

fresh deals

OCT 10 - OCT 16, 2018*

Huge deal!



5/\$5

Organic Avocados
Versatile and tasty



1.79/lb.

Organic Red and Green Grapes
Great in the lunchbox



2.49/lb.

Smart Chicken Drumsticks and Thighs
Air-chilled and cage-free



local

6.99/lb.

Rochdale Farms Baby Swiss
Nutty and great for melting



local

8.99

Thousand Hills Top Sirloin Steak
100% Grass-fed beef
8 oz.

* Sales good while supplies last.

13750 County Rd 11 • www.valleynaturalfoods.com | M-Th 8am-9pm, F-Sat 8am-8pm, Sun 10am-8pm

 **Valley** NATURAL FOODS