

# IT IS ONLY NATURAL AND ORGANIC



Thank you for buying local and supporting your local community.

OCTOBER 2020

**LaCroix Sparkling Water**  
selected varieties  
8 pk.  
**\$2.99**  
12 pk. \$4.49

**Brown Cow Cream Top All Natural Yogurt**  
selected varieties  
5.3 oz.  
**5.55**  
32 oz. \$3.99

**Nature's Path Organic Cereals**  
selected varieties  
10.02 to 14 oz.  
**\$3.99**

**Chosen Foods Avocado Oil Spray**  
selected varieties  
4.7 oz.  
**\$5.99**  
Avocado Oil 16.9 oz. \$9.99

**Barbara's Bakery Cheese Puffs**  
gluten-free  
selected varieties  
5.5 to 7 oz.  
**2.55**

**GoodBelly Organic Probiotic Juice Drinks or Straight Shots**  
selected varieties  
4 pk. or 32 oz.  
**2.55**

# EAT healthy

**Annie's All Natural Pasta**  
selected varieties  
9.25 to 6 oz.  
**10.10**  
Deluxe Mac & Cheese  
selected varieties  
11 to 11.2 oz.  
**\$2.99**

**Muir Glen Organic Tomatoes**  
selected varieties  
14.5 to 15 oz.  
**5.55**

**Kind Bars**  
selected varieties  
1.2 to 1.4 oz.  
**2.53**  
Kind Snack Bars  
selected varieties  
4 to 4.5 pk.  
**2.57**

**Skinny Dipped Almonds**  
selected varieties  
3.5 oz.  
**\$3.49**

**Noosa Yoghurt**  
selected varieties  
4.5 oz.  
**4.55**  
Noosa Greek Yoghurt  
selected varieties  
5.3 oz.  
**2.53**

**Gardein Meatless Entrees**  
selected varieties  
8 to 14.1 oz.  
**\$3.99**

**Endangered Species Premium Chocolate Bar**  
selected varieties  
3 oz.  
**2.55**  
**Annie's Dressings**  
selected varieties  
8 oz.  
**2.55**  
Annie's Organic Dressings  
selected varieties  
8 oz.  
**2.56**

**CauliPower Cauliflower Pizza**  
selected varieties  
10.9 to 11 oz.  
**\$6.99**  
Baked Chicken Tenders  
gluten-free  
selected varieties  
14 oz.  
**\$8.49**

**Epic 100% Grass Fed Protein Bars**  
selected varieties  
1.3 to 1.87 oz.  
**2.54**  
Epic Pork Rind Snacks  
selected varieties  
2.5 oz.  
**2.55**

**ProBar Meal Replacement Bars**  
selected varieties  
3 oz.  
**2.55**  
Organic Live Bars  
100% plant-based & dairy free  
selected varieties, 2 oz.  
**2.55**

**Spectrum Naturals Organic Oils**  
selected varieties  
16 oz.  
**\$4.99**  
Spectrum Organic Extra Virgin Olive Oil  
25.4 oz.  
**\$10.99**  
**Lily's Sweets Chocolate Bars**  
selected varieties  
2.8 to 3 oz.  
**\$2.99**  
**Bob's Red Mill Homestyle Granolas**  
selected varieties  
11 oz.  
**\$4.99**  
Bob's Red Mill Organic Oats  
selected varieties  
24 to 32 oz.  
**\$5.99**

**Made in Nature Organic Fruits**  
selected varieties  
3 to 9 oz.  
**\$4.99**

**Alter Eco Organic Chocolate Bars**  
selected varieties  
2.65 to 2.82 oz.  
**2.55**  
Lotus Rice Ramen Noodle Soup Cups  
selected varieties  
1.98 to 2.5 oz.  
**2.54**

**Lotus Organic Pad Thai Rice Noodles**  
selected varieties  
8 oz.  
**\$3.49**  
**NutPods Non-Dairy Creamer**  
selected varieties  
16 oz.  
**\$3.49**

**Kicking Horse Coffee Organic Fair Trade Coffee**  
whole beans or ground  
selected varieties  
10 oz.  
**\$8.99**  
**Wildbrine Probiotic Kraut**  
raw, fermented  
selected varieties  
18 oz.  
**\$5.49**

**New! Newman's Own Organic Teas**  
selected varieties  
12 oz.  
**2.53**

**Organic Valley Organic Stringles**  
selected varieties  
6 oz.  
**\$5.49**  
**Late July Tortilla Chips**  
selected varieties  
5.5 to 6 oz.  
**2.55**

**Grandy Oats Organic Granolas**  
selected varieties  
9 oz.  
**\$6.99**  
**R.W. Knudsen Juices**  
selected varieties  
32 oz.  
**\$3.49**

**R.W. Knudsen Just Juices**  
selected varieties  
32 oz.  
**\$6.99**  
**Teccino Caffeine Free Hot Beverages or Teas**  
selected varieties  
10 ct.  
**\$3.99**

**Earth Science Natural Beauty and Skincare**  
selected varieties  
4 to 10 oz.  
**\$7.99**

**Organic Valley Ghee Clarified Butter**  
selected varieties  
7.5 oz.  
**\$8.99**  
13 oz. \$13.99

**Country Archer Grass-Fed Gourmet Jerky**  
selected varieties  
2 to 2.5 oz.  
**\$4.99**  
**Daiya Shreds, Slices, Block or Cream Cheeses**  
dairy free, soy free, vegan  
selected varieties  
7.1 to 8 oz.  
**\$3.99**

**Daiya Cheezecakes**  
dairy free  
selected varieties  
14.1 oz.  
**\$6.99**  
**Organic India Teas**  
selected varieties  
18 ct.  
**2.57**  
Pizza  
dairy free  
selected varieties  
15.7 to 19.4 oz.  
**\$7.49**

**Dr. Bronner's Pure-Castile Liquid Soaps**  
selected varieties  
8 oz.  
**\$4.99**  
32 oz. \$12.99

**purely elizabeth.**

We believe that food can heal. When you eat better, you feel better. It's that simple. That's why we use superfood with vibrant flavors and rich textures to create delicious foods to help you thrive on your wellness journey.



