



Sales list 8/15 - 8/28

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Dried Mango	per pound	9.99	
Bulk	Organic Pumpkin Seeds	per pound	2.99	
Bulk	Organic Brown Flax Seeds	per pound	1.99	
Woodstock	Organic Dark Chocolate Almonds	per pound	10.99	

Refrigerated	Product Name	Size	Sale	Coupons
Organic Valley	Organic Shredded Cheese	4 - 6 oz.	3.99	
Organic Valley	Organic String Cheese	1 oz.	0.69	
Field Roast	Vegetarian Frankfurter	16 oz.	4.39	
Field Roast	Chao Non-dairy Cheese	7 oz.	3.99	
Good Belly	Organic Probiotic Drink	4 pack	2.69	
Green Valley Organics	Organic Lactose Free Yogurt	24 oz.	3.99	
Hail Merry	Tart	3 - 3.5 oz.	2/\$6	
Kevita	Organic Kombucha	15.2 oz.	2.39	
Nancy's	Organic Kefir	8 oz.	2/\$3	
Perfect Bar	Organic Nutrition Bar	1.6 - 2.5 oz.	2/\$4	
Rebbl	Organic Elixirs	12 oz.	2.69	
Siggi's	Yogurt	5.3 oz.	5/\$5	
So Delicious	Coconut Milk Yogurt	5.3 oz.	2/\$3	
Tofurky	Tempeh Strips	7 oz.	3.39	75¢ off any item
Tofurky	Vegetarian Hot Dogs	14 oz.	4.39	75¢ off any item
Upton's	Jackfruit	10.6 oz.	4.69	
Wallaby	Organic Greek Yogurt	5.3 oz.	2/\$3	
Wallaby	Organic Greek Yogurt	32 oz.	5.69	
Yves	Vegetarian Canadian Bacon	6 oz.	2.69	

Frozen	Product Name	Size	Sale	Coupons
Annie's Homegrown	Pizza Poppers	5 oz.	2/\$4	
Annie's Homegrown	Mini Pizza Bagels	6.65 oz.	2/\$6	
Earth's Best	Mini Waffles	9 oz.	2.99	
Earth's Best	Chicken Nuggets	8 oz.	3.99	
Earth's Best	French Toast Sticks	12.7 oz.	3.39	
Feel Good Foods	Vegetable Dumplings	10 oz.	5.99	
Feel Good Foods	Chicken Dumplings	10 oz.	5.99	
Feel Good Foods	Vegetable Egg Rolls	9 oz.	3.99	
Feel Good Foods	Taquitos	8 oz.	4.39	
Food For Life	English Muffins	16 oz.	4.39	
Julie's	Organic Ice Cream Sandwich	6 pack	4.99	
Julie's	Organic Fudge Bars	4 pack	3.99	
Little Northern Bakehouse	Gluten Free Bread	16 oz.	4.39	
Quorn	Meat Free Entrees	7.76 - 12 oz.	3.99	
Rising Moon	Organic Ravioli	8 oz.	2/\$7	



Over 100 more deals on our shelves!

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Frozen	Product Name	Size	Sale	Coupons
Rudi's	Organic Hot Dog Buns	12 oz.	3.39	\$1.00 off any buns
Smart Flour Foods	Gluten Free Pizza Crust	9.46 oz.	3.99	
Smart Flour Foods	Gluten Free Pizza	10 - 10.3 oz.	5.99	
So Delicious	Cashew Milk Ice Cream	Pint	4.39	
Sweet Earth	Breakfast Sandwich	9.8 oz.	2/\$7	
Three Twins Ice Cream	Organic Ice Cream	5 oz.	2/\$3	
Three Twins Ice Cream	Organic Ice Cream	Quart	5.99	
Three Twins Ice Cream	Organic Sundae Cones	3 pack	4.99	
Udi's	Gluten Free Bread	12 oz.	4.39	
Udi's	Gluten Free Bagels	5 pack	4.39	
Udi's	Gluten Free Hot Dog Buns	6 pack	3.99	
Udi's	Gluten Free Hamburger Buns	4 pack	3.99	
Van's	Organic Waffles	8 - 8.5 oz.	2/\$5	

