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**Grocery**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Regular Price</th>
<th>Sale Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imagine Broth</td>
<td>$2.99</td>
<td>$4.89 ea.</td>
<td>Tier 2 $3.99</td>
</tr>
<tr>
<td>Dandies Marshmallow</td>
<td>$3.19</td>
<td>$4.39 ea.</td>
<td>Vanilla 10 oz. $3.99 reg. $6.69</td>
</tr>
<tr>
<td>Alden's Ice Cream</td>
<td>$7.99</td>
<td>$11.49 ea.</td>
<td></td>
</tr>
<tr>
<td>Farmer's Market or Cadia Pumpkin Puree</td>
<td>$2.39</td>
<td>$3.59 ea.</td>
<td></td>
</tr>
<tr>
<td>Cadia Cranberry Jelly</td>
<td>$1.99</td>
<td>$2.69 ea.</td>
<td></td>
</tr>
<tr>
<td>Cadia Maple Syrup</td>
<td>$7.59</td>
<td>$11.69 ea.</td>
<td></td>
</tr>
<tr>
<td>Truwhip Whipped Topping</td>
<td>$6.99</td>
<td>$10.09 ea.</td>
<td></td>
</tr>
<tr>
<td>Daiya Cheezecake</td>
<td>$2.59</td>
<td>$5.19 ea.</td>
<td></td>
</tr>
<tr>
<td>Lily's Sweet Baking Chips</td>
<td>$6.29</td>
<td>$9.39 ea.</td>
<td></td>
</tr>
<tr>
<td>Wholly Wholesome Pie Shell 9 in.</td>
<td>$4.39</td>
<td>$6.99 ea.</td>
<td></td>
</tr>
<tr>
<td>Cadia Maple Syrup</td>
<td>$7.99</td>
<td>$11.49 ea.</td>
<td></td>
</tr>
<tr>
<td>Immaculate Baking Flaky Biscuit or Crescent Roll</td>
<td>$4.99</td>
<td>$7.59 ea.</td>
<td>32 oz. Liquid Amino and Olive Oil On Sale Too!</td>
</tr>
<tr>
<td>Tofurky Holiday Vegetarian Roast</td>
<td>$30.99</td>
<td>$35.59 ea.</td>
<td></td>
</tr>
<tr>
<td>Dr. Bronner's Coconut Oil</td>
<td>$11.79</td>
<td>$19.79</td>
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</tr>
<tr>
<td>Truwhip Whipped Topping Reg., Skinny or Vegan,</td>
<td>$3.29</td>
<td>$5.39 ea.</td>
<td></td>
</tr>
<tr>
<td>Daiya Cheezecake</td>
<td>$3.29</td>
<td>$5.39 ea.</td>
<td></td>
</tr>
<tr>
<td>Hazelnut Cranberry</td>
<td>$20.99</td>
<td>$26.99</td>
<td></td>
</tr>
<tr>
<td>Farmer's Cranberry Sauce</td>
<td>$3.19</td>
<td>$4.49</td>
<td></td>
</tr>
<tr>
<td>Can Corn, Beans or Peas</td>
<td>$2.19</td>
<td>$3.09</td>
<td></td>
</tr>
<tr>
<td>Farmer's Pie Mix 15 oz.</td>
<td>$2.79</td>
<td>$3.59</td>
<td></td>
</tr>
<tr>
<td>Hazelnut Cranberry</td>
<td>$3.19</td>
<td>$4.39</td>
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<tr>
<td>Cinnamon Roll</td>
<td>$3.39</td>
<td>$5.19</td>
<td></td>
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</tbody>
</table>
Some products may not be available. Quantities on some items may be limited. We reserve the right to correct pricing errors and to limit quantities. Available while supplies last.

