

A Sample of our Savings

Look for these Specials and more on Sale through July 31
 Some advertised specials may not be available in all locations

PRODUCE

- Baby Peeled Carrots, 1 lb **1.19** save 80¢
- Whole White Mushrooms
8 oz **1.99** save 1.00
- Olivia's Organics Organic Salads
All varieties, 11 oz **4.99** save 1.20
- Organic Portabella Mushrooms **5.79lb** save 3.00
- Lemons or Limes
Each **2/1** 29¢-49¢ ea
- Cherries **4.99lb** save 60¢
- Cut Seedless Watermelon **69¢lb** save 50¢
- Seedless Grapes
Green, Red **2.29lb** save 2.20
- Plums: Black, Red **1.39lb** save 1.80
- Organic Avocados, each **1.29** save 1.00

GROCERY

- Kellogg's Frosted Mini-Wheats Little Bites and Bite Size
Select varieties, 15.2-18 oz... **2/5** 1.69-2.09
- Kellogg's Nutri-Grain Cereal Bars
All varieties, 10.4 oz **2.69** save 1.10
- Lipton Tea Bags
100 count **3.29** save 1.00
- Nature Valley Granola Bars
All varieties, 7.2-8.9 oz **2/5** 99¢-1.49
- Fiber One Granola Bars
All varieties, 7 oz **2/5** save 1.29 ea
- Chicken of the Sea Solid White Tuna in Water, 5 oz **1.19** save 50¢
- Hellmann's Mayonnaise
All varieties, 30 fl oz **3.49** save 2.20
- Pam Vegetable Spray
All varieties, 5-6 oz **2.99** save 80¢
- Shurfine Tomatoes
Select varieties, 28-29 oz can **89¢** save 60¢-70¢
- Green Giant Vegetables
Select varieties, 11-15.25 oz can **99¢** save 40¢-60¢
- Shurfine Applesauce
All varieties, 6 pack, 24 oz ... **1.99** save 90¢
- Tide 2X Liquid Laundry Detergent
All varieties, 26-32 loads, 50 fl oz **6.99** save 3.00
- Bounce Dryer Sheets
Regular, Scent Free, 80 count **3.99** save 1.00
- Bounty Paper Towels
Select varieties, 6 roll pack, 384-618 count **6.99** 4.40-4.60
- Puffs Basic Facial Tissue
180 count **1.59** save 40¢

FROZEN

- Celentano Italian Meatballs
26 oz **4.99** save 60¢

BAKERY

- Stonefire Italian Naan Pizza Crust
10 oz **2.19** save 1.10
- Stonefire Naan Bread
All varieties, 8 oz **2.19** save 80¢

DAIRY

- Tropicana Pure Premium Orange Juice
All varieties, 89 fl oz **4.99** save 1.90
- Almond Breeze Iced Coffee
All varieties, 64 fl oz **3.99** save 40¢
- Shurfine Butter Quarters
All varieties, 16 oz **1.99** save 60¢
- Cabot Cooperative Creamery**
Cabot, Vermont
- Shredded Cheese
All varieties, 8 oz **2/5** save 49¢ ea
- American Processed Cheese Slices
All varieties, 12 oz **2/4** save 59¢ ea
- Sour Cream
All varieties, 16 oz **1.59** save 40¢

Beat the Heat with Frozen Treats

natural & specialty

- Almondina Biscotti Thins
All varieties, 4 oz **2.89** save 70¢
- NEW!** Duchy Originals Organic Shortbreads and Biscuits
All varieties, 5.3 oz **5.59** save 1.00
- Newman's Own Organic Family Recipe Cookies
Chocolate Chip, Oatmeal, Ginger Snap, 6.5-7 oz **2.29** save 90¢
- Ah!Laska Organic Chocolate Syrup
22 oz **4.79** save 1.20

bakery

- Specialty Dessert Shells
6 count **1.29** save 50¢
- Specialty Angel Food Ring Cake
13 oz **3.79** save 2.00

frozen

- Luigi's Real Italian Ice
All varieties, 36 fl oz **2.50** save 1.39
- Magnum Ice Cream Bars
All varieties, 3 count, 9.9 oz **3.99** save 90¢
- Gifford's Ice Cream
All varieties, 32 fl oz **3.49** save 2.40
- Brigham's Ice Cream
All varieties, 32 fl oz **3.49** save 1.50



Please join us for our

Ice Cream Social

Try free samples of ice cream treats and toppings

- July 25**
3:30-5:30 pm
Hanover and Lebanon
- July 26**
3:30-5:30 pm
White River Junction and Co-op Market

Proposed changes to the Co-op by-laws: as easy as 1-2-3

- MEMBERSHIP**
 1 person per membership
- COMMON CAPITAL**
 2 types of stock
- HOUSEKEEPING**
 3 additional board members

Learn more at all Co-op stores. Board members and management will be on hand.

