

# Weekly Specials

Prices Effective

Fri. Oct. 12<sup>th</sup> — Thu. Oct. 18<sup>th</sup>, 2018



Avocados  
**79¢** Ea

Pomegranates  
**\$1.99** Ea



30 Oz  
Imagine Soup  
**2/\$5**



4 Pks  
Moat Mountain  
**\$8.99**



12 Oz • Select Varieties  
Lilly's Hummus  
**\$2.99**



Large • 1 Doz  
Pete & Gerry's  
Eggs  
**\$3.99**



7 Oz • Cranberry or Blueberry  
VT Farmstead  
Windsordale  
**\$5.49**



750 mL  
La Rioja  
Wines  
**\$7.99**

## PRODUCE

- Avocados ..... 79¢/ea
- Pomegranates ..... \$1.99/ea
- Equal Exchange Avocados ..... \$1.29/ea
- Honey Crisp Apples ..... \$1.29/ea
- White Mushrooms, 8 Oz ..... \$1.99/ea
- Cantaloupe ..... \$1.99/ea
- Red Grapes ..... \$1.99/lb
- Cranberries, 12 Oz ..... \$1.49/ea
- Asparagus ..... \$3.49/lb
- Lemons ..... 2/\$1
- Red Grapefruit ..... 99¢/ea

## MEAT

- Certified Angus T-Bone or Porterhouse Steak ..... \$7.99/lb
- Certified Angus Chuck Roast ..... \$3.99/lb
- Certified Angus Family Pack Ground Chuck ..... \$3.99/lb
- Lamb Loin Chops ..... \$7.99/lb
- Misty Knoll Whole Chickens ..... \$3.99/lb
- Black River Uncured Sausage, 12 Oz ..... \$6.49/ea
- Boars Head Bacon, All Varieties. . . . \$5.99/ea

## SEAFOOD

- Sea Best Raw Shrimp, 16/20 Ct, 1 Lb ..... \$8.49
- Wild Caught Calamari, 1 Lb ..... \$7.99

## BEVERAGE

- Moat Mountain Brewery, 4 Pks ..... \$8.99
  - LaRiojana Wines, 750 mL ..... \$7.99
  - Cupcake Wines ..... \$9.99
  - All Oktoberfest Beer Varieties\* ..... \$1 off**
- \*While Supplies Last.*

## BAKERY

- Cranberry Orange Oatmeal Cookies, 1 Doz ..... \$2.99
- Stonefire Mini Naan Bread, 7 Oz ..... \$2.49
- Original Bagels, 30 Oz, Select Varieties. . . . \$2.99

## DELI


- Boar's Head No Salt Turkey ..... \$5.99/lb
- Boar's Head Picante Provolone ..... \$5.99/lb
- Mother Goose Liverwurst ..... \$4.59/lb
- Buffalo Chicken Pasta Salad ..... \$4.99/lb

## DAIRY



- Pete and Gerry's Large Eggs, 1 Doz . \$3.99
- Cabot Butter, 16 Oz ..... \$2.99
- Organic Valley Half and Half, 16 Oz ..... \$2.99
- Almond Breeze, 64 Oz ..... \$2.99
- Vital Farms Pasture Raised Butter, 8 Oz ..... \$1.99 **WITH COUPON**

**more savings on reverse side →**


## GROCERY

- Domino Sugar, 4 Lb. ....\$1.99
- Quaker Life Cereal, 13 Oz. .... 2/\$5
- Cape Cod Chips, Select Varieties ..... 2/\$5
- Zico Coconut Water, 33.8 Oz .....\$2.99
- Barilla Pasta Sauce, 24 Oz.....\$1.99
- Barilla Pasta, 16 Oz ..... 4/\$5
-  Imagine Soup, 30 Oz ..... 2/\$5
-  Cascadian Farm Cereal, Select Varieties 2/\$6
-  Natures Path
- Love Crunch Granola, 11.5 Oz ..... \$3.49
-  Westbrae Beans, 15 Oz ..... 3/\$5
-  GTS Kombucha, 16 Oz ..... 2/\$5
- Garden of Eatin'
- Tortilla Chips, Select Varieties ..... 2/\$6

## FROZEN

- Saffron Road Frozen Entrées, 10 Oz .... 1.99 **WITH COUPON**
- Kemps Frozen Yogurt, 48 Oz ..... 2/\$6
- Eggo Waffles, Select Varieties .....\$1.99
-  Woodstock Organic
- Frozen Fruit, Select Varieties ..... 2/\$7
-  Alexia French Fries, Select Varieties ... .\$2.99


## SPECIALTY CHEESE

-  VT Farmstead Windsordale,  
7 Oz ▪ Cranberry or Blueberry. ....\$5.49

## BULK

- SunRidge Farms Zen Party Mix .....\$5.99/lb
-  Pistachios,  
Roasted & Salted, In-Shell.....\$9.99/lb
-  White Royal Quinoa.....\$2.29/lb
-  Pinto Beans..... \$1.99/lb
-  Rising Moon Italian Semolina Pastas. \$1.99/lb
-  New England Naturals Muesli .....\$3.99/lb
-   Grandy Oats
- Coffee Coconola Paleo Granola.....\$8.99/lb
- Wild Ginger Trail Mix..... \$7.99/lb
- Woodstock Dark Chocolate Raisins .....\$5.99/lb

## HEALTH & BEAUTY

-  Smarty Pants Organic  
Gummy Vitamins, Select Varieties ..... **25% off**  
Biochem
- Whey Protein Powder, Select Varieties .. **25% off**
- Herbatint Hair Color, Select Varieties..... \$9.99

## FRESH

- Lilly's Hummus, 12 Oz, Select Varieties ....\$2.99
- Farmhouse
- Culture Kraut, 16 Oz, Select Varieties..... \$4.99

**October is  
Fair Trade &  
Cooperative  
Month**

Littleton Food Coop's Annual

**Oktober**

**Chili**  
**Cookoff**

**Saturday, October 27, 2018  
From Noon until 2 PM**