



Sales list 12/12 - 1/1

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Whole Cashews	per pound	9.99	
Bulk	Organic Roasted & Salted Pistachios	per pound	8.99	
Equal Exchange	Organic Coffee	per pound	8.99	
Lundberg	Organic Brown Basmati Rice	per pound	2.19	
Lundberg	Organic White Basmati Rice	per pound	2.39	
Woodstock	Organic Dark Chocolate Almonds	per pound	11.99	
Woodstock	Milk Chocolate Malt Balls	per pound	6.99	

Refrigerated	Product Name	Size	Sale	Coupons
Earth Balance	Vegan Soy Free Buttery Sticks	16 oz.	3.69	
Earth Balance	Original Vegan Buttery Spread	15 oz.	3.69	
Earth Balance	Organic Vegan Whipped Buttery Spread	13 oz.	3.69	
Earth Balance	Vegan Buttery Sticks	16 oz.	3.69	
Earth Balance	Organic Vegan Coconut Spread	10 oz.	3.69	
Earth Balance	Vegan Soy Free Buttery Spread	15 oz.	3.69	
Follow Your Heart	Soy Free Vegenaise	16 oz.	4.69	
Follow Your Heart	Vegan Cream Cheese	8 oz.	2.99	
Immaculate Baking Co.	Organic Flaky Biscuits	16 oz.	2.99	\$1.00 off any ready to bake item
Immaculate Baking Co.	Organic Cinnamon Rolls	17.5 oz.	3.99	\$1.00 off any ready to bake item
Immaculate Baking Co.	All Natural Pie Crust	15 oz.	2.99	
Nancy's	Cream Cheese	8 oz.	2.19	
Nancy's	Organic Sour Cream	8 oz.	1.69	
Nancy's	Organic Sour Cream	16 oz.	3.39	
Nancy's	Organic Cream Cheese	8 oz.	2.69	
Noosa	Yogurt	8 oz.	2/\$4	
Organic Valley	Organic Butter	1 lb.	4.99	
Ripple Foods	Dairy Free Half & Half	16 oz.	2.99	
Rumiano	Organic Colby Cheese	8 oz.	3.99	
Rumiano	Organic Mild Cheddar Cheese	8 oz.	3.99	
Rumiano	Organic Medium Cheddar Cheese	8 oz.	3.99	
Rumiano	Organic Sharp Cheddar Cheese	8 oz.	3.99	
Rumiano	Organic Mozzarella Cheese	8 oz.	3.99	
Rumiano	Organic Monterey Jack Cheese Slices	6 oz.	2.99	
Rumiano	Organic Pepper Jack Cheese Slices	6 oz.	2.99	
Silk	Dairy Free Soy Nog	32 oz.	2.39	
Yves	Vegetarian Canadian Bacon	6 oz.	2.99	

Frozen	Product Name	Size	Sale	Coupons
Alden's	Organic Ice Cream	48 oz.	5.99	
Alden's	Organic Ice Cream Bars	12 oz.	2/\$7	
Amy's	Veggie Pot Pie	7.5 oz.	2/\$6	
Coolhaus	Ice Cream Sandwich	5.8 oz.	2/\$7	
Feel Good Foods	Vegetable Dumplings	10 oz.	5.69	
Feel Good Foods	Chicken Dumplings	10 oz.	5.69	
Feel Good Foods	Vegetable Egg Rolls	9 oz.	4.69	
Feel Good Foods	Taquitos	8 oz.	4.69	



Over 100 more deals on our shelves!

