

Lebanon Location Only

## Paper Shred Event

BENEFITING  
UPPER VALLEY  
FOOD SHELF

Purchase THREE CO+OP BASICS items, Shred ANY SIZE box of paper

**NEXT SATURDAY (9/16)**

**9 a.m.–1 p.m.**

SALES GOOD SEPTEMBER 7-13

### GROCERY

- Justin's Organic Peanut Butter Cups  
All varieties, 1.4 oz ..... **3/4** save 66¢ ea
- Food Should Taste Good  
Tortilla Chips  
Select varieties, 5.5 oz .... **2/4** save 1.49 ea
- Cape Cod Potato Chips  
All varieties, 7-9 oz ..... **2/5** save 1.29 ea
- Post Select & Great Grains Cereal  
Select varieties,  
13.5-16 oz ..... **2/5** save 1.89 ea
- Bionaturae  
Organic Strained Tomatoes  
24-28 oz ..... **2/5** save 79¢ ea
- Keebler Rainbow Chips Deluxe  
Cookies, 12.9 oz ..... **2/5** save 1.69 ea
- Progresso Vegetable Classics Soup  
All varieties, 19 oz ..... **5/5** save 99¢ ea
- LÄRABAR Fruit & Nut Food Bar  
Select varieties, 1.6 oz .... **5/5** save 50¢ ea
- Barbara's  
Cinnamon Morning Oat Crunch  
14 oz ..... **3/4** save 1.00
- Green Mountain Coffee K-Cups  
All varieties, 12 count .... **6/9** save 2.80
- Laurel Hill Salsa  
All varieties, 16 oz ..... **3/9** save 1.00
- Bumble Bee  
Solid White Albacore Tuna in Water  
4-pack ..... **4/9** save 3.80
- California Olive Ranch  
Everyday Olive Oil  
16.9 fl oz ..... **8/9** save 3.50
- Bionaturae Organic Fusilli  
16 oz ..... **1/9** save 1.00
- La Gardenia Italian Arborio Rice  
1 lb bag ..... **2/2** save 70¢
- Native Forest Organic Coconut Milk  
13.5 fl oz ..... **1/9** save 1.00
- Blue Diamond Unsweetened  
Original Almond Breeze  
64 fl oz ..... **3/9** save 1.30

### GROCERY

- Newman's Own  
Low-Fat Fig Newmans  
10 oz ..... **3/3** save 1.40
- Endangered Species Dark Chocolate  
Bark with Salted Hazelnut Toffee  
4.7 oz ..... **3/2** save 1.50
- Earth Friendly ECOS Dishmate  
Select varieties, 25 fl oz **2/4** save 1.99 ea
- Charmin Basic  
Double Roll Bath Tissue  
12 roll ..... **4/9** save 2.00

### MEAT

- Co-op Quality  
Fresh Ground Beef ..... **3/7** 91b save 70¢
- Hatfield Rope Sausage  
Hot, Sweet ..... **2/9** 91b save 1.00
- Choice Grade Beef  
Sirloin Tips ..... **7/9** 91b save 2.00
- Boneless  
Chicken Breast ..... **2/9** 91b save 1.00
- Black River Meats  
Organic 92% Ground Beef  
16 oz ..... **7/9** save 1.00
- Pineland Farms  
Natural 100% Beef Patties  
4-count, 21.2 oz ..... **7/9** save 2.00
- Smart Chicken Organic Sausage  
All varieties, 12 oz ..... **5/4** save 1.50

### DELI

- McKenzie Natural Artisan Deli  
Oven-Roasted Turkey **8/9** 91b save 1.00
- Land O Lakes American Cheese  
White, Yellow ..... **4/9** 91b save 50¢
- North Country Smokehouse  
Smoked Provolone  
Cheese ..... **6/4** 91b save 50¢
- Plainville Farms  
Black Forest Uncured Ham  
7 oz ..... **4/9** save 1.5

### SEAFOOD

- Henry & Lisa's  
Gluten-Free Fish Nuggets  
12 oz ..... **6/4** save 2.00
- Ducktrap River of Maine  
Kendall Brook Smoked Salmon  
8 oz ..... **13/9** save 3.00
- Ocean Steelhead Trout  
Farm-raised ..... **12/9** 91b save 2.00

### FishWise Yellow Choice

- Pemaquid Oysters  
Farm-raised, Maine ..... **1/2** save 40¢

### FROZEN

- Cascadian Farm  
Organic Shelled Edamame  
10 oz ..... **2/4** save 99¢ ea
- Tandoor Chef Palak Aloo Entrée  
10 oz ..... **2/6** save 1.29 ea
- Wyman's of Maine  
Fresh Frozen Mango Chunks  
15 oz ..... **2/6** save 1.10
- American Flatbread Pizza  
Select varieties,  
13.8-16.8 oz ..... **6/9** save 3.00
- Gifford's Ice Cream  
All varieties, 32 fl oz ..... **3/9** save 1.50

### CHEESE SHOP

- Locatelli Pecorino Romano  
Italy ..... **13/4** 91b save 3.00
- Grilled Italian Pearl Onions  
Italy ..... **9/9** 91b save 3.50

