

**FROZEN FOODS**

**NATURAL SEA Salmon Fillet**  
**\$4.99**  
 6 oz. Sugg. Retail: \$6.99



**Premium Cod Fish Fillets or Sticks**  
**\$5.39**  
 8 oz. Sugg. Retail: \$7.49  
 Pollock Fish Fillets, Nuggets or Sticks..... **\$3.89**  
 7-7.2 oz. Sugg. Retail: \$5.49



**HENRY & LISA Salmon Fillet**  
 w/Marinade  
**\$6.19**  
 9 oz. Sugg. Retail: \$8.69



**ORGANIC BISTRO Organic Wild Salmon**  
 11.3 oz. Sugg. Retail: \$7.59



**WYMAN'S Berries**  
 Wild Blueberries  
**\$3.49**  
 15 oz. Sugg. Retail: \$4.89  
 Strawberries... **\$2.59**  
 15 oz. Sugg. Retail: \$3.69  
 Mixed Berries or Red Raspberries..... **\$3.19**  
 12-15 oz. Sugg. Retail: \$4.49-\$4.59



**TOFUCCI Marry Me Dessert Bars**  
 6 pk. Sugg. Retail: \$5.59



**CASCADIAN FARM Organic Vegetables**  
 California Blend, Gardener's Blend, Broccoli Florets, Super Sweet Corn, Cut Green Beans, Peas & Carrots or Sweet Green Peas  
 10 oz. bag Sugg. Retail: \$3.49  
 Chinese Stir-Fry Blend or Thai Stir-Fry Blend... **\$2.39**  
 10 oz. bag Sugg. Retail: \$3.29  
 16 oz. Bag: Peas or Mixed Vegetables..... **\$2.99**  
 Retail: \$4.29  
 Boxed: French Green Beans w/Almonds, Cut Spinach or Peas & Pearl Onions..... **\$2.79**  
 7.4-10 oz. Sugg. Retail: \$3.99



**TOFUCCI Pizza Pizzaz**  
 8 oz. Sugg. Retail: \$4.79



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



**FRENCH MEADOW Organic Sprouted Bread**  
 Yeast Free: Healthseed, Hemp, Men's or Woman  
**\$6.59**  
 24 oz. Sugg. Retail: \$9.29



**ANNE CHUNN'S Rice Express Steamers**  
 Black Pearl, Multigrain, Sprouted Brown or Sticky White  
**\$2.39**  
 6.3-7.4 oz. Sugg. Retail: \$3.59  
 Sushi Wrap or Brown Rice Sushi Wraps..... **\$3.19**  
 7-8.1 oz. Sugg. Retail: \$4.59



**CROFTER'S Organic Fruit Preserves**  
 Conserves: Morello Cherry, Apricot, Blood Orange, Four Fruit, Mango Strawberry or Blackberry  
**\$2.69**  
 10 oz. Sugg. Retail: \$3.99  
 Pomegranate Jelly, Raspberry Conserves or Wild Blueberry Conserves  
 Fruit Spread: Strawberry, Blackberry, Apricot, Black Currant or Super Fruit..... **\$2.99**  
 10-11 oz. Sugg. Retail: \$4.49  
 Concord Grape Jelly..... **\$2.39**  
 11 oz. Sugg. Retail: \$3.49  
 Blueberry or Raspberry Fruit Spread..... **\$3.19**  
 10 oz. Sugg. Retail: \$4.69



**PACIFIC FOODS Organic Broth**  
 Assorted Varieties  
**\$2.79**  
 32 oz. Sugg. Retail: \$4.19



**COLAVITA Extra Virgin Olive Oil**  
 34 oz. Sugg. Retail: \$19.99



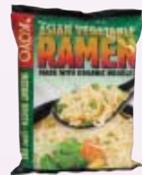
**NAPA VALLEY Extra Virgin Olive Oil**  
 Rich & Robust  
**\$10.89**  
 25.4 oz. Sugg. Retail: \$14.89



**DR. MCDUGALL'S Big Soup Cup**  
 Assorted Varieties  
**\$1.49**  
 1.9-3.4 oz. Sugg. Retail: \$2.19



**KOYO Dry Ramen**  
 Assorted Varieties  
**89¢**  
 2-2.1 oz. Sugg. Retail: \$1.29



**SUMMIT Stevia Pure**  
 100 pkt. Sugg. Retail: \$9.99



**GROCERY ITEMS • SNACKS • BEVERAGES • AROUND THE HOME**

**RISE & SHINE BAKERY ON MAIN Organic Granola**  
 Cranberry Maple, Maple Raisin or Pecan Cranberry  
 12 oz. Sugg. Retail: \$5.99  
**\$4.19**



**UNCLE SAM Uncle Sam Cereal**  
 Original  
 10 oz. Sugg. Retail: \$3.79  
 w/Berries..... **\$3.19**  
 10.5 oz. Sugg. Retail: \$4.69




