

NISKAYUNA
CO-OP
 MARKET



WEEKLY DEALS

Sunday 9/1/19 - Saturday 9/7/19

MEAT

Whole Chicken	89¢_{LB} Save \$1.00 lb	Boneless Beef Chuck Roast	\$3.69_{LB} Save \$1.80 lb
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		SALE \$	SAVE
BEEF	Boneless Beef Chuck Roast	\$3.69 /LB	\$1.80 /lb
	Lean Beef Ground Sirloin	\$4.19 /LB	\$1.10 /lb
	Meatloaf Mix w/ Beef Veal and Pork	\$3.49 /LB	\$1.00 /lb
	Black Angus Beef Cube Steak from Sirloin	\$3.99 /LB	\$1.70 /lb
	Black Angus Stew Meat from Sirloin	\$3.99 /LB	\$1.70 /lb
PORK	Bone In Center Cut Pork Chops	\$2.29 /LB	\$2.20 /lb
	Bone In Country Style Pork Spare Ribs	\$1.99 /LB	\$1.00 /lb
	Fresh Lean Pork Tenderloin	\$2.99 /LB	\$2.00 /lb
POULTRY	Whole or Half Turkey Breast	\$1.89 /LB	\$1.10 /lb
SEAFOOD	Raw Shrimp 13-15 ct from Mexico	\$10.99 /LB	\$3.00 /lb

READY-TO-COOK

Breaded Chopped Pork Cutlet	\$2.49_{LB} Save \$1.00 lb	Stuffed Whole Chicken	\$1.19_{LB} Save 80¢ lb
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SEAFOOD

Fresh Wild U/8 Dry Sea Scallops	\$18.99_{LB} Save \$4.00 lb	Fresh Swordfish Steak	\$8.99_{LB} Save \$4.00 lb
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The Niskayuna Co-op is celebrating National Family Meals Month in September. We know that juggling jobs, kids and the demands of a busy, modern life often come at the expense of family mealtime at home. As your grocer, we're your partner and the solution to your mealtime dilemma.

GROCERY

Sweet Baby Rays
BBQ Sauce

2/\$3

18 oz

Save \$1.78

Kashi
Heart to Heart
Cereal

2/\$6

12-13.1 oz

Save \$1.98

Arnold
Thomas'
Doritos
Sanavi **LOCAL**
Apple & Eve
Teddie
Heinz
Heinz
A1
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Best Yet
Maple Grove
Betty Crocker
Keebler
Vanity Fair
Black Pearl
Hunt's
Green Giant
Planters
Delmonte
Culinary Tours
Uncle Ben's

Whole Grain Breads
Original English Muffins
Tortilla Chips
Organic Sparkling Water(12pk)
Apple Juice
Peanut Butter
Ketchup
Mayochup
Steak Sauce
Spicy Brown Mustard
Mandarin Oranges
Fajita Wraps
Soft Flour Tortillas
Salsa
Extra Virgin/Regular Olive Oil
Pancake Mix
Paper Plates
Paper Towels
Kidney or Chili Beans
Maple Syrup
Bisquick
Club Crackers
Napkins
Olives
Manwich
Steam Crisp Corn
Peanuts
Diced Tomatoes
Sun Dried Tomatoes
Ready Rice Mixes

SIZE	SALE \$	SAVE
20-24 oz	\$2.99	\$1.50
12-13 oz	\$2.99	\$1.70
9.25-11.5oz	2/\$5	\$3.58
17fl oz Bottles	2/\$8.99	\$8.99
64 fl oz	\$1.79	\$1.50
16 oz	2/\$4	\$3.18
38 oz	2/\$6	\$1.98
19.25 oz	\$3.49	\$1.50
10 oz	\$3.99	\$1.50
12 oz	79¢	20¢
11 oz	79¢	10¢
16 oz	2/\$3	58¢
10 oz	4/\$3	\$1.76
16 oz	2/\$3	58¢
17 oz	\$3.79	\$1.00
32 oz	2/\$4	98¢
45 ct	2/\$5	78¢
50.8 sf	3/\$4	\$1.97
15.5 oz	4/\$3	56¢
8.5 fl oz	\$4.99	\$1.00
20 oz	2/\$4	78¢
11-12.7 oz	2/\$5	\$2.98
40-100 ct	2/\$5	58¢
6 oz	3/\$5	97¢
15-16 oz	4/\$5	\$1.36
11 oz	4/\$5	96¢
16 oz	2/\$5	\$3.58
14.5 oz	99¢	50¢
8.5 oz	2/\$5	\$2.98
8.5-8.8 oz	3/\$5	97¢

UPCOMING TASTINGS AND EVENTS

- Sept 8 - Gatherer's Granola 1pm-4pm
- Sept 12 - Casa Visco 3pm-6pm
- Sept 13 - Gatherer's Granola 3pm-6pm
- Sept 14 - Farmers Market 8:30am 11:30am
- Sept 20 - Pika's Farm Table 3pm-6pm
- Sept 21 - Bravazzi Hard Italian Soda 1pm-4pm

