

30% OFF EARTH DAY SALE!

One day only - Friday, April 22nd

GOOD FOR YOUR HEALTH, GOOD FOR THE PLANET!

At Least **30% Off** Reg. Price of over 100 of our best selling items
(While Supplies Last)

GROCERY

Reg. Price Sale Price

| | | |
|---|--------|---------------|
| Amy & Brian Coconut Juice W/ Lime, 17.5 oz. | \$2.19 | \$1.49 |
| Amy & Brian Coconut Juice W/ Pulp, 17.5 oz. | \$2.19 | \$1.49 |
| Amy & Brian Pulp Free Coconut Juice, 17.5 oz. | \$2.19 | \$1.49 |
| Arrowhead Mills Puffed Brown Rice Cereal, 6 oz. | \$2.49 | \$1.69 |
| Barbara's Cheese Bakes, 5.5 oz. | \$2.69 | \$1.79 |
| Barbara's Cheese Puffs, 7 oz. | \$2.69 | \$1.79 |
| Barbara's Jalapeno Cheese Puffs, 7 oz. | \$2.69 | \$1.79 |
| Barbara's White Cheddar Cheese Bakes, 5.5 oz. | \$2.69 | \$1.79 |
| Blue Diamond Almond Breeze Original, 64 oz. | \$4.79 | \$3.29 |
| Blue Diamond Almond Breeze Unsweetened Original, 64 oz. | \$4.79 | \$3.29 |
| Bragg's Liquid Aminos, 32 oz. | \$7.69 | \$5.29 |
| Bragg's Organic Apple Cider Vinegar, 32 oz. | \$6.09 | \$4.19 |
| Cadia Extra Virgin Olive, 16.9 oz. | \$8.99 | \$6.29 |
| Cadia Organic Lightly Salted Popcorn, 5 oz. | \$2.89 | \$1.99 |
| Cadia Organic White Cheddar Popcorn, 4 oz. | \$2.89 | \$1.99 |
| Crystal Geysir Alpine Spring Water, 1 gal. | \$1.69 | \$1.09 |
| Crystal Geysir Alpine Spring Water, 1.5 ltr. | \$0.99 | \$0.69 |
| Essentia Water, 1.5 ltr. | \$2.19 | \$1.49 |
| Food Should Taste Good Multigrain Tortilla Chips, 6 oz. | \$3.09 | \$1.99 |
| Food Should Taste Good Olive Tortilla Chips, 6 oz. | \$3.09 | \$1.99 |
| Food Should Taste Good Sweet Potato Tortilla Chips, 6 oz. | \$3.19 | \$2.19 |
| Garden Of Eatin' Blue Tortilla Chips Unsalted, 9 oz. | \$3.39 | \$2.29 |
| Garden Of Eatin' Blue Tortilla Chips, 9 oz. | \$3.39 | \$2.29 |
| Garden Of Eatin' Red Hot Blue Tortilla Chips, 9 oz. | \$3.39 | \$2.29 |
| Ginger People Ginger Beer, 12 oz. | \$1.29 | \$0.89 |
| Have 'A Corn Chips Regular, 4 oz. | \$2.09 | \$1.39 |
| Hawaiian Isles Water, 1.5 ltr. | \$1.39 | \$0.89 |
| Kettle Chips Baked & Lightly Salted, 4 oz. | \$3.59 | \$2.19 |
| Kettle Chips Honey Dijon, 5 oz. | \$2.79 | \$1.89 |
| Kettle Chips Lightly Salted, 5 oz. | \$2.79 | \$1.89 |
| Kettle Chips Salt Free, 5 oz. | \$2.79 | \$1.89 |
| Kettle Chips Sea Salt & Vinegar, 5 oz. | \$2.79 | \$1.89 |

ALL VEGETARIAN Preferred Brands



Reg. Price Sale Price

| | | |
|---|---------|----------------|
| Follow Your Heart Vegenaize, 32 oz. | \$5.69 | \$3.89 |
| Turtle Island Tofurky Italian Sausage Tomato Basil, 14oz. | \$5.79 | \$3.99 |
| Veg Life Super Spirulina Shake, 17 oz. | \$17.19 | \$11.99 |
| Dr. Bronners Peppermint Hemp Liquid Soap, 32 oz. | \$12.39 | \$8.39 |

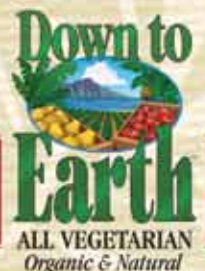
GROCERY CONT.

