RESOLUTIONS. We make it easy!

Good Belly Organic Probiotic Juice Drink
All varieties
32 FL OZ
$2.99
Reg $4.79-$4.99

Sunny Culture Kombucha
All varieties
32 OZ
2/$7
Reg $4.49 ea

Vita Coco Coconut Water
All varieties
1 LT
2/$7
Reg $5.79 ea

Annie’s Naturals Organic Dressing
All varieties
8 FL OZ
2/$7
Reg $4.99 ea

Spectrum Naturals Organic Refined Sunflower Oil
16 FL OZ
$5.49
Reg $7.99

So Delicious Organic Coconut Milk Beverage
All varieties
32 FL OZ
2/$5
Reg $2.99 ea

Voss Water Artesian Still Water
12.6 FL OZ
2/$3
Reg $1.99 ea

Stonyfield Farm Organic Yogurt
All varieties
32 OZ
$3.99
Reg $5.99

Cascadian Farm Organic Cereal
All varieties
12 OZ
2/$8
Reg $5.99 ea

Good January 1, 2019 thru January 31, 2019. Some items & sales may not be available at both locations.
**FRESH START SMOOTHIE**

January is the time for a fresh start! This vegan smoothie blends organic carrot juice & organic coconut milk with sweet banana & mango, tangy orange juice & a sprinkle of turmeric!

**MORINGA LATTE**

Moringa is known for its numerous health benefits, & what better time to incorporate this superfood into your diet than the month of resolutions?! This latte blends moringa powder & the organic milk of your choice with organic agave to give it a little sweetness!

**VEGAN BIG STACK SAMMY**

This delicious sandwich will give you something to rave about - guaranteed. Homemade tempeh “bacon,” melty vegan cheese, tomatoes, pickles & onion all piled high on a bed of organic spinach. Add avocado* to take this sammy to the next level!!

*for an additional charge, accompaniments & garnishes not included
MEAT & SEAFOOD

Grassfed & Local
Chuck Roast
A cold weather favorite!

Popsie Fish Co.
Sockeye Salmon
12 oz pkg (in freezer section)

$6.99
Reg $9.99 lb

Plainville
All Natural Ground Turkey
16 oz pkg excl. ground turkey breast & org. ground

$4.99
Reg $5.99 ea

Applegate
Organic Sunday Bacon
8 oz pkg

$7.49
Reg $8.49 ea

All-Natural
Chicken Cutlets

$5.99
Reg $6.99 lb
BULK SALES

Organic Red Dried Banana $5.29
Papaya Spears (no sugar) $6.39
Sprouted Pumpkin Seeds $9.29
Dark Chocolate Cashews $13.39
All bulk prices by the pound.

CHEESE BOARD

Miyoko's Creamery Organic Vegan Mozz "Cheese"
Smoked or Classic 8 oz pkg $7.49
Reg $8.69-$8.89 ea

WINE & Beer

Cono Sur Cabernet Sauvignon/Carmenere/Syrah $10.99
Reg $12.99

Bonterra Chardonnay $11.99
Reg $13.99

Tventh Sun Mangrove Double IPA $8.99
Reg $9.99 4 pk

accompaniments & garnishes not included
Keto-Friendly
Free Cooking Class
Paleo + Keto Meal Prep: Chick-o-Rama!
Sun, 1/20 @ 1 pm in our Clearwater PaTcHwOrKs Community Room
w/ Carolyn Bradham - Kara Lynn's Kitchen

- Outer Aisle Cauliflower Sandwich Thins
  6.75 OZ
  $6.99
  Reg $7.99

- Slim Twin Organic Ice Cream
  All varieties
  1 Pint
  $4.49
  Reg $5.49

- Smart Baking Smart Cakes
  All varieties
  2.11 OZ
  $2.69
  Reg $2.99

- Primal Kitchen Unsweetened Ketchup
  11.3 OZ
  $5.49
  Reg $6.49

- From the Ground Up Cauliflower Pretzel Twists
  Original
  4.5 OZ
  2/$6
  Reg $3.99 ea

- Boulder Canyon Riced Cauliflower
  Unseasoned
  10 OZ
  $3.49
  Reg $4.79
Paleo Friendly

