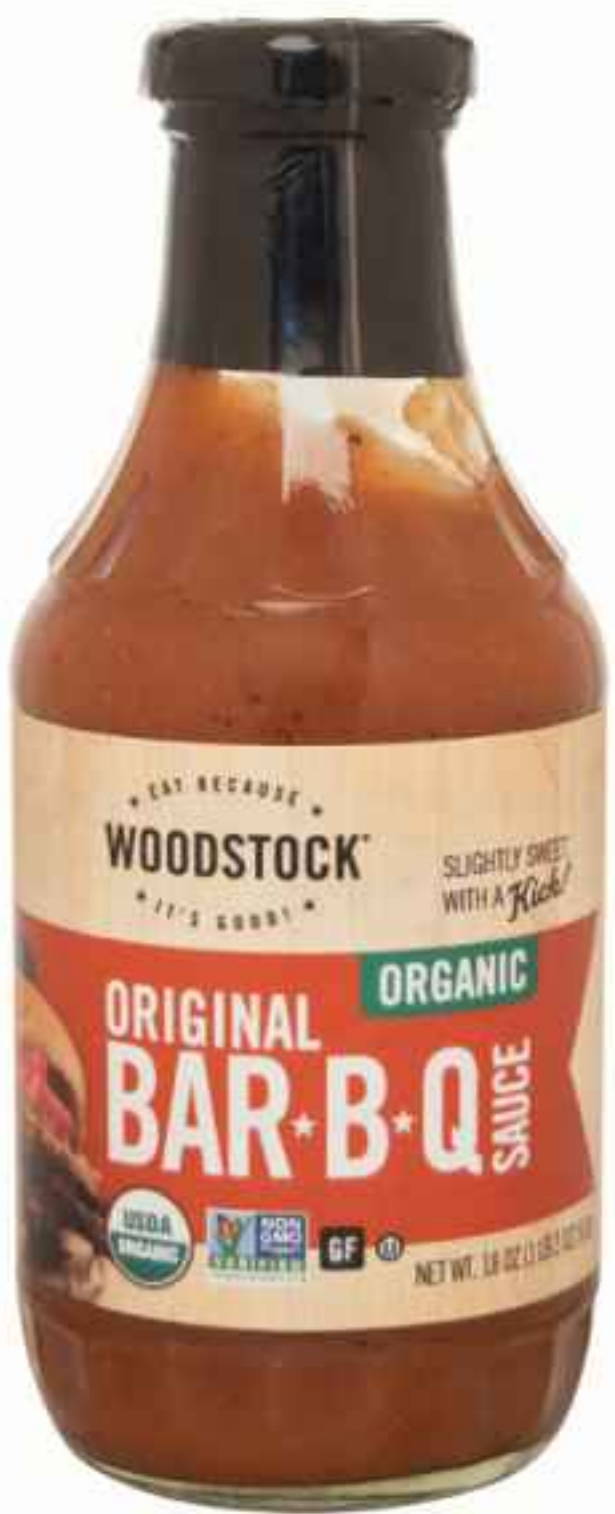




connections

LOCAL - FRESH - NATURAL - COMMUNITY



Woodstock
Organic BBQ Sauce
Original
18 OZ

\$4.49



BBQ
wins!