Reg. Price Sale Price

| | | |
|--|---------|----------------|
| Knudsen Just Cranberry Juice, 32 oz. | \$9.49 | \$6.59 |
| Mom's Best Honey Sweetened Toasty O's, 20 oz. | \$3.99 | \$2.59 |
| Mom's Best Sweetened Wheatfuls, 24 oz. | \$3.79 | \$2.59 |
| Mom's Best Toasted Wheatfuls, 24 oz. | \$3.99 | \$2.59 |
| Natural Brew Draft Root Beer, 12 oz. | \$1.39 | \$0.89 |
| Natural Brew Outrageous Ginger Ale, 12 oz. | \$1.39 | \$0.89 |
| Pirate's Booty White Cheddar, 4 oz. | \$3.49 | \$1.99 |
| Reeds Extra Ginger Brew, 12 oz. | \$1.89 | \$1.29 |
| Reeds Premium Ginger Brew, 12 oz. | \$1.89 | \$1.29 |
| Rice Dream Enriched Original, 64 oz. | \$6.39 | \$4.39 |
| Sambazon Amazon Energy, 10.5 oz. | \$2.59 | \$1.79 |
| Seventh Generation Baby 2 X Laundry Liquid, 100 oz. | \$21.09 | \$13.99 |
| Seventh Generation Citrus Dish Liquid, 25 oz. | \$3.89 | \$2.69 |
| Seventh Generation Eucalyptus Lavendar 2 X Laundry Liquid, 100 oz. | \$21.09 | \$13.99 |
| Seventh Generation Free and Clear 2 X Laundry Liquid, 100 oz. | \$21.09 | \$13.99 |
| Seventh Generation Free and Clear Dish Liquid, 25 oz. | \$3.89 | \$2.69 |
| Seventh Generation Lavender Dish Liquid, 25 oz. | \$3.89 | \$2.69 |
| Seventh Generation White Flower 2 X Laundry Liquid, 100 oz. | \$21.09 | \$13.99 |
| Stacy's Simply Naked Pita Chips, 8 oz. | \$3.79 | \$2.59 |
| Vitacoco Coconut Water, 11.2 oz. | \$1.89 | \$1.29 |

(For more great sale items see reverse side)

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30% Off Reg. Price of over 100 of our best selling Items

GROCERY CONT.

| | Reg. Price | Sale Price |
|---|------------|---------------|
| Warnock Chips With Safflower Oil, 1 lb. | \$3.39 | \$2.29 |
| Westsoy Unsweetened Original Soy Beverage, 32 oz. | \$3.19 | \$2.19 |
| Zevia Natural Diet Cola, 12 oz. | \$1.59 | \$0.69 |
| Zevia Natural Diet Root Beer, 12 oz. | \$1.59 | \$0.69 |

CHILL

| | Reg. Price | Sale Price |
|--|------------|---------------|
| Brown Cow Whole Milk Maple Yogurt, 32 oz. | \$4.39 | \$2.69 |
| Brown Cow Whole Milk Plain Yogurt, 32 oz. | \$3.89 | \$2.69 |
| Earth Balance Natural Margarine, 16 oz. | \$6.39 | \$4.39 |
| Follow Your Heart Vegenaize, 32 oz. | \$5.69 | \$3.89 |
| Govindas Carrot Juice, 16 oz. | \$3.89 | \$2.69 |
| Govindas Ginger Rush, 16 oz. | \$3.39 | \$2.29 |
| Greek Gods Honey Flavored Yogurt, 24 oz. | \$4.49 | \$3.09 |
| GTS Kombucha Gingerade, 16 oz. | \$5.09 | \$3.49 |
| GTS Kombucha Multi-Green, 16 oz. | \$5.09 | \$3.49 |
| GTS Kombucha Original, 16 oz. | \$5.09 | \$3.49 |
| GTS Kombucha Synergy Trilogym, 16 oz. | \$5.09 | \$3.49 |
| House Foods Tofu Firm, 14 oz. | \$2.19 | \$1.49 |
| Lightlife Jumbo Smart Dog Fat Free , 13.5 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk 1%, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk 2% Lactose Free, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk 2%, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk Reduced Fat, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk Skim Lactose Free, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk Skim Lactose Free, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley Milk Skim, 64 oz. | \$5.49 | \$3.79 |
| Organic Valley String Cheese Stringles, 1 oz. | \$1.59 | \$1.09 |
| Tofutti Cream Cheese, 8 oz. | \$3.89 | \$2.69 |
| Turtle Island Tofurky Italian Sausage Tomato Basil, 14 oz. | \$5.79 | \$3.99 |
| Whole Soy Blueberry Yogurt, 6 oz. | \$1.29 | \$0.79 |

