



VT Eco-Grown
Honeycrisp
Apples
Price /lb

\$2.49/lb



Local & Organic
Butternut
Squash
Price /lb

\$1.29/lb



Organic
Red
Starkrimson
Pears
Price /lb

\$1.99/lb



Local & Organic
Sweet
Potatoes
Price /lb

\$2.79/lb

NOT ALL PRODUCTS AVAILABLE IN ALL LOCATIONS

PRICES GOOD SEPTEMBER 30 - NOVEMBER 3 • WHILE SUPPLIES LAST

3065 ROUTE 50, SARATOGA SPRINGS, NY 12866 • 518.306.4900 www.healthylivingmarket.com 222 DORSET ST, SOUTH BURLINGTON, VT 05403 • 802.863.2569



Crofters
Fruit Spreads
Select Varieties
16 OZ
Reg price \$5.69

\$4.49



Kind
Fruit & Nut
Granola
Select Varieties
11 OZ
Reg price \$5.19

\$4.49



Good Belly
Blueberry
Probiotic Drink
32 FL OZ
Reg price \$3.79

\$3.29



Explore Asian
Organic
Spaghetti
Select Varieties
7.05 OZ
Reg price \$4.49

2/\$6



Eden Foods
Organic
Applesauce
25 OZ
You SAVE \$1.00

\$3.99



Imagine Foods
Organic Soups
Select Varieties
32 FL OZ
Reg price \$4.69

2/\$7



Vita Coco
Coconut Water
Regular or
Pineapple
1 LT
Reg price \$5.29

\$3.99



Alexia Foods
Fries
Select Varieties
15-16 OZ
Reg price \$3.29

2/\$5



Numi Tea
Organic Tea
18 CT
You SAVE \$1.00

\$5.49



Udi's
Gluten Free
Granola
Select Varieties
12 OZ
You SAVE \$1.00

\$4.99



Nairn's
Organic
Oatcakes
8.8 OZ
Reg price \$3.99

\$3.00



Pomi Tomatoes
Chopped
Tomatoes
26.46 OZ
Reg price \$3.79

2/\$6



Wild Planet
Pink Wild
Salmon
6 OZ
Reg price \$4.79

2/\$7



McCann's Oatmeal
Quick & Easy
Oatmeal
16 OZ
Reg price \$4.49

\$3.99



Napa Valley Naturals
Organic Extra
Virgin Olive Oil
25.4 FL OZ
You SAVE \$3.00

\$10.99

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A LOCAL TURKEY ON EVERY TABLE

30 years ago, Katy Lesser took her pickup truck to Adams Turkey Farm in Westford, VT and loaded it up with ethically-raised birds. We've never looked back and today, we have an expanded selection of local farms as well as an amazing pre-ordering system guaranteed to reduce stress. To us, it just makes sense to provide the best food on the best food holiday! Check out our website for more information on pre-ordering your Thanksgiving turkey!