- July 25 3-6 pm
- July 26 3-6 pm
- July 27 9-11 am



NOW IN — MacLennan Corn

Sweet corn from Alex MacLennan's Farm in Windsor, Vermont, is a member and customer favorite every year. Enjoy local quality at a fair price to you and the farmer!

FIND MORE THAN 50 ITEMS FROM LOCAL AND REGIONAL FARMERS IN OUR STORES

BULK

- Tierra Farm Organic Turkish Figs **4.49lb** save 2.00
- Golden Temple French Vanilla Almond Granola **2.49lb** save 2.00
- Vermont Coffee Company**
Middlebury, Vermont
- Organic Italian Rustica Whole Bean Coffee **8.99lb** save 2.00

DELI

- Boar's Head Jerk Turkey Breast **7.29lb** save 1.70
- Boar's Head Provolone Cheese **4.99lb** save 1.00
- NEW!** Land O Lakes 4 Cheese Italian Blend **5.49lb** save 1.30
- McKenzie Country Classics All-Natural, Nitrate-Free Ham **8.79lb** save 1.80
- McKenzie Country Classics Choice Roast Beef **8.79lb** save 1.50

NATURAL & SPECIALTY

- Annie's Naturals Regular Salad Dressings
All varieties (excluding Organic varieties), 8 fl oz **1.99** save 1.70
- Celestial Seasonings Cool Brew Ice Tea Bags
Raspberry, Peach, Blueberry, Tropical, 40 count **3.99** save 1.00
- Tazo Iced Tea Bags
Passion, Black, Green, 6 count **3.29** save 1.70
- Laurel Hill Tortilla Chips
All varieties, 6.5 oz **2.49** save 50¢
- Laurel Hill Salsa
All varieties, 16 oz **3.99** save 1.00
- Tropical Pepper Co. Mango Coconut Grilling Sauce
10.5 fl oz **2.99** save 1.00
- Olave Infused Olive Oil
Basil, Garlic, Lemon, 8.45 fl oz **7.49** save 3.00

SEAFOOD

FishWise Green Choice

- Yellowfin Tuna **18.49lb** save 3.50
- Six Mates Raw Shrimp
16-20 count **12.99lb** save 3.00
- Six Mates Raw Shrimp
16-20 count, 32 oz **24.99** save 6.50

MEAT

- Choice Grade Beef Porterhouse Steak **10.99lb** save 2.30
- Choice Grade Beef T-Bone Steak **9.99lb** save 2.30
- St. Louis Style Pork Spareribs **2.99lb** save 1.50
- Co-op Quality Natural Ground Beef **4.79lb** save 2.00
- Mountaire Boneless Chicken Breast **3.19lb** save 1.00
- Hebrew National Beef Franks
12 oz **3.69** save 3.00

SPECIALTY CHEESE

- Twin Maple Farm Hudson Gold from Ghent, N.Y., 8 oz **5.49** save 3.40

BEVERAGE

- VERMONT STORE ONLY
- Smoking Loon
All varieties, 750 ml **8.49** save 2.00
- NEW HAMPSHIRE STORES ONLY
- Backhouse Cabernet Sauvignon
California, 750 ml **7.99** save 2.50
- Backhouse Chardonnay
California, 750 ml **7.99** save 2.50
- Twisted Cabernet Sauvignon
California, 750 ml **8.99** save 2.00
- Twisted Chardonnay
California, 750 ml **8.99** save 2.00
- Twisted Pinot Grigio
California, 750 ml **8.99** save 2.00
- Twisted Zinfandel
California, 750 ml **8.99** save 2.00

HEALTH & BEAUTY

- Solaray Once Daily High Energy
With Iron, Iron Free, 60 count **11.79** save 5.00
- A La Maison French Milled Bar Soap
All varieties, 8.8 oz **3.99** save 1.50

FLORAL

- Alstroemeria
10 stem bunch **7.99** save 4.00