

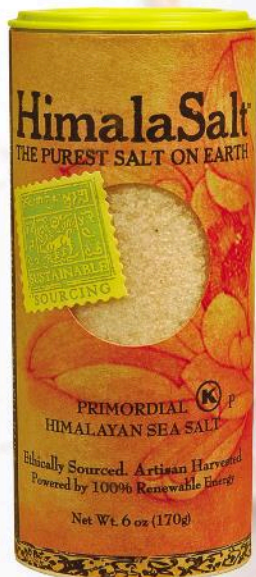
October 2016

Natural Connection™

Great savings, naturally!

See the difference, taste the difference.

Hand-harvested from a protected source deep within the exotic and remote Himalayas, HimalaSalt remains free of impurities, unlike refined table salt or salt from today's widely polluted oceans. Unrefined, No Additives, All Natural.



HimalaSalt
Primordial
Himalayan Sea Salt
6 OZ

\$4.99
SRP: \$7.39



Look for these **Featured Brands**



Bakery on Main
Granola
Nutty Cranberry Maple
12 OZ

\$4.99
SRP: \$7.19

Selected Varieties



McCann's
Irish Oatmeal
Oatmeal
Steel Cut
Quick & Easy
24 OZ

\$5.99
SRP: \$8.89



Wedderspoon
100% Raw
Manuka Honey
KFactor 16
8.8 OZ

\$23.49
SRP: \$31.99



Endangered Species
Chocolate
Dark Chocolate Bar
with Caramel
& Sea Salt
3 OZ

2/\$5
SRP: \$3.69



Paesana
Pasta Sauce
Traditional Marinara
25 FL OZ

\$4.99
SRP: \$7.49

Selected Varieties



Kitchen Accomplish
Broth Concentrate
Chicken
12 OZ

\$4.99
SRP: \$7.29



Selected Varieties



Naturade
Cough Syrup
Honey Elderberry
8.8 FL OZ

\$9.99
SRP: \$14.19



See inside
for PROFILE



Castor & Pollux
Organix
Canned Cat Food
Shredded Chicken
3 OZ

4/\$5
SRP: \$1.79



Selected Varieties

Snacks

Seasnax[®] Strangely Addictive![™]



SeaSnax
Organic Seaweed
Lime
.36 OZ

\$1.79
SRP: \$2.29



Founded in 2010 by Jin Jun who wanted a simple, healthy snack for her 3-year old daughter, **SeaSnax** is the original innovator and leading brand of organic, Paleo-certified seaweed snacks. SeaSnax is a kid-inspired, socially-conscious family business whose mission is to plant the seeds of healthy eating habits for generations to come.



Epic
Bites
Chicken Meat
with Currant
& Sesame
2.5 OZ

\$5.99
SRP: \$7.89

Selected Varieties



Natural Nectar
Choco Dream
Rice Sticks
4.4 OZ

2/\$7
SRP: \$5.19



Way Better Snacks
Sprouted Barley
Crackers
Rosemary & Olive Oil
5 OZ

2/\$7

SRP: \$4.39
Selected Varieties



Mary's Gone Crackers
Organic
Super Seed
Crackers
Gluten Free
5.5 OZ

\$3.99
SRP: \$6.09

Selected Varieties



Lundberg Family Farms
Organic Rice Cakes
Cinnamon Toast
9.5 OZ

\$3.19
SRP: \$4.69

Selected Varieties



Doctor in the Kitchen
Flackers
Savory
5 OZ

\$3.99
SRP: \$6.69

Selected Varieties



Nature's Bakery
Fig Bars
Raspberry
6/2 OZ

\$4.29
SRP: \$6.39

Selected Varieties



Nairn's
Oat Graham's
Stem Ginger
5.64 OZ

\$3.99
SRP: \$5.09

Selected Varieties



Satisfying Snacking



Absolutely
Gluten Free
Flatbread
Original
5.29 OZ

2/\$7
SRP: \$5.39

Selected Varieties



Mi-Del
Ginger Snaps
10 OZ

2/\$7

SRP: \$4.69
Selected Varieties



Bare Fruit
100% Organic
Fruit Chips
Fuji Red
Crunchy Apple
3 OZ

\$4.49
SRP: \$6.49

Selected Varieties



Snacks



Maya Kaimal
Chickpea Chips
Lightly Salted
4.5 OZ
\$2.99
SRP: \$4.09
Selected Varieties



Snikiddy Snacks
Eat your Vegetables Chips
Sour Cream & Onion
4.5 OZ
\$2.79
SRP: \$3.89
Selected Varieties



Late July Snacks
Organic
Multigrain
Tortilla Chips
Sweet Potato
5.5 OZ
2/\$5
SRP: \$3.69
Selected Varieties



Rhythm Superfoods
Organic
Kale Chips
Kool Ranch
2 OZ
\$4.49
SRP: \$5.89
Selected Varieties



Kettle Brand
Baked Potato
Chips
Sea Salt
4 OZ
2/\$4
SRP: \$3.59
Selected Varieties



Popcorn, Indiana
Popcorn
Himalayan
Pink Salt
4.4 OZ
2/\$5
SRP: \$4.09



Angie's Kettle Corn
Boom Chicka Pop
Popcorn
Sea Salt
4.8 OZ
2/\$5
SRP: \$4.09
Selected Varieties



