



Healthy Savings!

Prices effective December 3 - 16

Organic Blueberries, 6-oz. pkg.....	2/\$7
Organic Navel Oranges, XL 56-count size.....	2/\$3
Organic Broccoli.....	\$2.49/lb
Miller Poultry Drums & Thighs.....	\$1.99/lb
Grass-fed Beef Rib-eye Steaks bone-in.	\$15.99/lb
Organic Russet Potatoes, 5# bag.....	\$3.99
Organic Hard Squash, Acorn/Butternut/Spaghetti.....	\$1.29/lb
Organic Cucumbers, each.....	\$.99
Organic D'anjou Pears.....	\$1.99/lb
Organic Fuji Apples, 3# bag.....	\$4.99
Organic Red Grapes, seedless.....	\$2.99/lb
Spanish Clementines, 5# box.....	\$8.99
Faroe Island Salmon, Farm-raised, Scotland.....	\$12.99/lb
Pork Sirloin Roasts, Premium, all-natural.....	\$3.49/lb
Applegate Sunday Bacon, 8 oz.....	\$6.49
Applegate Chicken Tenders, Nuggets, Corn Dogs, frozen 12 oz.....	\$7.49
Turkey-Orzo Soup, home-made, in our Takeaway.....	\$4.99/lb
Tomato-Basil Soup, home-made, in our Takeaway.....	\$4.49/lb
Izadi Rioja Reserva, 750 ml.....	\$14.99
Bell's Amber Ale & select 6/12 oz.....	\$8.99

fresh. local. organic.

Open 7A-9P daily.



Healthy Savings!

Prices effective December 3 – December 30

Horizon Organic Butter, Regular or Unsalted, 16 oz.....	\$5.99
Back to Nature Crackers, select varieties, 8-8.5 oz.....	2/\$6
Napa Valley Avocado Oil, 25.4 oz.....	\$9.99
King Arthur Flour, Natural 5#, All-Purpose & Bread.....	\$4.99
Wholesome Organic Sugar, select 16 -32 oz.....	\$4.99
Equal Exchange Coffee, Fair Trade/Organic, select 10-12 oz.....	\$9.99
Pacific Organic Broths, assorted varieties, 32 oz.....	\$3.99
Cadia Organic Coconut Oil, 14 oz. Refined.....	\$5.99
Caulipower Baking Mix, Paleo Cauliflour, 12 oz.....	\$9.99
Knudsen's Sparkling Juices, select 25.4 oz.....	2/\$6
Maple Hill Organic Kefir, Grass-fed, 32 oz. assorted.....	\$4.99
Horizon Organic Egg Nog, 32 oz.....	\$4.99
Cadia Organic Vegetables, select Frozen 16 oz.....	2/\$5
Katz Gluten-free Fruit Pies, assorted Frozen 11.5 oz.....	\$5.99
Sage Valley Organic Corn Chips, 9 oz.....	\$2.99
Good Health Avocado Oil Potato Chips, assorted varieties, 5 oz....	2/\$5
Green Forest Bath Tissue, 12-pack/ Double Roll.....	\$9.99
Desert Essence Hair Care, assorted varieties, 8 oz.....	\$5.99
Emani Cosmetics, entire line.....	20% off
Ancient Nutrition Bone Broths and entire line.....	20% off
Jarrow Vitamins & Supplements, entire line.....	20% off
Enzymedica Digestive Enzymes, entire line.....	20% off
Source Naturals Herbs & Supplements, entire line.....	20% off
Arbor Farms Brand Vitamins & Herbs, entire line.....	20% off

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