

On Sale This Week

Local Tote Apples

from Walhowdon Farm, Lebanon, N.H

>> 6 miles, Farm-to-Co-op Fresh



SALES GOOD SEPTEMBER 14-20

BAKERY

- Canyon Bakehouse Gluten-Free Rosemary & Thyme Focaccia Bread**
16 oz **4⁹⁹** save 1.00
- Dave's Killer Bread Organic 21 Whole Grain Thin Slice Bread**
20.5 oz **3⁹⁹** save 1.00

HEALTH AND BODY CARE

- Seventh Generation Hand Wash**
All varieties, 12 fl oz **2⁹⁹** save 1.00
- Solaray Once Daily High Energy Multi-Vitamin**
120 count **1⁹⁹⁹** save 10.00
- Dr. Bronner's Lavender Castile Soap**
16 fl oz **6⁹⁹** save 3.00

CHEESE SHOP

- Charlito's Cocina Cerveza Seca Salami**
6 oz **10⁹⁹** save 2.00
- Boston Post Dairy**
Enosburg Falls, Vt.
- Très Bonne** **14⁹⁹lb** save 5.00

BULK

- Tierra Farm Organic Seedless Unsulfured Raisins** **34⁹lb** save 1.50
- Equal Exchange Organic Raw Almonds** **9⁹⁹lb** save 1.00
- Dean's Beans Organic Birdwatchers Blend** ... **9⁹⁹lb** save 1.00

PREPARED FOODS

- Co-op Kitchen Classic Coleslaw** **2⁹⁹lb** save 60¢
- Co-op Kitchen BBQ Pulled Pork** **8⁹⁹lb** save 1.00
- Co-op Kitchen Yogurt Parfait Cup**
10 oz **2⁹⁹** save 50¢

DELI

- Cabot Creamery Cooperative White American Cheese** **61⁹lb** save 1.00
- Plainville Farms Oven-Roasted Turkey Breast** **94⁹lb** save 2.00
- Dietz and Watson Top Round London Broil Roast Beef** **10⁹⁹lb** save 2.00
- McKenzie Country Classics Maple Cured Ham** **6⁹⁹lb** save 1.00

Our Latest Big Deals

Available through September 27



- Terra Vegetable Chips**
Select varieties, 5-6 oz
- Co-op Members**
2/4 save 1.99 ea
- Non-Members**
2³⁹ save 1.60



- Napa Valley Imported Organic Extra Virgin Olive Oil**, 25.4 fl oz
- Co-op Members**
7⁹⁹ save 7.00
- Non-Members**
8⁹⁹ save 6.00



- Maria and Ricardo's Wheat Tortillas**
8 count, 13.5 oz
- Co-op Members**
2/4 save 1.49 ea
- Non-Members**
2⁴⁹ save 1.00



- Canyon Bakehouse Gluten-Free Bread**
Select varieties, 18 oz
- Co-op Members**
3⁹⁹ save 2.00
- Non-Members**
4⁹⁹ save 1.00



- Food For Life Ezekiel Bread**
Select varieties, 24 oz
- Co-op Members**
3⁹⁹ save 1.80
- Non-Members**
4⁹⁹ save 80¢

GROCERY

Matt's Munchies Fruit Snacks All varieties, 1 oz.....	2/4	save 69¢ ea
Kellogg's Frosted Mini-Wheats 18 oz.....	2/5	save 1.69 ea
Pirate's Booty Puffed Snacks Select varieties, 4-6 oz.....	2/5	save 49¢ ea
Heinz Organic Ketchup 14 oz.....	2/5	save 79¢ ea
Ace of Diamonds Solid White Tuna in Water 5 oz.....	4/5	save 54¢ ea
Green & Black's Organic Chocolate Bar All varieties, 3.5 oz.....	2/6	save 99¢ ea
Smartfood Popcorn All varieties, 5-9.5 oz.....	2/6	save 99¢ ea
Cascadian Farm Organic Oat and Honey Granola 16 oz.....	2/6	save 1.29 ea
CLIF Energy Bar All varieties, 2.4 oz.....	99¢	save 30¢
Back To Nature Gluten-Free Crackers All varieties, 4 oz.....	2.69	save 1.30
Bearitos Organic White Corn Tortilla Chips, 16 oz....	2.99	save 1.80
Salpica Chipotle Garlic Salsa 16 oz.....	2.99	save 1.50
Old El Paso Dinner Kit All varieties, 8.8-15.2 oz	2.39	save 60¢
Westbrae Organic Black Beans 25 oz.....	2.29	save 1.00
Brad's Organic Unrefined Extra Virgin Coconut Oil 14 oz.....	7.49	save 2.00
Tasty Bite Ready-to-Eat Rice Pilaf All varieties, 8.8 oz.....	1.79	save 90¢
Annie's Organic Mac & Cheese All varieties, 6 oz.....	1.59	save 1.90
Pamela's Cookies All varieties, 7.25 oz.....	3.49	save 1.00
Chocolove Almond & Sea Salt in Dark Chocolate 3.2 oz.....	2.49	save 80¢
Woodstock Lump Charcoal 8.8 lb bag.....	6.99	save 4.00
Seventh Generation Lemongrass & Clementine Dish Liquid 25 fl oz.....	2/5	save 1.49 ea

