



**Healthy
Living**
Market and Café



High Mowing
Seeds
All Varieties
Per packet
Reg price \$2.75

\$2.25



Organic Bulk
Red Quinoa
Price /lb
Reg price \$6.99

\$5.49



Ancient Harvest
**Organic Gluten
Free Quinoa
Pasta**
8 OZ
Reg price \$3.29

2/\$5



Drew's All Natural
Salad Dressing
Select Varieties
12 FL OZ
You SAVE \$1.00

\$2.79

NOT ALL PRODUCTS AVAILABLE IN ALL LOCATIONS

PRICES GOOD APRIL 29 - JUNE 2 • 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



Chocolove Xoxox
Chocolate Bar
Select Varieties
3.2 OZ

2/\$5



Bob's Red Mill
Gluten Free All Purpose Flour
44 OZ
You SAVE \$2.00

\$6.49



Dry Soda
4 pk Sodas
Select Varieties
48 FL OZ
Reg price \$5.49

\$3.99



Annie's Homegrown
Gluten Free Mac & Cheese
6 OZ
Reg price \$3.19

\$2.79



Que Pasa
Salsa
All Varieties
16 OZ
Reg price \$3.79

2/\$6



Jeff's Natural
Olives
Select Varieties
Various Size
Reg price \$5.79\$

\$4.49



Woodstock
Organic Kosher Dill Pickles
24 FL OZ
You SAVE \$1.00

\$4.79



San-J
Cooking Sauces
Select Varieties
10 FL OZ
You SAVE \$1.00

\$2.79



Red Wagon
Local Pansie's
All Colors
4 PK
You SAVE \$1.00

\$2.99



Ian's Natural Foods
Italian Panko Bread Crumbs
Gluten Free
7 OZ
Reg price \$3.99

\$2.79



Glutenfreeda
Gluten Free Oatmeal
Select Varieties
Various Sizes
Reg price \$5.49

\$3.99



Lucini Italia
Salad Dressing
Select Varieties
8.5 FL OZ
Reg price \$5.99

\$4.49

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OUR LOCAL PRODUCE GAME IS STRONG!

Our Produce Teams tells us that local farmers are starting to show up with the produce we've been waiting for ALL winter. You'll start seeing things like tiny, delicious micro-greens and a variety of classic greens, mesclun, arugula, and spinach that are tender, flavorful and full of Spring! Early asparagus will make an appearance this month, and we'll be getting rhubarb too! Don't forget, garlic scapes and wild ramps will also be available.



Fair Trade Organic
Bananas
Price /each

39¢



Conventional
Mangos
Price /each

\$1.99



Organic
Strawberries
16 OZ
Price /each

\$5.49



Organic
Green Kale
Price /each

\$2.99

Produce

WILD RAMP PESTO

Makes about 1 1/2 cups

- 12-15 ramps, washed
- 3/4 cup pine nuts, toasted
- 3/4 cup parmesan cheese
- 1/2-1 lemon, juiced
- 1/2-3/4 cup really nice olive oil
- Salt and pepper, to taste

DIRECTIONS:

1. Wash the ramps well under cool, running water, and trim away the roots from the bulbs. Cut the white parts away from the greens, and give them a rough chop. Saute the whites in a few TBSP of olive oil for 2-3 minutes to soften and mellow the flavor. Cool.
2. Add the ramp leaves, bulbs (and olive oil used to saute them), nuts, and parmesan cheese to the bowl of a food processor. Add a squeeze of lemon and a pinch of salt and pepper. Pulse a few times, then blend while drizzling in olive oil, until the mixture takes on a pesto consistency.
3. Adjust the salt, pepper, and lemon juice as needed, and blend again, adding a bit more olive oil if necessary.

*This is wonderful tossed with pasta,
spread on crusty bread, or even on a pizza.
It also freezes well!*

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Meat & Seafood

We're so proud of the people in our amazing Meat Department! Not only are they skilled butchers who work with local farmers to get fantastic cuts of beef, pork, lamb and more, they also prepare unique and delicious house-made products found in our meat case.

