

SUPPLEMENTS

**Astragalus**  
**Echinacea**  
**Echinacea & Goldenseal**



**Sale 25% off!**



**Fair Trade & Organic Coffee**

French • Breakfast Blend  
Mind, Body & Soul

**Sale \$5.99**

10-12 oz — Reg. 8.99

**33% off!**



**Rice Chips**

Gluten Free  
All Flavors

**Sale \$1.99**

6 oz — Reg. 2.99

**33% off!**



**Biosil Silicon Drops**

Advanced Collagen Generator for  
Healthy Bones, Joints, Hair, Skin  
& Nails

**Sale \$22.19**

**25% off!** 30 ml — Reg. 29.95



BEER & WINE

LAKEFRONT

**New Grist Gluten Free Beer**

Brewed from Sorghum & Rice

**22% off! Sale \$7.69**  
6 pack — Reg. 9.89



NEWMAN'S OWN ORGANICS

**Fig Newmans**

Made with  
Organic Figs

**Sale \$3.49**

**27% off!** 12 oz — Reg. 4.79



**Life Force Multivitamins**

With or Without Iron

**Sale \$15.95**

60 tablets — Reg. 22.98

**30% off!** **Sale \$30.95**  
120 tablets — Reg. 44.50



Bring Your  
Containers for  
Bulk Foods &  
Save 5¢ each!

BULK



**Granola**

All Varieties

**Sale 25% off!**

Reg. 3.75-3.99



**Organic, Raw Almonds**



**22% off! Sale \$5.99/lb**  
bulk — Reg. 7.69/lb



**Multi Seed Crackers**

Gluten Free

**23% off! Sale \$2.49**  
4.5 oz — Reg. 3.25



BODY CARE

KISS MY FACE

**Potent & Pure Facial Care**

**Sale 25% off!**



DR. BRONNER'S

**Magic Soap**

8 Varieties  
Including Fragrance Free

**Sale \$6.99**

16 oz — Reg. 9.49 **26% off!**



**Aunt Patty's Trail Mix**

Mt. Jefferson, Mt. Baker,  
Mt. Rainier and more!

**Sale 25% off!**

Reg. 8.79/lb



APTERA

**Greek Olive Oil**

Cold Pressed • Extra Virgin

**33% off! Sale \$10.69**  
34 oz — Reg. 15.89

Choose Local Products

# Shop with Sustainability in Mind



## mother's Bumpers Cereal

All Flavors  
Honey Sweetened

31%  
off!

**Sale \$3.29**  
10.5-14 oz — Reg. 4.79

## Hemp Bliss

Organic Hemp Milk  
All Flavors

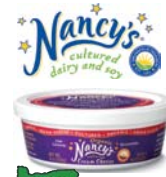


**Sale \$2.99**

32 oz — Reg. 4.69

36% off!

### COOLER



## Organic Cream Cheese

Close  
To  
Home

24% off!

**Sale \$2.49**

8 oz — Reg. 3.29



## Annie's Bunny Grahams

Chocolate • Honey  
Chocolate Chip

25% off!

**Sale \$2.69**  
7.5 oz — Reg. 3.59



## Almond Milk

Non Dairy • All Flavors

30% off!

**Sale \$1.99**

32 oz — Reg. 2.85



ORGANIC  
VALLEY

## Organic Milk

Northwest Dairies

22% off!

**Sale \$2.89**

half gallon — Reg. 3.69

## Coomb's Organic Maple Syrup

Grade A or B



32% off! **Sale \$8.99**  
12 oz — Reg. 13.25

SWEET TREE  
sustainable sweeteners™

## Organic Palm Sugar

Low Glycemic  
Healthy Alternative Sweetener



24% off!

**Sale \$3.49**

16 oz — Reg. 4.59

WILD  
WOOD™



## Soy Milk Creamer

Non Dairy • Organic Soy

29% off!

**Sale \$1.49**

16 oz — Reg. 2.09

## Amy's Burritos & Pocket Sandwiches

Close  
To  
Home



All Original & New  
Gluten-Free Varieties

30% off! **Sale \$1.99-2.29**  
4-6 oz — Reg. 2.85-3.25

### FREEZER



## Oregon Fruits & Vegetables

Broccoli • Corn • Peas • Spinach

Close  
To  
Home

30% off!

**Sale \$1.89**

10 oz — Reg. 2.69



Close  
To  
Home

## Fresh Nut & Seed Butters

Almond, Hazelnut, Pecan & more

**Sale 25% off!**

Reg. 5.35-5.89

## Nuggets Patties Tenders

Chicken Style Meat-Free Cuisine



32% off! **Sale \$3.99**  
10.6-12 oz — Reg. 5.85



## Sheltons Ground Turkey

Free Range

33% off!

**Sale \$3.99**

13 oz — Reg. 5.95



### MEAT

## Northwest Chicken

Antibiotic Free • Vegetarian Diet  
Thighs ~ Drumsticks ~ Wings

19-27%  
off!

**Sale \$2.49/lb**

per lb — Reg. 3.09-3.39

Choose Organic

PRICES GOOD WHILE SUPPLIES LAST • SALE DATES Sept. 2 - Oct. 3