

FROZEN FOODS

GROCERY ITEMS • SNACKS • BEVERAGES • AROUND THE HOME

SO DELICIOUS
Minis Fruit Bar
 Agave Sweetened: Raspberry, Strawberry or Original
 4 pack Sugg. Retail: \$5.19
 Organic Coconut Fudge Bar.....**\$369**
 6 pack Sugg. Retail: \$5.19

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

CASCADIAN FARM
Organic Country Style Potatoes
 16 oz. Sugg. Retail: \$3.99

MORNINGSTAR FARMS
Meatless Organic Breakfast Patties
 8 oz. Sugg. Retail: \$5.99

HENRY & LISA
Wild Alaskan Salmon Burgers
 12.8 oz. Sugg. Retail: \$8.29

NATURAL SEA
Salmon Fillet
 6 oz. Sugg. Retail: \$6.99
 12 oz.....**\$979**
 Sugg. Retail: \$13.99

LUNA & LARRY'S
Organic Coconut Bliss
 Assorted Varieties
\$469
 1 pint Sugg. Retail: \$6.59

TOFUTTI
Premium Dessert
 Better Pecan, Chocolate, Vanilla Almond, Vanilla or Wildberry
\$319
 16 oz. Sugg. Retail: \$4.39

CIAO BELLA
Gelato
 Assorted Varieties
\$389
 16 oz. Sugg. Retail: \$5.59

ALMOND DREAM
Almond Dream
 Cappuccino Swirl, Chocolate, Praline Crunch or Vanilla
\$319
 16 oz. Sugg. Retail: \$4.39
 Vanilla Almond Bites.....**\$349**
 6.6 oz. Sugg. Retail: \$4.99
 Vanilla Almond Lil' Dreamers.....**\$379**
 8/1.5 oz. Sugg. Retail: \$5.39

RICE DREAM
Organic Rice Dream
 Assorted Varieties
\$319
 1 pint Sugg. Retail: \$4.39

Novelty Bar
 Carob Coated Vanilla, Nut & Chocolate Coated Chocolate or Nut & Chocolate Coated Vanilla or Chocolate Pie
\$119
 3.2-3.7 oz. Sugg. Retail: \$1.49-\$1.59 ea.

A. VOGEL
Organic Herbamare Seasonings
 Assorted Varieties Including Spicy Tocomare
\$439
 4.4 oz. Sugg. Retail: \$6.49
 Herbamare or Tocomare Seasoning Salt.....**\$599**
 8.8 oz. Sugg. Retail: \$8.99

LUNDBERG FARMS
Organic Brown Rice Couscous
 Original, Garlic, Herb or Curry
\$219
 6.8-10 oz. Sugg. Retail: \$2.99

FANTASTIC FOODS
Dinner Mixes
 Assorted Varieties
\$219
 2.7-10 oz. Sugg. Retail: \$3.29

ZOE
Extra Virgin Olive Oil
\$969
 1 Ltr. Sugg. Retail: \$13.29

CASCADIAN FARM
Organic Sweet Relish
\$299
 10 oz. Sugg. Retail: \$4.49

DR. MCDUGALL'S
Light Sodium Soup Cup
 Assorted Varieties
\$119
 1.3-2.1 oz. Sugg. Retail: \$1.69

NEWMAN'S OWN
Dressing
 Assorted Varieties
\$419
 16 oz. Sugg. Retail: \$5.79

ANNIE'S NATURALS
Dressing or Vinaigrette
 Assorted Varieties
\$269
 8 oz. Sugg. Retail: \$3.99

BEVERAGES
IMAGINE FOODS
Rice Dream Beverage
 Assorted Varieties Including Heartwise
\$269
 32 oz. Sugg. Retail: \$3.99
 64 oz. Enriched Vanilla or Organic Original.....**\$399**
 Sugg. Retail: \$5.99

IMAGINE FOODS
Soy Dream Beverage
 Assorted Varieties
\$269
 32 oz. Sugg. Retail: \$3.99
 64 oz. Enriched Vanilla or Organic Original.....**\$439**
 Sugg. Retail: \$6.59
 Almond Dream: Original or Unsweetened Original**\$399**
 64 oz. Sugg. Retail: \$5.99

PERRIER
Sparkling Water
 Original, Lemon or Lime
\$149
 750 ml. Sugg. Retail: \$2.19