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Frozen	Product Name	Size	Sale	Coupons
Rudi's Organic Bakery	Organic English Muffins	12 oz.	2.99	
Rudi's Organic Bakery	Organic Raisin Cinnamon Bread	24 oz.	3.99	
Tofurky	Vegetarian Feast	3.5 lb.	19.99	55¢ off any Tofurky item
Tofurky	Stuffed Vegetarian Roast	26 oz.	9.99	55¢ off any Tofurky item
Udi's	Gluten Free Pizza	10 - 10.1 oz.	5.99	
Wholly Wholesome	Organic Traditional Pie Shells	14 oz.	4.99	
Wholly Wholesome	Organic Whole Wheat Pie Shells	14 oz.	4.99	
Woodstock	Organic Assorted Berries	10 oz.	3.99	
Woodstock	Organic Mangoes	10 oz.	2.99	
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
Ah!Laska	Organic Chocolate Syrup	22 oz.	4.99	
Alter Eco	Organic Chocolate Bars	2.82 oz.	2/\$5	
Annie's	Graham Crackers	14.4 oz.	3.99	
Annie's	Organic Dressing	8 oz.	2.99	
Arrowhead Mills	Organic Stuffing Mix	10 oz.	2.99	
Bela-Olhao	Sardines	4.25 oz.	2.39	
Better Than Bouillon	Organic Chicken Base	8 oz.	4.99	
Better Than Bouillon	Organic Vegetable Base	8 oz.	4.99	
Better Than Bouillon	Organic Beef Base	8 oz.	4.99	
Better Than Bouillon	Vegan No Chicken Base	8 oz.	3.69	
Better Than Bouillon	Reduced Sodium Chicken Base	8 oz.	3.99	
Better Than Bouillon	Reduced Sodium Vegetable Base	8 oz.	3.99	
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	Gluten Free Baking Flour	22 oz.	2.99	
Bob's Red Mill	Gluten Free Cornbread Mix	20 oz.	2.39	
Bob's Red Mill	Gluten Free Pancake Mix	22 oz.	3.39	
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.	3.99	
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	Organic Coconut Flour	16 oz.	3.39	
Bob's Red Mill	Almond Meal	16 oz.	8.99	
Bob's Red Mill	Almond Meal Flour	16 oz.	8.99	
Bob's Red Mill	Gluten Free All Purpose Baking Flour	44 oz.	5.99	
Bob's Red Mill	Tapioca Flour	20 oz.	2.69	
Bob's Red Mill	Xanthan Gum	8 oz.	8.99	
Bob's Red Mill	Organic Whole Wheat Flour	5 lb.	5.69	
Bob's Red Mill	Organic Unbleached White Flour	5 lb.	5.69	
Bob's Red Mill	Organic Whole Wheat Pastry Flour	5 lb.	5.69	
Bob's Red Mill	Garbanzo Bean Flour	16 oz.	1.99	
Bob's Red Mill	Unbleached Semolina Flour	24 oz.	2.39	
Bob's Red Mill	Whole Wheat Flour	5 lb.	3.39	
Bob's Red Mill	Unbleached White Flour	5 lb.	3.39	
Bob's Red Mill	Gluten Free Steel Cut Oats	24 oz.	4.39	
Bob's Red Mill	Gluten Free Rolled Oats	32 oz.	5.39	
Bob's Red Mill	Gluten Free Quick Rolled Oats	32 oz.	5.39	
Bob's Red Mill	Organic Rolled Oats	32 oz.	3.99	
Café Altura	Organic Instant Coffee	3.53 oz.	7.69	



