

A Sample of our Savings

Look for these Specials and more on Sale through July 3
 Some advertised specials may not be available in all locations

July 4th Savings

PRODUCE

- Limes, each **3/1** save 66¢ ea
- Vidalia Onions **89¢/lb** save 90¢
- Extra Large Green Peppers **1.39/lb** save 1.20
- Grape Tomatoes, Pint **1.99** save 2.60
- Organic Cantaloupe Each **3.49** save 50¢

GROCERY

- Nature Valley Granola Bars All varieties, 7.1-8.9 oz. **2/5** save 99¢ ea
- Fiber One Granola Bars All varieties, 7 oz **2/5** save 1.29 ea
- Domino Granulated Sugar 4 lb **2/5** save 69¢ ea
- Betty Crocker Muffin Mix Lemon Poppy Seed, Blueberry, 15.8 -18.25 oz **2.29** save 60¢
- Lindsay Pimiento Stuffed Spanish Manzanilla Olives 5.75 oz **2/3** save 79¢ ea
- Lindsay Pitted California Ripe Olives All varieties, 6 oz **2/3** save 39¢ ea
- Hidden Valley Original Ranch or Coleslaw Salad Dressing 16 fl oz **2.99** save 1.00
- Tide 2X Liquid Laundry Detergent All varieties, 26-32 Loads, 50 fl oz **5.99** save 4.00
- Bounty Select-A-Size or Giant Bundle Papertowels 8 Rolls, 576-928 count... **9.99** save 5.80-6.00

DAIRY

- Newman's Own Lemonade and Juice All varieties, 59-64 fl oz **1.39** save 1.00
- Florida's Natural Premium Orange and Grapefruit Juice All varieties, 59 fl oz..... **2.99** save 1.00
- Yoplait Yogurt All varieties, 6 oz **2/1** save 35¢ ea

Cabot Creamery Cooperative Cabot, Vermont

- Dips All varieties, 12 oz..... **2/3** save 39¢ ea
- Cheese Slices All varieties, 8 oz **2.99** save 50¢
- Cheese All varieties, 32 oz brick **8.99** save 2.00

DELI

- Boar's Head Black Forest Ham..... **6.79/lb** save 1.40
- Applegate Naturals Roasted Turkey Breast **11.49/lb** save 2.00

MEAT

- Choice Grade Beef Top Sirloin Steak **5.49/lb** save 2.50
- Choice Grade Beef Boneless Short Ribs ... **5.99/lb** save 1.60
- Center Cut Bone-In Pork Chops **2.49/lb** save 2.00
- Country Style Pork Spareribs **2.49/lb** save 2.00
- Hatfield Rope Sausage Hot, Sweet **2.49/lb** save 1.80

SEAFOOD

- FishWise Green Choice**
Steamers..... **4.29/lb** save 1.70
- Blue Point Oysters Each **75¢** save 34¢
- FishWise Yellow Choice**
Mahogany Clams **65¢/lb** save 34¢

Natural & Specialty

- Almondina Biscotti Thins All varieties, 4 oz .. **2.89** save 70¢
- Lazzaroni Bruschette Classic, Rosemary and Sage, Olive, 5.3 oz **2.69** save 1.00
- Tonnino Canned Solid Tuna Fillet: Olive Oil, Water, 5.82 oz **3.19** save 1.00
- Tonnino Tuna Fillets in Jars All varieties (excluding Ventresca), 6.7 oz **5.99** save 2.00
- Ojai Cook Lemonaise Spread 12 fl oz **3.69** save 80¢
- Rick's Picks Pickles: Windy City Wasabeans, Mean Beans, Smokra, 15 oz **7.69** save 1.30
- Stonewall Kitchen Spicy Corn Relish, 16 oz **4.49** save 1.00
- Stonewall Kitchen Farmhouse Relish Green, Red, 16 oz. **4.19** save 80¢
- Stonewall Kitchen Country Ketchup, 16 oz..... **4.19** save 80¢
- Stonewall Kitchen Grill Sauce Select varieties, 11 fl oz..... **4.99** save 1.00

Bakery

- Pepperidge Farm Hamburger or Hot Dog Rolls, All varieties, 12-14 oz..... **2.99** save 50¢

