

SEPTEMBER 2 – SEPTEMBER 15, 2026



\$7.99 4PK

OWYN
VANILLA PROTEIN
SHAKE 11.15 FL OZ
chocolate also available!
SAVE! \$3.00



\$23.99 16FLOZ

TRUE SEA MOSS
CHERRY SEA
MOSS GEL
SAVE! \$6.00



\$10.99 1.7FLOZ

DR TUNGS
OIL PULLING
CONCENTRATE
SAVE! \$5.50

round up
your change 
in SEPTEMBER
TO PROVIDE *nutritious* MEALS TO OUR COMMUNITY

Please join us for an



INFORMATION
SESSION!

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

Thursday, September 24TH • 5:30-6:30 PM

at our **Jaffrey Location • 14 Peterborough Road**



Join us for these events & workshops!



Keene Music Festival
Saturday, September 5th
11:00am – 7:00pm
Live Music Downtown!



Amazing Race
Saturday, September 12th
12:00pm – 3:00pm
Safe Shelter
Fundraiser!



Linda Kingsbury
Saturday, September 12th
10:00am – 11:30am
Brain Boosters
Workshop!

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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giving back with
COMMUNITY CHIPS



Giving back isn't a campaign. It's the foundation of everything Community Chips does. Community Chips donates 10% of profits to organizations that provide meals, support local communities, and expand access to food across the country. Every purchase made contributes to something real and lasting — not a seasonal initiative, but a permanent commitment built into the Community Chips brand. Across the country, individuals and families face barriers to consistent, reliable meals. Food insecurity affects people in every zip code, every community, every neighborhood. Community Chips believes brands have a responsibility to be part of the solution.



\$2.49/lb

ORGANIC
RED PEARS
SAVE! 28%



\$2.79/lb

ORGANIC
HIGH MEADOWS FARM
SWEET ONION
SAVE! 30%



2/\$7

ORGANIC
PICADILLY FARM
GRAPE TOMATOES
SAVE! 26%

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



\$6.99/lb

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



\$8.99

8oz

**PLYMOUTH CHEESE
ORIGINAL CHEDDAR**
SAVE! \$3.00



\$11.99/lb

**BAYWINDS
21/25 COOKED
SHRIMP**
SAVE! \$3.00/lb



\$3.49/lb

**ORGANIC
THOMPSON RAISINS**
SAVE! 22%



\$8.49

14oz

**NIMAN RANCH
PULLED PORK W/
BBQ SAUCE**
SAVE! \$2.50



\$2.19/lb

**ORGANIC
RED LENTILS**
SAVE! 21%



\$5.99

10oz

**APPLEGATE FARMS
UNCURED ORGANIC
BEEF HOT DOGS**
SAVE! \$2.00



\$7.99

4PK

**LUCKY SPOON
GLUTEN FREE LOVELY
LEMON CUPCAKES**
strawberry also available!
SAVE! \$2.00



Every Fall, there's one beer that rises above the rest at Jack's Abby: Copper Legend. This signature Märzen isn't just a seasonal favorite. It's their take on one of the most storied beer styles in the world, brewed with care, tradition, and a little modern flair. Copper Legend is the perfect marriage of caramel, sweet toasty malts, and infinite drinkability.

\$17.99

12PK

**JACK'S ABBY
COPPER LEGEND 12 FL OZ**
SAVE! \$2.00



\$4.49

16oz

**McCLURE'S PICKLES
SPICY DILL
PICKLE SLICES**
SAVE! \$1.20



\$4.69

8oz

**PUMFU
TOFU SCRAMBLE**
other varieties available!
SAVE! \$1.30



\$5.49

8PK

**DEEBEES
FRUIT PUNCH JUICE
BOXES 6.75 FL OZ**
other varieties available!
SAVE! \$1.50



\$2.99

5oz

**COMMUNITY CHIPS
ALL MIXED UP**
other varieties available!
SAVE! 25%



\$6.49

10oz

**HOUSEMADE
LASAGNA ROMANA**
12oz size also available!
SAVE! 18%



\$5.99

32 FL OZ

**GREEN VALLEY
LACTOSE FREE KEFIR**
SAVE! \$1.70



\$5.99

8PK

**SPINDRIFT SELTZER
PINEAPPLE 12 FL OZ**
other varieties available!
SAVE! \$1.50