Have you tried our sausages? Healthy Living's Italian sausages are perfect for the upcoming grilling season. You will always find a terrific variety of sausages in our meat case. These juicy, super flavorful, easy to grill sausages make for a wonderful dinner. Try our Lamb Murguez with Tatziki or grill some Italian Sausages with peppers, and onions and serve with fresh crusty bread!

And what about that Maple-Ginger Breakfast Sausage? WOW! Juicy and gingery, sweet and savory... everything that makes breakfast wonderful. Local meat, carefully chosen herbs and spices and unique recipes make our house-made products truly exceptional. Ask our Meat Staff about them next time you're in!



House-Made
**Maple-Ginger
Breakfast
Sausage**
Price /lb

\$10.99



House-Made
**Chicken
Bone Broth**
Price /lb

\$3.49



House-Made
**Beef Bone
Broth**
Price /lb

\$3.49



House-Made
**Sweet Italian
Sausage**
Price /lb

\$10.99

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Annie's Naturals
**Organic
Ketchup**
24 OZ
Reg price \$2.99

2/\$5



Zevia
Soda 6 pk Cans
72 FL OZ
You SAVE \$1.00

\$4.49



Annie's Homegrown
**Bunny Cookies
& Crackers**
Various Sizes
Reg price \$3.99

2/\$6



Alkaline 84
**PH Balanced
Purified Water**
1 GAL
Reg price \$5.29

\$3.99



Cholula
Hot Sauces
Select Varieties
5 FL OZ
Reg price \$3.49

2/\$5



Tierra Farm
**Organic Goji
Berries**
Price /lb
You SAVE \$4.00

\$20.99



Castor & Pollux
**Organic
Maintenance
Adult Dog
Food**
5.25 LB
You SAVE \$2.00

\$17.79



Maple Hill Creamery
Yogurts
Select Varieties
6 OZ

\$1.19



Kettle Brand
Potato Chips
Select Varieties
Various Sizes
Reg price \$2.99

2/\$5



Izze
**Sparkling
Drink 4 PK**
48 FL OZ
You SAVE \$1.00

\$3.99



Amy's
**Organic Low
Sodium
Refried Beans**
15.4 OZ
Reg price \$2.99

2/\$5



Wallaby Organic
Low Fat Kefir
Select Varieties
32 FL OZ
Reg price \$4.69

\$3.99

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Larabar
Energy Bars
Select Varieties
Various Sizes

\$1.19



Stonyfield Farm
Organic Frozen Yogurts
Select Varieties
1 Pint

2/\$6



Bulk Snacks
Oriental Rice Cracker Mix
Price /lb
Reg price \$2.99

\$2.49



Seventh Generation
Diapers
Select Varieties
Various Sizes
You SAVE \$1.00

\$10.99



Guayaki
Organic Energy Drinks
Select Varieties
16 FL OZ
Reg price \$2.29

\$1.79



Muir Glen
Organic Canned Tomatoes
Select Varieties
14.5 OZ
Reg price \$1.99

2/\$3



G.H. Cretors
Popcorn
Select Varieties
Various Sizes
Reg price \$3.49

2/\$6



Cascadian Farm
Organic Cereals
Select Varieties
Various Sizes
Reg price \$4.79

\$3.99



Miso Master
Organic Mellow White Miso
16 OZ

\$7.99



Good Karma
Flax Milk
0.5 GAL

\$3.29



Theo Chocolate
Organic Chocolate Bar
Select Varieties
3 OZ
Reg price \$3.49

2/\$6



Que Pasa
Tortilla Chips
Blue, White, & Yellow
16 OZ
Reg price \$4.99

2/\$7

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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.



