

FROZEN FOODS

PJ'S Organic Taquitos
Traditional Chicken, Deluxe Chicken or Santa Fe Chicken Flautas
\$4.19
12 oz. Sugg. Retail: \$5.79

TUMARO'S Organic MultiGrain Tortilla
\$2.49
9.52 oz. Sugg. Retail: \$3.49

NATE'S Meatless Meatballs
Classic or Italian
\$3.79
12 oz. Sugg. Retail: \$5.39

NATURE'S PATH Organic Manna Bread
Assorted Varieties
\$3.19
11-14 oz. Sugg. Retail: \$4.49

ETHNIC GOURMET Palak Paneer
11 oz. Sugg. Retail: \$5.29

TOFUTTI Cuties
Assorted Varieties
8 pack Sugg. Retail: \$4.99

WILD GRILL Wild Caught Salmon Burgers
12 oz. Sugg. Retail: \$7.19

CASCADIAN FARMS Organic Crinkle French Fries
16 oz. Sugg. Retail: \$3.99

DOMINEX Eggplant
Burgers, Cutlets or Parmesan Bites
8-16 oz. Sugg. Retail: \$4.99
Eggplant Meatballs.....**\$3.89**
10 oz. Sugg. Retail: \$5.49

CAESAR'S PASTA Wheat Free Gluten Free Vegetable Lasagna
11.5 oz. Sugg. Retail: \$5.99

FOOD FOR LIFE Organic English Muffins
7 Grain or Ezekiel 4:9 Original
16 oz. Sugg. Retail: \$4.99
Raisin or Genesis.....**\$3.99**
16 oz. Sugg. Retail: \$5.59

GROCERY ITEMS • SNACKS • BEVERAGES • AROUND THE HOME

CROFTER'S Organic Fruit Preserve
Strawberry Conserves or Pomegranate Jelly
\$3.69
16.5-17.5 oz. Sugg. Retail: \$5.39-5.49
Concord Grape Jelly.....**\$3.29**
17.5 oz. Sugg. Retail: \$4.79
Raspberry Conserves.....**\$4.19**
16.5 oz. Sugg. Retail: \$5.99

MARANATHA Organic Almond Butter
Roasted Crunchy, Roasted Creamy or Raw Creamy
\$15.99
16 oz. Sugg. Retail: \$22.99

CASCADIAN FARM Organic Fruit Spread
Blackberry, Blueberry, Grape or Raspberry
\$2.69
10 oz. Sugg. Retail: \$3.99

REFRIGERATED FOODS

WOODSTOCK FARMS Organic Tofu
Firm or Extra Firm
\$1.89
14 oz. Sugg. Retail: \$2.69

WESTSOY Seitan
Seasoned Traditional
\$3.49
8 oz. Sugg. Retail: \$4.99
Chicken Style.....**\$4.39**
18 oz. Sugg. Retail: \$6.19

WILD WOOD Organic Firm SproutTofu
VacPack
10 oz. Sugg. Retail: \$2.59
20 oz. Sugg. Retail: \$4.59

BOSSA NOVA Juice
Assorted Varieties
\$2.79
10 oz. Sugg. Retail: \$3.99

DESERT PEPPER Bean Dip
Spicy Black, Pinto or Tuscan White
\$3.59
16 oz. Sugg. Retail: \$5.39
Salsa
Assorted Varieties
\$3.59
16 oz. Sugg. Retail: \$5.39

ENER-G Light Loaf
Tapioca
\$2.59
8 oz. Sugg. Retail: \$3.79
Brown Rice.....**\$2.99**
8 oz. Sugg. Retail: \$4.49

INES ROSALES Olive Oil Tortas
Assorted Varieties
6.34 oz. Sugg. Retail: \$4.79

WALLABY Lowfat Organic Yogurt
Assorted Varieties
99c
6 oz. Sugg. Retail: \$1.29
27 oz. Plain or Vanilla.....**\$3.19**
Sugg. Retail: \$4.39

WHOLESOY & CO. Soy Yogurt
Assorted Varieties
99c
6 oz. Sugg. Retail: \$1.39
24 oz. Plain or Vanilla.....**\$2.69**
Sugg. Retail: \$3.79

