

Round up your change to benefit Things of My Very Own, Inc. These small donations can add up to one major donation over the course of a month! Things of My Very Own provides crisis intervention services to children impacted by extensive abuse and/or neglect. For more information on how you can help, visit [www.thingsofmyveryown.org](http://www.thingsofmyveryown.org)



**Fresh Green  
 "Italian Zucchini" 99¢ lb**  
 Squash **Save \$1.00 lb**

**Green Giant  
 Idaho Russet  
 Potatoes**

**\$1.99 ea**  
 Save \$1.00 ea  
 5 lb bag



**California Sweet & Juicy  
 Minneola Tangelos**

**79¢ ea** Save 20¢ ea

**Green Giant Peeled Baby Cut Carrots** 1 lb bag

**99¢ ea** Save 50¢ ea

**Hot House "Seedless" Cucumbers**

**2/\$3** Save \$1.98/2



**Boneless  
 Beef Strip Steak**

**\$7.99 lb**  
 Save \$5.00 lb

**Chilean  
 Salmon Filet**

**\$8.49 lb**  
 Save \$3.50 lb



**Fresh Wild  
 Skinless Haddock**

**\$7.99 lb**  
 Save \$2.00 lb

**Beef Ground Round**

**\$3.79 lb** Save \$1.10 lb

**Meatloaf Mix w/Beef, Veal & Pork**

**\$3.49 lb** Save \$1.00 lb

**Bone In Beef Short Ribs**

**\$4.49 lb** Save \$1.50 lb

**Beef Liver**

**99¢ lb** Save 90¢ lb

**Black Angus Beef Filet Mignon Steak**

**\$13.99 lb** Save \$7.00 lb

**Co-op Store Made Lamb Patties**

**\$3.99 lb** Save \$1.00 lb

**Boneless Pork Chops**

**\$2.39 lb** Save \$2.70 lb

**Boneless Country Style Pork Ribs**

**\$1.99 lb** Save \$2.00 lb

**Chicken Drumsticks**

**79¢ lb** Save 50¢ lb

**Bone In Chicken Thighs**

**79¢ lb** Save 60¢ lb

Ready to Cook Seasoned **Boneless Pork Roast**

**\$1.99 lb** Save \$2.90 lb

**Chicken Caputo** w/Ham, Mozzarella Cheese, Tomato & Basil

**\$2.99 lb** Save \$2.00 lb

**Crab Stuffed Wild Skinless Haddock**

**\$8.49 lb** Save \$1.50 lb

Duncan Hines **Classic Cake Mixes** 15.25 oz

**99¢** Save \$1.20

Culinary Tours **Salad Dressings** 12 fl oz

**2/\$5** Save 98¢

Honest Kids **Organic Juice** 8 pk, 54 fl oz

**2/\$6** Save \$1.98

Best Yet **Apple Sauce** 23-24 oz

**2/\$3** Save 58¢

Polar **Sodar or Seltzer** 33.8 fl oz

**79¢** Save 20¢

Sam Adams **Boston Lager, Summer Ale**

or **Variety Pack** 12 pk blts, 144 fl oz

**\$13.99** Save \$2.00

**Bear Naked  
 Granola**

11.2-12 oz

**\$3.99**

Save 60¢



**Classico  
 Pasta Sauce**

24 oz

**2/\$4**

Save \$1.98



**Hidden Camp  
 Large  
 Brown Eggs**

**\$4.99**

Save \$1.00

12 ct



Best Yet **Butter Quarters** 16 oz

**2/\$7** Save \$1.98

Reddi Whip **Whipped Cream** 6.5 oz

**2/\$4** Save 98¢

Stonyfield **Organic Yogurt** 32 oz

**2/\$6** Save \$1.98

Best Yet **String Cheese** 12 oz

**2/\$7** Save \$1.58

Cabot **Cottage Cheese** 16 oz

**2/\$5** Save 58¢

Dannon **Light & Fit or Regular Yogurt** 5.3oz

**5/\$3** Save \$1.45

Kashi **7 Grain or Blueberry Waffles** 10oz box

**\$2.49** Save 90¢

Earthbound Farms **Organic Vegetables** 8-10 oz bag

**\$2.99** Save 60¢

RU's Pierogie **Gourmet Pierogies** 16 oz bag

**\$8.99** Save 2.00

Humoli **Hummus Ravioli** 13 oz box

**\$3.49** Save 1.50

Paesan's **4 Cut Cheese or**

**4 cut Margherita Pizza** 13.7 oz box

**\$5.99** Save \$1.00

Lactiad **Assorted Ice Cream** 1 qt md

**\$3.49** Save \$1.00

Perry's **Premium Ice Cream** 48 fl oz ctn

**\$3.49** Save \$1.00

Hershey's or Reese's **New  
 Chocolate Cake Squares** 5.5 oz

**\$2.99** Save \$1.00

**Euroclassic Brioche Bread**

Braided or Cinnamon 16 oz.

**\$4.99** Save \$1.00

Best Yet **Rare Roast Beef**

**\$9.99 lb** Save \$2.80 lb

Best Yet **Oven Roast Turkey Breast**

**\$8.79 lb** Save \$2.00 lb

Best Yet **Off The Bone Ham**

**\$6.99 lb** Save \$2.00 lb

Belgioioso **Provolone**

**\$4.99 lb** Save \$2.00 lb

Carando **Genoa or Hard Salami**

**\$5.99 lb** Save \$2.00 lb

Carando **Grande Pepperoni**

**\$6.99 lb** Save \$2.00 lb



2227 Nott Street | Niskayuna, NY  
 518.374.1362 | [info@niskycoop.com](mailto:info@niskycoop.com)

Subscribe to our Weekly Deals Email for a full list of sales!  
 Visit [niskayunacoop.com](http://niskayunacoop.com)