Ctop basics.

Everyday Low Prices

Cabot Creamery

Butter, 16 oz





\$5.49 save \$1.40

Monument Farms

Assorted Milk, I gal



\$4.19 save \$0.70

Pete & Gerry's Medium Eggs, 12 ct





\$4.19 save \$1.30

ADM BULK

All-Purpose White Flour, per lb



\$0.79 lb save \$0.20

Field DayPaper Towels,
I jumbo roll



\$1.99

save \$0.50

Field Day

Beans, 15 oz





\$1.49 save \$0.40

Field Day

Peanut Butter, 18 oz





\$4.99

save \$0.70

Field Day

Fruit Spread, 14 oz





\$4.99

save \$0.70

Field Day

Pastas, 16 oz





\$1.99

save \$0.30

Field Day

Pasta Sauces, 24 oz





\$3.99

save \$0.70

Produce

Carrots, per lb







\$1.99/lb save \$0.50/lb

Produce

Bananas, per lb



\$0.99/lb save \$0.20/lb

Dr. Bronner's

Bar Soaps, 5 oz



\$3.99

save \$0.90

Natures Plus

Animal Parade Kid's Multivitamins, 180 ct



\$22.99

save \$8.00

Natures Plus

Source of Life Multivitamins, 90 ct



\$34.99

save \$5.30

SAVE ON OVER 273 CO+OP BASICS, LOOK FOR THE PURPLE TAGS IN-STORE.



WAYS TO Save!



Looking to stretch your grocery budget? We have relaunched our Co+op Basics program! With Co+op Basics, you can get everyday low prices on many of your favorite grocery and household items. Just look for the purple tags.

cop deals

Save on more than 100 trusted food brands, supplements, and body care products with Co+op Deals. Look for the green sales tags. Download the Co+op Deals app in the Apple App Store or on Google Play to help plan your next trip to the Co-op! (Some items may not be available in-store.)

member deals

Co-op Members receive special monthly sales curated just for you by our Co-op Staff. Members also have access to department and storewide discounts throughout the year. Become a Co-op Member and start saving!



Get hot savings throughout the store with Co+op Coupons, available on the shelves near your favorite products.





Hunger Mountain Co-op's Annual Membership Meeting will be held on Thursday, Nov. 7, from 5 pm - 7:30 pm, at Alumnx Hall located on the New School of Montpelier campus. We hope to see you there!



Each month, we feature a local organization as our Give Change register round-up recipient. Co-op shoppers can show their support by asking their cashier to round up to the nearest dollar when checking out.