

Sales list 10/16 - 10/29

Bulk Department	Product Name	Size	Sale	Coupons
Bulk	Organic Pearled Barley	Per Pound	\$1.49	
Bulk	Organic Green Lentils	Per Pound	\$2.29	
Bulk	Organic Pinto Beans	Per Pound	\$1.99	
Bulk	Organic Pumpkin Seeds	Per Pound	\$3.49	
Equal Exchange	Organic Peru Medium	Per Pound	\$8.49	
Equal Exchange	Organic Midnight Sun	Per Pound	\$8.49	
Equal Exchange	Organic Bird of Paradise	Per Pound	\$8.49	
Equal Exchange	Organic French Roast Decaf	Per Pound	\$11.49	

Refrigerated	Product Name	Size	Sale	Coupons
Bhakti	Iced Chai	16 oz	2/\$6	
Califia Farms	Almond Milk Holiday Nog	48 oz	\$3.99	
Fage	Plain Lowfat Greek Yogurt	7 oz	4/\$5	
Field Roast	Meatless Burger	13 oz	\$5.99	
Field Roast	Apple Maple Breakfast Sausage	9.3 oz	\$3.99	
Good Belly	Organic Juice	32 oz	2/\$5	
Green Valley	Organic Cottage Cheese	12 oz	\$3.99	
GT's	Organic Kombucha	16 oz	2/\$5	
GT's	Organic Kombucha	48 oz	\$5.99	
Hail Merry	Caramel/Chocolate Macaroon Bites	3.5 oz	2/\$6	
Hail Merry	Cookie Dough Macaroon Bites	3.5 oz	\$3.29	
Hail Merry	Tarts	3 oz	2/\$6	
Harmless Harvest	Organic Coconut Water	16 oz	\$3.99	
Harmless Harvest	Organic Coconut Water	32 oz	\$7.99	
Honey Mamas	Cacao Nectar Bars	2.5 oz	\$3.99	
Henry & Lisa	Salmon Burgers	12.8 oz	\$5.99	
Henry & Lisa	Battered Fish Nuggets	12 oz	\$5.99	
Miyoko's	Organic Vegan Mozzarella	8 oz	\$6.99	
Nancy's	Organic Plain Yogurt	4 lb	\$7.99	
Nancy's	Low Fat Cottage Cheese	16 oz	\$2.79	
Organic Valley	Egg Nog	32 oz	\$4.49	
Organic Valley	Organic Cottage Cheese	16 oz	\$4.99	
Organic Valley	Organic Shredded Cheese	6 oz	\$3.99	
Redwood Hill	Goat Yogurt	6 oz	3/\$5	
Ripple Foods	Plant Based Milk	48 oz	\$3.99	
Rumaino	Organic Cheese	8 oz	\$3.99	
Rumaino	Organic Sliced Cheese	6 oz	\$2.99	
So Delicious	Organic Coconut Milk Nog	32 oz	\$2.79	
So Delicious	Coconut Milk Creamer	16 oz	\$1.79	
So Delicious	Coconut Milk Creamer	32 oz	\$3.29	
Sweet Earth	Seitan Strips	5.5-8 oz	\$3.29	
Wallaby	Organic Yogurt	32 oz	\$5.99	
Wallaby	Greek Yogurt	5.3 oz	2/\$3	
Wallaby	Organic Low Fat Plain Greek Yogurt	16 oz	\$3.49	
White Wave	Silk Nog	32 oz	\$2.79	



