

Our Latest Big Deals

Available through September 26



Members: **42%** OFF

Kashi GOLEAN Crunch Cereal
13.8 oz
Co-op Members **2.49** save 1.80
Non-Members **2/6** save 1.29 ea



Members: **40%** OFF

Garden Of Eatin' Tortilla Chips
All varieties, 16 oz
Co-op Members **2/6** save 1.99 ea
Non-Members **3.49** save 1.50



Members: **38%** OFF

Barbara's Cereal
Select varieties, 13-14 oz
Co-op Members **2.79** save 1.70
Non-Members **3.29** save 1.20



Members: **55%** OFF

Good Health Veggie Stix
6.75 oz
Co-op Members **2/4** save 2.49 ea
Non-Members **2.99** save 1.50



Members: **34%** OFF

Noosa Finest Yoghurt
All varieties, 7-8 oz
Co-op Members **2/3** save 79¢ ea
Non-Members **1.99** save 30¢



Members: **31%** OFF

Food For Life Organic Ezekiel 4:9 Bread
24 oz
Co-op Members **3.99** save 1.80
Non-Members **4.99** save 80¢

SALES GOOD SEPTEMBER 13-19

DELI

- Dietz & Watson**
Top Round London Broil
Roast Beef..... **10.99/lb** save 2.00
- Plainville Farms**
Black Forest Ham..... **8.99/lb** save 1.00
- McKenzie Natural Artisan Deli**
ABF Oven-Roasted Turkey
7 oz..... **4.99** save 50¢
- McKenzie Natural Artisan Deli**
Natural Swiss, 7 oz..... **4.99** save 50¢

BAKERY

- O'Doughs Gluten-Free Bagel Thins**
Select varieties, 10.6 oz **2/6** save 99¢ ea
- Rudi's Organic Bakery**
Honey Sweet Whole Wheat Bread
22 oz..... **3.99** save 40¢

BULK

- Organic Red Lentils ...** **1.49/lb** save 1.80
- Grandy Oats High Antioxidant Trail Mix**..... **10.49/lb** save 1.00

Vermont Coffee Company
Middlebury, Vermont

- Café Dominicano Series**
Select varieties, 16 oz..... **10.99** save 2.00

SEAFOOD

- Gourmet Bay Cedar Plank Salmon**
Select varieties, 5 oz..... **5.99** save 1.00
- FishWise Yellow Choice**
- Monk Fish**
Wild-Caught **8.99/lb** save 1.00
- Haddock**
Wild-Caught **12.99/lb** save 2.00

CHEESE SHOP

- Garfield Smokehouse**
Meriden, New Hampshire
- Smoked Nibbles, 8 oz** **5.29** save 70¢
- Smoked Pepperoni Stick**
4 oz..... **2.49** save 50¢



Member Appreciation Days

Saturday (9/15) & Sunday (9/16)

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.

GROCERY

Annie's Organic Macaroni & Cheese All varieties, 6 oz.....	2/4	save 1.49 ea
Wise Potato Chips All varieties, 8.75-9 oz....	2/4	save 1.99 ea
Stacy's Pita Chips Select varieties, 7.33 oz...	2/5	save 99¢ ea
Keebler Town House Original Crackers 13.8 oz.....	2/5	save 1.79 ea
Kashi Organic Cereal All varieties, 16.3 oz.....	2/5	save 2.49 ea
Quaker Life Cereal Select varieties, 13 oz.....	2/5	save 1.79 ea
Old El Paso Dinner Kits All varieties, 8.8-15.2 oz	2/5	save 49¢ ea
Chocolove Dark Chocolate Bar Select varieties, 3.2 oz....	2/5	save 79¢ ea
Muir Glen Organic Pasta Sauce All varieties, 25.5 oz.....	2/5	save 1.49 ea
Barilla Pasta Select varieties, 16 oz.....	4/5	save 44¢ ea
LÄRABAR Fruit & Nut Snack Bar Select varieties, 1.6 oz....	5/5	save 50¢ ea
Muir Glen Organic Tomatoes Select varieties, 14.5 oz	5/5	save 1.19 ea
Sahale Snacks Select varieties, 4 oz.....	4/7	save 1.20
Chatham Village Croutons All varieties, 5 oz.....	1/6	save 30¢
Lucini Italia Extra Virgin Olive Oil 17 fl oz.....	1/2	save 5.50
The Backyard Food Company Applesauce: Sweetened, Unsweetened, 16 oz.....	3/9	save 79¢ ea
Rice DREAM Rice Drink Original, Vanilla, 64 fl oz	4/2	save 70¢
R.W. Knudsen Just Cranberry Juice 32 fl oz.....	5/9	save 1.50
Newman's Own Fat-Free Fig Newmans, 10 oz....	2/9	save 1.80
Seventh Generation Free & Clear Dish Liquid 25 fl oz.....	2/9	save 1.00
Ziploc Gallon Freezer Bags 14 count.....	2/6	save 69¢ ea

