



# HONEST WEIGHT FOOD CO-OP

## FEBRUARY SALES & SPECIALS

### BULK

#### NUTS & SEEDS

		Reg	Sale
Oil Roasted & Salted Peanuts	1185	\$3.65/lb	<b>\$2.99/lb</b>
Organic Filberts (Hazelnuts)	1203	\$11.29/lb	<b>\$8.99/lb</b>
Sliced Almonds	1209	\$6.09/lb	<b>\$4.99/lb</b>
Whole Almonds	1211	\$6.19/lb	<b>\$4.79/lb</b>
Pumpkin Seeds	1218	\$5.79/lb	<b>\$4.69/lb</b>
Organic Brown Flax Seeds	1222	\$1.99/lb	<b>\$1.49/lb</b>
Organic Curry Cashews	1562	\$13.69/lb	<b>\$10.99/lb</b>
Organic Roasted & Salted Pistachio Meats	1568	\$19.79/lb	<b>\$15.99/lb</b>
Organic Roasted & Unsalted Sunflower Seeds	1573	\$3.49/lb	<b>\$2.79/lb</b>
Organic Raw Hempseed		\$16.49/lb	<b>\$8.99/lb</b>

#### GRAINS & RICE

Organic Sushi Rice	1043	\$2.69/lb	<b>\$2.19/lb</b>
Organic Pearled Barley	1077	\$0.89/lb	<b>\$0.89/lb</b>
Organic Hulled Millet	1080	\$1.49/lb	<b>\$1.19/lb</b>
Organic White Popcorn	1086	\$1.59/lb	<b>\$1.59/lb</b>
Organic Spelt Berries	1502	\$2.29/lb	<b>\$1.85/lb</b>
Israeli Couscous	1631	\$3.29/lb	<b>\$2.69/lb</b>
Long Brown Rice	1632	\$1.02/lb	<b>\$0.79/lb</b>
Organic White Jasmine Rice	1710	\$3.09/lb	<b>\$2.49/lb</b>
Organic Kamut Berries	1728	\$1.69/lb	<b>\$1.39/lb</b>
Farina	1730	\$0.85/lb	<b>\$0.69/lb</b>

#### COOKING & BAKING

Organic Fair Trade Sucanat	1035	\$3.79/lb	<b>\$2.99/lb</b>
Organic Quick Rolled Oats	1053	\$1.25/lb	<b>\$1.09/lb</b>
Organic Pearled Farro	1135	\$3.69/lb	<b>\$2.89/lb</b>
Meatless Chicken Broth Powder	1242	\$8.79/lb	<b>\$7.29/lb</b>
Organic Oat Flour	1360	\$1.39/lb	<b>\$1.09/lb</b>

White Rice Flour	1378	\$1.09/lb	<b>\$0.89/lb</b>
Organic Wheat Bran	1385	\$0.65/lb	<b>\$0.49/lb</b>
Xanthan Gum	1410	\$15.99/lb	<b>\$12.99/lb</b>
Organic Fair Trade Chocolate Chips	1477	\$9.79/lb	<b>\$7.89/lb</b>

#### GRANOLA & CEREAL

Organic Wheat Flakes	1066	\$1.29/lb	<b>\$0.99/lb</b>
Raspberry & Cream Granola	1109	\$4.19/lb	<b>\$2.79/lb</b>
Chipmunk's Choice Granola	1668	\$7.99/lb	<b>\$6.49/lb</b>

#### FRUITS

Organic Fruit Juice Sweetened Dried Blueberries	1260	\$19.69/lb	<b>\$15.99/lb</b>
Organic California Apricots	1591	\$11.49/lb	<b>\$9.29/lb</b>
Organic Dried Zante Currants		\$4.69/lb	<b>\$3.79/lb</b>
Organic Thompson Raisins		\$3.09/lb	<b>\$2.39/lb</b>

#### LEGUMES

Organic Navy Beans	1152	\$1.99/lb	<b>\$1.49/lb</b>
Organic Red Lentils	1155	\$2.49/lb	<b>\$1.89/lb</b>
Organic Garbanzo Beans	1158	\$2.59/lb	<b>\$1.99/lb</b>

#### OILS & LIQUIDS

Organic Spectrum Apple Cider Vinegar	1294	\$2.49/lb	<b>\$1.99/lb</b>
Toasted Sesame Oil	1300	\$6.19/lb	<b>\$4.99/lb</b>
Organic Extra Virgin Olive Oil	1303	\$9.89/lb	<b>\$7.99/lb</b>

#### NUT BUTTERS

Organic Sunflower Butter	1610	\$6.19/lb	<b>\$4.99/lb</b>
Organic Unsalted Crunchy Peanut Butter	1287	\$6.79/lb	<b>\$5.49/lb</b>

#### SWEETS & SNACKS

Spirulina Carob Chunks of Energy	1013	\$7.19/lb	<b>\$5.79/lb</b>
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# FEBRUARY SALES & SPECIALS

		Reg	Sale
Reeds Crystallized Ginger	1027	\$6.59/lb	<b>\$5.39/lb</b>
Agave Gummy Bears	1168	\$6.79/lb	<b>\$5.49/lb</b>
Poppy & Onion Sesame Sticks	1519	\$3.09/lb	<b>\$2.49/lb</b>
Raspberry Yogurt Pretzels	1528	\$6.99/lb	<b>\$4.79/lb</b>
Organic Dark Chocolate Almonds	1541	\$14.99/lb	<b>\$9.99/lb</b>
Dark Chocolate Raisins	1629	\$6.99/lb	<b>\$4.79/lb</b>
Organic Fruit Lollipops	1701	\$7.99/lb	<b>\$6.49/lb</b>

