

Gift Baskets!

We will help you fill a basket with the perfect gifts or choose a premade basket.

Give a gift that fits everyone. Co-op Gift Cards are available in any amount.

MEAT

Boneless Beef **\$3.99^{LB}**
 Chuck Roast

Save \$1.50 lb

Bone In **\$7.99^{LB}**
 Ribeye Steak

Save \$3.00 lb

BEEF

Top Round London Broil
 Stew from Round
 Shank Meat with Bones
 Ground Chuck
 Ground Sirloin
 Sirloin Chops
 Sirloin Roast

SALE \$

\$3.29

/LB

SAVE

\$2.00/lb

\$3.49

/LB

\$2.00/lb

\$3.29

/LB

\$1.40/lb

\$3.49

/LB

\$1.00/lb

\$4.29

/LB

90¢/lb

\$1.69

/LB

\$1.80/lb

\$1.69

/LB

\$1.80/lb

READY-TO-COOK

Stuffed Boneless **\$1.99^{LB}**
 Pork Sirloin Roast

Save \$1.50 lb

Bone In **\$1.99^{LB}**
 Stuffed
 Chicken Breast

Save \$1.50 lb

SEAFOOD

Fresh **\$7.99^{LB}**
 Wild Caught
 Sole Fillet

Save \$1.00 lb

Wild Caught **\$8.49^{LB}**
 Stuffed Sole

Save \$1.00 lb

PRODUCE

Night Orchards Snapdragon Apples	\$1.99^{LB} Save \$1.00 lb	Fresh Trippl Washed Salad Spinch	\$2.99^{LB} Save \$1.50 lb
Fresh Yellow Sweet Onions	89¢^{LB} Save 40¢ lb	California Fresh All Purpose Carrots 1lb. Bag	79¢^{EA} Save 20¢ lb
Idaho Baking Potatoes		SALE \$ 69¢^{LB}	SAVE 50¢ lb

GROCERY

General Mills Honey Nut Cheerios	2/\$7 19.5 oz box Save \$4.18	Post Honey Bunches of Oats	2/\$5 14.5-18 oz Save \$3.58
-------------------------------------	--	----------------------------------	---

		SIZE	SALE \$	SAVE
Doritos	Flavored Tortilla Chips	5-8 oz	2/\$7	\$1.58
Lays	Tostitos Tortilla Chips	9.5-10.5 oz	2/\$5	\$3.58
Thomas'	English Muffins (White, Raisin or Wheat)	12-13 oz	BOGO	\$4.49
Pillsbury	All Purpose Flour	5 lb	2/\$5	\$1.58
Peter Pan	Peanut Butter	16.3 oz	\$1.79	\$2.20
Polaner	All Fruit Spreads	10 oz	2/\$4	\$1.18
Bear Naked	Granola	11.2-12 oz	\$3.59	\$1.00
Pillsbury	Quick Bread	14-17.4 oz	\$1.79	80¢
Barilla	Pasta Sauce	24 oz	2/\$4	\$1.58
Barilla	Whole Grain Pasta	16 oz	4/\$5	\$2.16
Campbell's	Tomato or Chicken Noodle Soup	10.75 oz	99¢	30¢
Best Yet	Stuffing	6 oz	99¢	60¢
Best Yet	Broth	14.5 fl oz	3/\$2	37¢
Best Yet	Instant Potatoes	13.3 oz	3/\$5	97¢
Diamond	Chopped Pecans	8 oz	\$5.99	\$1.50
Diamond	Walnuts	16 oz	\$5.99	\$3.00
Hershey's	Baking Chips	8-12 oz	2/\$5	78¢
Borden	Sweetened Condensed Milk	14 fl oz	\$2.29	30¢
Geisha	Solid White Tuna	5 oz	2/\$3	98¢
Hormel	Chili with No Beans	15 oz	3/\$5	\$2.47
Hormel	Chili with Beans	15 oz	3/\$5	97¢
Contadina	Tomatoes	28-29 oz	2/\$3	98¢
Contadina	Tomato Paste	6 oz	4/\$3	16¢
B&M	Baked Beans	16 oz	4/\$5	\$2.96
Poland Spring	12 pk Water	96 fl oz	\$2.29	\$1.50
Scotties	Facial Tissues	230 ct	\$2.19	60¢

