Healthy Back to School!

- **Silver Hills Bakery Sprouted Bread**
  - All 22 OZ Varieties
  - $2.99
  - Reg $4.29-$4.79

- **Niman Ranch Snack Pack**
  - All 3 OZ Varieties
  - $3.99
  - Reg $4.99

- **Plainville Organic Lunch Meat**
  - All 6 OZ Varieties
  - $4.99
  - Reg $6.49

- **Honest Organic Kids Juice Drinks**
  - All 8 Pack 6.75 OZ Varieties
  - $3.99
  - Reg $5.79

- **KIND Chewy with a Crunch Bar**
  - All Varieties
  - 5/1.2 OZ
  - 2/$6
  - Reg $4.59 ea

- **Stretch Island Organic Fruit Bites**
  - All 5/7 OZ Varieties
  - $3.49
  - Reg $5.49

- **Once Again Organic Sunflower or Peanut Butter**
  - All Varieties
  - 16 OZ
  - $4.99
  - Reg $6.99

- **Mediterranean Organic Organic Preserves**
  - All Varieties
  - 13 OZ
  - $3.99
  - Reg $6.59

- **Hippeas Organic Chickpea Puffs**
  - Vegan White Cheddar
  - 6/6 OZ Multipack
  - $4.49
  - Reg $6.99

Good July 30 - August 31, 2018. Some sales & items may not be available at both stores.
MEAT & SEAFOOD

OUR GRASS-FED BEEF IS SUPERIOR
It’s LOCAL and tastes better!

Boneless Ribeye
$14.99
Reg $20.99/LB

Sixty South
Salmon Raised in Antarctic Waters
$12.99
Reg $14.99/LB

Homemade Fresh Crab Cakes
$3.99
Reg $4.99/EA

All Natural boneless pork chops
$5.99
Reg $7.99/LB

WINE & BEER

Pacific Redwood Chardonnay
$11.99
Reg $13.99

Red Cypress Devil’s Chair IPA
$9.99
Reg $10.99

Our Daily Cabernet Sauvignon
$8.99
Reg $10.99

*Shown prepared with some items not included
THE PATCH TURKEY CLUB

Your favorite turkey club, Patch style! Oven roasted turkey, avocado, tomato & bacon piled high on top of organic romaine lettuce & Vegenaise pressed on Ezekiel bread.

WATERMELON COOLER

Cool off during the hot Florida summer with this refreshing drink featuring: sweet watermelon, strawberries & mint leaves with organic agave & organic coconut water.

THE PATCH SPOTLIGHT

JAMES-GROCERY

James has been with The Patch for over 3 years and has graciously volunteered for all Patch beach clean-ups, dog washes & community garden days since he started in our kitchen as a dishwasher. Now James is on the grocery team, stocking shelves & checking out the new products when they come in. When he’s not working, he likes to do anything outdoors, especially hiking at local nature preserves. Thanks for being such a great part of our team!
BULK SALES

All bulk prices are by the pound.

Organic Pitted Dates ....................... $4.39
Organic Turkish Apricots .................. $5.29
Organic Goji & Cacao Chunks of Energy . $6.89
Organic Apple Rings ......................... $9.59
Organic Hunza Figs ......................... $9.59
Organic Pecans ............................. $14.59
Organic Cocoa Dusted Almonds  
Dark Choc ................................ $17.59
Organic Dried Pomegranate ............. $22.59

CHEESE BOARD

Smith's Farmstead Gouda
Reg $12.59/LB
$10.99

Organic

Rogue Creamery Caveman Blue
Reg $28.99/LB
$23.99

Sartori Montamore
7 OZ
Reg $5.99/EA
$4.79

accompaniments & garnishes not included
Wild Planet
Wild Sardines
All Varieties
4.4 OZ
$1.99
Reg $3.79

