

PRODUCT	Co-op	Stop & Shop	Shaws	Big Y
PRODUCE				
onions	\$0.49	\$0.99	\$1.29	\$1.99
org	\$1.45			
rus spud	\$0.65	\$0.99	\$1.19	\$1.69
tomato	\$1.05	\$1.49	\$2.99	\$3.49
org	\$2.95		\$4.19	\$3.49
org mushrooms	\$4.95	2.49/8 oz		
avocado	\$1.09	\$1.50	\$2.00	\$1.50
org	\$1.35			
garlic	\$2.45		\$3.99	\$3.99
org	\$4.35			
banana	\$0.85	\$0.59	\$0.64	\$0.79
org	\$0.95	\$0.99	\$1.19	\$1.69
carrots 1#	\$1.05		\$1.19	\$0.97
carrots2#			\$3.19	\$3.00
org	\$2.45			
carrots 5#			\$4.49	
org	\$5.95	\$3.79/#		
apples	\$0.89	avg\$1.39/#	avg\$2.01/#	avg\$2.49/#
eco	\$1.49	\$2.49		
org	avg 1.94			\$2.99
cukes	\$0.89	.75 each	\$0.99	
org	\$3.25			
navel	\$0.55	.77/#	\$0.75	1.49/#
org	\$0.75			
broccoli		\$1.49	1.69/#	1.99#
org	\$2.35			3.49#
lemon	\$0.49	\$0.67	\$0.75	\$0.79
org	\$0.99			
bosc			\$1.99	\$2.49
org	\$1.85			
pineapple			\$3.99	
org	\$4.35			
grapefruit	\$0.89	\$0.75	\$1.50	\$1.19
org	\$1.75			
1/2 g cider	loc 3.65	\$2.50	\$2.99	
gal cider	loc5.85	\$4.79	\$4.99	
0 celery	\$2.15			\$3.79
0 garnet	\$1.95			\$2.49
zukes				\$2.49
org	\$3.25			
gr bell pep	\$1.59	\$1.59		\$1.99
0 red lett	\$2.65			\$1.99
0 spinach	\$3.25			\$2.79
0 sal mix	\$7.75	\$9.12/#	6.84#	\$7.49
0 baby crt	\$2.09		\$1.99	\$2.69
Ginger-Conv.				\$3.49#

BULK

rolled oats	\$0.95	\$1.14	\$1.25	\$1.29
org	\$1.25	\$2.12		
white rice	\$0.59	.60 store brand	\$1.09	\$1.00
brown rice	\$1.35	.85 store brand	\$1.26	\$1.33
org	\$1.49			
pintos		\$1.07	\$1.79	\$1.49
org	\$2.09			
black beans		\$1.62	\$1.59	\$1.59
org	\$1.75			
white flour	\$0.79	\$0.99	\$1.00	\$0.87
org	\$1.65	\$1.25		\$1.57
wl wt flour		\$0.90	\$1.16	\$1.00
org	\$1.25	\$1.25	\$2.89	\$1.57
wht sugar	\$1.25	.50 store brand	\$0.73	\$0.59
org	\$1.25		\$2.13	
brown sugar	\$1.05	.70 store brand	\$0.90	\$0.95
honey	\$3.89	3.00 store brand		\$4.00
olive oil xvirg	5.78/ pint	2.61/pint	3.17/pint	4.28/pint
canola oil	1.95/pint	1.62/pint Wes	2.25/pint	1.75/pint
org maple syrup	8.75/#	9.44 not org	22.48/#	
coffee	org 8.99/#	8.49 Javana	con 11.49#	org 10.65#
raisins	\$2.29			\$2.99
org	\$2.99			\$6.00
peanut butter	\$2.65	1.92 Skippy	\$2.52	\$2.25
org	\$3.69			\$4.29
ziti	\$1.89	\$1.25	\$1.29	\$1.50
spaghetti	\$1.65	\$1.33	\$1.29	\$1.50
org	\$3.19			\$2.43

PACKAGED

Food Should Taste Good Chips	\$3.29	\$3.49 sale		
Kettle Chips 5 oz`	\$2.99	\$3.99	\$3.99	
Garden of Eatin' Chips	\$3.79	\$3.99	\$3.99	
Drew's Salsa	\$3.99	\$4.29		
Green Mt Gringo Salsa	\$3.99	\$3.79	\$4.29	
Amy's Salsa		\$3.99		
Gimme Lean	\$5.25	\$3.99		
Rite Lite Rounds Crackers	\$4.35	\$3.29		
Fig Newman's	\$5.05	\$3.99		
Goya Can Conv. Black/ Pinto Beans 15.5 oz	\$0.99		\$1.09	
Goya Can Org.. Black/ Pinto Beans 15.5 oz	\$1.29		\$1.39	
Goya Bag Conv. Pinto 16 oz.	\$1.39		\$1.79	
Goya Bag Conv. Black 16 oz.	\$1.36		\$1.59	
Newmans Salad Dress. 16 oz. Oil/Vin			\$3.79	
Wild Harvest Org. Ketchup 20 oz.			\$2.89	
GF Bionature Pasta 12 oz.	\$4.19		\$4.39	
Adobo 16.5 oz.	1.69 12 oz		\$2.39	
Cliff Bars			2/\$3.00	
GF Pamelas Pancakes	\$7.49		\$6.99	