Free Cooking Class
Paleo + Keto Meal Prep: Chick-o-Rama!
Sun, 1/20 @ 1 pm in our Clearwater PaTcHwOrKs Community Room
w/ Carolyn Bradham - Kara Lynn’s Kitchen

- Epic Beef Bar
  All varieties
  1.5 OZ
  2/$3
  Reg $2.99 ea

- RXBAR Protein Bar
  All varieties
  1.83 OZ
  2/$4
  Reg $2.99 ea

- Almond Breeze Almond Milk
  Original Unsweetened
  64 FL OZ
  $3.99
  Reg $5.79

- Native Forest Organic Coconut Milk
  Classic Unsweetened
  13.5 FL OZ
  2/$5
  Reg. $3.39 ea
Vegan
Free Cooking Class
Egg-Less Frittata
Thu, 1/10 @ 6:30 pm in our Clearwater PaTcHwOrks Community Room w/ John van Vlaardingen - JVHealth

Nothin’ But!
Granola Cookie Bites
Chocolate + Coconut + Almond
7 OZ
$4.79
Reg $7.59

Sambazon
Organic Acai
Superfruit Packs
Pure Unsweetened
4/100GRM
$5.79
Reg $8.29

Evo Hemp
Organic Fruit & Nut Bar
All varieties
1.7 OZ
$1.99
Reg $2.69

Gomacro
Organic Macrobar
All varieties
2.3 OZ
$2.29
Reg $2.99

Think! Thin
Plant Based Protein Bar
All varieties
1.94 OZ
$1.79
Reg $2.49

Made Good
Organic Granola Bars
All varieties
6/.85OZ
2/$7
Reg $4.99 ea

Enjoy Life
Baked Chewy Bars
All varieties
5.75 OZ
$3.49
Reg $4.99

Popchips
Potato Chips
All varieties
5 OZ
2/$5
Reg $4.59 ea

Wild Friends
Peanut Butter
Classic Creamy
16 OZ
$4.49
Reg $6.69

Justin’s
Peanut Butter Squeeze Pack
All PB varieties
1.15 OZ
2/$1
Reg $.69 ea

Wink Frozen Desserts
Ice Cream
All varieties
16 FL OZ
$3.99
Reg $5.49

Dr. Praeger’s
Veggie Burgers
All varieties
10 OZ
$4.49
Reg $5.59
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<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Reg Price</th>
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<tbody>
<tr>
<td>Hallo Top Dairy-Free Frozen</td>
<td>$4.99</td>
<td>$6.69</td>
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<tr>
<td>Ancient Harvest Quinoa Flakes</td>
<td>$8.49</td>
<td>$10.99</td>
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<tr>
<td>gimMe Organic Roasted</td>
<td>$4.49</td>
<td>$6.89</td>
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<tr>
<td>Good Health Veggie Straws</td>
<td>$2.79</td>
<td>$4.49</td>
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<tr>
<td>Iconic Protein Drink</td>
<td>$2/$5</td>
<td>Reg $3.69</td>
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<tr>
<td>Go Raw Organic Sprouted</td>
<td>$11.99</td>
<td>Reg $17.99</td>
</tr>
<tr>
<td>Kettle Brand Avocado Oil</td>
<td>2/$5</td>
<td>Reg $3.99</td>
</tr>
</tbody>
</table>
**Patch Picks!**

- Seven Rivers Lemonade, 12 oz: 2/$5, Reg $2.99 ea
- Sliced Brioche Loaf, 17.64 oz: $4.49, Reg $5.99

**Cold Weather Comfort Foods**

- Koyo Organic Rice Crackers, All varieties, 3.5 oz: $2.29, Reg $2.69
- Annie’s Homegrown Macaroni & Cheese, All varieties, excl. organic, 6 oz: 2/$5, Reg $3.99 ea
- Imagine Foods Organic Broth, All varieties, excl. bone broth, 32 fl oz: 2/$6, Reg $4.99 ea
- Wolfgang Puck Organic Soup, All varieties, 14.5 oz: $2.29, Reg $3.49

