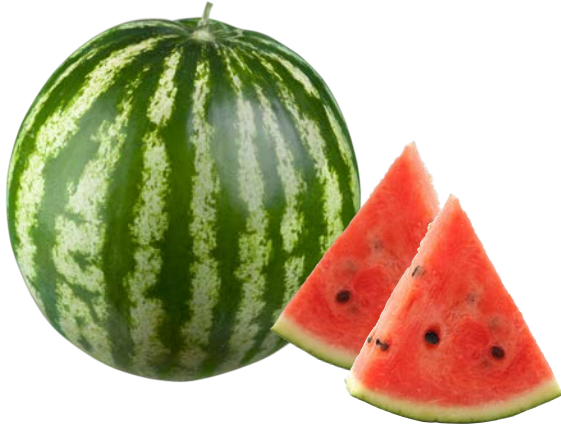




Member-Owner Deals

MAY 4 – 17



5.49 each

Organic
Mini Watermelon

Reg. 6.99 each

MAY IS FOOD ALLERGY AWARENESS MONTH



7.99

Safer Plate
Ready-To-Heat Meals
Allergy-Friendly
13.62-18.48 oz.
Assorted Varieties

Reg. 9.99



6.99/lb.

Valley Natural Foods
85/15 Burger Patties
Grass-Fed Beef

Reg. 7.99/lb.



11.99

Safer Plate
Ready-To-Heat Soups
Allergy-Friendly
32 oz.
Assorted Varieties

Reg. 12.99



*Sales good while supplies last.



Valley NATURAL FOODS™



Member-Owner Deals

MAY 4 – 17



6.99/lb.

Deli Fresh
Beet & Apple Salad



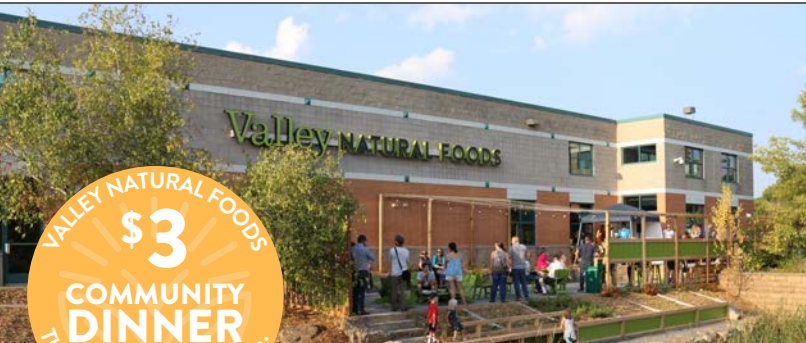
Reg. 8.29/lb.



1.79

Olipop
Sparkling Tonic
Vintage Cola
12 oz.

Reg. 2.49



Everyone is invited to attend our \$3 Community Dinner! Come join us from 5-7 p.m. on Thursday, May 19 for bratwurst and fixings.

Vegan option will be available. Bring as many family members and friends as you like to enjoy our event together. Watch for details and updates by signing up for our weekly e-newsletter at valleynaturalfoods.com

REGISTER ROUND-UP

YOUR MAY ROUND-UP CONTRIBUTIONS WILL GO TO:



YOUR MAY REGISTER ROUND-UP DOLLARS WILL SUPPORT **MIDWEST FOOD CONNECTION**, AN ORGANIZATION THAT TEACHES KIDS ABOUT WHERE OUR FOOD COMES FROM, THE IMPORTANCE OF EATING HEALTHY AND CARING FOR OUR PLANET.



We appreciate your votes for **BEST GROCERY STORE!**
VOTE DAILY THRU 5/18/22

SCAN THE QR CODE TO VOTE!

- Select:
1. Shopping >
 2. Grocery Store >
 3. Valley Natural Foods >
 4. Submit Ballot



OR VISIT: www.votemnbest.com Thank you!