

WEEKLY DEALS

October 2– October 8, 2022

THIS WEEK'S HOT MEMBER DEALS

Fresh & Tasty Bite
 Size Grape
 Tomatoes

2/\$4

Save \$1.98 • 1 pt

Chicken Leg
 Quarters

79¢ LB

Save 40¢ lb

Kraft
 Mac&Cheese

99¢

Save 90¢ • 7.25 oz

Perry's Assorted Ice Cream Bars

\$3.49

Save
 \$1.50

Planet Oat
 Oat Milk

2/\$6

Save \$1.98 • 52 fl oz

M&M Cookies

\$3.49

Save \$1.00 • 12 ct

Co-Op's Own
 Chicken Salad

\$9.99 LB

Save \$2.00 lb

Become a lifetime member for \$25.



Ask About Our New Home Delivery Service!

MEAT AND FISH

			Save
Boneless Beef Top Sirloin Steak	lb.	\$4.99	\$3.00
Bone In Beef Short Ribs	lb.	\$6.99	\$3.00
Black Angus Beef Cube Steak From Sirloin	lb.	\$4.99	\$2.50
Black Angus Beef Stew Meat From Sirloin	lb.	\$4.99	\$2.50
Lean Beef Ground Sirloin	lb.	\$5.19	\$2.00
Meatloaf Mix w/ Beef, Veal & Pork	lb.	\$4.99	\$1.20
Beef Top Sirloin Roast	lb.	\$4.69	\$3.30
Baby Back Pork Ribs	lb.	\$3.29	\$1.70
Ham For Pea Soup	lb.	\$2.19	80¢
Boneless & Skinless Chicken Breast	lb.	\$2.29	\$3.70
Stuffed Pork Tenderloin	lb.	\$3.99	\$1.50

PRODUCE

California "Sweet & Crunchy" Premium Red or White Seedless Grapes	lb	\$1.99	\$2.00
Fresh Sweet & Plump Pint Blueberries 12 oz pkg	ea	\$2.99	\$2.00
Organic Fresh Russet Potatoes 3 lb Bag	ea	\$3.99	\$2.00
NYS "Hard & Crisp Red Delicious Apples 3 lb Bag	Ea	\$2.99	\$1.00
Fresh Crisp "Super Select" Cucumbers	for 2	2/\$1	98¢
California Extra Large Fresh Artichokes	for 2	2/\$4	98¢

GROCERY

			Save
Franks RedHot Sauce	12 fl oz	2/\$6	\$1.98
Stubbs BBQ Sauces	6.5 oz	2/\$7	\$2.18
Newmans Own Microwavable Popcorn	9.6-10.5 oz	2/\$6	98¢
McCormick Brown Gravy Mixes	.87-.88 oz	99¢	20¢
Filippo Berio Extra Virgin Olive Oil	25.3 fl oz	\$8.99	\$5.00
Best Yet Cocoa	10 oz	2/\$4	98¢
Best Yet Salsa	16 oz	2/\$4	78¢
Best Yet Tomato Sauce	8 oz	69¢	10¢
Best Yet Design Paper Plates	45 ct	\$2.99	60¢

DELI

			Save
Sara Lee Oven Roasted Turkey	lb	\$10.99	\$1.00
Best Yet Roast Beef	lb	\$12.99	\$1.00
Sara Lee Honey Ham	lb	\$7.99	\$1.00
Land O Lakes Domestic Swiss	lb	\$7.99	\$1.00



2227 Nott Street | Niskayuna, NY
 518.374.1362 | info@niskycoop.com
 Subscribe to our weekly deals email
 at niskayunacoop.com

DAIRY

			Save
Chobani Zero Sugar Lactose Free Greek Yogurt	5.3 oz	4/\$6	\$1.56
Cabot Cottage Cheese	16 oz	\$2.69	20¢
Hood Sour Cream	16 oz	\$2.49	20¢
Kozy Shack Pudding Snack Packs	24 oz	2/\$8	98¢
Mission Burrito Tortillas	20 oz	2/\$6	38¢
Planet Oat Oat Milk Creamer	32 fl oz	2/\$7	\$1.38

FROZEN

			Save
Farm Rich French Toast Sticks	14 oz	\$2.29	\$1.00
Green Giant Vegetable Steamers	7-10 oz	\$1.49	50¢
Codino's Stuffed Pastas	13-16 oz	\$1.49	60¢
Codino's Meat Or Cheese Tortellini	16 oz	\$2.29	70¢
Celetano Italian Style Meatballs	26 oz	\$5.99	\$1.80
Paesan's 4 Cut Pizzas	12.13.7 oz	\$6.49	\$1.00
Perry's Premium Ice Cream	48 fl oz	\$4.49	\$1.00

BAKERY

			Save
Blondie Brownies W/Nuts	4 ct	\$3.99	50¢
Apple Pie Pockets	3 ct	\$3.49	50¢