PREPARED FOODS

Co-op Kitchen Thai Tuna Burger	1/9	save 1.00
Co-op Kitchen Macaroni & Cheese	5/9	save 1.00
Divina Dolmas Stuffed Grape Leaves Each.....	2/4	save 80¢

PRODUCE

Organic Avocados	1/7	save 90¢
Organic Fuji Apples ...	2/29	save 70¢
Organic Gala Apples	2/29	save 1.20
Organic Seedless Grapes Green, Red	2/29	save 1.00
Organic Bartlett Pears	2/29	save 50¢
Organic Baking Potatoes	1/29	save 1.00
Granny Smith Apples	1/49	save 50¢
Avocados	4/5	save 74¢ ea
Limes	5/9	save 30¢
Raspberries, 6 oz	3/9	save 80¢
Mini Seedless Cucumbers	2/7	save 70¢
Celery	1/7	save 1.00
Sweet Potatoes	7/9	save 50¢
Fresh Express Chopped Salad, All varieties, 1.6-11.75 oz.....	2/9	save 1.00



Patch Orchards

Lebanon, New Hampshire

Tote Apples	9/9	save 30¢
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FROZEN

Cascadian Farm Organic Fruit 8-10 oz.....	2/6	save 1.29 ea
PJ's Organics Burritos Select varieties, 6 oz.....	2/5	save 79¢ ea
Klondike Ice Cream Bars Select varieties, 24-27 fl oz.....	2/9	save 2.00
Barber Foods Stuffed Chicken Breast Select varieties, 10 oz.....	3/4	save 1.50
Gifford's Ice Cream All varieties, 64 fl oz.....	4/9	save 3.00

DAIRY

Yoplait Yogurt All varieties, 4-6 oz.....	2/1	save 29¢ ea
Forager Organic Dairy-Free Cashewgurt Select varieties, 5.3 oz....	2/3	save 29¢ ea
Frigo String Cheese 12 oz.....	2/9	save 1.90
Blue Diamond Almond Breeze Almondmilk Select varieties, 64 fl oz	3/4	save 50¢



Vermont Creamery

Middlebury, Vermont

Crème Fraîche, 8 oz	3/2	save 1.00
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BEVERAGE

Santa Cruz Sparkling Lemonade 12 fl oz.....	2/3	save 49¢ ea
Guayaki Sparkling Yerba Mate All varieties, 12 fl oz.....	2/4	save 49¢ ea
Bizzy Coffee Company Organic Coffee Shots All varieties, 2 fl oz.....	2/4	save 49¢ ea
Zevia Zero Calorie Soda All varieties, 6-pack, 72 fl oz.....	3/9	save 1.50

NEW HAMPSHIRE STORES ONLY

Sierra Nevada Brewing Co. Beer and Ales All varieties, 12-pack, 144 fl oz.....	1/4	save 1.00
Twisted Chardonnay California, 750 ml.....	8/9	save 2.00

VERMONT STORE ONLY

Harpoon Brewery Beer and Ales All varieties, 12-pack, 144 fl oz.....	1/6	save 1.00
90+ Cellars Wine Select varieties, 750 ml...	10/9	save 1.00

MEAT

Co-op Quality Fresh Ground Beef	3/9	save 1.00
Choice Grade Beef Delmonico Steak	1/3	save 2.00
Smart Chicken Organic Thin-Sliced Chicken Breast	10/9	save 1.00
Smart Chicken Natural Chicken Legs	2/4	save 50¢
Boar's Head Smoked Bacon 16 oz.....	6/4	save 1.50
Al Fresco Dinner Sausages All varieties, 12 oz.....	3/9	save 1.00

Robie Farms—Piermont, N.H.

Italian Sausage Hot, Sweet.....	5/9	save 1.00
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HEALTH AND BODY CARE

Spectrum Essentials Chia Seed with Omega-3 & Fiber 12 oz.....	9/9	save 2.00
Dr. Bronner's Castile Soap Select varieties, 16 fl oz	6/9	save 3.00
Solaray B-Complex 100 100 count.....	1/7	save 7.50

FLORAL

Chrysanthemum Pompom Bunch.....	4/9	save 3.00
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