SUPPLEMENTS

| | Reg. Price | Sale Price |
|---|------------|----------------|
| Alacer Emergen C Super Orange, 30 ct. | \$15.59 | \$10.89 |
| Barleans Organic Oils Forti-Flax, 16 oz. | \$9.89 | \$6.89 |
| Jarrow Formulas Jarro-Dophilus EPS, 60 vcap. | \$24.99 | \$17.49 |
| New Chapter Take Care Bone Strength, 120 tab. | \$57.69 | \$39.99 |
| Pure Essence Ionic Fizz Calcium Plus, 7 oz. | \$19.09 | \$12.99 |
| Pure Essence Ionic Fizz Magnesium Plus, 6.3 oz. | \$19.09 | \$12.99 |
| Veg Life Super Spirulina Shake, 17 oz. | \$17.19 | \$11.99 |
| Vibrant Health Green Vibrance Powder, 12 oz. | \$49.49 | \$34.59 |

FROZEN

| | Reg. Price | Sale Price |
|---|------------|---------------|
| Alvarado Street Sprouted Multigrain Bread, 24 oz. | \$5.09 | \$3.49 |
| Cascadian Blueberries, 8 oz. | \$5.59 | \$3.39 |
| Sambazon Acai Fruit, 14.11 oz. | \$6.99 | \$4.89 |

PRODUCE

| | Reg. Price | Sale Price |
|---------------------------------------|------------|---------------|
| Local Banana Apples, per lb. | \$1.49 | \$0.99 |
| Okinawan Potatos, per lb. | \$1.49 | \$0.99 |
| Organic Carrots, 5 lb. | \$6.99 | \$4.89 |
| Organic Cauliflower, per lb. | \$3.99 | \$2.79 |
| Organic Celery, per lb. | \$2.59 | \$1.79 |
| Organic Danjou Pears, per lb. | \$2.99 | \$1.99 |
| Organic Fuji Apples, per lb. | \$2.69 | \$1.79 |
| Organic Red Delicious Apples, per lb. | \$2.99 | \$1.99 |
| Organic Yellow Onions, per lb. | \$1.99 | \$1.39 |
| Organic Zucchini, per lb. | \$3.99 | \$2.79 |

BULK

| | Reg. Price | Sale Price |
|--|------------|---------------|
| Almonds, per lb. | \$7.29 | \$5.09 |
| Cashew Raw Pieces, per lb. | \$5.99 | \$4.19 |
| Golden Temple French Vanilla Almond Granola, per lb. | \$3.99 | \$2.79 |
| Golden Temple Wild Blueberry Flax Granola, per lb. | \$4.19 | \$2.89 |
| Grain Mill Rolled Oats, per lb. | \$0.79 | \$0.49 |
| Grind Your Own Almond Butter, per lb. | \$6.99 | \$4.89 |
| Organic Flax, per lb. | \$2.59 | \$1.79 |
| Organic Lundberg Short Grain Brown Rice, per lb. | \$2.19 | \$1.49 |
| Organic Quinoa Grain, per lb. | \$4.99 | \$3.49 |
| Shelled Walnuts, per lb. | \$9.59 | \$6.69 |

COSMETICS

| | Reg. Price | Sale Price |
|--|------------|---------------|
| Crystal Roll On Deodorant, 2.25 oz. | \$3.49 | \$2.39 |
| Desert Essence Tea Tree & Mint Toothpaste, 7 oz. | \$7.79 | \$5.39 |
| Dr. Bronners Peppermint Hemp Liquid Soap, 32 oz. | \$12.39 | \$8.39 |
| Giovanni Tea Tree Triple Treat Shampoo, 8.5 oz. | \$6.79 | \$4.69 |

DELI

| | Reg. Price | Sale Price |
|---------------------------------------|------------|---------------|
| Down To Earth Deli Hot Food, per lb. | \$8.99 | \$5.99 |
| Down To Earth Deli Salad Bar, per lb. | \$8.99 | \$5.99 |

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