



April 2026

connections

LOCAL - FRESH - NATURAL - COMMUNITY

Paws-itively Delicious!

See recipe
on page 4

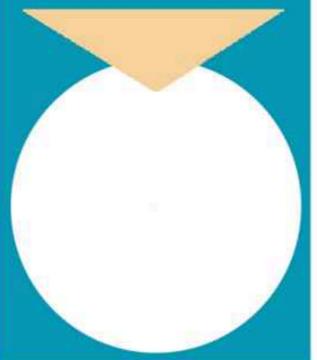


Bob's Red Mill
All-Purpose
Flour
Unbleached White
5 LB

\$4.49



SCAN
to see this ad online



Lightlife™

PLANT-BASED PROTEIN

The taste you love,
the wellness you deserve



\$3.99



\$5.49



\$4.79



Wildwood Organic
Organic Tofu Twin Pack
Extra Firm
15.5 OZ

\$3.99



Califia Farms
Organic Soymilk
Unsweetened
48 FL OZ
Selected Varieties

\$7.79



Hop into Spring
Fresh-Baked Goodness



\$4.99



no bleached flour • no artificial flavors • no preservatives • no hydrogenated oils

RUDI'S
BAKERY™

Gluten-Free Sandos

Sparks a Little Joy with Every Bite

4g protein

4 count
KEEP FROZEN

\$6.99

7g protein

4 count
KEEP FROZEN

\$5.99

ARTFULLY CRAFTED • RIDICULOUSLY GOOD



Organic Bread
Rocky Mountain Sourdough

\$4.99



Organic Thin Sliced Bread
Rocky Mountain Sourdough

\$4.29



Gluten Free Bread
White Sourdough

\$5.49



Gluten Free Texas Toast
Garlic

\$5.99



Gluten Free Texas Toast
3 Cheese Garlic

\$6.99



Gluten Free Breakfast
Sandwiches
Egg & Cheese Frittata

\$6.99



Just
Folded
Plant Eggs
8 OZ

\$5.79



Organic Dates
Large Medjool
\$7.79/lb

Organic Quinoa
White Royal
\$2.89/lb

Organic Raisins
Flame
\$3.49/lb

100% Organic
Raw Almonds
\$9.59/lb

Organic Chocolate Chips
Dark
\$14.09/lb

Organic Walnuts
Halves & Pieces
\$9.69/lb

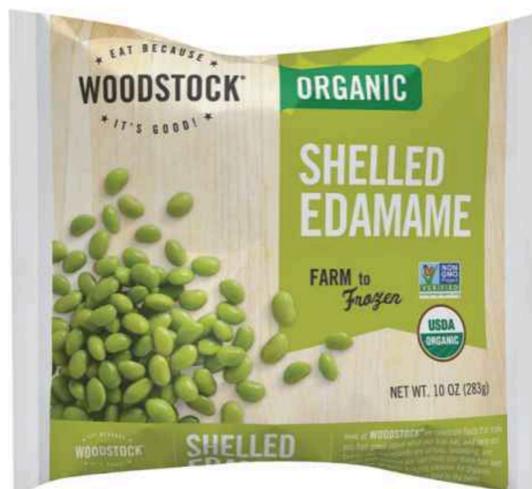
Organic Farro
Pearled
\$2.69/lb

100% Organic Chia Seeds
Black
\$2.49/lb

Organic Rolled Oats
Regular
\$1.69/lb

Organic Almonds
Tamari
\$15.49/lb

Woodstock
Organic Frozen Vegetables
Shelled Edamame
10 OZ
Selected Varieties
\$2.79





Simply Organic
Organic
Vanilla Extract
Pure
4 FL OZ

\$15.99



Jovial
Pancake and
Waffle Mix
Einkorn
16 OZ

\$5.09



Shady Maple Farms
100% Organic
Maple Syrup
Grade A Dark Amber
12.7 FL OZ

\$12.49



Enjoy Life
Chocolate
Mini Chips
Semi Sweet
9 OZ
Selected Varieties

\$5.79



Bonne Maman
Fruit Spread
Concord Grape
12.7 OZ
Selected Varieties

\$6.99



\$4.49



\$14.29



\$4.49



\$5.49



**MADE TO BRING
US together**

Start with good ingredients and share homemade joy.