Wild Planet
Wild Pink Salmon
6 OZ
2/$7
Reg $5.39 ea

Annie’s
Salad Dressings
Incl. Organic
8 FL OZ
2/$7
Reg $3.99 - $4.99 ea

Pacific
Organic
Chicken Broth
Low Sodium
32 FL OZ
2/$7
Reg $5.29 ea

Tinkyada
Brown Rice Pasta
All Varieties
12 - 16 OZ
$2.99
Reg $3.99 - $4.99

Emerald Cove
Organic
Pacific Nori
Gluten Free Naturally
.9 OZ
$5.99
Reg $8.99

Annie’s
Organic
Macaroni & Cheese
All Varieties
6 OZ
2/$5
Reg $3.79 ea

Annie’s
Macaroni & Cheese
All Non-Organic Varieties
6 OZ
2/$4
Reg $3.09 ea
**Nothin But**
- Premium Snack Bar
  - All Varieties
  - 1.4 OZ
  - 4/$5
  - Reg $1.99 ea

**Bobo’s**
- Oat Bars
  - All Varieties Excl. Nut Butter
  - 3 OZ
  - 2/$5
  - Reg $2.99 ea

**Larabar**
- Organic Superfoods Bar
  - All Superfoods Varieties
  - 1.6 OZ
  - 2/$3
  - Reg $2.69 ea

**Good Belly**
- Probiotic Bar
  - All Varieties
  - 1.49 OZ
  - 2/$4
  - Reg $3.69 ea

**Gomacro**
- Organic Macrobar
  - All Varieties Excl. Thrive
  - 2.3 OZ
  - 2/$5
  - Reg $2.99 ea

**This Bar Saves Lives**
- Snack Bar
  - All Varieties
  - 1.4 OZ
  - 4/$5
  - Reg $2.79 ea

**Erewhon**
- Organic Cereal
  - All Varieties 10 - 11 OZ
  - 2/$7
  - Reg $5.99 ea

**Nature’s Path**
- Organic Cereal
  - All Varieties 21.4 - 32 OZ
  - $7.99
  - Reg $10.99 - $12.19

**Bob’s Red Mill**
- Oatmeal Cup
  - All Varieties Excl. Organic
  - 2.36 OZ
  - $1.79
  - Reg $2.69

**Barbara’s**
- Puffins Cereal
  - All Puffins Varieties
  - 10 - 11 OZ
  - 2/$6
  - Reg $6.09 ea

**Cascadian Farm**
- Organic Cereal Raisin Bran
  - 12 OZ
  - 2/$8
  - Reg $5.89 ea

**Annie’s Homegrown**
- Organic Cereal
  - All Varieties
  - 10 OZ
  - $3.99
  - Reg $6.99
Jilz Gluten Free Crackerz
All Varieties
5.5 OZ
$5.49
Reg $6.49

Doctor Kracker
Organic Crispbreads
All Varieties
7 OZ
2/$7
Reg $3.99 ea

Rhythm Superfoods
Beet Chips
Naked
1.4 OZ
2/$7
Reg $3.49 ea

Good Health Veggie Straws
Sea Salt Multipack
6/1 OZ
$3.99
Reg $5.29

Garden Of Eatin’ Tortilla Chips
All Varieties
8.1 OZ
2/$5
Reg $3.99 ea

Terra Chips Vegetable Chips
All Varieties Excl. Coconut Oil
6 OZ
2/$5
Reg $4.29 ea

Jackson’s Honest Potato Chips
All Potato Chip Varieties
5 OZ
$3.29
Reg $4.49

Once Upon A Farm Organic & Cold-Pressed Baby Food Pouch
All Varieties
3.2 OZ
$1.79
Reg $2.99