Hey Mambo
Sultry Red
750 ml
Reg price \$11.99

\$9.99



Spring Brook Farm
Tarentaise
Reg price \$21.59/lb

\$16.59/lb



Spanish
8 Month Aged
Manchego
Reg price \$15.99/lb

\$10.99/lb



Angeline
Pinot Noir
750 ml
Reg price \$11.99

\$9.99

TURKEY SAGE GRAVY

Makes about 2 cups

1 qt turkey stock

5 Tbsp butter

1/2 cup flour

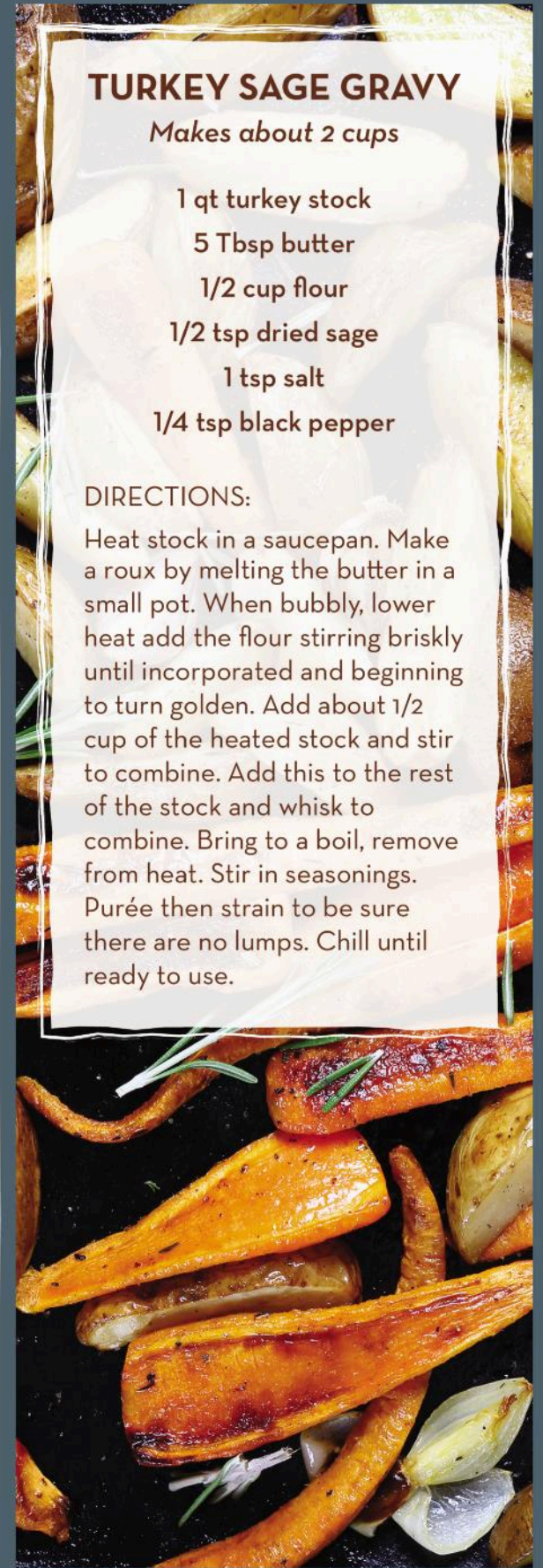
1/2 tsp dried sage

1 tsp salt

1/4 tsp black pepper

DIRECTIONS:

Heat stock in a saucepan. Make a roux by melting the butter in a small pot. When bubbly, lower heat add the flour stirring briskly until incorporated and beginning to turn golden. Add about 1/2 cup of the heated stock and stir to combine. Add this to the rest of the stock and whisk to combine. Bring to a boil, remove from heat. Stir in seasonings. Purée then strain to be sure there are no lumps. Chill until ready to use.



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Mary's Gone Crackers
Organic Black
Pepper Crackers
Gluten Free
6.5 OZ

\$3.99



Jovial
Organic Gluten
Free Pasta
Select Varieties
12 OZ
Reg price \$3.99

2/\$6



Happy Munchies
Organic Snacks
Select Varieties
1.63 OZ
Reg price \$3.49

2/\$6



R.W. Knudsen
Organic Juices
Select Varieties
32 FL OZ
Reg price \$4.79

2/\$7



Larabar
Nutritional Bar
Select Varieties
1.6 OZ
Reg price \$1.39

\$1.19



Justin's Nut Butter
Organic Mini
Peanut Butter
Cups
4.7 OZ
You SAVE \$1.00

\$4.49



Cup 4 Cup
Gluten Free All
Purpose Flour
3 LB
You SAVE \$3.00

\$12.99



Earth's Best
Organic Baby
Food
Select Varieties
4.2 OZ
Reg price \$2.29

2/\$3



HimalaSalt
Fine Himalayan
Sea Salt
6 OZ
You SAVE \$1.00

\$4.99



Ancient Harvest
Organic Gluten
Free Pasta
Select Varieties
8 OZ
Reg price \$3.29

2/\$5



Cucina Antica
Pasta Sauce
Select Varieties
25 OZ
You SAVE \$2.00

\$5.79



Annie's Homegrown
Homegrown
Grass Fed Mac
6 OZ
Reg price \$2.99

2/\$5



Guayaki
Organic
Energy Shot
Select Varieties
2 FL OZ
Reg price \$2.79

\$2.29



Barbara's Bakery
Puffins Cereal
Select Varieties
Various Sizes
Reg price \$4.99

2/\$7



Diamond Blue
Almond
Breeze
Select Varieties
32 FL OZ
Reg price \$2.79

\$2.29

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BAM!

THE BEST ALL MONTH SALES

BAM FEATURES THE BEST SALES WE HAVE ALL MONTH!
WE PICK OUR MOST POPULAR ITEMS AND MARK THEM
DOWN, GIVING YOU THE OPPORTUNITY TO BUY
FANTASTIC FOOD AT DEEP DISCOUNTS.



