



## Southtown Health Foods, Inc.

2100 W. 95th Street, Chicago, IL

Phone 773-233-1856

Mon.-Sat. 9:30-5:30

Major credit cards and SNAP Benefits

Since 1942

[www.southtownhealthfoods.com](http://www.southtownhealthfoods.com)



Sale Prices Effective Sept. 1 - Sept. 30, 2026

## FALLING LEAVES & PRICES

|                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>Vital Farms</b><br><b>Organic Pasture-Raised Large Eggs</b><br><ul style="list-style-type: none"> <li>•Tended by hand</li> <li>•108 sq ft per hen</li> <li>•Ethical eggs</li> </ul>  <p><b>\$7.99</b><br/> 12 large eggs <i>Select varieties on sale!</i></p>                                  | <b>Cocojune</b><br><b>Organic Greek Style Cultured Coconut</b><br><b>Vanilla Cinnamon</b><br><ul style="list-style-type: none"> <li>•Probiotics</li> <li>•8g protein</li> </ul>  <p><b>\$1.99</b><br/> 5 oz <i>Select varieties on sale!</i></p> | <b>Olyra</b><br><b>Organic Creme Breakfast Biscuits</b><br><b>Dark Chocolate</b><br>Crispy biscuits made from ancient Greek grains with creamy layer of filling<br> <p><b>\$3.49</b><br/> 1.32 oz/4 biscuits <i>Select varieties on sale!</i></p>                                              | <b>Cascadian Farm</b><br><b>Organic Gluten Free Cereal</b><br><b>Fruitful O's</b><br><ul style="list-style-type: none"> <li>•16g whole grain</li> <li>•No artificial colors or flavors</li> </ul>  <p><b>\$2.99</b><br/> 10.2 oz <i>Select varieties on sale!</i></p> | <b>Arrowhead Mills</b><br><b>Organic Puffed Kamut Cereal</b><br><ul style="list-style-type: none"> <li>•Khorasan wheat</li> <li>•Rich flavor</li> <li>•Essential nutrients</li> <li>•No added sugar</li> </ul>  <p><b>\$2.29</b><br/> 6 oz <i>Select varieties on sale!</i></p>       | <b>Once Again</b><br><b>Organic Unsweetened Peanut Butter</b><br><b>Crunchy</b><br><ul style="list-style-type: none"> <li>•No salt added</li> <li>•Two ingredients: peanuts &amp; salt</li> </ul>  <p><b>\$5.79</b><br/> 16 oz <i>Select varieties on sale!</i></p>                   |
| <b>Field Roast</b><br><b>Plant-Based Sausage</b><br><b>Italian Garlic &amp; Fennel</b><br>Crafted with eggplant, onions & sweet peppers<br> <p><b>\$5.49</b><br/> 12.95 oz/4 sausages <i>Select varieties!</i></p>                                                                              | <b>Actual Veggies</b><br><b>Veggie Burger Mushroom Quinoa</b><br>With shitake mushroom, spinach and black bean<br> <p><b>\$4.99</b><br/> 4/3 oz patties <i>Select varieties on sale!</i></p>                                                   | <b>Dr. Praeger's</b><br><b>Veggie Burgers</b><br><b>Perfect Burger</b><br><ul style="list-style-type: none"> <li>•4 veggies</li> <li>•Soy free</li> <li>•20g protein per serving</li> <li>•Plant-based</li> </ul>  <p><b>\$4.49</b><br/> 8 oz/2 burgers <i>Select varieties on sale!</i></p> | <b>Amy's</b><br><b>Margherita Pizza</b><br><ul style="list-style-type: none"> <li>•Thinner crust, basil &amp; fresh mozzarella</li> <li>•Organic flour and tomatoes</li> </ul>  <p><b>\$8.49</b><br/> 13 oz <i>Select varieties on sale!</i></p>                    | <b>CHOMPS</b><br><b>100% Grass-Fed Beef Jerky</b><br><b>Snack Stick Original Beef</b><br><ul style="list-style-type: none"> <li>•Smoky with a touch of black pepper</li> <li>•Allergy friendly</li> </ul>  <p><b>\$1.89</b><br/> 1.15 oz stick <i>Select varieties on sale!</i></p> | <b>Wild Planet</b><br><b>Skipjack Wild Tuna</b><br><ul style="list-style-type: none"> <li>•Light tuna steak</li> <li>•100% pure tuna and sea salt</li> <li>•582mg EPA &amp; DHA omega 3 per can</li> </ul>  <p><b>\$11.99</b><br/> 4/5 oz cans <i>Select varieties on sale!</i></p> |
