

# 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 AUGUST 30–SEPTEMBER 5, 2010**

**- WE WILL BE CLOSED MONDAY SEPTEMBER 6<sup>TH</sup> - HAPPY LABOR DAY -**

- HELLMANN'S MAYONNAISE 30 oz. Reg. \$3.99 Sale \$2.99 Members 2/\$5.00 Limit 4  
BARILLA PASTAS All 16 oz. varieties with Reg. Price \$1.29 Sale \$1.19 Members \$ .99 Limit 8  
BARILLA PASTA SAUCES 24 oz. jar Reg. \$2.79 Sale \$1.99 Members \$1.79 Limit 8  
NEAR EAST RICE PILAF 5.5 – 6.9 oz. Reg. \$1.99 Sale \$1.39 Members \$1.19 Limit 8  
HUNT'S TOMATOES 4 varieties 28 oz. can Reg. \$1.79 Sale \$1.09 Members \$ .89 Limit 8  
DOLE FRUITS IN JARS 5 varieties 24.5 oz. jar Reg. \$2.79 Sale \$2.29 Members \$1.99 Limit 8  
MOTT'S APPLESAUCE 6 pack 23.4 – 24.5 oz. Reg. \$2.79 Sale \$1.99 Members \$1.79 Limit 8  
QUAKER INSTANT OATMEAL 13–16.2 oz. box. Reg. \$3.69 Sale \$2.29 Members \$1.99 Limit 8  
GEN. MILLS MULTI GRAIN CHEERIOS 9 oz. box Reg. \$3.69 Sale \$2.49 Members \$2.29 Limit 8  
KELLOGG'S SPECIAL K CEREALS 11.4–19.5 oz. box Reg. \$3.89 Sale \$2.49 Members \$2.29 Limit 8  
SAM ADAMS SUMMER ALE 12 Pk. 12 oz. Btls. Reg. \$14.99 Sale \$13.99 Members \$12.99 limit 4  
COCA COLA, SPRITE or CANADA DRY GINGERALE 2 Ltr. Btls.  
Reg. \$1.79 Sale \$1.49 Members 4/\$5.00 Limit 12  
SANTA CRUZ ORGANIC LEMONADE 32 oz. Btl. \$1.99  
FROOSE JUICE BOXES "Made with organic ingredients" 4 ct. 16.9 oz. Pkg. \$1.99  
MOTT'S APPLE JUICE Half Gallon Btl. \$1.99  
LAWRY'S MARINADES 12 oz. btl. \$1.99 - A-1 STEAK SAUCE 10 oz. btl. \$2.99  
MRS. FANNING'S BREAD & BUTTER PICKLES 14.5 oz. jar \$1.99  
VANITY FAIR PLATES 11 inch 14 ct. \$1.99 - VANITY FAIR BOWLS 20 oz. 18 ct. \$1.99  
VANITY FAIR NAPKINS All occasion 100 ct. or Dinner 40 ct. \$1.99

**TRY OUR "BEST YET" LABEL – TOP QUALITY, VALUE and LOW PRICE!!**

-  ALBACORE WHITE TUNA FISH 5 oz. can \$1.19  
 GRAPE JELLY 2 lb. jar \$1.49       KETCHUP 24 oz. squeeze btl. \$ .99  
 MACARONI & CHEESE 7.2 oz. box 2/\$1.00

## SMART BALANCE PRODUCTS:

- OMEGA PLUS MAYONNAISE 16 oz. jar \$1.99 - MICROWAVE POPCORN 12 oz. box \$1.99  
OIL BLEND 24 oz. Btl. \$2.49 - OMEGA PEANUT BUTTER 16 oz. jar \$2.49

