

Rise & Shine

<p>ARROWHEAD MILLS Puffed Cereal..... All Varieties 6 oz. Sugg. Retail: \$2.19</p> <p>ARROWHEAD MILLS Organic Pancake Mix..... Buckwheat, Buttermilk or Oat Bran 26 oz. Sugg. Retail: \$4.79</p> <p>COOMBS FAMILY FARM Organic Maple Syrup GRADE A 12 oz. Sugg. Retail: \$14.39 32 oz..... Sugg. Retail: \$35.19</p> <p>EREWHON Organic Brown Rice Hot Cereal..... 16 oz. Sugg. Retail: \$4.19</p> <p>DR. MCDUGALL'S Organic Hot Cereal Cup Apple Cinnamon, Maple 4 Grain or Peach Raspberry 2.3-3 oz. Sugg. Retail: \$2.19</p>		<p>FOOD FOR LIFE Organic Ezekiel 4:9 Cereal..... Original or Golden Flax 16 oz. Sugg. Retail: \$6.39 Almond or Cinnamon Raisin..... 12 oz. Sugg. Retail: \$6.99</p> <p>HAPPY BABY Organic Happybellies Cereal.... Oat, Brown Rice or Multigrain 7 oz. Sugg. Retail: \$4.79</p> <p>KASHI Organic Promise Cereal..... Strawberry Fields, Island Vanilla, Autumn Wheat or Cinnamon Harvest 10.4-17.5 oz. Sugg. Retail: \$6.19-\$6.29 Honey Sunshine Cereal..... 12 oz. Sugg. Retail: \$5.99</p> <p>MOTHER'S Cereal..... Cinnamon Oat Crunch, Cocoa Bumpers, Groovy Grahams, Peanut Butter Bumpers or Toasted Oat Bran 10.5-16 oz. Sugg. Retail: \$5.19</p>
	<p>RUDI'S English Muffins..... Organic: Wheat, Multigrain or Spelt 12 oz. Sugg. Retail: \$4.29</p> <p>UNCLE SAM Instant Oatmeal..... w/Flax 9.6 oz. Sugg. Retail: \$3.99</p> <p>NATURE'S CHOICE/BARBARA'S Multigrain Cereal Bars All Varieties 7.8 oz. Sugg. Retail: \$4.19</p>	

Woodstock Farms

<p>Apple Rings..... 7 oz. Sugg. Retail: \$6.49</p> <p>Organic Apple Slices..... 5.5 oz. Sugg. Retail: \$6.99</p> <p>Organic Large Turkish Apricots..... 11.5 oz. Sugg. Retail: \$6.99</p> <p>Sour Tart Red Cherries..... 5.5 oz. Sugg. Retail: \$6.99</p> <p>Sweetened Cranberries..... 10 oz. Sugg. Retail: \$7.49</p> <p>Organic Thompson Raisins..... 16 oz. Sugg. Retail: \$6.49</p> <p>Raw Almonds..... 8 oz. Sugg. Retail: \$6.99</p> <p>Low Sugar Sliced Pineapple..... 13 oz. Sugg. Retail: \$6.49</p>		<p>Organic Crystallized Ginger Chunk..... 6 oz. Sugg. Retail: \$4.99</p> <p>Organic Black Mission Figs..... 10 oz. Sugg. Retail: \$5.49</p> <p>Deglet Dates w/Pitts..... 13 oz. Sugg. Retail: \$5.99</p> <p>Organic Calmyrna Figs..... 10 oz. Sugg. Retail: \$7.99</p> <p>Organic California Medjool Dates..... 13 oz. Sugg. Retail: \$9.99</p> <p>Organic California Pitted Prunes..... 12 oz. Sugg. Retail: \$9.99</p> <p>Low Sugar Ginger Slices..... 9.5 oz. Sugg. Retail: \$5.99</p> <p>Low Sugar Papaya Spears..... 10 oz. Sugg. Retail: \$5.99</p>
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Bulk Foods

<p>LOW SUGAR PAPAYA SPEARS \$3.29 PER LB. Sugg. Retail: \$3.99/lb.</p>	<p>ORGANIC RAW ALMONDS \$7.29 PER LB. Sugg. Retail: \$7.99/lb.</p>	<p>ORGANIC RAW SESAME SEEDS..... \$2.99 PER LB. Sugg. Retail: \$3.99/lb.</p>
<p>ORGANIC RAW BRAZIL NUTS SHELLED \$6.99 PER LB. Sugg. Retail: \$7.59/lb.</p>	<p>ORGANIC HULLED MILLET 99¢ PER LB. Sugg. Retail: \$1.29/lb.</p>	<p>ORGANIC SHORT BROWN RICE..... \$1.69 PER LB. Sugg. Retail: \$1.99/lb.</p> <p>ORGANIC WHOLE RAW CASHEWS..... \$8.49 PER LB. Sugg. Retail: \$8.99/lb.</p> <p>CHUNKS OF ENERGY..... \$6.39 PER LB. ALL VARIETIES Sugg. Retail: \$6.99-\$7.79/lb.</p>