

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:



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



\$3.99_{ea}

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



\$3.99_{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**
16 oz., salted & unsalted





\$2.99/lb
BULK
Organic
Woodstock
Frozen Peas &
Frozen Corn



\$.99/lb
BULK
Rolled Oats



\$2.29ea
Organic
Field Day
Broth
32 oz., all varieties



\$1.49ea
Organic
Field Day
Canned Beans
15 oz.



\$3.99/lb
BULK
Frozen
Wild Blueberries



\$8.99/lb
BULK
*Organic, Co-op Made,
Fair Trade,*
Equal Exchange
Coffee Beans
select varieties



\$1.99ea
Organic
Field Day
Pasta
16 oz., select varieties



\$2.99ea
Organic
Field Day
Pasta Sauce
24 oz., all varieties



\$3.19ea
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



\$2.99ea
Non GMO
Field Day
Cereal Bars
7.9 oz.



\$3.99ea
Silk
Almond Milk &
Soy Milk
64 oz., all varieties



\$3.99ea
Organic
Stonyfield
Yogurt
32 oz., all varieties



\$6.99/lb
Smart Chicken
Boneless,
Skinless Breasts



\$2.99/lb
Smart Chicken
Whole Chicken



\$1.49/lb
Local
Champlain
Orchards
Apple Totes
Empire & Macintosh



\$2.39ea
Organic
Field Day
Coconut Milk
13.5 oz, Classic & Light



\$6.99ea
Grass fed
Thousand Hills
80/20 Ground Beef
16 oz



\$5.99/lb
Smart Chicken
Boneless,
Skinless Thighs



\$4.99_{ea}

*Organic,
Inclusive Trade*
**Field Day
Peanut Butter**
18oz., salted & unsalted



\$1.59_{ea}

**Clif
Bars**
2.4oz., select varieties



\$7.99_{ea}

*Organic, Fair Trade,
Co-op Made,
Inclusive Trade*
**La Riojaana
Wine**
750ml., all varieties



\$2.99_{ea}

Organic
**Field Day
Apple Sauce**
24 oz., original
& cinnamon



\$6.99_{ea}

**Field Day
Bath Tissue**
12 rolls



\$10.99_{ea}

*Inclusive Trade,
Co-op Made, Fair Trade*
**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!