



May is in bloom!

Mother's Day, planting, gardening and enjoying the warmer weather are all things we look forward to in May. To celebrate, we'll have a free community class! On **Saturday, May 20th**, join us for **DIY: Make Your Own Body Care Products**. We'll have recipes and instructions on how to make your own economical, all natural, effective skin care. You'll learn a lot in this fun & informative class and take home samples of a moisturizer and a facial mask!

Saturday, 5/20, 3-4pm in our Bistro area, class is free! You will need to preregister

Call us at (605) 275-0200.

May Sales

Good thru May 31st, 2017

Annie's Naturals
Organic Dressing
Cowgirl Ranch
8 FL OZ

\$3.49



Annie's ranch dressing is thick rich & creamy.

Blue Sky
Natural Soda
6/12 FL OZ



\$2.99

Blue Sky is all natural soda made with no high fructose corn syrup.

Crunchmaster
Multi-Seed
Crackers
4.5 OZ



\$2.99

Gluten Free crackers with a healthy crunch!

Chocolove Xoxox
Dark
Chocolate
Bar
3.2 OZ



\$2.19

A dark semisweet Belgian chocolate. All flavors on sale in May.



Eternal Artesian
Water
Artesian
Water
600 ML

99¢

Eternal Alkaline water for fast hydration and ph balance.



Explore Cuisine
100%
Organic
Pasta
Black Bean
Spaghetti
8 OZ

\$3.50

With net carbs at 11g, makes this great pasta for diabetics!

Green Mountain Gringo Salsa
Roasted Garlic
16 OZ



\$3.99

Get ready for Cinco de Mayo with the freshest tasting salsa in a jar. All flavors on sale in May.



Green Mountain Gringo Tortilla Strips
Original Yellow Corn
8 OZ

\$2.00

Lightly salted chips made with GMO-free white and yellow corn.



Guayaki ICED YERBA MATE
15.5 FL OZ

\$2.49

Yerba Mate tea is a great energy drink! Non carbonated & not too sweet.



Kinnikinnick KinniKritters Animal Cookies
8 OZ

\$2.49

Gluten free has never tasted so good!

Lenny & Larry's Complete Cookie
Peanut Butter
4 OZ



\$2.00

Vegan, high protein, high fiber cookies!

Love Grown Foods Sea Stars Cereal
Fruity
7 OZ



\$3.79

A blend of navy, garbanzo beans & lentils make this a truly healthy cereal.

Udi's Gluten Free Bread
Whole Grain
12 OZ



\$3.99

Popular gluten free bread - find it in our freezer aisle.

Woodstock Organic Frozen Fruit
Wild Blueberries
10 OZ



\$4.99

Juicy and plump blueberries that fit perfectly in any recipe.

Bulk Organic Almonds (Raw)

\$8.99 per pound



Shop in bulk & save - get as much or as little as you need!

Produce Department Sale Organic Cherry Tomatoes



\$2.29 Pint

Organic Cherry tomatoes are a sweet treat for grilling or snacking!

So Delicious Coconut Milk Beverage
Original
32 FL OZ



\$2.29

Good source of calcium, magnesium & vitamin B12 fortified. Gluten free, soy free & dairy free.

Zevia ENERGY DRINK MANGO GINGER
12 FL OZ



\$2.29

New energy drink sweetened with stevia. All flavors are on sale in May.



Body Care DERMA E Line Drive
Natural skin & body care

20% OFF

All Derma E natural skin care products are on sale in May!

Supplements Department Sale:



15-20% OFF

Amazing Grass powdered greens line drive- all products 15-20% off in May.



Better Life GLASS CLEANER
32 FL OZ

\$4.99

Safe for people, pets and the surfaces to which they are applied. All natural ingredients and 100% green.