GF Midel Ginger Snaps	\$3.99		\$4.79
Edensoy Orig. Xtra	\$3.49		\$3.09
Westsoy	\$2.99		\$2.79
Rice Milk Orig. Enrich	\$3.99		\$4.59
Rice Milk Van.	\$3.99		\$3.99
Erewhon Cereals	\$4.99		\$5.39
Green and Black Choc	\$3.79		\$3.69
Real Foods Corn Thins	\$3.25		\$2.99

BREAD

Energy Tapioca Loaf			\$5.29
W.W. Bread			\$3.49
W.W. Bread- Store brand			\$2.19
Ezekial 4:9			\$4.99
Vt. Bread			\$3.99

SPICES/ TEAS

Basil- store brand	\$17.58	\$74.58/#	
Basil- McCormick (Conv.Gourmet)		\$61.65/#	(\$232.22/#)
Oregano- McCorm.		\$14.76/#	
Oregano- McCorm. Org.	\$19.69		\$170.24/#
Cinnamon- McCorm. Org.	\$9.72		\$63.89#
Black Pepper- Store Brand	\$12.95	\$13.96/#	\$10.36#
Salt- Store	\$1.55	\$.87/#	\$.42#
Salt-Mortins		\$.55/#	
Celestial Teas-20 bags	\$3.69	\$3.29	\$3.00
English Bfast-Twinings 20 bags	\$3.79	\$3.49	\$3.89
Earl Grey-Fair Trade Org.	\$17.28/lb	\$9.26/#	
Coffee- Grn Mountain Conv.		\$11.49/#	
Coffee Equal Ex.	\$8.99		\$10.65#

DAIRY/ DELI

Humous	\$2.55	\$3.69	\$2.99
Nasoya Tofu pkg 14 oz	\$3.35	\$2.50	\$2.99
Tempeh pkg 8 oz	\$3.79	\$3.29	
Smart Dogs	\$5.05	\$4.79	
Yves Deli Salami	\$3.29	\$3.49	
Farmers Cow Whole- 1/2 Gal.	\$2.69	\$3.69	\$3.49
Farmers Cow 7%- 1/2 Gal.	\$2.59	\$3.49	
Silk Soymilk-1/2 Gal.	\$4.75	\$4.49	\$3.97
Stonyfield Yogurt 32 oz.	\$4.55	\$4.29	\$3.99
Mt. Dairy Gal. Whole	\$3.85	\$3.49	(all)\$4.09
Mt. Dairy Gal. 2%	\$3.85	\$3.49	"
Mt. Dairy 1/2 Gal. (All)	\$2.09	\$2.50	\$2.39
Mt. Dairy- 1/2-1/2.-Qt.	\$2.89		\$2.46
Mt.Dairy- !/2- !/2- 8oz.	\$1.55		\$1.46
Butter- Org. Valley	\$6.95	\$6.49	\$5.36
Butter- Shaws(Cabot)	\$4.09	\$2.79	\$4.29
OJ- 1/2 Gal.	\$2.65	\$2.99	\$2.59
Eggs	\$3.25	\$2.89	\$2.59
Sour Cream- 16 oz.	\$2.55	\$2.59	\$2.23

CHEESE

American-sliced	\$5.99	\$5.99/#
Cheddar-sharp	\$9.65	\$4.86/#
Grated Parm		\$10.99#
Shredded Moz.	\$6.15	\$6.99#
Swiss	\$7.99	\$4.99#
Monteray Jack	\$5.29	\$4.99#
Cream Cheese	\$3.99	\$4.78
Cottage Cheese	\$2.19	\$2.50

HABA

Vitamin C-500mg/250 ct.		\$12.59	
Shift-Vit C. 500mg-100ct	\$8.85		\$6.49
Shift-Vit C. 500mg-250ct			\$10.49
Multi.- 180 ct.		\$14.99	
Multi.- 60 ct.		\$7.29	\$5.99
Multi- Full Circle-120 CT			\$14.99
Ricola Cough- 24 ct	\$2.79	\$2.19	\$1.99
Toothpaste- Toms-5/6 oz.	\$4.95	\$4.79	\$4.55
Jason Toothpaste-6 oz.			\$5.35
Nature's Gate-5 oz.	\$4.99		\$4.99
Toothpaste- Colgate- 4oz.		\$3.19	
Toothpaste- Crest- 6oz.		\$2.99	
Deodorant- Speed Stick- 3oz.		\$3.50 (Av.)	
Toms Mouthwash-1pt			\$4.99
Suaveshampoo-14.5oz.		\$2.59	
Toms Moist. Soap- 10 oz.		\$6.99	\$5.77
Aveeno Lotion12 oz.		\$11.99	
Lubridrm Skin Relief- 16 oz.		\$8.49	

CLEANING

Dish Soap- 3#.		\$.89/#
Laudry Soap-18.76 oz		
Laudry Powder	1.89/lb	