



Where people get together.

Register for our Membership Meeting at niskayunacoop.com! March 25 at 6:30 pm

March 7 – March 13, 2021

MEAT AND FISH

Freirich Flat Cut Corned Beef \$5.99 lb Save \$2.00 lb	Freirich Corned Beef Rounds \$4.99 lb Save \$2.00 lb	Thin Sliced Beef Brascoile Meat from Top Round \$4.99 lb Save \$2.00 lb
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Beef Top Round Roast	\$3.99 lb	Save \$1.00lb
Beef Tri-Tip Roast	\$3.99 lb	Save \$2.00lb
Beef Stew Meat from Round	\$4.19 lb	Save \$1.30lb
Lean Beef Ground Sirloin	\$4.49 lb	Save \$1.70lb
Meatloaf Mix w/Beef, Veal & Pork	\$4.29 lb	Save \$1.00lb
Lean Pork Tenderloin or Medallions	\$2.99 lb	Save \$2.00lb
Bone-In Whole or Split Chicken Breast	\$1.69 lb	Save 80¢lb
Breaded Chopped Pork Cutlet	\$2.99 lb	Save \$1.00lb
Indiana Smoked Bacon 16 oz pkg	\$4.99 lb	Save \$1.00lb
Fresh Chilean Salmon Filet	\$9.49 lb	Save \$1.50lb
Crab Stuffed Chilean Salmon Filet	\$9.99 lb	Save \$2.00lb

PRODUCE

Tropical Sweet Golden Extra Large Pineapples \$1.99 ea Save \$2.00 ea	US#1 Nature's Finest Red Bliss Potatoes 5 lb bag \$2.99 ea Save \$2.00 ea	Imported Sweet & Juicy Large Cantaloupes \$1.99 ea Save \$1.00 ea
CA Sweet Seedless Minneola Tangelos 3 lb bag	\$3.99 ea	Save \$1.00ea
"Creamy Smooth" Tropical Hass Avocados	99¢ ea	Save \$1.00ea
J.L. Knight & Son Local Braeburn Apples	99¢ lb	Save 50¢ea
Green Giant Fresh "All Purpose" Carrots 1 lb bag	69¢ ea	Save 30¢ea

GROCERY

Ragu Pasta Sauce 24 oz 2/\$4 Save \$1.18	Ronzoni Oven Ready Lasagna 8 oz 2/\$4 Save 38¢	Best Yet Tomato Sauce 8 oz 39¢ Save 10¢
Best Yet Olive Oil Reg or Extra Virgin 17 fl oz	\$2.99	Save \$1.80
Skippy Peanut Butter 16.3 oz	2/\$4	Save \$2.38
Keebler Vienna Fingers 14.2 oz	2/\$6	Save \$1.58
Snow's Minced or Chopped Clams 6.5 oz	\$1.79	Save 30¢
Best Yet Oyster Crackers 9 oz	4/\$5	Save 56¢
Best Yet Toasted Oats Cereal 12-12.25 oz	4/\$4	Save 78¢
Best Yet Spring Water 24 pk, 16.9 fl oz btl, 405.6 fl oz	\$3.99	Save \$2.00

DAIRY

Cabot Shredded Cheese 8 oz	\$2.99	Save 40¢
Lactaid Cottage Cheese 16 oz	\$3.00	Save 29¢
Califia Iced Coffee 48 fl oz	2/\$9	Save 98¢
Califia Almond Milk 48 fl oz	2/\$8	Save 58¢
Cabot Sour Cream 16 oz	2/\$4	Save 58¢
Cabot French Onion Dip 12 oz	2/\$4	Save 38¢
Cabot Whipped Cream 7 oz	\$2.29	Save 30¢
Fage Greek Yogurt 5.3 oz	\$1.09	Save 40¢

FROZEN

Murry's French Toast Sticks 14 oz box	\$2.49	Save \$1.00
River Valley Gold Label Vegetables 14-16 oz bag	\$1.89	Save 50¢
Lean Cuisine Entrees or Pizzas 6-12 oz box	\$2.69	Save 70¢
Lean Cuisine New Bowls 10-12 oz box	\$2.99	Save \$1.00
It's A Utica Thing Famous Tomato Pie 18 oz box	\$6.49	Save \$1.50
Perry's Assorted Ice Cream Bars or Sandwiches 6 ct box	\$3.49	Save \$1.00
Ben & Jerry's Vermont's Finest Ice Cream 1 pint rnd	\$4.49	Save \$1.00

BAKERY

Irish Soda Bread 16 oz	\$3.99	Save \$1.00
Hot Cross Buns 6 ct	\$2.99	Save \$1.00

DELI

Russer's Rare Roast Beef	\$9.99_{lb}	Save \$1.00 _{lb}
Sara Lee Oven Roasted Turkey	\$8.99_{lb}	Save \$1.00 _{lb}
Sara Lee Honey Roasted Turkey	\$7.99_{lb}	Save \$1.00 _{lb}
Land O Lakes Domestic Swiss Cheese	\$5.99_{lb}	Save \$1.00 _{lb}
Sara Lee Honey Ham	\$7.99_{lb}	Save \$1.00 _{lb}

THIS WEEK'S HOT MEMBER DEALS

Fresh Green or
Yellow "Summer"
Squash
99¢_{lb}
Save \$1.50_{lb}

Boneless
Beef Strip
Steak
\$8.99_{lb}
Save \$4.00_{lb}

Best Yet
Apple Juice
64 fl oz
2/\$3
Save \$1.38

Nellies Cage Free Lg Brown Eggs 1 doz	\$3.79	Save \$1.00
Original Factory Crunch Rolls 21.25 oz bag	\$8.99	Save \$3.00
Cranberry Orange Oatmeal Cookies 12 ct	\$2.99	Save \$1.00
Sahlen's Smokehouse Ham	\$5.99_{lb}	Save \$3.00 _{lb}

Become a lifetime member for \$25.



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