

Sales list 8/14 - 9/3

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Dry Roasted Peanuts	Per Pound	3.69	
Bulk	Organic Green Lentils	Per Pound	1.99	
Bulk	Organic Dried Mango	Per Pound	10.99	
Golden Temple	Granolas, Assorted Flavors	Per Pound	2.99	
Woodstock	Organic Dark Chocolate Almonds	Per Pound	11.99	
Woodstock	Milk Chocolate Malt Balls	Per Pound	6.99	

Refrigerated	Product Name	Size	Sale	Coupons
Bulk	Organic Pitted Deglet Dates	Per Pound	4.39	
Bitchin' Sauce	Vegan Sauce, Assorted Flavors	8 oz	3.99	
Fage	Yogurt	5.3 oz	3/\$4	
Goodbelly	Organic Blueberry-Acai Probiotic Shots	4 pack	3.69	
Goodbelly	Organic Probiotic Straight Shot, Plain	4 pack	2.69	
Green Valley Organics	Lactose Free Organic Yogurt, Plain	24 oz	3.99	
Green Valley Organics	Lactose Free Organic Cream Cheese	8 oz	2.69	
Hail Merry	Macaroon Bites	3.5 oz	2.99	
Hail Merry	Tarts	3 oz	2.99	
Liberté	Organic Whole Milk Yogurt	5.5 oz	4/\$5	\$1.00 off any two yogurts
Nancy's	Plain Yogurt	4 lb	5.99	
Organic Valley	Organic Stringles String Cheese	1 oz	0.69	
Organic Valley	Organic Raw Monterey Jack	8 oz	4.99	
So Delicious	Coconut Milk Creamer, Original or French Vanilla	32 oz	3.69	
So Delicious	Coconut Milk Yogurt	24 oz	4.69	
Upton's	Seitan Bacon	5 oz	3.69	
Upton's	Jackfruit Bar-B-Que	10.6 oz	4.69	
Wallaby	Organic Whole Milk Yogurt, Assorted Flavors	5.3 - 6 oz	5/\$5	
Wallaby	Organic Whole Milk Yogurt, Assorted Flavors	32 oz	2/\$7	
Wallaby	Organic Greek Lowfat Yogurt, Plain	32 oz	5.99	
Wallaby	Organic Greek Yogurt, Plain	32 oz	5.99	
Wildbrine	Korean Kimchi	18 oz	4.99	

Frozen	Product Name	Size	Sale	Coupons
Amy's	Frozen Burritos, Assorted Flavors	5.5-6 oz	2.39	
Coolhaus	Ice Cream, Assorted Flavors	Pint	4.39	
Julie's Organic	Organic Non-Dairy Lemon Sorbet	Pint	4.39	
Quorn	Assorted Meatless Entrees	9.31 - 12 oz	2/\$5	
Rising Moon	Organic Assorted Ravioli	8 oz	3.39	
Rudi's	Organic English Muffins	12 oz	2.99	
Silver Hills	Assorted Sprouted Grains Bread	21 - 22 oz	2/\$5	
Silver Hills	Sprouted Grains Bread, Squirrely Bread	21 oz	2/\$5	
Smart Flour Foods	Ancient Grains Pizza Crust, Original	2 pack	3.69	
Smart Flour Foods	Assorted Pizzas	10 - 10.3 oz	4.99	
So Delicious	Almond Milk Ice Cream, Assorted Flavors	Pint	3.39	
So Delicious	Organic Soymilk Ice Cream, Creamy Vanilla	Quart	4.99	



But wait, there's more!
Look for more than 100 additional deals on our shelves.

Not all sales items are listed. Not every item may be available.

