



- 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.



**BEEF SHOULDER FOR LONDON BROIL** REG. 4.89 LB. SALE 2.49 LB. MEMBERS... **1.99** LB.

BEEF STRIP STEAK LB. REG. 9.99 LB. MEMBERS... **4.99**  
 BEEF PORTERHOUSE STEAKS LB. **5.99**  
**co-op** BEEF GROUND ROUND LB. **2.69**  
 BLACK ANGUS BEEF • GROUND LB. **2.79**  
 BLACK ANGUS • PATTIES 3 LB. PKG. FROZEN LB. **2.49**  
 • PLAIN "HAND MADE" PATTIES LB. **2.99**

**BLACK ANGUS BEEF FILET MIGNON** **9.99** LB.

FRESH FISH TILAPIA FILLETS LB. **3.99**  
 FRESH SWORD FISH STEAKS LB. **7.99**  
 SHRIMP-COOKED READY TO EAT LB. **5.99**

**BABY BACK PORK SPARE RIBS** REG. 5.99 LB. SALE 3.49 LB. MEMBERS... **2.99** LB.

WHOLE PORK BUTTS LB. REG. 1.99 LB. MEMBERS... **1.19**  
 PORK PIECES FOR SHISH-KA-BOB LB. **2.49**  
**co-op** MADE BEER BRATWURST LB. **2.69**  
 SEASONED HALF CHICKEN LB. **1.39**  
 SEASONED BONELESS CHICKEN BREAST LB. **2.99**

**BONELESS FRESH CHICKEN BREASTS** REG. 3.99 LB. SALE 2.49 LB. MEMBERS... **1.99** LB.

QUAKER 11.8-16.2 OZ. BOX - LIMIT 8 REG. 3.69 SALE 2.29 MEMBERS... **1.99**  
 INSTANT OATMEAL REG. 3.69 SALE 2.49 MEMBERS... **2.29**  
 GENERAL MILLS 9 OZ. BOX - LIMIT 8 REG. 3.69 SALE 2.49 MEMBERS... **2.29**  
 KELLOGG'S 11.4-19.5 OZ. BOX - LIMIT 8 REG. 3.69 SALE 2.49 MEMBERS... **2.29**  
 SPECIAL K CEREALS

**SAM ADAMS 12 PACK 12 OZ. BTL. SUMMER ALE - LIMIT 4** REG. 14.99 SALE 13.99 MEMBERS... **12.99**

DOLE 5 VAR. 24.5 OZ. JAR REG. 2.79 SALE 2.29 MEMBERS... **1.99**  
 FRUITS IN JARS - LIMIT 8 REG. 2.79 SALE 1.99 MEMBERS... **1.79**  
 MOTT'S APPLESAUCE

**★ co-op FULL SERVICE DELICATESSEN ★**

OLD NEIGHBORHOOD ROAST BEEF LB. **7.99**  
 SARA LEE OVEN OR HONEY ROASTED TURKEY BREAST LB. **6.99**  
 CARANDO HONEY HAM LB. **5.99**  
 STATE NATIONAL COOKED CORNED BEEF LB. **5.99**  
 MCCADAM SWISS CHEESE LB. **5.99**  
 TOBIN'S FIRST PRIZE BOLOGNA LB. **3.49**  
 MOTHERGOOSE LIVERWURST LB. **3.99**  
 STELLA FONTINELLA HAND CUT LB. **7.99**  
 KRETSCHMAR PRE-SLICED DELI MEATS 8 OZ. PKG. EA. **3.99**

**co-op MADE MEAT LASAGNA 3.99** FRESH MADE **POTATO SALAD 2.99** LB.

WILLOW BROOK DELUXE BROWN TURKEY BREAST LB. **4.99**  
 RUSSEY'S CANADIAN MAPLE HAM LB. **4.99**

**★ FRESH FROM OUR co-op BAKERY ★**

8 CT. PKG. CHABASO **1.99**  
 CIABATTA ROLLS   
 3 CT. PACKAGE CHOCOLATE CROISSANTS **2.49**   
 3 CT. PKG. APPLE FRITTERS **2.49**   
 • 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.

