

Organic & Natural Grocery Items • Snacks • Beverages • Household Supplies

GOURMET ARTISAN
Extra Virgin Olive Oil
\$8.19

16.9 oz. Sugg. Retail: \$11.99 **\$10.29**
 25.4 oz. Sugg. Retail: \$14.99 **\$12.99**
 33.8 oz. Sugg. Retail: \$18.99 **\$11.59**
 Organic 25.4 oz. Sugg. Retail: \$16.99



JUNGLE PRODUCTS
Organic Red Palm Oil
\$10.99

16 oz. Sugg. Retail: \$15.99 **\$8.79**
 Organic Coconut Oil.....
 14 oz. Sugg. Retail: \$12.99



DIVINE
Chocolate Bar
 All Varieties
\$2.59

3.5 oz. Sugg. Retail: \$3.99



SAHALE
Snack Blends or Glazed Nuts
 All Varieties
\$3.39

4-5 oz. Sugg. Retail: \$4.99



BOULDER CHIPS
Kettle Chips or Potato Chips
 All Varieties
\$1.89

5 oz. Sugg. Retail: \$2.79



KETTLE FOODS
Kettle Chips
 All Varieties
\$1.99

5 oz. Sugg. Retail: \$2.99



KASHI
TLC Cookies
 Happy Trails,
 Oatmeal Dark Chocolate Chip
 or Oatmeal Raisin
\$3.29

8.5 oz. Sugg. Retail: \$4.99



KASHI
TLC Chewy Bars or Cereal Bars
 All Varieties
\$3.99

6 ct. Sugg. Retail: \$5.99



MEDITERRANEAN ORGANIC
Organic Olives
 Green Stuffed:
 Almonds, Garlic or Jalapeno
\$4.69

8.5 oz. Sugg. Retail: \$6.99
 Green Pepper Stuffed
 or Kalamata Unpitted.....
 8.5 oz. Sugg. Retail: \$5.99 **\$4.19**
 Kalamata Pitted.....
 8.1 oz. Sugg. Retail: \$6.49 **\$3.39**
 Mixed Party.....
 8.6 oz. Sugg. Retail: \$4.99



MEDITERRANEAN ORGANIC
Organic Capers
\$2.59

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



WOODSTOCK FARMS
Dark Chocolate Covered Snacks
 Blueberries, Cherries or
 Organic Almonds
\$6.69

5-7 oz. Sugg. Retail: \$9.99 **\$6.19**
 Almonds.....
 10 oz. Sugg. Retail: \$8.99 **\$5.39**
 Cashews or Ginger.....
 6-9 oz. Sugg. Retail: \$7.99



WOODSTOCK FARMS
Yogurt Covered Snacks
 Pretzels or Raisins
\$4.19

8-10 oz. Sugg. Retail: \$5.99 **\$5.39**
 Almonds or Cherries.....
 5-10 oz. Sugg. Retail: \$7.99 **\$4.39**
 Organic Thompson Raisins.....
 15 oz. canister Sugg. Retail: \$6.49



ENDANGERED SPECIES
Chocolate Bar
 All Varieties
\$2.19

3 oz. Sugg. Retail: \$3.19
 Organic Chocolate Bar.....
 3 oz. Sugg. Retail: \$4.29 **\$2.89**



NEWMAN'S OWN
Newman-O's
 All Varieties
\$3.49

16 oz. Sugg. Retail: \$5.19



BELLA TERRA
Organic Pasta w/Flax
 All Varieties
\$2.49

10 oz. Sugg. Retail: \$3.69
Organic San Marzano Tomatoes
\$2.89

28 oz. Sugg. Retail: \$4.29



MUIR GLEN
Organic Pasta Sauce
 All Varieties
 Except Four Cheese
\$3.49

25.5 oz. Sugg. Retail: \$5.19 **\$4.39**
 Four Cheese.....
 25.5 oz. Sugg. Retail: \$6.49



MIDDLE EARTH ORGANICS
Organic Pasta Sauce
 All Varieties
\$5.19

19.8 oz. Sugg. Retail: \$7.59
Organic Extra Virgin Olive Oil
 Cold Pressed
\$15.99

