



# AMAZING WEEKLY SAVINGS

July 29 - August 4



## GROCERY

*save*  
**80¢** Nixie Sparkling Water  
**Sparkling Water 8Pk**  
\$4.99/96 fl oz

*save*  
**50¢** San J  
**Asian Sauces & Marinades**  
\$3.29/10 fl oz

*save*  
**70¢** Frontera  
**Salsas**  
\$2.99/12.5 oz

## BULK

*save*  
**\$2<sup>00</sup>** /lb Essential HL  
**Organic Everything Bagel Cashews**  
\$14.49/lb

*save*  
**\$1<sup>00</sup>** /lb True North Granola Co.  
**Nutty No Grainer Granola**  
\$15.49/lb

*save*  
**\$1<sup>00</sup>** /lb Equal Exchange  
**Organic Fair Trade French Decaf Coffee**  
\$12.99/lb

## CHILLED

*2 for*  
**\$5<sup>00</sup>** Califa Farms  
**Almond Milk Coffee Drinks**  
you save 58¢

*2 for*  
**\$8<sup>00</sup>** Gardein  
**Plant Based Entrees**  
save up to \$1.58

*2 for*  
**\$7<sup>00</sup>** Natural Choice  
**Organic Pops**  
you save 98¢

## CHEESE

*save*  
**\$2<sup>00</sup>** /lb Four Fat Fowl  
**St. Stephen Triple Cream**  
\$24.99/lb

## WELLNESS

*save*  
**\$1<sup>80</sup>** Navitas  
**Hemp Powder**  
\$12.99/12 oz

*save*  
**\$2<sup>61</sup>** Peaceful Harvest  
**Mushrooms Neuro Immune**  
\$20.39/2 fl oz

## MEAT & SEAFOOD

*save*  
**\$14<sup>00</sup>** Black River  
**VT Raised Ground Pork**  
\$5.99/2.5 lb

*save*  
**50¢** Hardwick Beef  
**Beef Ground Prepacked**  
\$9.49/1 lb

*save*  
**\$2<sup>00</sup>** Reunion  
**Organic Beef Ribeye**  
\$11.99/10 oz

*save*  
**\$2<sup>00</sup>** Reunion  
**Organic Beef Patties**  
\$6.99/12 oz

*save*  
**\$5<sup>00</sup>** Wild Caught  
**Halibut**  
\$18.99/lb

## BEER & WINE

*save*  
**\$2<sup>00</sup>** Chateau Pesquie  
**Les Terrases**  
\$14.99/750 ml

*save*  
**\$2<sup>00</sup>** Cote Mas  
**Rosé**  
\$9.99/1000 ml

*save*  
**\$10<sup>00</sup>** Les Allies  
**Rosé Box**  
\$29.99/3000 ml

*save*  
**\$2<sup>00</sup>** Maz Caz  
**Rosé**  
\$13.99/750 ml

*save*  
**\$3<sup>00</sup>** Second Wind  
**Sauvignon Blanc**  
\$8.99/750 ml

MORE AMAZING SALES



Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER

# 10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

## GROCERY

2 for  
**\$4<sup>00</sup>**  
RX Bar  
**Protein Bars**  
you save 78¢

save  
**50¢**  
Lesser Evil  
**Paleo Puff  
No Cheese**  
\$3.79/5 oz

## CHILLED

save  
up to  
**\$1<sup>00</sup>**  
Daiya  
**Plant Based Shreds,  
Cream Cheese  
& Wedges**  
\$3.99/sizes vary

save  
**50¢**  
Lightlife Foods  
**Tempeh Fakin Bacon**  
\$4.29/6 oz

## CHEESE

save  
**\$1<sup>00</sup>** /lb  
Fromager D'Affinois  
**Double Cream Brie**  
\$11.99/lb

## CAFÉ

save  
**80¢**  
Essential HL  
**Korean BBQ**  
\$11.99/1 lb

save  
**\$1<sup>20</sup>**  
Essential HL  
**Lemon Cookies**  
\$5.59/8 oz

## WELLNESS

save  
**50¢**  
Schmidt's  
**Charcoal  
Toothpaste**  
\$5.49/4 oz

save  
**50¢**  
Schmidt's  
**Wondermint  
Toothpaste**  
\$5.49/4 oz

## PRODUCE

save  
**\$1<sup>50</sup>**  
Organic  
**Red & Green  
Grapes**  
\$3.49/lb

save  
**\$1<sup>00</sup>**  
Organic  
**Yellow Peaches &  
Nectarines**  
\$3.99/lb

save  
**\$3<sup>00</sup>**  
Organic  
**Strawberries**  
\$4.99/16 oz

save  
**\$1<sup>00</sup>**  
Organic  
**Raspberries**  
\$3.99/6 oz

save  
**\$2<sup>00</sup>**  
Organic  
**Asparagus**  
\$6.99/lb

# CORE SHOPPER EXCLUSIVES

## GROCERY

save  
**50¢**  
Late July  
**Organic Dipper Chips**  
\$3.49/8 oz

save  
**50¢**  
Epic  
**Pork Rinds Texas BBQ**  
\$3.29/2.5 oz

## PRODUCE

save  
**\$2<sup>50</sup>**  
Fresh  
**Cherries**  
\$4.49/lb

## CHILLED

save  
**\$1<sup>00</sup>**  
Bubbies  
**Kosher Dill  
Pickles**  
\$5.79/33 fl oz

2 for  
**\$8<sup>00</sup>**  
Halo Top  
**Ice Cream &  
Frozen Desserts**  
you save \$1.98

## CHEESE

save  
**\$1<sup>00</sup>** /lb  
Cypress Grove  
**Midnight Moon**  
\$26.99/lb

## CAFE

save  
**\$1<sup>00</sup>**  
Essential HL  
**Cajun Chicken Breast**  
\$13.99/lb

## Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER