¢
SunRidge Farms Zen Party Mix	5/99lb	save 2.00
Peet's Coffee Peetnik Pack All varieties, 20 oz	10/99	save 3.00

FROZEN

Eggo Homestyle Waffles 12.3 oz	2/4	save 79¢ ea
Lean Cuisine Simple Favorites All varieties, 8.5-11.5 oz	2/4	save 79¢ ea
Alexia Crispy Onion Rings 11 oz	2/6	save 1.29 ea
Wyman's of Maine Fresh Frozen Mixed Berries 15 oz	3/49	save 80¢
Gifford's Ice Cream All varieties, 64 fl oz	3/99	save 4.00

CHEESE SHOP

Von Trapp Farmstead —Waitsfield, Vt. Savage Salami, 4.2 oz	1/199	save 1.50
Jasper Hill Farm —Greensboro Bend, Vt. Moses Sleeper	18/99lb	save 2.50

BEVERAGE

Perrier Sparkling Water Lemon, Lime, 25.3 fl oz	2/3	save 59¢ ea
Rebbl Super Herb Elixirs All varieties, 12 fl oz.....	2/6	save 99¢ ea
Polar Soda All varieties, 1 liter.....	69¢	save 30¢
Honest Tea Organic Tea All varieties, 16 fl oz.....	99¢	save 60¢

NEW HAMPSHIRE STORES ONLY

Sebago Brewing Co. Beer and Ales All varieties, 6-pack, 72 fl oz	8/49	save 1.00
Pizzolato Prosecco Brut Italy, 750 ml.....	1/449	save 2.50

VERMONT STORE ONLY

Dogfish Head Brewery 90 Minute IPA 4-pack, 64 fl oz	1/199	save 1.00
Cline Viognier California, 750 ml.....	10/99	save 3.50

DAIRY

Cabot Creamery Cooperative Seriously Sharp Cheese 32 oz	9/99	save 1.50
Noosa Finest Yoghurt All varieties, 8 oz	1/99	save 30¢
So Delicious Coconut Milk Select varieties, 64 fl oz	2/99	save 1.00
Vital Farms Pasture-Raised Butter No Salt, Salted, 8 oz	2/99	save 1.00
Florida's Natural Premium Juice All varieties, 59 fl oz	3/49	save 50¢

PREPARED FOODS

Co-op Kitchen Take-and-Bake Greek Pizza 24 oz	10/99	save 1.00
Co-op Kitchen Turkey Pot Pie Each	7/99	save 1.00
Kettle Cuisine Angus Steak Chili with Beans	4/99lb	save 1.00

HEALTH AND BODY CARE

Zand HerbaLozenges Select varieties, 15 count	2/4	save 89¢ ea
A La Maison Liquid Soap Select varieties, 16.9 fl oz	5/99	save 2.00
Solaray Once Daily High Energy Multi-Vita-Min 120 count	20/99	save 9.00

Monday & Tuesday

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.