



Back to School SAVINGS



Lightlife
Roast Turkey
Style Slices
Fat Free
2/\$5
5.5 oz.
Sugg. Retail: \$3.59 each
Selected Varieties



Rudi's Organic Bakery
Organic
Honey Sweet
Whole Wheat Bread
3.29
22 oz.
Sugg. Retail: \$4.99
Selected Varieties



Galaxy Nutritional Foods
American
Rice Slices
2/\$6
7.3 oz.
Sugg. Retail: \$4.49 each
Selected Varieties



Steaz
Organic
Blueberry
Pomegranate Açai
Iced Green Tea
99¢ 16 oz.
Sugg. Retail: \$1.39
Selected Varieties



Snikiddy
Original Fries
2/\$4
4.5 oz.
Sugg. Retail: \$2.99 each
Selected Varieties



Health Valley
Blueberry Cobbler
Cereal Bars
2/\$6
7.9 oz.
Sugg. Retail: \$4.99 each
Selected Varieties



Kettle Foods
Sea Salt
Potato Chips
2/\$4
5 oz.
Sugg. Retail: \$2.99 each
Selected Varieties



EnviroKidz Organic
Organic
Peanut Butter
Panda Puffs Cereal
2/\$7
10.6 oz.
Sugg. Retail: \$5.29 each
Selected Varieties



Honest Kids
Organic Super Fruit Punch
3.99 8/6.75 oz.
Sugg. Retail: \$5.49
Selected Varieties

"Yumberry, pear and strawberry juice combine their powers of refreshment to give kids a healthy drink that will keep them soaring through their day, from school to play!"



for the home



Planet
Ultra
Dishwashing Liquid
2.99 25 oz.
Sugg. Retail: \$4.69

for your pet



PetGuard

"They deserve
the very best
so feed them
the very best."



PetGuard
Lamb &
Brown Rice
Dog Food
Adult
2/\$4 14 oz.
Sugg. Retail: \$2.79 each
Selected Varieties

frozen/perishable



Glutino
Premium
Cinnamon Raisin
Bread
Wheat Free, Gluten Free
4.49 22.9 oz.
Sugg. Retail: \$7.29



Ben & Jerry's
Cherry Garcia
Ice Cream
2/\$7 1 pint
Sugg. Retail: \$5.29 each
Selected Varieties



Maria & Ricardo's
6" Low Carb
Tortilla
2/\$4 8 count
Sugg. Retail: \$2.79 each



Happy Bites
Salmon Stix
Kids Meal
3.69 8 oz.
Sugg. Retail: \$5.99
Selected Varieties



Cascadian Farm
Organic
Blueberries
3.19 8 oz.
Sugg. Retail: \$5.19
Selected Varieties



Woodstock Farms
Organic Sliced
Havarti Cheese
Slices
4.29 6 oz.
Sug. Retail: \$5.59
Selected Varieties



Wallaby
Organic Low Fat
Dark Chocolate
Down Under
Yogurt
89¢ 6 oz.
Sugg. Retail: \$1.29
Selected Varieties



Yves Veggie Cuisine
Veggie Bologna
Deli Slices
2.19 5.5 oz.
Sugg. Retail: \$3.19
Selected Varieties



So Delicious
Plain Coconut Milk
3.79 64 oz.
Sugg. Retail: \$5.69
Selected Varieties



BULK

Organic
Apple Rings
\$6.79/lb.
Sugg. Retail: \$8.26/lb.

Organic
Sweetened Cranberries
\$7.79/lb.
Sugg. Retail: \$9.69/lb.

Organic
Thick Rolled Oats
79¢/lb.
Sugg. Retail: \$1.05/lb.

Dry Roasted Peanuts
Peanut Butter Stock
\$1.59/lb.
Sugg. Retail: \$2.10/lb.

grocery

breakfast



Stretch Island
Apple
FruitaBu Rolls

3.29

4.4 oz.
Sugg. Retail: \$4.79
Selected Varieties



Woodstock Farms
Organic
Cinnamon
Apple Sauce

3.99

6/4 oz.
Sugg. Retail: \$5.49



Nasoya
Nayoynaise

3.29

14 oz.
Sugg. Retail: \$4.69
Selected Varieties



Bear Naked
Fruit & Nut
Granola

4.29 12 oz.

Sugg. Retail: \$6.49
Selected Varieties



Think! Thin
Think Thin
Chunky
Peanut Butter

1.39 2.1 oz.

Sugg. Retail: \$2.29
Selected Varieties



Newman's Own Organics

Chocolate
Peanut Butter
Creme Cookies

2/\$4 9 oz.

Sugg. Retail: \$2.99 each
Selected Varieties

Newman's Own Organics
Organic Raisins

2.59 6/1.5 oz.

Sugg. Retail: \$3.69



Back To Nature
Chocolate Chunk
Cookies

3.79 9.5 oz.

Sugg. Retail: \$4.69
Selected Varieties



Back To Nature
Organic
Stoneground
Wheat Crackers

3.19 6 oz.

Sugg. Retail: \$3.99
Selected Varieties



Clif Bar
Organic
Strawberry
Twisted Fruit

2.99 6/1.7 oz.