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
Aldens	Organic Pumpkin Ice Cream	48 oz	\$5.99	
Boca	Vegan Chicken/Burgers	10 oz	\$3.79	
Cascadian Farms	Organic Potatoes/Mixed Vegetables	16 oz	2/\$5	
Cascadian Farms	Organic Chopped Spinach	10 oz	2/\$5	
Hilary's	Veggie Burgers	6.4 oz	2/\$5	
Julie's	Organic Ice Cream Sandwiches	6-8 Pack	\$5.49	
Julie's	Organic Fudge Bars	4 Pack	\$3.49	
Little Northern Bakehouse	Gluten-Free Bread	16 oz	\$3.99	
PJ's	Organic Burritos	6 oz	2/\$6	
Quorn	Meat Alternatives	7.76-12 oz	2/\$5	
Rudi's	Organic English Muffins	12 oz	\$3.49	
Rudi's	Organic Cinnamon Raisin Bread	24 oz	\$4.49	
Saffron Road	Chicken Nuggets/Tenders	8 oz	\$4.99	
Seite	Cassave & Coconut Tortillas	7 oz	\$7.99	
Silver Hills	Organic Bread	21-22 oz	\$2.99	
Smart Flour	Ancient Pizza Crust	9.46 oz	\$3.29	
Smart Flour	Gluten-Free Pizza	10-10.3 oz	\$5.99	
Straus	Organic Ice Cream	16 oz	\$3.99	
Sweet Earth	Breakfast Sandwiches	9.6-9.9 oz	\$3.49	
Table 5	Pizza	12.5 oz	\$5.49	
Talenti	Gelato	16 oz	\$3.99	
Three Twins	Organic Ice Cream	16 oz	\$2.99	
Three Twins	Organic Ice Cream	32 oz	\$4.49	
Three Twins	Organic Ice Cream Cups	5 oz	4/\$5	
Three Twins	Organic Sundae Cones	3 Pack	\$4.49	
Three Twins	Organic Sundae Cones	4 oz	4/\$5	
Tofurky	Everyday Ham Roast	16 oz	\$7.99	
Van's	Waffles	8-9 oz	2/\$5	
Woodstock	Organic Fruit	8-10 oz	2/\$7	
Woodstock	Organic Tropical Fruit Blend	10 oz	2/\$6	
Woodstock	Organic Banana Slices	8 oz	2/\$5	

Grocery	Product Name	Size	Sale	Coupons
4th & Heart	Original Ghee	9 oz	\$9.99	
Amy & Brian's	Coconut Juice	17.5 oz	\$1.79	
Ancient Harvest	Organic Quinoa Pasta	8-9.6 oz	\$2.49	
Ancient Harvest	Organic Gluten Free Mac n Cheese	6.5 oz	\$2.49	
Angie's	Kettle Corn	4.5-5.5 oz	\$2.99	
Annie's	Cheddar Bunny Tails Gluten-Free Crackers	7.5 oz	2/\$7	
Arrowhead Mills	Organic Unbleached White Flour	22 oz	\$1.79	
Arrowhead Mills	Organic Pancake & Waffle Mix	26 oz	\$3.79	
Arrowhead Mills	Organic Gluten-Free Pancake & Waffle Mix	26 oz	\$5.49	
Arrowhead Mills	Organic Graham Cracker Crust	6 oz	\$2.99	
Arrowhead Mills	Organic Stuffing Mix	10 oz	\$3.29	
Back to Nature	Chocolate Chunk Cookies	9.5 oz	2/\$6	
Back to Nature	Peanut Butter Crème Sandwich Cookies	9.6 oz	2/\$6	
Back to Nature	Fudge Mint Cookies	6.4 oz	\$3.99	
Back to Nature	Shortbread Cookies	4.5 oz	\$3.99	
Beanfields	Chips	5.5 oz	2/\$5	
Boulder	Potato Chips	5.25-6.5 oz	2/\$5	
Bulletproof	Cold Brew Coffee with Collagen	11.1 oz	\$3.99	
Cascadian Farms	Organic Cereal	8.6-14.6 oz	2/\$6	
Celestial	Holiday Teas	20 Bags	\$2.99	



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.

