



September SAVINGS



Poland Spring
Natural Spring Water
1.39 1 gallon
Sugg Retail: 1.99



Brown Cow
Cream Top Maple Yogurt
10/\$10 6 oz.
Sugg Retail: 1.19 each
Selected Varieties



Earth's Best
Organic Sweet Potatoes
10/\$10 4 oz.
Sugg Retail: 1.25 each
Selected Varieties



Annie's Homegrown
Organic 5 Grain & White Cheddar Elbows
2/\$4 6 oz.
Sugg Retail: 2.99 each
Selected Varieties



Country Choice
Organic Oatmeal Chocolate Chip Soft Baked Cookies
2/\$6 6.44 oz.
Sugg Retail: 4.39 each
Selected Varieties



Wildwood
Organic Pomegranate Probiotic Soymilk
2/\$3 8 oz.
Sugg Retail: 2.19 each
Selected Varieties



Amy's
Gluten Free Bean & Rice Burrito
Made with Organic Ingredients
2/\$5 5.5 oz.
Sugg Retail: 3.59 each



Natural Sea
White Albacore Tuna
No Salt Added
2/\$5 6 oz.
Sugg Retail: 3.49 each



Rice Expressions
Organic Microwaveable Brown Rice Pouches
2/\$7 3/10 oz.
Sugg Retail: 4.99 each
Selected Varieties

On Sale



this month only

for your pet



Wellness Pet Products
Sweet Potato
& Chicken
Canned Dog Food
2/\$4 12.5 oz.
Sugg Retail: 2.79 each
Selected Varieties

frozen/perishable



Food For Life Baking Co.
Organic Ezekiel 4:9
Sprouted Grain Burger Buns
2/\$7 16 oz.
Sugg Retail: 4.99 each



Sunshine Burger Company
Original Veggie
Sunshine Burgers
3.29 3 pack
Sugg Retail: 4.69

for the home



LifeTree
Natural
Bathroom Cleaner
4.49 16 oz.
Sugg Retail: 6.39

Tea tree plus lavender oils give this versatile and highly effective cleaner a delightful herbal scent. And they do much more! They have natural properties that help control odor. Highly concentrated to clean and deodorize any washable surface, even items that come in contact with children and pets.



Earth Friendly Products
Window Cleaner
Spray
2.79 17 oz.
Sugg Retail: 3.99



Evol Burritos
Shredded
Chicken
Burrito
2/\$5 8 oz.
Sugg Retail: 3.59 each
Selected Varieties



Ian's Natural Foods
Chicken Nuggets
Made with
Organic Ingredients
3.99 8 oz.
Sugg Retail: 6.79



Oikos Greek Yogurt
Organic 0% Fat
Blueberry
Greek Yogurt
2/\$4 5.3 oz.
Sugg Retail: 2.69 each
Selected Varieties



Gourmet Artisan
Natural
Goat Cheese Log
3.19 4 oz.
Sugg Retail: 4.99
Selected Varieties



Horizon Organic Dairy
Organic
Whole Milk
3.99 64 oz.
Sugg Retail: 5.49



Nulaid Foods
ReddiEgg
Egg Replacer
2/\$6 16 oz.
Sugg Retail: 3.79 ea.

breakfast



Arrowhead Mills
Organic
Buttermilk
Pancake Mix
3.19 26 oz.
Sugg Retail: 4.79
Selected Varieties



Mother's
Cocoa Bumpers
Cereal
2/\$7 10.6 oz.
Sugg Retail: 5.19 each
Selected Varieties

