



Sales list 3/13 - 4/2

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Green Lentils	Per Pound	1.99	
Bulk	Organic Hulled Millet	Per Pound	1.19	
Equal Exchange	Select Organic Coffee	Per Pound	8.99	
Fantastic Foods	Falafel Mix	Per Pound	3.39	
Fantastic Foods	Hummus Mix	Per Pound	4.39	
Fantastic Foods	Instant Black Beans	Per Pound	4.39	
Fantastic Foods	Instant Refried Beans	Per Pound	4.39	
Fantastic Foods	Vegetarian Chili Mix	Per Pound	4.39	
Grandy Oats	Coconut Granola	Per Pound	8.99	
Woodstock	Dark Chocolate Almonds	Per Pound	11.69	

Refrigerated	Product Name	Size	Sale	Coupons
Brown Cow	Cream Top Yogurt	5.3-6 oz	4/\$3	
Earth Balance	Buttery Sticks, Original and Soy-Free	16 oz	3.69	
Earth Balance	Natural Buttery Spread	15 oz	3.69	
Earth Balance	Organic Whipped Buttery Spread	13 oz	3.69	
Earth Balance	Organic Coconut Spread	10 oz	3.69	
Earth Balance	Soy-Free Buttery Spread	15 oz	3.69	
Earth Balance	Omega-3 Spread	13 oz	3.69	
Field Roast	Celebration Roast	2 lb	12.99	
Field Roast	Celebration Roast	1 lb	5.99	
Field Roast	Hazelnut-Cranberry Stuffed Roast	2 lb	16.99	
Florida's Natural	Orange Juice	59 oz	3.69	
Follow Your Heart	Vegan Egg Powder	4 oz	5.99	
Green Valley Organics	Lactose-Free Yogurt	24 oz	3.99	
Green Valley Organics	Lactose-Free Cream Cheese	8 oz	2.99	
Hail Merry	Macaroon Bites	3.5 oz	2.69	
Hail Merry	Miracle Tarts	3 oz	2.99	
Harmless Harvest	Organic Raw Coconut Water	16 oz	3.99	
Harmless Harvest	Organic Raw Coconut Water	32 oz	7.99	
Immaculate Baking Company	Flaky Biscuits	16 oz	2/\$5	
Immaculate Baking Company	Cinnamon Rolls	17.5 oz	3.69	
Immaculate Baking Company	All Natural Pie Crust	15 oz	2.99	
Kevita	Organic Kombucha	15.2 oz	2/\$5	
Kite Hill	Almond Milk Yogurt	5.3 oz	2/\$3	
Maya Kaimal	Simmer Sauces	11.5 oz	2.99	\$1.50 off any 2 items
Miyoko's Creamery	Double Cream Nut Cheese	6.5 oz	6.99	
Mt Vikos	Traditional Feta Cheese	7 oz	3.39	
Organic Valley	Blue Cheese Crumbles	4 oz	3.69	
Organic Valley	Shredded Parmesan	4 oz	3.69	
Organic Valley	Organic Muenster	8 oz	4.39	
Organic Valley	Organic Pepper Jack	8 oz	4.39	
Organic Valley	Organic Mozzarella	8 oz	4.39	
Organic Valley	Organic Neufchatel Cream Cheese Tub	8 oz	2.99	



Over 100 more deals on our shelves!

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Refrigerated	Product Name	Size	Sale	Coupons
Organic Valley	Organic Cream Cheese Block	8 oz	2.99	
Organic Valley	Organic 2% Chocolate Milk	32 oz	2.69	
Organic Valley	Organic Vanilla Soy Creamer	16 oz	2.39	
Organic Valley	Organic Heavy Whipping Cream	16 oz	3.49	
Ripple	Dairy Free Vanilla Half & Half	16 oz	2.99	
Tofurky	Smoky Maple Bacon Tempeh Strips	7 oz	3.39	55¢ off any item
Tofurky	Slow Roasted Chick'n	8 oz	3.39	55¢ off any item
Uncle Matt's	Organic Orange Juice	59 oz	5.99	
Wallaby	Organic Yogurt	6 oz	5/\$5	
Wallaby	Organic Whole Milk Vanilla Yogurt	32 oz	3.69	
Wallaby	Organic Whole Milk Kefir	32 oz	3.69	