### BULK

- Fantastic World Foods  
Refried Beans Mix ..... **3/9** 91b save 2.20
- Chunks of Energy  
Honey Pistachio ..... **5/9** 91b save 2.00
- Vermont Coffee Company Organic  
Italian Rustica ..... **9/9** 91b save 1.00

**PRODUCE**

- Organic Starkrimson Pears ..... **2.49/lb** *save 1.50*
- Organic Portabella Mushrooms..... **5.79/lb** *save 3.00*
- Strawberries, 16 oz..... **3.49** *save 1.00*
- Blueberries, pint..... **3.99** *save 80¢*
- Seedless Grapes Green, Red ..... **1.99/lb** *save 70¢*
- Barlett Pears ..... **1.49/lb** *save 90¢*
- Whole Seedless Watermelon Each ..... **4.99** *save 1.80*
- Lemons..... **59¢** *save 40¢*
- Prune Plums ..... **2.29/lb** *save 1.30*
- Plums: Black, Red..... **2.19/lb** *save 1.00*
- Spaghetti Squash..... **99¢/lb** *save 1.50*
- Romaine Hearts 12 oz ..... **2/5** *save 1.29 ea*
- Whole White Mushrooms 8 oz ..... **1.69** *save 1.00*
- Baby Peeled Carrots 16 oz ..... **99¢** *save 50¢*

**Blue Ox Farm**  
Enfield, N.H.

- Organic English Cucumbers..... **1.99** *save 1.00*

**FLORAL**

- Alstroemeria Bunch... **6.99** *save 5.00*
- 4" Indoor Foliage Plant Each ..... **4.29** *save 1.70*

**DAIRY**

- Good Culture Organic Cottage Cheese All varieties, 5.3 oz ..... **2/3** *save 79¢ ea*
- Cabot Creamery Cooperative Premium Cheddar Cheese Bar All varieties, 8 oz ..... **2/4** *save 1.29 ea*
- Wallaby Organic Low-Fat Yogurt All varieties, 6 oz ..... **5/5** *save 49¢ ea*
- Florida's Natural Premium Juice All varieties, 59 fl oz ..... **2/6** *save 99¢ ea*
- Immaculate Organic Crescent Rolls 8 oz ..... **2.99** *save 2.80*
- Organic Valley Stringles 6 oz ..... **3.99** *save 1.00*
- Dragone Ricotta Cheese Part Skim, Whole Milk, 32 oz ..... **3.99** *save 1.90*

**BAKERY**

- Dave's Killer Bread Organic 21 Whole Grain Thin Slice Bread 20.5 oz ..... **3.99** *save 1.00*
- Silver Hills Sprouted Bakery Whole Grain Burger Buns 18.7 oz ..... **2.99** *save 1.00*

**PREPARED FOODS**

- NEW!** Co-op Kitchen Mexican Street Corn **7.99/lb** *save 1.00*
- Co-op Kitchen Turkey Salad Sandwich ..... **4.79** *save 70¢*
- Boston Salads Potato & Egg Salad... **2.49/lb** *save 1.50*

**BEVERAGE**

- GT's Organic Kombucha Select varieties, 16 fl oz **2/5** *save 99¢ ea*
- Santa Cruz Sparkling Lemonade 12 fl oz ..... **1.29** *save 70¢*
- Taste Nirvana Real Coconut Water 16.2 fl oz ..... **1.99** *save 70¢*
- Coca-Cola Select varieties, 12-pack, 144 fl oz ..... **4.29** *save 1.00*

NEW HAMPSHIRE STORES ONLY

- Harpoon Brewery Beer and Ales All varieties, 12-pack, 144 fl oz ..... **13.99** *save 1.00*
- Game of Thrones Chardonnay 750 ml..... **20.99** *save 3.00*

VERMONT STORE ONLY

- Founders Brewing Company Beer and Ales, All varieties, 6-pack, 72 fl oz ..... **9.99** *save 1.50*
- Cupcake Vineyards Wine All varieties, 750 ml ..... **9.99** *save 2.00*

**HEALTH AND BODY CARE**

- EO Everyone Soap Select varieties, 32 fl oz **6.99** *save 2.00*
- Avalon Shampoo and Conditioner All varieties, 11 fl oz..... **5.99** *save 4.00*
- A La Maison Hand & Body Lotion All varieties, 5 fl oz ..... **6.49** *save 1.50*

**Our Latest Big Deals**

Available through September 13



**Late July Tortilla Chips**  
Select varieties, 11 oz  
**Co-op Members** **2/4** *save 1.99 ea*  
**Non-Members** **2.49** *save 1.50*

**Terra Pumpkin Spice Sweets Potato Chips**  
5.75 oz  
**Co-op Members** **2/4** *save 1.99 ea*  
**Non-Members** **2.39** *save 1.60*

**Kashi Organic Cereal**  
All varieties, 16.3 oz  
**Co-op Members** **2/5** *save 2.49 ea*  
**Non-Members** **3.29** *save 1.70*

**Stonyfield Organic Whole Milk, Low-Fat and Nonfat Yogurt**  
Select varieties, 32 oz  
**Co-op Members** **2.79** *save 1.50*  
**Non-Members** **3.29** *save 1.00*

**Alden's Organic Ice Cream**  
All varieties, 48 fl oz  
**Co-op Members** **4.99** *save 2.50*  
**Non-Members** **5.99** *save 1.50*