



# July Savings



**Rudi's Organic Bakery**  
Organic Wheat  
Hamburger Buns  
**2/\$7** 8 pack  
Sugg. Retail: \$4.99 each  
Selected Varieties



**Ciao Bella Gelato**  
Vanilla Gelato  
**2/\$7** 16 oz.  
Sugg. Retail: \$5.59 each  
Selected Varieties



**Blue Sky**  
Natural Beverage  
Natural Cola  
**2.99**  
6 pack  
Sugg. Retail: \$4.49  
Selected Varieties



**Grateful Harvest**  
85% Lean  
Organic  
Ground Beef  
**5.59** 14 oz.  
Sugg. Retail: \$7.99



**Kinnikinnick Foods**  
S'moreables  
Graham Style  
Crackers  
**2/\$7** 8 oz.  
Sugg. Retail: \$4.99 each



**biokleen**  
Produce Wash  
**3.99**  
16 oz.  
Sugg. Retail: \$5.79



**LightLife**  
Smart Dogs  
Meat Free  
**2.69** 12 oz.  
Sugg. Retail: \$4.79



**Modern**  
Spike Vegit  
Seasoning  
**2/\$4** 2 oz.  
Sugg. Retail: \$2.99 each  
Selected Varieties



**Organic Baby**  
Organic  
Sweet Potatoes  
**79¢** 4 oz.  
Sugg. Retail: \$1.09  
Selected Varieties

**DREAM™**  
**On Sale**  
*This month Only*



**WholeSoy & Co.**  
 Apricot Mango  
 Soy Yogurt  
 Made with  
 Organic Ingredients  
**10/\$10** 6 oz.  
 Sugg. Retail: \$1.39 each  
 Selected Varieties



**Nasoya**  
 Organic Firm Tofu  
**2/\$5** 14 oz.  
 Sugg. Retail: \$3.19 each  
 Selected Varieties



**Bubbies**  
 Sauerkraut  
**4.99** 25 oz.  
 Sugg. Retail: \$6.49



**Gourmet Artisan**  
 Natural Goat Cheese  
**3.19** 4 oz.  
 Sugg. Retail: \$4.99  
 Selected Varieties



**Food For Life**  
 Organic  
 Ezekiel 4:9  
 Sprouted Grain  
 Hot Dog Buns  
**2/\$7** 16 oz.  
 Sugg. Retail: \$4.99 each



**MorningStar Farms**  
 Hickory  
 BBQ Riblets  
**3.99** 10 oz.  
 Sugg. Retail: \$5.79



**Natural Sea**  
 Wild Alaskan  
 Salmon Fillets  
 Individually  
 Quick Frozen  
**4.99** 6 oz.  
 Sugg. Retail: \$6.99



**Season's**  
 Lightly Salted  
 Potato Chips  
 Reduced Fat  
**2/\$5** 8 oz.  
 Sugg. Retail: \$3.99 each  
 Selected Varieties



**Barbara's Bakery**  
 Gluten Free  
 Natural  
 Cheese Puffs  
**2/\$4** 7 oz.  
 Sugg. Retail: \$2.99 each  
 Selected Varieties



**GeniSoy**  
 Deep Sea  
 Salted Soy Crisps  
**2/\$4** 3.85 oz.  
 Sugg. Retail: \$2.99 each  
 Selected Varieties



**Lundberg Farms**  
 Salted  
 Brown Rice  
 Cakes  
**2.29** 8.5 oz.  
 Sugg. Retail: \$3.19  
 Selected Varieties



**Newman's Own**  
 Ranch Dressing  
**3.99** 16 oz.  
 Sugg. Retail: \$5.79  
 Selected Varieties



**San-J**  
 Thai Peanut  
 Cooking Sauce  
**2/\$5** 10 oz.  
 Sugg. Retail: \$3.99 each  
 Selected Varieties



**Clif Bar**  
 Lemon  
 Builder's Bar  
**4/\$5** 2.4 oz.  
 Sugg. Retail: \$2.19 each  
 Selected Varieties



**Zoe**  
 Extra Virgin  
 Olive Oil  
**8.99** 1 liter  
 Sugg. Retail: \$13.29



**Kashi**  
 GoLean Crisp  
 Toasted Berry  
 Crumble Cereal  
**4.29** 15 oz.  
 Sugg. Retail: \$6.19



**Kashi**  
 Original  
 Whole Grain  
 Cracker  
**2/\$6** 8 oz.  
 Sugg. Retail: \$4.79 each



**Nature's Path**  
 Organic Flax Plus  
 Red Berry Crunch  
**3.59** 10.5 oz.  
 Sugg. Retail: \$5.29  
 Selected Varieties



**BULK**

Organic  
 Whole Roasted Fancy Cashews  
 No Salt  
**\$9.69/lb.**  
 Sugg. Retail: \$12.23/lb.

California Mammoth  
 Pistachios  
 Roasted & Salted  
**\$7.49/lb.**  
 Sugg. Retail: \$9.64/lb.

Organic  
 Great Northern Beans  
**\$1.59/lb.**  
 Sugg. Retail: \$1.98/lb.

Raw Sunflower Seeds  
 Shelled  
**\$1.39/lb.**  
 Sugg. Retail: \$1.74/lb.

# RICE DREAM

# SOY DREAM

# ALMOND DREAM

# DREAM™

## Taste the Dream!

Discover How Delicious Dairy-Free Can Be!