**Snacks for the Big Game!**

- Annie’s Homegrown Organic Snack Mix, All varieties, 9 oz: $4.49, Reg $6.49
- Late July Snacks Organic Tortilla Chips, Thin & Crispy Sea Salt, 11 oz: 2/$6, Reg $4.49 ea
- Beanfields Bean Chips, All varieties, 5.5 oz: $2.99, Reg $3.99
- Late July Snacks Organic Salsa, Thick & Chunky Medium, 15.5 oz: 2/$7, Reg $4.99 ea

**Break the Fast!**

- Bulletproof Ground Coffee, The Original, 12 oz: $11.49, Reg $17.59
- Van’s Waffles, All varieties, 9 oz: $2.99, Reg $3.99
- Annie’s Homegrown Organic Cereal, All varieties, 10.8 oz: $4.29, Reg $6.99
- Barbara’s Bakery Organic Cereal, All varieties, 10 oz: 2/$6, Reg $3.99 ea
- Earth’s Best Organic Apple Cinnamon Oatmeal, Junior, 6 oz: $2.39, Reg $2.39 ea
- Siggi’s Skyr Icelandic Style Yogurt, All varieties, 5.3 oz: 2/$3, Reg $2.29 ea
Dr. Tung’s Smart Floss 30 YD
$3.49
Reg $4.89

Tea Tree Therapy
Tea Tree Toothpaste
All varieties 5 OZ
$3.49
Reg $5.99

Ancient Secrets Nasal Cleansing Pot
$12.49
Reg $16.99

Acure Shampoo or Conditioner
All varieties 12 FL OZ
$7.49
Reg $9.99

Cleanwell Natural Antibacterial Foaming Hand Soap
All varieties 9.5 FL OZ
$4.49
Reg $6.49

Herban Cowboy Deodorant
All varieties 2.8 OZ
$6.99
Reg $8.99

Desert Essence Organic Tea Tree Oil .5 FL OZ
$7.49
Reg. $9.99

One with Nature Bar Soap
All varieties 7 OZ
$3.49
Reg $4.99

Yerba Prima Tampico Skin Brush
$9.99
Reg $12.99

Everyone Kids Soap
All varieties 32 FL OZ
$7.99
Reg $10.99
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Regular Price</th>
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<tbody>
<tr>
<td>Renew Life 3-Day Cleanse</td>
<td>$5.99</td>
<td>$7.99</td>
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<tr>
<td>Renew Life Rapid Cleanse</td>
<td>$19.99</td>
<td>$29.99</td>
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<tr>
<td>Jarrow HC Active Garcinia</td>
<td>$22.99</td>
<td>$29.95</td>
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<tr>
<td>BodyAnew Cleanse Detox Kit</td>
<td>$27.99</td>
<td>$37.79</td>
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<tr>
<td>Natural Vitality Natural Calm Anti-Stress Drink</td>
<td>$16.99</td>
<td>$22.99</td>
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<tr>
<td>American Health Ester-C 500 with citrus bioflavonoids</td>
<td>$12.99</td>
<td>$18.99</td>
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<tr>
<td>Buried Treasure Acute Cold and Flu Formula (ACF)</td>
<td>$19.99</td>
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<tr>
<td>Emergen-C Vitamin C Super Orange 30 packets</td>
<td>$10.99</td>
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<tr>
<td>Dr. Mercola Vitamin C 60 caps</td>
<td>$12.99</td>
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<tr>
<td>Amazing Grass Green Superfood</td>
<td>$18.99</td>
<td>$29.99</td>
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<tr>
<td>Naturade Vegan Smart All-in-One Nutritional Shakes</td>
<td>$30.99</td>
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<tr>
<td>Nutiva Organic Hemp Oil Cold Pressed 16 FL OZ</td>
<td>$13.99</td>
<td>$19.19</td>
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<tr>
<td>Carlson The Very Finest Fish Oil Lemon 120+30 softgels</td>
<td>$20.99</td>
<td>$27.99</td>
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<tr>
<td>Rainbow Light Men's One Multivitamin 30 tablets</td>
<td>$12.99</td>
<td>$17.99</td>
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<tr>
<td>Rainbow Light Women's One Multivitamin 30 tablets</td>
<td>$12.99</td>
<td>$17.99</td>
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<tr>
<td>Emerald Labs Men's One Daily 30 veg caps</td>
<td>$10.99</td>
<td>$14.99</td>
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<tr>
<td>Emerald Labs B-Healthy CoEnzymated 60 veg caps</td>
<td>$18.99</td>
<td>$24.99</td>
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**Nature's Food Patch Patchworks**

Clearwater location only. Come early. Seating is limited! See Summary of Events at Customer Care for more information.

