

meat

Shelton's
**UNCURED
 TURKEY FRANKS \$3²⁹/PKG**
 12 oz. package. Reg. \$3.89

Lange Farms
**ORGANIC
 GROUND BEEF \$5⁹⁹/LB**
 Random Weights. Reg. \$6.49/lb.

cheese

Authentic Italian
FRESH MOZZARELLA . . . \$6⁹⁹/LB
 Bocconcini & Ovalini. Reg. \$7.99/lb

Fayette *Raw Milk*
LOCAL GOUDA SPREADS . \$4⁷⁹/EA
 8oz. Reg. \$5.29

Organic Valley
COLBY CHEESE \$4⁷⁹/EA
 8oz. Reg. \$5.29

Pasture Pride *LOCAL*
SHARP CHEDDAR \$4⁵⁹/LB
 rBST FREE. Reg. \$5.29/lb

fresh in the deli

GRAB 'N' GO CASE

**TARRAGON
 CHICKEN SALAD \$9⁵⁹/LB**
 Reg. \$11.99/lb

**RED PEPPER
 HUMMUS \$7⁹⁹/LB**
 Reg. \$9.99/lb

JOIN AN EMAIL LIST at <http://viroquafood.coop>
 Sign up to receive email alerts:

- **Pea Soup:** You are notified when Pea Soup is ready to download and taken off the snail mail list.
- **Fresh and Local Alerts:** Weekly email featuring deli menu, unadvertised sales, arrival of local & fresh produce & Co-op events.



biweekly buys

July 19th - August 1st

STORE HOURS -

Mon-Sat 7am until 9pm, Sunday 9am - 8pm

grocery

Drew's
SALAD DRESSINGS \$2⁵⁹
 12 oz. Reg. \$3.39

Newman's
CHAMPION CHIP COOKIES . \$3²⁹
 10 oz. Reg. \$3.99

Knudsen
SPRITZERS \$3⁹⁹
 4-pack. Reg. \$4.99



San J
COOKING SAUCES \$2⁸⁹
 3 flavors. Teriyaki, Szechuan, and Peanut. Reg. \$3.89

Cascadian Farm
ORGANIC GRANOLA BARS . . . \$3²⁹
 5-bar box. Reg. \$5.49

Late July
CRACKERS \$2³⁹
 Reg. \$3.19

JULY COFFEE SPECIAL

*DRIFTLESS DARK \$8.79/lb



VIRCOUA FOOD COOPERATIVE

your community connection for local & organic food

Open Mon-Sat 7am-9pm, Sun. 9am-8pm

609 N. Main Street ★ 608.637.7511

<http://viroquafood.coop>

produce

Organic *Local*
GREEN TOP BEETS . . . \$1⁹⁹/LB
Red or Chiogga.

Organic Mexican
LIMES \$2⁴⁹/LB

Organic Fair-Trade
BANANAS 89¢/LB
(from Ecuador)

bulk

Bionature Organic
PASTA \$2⁹⁹/LB
Whole Wheat Fusilli & Penne Rigate. Reg. \$3.29

wellness/body care

Desert Essence
**FRAGRANCE FREE
SHAMPOO & CONDITIONER** . \$6⁷⁹
8 oz. Reg. \$8.49

Desert Essence Organics
8oz. HAND AND BODY LOTION. \$6⁹⁶
Lavender, Chai, Coconut & Fragrance Free. Reg. \$8.19

Boiron
ARNICARE TRAUMA PELLETS . \$11²⁹
2 tubes. 80 pellets each. Reg. \$14.79

Enzymatic Therapy
REVITALIZING SLEEP FORMULA \$9⁸⁹
30 Ultracaps. Reg. \$13.19

mercantile

**ALL SMARTWOOL SOCKS
15% OFF**

cooler

Nancy's
YOGURT \$6²⁹
Organic. Whole milk and non-fat: Plain. 64 oz.
Reg. \$7.29

Nancy's
**LOW-FAT
COTTAGE CHEESE** \$3⁶⁹
Organic. 16 oz. Reg. \$4.29

Good Belly
PROBIOTIC DRINK \$3⁹⁹
Assorted flavors. 4 - 2.7 oz. Reg. \$4.59

Wildwood
TOFU BURGER \$3⁰⁹
Organic. 6 oz. Reg. \$3.59

freezer

Almond Dream
ICE CREAM \$3³⁹
Pint-sized. Cappuccino, Chocolate and Vanilla. Reg. \$3.99

Food for Life
ENGLISH MUFFINS:
7-GRAIN \$3⁸⁹
Reg. \$4.49

CINNAMON RAISIN \$4³⁹
Reg. \$4.99

BROWN RICE \$4⁷⁹
Wheat-free and Gluten-free.
Reg. \$5.49

wine

Cuma *ORGANIC* Wine
**MALBEC &
CABERNET SAUVIGNON** . . . \$11⁹⁹
Reg. \$13.99