



# Member-Owner Deals

Sept 4-17



## 2.99/lb.

**Organic**  
Slicer Tomatoes

Reg. 3.99/lb.

*Produced in Minneapolis*



## 8.49

**Gerhard's Brats**  
Original, Smoked,  
and Smoked with Cheese  
12 oz.



Reg. 9.99



*Produced In-House*

## 9.99-14.99

**Deli Fresh**  
Pizza  
Cheese, Pepperoni,  
Veggie, Puget Sound

Reg. 11.99 - 16.99



*Produced in Plymouth, WI*

## 4.99

**Sartori**  
Shredded Parmesan Cheese  
7 oz.

Reg. 5.99



## 3.99

**Bakerly**  
Brioche  
Hot Dog Buns  
6 pk.

Reg. 4.99



## 3.39

**Bakerly**  
Brioche  
Hamburger Buns  
4 pk.

Reg. 4.39

\*Sales good while supplies last.



# Valley

NATURAL  
FOODS™



# Member-Owner Deals

Sept 4-17



## 2.49

**Recess**  
Sparkling Functional Water  
Peach Ginger, Strawberry Rose, Black Cherry, Blood Orange, Raspberry Lemon, Grapefruit Tangerine  
12 fl. oz.

Reg. 2.99

# REGISTER ROUND-UP

SEPTEMBER REGISTER ROUND-UP CONTRIBUTIONS GO TO:



### In a Backpack

District 191's Hungry Relief Program

**BRAINPOWER IN A BACKPACK** IS A WEEKEND HUNGER RELIEF PROGRAM PROVIDING WEEKEND FOOD PACKAGES FOR DISTRICT 191 STUDENTS IN PRESCHOOL, ELEMENTARY, MIDDLE SCHOOL AND HIGH SCHOOL WHOSE FAMILIES STRUGGLE TO PUT ENOUGH FOOD ON THE TABLE.

# IT'S YOUR CO-OP IT'S YOUR VOTE

## MEMBER-OWNERS,

BE SURE TO LOOK FOR AN EMAIL FROM **ELECTION COORDINATOR** TO ACCESS YOUR VALLEY NATURAL FOODS ONLINE BALLOT. IF YOU DID NOT RECEIVE AN EMAIL, OR PREFER TO VOTE IN-STORE, PLEASE VISIT OUR VOTER BOOTH AT CUSTOMER SERVICE.

**- VOTING CONCLUDES ON SEPTEMBER 16 -**

## MEMBER-OWNER ANNUAL MEETING

TUESDAY, SEPTEMBER 17  
5:30-7:30 PM | TROVE BREWING

We are happy to announce this year's Annual Meeting will be at Trove Brewing in Burnsville. Attendees will receive 1 drink ticket, delicious food from Gastrotruck and hear from panelists representing local businesses we carry in store to discuss sustainability.

**Last chance to sign up - limited spots available!** \$5 fees to RSVP will be reimbursed upon arrival at the annual meeting with a Valley Natural Foods coupon.

SCAN TO RSVP



Or visit:

[www.valleynaturalfoods.com/annual-meeting-2024](http://www.valleynaturalfoods.com/annual-meeting-2024)



SEPT 19

5-7:30 PM

FOOD • MUSIC • FUN

Enjoy a \$4 community dinner, live DJ, prizes, kids activities & more!

## EVERYONE WELCOME!

THURSDAY, SEPTEMBER 19 | 5-7:30 PM | IN OUR SOUTH PARKING AREA