

October 1st - 31st, 2018



**Fresh Baked
Deli Made
Pumpkin
Bread**

**50¢
Off**

**Deli Made
Home Made
Soup**



**\$1.00
Off Every Sunday**



**Deli Made
Made to Order
Hot Sandwich**

11-2 Everyday!
**50¢
Off Each**

**Bulk Department
Dark Chocolate
Coconut
Chews**



\$9.99/LB

Reg. \$11.99/LB

**Bulk Department
Organic
Pistachios
Roasted &
Salted**



\$10.99/LB

Reg. \$13.99/LB

**Pacific Natural Foods
Organic Soup
Roasted Red
Pepper & Tomato**

32 FL OZ

\$3.99



Roasted garlic mingles with the sweetness of red peppers and tangy tomatoes in this zesty soup.

**Absolutely Gluten Free
Flatbread**

All Flavors
5.29 OZ

2/\$7



**Pacific Natural Foods
Organic Soup
Cashew Carrot Ginger**

32 FL OZ

\$3.99



Sweet notes of coconut milk, cashews and spices complement fresh carrot, roasted garlic and ginger for a delicious twist on carrot soup.

**Bulk Department
Organic
Pecans**



\$14.99/LB

Reg. \$19.99/LB

**Bulk Department
Organic
Cashews
Roasted &
Salted**



\$12.99/LB

Reg. \$14.99/LB



**October 28th
1:00-3:00
Fall Potluck &
Pumpkin
Decorating
Contest!**

Please join us for our annual Fall Potluck and help pick winners in the pumpkin decorating contest. Pumpkins can be dropped off at the co-op starting on the 21st. The only rules are you can not puncture the pumpkins, and be creative!

**Farmer's Market
100% Organic
Pumpkin**

15 OZ

10% Off



**Midel
Cookies**

Ginger Snaps
8 OZ

\$3.49

Reg. \$4.79

**Annie's Homegrown
Macaroni & Cheese**

Classic Mild Cheddar
6 OZ

2/\$4



**Bob's Red Mill
Gluten Free 1-1
Baking Flour**

44 OZ

\$6.49



Udi's
Gluten Free
Bread
 White Sandwich &
 Multigrain
 12 OZ

2/\$8

Our bakers have set the standard for the best tasting gluten-free products.



Tasty Bite
Organic Heat &
Eat Rice Pouch
 8.8 OZ

2/\$4

Equal Exchange
Organic
Chocolate Bar
 All Flavors
 2.8 OZ

2/\$6

Reg. \$3.99



Kite Hill
Greek-Style Almond Milk
Yogurt
 Blueberry
 5.3 OZ

2/\$4

Reg. \$2.59



Gardein
Breakfast
Pockets
 Vegan Scramble
 14.1 OZ

\$3.99

Reg. \$5.79



Gomacro
Organic
MacroBar
 All Flavors!
 2.3 OZ

\$2.99

Reg. \$3.29



Lifeway Kefir
Low Fat Kefir
 Sale Excludes Organic
 32 FL OZ

2/\$8

Smooth, creamy, low-fat, and high protein, this yogurt style beverage tastes great and offers health benefits.



Barbara's Bakery
Morning Cereal
 Vanilla Almond
 & Cinnamon
 14 OZ

2/\$6

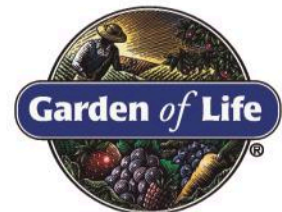


20% Off
8 OZ Holiday Body Cream
Pumpkin Spice & Coconut Chai

Xlear
Nasal Spray
 1.5 FL OZ

\$13.99

Reg. \$14.99



20% Off
Essential Oils
 1 OZ & .5 OZ

Dr. Bronner's
Castile Soap
 All Varieties
 16 FL OZ

10% Off

Reg. \$10.69

Made with organic coconut oil for cleansing & emollient olive and hemp oils for smooth mildness.



Olbas
Cough Syrup
 Bronchial Support Formula
 4 FL OZ

\$6.99

Reg. \$9.59

Naturally effective formula with wildflower honey.

Olbas
Herbal Cough
Drops
 Maximum Strength
 1.6 OZ

\$5.99

Reg. \$6.99

Powerful vapors open nasal passages quickly and also soothes sore throats fast.