Frozen	Product Name	Size	Sale	Coupons
Three Twins	Organic Ice Cream, Assorted Flavors	16 oz	2/\$6	
Three Twins	Organic Ice Cream, Assorted Flavors	32 oz	4.39	
Woodstock	Organic Petite Peas	10 oz	3/\$5	
Woodstock	Organic Cut Green Beans	10 oz	3/\$5	
Woodstock	Organic Mixed Mushrooms	10 oz	2/\$4	
Woodstock	Sliced Okra	10 oz	3/\$5	
Grocery	Product Name	Size	Sale	Coupons
Annie's	Mac & Cheese	6 oz	5/\$5	
Annie's	Classic Mac & Cheese, Family Size	10.5 oz	2.69	
Annie's	Barbeque Sauce	12 oz	3.19	
Annie's	Organic Worcestershire Sauce	6.25 oz	3.19	
Annie's	Organic Mustard, Assorted Varieties	9 oz	3.19	
Annie's	Organic Ketchup	24 oz	2.69	
Arrowhead Mills	Organic Whole Wheat Stoneground Flour	22 oz	1.69	
Arrowhead Mills	Organic Unbleached White Flour	22 oz	1.69	
Arrowhead Mills	Pancake & Waffle Mix	26 oz	3.69	
Arrowhead Mills	Gluten Free Pancake & Waffle Mix	26 oz	4.99	
Blue Diamond	Artisan Nut Thins	4.25 oz	2/\$5	
California Olive Ranch	Arbqueno Extra Virgin Olive Oil	16.9 oz	10.99	
California Olive Ranch	Millers' Blend Extra Virgin Olive Oil	16.9 oz	10.99	
Cascadian Farms	Organic Breakfast Cereals, Assorted Varieties	8.6-14.6 oz	2/\$6	
Coco Roons	Organic Macaroons, Vanilla Maple	3 oz	3.39	
Crofters	Organic Just Fruit Spread, Assorted Flavors	10 oz	2.99	
Crofters	Organic Premium Spreads, Assorted Flavors	10 oz	2.69	
Crown Prince	Anchovy Paste	1.75 oz	2.19	
Crown Prince	Anchovies in Olive Oil	1.5 oz	2.69	
Dr. Crackers	Savory Flackers	5 oz	3.99	
Equal Exchange	Assorted Organic Chocolate Bars	2.8 oz	2/\$5	
Essentia	PH Water	1 liter	2/\$3	
Frontera	Assorted Skillet Sauces	8 oz	1.79	
Garden Of Eatin	Assorted Tortilla Chips	7.5-8.1 oz	2/\$5	
Guayaki	Organic Yerba Mate Cans	15.5 oz	2.19	
Imagine	Assorted Alternative Milks	32 oz	2/\$4	
Jovial	Organic Einkorn Pasta	9-18.3 oz	2.39	
Jovial	Organic Brown Rice Pasta	7 - 12 oz	2.99	
Jovial	Organic Brown Rice Lasagna	9 oz	3.69	
Jovial	Organic Brown Rice Tagliatelle	9 oz	3.99	
Jovial	Organic Tomatoes	18.3 oz	3.39	
Justin's	Nut Butter & Pretzel Snack Pack	1.3 oz	3/\$5	
Koyo	Udon Noodles	8 oz	1.69	
Koyo	Soba Noodles	8 oz	1.69	
Koyo	Ramen	2-2.1 oz	4/\$3	
Larabar	Assorted Sports/Protein Bars	1.24-1.6 oz	4/\$5	
Late July	Cantina Dippers	8 oz	2/\$5	
Maranatha	Unsalted Raw Almond Butter	16 oz	9.99	
Mediterranean Organic	Organic Capers	3.5 oz	1.99	
Mediterranean Organic	Organic Sundried Tomatoes in Olive Oil	8.3 oz	4.39	
Mediterranean Organic	Organic Sundried Tomatoes	3 oz	2.69	
Natures Path	Eco Pac Cereals	26.4-32 oz	5.99	
Natures Path	Assorted Cereals	23-26.4 oz	5.99	
Newmans Organic	Assorted Sandwich Cookies	13 oz	2.99	
Probar	Assorted Protein Bars	3 oz	2/\$4	\$1.00 off 2 bars



