

NISKAYUNA
CO-OP
 MARKET



WEEKLY DEALS

Sunday 9/8/19 - Saturday 9/14/19

MEAT

Bone In Beef
 Ribeye Steak

\$6.99^{LB}

Save \$4.00 lb

Whole
 Chickens

89¢^{LB}

Save \$1.00 lb

BEEF

Beef Ground Round

SALE \$
\$3.59 /LB

SAVE
 \$1.30 /lb

Black Angus Ground Beef

\$4.19 /LB

80¢ /lb

Black Angus Plain Handmade Patties

\$4.49 /LB

70¢ /lb

Beef Top Round Roast

\$3.29 /LB

\$1.70 /lb

Beef Chuck Stew Meat

\$3.99 /LB

\$1.00 /lb

PORK

Co-op Store Made Italian Sausage Sweet or Hot

\$2.99 /LB

\$1.00 /lb

Thin Sliced Pork Cutlet

\$2.99 /LB

\$2.30 /lb

Boneless Pork Roast

\$1.99 /LB

\$2.90 /lb

Ham for Pea Soup

\$1.49 /LB

\$1.00 /lb

POULTRY

99% Lean Chicken Tenders

\$2.49 /LB

\$2.00 /lb

SEAFOOD

Fresh Dry Scallop Halves

\$8.99 /LB

\$2.00 /lb

READY-TO-COOK

Stuffed Pork
 Sirloin Roast

\$1.99^{LB}

Save \$1.50 lb

Stuffed
 Whole Chicken

\$1.19^{LB}

Save 80¢ lb

SEAFOOD

Fresh Wild
 Skinless
 Haddock

\$6.99^{LB}

Save \$2.00 lb

Crab Stuffed
 Skinless
 Haddock

\$7.49^{LB}

Save \$2.00 lb



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

<p>Kelloggs Special K Cereal</p> <p>11.7-12.9 oz</p>	<p>2/\$5</p> <p>Save \$3.58</p>	<p>Betty Crocker Brownie Mix</p> <p>18.3-19.9 oz</p>	<p>4/\$5</p> <p>Save \$2.16</p>
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|----------------|--------------------------|
| Freihofer | Italian Bread |
| Ruffles | Potato Chips |
| Stewarts | Soda (4 pack) |
| Campbells | Soup on the Go |
| Well Yes! | Soups |
| Best Yet | Apple Juice |
| Best Yet | Peanut Butter |
| Best Yet | Granulated Sugar |
| Best Yet | Pasta |
| Best Yet | Salad Dressing |
| Best Yet | Whole or Stewed Tomatoes |
| Best Yet | Vegetable Cups |
| Best Yet | Coated White Plates |
| B&M | Baked Beans |
| 1850 | K-Cups |
| River | Rice |
| Hershey's | Chocolate Milk (3 pack) |
| V8 | Vegetable Juice |
| Filippo Berio | Olive Oil |
| Culinary Tours | Jelly and Preserves |
| Culinary Tours | Peanuts |
| Prego | Pasta Sauce |
| Poland Spring | Water (12 pack) |

SIZE	SALE \$	SAVE
20 oz	2/\$3.99	\$3.99
7.75-9.5 oz	2/\$6	\$2.58
12 fl oz Bottles	2/\$6	\$2.58
10.75-11.1 oz	2/\$3	58¢
16.2-16.6 oz	3/\$5	\$3.97
64 fl oz	2/\$3	78¢
16.3 oz	2/\$3	\$1.38
4 lb	2/\$4	58¢
16 oz	89¢	30¢
16 fl oz	2/\$3	78¢
14.5-15 oz	4/\$3	96¢
14 oz	2/\$3	78¢
100 count	2/\$6	58¢
16 oz	4/\$5	\$1.36
4.05 oz	\$6.99	\$2.00
32 oz	2/\$5	38¢
24 fl oz	2/\$5	58¢
46 oz	2/\$5	\$1.78
16.9 fl oz	\$3.99	\$2.30
10 oz	\$3.29	50¢
10 oz	2/\$5	98¢
24 oz	\$1.79	\$1.00
8 oz Bottles	2/\$5	\$2.58