## PASTA & NOODLES

Organic Whole Wheat Spaghetti	1148	\$3.45/lb	<b>\$1.99/lb</b>
Organic Tricolor Rotini	1159	\$3.79/lb	<b>\$1.99/lb</b>
Organic Whole Wheat Penne	1173	\$3.29/lb	<b>\$1.99/lb</b>

## COFFEE

### Equal Exchange

Breakfast Blend Dark	3900	\$13.29/lb	<b>\$9.99/lb</b>
Breakfast Blend Medium	3901	\$13.29/lb	<b>\$9.99/lb</b>
Café Peru	3903	\$13.29/lb	<b>\$9.99/lb</b>
Columbia Full City	3904	\$13.29/lb	<b>\$9.99/lb</b>
Espresso	3906	\$13.29/lb	<b>\$9.99/lb</b>
Ethiopian	3907	\$13.29/lb	<b>\$9.99/lb</b>
French Roast	3908	\$13.29/lb	<b>\$9.99/lb</b>
Love Buzz	3910	\$13.29/lb	<b>\$9.99/lb</b>
Midnight Sun	3911	\$13.29/lb	<b>\$9.99/lb</b>
Mind, Body & Soul	3912	\$13.29/lb	<b>\$9.99/lb</b>
Nicaraguan	3913	\$13.29/lb	<b>\$9.99/lb</b>

### Vermont Coffee Company

Café Alta Gracia	3944	\$12.19/lb	<b>\$11.19/lb</b>
Village Decaf	3945	\$14.39/lb	<b>\$13.39/lb</b>

## FREEZER

### Amy's

Lasagna, Assorted Varieties	10.3 oz	\$5.49	<b>\$4.29</b>
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		Reg	Sale
<b>Boca Foods</b>			
Meatless Chik`N Nuggets	10 oz	\$5.29	<b>\$3.29</b>
Veggie Burgers, Assorted Varieties	10 oz	\$5.29	<b>\$3.29</b>
Meatless Chik`N Patties, Assorted Varieties	10 oz	\$5.29	<b>\$3.29</b>

### Food For Life

English Muffins, Assorted Varieties	16 oz	\$4.29	<b>\$3.29</b>
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### G.T.'s Kombucha

All Elightened or Classic Kombucha Varieties	16 fl oz	\$3.99	<b>\$2.69</b>
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### Katalyst Kombucha

Organic Raw Kombucha Tea	16 fl oz	\$3.49	<b>\$1.79</b>
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### Manna Organics

Organic Manna Bread, Assorted Varieties	14 oz	\$4.39	<b>\$2.99</b>
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### Rising Moon Organics

Organic Raviolis, Assorted Varieties	16 oz	\$7.99	<b>\$5.29</b>
Organic Pierogies, Assorted Varieties	16 oz	\$6.99	<b>\$4.79</b>

### Tandoor Chef

Samosa Palak Paneer	7.5 oz	\$3.79	<b>\$2.79</b>
Samosas	10 oz	\$4.39	<b>\$2.79</b>

### Tofuti

Dairy-Free Frozen Desserts, Assorted Varieties	12 fl oz	\$4.99	<b>\$3.59</b>
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### Van's

Buttermilk Pancakes	12.4 oz	\$3.59	<b>\$2.79</b>
French Toast Sticks, Assorted Varieties	8.5 oz	\$3.59	<b>\$2.79</b>

### Wholly Wholesome

Chocolate Chip Cookie Dough	11.25 oz	\$5.79	<b>\$4.59</b>
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# FEBRUARY SALES & SPECIALS

## REFRIGERATOR

	Reg	Sale
<b>Brown Cow</b>		
Whole Milk Yogurt, Assorted Varieties 6 oz	\$1.09	<b>\$0.75</b>
<b>Earth Balance</b>		
Organic Mindful Mayo 16 oz	\$5.49	<b>\$3.99</b>
Mindful Mayo, Assorted Varieties 16 oz	\$4.59	<b>\$2.99</b>
Organic Coconut Spread 16 oz	\$5.99	<b>\$4.49</b>
<b>Galaxy</b>		
Vegan Cheese Slices, Assorted Varieties 6 oz	\$3.59- \$3.89	<b>\$2.99</b>
<b>Greek Gods</b>		
Greek Yogurt, Assorted Varieties 24 oz	\$4.99	<b>\$3.29</b>
<b>Lifeway</b>		
Bio Kefir 4pk, Assorted Varieties 4/3.5 fl oz	\$4.39	<b>\$3.29</b>
<b>Light Life</b>		
Meatless Chicken Cultets, Assorted Varieties 10.4 oz	\$5.29	<b>\$4.29</b>
Meatless Beef Grounds, Assorted Varieties 12 oz	\$4.39	<b>\$3.29</b>
<b>Organic Valley</b>		
Organic Flavored Dairy Creamer, Assorted Varieties 16 fl oz	\$2.99	<b>\$2.79</b>
<b>Stonyfield</b>		
Organic Oikos Greek Yogurt, Assorted Varieties 5.3 oz	\$2.29	<b>\$1.33</b>
Organic Super Smoothies, Assorted Varieties 10 fl oz	\$1.99	<b>\$1.69</b>
<b>Uncle Matt's</b>		
Organic Orange Juice 59 fl oz	\$6.49	<b>\$5.79</b>
Organic Grapefruit Juice 59 fl oz	\$6.49	<b>\$5.79</b>