Glutino
Pretzel Twists
Family Size
14.1 OZ
\$4.99
SRP: \$6.85



Green Mountain
Gringo
Salsa
Hot
16 OZ
\$3.99
SRP: \$6.25
Selected Varieties



Garden of Eatin'
Blue Chips
Tortilla
8.1 OZ
2/\$5
SRP: \$3.99
Selected Varieties



Beanfields
Bean & Rice
Chips
Nacho
6 OZ
2/\$5
SRP: \$4.09



Selected Varieties



Beanitos
Baked Cheese
Crunch Puffs
White Bean Mac n' Cheese
7 OZ
2/\$5
SRP: \$3.69



Beanitos
Black Bean Chips
The Original with Sea Salt
6 OZ
2/\$5
SRP: \$3.69
Selected Varieties



Barbara's Bakery
Cheese Puffs
Original
7 OZ
2/\$4
SRP: \$3.59



Candy & Bars



Ricola
Natural Herb
Cough Drops
Original Flavor
21 CT
2/\$4
SRP: \$2.99



YumEarth
Organic
Gummy Bears
Snack Pack
10/7 OZ
\$4.49
SRP: \$7.29
USDA ORGANIC GF Gluten Free



Justin's Nut Butter
Organic Mini
Peanut Butter Cups
Dark Chocolate
4.7 OZ
\$4.99
SRP: \$6.79
USDA ORGANIC GF Gluten Free



Equal Exchange
Organic
Dark Chocolate
Bar
Panama Extra Dark
2.8 OZ
\$2.99
SRP: \$3.99
USDA ORGANIC
Selected Varieties



Nutiva
Organic
O'Coconut Bar
Hemp & Chia
or Classic
.5 OZ
59¢ ea
SRP: \$.089

Nutiva O'Coconut snacks are the perfect delicious anytime treat. O'Coconut snacks are perfect for lunch boxes, to take on a hike, or anytime you want to satisfy a craving for a sweet, but healthy snack.



Manhattan Chocolates
Chocolate Leather
Dark Chocolate
.5 OZ
39¢
SRP: \$0.59



Rise Bar
Protein Bar
Almond Honey
2.1 OZ
2/\$4
SRP: \$3.19
GF Gluten Free



NibMor
Organic
80% Dark Chocolate
Candy
Extreme
2.2 OZ
2/\$5
SRP: \$3.59
Selected Varieties
NON GMO Project VERIFIED



Gomacro
Organic MacroBar
Coconut + Almond Butter
+ Chocolate Chips
2.3 OZ

\$2.29
SRP: \$3.29
Selected Varieties
USDA ORGANIC GF Gluten Free NON GMO Project VERIFIED



Taza Chocolate
Organic
Chocolate Bar
Wicked Dark
2.5 OZ
2/\$7
SRP: \$4.59
Selected Varieties



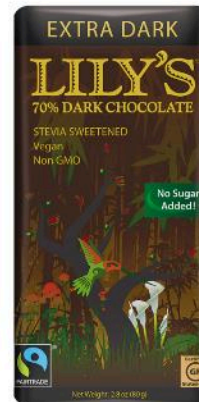
Salazon Chocolate
Organic
Dark Chocolate
with Sea Salt
2.75 OZ
\$2.99
SRP: \$4.09
Selected Varieties
USDA ORGANIC GF Gluten Free



Think Thin
High Protein Bar
Lemon Delight
2.1 OZ
2/\$3
SRP: \$2.29
Selected Varieties
GF Gluten Free



Mediterra Nutrition
Yogurt & Oat Bar
Apricot & Pistachio
1.6 OZ
2/\$3
SRP: \$2.39
Selected Varieties
GF Gluten Free



Lily's Sweets
Chocolate Bar
70% Extra Dark
2.8 OZ
2/\$6
SRP: \$4.89
Selected Varieties
GF Gluten Free



Health Warrior
Chia Bar
Coconut
.88 OZ
4/\$5
SRP: \$1.89
Selected Varieties
GF Gluten Free NON GMO Project VERIFIED



Kind
Granola Bars
Popped
Salted Caramel
5/1.2 OZ
\$2.99
SRP: \$4.59
Selected Varieties
GF Gluten Free



Kind
Breakfast Bars
Blueberry Almond
4/1.8 OZ
\$2.99
SRP: \$4.59
Selected Varieties



Evo Hemp
Organic Green Bar
Cherry Walnut
1.69 OZ
\$1.99
SRP: \$3.19
Selected Varieties
USDA ORGANIC GF Gluten Free



Alter Eco Americas
Organic
Chocolate Bar
Dark Salted
Burnt Caramel
2.82 OZ
2/\$7
SRP: \$4.39
Selected Varieties
USDA ORGANIC GF Gluten Free