## DAIRY SPECIALS:

- HOOD SOUR CREAM 16 oz. carton Reg. \$2.19 Sale \$1.19 Members \$ .99 Limit 6  
HOOD COTTAGE CHEESE all varieties 16 oz. tub Reg. \$2.89 Sale \$2.19 Members \$1.99 Limit 6  
TROPICANA PREMIUM ORANGE JUICE 89 oz. Reg. \$5.49 Sale \$4.59 Members \$3.99 Limit 6  
SIMPLY ORANGE PREMIUM ORANGE or GRAPEFRUIT JUICE 59 oz. carton \$3.29  
NEWMAN'S OWN LEMONADES, DRINKS & TEAS Half Gallon Carton \$1.49  
CABOT OF VT. SHREDDED CHEESES 8 oz. bag Reg. \$2.69 Sale \$2.19 Members \$1.89 Limit 6  
CABOT OF VERMONT CHEESE SLICES 5 varieties 8 oz pkg. \$2.69  
CABOT OF VERMONT CHEDDAR CHEESE 2 lb. Brick \$8.99  
McCADAM CHEDDARS & CHEESES 8 oz. Bars Reg. \$2.49 Sale \$1.89 Members 3/\$5.00 Limit 6  
KRAFT POLLY-O STRING CHEESE 9 – 12 oz. pkg. \$3.59  
LAND O' LAKES WHIPPED BUTTER 8 oz. tub \$1.59  
EGG BEATERS 15 – 16 oz. Carton \$2.39 - HELUVA GOOD DIPS 12 oz tub \$1.89  
HELUVA GOOD COCKTAIL SAUCE 10 oz. btl. \$1.89  
HELUVA GOOD HORSERADISH 5 oz. Jar \$1.19  
JELL-O GELATINS and PUDDINGS 18 – 24 oz. 6 pack \$2.69  
HOOD HALF & HALF 1 Quart carton Reg. \$2.99 Sale \$1.89 Members \$1.69 Limit 6  
HOOD WHIPPED CREAM 9.3 oz. aerosol can \$1.89  
HOOD NON-DAIRY CREAMER 32 oz. carton \$1.19  
BATTENKILL VALLEY CREAMERY ALL NATURAL MILKS – SKIM, 2%  
or WHOLE One gallon plastic Jug Reg. \$4.19 Sale \$3.89 Members \$3.49 Limit 4  
BYRNE DAIRY MILKS – SKIM, 1% or 2% Half Gallon Carton  
Reg. \$1.99 Sale \$1.69 Members \$1.39 Limit 6

-SORRY, WHOLE MILK IS NOT INCLUDED IN THE BYRNE DAIRY SALE-

## PRODUCE SPECIALS:

CANTALOUPES Reg. \$2.49 Sale \$1.79 Members **\$1.49 Each**  
MINI CARROTS 1 lb. Bag Reg. \$1.49 Sale \$1.29 Members **\$.99**  
U.S. #1 WHITE POTATOES 5 lb. Bag **\$2.49**  
LOCALLY GROWN PLUM TOMATOES **\$1.29 lb.**  
FRESH CELERY **\$1.19 Bunch** - IDAHO BAKING POTATOES **\$.79 lb.**  
LOCAL CUCUMBERS **2/\$.89** - LOCAL EGGPLANT **\$.99 lb.**  
U.S. #1 WASHINGTON STATE RED DELICIOUS APPLES 5 lb. Bag **\$2.99**