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Grocery	Product Name	Size	Sale	Coupons
Cascadian Farm	Organic Cereal	9.2 - 16 oz.	2.99	
Celestial Seasoning's	Holiday Tea	20 ct.	2.39	
Daiya	Dairy Free Dressing	8.36 oz.	3.69	
Edward & Sons	Organic Instant Mashed Potatoes	3.5 oz.	1.99	
Emerald Cove	Organic Toasted Nori	10 ct.	4.99	
Equal Exchange	Organic Tea	20 ct.	3.69	
Equal Exchange	Organic Baking Cocoa Powder	8 oz.	6.69	
Equal Exchange	Organic Chocolate Cocoa Mix	12 oz.	6.69	
Equal Exchange	Organic Dark Chocolate Cocoa Mix	12 oz.	6.69	
Frontier	Ground Cinnamon	1.92 oz.	3.69	
Frontier	Cream of Tartar	3.52 oz.	4.99	
Frontier	Coconut Flavor	2 oz.	5.69	
Frontier	Maple Flavor	2 oz.	3.99	
Frontier	Orange Flavor	2 oz.	2.99	
Frontier	Peppermint Flavor	2 oz.	3.39	
Frontier	Vanilla Flavor	2 oz.	7.99	
Garden Of Eatin'	Tortilla Chips	10 - 16 oz.	2/\$7	
Halfpops	Popcorn	4.5 oz.	2/\$4	
Imagine	Organic Low Sodium Broth	32 oz.	2/\$5	
Imagine	Organic No Chicken Broth	32 oz.	2/\$5	
Imagine	Organic Broth	32 oz.	2/\$5	
Justin's	Organic Peanut Butter Cups	1.4 oz.	3/\$5	
Kettle	Organic Potato Chips	5 oz.	2/\$4	
Koyo	Organic Udon Noodles	8 oz.	1.69	
Koyo	Organic Soba Noodles	8 oz.	1.69	
Koyo	Ramen	2 - 2.1 oz.	4/\$3	
LaCroix	Sparkling Water	8 pack	4.39	
Late July	Organic Multigrain Chips	5.5 - 6 oz.	2/\$4	
Lily's	Stevia Sweetened Chocolate Bars	2.8 - 3 oz.	2.99	
Lily's	Stevia Sweetened Dark Chocolate Baking Chips	9 oz.	5.39	
Lucini	Organic Extra Virgin Olive Oil	17 oz.	12.99	
Lundberg Family Farms	Wild Rice Blend	1 lb.	3.39	
Lundberg Family Farms	Rice Chips	6 oz.	2.39	75¢ off any rice chip item
Lundberg Family Farms	Organic Sushi Rice	2 lb.	5.39	
Lundberg Family Farms	Organic White Jasmine Rice	2 lb.	5.39	
Lundberg Family Farms	Arborio Rice	2 lb.	5.39	
Lundberg Family Farms	Country Wild Rice Blend	1 lb.	2.99	
Lundberg Family Farms	Organic Short Grain Brown Rice	2 lb.	4.39	
Lundberg Family Farms	Organic Long Grain Brown Rice	2 lb.	4.69	
Lundberg Family Farms	Organic White Basmati Rice	2 lb.	5.69	
Lundberg Family Farms	Organic Rice Mixes	6 oz.	2/\$5	
Miss Jones	Organic Ready To Use Frosting	320 g.	5.99	
Miss Jones	Organic Cake Mix	15.87 oz.	5.39	
Miss Jones	Organic Brownie Mix	14.67 oz.	5.39	
Mori Nu	Tofu	12 - 12.3 oz.	2/\$3	
Mt. Valley Spring Water	Spring Water	1 L.	3/\$5	
Mt. Valley Spring Water	Sparkling Water	1 L.	3/\$5	
Muir Glen	Organic Tomatoes	14.5 oz.	4/\$5	
Muir Glen	Organic Tomatoes	28 oz.	3/\$5	
Napa Valley	Grape Seed Oil	25.4 oz.	8.99	
Napa Valley	Organic Toasted Sesame Seed Oil	12.7 oz.	5.99	
Napa Valley	Organic Sesame Seed Oil	12.7 oz.	5.99	
Napa Valley	Organic Golden Balsamic Vinegar	12.7 oz.	5.39	
Napa Valley	Raspberry Balsamic Vinegar	12.7 oz.	4.39	