## Wallaby

Organic Lowfat Yogurt, Assorted Varieties 6 oz \$1.09 **\$0.80**

## Wholesoy

Soy Yogurt, Assorted Varieties 6 oz \$1.09 **\$0.99**  
Soy Yogurt, Assorted Varieties 24 oz \$3.59 **\$2.79**

## Yves

Meatless Jumbo Dogs 13.4 oz \$5.29 **\$3.99**  
Tofu Dogs 12 oz \$4.49 **\$3.29**  
Vegan Good Dogs 12 oz \$4.49 **\$3.29**  
Vegan Hot Dogs 9.7 oz \$4.49 **\$3.29**

## GROCERY

### Arrowhead Mills

Organic Gluten-Free Brownie Mix 17.42 oz \$5.99 **\$3.99**  
Organic Gluten-Free Cookie Mix 12.9 oz \$5.49 **\$3.99**

### Barbara's Bakery

Puffins Cereal, Assorted Varieties 10 oz \$4.89-  
\$5.19 **\$2.99**

### Bionaturae

Organic Pastas, Assorted Varieties 8.8-16 oz \$2.99-  
\$4.49 **\$1.99-  
\$3.29**  
Organic Balsamic Vinegar 8.5 fl oz \$4.39 **\$3.29**  
Organic Balsamic Vinegar 17 fl oz \$5.99 **\$4.29**  
Organic Extra Virgin Olive Oil 17 fl oz \$12.49 **\$8.89**  
Organic Extra Virgin Olive Oil 25.4 fl oz \$17.29 **\$12.99**

### Boulder Canyon Natural Foods

Hummus Chips, Assorted Varieties 6 oz \$3.99 **\$2.79**

### Bragg's

Liquid Aminos Spray Bottle 6 fl oz \$3.39 **\$2.79**  
Liquid Aminos 16 fl oz \$4.79 **\$3.79**  
Liquid Aminos 32 fl oz \$7.49 **\$6.29**

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale	
Apple Cider Drinks, Assorted Varieties	16 fl oz	\$2.69	<b>\$1.99</b>	Organic Baking Cocoa	8 oz	\$9.19	<b>\$6.99</b>
Nutritional Yeast	16 fl oz	\$6.69	<b>\$4.79</b>				
Organic Apple Cider Vinegar	16 fl oz	\$3.59	<b>\$2.79</b>	<b>Garden Of Eatin'</b>			
Organic Apple Cider Vinegar	32 fl oz	\$5.49	<b>\$4.79</b>	Organic Flavored Tortilla Chips, Assorted Varieties	7.5 oz	\$3.69	<b>\$2.79</b>
Organic Healthy Vinaigrette	12 fl oz	\$5.59	<b>\$4.39</b>				
<b>Crofter's</b>				<b>Ginger People</b>			
Organic Fruit Spreads, Assorted Varieties	10 oz	\$3.69-\$4.49	<b>\$2.39-\$2.79</b>	Crystalized Ginger	4 oz	\$3.69	<b>\$2.49</b>
				Ginger Spread	12.8 oz	\$3.69	<b>\$2.49</b>
				Ginger Sauces, Assorted Varieties	12.72 oz	\$5.29	<b>\$3.79</b>
<b>Drew's</b>				<b>Glutino</b>			
Dressings & Marinades, Assorted Varieties	12 fl oz	\$3.39	<b>\$2.39</b>	Gluten-Free Cookies, Assorted Varieties	10.6 oz	\$4.99	<b>\$3.99</b>
				Gluten-Free Wafers, Assorted Varieties	4.6 oz	\$4.69	<b>\$3.79</b>
<b>Edward &amp; Sons</b>				<b>Go Raw</b>			
Natural Miso-Cup Envelope, Assorted Varieties	0.7 oz	\$1.39	<b>\$0.99</b>	Live Food Bars, Assorted Varieties	1.8 oz	\$2.89	<b>\$2.19</b>
Natural Miso-Cup, Assorted Varieties	1-2.9 oz	\$3.99-\$5.49	<b>\$2.79-\$3.79</b>	Raw Super Cookies, Assorted Varieties	3 oz	\$4.99	<b>\$3.49</b>
Organic Bread Crumbs, Assorted Varieties	10-15 oz	\$5.49	<b>\$3.79</b>				
<b>Emperor's Kitchen</b>				<b>Good Health</b>			
Chopped Garlic	4.5 oz	\$3.19	<b>\$2.19</b>	Apple Chips	2.5 oz	\$2.29	<b>\$1.99</b>
Pureed Garlic	4.5 oz	\$3.19	<b>\$2.19</b>	Avocado Chips, Assorted Varieties	5 oz	\$3.09	<b>\$2.29</b>
Roasted Garlic	4.5 oz	\$3.19	<b>\$2.19</b>	Popcorn, Assorted Varieties	5 oz	\$2.99	<b>\$1.99</b>
Chopped Ginger	4.5 oz	\$3.19	<b>\$2.19</b>				
<b>Endangered Species</b>				<b>Guayaki</b>			
Bug Bites Mini Organic Chocolate Bars, Assorted Varieties	.35 oz	\$0.69	<b>\$0.49</b>	Yerba Mate Drinks, Assorted Varieties	16 fl oz	\$2.69	<b>\$1.59</b>
All-Natural Chocolate Bars, Assorted Varieties	1.4 oz	\$2.09	<b>\$1.49</b>				
Organic Chocolate Bars, Assorted Varieties	3 oz	\$4.79	<b>\$3.29</b>	<b>Honest Cocoonova</b>			
				Cacao Beverage, Assorted Varieties	16 fl oz	\$1.89	<b>\$1.29</b>
<b>Enjoy Life</b>				<b>Kashi</b>			
Gluten-Free Cookies, Assorted Varieties	6 oz	\$4.09	<b>\$2.99</b>	TLC Granola Bars, Assorted Varieties	6.7-8.4 oz	\$5.79-\$5.99	<b>\$3.99</b>
<b>Envirokid</b>				<b>Kettle Chips</b>			
Kids' Eco-Pac Cereals, Assorted Varieties	14 oz	\$5.19	<b>\$3.29</b>	Kettle Style Potato Chips, Assorted Varieties	5 oz	\$2.89	<b>\$1.99</b>
				Tia's Organic Corn Chips, Assorted Varieties	8 oz	\$3.89	<b>\$2.50</b>
<b>Equal Exchange</b>				<b>Lakewood Organics</b>			
Organic Cocoa	12 oz	\$8.59	<b>\$6.99</b>	Organic Healthy Heart Juices, Assorted Varieties	32 fl oz	\$4.89	<b>\$2.99</b>