| <b>Alden's Organic</b><br><b>Organic Ice Cream Bar</b><br><b>Vanilla Dark Chocolate Almond</b><br>Coated with dark chocolate<br> <p><b>\$4.79</b><br/> 9 fl oz/3 bars <i>Select varieties on sale!</i></p>                                                                                      | <b>Jolly Llama</b><br><b>Gluten-Free Dairy Free Cones</b><br><b>Vanilla Fudge</b><br>Frozen dessert in a gluten-free delicious cone<br> <p><b>\$3.79</b><br/> 3 cones <i>Select varieties on sale!</i></p>                                     | <b>Oatly</b><br><b>Non-Dairy Frozen Dessert</b><br><b>Salted Caramel</b><br><ul style="list-style-type: none"> <li>•Smooth &amp; creamy</li> <li>•Salty &amp; sweet</li> </ul>  <p><b>\$4.29</b><br/> 1 pint <i>Select varieties on sale!</i></p>                                            | <b>Ben &amp; Jerry's</b><br><b>Non-Dairy Frozen Dessert</b><br><b>Chocolate Fudge Brownie</b><br>Made with creamy oat milk<br> <p><b>\$5.29</b><br/> 16 fl oz <i>Select varieties on sale!</i></p>                                                                  | <b>Cosmic Bliss</b><br><b>Organic Dairy-Free Frozen Dessert</b><br><b>Madagascan Vanilla Bean</b><br> <p><b>\$5.79</b><br/> 14 fl oz <i>Select varieties on sale!</i></p>                                                                                                           | <b>Pamela's</b><br><b>Gluten Free Lemon Shortbread Cookies</b><br>Traditional shortbread texture with strong zing of lemon<br> <p><b>\$4.29</b><br/> 6.25 oz <i>Select products on sale!</i></p>                                                                                    |
| <b>Sanpellegrino</b><br><b>Italian Sparkling Drinks</b><br><b>Limonata</b><br><ul style="list-style-type: none"> <li>•Italian lemons</li> <li>•Made with real lemon juice</li> <li>•The taste of Italy</li> </ul>  <p><b>\$5.99</b><br/> 6/11.5 fl oz cans <i>Select varieties on sale!</i></p> | <b>GT's</b><br><b>Organic &amp; Raw Enlightened Synergy Kombucha</b><br><b>Gingerade</b><br>9 billion living probiotics<br> <p><b>\$2.99</b><br/> 16 fl oz <i>Select varieties on sale!</i></p>                                                | <b>Alive</b><br><b>Mood + Mind Reset Root Beer</b><br>Supports mood, mind, and immune system with 1800 mg of adaptogens<br> <p><b>\$2.49</b><br/> 16 fl oz <i>Select varieties on sale!</i></p>                                                                                              | <b>Angie's</b><br><b>Boom Chicka Pop Popcorn</b><br><b>Sea Salt</b><br><ul style="list-style-type: none"> <li>•Ready to eat</li> <li>•Only 40 calories per cup</li> <li>•Whole grain</li> </ul>  <p><b>\$2.49</b><br/> 4.8 oz <i>Select varieties on sale!</i></p>  | <b>Boulder Canyon</b><br><b>Avocado Oil Potato Chips</b><br><b>Classic Sea Salt</b><br><ul style="list-style-type: none"> <li>•Kettle style</li> <li>•Canyon cut</li> <li>•Cooked in small batches</li> </ul>  <p><b>\$2.99</b><br/> 5.25 oz <i>Select varieties on sale!</i></p>   | <b>Garden of Eatin'</b><br><b>Organic Red Hot Blues Corn Tortilla Chips</b><br><ul style="list-style-type: none"> <li>•Now even hotter longer</li> <li>•Gluten free</li> </ul>  <p><b>\$4.99</b><br/> 14 oz <i>Select varieties on sale!</i></p>                                    |

