

DEC 4 – DEC 17, 2024



\$9.99

CERAMEDX GENTLE FOAM FACE CLEANSER

8 fl oz

SAVE \$3.50

A light and gentle, sulfate-free foaming cleanser specifically formulated to cleanse dry, sensitive skin. It contains their exclusive Riceramide[®]-3 technology, with soothing emollients and hydrators to help maintain moisture and help support skin's natural protective barrier.



\$11.99

CERAMEDX SOOTHING FACIAL LOTION

4 fl oz

SAVE \$3.50



\$13.99

YOUTHEORY SLEEP POWDER

6 oz

SAVE \$11.00

fresh deals

DEC 4 – DEC 17, 2024



local favorite

Stuart & John's Sugar House

The first Stuart & John's Sugar House was built in the fall of 1974, when Stuart Adams and John Matthews decided to buy their own oil-fired evaporator and start a sugaring operation. At the time, Stuart was in the eighth grade, and John was in the tenth grade, and they had been best friends for years growing up in Westmoreland, NH. They started with 920 taps, and made 230 gallons of syrup. Now, they have approximately 10,000 taps, and produce 2,500 gallons of syrup each year!

round up

your change at the Co-op
in December

NEIGHBORS helping NEIGHBORS



Join us for these events & workshops!



Make Your Own Bath Sachet

Friday, Dec 13
5:30pm – 6:30pm

registration required



Wire Wrapped Ornament

Saturday, Dec 21
10:00am – noon

registration required



Co-op Book Club

Monday, Jan 6
6:00 – 7:30pm

Co-op Community Room



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

No fees for Curbside Pick-Up! Order at monadnock.storebyweb.com



\$3.29 lb

ORGANIC SUGAR BEE APPLES
SAVE 70¢/lb



\$4.99 bag

ORGANIC MANDARINS
2 lb bag
SAVE \$2.00



\$3.99 bag

ORGANIC LEMONS
2 lb bag
SAVE \$3.00

34 Cypress Street | Keene, NH | 603.355.8008 | monadnockfood.coop | Open Mon-Sat 7 AM - 9 PM, Sun 8 AM - 9 PM





\$7.99 lb

**HOUSEMADE
PARMESAN CRUSTED
CHICKEN CUTLETS**
SAVE \$2.00/lb



\$7.49

**JASPER HILL FARM
VAULT #5 CHEESE**
6.5 oz; made in Greensboro, VT
SAVE \$1.50



\$7.99 lb

**NORTH COUNTRY
SMOKEHOUSE
NORTH COUNTRY
PEPPERED BACON**
made in Claremont, NH
SAVE \$2.00/lb



\$7.49

**NETTLE
MEADOW FARM
GARLIC & OLIVE OIL
FRESH GOAT CHEESE**
5 oz; made in Thurman, NY
SAVE \$1.30



\$4.99 ea

**HOUSEMADE
SALMON BURGERS**
SAVE \$1.00



\$3.19

**IZZIO ARTISAN
BAKERY
TAKE & BAKE
FRENCH BAGUETTE**
13 oz; other varieties also on sale
SAVE 20%



\$8.99

**URBAN PIE CO.
EIGHT CHEESES
ZESTY MARINARA
SAUCE PIZZA**
16.7 oz; other varieties also on sale
SAVE \$3.00



\$17.99

**ALLAGASH BREWING
COMPANY
SKI HOUSE WINTER
WHITE ALE**
12-pack; brewed in Portland, ME
SAVE \$4.00



\$9.99

**STUART & JOHN'S
MAPLE CANDY
GIFT BOX**
4 oz; made in westmoreland, NH
other varieties also on sale
SAVE \$2.50



\$9.99

**DUCKTRAP
SMOKED TROUT**
8 oz
SAVE \$2.00



\$3.19

**HOUSEMADE
SOUR CREAM
COFFEE CAKE**
slice
SAVE 80¢



\$1.59 lb

**ORGANIC
ALL-PURPOSE FLOUR**
bulk
SAVE 27%



\$2.99

**SARTELL FARM
FRESH QUARK**
8 oz; made in Temple, NH
other varieties also on sale
SAVE \$2.00



\$8.49 lb

**HOUSEMADE
MAC & CHEESE**
SAVE \$1.50/lb



\$3.29 lb

**ORGANIC
SHREDDED COCONUT**
bulk
SAVE \$1.00/lb



\$4.49

**OREGON CHAI
ORIGINAL CHAI
CONCENTRATE**
32 oz
SAVE \$1.00