

healthy advantage

# Eating Right Starts Here!

March is National Nutrition Month



**Liberté Yogurt**  
Wild Black Berry  
Méditerranée  
Yogurt  
**5/\$5** 6 oz.  
Sugg. Retail: \$1.29 each  
Selected Varieties



**Nature's Path**  
Organic  
Flax Plus  
Hot Oatmeal  
Instant  
**2/\$6** 8/1.75 oz.  
Sugg. Retail: \$4.59 each  
Selected Varieties



**Barbara's Bakery**  
Puffins Cereal  
Original  
Crunchy Corn  
**3.29** 12 oz.  
Sugg. Retail: \$5.19  
Selected Varieties



**Back To Nature**  
Classic Creme  
Cookies  
**2/\$7** 12 oz.  
Sugg. Retail: \$4.69 each  
Selected Varieties



**Blue Diamond**  
Original  
Almond Breeze  
Unsweetened  
**2.19** 32 oz.  
Sugg. Retail: \$2.89  
Selected Varieties



**Ceres**  
Mango Juice  
**2.89** 33.8 oz.  
Sugg. Retail: \$4.29  
Selected Varieties



**Clif Bar**  
White Chocolate  
Macadamia Nut  
Clif Bar  
**5/\$5** 2.4 oz.  
Sugg. Retail: \$1.69 each  
Selected Varieties

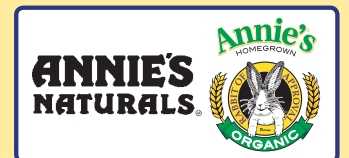


**Santa Cruz Organic**  
Organic  
Apple Sauce  
**3.49** 23 oz.  
Sugg. Retail: \$4.79  
Selected Varieties



**One Natural Experience**  
Coconut Water  
With a Splash  
of Pineapple  
**5/\$5** 8.5 oz.  
Sugg. Retail: \$1.49 each  
Selected Varieties

## Products on Sale



This Month Only!

# for the pet



Wellness  
Chicken  
Super 5 Mix  
Dog Food  
**12.99** 6 lb.  
Sugg. Retail: \$19.49  
Selected Varieties

# for the home



Lifetree Products  
Natural  
Bathroom Cleaner  
**4.49** 16 oz.  
Sugg. Retail: \$6.39



Green Forest  
White  
Bath Tissue  
**9.99** 12 pack  
Sugg. Retail: \$14.19

Green Forest  
White Paper Towels  
**2/\$3** 1 roll  
Sugg. Retail: \$2.19 each

# frozen / perishable



Alden's Organic  
Organic  
Vanilla Bean  
Ice Cream  
**4.79** 48 oz.  
Sugg. Retail: \$6.99  
Selected Varieties



Applegate Farms  
Chicken & Maple  
Breakfast Sausage  
Antibiotic Free  
**4.29** 8 oz.  
Sugg. Retail: \$6.59  
Selected Varieties



Tandoor Chef  
Paneer  
Tikka Masala  
**2/\$6** 10 oz.  
Sugg. Retail: \$4.39 ea.  
Selected Varieties



Rudi's Organic Bakery  
Organic  
7 Grain &  
Flax Bread  
**2/\$7** 20 oz.  
Sugg. Retail: \$4.99 ea.  
Selected Varieties



Earth Balance  
Soy Garden  
Natural Buttery Spread  
Non GMO  
**2/\$7** 15 oz.  
Sugg. Retail: \$5.19 each  
Selected Varieties



Organic Valley  
Organic  
Raw Sharp  
Cheddar Cheese  
Pasteurized  
**4.79** 8 oz.  
Sugg. Retail: \$6.19



Stonyfield Farm  
Organic Low Fat  
Peach Yogurt  
Fruit on the Bottom  
**5/\$5** 6 oz.  
Sugg. Retail: \$1.29 each  
Selected Varieties



Mt. Vikos  
Feta Cheese  
**4.29** 7 oz.  
Sugg. Retail: \$5.99

# grocery



Back To Nature  
Organic  
Stoneground Wheat  
Crackers  
**2/\$6** 6 oz.  
Sugg. Retail: \$3.99 each  
Selected Varieties



Crofter's  
Organic  
Wild Blueberry  
Fruit Spread  
**2/\$6** 10 oz.  
Sugg. Retail: \$4.69 each  
Selected Varieties



Annie Chun's  
Rice Express  
Sprouted  
Brown Rice  
**2/\$5** 6.3 oz.  
Sugg. Retail: \$3.59 each  
Selected Varieties



Locker  
Quadratini  
Chocolate Bite Size  
Wafer Cookies  
**2/\$6** 8.82 oz.  
Sugg. Retail: \$4.49 each  
Selected Varieties



McCann's  
Quick & Easy  
Irish Oatmeal  
Steel Cut Oats  
**2/\$6** 16 oz.  
Sugg. Retail: \$4.29 each



Napa Valley Naturals  
Organic  
Extra Virgin  
Olive Oil  
**9.99** 25.4 oz.  
Sugg. Retail: \$15.69



Organic Ville  
Organic  
Ranch Vinaigrette  
Non-Dairy  
**2/\$6** 8 oz.  
Sugg. Retail: \$4.39 each  
Selected Varieties



Woodstock Farms  
Organic  
Goji Berries  
**8.39** 7 oz.  
Sugg. Retail: \$11.99



Woodstock Farms  
Natural  
Almond Butter  
Crunchy, Unsalted  
**7.99** 16 oz.  
Sugg. Retail: \$10.99