Frozen	Product Name	Size	Sale	Coupons
Alexia	Potato Puffs and Fries	15-19 oz	2/\$5	
Alexia	Organic Hash Browns	16 oz	2/\$5	
Coolhaus	Ice Cream Sandwiches	5.8 oz	3.39	\$1.00 off any pint or sandwich
Nate's	Meatless Italian Meatballs	10.5 oz	4.39	
Nature's Path	Organic Waffles	7.4 oz	3/\$7	
Shelton's	Turkey Franks	12 oz	3.39	
So Delicious	Coco Whip, Original and Lite	9 oz	3.39	
Sweet Earth	Meatless Burritos	6-7 oz	2.69	
Tandoor Chef	Naan Pizzas	7.4 - 9 oz	2/\$5	
Three Twins	Organic Ice Cream	16 oz	2/\$7	
Three Twins	Organic Ice Cream Mini Cups	5 oz	4/\$5	
Three Twins	Organic Ice Cream	32 oz	2/\$10	
Three Twins	Organic Ice Cream Sandwiches	6 pack	3.39	
Three Twins	Organic Ice Cream Sundae Cones	3 pack	3.39	
Three Twins	Organic Ice Cream Individual Sundae Cones	4 oz	4/\$5	
Tofurky	Giblet Gravy	14 oz	3.99	55¢ off any item
Tofurky	Vegetarian Feast	3.5 lb	21.99	55¢ off any item
Tofurky	Stuffed Vegetarian Roast	26 oz	10.99	55¢ off any item
Tres Latin Foods	Papas	4 pack	4.39	
Tres Latin Foods	Tamales	5 oz	2.69	
Tres Latin Foods	Mini Bite-Size Papusas	10 oz	4.39	
Woodstock	Assorted Organic Frozen Vegetables	10 oz	2/\$4	
Wyman's	Wild Blueberries	15 oz	3.69	
Wyman's	Mixed Berries	15 oz	3.39	

Grocery	Product Name	Size	Sale	Coupons
Amy's	Organic Soup	12.4-14.7 oz	2/\$5	
Annie's	Organic Mac & Cheese	6 oz	3/\$5	
Annie's	Organic Family Size Shells & Cheddar	10.5 oz	3.99	
Annie's	Organic Fruit Snacks	4 oz	2/\$6	
Annie's	Cheddar Squares	7.5 oz	2/\$5	
Annie's	Chocolate Chip Cookies	8.4 oz	2/\$6	
Annie's	Bunny Crackers	7.5 oz	2/\$5	
Annie's	Organic Bunnies Cereal	10 oz	2/\$6	
Annie's	Organic Dressing	8 oz	2.39	
Arrowhead Mills	Organic White Unbleached Flour	22 oz	1.69	\$1.00 off any item
Bela	Sardines	4.25 oz	2.39	
Better than Bouillon	Organic Soup Base	8 oz	4.99	
Better than Bouillon	Vegan No Chicken Soup Base	8 oz	3.69	
Better than Bouillon	Reduced Sodium Soup Base	8 oz	4.39	
Bob's Red Mill	Baking Soda	16 oz	2.19	



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Bob's Red Mill	Aluminum-Free Baking Powder	16 oz	2.99	
Bob's Red Mill	Gluten Free Baking Flour	22 oz	3.39	
Bob's Red Mill	Potato Starch	24 oz	2.99	
Bob's Red Mill	Hazelnut Flour	14 oz	10.99	
Bob's Red Mill	Organic Coconut Flour	16 oz	3.39	
Bob's Red Mill	Almond Meal	16 oz	9.99	
Bob's Red Mill	Almond Flour	16 oz	9.99	
Bob's Red Mill	Gluten Free All Purpose Baking Flour	44 oz	5.99	
Bob's Red Mill	Unsweetened Coconut Shreds	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	9.99	
Bob's Red Mill	Organic Flour	5 lb	5.99	
Bob's Red Mill	Garbanzo Flour	16 oz	1.99	
Bob's Red Mill	Unbleached Semolina Pasta Flour	24 oz	2.39	
Bob's Red Mill	Baking Flour	5 lb	3.39	
Chocolove	Filled Chocolate Cups	1.2 oz	2/\$3	
Choice	Organic Teas	16 bags	3.39	
Daiya	Dairy Free Dressing	8.36 oz	3.69	
Dang	Toasted Coconut Chips	1.43 oz	1.99	
Doctor Kracker	Organic Crispbread	7 oz	2.69	
Rice Dream	Organic Enriched Rice Milk	64 oz	4.39	
Rice Dream	Organic Enriched Rice Milk	4 pack	4.69	
Soy Dream	Organic Enriched Soy Milk	64 oz	5.39	
Enjoy Life	Chocolate Chips	9-10 oz	4.99	
Equal Exchange	Organic Baking Cocoa	8 oz	5.99	
Equal Exchange	Organic Hot Cocoa Mix	12 oz	5.99	
European Gourmet Bakery	Organic Baking Mixes	11-16 oz	3.99	
European Gourmet Bakery	Organic Pudding Mix	3.5 oz	1.99	
Field Day	Organic Peanut Butter	18 oz	4.99	
Frontier	Organic Sweet Basil Leaf	.56 oz	3.99	
Frontier	Ground Cinnamon	1.92 oz	3.99	
Frontier	Ground Jamaican Allspice	1.92 oz	3.99	
Frontier	Organic Garlic Powder	2.33 oz	5.39	
Frontier	Organic Oregano Leaf	036 oz	3.99	
Frontier	Organic Ground Cinnamon	1.9 oz	4.99	
Glee	Boxed Chewing Gum	16 pieces	0.99	
Glee	Chewing Gum Pouches	75 pieces	2.69	
Guru	Organic Energy Drink	12 oz	2.69	
Happy Tots	Organic Baby Food Pouches	4 oz	1.59	
Honest Tea	Organic Tea	16 oz	4/\$5	
Imagine Foods	Organic Broth	32 oz	2/\$5	
Justin's	Almond Butter	16 oz	8.99	
Justin's	Chocolate Hazelnut Butter	16 oz	8.99	
Kashi	Breakfast Cereal	9.5-20 oz	2.99	
Kind	Healthy Grains Clusters	11 oz	3.99	
Kind	Granola Bars	5 pack	2/\$5	
Larabar	Fruit and Nut Bars	1.6-1.7 oz	5/\$5	
Late July	Dippers Corn Chips	8 oz	2.69	
Late July	Multigrain Snack Chips	5.5-6 oz	2/\$4	
Lotus	Organic Jade Pearl Rice	15 oz	4.39	
Lotus	Organic Rice Bowls	7.4 oz	2.99	
Lotus	Organic White Basmati Rice	30 oz	6.99	
Lotus	Organic Brown Basmati Rice	30oz	5.99	



