



# WOW! WEEKLY SAVINGS

September 30 - October 06



## GROCERY

*save*  
**\$50¢** Que Pasa  
**Organic Tortilla Chips**  
\$2.99/sizes vary

*save*  
**\$50¢** Felicetti  
**Organic Pasta**  
\$2.19/16 oz

*save*  
**\$2<sup>00</sup>** GO Macro  
**Kids Macrobars 7Pk**  
\$4.49/6.3 oz

## BULK

*save*  
**\$1<sup>00</sup>** /lb Essential HL  
**Organic Turkish Apricots**  
\$5.49/lb

*save*  
**\$1<sup>00</sup>** /lb Essential HL  
**Organic Turkish Figs**  
\$6.49/lb

*save*  
**\$1<sup>00</sup>** /lb Equal Exchange  
**Organic Fair Trade Coffee**  
\$10.49/lb

## BEER & WINE

*save*  
**\$8<sup>00</sup>** Canaletto  
**Prosecco**  
\$9.99/750 ml

*save*  
**\$4<sup>00</sup>** Chateau Varennes  
**Beaujolais-Villages**  
\$11.99/750 ml

*save*  
**\$7<sup>00</sup>** Daou  
**The Pessimist**  
\$22.99/750 ml

*save*  
**\$2<sup>00</sup>** McBride Sisters  
**Chardonnay**  
\$15.99/750 ml

*save*  
**\$1<sup>00</sup>** The Boatman  
**Red Blend**  
\$9.99/750 ml

## CHILLED

*2 for*  
**\$5<sup>00</sup>** Kevita  
**Organic Probiotic Drinks**  
you save 98¢

*save*  
**79¢** Kite Hill  
**Plant Based Dips**  
\$3.99/8 oz

## CHILLED (CONT.)

*save*  
**\$1<sup>00</sup>** Organic Valley  
**Organic Ghee**  
retails vary/sizes vary

*save*  
**\$2<sup>00</sup>** Udis  
**GF White Sandwich Bread**  
\$5.99/18 oz

## MEAT & SEAFOOD

*save*  
**50¢** Boyden Farm  
Limited Reserve  
**Prepacked Ground Beef**  
\$8.99/lb

*save*  
**\$1<sup>00</sup>** Boyden Farm  
Limited Reserve  
**Stew Meat**  
\$8.99/lb

*save*  
**\$1<sup>00</sup>** Vermont Salumi  
**Red Wine & Garlic Sausage**  
\$6.99/14 oz

*save*  
**\$1<sup>00</sup>** Vermont Salumi  
**Fennel Salami**  
\$5.99/4 oz

*save*  
**50¢** Bilinski  
**OG Mild Italian Chicken Sausage**  
\$6.49/12 oz

## CHEESE

*save*  
**\$2<sup>00</sup>** /lb Jean Perrin  
**Secret De Scey**  
\$10.59/lb

## WELLNESS

*save*  
**\$1<sup>00</sup>** Andalou Naturals  
**Cannacell Happy Day Cream**  
\$18.99/1.7 oz

*save*  
**\$1<sup>00</sup>** Andalou Naturals  
**Cannacell Dreamy Night Cream**  
\$18.99/1.7 oz

**Our salad bar is back and better than ever!**

Come by and let one of our chefs prepare something just for you.



MORE  
AMAZING  
SALES →

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER

# 10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

PRODUCE	GROCERY	CAFÉ (CONT.)	CHEESE
<p><i>save</i> <b>\$50¢</b></p> <p>Organic <b>Bartlett Pears</b> \$1.99/lb</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Kettle &amp; Fire <b>Bone Broth Beef Pho</b> retails vary/sizes vary</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Essential HL <b>Classic Hummus</b> \$5.99/lb</p>	<p><i>save</i> <b>\$3<sup>00</sup></b> /lb</p> <p>Emmi <b>Swiss Appenzeller</b> \$19.99/lb</p>
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Organic <b>Red And Green Grapes</b> \$3.99/lb</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Simple Mills <b>Gluten Free Pumpkin Muffin Mix</b> \$6.99/8.4 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Essential HL <b>Toasty Pecan Pie</b> \$19.29/36 oz</p>	WELLNESS
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Fresh <b>Brussels Sprouts</b> \$1.99/lb</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Bobs Red Mill <b>Old Fashioned Rolled Oats</b> \$5.99/32 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Essential HL <b>GF Pecan Pie</b> \$19.29/36 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL <b>Vitamin D 5000 IU</b> \$19.99/250 ct</p>
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Fresh <b>Rainbow Bell Peppers</b> \$4.99/ 3 pk</p>	CAFÉ	CHILLED	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL <b>Pureway-C Caps</b> \$15.99/120 ct</p>
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Organic <b>Asparagus</b> \$6.99/lb</p>	<p><i>save</i> <b>\$70¢</b></p> <p>Essential HL <b>Crunchy Kale</b> \$9.29/lb</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Gardein <b>Skillet Meals</b> \$6.99/20 oz</p>	
		<p><b>2 for \$8<sup>00</sup></b></p> <p>Gardein <b>Plant Based Entrees</b> save up to \$1.98</p>	

## CORE SHOPPER EXCLUSIVES

PRODUCE	CHILLED	CHEESE	WELLNESS
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Organic <b>Ginger</b> \$1.99/lb</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Siete <b>Tortillas</b> \$6.99/sizes vary</p>	<p><i>save</i> <b>\$2<sup>00</sup></b> /lb</p> <p>Roth <b>Buttermilk Blue</b> \$12.99/lb</p>	<p><i>save</i> <b>\$3<sup>00</sup></b></p> <p>Vermont Mountain <b>Elderberry Elderberry Syrup</b> \$15.99/8 fl oz</p>
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Organic <b>Honeycrisp Apples</b> \$2.99/lb</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Wyman's <b>Frozen Berries</b> retails vary/2-3 lbs</p>	GROCERY	<p><i>save</i> <b>\$3<sup>00</sup></b></p> <p>Vermont Mountain <b>Elderberry Triple Berry Syrup</b> \$15.99/8 fl oz</p>
		<p><i>save up to</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL <b>Organic Maple Syrup</b> retails vary/sizes vary</p>	

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EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER