



Sales list 10/17 - 10/30

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Roasted & Salted Pistachios	Per Pound	8.99	
Bulk	Organic Dried Sweet Cranberries	Per Pound	5.99	
Frontier	Organic English Breakfast Tea	Per Pound	13.99	
Frontier	Organic Jasmine Tea	Per Pound	19.99	
Frontier	Organic Assam Tea	Per Pound	16.99	
Frontier	Organic Earl Grey Tea	Per Pound	16.99	
Frontier	Organic Chai Tea	Per Pound	16.99	
Frontier	Organic Gunpowder Green Tea	Per Pound	16.99	
Golden Temple	Wild Blueberry Granola	Per Pound	2.99	
Golden Temple	French Vanilla Almond Granola	Per Pound	2.99	
Golden Temple	Maple Pecan Granola	Per Pound	2.99	
Golden Temple	Strawberry Vanilla Granola	Per Pound	2.99	

Refrigerated	Product Name	Size	Sale	Coupons
Califia	Iced Coffee	10.5 oz.	2.39	
Daiya	Dairy Free Shredded Cheese	8 oz.	3.39	
Daiya	Dairy Free Cheese	7.1 oz.	3.39	
Daiya	Dairy Free Cheese Slices	7.8 oz.	3.39	
Daiya	Dairy Free Cream Cheese	8 oz.	3.39	
Good Belly	Organic Probiotic Drink	32 oz.	2/\$5	
Green Valley Organics	Organic Kefir	32 oz.	4.39	
Kite Hill	Dairy Free Cream Cheese	8 oz.	4.99	
Kozy Shack	Pudding	22 oz.	2.99	
Lightlife Foods	Tempeh	8 oz.	2.39	
Lightlife Foods	Tofu Pups	12 oz.	2.99	
Lightlife Foods	Veggie Sausage	14 oz.	2.99	
Living Harvest	Coconut Hemp Milk	32 oz.	2.99	
Nancy's	Yogurt	32 oz.	3.39	
Nancy's	Organic Yogurt	4 lb.	7.99	
Nancy's	Cottage Cheese	16 oz.	2.99	
Noosa	Yogurt	8 oz.	2/\$4	
Organic Valley	Organic Buttermilk	32 oz.	3.39	
Organic Valley	Grassmilk Yogurt	24 oz.	3.99	
Organic Valley	Organic Milk	32 oz.	2.69	
Organic Valley	Organic Feta Cheese	8 oz.	4.99	
Organic Valley	Organic Muenster Cheese	8 oz.	4.69	
Organic Valley	Organic Pepper Jack Cheese	8 oz.	4.69	
Organic Valley	Organic Mozzarella Cheese	8 oz.	4.69	
Organic Valley	Organic Mexican Blend Shredded Cheese	8 oz.	3.99	
Organic Valley	Organic Italian Blend Shredded Cheese	8 oz.	3.99	
Perfect Bar	Organic Mini Peanut Butter Bars	.74 oz.	0.99	
Perfect Bar	Organic Peanut Butter Bars	2.5 oz.	2.19	
Perfect Bar	Maple Almond Bars	2.3 oz.	2.19	
Perfect Bar	Mini Almond Bars	.74 oz.	0.99	
Rebbl	Organic Elixirs	12 oz.	2.99	
Rebbl	Organic Turmeric Golden Milk	12 oz.	2.99	



Over 100 more deals on our shelves!

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Refrigerated	Product Name	Size	Sale	Coupons
Redwood Hill Farm	Goat Milk Yogurt	6 oz.	3/\$5	
Ripple Foods	Dairy Free Milk	48 oz.	3.99	
Silk	Almond Milk	64 oz.	2.99	
Silk	Organic Soy Milk	64 oz.	2.99	
Silk	French Vanilla Soy Milk Creamer	32 oz.	2.99	
Straus	Organic Yogurt	32 oz.	7.69	

Frozen	Product Name	Size	Sale	Coupons
Alden's	Organic Pumpkin Ice Cream	48 oz.	5.99	
Cascadian Farm	Organic Mixed Vegetables	16 oz.	2/\$5	
Cascadian Farm	Organic Hash Brown Potatoes	16 oz.	2/\$5	
Cascadian Farm	Organic Spud Puppies	16 oz.	2/\$5	
Cascadian Farm	Organic French Fries	16 oz.	2/\$5	
Cascadian Farm	Organic Chopped Spinach	10 oz.	2/\$5	
Daiya	Dairy Free Pizza	15.7 - 19.4 oz.	6.99	
Hilary's	Veggie Burgers	6.4 oz.	2/\$6	
Julie's	Organic Ice Cream Sandwich	6 count	4.99	
Julie's	Organic Fudge Bars	4 count	3.99	
Julie's	Organic Petite Ice Cream Sandwich	8 count	4.99	
Little Northern Bakehouse	Gluten Free Bread	16 oz.	3.99	
Luna & Larry's	Organic Coconut Milk Ice Cream Bars	4 count	4.99	
Nature's Path	Organic Waffles	7.4 oz.	2/\$5	
Quorn	Meat Free Chicken Nuggets	10.6 oz.	3.99	
Quorn	Meat Free Patties	10.6 oz.	3.99	
Quorn	Meat Free Ground Beef	12 oz.	3.99	
Quorn	Meat Free Cutlets	9.7 oz.	3.99	
Quorn	Meat Free Meatballs	10.6 oz.	3.99	
Rising Moon	Organic Ravioli	8 oz.	2/\$7	
Rising Moon	Organic Cheese Tortellini	8 oz.	2/\$7	
Sambazon	Organic Acai Freezer Packs	4 pack	5.99	
Sambazon	Organic Acai Sorbet	16 oz.	5.99	
Smart Flour	Gluten Free Pizza Crust	9.46 oz.	3.39	
Smart Flour	Gluten Free Pizzas	10 - 10.3 oz.	5.99	
Straus	Organic Ice Cream	Pint	3.99	
Talenti	Pumpkin Pie Gelato	16 oz.	3.99	
Tandoor Chef	Gluten Free Chicken Entrees	9 oz.	2/\$7	
Tandoor Chef	Gluten Free Entrees	10 oz.	2/\$6	
Tandoor Chef	Samosas	11 oz.	2/\$5	
Tandoor Chef	Naan Pizzas	7.4 - 8.5 oz.	2/\$5	
Wholly Wholesome	Gluten Free Pie Shell	14.9 oz.	4.99	
Woodstock	Organic Blueberries	10 oz.	3.99	
Woodstock	Organic Raspberries	10 oz.	3.99	
Woodstock	Organic Strawberries	10 oz.	3.99	
Woodstock	Organic Mangos	10 oz.	3.99	
Woodstock	Organic Tropical Fruit Blend	10 oz.	2.99	
Woodstock	Organic Dark Sweet Cherries	10 oz.	3.99	
Woodstock	Organic Pomegranate Kernels	8 oz.	3.99	
Woodstock	Organic Banana Slices	8 oz.	1.99	

Grocery	Product Name	Size	Sale	Coupons
Almond Breeze	Unsweetened Almond Milk	32 oz.	3/\$5	
Almond Breeze	Almond Milk	32 oz.	3/\$5	
Almond Breeze	Unsweetened Coconut Milk	32 oz.	3/\$5	
Ancient Harvest	Organic Tri Color Quinoa	12 oz.	4.69	
Annie's Homegrown	Deluxe Mac & Cheese	10 oz.	3.39	