Bulk



Organic
Flame Raisins
\$3.49/lb
SRP: \$4.72



100% Organic
Rolled Oats
Gluten Free
\$2.29/lb
SRP: \$3.09



Organic
Tamari Almonds
\$14.99/lb
SRP: \$20.29



Organic
Shredded Coconut
Medium
\$2.39/lb
SRP: \$3.26



Organic Pistachios
Roasted & Salted
\$9.59/lb
SRP: \$12.89



Organic Sugar
\$1.39/lb
SRP: \$1.89



Organic
Dark Chocolate Chips
\$6.69/lb
SRP: \$8.99



100% Organic
Pecan Halves
\$13.89/lb
SRP: \$18.76



Lundberg Family Farms
Organic White Jasmine Rice
\$2.49/lb
SRP: \$3.59



100% Organic
Tri-Color Royal Quinoa
\$3.49/lb
SRP: \$4.77



Organic
Whole Cashews
Raw
\$8.09/lb
SRP: \$10.97

Breakfast



Arrowhead Mills
Pancake
& Waffle Mix
Buttermilk
26 OZ
2/\$7
SRP: \$5.85
Selected Varieties



Van's Natural Foods
Waffles
Blueberry
9 OZ
\$2.79
SRP: \$3.95
Selected Varieties



Erewhon
Organic Cereal
Harvest Medley
10 OZ
\$3.99
SRP: \$5.99



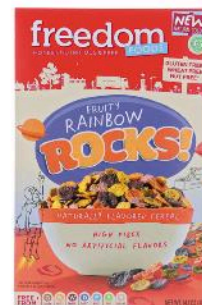
Barbara's Bakery
Puffins Cereal
Peanut Butter
11 OZ
2/\$7
SRP: \$5.99



Spring Tree
Organic
Maple Syrup
Grade A, Dark Amber
8.5 FL OZ
\$7.49
SRP: \$9.99



Peace Cereals
Organic Cereal
Purple Corn Flakes
11 OZ
2/\$7
SRP: \$5.69
Selected Varieties



Freedom Foods
Cereal
Fruity Rainbow
Rocks
14.1 OZ
\$4.99
SRP: \$7.19



Love Grown Foods
Super Oats
Cereal
Blueberry
6/1.51 OZ
\$3.49
SRP: \$5.49



Purely Elizabeth
Granola
Original or Chocolate
8 OZ
\$5.49 ea
SRP: \$7.99



Think Thin
Protein & Fiber
Hot Oatmeal
Madagascar Vanilla,
Almonds & Pecans
10.6 OZ
\$3.99
SRP: \$5.49



Selected Varieties

CELEBRATE NON GMO MONTH WITH REAL PEOPLE AND REAL FOOD.



Meet Mike.

Knowing organic sweet potatoes from his Sims, NC, farm are used in Kashi® Organic Sweet Potato Sunshine® cereal makes him smile. It was a bit of a crazy idea, but Mike knew that with a hug of cinnamon and a kiss of sweetness, they would make a delicious breakfast flake with a roster of great nutritional benefits. This Non GMO Month, pick up a box and help us celebrate Mike and all the real people behind Kashi® products—now all proudly Non GMO Project® Verified.



Visit stories.kashi.com to learn more.



