

Co-op Deals

May 15 – June 4, 2019



ORGANIC

Carrots
\$1.69 per lb
save \$0.60



ORGANIC

Red Leaf Lettuce
\$2.49 bunch
save \$0.80



ORGANIC

Green Leaf Lettuce
\$2.49 bunch
save \$0.80



LOCAL
ORGANIC

**Co-op Made
Hummus**
\$4.99 per lb
save \$2.00



LOCAL

**Cabot Creamery
Sharp Cheddar Slices**
\$2.49 8 oz
save \$1.00



ORGANIC

**Woodstock
Ketchup**
\$2.69 20 oz
save \$1.30



GMO FREE

**Green Mountain
Gringo
Medium Salsa**
\$3.69 16 oz
save \$1.80



ORGANIC

**Late July
Sea Salt Multigrain
Tortilla Chips**
\$2.29 6 oz
save \$1.10



ORGANIC

**Tierra Farm
Bulk Raw Cashew Pieces**
\$6.99 per lb
save \$5.00



**Giovanni
50/50 Clarifying Shampoo**
\$5.99 8.5 oz
save \$2.00



**Coolhaus
Midnight Munchies
Ice Cream**
\$3.50 16 oz
save \$2.49



ORGANIC

**Organic Valley
Sour Cream**
\$1.59 8 oz
save \$0.70



SUSTAINABLY
GROWN

**Satellite
Sauvignon Blanc**
\$9.99 750 ml
save \$6.00



**Applegate Natural
Uncured Beef Hot Dogs**
\$3.99 10 oz
save \$3.00



**Applegate Natural
Uncured Turkey Hot Dogs**
\$3.99 10 oz
save \$2.00

For Everyone

623 Stone Cutters Way • Montpelier, VT 05602 • 802.223.8000 • Open 8am – 8pm daily

Truckload Sale

Shopping List



May 31 – June 2
 Fri. & Sat., 8am–7pm
 Sun., 8am–noon

What is a Truckload Sale?

- The Co-op purchases many of our popular products in large “truckload” quantities.
- These savings are passed along to shoppers during this three-day case sale in the Co-op’s parking lot.
- Products are available by the case and not individually, unless otherwise indicated.
- Quantities are limited. This sale is while supplies last.
- Sale prices are for everyone. All are welcome.
- Sale prices do not include tax or deposits.
- No substitutions, refunds, returns, or additional discounts.
- Sales are subject to change.

LEGEND
 L = local
 O = organic
 G = gluten-free
 I = individually sold

Hunger Mountain
COOP
 623 Stone Cutters Way
 Montpelier, VT
 (802) 223-8000
 hungermountain.coop

