

everyday low prices!

Co-opTM basics



More ways to save with Co+op Basics!

Looking to stretch your grocery budget? So are we! Co+op Basics offers everyday low prices on many popular grocery and household items.

Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the co-op.

Don't forget to take advantage of these other great ways to save when shopping the co-op:

- ✓ Co+op Deals – our biweekly flyer focused on packaged grocery items
- ✓ Bulk – save when buying just what you need; buy a pinch or a pound
- ✓ Member Deals – Members receive 20% off a weekly featured producer
- ✓ Weekly Sales – Deep discounts on a selection of items each week

Just look for this sign:

Co-opTM basics



OPEN THIS FLYER TO FIND
JUST A FEW OF OUR
EVERYDAY LOW PRICES!



\$3.99_{ea}

Local
**Monument Farms
Milk**
1 gal., all varieties



\$2.99_{ea}

Co-op Made
**Florida's Natural
Juice**
all varieties



\$0.99_{/lb}

Organic, Fair Trade
Bananas



\$3.99_{ea}

Local, Co-op Made
**Cabot
Butter**
16oz., salted & unsalted



\$2.99/lb

BULK
Organic
Woodstock
Frozen Peas &
Frozen Corn



\$.89/lb

BULK
Rolled Oats



\$2.29ea

Organic
Field Day
Broth
32 oz., all varieties



\$1.49ea

Organic
Field Day
Canned Beans
select varieties



\$3.99/lb

BULK
Frozen
Wild Blueberries



\$8.99/lb

BULK
Organic, Fair Trade,
Co-op Made
Equal Exchange
Coffee Beans
select varieties



\$1.99ea

Organic
Field Day
Pasta
16 oz., all varieties



\$2.99ea

Organic
Field Day
Pasta Sauce
26 oz., all varieties



\$2.99ea

Local, Co-op Made
Cabot
Cheese
8oz., select varieties



\$3.59/lb

BULK
Organic
Thompson
Raisins



\$1.99ea

Field Day
Canned Skipjack
5 oz., salted & no salt



\$3.39ea

Field Day
Organic Cereal
10-14 oz., all varieties



\$3.99ea

Silk
Almond Milk &
Soy Milk
64 oz., all varieties



\$3.99ea

Organic
Stonyfield
Yogurt
32 oz., all varieties



\$6.49/lb

Smart Chicken
Boneless,
Skinless Breasts



\$2.99/lb

Smart Chicken
Whole Chicken



\$1.49/lb

Local
Champlain
Orchards
Apple Totes
Empire & Macintosh



\$4.99ea

Gluten Free
Udi's
Bread
select varieties



\$6.49ea

Grass fed
Thousand Hills
80/20 Ground Beef
16 oz



\$5.99/lb

Smart Chicken
Boneless,
Skinless Thighs



\$4.99_{ea}

Organic
Field Day
Peanut Butter
18oz., all varieties



\$1.25_{ea}

Clif
Bars
2.4oz., select varieties



\$7.99_{ea}

Organic, Fair Trade,
Co-op Made
La Rioja
Wine
75cl., all varieties



\$9.99_{ea}

Field Day
Olive Oil
33.8 oz., all varieties



\$6.99_{ea}

Field Day
Bath Tissue
12 rolls



\$10.99_{ea}

Alaffia
Shampoo & Conditioner
32 oz., select varieties



\$4.99_{ea}

Everyone
lotion
6 oz.



\$4.99_{ea}

Tom's of Maine
Toothpaste
4.7-5.5 oz., select varieties



\$2.69_{ea}

Local
Vermont Soap
Bar Soap
3 oz., select varieties

Everyday Pricing
For Everyone!
Over 170 items available.
Just look for the purple tags!