

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

COLAVITA
Extra Virgin Olive Oil
\$14.99
 34 oz. Sugg. Retail: \$19.99



NAPA VALLEY
Extra Virgin Olive Oil
 Rich & Robust
\$10.99
 25.4 oz. Sugg. Retail: \$14.89



TERRA
Stripes & Blues, Exotic Harvest or Terra Chips
 All Varieties
\$3.99
 6-7.5 oz. Sugg. Retail: \$5.69



NATURE'S PATH
Organic Granola Bars
 All Varieties
\$3.39
 6.2-7.4 oz. Sugg. Retail: \$4.99



DANCING DEER
Brownies
 Caramel Pecan, Chocolate Chunk or Peanut Butter
\$3.39
 4 ct. Sugg. Retail: \$4.79



LOCKER
Wafer Cookies
 All Varieties
\$2.99
 7.76-8.82 oz. Sugg. Retail: \$4.49



BACK TO NATURE
Crackers
 All Varieties
\$2.99
 5.5-8.5 oz. Sugg. Retail: \$3.99

Cookies
\$3.49
 Cranberry Pecan Granola, Dark Chocolate Oats Granola, Honey Nut Granola, Chocolate Chunk, Crispy Oatmeal or Sandwich Creme: Original or Peanut Butter
 8.5-12 oz. Sugg. Retail: \$4.69



SPECTRUM
Canola Oil
 Refined
\$5.99
 32 oz. Sugg. Retail: \$8.49

ORGANICVILLE
Organic Vinaigrette
 All Varieties Including French Dressing
\$2.99
 8 oz. Sugg. Retail: \$4.39



WASA
Crispbread
 Hearty Rye, Light Rye, Multigrain, Sourdough Rye, Whole Wheat or Whole Grain
\$2.19
 8.8-10.9 oz. Sugg. Retail: \$3.19

Mild Rye or 7 Grain.....
 4.9 oz. Sugg. Retail: \$2.39



TANKA
Natural Cranberry Buffalo Bars
 Original or Hot
\$4.99
 3 oz. Sugg. Retail: \$6.99

1 oz. Bites.....
 Sugg. Retail: \$2.99



NEWMAN'S OWN
Organic Pretzels
 Salt & Pepper Rounds, Unsalted Rounds, Salted Nuggets, Salted Sticks, Hi-Protein or Spelt
\$2.49
 7-8 oz. Sugg. Retail: \$3.69

Fig Newmans
 Fat Free, Low Fat or Wheat Free/Dairy Free
\$3.39
 12 oz. Sugg. Retail: \$4.99



BARE FRUIT
Organic Dried Fruit
 Cinnamon Apple Chips, Fuji Apples or Granny Smith
\$2.19
 73 gm. Sugg. Retail: \$3.19


Cherries, Mangos or Pears.....
\$2.39
 73 gm. Sugg. Retail: \$3.59



NAIRIN'S
Oat Snacks
 Organic Rough Oat Cake Cracker or Oat Biscuits: Fruit & Nut, Mixed Berries or Stem Ginseng
\$2.99
 7.1-8.8. Sugg. Retail: \$4.19-\$4.29

Fine Milled Oat Cake Cracker.....
\$2.19
 8.8 oz. Sugg. Retail: \$3.19

Cheese or Organic Herb Oat Cake Cracker.....
\$3.39
 7.1 oz. Sugg. Retail: \$4.79



RAPUNZEL
Organic Vegetable Bouillon
 No Salt, w/Herbs or w/Sea Salt
\$2.29
 2.4-3.10 oz. Sugg. Retail: \$3.29



MUIR GLEN
Canned Organic Tomatoes
 Stewed, Diced, Basil & Garlic Diced, Garlic & Onion Diced, Italian Diced, No Salt Diced or Whole Peeled
\$1.69
 14.5 oz. Sugg. Retail: \$2.49

Fire Roasted: Diced, Garlic Diced, Diced w/Chipotle, Diced Adobo, No Salt Diced or Diced w/Chili.....
\$1.89
 14.5 oz. Sugg. Retail: \$2.79




MUIR GLEN
Organic Soup
 Minestrone, Tomato Basil, Creamy Tomato Basil, Split Pea, Garden Vegetable, Reduced Salt Garden Vegetable, Lentil or Southwest Black Bean
\$2.19
 14.4-14.9 oz. Sugg. Retail: \$3.29

Beef Barley, Beef Vegetable, Chicken Gumbo, Chicken Noodle, Reduced Salt Chicken Noodle, Chicken Tortilla, or Chicken Wild Rice.....
\$2.79
 14-14.5 oz. Sugg. Retail: \$4.19



WOLFGANG PUCK'S
Organic Soup
 All Varieties
\$1.99
 14.5 oz. Sugg. Retail: \$3.39



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



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



SANTA CRUZ
Organic Apple Sauce
 Original, Apricot, Strawberry or Cinnamon
\$3.19
 23 oz. Sugg. Retail: \$4.79

Snack Size: Original or Apricot.....
\$3.49
 6/4 oz. Sugg. Retail: \$5.19



RAPUNZEL
Organic Vegetable Bouillon
 No Salt, w/Herbs or w/Sea Salt
\$2.29
 2.4-3.10 oz. Sugg. Retail: \$3.29



CROFTER'S
Organic Fruit Preserves
 Morello Cherry Conserve, Wild Blueberry Conserve, Strawberry Fruit Spread, Blackberry Fruit Spread, or Pomegranate Jelly
\$2.99
 10-11 oz. Sugg. Retail: \$3.99-\$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