**FOOD FOR LIFE Organic Ezekiel 4:9 Cereal**  
 Golden Flax or Original  
 16 oz. Sugg. Retail: \$6.39  
 Cinnamon Raisin or Almond..... **\$4.79**  
 16 oz. Sugg. Retail: \$6.99



**BOB'S RED MILL Oat Cereal**  
 Thick Rolled Oats or Organic Steel Cut Oats  
 24-32 oz. Sugg. Retail: \$4.29-\$4.49  
 Organic Rolled Oats..... **\$3.69**  
 32 oz. Sugg. Retail: \$5.49



**DR. MCDUGALL'S Organic Hot Cereal Cup**  
 Apple Cinnamon, Maple or Peach Raspberry  
 2.3-3 oz. Sugg. Retail: \$2.19



**GLUTEN FREEDA'S Gluten Free Oatmeal w/Flax**  
 Apple Cinnamon, Banana Maple or Maple Raisin  
 10.5 oz. Sugg. Retail: \$5.79



**SPECTRUM Canola Oil**  
 Refined  
**\$5.99**  
 32 oz. Sugg. Retail: \$8.49  
 Organic..... **\$8.89**  
 32 oz. Sugg. Retail: \$12.59  
 Organic Shortening..... **\$5.49**  
 24 oz. Sugg. Retail: \$7.79



**TILLEN FARMS Picked Crispy Asparagus or Maraschino Cherries**  
 12-14 oz. Sugg. Retail: \$6.59



**CROWN PRINCE Sardines**  
 Briskling in Water or In Mustard Sauce  
**\$2.59**  
 3.75 oz. Sugg. Retail: \$3.89  
 Anchovy Paste..... **\$1.79**  
 1.75 oz. Sugg. Retail: \$2.59



**EARTH WORM Family Safe Cleaning Products**  
 All Purpose, Bathroom, Carpet & Upholstery, Mold & Mildew, Floor or Odor Eliminator  
**\$4.39**  
 22 oz. Sugg. Retail: \$6.49  
 Drain Cleaner..... **\$3.39**  
 32 oz. Sugg. Retail: \$4.99



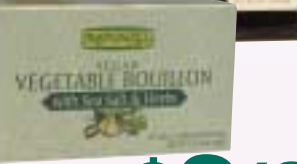
**LUNDBERG FARMS Eco-Farmed Rice**  
 Long or Short Grain Brown  
 2 lb. Sugg. Retail: \$3.39



**RAPUNZEL Organic Spanish Extra Virgin Olive Oil**  
 25.35 oz. Sugg. Retail: \$19.99  
 Organic Unrefined Sunflower Oil..... **\$4.79**  
 16.9 oz. Sugg. Retail: \$6.99



**RAPUNZEL Organic Vegetable Bouillon**  
 No Salt, w/Herbs or w/Sea Salt  
 2.4-3.10 oz. Sugg. Retail: \$3.29



**IMAGINE FOODS Organic Gravy**  
 Turkey or Beef  
**\$1.99**  
 16 oz. Sugg. Retail: \$2.79



**IMAGINE FOODS Organic Bistro Soup**  
 Corn Chowder, Black Bean or Roasted Tomato  
**\$3.79**  
 32 oz. Sugg. Retail: \$5.29  
 Organic Moroccan Chickpea Bisque Soup..... **\$4.29**  
 32 oz. Sugg. Retail: \$5.99



**FRONTIER NATURALS 100% Organic Vanilla Extract**  
 4 oz. Sugg. Retail: \$11.19



**FLAVOR ORGANICS Organic Extract**  
 Assorted Varieties  
**\$4.19**  
 2 oz. Sugg. Retail: \$5.99  
 4 oz. Organic Vanilla Extract..... **\$7.89**  
 Sugg. Retail: \$11.59



**BACH Pet Rescue Remedy**  
 10 ml. Sugg. Retail: \$13.99



**GREEN SPROUTS Stainless Steel Bottle**  
 ea. Sugg. Retail: \$11.99



**WESTBRAE Organic Vegetables**  
 French Green Beans, Corn or Sweet Peas  
**\$1.79**  
 15-15.25 oz. Sugg. Retail: \$2.59  
 Green Beans..... **\$1.89**  
 14.5 oz. Sugg. Retail: \$2.69



**WOODSTOCK FARMS Organic Sesame Tahini**  
 No Salt  
**\$7.49**  
 16 oz. Sugg. Retail: \$10.99  
 Raw Almond Butter..... **\$7.49**  
 16 oz. Sugg. Retail: \$10.99



**BEVERAGES R.W. KNUDSEN Just Juice**  
 Cranberry or Blueberry  
 32 oz. Sugg. Retail: \$7.99  
 Pomegranate..... **\$6.29**  
 32 oz. Sugg. Retail: \$9.29  
 Black Cherry..... **\$3.59**  
 32 oz. Sugg. Retail: \$5.29