\$3.99ea
srp: \$6.49

ASSORTED ORGANIC AND CERTIFIED TRANSITIONAL VARIETIES



\$3.79
srp: \$5.99



4/\$5
or \$1.25 ea
srp: \$1.89

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Beverages



Celestial Seasonings
Herbal Tea
Bengal Spice
20 BAG
Selected Varieties

2/\$5
SRP: \$3.99



Celestial Seasonings
Green Tea
Decaffeinated
20 BAG
Selected Varieties

2/\$5
SRP: \$3.99



Organic India
Organic
Tulsi Tea
Ginger
18 BAG
Selected Varieties

\$4.49

SRP: \$5.99

Selected Varieties



Pukka
Herbal Teas
Organic
Herbal Tea
Three Ginger
20 BAG
Selected Varieties

\$4.99

SRP: \$6.69

Selected Varieties



Ecoteas
Organic
Loose
Yerba Mate
Traditional Cut
1 LB
Selected Varieties

\$7.99

SRP: \$11.99



Aloha
Organic Tea
Beauty
15 BAG
Selected Varieties

\$6.99

SRP: \$9.69

Selected Varieties

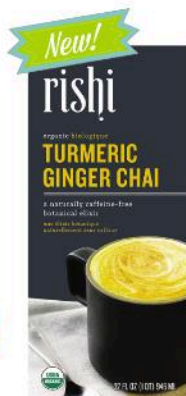


Tazo Tea
Organic
Bottled
Iced Tea
Green Tea
13.8 FL OZ
Selected Varieties

4/\$5

SRP: \$1.69

Selected Varieties



Rishi
Organic Tea
Turmeric
Ginger Chai
32 FL OZ
Selected Varieties

\$5.49

SRP: \$7.69



Mount Hagen
Organic
Freeze Dried
Coffee
3.53 OZ
Selected Varieties

\$8.99

SRP: \$12.19



Cafix
Instant
Beverage
Crystals
Caffeine Free
7 OZ
Selected Varieties

\$5.99

SRP: \$8.19



Suzie's
Quinoa
Non Dairy
Beverage
Unsweetened
33.8 FL OZ
Selected Varieties

\$2.99

SRP: \$5.09

Selected Varieties

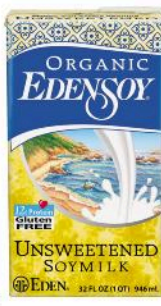


Almond Breeze
Almond Milk
Unsweetened
Vanilla
64 FL OZ
Selected Varieties

\$3.99

SRP: \$5.69

Selected Varieties



Eden Foods
Organic
Soy Milk
Unsweetened
32 FL OZ
Selected Varieties

\$3.29

SRP: \$4.29

Selected Varieties



1907
Artesian
Water
Bottled
6/16.9 FL OZ
Selected Varieties

\$5.99

SRP: \$8.10



Poland Spring
Original
Sparkling
Water
6/16.9 FL OZ
Selected Varieties

2/\$6

SRP: \$4.39



Detox Water
Organic Water
Original
16 FL OZ
Selected Varieties

2/\$6

SRP: \$3.89

Selected Varieties



World Waters
Watermelon
Water
Cold Pressed
12 FL OZ
Selected Varieties

2/\$7

SRP: \$4.49

Selected Varieties



C20
Pure Coconut Water
Original
33.8 FL OZ
Selected Varieties

\$3.99

SRP: \$6.09



Biotta
Beet Root
Juice
16.9 FL OZ
Selected Varieties

\$4.99

SRP: \$7.59

Selected Varieties



R.W. Knudsen
Organic Juice
Grapefruit
32 OZ
Selected Varieties

\$3.79

SRP: \$5.49

Selected Varieties



Kombucha
Wonder Drink
Organic Drink
Asian Pear Ginger
8.4 FL OZ
Selected Varieties

2/\$3

SRP: \$2.05

Selected Varieties



True Tonic
Brain Tonic
Tropical
12 FL OZ
Selected Varieties

\$2.19

SRP: \$2.99

Selected Varieties



Virgil's Rootbeer
100% Natural
Soda
Butterscotch Beer
4/12 FL OZ
Selected Varieties

\$4.99

SRP: \$7.49

Selected Varieties



True to Nature

snacks

Treat your Tastebuds



Food Should Taste Good
Tortilla Chips
Multigrain
5.5 OZ

2/\$5
SRP: \$3.89
Selected Varieties



Flax, sunflower and sesame seeds add to the distinctively nutty flavor, making this chip a wholesome, perfect snack to be enjoyed on its own or dipped into your favorite hummus.



Annie's Homegrown
Organic
Chewy Chocolate Chip
Granola Bars
5.34 OZ

2/\$7
SRP: \$5.19
Selected Varieties



Annie's Homegrown
Mini Pizza Bagels
Uncured Pepperoni
6.65 OZ

\$3.99
SRP: \$5.69
Selected Varieties



Annie's Homegrown
Organic
Really Peely Fruit Tape
Bendy Berry
4.5 OZ

\$3.99
SRP: \$6.09



Annie's Homegrown
Organic
Summer Strawberry
Yogurt
Whole Milk
4/4 OZ

2/\$7
SRP: \$4.95
Selected Varieties

frozen meals

Cascadian Farm
Organic
Cut Green Beans
16 OZ

2/\$5
SRP: \$3.69
Selected Varieties



Cascadian Farm
Organic
Premium Blueberries
8 OZ

2/\$7
SRP: \$5.25
Selected Varieties



cereal



Annie's Homegrown
Organic
Cocoa Bunnies
Cereal
10 OZ

\$4.99
SRP: \$6.99
Selected Varieties



Cascadian Farm
Organic
Oats and Honey
Granola
16 OZ

\$3.99
SRP: \$6.19
Selected Varieties



meals



Annie's Homegrown
Organic Shells
& White Cheddar
Cheese
Grass Fed
6 FL OZ

2/\$5
SRP: \$4.09
Selected Varieties



Annie's Homegrown
Organic
Tomato Soup
17 OZ

2/\$7
SRP: \$4.79
Selected Varieties



Muir Glen
Organic
Crushed
Tomatoes
Fire Roasted
14.5 OZ

\$1.79
SRP: \$2.59
Selected Varieties



Muir Glen
Organic
Whole Peeled
Tomatoes
28 OZ

2/\$5
SRP: \$3.69
Selected Varieties



Muir Glen
Organic Pasta Sauce
Tomato Basil
25.5 OZ

\$3.29
SRP: \$4.69



Muir Glen
Organic
Crushed
Tomatillos
23 OZ

\$3.99
SRP: \$5.89
Selected Varieties



Grocery



Spring Tree
Organic
Maple Syrup
Grade A
Dark Amber
8.5 FL OZ
\$7.49
SRP: \$9.99



Rapunzel
Organic
Cocoa Powder
7.1 OZ
\$6.79
SRP: \$10.79



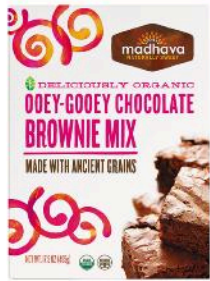
Rapunzel
Organic
Whole Cane
Sugar
24 OZ
\$5.49
SRP: \$7.89



Florida Crystals
Milled
Cane Sugar
2 LB
\$3.29
SRP: \$4.99



Sweet Leaf
Stevia Clear
Liquid
Vanilla Creme
2 FL OZ
\$9.49
SRP: \$15.49
Selected Varieties



