



# Co-op Savings and Highlights

Find over 800 specials online at [coopfoodstore.coop](http://coopfoodstore.coop)

## Organic Little Guys Tomatoes

On Sale This Week

Freshly picked from Long Wind Farm—East Thetford, Vt.



SALES GOOD AUGUST 10-16

### PRODUCE

- Organic Blackberries**  
1/2 pint ..... **379** save 1.20
- Organic Seedless Grapes**  
Green, Red ..... **299lb** save 1.00
- Organic Limes** ..... **159lb** save 1.00
- Strawberries, 16 oz** ..... **349** save 1.00
- Plums: Black, Red** ..... **219lb** save 1.00
- Whole Seedless Watermelon** ..... **499** save 1.80
- Bartlett Pears** ..... **159lb** save 80¢
- Baby Peeled Carrots**  
1 lb bag ..... **99¢** save 50¢
- Cauliflower** ..... **299** save 1.00
- Baby Bella Mushrooms**  
10 oz ..... **2/5** save 1.49 each
- Red Onions** ..... **109lb** save 50¢
- Red Potatoes** ..... **89¢lb** save 60¢
- Yukon Potatoes** ..... **89¢lb** save 60¢

### BULK

- Organic Green Lentils** ..... **169lb** save 70¢
- Tierra Farm Organic Tierra Trail Mix** ..... **699lb** save 1.30
- Vermont Coffee Company Organic Full City Roast** ..... **999lb** save 1.00

### CHEESE SHOP

- Vermont Smoke and Cure Uncured Pepperoni**  
6 oz ..... **599** save 1.00
- Plymouth Artisan East Meadow**  
8 oz ..... **599** save 1.40

### GROCERY

- Betty Crocker Fudge Molten Lava Brownie Mix, 19.1 oz** ... **2/4** save 69¢ each
- Equal Exchange Organic Fair Trade Chocolate Bar**  
All varieties, 2.8 oz ..... **2/5** save 49¢ each
- Lakewood Organic Lemonade**  
32 fl oz ..... **2/5** save 79¢ each
- General Mills Corn Chex**  
12 oz ..... **2/5** save 1.19 each
- Keebler Townhouse Original Crackers**  
13.8 oz ..... **2/5** save 1.79 each
- Keebler Cookies, Select varieties,**  
11.3-14.2 oz ..... **2/5** save 1.69 each
- Barbara's Jalapeño Cheese Puffs**  
7 oz ..... **2/5** save 79¢ each
- Ace of Diamonds Solid White Tuna in Water**  
5 oz ..... **4/5** save 54¢ each
- Justin's Organic Almond Butter Squeeze Packet**  
Select varieties, 1.15 oz... **5/5** save 29¢ each
- Prince Pasta**  
Select varieties, 16 oz ..... **5/5** save 69¢ each
- Luna Protein Bar**  
All varieties, 1.59 oz ..... **99¢** save 35¢
- Vermont Village Organic Applesauce**  
Select varieties, 4-pack,  
16 oz ..... **2/6** save 99¢ each
- Arrowhead Mills Organic Multigrain Pancake Mix**  
26 oz ..... **399** save 1.00
- Annie's Organic Honey Graham Crackers**  
14.4 oz ..... **329** save 1.00

### GROCERY

- Annie's Naturals Salad Dressing**  
Select varieties, 8 fl oz .... **219** save 1.60
- Frontera Texas Original Taco Skillet Sauce, 8 oz** ..... **179** save 1.00
- Old El Paso Refried Beans**  
All varieties, 16 oz ..... **119** save 40¢
- Old El Paso Taco Shells**  
Select varieties,  
4.6-6.6 oz ..... **169** save 50¢
- Ginger People Sweet Ginger Chili Sauce, 12.7 fl oz**... **429** save 1.00
- Carnation Instant Breakfast**  
Select varieties, 12.6 oz ... **399** save 1.00
- Bounty Basic Paper Towels**  
6-roll, 420 count..... **499** save 3.00

### MEAT

- Choice Grade Beef Porterhouse Steak** ..... **999lb** save 2.00
- Choice Grade Beef Flat Iron Steak** ..... **1099lb** save 1.50
- Chicken Thighs** ..... **149lb** save 50¢
- Baby Back Ribs** ..... **349lb** save 50¢
- Bell & Evans Breaded Chicken Tenders and Nuggets, 12 oz**..... **749** save 1.00
- Vermont Salumi Sausages**  
All varieties, 14 oz ..... **499** save 2.00

### BAKERY

- Silver Hills Sprouted Bakery Steady Eddie Bread**  
21 oz ..... **2/6** save 99¢ each
- Dave's Killer Bread Organic Good Seed Bread**  
27 oz ..... **499** save 90¢

## Tuesday & Wednesday

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.

**SEAFOOD**

**Handy Gluten-Free Crab Cakes**  
Each ..... **3<sup>99</sup>** *save 80¢*

**Lagniappe**  
**Seafood Sausages**..... **8<sup>49</sup>lb** *save 1.30*

**FishWise Green Choice**

**Catfish, Farm-raised** ..... **7<sup>49</sup>lb** *save 1.50*

**FishWise Yellow Choice**

**Scallops, Wild-caught,**  
10-20 count..... **17<sup>99</sup>lb** *save 2.00*

**DELI**

**Plainville Farms**  
**Honey Turkey Breast** **10<sup>49</sup>lb** *save 1.00*

**Wunderbar Bologna**.. **2<sup>99</sup>lb** *save 1.00*

**McKenzie Natural Artisan Deli**  
**Uncured Smoked**  
**Ham**..... **10<sup>99</sup>lb** *save 1.00*

**Finlandia Imported**  
**Swiss Cheese**..... **5<sup>99</sup>lb** *save 1.00*

**HEALTH AND BODY CARE**

**Tom's of Maine**  
**Wicked Fresh Cool Mountain Mint**  
**Mouthwash, 16 fl oz**..... **4<sup>99</sup>** *save 1.00*

**Alba Botanica**  
**Aloe Vera Sunscreen**  
4 fl oz ..... **6<sup>99</sup>** *save 3.00*

**Andalou Naturals**  
**Hand Cream**  
All varieties, 3.4 fl oz ..... **6<sup>99</sup>** *save 1.00*

**FROZEN**

**Morning Star Farms Breakfast Links**  
8 oz ..... **3<sup>49</sup>** *save 70¢*

**Vermont Small Batch**  
**Flatbread Pizza**  
Select varieties, 8 oz ..... **5<sup>99</sup>** *save 1.30*

**Maine Pie Company**  
**Gluten-Free Cherry Pie**  
32 oz ..... **15<sup>99</sup>** *save 4.00*

**SO Delicious Dairy-Free**  
**Minis Coconut Almond Bars**  
9.2 fl oz ..... **3<sup>99</sup>** *save 1.80*

**Walpole Ice Cream**  
All varieties, 16 fl oz..... **3<sup>99</sup>** *save 1.30*

**DAIRY**

**Tropicana Pure Premium**  
**Orange Juice**  
All varieties, 89 fl oz ..... **4<sup>99</sup>** *save 3.20*

**Greek Gods Greek Yogurt**  
Select varieties, 24 oz ..... **2/6** *save 99¢ each*

**Kimball Brook Farm**  
**Organic Whole Milk**  
64 fl oz ..... **4<sup>99</sup>** *save 50¢*

**Cabot Creamery Cooperative**  
**Sour Cream**  
All varieties, 16 oz ..... **1<sup>69</sup>** *save 30¢*

**Cabot Creamery Cooperative**  
**American Cheese Slices**  
All varieties, 12 oz ..... **2/5** *save 1.19 each*

**FLORAL**

**Mini Plant with Pot**  
Select varieties..... **8<sup>99</sup>** *save 2.00*

**PREPARED FOODS**

**Heirloom**  
**Tomato Tarts** ..... **5<sup>99</sup>** *save 1.00*

**Puget Sound**  
**Artichoke Salad**..... **7<sup>99</sup>lb** *save 1.00*

**Macro Vegetarian Vegan Pad Thai**  
12 oz ..... **5<sup>79</sup>** *save 1.00*

**BEVERAGE**

**Honest Tea Organic Tea**  
All varieties, 16 fl oz..... **1<sup>19</sup>** *save 40¢*

**Zevia Zero Calorie Soda**  
All varieties, 6-pack,  
72 fl oz ..... **3<sup>29</sup>** *save 2.20*

**Polar Premium Seltzer**  
All varieties, 2 liter..... **99¢** *save 60¢*

**Iceland Spring Water**  
1 liter, 33.8 fl oz ..... **3/4** *save 66¢ each*

**NEW HAMPSHIRE STORES ONLY**

**Woodstock Inn Brewery**  
**Beer and Ales**  
All varieties, 12-pack,  
144 fl oz ..... **13<sup>99</sup>** *save 1.00*

**Famille Perrin**  
**Reserve Côtes du Rhône Blanc**  
France, 750 ml..... **12<sup>99</sup>** *save 2.00*

**VERMONT STORE ONLY**

**Long Trail Brewing Co. Beer & Ales**  
All varieties, 12-pack,  
144 fl oz ..... **16<sup>99</sup>** *save 1.00*

**Mionetto Prosecco Brut**  
Italy, 750 ml..... **14<sup>99</sup>** *save 3.00*

**Our Latest Big Deals**

**Available through August 16**



**Cascadian Farm**  
**Organic Vegetables**  
Select varieties, 10 oz

**Co-op Members**  
**2/3** *save 1.49 ea*

**Non-Members**  
**1<sup>99</sup>** *save 1.00*



**KIND**  
**Breakfast Bars**  
All varieties, 7.1 oz

**Co-op Members**  
**2/5** *save 1.49 ea*

**Non-Members**  
**2<sup>99</sup>** *save 1.00*



**Santa Cruz**  
**Organic Dark Roast**  
**Peanut Butter**  
Creamy, Crunchy, 16 oz

**Co-op Members**  
**3<sup>79</sup>** *save 2.20*

**Non-Members**  
**4<sup>39</sup>** *save 1.60*



**KIND Healthy**  
**Grains Bars**  
All varieties, 6.2 oz

**Co-op Members**  
**2/5** *save 1.19 ea*

**Non-Members**  
**2<sup>99</sup>** *save 70¢*



**Talenti Gelato**  
Select varieties,  
16 fl oz

**Co-op Members**  
**3<sup>49</sup>** *save 1.50*

**Non-Members**  
**3<sup>99</sup>** *save 1.00*