

# A Sample of our Savings

Look for these Specials and more on Sale through September 25

Some advertised specials may not be available in all locations

## PRODUCE

Avocado	2/3	save 99¢ ea
Mango, each	1.59	save 1.00
Cantaloupe, each	2.59	save 1.40
Brussels Sprouts	2.49lb	save 1.50
Sleeved Celery, each	1.59	save 1.30
Hydroponic Boston Lettuce each	2.49	save 1.50
Whole White Mushrooms 8 oz	1.99	save 1.00
<b>NEW! Cindy's Kitchen Salad Dressing</b> All varieties, 16 oz	5.99	save 1.00

### Blue Ox Farm

Enfield, New Hampshire

Organic Green Peppers	2.19lb	save 80¢
Organic Italian Red Carmen Peppers	3.49lb	save 1.00

## GROCERY

Maxwell House Coffee Select varieties (excludes Decaf) 10.5-11.5 oz	2.99	save 1.00
Kellogg's Special K Cereal All varieties, 11.2-12.5 oz	1.99	save 2.60
Cream of Wheat Hot Cereal All varieties, 28 oz	3.49	save 40¢
Bertolli Pasta Sauce All varieties, 15-24 oz	2/5	save 79¢ ea
Barilla Multigrain Plus Pasta All varieties, 14.5 oz	1.99	save 40¢
Bush's Best Baked Beans All varieties, 28 oz	1.59	save 80¢
Chicken of the Sea Solid White Tuna in Water 5 oz	1.00	save 69¢
KC Masterpiece Barbecue Sauce All varieties, 18 oz	2/3	save 49¢ ea
Kingsford Charcoal Briquettes 8.3 lb	5.99	save 80¢
Del Monte Vegetables: Beans, Corn, Peas, 14.5-15.25 oz can	99¢	save 60¢
Sunshine Cheez-It Crackers All varieties, 6-7 oz	1.69	save 80¢

## MEAT

Choice Grade Beef Boneless Strip Steak or Roast	11.99lb	save 3.00
Pork Tenderloin	3.99lb	save 2.00
Mountaire Boneless Chicken Thighs	2.39lb	save 1.30
Niman Ranch Uncured Bacon Applewood, Maple, 12 oz	6.99	save 1.00
Fresh Ground Buffalo	10.49lb	save 1.30
al fresco Chicken Sausages All varieties, 12 oz	4.19	save 80¢

# Applefest

Tastings and all things apple

Hanover location  
September 26  
3:30 p.m.-5:30 p.m.

- Enjoy samples galore, including apple crisp, North Country Smokehouse Chicken Apple Sausage, and local ciders!
- Learn helpful tips for baking.
- Stop by the Kids Club table for fun apple facts.
- And more!



## FROZEN

Ben & Jerry's Ice Cream All varieties, 16 fl oz	3.49	save 1.50
Celentano Meatballs Italian Style, 26 oz	4.99	save 60¢

## DAIRY

Tropicana Trop50 Premium Orange and Grapefruit Juices All varieties, 59 fl oz	2.99	save 1.70
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### Cabot Creamery Cooperative

Cabot, Vermont

Vermont Natural Butter Quarters 16 oz	2/5	save 1.39 ea
Cottage Cheese, 16 oz	1.99	save 70¢
Shredded Cheese All varieties, 8 oz	2/5	save 49¢ ea

## BULK

**Vermont Coffee Company**  
Middlebury, Vermont

<b>NEW! Organic Viva Café Dominicano Coffee:</b> Uno (Light Roast), Dos (Medium Roast), Tres (Dark Roast)	8.99lb	save 2.00
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## BAKERY

Pepperidge Farm Italian Bread Seeded, Seedless, 20 oz	1.99	save 70¢
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### Champlain Orchards

Shoreham, Vermont

Apple Pie: (Double Crust, Crumb Top, Oat Crumble) 6 inch, 16 oz	6.99	save 1.00
9 inch, 40 oz	11.49	save 1.00

## FLORAL

Florist Mum 4.5" plant	5.99	save 1.00
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## DELI