Frozen

- Edy's Ice Cream, All varieties, 48 fl oz **2/6** save 3.39 ea

Grocery

- Bush's Best Baked Beans All varieties, 28 oz. **2/3** save 89¢ ea
- Heinz Squeeze Ketchup 38 oz **1.99** save 1.50
- French's Squeezable Mustard 14 oz **2/3** save 49¢ ea
- Cain's Mayonnaise 30 fl oz **2.99** save 3.00
- Kraft Miracle Whip 30 fl oz **2.99** save 2.30
- Vlasic Kosher Dill Stackers All varieties, 16 fl oz **1.99** save 1.20
- Vlasic Kosher Dill Spears All varieties, 24 fl oz **1.99** save 80¢
- Kingsford Charcoal All varieties, 15.7-16.6 lb **9.99** save 1.60
- Kraft Jet-Puffed Marshmallows All varieties, 8-10 oz **99¢** save 70¢

Meat

- Co-op Freshly Ground Beef **2.89/lb** save 80¢
- Smart Chicken Natural Boneless Chicken Breast ... **5.99/lb** save 1.00
- Smart Chicken Natural Chicken Legs **1.99/lb** save 80¢

Seafood

- FishWise Yellow Choice**
Swordfish **12.99/lb** save 1.50

Deli

- Boar's Head Ovengold Roasted Breast of Turkey. **6.99/lb** save 2.00
- Land O Lakes American Cheese White, Yellow **4.29/lb** save 1.40

Produce

- Blueberries, Pint **2.99** save 2.00
- Plums: Black, Red **1.99/lb** save 1.20
- Portabella Mushrooms **3.99/lb** save 3.00
- Cut Seedless Watermelon **69¢/lb** save 50¢

Beverage

- NEW HAMPSHIRE STORES ONLY
- Chateau Beauchene Rosé France, 750 ml..... **14.49** save 2.00
 - Ranga Ranga Sauvignon Blanc New Zealand, 750 ml..... **12.99** save 2.00
 - G Vigouroux Pigmentum Rosé Malbec France, 750 ml..... **12.49** save 4.00
 - Parés Baltà Organic Rose de Pacs Rosé Spain, 750 ml **12.79** save 1.50
- VERMONT STORE ONLY
- Harpoon Brewery Beer All varieties, 6 pack bottles, 72 fl oz **7.69** save 1.00
 - The Woodchuck Cider**
Middlebury, Vermont
 - Hard Cider, All varieties, 6 pack, 72 fl oz **7.79** save 50¢

JULY 4th HOURS: Co-op Market (43 Lyme Rd), OPEN 8 am-8 pm **MAIN CO-OP LOCATIONS CLOSED**
 ice cream window open until 9 pm

Co-op Bylaws Member Forum

JULY 27 | 7:00 p.m.
 Lebanon Co-op Café Gallery

Join Co-op Board members and Finance Director Tony Alongi for a discussion about proposed changes to the bylaws.

Why are the bylaws being changed?

To address the capital structure so the Co-op can avoid borrowing all of the money needed to maintain facilities and meet financial needs. Historically, the Co-op has operated on a model of returning nearly 100% of profits to members.

To simplify and improve the bylaws so they correspond with modern law and international cooperative principles. Our current bylaws are a patchwork of the original 1936 bylaws plus multiple amendments made over the decades.

Find more information at www.coopfoodstore.coop/bylaws

BULK

- Tierra Farm Organic Thompson Raisins **2.99/lb** save 1.00
- Organic Quinoa **2.99/lb** save 1.00

Co-op Organic Coffee Our fairly traded line of coffee

- Tuckerman's Revenge Whole Bean Coffee **8.99/lb** save 1.00

FLORAL

- Cactus and Succulent 4" plant..... **5.59** save 2.00

FROZEN

- Shurfine Frozen Lemonade Original, Pink, 12 fl oz... **99¢** save 40¢
- Barber Stuffed Chicken Breast All varieties, 10 oz..... **3.49** save 1.10

HEALTH & BEAUTY

- Solaray Once Daily High Energy Multivitamin 120 ct **22.19** save 8.00
- Kal Ultra Omega 3-6-9 100 count **17.89** save 5.00

BAKERY

- Country Kitchen Canadian Bread White, Wheat, 22 oz **2/6** save 1.49 ea
- Country Kitchen Giant White Bread 22 oz **2/5** save 1.49 ea

SPECIALTY CHEESE

- Neighborly Farms**
Randolph Center, Vermont
- Organic Sharp Cheddar..... **11.49/lb** save 2.00