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale
<b>Late July</b>						
Mini Cheddar Cheese Snack Crackers	5 oz	\$3.29	<b>\$1.79</b>	Gourmet Popcorn, Assorted Varieties	9-10.5 oz	\$4.19 <b>\$2.99</b>
Classic Buttered Crackers	6 oz	\$3.29	<b>\$1.79</b>	Pop'Ins Popcorn Chips, Assorted Varieties	6 oz	\$4.39 <b>\$2.99</b>
Saltine Crackers	6 oz	\$3.29	<b>\$1.79</b>			
<b>Mary's Gone Crackers</b>						
Organic Pretzel Sticks, Assorted Varieties	8 oz	\$4.79	<b>\$3.49</b>			
<b>Mediterranean Snack Food Company</b>						
Lentil Chips, Assorted Varieties	4.5 oz	\$4.09	<b>\$2.99</b>			
<b>Michael Seasons</b>						
Potato Chips, Assorted Varieties	8 oz	\$3.79	<b>\$2.50</b>			
<b>Nature's Path</b>						
Crispy Rice Bars, Assorted Varieties	6 oz	\$3.99	<b>\$2.99</b>			
Instant Cereal, Assorted Varieties	14 oz	\$4.49	<b>\$2.79</b>			
<b>Newman's Own Organics</b>						
Newman-O's Cookies, Assorted Varieties	16 oz	\$5.09	<b>\$3.29</b>			
Extra Virgin Olive Oil	25 fl oz	\$15.79	<b>\$10.99</b>			
Organic Extra Virgin Olive Oil	17 fl oz	\$11.99	<b>\$7.99</b>			
Balsamic Vinegar	17 fl oz	\$8.69	<b>\$5.99</b>			
Organic Chocolate Bars, Assorted Varieties	3.25 oz	\$3.49	<b>\$2.49</b>			
<b>Pacific Natural Foods</b>						
Almond Milk, Assorted Varieties	32 fl oz	\$3.29	<b>\$1.99</b>			
Organic Oat Beverage, Assorted Varieties	32 fl oz	\$3.29	<b>\$1.99</b>			
<b>Pamela</b>						
Gluten-Free Cake Mixes, Assorted Varieties	21 oz	\$5.99	<b>\$4.29</b>			
Gluten-Free Brownie Mix	16 oz	\$6.99	<b>\$4.79</b>			
Gluten-Free Cookie Mix	13.6 oz	\$5.99	<b>\$4.49</b>			
<b>Panda</b>						
All-Natural Boxed Licorice, Assorted Varieties	7 oz	\$3.79	<b>\$2.79</b>			
All-Natural Bagged Licorice, Assorted Varieties	7 oz	\$2.99	<b>\$2.29</b>			
<b>Popcorn Indiana</b>						
<b>R.W. Knudsen</b>						
Organic Superfruit Juices, Assorted Varieties	32 fl oz	\$6.99	<b>\$4.29</b>			
Organic Juices, Assorted Varieties	32 fl oz	\$4.99	<b>\$2.99</b>			
Organic Tomato Juice	32 fl oz	\$4.09	<b>\$2.49</b>			
<b>Rapunzel</b>						
Active Dry Yeast	0.32 oz	\$1.59	<b>\$1.19</b>			
Chocolate Hazelnut Spread	8.8 oz	\$7.39	<b>\$5.49</b>			
Organic Cocoa Powder	8 oz	\$8.39	<b>\$5.49</b>			
Corn Starch	8 oz	\$3.79	<b>\$2.79</b>			
Organic Sugar	24 oz	\$4.99	<b>\$4.89</b>			
<b>Rudi's Bakery</b>						
Bread, Assorted Varieties	22 oz	\$4.89	<b>\$3.59</b>			
<b>San-J</b>						
Organic Tamari	20 fl oz	\$6.59	<b>\$4.79</b>			
Organic Reduced Sodium Tamari	20 fl oz	\$7.89	<b>\$5.39</b>			
<b>Seeds Of Change</b>						
Indian Simmer Sauces, Assorted Varieties	12 oz	\$4.89	<b>\$3.29</b>			
<b>Sesmark</b>						
Rice Thin Crackers, Assorted Varieties	7 oz	\$2.89	<b>\$1.99</b>			
<b>Simply Organic</b>						
Organic Dip Mixes, Assorted Varieties	0.7-1.4oz	\$1.59	<b>\$1.19</b>			
<b>Spectrum</b>						
Unrefined Sesame Oil	16 fl oz	\$9.39	<b>\$6.99</b>			
Unrefined Walnut Oil	16 fl oz	\$7.29	<b>\$5.49</b>			
White Wine Vinegar	16.9 fl oz	\$7.49	<b>\$5.49</b>			
Red Wine Vinegar	16.9 fl oz	\$7.49	<b>\$5.49</b>			

