

SNACKS • BEVERAGES • AROUND THE HOME

RISE & SHINE



BAKERY ON MAIN
Organic Granola **\$4.19**
 Cranberry Maple, Maple Raisin or Pecan Cranberry
 12 oz. Sugg. Retail: \$5.99

UNCLE SAM
Uncle Sam Cereal **\$2.59**
 Original 10 oz. Sugg. Retail: \$3.79
 w/Berries..... **\$3.19**
 10.5 oz. Sugg. Retail: \$4.69

FOOD FOR LIFE
Organic Ezekiel 4:9 Cereal **\$4.39**
 Golden Flax or Original 16 oz. Sugg. Retail: \$6.39
 Cinnamon Raisin or Almond..... **\$4.79**
 16 oz. Sugg. Retail: \$6.99

BOB'S RED MILL
Oat Cereal **\$2.99**
 Thick Rolled Oats or Organic Steal Cut Oats
 24-32 oz. Sugg. Retail: \$4.29-\$4.49
 Organic Rolled Oats..... **\$3.69**
 32 oz. Sugg. Retail: \$5.49

DR. MCDUGALL'S
Organic Hot Cereal Cup **\$1.49**
 Apple Cinnamon, Maple or Peach Raspberry
 2.3-3 oz. Sugg. Retail: \$2.19

GLUTEN FREEDA'S
Gluten Free Oatmeal w/Flax **\$3.99**
 Apple Cinnamon, Banana Maple or Maple Raisin
 10.5 oz. Sugg. Retail: \$5.79

NATURE'S PATH
Organic Optimum Cereal **\$3.69**
 Cranberry, Power, Slim, Strawberry or Banana
 10.6-14 oz. Sugg. Retail: \$5.39

NATURE'S PATH
Organic Instant Oatmeal **\$3.19**
 Assorted Varieties 8 ct. Sugg. Retail: \$4.59

OLD WESSEX
Instant Oatmeal **\$2.69**
 Instant Original or Maple Brown Sugar
 2.1-14.1 oz. Sugg. Retail: \$3.99

Organic Instant Oatmeal: **\$2.99**
 Original or Maple..... **\$2.99**
 9-11.3 oz. Sugg. Retail: \$4.49
 5 Grain, Instant, Irish Style..... **\$2.39**
 or Scottish Porridge..... **\$2.39**
 16-18.5 oz. Sugg. Retail: \$3.49
 Hot Oatbran Cereal..... **\$2.69**
 18.5 oz. Sugg. Retail: \$3.99

PECTRUM
Canola Oil **\$5.99**
 Refined 2 oz. Sugg. Retail: \$8.49
 Organic..... **\$8.89**
 2 oz. Sugg. Retail: \$12.59
 Organic Shortening..... **\$5.49**
 4 oz. Sugg. Retail: \$7.79



MILLEN FARMS
Picked Crispy Asparagus or Maraschino Cherries **\$4.49**
 2-14 oz. Sugg. Retail: \$6.59



CROWN PRINCE
Sardines **\$2.59**
 Packing in Water or Mustard Sauce 7.5 oz. Sugg. Retail: \$3.89
 Anchovy Paste..... **\$1.79**
 7.5 oz. Sugg. Retail: \$2.59



UNDBERG FARMS
Co-Farmed Rice **\$2.29**
 Long or Short Grain Brown 1 lb. Sugg. Retail: \$3.39



BIKLEEN
Laundry Liquid **\$9.59**
 Citrus, Energy Saver or Free & Clear 64 oz. Sugg. Retail: \$13.99



BACH
Pet Rescue Remedy **\$9.29**
 10 ml. Sugg. Retail: \$13.99



GREEN SPROUTS
Stainless Steel Bottle **\$6.49**
 ea. Sugg. Retail: \$11.99



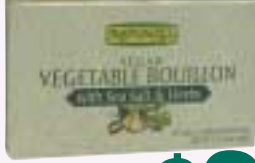
EARTH WORM
Family Safe Cleaning Products **\$4.39**
 All Purpose, Bathroom, Carpet & Upholstery, Mold & Mildew, Floor or Odor Eliminator 22 oz. Sugg. Retail: \$6.49
 Drain Cleaner..... **\$3.39**
 32 oz. Sugg. Retail: \$4.99



RAPUNZEL
Organic Spanish Extra Virgin Olive Oil **\$13.69**
 25.35 oz. Sugg. Retail: \$19.99
 Organic Unrefined Sunflower Oil.... **\$4.79**
 16.9 oz. Sugg. Retail: \$6.99



RAPUNZEL
Organic Vegetable Bouillon **\$2.19**
 No Salt, w/Herbs or w/Sea Salt 2.4-3.10 oz. Sugg. Retail: \$3.29



IMAGINE FOODS
Organic Gravy **\$1.99**
 Turkey or Beef 16 oz. Sugg. Retail: \$2.79



