IT IS ONLY NATURAL AND ORGANIC

Thank you for buying local and supporting your local community.

APRIL 2021

Lily's Sweets
Chocolate Bars
No Sugar Added, Selected Varieties
2.8 to 3 oz.
2 for $7

Lily's Sweets
Baking Chocolate Chips
No Sugar Added, Selected Varieties
9 oz.
$5.99

Annie's
All Natural Pasta
Selected Varieties
5.25 to 6 oz.
10 for $10

Annie's
Deluxe Mac & Cheese
Selected Varieties
11 to 11.3 oz.
2 for $6

GoodBelly
Organic Probiotics Juice Drinks or Straight Shots
Selected Varieties
4 packs/32 oz.
2 for $5

La Croix
Sparkling Water
Selected Varieties
8 pack
2 for $6*
12 pack
$4.49*

Cascadian Farm
Organic Cereals, Granola or Bars
Selected Varieties
6.2 to 16 oz.
2 for $6

Luna
Bars
Selected Varieties
1.59 to 1.7 oz.
4 for $5

Bitchin'
Sauces or This Dip is Nuts
Vegan, Gluten Free, Selected Varieties
7 to 8 oz.
$4.99

Late July
Snacks
Selected Varieties
5.5 to 6 oz.
2 for $5

Alter Eco
Organic Chocolate Bars
Selected Varieties
2.65 to 2.82 oz.
2 for $6

Alter Eco
Organic Quinoa
Selected Varieties
12 oz.
$5.49

Alexia
Natural or Organic Roasted Potatoes
Selected Varieties
11 to 32 oz.
$3.99

Cascadian Farm
Organic Frozen Fruits
Selected Varieties
8 to 10 oz.
2 for $7

Annie Chun's
Soup & Noodle Bowls
Selected Varieties
5.7 to 8.7 oz.
$3.29

Annie Chun's
Organic Seaweed Snacks
Selected Varieties, .11 oz.
2 for $3

Annie's
All Natural Dressings
Selected Varieties
8 oz.
2 for $5

Annie's
Organic Dressings
Selected Varieties
8 oz.
2 for $6

Kitlor
Whole Food Protein Bars
Selected Varieties
1.83 oz.
2 for $4

Cascadian Farm
Organic Frozen Vegetables
Selected Varieties
10 oz.
2 for $4

Beanfields
Bean Snacks
Selected Varieties
4.5 to 5 oz.
2 for $6

Santa Cruz
Organic Apple Sauce or Fruit Spreads
Selected Varieties
9.5 to 23 oz.
$3.49

Coombs Family Farms
Organic Maple Syrup
Selected Varieties
12 oz.
$9.99
16 oz.
$12.99

Califia Farms
Almond Milk
Selected Varieties
48 oz.
$4.99

Noosa
Greek Yoghurt
Selected Varieties
5.3 oz.
3 for $4

Noosa
Yoghurt
Selected Varieties
4.3 oz.
4 for $5

Mamma Chia
Organic Squeeze Fruit Blends
Selected Varieties
3.5 oz.
3 for $4

Mamma Chia
Organic Beverages
Selected Varieties
10 oz.
2 for $5*

Angie's
Boom Chicka Pop Popcorn
Selected Varieties
4.2 to 7 oz.
2 for $5

Annie's
Organic Crackers or Grahams
Selected Varieties
7 to 7.5 oz.
2 for $7

Simply Organic
Extracts
Selected Varieties
2 oz.
$3.99

Simply Organic
Vanilla
2 oz.
$8.99

Brad's
Organic Kale Chips
Selected Varieties
2 oz.
$3.49

Brad's
Organic Veggie Chips
Selected Varieties
3 oz.
$3.99

Live Soda
Organic Kombucha
Selected Varieties
12 oz.
2 for $4*

Bare
Organic Baked Fruit
Selected Varieties
2.7 to 3 oz.
$4.49

Rumiano
Organic Cheese Slices or Shreds
Selected Varieties, 6 oz.
$2.99

Rumiano
Organic Cheese
Selected Varieties, 8 oz.
$3.99

Laird
Superfood Creamers
Selected Varieties
8 oz.
$6.49

California Olive Ranch
Olive Oil
Selected Varieties
16.9 oz.
$10.99

Pacific Foods
Broths
Selected Varieties
32 oz.
2 for $6

Rao's
Homemade Entrees
Selected Varieties
8.4 to 9 oz.
$3.99

Daiya
Dairy Free – Shreds, Slices, Blocks and Cream Cheeses
Selected Varieties
7.1 oz. & up
$3.99