Madhava Honey
Organic
Brownie Mix
Chocolate
17.5 OZ
2/\$10
SRP: \$6.49



HimalaSalt
Grinder
Refillable
4 OZ
\$5.49
SRP: \$7.99



Ian's Natural Foods
Artisan Cut
CROUTONS
Italian Style
5 OZ

2/\$6

SRP: \$5.09

Selected Varieties



Monk Fruit
In The Raw
Zero Calorie
Sweetener
Packets
40 PKT

\$3.49

SRP: \$4.79



Spectrum Naturals
Organic
Extra Virgin
Olive Oil
Mediterranean
& Unrefined
33.8 FL OZ

\$12.99

SRP: \$21.79



Spectrum Naturals
Organic Virgin
Coconut Oil
Unrefined
14 FL OZ
\$6.99
SRP: \$11.09



Dr. Bronner's
Organic
Virgin
Coconut Oil
Whole Kernel
30 FL OZ
\$15.49
SRP: \$21.99



Thai Kitchen
Rice Noodle
Bowl
Roasted Garlic
2.4 OZ

2/\$3

SRP: \$2.19

Selected Varieties



Thai Kitchen
Organic
Coconut Milk
13.66 FL OZ

2/\$5

SRP: \$3.69



More Than Fair
Organic
Coconut Milk
Unsweetend
Classic
13.5 FL OZ

\$2.99

SRP: \$3.89



Pacific Natural Foods
Organic Stock
Chicken Unsalted
32 FL OZ

\$3.99

SRP: \$6.49



Wolfgang Puck
Organic Soup
Free Range Chicken
with Tuscan
White Bean & Pesto
14.5 OZ

2/\$5

SRP: \$3.49

Selected Varieties



Better Than Bouillon
Base
Roasted Garlic
3.5 OZ

\$1.99

SRP: \$2.99

Selected Varieties



Imagine Foods
Organic Soup
Creamy Tomato
32 OZ

2/\$6

SRP: \$5.69

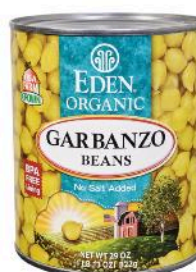
Selected Varieties



Health Valley
Natural Foods
Organic
Chicken Rice
Soup
15 OZ

2/\$5

SRP: \$3.99



Eden Foods
Organic Beans
Garbanzo
29 OZ

\$3.99

SRP: \$5.09

Selected Varieties



Back To Nature
Organic
Macaroni &
Cheese Dinner
Crazy Bugs
6 OZ

2/\$5

SRP: \$3.59

Selected Varieties



Gluten Free Cafe
Chicken
Noodle Soup
Gluten Free
15 OZ

2/\$5

SRP: \$3.59

Selected Varieties



Grocery



Ancient Harvest
Organic Quinoa
Traditional
White Grains
12 OZ
\$5.49
SRP: \$8.49
Selected Varieties



Ancient Harvest
Pow! Pasta
Green Lentil + Quinoa
8 OZ
2/\$5
SRP: \$3.89
Selected Varieties



Explore Cuisine
100% Organic
Spaghetti
Black Bean
8 OZ
2/\$7
SRP: \$5.09
Selected Varieties



Jovial
100% Organic
Brown Rice Pasta
Penne Rigate
12 OZ
\$2.99
SRP: \$4.99
Selected Varieties



Cucina Antica
Pasta Sauce
Tuscany Pumpkin
25 OZ
\$4.99
SRP: \$8.69
Selected Varieties



Victoria
Vegan
Pasta Sauce
White Bean
18 FL OZ
\$5.99
SRP: \$7.99
Selected Varieties



Victoria
Pasta Sauce
Vegan Vodka
18 FL OZ
\$5.99
SRP: \$7.99
Selected Varieties



Reese
Artichoke Hearts
Quartered
14 OZ
2/\$5
SRP: \$3.69



Santa Cruz Organic
Organic
Apple Sauce
Cinnamon
6/4 OZ
\$3.79
SRP: \$5.59
Selected Varieties



Crofter's
Organic
Just Fruit Spread
Raspberry
10 OZ
\$3.19
SRP: \$4.99
Selected Varieties



Plum Organics
Organic Baby Food
Blueberry, Pear
& Purple Carrot
4 OZ
2/\$3
SRP: \$2.19
Selected Varieties



Happy Baby
Organic
Stage 2 Baby Food
Apples, Guavas & Beets
4 OZ
\$1.79
SRP: \$2.69
Selected Varieties



Happy Diwali

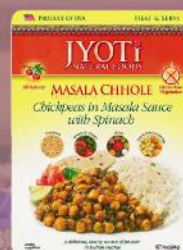
Thursday October 19th is the celebration of Diwali. Diwali is a 5 day Indian festival of lights celebrated by Hindus, Sikhs, Jains, and Buddhists around the world. While the holiday is observed by people of different faiths for different reasons, they all acknowledge its underlying theme: It celebrates new beginnings and the victory of good over evil and the triumph of light over darkness.



