



\$9.99

VERIDITAS BOTANICALS FRANKINCENSE ESSENTIAL OIL
2 ml; all Veriditas Botanicals products are on sale
SAVE \$4.00

To promote calm and relaxation, breathe in the scent of Frankincense essential oil using direct palm inhalation or a diffuser.



\$7.99

HOLLAND HOMESTEAD LAVENDER GOAT'S MILK LOTION
8 fl oz; all Holland Homestead products are on sale, made in Hillsborough, NH
SAVE \$3.00



\$19.99

MATRIX AROMATHERAPY TREE OF LIFE AROMATHERAPY LOCKET NECKLACE
each; other designs available

fresh deals

NOVEMBER 29- DECEMBER 12



christmas trees

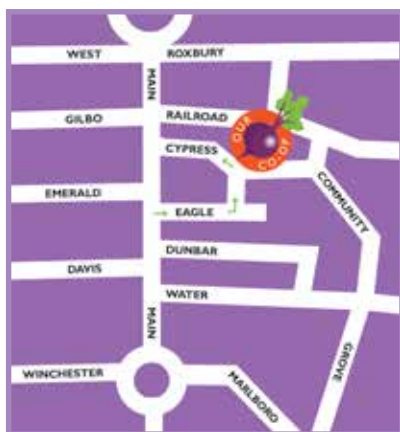
arrive at the co-op Dec 2!

We're so excited to be offering Christmas trees and wreaths supplied to us from Allen Brothers Farm in Westminster, Vermont! They arrive at the co-op on Saturday, December 2nd. A portion of the proceeds from the trees and wreaths will go to the Hundred Nights Shelter here in Keene. Hundred Nights provides shelter and crisis related services to the displaced or homeless—so critical at this time of year.

SATURDAY DEC 2

Please help the Keene Community Kitchen stock up on non-perishable items by supporting the Fenton Family Dealership Community Food Drive

DONATE AT THE CO-OP 10 AM - 12:30 PM



CHRISTMAS TREES
from Allen Brothers Farm, VT

ARRIVE AT THE CO-OP ON DECEMBER 2

A portion of the proceeds from tree & wreath sales will go to Hundred Nights Shelter, Keene, NH

Join us for our free events & workshops!



Sample Party: Stocking Stuffers & Holiday Delights
Saturday, Dec 2
1:00-4:00 pm



DIY Holiday Gifts Workshop
Wednesday, Dec 6
5:30-7:00 pm
REGISTRATION REQUIRED



Fight the Bad Bugs with a Strong Immune System Workshop
Wednesday, Dec 13
5:30-7:00 pm
REGISTRATION REQUIRED



Details and full event calendar online at monadnockfood.coop/events

Pick up our Co+op Deals flyer to find more great ways to save!



99¢ lb

PICADILLY FARM ORGANIC WHITE POTATOES
grown in Winchester, NH
SAVE \$1.00



\$1.49 lb

PICADILLY FARM ORGANIC BUTTERNUT SQUASH
grown in Winchester, NH



\$1.49 lb

PICADILLY FARM ORGANIC RED BEETS
grown in Winchester, NH



\$2.99 lb
SPRINGER MOUNTAIN FARMS BONELESS SKINLESS CHICKEN THIGHS
antibiotic-free, American Humane Certified



\$4.99
MAPLEBROOK FARM RICOTTA CHEESE
16 oz; made in Bennington, VT
SAVE \$1.00



\$3.99
GARRETT VALLEY UNCURED HICKORY BACON
8 oz; antibiotic-free, humanely raised, other Garrett Valley products on sale
SAVE \$1.00



\$3.49
VERMONT CREAMERY CULTURED BUTTER
8 oz; made in Websterville, VT



\$4.99
NORTH COUNTRY SMOKEHOUSE CHICKEN APPLE SAUSAGE
16 oz; made in Claremont, NH
SAVE \$2.00



\$2.99
HOUSEMADE TANGERINE RICOTTA BAR
each



\$9.99
TOFURKY VEGAN HAM ROAST W/ GLAZE
19 oz
SAVE \$4.00



\$2.49
HOUSEMADE PEPPERMINT MOCHA
8 oz; other sizes also on sale



\$6.49 lb
HOUSEMADE SPINACH ARICHOKE DIP

HOLIDAY GIFTS & GOODIES



\$12 Off
DOMAINE BOUSQUET MALBEC RESERVE WINE
750 ml



\$1.29
THOMPSON MILK CHOCOLATE SANTA
1 oz; made in Meriden, CT



\$11.99
CHOCOLATE SHOP CHOCOLATE RED WINE
750 ml
SAVE \$4.00



\$2.99
INDIGO WILD BAH HUM ZUM MINI BAR SOAP
1.5 oz; other varieties available



\$3.69
WHOLESOME ORGANIC CANDY CANES
5 oz



\$6.99
TREE FREE HOLIDAY CARD PACKS
10 count; 100% recycled paper, made in Keene, NH
SAVE \$3.00



\$3.39
ANGIES BOOM CHICKA POP COCOA MARSHMALLOW DRIZZLE POPCORN
4.5 oz; other varieties on sale