

DEC 31, 2025 – JAN 20, 2026



\$10.99

**GRIFFIN REMEDY
OMEGA-3
GRAPEFRUIT-SCENTED
ULTRA MOISTURIZING
BODY LOTION**
8 fl oz
SAVE \$4.00

Griffin Remedy Omega-3 Ultra Moisturizing Skin Food Body Lotion contains Omega-3 oils and MSM to feed dry, thirsty skin. Omega-3 oils are an intense fortifying and healing oil.



\$19.99

**HERB PHARM
ORGANIC MUSHROOM
WELLNESS EVERYDAY 10**
90 caps
SAVE \$8.00



\$17.99

**MARY RUTH'S
ULTRA DIGESTIVE
FOOD ENZYMES**
60 caps
SAVE \$7.00

fresh deals

DECEMBER 31, 2025 – JANUARY 20, 2026



MONADNOCK BERRIES in Troy, NH is a second generation fruit farm, run by the Levick family for the last thirty years. They have eleven acres of blueberries in addition to four acres of raspberries, gooseberries, black, red and white currants. As a 2025 recipient of our Farm Fund grant, they've added a walk-in cooler for increased storage and production throughout the growing season, and also made infrastructure improvements to their pack house for increased productivity, efficiency, and quality. This is just one example of how your generous Round It Up dollars are being used to support our local farmers.



\$4.99
**ORGANIC
MANDARINS**
2 lb bag
SAVE \$2.00



\$1.99 lb
**PICADILLY FARM
ORGANIC
GOLD POTATOES**
grown in Winchester, NH
SAVE 28%



\$1.99
**LADY MOON FARMS
ORGANIC
GREEN KALE**
bunch
SAVE 28%

Join us for these events & workshops!



**Herbs for Immune
Support**
Saturday, Jan 10
10 – 11:30am
Registration Required



**Co-op Citrus
Case Sale**
Jan 16 & 17
Details: [monadnockfood.coop/
event/citrus-case-sale/](https://monadnockfood.coop/event/citrus-case-sale/)



**Co-op Community
Dinner**
Thursday, Jan 22
4:30 – 7pm
Co-op Cafe

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

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



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

monadnock
FOOD CO-OP



\$5.99 lb

**HOUSEMADE
SWEET ITALIAN
CHICKEN SAUSAGE**
SAVE \$2.00/lb



\$6.99

**NORTH COUNTRY
SMOKEHOUSE
UNCURED APPLEWOOD
SMOKED BACON**
12 oz; other varieties also on sale
SAVE \$1.00



\$5.49

**VERMONT SALUMI
MAPLE BREAKFAST
PORK SAUSAGE**
14 oz; other varieties also on sale
SAVE \$1.50



\$4.49 lb

**DuBRETON
BONE-IN PORK CHOPS**
SAVE \$2.00/lb



\$9.99

**PLYMOUTH
CHEESE CO.
FARMER FRED'S
FAVORITE CHEDDAR**
8 oz; made in Plymouth, VT
SAVE \$2.00



\$22.99 lb

**COBB HILL CHEESE
FOUR CORNERS
CHEDDAR**
made in Hartland, VT
SAVE \$15.00/lb



\$2.49 lb

**ORGANIC
WHITE QUINOA**
SAVE 24%



\$5.49 ea

**HOUSEMADE
VANILLA CHIA
PUDDING**
each
SAVE \$1.50



\$11.99

**HOUSEMADE
CURRY LENTIL
COCONUT SOUP**
quart
SAVE \$3.00



\$1.99

**TEPACHE
ORGANIC MANGO
CHILI MODERN
MEXICAN SODA**
12 fl oz; other varieties also on sale
SAVE 80¢



\$9.99

**4TH & HEART
ORIGINAL GHEE
CLARIFIED BUTTER**
9 oz
SAVE \$3.00



\$10.99

**NUTTZO
ORGANIC 7 NUT &
SEED POWER FUEL
SMOOTH SPREAD**
12 oz; other varieties also on sale
SAVE \$3.00



\$17.99

**ATHLETIC BREWING CO.
NON-ALCOHOLIC
RUN WILD IPA**
12- pk
SAVE \$2.00



2/\$4

**FOOD CLUB
TRADITIONAL
PASTA SAUCE**
24 oz
SAVE 28%



99¢

**FULL CIRCLE
ORGANIC
GARBANZO BEANS**
15 oz; other varieties also on sale
SAVE 50%



\$5.99

**CANYON BAKEHOUSE
GLUTEN-FREE
PLAIN BAGELS**
14 oz; other varieties also on sale
SAVE \$1.00