Maranatha Raw Almond Butter
All Varieties
12 OZ
$7.49
Reg $12.09

Maranatha Organic Peanut Butter
Creamy & Crunchy Only
16 OZ
$4.99
Reg $7.79

Once Again Cashew Butter
No Salt
16 OZ
$9.49
Reg $15.39

Once Again Organic Cashew Butter
16 OZ
$11.49
Reg $15.99
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Reg Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Valley Organic Milk (Whole Milk, Lowfat, or Chocolate)</td>
<td>$15.49</td>
<td>$22.19</td>
</tr>
<tr>
<td>Back To Nature 100% Juice Boxes (Apple)</td>
<td>$4.49</td>
<td>$6.69</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Milk Beverage (All Varieties)</td>
<td>2/$5</td>
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</tr>
<tr>
<td>So Delicious Cashew Milk Beverage (All Varieties)</td>
<td>2/$5</td>
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<tr>
<td>Seven Rivers Drinks (All Varieties)</td>
<td>2/$4</td>
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</tr>
<tr>
<td>Zevia Zero Calorie Mixer (All Varieties)</td>
<td>$3.99</td>
<td>$6.99</td>
</tr>
<tr>
<td>Vita Coco Coconut Water (Pure)</td>
<td>2/$4</td>
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<tr>
<td>Iceland Springs Natural Icelandic Spring Water</td>
<td>$1.49</td>
<td>$1.99</td>
</tr>
<tr>
<td>Voss Water Artesian Water (From Norway)</td>
<td>$2.29</td>
<td>$3.79</td>
</tr>
<tr>
<td>Boxed Water Is Better Water (Purified)</td>
<td>5/$5</td>
<td></td>
</tr>
</tbody>
</table>
Andalou Naturals
Shampoo or Conditioner
Age Defying
11.5 FL OZ
$6.49
Reg $9.99

Everyone
3 in 1 Soap
All Varieties
32 FL OZ
$7.99
Reg $10.99

Desert Essence
Whitening Plus Toothpaste
All Varieties
6.25 OZ
$4.99
Reg $6.99

Tints of Nature
All Natural Hair Color
All Varieties
4.2 OZ
$13.99
Reg $18.99

Nature’s Gate
Shampoo & Wash
Baby
18 FL OZ
$4.99
Reg $8.69

Alba Botanica
Natural Acnedote Wash
Deep Pore
6 FL OZ
$6.99
Reg $10.49

Thayers
Witch Hazel Alcohol-Free Toner
All Varieties
12 FL OZ
$7.49
Reg $10.99

Cleanwell
Foaming Hand Wash
All Varieties
9.5 FL OZ
$4.49
Reg $6.49

Kiss My Face
Natural Active Life Deodorant
All Varieties
2.48 OZ
$3.99
Reg $5.99

Chandrika
Bar Soap
Ayurvedic
2.64 OZ
99¢
Reg $1.49
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Regular Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terry Naturally Curamin Extra Strength</td>
<td>$18.99</td>
<td>$24.99</td>
</tr>
<tr>
<td>Bulletproof Collagen Protein</td>
<td>$31.99</td>
<td>$42.89</td>
</tr>
<tr>
<td>Jarrow Jarro-Dophilus EPS™</td>
<td>$16.99</td>
<td>$22.95</td>
</tr>
<tr>
<td>SmartyPants Kids Gummy Multivitamin w/ Fiber</td>
<td>$21.99</td>
<td>$29.49</td>
</tr>
<tr>
<td>Genuine Health Fermented Vegan Proteins+ All Varieties</td>
<td>$29.99</td>
<td>$39.99</td>
</tr>
<tr>
<td>Naturade Vegan All-In-One Shake All Varieties</td>
<td>$30.99</td>
<td>$41.89</td>
</tr>
<tr>
<td>Emerald Labs Men's or Women's 1-Daily Multivitamin</td>
<td>$10.99</td>
<td>$14.99</td>
</tr>
<tr>
<td>SmartyPants Adult Complete Gummy Multivitamin</td>
<td>$15.99</td>
<td>$20.99</td>
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<tr>
<td>Bluebonnet Chelated Magnesium 60 V Caps</td>
<td>$7.99</td>
<td>$10.99</td>
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<tr>
<td>Garden of Life Vitamin Code RAW Calcium 120 V Caps</td>
<td>$35.99</td>
<td>$48.59</td>
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<tr>
<td>Jarrow Formulas Vitamin D-3 1000 IU 100 Softgels</td>
<td>$4.99</td>
<td>$8.95</td>
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<tr>
<td>Solgar Vitamin E 400 I.U. 100 Softgels</td>
<td>$10.99</td>
<td>$15.99</td>
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<tr>
<td>Yerba Prima Psyllium Whole Husks Colon Cleanser</td>
<td>$8.99</td>
<td>$13.79</td>
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<tr>
<td>Lakewood Organic Pure Aloe Juice 32 FL OZ</td>
<td>$6.99</td>
<td>$8.99</td>
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<tr>
<td>American Health Probiotic Acidophilus All Varieties 16 FL OZ</td>
<td>$10.99</td>
<td>$14.19</td>
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<tr>
<td>Enzymedica Digest Gold 45 CT</td>
<td>$21.99</td>
<td>$29.99</td>
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<tr>
<td>American Health Ester-C Twin Pack 120 + 120 (240 Caps)</td>
<td>$15.99</td>
<td>$20.99</td>
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<tr>
<td>Natural Factors CoQ10 Twin Pack 60 + 60 (120 Softgels)</td>
<td>$22.95</td>
<td>$45.90</td>
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<tr>
<td>Natrol Advanced Melatonin Calm Sleep 60 Tabs</td>
<td>$9.99</td>
<td>$12.99</td>
</tr>
<tr>
<td>Creative Bioscience Garcinia Cambogia 60 V Caps</td>
<td>$17.99</td>
<td>$24.99</td>
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# Nature's Food Patch: Calendar of Free Events

