

# Weekly Deals

May 1-7, 2024



**Save \$.74 ea**  
**4/\$5**  
 Organic Small Haas Avocados  
 Grown In USA/Mexico



**Save \$1.50 ea**  
**2/\$4**  
 Organic Tommy Atkin Mangos  
 Grown In Mexico



**Save \$2 lb**  
**\$2.99 lb**  
 Organic On The Vine Tomatoes  
 Grown In USA/Mexico



**Save \$.50 ea**  
**\$1.49 ea**  
 Organic Cilantro  
 Grown in USA/Mexico



**Save \$1.50 lb**  
**\$6.99 lb**  
 Ranger Chicken Boneless Breast Fresh-For-Freezer  
 Ranger



**Save \$1 lb**  
**\$8.99 lb**  
 Cabbage And Collard Slaw  
 Made Fresh In Our Kitchen

## LOCAL FEATURE!

Bainbridge Island, WA

**Save \$.50 ea**

**\$3.49** 12 oz  
 Kombucha & Kvass, 5 Flavors  
 Iggy's



Iggy's Alive & Cultured is a fermentation house founded in 2012 by Ilgvar "Iggy" Daga on Bainbridge Island in Washington State. We are an artisanal producer of premium fermented beverages and foods, using only whole and organic ingredients to make our living ferments.



**More Deals on the Back!**

# FAIRTRADE AVOS ARE ROCKIN'



**Save big**  
at your local food co-op



**Save \$.50 lb**  
**\$10.49** lb

Beef Chuck Ranch Steak  
Oregon Country Beef



**Save \$2 lb**  
**\$6.49** lb

String Cheese  
Burnett



**Save \$3 ea**  
**\$19.99** 750 ml

Corail Rose  
Chateau De Roquefort



**Save \$2.50 lb**  
**\$10.99** lb

Equal Exchange Dry Roasted Tamari Almonds  
From Our Bulk Department



**Save \$0.49 ea**  
**2/\$5**  
Organic Large Haas Avocados  
Grown In USA/Mexico



**Save \$0.99 ea**  
**2/\$4**  
Corn Nuggets  
Inka



**Save \$1 ea**  
**\$7.99** 8 oz  
Cheddar Makers Reserve  
Tillamook



**Save \$1 lb**  
**\$1.99** lb  
Organic Roma Tomatoes  
Grown In Mexico



**Save \$.50 lb**  
**\$5.49** lb  
Pork Shoulder Roast Bone/In  
Carlton Farms



**Save \$2 ea**  
**\$22.99** ea  
Lavender Bath Brew  
Port Townsend Lavender Co



**Save \$1 lb**  
**\$6.99** lb  
Organic Garlic  
Grown In USA/Argentina



**Save \$2.20 ea**  
**\$3.79** 8 oz  
Gouda Mac N Cheese, Gluten Free  
Evol



**Save \$1 ea**  
**\$10.99** ea  
Blue Current Sandwich Bag  
Stasher



**Save \$.50 lb**  
**\$2.49** lb  
Organic Lemons  
Grown In California



**Save \$.70 ea**  
**\$2.79** 32 oz  
Lemonade, 6 Varieties  
Santa Cruz



**Save \$6 ea**  
**\$25.99** 150 cap  
Shilajit  
Trace Minerals