

NOV 18 - DEC 1, 2020



\$11.99

**BADGER ORGANIC DEEP TISSUE MASSAGE OIL W/ GINGER & ARNICA**  
4 fl oz; made in Gilsun, NH  
SAVE \$4.50

Warming and profoundly soothing for aching muscles and joints with a rich consistency for deep tissue massage technique.



\$19.99

**GAIA HERBS HOLY BASIL LEAF STRESS SUPPORT**  
60 count  
SAVE \$7.00



\$24.99

**RENEW LIFE NORWEGIAN GOLD SUPER CRITICAL OMEGA**  
30 soft gels  
SAVE \$8.00



**PLAID FRIDAY**

November 27, 2020

Wear plaid to show your support for locally owned businesses and community



# fresh deals

NOVEMBER 18 - DECEMBER 1



**local favorite**  
Co-op Prepared Food

Your turkey is ordered. Great! Now sit back and let our professional chefs do the rest. The talented and dedicated members of our Prepared Foods Department are making Thanksgiving fixings from Maple Glazed Yams with Cranberries to traditional or vegan gravy — something for everyone at your table. You can pre-order online, in-store or by phone before the 11/20 deadline and this year we're also keeping the Grab N Go case stocked with your favorites the week of Thanksgiving. Wishing you a delicious Thanksgiving from our entire co-op team!



\$3.99

**ORGANIC RUSSET POTATOES**  
5-lb bag  
SAVE \$2.00



2/\$5

**ORGANIC CRANBERRIES**  
8-oz bag



\$1.99 lb

**PICADILLY FARM ORGANIC COVINGTON SWEET POTATOES**  
grown in Winchester, NH  
SAVE \$1.00/lb

**monadnock FOOD CO-OP**

34 Cypress Street | Keene, NH | 603.355.8008 | monadnockfood.coop | Open Mon-Sat 7 AM - 9 PM, Sun 9 AM - 9 PM



**monadnockfood.coop/event/kitchen**

Keep up-to-date with all the news at the co-op at monadnockfood.coop

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

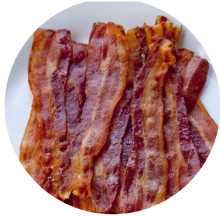






\$1.79 lb

**SPRINGER  
MOUNTAIN FARMS  
WHOLE CHICKENS**  
raised without antibiotics;  
Non-GMO Project Verified;  
American Humane Certified



\$5.99

**NORTH COUNTRY  
SMOKEHOUSE  
FRUITWOOD BACON**  
12 oz  
pork raised without antibiotics  
SAVE \$2.00



\$4.99 lb

**HOUSEMADE  
COUNTRY SAGE  
BREAKFAST SAUSAGE**  
pork raised without antibiotics  
SAVE \$3.00/lb



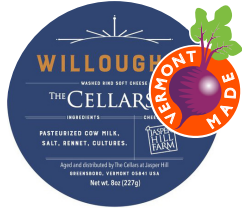
\$6.99

**SEABEST  
SHRIMP  
COCKTAIL RING**  
10 oz  
SAVE \$2.00



\$7.49

**SHELBURNE FARMS  
SMOKED  
CHEDDAR CHEESE**  
8 oz; made in Shelburne, VT  
SAVE \$5.50



\$14.99

**JASPER HILL CELLARS  
WILLOUGHBY  
CHEESE**  
7oz; made in Greensboro, VT



\$1.99

**HOUSEMADE  
HOT PUMPKIN  
SPICE LATTE**  
8 oz; other sizes on sale



\$2.49

**HOUSEMADE  
ARTISAN  
BAGUETTE**  
each



\$5.49 lb

**HOUSEMADE  
BUTTERNUT SQUASH  
WITH PUMPKIN SEED  
PESTO**



\$3.99

**KING ARTHUR  
ALL PURPOSE FLOUR**  
5 lb  
SAVE \$1.00



\$3.49

**ITHACA HUMMUS  
LEMON GARLIC  
HUMMUS**  
10 oz; other varieties on sale  
SAVE \$1.00



\$3.99

**WHOLLY  
WHOLE SOME  
ORGANIC  
TRADITIONAL  
PIE SHELLS**  
2 shell pkg  
SAVE \$1.50



\$9.99

**STELLAR WINERY  
MERLOT RED WINE**  
750 ml; other varieties on sale  
SAVE \$4.00



\$5.99 lb

**BULK  
WALNUTS**  
bulk  
SAVE \$2.00/lb



\$2.49

**DAILY PANTRY  
ORGANIC  
CHICKEN BROTH**  
32 oz



\$1.49

**KEOGH'S  
ROAST TURKEY  
& STUFFING  
POTATO CRISPS**  
1.7 oz  
SAVE 25%