Sharwood
Cooking Sauce
Tikka Masala
14.1 FL OZ
2/\$7
SRP: \$5.59
Selected Varieties



Tasty Bite
Entrée
Kashmir Spinach
10 OZ
2/\$5
SRP: \$3.99
Selected Varieties



Jyoti Cuisine India
Masala Chhole
Chickpeas & Masala Sauce
with Spinach
10 OZ
2/\$6
SRP: \$3.99
Selected Varieties



Maya Kaimal
Chickpea Chips
Lightly Salted
4.5 OZ
\$2.99
SRP: \$4.09
Selected Varieties



Frozen



Amy's
Rice Crust Pizza
Spinach
11.9 OZ

\$8.49
SRP: \$11.69



Schar
Gluten Free Pizza
Cheese
11.6 OZ

\$5.49
SRP: \$8.29



Michael Angelo's
Entrée
Chicken Parmesan
10 OZ

\$4.99
SRP: \$6.39

Selected Varieties



Ian's Natural Foods
Organic
Chicken Nuggets
Gluten Free
8 OZ

\$4.29
SRP: \$7.59



Quorn Foods
Chik'n Tenders
Meatless
12 OZ

\$3.99
SRP: \$5.69

Selected Varieties



Alexia Foods
Frozen Julienne Fries
Sweet Potato
15 OZ

2/\$6
SRP: \$4.39

Selected Varieties



van's Natural Foods
Waffles
Blueberry
9 OZ

\$2.79
SRP: \$3.95

Selected Varieties



Rudi's
Bread
Cinnamon Raisin
18 OZ

2/\$9
SRP: \$7.19

Selected Varieties



Maria and Ricardo's
Corn Tortillas
Traditional Size
12 CT

\$1.99
SRP: \$2.49



Ben & Jerry's
Non Dairy
Frozen Dessert
Chocolate Fudge Brownie
PINT

\$5.49
SRP: \$8.05

Selected Varieties

Rudi's
Organic Bread
Whole Wheat
Honey Sweet
22 OZ

2/\$7
SRP: \$6.19

Selected Varieties



Ciao Bella
Sorbetto
Blueberry
Passion Fruit
14 FL OZ

\$4.29
SRP: \$6.19

Selected Varieties



Sambazon
Organic
Superfoods Packs
Original Blend
Acai Berry
4/100 GRM

\$5.49
SRP: \$8.29

Selected Varieties



At **Mikey's**, simplicity and clean eating are the driving forces behind what we do. Our unique line of baked goods are low carb, low calorie and Certified Paleo—which means no gluten, grain, dairy or soy. We hope you enjoy our products as much as we enjoy baking them for you.

Mikey's Muffins **\$5.99**
English Muffins SRP: \$7.99
Original, 8.8 OZ

Selected Varieties



Butternut Squash & Parsnip Bisque

Ingredients

- 3 cups butternut squash cubes (1 small squash)
- 3 medium parsnips, peeled and chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tsp salt
- 4 cups vegetable stock
- 1 1/2 cups **Silk Unsweetened Soy, Almond or Cashewmilk**
- 2 Tbsp tamari or soy sauce
- 1/8 tsp nutmeg
- Freshly ground white or black pepper to taste

Preparation

1. Combine the butternut squash, parsnips, onions, garlic and salt in a soup pot and add the vegetable stock. Bring to a boil over medium-high heat.
2. Reduce to a simmer, cover and cook until the vegetables are soft, about 30 minutes.
3. Add the Silk and tamari to the vegetables and broth.
4. In three separate batches, purée in a blender or food processor until smooth and creamy.
5. Add the nutmeg and season to taste with white or black pepper.



Silk
Cashew Milk
Unsweetened
Vanilla
64 FL OZ
\$4.19
SRP: \$5.89



Silk
Almond Milk
Unsweetened
Vanilla
or Original
32 FL OZ
\$2.29ea
SRP: \$3.69
Selected Varieties



Silk
Soy Milk
Unsweetened
64 FL OZ
\$3.99
SRP: \$5.79



Silk
Dairy Free
Yogurt Alternative
Peach & Mango or
Tropical Pineapple
5.3 OZ

4/\$5

SRP: \$1.99

Selected Varieties



So Delicious
Coconut Milk
Seasonal Beverage
Holiday Nog or
Mint Chocolate
32 FL OZ

\$3.49ea

SRP: \$4.69-\$4.89



Silk
Almond Nog
Original
or
Silk Nog
Original
32 FL OZ

\$3.29ea

SRP: \$4.39



Silk
Almond Creamer
Vanilla
16 FL OZ
\$1.99
SRP: \$3.49
Selected Varieties



Horizon
Organic
Low Fat
Egg Nog
32 FL OZ

\$4.99

SRP: \$6.79



Wallaby
Organic
Greek Whole Milk Yogurt
Blended Blueberry
5.3 OZ

2/\$3

SRP: \$2.59

Selected Varieties



Wallaby
Organic
0% Greek Non Fat Yogurt
Plain, 32 OZ

\$6.99

SRP: \$10.19

Selected Varieties



Organic
0% Greek Non Fat Yogurt
Plain, 6 OZ

2/\$3

SRP: \$2.59

Selected Varieties



Horizon
Organic
Cheesy Deluxe
Pasta Meals
Cheddar Cheese
Macaroni or
White Cheddar Cheese
Shells
10 OZ

