



## Sales list 2/13 - 2/26

| Bulk     | Product Name                    | Size      | Sale  | Coupons |
|----------|---------------------------------|-----------|-------|---------|
| Bulk     | Organic Dried Sweet Cranberries | per pound | 5.99  |         |
| Bulk     | Organic Steel Cut Oats          | per pound | 1.09  |         |
| Bulk     | Organic Light Brown Sugar       | per pound | 1.99  |         |
| Bulk     | Organic Pumpkin Seeds           | per pound | 3.19  |         |
| Frontier | Organic Ground Cinnamon         | per pound | 5.99  |         |
| Frontier | Organic Ground Turmeric         | per pound | 7.99  |         |
| Frontier | Organic Ground Ginger Root      | per pound | 12.99 |         |

| Refrigerated          | Product Name                 | Size          | Sale  | Coupons |
|-----------------------|------------------------------|---------------|-------|---------|
| Daiya                 | Dairy Free Yogurt            | 5.3 oz.       | 2/\$3 |         |
| GoodBelly             | Straight Shot                | 4 pack        | 2.69  |         |
| GT's                  | Organic Kombucha             | 16.2 oz       | 2/\$5 |         |
| GT's                  | Organic Kombucha             | 48 oz.        | 6.99  |         |
| High Country Kombucha | Organic Kombucha             | 16 oz.        | 2.69  |         |
| Living Harvest        | Coconut Hemp Milk            | 32 oz.        | 2.69  |         |
| Nancy's               | Yogurt                       | 32 oz.        | 2.99  |         |
| Organic Valley        | Organic Ricotta Cheese       | 15 oz.        | 4.99  |         |
| Siggi's               | Yogurt                       | 4.4 - 5.3 oz. | 4/\$5 |         |
| Silk                  | Almond Milk                  | 64 oz.        | 2.99  |         |
| Silk                  | Cashew Milk                  | 64 oz.        | 2.99  |         |
| Silk                  | Organic Unsweetened Soy Milk | 64 oz.        | 2.99  |         |
| Silk                  | Soy Milk                     | 64 oz.        | 2.99  |         |
| The Greek Gods        | Yogurt                       | 24 oz.        | 2/\$6 |         |
| Upton's               | Jackfruit                    | 10.6 oz.      | 3.99  |         |

| Frozen         | Product Name             | Size   | Sale  | Coupons |
|----------------|--------------------------|--------|-------|---------|
| Ben & Jerry's  | Ice Cream                | Pint   | 4.69  |         |
| Cascadian Farm | Organic Blueberries      | 8 oz.  | 2/\$6 |         |
| Cascadian Farm | Organic Strawberries     | 32 oz. | 8.99  |         |
| Cascadian Farm | Organic Blueberries      | 28 oz. | 8.99  |         |
| Cascadian Farm | Organic Mirepoix         | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Mixed Vegetables | 16 oz. | 2/\$4 |         |
| Cascadian Farm | Organic Hash Browns      | 16 oz. | 2/\$4 |         |
| Cascadian Farm | Organic Spud Puppies     | 16 oz. | 2/\$4 |         |
| Cascadian Farm | Organic French Fries     | 16 oz. | 2/\$4 |         |
| Cascadian Farm | Organic Broccoli         | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Peas             | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Green Beans      | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Gardener's Blend | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Peas & Carrots   | 10 oz. | 3/\$5 |         |
| Cascadian Farm | Organic Chopped Spinach  | 10 oz. | 2/\$4 |         |
| Cascadian Farm | Organic Sliced Peaches   | 10 oz. | 2/\$6 |         |
| Cascadian Farm | Organic Strawberries     | 10 oz. | 2/\$6 |         |



**Over 100 more deals on our shelves!**

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| <b>Frozen</b>   | <b>Product Name</b>                              | <b>Size</b>   | <b>Sale</b> | <b>Coupons</b>      |
|-----------------|--|---------------|-------------|---------------------|
| Coolhaus        | Ice Cream  | Pint          | 4.39        |                     |
| Feel Good Foods | Gluten Free Dumplings - Vegetable or Chicken     | 10 oz.        | 5.99        |                     |
| Feel Good Foods | Gluten Free Egg Rolls - Vegetable or Chicken     | 9 oz.         | 3.99        |                     |
| Ozery           | Morning Rounds                                   | 12.7 oz.      | 2/\$5       |                     |
| Rudi's          | Organic English Muffins (Refrigerated in Arcata) | 12 oz.        | 2.99        |                     |
| Rudi's          | Organic Spelt Tortillas                          | 12 oz.        | 4.39        |                     |
| Sweet Earth     | Breakfast Sandwiches                             | 9.6 - 9.9 oz. | 3.69        |                     |
| Tofurky         | Veggie Burgers                                   | 10.5 oz.      | 4.69        | 55¢ off any product |