ALL \$1.29 VAR. 16 OZ. BOX REG. 1.29 SALE 1.19 MEMBERS... **99¢**  
 BARILLA PASTAS LIMIT 8  
 ALL 24 OZ. PASTA VAR. REG. 2.79 SALE 1.99 MEMBERS... **1.79**  
 BARILLA SAUCES

**HELLMAN'S 30 OZ. JAR MAYONNAISE - LIMIT 4** REG. 3.99 SALE 2.99 MEMBERS... **2/\$5**

NEAR EAST 5.5-6.9 OZ. REG. 1.99 SALE 1.39 MEMBERS... **1.19**  
 RICE PILAFS - LIMIT 8  
 4 VAR. 28 OZ. CAN - LIMIT 8 REG. 1.79 SALE 1.09 MEMBERS... **89¢**  
 HUNT'S TOMATOES

CANADA DRY GINGER ALE 2 LTR. BTL. LIMIT 12 REG. 1.79 SALE 1.49 MEMBERS... **4/\$5**  
 COKE & SPRITE

**CANTALOUPE** REG. 2.49 EA. SALE 1.79 EA. MEMBERS... **1.49** EA. 

**1 LB. BAG MINI CARROTS** REG. 1.49 SALE 1.29 MEMBERS... **99¢** 

LOCALLY GROWN 2/89¢  
 • CUCUMBERS  
 LOCALLY GROWN 99¢  
 • EGGPLANT

US#1 WHITE 2/49  
 • POTATOES 5 LB. BAG  
 IDAHO BAKING 79¢  
 • POTATOES LB.

**PLUM TOMATOES** REG. 1.99 SALE 1.29 MEMBERS... **1.29** LB. 

**CELERY** REG. 1.99 SALE 1.19 MEMBERS... **1.19** BUNCH 

RIVER VALLEY GOLD LABEL ALL 16 OZ. BAGS LIMIT 12 REG. 1.99 SALE 1.79 MEMBERS... **2/\$3**  
 • VEGETABLES  
 • BLUEBERRIES 16 OZ. BAG - LIMIT 12 REG. 4.99 MEMBERS... **2/\$7**  
 • CHOPPED OR LEAF SPINACH 10 OZ. BOX **89¢**

**FROZEN YOGURT, SHERBET OR PERRY'S ICE CREAM** 48 OZ. CTN. LIMIT 8 REG. 3.99 SALE 2.99 MEMBERS... **2/\$5**

BYRNE ICE CREAM 1/2 GAL. LIMIT 8 REG. 3.99 MEMBERS... **2/\$5**  
 WYMAN'S BERRIES 4 VAR. 12-15 OZ. BAG **2.99**  
 SUNDAE CRUNCH, ORANGE BUDDY 6-8 CT. 18-21 OZ. REG. 3.99 SALE 2.99 MEMBERS... **2/\$5**  
 PERRY'S FUDGE BARS

**CHEDDARS & CHEESES McCADAM** ALL 8 OZ. BARS LIMIT 6 REG. 2.49 SALE 1.89 MEMBERS... **3/\$5**

HOOD • SOUR CREAM 16 OZ. LIMIT 6 REG. 2.19 MEMBERS... **99¢**  
 • COTTAGE CHEESES 16 OZ. LIMIT 6 REG. 2.89 MEMBERS... **1.99**  
 • HALF & HALF 1 QUART CTN. LIMIT 6 REG. 2.99 MEMBERS... **1.69**  
 CABOT OF VT. • CHEESE SLICES 5 VAR. 8 OZ. PKG. **2.69**  
 • SHREDDED CHEESES 8 OZ. BAG LIMIT 6 REG. 2.89 MEMBERS... **1.89**  
 NEWMAN'S OWN LEMONADES & TEAS 12 GAL. CTN. **1.49**

**TROPICANA PURE PREMIUM ORANGE JUICE** 89 OZ. JUG LIMIT 6 REG. 5.49 SALE 4.59 MEMBERS... **3.99**

BATTENKILL CREAMERY ALL NATURAL SKIM, 2% OR WHOLE 1 GAL. - LIMIT 4 REG. 4.19 SALE 3.89 MEMBERS... **3.49**  
 BYRNE DAIRY SKIM, 1% OR 2% MILK 1/2 GALLON - LIMIT 6 REG. 1.99 SALE 1.69 MEMBERS... **1.39**

**MILK** **3.49**  
**MILK** **1.39**