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Grocery	Product Name	Size	Sale	Coupons
Annie's Homegrown	Gluten Free Deluxe Mac & Cheese	11 oz.	3.69	
Arrowhead Mills	Organic Herb Stuffing Mix	10 oz.	2/\$5	
Arrowhead Mills	Graham Cracker Crust	6 oz.	2.99	
Barbara's	Puffin Cereal	10 - 11 oz.	2/\$6	
Barbara's	Cheese Puffs	7 oz.	2/\$4	
Barbara's	Baked Cheese Puffs	5.5 oz.	2/\$4	
Beanfields	Bean Chips	5.5 oz.	2.69	
Bela-Olhao	Sardines	4.25 oz.	2.39	
Blue Diamond	Artisan Nut Thin Crackers	4.25 oz.	2/\$5	75¢ off 2 Nut Thins
Bob's Red Mill	Biscuit Baking Mix	24 oz.	3.69	
Bob's Red Mill	White Rice Flour	24 oz.	2.69	
Bob's Red Mill	Gluten Free Pie Crust Mix	16 oz.	2.99	
Bob's Red Mill	Baking Soda	16 oz.	1.99	
Bob's Red Mill	Baking Soda, No Aluminum	16 oz.	2.99	
Bob's Red Mill	Gluten Free Pizza Crust Mix	16 oz.	2.99	
Bob's Red Mill	Gluten Free Baking Flour	22 oz.	3.39	
Bob's Red Mill	Gluten Free Bread Mix	16 oz.	3.69	
Bob's Red Mill	Gluten Free Cornbread Mix	20 oz.	2.69	
Bob's Red Mill	Gluten Free Brownie Mix	21 oz.	3.69	
Bob's Red Mill	Gluten Free Vanilla Cake Mix	19 oz.	2.69	
Bob's Red Mill	Gluten Free Chocolate Chip Cookie Mix	22 oz.	4.39	
Bob's Red Mill	Gluten Free Chocolate Cake Mix	16 oz.	2.99	
Bob's Red Mill	Potato Starch	24 oz.	2.99	
Bob's Red Mill	Hazelnut Meal Flour	14 oz.	10.99	
Bob's Red Mill	Organic Coconut Flour	16 oz.	3.39	
Bob's Red Mill	Natural Almond Meal	16 oz.	8.99	
Bob's Red Mill	Gluten Free All Purpose Baking Flour	44 oz.	5.99	
Bob's Red Mill	Unsweetened Shredded Coconut	12 oz.	2.69	
Bob's Red Mill	Unsweetened Coconut Flakes	12 oz.	2.99	
Bob's Red Mill	Tapioca Flour	20 oz.	2.99	
Bob's Red Mill	Xanthan Gum	8 oz.	8.99	
Bob's Red Mill	Organic Whole Wheat Flour	5 lbs.	5.99	
Bob's Red Mill	Organic Unbleached White Flour	5 lbs.	5.99	
Bob's Red Mill	Organic Whole Wheat Pastry Flour	5 lbs.	5.99	
Bob's Red Mill	Garbanzo Bean Flour	16 oz.	1.99	
Bob's Red Mill	Unbleached Semolina Flour	24 oz.	2.69	
Bob's Red Mill	Whole Wheat Flour	5 lbs.	3.99	
Bob's Red Mill	Unbleached White Flour	5 lbs.	3.99	
Boulder	Potato Chips	5.25 - 6.5 oz.	2/\$4	
Choice	Organic Tea	16 count	2.99	
Clif	Builder Bars	2.4 oz.	4/\$5	
Crofters	Organic Just Fruit Spreads	10 oz.	3.39	
Crofters	Organic Berry Harvest Premium Fruit Spread	16.5 oz.	3.99	
Crown Prince	Anchovy Paste	1.75 oz.	2.39	
Earth Balance	Coconut Nut Butter	16 oz.	3.99	
Edward & Sons	Organic Miso Cup w/Tofu	1.3 oz.	2.69	
Edward & Sons	Japanese Miso Cup	2.9 oz.	2.39	
Edward & Sons	Gluten Free Not Chicken Bouillon Cubes	2.5 oz.	1.99	
Endangered Species	Chocolate Bar	3 oz.	2/\$4	
European Gourmet Bakery	Organic Cake Mix	15.25 oz.	4.39	
European Gourmet Bakery	Organic Corn Muffin Mix	16 oz.	4.39	
European Gourmet Bakery	Organic Icing	11 oz.	4.39	
European Gourmet Bakery	Organic Pudding Mix	3.5 oz.	1.99	
Explore Cuisine	Organic Gluten Free Pasta	8 oz.	3.39	
Farmers Market	Organic Canned Pumpkin	15 oz.	1.99	



