

FROZEN FOODS

NATURAL SEA
Salmon Fillet
\$4.99

6 oz. Sugg. Retail: \$6.99



NATURAL SEA
Premium Cod Fish Fillets or Sticks
\$5.39

8 oz. Sugg. Retail: \$7.49

Pollock Fish Fillets, Nuggets or Sticks..... **\$3.89**
7-7.2 oz. Sugg. Retail: \$5.49

HENRY & LISA
Salmon Fillet
w/Marinade

\$6.19

9 oz. Sugg. Retail: \$8.69



ORGANIC BISTRO
Organic Wild Salmon
\$5.39

11.3 oz. Sugg. Retail: \$7.59

WYMAN'S
Berries
Wild Blueberries

\$3.49

15 oz. Sugg. Retail: \$4.89

Strawberries..... **\$2.59**

15 oz. Sugg. Retail: \$3.69

Mixed Berries or Red Raspberries..... **\$3.19**



TOFUtti
Marry Me Dessert Bars
\$3.99

6 pk. Sugg. Retail: \$5.59



TOFUtti
Pizza Pizzaz
\$3.39

8 oz. Sugg. Retail: \$4.79



CAESAR'S PASTA
Wheat Free Gluten Free Vegetable Lasagna
\$4.29

11.5 oz. Sugg. Retail: \$5.99

FRENCH MEADOW
Organic Sprouted Bread

Yeast Free:
Healthseed, Hemp,
Men's or Woman

\$6.59

24 oz. Sugg. Retail: \$9.29



CASCADIAN FARM
Organic Vegetables
\$2.49

California Blend, Gardener's Blend,
Broccoli Florets, Super Sweet Corn, Cut Green Beans,
Peas & Carrots or Sweet Green Peas
10 oz. bag Sugg. Retail: \$3.49

Chinese Stir-Fry Blend or Thai Stir-Fry Blend... **\$2.39**

10 oz. bag Sugg. Retail: \$3.29

16 oz. Bag:
Peas or Mixed Vegetables..... **\$2.99**

Sugg. Retail: \$4.29

Boxed:
French Green Beans w/Almonds,
Cut Spinach or Peas & Pearl Onions..... **\$2.79**

7.4-10 oz. Sugg. Retail: \$3.99

GROCERY ITEMS • SNACKS

ANNIE CHUNN'S
Rice Express Steamers
Black Pearl, Multigrain,
Sprouted Brown or Sticky White
\$2.39

6.3-7.4 oz. Sugg. Retail: \$3.59

Sushi Wrap or Brown Rice Sushi Wraps..... **\$3.19**
7-8.1 oz. Sugg. Retail: \$4.59



CROFTER'S
Organic Fruit Preserves

Conserves: Morello Cherry,
Apricot, Blood Orange,
Four Fruit, Mango
Strawberry or Blackberry

\$2.69

10 oz. Sugg. Retail: \$3.99

Pomegranate Jelly,
Raspberry Conserve or Wild Blueberry Conserve

Fruit Spread: Strawberry, Blackberry,
Apricot, Black Currant or Super Fruit..... **\$2.99**

10-11 oz. Sugg. Retail: \$4.49

Concord Grape Jelly..... **\$2.39**

11 oz. Sugg. Retail: \$3.49

Blueberry or Raspberry Fruit Spread..... **\$3.19**

10 oz. Sugg. Retail: \$4.69



PACIFIC FOODS

Organic Broth

Assorted Varieties

\$2.79

32 oz. Sugg. Retail: \$4.19



COLAVITA
Extra Virgin Olive Oil
\$13.69

34 oz. Sugg. Retail: \$19.99

NAPA VALLEY
Extra Virgin Olive Oil
Rich & Robust

\$10.89

25.4 oz. Sugg. Retail: \$14.89



DR. MCDOUGALL'S
Big Soup Cup
Assorted Varieties

\$1.49

1.9-3.4 oz. Sugg. Retail: \$2.19



KOYO
Dry Ramen
Assorted Varieties

89¢

2-2.1 oz. Sugg. Retail: \$1.29



SUMMIT
Stevia Pure

\$6.19

100 pkt. Sugg. Retail: \$9.99



NATURE'S PATH
Organic Optimum Cereal

Cranberry, Power, Slim, Strawberry or Banana
10.6-14 oz. Sugg. Retail: \$5.39

NATURE'S PATH
Organic Instant Oatmeal

Assorted Varieties
8 ct. Sugg. Retail: \$4.59

OLD WESSEX
Instant Oatmeal

Instant Original or Maple Brown Sugar
12.1-14.1 oz. Sugg. Retail: \$3.99

Organic Instant Oatmeal:
Original or Maple..... **\$2.99**

7.9-11.3 oz. Sugg. Retail: \$4.49

5 Grain, Instant, Irish Style

or Scottish Porridge..... **\$2.99**

16-18.5 oz. Sugg. Retail: \$3.49

Hot Oatbran Cereal..... **\$2.99**

18.5 oz. Sugg. Retail: \$3.99

REFRIGERATED FOODS

STONYFIELD FARM
Organic Yogurt
Low Fat or Whole Milk
Assorted Varieties

99¢

6 oz. Sugg. Retail: \$1.29



NANCY'S
Organic Yogurt
Nonfat, Lowfat or
Whole Milk Plain

\$3.49

32 oz. Sugg. Retail: \$4.99

Nonfat Vanilla..... **\$4.19**

32 oz. Sugg. Retail: \$5.79



LIBERTE
Mediterranean Yogurt
Assorted Varieties

99¢

6 oz. Sugg. Retail: \$1.29



HELIOS
Reduced Fat Organic Kefir
Peach, Plain, Blueberry,
Strawberry or Vanilla

\$1.99

8 oz. Sugg. Retail: \$1.49



KOZY SHACK
Pudding
Rice or Tapioca

\$3.29

22 oz. Sugg. Retail: \$4.59



ORGANIC VALLEY
Organic Cheese

Mild Cheddar, Reduced Fat Low Salt Cheddar,
Reduced Fat Monterey Jack or Yellow Colby

8 oz. Sugg. Retail: \$5.79

Sharp Cheddar..... **\$4.39**

8 oz. Sugg. Retail: \$6.19

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SPECTRUM
Canola Oil
Refined

\$5.99

32 oz. Sugg. Retail: \$8.49

Organic..... **\$8.89**

32 oz. Sugg. Retail: \$12.59

Organic Shortening..... **\$5.49**

24 oz. Sugg. Retail: \$7.79

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TILLEN FARMS
Picked Crispy Asparagus or Maraschino Cherries

\$4.49

12-14 oz. Sugg. Retail: \$6.59

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CROWN PRINCE
Sardines
Brisling in Water or
In Mustard Sauce

\$2.59

3.75 oz. Sugg. Retail: \$3.89

Anchovy Paste..... **\$1.79**

1.75 oz. Sugg. Retail: \$2.59

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LUNDBERG FARMS
Eco-Farmed Rice
Long or Short Grain Brown

\$2.29

2 lb. Sugg. Retail: \$3.39

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bulk foods



Organic Crystallized Ginger
W/Raw Sugar

\$4.29 /lb.

Organic Pitted Prunes

\$4.29 /lb.

Organic Long Grain Brown Rice

\$1.49 /lb.