

# NISKAYUNA CONSUMERS' CO-OPERATIVE, INC.

2227 NOTT STREET (AT BALLTOWN ROAD) NISKAYUNA, NEW YORK 12309

Web: NISKAYUNACO-OP.COM Phone: (518) 374-1362 E-Mail: COOP2227@NYCAP.RR.COM

STORE HOURS: EVERY DAY 8 A.M. – 8 P.M. - DELICATESSEN 8 A.M. – 7:45 P.M.

## SPECIALS FOR THE WEEK OF SEPTEMBER 7 - 12, 2010

**BUMBLE BEE SOLID WHITE TUNA FISH** 5 oz. can Reg. \$1.69 Sale \$1.29 **Members \$ .99** Limit 8

**PROGRESSO VEGETABLE CLASSIC SOUPS** 19 oz. can Reg. \$2.29 Sale \$1.29 **Members \$ .99** Limit 8

**SMUCKER'S GRAPE JELLY** 2 lb. jar Reg. \$2.19 Sale \$1.29 **Members \$ .99** Limit 8

**ANNIE'S MACARONI and CHEESE** 3 var. 6 oz. box Reg. \$1.69 Sale \$1.29 **Members \$ .99** Limit 8

**SMUCKER'S NATURAL PEANUT BUTTER** 16 oz. jar Reg. \$2.39 Sale \$1.99 **Members \$1.79** Limit 8

**CORA GOURMET PEELED ITALIAN TOMATOES** "Grown in San Marzano Italy" 28 oz. can

Reg. \$1.99 Sale \$1.59 **Members 2/\$3.00** Limit 12

**DOLE FRUIT IN JARS** 5 varieties 24.5 oz. jar Reg. \$2.79 Sale \$2.29 **Members \$1.99** Limit 8

**BEST YET CORN FLAKES** 18 oz. box Reg. \$1.99 Sale \$1.49 **Members \$1.29** Limit 8

**KASHI ORGANIC PROMISE CEREAL** 10.4 – 17.5 oz box Reg. \$3.99 Sale \$3.29 **Members \$2.99** Limit 8

**OLD EL PASO DINNER KITS** – all varieties 8.78 – 19.2 oz. Reg. \$2.89 Sale \$2.29 **Members \$1.99** Limit 8

**SAM ADAMS HARVEST PACK BEERS** 12 pk. 12 oz. btls. Reg. \$14.99 Sale \$14.29 **Mem. \$13.29** Limit 4

**7-UP, A&W, SUNKIST and SQUIRT SODAS** 2 Ltr. Btl. Reg. \$1.59 Sale \$1.39 **Mem. \$1.29** Limit 8

**OLD EL PASO: TACO SHELLS** 12 ct. 4.6 oz. pkg. **4/\$5.00**

**TACO SEASONING** 1 oz. envelope **4/\$3.00** - **ENCHILADA SAUCE** 10 oz. Btl. **4/\$5.00**

**REFRIED BEANS** 16 oz. can \$ .99 - **TACO SAUCE** Mild or Medium 16 oz. btl. **\$1.99**

**LOUISIANA HOT SAUCE** 12 oz. btl. **\$ .99**

**BEST YET: PANCAKE MIX** 32 oz. box **\$1.79** - **PANCAKE SYRUP** 24 oz. btl. **\$1.79**

### DAIRY SPECIALS:

**STONYFIELD YOGURTS** – Non-fat, Low Fat or Whole Milk 6 oz. cup

Reg. \$ .95 Sale \$ .49 **Members \$ .39** Limit 12

**YO CRUNCH** 6 oz. cup Reg. \$ .79 Sale \$ .59 **Members \$ .49** Limit 12

**TROPICANA PREMIUM ORANGE JUICE** "most varieties" 59 oz. carton

Reg. \$3.49 Sale \$3.29 **Members \$2.79** Limit 6

**FLORIDA'S NATURAL PREMIUM ORANGE or GRAPEFRUIT JUICE** Half Gallon \$3.29

**DOLE JUICE BLENDS** Half Gallon Carton **\$2.49**

**SARGENTO SHREDDED CHEESES** 5 – 8 oz. bags Reg. \$3.85 Sale \$2.49 **Members \$2.19** Limit 6

**McCADAM CHEDDARS & CHEESES** 8 oz. bars Reg. \$2.49 Sale \$1.89 **Members 3/\$5.00** Limit 6

**CABOT OF VERMONT COTTAGE CHEESE** 16 oz. tub **\$1.89**

**LAND O' LAKES SPREADABLE BUTTER** 3 varieties 8 oz. tub **\$1.39**

**FLEISCHMANN'S CORN OIL SPREAD** 11.8 – 16 oz pkg. **\$1.69**

**MISSION BURRITO TORTILLAS** 20 oz. pkg. **\$1.69**

**BEST YET HALF & HALF** Half Gallon Carton **\$3.49**

**REDDI-WIP WHIPPED CREAM** 7 oz. aerosol can **\$1.79**

**SILK SOY MILK** "most varieties" ½ Gal. Ctn. Reg. \$3.55 Sale \$2.99 **Members \$2.79** Limit 6

**LACTAID LOW FAT MILKS** 96 oz. jug **\$4.79**

**MOHAWK DAIRY MILKS** – **SKIM, 1% or 2%**

Half Gallon Carton Reg. \$1.89 Sale \$1.79 **Members \$1.49** Limit 6

One Gallon Jug Reg. \$3.69 Sale \$3.39 **Members \$2.89** Limit 4

-Sorry whole milk is not included in this sale-

### PRODUCE SPECIALS:

**CANTALOUPE**s Reg. \$2.49 Sale \$1.79 **Members \$1.49** Each

**ACORN or BUTTERNUT SQUASH** Reg. \$ .89 Sale \$ .69 **Members \$ .59** lb.

**GREEN PEPPERS** Locally Grown \$ .79 lb. - **RED PEPPERS** \$1.49 lb.

**KIWI FRUIT** 4/\$1.00 - **PLUM TOMATOES** \$1.29 lb. - **RED ONIONS** \$ .99 lb.

### BAKERY SPECIALS:

**MINI CUPCAKES** Chocolate or Golden 12 ct pkg. **\$2.49**

**CINNAMON or RASPBERRY TWISTS** 3 ct. pkg. **\$1.99**

**THREE CHEESE SEMOLINA BREAD** 16 oz. loaf **\$2.99**

**-SPECIAL TRIPLE COUPONS FOR CO-OP MEMBERS-  
HIGHER \$2.00 LIMIT THRU DECEMBER 31, 2010**

**FOR EVERY \$10.00 IN PURCHASES WE WILL REDEEM ONE MANUFACTURER'S COUPON  
(FACE VALUE OF .66 CENTS OR LESS) FOR TRIPLE IT'S FACE VALUE!!  
COUPONS WITH FACE VALUE BETWEEN .67 CENTS AND \$2.00 WILL BE REDEEMED FOR \$2.00  
COUPONS WITH FACE VALUE OVER \$2.00 WILL BE REDEEMED FOR FACE VALUE.  
COUPONS FOR FREE MERCHANDISE CANNOT BE TRIPLED.  
"INSTANT OFF" COUPONS ATTACHED TO PRODUCTS CANNOT BE TRIPLED.**

**JUST ANOTHER WAY THAT CO-OP MEMBERS SAVE MORE!!!**

**-THIS IS TO THANK YOU FOR HELPING US GET OUR CARD SYSTEM UPDATED-  
FOR SECURITY PURPOSES WE CAN NO LONGER ACCESS YOUR ACCOUNT BY  
PHONE NUMBER - IT IS REQUIRED THAT YOU-**