# Supplements

Bluebonnet

## Vitamin D3 & K2

- Supports: bone, immune, mood & heart health\*
- Soy & gluten free



**Save 20%**

All Bluebonnet now on sale!

Jarrow Formulas

## Vegan Methyl B-12 1000 MCG & Folate 400 MCG Plus P-5-P

Cellular energy\* metabolism and cardiovascular health



**Save 25%**

All Jarrow Formulas on sale!

Solgar

## B-Complex "100"

- Energy metabolism
- Cardiovascular health
- Nervous system support\*



**Save 25%**

All Solgar now on sale!

## Gentle Iron 25 MG (Iron Bisglycinate)

- Non-constipating
- Red blood cell & energy metabolism support\*



**Save 25%**

All Solgar now on sale!

New Chapter

## Bone Strength Take Care™ Plant Calcium

- Strong bones
- With vitamin K2 and D3 that guide calcium to bones\*
- Slim tab



**Save 45%**

All New Chapter now on sale!

## Every Woman's Multivitamin 55+ One Daily

- Immune, heart, bone & cellular energy support\*
- Superfood herbs



**Save 45%**

All New Chapter now on sale!

LifeSeasons Therapeutics

## Glucose Stabili-T Blood Sugar Support\*

With berberine HCl plus cinnamon and chromium



**Save 30%**

All LifeSeasons now on sale!

Garden of Life

## Dr. Formulated Probiotics Once Daily Women's

- 50 Billion guaranteed
- 16 probiotic strains
- Supports immune system & digestive health\*



**Save 30%**

All Garden of Life now on sale!

## Collagen Peptides Grass Fed Unflavored

- 20g per serving
- Type 1 & 111 plus probiotics
- Hair, skin, nails & joints\*



**Save 30%**

All Garden of Life now on sale!

Natural Factors

Save 23%

## Total Body Collagen Bioactive Peptides

Healthy aging, hydrated skin, muscle & joint support\*



**\$37.99**

1lb 1 oz Reg. \$49.95

## OsteoMove® Joint Care Extra Strength

- Glucosamine, chondroitin & MSM
- Promotes comfort and mobility\*



Save 28%

**\$31.99**

120 tabs Reg. \$44.95

CV Science

Save 29%

## +Plus CBD Daily Balance 750 mg CBD Oil

- Full-spectrum
- 10 mg CBD per serving
- With monk fruit & extra virgin olive oil



**\$44.99**

1.86 fl oz / 75 servings Reg. \$63.99

Terry Naturally

Save 15%

## CuraMed 750 mg Curcumin Complex

- Superior absorption curcumin\*
- Up to 500 times stronger than turmeric



**\$35.66**

30 softgels Reg. \$41.95

## Healthy Feet & Nerves

Supports healthy nerve function in feet, legs, fingers and hands\*



Save 15%

**\$27.16**

60 vegan caps Reg. \$31.95

OM Mushrooms

Save 16%

## Master Blend Helps Support Overall Wellness

- 10 mushrooms + ashwagandha root extract
- Immune, gut health & stress relief\*



**\$22.99**

84 veg caps Reg. \$27.49

Youtheory

Save 17%

## Ashwagandha With KSM-66®

- Stress support
- Mood balance
- Cognitive focus
- Digestive comfort
- Relaxation\*



**\$13.99**

60 veg caps Reg. \$16.99

Bio Nutrition

Save 28%

## Moringa 5,000 (Moringa oleifera)

Supports daily energy, immunity, skin health and digestion\*



**\$14.99**

60 veg caps Reg. \$20.99

Vital Planet

Save 54%

## Vital Gut Renew Intestinal Lining Support\*

- Helps soothe the digestive tract
- Supports healthy gut lining



**\$31.99**

6.88 oz Reg. \$69.99

Prince of Peace

Save 25%

## Red Panax Ginseng Extractum Ultra Strength

Adaptogenic properties: boosts daily energy, focus & reduces fatigue\*



**\$12.99**

10.2 fl oz / 30 bottles Reg. \$17.49

Carlson Labs

Save 23%

## Wild Caught Elite Omega-3 Gems 1600 mg Omega-3s

Buy 90 Get 30 FREE

Heart, brain & vision support\*



**\$37.99**

90 softgels + 30 softgels Reg. \$49.90

Nordic Naturals

Save 21%

## Arctic Cod Liver Oil

- Omega-3 from wild Arctic cod for heart & brain health\*
- Great orange taste



**\$24.99**

8 fl oz Reg. \$31.95

## Algae Omega Plant-based EPA & DHA

Vegetarian omega-3s for heart, brain & immune health\*



Save 23%

**\$22.99**

60 soft gels Reg. \$29.95

Nature's Answer

Save 29%

## Natural Mullein-X Cough Syrup

- Soothes coughs & helps clear mucus
- Supports upper respiratory health\*



**\$13.99**

4 fl oz Reg. \$19.89

Rainbow Light

Save 30%

## Women's One + Real Food Nutrients

- Supports energy & antioxidant health\*
- Digestive enzymes and probiotics
- Certified raw



**\$15.99**

60 veg caplets Reg. \$22.99

Source Naturals

Save 20%

## Ultra-Mag 5-in 1 Bioavailable Magnesium

- Relaxes muscles, & calms nerves\*
- Bone & heart health
- Energy metabolism



**\$10.00**

90 veg caps Reg. \$12.50

Country Life

Save 20%

## Coenzyme B-Complex

- Supports energy & healthy cognitive function\*
- Nutrient conversion & methylation support



**\$18.55**

60 veg caps Reg. \$23.19

## Methyl B12 5,000 mcg

- Supports energy and stamina\*
- High absorbable form of B12



Save 20%

**\$20.47**

60 cherry lozenges Reg. \$25.59

Nature's Way

Save 20%

## Chlorofresh Liquid Chlorophyll Unflavored

- Healthy skin & body detox\*
- Antioxidant support
- Internal deodorant



**\$11.59**

16 fl oz Reg. \$14.49

Yerba Prima

Save 17%

## Psyllium Husks Veg Caps

- 100% pure, whole husks
- Detox colon & cleanse body of old toxins
- Bowel regularity\*



**\$13.99**

180 caps Reg. \$16.99

Himalaya

Save 20%

## PartySmart

- Supports better morning after drinking & liver health\*
- Helps to metabolize alcohol



**\$2.29**

1 veg cap Reg. \$2.89

Prices may vary per store. All items may not be available at all stores. Not responsible for printing errors.

\*These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any illness.

# Healthy Choices

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| <p><b>Derma•E</b></p> <p><b>Vitamin C Concentrated Serum</b></p> <p><b>Hyaluronic Acid and Probiotics</b></p> <ul style="list-style-type: none"> <li>•Hydrates skin</li> <li>•Minimizes fine lines</li> </ul>  <p><b>Save 20%</b></p> <p>All Derma•E now on sale!</p>                    | <p><b>Tiger Balm</b></p> <p><b>Pain Relieving Ointment</b></p> <ul style="list-style-type: none"> <li>•Red extra strength</li> <li>•For sore muscles*</li> <li>•Concentrated</li> <li>•Works where it hurts</li> </ul>  <p><b>\$5.79</b></p> <p>0.63 oz <i>Select varieties on sale!</i></p> | <p><b>Kirk's</b></p> <p><b>Gentle Castile Soap Bar</b></p> <ul style="list-style-type: none"> <li>•100% premium coconut oil</li> <li>•Sensitive skin friendly</li> <li>•Fragrance free</li> </ul>  <p><b>\$1.89</b></p> <p>4 oz bar <i>Select varieties on sale!</i></p>                         | <p><b>The Grandpa Soap Co</b></p> <p><b>Oatmeal Soap Bar</b></p> <ul style="list-style-type: none"> <li>•Organic oats &amp; chamomile extract</li> <li>•Gently exfoliates &amp; softens skin</li> <li>•Pure ingredients</li> </ul>  <p><b>\$3.49</b></p> <p>4.25 oz bar <i>Select varieties on sale!</i></p>   | <p><b>Tom's of Maine</b></p> <p><b>Antiplaque &amp; Whitening Toothpaste Peppermint</b></p> <ul style="list-style-type: none"> <li>•Fights tartar</li> <li>•Freshen breath</li> <li>•Fluoride free</li> </ul>  <p><b>\$9.99</b></p> <p>2/4.5 oz tubes <i>Select varieties on sale!</i></p> | <p><b>Nature's Answer</b></p> <p><b>PerioBrite Mouthwash with Xylitol</b></p> <ul style="list-style-type: none"> <li>•Targets germs &amp; fights bad breath</li> <li>•Promotes tooth &amp; gum wellness</li> </ul>  <p><b>\$6.99</b></p> <p>16 fl oz <i>Select varieties on sale!</i></p>         |
| <p><b>Schmidt's</b></p> <p><b>Charcoal &amp; Magnesium Deodorant</b></p> <ul style="list-style-type: none"> <li>•48 hour protection using all natural origin ingredients</li> <li>•Certified vegan</li> </ul>  <p><b>\$10.99</b></p> <p>2.65 oz <i>Select varieties on sale!</i></p>     | <p><b>EO</b></p> <p><b>Organic Deodorant Spray Centering Citrus</b></p> <ul style="list-style-type: none"> <li>•Eliminates odor</li> <li>•Made with pure essential oils</li> </ul>  <p><b>\$4.99</b></p> <p>4 fl oz <i>Select varieties on sale!</i></p>                                     | <p><b>Herbatint</b></p> <p><b>Permanent Haircolor Gel</b></p> <ul style="list-style-type: none"> <li>•100% grey cover</li> <li>•Vibrant long lasting color</li> <li>•Herbal extracts</li> <li>•Kind to hair</li> </ul>  <p><b>\$13.99</b></p> <p>5.75 fl oz <i>Select varieties on sale!</i></p> | <p><b>Prince of Peace</b></p> <p><b>Ginger Chews Original</b></p> <ul style="list-style-type: none"> <li>•Soft &amp; satisfying</li> <li>•Ginger has a soothing effect on digestion*</li> </ul>  <p><b>\$2.29</b></p> <p>4 oz <i>Select varieties on sale!</i></p>                                             | <p><b>Simply Gum</b></p> <p><b>Natural Chewing Gum Peppermint</b></p> <ul style="list-style-type: none"> <li>•Freshens breath</li> <li>•Natural chicle gum base</li> </ul>  <p><b>\$2.29</b></p> <p>15 pieces <i>Select varieties on sale!</i></p>                                         | <p><b>VerMints</b></p> <p><b>Organic Breath Mints Peppermint</b></p> <ul style="list-style-type: none"> <li>•Long lasting flavor</li> <li>•Travel size</li> <li>•Gluten free</li> </ul>  <p><b>\$2.29</b></p> <p>1.41 oz <i>Select varieties on sale!</i></p>                                     |
| <p><b>Made in Nature</b></p> <p><b>Organic Dried Fruit Dried Plums</b></p> <ul style="list-style-type: none"> <li>•Unsulfered</li> <li>•No added sugar</li> <li>•Nutrient rich</li> <li>•Naturally sweet</li> </ul>  <p><b>\$4.99</b></p> <p>6 oz <i>Select varieties on sale!</i></p> | <p><b>Lenny &amp; Larry's</b></p> <p><b>The Complete Cookie Chocolate Chip</b></p> <ul style="list-style-type: none"> <li>•16g protein</li> <li>•10g fiber</li> <li>•Soft baked</li> <li>•Plant-based</li> </ul>  <p><b>\$1.99</b></p> <p>4 oz <i>Select varieties on sale!</i></p>        | <p><b>Rip Van</b></p> <p><b>LEOS Sandwich Creme Cookie Golden Vanilla</b></p> <ul style="list-style-type: none"> <li>•Made with bourbon vanilla</li> <li>•4g sugar per serving</li> </ul>  <p><b>\$3.49</b></p> <p>6.76 oz/4 pack <i>Select varieties on sale!</i></p>                         | <p><b>GimMe</b></p> <p><b>Organic Roasted Seaweed Snacks Sea Salt</b></p> <ul style="list-style-type: none"> <li>•Excellent source of vit. B12 &amp; iodine</li> <li>•Light &amp; crispy</li> </ul>  <p><b>\$1.79</b></p> <p>0.35 oz <i>Select varieties on sale!</i></p>                                    | <p><b>Essentia</b></p> <p><b>Naturally Alkaline Mineral Spring Water</b></p> <ul style="list-style-type: none"> <li>•Electrolytes &amp; minerals</li> <li>•pH 7.8 - 8.2</li> </ul>  <p><b>\$1.99</b></p> <p>1.5 Lt. <i>Select varieties on sale!</i></p>                                 | <p><b>Eternal</b></p> <p><b>Naturally Alkaline Spring Water</b></p> <ul style="list-style-type: none"> <li>•Smooth taste</li> <li>•pH 7.8 - 8.2</li> <li>•Hydrating</li> </ul>  <p><b>\$1.49</b></p> <p>33.8 fl oz <i>Select varieties on sale!</i></p>                                         |
| <p><b>Waterloo</b></p> <p><b>Sparkling Water Lemon-Lime</b></p> <ul style="list-style-type: none"> <li>•Zero calories, sodium, sugar or sweeteners</li> <li>•Naturally flavored</li> </ul>  <p><b>\$3.99</b></p> <p>8/12 fl oz cans <i>Select varieties on sale!</i></p>               | <p><b>Vita Coco</b></p> <p><b>Coconut Water</b></p> <ul style="list-style-type: none"> <li>•Hydrates naturally</li> <li>•Nutrients and electrolytes</li> <li>•Never from concentrate</li> </ul>  <p><b>\$3.99</b></p> <p>33.8 fl oz <i>Select varieties on sale!</i></p>                   | <p><b>C2O</b></p> <p><b>Coconut Water The Original</b></p> <ul style="list-style-type: none"> <li>•Nutrients plus electrolyte-rich hydration</li> <li>•100% natural, never from concentrate</li> </ul>  <p><b>\$3.99</b></p> <p>33.8 fl oz <i>Select varieties on sale!</i></p>                | <p><b>R.W. Knudsen</b></p> <p><b>Mega Antioxidant Fruit &amp; Vegetable Juice Blend</b></p> <ul style="list-style-type: none"> <li>•With grape seed &amp; green tea extracts</li> <li>•100% juice</li> <li>•No added sugar</li> </ul>  <p><b>\$4.29</b></p> <p>32 fl oz <i>Select varieties on sale!</i></p> | <p><b>Lakewood Organic</b></p> <p><b>Organic Pure Pomegranate Juice</b></p> <ul style="list-style-type: none"> <li>•Fresh pressed</li> <li>•7 to 10 pomegranates per bottle</li> <li>•Unsweetened</li> </ul>  <p><b>\$9.99</b></p> <p>32 fl oz <i>Select varieties on sale!</i></p>      | <p><b>North Coast Organic</b></p> <p><b>Organic Apple Juice</b></p> <ul style="list-style-type: none"> <li>•No added colors or preservatives</li> <li>•No added sugar</li> <li>•100% certified organic apples</li> </ul>  <p><b>\$11.99</b></p> <p>96 fl oz <i>Select products on sale!</i></p> |
| <p><b>Celestial Seasonings</b></p> <p><b>Herbal Tea Country Peach Passion</b></p> <p>Floral, and sweet blend of peach, citrus and chamomile</p>  <p><b>\$3.29</b></p> <p>20 tea bags <i>Select varieties on sale!</i></p>                                                              | <p><b>Rishi Tea</b></p> <p><b>Sparkling Botanical Tea Dandelion Ginger</b></p> <ul style="list-style-type: none"> <li>•Unsweetened</li> <li>•Craft brewed</li> <li>•Made in small batches</li> </ul>  <p><b>\$2.49</b></p> <p>12 fl oz <i>Select varieties on sale!</i></p>                | <p><b>Culture Pop Soda</b></p> <p><b>Sparkling Probiotic Soda Watermelon &amp; Lime</b></p> <p>Made with real fruit juice, spices &amp; live probiotic</p>  <p><b>\$1.49</b></p> <p>12 fl oz <i>Select varieties on sale!</i></p>                                                              | <p><b>OLIPOP</b></p> <p><b>Prebiotic Soda Pop Ginger Ale</b></p> <ul style="list-style-type: none"> <li>•With prebiotics, fiber &amp; botanicals</li> <li>•Supports digestive health</li> </ul>  <p><b>\$1.69</b></p> <p>12 fl oz <i>Select varieties on sale!</i></p>                                       | <p><b>Nixie</b></p> <p><b>Organic Zero Sugar Soda Cream Soda</b></p> <ul style="list-style-type: none"> <li>•Zero sugar, carbs or calories</li> <li>•Organic flavor</li> </ul>  <p><b>\$1.49</b></p> <p>12 fl oz <i>Select varieties on sale!</i></p>                                    | <p><b>Zevia</b></p> <p><b>Zero Sugar Soda Ginger Ale</b></p> <ul style="list-style-type: none"> <li>•Sweetened with stevia</li> <li>•Zero calories</li> <li>•Naturally flavored</li> </ul>  <p><b>\$5.49</b></p> <p>6/12 fl oz cans <i>Select varieties on sale!</i></p>                        |

Visit Our Store For Additional Sale Items

# Healthy Choices

Califia Farms

**Organic Coconut Milk Unsweetened**

- Only 4 ingredients
- Great for coffee, cereal, cooking, and baking



**\$4.79**

48 fl oz *Select varieties on sale!*

Native Forest

**Organic Young Jackfruit Original**

- Meatless vegan alternative
- Mild flavor
- Cooks & shreds



**\$3.49**

14 oz *Select varieties on sale!*

Crown Prince

**Natural Smoked Oysters Hand Packed in Pure Turkish Olive Oil**

- Naturally wood smoked
- Rich in iron



**\$3.29**

3 oz *Select products on sale!*

Daiya

**Cheddar Style Slices**

- Free of dairy, soy & gluten
- Made from Daiya oat cream blend



**\$3.49**

7.8 oz *Select varieties on sale!*

Carbone

**Pasta Sauce Marinara**

- Slow cooked using Italian tomatoes, onions, olive oil, sea salt, garlic & oregano ... no sugar



**\$6.99**

24 oz *Select varieties on sale!*

Muir Glen

**Organic Pasta Sauce Fire Roasted Tomato**

- No sugar added
- California tomatoes



**\$3.49**

23.5 oz *Select varieties on sale!*

Bonafide

**Organic Bone Broth Chicken**

- 100% free-range chicken bones
- Supports bones,\* joints, hair & skin



**\$4.99**

16.9 fl oz *Select varieties on sale!*

Pacific Foods

**Organic Bone Broth Chicken with Sea Salt**

- Natural collagen\*
- With apple cider vinegar & sea salt



**\$4.99**

32 fl oz *Select varieties on sale!*

Lotus Foods

**Millet & Brown Rice Ramen Red Miso Soup**

- Made with organic rice
- Ready in 8 mins.
- Gluten free



**\$1.79**

2.8 oz *Select varieties on sale!*

Mike's Mighty Good

**Chicken Ramen Soup**

- Made with organic noodles
- Rich broth
- 8g protein
- Ready in 4 mins.



**\$2.09**

1.6 oz *Select varieties on sale!*

Lundberg Farms

**Organic Rice Cake Minis Sea Salt**

- Regenerative rice
- Only 3 ingredients
- Popped, not fried



**\$3.29**

5 oz *Select varieties on sale!*

Real Food From the Ground Up

**Cauliflower Crackers Cheddar**

- Flavor baked in
- Real food
- Made with real cauliflower



**\$3.49**

4 oz *Select varieties on sale!*

Seeds of Change

**Organic Quinoa & Brown Rice with Sea Salt**

- Microwave in the pouch for 90 seconds



**\$2.79**

8.5 oz *Select varieties on sale!*

Amy's

**Organic Refried Beans Traditional**

- Light in sodium
- Vegetarian
- Traditional-style refried pinto beans



**\$3.49**

15.4 oz *Select varieties on sale!*

Cascadian Farm

**Organic Spud Puppies™ Shredded Potatoes**

- Crispy outside and tender inside



**\$3.49**

16 oz *Select varieties on sale!*

Bob's Red Mill

**Gluten Free Baking Soda**

- It offers a light texture & tender crumb perfect for pancakes, cakes cookies & biscuits



**\$2.49**

16 oz *Select varieties on sale!*

Simply Organic

**Organic Garlic Powder**

- Enhances flavor in cooking, offering a natural way to add the benefits of garlic into your diet



**\$5.79**

3.64 oz *Select products on sale!*

OrganicVille

**Organic Ketchup**

- Made with agave nectar & plant based
- Squeeze bottle
- Gluten free
- Vegan



**\$3.99**

24 oz *Select products on sale!*

Primal Kitchen

**Mayo Real Mayonnaise Made with Avocado Oil**

- Cage free eggs
- No soy or canola
- Sugar free



**\$7.99**

12 oz *Select varieties on sale!*

**Organic Pure Avocado Oil**

- High heat cooking oil
- Neutral, light flavor
- Saute, grill or bake



**\$15.99**

16.9 fl oz *Select products on sale!*

Sir Kensington's

**Organic Mayonnaise**

- Certified humane free range eggs
- Organic sunflower oil and a squeeze of lemon



**\$8.99**

12 fl oz *Select products on sale!*

Spectrum Culinary

**Organic Virgin Coconut Oil**

- Cold pressed
- Unrefined
- Medium heat
- Keto friendly



**\$8.99**

14 fl oz *Select products on sale!*

California Olive Ranch

**Extra Virgin Olive Oil Global Blend**

- For everyday
- For cooking and baking
- Cold pressed



**\$11.99**

16.9 fl oz *Select products on sale!*

Bragg

**Organic Apple Cider Vinegar with the "Mother"**

- Raw & unfiltered
- Unpasteurized



**\$4.79**

32 fl oz *Select varieties on sale!*

The Good Crisp Co.

**Classic Original Potato Crisps**

- Soy & gluten free
- Stacked potato chips
- Non-GMO



**\$2.99**

5.6 oz *Select varieties on sale!*

Terra

**Sweet Potato Chips Sea Salt**

- Real vegetable chips
- Krinkle cut
- Gluten free



**\$3.29**

6 oz *Select varieties on sale!*

Good Health

**Avocado Oil Kettle Style Potato Chips Sea Salt**

- Made with 100% avocado oil



**\$3.29**

5 oz *Select varieties on sale!*

Late July Snacks

**Organic Restaurant Style Tortilla Chips Sea Salt**

- Thin & crispy
- Gluten free
- Enjoy with salsa



**\$3.49**

10.1 oz *Select products on sale!*

Siete

**Fuego Grain Free Puff Snacks Spicy**

- With avocado oil
- Made with lentils
- Gluten free



**\$2.99**

4 oz *Select varieties on sale!*

Vegan Rob's

**Dragon Puffs Probiotic**

- Hot & crunchy
- Baked sorgum & blend of exotic herbs & spices



**\$2.99**

3.5 oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items