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale
<b>Sushi Sonic</b>				All-Purpose Cleaner, Assorted Scents	22 fl oz	\$5.39
Wasabi Horseradish Powder	2.5 oz	\$8.09	<b>\$5.39</b>	Cream Cleanser	16 fl oz	\$4.19
100% Wasabi Powder	2.5 oz	\$7.99	<b>\$5.39</b>	Enzyme Drain Cleaner	2 lb	\$11.19
<b>Wholesome Sweeteners</b>				Fruit & Veggie Wash	22 fl oz	\$5.79
Organic Dark Brown Sugar	24 oz	\$5.39	<b>\$4.39</b>	Furniture Polish	22 fl oz	\$5.99
Organic Light Brown Sugar	24 oz	\$5.39	<b>\$4.39</b>	Laundry Liquid, Assorted Scents	50 fl oz	\$8.69
<b>Woodstock</b>				Shower Kleener	22 fl oz	\$5.99
Wasabi Almonds	8 oz	\$6.99	<b>\$4.99</b>	Toilet Cleaner	24 fl oz	\$4.49
Wasabi Peas	8 oz	\$3.99	<b>\$2.79</b>	<b>Earthworm</b>		
<b>Yummy Earth</b>				All-Purpose Cleaner	22 fl oz	\$6.39
Lollipops Pouches, Assorted Varieties	3 oz	\$2.59	<b>\$1.79</b>	Bathroom Cleaner	22 fl oz	\$6.39
Family-Size Lollipops Pouches, Assorted Varieties	3.3 oz	\$4.99	<b>\$3.49</b>	Floor Cleaner	22 fl oz	\$6.39
<b>GENERAL MERCHANDISE</b>				Carpet Cleaner	22 fl oz	\$6.39
<b>Biokleen</b>				Odor Remover	22 fl oz	\$6.39
All-Purpose Cleaning Liquid	32 fl oz	\$5.79	<b>\$3.79</b>	Mold & Mildew Cleaner	22 fl oz	\$6.39
All-Temperature Laundry Powder	10 lb	\$19.99	<b>\$12.99</b>	<b>Ecover</b>		
Laundry Powder	10 lb	\$21.19	<b>\$12.99</b>	Lemon All-Purpose Cleaner	32 fl oz	\$5.69
Bac Out Drain Care	32 fl oz	\$8.99	<b>\$5.49</b>	Bathroom Cleaner	16 fl oz	\$5.49
Bac Out Fabric Freshening Spray, Assorted Scents	16 fl oz	\$6.79	<b>\$4.29</b>	Glass & Surface Cleaner	16 fl oz	\$4.39
Bac Out Stain & Odor Remover	16 fl oz	\$7.19	<b>\$4.49</b>	Limescale Remover	16 fl oz	\$5.49
<b>Citra Solv</b>				Pine Toilet Cleaner	25 fl oz	\$4.39
Automatic Dishwashing Gel	75 fl oz	\$7.29	<b>\$7.49</b>	<b>Green Forest</b>		
Automatic Dishwashing Powder	45 oz	\$7.29	<b>\$5.49</b>	100% Recycled Paper Towels	1 roll	\$2.19
Dishwashing Liquid, Assorted Scents	25 fl oz	\$4.69	<b>\$3.49</b>	<b>Mrs. Meyer's</b>		
<b>Earth Friendly</b>				All-Purpose Cleaner, Assorted Scents	32 fl oz	\$8.79
Floor Cleaner	22 fl oz	\$4.69	<b>\$2.99</b>	Counter Top Spray, Assorted Scents	16 fl oz	\$4.99
Window Cleaner, Assorted Varieties	22 fl oz	\$4.69	<b>\$2.99</b>	Surface Scrub, Assorted Scents	11 oz	\$5.79
<b>CHEESE &amp; SPECIALTY FOODS</b>				<b>Alter Eco</b>		
				Dark Chocolate Bars, Assorted Varieties	3.5 oz	\$3.99

