

Sunday 2/10/19 - Saturday 2/16/19

MEAT

Black Angus Beef Filet Mignon	\$13.99^{LB} Save \$5.00 lb	Beef Top Sirloin Steak	\$4.99^{LB} Save \$2.00 lb
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		SALE \$	SAVE
BEEF	Beef Top Sirloin Roast	\$4.49 /LB	\$2.00 /lb
	Beef Cube Steak from Sirloin	\$3.99 /LB	\$1.50 /lb
	Beef Stew from Sirloin	\$3.69 /LB	\$1.80 /lb
	Beef Ground Sirloin	\$4.29 /LB	\$1.00 /lb
	Meatloaf Mix w/ Beef, Pork and Veal	\$3.49 /LB	\$1.00 /lb
PORK	Center Cut Pork Chops	\$2.19 /LB	\$2.30 /lb
	Bone In Country Style Spare Ribs	\$1.89 /LB	\$1.10 /lb
CHICKEN	Organic Smart Chicken Drums or Thighs	\$3.99 /LB	50¢ /lb
	Boneless Chicken Stew Meat	\$2.49 /LB	\$1.50 /lb

READY-TO-COOK

Bone In Stuffed Pork Chops	\$2.49^{LB} Save \$2.00 lb	Bone In Stuffed Chicken Breast	\$2.19^{LB} Save \$1.30 lb
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SEAFOOD

Farm Raised Chilean Salmon	\$8.99^{LB} Save \$2.00 lb	Frozen 8 oz Lobster Tails	\$13.99^{EA} Save \$2.00
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Say "Be my Valentine" with flowers, candy and the makings for a delicious meal.
 All right here at the Co-op.



GROCERY

Victoria
Pasta Sauce **\$2.99**

24 Fl Oz

Save \$2.80

Dreamfields
Healthy Carb Living
Pasta

13.25 oz

2/\$4

Save 98¢

		SIZE	SALE \$	SAVE
Freihoffer	Italian Breads	20 oz	BOGO	\$3.99
Lays	Simply Chips	8.5-9 oz	2/\$6	\$1.98
Smartfood	Flavored Popcorn	7.5-9 oz	2/\$6	\$1.98
Polar	Seltzer & Soda 12 pk	144 fl oz	\$3.99	\$1.60
Quaker	Instant Oatmeal	11.8-15.1 oz	2/\$6	\$1.98
Kellogg's	Pop-Tarts	14.1-15.2 oz	2/\$5	78¢
Domino	Granulated Sugar	64 oz	2/\$4	\$1.98
Starkist	Solid White Tuna	5 oz	4/\$5	\$2.96
Snow's	Minced or Chopped Clams	6.5 oz	3/\$5	67¢
Snow's	Clam or Corn Chowder	15 oz	2/\$3	\$1.38
Campbell's	Tomato or Chicken Noodle Soup	10.75 oz	99¢	30¢
Campbell's	Red & White Micro Soup Bowls	15.4 oz	2/\$3	98¢
Campbell's	Soup on the Go	10.75-11.1oz	2/\$3	58¢
Campbell's	Spaghetti's w/Franks or Meatballs	15.6 oz	4/\$5	\$1.36
Bush's Best	Reduced Sodium Beans	15-16 oz	79¢	40¢
Kellogg's	Rice Krispie Treats	5.64-6.2 oz	2/\$5	38¢
Dole	Canned Pineapple	8 oz	79¢	20¢
Welch's	Grape Juice	64 fl oz	\$3.49	\$1.50
Wishbone	Salad Dressing	8 fl oz	4/\$5	\$2.16
Best Yet	White Vinegar	128 fl oz	2/\$4	\$1.18
Best Yet	Cider Vinegar	128 fl oz	\$2.99	60¢
Bakers	Baking Bars	4 oz	2/\$4	\$2.38
Colavita	Olive Oil	25.5 fl oz	\$9.99	\$3.00
Poland Spring	Spring Water 12 pk	96 fl oz	2/\$4	\$3.58
Scotties	Facial Tissue	110 ct	4/\$5	\$1.76

BEER

Yeungling
Lager

\$8.99

12 Pack 12 fl. oz Bottles or Cans

Save \$2.00

PRODUCE

<p>Fresh Snow Peas</p> <p>\$2.99 LB</p> <p>Save \$1.00 lb</p>	<p>California Sweet, Seedless Extra Lg Navel Oranges</p> <p>89¢ EA</p> <p>Save 10¢ ea</p>
<p>US #1 Washington Gala Apples</p> <p>\$1.29 LB</p> <p>Save 20¢ lb</p>	<p>Fresh & Sweet Red Ripe Strawberries</p> <p>\$4.99 EA</p> <p>1 lb pkg</p> <p>Save \$3.00 ea</p>