**August 2018**

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

**MEET. LEARN. GROW.**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero Balancing: Reset Your Body</td>
<td>1 pm</td>
<td>Keila Fowler DOM Integrative Health &amp; Wellness</td>
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<td>Back by Demand!</td>
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<tr>
<td>CBD Hemp Oil + its Healing Potential</td>
<td>1 pm</td>
<td>Shane Hennessy True CBD Hemp Oil</td>
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<td></td>
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<td></td>
<td>Back to School</td>
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<tr>
<td>Health &amp; Wellness</td>
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<tr>
<td>Ayurveda: Finding Your Personal Balance</td>
<td>1 pm</td>
<td>Tiffany Wimmer RYT200 Wintastic Wellness</td>
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<tr>
<td>Kids Story Time with Music &amp; Craft</td>
<td>10 am</td>
<td>Erika Davis Usborne Book Buddy</td>
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<tr>
<td>Wellness Sale Days</td>
<td>20% OFF** Supplements &amp; Body Care 21st &amp; 22nd</td>
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<tr>
<td>Jerk Jackfruit Tacos*</td>
<td>4 pm</td>
<td>Brad Myers The Vegabond Chef</td>
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<tr>
<td>Song Circle</td>
<td>6:30 pm</td>
<td>Free Jam Session In Patchworks!</td>
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<tr>
<td>Song Circle</td>
<td>6:30 pm</td>
<td>10 am</td>
<td>Mr. Brad’s Music Fun Time</td>
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<tr>
<td>Simple Solutions to Scoliosis</td>
<td>6:30 pm</td>
<td>Dr. George Springer LifeWorks Wellness</td>
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<tr>
<td>Eat Your Sea Veggies*</td>
<td>11 am</td>
<td>Debby DeGraaff Natural Foods Chef &amp; Author</td>
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<tr>
<td>Prediabetes + Diabetes Management</td>
<td>11 am</td>
<td>Mary Gynn RN MSN MPH Amer. Assoc. of Diabetes Educators</td>
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<tr>
<td>Intermittent Fasting</td>
<td>6:30 pm</td>
<td>Lisa Golan RD LDN Bee Well Nutrition</td>
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<tr>
<td>Ketogenic Lifestyle</td>
<td>6:30 pm</td>
<td>David Reid Nature’s Plus</td>
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</tr>
</tbody>
</table>

*not including case priced items, items already on sale or beer & wine no double discounts, in-store only.

The advice & informational content of our seminars do not necessarily represent the views of Nature’s Food Patch. Please consult your health professional for your personal medical condition.

**THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.**