# Naturally delicious food for your whole family



**Natural Dressings**  
Selected varieties available  
**\$4.29**  
16 oz



**Natural Mac & Cheese**  
Selected varieties available  
**\$1.49**  
6 oz



**Natural Cereals**  
Selected varieties available  
**\$3.19**  
9 oz



**Deluxe Mac & Cheese**  
Selected varieties available  
**\$2.99**  
9.3-11 oz



**Family Size Bunny Grahams**  
Choose from:  
Bunny Graham Friends  
Honey Bunny Grahams  
**\$2.99**  
10 oz



**Bunny Graham Snack Packs**  
Choose from:  
Friends or Honey  
**\$2.99** 1 oz



**Family Size Cheddar Bunnies or Cheddar Bunnies Snack Pack**  
**\$2.99**  
1 oz - 12 oz



**Organic Plain or Cheddar Snack Mix Bunnies**  
**\$3.49**  
9 oz

## DID YOU KNOW?

MANY OF YOUR FAVORITE *Amy's* PRODUCTS ARE ALREADY GLUTEN FREE?

### Enchilada Whole Meals



**Black Bean Enchilada Whole Meal**  
10 oz

**\$3.99**  
Sugg. Retail \$5.59

**Cheese Enchilada or Enchilada Verde**

### Enchiladas



**Cheese Enchilada**  
9 oz  
**2/\$7**  
Sugg. Retail \$4.89

**Black Bean Vegetable Enchilada or Light in Sodium Black Bean Vegetable Enchilada**

### Tamales



**Roasted Vegetable Tamale**  
10.3 oz

**\$3.99**  
Sugg. Retail \$5.99

**Cheese or Black Bean**

### Try these gluten free versions of your favorite dishes!



**\$4.69**  
Sugg. Retail \$6.49  
**Bistro Veggie Burger**  
10 oz



**\$3.99**  
Sugg. Retail \$5.59  
**Garden Vegetable Lasagna**  
10.3 oz



**\$2.99**  
Sugg. Retail \$4.39  
**Rice Mac & Cheese**  
9 oz



**\$2.99**  
Sugg. Retail \$4.79  
**Non-Dairy Rice Macaroni & Cheese**, 8 oz

### Now you can enjoy your favorite pizzas again!



**\$5.49**  
Sugg. Retail \$7.29 - \$8.49  
**Single Serve Non-Dairy Rice Crust Cheese or Roasted Vegetable Pizza**  
6 oz



**\$8.49**  
Sugg. Retail \$11.39  
**Rice Crust Spinach or Cheese Pizza**  
14 oz

## BULK

Organic Thompson Raisins Seedless  
**\$1.99/lb.**  
Sugg. Retail: \$2.46/lb.

Lundberg Farms Organic Long Grain Brown Rice  
**\$1.49/lb.**  
Sugg. Retail: \$1.99/lb.

Nature's Path Organic Hemp Plus Granola  
**\$3.49/lb.**  
Sugg. Retail: \$4.99/lb.

personal care / supplements



beverages



**Traditional Medicinals**  
Organic  
Ginger Aid  
Herb Tea  
**3.79** 16 bags  
Sugg. Retail: \$5.59  
Selected Varieties



**Santa Cruz Organic**  
Organic  
White Grape  
Juice  
**3.49** 32 oz.  
Sugg. Retail: \$4.99  
Selected Varieties



**Steaz**  
Organic Berry  
Energy Drink  
**5.99** 4/12 oz.  
Sugg. Retail: \$8.79  
Selected Varieties



**Oregon Chai**  
Original Chai  
Tea Latte  
Concentrate  
**2/\$7** 32 oz.  
Sugg. Retail: \$5.19 ea.  
Selected Varieties



**Dr. Bronner's**  
Organic Lavender  
Shikakai Hand  
& Body Soap  
**9.49** 24 oz.  
Sugg. Retail: \$14.99  
SAVE: \$5.50  
Selected Varieties  
Organic Lemongrass  
Shikakai Hand  
& Body Soap  
**5.59** 12 oz.  
Sugg. Retail: \$8.99  
SAVE: \$3.40  
Selected Varieties



**Kiss My Face**  
Fragrance Free  
Moisture Shave  
**5.29** 11 oz.  
Sugg. Retail: \$7.99  
SAVE: \$2.70  
Selected Varieties



**Naturally Fresh**  
Crystal Roll-On  
Deodorant  
**2.69** 3 oz.  
Sugg. Retail: \$3.99  
SAVE: \$1.30



**Desert Essence**  
100% Pure  
Tea Tree Oil  
**7.99** 1 oz.  
Sugg. Retail: \$11.99  
SAVE: \$4.00



**TWINLAB**  
Daily One Caps  
Without Iron  
**28.99**  
180 cap.  
Sugg. Retail: \$43.95  
SAVE: \$14.96



**TWINLAB**  
Ultra CoQ10  
100 mg  
**44.99**  
60 cap.  
Sugg. Retail: \$64.99  
SAVE: \$20.00



**Laci Le Beau**  
Original  
Super Dieter's  
Tea  
**10.99** 60 bags  
Sugg. Retail: \$14.99  
SAVE: \$4.00  
Selected Varieties



**Schiff**  
Super Calcium  
1200 mg  
**10.99**  
120 softgels  
Sugg. Retail: \$14.19  
SAVE: \$3.20



**Hyland's**  
Calms Forté  
1200 mg  
**5.99**  
100 tab.  
Sugg. Retail: \$9.49  
SAVE: \$3.50

Hyland's Calms Forté™ provides 100% all-natural, temporary symptomatic relief of simple nervous tension and insomnia (sleeplessness). Hyland's Calms Forté™ works without side effects. No drug hangover, no sedatives, just nature's answer to a good night's sleep.

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