OIKOS/STONYFIELD FARM Organic 0% Fat Greek Yogurt
Blueberry, Honey, Strawberry, Plain or Vanilla
\$1.89
5.3 oz. Sugg. Retail: \$2.69

STONYFIELD FARM Organic Smoothie
Assorted Varieties
\$1.69
10 oz. Sugg. Retail: \$2.39

RISE & SHINE OLD WESSEX Organic Oatmeal
Instant or Irish Style
\$2.99
16-18.5 oz. Sugg. Retail: \$4.49
Oat Bran.....**\$3.39**
18.5 oz. Sugg. Retail: \$4.99

BOB'S RED MILL Oat Cereal
Steel Cut Oats
\$2.39
24 oz. Sugg. Retail: \$3.59
Scottish Oatmeal.....**\$2.59**
20 oz. Sugg. Retail: \$3.79
Thick Rolled Oats or Organic Steel Cut Oats.....**\$2.99**
24-32 oz. Sugg. Retail: \$4.29-\$4.49
Organic Rolled Oats or Organic Thick Rolled Oat.....**\$3.69**
32 oz. Sugg. Retail: \$5.39-\$5.49

BAKERY ON MAIN Gluten Free Granola
Apple/Raisin/Walnut, Extra Fruit & Nut, Nutty Cranberry or Rainforest
\$4.79
12 oz. Sugg. Retail: \$6.99

ANCIENT HARVEST Organic Quinoa
Traditional or Inca Red
\$3.59
12 oz. Sugg. Retail: \$5.29

RICE SELECT Organic Rice
Jasmine or Texmati: Brown, Light Brown or White
\$5.79
36 oz. Sugg. Retail: \$8.49

HOUSEHOLD SUPPLIES

ECOVER Glass & Surface Cleaner
\$3.19
16 oz. Sugg. Retail: \$4.59

ECOVER Hand Soap
250 ml. Sugg. Retail: \$6.29

ECOVER Toilet Cleaner
25 oz. Sugg. Retail: \$4.39

ECOVER All Purpose Cleaner
32 oz. Sugg. Retail: \$5.69

GOOD KARMA Organic Ricemilk
Chocolate, Vanilla or Original
\$2.29
32 oz. Sugg. Retail: \$3.39

HANSEN'S Diet Soda
Assorted Varieties
6/12 oz. Sugg. Retail: \$4.39

IZZE Sparkling Beverage
Assorted Varieties
\$4.39
4/12 oz. Sugg. Retail: \$6.49

R.W. KNUDSEN Organic Very Veggie Juice
Low Sodium, Original, Spicy or Untomato
\$3.19
32 oz. Sugg. Retail: \$4.59

Organic Juice
Assorted Varieties
\$3.49
32 oz. Sugg. Retail: \$5.19
Tomato.....**\$2.89**
32 oz. Sugg. Retail: \$4.19
Yumberry.....**\$3.39**
32 oz. Sugg. Retail: \$4.99
Acai Berry, Goji Berry or Prune.....**\$4.89**
32 oz. Sugg. Retail: \$7.19

WOODSTOCK FARMS Organic Thompson Raisins
\$4.39
15 oz. canister Sugg. Retail: \$6.49

Yogurt Covered Snacks
Pretzels
\$3.99
8 oz. Sugg. Retail: \$5.99
Almonds.....**\$5.39**
10 oz. Sugg. Retail: \$7.99

Dark Chocolate Covered Snacks
Blueberries
\$6.69
5 oz. Sugg. Retail: \$9.99
Almonds.....**\$6.19**
10 oz. Sugg. Retail: \$8.99

IMAGINE FOODS Organic Soup
Assorted Varieties
\$3.29
32 oz. Sugg. Retail: \$5.19

Canned Organic Soup
Assorted Varieties
\$2.29-\$2.39
14.5 oz. Sugg. Retail: \$3.29-\$3.49

MOUNT HAGEN Freeze Dried Organic Coffee
Regular or Decaf
\$7.39
3.5 oz. Sugg. Retail: \$10.99
Single Serve.....**\$5.29**
25/1.76 oz. Sugg. Retail: \$7.79

O.N.E. Exotic Juice
Amazon Acai, Cashew, Coffee Berry or Coconut Water
\$1.59
11 oz. Sugg. Retail: \$2.29