SANTA CRUZ
Organic Peanut Butter
 All Varieties
\$3.69
 16 oz. Sugg. Retail: \$5.49



WOODSTOCK FARMS
Organic Peanut Butter
 All Varieties
\$4.39
 16 oz. Sugg. Retail: \$6.49



WOODSTOCK FARMS
Sesame Tahini
 No Salt
\$5.99
 16 oz. Sugg. Retail: \$8.99

Organic No Salt Sesame Tahini.....
\$7.39
 16 oz. Sugg. Retail: \$10.99



WESTBRAE
Organic Beans
 All Varieties
\$1.69
 15 oz. Sugg. Retail: \$2.39



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



SANTA CRUZ
Organic Apple Sauce
 Original, Apricot, Strawberry or Cinnamon
\$3.19
 23 oz. Sugg. Retail: \$4.79

Snack Size: Original or Apricot.....
\$3.49
 6/4 oz. Sugg. Retail: \$5.19



FRONTIER NATURALS
100% Organic Vanilla Extract
\$7.99
 4 oz. Sugg. Retail: \$11.19



RAPUNZEL
Organic Cocoa Powder
\$4.79
 7.1 oz. Sugg. Retail: \$6.99



RAPUNZEL
Organic Corn Starch
\$2.39
 8 oz. Sugg. Retail: \$3.49

RAPUNZEL
Organic Whole Cane Sugar
\$3.49
 24 oz. Sugg. Retail: \$4.99



SPECTRUM
Organic Shortening
\$5.99
 24 oz. Sugg. Retail: \$7.79



WYMAN'S
Wild Blueberries
\$3.29
 14 oz. Sugg. Retail: \$4.79



CROWN PRINCE
Sardines
 Brisling in Water or In Mustard Sauce
\$2.59
 3.75 oz. Sugg. Retail: \$3.89

Anchovy Paste.....
\$1.99
 1.75 oz. Sugg. Retail: \$2.59



LUNDBERG FARMS
Eco-Farmed Rice
 Long or Short Grain Brown.....
\$2.29
 2 lb. Sugg. Retail: \$3.39

Basmati Brown or White.....
\$2.99
 2 lb. Sugg. Retail: \$4.19-\$4.49

Arborio White.....
\$4.29
 2 lb. Sugg. Retail: \$6.39



BLUE-DIAMOND
Almond Breeze
 All Varieties
\$1.99
 32 oz. Sugg. Retail: \$2.89



IMAGINE FOODS
Almond Dream Rice Dream
 Original or Unsweetened
\$4.29
 64 oz. Sugg. Retail: \$5.99

Organic Enriched Soy Dream Original or Vanilla.....
\$4.69
 64 oz. Sugg. Retail: \$6.59



FIRST JUICE
Organic Sip Juice
 Apple Carrot or Banana Carrot
\$1.89
 8 oz. Sugg. Retail: \$2.79



R.W. KNUDSEN
Just Juice
 Cranberry or Blueberry
\$6.59
 32 oz. Sugg. Retail: \$9.79

Pomegranate.....
\$6.29
 32 oz. Sugg. Retail: \$9.29

Black Cherry.....
\$3.69
 32 oz. Sugg. Retail: \$5.29



Organic Just Juice
 Concord Grape or Tart Cherry
\$5.29
 32 oz. Sugg. Retail: \$7.49

Organic Cranberry or Pomegranate.....
\$8.49
 32 oz. Sugg. Retail: \$12.49



FRUIT VEGGIE BLEND JUICE
\$2.59
 3/8 oz. Sugg. Retail: \$3.59-\$3.79



SANTA CRUZ
Organic Juice
 Apricot Mango or White Grape
\$3.39
 32 oz. Sugg. Retail: \$4.99



CELESTIAL SEASONINGS
Green Tea
 Antioxidant, Authentic, Blueberry, Decaf, Goji Berry Pomegranate, Honey/Lemon/Ginseng, Decaf Mint, Mandarin Orchard or Raspberry Garden
\$2.59
 20 bags Sugg. Retail: \$3.69



White Tea
 Antioxidant Plum, China Decaf, White Peach or Pear
\$3.19
 16 bags Sugg. Retail: \$5.19



YOGI
Organic Tea
 Blueberry Slim Green, Triple Echinacea Green, Berry Detox, Breathe Deep, Cold Sampler, Cold Season, Detox, Echinacea Immune, Get Regular, Ginger, Joint Comfort Green, Healthy Fasting, Honey Throat Comfort, Lemon Ginger, Peach Detox, Stomach Ease, Throat Comfort, Woman's Raspberry Leaf, Woman's Energy, Woman's Moon Cycle, Mother-To-Be or Nursing Support
\$3.49
 16 bags Sugg. Retail: \$4.59



INKO'S
Ready To Drink White Tea
 All Varieties
\$1.19
 16 oz. Sugg. Retail: \$1.79

Energy Drink.....
\$1.19
 15.5 oz. Sugg. Retail: \$1.79



PENTA
Purified Drinking Water
\$1.49
 16.9 oz. Sugg. Retail: \$2.19

1 Ltr.....
\$2.59
 Sugg. Retail: \$3.79



SANTA CRUZ
Organic Juice
 Apricot Mango or White Grape
\$3.39
 32 oz. Sugg. Retail: \$4.99



SANTA CRUZ
Organic Juice
 Apricot Mango or White Grape
\$3.39
 32 oz. Sugg. Retail: \$4.99