Rising Moon Organics
Ravioli
Assorted Varieties
16 OZ

\$4.99



Gruyere
5 Month Aged
Price /lb

\$11.59/lb



Quorn Foods
Chicken Style
Naked Cutlets
9.7 OZ

2/\$7



Farmer's Market
Organic
Pumpkin Puree
15 OZ

\$1.79



Lundberg
Organic White
Basmati Rice
Price /lb

\$2.49



Frontier Herbs Co-Op
Apple Pie Spice
Blend
Price /lb

\$8.99/lb



California Olive Oil
Every Day Extra
Virgin Olive Oil
16.9 FL OZ

\$6.99



So Delicious
Milk
Select Varieties
64 FL OZ

\$2.99



Reggianito
Argentine
Parmesan
Price /lb

\$5.39/lb



Farmer's Market
Organic Butternut
Squash OR Sweet
Potato Puree
15 OZ

\$1.79



Tinkyada (Bulk)
Organic GF
Brown Rice
Spirals
Price /lb

\$2.99



Surf Sweets
Organic
Fruity Bears
Price /lb

\$5.99

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Annie Chun's
Noodle Bowls
Select Varieties
Various Sizes
Reg price \$3.99

2/\$6



Green Mountain
Gringo
Salsa
Select Varieties
16 OZ
You SAVE \$1.00

\$3.99



Green Mountain Gringo
Tortilla Chips
Blue & White Chips
8 OZ
Reg price \$2.99

2/\$5



Ginger People
Candied
Ginger Chews
Select Varieties
3 OZ
You SAVE \$1.00

\$1.79



Amy's
Rice Crust
Cheese Pizza
12 OZ
Reg price \$9.29

\$7.29



Tinkyada
GF Brown Rice
Pasta
Select Varieties
16 OZ
Reg price \$3.79

2/\$6



Thai Kitchen
Organic
Coconut Milk
Regular & Light
13.66 FL OZ
Reg price \$3.29

2/\$5



Silk Milk
Assorted
Varieties
64 FL OZ
Reg price \$4.99

\$3.49



Nasoya Foods
Organic Tofu
Select Varieties
12 OZ
Reg price \$2.69

\$1.99



Kinnikinnick
Gluten Free
Hamburger
Buns
8.6 OZ
Reg price \$4.59

\$2.99



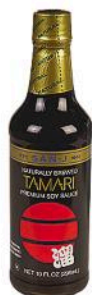
Organic Bulk
Garbanzo
Beans
Price /lb
Reg price \$2.69

\$2.29/lb



Tierra Farm
Organic Mango
Price /lb
You SAVE \$2.00

\$10.99/lb



San-J
Black Label
Tamari
10 FL OZ
Reg price \$2.99

2/\$4



Organic Bulk
French
Lentils
Price /lb
Reg price \$2.59

\$1.99/lb

Tierra Farm
Organic
Thompson
Raisins
Price /lb
Reg price \$4.69



\$4.29/lb

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Alba Botanica
Very Emollient
Unscented Lotion
32 FL OZ
Reg price \$16.69

\$14.49



Bach
Rescue Remedy
Spray
20 ML
You SAVE \$4.00

\$16.49



Rainbow Light
Black Cohosh
Menopause
60 TABS
Reg price \$17.99

\$14.49



Kiss My Face
Unscented
Deodorant
Stick
2.48 OZ
You SAVE \$1.00

\$4.39



Bach
Rescue Sleep
Spray
20 ML
Reg price \$20.49

\$16.49



Kiss My Face
Sport Roll-on
Deodorant
3 FL OZ
You SAVE \$1.00.

\$4.39



Manitoba Harvest
Vanilla or
Chocolate Hemp
Protein
16 OZ
Reg price \$19.59

\$15.49



Manitoba Harvest
Organic Hemp
Hearts
12 OZ
You SAVE \$3.00

\$11.99



Manitoba Harvest
Hemp Pro 70
16 OZ
Reg price \$26.99

\$21.49



Manitoba Harvest
Organic Hemp
Seed Oil
8.4 FL OZ
You SAVE \$2.00

\$6.99



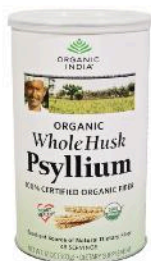
Manitoba Harvest
Natural Hemp
Hearts
8 OZ
Reg price \$8.09