Woodstock Farms
**Raspberry
Yogurt Pretzels**
Price /lb

\$4.99



Against The Grain
**Original
Baguette**
15 OZ

\$4.99



Spectrum Essentials
**Ground Chia
Seeds**
10 OZ

\$5.49



Kind
Fruit & Nut Bar
Select Varieties
1.4 OZ

4/\$5



Maplebrook Farms
**Cheddar Curd
Bites**
8 OZ

\$2.79



Grandy Oats
**Organic Classic
Granola**
Price /lb

\$3.99



Organic Bulk
Pearled Barley
Price /lb

\$1.09



Glutino
**GF English
Muffins**
16.9 OZ

\$4.99



Wholly Wholesome
GF Pie Shells
14 OZ

\$3.99



Applegate Farms
**GF Chicken
Nuggets**
16 OZ

\$7.99



Spectrum Essentials
**Chia, Flax,
Cocoa Blend**
12 OZ

\$4.49



Natural Dentist
Toothpaste
Select Varieties
5 OZ

2/\$7

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Wine & Cheese

Divine Pairing



Bieler Pere et Fils Rosé

This wine is a Syrah/Grenache/Cabernet blend that tastes like Spring in a glass.

Ovation Double Cream French Brie

The strawberry and watermelon flavors of this Rosé provide great acidity that cuts through the creamy richness of the Brie.



This pairing brings exceptional flavors and balance to the sweet evenings of Spring. Celebrate the season with this pairing of light and lovely Rosé and creamy, smooth Brie.



Bread & Butter
Pinot Noir
750 ML
You SAVE \$3.00

\$13.99



Ovation
Double Cream Brie
Price /lb
Reg price \$8.99

\$5.79



Bread & Butter
Chardonnay
750 ML
You SAVE \$3.00

\$13.99



Reggiano
Parmesan
Price /lb
Reg price \$15.99

\$9.99

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Applegate Farms
Sausages
 Select Varieties
 7 OZ
 You SAVE \$1.00

\$3.99



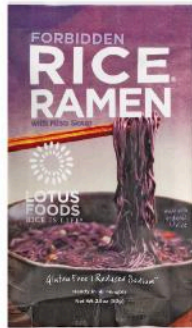
Crofters
Organic Fruit Spreads
 Select Varieties
 16.5 OZ
 Reg price \$5.69

2/\$8



Sunshine Burger Company
Burgers
 Select Varieties
 8 OZ
 Reg price \$4.99

\$4.69



Lotus Foods
Miso Ramen Singles
 Select Varieties
 2.8 OZ
 Reg price \$1.79

2/\$3



Boca Foods
Meat Substitutes
 Select Varieties
 10 OZ
 You SAVE \$1.00

\$3.79



Organic Bulk
All Purpose Whole Wheat Flour
 Price /lb
 Reg price \$0.99

89¢



Bearitos
Organic Refried Beans
 16 OZ
 Reg price \$2.79

\$2.29



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

\$1.99



Tierra Farm
Organic Fair Trade Dark Chocolate Chips
 Price /lb
 Reg price \$7.59

\$6.99



Silk
Milks
 Select Varieties
 0.5 GAL

2/\$7



Frontier Herbs Coop
Himalayan Sea Salt Fine Grind
 Price /lb
 Reg price \$12.79

\$9.99

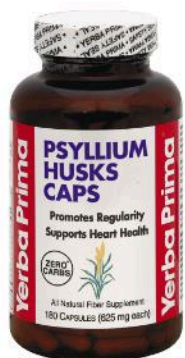


Rising Moon Organics
Organic Ravioli & Pierogis
 Select Varieties
 16 OZ

2/\$12

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Yerba Prima
**Psyllium
Husks Caps**
180 CAPS
Reg price \$10.99

\$8.49



Yerba Prima
**Psyllium
Whole Husks**
12 OZ
Reg price \$9.59

\$7.49



Happy Baby
**Organic Baby
Food**
3.5 OZ
Reg price \$1.69

2/\$3



Nutrition Now
**Rhino
Gummy Bear
Vitamins**
70 CT
You SAVE \$2.00

\$6.99



Nutrition Now
**Women's
Gummy Vitamins**
70 CT
Reg price \$10.09

\$7.99



Aura Cacia
**Pure Lavender
Calming
Essential Oil**
.5 FL OZ
Reg price \$11.99

\$9.49



Death Wish Coffee
**Organic Fair
Trade Death
Wish Coffee**
Price /lb
You SAVE \$1.00

