



- YOU DON'T HAVE TO BE A MEMBER TO SHOP CO-OP -  
**NISKAYUNA EVERYONE WELCOME**  
 Nott St. at Balltown Rd. **OPEN 8 AM-8PM**  
 Ph. 374-1362 **EVERY DAY**



**COUPON REWARDS**  
 For Co-op Members\*  
 \*Up to \$1.50 redemption for  
 one MFG coupon for each \$10 spent.  
 Save up to 15% off purchase.  
 Limits apply - Details at store.



**BLACK ANGUS BEEF SHOULDER FOR LONDON BROIL**

REG. 4.89 LB. SALE 2.29 LB. MEMBERS... **1 79** LB.

- USDA CHOICE BEEF EYE ROUND ROAST LB. **1.99**
- BEEF RIB EYE STEAK LB. **4.79**
- BEEF GROUND CHUCK LB. **2.19**
- LEAN BEEF GROUND SIRLOIN LB. **2.79**
- BEEF FLAT CUT BRISKET LB. **3.49**
- BEEF FLANK STEAK LB. **4.99**
- BLACK ANGUS SIRLOIN CUBE STEAKS LB. **2.89**

REG. 4.29 LB. SALE 2.49 LB. MEMBERS... **1.99**

REG. 8.99 LB. MEMBERS... **4.79**

REG. 2.99 LB. MEMBERS... **2.19**

REG. 2.79 LB. MEMBERS... **2.79**

REG. 3.49 LB. MEMBERS... **3.49**

REG. 4.99 LB. MEMBERS... **4.99**

REG. 2.89 LB. MEMBERS... **2.89**

**BLACK ANGUS BEEF CO-OP PATTIES**

3 LB. PKG. FROZEN REG. 3.79 LB. SALE 2.99 LB. MEMBERS... **2 69** LB.

- FRESH FISH SCROD LB. **4.99**
- AHI TUNA FISH STEAK FROZEN LB. **6.99**

REG. 4.99 LB. SALE 2.49 LB. MEMBERS... **5 69** LB.

**CO-OP MADE-READY-TO-COOK BEEF FLANK STEAK PINWHEELS**

WITH SPINACH & PROVOLONE

- SEASONED HALF CHICKEN ALL VAR. LB. **1.39**
- CHICKEN CORDON BLEU PATTIES 2 CT. PKG. FROZEN LB. **2.49**
- FRESH PORK TENDERLOIN LB. **2.99**
- PORK SPARE RIBS FLAT CUT LB. **1.99**

REG. 4.99 LB. SALE 2.49 LB. MEMBERS... **1 99** LB.

REG. 2.69 SALE 2.19 MEMBERS... **1.99**

REG. 3.79 SALE 2.19 MEMBERS... **1.99**

REG. 8.79 SALE 5.49 MEMBERS... **4.99**

**FRESH 99% LEAN CHICKEN TENDERS**

REG. 4.99 LB. SALE 2.49 LB. MEMBERS... **1 99** LB.

- NEWMAN'S OWN 24 OZ. JAR LIMIT 8 **1.99**
- PASTA SAUCES **1.99**
- MARTINELLI 25.4 OZ. BTL. - LIMIT 6 **1.99**
- SPARKLING LEMONADE **1.99**
- JUST POMEGRANATE 32 OZ. BTL. **4.99**
- KNUDSON JUICE - LIMIT 6 **4.99**

REG. 2.29 SALE 1.99 MEMBERS... **1.79**

REG. 2.39 SALE 1.99 MEMBERS... **1.79**

REG. 1.69 SALE 1.09 MEMBERS... **89¢**

REG. 3.79 SALE 2.99 MEMBERS... **2.79**

REG. 3.99 SALE 2.99 MEMBERS... **2.79**

REG. 1.79 SALE 1.59 MEMBERS... **1 29**

**REGULAR OR LIGHT COORS BEER**

12 PACK 12 OZ. CANS LIMIT 4 REG. 10.99 SALE 9.99 MEMBERS... **8 99**

- 6 PACK 9.3 OZ. MILK CHOCOLATE HERSHEY BARS - LIMIT 8 **2.99**
- REG. 100 CT. OR 40 CT. DINNER VANITY FAIR NAPKINS LIMIT 8 **1.79**

REG. 3.99 SALE 3.49 MEMBERS... **2.99**

REG. 2.39 SALE 1.99 MEMBERS... **1.79**

**CO-OP FULL SERVICE DELICATESSEN**

- STATE NATIONAL OFF THE BONE TURKEY BREAST LB. **7.99**
- STATE NATIONAL ITALIAN STYLE ROAST BEEF LB. **6.99**
- CARANDO HONEY BAKED HAM LB. **5.99**
- OLDE DUBLIN COOKED PASTRAMI LB. **5.99**
- BOAR'S HEAD WHITE VERMONT CHEDDAR LB. **5.99**
- MC CADAM MUENSTER CHEESE LB. **3.99**
- TOBIN'S FIRST PRIZE BOLOGNA LB. **3.49**
- BELGIOIOSO FRESH MOZZARELLA BALL 8 OZ. EA. **3.49**
- KRETSCHMAR PRE-SLICED ALL VARIETIES DELI MEATS 8 OZ. PKG. EA. **3.99**

**CO-OP FRESH MADE EGGPLANT PARMIGIANA POTATO SALAD**

- NORWESTERN OVEN ROASTED TURKEY BREAST LB. **4.99**
- CELEBRITY IMPORTED COOKED HAM LB. **4.99**

**FRESH FROM OUR CO-OP BAKERY**

- CHABASO 16 OZ. LOAF WITH OLIVE OIL CIABATTA BREAD **1.99**
  - 3 COUNT PACKAGE CHOCOLATE CROISSANTS **1.99**
  - 6 COUNT PACKAGE LEMON CRANBERRY SCONES **2.99**
- WE HAVE GLUTEN FREE BAKED GOODS •

**BE A CO-OP MEMBER ~ INVEST ONLY \$5.00**  
 YOU'LL BE PART OWNER OF YOUR OWN SUPERMARKET.  
 GREAT MEMBER BENEFITS - SEE CASHIERS.

- 18 OZ. JAR - LIMIT 8 JIF PEANUT BUTTER REG. 2.29 SALE 1.99 MEMBERS... **1.79**
- FAMILY SIZE 10.5 OZ. BOX - LIMIT 8 ANNIE'S SHELLS & CHEESE REG. 2.39 SALE 1.99 MEMBERS... **1.79**

**CHICKEN OF THE SEA 5 OZ. CAN SOLID WHITE TUNA - LIMIT 8**

- KASHI 3 VARIETIES 14 OZ. BOX GRANOLA CEREAL - LIMIT 8 REG. 3.79 SALE 2.99 MEMBERS... **2.79**
- KASHI CEREAL 3 VAR. 12.4 OZ. BOX HEART TO HEART - LIMIT 8 REG. 3.99 SALE 2.99 MEMBERS... **2.79**

**CANADA DRY GINGER ALE COKE & SPRITE 2 LTR. BTL. - LIMIT 8**

REG. 1.79 SALE 1.59 MEMBERS... **1 29**

**BLACK PLUMS**

- GOLD PINEAPPLES 2 99 EA.
- LARGE ORGANIC VALENCIA ORANGES 59¢ EA.

**RED SEEDLESS GRAPES**

- USDA ORGANIC 5 VAR. 15-16 OZ. BAG ALEXIA POTATOES LIMIT 12 RIVER VALLEY BLUEBERRIES 16 OZ. BAG MYSTIC PIZZAS 6 VARIETIES 13-18 OZ.

**STOUFFER'S 5-12 OZ. - LIMIT 10 LEAN CUISINE**

- BYRNE ICE CREAM 1/2 GALLON LIMIT 8 PERRY'S ICE CREAM & YOGURTS 48 OZ. EDY'S ICE CREAM & SHERBETS 48 OZ. STARBUCK'S ICE CREAM 5 VAR. 1 PINT

**TROPICANA PURE PREMIUM ORANGE JUICE 89 OZ. JUG - LIMIT 6**

- HOOD-ALL 16 OZ. TUB COTTAGE CHEESE - LIMIT 6 BEST YET 16 OZ. CTN. HALF & HALF - LIMIT 6 LAND O' LAKES BROWN NATURAL EGGS 1 DOZEN CARTON NEWMAN'S OWN LEMONADE 1/2 GALLON CARTON

**ALL 6 OZ. CUPS - LIMIT 12 DANNON YOGURTS**

- BATTENKILL CREAMERY ALL NATURAL SKIM, 2% OR WHOLE 1 GAL. - LIMIT 4 BYRNE DAIRY SKIM, 1% OR 2% 1/2 GALLON - LIMIT 6

**RED POTATOES**

- PEELED MINI CARROTS 1 29 1 LB. BAG LA MEXICANA SALSAS 2 69 16 OZ. JAR

**BROCCOLI**

- REG. 2.69 SALE 2.39 MEMBERS... **2/\$4**
- REG. 4.99 MEMBERS... **2/\$7**
- REG. 3.29 SALE 2.49 MEMBERS... **5/\$10**
- REG. 3.99 MEMBERS... **2/\$5**
- REG. 5.49 SALE 4.59 MEMBERS... **3 99**
- REG. 2.89 SALE 2.19 MEMBERS... **1.99**
- REG. 1.29 SALE .89 MEMBERS... **79¢**
- REG. 1.99 SALE 1.49 MEMBERS... **1.99**
- REG. 1.49 SALE .99 MEMBERS... **1.49**
- REG. .79 SALE .49 MEMBERS... **39¢**
- REG. 4.19 SALE 3.89 MEMBERS... **3.49**
- REG. 1.89 SALE 1.69 MEMBERS... **1.39**