



# WOW! WEEKLY SAVINGS

December 2 - December 8



GROCERY	BULK (CONT.)	WELLNESS	MEAT & SEAFOOD
<p><i>save</i> <b>\$50¢</b></p> <p>Barbara's <b>Cheese Puffs</b> \$2.49/sizes vary</p>	<p><i>save</i> <b>\$1<sup>00</sup></b> /lb</p> <p>Essential HL <b>Organic Roasted Salted Cashews</b> \$14.49/lb</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Lily of the Desert <b>Aloe Vera Gelly</b> \$3.99/4 fl oz</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Boyden Farm Limited Reserve <b>Pre-packed Ground Beef</b> \$8.99/lb</p>
<p><i>save</i> <b>\$50¢</b></p> <p>Endangered Species <b>Fair Trade Chocolate Bars</b> \$2.49/3 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b> /lb</p> <p>Essential HL <b>Organic Dried Mango</b> \$11.99/lb</p>	<p><i>save</i> <b>\$50¢</b></p> <p>Lily of the Desert <b>Aloe Vera Gelly</b> \$5.49/8 fl oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Boyden Farm Limited Reserve <b>Stew Meat</b> \$8.99/lb</p>
<p><i>save</i> <b>\$1<sup>50</sup></b></p> <p>Garden Of Eatin' <b>Tortilla Chips</b> \$3.49/16 oz</p>	<b>CHILLED</b>		<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Wild Caught <b>Haddock</b> \$9.99/lb</p>
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Patagonia Provisions <b>Marinated Mussels</b> \$5.89/4.2 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Gardein <b>Plant Based Skilllets</b> \$6.99/20 oz</p>	<p><i>save</i> <b>\$23<sup>00</sup></b></p> <p>Aviary <b>Reserve Cabernet Sauvignon</b> \$19.99/750 ml</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Wild Caught <b>Swordfish</b> \$17.99/lb</p>
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Tender &amp; True <b>Dog Treats</b> \$7.99/4 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Capellos <b>Gluten Free Cookie Dough</b> \$10.99/12 oz</p>	<p><i>save</i> <b>\$6<sup>00</sup></b></p> <p>Bodegas Ego <b>Goru Gold Red Blend</b> \$15.99/750 ml</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Garrett Valley <b>Black Forest Ham Nugget</b> \$15.99/1.75 lb</p>
<b>CHEESE</b>		<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Chateau Guilhem <b>Pot De Vin Rouge</b> \$13.99/750 ml</p>	<div style="border: 2px solid red; padding: 10px; background-color: #e61e22; color: white;"> <p><b>HOLIDAY PRE-ORDERS ARE HERE!</b></p> <p>Order roasts, hams, house-made desserts, &amp; more through 12/19.</p> </div>
<p><i>save</i> <b>\$2<sup>00</sup></b> /lb</p> <p>Imported <b>St Andre</b> \$16.99/lb</p>	<p><i>save</i> <b>\$3<sup>00</sup></b></p> <p>Domaine De La Janasse <b>Reserve Cotes Du Rhone</b> \$15.99/750 ml</p>		
<b>BULK</b>		<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Domaine La Garrigue <b>Cotes Du Rhone</b> \$15.99/750 ml</p>	
<p><i>save</i> <b>\$1<sup>00</sup></b> /lb</p> <p>Vermont Coffee Company <b>Organic French Country Coffee</b> \$9.99/lb</p>	<p><i>2 for</i> <b>\$6<sup>00</sup></b></p> <p>Immaculate Baking <b>All Natural Pie Crust</b> you save \$1.98/15 oz</p>		
	<p><i>2 for</i> <b>\$7<sup>00</sup></b></p> <p>Immaculate Baking <b>Gluten Free Cookie Dough</b> you save \$1.58</p>		
	<b>MORE AMAZING SALES</b> →		

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER

# 10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

PRODUCE	GROCERY	CAFÉ	WELLNESS	
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Organic <b>Gala And Fuji Apples</b> \$1.99/lb</p>	<p><i>save</i> <b>50¢</b></p> <p>Bob's Red Mill <b>1:1 Gluten Free Baking Flour</b> \$4.49/22 oz</p>	<p><i>save</i> <b>50¢</b></p> <p>Essential HL <b>Whoopie Pie</b> \$2.99/ea</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Oregon's Wild Harvest <b>Echinacea, Zinc &amp; Vitamin C</b> \$13.49/90 ct</p>	
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Organic <b>Raspberries</b> \$3.99/6 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Daily Pantry <b>Organic Broths</b> \$2.79/32 fl oz</p>	<p><i>save</i> <b>60¢</b></p> <p>Essential HL <b>Pepper &amp; Onion</b> \$4.79/14 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Oregon's Wild Harvest <b>Echinacea</b> \$14.99/90 ct</p>	
<p><b>2 for \$3<sup>00</sup></b></p> <p>Fair Trade Organic <b>Avocados</b> you save \$1.98</p>	<b>CHILLED</b>		<div style="border: 2px solid green; padding: 10px; background-color: #1a3d4d; color: white;"> <p><b>HUNGRY FOR SOMETHING DIFFERENT?</b></p> <p>Take Home Seasonally Inspired Dinners from HLM Café!</p>  </div>	
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Fresh <b>Vine Ripe Tomatoes</b> \$1.49/lb</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Kinnikinnick <b>Gluten Free Donuts</b> \$4.79/9.5 oz</p>	<b>CHEESE</b>		
<p><b>2 for \$5<sup>00</sup></b></p> <p>Organic <b>European Cucumbers</b> you save .98¢</p>	<p><b>2 for \$7<sup>00</sup></b></p> <p>Hope Foods <b>Organic Hummus</b> you save .98¢</p>	<p><i>save</i> <b>\$3<sup>00</sup> /lb</b></p> <p>Livradois <b>French Raclette</b> \$11.99/lb</p>		
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Fresh <b>Rainbow Peppers</b> \$4.99/3 pk</p>				

## CORE SHOPPER EXCLUSIVES

PRODUCE	CHILLED	CHEESE	WELLNESS
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Organic <b>Pomegranates</b> \$2.99/ea</p>	<p><b>2 for \$8<sup>00</sup></b></p> <p>Gardein <b>Plant Powered Meals</b> you save up to \$1.58</p>	<p><i>save</i> <b>\$5<sup>00</sup> /lb</b></p> <p>Emmi <b>Cave Aged Gruyere</b> \$19.99/lb</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Essential HL <b>Magnesium Glycinate 400MG Caps</b> \$14.79/90 ct</p>
<p><i>save up to</i> <b>\$1<sup>58</sup></b></p> <p>Dancing Deer <b>Cookies And Brownies</b> retails vary/sizes vary</p>			<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL <b>Spirulina 500MG Tabs</b> \$19.99/250 ct</p>

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER