



# Healthy Savings!

Prices effective April 16 - 29

<b>Organic Asparagus.....</b>	<b>\$3.99/lb</b>
<b>Organic Broccoli.....</b>	<b>\$2.49/lb</b>
<b>Miller Poultry Cut-up Chickens.....</b>	<b>\$1.89/lb</b>
<b>Grass-fed Beef Rib-Eye Steaks <small>Bone-in.</small></b>	<b>\$13.99/lb</b>
<b>Organic Strawberries, <small>1-lb. pkg</small>.....</b>	<b>\$4.99</b>
<b>Organic Blackberries, <small>6-oz. pkg</small>.....</b>	<b>\$2.99</b>
<b>Organic Bartlett Pears.....</b>	<b>\$1.99/lb</b>
<b>Organic Zucchini.....</b>	<b>\$1.99/lb</b>
<b>Organic Grape Tomatoes, <small>pint pkg</small>.....</b>	<b>\$2.99</b>
<b>Organic Red Peppers.....</b>	<b>\$3.99/lb</b>
<b>Scottish Salmon Fillets, <small>farm-raised, Scotland</small>.....</b>	<b>\$14.99/lb</b>
<b>Applegate Beef Hot Dogs, <small>Natural, 10 oz</small>.....</b>	<b>\$6.49</b>
<b>Organic Prairie Lunch Meat, <small>assorted 6 oz</small>.....</b>	<b>\$7.49</b>
<b>Pork Sirloin Chops, <small>Humane-certified Michigan Pork</small>.....</b>	<b>\$3.49/lb</b>
<b>Thrifty Thursdays Meat Sale, <small>all fresh-cut Beef/Pork/Lamb</small>..</b>	<b>15% off</b>
<b>Asparagus Caprese Salad, <small>crafted in our Kitchen</small>.....</b>	<b>\$7.99/lb</b>
<b>Spring Dijon Pasta, <small>in our Grab 'n Go</small>.....</b>	<b>\$5.99/lb</b>
<b>Peach &amp; Honey Cake Bars, <small>assorted 11 oz</small>.....</b>	<b>\$8.99</b>
<b>Jean Pabiot Pouilly-Fume', <small>750 ml</small>.....</b>	<b>\$16.99</b>
<b>Bell's Oberon. &amp; <small>select 6/12 oz</small>.....</b>	<b>\$8.99</b>

**fresh. local. organic.**

*Open 7A-9P daily.*



# Healthy Savings!

Prices effective April 2 -29

<b>Maple Hill Organic Milk,</b> 64 oz, 100% grass-fed.....	<b>\$5.99</b>
<b>Cadia Organic Granola,</b> assorted varieties, 11-13 oz.....	<b>\$3.49</b>
<b>Nature's Path Eco-Pac Cereal,</b> assorted 26-32 oz....	<b>\$5.99</b>
<b>Napa Valley Avocado Oil,</b> 25.4 oz.....	<b>\$9.99</b>
<b>Cadia Organic Blueberries</b> 10oz, frozen & select varieties...	<b>2/\$7</b>
<b>Wolfgang Puck Organic Soup,</b> assorted 14.5 oz.....	<b>2/\$5</b>
<b>Twining's Tea,</b> assorted 20-count bags.....	<b>2/\$6</b>
<b>Newman's Own Spaghetti Sauce,</b> assorted 24 oz.....	<b>2/\$6</b>
<b>RX Protein Bars,</b> assorted 1.8 oz.....	<b>2/\$4</b>
<b>Knudsen Juice Boxes,</b> assorted 4/6.25 oz.....	<b>2/\$6</b>
<b>Organicville Dressing,</b> assorted 8 oz.....	<b>\$2.99</b>
<b>Frontera Mexican Salsa,</b> assorted 16 oz.....	<b>\$3.49</b>
<b>Garden of Eatin' Organic Corn Chips,</b> assorted 16 oz.....	<b>\$3.99</b>
<b>Vegan Rob's Chips &amp; Puffs,</b> assorted 3.5 oz.....	<b>2/\$4</b>
<b>Halo Top Ice Cream,</b> assorted pints.....	<b>\$4.99</b>
<b>Ecos Laundry Detergent,</b> 100 oz. liquids.....	<b>\$9.99</b>
<b>Cadia Dish Soap,</b> 25 oz., Citrus or Free/Clear.....	<b>2/\$5</b>
<b>ShiKai Shower Gel,</b> assorted 12 oz.....	<b>\$6.99</b>
<b>Kiss My Face Sun Care,</b> assorted varieties.....	<b>20% off</b>
<b>Carlson Fish Oil,</b> entire line.....	<b>20% off</b>
<b>Now Brand Vitamins &amp; Supplements,</b> entire line.....	<b>20% off</b>
<b>Barlean's Flax Oil,</b> entire line.....	<b>20% off</b>
<b>Garden of Life Protein Foods,</b> entire line.....	<b>20% off</b>
<b>Arbor Farms Brand Vitamins &amp; Herbs,</b> entire line.....	<b>20% off</b>

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