MEAT

Co-op Quality Fresh Ground Beef.....	3.99lb	save 50¢
Choice Grade Beef Boneless Chuck Roast or Steak	4.99lb	save 1.00
Chicken Legs.....	9.9¢lb	save 80¢
Smart Chicken Natural Whole Chicken Tray pack.....	2.99lb	save 50¢
Smart Chicken Organic Chicken Tenders Tray pack.....	9.99lb	save 1.50
Al Fresco Dinner Sausages All varieties, 12 oz.....	3.99	save 70¢

SEAFOOD

Henry & Lisa's Breaded Fish Nuggets 12 oz.....	6.49	save 2.00
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FishWise Green Choice

Idaho-Raised Rainbow Trout.....	8.49lb	save 1.50
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FishWise Yellow Choice

Turbot.....	12.99lb	save 1.30
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BEVERAGE

KeVita Organic Sparkling Probiotic Drink All varieties, 15.2 fl oz.....	2/4	save 99¢ ea
Chameleon Cold-Brew Coffee All varieties, 10 fl oz.....	2.99	save 80¢
Crystal Geyser Alpine Spring Water 6-pack, 101.4 fl oz.....	9.9¢	save 60¢
Harvest Bay Coconut Water 33.8 fl oz.....	2.69	save 1.60

NEW HAMPSHIRE STORES ONLY

Ballast Point Manta Ray Double IPA 6-pack, 72 fl oz.....	12.99	save 2.00
Château Guilhem Pot de Vin Organic Rosé 750 ml.....	14.99	save 2.00

VERMONT STORE ONLY

Samuel Adams Beer and Ales All varieties, 12-pack, 144 fl oz.....	16.99	save 1.00
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Fresh Tracks Farm—Berlin, Vt.

Apple Wine 750 ml.....	15.99	save 2.00
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PRODUCE

Organic Gala Apples	1.99lb	save 80¢
Organic Seedless Grapes Green, Red.....	2.99lb	save 1.00
Organic Cauliflower...	3.69	save 2.30
Organic Sweet Potatoes Garnet, Jewel.....	1.99lb	save 80¢
Organic Starkrimson Pears.....	2.49lb	save 1.50
Celery Hearts, 8 oz.....	1.99	save 1.20
Cucumbers.....	69¢	save 30¢
Nasoya Organic X-Firm Tofu 14 oz.....	2/4	save 1.29
Maya Kaimal Indian Simmer Sauce All varieties, 11.5 oz.....	2/6	save 2.49

DAIRY

Chobani Low-Fat & Nonfat Greek Yogurt All varieties, 5.3 oz.....	5/5	save 49¢ ea
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Calafia Farms Unsweetened Almond Milk 48 fl oz.....	3.69	save 80¢
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Pillsbury Cinnamon Rolls 12.4 oz.....	2.19	save 70¢
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Organic Valley Cream Cheese 8 oz.....	2.79	save 70¢
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Kimball Brook Farm

North Ferrisburgh, Vt.

2% Organic Milk 64 fl oz.....	4.99	save 50¢
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FROZEN

PJ's Organics Traditional Chicken Burrito 6 oz.....	2/5	save 79¢ ea
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Cascadian Farm Organic Root Vegetable Hashbrowns 12 oz.....	2/5	save 79¢ ea
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Cascadian Farm Organic Fruit All varieties, 8 oz.....	2/6	save 1.29 ea
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Pepperidge Farm Artisan Rolls 14 oz.....	2.99	save 50¢
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Graeter's Ice Cream All varieties, 16 fl oz.....	4.99	save 1.30
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FLORAL

Talking Well Farm —Post Mills, Vt. Asiatic Lily Bouquet ...	9.99	save 5.00
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Friday & Saturday

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.