\$7.79

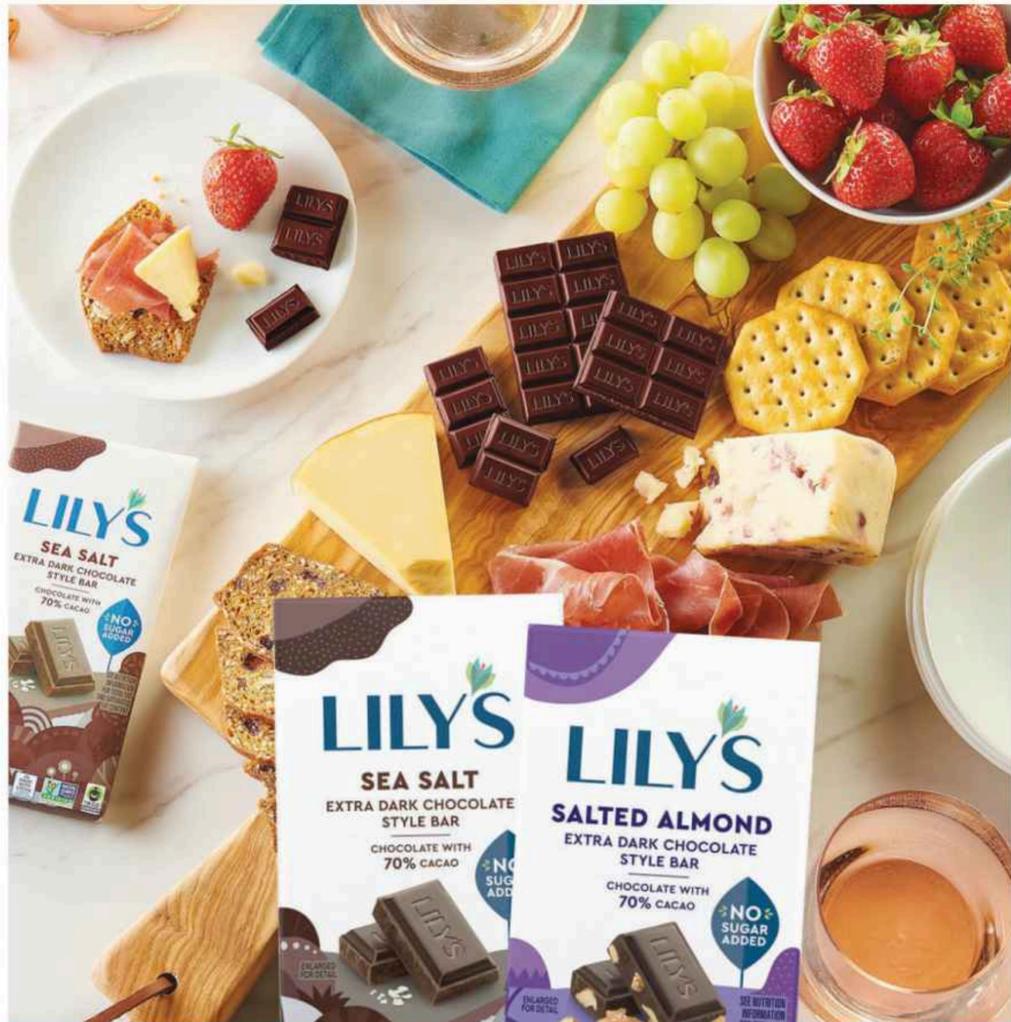


Wholesome homemade
dog treats, perfect for your
best friend

Scan
for
recipe



Barkfest Dog Treats



Extra Bold
& Extra Rich
No Sugar
Added

\$4.49



Hu
Dark Chocolate Bites
Hazelnut Butter
2.75 OZ
Selected Varieties
\$5.49



Cretors
Popcorn
Cheese & Caramel Mix
7.5 OZ
Selected Varieties

\$4.49

Lesser Evil
Organic Crunchy
Cheezmos
Cowboy Cheddar
7 OZ

\$5.49

Uglier
Kettle Cooked Chips
Salt & Vinegar
6 OZ
Selected Varieties

2/\$7

WONDER JUICE™

All natural, 100% organic, cold-pressed juices



12 different
flavors

6 bottles
per case

\$3.79
Selected Varieties

Found in
Refrigerated
Produce or
Grab 'n Go
Beverage Case

Taste the Wonder



Wholesome™

CHECK ALL THE BOXES

ON YOUR

Spring Baking Shopping List

- Buy Organic
- Shop Fair Trade to Support Farming Communities
- Sweeten with Sugar, Honey, Agave, and Corn Syrup
- Bake Your Spring Best

\$4.49



\$3.79



\$4.49



\$4.19



\$4.09



SCAN FOR RECIPES



©2026 Wholesome Sweeteners, Inc.