**Purely Elizabeth Pancake Mix**  
selected varieties, 10 oz.  
**\$5.49**

**Purely Elizabeth Granolas**  
selected varieties, 8 to 12 oz.  
**\$4.99**

**Purely Elizabeth Superfood and Vibrant Oat Cups**  
selected varieties, 2 oz.  
**2 \$4**



Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world.

**Equal Exchange Organic Coffee**  
selected varieties 10 to 12 oz.  
**\$7.49**



**Equal Exchange Organic Chocolate Bars**  
selected varieties 3.8 to 3.2 oz.  
**\$2.99**



**Annie Chun's Soup & Noodle Bowls**  
selected varieties 5.7 to 8.7 oz.  
**\$2.99**



**Organic Seaweed Snacks**  
selected varieties, .35 oz.  
**2 \$3**

**Pacific Foods Organic Non-Dairy Beverages**  
selected varieties 32 oz.  
**2 \$5**



**Organic Soups**  
selected varieties 32 oz.  
**2 \$7**

**Primal Kitchen Pasta Sauce or Non-Dairy Alfredo Sauce**  
selected varieties 15.5 to 24 oz.  
**\$6.99**



**Avocado Oil**  
selected varieties 16.9 oz.  
**\$9.99**

**Clean Cause Organic Yerba Mate Drinks**  
selected varieties 16 oz.  
**2 \$4**



**Alo® Aloe Vera Juice Drinks**  
selected varieties 16.9 oz.  
**2 \$3**



**Bitchin' Sauce or This Dip is Nuts**  
vegan, gluten-free selected varieties 7 to 8 oz.  
**\$4.99**



**Cascadian Farm Organic Cereal, Bars or Granolas**  
selected varieties 6.2 to 15.6 oz.  
**2 \$6**



**Quorn Meatless Entrees**  
selected varieties 7.05 to 12 oz.  
**\$3.99**



**Greek Gods Yogurt**  
selected varieties 24 oz.  
**\$3.99**



**Inka Crops Roasted Corn Nuts or Plantain Chips**  
selected varieties 3.25 to 4 oz.  
**3 \$5**



**Honey Stinger Organic Waffles**  
selected varieties 1 to 1.06 oz.  
**5 \$5**



**Organic Energy Chews**  
selected varieties 1.8 oz.  
**3 \$5**



**Beanitos Bean Chips**  
gluten-free selected varieties 10 oz.  
**\$3.99**



**Ancient Harvest Protein Pasta**  
gluten-free selected varieties 8 to 9.6 oz.  
**\$3.49**



**Organic Gluten-Free Pasta**  
selected varieties 8 to 9.6 oz.  
**2 \$5**



**Rao's Homemade Pasta Sauce**  
selected varieties 24 oz.  
**\$6.99**



**North Coast Organic Apple Juice**  
selected varieties 32 oz.  
**\$3.49**



**Little Secrets All Natural Fair Trade Chocolate**  
selected varieties 1.4 to 1.8 oz.  
**2 \$3**



**The Daily Crave Veggie Snacks or Churros**  
selected varieties 4 to 6 oz.  
**2 \$5**



**NadaMoo Non-Dairy Ice Cream**  
selected varieties 16 oz.  
**\$4.99**



**Van's Crackers**  
selected varieties 4 to 5 oz.  
**2 \$5**



**Van's Frozen Waffles**  
selected varieties 8 to 9 oz.  
**\$2.99**



**Tasty Bite Ready to Heat Entrees**  
selected varieties 10 oz.  
**2 \$5**



**Bigelow Tea**  
selected varieties 18 to 20 ct.  
**2 \$5**



**Skinny Pop Premium Popcorn**  
selected varieties 4.4 to 5.3 oz.  
**\$3.49**



**Sweet Leaf Sweet Drops**  
selected varieties 2 oz.  
**\$6.49**



**Udi's Gluten-Free Breads**  
selected varieties 18 oz.  
**\$6.99**



**Udi's Gluten-Free Bagels or Muffins**  
selected varieties 4 to 5 pk.  
**\$4.99**



**Evol Burritos**  
selected varieties 5 to 6 oz.  
**2 \$5**



**Tender & True Organic Dog Food**  
selected varieties 4 lb.  
**\$14.99**



**Organic Cat Food**  
selected varieties 3 lb.  
**\$11.99**



**San J Tamaril Soy Sauce**  
selected varieties 10 oz.  
**\$2.99**



**Dr. Praeger's Veggie Burgers**  
selected varieties 10 oz.  
**\$4.99**



**Near East Entrees**  
selected varieties 5.25 to 10 oz.  
**2 \$4**



**Paqui All Natural Tortilla Chips**  
selected varieties 7 oz.  
**\$3.99**



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