

JULY 1 – JULY 14, 2026



\$7.99 8 FL OZ

**JOY LANE FARM
SHEA BUTTER
LOTION COCONUT
LEMONGRASS**
SAVE \$2.00!



\$12.99 20CT

**ULTIMA
ESSENTIAL
ELECTROLYTES
RASPBERRY**
SAVE \$7.00!



\$10.99 6OZ

**SUNFOOD
SUPERFOODS
ORGANIC GOLDEN
MILK SUPER BLEND**
SAVE \$4.00!

**round up
your change
in July**



to SUPPORT THEIR GARDENS and NUTRITION PROGRAM!

Please join us for an

INFORMATION SESSION!

Learn About Our Co-op • Contribute Ideas
Review Our Plans • Ask Questions!



Wednesday, July 1ST

4:00-5:00PM at the
CIVIC CENTER in JAFFREY

Wednesday, July 22ND

5:00-6:00PM at the
AMERICAN LEGION in JAFFREY



Join us for these events & workshops!



Dr. Linda Kingsbury
Saturday, July 11th
10am – 11:30am
**Flower Power
Workshop!**



Gene Clerkin, DC
Saturday, July 18th
11:00 am – 12:00pm
**Menopause &
Midlife Health!**



MAXT makerspace
Thursday, July 23rd
5:30pm – 7:00pm
Solarprinting!

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



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

fresh deals

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local favorite
CABOT CREAMERY

CABOT CREAMERY believes that farms and the food they produce are vital to their communities, culture, and landscape. By using the freshest milk from their family farms, crafting their products with both tradition and innovation, and giving back 100% of profits to their members, their Cooperative makes award-winning cheese and dairy products that are as good as good gets. With their vision set on sustainability and innovation, their farmers leverage innovative practices to power their farms and manufacture their products more ethically. From their energy efficient trucks to solar-powered waste compactors to the creation of the “Smart Barn,” their mission aims to give goodness back to the planet and the future we all share.



\$3.49/lb

**ORGANIC
VINE CLUSTER
TOMATOES**
SAVE! \$1.50/lb



\$3.99/lb

**ORGANIC
YELLOW NECTARINES**
SAVE! \$2.00/lb



\$3.49/lb

**ORGANIC
RED PLUMS**
SAVE! \$2.00/lb

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





\$6.99/lb

**HOUSEMADE
KOREAN BBQ
CHICKEN THIGHS**
SAVE! \$2.00/lb



\$4.99

8oz

**MAPLEBROOK
FETA CHEESE
WHOLE MILK BLOCK**
SAVE! \$1.50



\$8.99 12oz

**NORTH EAST RAISED
GROUND BEEF
(2) 6oz PATTIES**
SAVE! \$4.00



\$10.99 2lb

**CABOT
VERMONT SHARP
CHEDDAR CHEESE**
Other Varieties Available!
SAVE! \$3.00



\$17.99/lb

**WILD CAUGHT
FRESH SWORDFISH
STEAKS**
SAVE! \$7.00/lb



\$4.99/lb

**ORGANIC
RAW PUMPKIN
SEEDS**
SAVE! \$2.00/lb



\$14.99/lb

**CENSEA
8/12 PEELED &
DEVEINED SHRIMP**
SAVE! \$5.00/lb



\$2.69/lb

**ORGANIC
WHITE QUINOA**
SAVE! \$1.00/lb



\$9.99/lb

**HOUSEMADE
SUMI SALAD**
SAVE! \$3.00/lb



Brooklyn Brewery Summer Ale is a light and zesty beer brewed with warm weather adventures in mind. It's the perfect companion for long summer days by the pool, in the yard, or anywhere else people unwind.

\$18.99 12PK/12FLOZ

**BROOKLYN BREWERY
SUMMER ALE**
SAVE! \$4.00



\$7.49 8oz

**MY FOREST FOODS
VEGAN MYCELLIUM
PULLED PORK**
SAVE! \$2.50



2/\$4 16oz

**HI-BALL
BLACKBERRY
ENERGY SELTZER**
Other Varieties Available!
SAVE! \$0.99



\$3.99 16oz

**CABOT
SALTED BUTTER**
Other Varieties Available!
SAVE \$1.00!



\$3.29 10.5oz

**SIETA
CASERA MILD SALSA**
SAVE \$2.70!



\$4.49 12oz

**S&F
CHEF SAUCE
GARLIC TERIYAKI**
SAVE \$1.50!



\$2.69 7oz

**CABOT
WHIPPED CREAM**
Other Sizes Available!
SAVE \$0.60!