Grocery	Product Name	Size	Sale	Coupons
Chickapea	Organic Pasta	6-8 oz	\$2.99	
Chocolove	Almond Butter Cups	1.2 oz	2/\$3	
Clif	Bars	2.4 oz	4/\$5	
Crofters	Organic Berry Spreads	10 oz	\$3.29	
Crofters	Organic Apricot Spread	10 oz	\$2.99	
Crofters	Organic Harvest Berry Spread	16.5 oz	\$3.99	
Dandies	Vegan Marshmallows	10 oz	\$3.49	
Dang	Coconut Chips	1.43 oz	\$1.99	
Divine	Advent Calendar	3 oz	\$5.99	
Divine	Milk Chocolate Coins	1.75 oz	2/\$5	
Dr Krackers	Organic Flatbread	7 oz	\$2.99	
Endangered Species	Chocolate Bars	3 oz	2/\$4	
Epic	Bison Apple Cider Bone Broth	14 oz	\$4.99	
Epic	Bison Apple Cranberry Bar	1.3 oz	2/\$4	
Equal Exchange	Organic Tea	20 Bags	2/\$6	
Equal Exchange	Organic Chocolate Bars	2.8 oz	2/\$5	
Equal Exchange	Organic Baking Cocoa	8 oz	\$5.99	
Equal Exchange	Organic Hot Cocoa Mix	12 oz	\$5.99	
Euro Gourmet	Organic Vanilla Cake Mix	15.25 oz	\$3.99	
Euro Gourmet	Organic Corn Muffin Mix	16.9 oz	\$3.99	
Euro Gourmet	Organic Chocolate Icing Mix	11 oz	\$3.99	
Euro Gourmet	Organic Pudding Mix	3.5 oz	\$1.79	
Explore Cuisine	Organic Gluten-Free Pasta	8 oz	\$3.79	
Farmers Market	Organic Pumpkin Puree	15 oz	3/\$5	
Farmers Market	Organic Sweet Potato Puree	15 oz	\$1.79	
Farmers Market	Organic Pumpkin Pie Mix	15 oz	\$1.99	
Farmers Market	Organic Butternut Squash	15 oz	\$1.79	
FSTG	Tortilla Chips	5.5 oz	2/\$4	
Food Merchant	Organic Polenta	18 oz	\$2.49	
Foodstirs	Organic Chocolate Chippy Cookie Mix	14.5 oz	\$3.79	
Foodstirs	Organic Chocolate Lovers Brownie Mix	13.9 oz	\$3.79	
Garden of Eatin	Organic Chips	7.5-8.1 oz	2/\$6	
Glee	Gum	18 Ct	\$0.99	
Glee	Gum	75 Ct	2/\$5	
Green Mountain	Salsa	16 oz	\$3.99	
Heavenly	Organic Honey	12 oz	\$5.99	
Imagine	Organic Creamy Soup	32 oz	2/\$5	
Imagine	Rice Dream	32 oz	2/\$5	
Imagine	Rice Dream Horchata	32 oz	\$2.49	
Justin's	Organic Nut Butter Cups	1.4 oz	2/\$3	
Justin's	Organic Mini Peanut Butter Cups	4.7 oz	\$4.99	
Lakewood	Organic Pomegranate Juice Blend	32 oz	\$3.49	
Lenny & Larry's	Cookies	4 oz	3/\$5	
Lily's Sweets	Stevia Sweetened Milk Chocolate Almond Bar	3 oz	\$2.99	
Lotus Foods	Organic Rice	15 oz	\$3.49	
Lotus Foods	Organic Jasmine Brown Rice Bowl	7.4 oz	\$1.99	
Lotus Foods	Forbidden Rice Bowl	7.4 oz	\$2.29	
Lotus Foods	Organic Basmati Rice	30 oz	\$5.49	
Lotus Foods	Organic White Rice Pad Thai Ramen Noodles	8 oz	2/\$5	
Lotus Foods	Brown Rice Ramen Cups	2 oz	2/\$3	
Maranatha	Raw Almond Butter	16 oz	\$9.99	
Mi-Del	Gluten-Free Ginger Snap Pie Crust	6 oz	\$2.79	
Muir Glen	Organic Tomatoes	28 oz	2/\$4	



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.

Grocery	Product Name	Size	Sale	Coupons
Munk Pack	Oatmeal Fruit Squeeze Packs	4.2 oz	\$1.49	
Nature's Path	Organic Cereal Bars	6 oz	\$2.79	
Nature's Path	Organic Cereal	10-11.5 oz	\$2.99	
Nature's Path	Organic Cereal	23-25.6 oz	\$5.99	
Nature's Path	Organic Cereal	26.4-32 oz	\$6.49	
Nature's Path	Organic Granola	11.5-12.34 oz	\$3.49	
Newman's Own	Pasta Sauce	15-24 oz	\$2.99	
One Culture	Noodle Cups	1.88-3.73 oz	2/\$5	
Pacific	Organic Whole Cranberry Sauce	15.6 oz	\$3.49	
Pacific	Organic Vegan Mushroom Gravy	13.9 oz	\$2.99	
Peeled	Organic Peas Please	3.3 oz	2/\$4	\$1.00 off any item
Perrier	Sparkling Water	25.3 oz	\$1.79	
Primal Kitchen	Avocado Oil Mayo	12 oz	\$6.99	
Primal Kitchen	Avocado Oil Dressings	8 oz	\$4.99	
Quinn	Classic Sea Salt Pretzels	7 oz	\$2.99	
R.W. Knudsen	Organic Sparkling Ciders	750 ml	\$3.49	
R.W. Knudsen	Sparkling Ciders	750 ml	\$2.99	
Riega	Organic Gluten-Free Seasoning	.9 oz	\$1.39	
San-J	Tamari Soy Sauce	10 oz	\$2.29	
Sea Snax	Classic Grab & Go	.18 oz	\$0.99	
So Delicious	Coconut Milk	32 oz	\$2.49	
So Delicious	Coconut Milk Creamer	32 oz	\$3.79	
Stretch Island	Fruit Leather	.5 oz	5/\$2	
Stretch Island	Organic Fruit Leather	.5 oz	2/\$1	
Sweet Leaf	Stevia	2 oz	\$8.99	
Sweet Leaf	Stevia Powder	4 oz	\$5.99	
Tasty Bite	Entrees	10 oz	2/\$5	
The Good Crisp Co	Potato Crisps	5.6 oz	2/\$5	
Think! Thin	Bars	2.1 oz	2/\$3	
Traditional Medicinals	Organic Holiday Teas	16 Bags	\$3.99	
Traditional Medicinals	Organic Teas	16 Bags	\$3.49	\$1.00 off dandelion tea
Westbrae	Organic Beans	15 oz	3/\$5	
Wholesome	Organic Candy Canes	5 oz	\$2.99	
Wholesome	Organic Halloween Pops	7.4 oz	\$3.99	
Woodstock	Organic Cranberry Sauce	14 oz	\$2.99	

