

Manager Specials

Offers Valid 5/16/23 - 5/31/23
ECO Membership Required

Manager Specials

Offers Valid 5/16/23 - 5/31/23
ECO Membership Required



We have over 200 items each month that you can purchase and earn double points for (2 points for every \$1 spent). These items can be found by looking for our **orange signs**. Here are some of our vendors with products offering Double Points items May 16-31:

- True Made Foods Veggie Ketchup
- Dr. Schär Gluten Free Hot Dog Rolls
- Evamor Alkaline Artesian Water 32oz
- Solaray Universal Liposomal Multi
- Oregons Wild Organic Milk Thistle



Earn 1 point for every dollar spent (2 for double point items) and either 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 of those items for May 16-31:

- RADIUS Razor case 1ct
- Waterloo Sparkling Water Grape
- Petit Pot French Pudding Dark Chocolate
- Bear Yoyo Fruit Roll Raspberry



Scan this QR Code to see the complete lists for May of both our Double Points and \$.99 Items:

Organic Curry Chicken Salad	\$10.99/lb (Reg. \$11.99/lb)
Organic Margherita Pasta Salad	\$10.99/lb (Reg. \$11.99/lb)
Organic Creamy Cucumber Salad	\$6.99/lb (Reg. \$7.99/lb)
Nighthawk Boxed Wine All Varieties 3 Lt	\$23.99/ea (Reg. \$24.99/ea)
Potosi's Beer All Varieties 6 pk	\$10.99/6 pk (Reg. \$11.99/6 pk)



Pub Quiz Trivia – Wednesdays, 6:30-8:30pm
Spring Concert Series – Fridays, 5:30-8pm

Complete Details on our speakers, performers and events can be found on our website or scan the QR Code to go to our Facebook Events Page:



Forager Project Organic Cshwmlk Ygrt Van Bean 5.3oz	\$1.59 ea (Reg. \$1.99)
Harmless Harvest Organic Coconut Water 8.75oz	\$2.59 ea (Reg. \$3.49)
Hope Organic Family Size Hummus Original Recipe 15oz	\$4.79 ea (Reg. \$6.49)
Cosmic Bliss Organic Cookie Sandwich Dark Chocolate 5.25oz	\$3.89 ea (Reg. \$5.99)
Flax4Life Chocolate Brownies 14oz	\$7.49 ea (Reg. \$9.49)
Food for Life Organic Ezekiel 4:9@ Bread Cinnamon Raisin 24oz	\$7.19 ea (Reg. \$9.79)
Ancient Harvest Organic Gluten Free Traditional Quinoa 14.4oz	\$6.69 ea (Reg. \$9.09)
Annie's Deluxe Mac & Cheese Classic 11.3oz	\$4.29 ea (Reg. \$6.39)
Made in Nature Organic Fruisian Pops Choco Crunch 4.2oz	\$4.69 ea (Reg. \$5.79)
Good Health Veggie Chips 6.25oz	\$3.69 ea (Reg \$4.69)
Napa Valley Naturals Organic Toasted Sesame Oil 12.7oz	\$7.19 ea (Reg \$9.79)
Siete Seasoning Mild Taco 1.31oz	\$2.29 ea (Reg \$3.09)

Panda Licorice Bar 1.1oz	\$0.79 ea (Reg. \$0.99)
Wild Planet Wild Sardines Extra Virgin Olive Oil 4.4oz	\$2.29 ea (Reg. \$2.99)
Primal Kitchen Organic Ketchup Unsweetened 11.3oz	\$5.29 ea (Reg. \$7.19)
Farmer's Market Organic Butternut Squash Puree 15oz	\$3.09 ea (Reg. \$3.79)
Mavuno Harvest Organic Dried Fruit – Mango Coconut 1.94oz	\$2.29 ea (Reg. \$2.89)
GoMacro Organic Bar Dbl Choc & Pnut Btr Chp 9.2oz	\$9.39 ea (Reg. \$12.79)
Kettle Potato Chips Sea Salt 13oz	\$5.09 ea (Reg \$6.89)
Essentia Alkaline Water 6pks	\$11.79 ea (Reg \$15.99)
Simple Mills Gluten Free Crunchy Chocolate Chip Cookies 5.5oz	\$4.09 ea (Reg. \$5.59)
Better Life Floor Cleaner Citrus Mint 32oz	\$6.09 ea (Reg. \$7.89)
Bob's Red Mill Organic Tri-Color Quinoa Grain 13oz	\$5.59 ea (Reg. \$7.09)
Califia Farms Cold Brew Coffee Double Espresso 48oz	\$7.19 ea (Reg. \$8.79)