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Grocery	Product Name	Size	Sale	Coupons
Manischewitz	Matzo Ball Mix	5 oz	2.99	
Mediterranean Organic	Organic Olives	8.1-8.5 oz	3.39	
Montebello	Organic Pasta	1 lb	2.99	
Muir Glen	Organic Pasta Sauce	25.5 oz	2.79	
Napa Valley Naturals	Grape Seed Oil	25.4 oz	8.69	
Napa Valley Naturals	Organic Golden Balsamic Vinegar	12.7 oz	5.39	
Napa Valley Naturals	Flavored Balsamic Vinegars	12.7 oz	4.39	
Native Forest	Organic Vegan Coconut Milk	13.5 oz	2.39	
Native Forest	Organic Pineapple	14-15 oz	2/\$6	
Native Forest	Organic Mango Chunks	14 oz	2/\$6	
Native Forest	Organic Sliced Peaches	15 oz	2/\$6	
Native Forest	Organic Mandarin Oranges	10.75 oz	1.99	
Native Forest	Organic Hearts of Palm	14 oz	3.69	
Native Forest	Artichoke Hearts	9.9-14 oz	2/\$6	
Native Forest	Marinated Artichoke Hearts	6.5 oz	2.39	
Natural Brew	Ginger Ale and Draft Root Beer	4 pack	3.99	
Natural Sea	Yellowfin Tuna	5 oz	2/\$5	
Natural Sea	White Albacore	3 oz	2.69	
Near East	Rice Pilafs and Blends	5.4-6.75 oz	3/\$5	
Near East	Long Grain and Wild Rice Mix	6 oz	1.99	
Near East	Flavored Couscous Blends	4.7-5.4 oz	3/\$5	
Pacific	Organic Condensed Soups	12 oz	2.49	
Pacific	Organic Chicken Stock	32 oz	4.39	
Pamela's	Gluten Free Cookies	7.25 oz	3.39	
Pamela's	Gluten Free Fig Bars	9 oz	3.99	
Popchips	Potato Chips	5 oz	2.99	
Que Pasa	Organic Corn Chips	16 oz	2/\$6	
Que Pasa	Organic Tortilla Chips	5.5 oz	2/\$5	
Quinn	Pretzels	7 oz	2.99	
Santa Cruz Organic	Juice Blends	32 oz	3.39	
Santa Cruz Organic	Straight Lemon or Lime Juice	16 oz	3.69	
Santa Cruz Organic	Agua Fresca	32 oz	2.39	
Santa Cruz Organic	Lemonade	32 oz	1.99	
Shady Maple Farms	Organic Amber Rich Maple Syrup	12.7 oz	10.99	
Snyder's	Gluten Free Pretzels	8 oz	2/\$5	
Spectrum	Organic Shortening	24 oz	5.99	
Spectrum	Refined Safflower Oil	32 oz	5.39	
Spectrum	Organic Sunflower Oil	32 oz	7.69	
Spectrum	Unrefined Toasted Sesame Oil	16 oz	5.99	
Spectrum	Refined Canola Oil	32 oz	4.69	
Spectrum	Refined Walnut Oil	16 oz	5.69	
Spectrum	Organic Refined Canola Oil	32 oz	6.69	
Spectrum	Canola Skillet Spray	6 oz	3.69	
Spectrum	Coconut Skillet Spray	6 oz	3.99	
Spectrum	Organic Refined Safflower Oil	16 oz	4.99	
Spectrum	Super Canola Spray	16 oz	5.99	
Spectrum	Grapeseed Spray	6 oz	4.99	
Spectrum	Organic Extra Virgin Olive Oil	25.4 oz	8.99	
The Good Crisp Company	Potato Crisps	5.6 oz	2/\$5	
Traditional Medicinals	Organic Tea	16 bags	3.69	
Wholesome Sweeteners	Organic Raw Blue Agave Syrup	23.5 oz	6.39	
Wholesome Sweeteners	Organic Light Corn Syrup	11.2 oz	4.39	
Wholesome Sweeteners	Organic Powdered Sugar	1 lb	3.39	



