

A Sample of our Savings

Look for these Specials and more on Sale through July 24
 Some advertised specials may not be available in all locations

PRODUCE

- Avocados, each **1³⁹** save 1.00
- Mangoes, each **1³⁹** save 1.20
- Kiwi Fruit, each **3/1** save 25¢ ea
- Golden Pineapple, each **3⁶⁹** save 2.30
- Vidalia Onions **89¢/lb** save 90¢
- Portabella Mushroom Slices and Caps
5 oz **2⁶⁹** save 2.90

Long Wind Farm

Theford, Vermont

- Organic Tomatoes **3³⁹lb** save 1.50

GROCERY

- Folgers Coffee**
Select varieties (excluding Decaf),
10.3-11.3 oz **2⁹⁹** save 1.20
- V8 Vegetable Fusion Juice**
All varieties, 46 fl oz **2/5** save 1.49 ea
- Natural Directions Organic Beans**
Select varieties, 15.5 oz **99¢** save 30¢
- Shurfine Canola or Vegetable Oil**
32 fl oz **2⁴⁹** save 70¢
- Shurfine Ketchup, 24 oz** **99¢** save 60¢
- Shurfine Sweet Relish**
16 fl oz **1²⁹** save 70¢
- Shurfine Squeeze Mustard**
20 oz **79¢** save 50¢
- Knorr Pasta or Rice Sides**
All varieties, 4-5.7 oz **99¢** save 60¢
- Chicken of the Sea Chunk Light Tuna in
Water or Oil, 5 oz** **99¢** save 30¢
- Era 2X Liquid Laundry Detergent**
All varieties, 26-32 loads,
50 fl oz **2⁹⁹** save 1.40

DELI

- Applegate Naturals**
Natural Genoa Salami **14⁹⁹lb** save 2.00
- Finlandia Swiss Cheese** **6⁹⁹lb** save 1.00
- Applegate Naturals Natural Muenster
Cheese, 8 oz** **5⁴⁹** save 1.00
- North Country Smokehouse**
Claremont, N.H.

- All Natural Nitrate-Free**
Ham **7⁴⁹lb** save 1.50
- Nitrate-Free Applewood Smoked
Turkey Breast** **6⁷⁹lb** save 1.00

FROZEN

- Dove, Snickers, and M&M
Ice Cream Novelties**
All varieties, 8.67-21 fl oz **3⁹⁹** 50¢-1.40 ea

Fresh from local fields to our Co-op stores every morning

Truly fresh produce is measured by the miles and minutes
it takes to get from farm to Co-op.

BLUE OX

- Enfield, N.H.
- Organic Lettuce
 - Organic Bunch Beets
 - Organic Herbs
 - Organic Summer,
Zucchini, and Patty
Pan Squash
 - Organic Large Red,
Cherry, and Grape
Tomatoes
 - Organic Eggplant

EDGEWATER

- Plainfield, N.H.
- Blueberries
 - Fennel
 - Radishes and Scallions
 - Large Red, Heirloom,
and Plum Tomatoes

SPRING LEDGE

- New London, N.H.
- Microgreens

CROSSROAD

- Post Mills, Vt.
- Boston, Green Leaf,
Red Leaf, Mesclun,
Lazy Lettuce
 - Cucumbers
 - Broccoli Crowns
 - Leeks
 - Cabbage
 - Fingerling Potatoes
 - Snap Peas
 - Summer and
Zucchini Squash

LONG WIND

- Theford, Vt.
- Organic Tomatoes

KILLDEER

- Norwich, Vt.
- Organic Cilantro
 - Organic Spinach
 - Organic Cabbage
 - Organic Collard
Greens
 - Organic Pickling
Cucumbers
 - Organic Green Beans
 - Organic Kale

- Organic Large Red
Tomatoes

PIERSON'S

- Bradford, Vt.
- Green Beans

SUNNY BROOK

- Sharon, Vt.
- Basil



CO-OP MARKET—43 LYME ROAD

**When traveling north of
Hanover, find fabulous food
at our Co-op Market.**

- Incredible sandwiches daily
- Dinner specials—Tuesday and Thursday

Call ahead, no waiting! **603-643-5252**

Find menu and times online at www.coopfoodstore.coop/co-op-market

BAKERY

- Udi's Gluten Free Muffins**
Select varieties, 12-13.4 oz **4⁹⁹** save 1.00
- Udi's Gluten Free Bagels**
4 pack, All varieties,
14 oz **4⁶⁹** save 1.00
- Udi's Gluten Free Pizza Crust**
9 inch, 2 pack, 8 oz **3⁹⁹** save 1.00

SEAFOOD

FishWise Yellow Choice

- Wild Sockeye Salmon
Fillets** **11⁹⁹lb** save 2.00
- Wild Sockeye Salmon
Steaks** **10⁷⁹lb** save 2.20
- Wood's Fisheries Wild White Gulf
Shrimp, 21-25 count** **11⁹⁹lb** save 2.00