BULK

Papaya Spears
Low Sugar, Unsulphured
\$2.59/LB
Sugg Retail: 3.29

Organic Hulled Millet
99¢/LB
Sugg Retail: 1.25

Red Lentils
\$1.59/LB
Sugg Retail: 2.01

Lundberg Farms
Organic
Short Grain Brown Rice
\$1.39/LB
Sugg Retail: 1.99



Natural & Organic SOUPS AND BROTHS



2 for \$4
or \$2.00 each
Sugg. Retail \$3.79 each

Natural Broths
32 oz

Beef
Free Range Chicken



2 for \$5
or \$2.50 each
Sugg. Retail \$4.29 each

Natural Soups
32 oz

Cashew Carrot Ginger
Curried Red Lentil



2 for \$6
or \$3.00 each
Sugg. Retail \$4.49 each

Organic Soups
32 oz

Creamy Butternut Squash
Creamy Tomato
French Onion
Roasted Red Pepper & Tomato



2 for \$6
or \$3.00 each
Sugg. Retail \$4.49 each

Organic Low Sodium Soups
32 oz

Creamy Butternut Squash
Creamy Tomato
Roasted Red Pepper & Tomato

Natural & Organic NON-DAIRY BEVERAGES



2 for \$4
or \$2.00 each
Sugg. Retail \$3.39 each

Organic Almond Beverage
32 oz

Original
Vanilla



2 for \$4
or \$2.00 each
Sugg. Retail \$3.39 each

Organic Unsweetened Almond Beverage
32 oz

Original
Vanilla



2 for \$4
or \$2.00 each
Sugg. Retail \$3.39 each

Organic Oat Beverage
32 oz

Original
Vanilla



2 for \$4
or \$2.00 each
Sugg. Retail \$3.39 each

All Natural Hazelnut Beverage
32 oz

Original



Tasty Bite

Basmati Rice
2/\$4 8.8 oz.

Sugg Retail: 2.79 each
Selected Varieties



Eden Foods

Organic Whole Grain Kamut Spirals
2.79 12 oz.

Sugg Retail: 3.99
Selected Varieties



Eden Foods

Organic Pizza Pasta Sauce
2.59 15 oz.

Sugg Retail: 3.69

snacks



Garden Of Eatin'
Blue Corn Tortilla Chips

2/\$5 9 oz.

Sugg Retail: 3.79 each
Selected Varieties



Newman's Own Organics

Spelt Pretzels
Made With Organic Ingredients

2/\$5 7 oz.

Sugg Retail: 3.69 each
Selected Varieties



Back To Nature

Bar Harbor Nut Blend

5.99 10.5 oz.

Sugg Retail: 7.79
Selected Varieties



Edward & Sons

Vegetable Brown Rice Snaps
Made with Organic Ingredients

2/\$6 3.5 oz.

Sugg Retail: 3.99 each
Selected Varieties



beverages



Steaz
Zero Calorie
Raspberry Soda
Made with
Organic Ingredients
3.99 4/12 oz.
Sugg Retail: 5.99
Selected Varieties



Triple Leaf Tea
Premium
Green Tea
2/\$4 20 bags
Sugg Retail: 2.99 each



Santa Cruz Organic
Organic
Orange Mango
Juice
3.19 32 oz.
Sugg Retail: 4.99
Selected Varieties



Tazo Tea
Giant Peach
Iced Tea
1.19 13.8 oz.
Sugg Retail: 1.59
Selected Varieties



Guayaki
Sustainable Rainforest
Organic
Traditional
Loose Yerba Mate
Tea
9.99 16 oz.
Sugg Retail: 14.39



Pure Passion
Yerba Mate Drink
Made with
Organic Ingredients
1.79 16 oz.
Sugg Retail: 2.69
Selected Varieties



personal care / supplements



Dr. Bronner's
Peppermint
Castile Soap
Made with
Organic Ingredients
2.49 4 oz.
Sugg Retail: 3.99
Save: \$1.50
Selected Varieties



Jason Natural Products
Kids Only
Detangling
Shampoo
6.19 8 oz.
Sugg Retail: 8.99
Save: \$2.80
Selected Varieties



Kiss My Face
Grapefruit &
Bergamot
Foam Soap
5.49 8.75 oz.
Sugg Retail: 7.99
Save: \$2.50
Selected Varieties



Desert Essence
Blemish Touch Stick
6.79 .31 oz.
Sugg Retail: 9.99
Save: \$3.20



Aura Cacia
Lavender
Pure Essential Oil
5.99 .5 oz.
Sugg Retail: 10.39
Save: \$4.40



Hyland's
Calms Forté
4 Kids
4.29 125 tab.
Sugg Retail: 6.89
Save: \$2.60



Rainbow Light
NutriStars
Delicious
Fruit Blast
Chewables
18.99 120 tab.
Sugg Retail: 27.99
Save: \$9.00



Boiron
Sabadil
Allergy
7.99 60 tab.
Sugg Retail: 10.99
Save: \$3.00



Twinlab
Calcium Citrate
Caps
12.99 150 cap.
Sugg Retail: 17.89
Save: \$4.90



Twinlab
Tri-Boron Plus
9.99 120 cap.
Sugg Retail: 14.69
Save: \$4.70

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September is Savings Month!