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Grocery	Product Name	Size	Sale	Coupons
Q Drinks	Tonic Water	750 ml	4.99	
RW Knudsen	Organic Juice Box	4 pack	2.39	
Sahale	Assorted Nut Snack Packs	1.5 oz	4/\$5	
Santa Cruz	Organic Apple Sauce Cups	6 pack	2.99	
Santa Cruz	Organic Peanut Butter	16 oz	4.39	
Santa Cruz	Assorted Lemonades	32 oz	2/\$3	
Snyders	Gluten Free Pretzel Sticks	8 oz	2.99	
Sweet Leaf	Stevia Sweetener	2 oz	8.99	
Sweet Leaf	Stevia Sweetener Powder	4 oz	5.99	
Terra	Vegetable Chips	5-6 oz	2/\$5	
Virgils	Cream Soda	4 pack	4.39	
Wasa	Multigrain Crisp Bread	9.7 oz	2.69	
Wholesome Sweeteners	Organic Raw Blue Agave	23.5 oz	6.69	
Wholesome Sweeteners	Organic Honey	16 oz	6.99	
Wholesome Sweeteners	Stevia Jar	6 oz	6.99	
Yum Earth	Organic Licorice	5 oz	2.99	

Home & Pet	Product Name	Size	Sale	Coupons
Mrs. Meyer's	Dish Soap	16 oz	3.39	
Seventh Generation	Liquid Laundry Soap	100 oz	10.99	
Seventh Generation	Fabric Softener	32 oz	4.99	

Wellness	Product Name	Size	Sale	Coupons
Andalou	Assorted Shampoos	11.5 oz	5.99	
Andalou	Sunflower Citrus Medium Hold Hairspray	6.8 oz	5.99	
Andalou	Argon Oil Leave In Conditioner	6.8 oz	5.99	
Andalou	Marula Oil Detangling Spray	8.2 oz	5.99	
Andalou	Marula Oil Taming Cream	6.8 oz	5.99	
Bach	Rescue Remedy	10 ml	11.99	
Bach	Rescue Remedy Spray	7 ml	11.99	
Bach	Rescue Remedy Pastilles	50 gram	6.99	
Cleanwell	Assorted Hand Washes	9.5 oz	3.99	
Cleanwell	Foam Hand Sanitizer	8 oz	3.99	
Crystal	Travel Body Stick Deodorant	1.5 oz	1.99	
Crystal	Assorted Roll On Deodorant	2.25 oz	2.99	
Crystal	Assorted Spray Deodorant	4 oz	2.99	
Ener C	Assorted Vitamin Drink Packs	30 ct	12.99	
Everyone	Everyone Soaps	32 oz	7.99	
Everyone	Lotion	32 oz	7.99	
Everyone	Everyone Liquid Soaps	12.75 oz	3.99	
Everyone	Coconut Lemon Hand Sanitizer	8 oz	4.99	
Everyone	Coconut Lemon Sanitizing Wipes	30 ct	4.99	
Everyone	Baby Washes	12.75 oz	5.99	
Everyone	Chamomile Lavender Baby Lotion	8 oz	4.99	
Natural Vitality	Original Vital Calm	8 oz	14.99	
Nubian Heritage	Deodorant	2.25 oz	5.99	
Nubian	Coconut Papaya Deodorant	2.25 oz	5.99	
Rainbow Light	Calcium Plus	90 tab	10.99	
Rainbow Light	Womens One Multivitamin	90 tab	29.99	
Rainbow Light	Mens One Multivitamin	90 tab	29.99	
Rainbow Light	Vitamin D Gummies	50 ct	10.99	
Teras Whey	Whey Powder, Assorted Flavors	1 oz	1.99	
Thayers	Witch Hazel	12 oz	6.99	



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