Manager Specials

Offers Valid 5/16/23 - 5/31/23
 ECO Membership Required

Manager Specials

Offers Valid 5/16/23 - 5/31/23
 ECO Membership Required



Life Extension Senolytic Activator 36 softgels	\$17.89 ea (Reg. \$22.29)
Natural Factors Garlic And Reishi 120 softgels	\$13.59 ea (Reg. \$15.99)
Natural Factors Osteomove 120 softgels	\$38.99 ea (Reg. \$45.99)
Himalaya Boswellia 60 softgels	\$15.29 ea (Reg. \$17.99)
Himalaya Liver Care 60 softgels	\$33.19 ea (Reg. \$38.99)
Himalaya Party Smart 1 softgel	\$2.69 ea (Reg. \$3.19)
Himalaya Party Smart 10 softgels	\$20.89 ea (Reg. \$24.49)
Herbs, Etc. Liver Tonic 60 softgels	\$26.79 ea (Reg. \$31.49)
Herbs, Etc. Phytocillin 60 softgels	\$26.79 ea (Reg. \$31.49)
Herbs, Etc. Menstrual Cramp Relief 60 softgels	\$26.79 ea (Reg. \$31.49)
Herbs, Etc. Menopautonic 120 Softgels	\$41.99 ea (Reg. \$52.49)
Badger Baby Balm 2 oz	\$8.79 ea (Reg. \$10.99)

Badger Shampoo Bar 3 oz	\$8.79 ea (Reg. \$10.99)
Badger Sunscreen SPF 30 2.9 floz	\$14.39 ea (Reg. \$17.99)
Badger Clear Zinc Balm SPF 40 2.4 oz	\$12.79 ea (Reg. \$15.99)
Solaray Universal Liposomal Multivitamin 60 softgels	\$44.99 ea (Reg. \$59.99)
Sunfood Matcha Matcha Powder 8 oz	\$14.69 ea (Reg. \$19.59)
Sunfood Beets and Mushrooms 5.31 oz	\$13.39 ea (Reg. \$17.79)
Sunfood Cacao Nibs 8 oz	\$8.79 ea (Reg. \$11.69)
Bluebonnet Eye Care 60 softgels	\$20.49 ea (Reg. \$26.79)
Megafood Water Enhancer Pnappl Mng Kombucha 10pkts	\$19.19 ea (Reg. \$23.29)
Megafood Water Enhancer Guava PssnFrt Kombucha 10pkts	\$19.19 ea (Reg. \$23.99)
Megafood Water Enhancer Lmn Gngr Kombucha 10pkts	\$19.19 ea (Reg. \$23.99)
Sunsoil CBD 20mg softgels	\$26.99 ea (Reg. \$35.99)



Organic Sweet Petite Carrots 1lb.	\$2.19/ea (Reg. \$2.99/ea)
Organic Pint Grape Tomatoes	\$2.49/ea (Reg. \$2.79/ea)
Organic 1 lb. Strawberries	\$5.29/ea (Reg. \$7.99/ea)
Organic 1 lb. English Cucumbers	\$2.19/ea (Reg. \$3.09/ea)
Organic Blueberries 1 pint	\$4.49/ea (Reg. \$5.99/ea)
OrganicGirl Super Greens 5 oz	\$4.99/ea (Reg. \$5.99/ea)
OrganicGirl Super Spinach 5 oz	\$4.99/ea (Reg. \$5.99/ea)



As a member of the Independent Natural Food Retailers Association (INFRA), we are able to pass great savings on to you each month for the products we choose to carry in our store. Scan the QR code to go to our sales flyer for May



Organic Prairies Beef Summer Sausage Orgnl	\$12.99/12 oz (Reg. \$13.99/12 oz)
Organic Prairies Beef Summer Sausage Rstd Grlc	\$12.99/12 oz (Reg. \$13.99/12 oz)
Organic Farm Raised Salmon (Wisconsin Rasied)	\$20.49/lb (Reg. \$21.49/lb)
Pasture Fed Beef Petite Tenderloin	\$13.99/lb (Reg. \$14.99/lb)
Pasture Fed Boneless Beef Ribeye	\$20.49/lb (Reg. \$21.99/lb)
Tornado Steaks	\$13.99/lb (Reg. \$14.99/lb)
Pork Grillers	\$5.99/lb (Reg. \$6.99/lb)
Pork Baby Back Ribs	\$7.99/lb (Reg. \$8.99/lb)
Organic Whole Chicken	\$4.29/lb (Reg. \$5.29/lb)
House Made Honey Sriracha Chicken Breast	\$10.99/lb (Reg. \$11.99/lb)
Usinger Uncured Franks Beef 12 oz	\$7.99/ea (Reg. \$8.99/ea)