**Food for Life**
- Sprouted Grain
  - Selected Varieties, 24 oz.
  - $4.99
    - reg. $6.99 ea.
- Cascadian Farm
  - Cereal
    - Selected Varieties, 8.5 - 16 oz.
    - $4.89
      - reg. $6.89 ea.
      - Select Line On Sale
- Crofter’s
  - Organic Fruit Spread
    - Selected Varieties, 10 oz.
    - $4.39
      - reg. $5.69 ea.
      - Select Line On Sale
- R.W. Knudsen
  - Simply Nutricious Juice
    - Selected Varieties, 32 oz.
    - $2.99
      - reg. $6.19 ea.
- Dr. McDougall’s
  - Ramen or Soup Cups
    - Selected Varieties, 1.3 - 2 oz.
    - $1.99
      - reg. $2.69 ea.
- Koyo Foods
  - Ramen
    - Selected Varieties, 2.1 oz.
    - $0.99
      - reg. $1.69 ea.
- Once Again
  - Peanut Butter
    - Selected Varieties, 16 oz.
    - $6.59
      - reg. $9.99 ea.
      - Almond Butter $9.99 reg $17.69
- Navitas
  - Cacao Powder or Nibs
    - 8 oz.
    - $6.59
      - reg. $11.99 ea.
      - Select Line On Sale
- Food for Life
  - Sprouted Grain
    - Selected Varieties, 24 oz.
    - $4.99
      - reg. $6.99 ea.
- Annie’s Natural
  - Organic Dressing
    - Selected Varieties, 8 oz.
    - $4.19
      - reg. $5.19 ea.
      - Select Line On Sale
- Barnana
  - Plantain Chips
    - Selected Varieties, 5 oz.
    - $3.69
      - reg. $5.99 ea.
- Chocolove
  - Chocolate Bar
    - Selected Varieties, 3.2 oz.
    - $3.29
      - reg. $5.59 ea.
- Enjoy Life
  - Chocolate Chips
    - Selected Varieties, 9 oz.
    - $4.99
      - reg. $5.89 ea.
      - Select Line On Sale
- daiya
  - Cheezy Mac DF GF
    - Selected Varieties, 10.9 oz.
    - $3.99
      - reg. $6.19 ea.
- Hop Wtr
  - Sparkling Hop Water
    - Selected Varieties, 12 oz.
    - $2.19
      - reg. $3.29 ea.
      - 4 pk. $8.59 reg $14.29
- Koyo Foods
  - Ramen
    - Selected Varieties, 2.1 oz.
    - $0.99
      - reg. $1.69 ea.
- Once Again
  - Peanut Butter
    - Selected Varieties, 16 oz.
    - $6.59
      - reg. $9.99 ea.
      - Almond Butter $9.99 reg $17.69
- Navitas
  - Cacao Powder or Nibs
    - 8 oz.
    - $6.59
      - reg. $11.99 ea.
      - Select Line On Sale
- Nature’s Path
  - Cereal
    - Selected Varieties, 10 - 14 oz.
    - $4.49
      - reg. $5.89 ea.
- Once Again
  - Peanut Butter
    - Selected Varieties, 16 oz.
    - $6.59
      - reg. $11.99 ea.
      - Select Line On Sale
- Koyo Foods
  - Ramen
    - Selected Varieties, 2.1 oz.
    - $0.99
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      - reg. $9.99 ea.
      - Almond Butter $9.99 reg $17.69
- Navitas
  - Cacao Powder or Nibs
    - 8 oz.
    - $6.59
      - reg. $11.99 ea.
      - Select Line On Sale
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- **Panda Licorice Chew**: Reg. or Raspberry, 7 oz. - $3.39 (reg. $4.59 ea.)
- **Pigout Pork Rind**: Selected Varieties, 3.5 oz. - $2.99 (reg. $4.39 ea.)
- **Primal Kitchen Sauce**: Selected Varieties, 16 – 24 oz. - $6.39 (reg. $11.09 ea.)
- **Yogi Tea**: Selected Varieties, 16 bg. - $3.79 (reg. $6.19 ea.)
- **zevia Natural Soda**: Selected Varieties, 12 oz. - $.99 (reg. $1.49 ea.)
- **Woodstock Sweet Relish**: Selected Varieties, 16 oz. - $4.59 (reg. $7.69 ea.)
- **Whips Cheese Crisp**: Selected Varieties, 2.12 oz. - $3.29 (reg. $4.89 ea.)
- **Nakee Butter**: Selected Varieties, 11.2 oz. - $15.99 (reg. $22.59 ea.)
- **Primal Kitchen Sauce**: Selected Varieties, 16 – 24 oz. - $6.39 (reg. $11.09 ea.)
- **Hawaiian Rainbow Honey Squeeze Pouch**: Reg. or Mac Nut, 8 oz. - $5.19 (reg. $8.49 ea.) 9 oz & 24 oz On Sale Too!
- **Royal Hawaiian Macadamia Nut**: Selected Varieties, 5 oz. - $7.69 (reg. $12.09 ea.)
- **Nutrex JointAstin MD**: 120 vcap. - $29.99 (reg. $51.29 ea.) BioAstin 12mg And 4mg on Sale Too!
- **Puna noni Bar Soap**: Selected Varieties, 4 oz. - $4.19 (reg. $5.09 ea.) Lip Balm $2.79 (reg. $3.89)
- **Seventh Generation Laundry Liquid**: Selected Varieties, 100 oz. - $15.99 (reg. $21.69 ea.)
Wellness

American Heritage
Papaya Enzyme
250 tab.

$7.19
reg. $12.29 ea.
Select Line On Sale

Barlean’s Organic
Lignan Rich Flax Oil
16 oz.

$21.99
reg. $27.29 ea.
Select Line On Sale

Nature’s Way
Sambucus Gummies
60 ct.

$16.39
reg. $24.99 ea.
Select Sambucus And Umcka Line On Sale

Salus
Red Beet Crystals
7 oz.

