

Sales Good October 12-18

Savings on Locally Grown Produce

Walhowdon Farm—Lebanon, N.H.

Farm-to-Co-op 8 Miles

Tote Apples.....	99¢/lb	save 30¢
Apple Cider		
64 fl oz.....	2⁶⁹	save 50¢
128 fl oz.....	4⁹⁹	save 1.00

Blue Ox Farm—Enfield, N.H.

Farm-to-Co-op 14 Miles

Squash		
Butternut, Spaghetti	1¹⁹/lb	save 40¢
Red Beets.....	1⁸⁹/lb	save 50¢
Golden Beets.....	2⁴⁹/lb	save 50¢
Organic Italian Carmen Peppers		
Red, Yellow.....	3¹⁹/lb	save 1.00



PRODUCE

Cantaloupe.....	2/4	save 99¢ ea
Raspberries, 6 oz.....	3⁴⁹	save 1.50
Clementines, 3 lb bag	5⁹⁹	save 50¢
Seedless Grapes		
Green, Red.....	2¹⁹/lb	save 50¢
Baby Peeled Carrots		
2 lb bag.....	2/4	save 79¢ ea
Artichokes, Each.....	1⁷⁹	save 80¢
Whole White Mushrooms		
8 oz.....	1⁶⁹	save 1.00
Romaine Hearts		
12 oz.....	2⁹⁹	save 80¢

BULK

Organic		
White Quinoa.....	1⁹⁹/lb	save 1.30
Milk Chocolate Covered		
Pretzels.....	3⁹⁹/lb	save 1.00
Equal Exchange Fair Trade		
Whole Bean & Ground Coffee		
Select varieties, 10-12 oz	6⁹⁹	save 2.00

PREPARED FOODS

Co-op Kitchen Pizza Dough		
All varieties, 16 oz.....	1⁷⁹	save 50¢
Kettle Cuisine Butternut Squash & Apple Soup, 16 oz.....	3⁹⁹	save 1.00
Boston Salads German Potato Salad.....	2⁹⁹/lb	save 1.00

BAKERY

Little Northern Bakehouse Delicious		
Gluten-Free Seeds & Grains Loaf		
17 oz.....	3⁹⁹	save 2.50
Pepperidge Farm Swirl Bread		
Select varieties,		
14-16 oz.....	2⁹⁹	save 1.00

CHEESE SHOP

Three Little Pigs Saucisson Sec		
Aux Herbes De Provence		
8 oz.....	7⁹⁹	save 1.80
Mimolette		
Aged 12 months,		
France.....	2¹⁹⁹/lb	save 3.50

Our Latest Big Deals

Available through November 1



Terra Sweets & Apples Chips
5.5 oz

Co-op Members
2/4 save 1.99 ea

Non-Members
2³⁹ save 1.60



thinkThin High Protein Bars
All varieties, 2.1 oz

Co-op Members
1¹⁹ save 80¢

Non-members
1³⁹ save 60¢



Stonyfield Organic Yogurt
Select varieties, 32 oz

Co-op Members
2/6 save 1.29 ea

Non-Members
3⁴⁹ save 80¢



Organic Valley Cultured Pasture Butter
16 oz

Co-op Members
4⁹⁹ save 2.00

Non-Members
5⁹⁹ save 1.00

GROCERY

General Mills Cheerios 12 oz.....	2/4	save 1.99 ea
Muir Glen Organic Tomatoes Select varieties, 28 oz.....	2/4	save 1.29 ea
Keebler Townhouse Original Crackers , 13.8 oz.....	2/5	save 1.79 ea
Tasty Bite Madras Lentils 10 oz.....	2/5	save 1.19 ea
Keebler Rainbow Chips Deluxe Cookies , 12.9 oz.....	2/5	save 1.69 ea
CLIF Builder's Bar All varieties, 2.4 oz.....	4/5	save 74¢ ea
Nature Valley Granola Bars Select varieties, 7.4-8.9 oz.....	2/5	save 99¢ ea
Barbara's Peanut Butter Puffins Cereal 11 oz.....	2/6	save 1.99 ea
Yogi Organic Herbal Green Tea Select varieties, 16 count	2/6	save 1.49 ea
Kashi Organic Cereal , All varieties, 10.3-16.3 oz.....	3/7	save 1.20
Pirate's Booty Aged White Cheddar Puffs 10 oz.....	5/9	save 1.50
Once Again American Classic Organic Peanut Butter Crunchy, Creamy, 16 oz..	5/9	save 2.00
Annie's Naturals Organic Dressing All varieties, 8 fl oz.....	3/4	save 80¢
Al Dente Spinach Fettucine 12 oz.....	2/9	save 1.00
Field Day Organic Broth All varieties, 32 fl oz.....	1/7	save 50¢
Blue Diamond Vanilla Unsweetened Almond Breeze 32 fl oz.....	1/6	save 1.30
Equal Exchange Organic Fair Trade Chocolate Chips All varieties, 10 oz.....	4/6	save 80¢
Spectrum Naturals Organic Extra Virgin Mediterranean Olive Oil 33.8 fl oz.....	10/9	save 4.50
Seventh Generation Lavender & Blue Eucalyptus Laundry Detergent 100 fl oz.....	9/9	save 5.50
Bounty Basic Paper Towels 6 roll.....	4/9	save 3.00