Home & Pet	Product Name	Size	Sale	Coupons
Bim Bam Boo	Bathroom Tissue	1 Roll	4/\$3	
Seventh Generation	Laundry Detergent	100 oz	\$10.99	
Seventh Generation	Fabric Softener Sheets	80 ct	\$4.49	
Seventh Generation	Fabric Softener	32 oz	\$4.49	
Wellness	Beef/Chicken Stews	12.5 oz	2/\$5	
Wellness	Canned Cat Food	5.5 oz	2/\$3	
Wellness	Chicken & Cranberry Cat Kittles	2 oz	2/\$3	

Wellness	Product Name	Size	Sale	Coupons
Acure	Dry Shampoo	1.7 oz	\$5.99	
Acure	Shampoos	12 oz	\$5.99	
Acure	Conditioners	12 oz	\$5.99	
Acure	Body Lotion	12 oz	\$5.99	
Acure	Root & Hair Repair	4 oz	\$7.99	



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.

Wellness	Product Name	Size	Sale	Coupons
Bach	Rescue Remedy	10 ml	\$12.99	
Bach	Rescue Remedy	20 ml	\$17.99	
Boiron	Arnica Gel	1.5 oz	\$4.99	
Boiron	Arnica Cream	1.33 oz	\$4.99	
Boiron	Arnicare Gel Value Pack	2.6 oz	\$9.99	
Boiron	Arnicare Cream Value Pack	2.5 oz	\$9.99	
Bulletproof	XCt Oil	16 oz	\$13.99	
Ener-C	Vitamin C	30 ct	\$11.99	
Jason	Body Wash	30 oz	\$9.99	
Natural Vitality	Calm	8 oz	\$13.99	
Natural Vitality	Lemon Raspberry Natural Calm	8 oz	\$14.99	
Quantum	Cold Sore Relief Cream	.75 oz	\$12.99	
Quantum	Super Lysine Coldstick	.17 oz	\$4.99	
Quantum	Super Lysine Plus Liquid Extract	2 oz	\$9.99	
Quantum	Super Lysine Plus	90 Tabs	\$6.99	
Quantum	Super Lysine Plus with Olive Leaf	90 Tabs	\$9.99	
Rainbow Light	Multivitamins	90 Tabs	\$24.99	
Schmidts	Deodorant	3.25 oz	\$5.99	
Schmidts	Sensitive Skin Deodorant	3.25 oz	\$7.99	
Schmidts	Deodorant	2 oz	\$5.99	
Schmidts	Bergamot & Lime Bar Soap	5 oz	\$3.99	
Shikai	Borage Therapy Dry Skin Lotion	8 oz	\$8.99	
Shikai	Advanced Formula Borage Therapy	8 oz	\$9.99	
Shikai	Borage Therapy Hand Cream	2.5 oz	\$5.99	
Tom's of Maine	Toothpaste	4-5.5 oz	\$3.99	
Tom's of Maine	Soothing Mint Sensitive Toothpaste	4 oz	\$4.99	
Tom's of Maine	Mouthwash	16 oz	\$3.99	
Tom's of Maine	Deodorant	2.25 oz	\$4.99	
Tom's of Maine	Anti-Plaque Flat Floss	32 yd	\$2.99	
Traditional Medicinals	Morning Ease Throat Lozenges	4.13 oz	\$7.99	
Traditional Medicinals	Mother's Milk Lemon Chews	2.52 oz	\$7.99	



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.