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale
<b>Dagoba</b>				<b>Aloha Bay</b>		
Mini Chocolate Bars, Assorted Varieties	2 oz	\$0.69	<b>\$0.49</b>	9" Palm Wax Taper Candles- Rose Colored	4 pk	\$6.99 <b>\$4.99</b>
<b>Divine</b>				<b>Amazing Grass</b>		
Chocolate Heart Boxes, Assorted Varieties	3.5 oz	\$5.79	<b>\$5.49</b>	Amazing Trio Greens Single Serve Packs	8 g	\$1.49 <b>\$1.29</b>
<b>Green &amp; Black</b>				Amazing Trio Greens Powder	8.5 oz	\$29.99 <b>\$19.99</b>
Baking Chocolate	5.3 oz	\$5.79	<b>\$3.99</b>	Organic Wheat Grass Powder	8.5 oz	\$29.99 <b>\$19.99</b>
Mini Chocolate Bars, Assorted Varieties	1.2 oz	\$1.99	<b>\$1.29</b>	<b>Andalou Naturals</b>		
Chocolate Bars, Assorted Varieties	3.5 oz	\$3.69	<b>\$2.79</b>	Face Care Line, All In-Store Varieties		<b>Take 20% Off!</b>
<b>Hail Merry</b>				<b>Andes</b>		
Miracle Tart	3 oz	\$4.99	<b>\$3.49</b>	Fair Trade Woolen Goods		<b>Take 10% Off!</b>
<b>Lotus Foods</b>				<b>Aubrey</b>		
Bhutanese Red Rice	15 oz	\$4.99	<b>\$3.29</b>	Lumessence Eye Creme	.5 oz	\$26.49 <b>\$21.99</b>
Forbidden Rice	15 oz	\$4.99	<b>\$3.29</b>	Lumessence Lift- Firming Face Cream	1 oz	\$33.59 <b>\$26.99</b>
<b>PETS</b>				Sea Buckthorn Facial Cleanser	4 oz	\$8.49 <b>\$6.99</b>
<b>Castor</b>				Sea Buckthorn Facial Toner	8 oz	\$9.99 <b>\$7.99</b>
Beef Jerky Dog Treats	3.5 oz	\$5.19	<b>\$3.49</b>	Sea Buckthorn Mask	4 oz	\$9.49 <b>\$7.99</b>
<b>Dogswell</b>				Sea Buckthorn Moisturizing Cream	4 oz	\$16.99 <b>\$13.99</b>
Vitality Chicken Treats	6 oz	\$7.39	<b>\$4.79</b>	<b>B&amp;T</b>		
<b>Newman's Own Organics</b>				ArniFlora Arnica Gel	1 oz	\$6.99 <b>\$5.59</b>
Canned Cat Food, Assorted Varieties	5.5 oz	\$1.79	<b>\$1.29</b>	ArniFlora Arnica Gel	2.75 oz	\$12.99 <b>\$10.79</b>
Dry Adult Dog Food	4 lbs	\$12.99	<b>\$8.99</b>	All Cough Syrup	4 fl oz	\$7.99 <b>\$5.59</b>
Dry Adult Dog Food	12 lbs	\$27.59	<b>\$19.99</b>	<b>Badger</b>		
Dry Adult Dog Food	25 lbs	\$53.79	<b>\$39.99</b>	All Classic Lip Balms	.15 oz	\$2.59 <b>\$1.99</b>
<b>WELLNESS</b>				All Cocoa Butter Lip Balms	.25 oz	\$4.19 <b>\$3.49</b>
<b>Alaffia</b>				Tint and Shimmer Lip Balm	.17 oz	\$5.49 <b>\$4.49</b>
Body Creams: Coconut or Vanilla Mocha	4 oz	\$12.99	<b>\$9.99</b>	<b>Boiron</b>		
				Chestal Kids' Cough Syrup	4.2 oz	\$7.79 <b>\$5.99</b>
				Kid's ColdCalm	2 ml	\$13.59 <b>\$10.49</b>
				<b>Calendars</b>		
				All 2012 Calendars		<b>Take 40% Off!</b>

