

## meat

Shelton's  
**UNCURED  
 TURKEY FRANKS . . . . \$3<sup>29</sup>/PKG**  
 12oz. Package. Reg. \$3.89

Lange Farms  
**ORGANIC  
 GROUND BEEF . . . . \$5<sup>99</sup>/LB**  
 Random Weights. Reg. \$6.49/lb.

## cheese

Authentic Italian  
**FRESH MOZZARELLA . . \$6<sup>99</sup>/LB**  
 Bocconcini & Ovalini. Reg. \$7.99/lb

Fayette \*Raw Milk\*  
**LOCAL GOUDA SPREADS . \$4<sup>79</sup>/EA**  
 8oz. Reg. \$5.29

Organic Valley  
**COLBY CHEESE . . . . \$4<sup>79</sup>/EA**  
 8oz. Reg. \$5.29

Pasture Pride \*LOCAL\*  
**SHARP CHEDDAR . . . . \$4<sup>59</sup>/LB**  
 rBST FREE. Reg. \$5.29/lb

## fresh in the deli

### GRAB 'N' GO CASE

**NEW ITEM . . . . . \$9<sup>59</sup>/LB**  
 Reg. \$11.99/lb

**NEW ITEM . . . . . \$7<sup>99</sup>/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 19<sup>th</sup> - August 1<sup>st</sup>

### STORE HOURS -

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

## grocery

Drew's  
**SALAD DRESSINGS . . . . \$2<sup>59</sup>**  
 12 oz. Reg. \$3.39

Newman's  
**CHAMPION CHIP COOKIES . \$3<sup>29</sup>**  
 10 oz. Reg. \$3.99

Knudsen  
**SPRITZERS . . . . . \$3<sup>99</sup>**  
 4-pack. Reg. \$4.99



San J  
**COOKING SAUCES . . . . . \$2<sup>89</sup>**  
 3 flavors. Teriyaki, Szechuan, and Peanut. Reg. \$3.89

Cascadian Farm  
**ORGANIC GRANOLA BARS . . . \$3<sup>29</sup>**  
 5-bar box. Reg. \$5.49

Late July  
**CRACKERS . . . . . \$2<sup>39</sup>**  
 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** . . . \$1<sup>99</sup>/LB  
Red or Chiogga.

Organic Mexican  
**LIMES** . . . . . \$2<sup>49</sup>/LB

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

## bulk

Bionature Organic  
**PASTA** . . . . . \$2<sup>99</sup>/LB  
Whole Wheat Fusilli & Penne Rigate. Reg. \$3.29

## wellness/body care

new  
**ITEM.** . . . . . \$7<sup>99</sup>  
Sweet Lemon flavor. 8 oz. Reg. \$16.89

new  
**ITEM.** . . . . . \$7<sup>99</sup>  
30 packets. Reg. \$9.49

new  
**ITEM.** . . . . . \$6<sup>79</sup>  
8.5 fl. Oz. Reg. \$8.49

new  
**ITEM.** . . . . . \$7<sup>99</sup>  
50 ct. Reg. \$6.39

## mercantile

**ALL SMARTWOOL SOCKS**  
**15% OFF**

## cooler

Nancy's  
**YOGURT** . . . . . \$6<sup>29</sup>  
Organic. Whole milk and non-fat: Plain. 64 oz.  
Reg. \$7.29

Nancy's  
**LOW-FAT COTTAGE CHEESE** . . . . . \$3<sup>69</sup>  
Organic. 16 oz. Reg. \$4.29

Good Belly  
**PROBIOTIC DRINK** . . . . . \$3<sup>99</sup>  
Assorted flavors. 4 - 2.7 oz. Reg. \$4.59

Wildwood  
**TOFU BURGER** . . . . . \$3<sup>09</sup>  
Organic. 6 oz. Reg. \$3.59

## freezer

Almond Dream  
**ICE CREAM** . . . . . \$3<sup>39</sup>  
Cappuccino, Chocolate and Vanilla. Reg. \$3.99

Food for Life  
**ENGLISH MUFFINS:**  
**7-GRAIN** . . . . . \$3<sup>89</sup>  
Reg. \$4.49

**CINNAMON RAISIN** . . . . \$4<sup>39</sup>  
Reg. \$4.99

**BROWN RICE.** . . . . . \$4<sup>79</sup>  
Wheat-free and Gluten-free.  
Reg. \$5.49

## wine

Cuma \*ORGANIC\* Wine  
**MALBEC & CABERNET SAUVIGNON** . . . \$11<sup>99</sup>  
Reg. \$13.99