



community owned, everyone welcome

# co+op basics®

essential ingredients for everyday

CASCADILLA  
770 Cascadilla St.

DEWITT MALL  
215 N. Cayuga St.

COLLEGETOWN  
307 College Ave.



**\$1.56**

**LOCAL**

**Eggs**  
Medium, 1 Dozen



**\$2.99**

**LOCAL**

**Upstate Farms  
Skim Milk**  
128 oz.



**\$2.99**

**LOCAL**

**Heidelberg  
Multigrain  
Bread**  
per loaf



**\$2.99/lb**

**Smart Chicken**  
FRESH, ALL NATURAL  
**Whole Chicken**



**\$3.99**

**Ferndale Market**  
FROZEN, ALL NATURAL  
**Ground Turkey**  
1 lb.

**FLOWER**

fresh, local, & organic within everyone's reach

**13% discount**

GreenStar's FLOWER program provides affordable access to natural, wholesome food products for those with financial need.

*Apply Today!*

You are eligible to receive the FLOWER discount if you currently receive assistance from one of the following programs:

- SNAP (Food Stamps)
- Unemployment
- Medicaid
- WIC
- SSI
- Healthy Food for All
- Pell Grant
- TANF - Cash Assistance
- Free School Lunch Program



Submit your application and show proof of benefits enrollment. Use your 13% discount immediately upon approval. 1 Year FREE Membership for new GreenStar members.



**\$1.99**

**LOCAL & ORGANIC**

**SoyBoy  
Tofu**  
15 oz.

Firm or Extra Firm



**\$2.99**

**Byrne Dairy  
Orange Juice**  
64 oz.



**\$1.99**

**Field Day  
Macaroni &  
Cheese**  
6 oz.



**\$3.99**

**Silk  
Almond Milk**  
64 oz.

# Save at the Co-op



## Look for Weekly Produce Deals!



Check out what's fresh in produce! Fruits and veggies generally cost less when they are in season. Look for deals on apples, corn, squash, tomatoes, and more favorites.



**\$3.99**  
**ORGANIC**  
**3 lb. Bag**  
**Yellow Onions**



**\$1.49/lb**  
**REGIONAL**  
**Apples**  
 NY Grown



**\$5.99**  
**ORGANIC**  
**1 lb.**  
**Spring Mix or**  
**Baby Spinach**



**\$4.99**  
**LOCAL & ORGANIC**  
**Salad Mixes**  
 8 oz.  
 from **Remembrance Farm**



**\$3.29**  
**LOCAL**  
**Upstate Farms**  
**Salted Butter**  
 1 lb.



**\$3.99/lb**  
**Buttercup**  
**Mild Cheddar**

## FAMILY SIZE MEALS TO-GO!

You'll find:

- Grilled Chicken Alfredo
  - Arroz con Pollo
  - Kale & Quinoa Bowl
  - House Falafel Salad
  - Mediterranean Plate
  - Penne & Marinara with House-made Meatballs
  - Pesto, Penne, & Grilled Veggies
  - Vegan Mac & Cheese
- and more!*



**\$1.99/lb**  
**ORGANIC**  
**Short Grain**  
**Brown Rice**  
 Available in the Bulk Dept.



Whole, Skim, 1% or 2%

**\$4.39**  
**ORGANIC**  
**Organic Valley**  
**Milk**  
 64 oz.



**\$1.49/lb**  
**LOCAL & ORGANIC**  
**Farmer Ground**  
**All-Purpose Flour**  
 Available in the Bulk Dept.



**\$1.59/lb**  
**ORGANIC**  
**Rolled Oats**  
 Available in the Bulk Dept.



**Starting at less than \$3 per serving for a family of four!**

Essential  
EVERYDAY®

affordable essential ingredients for everyday

Co+op  
basics



**99¢**  
Essential Everyday  
Pastas  
16 oz.



**\$1.89**  
Essential Everyday  
Pasta Sauces  
24 oz.



**99¢**  
Essential Everyday  
Bread Crumbs  
15 oz.



**89¢**  
Essential Everyday  
Enchilada  
Sauce  
10 oz.

Green or Mild



**\$1.39**  
Essential Everyday  
8" Flour  
Tortillas  
10 ct.



**89¢**  
Essential Everyday  
Canned  
Beans  
15 oz.

Black, Navy, or Pinto



Everyday  
Low Prices

LOOK FOR THE  
PURPLE TAGS  
TO SAVE!

Co+op  
basics

GreenStar is committed to improving  
our selection and prices, so that  
everyone can find more to shop and  
save at the Co+op.

Essential  
EVERYDAY®

All of the essentials to  
make every day easy!

We've introduced Essential Everyday  
products to complement our Co+op  
Basics line for lower-cost options that  
meet you and your family's need - from  
canned goods and pantry staples to  
household cleaning supplies and pet care.



**\$2.29**  
**ORGANIC**  
Field Day  
Broth  
32 oz.

Chicken, Beef, or Vegetable



**\$1.99**  
Field Day  
WILD CAUGHT  
Skipjack Tuna  
5 oz.



**\$4.99**  
Field Day  
Peanut Butter  
1 lb. 2oz.

Crunchy or Smooth



**\$3.89**  
Smucker's  
Natural  
Strawberry  
Fruit Spread  
19 oz.



**\$2.99**  
**LOCAL**  
Heidelberg  
French Peasant  
Bread  
per loaf



**\$1.99**  
Essential Everyday  
Pancake &  
Waffle Mix  
2 lb.

# Save at the Co-op

Co-op  
basics

Essential  
EVERYDAY®



**\$6.99**  
Thousand Hills  
GRASS-FED  
Ground Beef  
1 lb.



**\$6.49/lb**  
Smart Chicken  
ALL NATURAL  
Boneless, Skinless  
Chicken Breast



**\$5.99**  
Applegate  
ANTIBIOTIC FREE  
Gluten Free  
Chicken Tenders  
8 oz.



**\$1.99**  
**ORGANIC**  
Woodstock  
Frozen Veggies  
10 oz.

Broccoli, Peas, Green Beans,  
Kale, Collards, Brussels Sprouts, or Okra



Roasted Veggie, Pepperoni, Three Cheese

**\$3.99**  
Field Day  
Frozen Pizza  
12 oz.



Grape, Apple Raspberry, and Orange Juice

**\$1.49**  
Old Orchard  
Frozen Juice  
Concentrate  
12 oz.



Rice or Oatmeal

**\$2.49**  
Beech Nut  
Baby  
Cereal  
6 oz.



**\$2.99**  
GoGo Squeez  
Apple Cinnamon  
Fruit on the Go  
12.8 oz.



**\$3.39**  
**ORGANIC**  
Field Day  
Whole Grain  
Cereals  
10-14 oz.



**\$5.99**  
Field Day  
Hand & Body  
Lotion  
16 fl. oz.



**\$5.99**  
Field Day  
Shampoo &  
Conditioner  
16 fl. oz.



**\$2.49**  
Essential Everyday  
Unscented  
Cat Litter  
10 lbs.



**\$3.39**  
Field Day  
Liquid Dish  
Detergent  
25 fl. oz.



**\$2.79**  
Essential Everyday  
Tall Kitchen  
Drawstring  
Trash Bags  
20 ct.



**\$1.99**  
Field Day  
Paper Towels  
Jumbo Roll