



Upper Valley Food Co-op

Member Sales



for November 30 - January 3

These sale prices are for Co-op members only. As a courtesy, we extend Member Sale prices to members of other food co-ops.

	<i>Size</i>	<i>Sale Price</i>	<i>Reg. Price</i>
Back to Nature - Classic Round Crackers	8.5 oz.	\$4.29	\$5.29
Back to Nature - Cracked Black Pepper Harvest Whole Wheat Crackers	8.5 oz.	\$4.29	\$5.29
Back to Nature - Rosemary & Olive Oil Harvest Whole Wheat Crackers	8.5 oz.	\$4.29	\$5.29
Back to Nature - Gluten Free Multi-Seed Rice Thin Crackers	4 oz.	\$4.19	\$5.19
Back to Nature - Gluten Free Sesame Seed Rice Thin Crackers	4 oz.	\$4.19	\$5.19
Back to Nature - Organic Stoneground Wheat Crackers	6 oz.	\$4.29	\$5.29
Bar Harbor - New England Style Clam Chowder, Ready to Serve	15 oz.	\$3.89	\$4.89
Emerald Cove - Organic Toasted Sushi Nori, 50 sheets	4.4 oz	\$24.99	\$37.39
Emerald Cove - Organic Untoasted Sushi Nori, 10 sheets	0.9 oz	\$6.49	\$8.99
Emerald Cove - Pacific Arame Sea Vegetable	1.76 oz	\$10.99	\$15.89
Emerald Cove - Pacific Kombu Sea Vegetable	1.76 oz	\$5.49	\$7.49
Emerald Cove - Pacific Wakame Sea Vegetable	1.76 oz	\$5.49	\$7.79