FLORAL

Sunflower Bouquet..... **12/9** save 4.00

MEAT

Co-op Natural Meats Fresh Ground Beef	5/49lb	save 1.50
Fresh Pork Tenderloin	3/49lb	save 1.50
Bone-in Chicken Breast	1/99lb	save 1.00
Pineland Farms Natural Meats Top Round London Broil	5/49lb	save 1.50
Shady Brook Farms 93% Lean Ground Turkey 16 oz.....	3/59	save 1.00
McKenzie Country Classics Italian Sausage Links Hot, Sweet.....	3/99lb	save 70¢
McKenzie Country Classics Sliced Bacon , 16 oz.....	7/49	save 1.00

SEAFOOD

Ducktrap River of Maine Kendall Brook Smoked Salmon 4 oz.....	7/99	save 2.00
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FishWise Green Choice

Catfish , Farm-raised.....	7/99lb	save 1.00
Cajun Catfish Farm-raised.....	8/99lb	save 1.00

FishWise Yellow Choice

Haddock , Wild-caught	11/99lb	save 2.00
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DELI

Plainville Farms Honey-Roasted Turkey Breast	9/99lb	save 1.50
McKenzie Natural Artisan Deli Oven-Roasted Turkey Breast	8/99lb	save 1.00
Boar's Head Branded Deluxe Ham	7/99lb	save 1.50
Boar's Head Picante Sharp Provolone Cheese	6/99lb	save 1.30

DAIRY

Cabot Creamery Cooperative Cracker Cuts Select varieties, 7 oz.....	2/5	save 1.19 ea
Silk Dairy-Free Soy Yogurt All varieties, 5.3 oz.....	5/5	save 49¢ ea
Chobani "Flip" Greek Yogurt All varieties, 5.3 oz.....	5/5	save 59¢ ea
Florida's Natural Premium Juice All varieties, 59 fl oz.....	2/6	save 99¢ ea
Lifeway Raspberry Low-Fat Kefir 32 fl oz.....	2/6	save 79¢ ea

BEVERAGE

San Pellegrino Sparkling Natural Mineral Water 1 liter.....	2/3	save 59¢ ea
DRINKmaple Pure Maple Water 12 fl oz.....	2/4	save 89¢ ea
REBBL Super Herb Elixir All varieties, 12 fl oz.....	2/9	save 1.00
Alta Palla Organic Sparkling Beverage All varieties, 4-pack, 48 fl oz.....	3/9	save 1.00

NEW HAMPSHIRE STORES ONLY

Bota Box Wine , All varieties, California, 3 liter.....	18/9	save 3.00
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Otter Creek Brewing Co.

Middlebury, Vt.

Beer and Ales , All varieties, 12-pack, 144 fl oz.....	12/9	save 2.00
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VERMONT STORE ONLY

Woodchuck Hard Cider All varieties, 6-pack, 72 fl oz.....	7/9	save 1.50
90+ Cellars Wine Select varieties, 750 ml...	9/9	save 2.00

HEALTH AND BODY CARE

South of France Natural Bar Soap All varieties, 6 oz.....	2/6	save 1.59 ea
Shikai Tea Tree Shampoo or Conditioner 12 fl oz.....	6/9	save 2.00
Rainbow Light Gummy Vitamin C Slices 90 count.....	9/9	save 5.00

FROZEN

Cascadian Farm Organic Garden Peas 16 oz.....	2/5	save 79¢ ea
Blake's Organic Chicken Pot Pie 8 oz.....	2/6	save 2.99 ea
Ben & Jerry's Ice Cream, FroYo and Greek Frozen Yogurt All varieties, 16 fl oz.....	3/4	save 1.50
MorningStar Farms Breakfast Patties 8 oz.....	3/4	save 80¢
American Flatbread Tomato Sauce & Three Cheese Pizza 15.5 oz.....	6/9	save 3.00

Sunday & Monday

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.

SOME ADVERTISED SPECIALS MAY NOT BE AVAILABLE IN ALL LOCATIONS.