

AUGUST 5 – AUGUST 18, 2026



\$8.99 2oz

**BAGDER
WORKING HANDS
BALM**
SAVE! \$2.50



\$3.99 4.3oz

**JOY LANE FARM
GOAT MILK SOAP
LAVENDER**
SAVE! \$1.50



\$31.49 60TABS

**MEGAFOOD
WOMEN'S ONE
DAILY VITAMIN**
Men's Also Available!
SAVE! \$10.50

**round up
your change
in August**

TO SUPPORT *our* LOCAL FARMERS!

**monadnock
FOOD CO-OP
FARM
FUND**



**monadnock
FOOD CO-OP**

SEAFOOD FEST

FRIDAY, AUGUST 28TH

FLASH SALES & SAMPLES!

Join us for these events & workshops!



Dr. Linda Kingsbury
Saturday, August 8th
10:00am – 11:30am
Herbs for the Aura
and Chakras!



Jack's Crackers
Monday, August 10th
11:00 am – 1:00pm
S'mores Day Demo!



FREE Backpacks
Friday, August 14th
4:00pm – 6:00pm
Helping local
students!

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
MAPLE NUT KITCHEN

Maple Nut Kitchen is owned and operated by Vivian Cubilla, who has led the company since 2014 with a focus on creating granola that tastes every bit as good as the ingredients behind it. What began as a passion for creating better-for-you foods has grown into a company serving customers across the country. At Maple Nut Kitchen, they believe healthy food should never feel like a compromise. Their goal is simple: create granola with clean ingredients, memorable flavors, and the kind of quality that keeps customers coming back. Their specialty maple granola products are handcrafted in New England and made for people who care about both quality ingredients and exceptional taste.



\$2.19/lb

**ORGANIC
EGGPLANT
PICADILLY FARM**
SAVE! 26%



\$3.99/qt

**ORGANIC
SALADETTE TOMATOES
PICADILLY FARM**
SAVE! 20%



\$3.79/lb

**ORGANIC
GREEN GRAPES**
SAVE! 24%

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**



\$14.49/lb

**BOYDEN FARMS
N.Y. SIRLOIN**
SAVE! \$3.50/lb



\$5.99 4oz

**VT CREAMERY
CRUMBLLED
GOAT CHEESE**
SAVE! \$1.30



\$5.99/lb

**HOUSEMADE
HOT ITALIAN
PORK SAUSAGE**
Links + Bulk Available!
SAVE! \$2.00/lb



\$4.79 4oz

**VT CREAMERY
MAPLE CHIPOTLE
CHEVRE LOG**
SAVE! \$1.20



\$13.49/lb

**WILD CAUGHT
AHI TUNA**
SAVE! \$3.50/lb



\$11.99/lb

**MAPLE NUT KITCHEN
MOCHA CHIP GRANOLA**
Other Varieties Available!
SAVE! \$4.00/lb



\$5.99/lb

**HOUSEMADE
MILD ITALIAN
PORK SAUSAGE**
Links + Bulk Available!
SAVE! \$2.00/lb



\$10.99/lb

**EQUAL EXCHANGE
ORGANIC ALMONDS**
SAVE! \$3.00/lb



\$4.99 16oz

**HOUSEMADE
CHILLED
GAZPACHO**
Other Sizes Available!
SAVE! \$1.50



Our American Pale Ale is brewed with Citra and Simcoe hops which lend wonderful citrus notes to this beer, complimenting the piney resinous notes and playing off of the slightly malty backbone. It begs to be your lake companion, the perfect beer for a day on the water...or in the water...or looking at the water!

\$13.49 4PK/16 FLOZ

**HOBBS BREWING CO.
LAKE LIFE**
SAVE! \$2.50



\$4.99 4oz

**CABOT
SERIOUSLY SHARP
POPCORN**
Other Varieties Available!
SAVE! \$1.70



\$3.49 16oz

**TEDDIE
SMOOTH PEANUT
BUTTER**
Other Varieties Available!
SAVE! \$0.80



\$2.29 6.25oz

**CABOT
YELLOW CHEDDAR
MAC & CHEESE**
Other Varieties Available!
SAVE! 23%



\$13.49 11oz

**EAST ALSTEAD
ROASTING CO.
ALL STEADY ESPRESSO**
Other Varieties Available!
SAVE! \$3.50



\$11.99 28oz

**FRANCETOWN
VILLAGE
BEEF LASAGNA**
Other Varieties Available!
SAVE! \$3.00



\$3.19 12 FL OZ

**NOBL BEVERAGES
DIRTY CHAI LATTE**
SAVE! 20%