








Littleton Food Co-op

WEEKLY SPECIALS

PRODUCE

GROCERY


 Celery.....	\$1.39
 Strawberries	\$3.99/lb
 Limes	3/99¢
Portabella Mushrooms.....	\$4.29/lb
Whole Seedless Watermelon.....	\$2.99
Red & Black Plums	\$2.49/lb
Fancy Yams	89¢/lb
Red Grapes	\$1.69/lb
Bartlett Pears	\$1.29/lb
Braeburn Apples	69¢ ea.
Navel Oranges	69¢ ea.

Drew's Dressing, 12 oz	2/\$5
 Cascadian Farm Cereal, (Sel.Var.).....	2/\$5
 Santa Cruz Lemonade, 32 oz	3/\$5
Juicy Juice Fruit Blends, 64 oz.....	2/\$5
Keebler Townhouse Crackers,(Sel Var)	2/\$5
Kellogg Nutrigrain Bars, 10.4 oz	2/\$5
Nature Valley Granola Bars, (Sel.Var.)	2/\$5
Prince Pasta, 16 oz (Sel.Var.)	99¢
Progresso Bread Crumbs, 15 oz	2/\$3
Old El Paso Refried Beans, 16 oz	4/\$5
Old El Paso Taco Shells, (Sel.Var.)	3/\$5
Annie's Pasta & Cheese Dinners (Sel.Var.)	99¢
Blue Sky Natural Soda, 6 pk.....	2/\$5
Jackson's Honest Potato Chips, (Sel.Var.).....	2/\$5
Perfect Bar (Sel.Var.)	\$1.99

MEAT

Choice Angus Sirloin Steak	\$6.49/lb
Bone-in Center Cut Rib Chops	\$1.79/lb
Store-made Chicken Sausage	\$3.89/lb
Boneless Grade A Chicken Tenders	\$2.79/lb
Ground Chuck	\$4.49/lb
Niman Ranch Bacon, 12 oz	\$8.49


FROZEN

 Gifford's Ice Cream, 32 oz (Sel.Var.).....	\$3.99
Stouffers Lean Cuisine Meals (Sel.Var.)	\$2/5
Feel Good Food Appetizers (Sel.Var.)	\$3.99
Julie's Ice Cream Ice Cream & Sorbet, 16 oz.....	\$3.99
Little Northern Bakehouse Breads, 17 oz	\$4.39





DELI

Boar's Head Tavern Ham	\$5.99/lb
Boar's Head Pastrami	\$7.99/lb
Boar's Head Mild Cheddar	\$5.99/lb
Land O' Lakes 4 Cheese Italian Blend	\$5.99/lb
Red Dill Potato Salad	\$3.49/lb

BEVERAGE

 Farnum Hill Ciders, 750 ml	\$9.99
Cupcake Wines, 750 ml (Sel.Var.)	\$9.99
Lagunitas, 12 pks	\$16.99

BULK


 Equal Exchange Whole Bean Coffee (13 Var.)	\$8.99/lb
Golden Temple Granolas (7 Varieties).....	\$2.99/lb
Golden Temple 35% Fruit Muesli.....	\$2.99/lb
 Green Lentils	\$1.99/lb
 Pinto Beans.....	\$1.99/lb
 Lotus Foods Madagascar Pink Rice.....	\$2.69/lb

SPECIALTY CHEESE

Boursin, 5.2 oz	\$5.49/ea
-----------------------	-----------

*We reserve the right to limit quantities




DAIRY

 Cabot Butter, 16 oz	\$3.49
Siggis Icelandic Yogurt, 5.3 oz	\$5/5
Stella Cheese Wedges, 5 oz	\$1.99
Fage Yogurt, 17.6 oz	\$2/6

BAKERY

Co-op Baked Strawberry Rhubarb Pie, 8"	\$3.99
Co-op Baked Italian Bread, 16 oz	\$1.69
Stonefire Mini Naan, 7 oz	\$1.49

WELLNESS

 Badger Anti-Bug Spray, 4 oz	\$7.99
 Badger Sunscreen, 2.9 oz	\$10.99
 Honey Garden Wild Cherry Bark Syrup, 4 oz	\$7.99

FRESH

Cedar's Tzatziki Cucumber Garlic Yogurt Dip, 12 oz	\$3.99
Cedar's Spinach Dip, 12 oz	\$3.99

Fresh Picked Corn Now Available!

 local

Nutrition in the Kitchen

Tuesday, August 15th 5:30 PM - 7 PM

at the Co-op Cafe

Demos, Samples, Coupons

FREE for everyone!

HOSTED BY

AMMONOOSUC COMMUNITY HEALTH SERVICES