PLU	QTY	PRODUCT DESCRIPTION	REG. PRICE EA.	SALE PRICE EA.	CASE SALE PRICE	YOU SAVE!
40066		Bove's Marinara Pasta Sauce (6 24-fl oz) L G	\$5.49	\$3.17	\$18.99	42%
8680		Bove's Roasted Garlic Pasta Sauce (6 24-fl oz) L G	\$5.49	\$3.17	\$18.99	42%
40169		Daily Pantry Chicken Broth (12 32-fl oz) O	\$3.99	\$2.00	\$23.99	49%
72020		San Remo Extra-Virgin Olive Oil (6 17-fl oz) O	\$12.99	\$5.84	\$34.99	55%
8329		Annie's Shells & White Cheddar (12 6-oz)	\$2.69	\$0.92	\$10.99	65%
40205		Annie's Shells & Real Aged Cheddar (12 6-oz)	\$2.69	\$0.92	\$10.99	65%
40168		Mantova Penne Rigate (12 16-oz) O	\$2.79	\$1.42	\$16.99	49%
40250		Mantova Spirelli Pasta (12 16-oz) O	\$2.79	\$1.42	\$16.99	49%
8328		Muir Glen Diced Tomatoes (12 28-oz) O	\$3.49	\$1.50	\$17.99	57%
40211		Muir Glen Fire Roasted Diced Tomatoes (12 28-oz) O	\$3.49	\$1.50	\$17.99	57%
8684		Tonnino Tuna in Water (12 4.94-oz) G	\$4.99	\$2.09	\$24.99	58%
8683		Tonnino Tuna in Oil (12 4.94-oz) G	\$4.99	\$2.09	\$24.99	58%
40460		Field Day Garbanzo Beans (12 15.5-oz) O	\$1.49	\$1.09	\$12.99	27%
40461		Field Day Black Beans (12 15-oz) O	\$1.49	\$1.09	\$12.99	27%
7913		Bonne Maman Strawberry Preserves (6 13-oz) G	\$5.99	\$2.84	\$16.99	52%
7912		Bonne Maman Raspberry Preserves (6 13-oz) G	\$5.99	\$2.84	\$16.99	52%
8344		Vermont Village Unsweetened Applesauce (6 24-oz) L G	\$4.19	\$2.50	\$14.99	40%
40038		Fever-Tree Tonic Water (8 16.9-fl oz)	\$3.69	\$2.00	\$15.99	45%
40067		Fever-Tree Ginger Beer (8 16.9-fl oz)	\$3.69	\$2.00	\$15.99	45%
40357		Goldthread Elderberry Defense Tonic (6 12-fl oz) G	\$4.99	\$2.50	\$14.99	49%
40358		Goldthread Turmeric Radiance Tonic (6 12-fl oz) G	\$4.99	\$2.50	\$14.99	49%
40359		Goldthread Green Mineral Replenish Tonic (6 12-fl oz) G	\$4.99	\$2.50	\$14.99	49%
72022		Polar Original Seltzer (2 12-pk)	\$6.99	\$3.50	\$6.99	50%
72021		Polar Cranberry-Lime Seltzer (2 12-pk)	\$6.99	\$3.50	\$6.99	50%
40456		Q Drink Grapefruit Carbonated Beverage (6 4-pk)	\$5.99	\$2.84	\$16.99	52%
40457		Q Drink Ginger Ale (6 4-pk)	\$5.99	\$2.84	\$16.99	52%
40458		Q Drink Club Soda (6 4-pk)	\$5.99	\$2.84	\$16.99	52%
40367		Amy & Brian Coconut Water (12 17.5-fl oz)	\$2.89	\$1.42	\$16.99	51%
7908		Honest Tea Unsweetened Green Tea (12 16-fl oz) O G	\$1.89	\$0.92	\$10.99	51%
40459		Honest Tea Peach Oolong Tea (12 16-fl oz) O G	\$1.89	\$0.92	\$10.99	51%
7909		Honest Tea Moroccan Mint (12 16-fl oz) O G	\$1.89	\$0.92	\$10.99	51%
UPC		Nature's Path Heritage Flakes Cereal (1 32-oz) O I	\$10.99	\$5.49	\$5.49	50%
UPC		Nature's Path Mesa Sunrise Cereal (1 26.4-oz) O I	\$10.99	\$5.49	\$5.49	50%
6424		Grain Millers Rolled Oats (1 5-lb bag) O I	\$1.49/lb	\$1.10/lb	\$5.49	26%
7976		Native Forest Coconut Milk (12 13.5-fl oz) O	\$2.99	\$1.59	\$18.99	47%
8651		Green Mountain Gringo Original Tortilla Strips (12 8-oz) G	\$2.59	\$1.50	\$17.99	42%
UPC		Tropical Plantation Unrefined Coconut Oil (1 24-fl oz) O I	\$13.99	\$6.49	\$6.49	53%
40462		Barbara's Cheese Puffs (12 7-oz) G	\$3.39	\$1.67	\$19.99	50%
7939		Koyo Lemongrass Ginger Ramen (12 2.1-oz)	\$1.29	\$0.65	\$7.69	50%
7937		Koyo Tofu Miso Ramen (12 2-oz)	\$1.29	\$0.65	\$7.69	50%
7938		Koyo Asian Veggie Ramen (12 2.1-oz)	\$1.29	\$0.65	\$7.69	50%
8658		Ecos Free & Clear Laundry Detergent (2 210-fl oz)	\$27.99	\$15.00	\$29.99	46%
40364		Blue Diamond Sea Salt Nut Thins (12 4.25-oz) G	\$3.49	\$1.84	\$21.99	47%
40365		Blue Diamond Almond Nut Thins (12 4.25-oz) G	\$3.49	\$1.84	\$21.99	47%
7986		Seventh Generation Baby Wipes (6 128-ct)	\$8.99	\$4.34	\$25.99	51%
40207		Seventh Generation Free & Clear Dish Liquid (6 50-fl oz)	\$7.99	\$4.34	\$25.99	45%
7906		Seventh Generation 2-Ply Bath Tissue (4 12-pk)	\$13.99	\$7.25	\$28.99	48%
7948		Woodstock Lump Hardwood Charcoal (2 8.8-lb)	\$11.99	\$6.50	\$12.99	45%
8251		Seventh Generation Paper Towels (4 6-pk)	\$15.99	\$7.75	\$30.99	51%
UPC		Justin's Almond Butter Packets (10 1.15-oz) G	\$1.49	\$0.83	\$8.29	44%
UPC		Justin's Dark Chocolate Peanut Butter Cups (12 1.4-oz) O G	\$1.99	\$1.09	\$12.99	45%
72025		Tate's Chocolate Chip Cookie Mini Packs (12 1-oz)	\$1.49	\$0.84	\$9.99	44%
UPC		Larabar Peanut Butter Chocolate (16 1.6-oz) G	\$1.69	\$0.81	\$12.89	52%
UPC		Larabar Cashew (16 1.7-oz) G	\$1.69	\$0.81	\$12.89	52%
72026		Seaweed Love Original Seaweed Snack Pack (12 .18-oz) G	\$1.69	\$0.84	\$9.99	50%
72027		Seaweed Love Olive Oil Seaweed Snack Pack (12 .18-oz) G	\$1.69	\$0.84	\$9.99	50%
40362		Nature's Bandits Mango Apple Veggie Fruit Sticks (16 1-oz) O G	\$1.49	\$0.63	\$9.99	58%
40363		Nature's Bandits Berry Apple Veggie Fruit Sticks (16 1-oz) O G	\$1.49	\$0.63	\$9.99	58%
72028		Epic Bison Bacon Cranberry Bar (12 1.3-oz) G	\$2.99	\$1.67	\$19.99	44%
72036		Nutty Steph's Granola (1 5-lb bag) L I	\$10.29/lb	\$7.00/lb	\$34.99	31%
UPC		Dr. Bronner's Soaps – Baby, Lavender, Peppermint (1 32-fl oz) I	\$17.99	\$8.99	\$8.99	50%
72023		802 Coffee Hermit Thrush Dark (1 2-lb) L O I	\$12.99/lb	\$8.25/lb	\$16.49	36%
72010		802 Coffee Honduras Marcala Medium (1 2-lb) L O I	\$12.99/lb	\$8.25/lb	\$16.49	36%
40042		802 Coffee Full City Mayan Decaf (1 2-lb) L O I	\$14.99/lb	\$8.75/lb	\$17.49	41%
55209		La Panciata Multi Grain Bread (2 32-oz) L	\$6.69	\$4.15	\$8.29	38%
55208		La Panciata Honey & Oats Bread (2 32-oz) L	\$5.99	\$3.75	\$7.49	37%