



# MEMBER-OWNER SPECIALS

for the month of  
**JULY 2010**

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## 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:

- Wilbur Triple Coated Almonds  
SAVE: \$2.00/lb.
- Organic Quinoa  
SAVE: \$.60/lb.
- Raw Walnuts, Bagged  
SAVE: \$1.30/lb.

## In the Grocery Department:

- Back to Nature Cookies – Chocolate Chunk & Triple Ginger  
SAVE: \$.50
- Back to Nature Cookies – Peanut Butter Sandwich & Fudge Mint  
SAVE: \$.80
- Back to Nature Vanilla Wafers  
SAVE: \$.50
- Back to Nature Crackers – Crispy Cheddar, Crispy Wheat & Harvest Wheat  
SAVE: \$.40
- Back to Nature Saltine Crackers  
SAVE: \$.50
- Ancient Harvest Gluten Free Pasta – Spaghetti & Elbows  
SAVE: \$.30
- Back to Nature Stoneground Wheat Crackers  
SAVE: \$.40
- Back to Nature Pasta – Macaroni and Cheese & Cheddar and Spirals  
SAVE: \$.30
- Blue Sky Soda, 6 pack – Root Beer, Cola, Black Cherry, Cherry Vanilla Crème, Grapefruit & Jamaican Ginger Ale  
SAVE: \$.50
- Blue Sky Calorie Free Soda, 6 pack – Root Beer & Cola  
SAVE: \$.50

- Cherrybrook Kitchen Gluten Free Cookies – Chocolate Chip & Vanilla Graham  
SAVE: \$.80
- Drew's Dressing – Buttermilk Ranch, Classic Italian, Garlic Peppercorn, Raspberry, Romano Caesar, Rosemary & Smoked Tomato  
SAVE: \$.50
- Honest Mate – Sublime & Agave  
SAVE: \$.50
- Jennie's Coconut Macaroons  
SAVE: \$.70
- Kind Bar – Fruit and Nut Delight, Fruit and Nuts in Yogurt, Nut Delight & Walnut and Date  
SAVE: \$.30
- Lisanatti SoySation 3 Cheese Blend  
SAVE: \$1.00
- Pancake and Waffle Mix  
SAVE: \$1.00
- Lakewood Mangosteen Juice  
SAVE: \$9.00
- Nature's Path Cereal – Flax Plus, Berry Flax Plus & Flax Raisin Bran  
SAVE: \$1.00
- ONE Coconut Water – Mango, Passion Fruit & Pineapple  
SAVE: \$.40
- Barbara's Bakery Wheatines  
SAVE: \$.80
- Newman's Own Dressing – Oil and Vinegar & Ranch  
SAVE: \$1.30
- Amy's Chili – Medium, Spicy, Black Bean & Vegetable  
SAVE: \$.70
- Annie's Deluxe – Rotini and Cheddar, Shells and Cheddar & Elbows and Cheese  
SAVE: \$1.00
- Bob's Red Mill Golden Flax Seed Meal  
SAVE: \$1.20
- Bob's Red Mill Brown Flax Seed Meal  
SAVE: \$1.00
- Food For Life Ezekiel 4:9 English Muffins  
SAVE: \$.70
- Tofutti Vanilla Ice Cream, Pint  
SAVE: \$.50
- Natural Choice Frozen Fruit Bar – Orange, Raspberry & Strawberry  
SAVE: \$1.00

In the Dairy Department:

- Schroeder Sour Cream, 8 oz.  
SAVE: \$.20
- Schroeder Brilliantree Orange Juice, 64 oz.  
SAVE: \$.50
- Schroeder Milk, Quart – Skim, 1%, 2% & Chocolate  
SAVE: \$.20

**In the Meat Department:**

- **Prairie Pride Uncured Wieners**  
**SAVE: \$.50**

**In the Wellness Department:**

- **Kiss My Face Shower Gel – Patchouli, Early to Bed & Early to Rise**  
**SAVE: \$2.50**
- **Humphrey's Witch Hazel Gentle Astringent**  
**SAVE: \$1.00**
- **Twinlab Stress B-Complex**  
**SAVE: \$3.00**
- **Twinlab B-12 Dots**  
**SAVE: \$1.70**
- **Twinlab Inositol Caps**  
**SAVE: \$2.50**
- **Twinlab Daily One – With Iron & Without Iron**  
**SAVE: \$3.00**
- **Twinlab Norwegian Cod Liver Oil**  
**SAVE: \$3.00**
- **Twinlab Norwegian Cod Liver Oil Softgels**  
**SAVE: \$1.30**

**In the Cheese Department:**

- **DeMill Bulk Feta**  
**SAVE: \$.50/lb.**
- **Alouette Feta Crumbles**  
**SAVE: \$.50**

**In the Deli Department:**

- **Potato Salad**  
**SAVE: \$1.00/lb.**
- **Hummus – Original, Garlic Scallion & Red Pepper**  
**SAVE: \$.50/lb.**
- **Pesto Provolone Sandwich**  
**SAVE: \$.50/lb.**

**In the Bakery Department:**

- **Holy Land Pita Bread – White & Whole Wheat**  
**SAVE: \$.50**

**In the General Merchandise Department:**

- **Bambu "Give it a Rest" Spoon – Regular & Slotted**  
**SAVE: \$1.00**
- **Golden Road Imports Denim Tote**  
**SAVE: \$2.00**
- **Golden Road Imports Denim Duffel**  
**SAVE: \$3.00**