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Napa Valley	Fig Balsamic Vinegar	12.7 oz.	4.39	
Napa Valley	Pomegranate Balsamic Vinegar	12.7 oz.	4.39	
Native Forest	Organic Pineapple Chunks	14 oz.	2.99	
Native Forest	Organic Pineapple Slices	15 oz.	2.99	
Native Forest	Organic Crushed Pineapple	14 oz.	2.99	
Native Forest	Organic Mushroom Pieces	4 oz.	1.49	
Native Forest	Organic Sliced Crimini Mushrooms	4 oz.	1.79	
Native Forest	Organic Sliced Portobello Mushrooms	4 oz.	1.79	
Newman's Own	Organic Microwave Popcorn	2.8 - 3.3 oz.	2.69	
Newman's Own	Organic Pretzels	7 - 8 oz.	2.39	
Newman's Own	Organic Raisins	15 oz.	5.39	
Newman's Own	Organic Dried Apricots	6 oz.	4.49	
Pacific	Organic Soup	32 oz.	2.79	
Pacific	Organic Gravy	13.9 oz.	2.39	
Pamela's	Gluten Free Cookies	7.25 oz.	3.39	
Q Drinks	Tonic Water	750 ml.	3.99	
Rapunzel	Organic Corn Starch	8 oz.	3.99	
Red Duck	Organic Ketchup	14 oz.	3.99	
Red Duck	Organic Cocktail Sauce	8.5 oz.	3.99	
Red Duck	Organic BBQ Sauce	17 oz.	5.39	
Road's End	Organic Vegan Gravy Mixes	1 oz.	0.99	
Sahale	Nut Snacks	4 oz.	4.39	
Santa Cruz	Organic Concord Grape Juice	32 oz.	3.39	
Santa Cruz	Organic Orange Mango Juice	32 oz.	3.39	
Santa Cruz	Organic Apricot Nectar	32 oz.	3.39	
Santa Cruz	Organic Apricot Mango Juice	32 oz.	3.39	
Santa Cruz	Organic Pear Nectar	32 oz.	3.39	
Santa Cruz	Organic Berry Nectar	32 oz.	3.39	
Santa Cruz	Organic Wild Cranberry Nectar	32 oz.	3.39	
Santa Cruz	Organic White Grape Juice	32 oz.	3.39	
Santa Cruz	Organic Red Tart Cherry Juice	32 oz.	3.39	
Simply Organic	Organic Mixes	1 oz.	1.39	
Simply Organic	Organic All Purpose Seasoning	2.08 oz.	4.99	
Simply Organic	Organic Garlic Powder	3.64 oz.	6.99	
Simply Organic	Organic Garlic Salt	4.7 oz.	4.99	
Simply Organic	Organic Ground Ginger	1.64 oz.	4.99	
Simply Organic	Organic Parsley	.26 oz.	3.99	
Simply Organic	Organic Black Pepper	2.31 oz.	5.69	
Simply Organic	Organic Almond Extract	2 oz.	4.99	
Simply Organic	Organic Lemon Flavor	2 oz.	4.39	
Simply Organic	Organic Orange Flavor	2 oz.	4.39	
Simply Organic	Organic Peppermint Flavor	2 oz.	4.39	
Simply Organic	Organic Vanilla Extract	2 oz.	7.99	
Simply Organic	Organic Sloppy Joe Seasoning	1.41 oz.	1.39	
Simply Organic	Organic Gravy Mixes	.85 - 1 oz.	1.39	
Simply Organic	Organic Thyme	.78 oz.	4.39	
Simply Organic	Organic Dip Mixes	.7 -1.5 oz.	1.39	
Sophie's	Vegan Toona	6 oz.	3.69	
Spectrum	Coconut Skillet Spray	6 oz.	4.39	
Spectrum	Canola Spray	16 oz.	6.99	
Spectrum	Grapeseed Spray	6 oz.	5.39	
Spectrum	Organic Shortening	24 oz.	5.99	
Spectrum	Safflower Oil	32 oz.	5.69	
Spectrum	Organic Sunflower Oil	32 oz.	7.99	