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale
<b>Dr. Bronner's</b>						
Organic Rose Bar Soap	5 oz	\$4.49	<b>\$2.99</b>	CoQ-10 100mg	60 sg	\$26.29 <b>\$19.99</b>
Organic Rose Castile Soaps (excludes bulk varieties)			<b>Take 20% Off!</b>	Lycopene 15mg	30 sg	\$16.29 <b>\$12.99</b>
				Natural Vitamin E 400IU	250 sg	\$35.99 <b>\$28.79</b>
<b>Dr. Hauschka</b>						
<b>New!</b> Body Moisturizers: Almond, Lavender Sandalwood or Lemon Lemongrass	4.9 fl oz	\$39.99	<b>\$32.99</b>	<b>Honey Gardens</b>		
Rose Body Moisturizer	4.9 fl oz	\$39.99	<b>\$32.99</b>	Elderberry Syrup	8 fl oz	\$19.99 <b>\$15.99</b>
<b>Emerita</b>						
Feminine Personal Moisturizer	2 oz	\$9.99	<b>\$6.99</b>	<b>Irwin Naturals</b>		
Natural Personal Lubricant	2 oz	\$9.99	<b>\$6.99</b>	Steel Libido, Steel Libido Red or Steel Libido for Women	75 sg	\$28.99 <b>\$23.99</b>
<b>EveryDay Shea</b>						
Babies and Up Lemon Lavender Bubble Bath	32 oz	\$13.99	<b>\$8.99</b>	<b>Jason</b>		
Babies and Up Conditioner and Detangler	16 oz	\$9.99	<b>\$6.99</b>	Vitamin E Cream 5000IU	4 oz	\$9.99 <b>\$7.29</b>
Babies and Up Shampoo and Body Wash	16 oz	\$9.99	<b>\$6.99</b>	Vitamin E Oil 5000IU	4 oz	\$8.99 <b>\$6.49</b>
Unscented Baby Lotion	16 oz	\$9.99	<b>\$6.99</b>	<b>Kal</b>		
<b>Gaia</b>						
Adrenal Health	60 cap	\$29.99	<b>\$21.99</b>	D3 1000IU	100 sg	\$7.39 <b>\$5.99</b>
Liver Health	60 cap	\$27.99	<b>\$19.99</b>	Silica	90 tab	\$16.59 <b>\$12.99</b>
Milk Thistle Seed	60 cap	\$29.99	<b>\$21.99</b>	Stevia Powder	3.5 oz	\$29.19 <b>\$21.99</b>
<b>Griffin Remedy</b>						
Shampoos and Conditioners	8 fl oz	\$7.49	<b>\$6.49</b>	Ultra Cal-Citrate+ with D&K	120 tab	\$15.49 <b>\$11.99</b>
<b>Heel</b>						
All Heel Brand Products			<b>Take 15% Off!</b>	<b>MacroLife Naturals</b>		
<b>Herb Pharm</b>						
Artichoke	1 fl oz	\$11.99	<b>\$9.49</b>	Miracle Reds	10 oz	\$42.99 <b>\$32.99</b>
Hawthorn Blend	1 fl oz	\$12.49	<b>\$9.49</b>	<b>Manitoba Harvest</b>		
<b>Honest Weight Food Co-op</b>						
Resveratrol Plus 100mg	60 vc	\$17.59	<b>\$13.99</b>	Hempseed Nut Butter	10 oz	\$10.49 <b>\$6.49</b>
Standardized Garlic 500mg	60 tab	\$10.99	<b>\$8.99</b>	Hempseed Oil	8.4 oz	\$9.99 <b>\$7.99</b>
<b>Mychelle</b>						
All BioActive Skin Care Products <b>Take 20% Off!</b>						
<b>Natural Dentist</b>						
Fluoride-Free Peppermint Sage Toothpaste	5 oz	\$7.99	<b>\$4.99</b>	All Mouthwashes and Rinses 16 oz \$9.99 <b>\$6.99</b>		
All Mouthwashes and Rinses	16 oz	\$9.99	<b>\$6.99</b>	Stim-U-Dent Dental Picks 10 ct \$3.79 <b>\$2.79</b>		
Stim-U-Dent Dental Picks	10 ct	\$3.79	<b>\$2.79</b>			

# FEBRUARY SALES & SPECIALS

		Reg	Sale		Reg	Sale
<b>Natural Factors</b>						
RxOmega-3 Factors	120 sg	\$26.99	<b>\$17.99</b>			
<b>Nature's Gate</b>						
All Liquid Soaps	16 oz	\$6.99	<b>\$4.99</b>			
<b>Nature's Life</b>						
Tart Cherry	30 tab	\$12.19	<b>\$9.99</b>			
<b>Nature's Plus</b>						
Source of Life Gold Tablets	90 tab	\$46.39	<b>\$35.99</b>			
Source of Life Mini Tablets	90 tab	\$18.49	<b>\$14.49</b>			
Source of Life Tablets	180 tab	\$62.49	<b>\$48.99</b>			
<b>Nature's Way</b>						
Berry Flavored Aloe Vera Juice	33.8 fl oz	\$7.99	<b>\$6.49</b>			
Cinnamon Standardized	60 vc	\$13.99	<b>\$11.99</b>			
Cinnamon Standardized	120 vc	\$24.99	<b>\$19.99</b>			
Hawthorn	100 vc	\$9.49	<b>\$7.59</b>			
Pepogest	60 sg	\$13.99	<b>\$11.29</b>			
Sambucus Flu Care	4 fl oz	\$16.49	<b>\$13.49</b>			
St. John's Wort Standardized	90 cap	\$16.99	<b>\$13.59</b>			
Umcka Chewable Cold & Flu Tablets	20 tab	\$16.99	<b>\$13.59</b>			
Umcka Cold & Flu- Berry Syrup	4 fl oz	\$16.99	<b>\$13.59</b>			
Umcka Syrup- Mint or Cherry	4 fl oz	\$15.59	<b>\$12.49</b>			
Umcka Drops	1 fl oz	\$15.59	<b>\$12.59</b>			
<b>New Wave Enviro</b>						
2012 Olympics Team USA Stainless Steel Water Bottles, All Proceeds Go To Team USA!						
US Ski Team Stainless Steel Water Bottle, While Supplies Last!	40 oz	\$26.49	<b>\$21.99</b>			
US Snowboarding Team Stainless Steel Water Bottle, While Supplies Last!	40 oz	\$26.49	<b>\$21.99</b>			
<b>Nordic Naturals</b>						
All Nordic Naturals Products						
			<b>Take 25% Off!</b>			
<b>NOW</b>						
L-Arginine 500mg	100 cap	\$10.99	<b>\$8.99</b>			
Super Primrose Oil- Contains 120mg GLA!	120 sg	\$22.99	<b>\$17.99</b>			
Borage Oil 1000mg- Contains 240mg GLA!	60 sg	\$15.99	<b>\$11.99</b>			
CLA 800mg- From Safflower Oil	90 sg	\$19.99	<b>\$14.99</b>			
Citrus Bioflavonoids	100 cap	\$11.99	<b>\$8.99</b>			
CoQ10 100mg	90 vc	\$35.99	<b>\$26.99</b>			
Curcumin- Turmeric Root	60 vc	\$23.99	<b>\$17.99</b>			
Pycnogenol 30mg	30 cap	\$15.99	<b>\$11.99</b>			
Liquid CoQ10 100mg	4 oz	\$21.99	<b>\$16.99</b>			
Liquid B12 1000mcg	2 oz	\$9.99	<b>\$7.99</b>			
<b>Olbas</b>						
Original Olbas Oil	.32 oz	\$9.59	<b>\$6.99</b>			
<b>Oregon's Wild Harvest</b>						
Astragalus	90 vc	\$12.99	<b>\$8.99</b>			
Bilberry	60 vc	\$18.99	<b>\$12.99</b>			
Ginkgo	90 vc	\$19.99	<b>\$13.99</b>			
Green Tea	90 vc	\$20.99	<b>\$13.99</b>			
Hawthorn Blend	90 vc	\$9.99	<b>\$6.99</b>			
Stress Guard	90 vc	\$24.99	<b>\$16.99</b>			
<b>Organix Soulth</b>						
Theraneem Lotion	8 fl oz	\$10.99	<b>\$8.99</b>			
<b>Pangea</b>						
Facial Cleansers: Plum-Willow or Calendula-Orange	4 fl oz	\$23.99	<b>\$19.99</b>			
Facial Creams: Mandarin Rose, Ginger Thyme or Argan Willow	2 fl oz	\$29.99	<b>\$24.99</b>			
Facial Toners: Rosemary Orange or Mandarin Lime	4 fl oz	\$21.99	<b>\$18.99</b>			
<b>Sambucol</b>						
Original Black Elderberry Syrup	4 oz	\$14.99	<b>\$11.99</b>			
	7.8 oz	\$24.99	<b>\$19.99</b>			

