Coming to Dunedin: Spring 2018!

**Earth Day**

- **Seventh Generation Liquid Dish Cleaner**
  - All Varieties
  - 25 FL OZ
  - **$2.99** (Reg $4.99)

- **Seventh Generation Toilet Bowl Cleaner**
  - Emerald Cypress & Fir
  - 32 FL OZ
  - **$3.49** (Reg $5.19)

- **Seventh Generation Laundry Stain Remover**
  - Free & Clear
  - 22 FL OZ
  - **$3.79** (Reg $5.99)

- **Seventh Generation Liquid Fabric Softener**
  - All Varieties
  - 32 FL OZ
  - **$4.99** (Reg $7.39)

- **Green Forest Bathroom Tissue**
  - Premium Unscented
  - 4 PK
  - **$1.99** (Reg $2.99)

- **Ecos Liquid Laundry Detergent**
  - All Varieties, 100 FL OZ
  - Excl. Baby
  - **$9.49** (Reg $15.39)

- **Naturally Clean Kitchen Cleaner Spray**
  - 24 FL OZ
  - **$3.49** (Reg $4.99)

- **Naturally Clean Floor Cleaner**
  - 24 FL OZ
  - **$3.99** (Reg $5.49)

- **If You Care Coffee Filters**
  - No. 4 Size
  - 100 CT
  - **$2.99** (Reg $4.29)

*Good March 30-April 30, 2018*
**BULK SALES**

**Organic Granolas**

20% off

**CHEESE BOARD**

**MONTCHEVRE**

Goat Cheese Logs 20% off

4 oz

Natural, Garlic & Herb, Honey, Cranberry & Cinnamon or Blueberry & Vanilla

---

**Organic Dark Red Kidney Beans** ........ $1.99

**Middle Eastern Couscous** .............. $1.99

**Organic Tri-Colored Quinoa** .......... $2.89

**Organic Ginger Squares** ............... $5.49

**Hemp Hearts** .......................... $8.99

**Organic Cranberries** .......................... $9.59

**Organic Garlic & Herb Cashews** .......... $12.99

**Organic Cajun Cashews** .......................... $12.99

All bulk prices by the pound.

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Natural Cheddar Cheese Curds

$6.99/ea

Reg $8.29 (16 oz)

accompaniments & garnishes not included
CRANBERRY CHICKEN WALDORF WRAP

Your traditional Waldorf salad with a twist (or a wrap, rather). Crunchy pecan paired with sweet cranberries & apples with a balsamic finish!

SPOTLIGHT

Stephanie: MARKETING ASSISTANT

Do you wonder who is behind the awesome lineup of cooking classes and seminars in Patchworks? Meet Stephanie! She recently celebrated her three year anniversary as Events Coordinator at The Patch. Now, after transitioning into a part-time role as a marketing assistant, she is in nursing school pursuing her goal of becoming a midwife. “I’m so lucky to have my Patch family supporting me as I follow my dreams! I couldn’t imagine working anywhere else.” When she’s not studying, she loves going to the beach and cuddling with her pup, Milo.

TROPICAL LEAFY GREEN SMOOTHIE

This sweet but earthy smoothie is sure to “leaf” you wanting more. Pineapples, mangoes & apple juice blended with a shot of wheatgrass & kale.

accompanies & garnishes not included
MEAT & SEAFOOD

- All-Natural Boneless Chuck Roast
  - $6.49/lb  (Reg $7.99/lb)

- 100% Grassfed & Local New York Strip Steaks
  - $17.99/lb  (Reg $19.99/lb)

- Pasture Perfect American Style Kobe Burger Patties, 2/8 oz pkg
  - $7.99/ea  (Reg $8.99/ea)

- All-Natural Chicken Cutlets
  - $5.99/lb  (Reg $6.99/lb)

WINE & BEER

- William Hill North Coast Cabernet Sauvignon
  - $14.99  (Reg $15.99)

- Bridlewood Chardonnay
  - $12.49  (Reg $13.49)

- Brew Bus LastStop IPA
  - $8.99  (Reg $9.99)

- Organic Beef Hot Dog 10 oz pkg
  - $6.99/ea  (Reg $7.99/ea)
Nothin But
Premium Snack Bar
All Varieties
1.4 OZ
4/$5
Reg $1.89 ea

Bare Fruit
Organic Fruit Chips
Great Granny Apple
3 OZ
$4.49
Reg $6.49

Health Warrior
Chia Bar
All Varieties
.88 OZ
4/$5
Reg $1.89 ea

Fruit Bliss
Organic Dried Figs
Turkish
5 OZ
$4.49
Reg $6.59

Health Warrior
Pumpkin Seed Bar
All Varieties
1.23 OZ
2/$3
Reg $2.29 ea

Raw Food Central
Organic Kale Chips
All Varieties
1.5 OZ
2/$10
Reg $6.79 ea

Bobo's Oat Bars
Oat Bars
All Varieties
3 OZ Excl. Nut Butter Filled
2/$5
Reg $3.29 ea

