

JANUARY CO-OP SPECIALS

REFRIGERATED

	REG. PRICE	SALE
GTS Kombucha/Synergy Beverages	\$3.69	\$2.79
Cascade Fresh Yogurts, 6 oz.	\$0.99	\$0.75
Tofutti Better Than Cream Cheese	\$3.45	\$2.29
Tofutti Sour Cream	\$2.49	\$1.89

BULK

Organic Whole Wheat Penne Pasta	\$2.75 lb	\$2.39 lb
Organic Jasmine White Rice	\$2.59 lb	\$1.99 lb
Organic Green Split Peas	\$1.89 lb	\$1.39 lb
Carob/Spirulina Energy Nuggets	\$6.99 lb	\$5.99 lb
Organic Alfalfa Seeds ...for homemade sprouts!	\$10.39 lb	\$8.99 lb
Zen Party/Snack Mix	\$6.99 lb	\$5.99 lb
Buckwheat Pancake Mix	\$1.79 lb	\$1.49 lb
Pistachios Roasted & Salted in Shell	\$6.99 lb	\$5.99 lb
Champagne Almonds	\$9.99 lb	\$9.19 lb
NEW! A'cai (ah-sigh-ee) Apple Granola	\$4.59 lb	\$4.19 lb
Couscous (fine French style)	\$2.85 lb	\$2.49 lb
"Mock" Chicken Broth (veggie bouillon powder)	\$10.95 lb	\$9.69 lb
Giustos High Gluten Whole Wheat Bread Flour	\$1.29 lb	\$1.15 lb

GROCERY

Nature's Choice Cereal Bars	\$3.99	\$2.99
Green Mountain Salsa	\$4.49	\$3.29
Green Mountain Tortilla Strips, Yellow & Blue	\$2.19	\$1.59
Walnut Acre Soups	\$2.89/3.59	\$1.89/2.35
Health Valley Broth, Beef & Chicken	\$2.19	\$1.55
Newmans Microwave Popcorn	\$3.19	\$2.29
Larabar Nutritional Bars	\$1.79	4/\$5.00
Vita Spelt Pasta, Shells & Rotini	\$2.89	2/\$4.00
Blue Diamond Almond Breeze Beverag	\$2.79	2/\$4.00
Wyman's Wild Blueberry Juice, 46 oz.	\$6.29	\$4.79
Wyman's Wild Blueberry Juice, 10 oz.	\$2.19	\$1.85
Blue Sky Energy Blue & Juiced	\$2.19	2/\$3.00
Edensoy Extra Vanilla 8 oz. 3 pk.	\$3.49	\$2.39
Knudsen Morning Blend, Mega Green, PlumBoost, 32 oz.	\$3.99	\$2.99
Natural Brew Sodas, 4 pk.	\$5.99/6.29	\$4.49
Blue Sky Seltzer Water, Lemon/Lime 6 pk.	\$3.49	\$2.95
Iceland Spring Water, 1 ltr.	\$2.19	\$1.49
Kagome Juices, 30 oz.	\$4.19	\$3.55
Blues Buster Light Bulbs	\$6.49	\$5.49

FROZEN

Food For Life Brown Rice Tortillas, 12 oz.	\$2.69	\$1.99
Garden Burgers, Original & Portabella Mushroom	\$4.49	2/\$7.00
Snopac Organic Cut Spinach	\$2.99	\$2.29
Applegate Farms Chicken Pot Pie	\$4.05	2/\$6.00
Applegate Farms Chicken Nuggets	\$6.19	\$4.69

HEALTH & BEAUTY

All Jason Toothpaste		10% OFF
Desert Essence Hand & Body Lotion	\$8.99	\$7.99
Desert Essence Shampoo & Conditioner	\$8.99	\$7.99

PRODUCE

Organic Kiwi		10% OFF
Organic Grapefruit		10% OFF
Organic Turnips		10% OFF
Organic Parsnips		10% OFF

SUPPLEMENTS

Solaray Vitamin D 2000 IU Lemon Sublingual Lozenges	\$8.99	\$7.99
NOW Ultimate Zinc-C Formula	\$6.99	\$6.19
Solaray Chelated Magnesium, 200 mg, 100 ct	\$10.39	\$9.59

BAKERY/DELI

Latte: Almond Roca	\$2.79/3.19	\$2.29/2.69
Diamond City Garlic Cheddar Bread	\$3.99	\$3.79
3 rd St Cinnamon Raisin Bread	\$2.99	\$2.85