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Grocery	Product Name	Size	Sale	Coupons
Wholesome Sweeteners	Organic Fair Trade Sugar	1 lb	2.99	
Wholesome Sweeteners	Organic Fair Trade Brown Sugar	24 oz	3.99	
Wholesome Sweeteners	Organic Pancake Syrup	20 oz	4.69	
Wholesome Sweeteners	Organic Fair Trade Blackstrap Molasses	16 oz	4.69	
Wholesome Sweeteners	Organic Fair Trade Blackstrap Molasses	32 oz	6.99	
Wholesome Sweeteners	Organic Frosting	12.5 oz	4.69	
Wholesome Sweeteners	Organic Raw Unfiltered Honey	16 oz	6.69	
Woodstock	Organic Sweet Relish	16 oz	3.99	
Woodstock	Organic Bread & Butter Pickles	24 oz	3.99	
Woodstock	Organic Baby Kosher Dills	24 oz	4.39	
Woodstock	Organic Kosher Dill Pickles	24 oz	3.99	
Woodstock	Organic Kosher Dill Slices	24 oz	3.99	
Woodstock	Organic Sauerkraut	16 oz	3.39	
Woodstock	Organic Kosher Dill Spears	24 oz	3.99	
Woodstock	Organic Pickled Baby Carrots	16 oz	4.99	
Woodstock	Organic Jalapeno Relish	16 oz	3.99	
Zevia	Stevia Sweetened Soda	6 pack	3.99	

Home & Pet	Product Name	Size	Sale	Coupons
Castor & Pollux	Organix Chicken Dog Cookies	12 oz	4.39	
Castor & Pollux	Organix Chicken Cat Treats	2 oz	2.99	
Field Day	Laundry Detergent	100 oz	11.99	
Field Day	Liquid Dish Detergent	25 oz	3.39	
Newman's Own	Organic Dog Treats	4 oz	2.69	

Wellness	Product Name	Size	Sale	Coupons
Alba Botanica	Facial Cleanser	8 oz	7.99	
Alba Botanica	Green Tea Moisturizer	3 oz	11.99	
Alba Botanica	Sunscreen	4 - 4.5 oz	6.99	
Alba Botanica	Anti Frizz Serum	2 oz	5.99	
Alba Botanica	Shampoo or Conditioner	12 oz	6.99	
Andalou Naturals	Micellar Facial Wipes	12 ct	2/\$5	
Andalou Naturals	Clarity Facial Mask	.28 oz	2/\$5	
Boiron	Sabadil	60 ct	8.99	
Boiron	Sinusalia	60 ct	8.99	
Country Life	Assorted Supplements		30% off	
Derma E	Hydrating Facial Wipes	25 ct	4.99	
Derma E	Hyaluronic Cleanser	6 oz	9.99	
Derma E	Hydrating Cream	2 oz	19.99	
Derma E	Hyaluronic Hydrating Mist	2 oz	8.99	
Derma E	Purifying Daily Detox Scrub	4 oz	9.99	
EO	Everyone Lotion	32 oz	8.49	
EO	Everyone Soap	32 oz	8.49	
EO	Everyone Soap	12.75 oz	3.99	
Giovanni	Shampoo or Conditioner	8.5 oz	5.99	
Grandpa Soap Co.	Thylox Soap	3.25 oz	4.99	
Herban Cowboy	Deodorant Stick	2.8 oz	5.99	
Hyland's Homeopathic Remedies	Arnica Montana	250 ct	6.99	
Hyland's Homeopathic Remedies	Nerve Tonic	100 ct	7.99	
Hyland's Homeopathic Remedies	Calm'n Restful 4 Kids	125 ct	6.99	
Hyland's Homeopathic Remedies	Sleep	100 ct	8.99	
Nature's Gate	Toothpaste	5 - 6 oz	3.99	
Naturtint	Hair Color	1 each	11.99	
Spectrum Essentials	Fish Oil with Vitamin D	250 ct	21.99	
Spectrum Essentials	Organic Flaxseed Meal	14 oz	4.99	
Soothing Touch	Bath Salts	32 oz	3.99	



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