

Organic & Natural Grocery Items • Snacks • Beverages • Household Supplies

DR. MCDUGALL'S
Asian Entree
All Varieties
\$1.49



DR. MCDUGALL'S
Big Soup Cup
All Varieties
\$1.49



PACIFIC FOODS
Organic Soup
All Varieties
\$2.99



Non-Organic Creamy Carrot Cashew Ginger or Curried Red Lentil.....
32 oz. Sugg. Retail: \$4.29
\$2.89

Natural Beef or Chicken Broth.....
32 oz. Sugg. Retail: \$3.79
\$2.59

FARMER'S MARKET
Organic Puree
Butternut Squash or Sweet Potato
\$2.19



15 oz. Sugg. Retail: \$3.29
Pumpkin..... **\$2.29**
15 oz. Sugg. Retail: \$3.39
Pumpkin Pie Filling... **\$2.59**
15 oz. Sugg. Retail: \$3.79

ANNIE'S HOMEGROWN
Bunnies Cracker
Sour Cream & Onion, White Cheddar, Whole Wheat or Organic Cheddar
\$2.69



ANNIE'S HOMEGROWN
Organic Bunny Grahams
All Varieties
\$2.69



7.5 oz. Sugg. Retail: \$3.99
Cocoa & Vanilla Bunny Cookies.....
6 oz. Sugg. Retail: \$5.19
\$3.49

PIRATE BRAND
Gourmet Snacks
All Varieties
\$1.99



4-6 oz. Sugg. Retail: \$2.99

DIRTY
Potato Chips
All Varieties
\$1.79



5.5 oz. Sugg. Retail: \$2.69

ONCE AGAIN
Organic Peanut Butter
Crunchy or Smooth
\$4.29



16 oz. Sugg. Retail: \$6.29

SANTA CRUZ
Organic Peanut Butter
Dark or Light Roast: Creamy or Crunchy
\$3.99



16 oz. Sugg. Retail: \$5.49

BLUE-DIAMOND
Almond Butter
All Varieties
\$3.79



12 oz. Sugg. Retail: \$5.49

MARANATHA
Organic Almond Butter
Roasted Crunchy or Creamy or Raw Creamy
\$17.89



16 oz. Sugg. Retail: \$26.19
Non-Organic No Salt Raw.....
16 oz. Sugg. Retail: \$12.29
\$8.39

LUNDBERG FARMS
Rice Chips
All Varieties
\$2.19



6 oz. Sugg. Retail: \$3.29

GREEN & BLACK'S
Organic Chocolate Bar
All Varieties
\$2.49



3.5 oz. Sugg. Retail: \$3.99

DOCTOR KRACKER
Organic Flatbread
Klassic, Pumpkin Seed, Seeded Spelt or Seedlander
\$3.19



7 oz. Sugg. Retail: \$4.59

GARDEN OF EATIN'
Organic Corn Chips
Blue, Blue No Salt, Everything Multigrain, Sea Salt Multigrain or Red Salted
\$2.59



9 oz. Sugg. Retail: \$3.79

HAPPY BABY
Organic Yogurt Melts
Banana, Mixed Berry or Strawberry
\$2.79



1 oz. Sugg. Retail: \$4.19

HAPPY BITES
Organic Puffs
Apple, Banana or Greens
\$2.49



2.1 oz. Sugg. Retail: \$3.69

WESTBRAE
Organic Beans
All Varieties
\$1.59



15 oz. Sugg. Retail: \$2.39

NATURAL SEA
Tuna
Chunk Light Yellowfin Salt or No Salt
\$1.89




6 oz. Sugg. Retail: \$2.79
Chunk Light Tongol, Salt or No Salt..... **\$1.99**
6 oz. Sugg. Retail: \$2.99
White Albacore, Salt or No Salt..... **\$2.39**
6 oz. Sugg. Retail: \$3.49
Chopped Clams..... **\$2.39**
6.5 oz. Sugg. Retail: \$3.49

TERRA
Exotic Vegetable Chips
Mediterranean, Original or Zesty Tomato
\$3.79



7.5 oz. Sugg. Retail: \$5.69

NANA'S
No Gluten Cookies
Chocolate, Chocolate Chip, Ginger or Lemon
\$1.49



3.5 oz. Sugg. Retail: \$2.19

LUCY'S
Gluten Free Cookies
Chocolate, Cinnamon, Oatmeal or Sugar
\$3.79



5.5 oz. Sugg. Retail: \$5.59

ENJOY
Gluten Free Cookies
All Varieties
\$2.79



6 oz. Sugg. Retail: \$4.19

DREW'S
Natural Dressing
All Varieties
\$2.39



12 oz. Sugg. Retail: \$3.59

LE SAUNIER
Sea Salt
Fleur De Sel
\$6.79



125 gm. Sugg. Retail: \$9.99

MORU-NU
Silken Tofu
Firm, Extra Firm, Lite Firm or Soft
\$1.49



12-12.3 oz. Sugg. Retail: \$2.19
Firm w/Organic Soybeans..... **\$1.69**
12.3 oz. Sugg. Retail: \$2.49

ANNIE'S HOMEGROWN
Mac & Cheese Dinner
Organic Pasta & Organic White Cheddar, 5 Grain Elbows & White Cheddar, Shells & Wisconsin Cheddar, Organic Whole Wheat Shells & Wisconsin Cheddar, Alfredo Shells & Cheddar or Organic Classic
\$1.99