\$3.29ea

SRP: \$5.29



Horizon
Organic
Low Fat
Chocolate Milk
12/8 FL OZ

\$15.49

SRP: \$24.69

Selected Varieties

Refrigerated



Organic Valley
Organic Block Cheese
Sharp Cheddar
1 LB
\$10.49
SRP: \$16.59



Organic Valley
Organic
Grassmilk Yogurt
Wild Blueberry
6 OZ
2/\$3
SRP: \$2.49



Selected Varieties

Siggi's Skyr
4% Milk Fat
Icelandic Yogurt
Strawberry & Rhubarb
4.4 OZ
2/\$3
SRP: \$2.29



Stonyfield Farm
Organic 0% Fat
Greek Yogurt
Strawberry
5.3 OZ
3/\$5
SRP: \$2.69



Stonyfield Farm
Organic Yogurt
Oh My Yog! Madagascar
Vanilla Bean
6 OZ
3/\$4
SRP: \$2.19



Selected Varieties



Green Valley Organics
Organic Kefir
Plain
32 FL OZ
\$4.99
SRP: \$6.99



Selected Varieties



Almond Breeze
Almond Milk
Unsweetened Vanilla
64 FL OZ
\$3.99
SRP: \$5.69



Selected Varieties



GoodBelly
Organic
Probiotic Juice
Blueberry Acai
32 FL OZ
\$3.49
SRP: \$4.95



Selected Varieties



World Waters
Watermelon Water
Cold Pressed
12 FL OZ
2/\$7
SRP: \$4.49



Hail Merry
Merry Bites
Chocolate Chip
Cookie Dough
3.5 OZ
\$3.29
SRP: \$4.79



Selected Varieties



Perfect Bar
Perfect Bar
Almond Butter
2.3 OZ
\$2.29
SRP: \$3.49

Selected Varieties



Chia Pod
Chia Pod
Coconut
6 OZ
\$2.99
SRP: \$4.69



Selected Varieties



Lightlife Foods
Veggie Meatballs
Meatless
8 OZ
\$3.99
SRP: \$5.89



Selected Varieties



Nasoya Foods
Organic TofuPlus
Extra Firm
12 OZ
2/\$5
SRP: \$3.59



Selected Varieties



Nasoya Foods
Organic TofuBaked
Teriyaki
8 OZ
2/\$7
SRP: \$5.29



Selected Varieties

Supplements



Bach
Rescue Remedy
20 ML
\$14.99
SRP: \$22.69
Selected Varieties



Orgain
Organic Slim
Protein Powder
Vanilla
1.02 LBS
\$24.99
SRP: \$36.49



Orgain
Organic
Superfoods
Powder
Berry Flavor
.62 LBS
\$18.99
SRP: \$28.59



Boiron
ColdCalm
Homeopathic
Cold Medicine
60 TAB

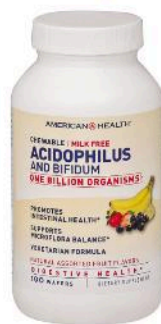
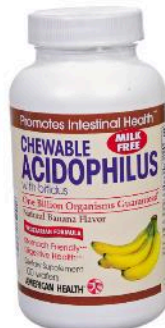
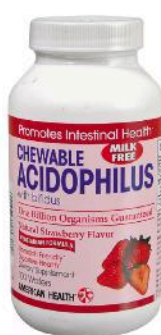
Stay
Healthy **\$8.99**
SRP: \$13.19



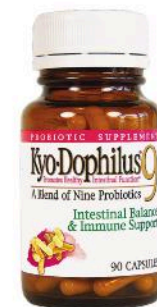
Nature's Way
Organic Alive!
Energy Max
Berry
2.13 FL OZ
\$4.49
SRP: \$8.99
Selected Varieties



Nature's Way
Organic Alive!
Smooth
Berry Fusion
15.5 OZ
\$20.99
SRP: \$40.99



American Health
Acidophilus Chewable
Strawberry, Banana,
Blueberry or
Assorted Fruit Flavors
100 WAF
\$5.99 ea
SRP: \$10.99



Kyo*Dophilus
Kyo-Dophilus 9
90 CAP
\$21.49
SRP: \$29.45

Personal Care



Nature's Gate
Shampoo
Moisturizing
Aloe Vera +
Macadamia Oil
18 FL OZ
\$5.99
SRP: \$8.69
Selected Varieties



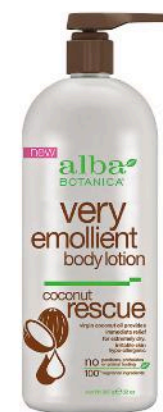
Nature's Gate, a trusted alternative for healthy hair. Your cleansing routine just got more responsible. Our Aloe Vera + Macadamia Oil Moisturizing Shampoo gently cleanses hair with a unique blend of Aloe, Macadamia Oil and Pansy. Ideal for dry/coarse Hair.



