

7 Oz  
 St. André  
 Chesse  
**\$7.29**  
 Ea



7 Varieties  
**Golden Temple  
 Granola**  
**\$2.99**  
 Lb



**EQUAL**  
**USDA ORGANIC**  
**Avocados**  
**\$1.29**  
 Ea

Organic  
 Pink Lady Apples  
**99¢**  
 Ea



Select Varieties  
**Terra  
 Vegetable  
 Chips**  
**\$1.99**



18.7 Oz  
**Samuel Smith  
 Brews**  
**3/10**



Organic  
 Select Varieties  
**Cascadian Farm  
 Cereal**  
**\$2.99**



Select Varieties  
**Newman's Pizza**  
**\$4.99**



15 oz  
**Field Day  
 Beans**  
**\$1.49**  
 Ea

**USDA ORGANIC**  
 Lamb Loin  
 Chops  
**\$8.99**  
 Lb



**DELHI**  
**Family Pack  
 Ground Chuc**  
**\$3.99**  
 Lb



**Boar's Head  
 Teriyaki Chicken**  
**\$5.89**  
 Lb

7 Oz  
 Local  
**VT Farmstead  
 Alehouse Cheddar**  
**\$5.49**



14 Oz  
**Field Day  
 Coconut Oil**  
**\$5.99**  
 Ea



7.8 Oz  
**Field Day  
 Snack Bars**  
**\$2.99**

# WEEKLY SPECIALS Fri. Dec. 8 — Thu. Dec. 14, 2017



Avocados  
**\$1.29**  
Ea



15 oz  
Field Day  
Beans  
**\$1.49**



Select Varieties  
Terra  
Vegetable  
Chips  
**\$1.99**



Boar's Head  
Teriyaki Chicken  
**\$5.89**  
Lb

## PRODUCE

- Pink Lady Apples ..... 99¢/ea
- Lemons ..... 59¢
- Portabella Mushrooms..... \$4.99/lb
- Green Beans..... \$1.59/lb
- Cantaloupe ..... \$1.99
- Mini Seedless Watermelon ..... \$4.99
- Sweet Onions ..... 99¢/lb
- Cara Cara Oranges ..... \$1.19/ea
- Iceberg Lettuce ..... \$1.49/lb
- Marzetti Simply Dressings, 12 oz..... \$2.49

## MEAT

- Family Pack Ground Chuck ..... \$3.99/lb
- Lamb Loin Chops..... \$8.99/lb
- Boneless Pork Chops ..... \$1.99/lb
- Choice Angus Chuck Roast..... \$3.99/lb
- Choice Angus T-bone or Porterhouse..... \$9.99/lb
- \*Misty Knoll Boneless Chicken Breast ..... \$9.99/lb

## DELI

- Boar's Head Corned Beef..... \$8.49/lb
- Boar's Head Horseradish Cheddar ..... \$5.99/lb
- North Country Bistro Ham ..... \$9.99/lb

## SEAFOOD

- SeaBest EZ Peel 16/20 Shrimp, 1lb..... \$8.49
- Margaritaville Shrimp Scampi, 8 oz..... \$6.99

## BEVERAGE

- Samuel Smith Brews, 18.7 oz ..... 3/\$10
- New Belgium, 12 pks.....\$16.99
- Rex Goliath Wines, 750 ml ..... \$5.99
- Prima Perla Prosecco, 750 ml..... \$9.99

## DAIRY

- \*Cabot Bars and Shreds, 8 oz ..... 2/\$5
- Shurfine Butter, 16 oz ..... \$2.89
- Stella Cheese Wedges, 5 oz ..... 2/\$5
- Lactaid Milks, 64 oz ..... \$3.49
- Chobani Yogurt, 5.3 oz ..... 99¢