**-SCAN YOUR MEMBERSHIP CARD TO RECEIVE YOUR BENEFITS-**

**MEAT DEPARTMENT SPECIALS:**

**BEEF BRISKET Flat Cut Reg. \$4.99 Sale \$3.69 Members \$3.29 lb.**

**BEEF FLANK ROAST Reg. \$7.99 Sale \$5.49 Members \$4.99 lb.**

**BEEF CHUCK STEAK Boneless \$2.69 lb. - BEEF EYE ROUND ROAST \$2.89 lb.**

**BEEF GROUND CHUCK Any size package Reg. \$2.99 Sale \$2.49 Members \$1.99 lb.**

**LEAN BEEF GROUND SIRLOIN \$2.79 lb. - BEEF LIVER \$1.19 lb.**

**PORK CHOPS Boneless \$2.69 lb - PORK ROAST Boneless \$2.49 lb.**

**CHICKEN TENDERS Lean and Fresh Reg. \$4.99 Sale \$2.69 Members \$2.29 lb.**

**WHOLE or SPLIT TURKEY BREAST Reg. \$2.99 Sale \$1.89 Members \$1.59 lb.**

**READY TO COOK: STUFFED CHICKEN BREAST Bone-in \$1.99 lb.**

**CHICKEN SPINACH PINWHEELS with Swiss cheese and mustard \$2.89 lb.**

**FRESH FISH: FILLET OF SOLE \$5.69 lb. - SALMON FILLET \$7.99 lb.**

**HADDOCK Skinless frozen \$3.99 lb.**

**DELICATESSEN SPECIALS:**

**Old World Certified Angus Roast Beef \$8.99 lb.**

**Our Own Oven Roasted Turkey Breast \$6.99 lb.**

**Sahlen's -Off the Bone- Ham \$5.99 lb**

**Olde Dublin Cooked Pastrami \$5.99 lb.**

**Land O' Lakes American cheese \$4.99 lb.**

**Tobin's First Prize Bologna \$3.49 lb.**

**Deutschmacher Liverwurst \$3.49 lb.**

**Sara Lee Pre-Sliced Deli Meats 10 oz. pkg. \$4.99 Ea.**

**Cooper Farms Honey Smoked Turkey Breast \$4.99 lb.**

**Russer's Canadian Maple Ham \$4.99 lb**

**Our Salads are made with Hellmann's Real Mayonnaise**

**Co-op Made- Eggplant Parmigiana \$3.99 lb.**

**Co-op Made- Tuna & Rings Salad \$2.99 lb.**

**FROZEN FOOD SPECIALS:**

**EGGO WAFFLES 10 – 17 oz. Reg. \$2.75 Sale \$2.35 Members 2/\$4.00 Limit 8**

**ORE-IDA POTATOES all varieties 16 – 32 oz. Reg. \$3.29 Sale \$2.89 Members 2/\$5.00 Limit 12**

**CELESTE PIZZA FOR ONE 10 varieties 5 – 7 oz. Reg. \$1.55 Sale \$1.25 Members \$ .99 Limit 12**

**CELENTANO ITALIAN STYLE MEATBALLS 28 oz. bag 2/\$7.00**

**STOUFFER'S HOT LEAN or CROISSANT POCKETS all varieties 6 – 9 oz. \$1.99**

**BIRD'S EYE SELECT or STEAM FRESH SELECT VEGETABLES 12 – 16 oz. bag**

**Reg. \$1.99 Sale \$1.49 Members 4/\$5.00 Limit 12**

**TREE OF LIFE ORGANIC VEGETABLES 16 oz. bag \$2.99**

**KASHI ENTREES 10 Varieties 9 – 10 oz. pkg. 2/\$7.00**

**BYRNE DAIRY ICE CREAM or SHERBET ½ Gal. Ctn. Reg. \$3.99 Sale \$2.99 Members 2/\$5.00 Limit 8**

**PERRY'S ICE CREAM, YOGURT or SHERBET 48 oz. Ctn. Reg. \$3.99 Sale \$2.99 Members 2/\$5.00 Limit 8**

**ADIRONDACK CREAMERY ICE CREAM 8 varieties 1 pint carton \$3.99**

**KLONDIKE ICE CREAM BARS all varieties 6 pack 16 – 30 oz. 2/\$7.00**

**LUIGI'S REAL ITALIAN ICE all varieties 36 oz. 2/\$5.00**