| <b>Grocery</b>            | <b>Product Name</b>              | <b>Size</b>     | <b>Sale</b> | <b>Coupons</b>   |
|---------------------------|----------------------------------|-----------------|-------------|------------------|
| Alter Eco                 | Organic Chocolate Bar            | 2.82 oz.        | 2/\$5       |                  |
| Annie's                   | Cheddar Squares                  | 6.75 oz.        | 3.39        |                  |
| Annie's                   | Organic Crackers                 | 6.5 oz.         | 2/\$5       |                  |
| Annie's                   | Snack Bunnies                    | 9 oz.           | 3.39        |                  |
| Back To Nature            | Assorted Cookies                 | 6.4 - 12 oz.    | 3.69 - 4.39 |                  |
| Back To Nature            | Organic Shortbread Cookies       | 4.5 oz.         | 4.39        |                  |
| Barbara's Bakery          | Cereal                           | 12 - 14 oz.     | 2/\$6       |                  |
| barkTHINS                 | Snacking Chocolate               | 4.7 oz.         | 2/\$7       |                  |
| Bearitos                  | Corn Chips                       | 8.25 - 9 oz.    | 2.69        |                  |
| Bragg's                   | Liquid Aminos                    | 16 oz.          | 3.69        |                  |
| Bragg's                   | Organic Coconut Liquid Aminos    | 10 oz.          | 4.99        |                  |
| Cardini                   | Caesar Dressing                  | 32 oz.          | 4.99        |                  |
| Cascadian Farm            | Organic Granola                  | 13 - 16 oz.     | 2/\$6       |                  |
| Cascadian Farm            | Organic Cereal                   | 9.2 - 14.6 oz.  | 2/\$5       |                  |
| Clif                      | Organic Nut Filled Bars          | 1.76 oz.        | 4/\$5       |                  |
| Crown Prince              | Kipper Snacks                    | 3.25 oz.        | 2.69        |                  |
| Crown Prince              | Smoked Oysters                   | 3 oz.           | 2.99        |                  |
| Crown Prince              | Oysters                          | 8 oz.           | 2.99        |                  |
| Crown Prince              | Smoked Baby Clams                | 3 oz.           | 2.99        |                  |
| Crown Prince              | Baby Clams                       | 10 oz.          | 2.99        |                  |
| Daiya                     | Dairy Free Dressing              | 8.36 oz.        | 3.69        |                  |
| Dr. McDougall's           | Soup Cups                        | 1 - 3.4 oz.     | 2/\$3       | 50¢ off any item |
| Rice Dream                | Rice Beverage                    | 32 oz.          | 2/\$4       |                  |
| Imagine                   | Horchata                         | 32 oz.          | 2.39        |                  |
| Earth Balance             | Coconut Peanut Spread            | 16 oz.          | 3.99        |                  |
| Equal Exchange            | Organic Chocolate Bar            | 2.8 oz.         | 2/\$5       |                  |
| European Gourmet Bakery   | Organic Muffin Mix               | 16 oz.          | 4.39        |                  |
| European Gourmet Bakery   | Organic Pudding Mix              | 3.5 oz.         | 1.99        |                  |
| Field Day                 | Olive Oil                        | 1 Liter         | 9.99        |                  |
| Frontera                  | Salsa                            | 16 oz.          | 3.39        |                  |
| Frontera                  | Tortilla Chips                   | 10 oz.          | 2.69        |                  |
| Halfpops                  | Popcorn                          | 4.5 oz.         | 2/\$4       |                  |
| Happy Baby                | Organic Fruit & Veggie Puffs     | 2.1 oz.         | 2/\$5       |                  |
| Happy Baby                | Organic Yogurt Snacks            | 1 oz.           | 2.99        |                  |
| Jackson's Honest Chips    | Potato Chips                     | 5 oz.           | 2.99        |                  |
| Lakewood                  | Organic Pomegranate Juice Blends | 32 oz.          | 3.39        |                  |
| Late July                 | Organic Crackers                 | 6 oz.           | 2/\$5       |                  |
| Late July                 | Tortilla Chips                   | 5.5 oz.         | 2/\$4       |                  |
| Lotus Foods               | Organic Rice Noodles             | 8 oz.           | 2.69        |                  |
| Luna                      | Energy Bars                      | 1.48 - 1.69 oz. | 5/\$5       |                  |
| Maya Kaimal               | Indian Simmer Sauces             | 12.5 oz.        | 3.69        |                  |
| Miss Jones Baking Company | Organic Frosting                 | 320 grams       | 5.99        |                  |
| Miss Jones Baking Company | Organic Cake Mix                 | 15.87 oz.       | 5.39        |                  |