\$12.99



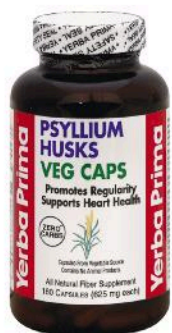
Rainbow Light
**Prenatal One
Multivitamin**
150 TABS
Reg price \$46.79

\$37.49



Rainbow Light
**Prenatal One
Multivitamin**
30 TABS
Reg price \$14.39

\$11.49



Yerba Prima
**Psyllium Husks
Veg Caps**
180 CAPS
Reg price \$11.99

\$9.49



Honest Tea
**Ready to Drink
Tea**
Select Varieties
16 FL OZ
Reg price \$1.59

4/\$5



Love Child Organics
**Organic Baby
Food**
Select Varieties
4 OZ
Reg price \$1.79

2/\$3

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Andalou Naturals
**Lime Blossom
Hand Cream**
3.4 FL OZ
Reg price \$8.09

\$6.49



Sweet Leaf
**Vanilla or Clear
Sweetener Drops**
2 FL OZ
You SAVE \$3.00

\$10.99



Aura Cacia
**Sweet Orange
Essential Oil**
.5 FL OZ
Reg price \$4.49

2/\$7



Andalou Naturals
**Lavender Shea
Hand Cream**
3.4 OZ
Reg price \$7.29

\$5.99



Nourish
Deodorants
Select Varieties
2.2 OZ
Reg price \$7.99

\$6.49



Kiss My Face
**Unscented
Deodorant Stick**
2.48 OZ
Reg price \$5.39

\$4.29



Aura Cacia
**Organic
Essential
Lemon Oil**
.5 FL OZ

2/\$8



Aura Cacia
**Clove Bud
Essential Oil**
.5 FL OZ

\$5.49



Kiss My Face
**Roll-On
Deodorant**
Select Varieties
3 OZ

\$4.29



Natural Dentist
Oral Rinses
Select Varieties
16.9 FL OZ
You SAVE \$2.00

\$6.99



Derma E
**Tea Tree & E
Antiseptic Creme**
4 OZ

\$10.49



Modern Products
Swiss Kriss Tabs
120 TABS
Reg price \$7.69

\$5.99



Giovanni Hair Care
**50/50 Balanced
Shampoo or
Conditioner**
8.5 FL OZ

\$5.79



Giovanni Hair Care
**L.A. Hold Hair
Spray**
5.0 FL OZ

\$5.79



Nutiva
Chia Seeds
12 OZ
Reg price \$12.79

\$9.49

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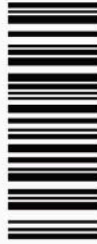
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CHECK OUT OUR DEEP DISCOUNTS!

SAVE \$1

CONTES
Gluten Free Potato Gnocchi

12 oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

UDIS
Gluten Free Cinnamon Rolls

14.11 oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



\$1 OFF

ANDALOU NATURALS
Clementine Hand Cream

3.4 oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

Chocolove
Strong Dark Chocolate Bar

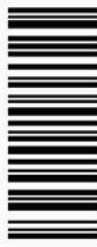
3.2 fl oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

OREGON'S WILD HARVEST
Astragalus

90 caps. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

NATURE'S PATH
EnviroKidz Leaping Lemurs Cereal

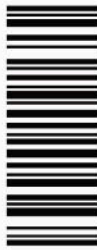
90 caps. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

DREW'S
Rosemary Balsamic Dressing

12 fl oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



\$1 OFF

ZEVIA
Cola 4 Pack

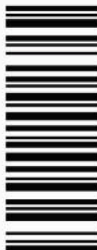
72 fl oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

ENJOY LIFE
GF Crunchy Chocolate Chip Cookies

7 oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

BARBARA'S
Multigrain & Vanilla Almond Shredded Cereal

14 oz. Good through 6.2.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



Food For Life Baking Co.
Brown Rice
Tortillas
12 OZ
Reg price \$4.19

\$2.99



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

\$2.49



Seventh Generation
Baby Wipes
64 CT
Reg price \$3.99

2/\$7



Derma E
Skin Lighten
2 OZ
Reg price \$24.99

\$19.99

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