

A Sample of our Savings

Look for these Specials and more on Sale through August 28
 Some advertised specials may not be available in all locations

PRODUCE

Seedless Grapes Green, Red	2.29/lb save 2.20
Golden Pineapple Each	3.49 save 2.50
Nectarines	1.69/lb save 1.00
Prune Plums	1.89/lb save 80¢
Sleeved Celery, each	1.49 save 1.40
Matchstix Carrots 10 oz	1.39 save 1.00
Sliced White Mushrooms 8 oz	1.99 save 1.30
Organic Mangoes, each	1.49 save 1.00

GROCERY

Motts Apple Juice All varieties, 64 fl oz	2/5 save 99¢ ea
Motts Applesauce Select varieties, 6 pack, 23.4-24 oz	1.99 save 1.00
Nutella Hazelnut Spread 13 oz	3.49 save 80¢
Cain's Mayonnaise All varieties, 30 fl oz	2.99 save 3.00
Chicken of the Sea Solid White Tuna in Water 5 oz	1.19 save 50¢
Betty Crocker Fruit Roll-Ups and Fruit Snacks Select varieties, 4.5-8 oz	2/4 save 79¢ ea
General Mills Total Wheat Cereal 10.6 oz	2/5 save 1.09 ea
General Mills Cheerios Cereal 14 oz	2/5 save 1.89 ea
Bush's Best Baked Beans All varieties, 28 oz	1.59 save 80¢
Heinz Squeeze Ketchup 38 oz	2/4 save 1.49 ea
Ghirardelli Brownie and Cookie Mix All varieties, 18.75-20 oz	2/5 save 49¢ ea
Domino Granulated Sugar 4 lb	2/5 save 69¢ ea
Barilla Pasta Sauce All varieties, 24 oz	1.99 save 1.00
Barilla Multigrain Plus Pasta All varieties, 14.5 oz	1.99 save 40¢
Barilla Tortellini All varieties, 8 oz	3.29 save 70¢
Kingsford Charcoal All varieties, 15.7-16.6 lb	8.99 save 2.60

FROZEN

Ben & Jerry's Ice Cream All varieties, 16 fl oz	3.49 save 1.50
Kellogg's Eggo Waffles All varieties, 10.75-12.3 oz	2/4 save 79¢ ea
American Flatbread Pizza 12 inch, Select varieties, 13.8-16.8 oz	7.99 save 1.50-2.00

BAKERY

Barowsky's Bulkie Rolls 6 count, 12 oz	2/5 save 1.29 ea
Barowsky's 8" Sub Rolls 6 count, 15 oz	2/5 save 1.29 ea
Country Kitchen Donuts Select varieties, 12 oz	2/6 save 69¢ ea

DAIRY

Florida's Natural Premium Juice All varieties, 59 fl oz	2/6 save 99¢ ea
Dannon Yogurt Original, Fruit on the Bottom, Light & Fit, 6 oz	60¢ save 35¢
Daisy Sour Cream All varieties, 16 oz	2/3 save 89¢ ea

FLORAL

Alstroemeria, 10 stems	7.99 save 4.00
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Local & Regional Favorites

Superior quality on sale

Natural & Specialty

Vermont Village Barre, Vermont	
Organic Applesauce All varieties, 24 oz	3.99 save 30¢
Gringo Jack's Manchester Center, Vermont	
Salsa: Truly Red, Jack's Harvest, Wild Fire, 16 fl oz	3.79 save 70¢
Artisan Flour Tortilla Chips All varieties, 7 oz	3.49 save 1.30
Dell'Amore Colchester, Vermont	
Pasta Sauce: Original, Spicy Marinara, Basil Garlic, 25 oz	5.49 save 1.00
Three Acre Kitchen Hopkinton, New Hampshire	
Balsamic Vinaigrette 8.46 fl oz	5.99 save 1.00
Two Guys in Vermont Montpelier, Vermont	
Soup: Tomato Fennel, Curried Squash, Veggie Basil, 16 oz	4.19 save 80¢

Bulk

Back Roads Granola Brattleboro, Vermont	
NEW! Ancient Grains Granola	8.99/lb save 1.00

NOW IN!

Local Melons

Blue Ox Farm
Enfield, New Hampshire

Edgewater Farm
Plainfield, New Hampshire

Killdeer Farm
Norwich, Vermont

Produce

Blue Ox Farm Enfield, New Hampshire	
Organic Cherry and Grape Tomatoes, pint	3.89 save 60¢

Specialty Cheese

Neighborly Farms of Vermont Randolph Center, Vermont	
Organic Chipotle Cheddar Cheese	11.49/lb save 1.00

Dairy

Cabot Creamery Cooperative Cabot, Vermont	
Cheese Bar All varieties (excluding Waxed & Encrusted), 8 oz	2/4 save 99¢ ea
Dip, 12 oz	2/3 save 39¢ ea
Greek Style Yogurt All varieties, 32 oz	3.49 save 1.00



BULK

Tierra Farm Organic Dry Roasted Cashews Salted, Unsalted	9.99/lb save 1.60
Dean's Beans Organic Moka Sumatra Whole Bean Coffee	9.99/lb save 1.00

SEAFOOD

FishWise Green Choice	
Halibut Fillets	18.49/lb save 2.50
Wild Coho Salmon	12.49/lb save 1.50

MEAT

Choice Grade Beef	
Top Sirloin Steak	6.29/lb save 1.70
Fresh Ground Beef	2.99/lb save 80¢
Mountaire Bone-In Chicken Breast	1.99/lb save 80¢
Al Fresco Chicken Sausages All varieties, 12 oz	4.19 save 80¢
Al Fresco Uncured Chicken Franks 12 oz	3.99 save 1.00

DELI

Boar's Head Provolone Cheese	5.19/lb save 80¢
Boar's Head Cracked Pepper Mill Smoked Turkey Breast	7.99/lb save 1.30
Applegate Naturals Roasted Chicken Breast	11.99/lb save 1.50
Applegate Naturals Emmentaler Swiss Cheese, 8 oz	6.99 save 1.00

NATURAL & SPECIALTY

Carr's Crackers All varieties, 4.25-7 oz	3.49 save 70¢
Stonewall Kitchen All Natural Cherry Berry Jam 12 oz	4.99 save 1.00
Lundberg Family Farms Organic Rice Cakes All varieties, 8.5-9.6 oz	2.89 save 80¢
Pamela's Gluten-Free Whenever Bars Cranberry Almond, Blueberry Lemon, Chocolate Chip Coconut, 7.05 oz	3.69 save 1.30
Coconut Dream Coconut Drink Unsweetened, Original, Vanilla, 32 fl oz	2.69 save 1.00

BEVERAGE

VERMONT STORE ONLY	
Cline Viognier California, 750 ml	10.49 save 2.00
Brancott Sauvignon Blanc New Zealand, 750 ml	11.59 save 4.00
Brancott Pinot Noir New Zealand, 750 ml	12.99 save 5.00
Oyster Bay Sauvignon Blanc New Zealand, 750 ml	11.99 save 3.00

NEW HAMPSHIRE STORES ONLY	
Orleans Hill Winery Our Daily Red Organic California, 750 ml	9.99 save 3.00
Conquista Malbec Argentina, 750 ml	9.99 save 3.00
Alto Tierruca Sauvignon Blanc Chile, 750 ml	8.99 save 3.50
Züm Riesling Germany, 750 ml	12.99 save 2.00

HEALTH & BEAUTY

Solaray Once Daily High Energy Multivitamin With Iron, Iron Free, 60 count	11.79 save 5.00
Leap Organics Organic Bar Soap All varieties, 4 oz	3.19 save 1.80

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