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Grocery	Product Name	Size	Sale	Coupons
Farmers Market	Organic Canned Sweet Potato	15 oz.	1.99	
Farmers Market	Organic Canned Pumpkin Pie Mix	15 oz.	2.39	
Farmers Market	Organic Canned Butternut Squash	15 oz.	1.99	
Field Day	Organic Peanut Butter	18 oz.	4.99	
Field Day	Organic Chicken Broth	32 oz.	2.29	
Field Day	Organic Beef Broth	32 oz.	2.29	
Field Day	Organic Vegetable Broth	32 oz.	2.29	
Food Should Taste Good	Tortilla Chips	5.5 oz.	2/\$4	
Fruit Bliss	Organic Dried Turkish Apricots	5 oz.	4.69	
Fruit Bliss	Organic Dried Turkish Figs	5 oz.	3.69	
Glutino	Gluten Free Pretzels	8 oz.	2.99	
Go Macro	Organic Bars	2 - 2.5 oz.	2/\$4	
Health Valley	Organic Soup	15 oz.	2.69	
Gluten Free Café	Gluten Free Soup	15 oz.	2.39	
Imagine	Organic Soup	32 oz.	2/\$6	
Justin's	Nut Butter w/Pretzels	1.3 oz.	2/\$3	
Justin's	Nut Butter w/Bananas	1.3 oz.	2/\$3	
Justin's	Organic Mini Peanut Butter Cups	4.7 oz.	3.69	
Justin's	Organic Peanut Butter Cups	1.4 oz.	4/\$5	
Lakewood	Organic Cranberry Juice	32 oz.	7.99	
Lakewood	Organic Blueberry Juice	32 oz.	7.99	
Larabar	Nutritional Bars	1.6 - 1.7 oz.	5/\$5	
Lotus Foods	Arare Rice Crackers	5 oz.	2.69	
Lucini Italia	Dressing	8.5 oz.	3.99	
Lundberg	Organic Rice Cakes	8.5 - 10 oz.	2.99	
Lundberg	Organic Chocolate Rice Cakes	3.2 oz.	2.39	
Lundberg	Organic Thin Stackers	5.9 oz.	2.39	
Mediterranean Organic	Organic Roasted Peppers	16 oz.	4.69	
Mediterranean Organic	Organic Capers	3.5 oz.	2.39	
Mediterranean Organic	Organic Sun Dried Tomatoes in Olive Oil	8.3 oz.	5.39	
Mediterranean Organic	Organic Sun Dried Tomatoes	3 oz.	2.99	
Mediterranean Organic	Organic Stuffed Grape Leaves	10 oz.	4.39	
Mediterranean Organic	Organic Olives	8.4 - 8.5 oz.	3.69	
Midel	Gluten Free Pie Crust	7.1 oz.	2.99	
Midel	Gluten Free Ginger Snaps	8 oz.	2.99	
Miss Jones	Organic Frosting	320 grams	5.99	
Miss Jones	Organic Cake Mix	15.87 oz.	4.99	
Muir Glen	Organic Canned Tomatoes	28 oz.	3/\$5	
Muir Glen	Organic Salsa	16 oz.	2.99	
Nature's Path	Organic Cereal Bars	6 oz.	2.99	
Nature's Path	Organic Eco Pac Cereals	26.4 - 32 oz.	5.99	
Nature's Path	Organic Kids Cereal	10 - 14 oz.	2.99	
Nature's Path	Organic Gluten Free Kids Cereal	10 oz.	3.39	
Nature's Path	Organic Granola Bars	6.2 - 7.4 oz.	2.99	
Numi	Organic Tea	18 count	5.39	
Numi	Organic Pu-erh Tea	16 count	5.99	
Orgain	Organic Vegan Nutritional Shake	11 oz.	2.39	
Pacific	Organic Almond Milk	32 oz.	2.39	
Pacific	Organic Oat Beverage	32 oz.	2.39	
Pacific	Hazelnut Milk	32 oz.	2.39	
Pacific	Hemp Milk	32 oz.	3.39	
Pacific	Coconut Milk Creamer	32 oz.	2.39	
Pacific	Cranberry Sauce	15.6 oz.	2.99	
Pacific	Organic Turkey Gravy	13.9 oz.	2.49	