GT's
Organic Kombucha
Selected Varieties
16 oz.
2 for $6

Kind
Bars
Selected Varieties
1.2 to 1.4 oz.
3 for $5

Kind
Protein Bars
Selected Varieties
1.76 oz.
2 for $4

Lakewood
Organic Juice
Selected Varieties
32 oz.
$5.99

Ancient Organic
Organic Ghee
9 oz.
$8.99
13 oz.
$14.99

Kor Shots
Wellness Shots
Selected Varieties
1.7 oz.
2 for $5

Daiya
CheezyMac
Selected Varieties
10.6 to 10.8 oz.
$3.99

Daiya
Dairy Free Dressings
Selected Varieties
8.36 oz.
$3.99

Milkadamia
Dairy Free Macadamia Milk
Selected Varieties
32 oz.
$3.49

Milkadamia
Dairy Free Buttery Spread
Selected Varieties
Avg.
$3.99

Native Forest
Organic Pineapple
Selected Varieties
14 oz.-15 oz.
$3.99

Vital Farms
Pasture Raised Grade A Large Eggs
12 ct.
$5.99

Rudi's
Organic Breads
Selected Varieties
12 to 24 oz.
$4.99

Forager
Dairy Free Cashewmilk Yogurt Organic Yogurt Alternative
Selected Varieties
24 oz.
$4.99

Chobani
Yogurt
Selected Varieties
5.3 oz.
4 for $5

Poppi
Prebiotic Sparkling Drinks
Selected Varieties
12 oz.
2 for $4

Organic Valley
Egg Bites
Selected Varieties
2 ct.
$3.99

Organic Valley
Organic Clarified Ghee Butter
7.5 oz.
$8.99

Hu
Chocolate Bars
Vegan, Paleo
Selected Varieties
2.1 oz.
$3.99

Cocomels
Organic Dairy Free Coconut Milk Caramels
Selected Varieties
3.3 oz.
$3.49

Spectrum Naturals
Organic Mediterranean Olive Oil
10.8 oz.
$12.99

Think
Protein Bars
Selected Varieties
1.41 to 2.1 oz.
3 for $5

Lifeaid
Functional Beverages
Selected Varieties
12 oz.
2 for $4

Manitoba Harvest
Hemp Hearts
7 oz. Organic
$7.99
8 oz. Natural
$6.99

Tasty Bite
Ready to Heat Entrées
Selected Varieties
10 oz.
2 for $6

Grain Trust
Organic Rice
Selected Varieties
20 to 38 oz.
$3.99

Green Valley Creamery
Organic Lactose Free Yogurts
Selected Varieties
4 oz.
2 for $3

Green Valley Creamery
Organic Lactose Free Sour Cream
12 oz.
$3.49

Umpqua
Oats
Selected Varieties
11 oz.
$4.49

High Key Cookies
KETO
Selected Varieties
2 oz.
2 for $7

Let's Do Organic
Organic Coconut Sheeds or Flakes
Selected Varieties
7 to 8.8 oz.
$2.99

EARTH DAY!

Ecos
Plant-Based Biodegradable Laundry Liquid
Selected Varieties, 100 oz.
$10.99

Ecos Dishwate
Dish Soap
Selected Varieties
25 oz.
$2.99

Jason Natural
Shampoo or Conditioner
Selected Varieties, 8 to 16 oz.
$7.99

Jason Natural
Bodywash
Selected Varieties
30 oz.
$9.99

Dr. Bronner's
Pure-Castile Liquid Soaps
Selected Varieties, 8 oz.
$4.99

Dr. Bronner's
Pure-Castile Liquid Soaps
Selected Varieties
32 oz.
$12.99

Dr. Bronner's
Bar Soaps
Selected Varieties, 5 oz.
$3.49

Earth Science
Beauty and Skincare
Selected Varieties, 4 to 10 oz.
$7.99

Seventh Generation
Laundry Soap
Selected Varieties
95 to 100 oz.
$13.99

Seventh Generation
Fabric Softeners
Selected Varieties
40 ct.
$4.99

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