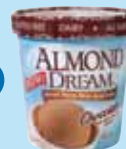
DREAM® is the #1 brand of non-dairy shelf stable beverages -offering a quality selection of non-dairy beverages like rice, soy, almond and hemp milk - each with a creamy delicious taste and unsurpassed health benefits. RICE DREAM, made with organic brown rice, is calcium rich and low fat. SOY DREAM, made with organic soybeans, is also calcium rich and heart healthy. ALMOND DREAM, made from real almonds, provides 50% more calcium than other brands and is antioxidant rich. Taste the Dream.

**\$4.99**  
each



**Rice Dream**  
1 Quart  
Organic Neapolitan  
Organic Cocoa Marble Fudge  
Organic Vanilla  
Sugg. Retail \$6.99

**2 for \$6**  
or \$3.00 each



**Almond Dream** 1 Pint  
Cappuccino Swirl  
Chocolate  
Praline Crunch  
Vanilla  
Sugg. Retail \$4.39



**Rice Dream or Organic Rice Dream** 1 Pint  
Select Varieties Available  
Sugg. Retail \$4.39

**\$1.99**  
each



**Almond Dream Non-Dairy Beverage** 32 oz  
Original  
Original Unsweetened  
Sugg. Retail \$3.29

**\$2.99**  
each



**Almond Dream Non-Dairy Beverage** 64 oz  
Original  
Original Unsweetened  
Sugg. Retail \$5.99

## Frozen

**99¢**  
each



**Rice Dream Carob Coated Vanilla Bar** 3.2 oz  
Sugg. Retail \$1.59



**Rice Dream Nutty Bar** 3.4 oz  
Chocolate Dipped in Chocolate  
Vanilla Dipped in Chocolate  
Sugg. Retail \$1.59



**Rice Dream Dream Pie** 3.7 oz  
Carob Coated Vanilla  
Chocolate  
Mint  
Mocha  
Sugg. Retail \$1.49

**\$3.29**  
each



**Almond Dream Lil' Dreamers Vanilla Multipack** 8/1.5 oz  
Sugg. Retail \$5.39



**Almond Dream Vanilla Bites** 6.6 oz  
Sugg. Retail \$4.39

**Organic Soy Dream Lil' Dreamers Vanilla Multipack** 8/1.5 oz  
Sugg. Retail \$5.39

**Rice Dream Vanilla Bites** 6.6 oz  
Sugg. Retail \$4.99

## Beverages

**2 for \$5**  
or \$2.50 each



**Rice Dream & Rice Dream Enriched Non-Dairy Beverages** 32 oz  
Selected Varieties Available  
Sugg. Retail \$3.99



**Rice Dream Heartwise Non-Dairy Beverage** 64 oz  
Original  
Vanilla  
Sugg. Retail \$3.69

**\$1.99**  
each



**Rice Dream Non-Dairy Beverage Horchata** 32 oz  
Sugg. Retail \$3.19

**\$4.49**  
each



**Soy Dream Non-Dairy Beverage Enriched** 64 oz  
Original  
Vanilla  
Sugg. Retail \$6.59

**2 for \$5**  
or \$2.50 each



**Soy Dream & Soy Dream Enriched Non-Dairy Beverages** 32 oz  
Selected Varieties Available  
Sugg. Retail \$3.99

**\$3.49**  
each



**Rice Dream Non-Dairy Beverage Enriched** 64 oz  
Original  
Vanilla  
Sugg. Retail \$5.99



*beverages*



**Volvic Natral Spring Water**  
Natural Spring Water in Plastic Bottle  
**2.19** 50.7 oz.  
Sugg. Retail: \$2.99



**Me Curious Sparkling Beverage**  
**3.49** 4-10.5oz.  
Sugg. Retail: \$4.99  
Selected Varieties



**Santa Cruz Organic Mango Tea**  
**1.79** 32 oz.  
Sugg. Retail: \$2.99  
Selected Varieties



**Poland Spring Natural Spring Water**  
**69¢** 33.8 oz.  
Sugg. Retail: \$1.09



**Giovanni Vitapro Fusion Leave-In Hair Treatment**  
**5.39** 5.1 oz.  
Sugg. Retail: \$7.95  
**SAVE: \$2.56**



**Emerita Paraben Free Pro-Gest Cream**  
**27.49** 4 oz.  
Sugg. Retail: \$43.99  
**SAVE: \$16.50**



**Alba Botanica SPF 15 Sea Moss Moisturizer**  
**9.79** 2 oz.  
Sugg. Retail: \$14.95  
**SAVE: \$5.16**  
Selected Varieties



**Similasan Dry Eyes Relief**  
**8.79** .33 oz.  
Sugg. Retail: \$12.59  
**SAVE: \$3.80**



**Avalon Organics Nourishing Lavender Shampoo**  
**6.19** 11 oz.  
Sugg. Retail: \$9.49  
**SAVE: \$3.30**  
Selected Varieties



**Clif Bar Organic Strawberry Shot Bloks**  
**1.49** 2.1 oz.  
Sugg. Retail: \$2.19  
**SAVE: 70¢**  
Selected Varieties



**Twinlab Stress B-Complex Caps with Vitamin C**  
**13.99** 100 cap.  
Sugg. Retail: \$19.89  
**SAVE: \$5.90**



**Natrol L-Lysine 500 mg**  
**6.99** 100 cap.  
Sugg. Retail: \$9.99  
**SAVE: \$3.00**



**Kyolic Formula 100 Garlic Extract**  
**9.99** 100 cap.  
Sugg. Retail: \$13.45  
**SAVE: \$3.46**



**Spectrum Essentials Organic High Lignan Flax Oil Omega 3**  
**14.99** 16 oz.  
Sugg. Retail: \$22.19  
**SAVE: \$7.20**