# FEBRUARY SALES & SPECIALS

		Reg	Sale
<b>Smile Brite</b>			
Natural Bristle Toothbrushes, No Synthetic Dyes!			
Double Tip or V-Wave Toothbrushes	1 ea	\$4.49	<b>\$3.89</b>
Smile Brite Toothbrush Replacement Heads	3 ct	\$4.99	<b>\$4.29</b>
<b>Solaray</b>			
Chlorella	100 cap	\$17.59	<b>\$13.99</b>
Organic Garlic	100 vc	\$12.09	<b>\$9.99</b>
Multidophilus-12	100 cap	\$28.59	<b>\$21.99</b>
Super Cranactin	60 cap	\$20.99	<b>\$15.99</b>
<b>Solgar</b>			
Evening Primrose Oil 1300mg	60 sg	\$13.99	<b>\$9.99</b>
Flaxseed Oil Caps 1250mg	100 sg	\$12.99	<b>\$8.99</b>
Red Yeast Rice 600mg	60 vc	\$14.89	<b>\$10.99</b>
Ubiquinol 100mg	50 sg	\$43.99	<b>\$30.99</b>
CoQ-10 200mg (Vegetarian)	30 vc	\$25.99	<b>\$17.99</b>
<b>Soothing Touch</b>			
All Bath & Body Oils	8 fl oz	\$12.99	<b>\$8.99</b>
All Bath Salts	32 oz	\$13.79	<b>\$8.99</b>
Lavender Gift Pack	1 kit	\$21.69	<b>\$14.99</b>
<b>Spectrum</b>			
Flax Oil with DHA (Vegetarian)	8 oz	\$16.89	<b>\$11.99</b>
	16 oz	\$32.79	<b>\$22.99</b>
Organic Flax Oil: Original, Lignan or Ultra Lignan	8 oz	\$13.69	<b>\$8.99</b>
	16 oz	\$23.89	<b>\$15.99</b>
<b>Sweet Leaf</b>			
Stevia Powder Shaker	10 oz	\$8.49	<b>\$6.49</b>
<b>Tea Tree Therapy</b>			
Pure Tea Tree Oil	1 oz	\$11.79	<b>\$8.49</b>
	2 oz	\$19.59	<b>\$13.99</b>

		Reg	Sale
<b>Urban Moonshine</b>			
Chocolate Love Tonic	2 oz	\$15.39	<b>\$12.99</b>
<b>VegLife</b>			
Vegan D 2000IU	100 tab	\$8.59	<b>\$6.99</b>
Vegan Kids Multivitamin	60 tab	\$8.99	<b>\$6.99</b>
<b>Vitanica</b>			
Oral Contraceptive Companion	60 vc	\$21.99	<b>\$17.59</b>
Pregnancy Prep	60 vc	\$18.59	<b>\$14.59</b>
<b>Wellements</b>			
Organic Gripe Water- For Colic	4 oz	\$10.99	<b>\$7.99</b>
<b>World Centric</b>			
Biodegradable Flatware- Made From Cornstarch!	24 ct	\$3.19	<b>\$2.19</b>
All Biodegradable Plates and Bowls			<b>Take 20% Off!</b>

**Many More Items  
On Sale In The Store**

Sale Runs 2/01-2/28.  
Offers good while supplies last.

Sorry, no case discounts on sale items.  
\*Not responsible for typographical errors.\*