DAIRY

- Dole Tropical Juice**
All varieties, 59 fl oz **2/5** save 1.29 ea
- Tropicana Trop50 and Pure Premium
Orange and Grapefruit Juice**
All varieties, 59 fl oz **3²⁹** save 1.40
- Heluva Good Shredded Cheese**
All Varieties, 12 oz **3⁷⁹** save 1.00
- Stonyfield Organic Greek Yogurt**
Low Fat, Non Fat, 5.3 oz **1²⁵** save 74¢
- Good Karma Flax Milk**
All varieties, 64 fl oz **3²⁹** save 1.00
- Cascade Fresh Fat Free Yogurt**
All varieties, 6 oz **69¢** save 30¢

MEAT

- Al fresco Fully Cooked
Chicken Sausages**
All varieties, 12 oz **3⁹⁹** save 1.00
- Choice Grade Beef
Strip Steak** **11⁹⁹lb** save 3.00
- Smart Chicken Organic
Boneless Chicken Breast**
Tray pack **8⁹⁹lb** save 1.50
- Smart Chicken
Organic Ground Chicken**
16 oz **6⁹⁹** save 1.40
- Smart Chicken
Organic Frankfurters**
12 oz **5²⁹** save 1.50
- Pork Tenderloin** **3⁹⁹lb** save 2.00
- Hillshire Farms Polska Kielbasa**
Original, Lite, Turkey,
13-14 oz **3⁹⁹** save 1.00

SPECIALTY CHEESE

Neighborly Farms of Vermont

Randolph Center, Vermont

- Organic Sharp Cheddar
Cheese** **11⁴⁹lb** save 2.00

BEVERAGE

- VERMONT STORE ONLY
- Cigar Zin Old Vine Zinfandel**
California, 750 ml **14⁹⁹** save 2.00
 - Eppa Organic Red Sangria**
California, 750 ml **10⁹⁹** save 2.00
 - Enza Prosecco**
Italy, 750 ml **12⁹⁹** save 3.50

FLORAL

- Bromelaid**
4" plant **9⁹⁹** save 2.80

CO-OP deals

Great products.
Great deals!

NEW SALE ITEMS, TWICE MONTHLY

natural & specialty

- Kashi Go Lean Cereal**
Select varieties, 13.1 oz **3²⁹** 1.70-2.00
- Bionaturae Organic Fruit Nectar**
All varieties, 25.4 oz **2⁹⁹** 50¢-1.00
- Muir Glen Organic Pasta Sauce**
All varieties, 25.5-26 oz **2⁷⁹** save 1.20
- Ecover Dish Washing Liquid**
All varieties, 32 fl oz **3⁴⁹** save 1.50
- Seventh Generation
Unbleached Bath Tissue**
12 Rolls, 2 ply, 400 count ... **7⁹⁹** save 5.50
- Seventh Generation
Unbleached Jumbo Paper Towels**
6 Rolls, 120 count **10⁹⁹** save 4.00
- Celestial Seasonings Cool Brew Iced Tea
Bags: Raspberry, Peach, Blueberry,
Tropical, 40 count** **3⁹⁹** save 1.00

- Tazo Iced Tea Bags**
Passion, Black, Green,
6 count **3²⁹** save 1.70
- Kind Fruit & Nut Snack Bar**
All varieties, 1.4-1.6 oz **1²⁵** save 94¢
- Rice Dream Rice Drink**
Select varieties, 32 fl oz **2⁵⁰** save 89¢
- Kettle Krinkle Cut Potato Chips**
Salted, BBQ, Salt & Pepper
14 oz **3²⁹** save 2.20
- Stacy's Pita Chips**
All varieties, 7.3-8 oz **2²⁹** save 90¢
- Ryvita Rye Crispbread**
Light, Dark, Sesame,
8.8 oz **1⁹⁹** save 1.00
- Frontera Mexican Seasoning Sauce**
Enchilada, Taco, Fajita,
8 oz **1⁷⁹** save 90¢

- Annie's Natural Salad Dressings**
All varieties (excluding Organic),
8 fl oz **1⁹⁹** save 1.70
- Napa Valley Naturals
Rich & Robust Extra Virgin Olive Oil**
25.4 fl oz **9⁹⁹** save 4.00

frozen

- Rising Moon Organics
Ravioli and Tortellini**
All varieties **2⁷⁹** save 1.60
- Ciao Bella Gelato and Sorbet**
All varieties, 14 fl oz **3⁴⁹** save 1.50
- Luna & Larry's Organic
Coconut Bliss Frozen Dessert**
All varieties, 16 fl oz **4⁴⁹** save 1.50

bulk

- Golden Temple French Vanilla
Almond Granola** **2⁴⁹lb** save 2.00
- New England Naturals
Magical Mystery Mix** **6¹⁹lb** save 2.00
- New England Naturals Maple
Almond Date Granola** **3¹⁹lb** save 1.20

produce

- Daiya Deliciously
Dairy Free Cheese Shreds**
All varieties, 8 oz **3⁴⁹** save 2.50

beverage

- NEW HAMPSHIRE STORES ONLY
- Tazo Tea**
All varieties, 13.8 fl oz **99¢** save 50¢
 - Blue Sky Organic
New Century Cola**
6 pack, 72 fl oz **3²⁹** save 1.20
 - Zico Coconut Water**
1 liter **3⁹⁹** save 1.00

health & beauty

- Bob's Red Mill Organic
Whole Ground Flaxseed Meal**
16 oz **2⁹⁹** save 2.00
- Alba Botanica Natural
Very Emollient Sunscreen
Sport SPF 45**
4 fl oz **7⁹⁹** save 2.00