NATURAL SEA Sardines
Salt or No Salt Brisling in Water
3.75 oz. Sugg. Retail: \$3.29
Skinless Boneless in Oil or Brisling in Soybean Oil.....**\$1.99**
3.75-4.4 oz. Sugg. Retail: \$2.99
Skinless Boneless in Water.....**\$1.69**
4.4 oz. Sugg. Retail: \$2.49
Chopped Clams.....**\$2.39**
6.5 oz. Sugg. Retail: \$3.49

ENDANGERED SPECIES Chocolate Bar
Assorted Varieties
\$2.19
3 oz. Sugg. Retail: \$3.19
Organic Chocolate Bar Assorted Varieties.....**\$2.89**
3 oz. Sugg. Retail: \$4.29

DIVINE Chocolate Bar
Assorted Varieties
\$2.59
3.5 oz. Sugg. Retail: \$3.99

KETTLE FOODS Kettle Chips
Assorted Varieties
\$1.99
5 oz. Sugg. Retail: \$2.99

DREW'S Natural Dressing
Assorted Varieties
\$2.39
12 oz. Sugg. Retail: \$3.59

MEDITERRANEAN ORGANIC Organic Olives
Green Stuffed: Almonds, Garlic or Jalapeno
\$4.69
8.5 oz. Sugg. Retail: \$6.99
Tree Ripened Black, Green Pepper Stuffed or Kalamata Unpitted.....**\$4.19**
8.1-8.5 oz. Sugg. Retail: \$5.99
Kalamata Pitted.....**\$4.39**
8.1 oz. Sugg. Retail: \$6.49
Mixed Party.....**\$3.39**
8.6 oz. Sugg. Retail: \$4.99

Organic Capers
\$2.59
3.5 oz. Sugg. Retail: \$3.79
Stuffed Grape Leaves.....**\$3.39**
10 oz. Sugg. Retail: \$4.99
Sundried Tomatoes.....**\$2.99**
3 oz. Sugg. Retail: \$4.49
Sundried Tomatoes In Olive Oil.....**\$5.19**
8.5 oz. Sugg. Retail: \$7.49

MIDDLE EARTH ORGANICS Organic Pasta Sauce
Assorted Varieties
\$5.19
19.8 oz. Sugg. Retail: \$7.59
Organic Extra Virgin Olive Oil
Cold Pressed
\$15.49
16.9 oz. Sugg. Retail: \$23.19

bulk foods

Organic Black Mission Figs
\$4.39/lb.

Organic Yellow Popcorn
\$1.19/lb.

Organic Large Turkish Apricots
\$4.19/lb.

Organic Mung Beans
\$1.49/lb.

HEALTHY SNACKS

WOODSTOCK FARMS Organic Thompson Raisins
\$4.39
15 oz. canister Sugg. Retail: \$6.49

Yogurt Covered Snacks
Pretzels
\$3.99
8 oz. Sugg. Retail: \$5.99
Almonds.....**\$5.39**
10 oz. Sugg. Retail: \$7.99

Dark Chocolate Covered Snacks
Blueberries
\$6.69
5 oz. Sugg. Retail: \$9.99
Almonds.....**\$6.19**
10 oz. Sugg. Retail: \$8.99

ENDANGERED SPECIES Chocolate Bar
Assorted Varieties
\$2.19
3 oz. Sugg. Retail: \$3.19
Organic Chocolate Bar Assorted Varieties.....**\$2.89**
3 oz. Sugg. Retail: \$4.29

DIVINE Chocolate Bar
Assorted Varieties
\$2.59
3.5 oz. Sugg. Retail: \$3.99

KETTLE FOODS Kettle Chips
Assorted Varieties
\$1.99
5 oz. Sugg. Retail: \$2.99

NEWMAN'S OWN Newman-O's
Assorted Varieties
16 oz. Sugg. Retail: \$5.19

NEWMAN'S OWN Newman-O's
Assorted Varieties
\$3.49
16 oz. Sugg. Retail: \$5.19

ENVIRO-KIDZ Organic Crispy Rice Bars
Assorted Varieties
\$2.99
6 oz. Sugg. Retail: \$4.49