



Member-Owner Advantage Sales

April 30-May 6, 2012

Grocery Department:

| Item: | Regular: | Sale: |
|---|----------|--------|
| Alter Eco Dark Chocolate Blackout 2.82 oz | \$3.99 | \$2.99 |
| Alter Eco Dark Chocolate Quinoa Bar 2.82 oz | \$3.99 | \$2.99 |
| Amy's Gluten Free Shortbread Cookie 5.4 oz | \$5.59 | \$3.99 |
| Annie's Homegrown Shells & White Cheddar 10.5 oz | \$2.99 | \$2.79 |
| Barbara's Bakery Peanut Butter & Choc Puffins 10.5 oz | \$4.89 | \$3.99 |
| Bionaturae Tagliatelle Egg Pasta 8.8 oz | \$4.15 | \$2.99 |
| Bob's Red Mill Quick Cooking Oats 32 oz | \$6.75 | \$2.99 |
| Bob's Red Mill Tapioca Flour 20 oz | \$3.89 | \$2.99 |
| Bob's Red Mill Whole Grain Steel Cut Oats 24 oz | \$5.59 | \$2.99 |
| Boulder Canyon Balsamic Rosemary Kettle Chips 5 oz | \$2.99 | \$2.49 |
| Equal Exchange Baking Cocoa 8 oz | \$8.59 | \$6.99 |
| Equal Exchange Hot Cocoa 12 oz | \$8.65 | \$6.99 |
| Go Raw Banana Flax Bread Bar 1.2 oz | \$2.95 | \$2.29 |
| Go Raw Spirulina Energy Bar 1.7 oz | \$2.95 | \$2.29 |
| Let's Do... Organic Small Pearl Tapioca 6 oz | \$3.15 | \$2.39 |
| Lundberg Barbeque Rice Chips 6 oz | \$3.39 | \$2.39 |
| Lundberg Sea Salt Rice Chips 6 oz | \$3.39 | \$2.39 |
| Lundberg Sesame Seaweed Rice Chips 6 oz | \$3.39 | \$2.39 |
| Mom's Spaghetti Sauce Artichoke Heart/Asiago Cheese 24 oz | \$7.95 | \$5.99 |
| Mom's Spaghetti Sauce Garlic And Basil 14 oz | \$5.19 | \$3.99 |
| Mom's Spaghetti Sauce Garlic And Basil 24 oz | \$7.99 | \$5.99 |
| Nature's Path Crunchy Maple Sunrise Cereal 10.6 oz | \$4.75 | \$3.39 |
| Nature's Path Crunchy Vanilla Sunrise Cereal 10.6 oz | \$4.75 | \$3.39 |
| Organic Gourmet Vegetable Bouillon 3.1 oz | \$3.49 | \$2.89 |
| Pachamama Decaf 12 oz | \$11.95 | \$9.99 |
| Pachamama Farmer's Extra Dark 12 oz | \$11.95 | \$9.99 |
| Pachamama Five Sisters 12 oz | \$11.95 | \$9.99 |
| Pachamama Peru 12 oz | \$11.95 | \$9.99 |
| Sierra Nevada Brewing Co. Pale Ale & Honey Spice Mustard 8 oz | \$3.89 | \$2.89 |
| Sierra Nevada Brewing Co. Porter & Spicy Brown Mustard 8 oz | \$3.89 | \$2.89 |
| Simply Organic Gluten Free Carrot Cake Mix 11.6 oz | \$5.19 | \$2.99 |
| Simply Organic Ground Cinnamon 2.45 oz | \$4.95 | \$3.39 |
| Simply Organic Vanilla Extract 4 oz | \$9.99 | \$6.99 |
| Snackle Mouth Almond Pecan Granola Clusters 5.5 oz | \$3.69 | \$2.89 |
| Snackle Mouth Peanut Cran Granola Clusters 5.5 oz | \$3.69 | \$2.89 |
| Teas' Tea Golden Oolong 16.9 oz | \$1.99 | \$1.49 |
| Teas' Tea Green 16.9 oz | \$1.99 | \$1.49 |
| Teas' Tea Green Jasmine 16.9 oz | \$1.99 | \$1.49 |
| Teas' Tea Lemongrass 16.9 oz | \$1.99 | \$1.49 |
| Tinkyada Brown Rice Fettuccini 14 oz | \$3.15 | \$2.49 |

Bulk Department:

| Item: | Regular: | Sale: |
|---|----------|---------|
| Breadshop Honey Gone Nuts Granola bulk | \$4.15 | \$2.89 |
| Lundberg Organic Sushi Rice bulk | \$2.59 | \$1.99 |
| Marin Foods Whole Wheat Fig Bars bulk | \$5.45 | \$4.69 |
| Organic Sunflower Seeds bulk | \$3.75 | \$2.99 |
| Pachamama Farmer's Extra Dark bulk | \$13.50 | \$11.99 |
| Pachamama Guatemala bulk | \$13.50 | \$11.99 |
| Pachamama Harvest Blend bulk | \$13.50 | \$11.99 |
| Pachamama Nicaragua bulk | \$13.50 | \$11.99 |
| Sunridge Farms Chocolate Rainbow Drops bulk | \$8.25 | \$6.99 |
| Sunridge Farms Organic Candy Crunch bulk | \$11.55 | \$9.99 |

Refrigerated Department:

| Item: | Regular: | Sale: |
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| Amande Blueberry Almond Milk Yogurt 6 oz | \$1.69 | \$1.39 |
| Amande Coconut Almond Milk Yogurt 6 oz | \$1.69 | \$1.39 |
| Amande Strawberry Almond Milk Yogurt 6 oz | \$1.69 | \$1.39 |
| Food For Life Ezekiel Cin/Rsn Sprout Bread 24 oz | \$5.09 | \$4.69 |
| Good Belly Mango Probiotic Juice 32 oz | \$4.65 | \$3.75 |
| Lightlife Foods Smart Dog Jumbos 13.5 oz | \$4.55 | \$3.65 |
| Lisanatti Almond Mozzarella Cheeze 8 oz | \$4.35 | \$3.65 |
| Lisanatti Almond Pepper Jack Cheeze 8 oz | \$4.35 | \$3.65 |
| Mt. Vikos Sheep's Milk Halloumi 8 oz | \$8.19 | \$6.99 |
| Redwood Hill Farm Plain Goat Yogurt 32 oz | \$6.99 | \$6.19 |
| Redwood Hill Farm Vanilla Goat Yogurt 32 oz | \$7.99 | \$7.29 |
| Simply Orange Apple Juice 1.75 L | \$6.49 | \$5.19 |
| Wildwood Firm Tofu Vacuum Pack 30 oz | \$4.65 | \$3.75 |

Frozen Department:

| Item: | Regular: | Sale: |
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| Amy's Roasted Vegetable Tamale 10.3 oz | \$5.89 | \$4.49 |
| Kinnikinnick Foods Gluten-Free Hamburger Buns 8.6 oz | \$3.95 | \$3.59 |
| Stahlbush Island Farms Blueberries 10 oz | \$4.49 | \$3.59 |
| Stahlbush Island Farms Cranberries 10 oz | \$4.49 | \$3.59 |
| Stahlbush Island Farms Sweet Corn 10 oz | \$2.49 | \$1.99 |
| Stahlbush Island Farms Sweet Potatoes 10 oz | \$2.49 | \$1.99 |

As a current Member-Owner, if you purchase one of each item on sale this week, you would save \$77.50!