



# Neighbors Helping Neighbors

## Food & Fund Drive

Since the start of the pandemic, 1 in 3 Vermonters has experienced food insecurity. Help provide healthy meals for our neighbors by joining the Co-op in collecting food and funds for the Vermont Foodbank and central Vermont food shelves.

Hunger Mountain Co-op and Northfield Savings Bank have each donated \$2,500 to the Vermont Foodbank. **We are challenging our Co-op community to raise another \$2,500 by December 27.**

If we can reach our community goal, Hunger Mountain Co-op, Northfield Savings Bank, Farrell Distributing, and Cabot Cooperative Creamery will all make matching \$2,500 donations, raising \$17,500 to help feed our central Vermont neighbors in need.

## Ways You Can Help

- At the register, round up your total or add a donation.
- Visit [hungermountain.coop/give-change](http://hungermountain.coop/give-change) to opt-in to being asked to round up at the register.
- While shopping online, add a donation to your Curbside Pick-Up order.
- Drop off non-perishable donations in the exit way through December 27. Check out our sales on pantry staples. View the deals online at [hungermountain.coop](http://hungermountain.coop) or pick up the list in the exit way.

Together, we can make a difference!



## Pantry Staples Sales: November 3 – 16

PRODUCT DESCRIPTION	UNIT SIZE	SALE PRICE	YOU SAVE
<b>Muir Glen</b> Organic Canned Tomatoes	14.5 oz	<b>4/\$5</b>	\$1.24 each
<b>Peter Rabbit Organics</b> Organic Baby Food	4 oz	<b>2/\$3</b>	\$0.69 each
<b>Pacific Foods</b> Organic Broth	32 fl oz	<b>2/\$7</b>	\$1.49 each
<b>Maya Kaimal</b> Dal	10 oz	<b>2/\$6</b>	\$1.99 each
<b>Maya Kaimal</b> Rice	8.5 oz	<b>2/\$5</b>	\$1.49 each
<b>Seventh Generation</b> Dish Liquid	19 fl oz	<b>2/\$5</b>	\$1.99 each

## Pantry Staples Sales: November 17 – 30

PRODUCT DESCRIPTION	UNIT SIZE	SALE PRICE	YOU SAVE
<b>Westbrae</b> Organic Beans	15 oz	<b>2/\$4</b>	\$0.99 each
<b>Imagine</b> Organic Gravy	13.5 fl oz	<b>2/\$4</b>	\$1.49 each
<b>Imagine</b> Organic Broth	32 fl oz	<b>2/\$6</b>	\$1.49 each
<b>Rice Dream</b> Organic Rice Drink	32 fl oz	<b>2/\$6</b>	\$1.49 each
<b>Back to Nature</b> Crackers	4–8.5 oz	<b>2/\$5</b>	\$1.49 each

## Pantry Staples Sales: December 1 – 14

PRODUCT DESCRIPTION	UNIT SIZE	SALE PRICE	YOU SAVE
<b>Amy's</b> Soups	14–14.5 fl oz	<b>2/\$6</b>	\$0.99 each
<b>Annie's</b> Macaroni & Cheese	6 oz	<b>5/\$5</b>	\$1.99 each
<b>Cascadian Farm</b> Organic Granola Bars	6–7.4 oz	<b>2/\$6</b>	\$2.49 each
<b>Cascadian Farm</b> Organic Cereal	8.6–14.6 oz	<b>2/\$6</b>	\$2.99 each
<b>Eden</b> Organic Beans	15 oz	<b>2/\$4</b>	\$0.69 each
<b>Lotus Foods</b> Ramen	2.8 oz	<b>2/\$3</b>	\$0.79 each

## Pantry Staples Sales: December 15 – January 3

PRODUCT DESCRIPTION	UNIT SIZE	SALE PRICE	YOU SAVE
<b>Bionaturae</b> Organic Pasta	16 oz	<b>2/\$4</b>	\$0.99 each
<b>Bionaturae</b> Organic Canned Tomatoes	28.2 oz	<b>2/\$5</b>	\$1.19 each
<b>Blue Diamond</b> Crackers	4.25 oz	<b>2/\$5</b>	\$1.49 each
<b>Vita Coco</b> Coconut Milk Beverage	33.8 fl oz	<b>2/\$5</b>	\$0.99 each
<b>Koyo</b> Ramen	2–2.1 oz	<b>5/\$5</b>	\$0.29 each