

Manager Specials

Offers Valid 03/01/23 – 03/15/23

ECO Membership Required



Produce

Mandarin 2lb bagged	\$4.99/ea (Reg. \$6.49/ea)
Organic Girl Super Greens 5 oz	\$4.99/ea (Reg. \$5.99/ea)
Strawberries 16 oz	\$5.99/ea (Reg. \$6.99/ea)
Russet Potatoes 5lb Bagged	\$4.99/ea (Reg. \$6.99/ea)
Organic Girl Arugula 5 oz	\$4.99/ea (Reg. \$6.99/ea)
Lemons 2lb Bagged	\$2.99/ea (Reg. \$4.29/ea)



Wellness

New Chapter Perfect Calm Multi Vitamin 72ct	\$29.79 (Reg \$39.69)
New Chapter Blood Pressure Balance 30ct	\$32.29 (Reg \$42.99)
New Chapter Zyflamend 60vcap	\$29.29 (Reg. \$38.99)
New Chapter Ginger Force 30ct	\$16.89 (Reg. \$22.49)
Carlson Super Daily D3 .35oz	\$21.79 (Reg. \$25.29)
Carlson Fish Oil Lemon 16.9oz	\$54.39 (Reg. \$63.99)
Carlson Cod Liver Oil Lemon 16.9oz	\$62.99 (Reg. \$53.59)
Carlson Kids Cod Liver Oil Lemon 8.4oz	\$41.99 (Reg. \$35.69)
Derma E Acne Deep Pore Cleansing Wash 6oz	\$13.59 (Reg. \$16.89)
Derma E Anti Blemish Clarifying Toner 1.7oz	\$11.09 (Reg. \$13.89)
Derma E Skin Firming Cleanser 6oz	\$12.99 (Reg. \$16.39)
Derma E Stem Cell Eye Treatment .5oz	\$18.99 (Reg. \$23.79)



Meat & Seafood

Pasture Fed Beef Chuck Roast	\$6.99/lb (Reg. \$7.99/lb)
Wild Caught Cod (Product of Iceland)	\$15.99/lb (Reg. \$16.99/lb)
Greek Marinated Chicken Breast	\$10.99/lb (Reg. \$11.99/lb)
Pork Shoulder Roast & Steak	\$4.99/lb (Reg. \$5.99/lb)
Ney's Chicken Breast Boneless-Skinless	\$5.99/lb (Reg. \$6.99/lb)

Grocery

Bubbies	\$4.49 – \$5.99
Assorted Pickled Items	(Reg. \$6.69 - \$9.89)
Arrowhead Mills Waffle & Pancake Mixes	\$4.29 (Reg. \$6.59)
Good Health 5oz – 6.25oz Chips, Fries, Puffs & Stix	2 for \$5 or 2 for \$7 (Reg. \$3.49 - \$4.69)
Imagine Soups 32oz Select Varieties	\$4.29 (Reg \$6.49)
Lakewood Juice Select Juices 32oz	\$4.29 - \$7.79 (Reg. \$6.39 - \$10.79)
Marys Gone Crackers Kookies & Thin Crackers	\$3.29 (Reg. \$5.19)
Muri Glen Tomatoes 14.5oz Fire-Roasted Only	4 for \$5 (Reg. \$3.39)
Purely Elizabeth Van. Blbry Almnd Cereal	\$4.29 (Reg. \$7.29)

Hop Harvest & Wine

Caesar Salad Special	\$7.99
Mussels in Wine Sauce	\$14.99
Backyard Potato Salad	\$5.99/lb (Reg.\$6.99/lb)
Wild Caught Yellowfin Tuna Salad	\$17.99/lb (Reg.\$18.99/lb)
Blueberry Lime Quinoa Salad	\$8.99/lb (Reg.\$9.99/lb)
Revolution Brewing All varieties	\$1.00 off regular (Reg.\$10.99-20.99)
Sunny With a Chance of Flowers Sauv Blanc 750ml	\$10.99/ea (Reg.\$11.99/ea)

Double Point Items

We have over 300 items each month that will earn double points for (2 points for \$1 spent). These items can be found by looking for our **orange signs**. Here are a few of those items (scan QR Code for complete list).



- Elmhurst Plant Milk-Oat
- Nancy's cottage cheese low fat
- MegaFood Women's One Daily
- Earthbound Farm Blueberries
- Bragg og apple cider vinegar
- Café Altura dark roast coffee
- LifeAid Focusaid
- Derma E wrinkle oil
- Natural Factors Vit c 500 mg peach chewable

Point Redemption Items

Save your points for a semi-annual gift card ranging from \$20-\$500 or use accumulated points to purchase items for **just \$.99** each! These items can be found by looking for our **orange signs**. Here are a few select items and points needed to redeem for \$.99 (scan QR Code for complete list).



- GoodPop vegan cookies & cream 300
- Unreal gems milk chocolate 300
- Sky Valley Peanut Thai Sauce 250
- Derma E Hyaluronic Cleanser 800
- Sweet Nothings Spoonable Smoothie Blueberry 150
- Giovanni Frizz be Gone 500
- Once Upon A Farm green kale & apples baby food 150
- Hylands Calm Forte 850
- MaraNatha OG Peanut Butter Cream with Salt 350