



# Healthy Savings!

Prices effective January 1 - 14

<b>Organic Avocados,</b> large 48-count size.....	<b>2/\$4</b>
<b>Organic Navel Oranges,</b> extra large 40-count size .....	<b>2/\$3</b>
<b>Organic Broccoli.....</b>	<b>\$1.99/lb</b>
<b>Organic Blackberries,</b> 6 oz. pkg.....	<b>\$2.99</b>
<b>Miller Poultry Pick of the Chick....</b>	<b>\$1.99/lb</b>
<b>Grass-fed Delmonico Steaks,</b> boneless...	<b>\$13.99/lb</b>
<b>Organic Celery.....</b>	<b>\$.99/lb</b>
<b>Organic Russet Potatoes,</b> 5# bag.....	<b>\$3.99</b>
<b>Organic Gala Apples,</b> 3# bag.....	<b>\$3.99</b>
<b>Organic D' Anjou Pears.....</b>	<b>\$1.99/lb</b>
<b>Organic Fuji Apples.....</b>	<b>\$1.99/lb</b>
<b>Fjord Sea Trout Fillets,</b> Norway, farm-raised.....	<b>\$14.99/lb</b>
<b>Pork Spare Ribs,</b> Premium, all-natural.....	<b>\$3.49/lb</b>
<b>Big Fork Sausages,</b> assorted 12 oz.....	<b>\$7.49</b>
<b>Garrett Valley Bacon,</b> assorted 8 oz.....	<b>\$6.99</b>
<b>Chicken Noodle Soup</b> w/ Shiitake & Leeks, crafted in our Kitchen...	<b>\$4.99/lb</b>
<b>Baked Penne Cauliflower Casserole</b> crafted in our Kitchen.	<b>\$8.99/lb</b>
<b>Flax 4 Life Muffins,</b> assorted 4-count/ 14 oz pkg.....	<b>\$6.99</b>
<b>Drouhin Macon-Villages,</b> 750 ml.....	<b>\$12.99</b>
<b>Dark Horse Crooked Tree I.P.A..</b> & select 6/12 oz.....	<b>\$8.99</b>

**fresh. local. organic.**

*Open 7A-9P daily.*



# Healthy Savings!

Prices effective January 1 - 28

<b>Napa Valley Avocado Oil,</b> 25.4 oz.....	<b>\$9.99</b>
<b>Simple Mills Almond Crackers,</b> assorted 4.25 oz....	<b>\$3.99</b>
<b>Cadia Organic Beans,</b> assorted 15-16 oz.....	<b>3/\$4</b>
<b>Maple Hill Organic Yogurt,</b> 100% Grass-fed, 6 oz.....	<b>4/\$5</b>
<b>Choice Organic Tea,</b> assorted varieties, 16-count bags.....	<b>\$3.99</b>
<b>Wild Planet Sardines,</b> assorted varieties, 4.4 oz.....	<b>2/\$5</b>
<b>Nature's Path Organic Eco-Pac Cereals,</b> assorted 24-32 oz.....	<b>\$7.99</b>
<b>Bear Yo-Yo Fruit Rolls,</b> assorted 3.5 oz Mult-pks.....	<b>\$3.99</b>
<b>Cascade Ice Organic Sparkling Water,</b> assorted 17.2 oz.....	<b>5/\$5</b>
<b>Kevita Kombucha &amp; Juices,</b> assorted 15.2 oz.....	<b>2/\$6</b>
<b>Uncle Matt's Organic Orange Juice,</b> assorted 59 oz.....	<b>\$6.99</b>
<b>Cadia Organic Pizza,</b> assorted Frozen 12-13 oz.....	<b>2/\$10</b>
<b>Halo Top Creamery Ice Cream,</b> assorted 16 oz.....	<b>\$4.99</b>
<b>Vegan Rob's Chips &amp; Puffs,</b> assorted 3.5 oz.....	<b>2/\$4</b>
<b>The Real Coconut Tortilla Chips,</b> assorted varieties, 5.5 oz.....	<b>2/\$7</b>
<b>Bio-Kleen Laundry Detergent,</b> 64 oz liquid, Sport or Citrus.....	<b>\$8.99</b>
<b>7<sup>th</sup> Generation Bath Tissue,</b> 12-Roll.....	<b>\$7.99</b>
<b>Seaweed Bath Hair &amp; Body Care,</b> entire line.....	<b>20% off</b>
<b>Kiss My Face Lotions &amp; Skin Care,</b> entire line.....	<b>20% off</b>
<b>Nutrition Now Supplements,</b> entire line.....	<b>20% off</b>
<b>Renew Life Cleansing Support,</b> entire line.....	<b>20% off</b>
<b>Tera's Whey Protein Powders,</b> entire line.....	<b>20% off</b>
<b>Solgar Dietary Supplements,</b> entire line.....	<b>20% off</b>
<b>Nordic Naturals Omega-3 Supplements,</b> entire line.....	<b>20% off</b>

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