**VOTE FOR US AS
BEST OF THE BEST!**

www.niskayunacoop.com



Best Grocery Store
Best Butcher Shop
Best Produce

PRODUCE

All Purpose White Potatoes (5lb Bag)	\$3.99 EA Save \$1.00 ea	California Sweet & Juicy Black Plums	\$1.99 LB Save \$1.00 lb
Washington State Organic Fuji Apples	\$1.49 LB Save \$1.00 lb	California Green Bartlett Pears	\$1.29 LB Save 20¢ lb
Fresh & Tasty "Bite Size" Pint Grape Tomatoes (1 Dry Pint)	\$1.99 EA	Save \$1.00 ea	

DAIRY

Cabot Cracker Cut Cheese 7 oz	2/\$4 Save \$1.98	Simply Orange Juice 52 fl oz	2/\$6 Save \$3.18
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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	\$4.49	20¢
Cabot	French Onion Dip	12 oz	2/\$3	\$1.38
Cabot	Sour Cream	16 oz	2/\$3	\$1.58
Cabot LOCAL	VT Cottage Cheese	16 fl oz	2/\$4	\$1.58
Cabot	Cheese Slices	8 oz	2/\$5	\$2.58
Cabot	American Cheese Slices	12 oz	2/\$5	\$2.18
Best Yet	Half & Half	64 fl oz	\$3.59	\$1.10
Best Yet	Cream Cheese	8 oz	4/\$5	\$2.96
Laughing Cow	Mini Babybel	4.2-4.5 oz	2/\$6	98¢
Just Crack an Egg	Breakfast Bowls	3 oz	2/\$4	\$1.38
Galbani	String Cheese	12 oz	\$3.79	\$2.20
Organic Valley	Grassfed Milk	64 fl oz	\$4.99	\$1.80
Oui	French Style Yogurt	5 oz	4/\$5	96¢
Dannon	Light & Fit Yogurt	5.3 oz	59¢	20¢
Dannon	Fruit on the Bottom Yogurt	5.3 oz	59¢	20¢

BEER SPECIAL

The Niskayuna Co-op carries a wide selection of beers and has become a destination for beer lovers seeking hard to find local and regional labels.

Bravazzi Hard Italian Soda 12 fl oz Cans 12 pack	\$14.99 Save \$2.00	Itz Spritz Hard Spritzer 12 fl oz Cans 12 pack	\$14.99 Save \$2.00
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FROZEN

<p>Beyond Meat Plant-Based Brats Or Hot Italian Sausage</p> <p>14 oz Pack</p> <p>\$8.99</p> <p>Save \$3.00</p>	<p>Talenti Gelato Or Sorbetto</p> <p>1 Pint Jar</p> <p>\$3.99</p> <p>Save \$1.50</p>
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		SIZE	SALE \$	SAVE
Kellogg's	Eggo Waffles, Pancakes Or French Toast Sticks	5-15oz Box	\$1.99	\$1.00
Farm Rich	French Toast Sticks	14oz Box	\$1.99	\$1.00
Ray's LOCAL	New York Style Bagels	24oz Bag	\$2.99	\$1.00
River Valley	Gold Label Vegetables, Blends Or Stir-Frys	16oz Bag	\$1.89	\$0.50
Humoli LOCAL	Rstd Red Pepper, Rstd Garlic Hummus Ravioli	13oz Bag	\$3.99	\$1.00
It's A Utica Thing LOCAL	Famous Tomato Pie	18oz Box	\$6.49	\$1.50
Nestle	Hot Pockets Or Lean Pockets	2Ct Box	\$1.99	\$1.00
Beyond Meat	Plant-Based Burger Patties	8oz Pack	\$5.99	\$1.50
Celentano	Italian Style Meatballs	26oz Bag	\$4.99	\$1.50
Talenti	Gelato Layers	16oz Jar	\$5.49	\$1.00
Perry's LOCAL	Assorted Ice Cream Bars Or Sandwiches	1Qt Round	\$3.49	\$1.00
Perry's	Premium Ice Cream	1.5Qt Carton	\$2.99	\$1.50

BAKERY

<p>Chocolate Croissants</p> <p>3 Count</p> <p>\$2.49</p> <p>Save \$1.00</p>	<p>Chabaso Ciabatta with olive oil</p> <p>16 oz</p> <p>\$2.29</p> <p>Save \$1.00</p>
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DELI

		SALE \$	SAVE
Thin N Trim	Low Salt Roast Beef	\$10.99 /LB	\$1.80 /lb
Thin N Trim	Turkey Breast	\$8.99 /LB	\$1.80 /lb
Thin N Trim	Ham	\$6.99 /LB	\$2.00 /lb
State National	Corned Beef	\$8.99 /LB	\$1.80 /lb
Land O Lakes	American Cheese	\$5.99 /LB	\$2.00 /lb
Tobin's First Prize	Bologna	\$3.99 /LB	\$2.00 /lb
Mother Goose	Liverwurst	\$4.99 /LB	\$1.00 /lb

SANDWICH SPECIAL

<p>Grilled Chicken Caesar Wrap</p> <p>Grilled chicken breast, chopped greens, parmesan cheese, bacon, Caesar dressing on a wrap</p> <p>\$6.99</p> <p>Save \$1.00</p>

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



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All Weekly Deals are available to both member shoppers and non-member shoppers 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.