

DEC 3 – DEC 16, 2025



\$8.99

**LIFE FLO
UNSCENTED
MAGNESIUM
BODY LOTION**
8 fl oz
SAVE \$4.00

Soothe tired muscles and joints with pure magnesium chloride all while moisturizing dry skin with hydrating ingredients like shea butter and coconut oil. Enjoy the new pump top for even easier application.



\$19.99

**NATURAL VITALITY
CALM SLEEP
DRINK MIX**
6 oz
SAVE \$9.00



\$29.99

**KOKORA
ORGANIC GOLDEN
MILK BLISS**
4.23 oz
SAVE \$10.00



round up your change in december

A DONATION of a FEW CENTS or a FEW DOLLARS will make a HUGE IMPACT on THOSE in our NEIGHBORHOOD who RELY ON THE COMMUNITY KITCHEN to PROVIDE HEALTHY, NUTRITIOUS FOOD for THEMSELVES and THEIR FAMILIES.



Join us for these events & workshops!



**Feast on This!
Flim Fest**

Sat, Dec 6
noon – 8:30pm

Co-op Community Room
mfcommunitycoalition.org



**Co-op
Holiday Fest**

Thursday, Dec 11
3:00 – 6:00pm



**Stained Glass
Ornament Workshop**

Thursday, Dec 18
5:30 – 7pm

Registration
Required

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

Try our **NEW** bulk/case ordering process at: monadnock.provisions.coop



fresh deals

DECEMBER 3 – DECEMBER 16, 2025



co-op favorite
Champlain Orchards

CHAMPLAIN ORCHARDS began in 1998 when Bill Suhr, at 27 years old, purchased 60 acres in Shoreham, Vermont, motivated by a dream to live sustainably off the land. Since then, the orchard's growth has been substantial. Annually, they harvest over 100,000 bushels of apples, largely due to the introduction of diverse and disease-resistant apple varieties. This bounty supports not just local markets but also reaches schools, hospitals, and stores across the region, underscoring the orchard's impact on Vermont's local food system. The team at Champlain Orchards, which swells to 75 members during the harvest season, shares a collective pride in their work and the products they deliver.



\$3.79

**CHAMPLAIN
ORCHARDS
APPLE CIDER**

½ gallon; made in Shoreham, VT
other varieties also on sale

SAVE \$2.20



4/\$5

**ORGANIC
NAVEL ORANGES**
SAVE 37%



\$1.49 lb

**PICADILLY FARM
ORGANIC GREEN
CABBAGE**

grown in Winchester, NH
other varieties also on sale

SAVE 25%



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





\$6.99

NORTH COUNTRY SMOKEHOUSE ORGANIC BACON
8 oz; made in Claremont, NH
other varieties also on sale
SAVE \$1.50



\$9.99 lb

WILD CAUGHT ALASKAN COD
previously frozen
SAVE \$2.00/lb



\$17.49 lb

HOUSEMADE MAPLE ROSEMARY STEAK TIPS
SAVE \$1.50/lb



\$21.99 lb

PINELAND FARMS BONELESS STRIP STEAK
SAVE \$3.00/lb



Prices subject to change.



\$4.84

CHAMPLAIN VALLEY CREAMERY ORGANIC CHAMPLAIN TRIPLE CHEESE
4 oz; made in Middlebury, VT
SAVE 41%



\$6.49

VERMONT SALUMI SLICED FENNEL SALAMI
2.5 oz; made in Barre, VT
other varieties also on sale
SAVE \$1.50



\$8.99 lb

BULK RAW PECAN HALVES
SAVE \$2.50/lb



\$4.99

BISOUSWEET GINGER MOLASSES COOKIES
6-pk; made in Leominster, MA
SAVE \$1.00



\$9.99

HOUSEMADE TAKE & BAKE PEPPERONI PIZZA
12-inch
SAVE \$2.00



\$21.99

BACK ROADS MAPLE PECAN GRANOLA
2.45 lb; made in Brattleboro, VT
other varieties also on sale
SAVE \$11.00



\$5.99

BLACKBERRY PATCH BLACKBERRY SYRUP
8 fl oz; other varieties also on sale
SAVE 27%



\$13.99

BLUE LOTUS CHAI TRADITIONAL MASALA CHAI
3 oz; other varieties also on sale
SAVE \$4.00



\$19.99

HUBER WINERY SPARKLING WHITE WINE
750 ml
SAVE \$3.00



\$5.69

BONNE MAMAN STRAWBERRY PRESERVES
13 oz; other varieties also on sale
SAVE \$1.80



\$3.19

BLAKE'S SHEPHERD'S PIE
8 oz; other varieties also on sale
SAVE \$1.80



\$1.19

FULL CIRCLE ORGANIC BLACK BEANS
15 oz; other varieties also on sale
SAVE 40%