



# Healthy Savings!

Prices effective September 10 - 16

<b>Organic Broccoli</b> .....	<b>\$1.99/lb</b>
<b>Organic Watermelons</b> , Michigan-grown, each...	<b>\$5.99</b>
<b>Organic Seedless Grapes</b> Red or Green..	<b>\$2.99/lb</b>
<b>Miller Poultry Boneless Thighs</b> ....	<b>\$3.99/lb</b>
<b>Grass-fed Beef Top Sirloin Steaks</b> ..	<b>\$8.99/lb</b>
<b>Organic Gala Apples</b> , new crop.....	<b>\$1.99/lb</b>
<b>Organic Bartlett Pears</b> .....	<b>\$1.99/lb</b>
<b>Organic Celery</b> .....	<b>\$.99/lb</b>
<b>Organic Zucchini</b> .....	<b>\$1.99/lb</b>
<b>Organic Slicer Tomatoes</b> .....	<b>\$1.99/lb</b>
<b>Wild-caught Coho Salmon Fillets</b> , Shoreline, Alaska....	<b>\$19.99/lb</b>
<b>Organic Prairie Hot Dogs</b> , 100% Grass-fed Beef, 12 oz.....	<b>\$8.99</b>
<b>Beeler's Black Forest Bacon</b> , 12 oz.....	<b>\$6.49</b>
<b>Pork Spare Ribs</b> , Premium, all-natural.....	<b>\$3.49/lb</b>
<b>Thrifty Thursdays Meat Sale</b> , all fresh-cut Beef/Pork/Lamb..	<b>15% off</b>
<b>Jarlsberg Cheese</b> , in Specialty Cheese Dept.....	<b>\$9.99/lb</b>
<b>Ginger-Plum Chicken Thighs</b> , crafted in our Kitchen.....	<b>\$4.99/lb</b>
<b>Grilled Vegetable Pasta Salad</b> , crafted in our Kitchen.....	<b>\$6.99/lb</b>
<b>Muriel Rioja Crianza</b> , 750 ml.....	<b>\$9.99</b>
<b>Weihenstephan Pilsner</b> . & select 6/12 oz.....	<b>\$9.99</b>

**fresh. local. organic.**

*Open 7A-9P daily.*



# Healthy Savings!

Prices effective September 3 - 30

<b>Amy's Organic Soups,</b> select varieties, 14.3 oz.....	<b>2/\$5</b>
<b>Napa Valley Organic Olive Oil</b> Extra Virgin 25 oz..	<b>\$12.99</b>
<b>Chocolove Bars,</b> select varieties, 3.2 oz.....	<b>2/\$5</b>
<b>Cadia Organic Broths,</b> assorted Chicken or Vegetable, 32 oz...	<b>2/\$5</b>
<b>Nature's Path Organic Cereals,</b> assorted 10-14 oz..	<b>\$3.99</b>
<b>Back to Nature Crackers,</b> select 4-8 oz.....	<b>2/\$6</b>
<b>Larabars,</b> assorted 1.6 oz., Gluten-Free.....	<b>5/\$5</b>
<b>Hi Brew Coffee Drinks,</b> assorted 8 oz.....	<b>2/\$4</b>
<b>From the Ground Up Cauliflower Crackers,</b> assorted 5.5 oz...	<b>2/\$6</b>
<b>Cadia Organic Salsas,</b> assorted 16 oz.....	<b>\$2.99</b>
<b>Sage Valley Organic Corn Chips,</b> 9 oz.....	<b>\$2.99</b>
<b>Good Health Olive Oil Potato Chips,</b> assorted 5 oz.....	<b>\$2.29</b>
<b>Mountain Valley Spring Water,</b> 33.8 oz.....	<b>2/\$4</b>
<b>Knudsen's Sparkling Spiced Cider,</b> 25.4 oz., includes Pumpkin.....	<b>2/\$6</b>
<b>Stonyfield Organic Yogurt,</b> assorted 5.3-6 oz.....	<b>4/\$5</b>
<b>P.J.'s Organics Burritos,</b> assorted 6 oz, frozen.....	<b>2/\$6</b>
<b>Earthfriendly Dishmates,</b> assorted 25 oz liquids.....	<b>2/\$6</b>
<b>Mill Creek Hair Care,</b> entire line.....	<b>20% off</b>
<b>Yerba Prima Body Care</b> and Fibers.....	<b>20% off</b>
<b>Now Essential Oils</b> and Body Care.....	<b>20% off</b>
<b>Wish Garden Herbs,</b> entire line.....	<b>20% off</b>
<b>Planetary Herbals,</b> entire line.....	<b>20% off</b>
<b>Bach Flower Remedies,</b> entire line.....	<b>20% off</b>
<b>Source Naturals Supplements,</b> entire line.....	<b>20% off</b>

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