### January 2019

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>FREE COOKING CLASS</strong></td>
<td><strong>Meet. Learn. Grow.</strong></td>
<td><strong>2019!</strong></td>
<td><strong>Healthy New Year</strong></td>
<td><strong>Seniors Day</strong></td>
<td><strong>Leafy Green Salad + Citrus Dressing</strong></td>
<td><strong>Mr. Brad's Music Fun Time</strong></td>
<td><strong>Free in the cafe!</strong></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Open 10 am - 7 pm</strong></td>
<td><strong>Five Ways to Abolish Cravings</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>10 am &amp; 6:30 pm</strong></td>
<td><strong>Chicken Tacos &amp; Wine Tasting</strong></td>
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<tr>
<td><strong>Kundalini Yoga</strong></td>
<td><strong>Song Circle</strong></td>
<td><strong>Wellness Sale Days</strong></td>
<td><strong>Leafy Green Salad + Citrus Dressing</strong></td>
<td><strong>Weight Management on a Plant-Based Diet</strong></td>
<td><strong>Ask the Doctor</strong></td>
<td><strong>New Year, New You: Juicing 101</strong></td>
<td><strong>2 pm</strong></td>
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<tr>
<td><strong>Setting Intentions</strong></td>
<td><strong>Supplements &amp; Body Care</strong></td>
<td><strong>20% OFF</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>Kimberly Kyriazis</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>11 am</strong></td>
<td><strong>Debbie DeGracia</strong></td>
</tr>
<tr>
<td><strong>1 pm</strong></td>
<td><strong>Free Jam Session in PaChwOrks!</strong></td>
<td><strong>15th &amp; 16th</strong></td>
<td><strong>Brady Myers</strong></td>
<td><strong>Probiotics, Gut Health + More</strong></td>
<td><strong>Dr. David Minkoff MD</strong></td>
<td><strong>Lemon Tree Spa</strong></td>
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<tr>
<td><strong>Tiffany Wimmer</strong></td>
<td><strong>Erika Davis</strong></td>
<td><strong>Usborne Book Buddy</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>Dominique Ostrander</strong></td>
<td><strong>Young Foundational Health Center</strong></td>
<td><strong>Dr. John Young MD</strong></td>
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<tr>
<td><strong>Ayurveda Herbal Immuni-Tea</strong></td>
<td><strong>Raw Wraps</strong></td>
<td><strong>Brad Myers</strong></td>
<td><strong>Mr. Brad's Music Fun Time</strong></td>
<td><strong>Energetics of Food: Food as Medicine</strong></td>
<td><strong>30</strong></td>
<td><strong>Dr. Paul &amp; Cara Reynolds</strong></td>
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</tr>
<tr>
<td><strong>1 pm</strong></td>
<td><strong>by Noon</strong></td>
<td><strong>The Vegabond Chef</strong></td>
<td><strong>10 am</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>The Reynolds Kitchen</strong></td>
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<tr>
<td><strong>Caroline Bradham</strong></td>
<td><strong>Kids Story Time</strong></td>
<td><strong>10 am</strong></td>
<td><strong>Mr. Brad's Music Fun Time</strong></td>
<td><strong>Probiotics, Gut Health + More</strong></td>
<td><strong>6:30 pm</strong></td>
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<tr>
<td><strong>Kara Lynn's Kitchen</strong></td>
<td><strong>Chick-O-Rama</strong></td>
<td><strong>10 am</strong></td>
<td><strong>6:30 pm</strong></td>
<td><strong>Dominique Ostrander</strong></td>
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<tr>
<td><strong>1 pm</strong></td>
<td><strong>Erika Davis</strong></td>
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<td></td>
<td><strong>Janet Jarrow</strong></td>
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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, cure or treat any disease. The diets mentioned are open to interpretation & personal preferences. The Patch recommends consulting your health professional for your personal medical condition.*