



Member-Owner Deals

APR. 17 - 30

Grown in MN



20% off per lb.

Organic
Bulk Mushrooms
All Varieties



13.99

Force of Nature

-Grass Fed Regenerative Ground Bison and Ground Venison
-Regenerative Ancestral Blend Ground Beef and Ground Bison
14-16 oz, frozen

Learn more about the Regenerative Revolution!
Scan QR code or visit:
forceofnature.com/pages/about-us



Reg. 15.99



3.99/lb.

Bulk
Peanut Butter

Reg. 5.99/lb.

Produced in WI



10.99/lb.

Rochdale
Organic & Grass-fed
Colby Jack Cheese

Reg. 12.99/lb.

Freshly Made In-House



7.99/lb.

Deli Fresh
Mushroom Walnut Loaf

Reg. 9.99/lb.

*Sales good while supplies last.



Valley NATURAL FOODS™



Member-Owner Deals

APR. 17 - 30



5.49

Moon Valley Organics
Herbal Shampoo Bar
Pink Geranium, Sweet Carrot, Peppermint
3.5 oz.

Reg. 10.49



8.99

Moon Valley Organics
Herbal Lotion Bar
Lemon Vanilla, Coconut
Lemon, Lavender
1.9 oz.

Reg. 13.99



20% off

Stasher
Reusable Storage Bags
All varieties

*Sales good while supplies last.



INTERESTED IN CO-OP INVESTMENT? ATTEND OUR MEMBER-OWNER SPRING SOCIAL EVENT!

Thursday, April 25 | 5:30-7:00 p.m.
Valley Natural Foods Education Room

Learn more and RSVP here
www.valleynaturalfoods.com



**FREE
KIDS
EVENT!**

SEASONAL
FRUIT & VEGGIE
GUIDE

LOVE EARTH

SEEDLINGS SUSTAIN-A-THON

Saturday, April 27 | 10 am - noon
Valley Natural Foods Patio

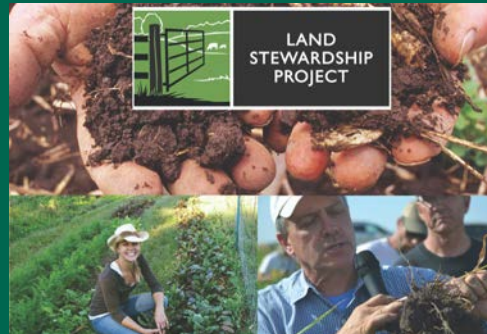
Join Valley Natural Foods as we partner with Midwest Food Connection and Echo Park Elementary. Bring your kiddos to learn about eating sustainably with the seasons, sample in-season fruits and veggies, and make seed balls to take home to plant!

*This event is weather permitting and will be cancelled if it cannot be held outdoors.

*Children must be accompanied by a parent or guardian.

REGISTER ROUND-UP

YOUR APRIL ROUND-UP CONTRIBUTIONS WILL GO TO:



LAND
STEWARDSHIP
PROJECT

**THANK YOU FOR
ROUNDING-UP
YOUR PURCHASE!
SCAN QR CODE
TO LEARN MORE.**



**THE LAND STEWARDSHIP PROJECT'S
MISSION IS TO FOSTER AN ETHIC OF
STEWARDSHIP FOR FARMLAND, TO
PROMOTE SUSTAINABLE AGRICULTURE,
AND TO DEVELOP HEALTHY COMMUNITIES.**