Sugg. Retail: \$5.19
Selected Varieties



Clif Bar
Clif Apple
Snack Bar
Made with
Organic Ingredients

10/\$10

1.41 oz.
Sugg. Retail: \$1.69 each
Selected Varieties



Cascadian Farm
Organic
Chocolate Chip
Granola Bars

3.99 7.4 oz.

Sugg. Retail: \$5.79
Selected Varieties



Nature's Path
Organic
Crunchy Vanilla
Sunrise Cereal

2/\$7 10.6 oz.

Sugg. Retail: \$5.39 each



Organic
Wildberry Açai
Toaster Pastries
Frosted

2.79 11 oz.

Sugg. Retail: \$4.19
Selected Varieties



Old Wessex Ltd.
Irish-Style
Oatmeal

2.39 18.5 oz.

Sugg. Retail: \$3.49



Health Valley
Organic
Oat Bran Flakes

2/\$6 12.65 oz.

Sugg. Retail: \$4.99 each
Selected Varieties

W

ild Planet Foods is a California based company committed to producing the finest tasting wild seafood, sourced from northern Pacific fisheries practicing sustainable fishing methods. These techniques eliminate the unintentional bycatch of sea turtles, birds and other marine life common to longline fishing. Wild Planet works with a fleet of one hundred boats and receives the catch at company operated docks, ensuring that the fish are handled according to the company's stringent standards and allowing Wild Planet to provide premium quality fish to the market. True to their commitment to sustainability, Wild Planet works closely with environmental agencies in their efforts to educate consumers of the benefits of purchasing sustainable seafood.

Wild Planet hand packs a sashimi-grade tuna steak into each BPA-free can, which is then cooked only once to capture all the natural juices brimming with Omega 3. Each can of Wild Planet albacore contains 3,460 mg Omega 3 – six times more than national brands. Without any added water, oil, broth or fillers, there is nothing to drain – each can contains five full ounces of firm textured tuna with exceptional fresh-from-the-sea flavor. Wild Planet albacore also contains less than half the mercury as compared to national brands.

In addition to albacore tuna, the Wild Planet product line includes Albacore Tuna – No Salt Added, Wild Albacore Fillets packed in a glass jar, Skipjack Light Tuna, Wild Alaskan Sockeye and Pink Salmon, Wild Pink Shrimp and Dungeness Crab meat. Wild Planet has recently launched a line of Wild California Sardines available in four varieties. Packed with Omega 3, potassium, iron and other essential nutrients, each tasty little fish is cleaned and scaled – a flavorful, healthy addition to any salad, pasta sauce, or antipasto platter.

Company founder and President Bill Carvalho remarks, "At Wild Planet, we hope to inspire consumers to choose great tasting products sourced from sustainable fisheries, which can contribute to improving the health of our oceans."



Wild Planet
Low Mercury
Tuna with Albacore
No Salt

2.79 5 oz.

Sugg. Retail: \$4.19

For more information visit www.wildplanetfoods.com.



Barbara's Bakery
Crunchy
Corn Puffins
Cereal

3.29 12 oz.

Sugg. Retail: \$5.19
Selected Varieties

personal care / supplements



beverages



Apple & Eve
Organic
Apple Juice

1.69

3/200 ml.

Sugg. Retail: \$2.49
Selected Varieties



Nature's Splash
Lemonade

3.99

71.43 oz.

Sugg. Retail: \$6.39
Selected Varieties



Zola Açai
Organic
Original Açai
Power Juice

1.99

12 oz.

Sugg. Retail: \$2.99
Selected Varieties



San Pellegrino
Sparkling
Mineral Water

10/\$10

.5 liter

Sugg. Retail: \$1.39 ea.



R.W. Knudsen
Lemonade
Aseptic 3-pack

1.99

3/8 oz.

Sugg. Retail: \$3.49
Selected Varieties



Kiss My Face
Unscented
Kids Shampoo
& Body Wash
Foam

5.99 8 oz.

Sugg. Retail: \$8.99
SAVE: \$3.00
Selected Varieties



Naturally Fresh
Crystal Roll-On
Deodorant

2.79 3 oz.

Sugg. Retail: \$3.99
SAVE: \$1.20



Beauty Without Cruelty
Eye Make-Up
Remover

5.49 4 oz.

Sugg. Retail: \$7.99
SAVE: \$2.50



Desert Essence
Thoroughly
Clean Face Wash

5.49 8.5 oz.

Sugg. Retail: \$9.39
SAVE: \$3.90



Avalon Organics
CoQ10
Wrinkle Defense
Serum

16.99 .55 oz.

Sugg. Retail: \$24.95
SAVE: \$7.96
Selected Varieties



TwinLab
Omega-3 Fish Oil
1000 mg

14.49

100 softgels
Sugg. Retail: \$20.99
SAVE: \$6.50



Rainbow Light
Kids One
MultiStars

15.99 90 tab.

Sugg. Retail: \$24.95
SAVE: \$8.96



Rainbow Light
Active Health
Teen Multivitamin

22.99 90 tab.

Sugg. Retail: \$36.99
SAVE: \$14.00



Alacer
Super Gram III

23.99 180 tab.

Sugg. Retail: \$33.65
SAVE: \$9.66



Schiff
Probiotic
Acidophilus
Milkfree

7.29 100 cap.

Sugg. Retail: \$10.59
SAVE: \$3.30

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August is **Back to School Savings** Month!