

freezer

CASCADIAN FARM

Fruit

10 oz.,
selected varieties

\$2.69

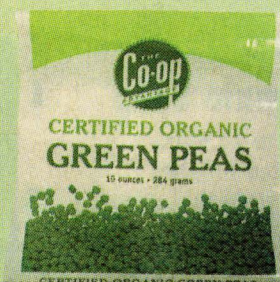


CAP PEAS

Organic Peas

10 oz.

\$1.29



LIFESTREAM

Waffles

11 oz.,
selected varieties

\$1.69



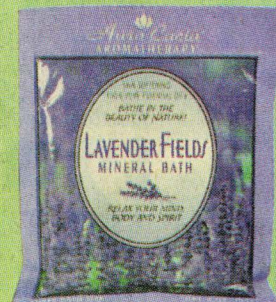
wellness

AURA CACIA

Mineral Bath

2.5 oz.,
selected varieties

\$1.79



Co-op Advantage specials are available at the following natural food co-ops:

CALIFORNIA

Briar Patch Co-op
10061 Joerschke Drive, Grass Valley

Chico Natural Foods
818 Main Street, Chico

Davis Food Co-op
620 G Street, Davis

Isla Vista Food Co-op
6575 Seville Road, Isla Vista

Quincy Natural Foods
30 Harbison Street, Quincy

Sacramento Natural Foods Co-op
1900 Alhambra Boulevard, Sacramento

North Coast Co-op
811 I Street, Arcata
—and—

1036 Fifth Street, Eureka

Ocean Beach People's Food Co-op
4765 Voltaire Street, San Diego

Ukiah Natural Foods
721 South State Street, Ukiah

IDAHO

Moscow Food Co-op
221 E. 3rd Street, Moscow

MONTANA

Community Food Co-op
908 W. Main Street, Bozeman

OREGON

Ashland Community Food Store
237 N. 1st Street, Ashland

First Alternative Co-op
1007 S.E. Thrid Street, Corvallis

Food Front Co-op Grocery
2375 N.W. Thurman Street, Portland

WASHINGTON

Central Co-op/Madison Market
1600 East Madison, Seattle

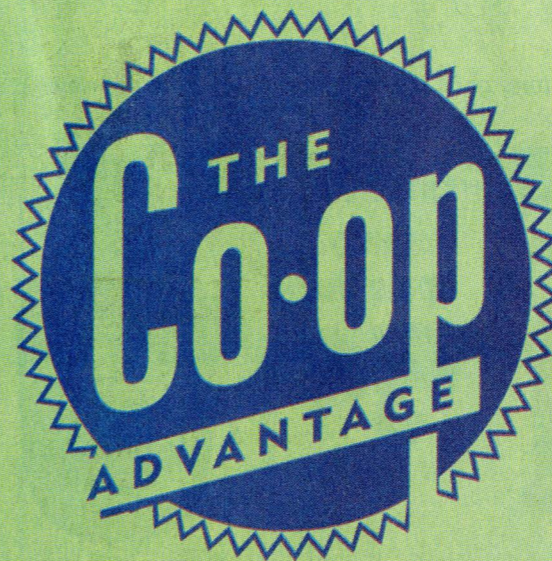
Community Food Co-op
1220 North Forest Street, Bellingham

Olympia Food Co-op
921 N. Rogers, Olympia

The Food Co-op
414 Kearney Street, Port Townsend

Skagit Valley Food Co-op
202 S. Frist Street, Mt. Vernon

Sno-Isle Natural Foods Co-op
2804 Grand Avenue, Everett



NATURE'S GATE

Antiseptic Liquid Soap

Twin-pack

\$5.99



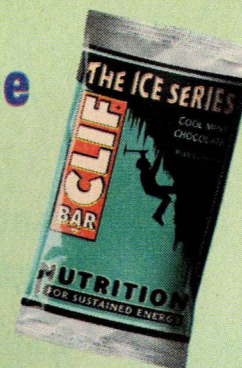
CLIF BAR

Ice Endurance Bars

68 grams, selected varieties

99¢

All Clif Bars 99¢

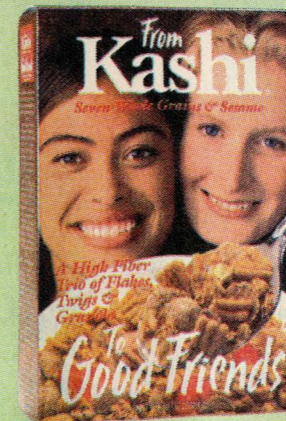


KASHI

Cereal

10.75 to 13 oz.,
selected varieties

\$2.49



Suggested special retail pricing through

MARCH 2002

The highest quality natural foods at the best prices.