GROCERY CONTINUED

BEER

All 6 Pack Varieties
Saranac Beer

6 pk of 12 fl oz Btls

\$7.69

Save \$2.00

DAIRY

Cabot
Butter Quarters 2/\$6

16 oz

Save \$3.98

Best Yet
Half & Half 99¢

16 fl oz

Save 60¢

		SIZE	SALE \$	SAVE
Battenkill Creamery	1/2 Gallon Milk	64 fl oz	\$2.49	40¢
Battenkill Creamery	Gallon Milk	128 fl oz	\$4.49	20¢
Laughing Cow	Mini Babybel Cheese	4.5 oz	2/\$6	98¢
Athenos	Feta Cheese Chunk	6-8 oz	\$3.99	70¢
Philadelphia	Soft Cream Cheese	7.5-8 oz Tub	2/\$5	\$1.58
Cabot	Cheddar or Swiss Slices	8 oz	2/\$6	\$1.58
Cabot	American Cheese	12 oz	2/\$5	\$2.18
Daiya	Non-Dairy Shreds	8 oz	2/\$7	\$1.98
Land O Lakes	Spreadable Butter Tubs	7-8 oz	2/\$4	\$1.38
Land O Lakes	Margarine Quarters	16 oz	99¢	\$1.60
Nestle	Chocolate Chip Cookies	16.5 oz	2/\$6	98¢
Egg Beaters	Liquid Egg Substitute	15-16 oz	2/\$6	98¢
Nellie's	Cage Free Large Brown Eggs	1 doz	2/\$6	\$3.58
Ore Ida	Just Crack an Egg	3 oz	2/\$4	\$1.38
Mission	Flour Tortilla	17.5-20 oz	2/\$5	78¢
Fage	Greek Yogurt	5.3-7 oz	99¢	50¢
Stonyfield	Low Fat Smoothies	10 fl oz	99¢	90¢
Daisy	Sour Cream	16 oz	2/\$4	98¢
Cabot	Vermont Style Cottage Cheese	16 oz	2/\$4	\$1.58
Tree Ripe	Premium Orange Juice	52 fl oz	2/\$5	98¢

BAKERY

Old Fashioned
 Claxton
Fruit Cake

16 oz Pkg

\$4.99

Save 50¢

Grandma's Cinnamon
 Plain and Walnut
Coffee Cake

20 oz

\$9.99

Save \$4.00

FROZEN

<p>Murray's French Toast Sticks</p> <p>14 oz box</p>	<p>\$2.49</p> <p>Save \$1.00</p>	<p>Van's Organic or Gluten Free Waffles</p>	<p>\$2.29</p> <p>Save \$1.20</p>
---	---	--	---

		SIZE	SALE \$	SAVE
River Valley	Gold Label Vegetables	16 oz bag	\$1.89	50¢
Ore Ida	Potatoes or Fries	24 oz bag	\$2.49	\$1.10
Grown In Idaho	Potatoes or Fries	19-32 oz	\$2.99	\$1.00
Frontera	Taco or Fajita Bowls	11-11.3 oz	\$4.99	\$1.00
Frontera	Skillet Meals	20-21.5 oz	\$9.99	\$2.00
PF Chang's	Meals For Two	22 oz bag	\$6.99	\$2.00
Humoli	Rstd Garlic Or Rstd Red Pepper Hummus Ravioli	13oz bag	\$3.99	\$2.00
Mystic <small>(LOCAL)</small>	Cheese, Pepperoni or Buffalo Chicken Pizza	20-22 oz	\$4.99	\$2.00
Kraft	Macaroni and Cheese Entrees	8.5 oz	\$3.49	\$1.00
Ben & Jerry's	Vermont's Finest Ice Cream	1 pt	\$3.99	\$1.00
Adirondack Creamery	Premium Ice Cream	1 pt	\$3.99	\$1.00

DELI

		SALE \$	SAVE
Thin N Trim	Low Salt Roast Beef	\$10.99/lb	\$1.80/lb
Metro Deli	Turkey Breast	\$8.99/lb	\$1.80/lb
Metro Deli	Ham	\$6.99/lb	\$2.00/lb
Tobin's First Prize	Bologna	\$3.99/lb	\$2.00/lb
State National <small>(LOCAL)</small>	Pastrami	\$8.99/lb	\$1.80/lb
Mother Goose	Liverwurst	\$4.99/lb	\$1.00/lb
Kerry Gold	Irish Swiss	\$7.99/lb	\$2.00/lb

SANDWICH SPECIAL

Coop Turkey Club

Our own Turkey, two decks with 3 slices of crispy bacon on each deck, wheat or white bread. Leaf lettuce, fresh sliced tomatoes and Mayonnaise

\$6.99

Save \$1.00

Receive our Weekly Deals in your inbox!
 Subscribe online at: niskayunacoop.com



@niskayunacoop

All Weekly Deals are available to both non-member shoppers and member shoppers. Available while supplies last. Not required to buy advertised multiples to receive sale price. We welcome cash, EBT, Visa, Mastercard, Discover, Amex, most debit cards, and checks.

2227 Nott Street Niskayuna, NY 12309 518.374.1362 www.niskayunacoop.com