**Organic Just Juice**  
 Concord Grape or Tart Cherry  
 32 oz. Sugg. Retail: \$7.49  
 Organic Cranberry or Pomegranate..... **\$8.49**  
 32 oz. Sugg. Retail: \$12.49



**BLUE-DIAMOND Almond Breeze Beverage**  
 Assorted Varieties  
 32 oz. Sugg. Retail: \$2.89



**IMAGINE FOODS Almond Dream**  
 Original or Unsweetened  
**\$4.29**  
 Enriched Organic Original or Enriched Vanilla  
 64 oz. Sugg. Retail: \$5.99  
 Organic Enriched Soy Dream  
 Original or Vanilla..... **\$4.69**  
 64 oz. Sugg. Retail: \$6.59




**HARVEST BAY Coconut Water**  
 11 oz. Sugg. Retail: \$1.99  
 34 oz. Sugg. Retail: \$5.99



**PENTA Purified Drinking Water**  
 16.9 oz. Sugg. Retail: \$2.19



**TRADITIONAL MEDICINALS Organic Tea**  
 Ginger Aid, Everyday Detox or Heartburn Soother  
 16 bags Sugg. Retail: \$5.59



**YOGI Organic Tea**  
 Assorted Varieties  
 16 bags Sugg. Retail: \$5.19  
 Purely Peppermint..... **\$3.19**  
 16 bags Sugg. Retail: \$4.59



**LOACKER Wafer Cookies**  
 Assorted Varieties  
 7.76-8.82 oz. Sugg. Retail: \$4.49



**NATURE'S PATH Organic Granola Bars**  
 Assorted Varieties  
 6.2-7.4 oz. Sugg. Retail: \$4.99



**TERRA Terra Chips**  
 Mediterranean, Original or Zesty Tomato  
 7.5 oz. Sugg. Retail: \$5.69



**WASA Crispbread**  
 Hearty Rye, Light Rye, Multigrain, Sourdough Rye, Whole Wheat or Whole Grain  
 8.8-10.9 oz. Sugg. Retail: \$3.19  
 Mild Rye or 7 Grain..... **\$1.59**  
 4.9 oz. Sugg. Retail: \$2.39



**bulk foods Organic Pitted Prunes**  
**\$4.29 /lb.**



**Organic Crystallized Ginger**  
 W/Raw Sugar  
**\$4.29 /lb.**



**Organic Long Grain Brown Rice**  
**\$1.49 /lb.**



**HELIOS Reduced Fat Organic Kefir**  
 Peach, Plain, Blueberry, Strawberry or Vanilla  
**\$1.99**  
 8 oz. Sugg. Retail: \$1.49



**REFRIGERATED FOODS**

**STONYFIELD FARM Organic Yogurt**  
 Low Fat or Whole Milk  
 Assorted Varieties  
**99¢**  
 6 oz. Sugg. Retail: \$1.29



**NANCY'S Organic Yogurt**  
 Nonfat, Lowfat or Whole Milk Plain  
**\$3.49**  
 32 oz. Sugg. Retail: \$4.99  
 Nonfat Vanilla..... **\$4.19**  
 32 oz. Sugg. Retail: \$5.79



**LIBERTE Mediterranean Yogurt**  
 Assorted Varieties  
**99¢**  
 6 oz. Sugg. Retail: \$1.29



**HELIOS Reduced Fat Organic Kefir**  
 Peach, Plain, Blueberry, Strawberry or Vanilla  
**\$1.99**  
 8 oz. Sugg. Retail: \$1.49



**KOZY SHACK Pudding**  
 Rice or Tapioca  
**\$3.29**  
 22 oz. Sugg. Retail: \$4.59



**ORGANIC VALLEY Organic Cheese**  
 Mild Cheddar, Reduced Fat Low Salt Cheddar, Reduced Fat Monterey Jack or Yellow Colby  
 8 oz. Sugg. Retail: \$5.79  
 Sharp Cheddar..... **\$4.39**  
 8 oz. Sugg. Retail: \$6.19



**GALAXY FOODS Rice Slices**  
 Assorted Varieties  
**\$3.19**  
 7.3 oz. Sugg. Retail: \$4.49



**EARTH BALANCE Buttery Spread**  
 Original, w/Olive Oil or Soy Garden  
**\$3.69**  
 13-15 oz. Sugg. Retail: \$5.19



**BIOKLEEN Laundry Liquid**  
 Citrus, Energy Saver or Free & Clear  
**\$9.59**  
 64 oz. Sugg. Retail: \$13.99



**BACH Pet Rescue Remedy**  
 10 ml. Sugg. Retail: \$13.99



**GREEN SPROUTS Stainless Steel Bottle**  
 ea. Sugg. Retail: \$11.99



**EARTH WORM Family Safe Cleaning Products**  
 All Purpose, Bathroom, Carpet & Upholstery, Mold & Mildew, Floor or Odor Eliminator  
**\$4.39**  
 22 oz. Sugg. Retail: \$6.49  
 Drain Cleaner..... **\$3.39**  
 32 oz. Sugg. Retail: \$4.99