16.9 oz. Sugg. Retail: \$23.19



DREW'S
Natural Dressing
 All Varieties
\$2.39

12 oz. Sugg. Retail: \$3.59



RICE SELECT
Organic Texmati Rice Entrees
 All Varieties
\$2.19

5.3-5.6 oz. Sugg. Retail: \$3.19
Organic Rice
 Jasmine or
 Texmati:
 Brown, Light Brown or White
\$5.79

36 oz. Sugg. Retail: \$8.49



CASCADIAN FARM
Organic Fruit Spread
 All Varieties
\$2.69

10 oz. Sugg. Retail: \$3.99



RUDI'S
Organic Bread
 Nut & Oat or
 Honey Sweetened Whole Wheat
\$3.49

22 oz. Sugg. Retail: \$4.99 **\$3.69**
 Cinnamon Raisin.....
 24 oz. Sugg. Retail: \$5.29 **\$3.89**
 Spelt.....
 20 oz. Sugg. Retail: \$5.49 **\$4.29**
 Ancient Grain Spelt.....
 20 oz. Sugg. Retail: \$6.19



INES ROSALES
Olive Oil Tortas
 All Varieties
\$3.19

6.34 oz. Sugg. Retail: \$4.79



ENER-G
Light Loaf
 Tapioca
\$3.59

8 oz. Sugg. Retail: \$3.79 **\$2.79**
 White Rice.....
 8 oz. Sugg. Retail: \$4.19 **\$2.99**
 Brown Rice.....
 8 oz. Sugg. Retail: \$4.49 **\$2.99**



RUSTIC CRUST
Pizza Crust
 Gluten Free Neapolitan Herb,
 Organic Gourmet Grains
 or Organic Original
\$3.79

9-13 oz. Sugg. Retail: \$5.59



SIMPLY ASIA
Noodles & Sauce
 All Varieties
\$2.39

11 oz. Sugg. Retail: \$3.49



SUNSPIRE
Organic Chocolate Chips
\$3.89

10 oz. Sugg. Retail: \$5.49 **\$3.99**
 Unsweetened Carb.....
 10 oz. Sugg. Retail: \$5.59 **\$4.49**
 Peanut Butter, Organic Chocolate
 or Organic Chocolate.....
 9-10 oz. Sugg. Retail: \$6.39 **\$4.19**
 Plain Chocolate Sundrops.....
 10 oz. Sugg. Retail: \$5.99



SUNSPIRE
Baking Chips
 White Chocolate, Vegan or Grain Sweetened Dark
\$3.99

10 oz. Sugg. Retail: \$5.49 **\$3.99**
 Unsweetened Carb.....
 10 oz. Sugg. Retail: \$5.59 **\$4.49**
 Peanut Butter, Organic Chocolate
 or Organic Chocolate.....
 9-10 oz. Sugg. Retail: \$6.39 **\$4.19**
 Plain Chocolate Sundrops.....
 10 oz. Sugg. Retail: \$5.99



NATURAL SEA
Sardines
 Salt or No Salt Brising in Water
\$2.19

3.75 oz. Sugg. Retail: \$3.29
 Skinless Boneless in Oil or Brising in Soybean Oil.....
 3.75-4.4 oz. Sugg. Retail: \$2.99 **\$1.99**
 Skinless Boneless in Water.....
 4.4 oz. Sugg. Retail: \$2.49 **\$1.69**
 Chopped Clams.....
 6.5 oz. Sugg. Retail: \$3.49 **\$2.39**



WILD PLANET
Sardines
 All Varieties
\$1.99

4.375 oz. Sugg. Retail: \$2.99
Low Mercury Tuna
 Wild Albicore: Salt or No Salt
\$2.59

5 oz. Sugg. Retail: \$3.79 **\$2.19**
 Skipjack Light Tuna.....
 5 oz. Sugg. Retail: \$3.19 **\$3.39**
 Wild Pink Salmon.....
 6 oz. Sugg. Retail: \$4.99



ANCIENT HARVEST
Organic Quinoa
 Traditional or Inca Red
\$3.59

12 oz. Sugg. Retail: \$5.29



ROAD'S END
Organic Mac & Cheese
 Whole Wheat Mac & Cheese
 or Dairy Free Shells & Cheese
\$1.79