6 oz. Sugg. Retail: \$2.99

NEWMAN'S
Organic Fig Newmans
Fat Free, Low Fat or Wheat Free Dairy Free
\$3.39



12 oz. Sugg. Retail: \$4.99

EDWARD & SONS
Organic Brown Rice Snaps
Black Sesame, Plain or Vegetable
\$2.69



3.5 oz. Sugg. Retail: \$3.99

DAGOBA
Organic Chocolate Bar
All Varieties
\$1.89



2 oz. Sugg. Retail: \$2.79

LARABAR
Nutrition Bar
All Varieties
\$1.19



1.6-1.8 oz. Sugg. Retail: \$1.79
By The Case..... **\$16.99**
16 per case Sugg. Retail: \$28.64

WOODSTOCK FARMS
Organic Mustard
Yellow, Dijon or Stoneground
\$2.29



8 oz. Sugg. Retail: \$3.49

Organic Ketchup
\$2.29



14 oz. Sugg. Retail: \$3.49
Up/Down Bottle..... **\$2.99**
20 oz. Sugg. Retail: \$4.49

Organic Relish
Sweet or Spicy Chipotle
\$3.99



16 oz. Sugg. Retail: \$5.99

Organic Pickles
All Varieties
\$3.99



24 oz. Sugg. Retail: \$5.99
Organic Sauerkraut..... **\$3.39**
16 oz. Sugg. Retail: \$4.99

FLORIDA CRYSTALS
Organic Cane Sugar
\$3.69



2 lb. bag Sugg. Retail: \$5.39
Demerara..... **\$3.79**
2 lb. bag Sugg. Retail: \$5.69

RUDI'S
Organic Bread
Double Fiber or Colorado Cracked Wheat
\$3.49




22-24 oz. Sugg. Retail: \$4.99

SAN-J
Organic Tamari
Wheat Free Gold Label
\$2.99



10 oz. Sugg. Retail: \$4.49
Wheat Free Reduced Salt Platinum Label..... **\$3.59**
10 oz. Sugg. Retail: \$5.29
Organic Shoyu Bronze Label..... **\$2.49**
10 oz. Sugg. Retail: \$3.69

SIMPLY ASIA
Noodles & Sauce
Sesame or Soy Ginger
\$2.39



11 oz. Sugg. Retail: \$3.49

TASTY BITE
Indian Entrees
All Varieties
2/\$4



10 oz. Sugg. Retail: \$3.69

WYMAN'S
Wild Blueberry Juice
Original or w/Black Currants
\$4.29



46 oz. Sugg. Retail: \$6.29-\$6.39

LAKEWOOD
Organic Juice
Carrot or Pineapple
\$4.29



32 oz. Sugg. Retail: \$6.29
Organic Pomegranate..... **\$8.89**
32 oz. Sugg. Retail: \$12.99
Pure Black Cherry..... **\$3.69**
32 oz. Sugg. Retail: \$5.49

YOGI
Organic Green Tea
Selected Varieties
\$3.49



16 bags Sugg. Retail: \$5.19
Lemon Ginger, Mint Garden, Pure Green or Pure Green Decaf..... **\$3.19**
16 bags Sugg. Retail: \$4.59

GYERBA
Organic Energy Shot
All Varieties
\$2.49



2 oz. Sugg. Retail: \$3.99

MANITOBA
Organic Hemp Bliss
All Varieties
\$3.39



32 oz. Sugg. Retail: \$4.99

PACIFIC FOODS
Almond, Oat or Hazelnut Beverage
All Varieties
\$2.29



32 oz. Sugg. Retail: \$3.39

SEEDS OF CHANGE
Organic Simmer Sauce
Jalfrezi, Korma, Madras or Tika Masala
\$3.39



12 oz. Sugg. Retail: \$4.99

SEEDS OF CHANGE
Organic Rice & Grain Blends
Tigris 7 Grain Medley, Rishik Brown Basmati Rice, Dharams Indian Rice or Uyuni Quinoa & Rice
\$2.69



8.5 oz. Sugg. Retail: \$3.99

TRIPLE LEAF
Herb Tea
Cholesterid, Cold/Flu Time, Detox or Ginger Decaf: Jasmine Green, Green, Green Ginseng, or Green Ginkgo
\$2.59




20 bags Sugg. Retail: \$3.79
Green Premium..... **\$2.19**
20 bags Sugg. Retail: \$2.99
Blood Pressure or Dieter's Green..... **\$3.29**
20 bags Sugg. Retail: \$4.89

AMY & BRIAN
Natural Coconut Juice
Pulp Free, w/Pulp or w/Lime
\$1.89



17.5 oz. Sugg. Retail: \$2.79

POLAND SPRING
Spring Water
Distilled or Original
\$1.39



1 gal. Sugg. Retail: \$1.99

GUAYAKI
Organic Energy Drink
All Varieties
\$1.89



16 oz. Sugg. Retail: \$2.69

GUAYAKI
Organic Tea
Santa Mateo Blend or Traditional Mate
\$9.89



16 oz. Sugg. Retail: \$14.39
Organic Traditional Mate Yerba Mate..... **\$4.99**
25 ct. Sugg. Retail: \$7.49

STEAZ
Zero Calorie Organic Soda or Sparkling Organic Green Tea
All Varieties
\$1.09



12 oz. Sugg. Retail: \$1.49

SPECTRUM
Organic Coconut Oil
Refined
\$6.29



14 oz. Sugg. Retail: \$9.29
Unrefined..... **\$7.79**
10 oz. Sugg. Retail: \$11.39

SPECTRUM
Organic Extra Virgin Olive Oil
Unrefined
\$14.49



25.4 oz. Sugg. Retail: \$19.19