taste this trendy twist on
a barbecue classic with
the recipe on page 7



Woodstock
Hot Sauce
Ghost Pepper
5 FL OZ

2 / \$6

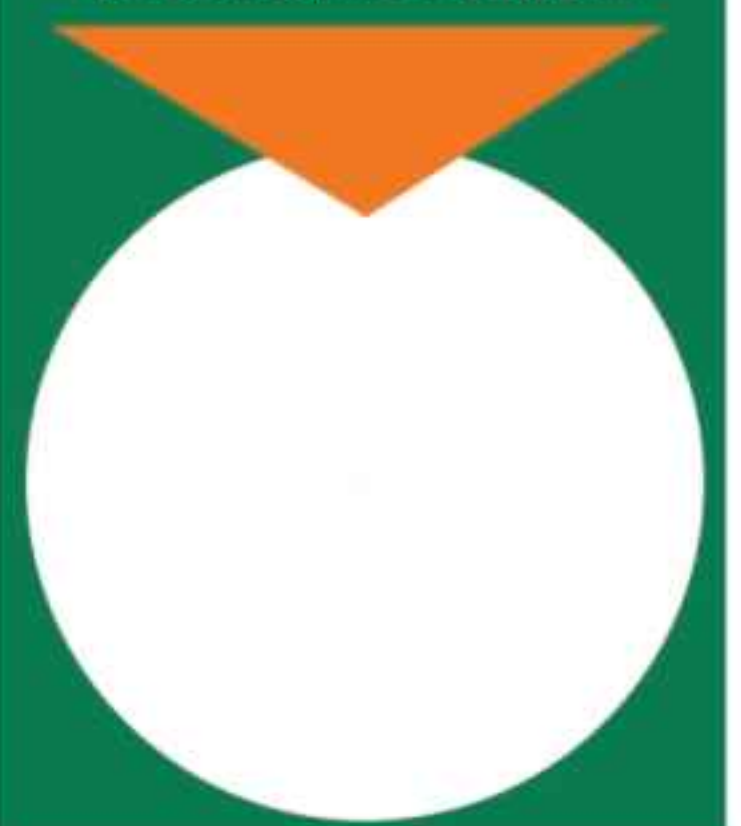


Woodstock
Organic Pickles
Sliced Kosher Dill
24 OZ

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**Simple Ingredients.
Always Delicious. Gluten-Free.**

ON SALE



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2/26 C



**Ithaca
Hummus**

Hummus x Graza
Olive Oil & Sea Salt
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Food For Life
Organic Ezekiel 4:9
English Muffins
Sprouted Grain Flax
16 OZ

\$5.49



Nancy's
Organic
Probiotic Sour
Cream
16 OZ

\$4.99



Woodstock
Fruit Bars
Berry Medley
4/2.87 Z

2/\$9



Organic Walnuts
Halves & Pieces

\$9.69/lb

Organic Turkish
Apricots

\$5.99/lb

Organic Raisins
Flame

\$3.49/lb

Organic Cranberries
Sweetened

\$7.19/lb

Organic Red Beans
Small

\$2.69/lb

Organic Adzuki Beans
China

\$4.39/lb

Organic Quinoa
Royal Red

\$3.99/lb

Organic
Raw Almonds

\$7.79/lb

Organic
Split Red Lentils

\$2.39/lb

100% Organic Chia Seeds
Black

\$2.49/lb

C-2/26



Nugo
Slim Bar
Crunchy Peanut Butter
1.59 OZ

3 / \$5



One
Protein Bar
Hershey's
Double Chocolate
4 CT

\$8.29



Artisana
Organic Spread
Hazelnut Cacao
8 OZ

\$9.79



Nuttzo
Nut & Seed Butter
Almond
Coconut Crunchy
12 OZ

\$10.99



Steaz
Organic
Iced Green Tea
Peach
16 FL OZ

3 / \$5



Mineragua
Sparkling
Water
9/12.5 Z

\$8.99



Equal Exchange
100% Organic Drip
Coffee
Love Buzz
12 OZ

\$12.49

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Pure Maple, From Tree to Table

At Coombs Family Farms, they've been making 100% pure, organic maple syrup for seven generations. Tapped from sustainably managed forests and crafted in partnership with over 3,000 small family farmers, their syrup delivers the rich, authentic taste of real maple. From breakfast to baking, drizzle on something genuine— maple the way nature intended.



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\$9.79



\$13.49



Organic Cheddar Cheesy Smiles **\$4.29**



Shells & White Cheddar Super! Mac or Organic **2/\$7**



Cheese Lovers Delight!



Darrell Lea
Chewy Stix
Mixed Fruit
7 OZ
Selected Varieties
\$2.79



Panda Licorice
Natural Licorice
Soft Black
7 OZ
Selected Varieties
2/\$6



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Dark
Chocolate
Bites
Coconut Almond
3.17 OZ
\$5.09



Tate's Bake Shop
Cookies
Chocolate Chip
7 OZ
\$5.09



Theo Chocolate
Organic Dark
Chocolate Bar
Sea Salt
3 OZ
\$4.99



Divine
85% Dark
Chocolate Bar
Exquisitely Smooth
3 OZ
Selected Varieties
2/\$9

Simply Protein
Protein Tortilla Chips
Hint of Habanero
4.58 OZ

2/\$7



Siete
Grain Free Tortilla Chips
Sea Salt
5 OZ

\$4.49

The Good Crisp Company
Cheese Balls
Cheddar
4 OZ

\$3.29





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\$5.99



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Mary's Gone Crackers
Organic Crackers
Super Seed Everything
4 OZ
\$3.79 