Fresh Romaine Hearts 3 ct bag ^{SALE} **\$2.99 EA** ^{SAVE} \$1.00

DAIRY

<p>Hidden Camp Large Brown Organic Eggs</p> <p>\$3.99</p> <p>1 doz</p> <p>Save \$2.00</p>	<p>Icelandic Provisions Skyr Yogurt</p> <p>5.3 oz</p> <p>4/\$5</p> <p>Save \$2.16</p>
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		SIZE	SALE \$	SAVE
Battenkill Valley Creamery	Half Gallon Milk	64 fl oz	\$2.49	40¢
Battenkill Valley Creamery	Gallon Milk	128 fl oz	\$4.69	10¢
Simply	Premium Orange Juice	52 fl oz	2/\$6	\$3.18
Simply	Premium Grapefruit Juice	52 fl oz	2/\$6	\$3.18
Daiya	Dairy Free Cream Cheese	8 oz	2/\$6	\$2.16
Yoplait	Original, Whips or Lite	4-6 oz	5/\$3	\$1.45
Hood	Half & Half	16 fl oz	4/\$5	\$2.16
Hood	Fat Free Half & Half	16 fl oz	4/\$5	\$2.16
Ore Ida	Just Crack an Egg	3 oz	2/\$4	\$1.38
Sargento	Balance Breaks	4.5 oz	2/\$6	\$2.98
Daiya	Dairy Free Shreds	8 oz	2/\$6	\$2.98
Best Yet	String Cheese	12 oz	2/\$6	\$2.58
Best Yet	Chocolate Chip Cookies	16.5 oz	2/\$4	\$1.18

NEED YOUR KNIVES SHARPENED?

The Delmar Sharpener returns to the
Co-op this Tuesday



2 - 7

FROZEN

Ray's New York Bagels 24 oz bag	\$2.49 Save \$1.50	Van's Organic/Gluten Free Waffles 8.5-9 oz box	\$2.49 Save \$1.00
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		SIZE	SALE \$	SAVE
Pepperidge Farm	Fruit Turnovers or Layer Cakes	12.5-19.8 oz	\$ 2.99	\$1.50
Birdseye	Steamfresh or Vegetable Mixtures	9-11 oz bag	\$1.99	90¢
Kraft	Macaroni & Cheese Dinners	8.5 oz box	\$3.49	\$1.00
Kid Fresh	Kids Entrees	7-11 oz box	\$2.99	\$1.00
Banquet	Kid Cuisine Entrees	7-11 oz box	\$1.89	60¢
Caulipower	Cauliflower Crust or Pizza	11-12 oz box	\$6.99	\$1.00
Co-Op	Tartufo Gelato Dessert	1 ct	\$2.99	\$1.00
Perry's	Assorted Ice Cream Bars or Sandwiches	6 ct box	\$3.49	\$1.00
Nestle	Outshine Fruit Bars	6 ct box	\$3.99	\$1.00
Nestle	Outshine Fruit Bars	12 ct box	\$4.99	\$1.00
Vice	Premium Ice Cream	1 pt round	\$3.99	\$2.00
Talenti	Gelato or Sorbetto	1 pt jar	\$3.99	\$1.00

BAKERY

Assorted Cupcakes 6 Count	\$2.50 Save 49¢	Ecce Panis Ciabatta Rolls 3 Count	\$2.99 Save \$1.00
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DELI

		SALE \$	SAVE
Kretschmar	London Broil Roast Beef	\$9.99 /LB	\$2.80/lb
Kretschmar	Low Salt Turkey Breast	\$8.99 /LB	\$1.80/lb
Kretschmar	Low Salt Ham	\$6.99 /LB	\$2.00/lb
State National	Corned Beef	\$8.99 /LB	\$1.80/lb
Belgioioso	Provolone	\$4.99 /LB	\$2.00/lb
Carando	Genoa or Hard Salami	\$5.99 /LB	\$2.00/lb
Carando	Grande Pepperoni	\$5.99 /LB	\$2.00/lb

SANDWICH SPECIAL

Grilled Chicken Caesar Wrap Julienned chicken breast, chopped green leaf lettuce, caesar dressing, parmesan cheese and bacon	\$6.99 Save \$1.00
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