## FRESH

- Follow Your Heart Vegenaize, 16 oz (Sel.Var.) \$4.99

## SPECIALTY CHEESE

- \*VT Farmstead Alehouse Cheddar, 7 oz \$5.49/ea

## FROZEN

- Eggo Waffles, (Sel.Var.) ..... \$1.99
- Dove Frozen Novelties, (Sel.Var.) ..... \$2.99
- Birds Eye Vegetables, (Sel.Var.) ..... 2/\$3
- Woodstock Frozen Fruit, 10 oz .....\$2.99**



Select Varieties  
Newman's Pizza  
**\$4.99**

\* = LOCAL PRODUCTS

GREEN = ORGANIC PRODUCTS



## BAKERY

Raspberry Pie, 8" .....	\$4.99
Chocolate Chip Cookies .....	\$2.99/dz
Rich Double Layer Variety Cakes, 8" .....	\$9.99

## BULK

Golden Temple Granolas (7 kinds).....	\$2.99/lb
Deluxe Mixed Nuts, Roasted & Salted .....	\$11.99/lb
Woodstock Wasabi Peas .....	\$3.99/lb
Woodstock Dark Chocolate Raisins .....	\$4.99/lb
<b>Frontier Co-op Ground Cinnamon ...</b>	<b>\$5.99/lb</b>
<b>Frontier Co-op Cinnamon Sticks .....</b>	<b>\$9.99/lb</b>
Golden Temple 35% Fruit Muesli.....	\$2.99/lb
<b>Lundberg White Jasmine Rice .....</b>	<b>\$2.29/lb</b>
<b>Lundberg Brown Jasmine Rice .....</b>	<b>\$1.99/lb</b>

## WELLNESS

Navita's Essential Superfood, 8.4 oz .....	\$19.99
Jason's Body Wash, 30 oz .....	\$9.99
Nutiva MCT Oil, 16 oz .....	\$17.99
Dr. Bronner's Bar Soap, 3 oz .....	2/\$5

## GROCERY

Bigelow Tea, 13.28 oz.....	2/\$5
San Pellegrino or Perrier Water, 25.30 oz .....	2/\$3
New England Coffee, 9-11 oz.....	\$4.99
Domino Brown or Confectioners Sugar, 2 lb	\$1.99
Keebler Pie Crust, 6 oz .....	\$3/\$5
Shur Fine Sugar, 4 lb .....	\$1.99
Shur Fine Flour, 5 lb .....	\$1.79
Nestle Morsels, 10-12 oz .....	2/\$5
Honey Bunches of Oats, 14.5 oz .....	2/\$5
Quaker Oats, 18 oz .....	\$1.99
Newman's Pasta Sauce or Salsa, 24 oz .....	\$2.29
Newman's Salad Dressing, 16 oz .....	\$2.99
<b>Field Day Cereal, 10-14 oz.....</b>	<b>\$3.39</b>
<b>Field Day Coconut Oil, 14 oz .....</b>	<b>\$5.99</b>
Field Day Snack Bars, 7.8 oz .....	\$2.99
Skippy Peanut Butter, 15-16.3oz .....	2/\$5
Nabisco Stoned Wheat Thins (Sel.Var.) .....	\$2.99
Bounty Basic Paper Towels, 6 rolls .....	\$5.99
<b>Equal Exchange Chocolate Bars, 2.8 oz</b>	<b>\$2.39</b>
<b>Annie's Naturals Salad Dressing, 8 oz ...</b>	<b>\$2.99</b>
<b>Pacific Soup, 32 oz .....</b>	<b>\$2.99</b>
<b>Cascadian Farm Cereal (Sel.Var.) .....</b>	<b>\$2.99</b>
<b>Muir Glen Tomatoes, 28 oz .....</b>	<b>3/\$5</b>

Do you or someone you know use **SNAP**

(\*formerly known as food stamps)?

Shop at the Co-op with your **SNAP/EBT** and you'll receive **50% OFF** fresh fruits and vegetables! **Yes...50% OFF!** No strings attached, just let your cashier know you'd like to participate in the **Market Match** program before swiping your card.

**YOU SNAP. WE MATCH.**



*\*We reserve the right to limit quantities*