\$6.49



Manitoba Harvest
Hemp Seed Oil
12 FL OZ
Reg price \$9.19

\$7.49



Organic India
Organic
Psyllium Husks
12 OZ
You SAVE \$3.00

\$11.49



Rainbow Light
PMS Relief
30 TABS
Reg price \$16.19

\$12.99



Ricola
Cough Drops
Original Flavor
21 CT
Reg price \$2.69

\$2.19

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TOTALLY TASTY FOR HERE OR HOME

For the days when you just don't have the time to make from-scratch meals, stop by our amazing Café to find the next best thing to homemade: our from-scratch meals! We have an extensive hot bar, fresh salad bar, made-to-order sandwiches, and coolers stocked with convenient and delicious grab & go meals, sides, sandwiches, salads, and desserts!



Tierra Farm
Organic Raw
Pumpkin Seeds
Price /lb
Reg price \$6.79

\$5.99/lb



Tierra Farm
Organic Roasted
Unsalted
Almonds
Price /lb
Reg price \$14.99

\$12.49/lb



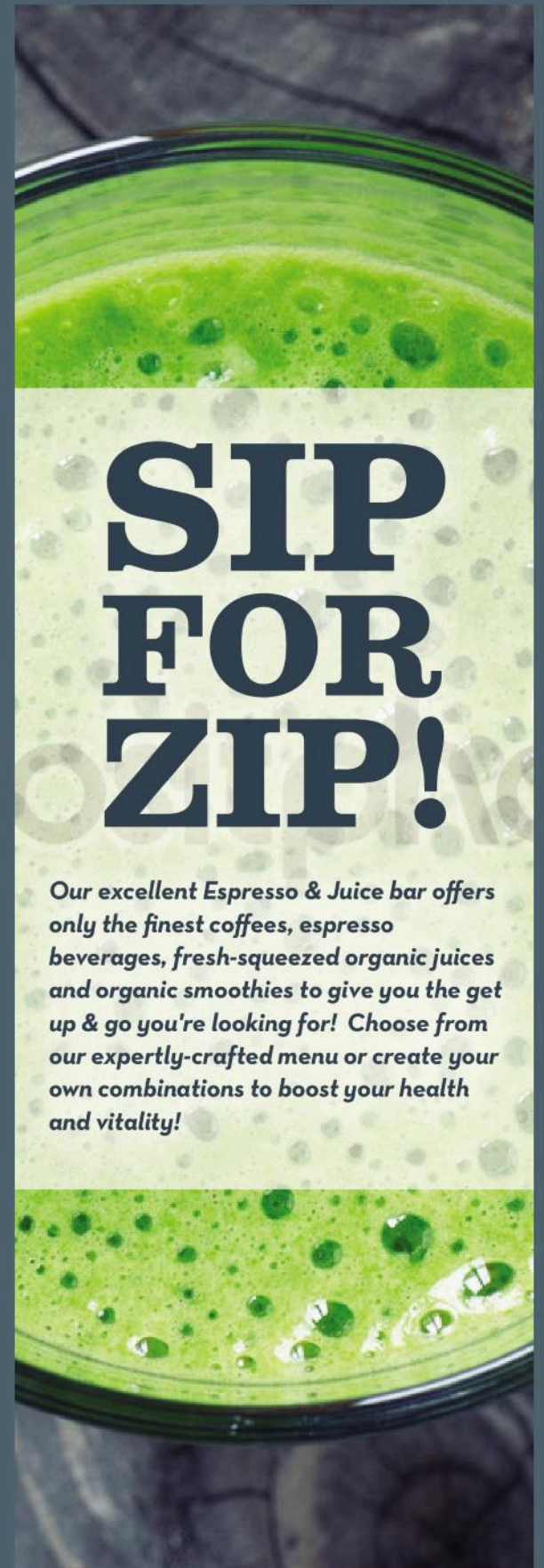
Organic Bulk
Split Green Peas
Price /lb
Reg price \$1.79/lb

\$1.59/lb



Organic Bulk
Gluten Free
Rolled Oats
Price /lb
Reg price \$3.29

\$2.79/lb



SIP FOR ZIP!

Our excellent Espresso & Juice bar offers only the finest coffees, espresso beverages, fresh-squeezed organic juices and organic smoothies to give you the get up & go you're looking for! Choose from our expertly-crafted menu or create your own combinations to boost your health and vitality!

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