



Member Owner-Deals

Sales Good October 1st - 31st 2018



Big B's
Apple Cider
and Juice

\$1 Off



Fall Potluck and
Pumpkin Decorating
Contest

October 28th 1-3pm

Join us for our annual potluck and pumpkin decorating contest. Help pick the winners of the contest and bring a dish to share. The only rules are no punctured pumpkins and have fun!



Bulk Department
Organic Raw
Cashews



\$10.99/LB

Reg. \$13.99/LB

Field Day
Organic
Traditional
Pasta

Price Excludes
Gluten Free
Pasta
16 OZ



\$2.99

Newman's Own
Pasta
Sauce

Sockarooni,
Alfredo &
5 Cheese



2/\$6

Concord
85/15
Grass Fed
Ground
Beef
1 LB



\$4.99

From Aberdeen, South Dakota

Bulk Department
Organic Cocoa
Cashew Butter
Granola



\$8.49/LB

Reg. \$9.49/LB

Gardein
Meat-Free Crispy
Tenders

Seven
Grain
9 OZ



2/\$8

Alexia Foods
Frozen
Crisps
Potato
Puffs

Seasoned
19 OZ



2/\$6

Lightlife Foods
Organic
Tempeh
Original
8 OZ



2/\$6

Tender and tasty tempeh packed with soy protein.

Brown Cow Yogurt
Cream Top Whole Milk
Yogurt
 Maple, Vanilla & Plain
 32 OZ

2/\$8

Reg. \$5.99

Think creme de la creme. Think creamy rich. Think yum yum!



Erewhon
Organic Crispy
Brown Rice
 10 OZ
\$3.99

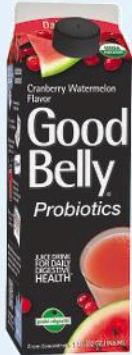
Reg. \$5.99
Save \$2!

A delicious oven-toasted cereal that stays crisp in milk. Great served with fresh fruit or as a topping for yogurt!

Erewhon
Organic Corn
Flakes
 11 OZ
\$3.99

Reg. \$5.99
Save \$2!

Plump kernels of US grown, organic non-GMO, gluten free corn are oven-toasted with a hint of sea salt.



Good Belly
Organic Probiotic
Drink
 32 FL OZ

\$3.99

Reg. \$4.99

Lily's Sweets
Dark
Chocolate
Bar
 All Flavors
 3 OZ

2/\$8

Sweetened with Stevia!



Bulk Department
Organic
Dark
Chocolate
Chips



\$7.99/LB

Reg. \$9.99/LB

Crofters
Organic Premium Spread
 Select Varieties
 10 OZ

2/\$6



All the flavor comes from the organic fruit and the careful preparation which preserves their natural goodness.

Angie's Kettle Corn
Boomchickapop
Kettle Corn
 Sweet & Salty
 and Sea Salt
 7 OZ

2/\$5

Reg. \$4.29



Bulk Department
Organic
Rainbow
Popcorn



\$1.99/LB

Reg. \$2.39/LB



Desert Essence
Eco-Harvest
Oil
 Tea Tree
 1 FL OZ

20% Off
 Reg. \$13.99

Nectar Essences
Breath Me
Natural
Remedy



Comes in Sleep, Focus, Energy, & Immunity inhalants.

\$6.99
 Reg. \$7.49



20% Off
Repair & Restore Hair Care

Dr. Bronner's
Castile Liquid Soap
 All Scents
 32 FL OZ

10% Off
 Reg. \$16.39

The organic peppermint essential oil is exhilarating!



Teaonic
Organic Herbal
Tea Supplement
 All Flavors
 8 FL OZ

\$4.49
 Reg. \$4.99



North American
Oil Of Oregano
 60 Cap

\$20.99
 Reg. \$29.99