$22.99
reg. $34.39 ea.
Select Line On Sale

EO
Everyone Liquid Soap
Selected Varieties, 2 oz.

$7.39
reg. $12.59 ea.
Select Line On Sale

EO
Everyone Liquid Soap
Selected Varieties, 32 oz.

$7.19
reg. $11.49 ea.
Select Line On Sale

Barlean’s Organic
Lignan Rich Flax Oil
16 oz.

$21.99
reg. $27.29 ea.
Select Line On Sale

Dr. Bronner’s
Toothpaste
Selected Varieties, 5 oz.

$4.79
reg. $7.59 ea.
Select 8 oz. Lotions $7.49 reg. $10.99

Wish Garden
Kick Ass Immune
.66 oz.

$7.59
reg. $10.29
Select Line On Sale

Solaray
Mycrobiome Urgent Care
30 vcap.

$42.99
reg. $68.29 ea.
Select Line On Sale

Herbatint
Permanent Haircolor Gel
Selected Varieties, 4 - 4.5 oz.

$13.59
reg. $18.19 ea.
Select Line On Sale

Lifeflo
Coconut Oil Fractionated
16 oz.

$13.59
reg. $21.89 ea.
Select Essential Oil Kits

Garden of Life
Probiotic Once Daily
Men or Women’s
30 cap.

$32.99
reg. $52.49 ea.
Select Line On Sale

New Chapter
Every Man or Woman
One Daily
48 tab.

$27.99
reg. $45.79 ea.
Select Line On Sale

Aura Cacia
Aromatherapy Mist
Selected Varieties, 4 oz.

$6.99
reg. $8.39 ea.
Select Essential Oil Kits $15.99 reg. $26.59

ALL good
Deodorant
Selected Varieties, 2.5 oz.

$5.49
reg. $8.39 ea.
Select Line On Sale

Nature’s Way
Sambucus Gummies
60 ct.

$16.39
reg. $24.99 ea.
Select Sambucus And Umcka Line On Sale

Lifeflo
Coconut Oil Fractionated
16 oz.

$13.59
reg. $21.89 ea.
Select Essential Oil Kits

Andalou Naturals
Shower Gel or Lotion
Selected Varieties, 8 - 8.5 oz.

$7.19
reg. $11.49 ea.
Select Line On Sale

Garden of Life
Probiotic Once Daily
Men or Women’s
30 cap.

$32.99
reg. $52.49 ea.
Select Line On Sale

New Chapter
Every Man or Woman
One Daily
48 tab.

$27.99
reg. $45.79 ea.
Select Line On Sale

Aura Cacia
Aromatherapy Mist
Selected Varieties, 4 oz.

$6.99
reg. $8.39 ea.
Select Essential Oil Kits $15.99 reg. $26.59

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gardein
Soup or Chili
Selected Varieties,
15 oz.
$3.19
reg. $4.59 ea.

Maya Kaimal
Organic Everyday Dal
Selected Varieties,
10 oz.
$4.29
reg. $5.69 ea.
Select Sauce 12.5 oz. $4.99 reg. $7.39

Back to Nature
Cookies
Selected Varieties,
8 - 12oz.
$3.99
reg. $6.19 ea.

Kettle Brand
Potato Chips
Selected Varieties,
5 oz.
$2.49
reg. $3.79 ea.

Eat the Change
Mushroom Jerky
Selected Varieties,
2 oz.
$4.49
reg. $5.99 ea.

Daily Crunch
Almond Sprouted
Snack
Selected Varieties,
1.5 oz.
$2.99
reg. $4.99 ea.
5 oz. $3.99 reg. $9.89

heavenly hunks
Cookies
Selected Varieties,
6 oz.
$4.59
reg. $6.29 ea.

Vita Coco
Coconut Water
33.8 oz.
$3.29
reg. $5.69 ea.

Mount Hagen
Coffee
Reg or Decaf,
3.53 oz.
$9.99
reg. $15.19 ea.
25 pk. $6.99 reg. $12.19

Laird Superfood
Instafuel Creamer
Original
Selected Varieties,
8 oz.
$7.79
reg. $14.29 ea.

Seven Teas
Organic Tea
Selected Varieties,
16 oz.
$2.79
reg. $3.79 ea.

Plant Boss
Meal Starters
Selected Varieties,
3.35 oz.
$5.29
reg. $8.39 ea.

Lifeaid
Beverage
Selected Varieties,
12 oz.
$1.99
reg. $3.69 ea.

Nixie
Sparkling Water
Selected Varieties,
8/12 oz.
$4.99
reg. $7.29 ea.

Hoplark
HopTea
Selected Varieties,
16 oz.
$2.49
reg. $3.69 ea.

Big Island Organic
Ginger or Lemonade
16 oz.
$2.49
reg. $3.69 ea.
32 oz. $4.99 reg. $6.59

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