



MEMBER-OWNER SPECIALS

for the month of

MARCH 2010

In the Produce Department:

- Check the Produce Department daily for our yellow Member-Owner Special signs as our specials in this department will change throughout the month.

In the Bulk Department:

- **Organic Course Grind Bulgur**
SAVE: \$.70/lb.
- **Organic French Couscous**
SAVE: \$.60/lb.
- **Organic Steel Cut Oats**
SAVE: \$.30/lb.
- **Organic Green Lentils**
SAVE: \$.30/lb.

In the Grocery Department:

- **Lundberg Gourmet Wild Rice Blend**
SAVE: \$1.00
- **Ancient Harvest Quinoa Flakes**
SAVE: \$1.50
- **Food Merchants Polenta – Traditional, Basil Garlic, Sun Dried Tomato**
SAVE: \$.80
- **Frontier Almond Flavor**
SAVE: \$.60
- **Frontier Vanilla Extract**
SAVE: \$2.00
- **Health Valley Soup – Cream of Celery, Cream of Chicken & Cream of Mushroom**
SAVE: \$.50
- **Mrs. Leepers Dinner – Alfredo, Beef Stroganoff, Cheeseburger & Creamy Tuna**
SAVE: \$.60
- **Pamela's Mixes – Brownie & Chocolate Cake**
SAVE: \$1.50
- **Pamela's Chocolate Chip Cookie Mix**
SAVE: \$1.00
- **Santini Sweetened Condensed Milk**

- SAVE: \$.50
- Santini Evaporated Milk
SAVE: \$.40
- Westbrea Canned Vegetables – Golden Corn, Green Beans & Sweet Peas
SAVE: \$.50
- Yummy Earth Candy – Vitamin C Drops & Fruit Lollipops
SAVE: \$.50
- Amy's Enchiladas – Black Bean & Cheese
SAVE: \$1.50
- Amy's Dairy Free Cheese Pizza
SAVE: \$1.50
- Food For Life Ezekiel 4:9 Bread
SAVE: \$1.60
- Food For Life Ezekiel 4:9 Low Sodium Bread
SAVE: \$1.20

In the Meat & Seafood Department:

- Frozen Black Tiger Shrimp
SAVE: \$.50/lb.

In the Dairy Department:

- Schroeder Milk, Pint – Chocolate, 2% & Skim
SAVE: \$.20
- Schroeder Cottage Cheese, 24 oz. – 2% & Skim
SAVE: \$.50
- Schroeder Ice Cream, 56 oz. – Vanilla, Swiss Chocolate Almond, Caramel Fudge Brownie & Butter Pecan
SAVE: \$.70
- Lifeway Kefir, 8 oz. – Pomegranate & Strawberry
SAVE: \$.30

In the Wellness Department:

- Clearly Natural Bar Soap – Unscented, Honeysuckle, Cucumber, Aloe Vera & Vitamin E
SAVE: \$.50
- Crystal Essence Roll-On Deodorant – Lavender & Chamomile
SAVE: \$1.00
- Now Foods Candida Clear
SAVE: \$3.00
- Schiff Calcium-Magnesium-D
SAVE: \$1.50

In the Cheese Department

- Denmark's Finest Havarti with Dill
SAVE: \$1.00
- Denmark's Finest Havarti with Wild Garlic
SAVE: \$ 1.00

In the Deli Department:

- **Whole Roasted Chickens**
SAVE: \$1.00/lb.
- **Greek Salad**
SAVE: \$1.00/lb.
- **Tuna Deluxe Sandwich**
SAVE: \$1.00

In the Bakery Department:

- **Cookies – All Varieties**
SAVE: \$.20
- **Eight Grain Bread**
SAVE: \$.50

In the General Merchandise Department:

- **Vessel Coffee Tumbler – Maui & Laguna Styles**
SAVE: \$2.40