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

<p>Fresh White Cauliflower \$2.49 EA Save \$1.50 ea</p>	<p>California Sweet & Tasty Black Pluots \$1.69 LB Save \$1.30 lb</p>
<p>New Crop Eastern Grown Paula Red Apples 99¢ LB Save 50¢ lb</p>	<p>LOCAL Fresh Local Cucumbers 2/99¢ Save 79¢ for Two</p>
<p>Fresh "Italian Sweet" Cubanelle Peppers</p>	<p>Sale \$1.69 LB Save \$1.30 lb</p>

DAIRY

<p>Chobani Greek Yogurt 89¢ 5.3 oz Save 40¢</p>	<p>Pillsbury Cinnamon Rolls 2/\$4 12.4 oz Save \$1.58</p>
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|----------------------------|------------------|
| Battenkill Valley Creamery | Half Gallon Milk |
| Battenkill Valley Creamery | Gallon Milk |
| Best Yet | Sour Cream |
| Best Yet | Half & Half |
| Best Yet | Whipped Topping |
| Pillsbury | Crescent Rolls |
| Cracker Barrel | Cheese |
| Laughing Cow | Cheese Wedges |
| Bays | English Muffins |
| Kerry Gold | Butter |
| Brown Cow | Cream Top Yogurt |

SIZE	SALE \$	SAVE
64 fl oz	\$2.49	40¢
128 fl oz	\$4.49	20¢
16 oz	4/\$5	\$2.16
16 fl oz	99¢	60¢
6.5 oz	3/\$5	97¢
8 oz	2/\$4	\$1.38
8 oz	2/\$5	\$3.58
6 oz	2/\$5	\$1.98
12 oz	2/\$5	98¢
8 oz	2/\$6	98¢
5.3 oz	5/\$4	\$3.45

IRISH BEER SPECIAL



**Harp Lager
Smithwicks Red Ale
Guinness Xtra Stout**

\$7.99

11.9 fl oz Cans | 6 pack Save \$2.00

CAN'T GET TO THE CO-OP? LET US SHOP FOR YOU!

Need help with your shopping? Call or email us with your order and we'll do the shopping for you! Pay over the phone or when you pick up your groceries. We'll even bring it to your car.

Available to Co-op Members

Call or email Mary Ann at:

frontend@niskycoop.com
518-374-1362 x114



FROZEN

Talenti Gelato Or Sorbetto 1 Pint Jar	\$3.99 Save \$1.50	Stouffer's Classic Entrees 6-12oz Box	\$2.49 Save 90¢
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		SIZE	SALE \$	SAVE
Ray's	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
Caulipower	Cauliflower Crust Pizzas Or 2Ct Crust	11-12oz Box	\$6.49	\$1.50
Nestle	Hot Pockets Or Lean Pockets	2Ct Box	\$1.99	\$1.00
Ore-Ida	Potatoes Or Fries	16-32oz Bag	\$2.49	\$1.10
Stouffer's	French Bread Pizzas	10-12oz Box	\$2.49	\$0.90
Stouffer's	Stuffed Peppers, Lasagna Or Mac & Cheese	15-20oz Box	\$2.99	\$1.00
Kraft	Macaroni & Cheese Dinners	8.5oz Box	\$3.49	\$1.00
Kid Fresh	Kids Meals	9-11oz Box	\$2.99	\$1.00
Banquet	Kid Cuisine Entrees	4-8oz Box	\$1.99	\$0.50
Yasso	Frozen Greek Yogurt Bars	14floz Box	\$3.99	\$1.70
Talenti	Gelato Layers	1 Pint Jar	\$5.49	\$1.00

BAKERY

Uncle Wally's Mini Muffins (Blueberry, Chocolate Chip, Cinnamon) 12 Count	\$2.49 Save \$1.00	Chabaso Ciabatta Classic 16 oz	\$2.29 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	Pastrami	\$8.99 /LB	\$1.80 /lb
Belgioioso	Provolone	\$4.99 /LB	\$2.00 /lb
Carando	Genoa Salami	\$5.99 /LB	\$2.00 /lb
Carando	Hard Salami	\$5.99 /LB	\$2.00 /lb
Carando	Grande Pepperoni	\$5.99 /LB	\$2.00 /lb

SANDWICH SPECIAL

Grilled Chicken Caesar Wrap Grilled chicken breast, chopped greens, parmesan cheese, bacon, Caesar dressing on a wrap	\$6.99 Save \$1.00
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Receive our Weekly Deals in your inbox!
 Subscribe online at: niskayunacoop.com



@niskayunacoop

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.

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