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| <b>Grocery</b>     | <b>Product Name</b>                  | <b>Size</b>   | <b>Sale</b> | <b>Coupons</b> |
|--------------------|--------------------------------------|---------------|-------------|----------------|
| Muir Glen          | Organic Canned Tomatoes              | 28 oz.        | 3/\$5       |                |
| Natural Sea        | Canned Salmon                        | 7.5 oz.       | 2.99        |                |
| Natural Sea        | Canned Yellowfin Tuna                | 5 oz.         | 2.39        |                |
| Natural Sea        | Canned White Albacore                | 3 oz.         | 2.69        |                |
| Newman's Own       | Alfredo Sauce                        | 15 oz.        | 2.99        |                |
| Newman's Own       | Organic Dried Apricot                | 6 oz.         | 4.39        |                |
| Newman's Own       | Organic Black Tea                    | 100 bags      | 3.99        |                |
| Newman's Own       | Organic Chocolate Peanut Butter Cups | 1.2 oz.       | 0.99        |                |
| Newman's Own       | Mints                                | 1.76 oz.      | 1.99        |                |
| Newman's Own       | Organic Microwave Popcorn            | 3 pack        | 2.99        |                |
| Newman's Own       | Organic Pretzels                     | 7 - 8 oz.     | 2.69        |                |
| Numi               | Organic Tea                          | 12 - 18 bags  | 4.69        |                |
| Numi               | Organic Pu-erh Tea                   | 16 bags       | 5.39        |                |
| Once Again         | Almond Butter                        | 16 oz.        | 7.99        |                |
| Organicville       | Organic Dressing                     | 8 oz.         | 2.99        |                |
| Pacific            | Assorted Organic Soups               | 32 oz.        | 2.79        |                |
| Red Duck           | Organic Ketchup                      | 14 oz.        | 3.99        |                |
| Red Duck           | Organic BBQ Sauce                    | 17 oz.        | 4.99        |                |
| Riega              | Organic Spice Mixes                  | .35 - .9 oz.  | 1.39        |                |
| Rustic Crust       | Pizza Crust                          | 9 - 13 oz.    | 3.39        |                |
| Sahale             | Nut Snacks                           | 4 oz.         | 4.39        |                |
| San Pellegrino     | Soda                                 | 6 pack        | 3.99        |                |
| San-J              | Rice Crackers                        | 2.8 - 3.7 oz. | 2.69        |                |
| Simply Organic     | Organic Seasoning Mixes              | .7 - 1.5 oz.  | 4/\$5       |                |
| Spectrum           | Organic Refined Coconut Oil          | 14 oz.        | 4.99        |                |
| Spectrum           | Organic Unrefined Coconut Oil        | 14 oz.        | 6.99        |                |
| Tasty Bites        | Rice                                 | 8.8 oz.       | 1.79        |                |
| Theo               | Organic Chocolate Bar                | 3 oz.         | 2/\$5       |                |
| Theo               | Organic Chocolate Peanut Butter Cups | 1.3 oz.       | 2/\$3       |                |
| Tony's Chocolonely | Chocolate Bar                        | 6 oz.         | 3.39        |                |
| Westbrae           | Assorted Organic Beans               | 25 oz.        | 2.19        |                |

| <b>Home &amp; Pet</b> | <b>Product Name</b> | <b>Size</b> | <b>Sale</b> | <b>Coupons</b> |
|-----------------------|---------------------|-------------|-------------|----------------|
| Seventh Generation    | Liquid Laundry      | 100 oz.     | 9.99        |                |
| Seventh Generation    | Fabric Softener     | 32 oz.      | 4.99        |                |
| Wellness              | Canned Dog Food     | 12.5 oz.    | 2.39        |                |

| <b>Wellness</b>  | <b>Product Name</b>           | <b>Size</b>   | <b>Sale</b>   | <b>Coupons</b> |
|------------------|-------------------------------|---------------|---------------|----------------|
| Acure            | Shampoo or Conditioner        | 12 oz.        | 2/\$10        |                |
| Ener-C           | Multivitamin Drink Mix        | 30 ct.        | 12.99         |                |
| Essential Oxygen | Brushing Rinse                | 16 oz.        | 8.99          |                |
| Essential Oxygen | Brushing Rinse                | 4 oz.         | 4.99          |                |
| evanhealy        | Assorted Facial Care Products |               | 20% off       |                |
| Garden of Life   | Sport Protein Bars            | 1.9 - 2.7 oz. | 2/\$4         |                |
| Kiss My Face     | Deodorant                     | 2.48 - 3 oz.  | 3.99          |                |
| Kiss My Face     | Toothpaste                    | 4.1 - 4.5 oz. | 3.99          |                |
| Natural Vitality | Natural Calm                  | 8 oz.         | 13.99 - 15.99 |                |
| Thayer's         | Witch Hazel Pads              | 60 ct.        | 5.99          |                |
| Thayer's         | Witch Hazel                   | 12 oz.        | 6.99          |                |
| Zand             | Lozenges                      | 15 - 18 ct.   | 1.69          |                |



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