Applegate Organics Oven Roasted Turkey Breast, 6 oz	7.49	save 1.00
Applegate Naturals Roast Beef	13.79lb	save 1.50
Boar's Head Deluxe Boiled Ham	7.69lb	save 1.10
Boar's Head Swiss Cheese	7.29lb	save 70¢

## SEAFOOD

Ducktrap of Maine Kendall Brook Smoked Salmon 4 oz	7.49	save 1.80
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### FishWise Green Choice

Wild Coho Salmon Fillets	12.49lb	save 1.50
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### FishWise Yellow Choice

Catfish	5.99lb	save 1.30
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## BEVERAGE

NEW HAMPSHIRE STORES ONLY

### Harpoon Brewery

Windsor, Vermont

Craft Cider 6 pack, 72 fl oz	7.99	save 70¢
Pumpkin Cider 6 pack, 72 fl oz	7.99	save 70¢

VERMONT STORE ONLY

### Citizen Cider

Essex, Vermont

Unified Press 22 fl oz	6.99	save 1.00
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Enjoy an old Vermont favorite, and one of the very few sage cheddars still available.

**Neighborly Farms of Vermont**  
Randolph Center, Vermont

**Organic Sage Cheddar Cheese**  
11.49lb save 1.00

Pair with these fine wines.

**Pacifico Sur Pinot Noir Reserve from Chile**

NEW HAMPSHIRE STORES

**Bogle Vineyards Pinot Noir from California**

VERMONT STORE



## COOP deals

Great products, Great deals!

NEW SALE ITEMS, TWICE MONTHLY

### bulk

Organic Steel Cut Oats	1.39lb	save 80¢
Breadshop Honey Gone Nuts Granola	2.99lb	save 2.20

### produce

Go Veggie Dairy Free Slices: American, Cheddar, 6.7 oz	2.49	save 1.50
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### frozen

Annie's Organic Rising Crust Pizza All varieties, 22.6-23.1 oz	5.99	save 3.00
Alden's Organic Ice Cream All varieties, 48 fl oz	4.99	save 1.50

### health & beauty

Tom's of Maine Antiplaque Floss	2.99	save 1.00
Spectrum Essentials Organic Ground Premium Flaxseed 15 oz	4.99	save 1.50

### dairy

Uncle Matt's Organic Juice Orange, Apple, Grapefruit, 56-59 fl oz	5.29	save 1.20
Chobani Greek Yogurt, Nonfat, Low-fat, 6 oz	1.00	save 39¢

### natural & speciality

Clif Bar All varieties (Does not include Clif Protein or Luna Bars), 2.4 oz	99¢	save 60¢
Annie's Organic Pretzel Bunnies Original, Honey Wheat, 7 oz	2.00	save 1.69
Pirate Brands Pirate's Booty (Aged White Cheddar, Veggie), Smart Puffs, Tings, 4-6 oz	2.00	save 89¢
Newman's Own Organic Fig Newmans All varieties, 10 oz	3.29	save 1.20
Muir Glen Organic Tomatoes and Sauce All varieties, 14.5-15 oz	1.25	save 74¢-1.04
Blue Diamond Almond Breeze All aseptic varieties, 64 fl oz	3.79	save 1.70
Once Again Natural Peanut Butter Crunchy, Smooth, 16 oz	5.79	save 1.90
Westbrae Organic Beans All varieties, 15 oz	2/3	save 89¢ ea

Napa Valley Organic Extra Virgin Olive Oil California, 25.4 fl oz	9.99	save 4.00-5.00
Native Forest Organic Coconut Milk Regular, Lite, 13.5 fl oz	1.99	save 60¢-90¢
Nature's Path Organic Instant Oatmeal All varieties, 11.2-14 oz	2.99	save 1.40
Annie's Shells & White Cheddar and Macaroni & Cheese Family Size, 10.5 oz	2.79	save 90¢
Pacific Foods Organic Broth All varieties, 32 fl oz	2.99	save 1.00
Seventh Generation 4X Liquid Laundry Detergent Select varieties, 50 fl oz	11.99	save 7.00
Teccino Herbal Coffee Tee-Bags French Roast, Maya Chocolate, Hazelnut, Vanilla, 10 ct	2.99	save 1.70
Ancient Harvest Quinoa 12 oz	3.49	save 2.50