



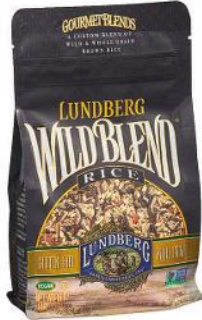
NOVEMBER MONTHLY SALES

Lundberg Family Farms
Gourmet Blends
Rice

Wild Blend
1 LB

\$3.79

Non GMO Wehani and exotic Wild Rice blend.



Pacific Natural Foods
Organic Broth

Chicken
32 FL OZ

\$3.50



Use as a base for your favorite recipes, no MSG.



Mountain Valley Spring
Sparkling Water

Glass Bottle
1 LTR

\$1.99

The perfect accompaniment to a good meal.

So Delicious
Dairy Free Cocowhip!

Light
9 OZ



\$2.99

Light and original on sale in November.

Woodstock
Frozen Vegetables

Petite Brussel Sprouts
10 OZ

\$2.99



Field Roast
Celebration
Roast

1 LB

\$6.59



The vegetarian Celebration Roast is perfect for family feasts, holiday gatherings or a simple dinner for two.

Healthy Holiday Food Fest!

Help us celebrate the holidays AND the first Sunday we will be open!!

Join us for

Healthy Holiday Food Fest on
Sunday, November 18th, 11am - 2pm

for samples, recipes, healthy cooking tips for food allergies and other special diets like paleo, grain free,, vegan or keto lifestyles. We'll also have door prizes, giveaways, and lots of fun for the whole family! This event is free, no registration is required.

For your convenience, we will be open on Sundays, 11a-6p starting on November 18.

Bulk Dept Sale
Organic
Yellow
Popcorn

\$1.39
per pound



Organic, non GMO popcorn for holiday treats & snacks

Cranberries
Dried, in bulk

\$5.89
per pound



Package free, get as much or as little as you need.

Bulk Dept Sale
MIXED NUTS

\$12.09
per pound



Deluxe mixed roasted, salted nuts.



Immaculate Baking
Cookie Dough
Fudge Brownie
14 OZ

\$2.99

Convenient ready to bake organic doughs in our dairy cooler.



Kevita
Organic Sparkling
Probiotic Tonic

Turmeric Ginger
15.2 FL OZ

\$2.50

A tonic that's organic, vegan, dairy and gluten free, with no added sugar.

So Delicious
Dairy Free
Coconutmilk
Holiday Nog

32 FL OZ

\$2.99



Coconut milk Beverage with the incredibly delicious flavor of Nog.



Back To Nature
Organic
Stoneground
Wheat Crackers

6 OZ

\$2.99

All varieties Back to Nature crackers are on sale in November.

Ferndale Farm
Local
Free Range
Turkey



SALE

We will have special pricing on Thanksgiving turkeys all month long! Check our Weekly Sales!



Bulletproof
Cold Brew Coffee
Original
11.1 FL OZ

\$3.29

Bulletproof Coffee contains Brain Octane oil to power your brain and body.



Navitas Naturals
100% Organic
Cacao Powder

Raw Chocolate Powder
8 OZ

\$7.79

Healthy alternative to conventional over-processed "cocoa."

Enjoy Life
Chocolate Chips

Semi-Sweet Mini
10 OZ



\$4.79

Dairy, nut and soy free premium quality chocolate chips.



Let's Do Organic
100% Organic
Coconut

Flakes
7 OZ

\$2.79

Great for baking! Organic coconut flakes with no added sugar.



Herbatint
Permanent
Herbal Haircolor
Gel

5N Light Chestnut
4 FL OZ

\$12.49

The world's most natural hair color.



One With Nature
Bath Salts
Eucalyptus Sooth
2.5 OZ

\$1.99

Made with therapeutic essential oils and dead sea salts.



Avalon Organic
Revitalizing
Shampoo
Peppermint
11 FL OZ

\$7.99

The revitalizing scent of peppermint will put you in the holiday spirit!