Ryvita
Rye Crispbread
All Varieties
8.8 OZ
2/$4
Reg $3.19 ea

Enjoy Life
Baked Chewy Bars
All Varieties
5 Pack
2/$7
Reg $4.99 ea

Vermont Smoke and Cure
Beef or Pork Stick
All Varieties
1 OZ
4/$5
Reg $1.99 ea
Herban Cowboy Deodorant
All Varieties
2.8 OZ
$6.99
Reg $8.99

Nature’s Gate Body Scrub
Coffee
8 FL OZ
$4.99
Reg $9.09

Clearly Natural Hand Soap Pump
All Varieties
12 FL OZ
$3.99
Reg $5.19

Giovanni Shampoo or Conditioner
Tea Tree Triple Treat
Invigorating
8.5 FL OZ
$6.49
Reg $8.99

Acure Argan Oil
1 FL OZ
$6.99
Reg $12.99

Tom’s of Maine Kid’s Toothpaste
All Varieties
4.2 OZ
$3.99
Reg $5.59

Jason Natural Power Smile Toothpaste
All Varieties
6 OZ
$3.49
Reg $6.99

Diva Cup Menstrual Cup
All Varieties
$34.89
Reg $43.59

Shikai Shower Gel
All Varieties
12 FL OZ
$5.99
Reg $9.99

Chandrika Bar Soap
Ayurvedic
2.65 OZ
99¢
Reg $1.49
### Nature’s Food Patch Calendar of Free Events

**APRIL 2018**

**Come early to cooking classes & seminars. 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>
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<tbody>
<tr>
<td><strong>STORE CLOSED</strong></td>
<td><strong>HAPPY EASTER</strong></td>
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<tr>
<td>1 How to Kick Sugar</td>
<td>2</td>
<td>3 Senior’s Day</td>
<td>4 Mr. Brad’s Music Fun Time</td>
<td>5 Rice + Bean Burrito Bar</td>
<td>6 Vegan Instant Pot Meals*</td>
<td>7</td>
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<tr>
<td>1 pm Dawn MacLaughlin PhD CHC The Food Freedom Coach</td>
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<td>10% OFF** Everything for Seniors Every Wednesday</td>
<td>10 am &amp; 6:30 pm Brad Myers Mr. Brad’s Music</td>
<td>11 am Naomi Green Certified Vegan Lifestyle Coach</td>
<td>11 am Michelle Ondine Whole Food Plant-Based Chef</td>
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<tr>
<td>8 How to Kick Sugar</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>BBQ Jackfruit*</td>
<td>12</td>
<td>Quick + Easy Breads*</td>
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<tr>
<td>1 pm Dawn MacLaughlin PhD CHC The Food Freedom Coach</td>
<td>Song Circle 6:30 pm Free Jam Session In PatchWorks!</td>
<td>What to do with Tofu?**</td>
<td>10 am &amp; 6:30 pm Brad Myers The Vegabond Chef</td>
<td>6:30 pm John van Vlaardingen JuVHealth</td>
<td>Local Art + Wine Tasting</td>
<td>11 am Demos to Di For NFP Demo Specialist</td>
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<td>Cool Flow Yoga</td>
<td>6:30 pm Free Jam Session In PatchWorks!</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care</td>
<td>17th &amp; 18th</td>
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<td>Local Artist</td>
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<td>1 pm Warrior Lorelle Mandell Warrior ONE Dunedin Kids Story Time with Music + Craft</td>
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<td>1 pm Erika Davis Usborne Book Buddy</td>
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<td>15 Cool Flow Yoga</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>Stress: What it Means + Why it Matters</td>
<td>19</td>
<td>Spring Salads with Homemade Dressings*</td>
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<td>17th &amp; 18th</td>
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<td>6:30 pm Vera Haine Vera’s Music Academy</td>
<td>6:30 pm St. John Clark Pain Treatment CTR</td>
<td>11 am Debby DeGraff Natural Foods Chef &amp; Author Earth Day Minimalism: A Documentary</td>
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<td>22 Leafy Greens + Super Salads 4 pm Brad Myers The Vegabond Chef</td>
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<td>24</td>
<td>25</td>
<td>26</td>
<td>27 The Secrets to Sustainable Healthy Living</td>
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<td>Mr. Brad @ 10 AM</td>
<td>Senior’s Day Energetics of Food: Food as Medicine</td>
<td>Cluck-Less Chik’n Salad*</td>
<td>A Healthy Life Made Simple</td>
<td>11 am Dr. Grace Pampu DOM HealingUTrust</td>
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<td>The advice &amp; 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.</td>
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**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.**

12_022251 4/1/2018