HOT DEALS

2/\$7

Game Day Chili



Dr. In The Kitchen
Organic
Multi Seed Crackers
Maple
4 OZ
\$4.49  

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2/\$8

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- Uniquely fire-griddled, never fried
- Real, clean ingredients
- Snack them. Dip them. Top them.
- Gluten Free, Non-GMO, Seed Oil Free, Vegan, Kosher

6 373597 999991 2/1/2026



Bionaturae
Organic Pasta Sauce
Marinara
24 OZ
Selected Varieties

\$5.99



Cobram Estates
California Extra Virgin
Olive Oil
Classic
12.7 FL OZ
Selected Varieties

\$9.29



\$5.99



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BEEF TALLOW
SHEPHERD'S PIE



scan for recipe



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★ IT'S GOOD! ★



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BBQ Pulled Mushroom Sandwiches *for the Win!*



scan for recipe



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Shea Moisture®



all day
Hydration

**HOT
DEALS**

NO
sulfates, parabens,
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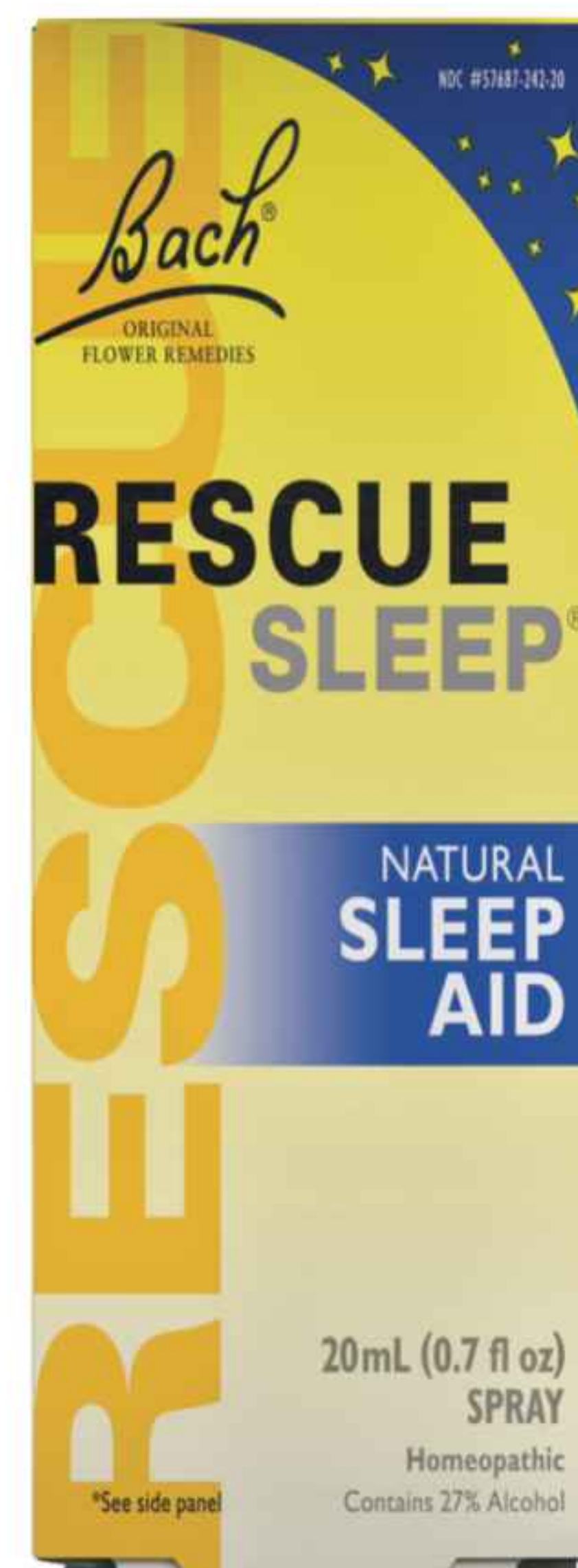


\$9.49



Preserve
Adult Toothbrush
1CT
Selected Varieties

2/\$6



Bach
Stress Rescue Remedy Dropper
20 ML

\$17.49