IMAGINE FOODS
Organic Bistro Soup **\$3.79**
 Corn Chowder, Black Bean or Roasted Tomato 32 oz. Sugg. Retail: \$5.29
 Organic Moroccan Chickpea Bisque Soup..... **\$4.29**
 32 oz. Sugg. Retail: \$5.99



FRONTIER NATURALS
100% Organic Vanilla Extract **\$7.59**
 4 oz. Sugg. Retail: \$11.19



FLAVOR ORGANICS
Organic Extract **\$4.19**
 Assorted Varieties 2 oz. Sugg. Retail: \$5.99
 4 oz. Organic Vanilla Extract..... **\$7.89**
 Sugg. Retail: \$11.59



WESTBRAE
Organic Vegetables **\$1.79**
 French Green Beans, Corn or Sweet Peas 15-15.25 oz. Sugg. Retail: \$2.59
 Green Beans..... **\$1.89**
 14.5 oz. Sugg. Retail: \$2.69



WOODSTOCK FARMS
Organic Sesame Tahini **\$7.49**
 No Salt 16 oz. Sugg. Retail: \$10.99
 Raw Almond Butter..... **\$7.49**
 16 oz. Sugg. Retail: \$10.99



BEVERAGES



BLUE-DIAMOND
Almond Breeze Beverage **\$1.99**
 Assorted Varieties 32 oz. Sugg. Retail: \$2.89

IMAGINE FOODS
Almond Dream **\$4.29**
 Original or Unsweetened 64 oz. Sugg. Retail: \$5.99
 Organic Enriched Soy Dream Original or Vanilla..... **\$4.69**
 64 oz. Sugg. Retail: \$6.59

HARVEST BAY
Coconut Water **\$1.39**
 11 oz. Sugg. Retail: \$1.99
 34 oz..... **\$4.19**
 Sugg. Retail: \$5.99

PENTA
Purified Drinking Water **\$1.49**
 16.9 oz. Sugg. Retail: \$2.19

R.W. KNUDSEN
Just Juice **\$6.69**
 Cranberry or Blueberry 32 oz. Sugg. Retail: \$9.79
 Pomegranate..... **\$6.29**
 32 oz. Sugg. Retail: \$9.29
 Black Cherry..... **\$3.59**
 32 oz. Sugg. Retail: \$5.29

Organic Just Juice **\$4.99**
 Concord Grape or Tart Cherry 32 oz. Sugg. Retail: \$7.49
 Organic Cranberry or Pomegranate..... **\$8.49**
 32 oz. Sugg. Retail: \$12.49



YOGI
Organic Tea **\$3.49**
 Assorted Varieties 16 bags Sugg. Retail: \$5.19
 Purely Peppermint..... **\$3.19**
 16 bags Sugg. Retail: \$4.59

TRADITIONAL MEDICINALS
Organic Tea **\$3.79**
 Ginger Aid, Everyday Detox or Heartburn Soother
 16 bags Sugg. Retail: \$5.59

INKO'S
Ready To Drink White Tea **\$1.19**
 Assorted Varieties 16 oz. Sugg. Retail: \$1.79

HEALTHY SNACKS



LOCKER
Wafer Cookies **\$2.99**
 Assorted Varieties 7.7-8.82 oz. Sugg. Retail: \$4.49

NATURE'S PATH
Organic Granola Bars **\$3.39**
 Assorted Varieties 6.2-7.4 oz. Sugg. Retail: \$4.99

TERRA
Terra Chips **\$3.89**
 Mediterranean, Original or Zesty Tomato 7.5 oz. Sugg. Retail: \$5.69

WASA
Crispbread **\$2.19**
 Hearty Rye, Light Rye, Multigrain, Sourdough Rye, Whole Wheat or Whole Grain 8.8-10.9 oz. Sugg. Retail: \$3.19
 Mild Rye or 7 Grain..... **\$1.59**
 4.9 oz. Sugg. Retail: \$2.39

BACK TO NATURE
Cookies **\$3.49**
 Assorted Varieties 8.5-12 oz. Sugg. Retail: \$4.69

BACK TO NATURE
Crackers **\$2.99**
 Assorted Varieties 5.5-8.5 oz. Sugg. Retail: \$3.99

NATURAL NECTAR
Cracklebread **\$2.69**
 Multigrain, Gluten Free Original or Gluten Free Tomato & Oregano 3.5 oz. Sugg. Retail: \$3.99
 Peanut Butter Nugget..... **\$1.39**
 1.12 oz. Sugg. Retail: \$2.09

NEWMAN'S OWN
Organic Pretzels **\$2.49**
 Assorted Varieties 7-8 oz. Sugg. Retail: \$3.69

NEWMAN'S OWN
Organic Fig Newmans **\$3.39**
 Fat Free, Low Fat or Wheat Free/Dairy Free 12 oz. Sugg. Retail: \$4.99