POLAND SPRING
Sparkling Water
 Assorted Varieties
99¢
 33.8 oz. Sugg. Retail: \$1.39
 Spring Water Original or Distilled.....**\$139**
 1 gal. Sugg. Retail: \$1.99
 12/5 Ltr. Spring Water.....**\$379**
 Sugg. Retail: \$5.69

ICELAND SPRING
Spring Water
79¢
 16.9 oz. Sugg. Retail: \$1.19
 33.8 oz.....**\$139**
 Sugg. Retail: \$1.99
 50.7 oz.....**\$159**
 Sugg. Retail: \$2.39

VOLVIC
Spring Water
 Plastic Bottle
\$219
 50.7 oz. Sugg. Retail: \$2.99

ZOLA
Organic Acai Power Juice
 Original
\$469
 32 oz. Sugg. Retail: \$6.99

METHOD
Cleaning Products
 Ylang Daily Shower Spray, Go Naked Spray Cleaner, Flushable Bath Cleaner Wipes or Ginger Yuzu Dish Soap
 28 ct. & 25-28 oz. Sugg. Retail: \$5.39-\$5.49
\$369
 Lavender Drier Cloths.....**\$489**
 40 ct. Sugg. Retail: \$7.19

BOB'S RED MILL
Flaxseeds
\$279
 24 oz. Sugg. Retail: \$4.19
 Golden Flaxseed Meal.....**\$299**
 16 oz. Sugg. Retail: \$4.39
 Organic Flaxseed Meal.....**\$379**
 16 oz. Sugg. Retail: \$5.49
 Organic Golden Flaxseed Meal.....**\$419**
 16 oz. Sugg. Retail: \$6.29

NATURE'S PATH
Organic Granola
 Assorted Varieties
\$359
 11.5 oz. Sugg. Retail: \$5.29

ORGANIC
Flax Plus Cereal
 Original, Red Berry, Pumpkin Raisin Bran or Maple Pecan
\$359
 10.5-14 oz. Sugg. Retail: \$5.29-\$5.39

WEE BEE
Raw Honey
\$679
 1 lb. Sugg. Retail: \$9.99
 2 lb.....**\$1199**
 Sugg. Retail: \$17.69

GARDEN OF EATIN'
Organic Corn Chips
 Assorted Varieties
\$259
 9 oz. Sugg. Retail: \$3.79
 16 oz. Party Size: Blue, Red Hot Blue or Yellow.....**\$359**
 Sugg. Retail: \$5.29

FOOD SHOULD TASTE GOOD
Tortilla Chips
 Assorted Varieties
\$219
 5.5-6 oz. Sugg. Retail: \$3.29

NEWMAN'S OWN
Organic Champion Chocolate Chip Cookies
\$299
 10 oz. Sugg. Retail: \$4.39

MEDITERRANEAN ORGANIC
Organic Olives
 Mixed Party, Tree Rippend Black, Kalamata Unpitted or Kalamata Pitted
\$369
 8.1-8.6 oz. Sugg. Retail: \$5.49

Organic Green Stuffed Olives
 w/Lemon, w/Almond, w/Pepper, w/Garlic or w/Jalapeno
\$369
 8.5-8.6 oz. Sugg. Retail: \$5.49

Organic Roasted Peppers
 Red/Yellow, Red or Yellow
\$479
 16 oz. Sugg. Retail: \$6.99

Organic Sundried Tomatoes
\$299
 3 oz. Sugg. Retail: \$4.49
 In Olive Oil.....**\$539**
 8.5 oz. Sugg. Retail: \$7.99

Organic Capers
\$269
 3.5 oz. Sugg. Retail: \$3.99

Organic Artichoke Hearts: Whole or Quartered.....**\$539**
 13.75 oz. Sugg. Retail: \$7.99

Organic Stuffed Grape Leaves.....**\$399**
 10 oz. Sugg. Retail: \$5.99

NATURAL NECTAR
Cracklebred
 Gluten Free Original, Gluten Free Tomato & Oregano or Multigrain
\$269
 3.5 oz. Sugg. Retail: \$3.99

SAN-J
Cooking Sauce
 Asian BBQ, Sweet & Tangy, Szechwan, Teriyaki or Thai Peanut
\$269
 10 oz. Sugg. Retail: \$3.99