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Grocery	Product Name	Size	Sale	Coupons
Spectrum	Refined Canola Oil	32 oz.	5.69	
Spectrum	Refined Organic Canola Oil	32 oz.	7.99	
Terra	Sweet Potato Chips	6 oz.	2/\$4	
Terra	Exotic Vegetable Chips	5 - 5.5 oz.	2/\$4	
Theo	Peanut Butter Cups	1.3 oz.	1.69	
Voss	Artesian Still Water	800 ml.	2.39	
Voss	Artesian Sparkling Water	800 ml.	2.39	
Woodstock	Organic Cranberry Sauce	14 oz.	2.99	
Zevia	Stevia Sweetened Soda	6 pack	3.99	

Home & Pet	Product Name	Size	Sale	Coupons
Biokleen	Bac Out Stain & Odor Remover	32oz.	5.99	
Biokleen	Bac Out Stain & Odor Remover, Foam Spray	32 oz.	6.99	
Biokleen	Bac Out Fabric Refresher	16 oz.	4.39	
Castor & Pollux	Beef Jerky Dog Treats	3.5 oz.	3.39	
Castor & Pollux	Organic Chicken Dog Cookies	12 oz.	4.39	
Castor & Pollux	Organic Chicken Cat Treats	2 oz.	2.69	
Newman's Own	Dog Cookies	10 oz.	3.39	
Newman's Own	Beef Jerky Dog Treats	5 oz.	4.69	
Newman's Own	Canned Dog Food	12 oz.	2.69	
Seventh Generation	Natural Paper Towels	120 ct.	2.19	
Seventh Generation	Unbleached Bath Tissue	12 ct.	8.99	

Wellness	Product Name	Size	Sale	Coupons
Acure	Body Lotion	8 oz.	5.99	
Acure	Body Wash	8 oz.	5.99	
Andalou	Assorted Products		15% off	
Bach	Rescue Remedy	10 ml.	11.99	
Bach	Rescue Remedy Pastilles	50 gr.	6.99	
Badger	Assorted Products		20% off	
Desert Essence	Thoroughly Clean Face Wash	8.5 oz.	6.99	
Desert Essence	Dental Floss	50 yd.	2.69	
Desert Essence	Facial Cleansing Pads	50 ct.	5.99	
Desert Essence	Toothpaste	6.25 oz.	4.99	
Desert Essence	Dental Tape	30 yd.	2.69	
Desert Essence	Blemish Stick	.31 oz.	6.99	
Desert Essence	Travel Size Facial Wash	4 oz.	3.99	
Desert Essence	Toothpicks	55 ct.	2.39	
Desert Essence	Mouthwash	16 oz.	5.99	
Desert Essence	Shampoo or Conditioner	8 oz.	5.99	
Dr. Bronner's	Organic Hand Sanitizer Spray	2 oz.	2.99	
Dr. Bronner's	Liquid Soap	2 oz.	2/\$4	
Dr. Bronner's	Liquid Soap	5 oz.	2/\$5	
Dr. Bronner's	Organic Lip Balm	.15 oz.	2/\$4	
Elemental Herbs	All Good Goop Healing Balm	1 oz.	6.99	
Himalaya	Toothpaste	150 gm.	4.99	
My Magic Mud	Toothpaste	4 oz.	5.99	
Preserve	Recyclable Triple Razor Blade	1 pk.	5.99	
Preserve	Recyclable Triple Razor Blade Refills	4 pk.	5.99	
Preserve	Toothpicks	35 ct.	1.69	
Radius	Toothbrush	1 ea.	5.99	
Radius	Replacement Toothbrush Heads	2 pk.	3.69	
Radius	Totz Toothbrush	1 ea.	1.99	
Radius	Travel Toothbrush	1 ea.	2.99	
Rainbow Light	Assorted Supplements		20% off	
Tea Tree Therapy	Toothpicks	100 ct.	2.49	



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