

## Healthy Holiday Food Fest

Saturday, November 11th is our Healthy Holiday Food Fest! From 11am - 3pm we'll have samples of healthy, allergen friendly foods for holiday celebrations. Special diets are welcome at this sampling event - we'll have paleo friendly and vegan options as well as gluten free & dairy free. Register to win our Ferndale Farms free range turkey giveaway and bring the whole family for healthy food & fun!

# NOVEMBER MONTHLY SALES

**Woodstock**  
**Frozen**  
**Vegetables**  
Petite Brussel  
Sprouts  
10 OZ



**\$2.29**

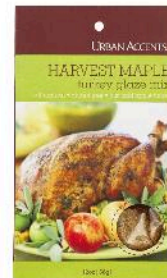
A healthy and nutritious addition to any meal.



**Farmer's Market**  
**100% Organic**  
**Pumpkin**  
Canned  
15 OZ

**2/\$5**

Make your holiday pies with 100% organic, 100% pumpkin!



**Urban Accents**  
**RUB, Gourmet**  
**GOBLER**  
**TURKEY**  
1.25 OZ

**\$4.79**

Turkey rub spice blend for amazing flavor and tender holiday meat.

**So Delicious**  
**Dairy Free Cocowhip!**  
Whipped  
Topping  
9 OZ



**\$2.99**

Adds great flavor to top desserts and beverages.

**Wholly Wholesome**  
**9 inch Pie Shell**  
2 Pack  
14.9 OZ



**\$4.99**  
2 crusts

Gluten free 9" frozen pie crusts for perfect, allergen friendly pies.



**Gardein**  
**Stuffed**  
**Turk'y**  
16 OZ

**\$7.99**

ea

Vegan Thanksgiving meal foods including turk'y & stuffing.



**Dandies**  
**MARSHMALLOW, MINI**  
 10 OZ



**\$3.95**

All natural vegan marshmallows

**Wholesome Sweeteners**  
**Organic Sugar**  
 Coconut Palm  
 16 OZ



**\$4.99**

Organic sugar hand made by small farmer cooperative.



**Woodstock**  
**Organic Figs**  
 Black Mission  
 10 OZ

**\$5.49**

Sweeter than honey, these large figs are the cream of the crop.

**Alter Eco Americas**  
**Organic Truffle**  
 Salted Caramel, 10 Pack  
 4.2 OZ



**\$6.95**

Exquisite organic fair trade chocolate truffles.

**Nutiva**  
**Organic Flour**  
 Coconut  
 1 LB



**\$4.99**

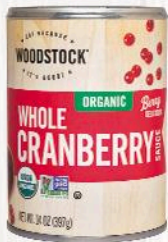
Coconut flour has a lower glycemic index than most flours.



**Bonne Maman**  
**Preserves**  
 Peach  
 13 OZ

**\$4.29**

Top quality, no high fructose corn syrup gourmet preserves.



**Woodstock**  
**Organic Cranberry Sauce**  
 Whole  
 14 OZ

**\$3.49**

Organic cranberries with no artificial ingredients.



**Pacific Natural Foods**  
**Organic Low Sodium Broth**  
 Chicken  
 32 FL OZ

**\$2.99**

A favorite for , healthy recipes.

**Lundberg Family Farms**  
**Risotto**  
 Butternut Squash  
 5.8 OZ



**\$2.50**

Delicious, quick risotto rice side with winter squash.



**Back To Nature**  
**Crackers**  
 Flatbread Multigrain  
 5.5 OZ

**\$2.50**

All varieties of organic Back to Nature crackers on sale.



**Biokleen**  
**Dish Liquid**  
 Lemon Thyme  
 25 FL OZ

**\$3.29**

All varieties bioclean dish soap are on sale.

**Garden of Life**  
**Garden of Life Vitamin Code**  
**Vitamins**  
 All varieties



**30% OFF**



feed your happy

**Pomegranate**  
 MARKET

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