## MEAT DEPARTMENT SPECIALS:

BEEF STRIP STEAK Reg. \$9.99 Sale \$5.49 Members **\$4.99 lb.**  
BEEF SHOULDER FOR LONDON BROIL Reg. \$4.69 Sale \$2.49 Members **\$1.99 lb.**  
BEEF PORTERHOUSE STEAK **\$5.99 lb.**  
BLACK ANGUS BEEF FILET MIGNON **\$9.99 lb.**  
BEEF GROUND ROUND **\$2.69 lb.**  
BLACK ANGUS GROUND BEEF **\$2.79 lb.**  
BLACK ANGUS PLAIN HAND MADE PATTIES **\$2.99 lb.**  
BLACK ANGUS 3 lb. Pkg. FROZEN BEEF PATTIES **\$2.49**  
BONELESS CHICKEN BREAST Reg. \$3.99 Sale \$2.49 Members **\$1.99 lb.**  
SPLIT CHICKEN **\$1.29 lb.**  
WHOLE PORK BUTTS Reg. \$1.99 Sale \$1.59 Members **\$1.19 lb.**  
BABY BACK PORK SPARE RIBS Reg. \$5.99 Sale \$3.49 Members **\$2.99 lb.**  
CO-OP MADE BEER BRATWURST **\$2.69 lb.**  
READY TO COOK SEASONED BONELESS CHICKEN BREAST All Varieties **\$2.99 lb.**  
READY TO COOK SEASONED HALF CHICKEN **\$1.39 lb.**  
FULLY COOKED PEELED & DEVEINED SHRIMP **\$5.99 lb.**  
FRESH TILAPIA FILLET **\$3.99 lb.** - FRESH SWORDFISH STEAKS **\$7.99 lb.**

## DELI SPECIALS:

OLD NEIGHBORHOOD ROAST BEEF **\$7.99 lb.**  
SARA LEE OVEN or HONEY ROASTED TURKEY **\$6.99 lb.**  
CARANDO HONEY HAM **\$5.99 lb.**  
STATE NATIONAL COOKED CORNED BEEF **\$5.99 lb.**  
McCADAM SWISS CHEESE **\$5.99 lb.**  
TOBIN'S FIRST PRIZE BOLOGNA **\$3.49 lb.**  
MOTHER GOOSE LIVERWURST **\$3.49 lb.**  
STELLA HAND CUT FONTINELLA CHEESE **\$7.99 lb.**  
KRETSCHMAR PRE-SLICED DELI MEATS 8 oz. Pkg. **\$3.99 Each**  
*CO-OP MADE MEAT LASAGNA \$3.99 lb. - CO-OP FRESH MADE POTATO SALAD \$2.99 lb.*  
WILLOW BROOK DELUXE BROWN TURKEY BREAST **\$4.99 lb.**  
RUSSER'S CANADIAN MAPLE HAM **\$4.99 lb.**

## BAKERY SPECIALS:

CHABASO CIABATTA ROLLS 8 Ct. Pkg. **\$1.99**  
CHOCOLATE CROISSANTS 3 Ct. Pkg. **\$2.49**  
APPLE FRITTERS 3 Ct. Pkg. **\$2.49**

## FROZEN FOOD SPECIALS:

RIVER VALLEY BLUEBERRIES 16 oz. bag Reg. \$4.99 Sale \$3.99 Members **2/\$7.00** Limit 8  
RIVER VALLEY GOLD LABEL VEGETABLES all varieties 16 oz. bag  
Reg. \$1.99 Sale \$1.79 Members **2/\$3.00** Limit 12  
RIVER VALLEY CHOPPED or LEAF SPINACH 10 oz. box **\$.89**  
WYMAN'S BERRIES 4 varieties 12 – 15 oz. bag **\$2.99**  
PILLSBURY TOASTER STRUDELS all varieties 6 ct. 11.5 oz. pkg. **2/\$4.00**  
CO-OP "ALL NATURAL" PIZZA DOUGH 16 oz. **2/\$3.00**  
PERRY'S ICE CREAM, YOGURT or SHERBET 48 oz. Reg. \$3.99 Sale \$2.99 Members **2/\$5.00**  
PERRY'S SUNDAE CRUNCH, FUDGIES or ORANGE BUDDY BARS 18 - 21 oz box  
Reg. \$3.99 Sale \$2.99 Members **2/\$5.00** Limit 8  
BYRNE DAIRY ICE CREAM or SHERBET Half Gallon Reg. \$3.99 Sale \$2.99 Members **2/\$5.00**  
ADIRONDACK CREAMERY ICE CREAM 8 varieties 1 pint ctn. **\$3.99**  
KLONDIKE ICE CREAM SANDWICHES 3 varieties 4 pack 16 oz. pkg. **\$2.99**  
KLONDIKE ICE CREAM BARS 6 pack 16 – 30 oz. pkg. **2/\$7.00**