Grocery	Product Name	Size	Sale	Coupons
Alter Eco	Organic Quinoa	12 oz.	5.39	\$1.50 off any two dressings
Annie's Homegrown	Bunny Crackers	7.5 oz.	2/\$5	
Annie's Homegrown	Family Size Mac & Cheese	10.5 oz.	2/\$5	
Annie's Homegrown	Mac & Cheese	6 oz.	5/\$5	
Aunt Patty's	Organic Tamarind Paste	12 oz.	6.69	
Back To Nature	Chocolate Chunk Cookies	9.5 oz.	3.69	
Back To Nature	Peanut Butter Cream Sandwich Cookies	9.6 oz.	3.69	
Back To Nature	Fudge Mint Cookies	6.4 oz.	4.39	
Back To Nature	Organic Shortbread Cookies	4.5 oz.	4.39	
Bionaturae	Organic Balsamic Vinegar	17 oz.	4.69	
Bionaturae	Organic Extra Virgin Olive Oil	25.4 oz.	15.99	
Bitsy's Brainfood	Smart Cookies	5 oz.	3.39	
Blue Sky	Soda	6 pack	2/\$5	
Cascadian Farm	Organic Cereal	9.2 - 14.6 oz.	2/\$5	
Clif	Builder Bars	2.4 oz.	3/\$4	
Crofters	Organic Just Fruit Spread	10 oz.	2.99	
Daiya	Dairy Free Salad Dressing	8.36 oz.	3.39	
Drew's	Salad Dressing	12 oz.	2/\$5	
Earth Balance	Coconut & Peanut Spread	16 oz.	3.99	
Earth Balance	Vegan Cheddar Puffs	4 oz.	2.99	
Earth Balance	Vegan Popcorn	6 oz.	2.99	
Earth Balance	Vegan Cheddar Squares	6 oz.	2.99	
Fantastic Foods	Vegetarian Taco Filling	3.7 oz.	2.39	
Fantastic Foods	Falafel Mix	8 oz.	2.39	
Gimme	Organic Seaweed Snacks	.35 oz.	2/\$3	
Glutino	Gluten Free Bagel Chips	6 oz.	3.69	
Good Health	Avocado Oil Potato Chips	5 oz.	2.39	
Heavenly Organic	Organic Raw Honey	12 oz.	6.39	
Heavenly Organic	Organic Honey Patties	1.16 - 1.2 oz.	0.99	
Honest Kids	Organic Kids Juice Drinks	8 pack	3.39	
Rice Dream	Organic Rice Beverage	32 oz.	2.39	
Rice Dream	Organic Rice Beverage	4 pack	3.69	
Jackson's Honest Chips	Potato Chips	4.5 - 5 oz.	2/\$5	
Koyo	Organic Udon Noodles	8 oz.	1.69	
Koyo	Organic Soba Noodles	8 oz.	1.69	
Koyo	Ramen Noodles	2.1 oz.	5/\$4	



