



# WOW! WEEKLY SAVINGS

January 27 - February 2



GROCERY	BULK (CONT.)	CHILLED (CONT.)	CHEESE
<p><i>save</i> <b>\$1<sup>80</sup></b></p> <p>Jade Leaf Organics <b>Matcha Latte Mix</b> \$6.49/3.5 oz</p>	<p><i>save</i> <b>20¢</b> /lb</p> <p>Bulk Commodity <b>Organic Yellow Popcorn</b> \$1.59/lb</p>	<p><b>2 for \$5<sup>00</sup></b></p> <p>Cabot <b>Cracker Cut Cheeses</b> you save \$2.38</p>	<p><i>save</i> <b>\$1<sup>00</sup></b> /lb</p> <p>Blue Ledge Farm <b>Lakes Edge</b> \$19.99/lb</p>
<p><i>save</i> <b>50¢</b></p> <p>Birch Benders <b>Pancake Mix With Plant Protein</b> \$4.99/14 oz</p>	<b>WELLNESS</b>		<b>MEAT &amp; SEAFOOD</b>
<p><i>save</i> <b>50¢</b></p> <p>Pacific <b>Organic Soups</b> \$3.49/32 fl oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Ursa Major <b>Bar Soap Morning Mojo</b> \$11.99/5 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Horizon Dairy <b>Organic American Cheese</b> \$3.99/8 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Hardwick Beef <b>Beef Stew Meat</b> \$9.49/lb</p>
<p><i>save</i> <b>50¢</b></p> <p>Late July <b>Organic Tortilla Chips</b> \$2.99/11 oz</p>	<p><i>save</i> <b>\$4<sup>00</sup></b></p> <p>Ursa Major <b>Vitamin C Serum</b> \$45.99/1 fl oz</p>	<b>BEER &amp; WINE</b>	
<p><i>save</i> <b>50¢</b></p> <p>Rx Bar <b>Protein Bars</b> \$1.89/1.83 oz</p>	<b>CHILLED</b>		<p><i>save</i> <b>50¢</b></p> <p>Hardwick Beef <b>Prepacked Ground Beef</b> \$9.49/lb</p>
<b>BULK</b>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Caulipower <b>Cauliflower Tortillas</b> \$4.99/sizes vary</p>	<p><i>save</i> <b>\$3<sup>00</sup></b></p> <p>Domaine Lafage <b>Narassa Grenache Syrah</b> \$16.99/750 ml</p>	<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>20¢</b> /lb</p> <p>Bulk Commodity <b>Organic Millet</b> \$1.79/lb</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Ken Wright Cellars <b>Willamette Valley Pinot Noir</b> \$19.99/750 ml</p>	<p><i>save</i> <b>\$10<sup>00</sup></b></p> <p>Rocks Of Bawn <b>Pinot Noir</b> \$15.99/750 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>30¢</b> /lb</p> <p>Bulk Commodity <b>Organic Steel Cut Oats</b> \$0.99/lb</p>	<p><i>save</i> <b>\$1<sup>50</sup></b></p> <p>Little Northern Bakehouse <b>Gluten Free Breads</b> \$4.49/sizes vary</p>	<p><i>save</i> <b>\$4<sup>00</sup></b></p> <p>Tessellae <b>Vieilles Vignes Carignan</b> \$13.99/750 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 lbs</p>
		<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>The Fableist <b>Cabernet Sauvignon</b> \$17.99/750 ml</p>	

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER

MORE  
AMAZING  
SALES



# 10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

PRODUCE	GROCERY	CHILLED	WELLNESS
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Heirloom Sweet Navel Oranges \$4.99/3 lb</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Kettle &amp; Fire Bone Broth &amp; Bone Broth Soups retails vary/16.9 fl oz</p>	<p><i>2 for</i> <b>\$8<sup>00</sup></b></p> <p>Dr. Praeger's Veggie Burgers you save 58¢</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Vital Proteins Coconut Coffee Creamer \$26.99/10.3 oz</p>
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Organic Sugarbee Apples \$3.99/lb</p>	<p><b>CHEESE</b></p>	<p><i>save</i> <b>50¢</b></p> <p>Organic Valley Organic Shredded Cheese \$4.29/6 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Vital Proteins Vanilla Coffee Creamer \$26.99/10.6 oz</p>
<p><i>5 for</i> <b>\$5<sup>00</sup></b></p> <p>Organic Avocados you save \$7.45</p>	<p><i>save</i> <b>\$1<sup>00</sup></b> /lb</p> <p>Cochran Farm Oriskany \$31.99/lb</p>		
<p><i>save</i> <b>50¢</b></p> <p>Organic Cucumbers \$2.49/lb</p>			
<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Organic Brussels Sprouts \$3.99/lb</p>			



IS HERE!

# HL Fresh

To celebrate the official launch on Monday 2/1

## ENJOY A FREE CUP OF COFFEE!

**8am - 11am**

When you purchase any breakfast sandwich

# CORE SHOPPER EXCLUSIVES

PRODUCE	CHILLED	WELLNESS	CAFÉ
<p><i>2 for</i> <b>\$3<sup>00</sup></b></p> <p>Organic Cara Cara Navel Oranges you save 0.98¢</p>	<p><i>2 for</i> <b>\$7<sup>00</sup></b></p> <p>Cascadian Farms Organic Berries you save 0.98¢</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL Vitamin D 5000 IU \$19.99/250 ct</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>HL Fresh Vegan lasagna \$8.99/lb</p>
<p><i>2 for</i> <b>\$5<sup>00</sup></b></p> <p>Fresh Sumo Mandarins you save \$1.98</p>	<p><i>2 for</i> <b>\$10<sup>00</sup></b></p> <p>Coconut Bliss Plant Based Frozen Desserts you save \$1.98</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Essential HL Zinc 20Mg \$12.99/250 ct</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>HL Fresh Chicken Parm \$9.79/lb</p>
GROCERY	CHEESE		
<p><i>save</i> <b>\$1<sup>50</sup></b></p> <p>Michael's Of Brooklyn Pasta Sauce \$6.99/32 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b> /lb</p> <p>Cobb Hill Golden Aged Smoked Gouda \$26.99/lb</p>	<p><i>save</i> <b>\$8<sup>00</sup></b></p> <p>Om Mushrooms Immune Defense Mushroom Caps \$21.99/90 ct</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>HL Fresh Enchiladas Verde \$11.99/lb</p>
		<p><i>save</i> <b>\$6<sup>00</sup></b></p> <p>Om Mushrooms Mushroom Immune Powder \$16.99/3.5 oz</p>	

Sales Key: **EVERYDAY SALES** **10% DISCOUNTS** **CORE SHOPPER**