TRADITIONAL MEDICINALS

Tea

16 count, selected varieties

\$2.49

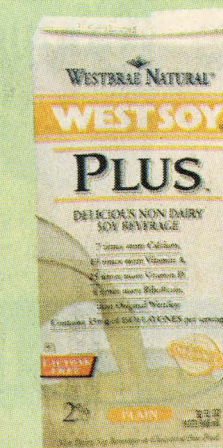


WESTSOY

Organic Soy Beverage Plus

32 oz., selected varieties

\$1.49



KETTLE

Potato Chips

5 oz., selected varieties

\$1.29



Some items may not be available at all stores or on the same days in the month of March.

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grocery

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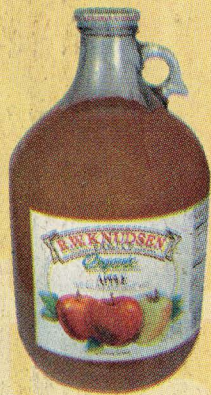
NEWMAN'S
Organic Microwave Popcorn
3 to 3.5 oz.,
selected varieties
\$1.99



TERRA
Terra Frites
6 oz.,
selected varieties
\$1.99



KNUDSEN
Organic Apple Juice
1 gallon
\$3.99



SANTA CRUZ
Organic Apple Sauce
23 oz.,
selected varieties
\$1.69



ANNIE'S NATURAL
Salad Dressing
16 oz.,
selected varieties
\$3.29



ENVIROKIDZ
Organic Cereal
10 to 14 oz.,
selected varieties
\$2.29



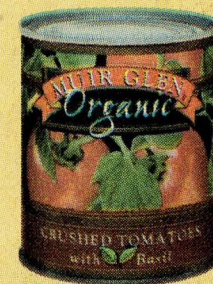
ECOVER
Dishwashing Liquid Soap
16 to 32 oz., selected varieties
\$1.69 TO \$2.59



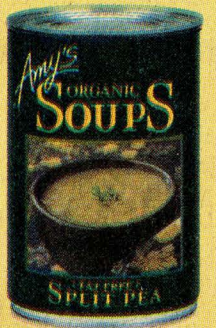
MOUNTAIN SUN
Organic Juice
32 oz., selected varieties
\$1.99



MUIR GLEN
Organic Tomatoes
28 oz., selected varieties
\$1.19 TO \$1.29

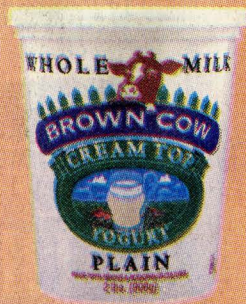


AMY'S
Organic Soup
14.1 to 14.5 oz.,
selected varieties
\$1.29



refrigerated

BROWN COW
Yogurt
32 oz.,
selected varieties
\$1.59 TO \$2.19



WHOLE SOY
Soy Yogurt
6 oz.,
selected varieties
69¢



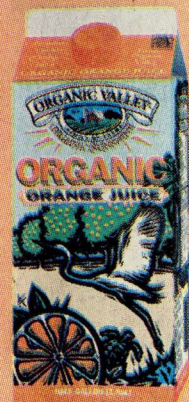
NANCY'S
Organic Yogurt
32 oz.,
selected varieties
\$2.29



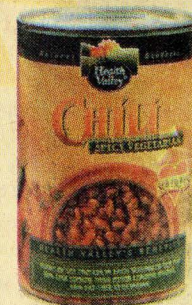
HORIZON
Organic Butter
1 pound, selected varieties
\$3.99



ORGANIC VALLEY
Organic Juice
64 oz., selected varieties
\$3.69



HEALTH VALLEY
Chili
15 oz.,
selected varieties
\$1.39



GOLDEN TEMPLE
Peace Cereal
11.5 oz.,
selected varieties
\$2.29



MORI-NU
Soup
32 oz.,
selected varieties
\$2.29



GARDEN OF EATIN'
Mini Corn Chips
7.5 oz.
99¢



SPECTRUM
Organic Extra Virgin Olive Oil
25.4 oz.
\$7.59



Spectrum Organic Balsamic Vinegar 16.9 oz also on special at \$3.59