6.5 oz. Sugg. Retail: \$2.69 **\$2.39**
 Gluten Free Alfredo Mac & Cheese.....
 6 oz. Sugg. Retail: \$3.49



IMAGINE FOODS
32 oz. Organic Soup
 All Varieties
\$3.29

Sugg. Retail: \$5.19
Canned Organic Soup
 Minestrone, Split Pea, Lentil,
 White Bean or Tomato
\$2.29

14.5 oz. Sugg. Retail: \$3.29 **\$2.39**
 Chicken Noodle, Chicken Pot Pie,
 Chicken Wild Rice, Tomato,
 Roasted Garlic Potato, Meatball or Tortilla.....
 14.5 oz. Sugg. Retail: \$3.49



BOSSA NOVA
Acai Juice
 Original or Blueberry
\$2.79

10 oz. Sugg. Retail: \$3.99



R.W. KNUDSEN
Very Veggie Juice
 Low Sodium, Original,
 Spicy or Untomato
\$2.79

32 oz. Sugg. Retail: \$4.19 **\$3.19**
 Organic Low Sodium or Original.....
 32 oz. Sugg. Retail: \$4.59



R.W. KNUDSEN
Organic Juice
 Grape, Pear, Pineapple, Mango,
 Cranberry Blueberry or
 Cranberry Pomegranate
\$3.49

32 oz. Sugg. Retail: \$5.19 **\$2.79**
 Tomato.....
 32 oz. Sugg. Retail: \$4.19 **\$4.89**
 Prune or Acai Berry.....
 32 oz. Sugg. Retail: \$7.19



GOOD KARMA
Organic Ricemilk
 Chocolate, Vanilla
 or Original
\$2.29

32 oz. Sugg. Retail: \$3.39



DESERT PEPPER
Bean Dip
 Spicy Black or
 Tuscan White
\$3.59

16 oz. Sugg. Retail: \$5.39



Salsa
 All Varieties
\$3.59

16 oz. Sugg. Retail: \$5.39



WOODSTOCK FARMS
Organic Apple Sauce
 Plain, Apricot, Mango or Cinnamon
\$3.39

24 oz. Sugg. Retail: \$4.99 **\$3.69**
 Blueberry.....
 24 oz. Sugg. Retail: \$5.49



CHOICE
Organic Tea
 Chamomile Herb,
 Darjeeling, Earl Grey,
 Black, Classic Green,
 English Breakfast,
 Irish Breakfast,
 Green Gunpowder,
 Orange Spice, Twig,
 Himalayan Green,
 Peppermint Herb or
 Russian Caravan
\$2.69

16 bags Sugg. Retail: \$3.99
 Wild Berry, Ban-Cha, Rooibos Red, Green Jasmine,
 Green Moroccan Mint, Green w/Toasted Brown Rice,
 Lemon Lavender Mint, Oolong or Yerba Mate.....
 16 bags Sugg. Retail: \$4.49 **\$2.99**
 White, Earl Grey Decaf, Green w/Peach Decaf,
 Mango Caylon Decaf or
 Green Japanese Premium.....
 16 bags Sugg. Retail: \$4.99 **\$3.39**



TAZO
Green or White Tea
 Green: China Tips, Ginger,
 Decaf Lotus or Zen
 White: Berry Blossom
 or Vanilla Apricot
\$3.59

20 bags Sugg. Retail: \$4.79 **\$3.99**
 Organic Green Om.....
 20 bags Sugg. Retail: \$5.29



MOUNT HAGEN
Freeze Dried Organic Coffee
 Regular or Decaf
\$7.39

3.5 oz. Sugg. Retail: \$10.99 **\$5.29**
 Single Serve.....
 25/1.76 oz. Sugg. Retail: \$7.79



WOODSTOCK FARMS
Organic Mustard
 Dijon or Stoneground
\$2.39

8 oz. Sugg. Retail: \$3.49 **\$1.99**
 Yellow.....
 8 oz. Sugg. Retail: \$2.99 **\$2.89**
Organic Ketchup
\$1.99

14 oz. Sugg. Retail: \$2.99 **\$2.89**
 20 oz. Up/Down Ketchup....
 Sugg. Retail: \$4.29



LOTUS
Organic Jasmine Rice
 Brown or White
\$3.89

32 oz. Sugg. Retail: \$5.79