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Grocery	Product Name	Size	Sale	Coupons
Pacific	Organic Mushroom Gravy	13.9 oz.	2.49	
Pacific	Gluten Free Stuffing	6 oz.	6.69	
R.W.Knudsen	Organic Sparkling Cider	750 ml	2.99	
R.W.Knudsen	Sparkling Cider	750 ml	2.99	
Riega	Organic Seasoning Mixes	.35 - .9 oz.	1.39	
Rudi's	Organic Sandwich Bread	22 - 24 oz.	3.99	
Rudi's	Organic Spelt Bread	20 oz.	4.39	
Rudi's	Organic Gluten Free Bread	18 oz.	4.39	
Spectrum	Organic Mediterranean Olive Oil	33.8 oz.	10.99	
Sweet Leaf	Liquid Stevia	2 oz.	8.99	
Sweet Leaf	Stevia Powder	4 oz.	5.99	
Tasty Bite	Indian Entrées	10 oz.	2/\$5	
Tasty Bite	Thai Entrées	10 oz.	2/\$5	
Think Thin	Protein Bars	1.41 - 2.1 oz.	3/\$4	
Vermont Smoke & Cure	Beef Stick	1 oz.	4/\$5	
Woodstock	Cranberry Sauce	14 oz.	2.99	
Yogi	Tea	16 count	2/\$6	\$1.00 off any ginger or green tea

Nonfood	Product Name	Size	Sale	Coupons
Ecover	Automatic Dish Powder	48 oz.	4.99	
Ecover	Automatic Dish Tablets	17.6 oz.	3.99	
Ecover	Rinse Aid	16 oz.	4.39	
Ecover	Dish Soap	25 oz.	2.69	
7th Generation	Liquid Laundry Soap	100 oz.	9.99	
7th Generation	Fabric Softener	32 oz.	4.39	

Wellness	Product Name	Size	Sale	Coupons
Acure	Coconut & Argan Cleansing Towelettes	30 count	4.99	
Acure	Pore Clarifying Facial Scrub	4 oz.	8.99	
Acure	Day Cream	1.7 oz.	10.99	
Essential Oxygen	Organic Brushing Rinse	16 oz.	8.99	
Essential Oxygen	Food Grade Hydrogen Peroxide	16 oz.	6.99	
Herban Cowboy	Deodorant Stick	2.8 oz.	5.99	
Light Mountain	Organic Hair Color & Conditioner	4 oz.	4.99	
Light Mountain	Color The Gray! Hair Color & Conditioner	7 oz.	7.99	
Shikai	Shampoo or Conditioner	12 oz.	5.99	
Shikai	Borage Therapy Dry Skin Lotion, Adult Formula	8 oz.	9.99	
Shikai	Borage Therapy Lotion, Advanced Formula	8 oz.	10.99	
Shikai	Borage Therapy Borage Bar	4.5 oz.	3.99	
Shikai	Borage Therapy Cream	2.5 oz.	5.99	
Tom's Of Maine	Simply White Toothpaste w/ Fluoride	4.7 oz.	3.99	
Tom's Of Maine	Sensitive Teeth Toothpaste w/ Fluoride	4 oz.	4.99	
Tom's Of Maine	Deodorant Stick	2.25 oz.	4.99	
Tom's Of Maine	Fluoride Free Toothpaste	5.5 oz.	3.99	
Boiron	Arnica Ointment	1 oz.	5.99	
Boiron	Arnica Gel	1.5 oz.	5.99	
Boiron	Arnica Cream	1.33 oz.	5.99	
Lily Of The Desert	Aloe Vera Gelly	4 oz.	3.39	
Natrol	Melatonin, Time Release 3 mg	100 tabs	5.99	
Natrol	Melatonin, Time Release 1 mg	90 tabs	5.99	
Bach	Rescue Remedy Spray	7 ml	10.99	
Bach	Rescue Remedy Pastilles	50 grams	6.99	



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