Tamari Dressing
 Ginger, Sesame or Peanut
\$229
 8 oz. Sugg. Retail: \$3.39

Tamari
 Black Label
\$199
 10 oz. Sugg. Retail: \$2.99

Reduced Sodium White Label.....**\$269**
 10 oz. Sugg. Retail: \$3.99

SPECTRUM
Mayonnaise
 Canola
\$569
 32 oz. Sugg. Retail: \$8.49

Lite Canola (Eggless).....**\$499**
 32 oz. Sugg. Retail: \$7.49

Organic.....**\$819**
 32 oz. Sugg. Retail: \$12.29

REFRIGERATED FOODS

STONYFIELD FARM
Organic Smoothie
 Assorted Varieties
\$169
 10 oz. Sugg. Retail: \$2.39

WHOLESOY & CO.
Organic Soy Yogurt
 Assorted Varieties
99¢
 6 oz. Sugg. Retail: \$1.39

NANCY'S
Plain Yogurt
 Low Fat or Nonfat
\$269
 32 oz. Sugg. Retail: \$3.79

BROWN COW
Yogurt
 Low Fat or Nonfat Assorted Varieties
89¢
 6 oz. Sugg. Retail: \$1.19

NASOYA
Silken Creations
 Dark Chocolate or Vanilla
\$259
 17 oz. Sugg. Retail: \$3.59

NASOYA
Organic Tofu
 Firm, Extra Firm, Silken Soft or Super Firm
\$229
 8-14 oz. Sugg. Retail: \$3.19
 Lite Firm, Lite Silken, Firm Plus or Extra Firm Plus.....**\$259**
 14-16 oz. Sugg. Retail: \$3.59

NANCY'S
Organic Cottage Cheese
 Low Fat
\$389
 16 oz. Sugg. Retail: \$5.39

GALAXY
Cheese Alternative
 Assorted Varieties
\$319
 8 oz. Sugg. Retail: \$4.19-\$4.59

ICELAND SPRING
Spring Water
79¢
 16.9 oz. Sugg. Retail: \$1.19
 33.8 oz.....**\$139**
 Sugg. Retail: \$1.99
 50.7 oz.....**\$159**
 Sugg. Retail: \$2.39

VOLVIC
Spring Water
 Plastic Bottle
\$219
 50.7 oz. Sugg. Retail: \$2.99

ZOLA
Organic Acai Power Juice
 Original
\$469
 32 oz. Sugg. Retail: \$6.99

METHOD
Cleaning Products
 Ylang Daily Shower Spray, Go Naked Spray Cleaner, Flushable Bath Cleaner Wipes or Ginger Yuzu Dish Soap
 28 ct. & 25-28 oz. Sugg. Retail: \$5.39-\$5.49
\$369
 Lavender Drier Cloths.....**\$489**
 40 ct. Sugg. Retail: \$7.19

R.W. KNUDSEN
Very Veggie Juice
 Low Sodium, Original or Spicy
\$279
 32 oz. Sugg. Retail: \$4.19
 Organic Low Sodium or Original.....**\$319**
 32 oz. Sugg. Retail: \$4.59

R.W. KNUDSEN
Fruit Juice Spritzer
 Assorted Varieties
\$359
 4/10.5 oz. Sugg. Retail: \$5.29

METHOD
Cleaning Products
 Ylang Daily Shower Spray, Go Naked Spray Cleaner, Flushable Bath Cleaner Wipes or Ginger Yuzu Dish Soap
 28 ct. & 25-28 oz. Sugg. Retail: \$5.39-\$5.49
\$369
 Lavender Drier Cloths.....**\$489**
 40 ct. Sugg. Retail: \$7.19

HEALTHY SNACKS

GREEN MOUNTAIN GRINGO
Salsa
 Assorted Varieties
\$339
 16 oz. Sugg. Retail: \$4.99

GOOD HEALTH
Veggie Stix or Chips
\$319
 7-7.5 oz. Sugg. Retail: \$4.59

COOL FRUIT
Fruit Juice Freezers
 Grape & Cherry or Strawberry & Sour Apple
\$269
 14 oz. Sugg. Retail: \$3.99

LESSER EVIL
Krinkle Sticks
 Sea Salt, Sour Cream or Veggies
\$239
 5 oz. Sugg. Retail: \$3.49

KASHI
TLC Bars
 Assorted Varieties
\$399
 6 ct. Sugg. Retail: \$5.99

TLC
Crackers
 Assorted Varieties
\$329
 6-9 oz. Sugg. Retail: \$4.79-\$4.99

GoLean
Bar or Roll
 Assorted Varieties
\$149
 1.59-2.75 oz. Sugg. Retail: \$2.29

bulk foods

Large Turkish Apricots
\$329/lb.

Raw Shelled Sunflower Seeds
\$149/lb.

Organic Hulled Millet
99¢/lb.