Avalon Organics
Shampoo
Biotin-B Complex
32 FL OZ
\$13.99
SRP: \$19.99
Selected Varieties



Avalon Organics
Shampoo
Anti-Dandruff
Therapy
14 FL OZ
\$7.99
SRP: \$10.99
Selected Varieties



Alba Botanica
Very Emollient
Body Lotion
Coconut Rescue
32 OZ
\$10.99
SRP: \$14.99



Desert Essence
100% Pure
Jojoba Oil
4 FL OZ
\$9.99
SRP: \$13.99



Aura Cacia
Essential Oil
Pure Lavender
Calming
.5 FL OZ
\$8.49
SRP: \$12.39



Aura Cacia
Skin Care Oil
Sweet Almond
4 FL OZ
\$3.99
SRP: \$5.99

Don't let excessive and uncontrolled cough limit your enjoyment, productivity and quality of sleep. Choose Naturade Honey Cough™ to advance your recovery.

Naturade
Cough Syrup
Honey Elderberry
8.8 FL OZ
\$9.99
SRP: \$14.19

Personal Care



Kiss My Face
Natural Liquid
Rock Deodorant
Sport
3 FL OZ

2/\$8

SRP: \$5.99
Selected Varieties



Dr. Bronner's
Castile Liquid Soap
Peppermint
32 FL OZ

\$12.99

SRP: \$17.99
Selected Varieties



Earthy
Hand Soap
Rosemary Mint
17 OZ

\$3.49

SRP: \$4.79
Selected Varieties



Naty
Baby Diapers
Size 4, 22-37 Lb
27 CT

\$13.99
SRP: \$18.69



Kiss My Face
Bar Soap
Pure Olive Oil
& Fragrance Free
3/4 OZ

2/\$8

SRP: \$5.99

Dr. Bronner's
Castile Liquid Soap
Peppermint
32 FL OZ

\$12.99

SRP: \$17.99
Selected Varieties

Earthy
Hand Soap
Rosemary Mint
17 OZ

\$3.49

SRP: \$4.79
Selected Varieties



South of France
Bar Soap
Natural
Orange Blossom
Honey
6 OZ

\$2.99

SRP: \$4.69
Selected Varieties

Home & Pet



Mrs. Meyers Clean Day
Multi-Surface
Concentrate Cleaner
Lavender
32 FL OZ

\$6.99

SRP: \$9.49
Selected Varieties



Earth Friendly
Ecos Laundry
Detergent
Fresh Geranium
100 FL OZ

\$9.99

SRP: \$16.69



Ecover
Laundry
Detergent Liquid
Zero
93 FL OZ

\$12.99

SRP: \$19.99
Selected Varieties



Fit
Laundry
Detergent
Free and Clear
100 FL OZ

\$11.99

SRP: \$19.99



Earthy
Liquid
Laundry
Detergent
Petitgrain
70 OZ

\$9.49

SRP: \$17.39
Selected Varieties

Earthy creates products that bring harmony and balance to the everyday. Our holistic approach is to create products for home and body. Our products are sourced locally, cruelty free, vegan free, non-gmo, and bio-based. Earthy's products have a high efficacy, are uniquely packaged, and dedicated to the natural channel.



Citrus Magic
Air Freshener
Tropical Orange
100% Natural Odor
Eliminating
3.5 FL OZ

\$4.49

SRP: \$7.19
Selected Varieties



Ark Naturals
Breath-Less
Brushless
Chewable
Toothpaste
Small to Medium
12 OZ

\$9.49

SRP: \$13.29



Zuke's
Hip Action
Dog Treat
Roasted Beef
6 OZ

\$5.49

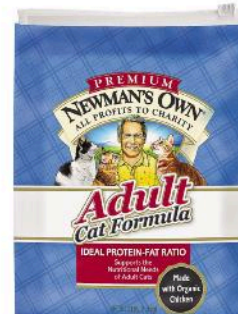
SRP: \$7.99



Dogswell
Happy Hips
Jerky
Chicken Breast
4 OZ

\$5.49

SRP: \$8.19



Newman's Own Organics
Adult Healthy
Cat Food
3 LB

\$13.49

SRP: \$19.19



Wellness Pet Products
Dog Food
Canned
Thick & Chunky
Beef Stew
12.5 OZ

\$2.79

SRP: \$3.99

Selected Varieties



effective • safe • smile-inducing

Honest is dedicated to bringing people peace of mind (and good, clean fun!) with a range of trusted products. From premium diapers to baby essentials made with high quality and plant-derived ingredients, there's something for everyone to love.

\$2.99
srp: \$5.19

Liquid Hand Soap
Lavender 11.5oz

Selected Varieties
Available



\$5.99 ea.
srp: \$10.39

Shampoo 10oz
Sweet Orange Vanilla
Body Lotion 8.5oz
Fragrance Free
Conditioner 10oz
Sweet Orange Vanilla

Selected Varieties
Available on Shampoo
and Body Lotion



\$12.99 ea.
srp: \$16.99

Diapers
available in:
Skulls Size 4L, 29ct
Giraffes Size 3M, 34ct

Also available in
Pastel Tribal pattern,
various sizes



\$35.99
srp: \$46.95

Formula
23.2 oz



\$7.99
srp: \$12.39

Bubble Bath
Sweet Orange
Vanilla
12oz

Selected Varieties
Available



\$3.99
srp: \$6.19

Conditioning
Detangler
4oz
Sweet Orange
Vanilla



\$4.99
srp: \$7.59

72-count Wipes

\$0.99
srp: \$1.59

10-count Wipes



\$8.99
srp: \$13.49

Healing Balm
3oz