Brighten Your Morning

Cascadian Farm Organic Cereals & Real Fruit



\$4.19



2/\$10



\$4.49



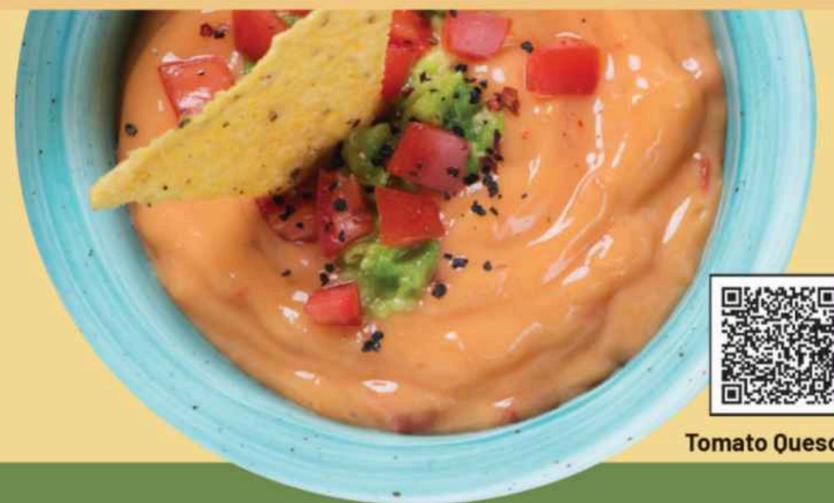
2/\$7



\$3.79

Cobram Estates
Extra Virgin
Olive Oil
Select
25.4 FL OZ

\$15.99



Scan for Recipe

Tomato Queso Dip

Muir Glen's canned tomatoes bring fresh, rich flavor to any dish



2/\$7



Reese
Artichoke Hearts
Quartered
14 OZ

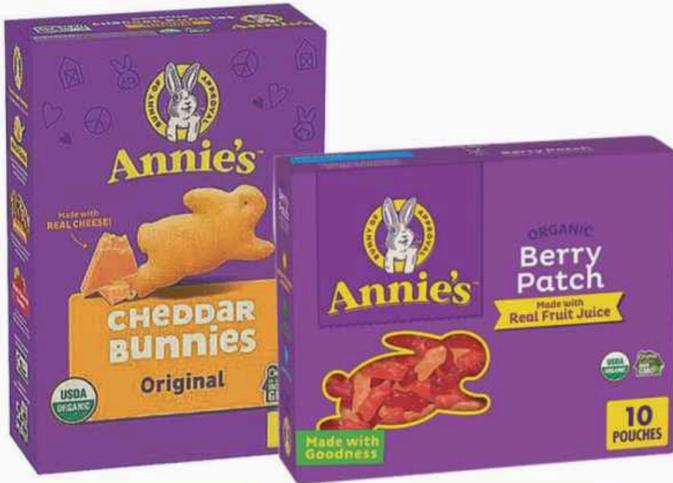
\$2.79





Spring into Snacks

with Annie's Organic Bunny Snacks



2/\$8

\$4.49



2/\$8



Macaroni & Cheese
Shells & White Cheddar
6 OZ

2/\$5



Organic
Graham Crackers
Honey, 14.4 OZ

\$5.29



Organic
Graham Sandwiches
S'mores, 8 OZ

\$5.29



Organic Chewy
Granola Bars
Chocolate Chip, 5.34 OZ

\$4.29



Cheddar Crackers
Gluten-Free
4 OZ

\$4.79



Organic Cheese Puffs
Cheddar Cheesy Smiles
4 OZ

\$4.29



BioBag
Food Scrap Bags
Small Kitchen
25 CT
\$3.49



Forces Of Nature
Nail Fungus
Control
11 ML
\$16.99



Environmentally-Friendly



Green Forest
Bathroom
Tissue
12 PK
\$11.99

Preserve
Razor
Shave 5 System
1 CT
Assorted Colors
\$7.99



Making Everyday Products Tree Free

Go tree free this Earth Month. Caboo makes tree free household paper and wipes from renewable bamboo. **Soft, strong, and tree free.**

\$1.99



\$3.79



\$10.79

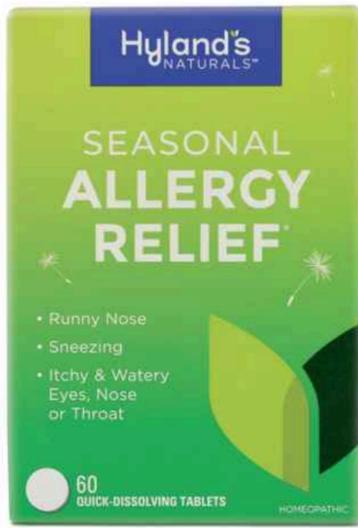


\$4.99



\$3.79





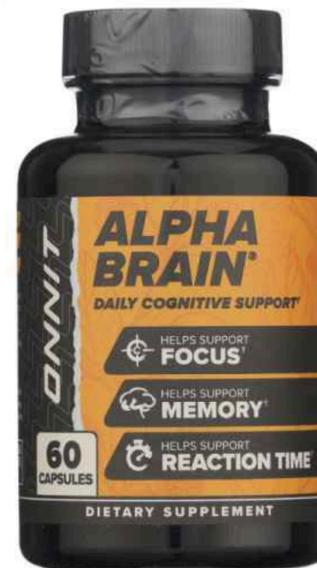
Hyland's
Seasonal
Allergy Relief
60 TAB
\$6.99



Bio-K Plus
Probiotic Capsules
Women's Health
30 CT
\$23.99



Boiron
Arnicare
Meltaway Tablets
60 TAB
\$9.49



Onnit
Alpha Brain Supplement
Memory & Focus
60 VCAP
\$50.99



Sunfood
Organic
Supergreens
& Protein
8 OZ
\$10.99



**When you Fuel Better,
You Feel Better**

Clean and delicious protein powders
to support your health goals



\$36.99

Great Lakes Wellness
Collagen Peptides
Unflavored
10 OZ
Selected Varieties
\$21.99



RXBAR®

Simple Ingredients. 12g of protein

2/\$4