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Grocery	Product Name	Size	Sale	Coupons
Late July	Tortilla Chips	5.5 oz.	2/\$4	
Lundberg	Rice Chips	6 oz.	2.69	
Maranatha	Almond Butter	16 oz.	9.99	
Maya Kaimal	Curry Simmer Sauce	12.5 oz.	3.99	
Native Forest	Organic Sliced Mushrooms	4 oz.	1.79	
Native Forest	Quartered Artichoke Hearts	14 oz.	2.99	
Native Forest	Whole Artichoke Hearts	9.9 oz.	2.99	
Natural Brew	Soda	4 pack	3.69	
Nature's Path	Organic Eco Pac Cereal	23 - 32 oz.	5.99	
Newman's Own	Organic Mints	1.76 oz.	1.99	
Newman's Own	Organic Raisins	15 oz.	5.39	
Nutiva	Organic Virgin Coconut Oil	23 oz.	11.99	
Nutiva	Organic Coconut Manna	15 oz.	7.99	
Pamela's	Gluten Free Bars	1.41 oz.	4/\$5	
Peeled Snacks	Organic Pea Snacks	3.3 oz.	2/\$4	
Santa Cruz	Organic Lemonade	32 oz.	3/\$5	
Santa Cruz	Organic Apple Sauce Cups	6 pack	2/\$6	
Santa Cruz	Organic Apple Sauce Pouches	4 pack	3.39	
Surf Sweets	Gummy Bears	2.75 oz.	1.99	
Surf Sweets	Gummy Worms	2.75 oz.	1.99	
Surf Sweets	Jelly Beans	2.75 oz.	1.99	
Surf Sweets	Sour Berry Bears	2.75 oz.	1.99	
Sweet Leaf	Liquid Stevia Sweetener	2 oz.	9.69	
Taste Nirvana	Coconut Water	9.5 oz.	2/\$4	
Taste Nirvana	Coconut Water	23.6 oz.	3.99	
Vermont Smoke & Cure	Beef & Pork Stick	1 oz.	4/\$5	50¢ off any Real Stick
Vermont Smoke & Cure	Beef Stick	1 oz.	4/\$5	50¢ off any Real Stick
Vermont Smoke & Cure	Turkey Stick	1 oz.	4/\$5	50¢ off any Real Stick
Voss	Artesian Water	800 ml.	2/\$5	\$1.00 off any two items
Voss	Sparkling Water	800 ml.	2/\$5	\$1.00 off any two items
Wholesome Sweeteners	Organic Raw Blue Agave	23.5 oz.	6.99	
Wholesome Sweeteners	Organic Pancake Syrup	20 oz.	4.99	
Wild Planet	Sardines	4.375 oz.	1.99	
Wild Planet	Organic Roasted Chicken Breast	5 oz.	3.99	
Seventh Generation	Free & Clear Baby Wipes	64 ct.	2.99	
Seventh Generation	Training Pants, Assorted Sizes	17 - 25 ct.	9.99	
Seventh Generation	Diapers, Assorted Sizes	20- 40 ct.	9.99	
Seventh Generation	Liquid Laundry	100 oz.	9.99	
Seventh Generation	Fabric Softener	32 oz.	3.99	

Wellness	Product Name	Size	Sale	Coupons
Acure	Dry Shampoo	1.7 oz.	5.99	
Acure	Shampoo	8 oz.	5.99	
Acure	Conditioner	8 oz.	5.99	
Acure	Deep Root Conditioner	4 oz.	7.99	
Andalou Naturals	Night Cream	1.7 oz.	15.99	
Andalou Naturals	Facial Lotion	2.7 oz.	9.99	
Andalou Naturals	Facial Serum	2 oz.	13.99	
Andalou Naturals	1000 Roses Moroccan Beauty Oil	1 oz.	13.99	
Cleanwell	Foaming Hand Sanitizer	8 oz.	3.99	



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Wellness	Product Name	Size	Sale	Coupons
Elemental Herbs	All Good Goop Healing Balm	1 oz.	6.99	
EO	Organic Deodorant Spray	4 oz.	4.99	
Kiss My Face	Shaving Cream	11 oz.	5.99	
Kiss My Face	Shaving Lotion	3.4 oz.	3.49	
Shikai	Shower Gel, Assorted Scents	12 oz.	6.99	
Similasan	Eye Drops	.33 oz.	7.99	
The Honest Company	Shampoo	10 oz.	7.99	
The Honest Company	Conditioner	10 oz.	7.99	
Ener-C	Powdered Drink Mix	30 ct.	11.99	
Hyland's	Cold'n Cough 4 Kids	4 oz.	6.99	
Hyland's	Calm'n Restful 4 Kids	125 tabs	5.99	
Natrol	Melatonin	90 tabs	6.99	
Nature's Way	Sambucus Syrup	4 oz.	11.99	
Spectrum	Organic Flaxseed Meal	14 oz.	4.99	



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