



Member-Owner Deals

Oct 30 - Nov 12

Minnesota Grown



3.99/ea.

Urbanize LLC
Microgreens
Sunflower, Green Pea,
Broccoli, Radish, Spicy
Salad, Superfood Mix
1 oz.

Reg. 4.79



4.99/ea.

Urbanize LLC
Microgreens
Sunny Sampler
1.5 oz.

Reg. 5.99

Produced In-House



7.99/ea.

Deli Fresh
Half Quiche
Ham & Swiss,
Spinach & Swiss,
Broccoli Cheddar

Reg. 9.99



Produced in St. Paul, MN



2/\$10

Janet's Finest Compotes
Jalepeno-Berry Compote
Assorted Flavors
5.5 oz.

Reg. 6.99



15.99/lb.

Just Fish Brand
Wild-Caught Sockeye
Salmon Fillet - Frozen

Reg. 16.99/lb.

Produced in Cannon Falls, MN



7.99

Cannonbelle's
Queso Fresco
8 oz.

Reg. 8.99



*Sales good while supplies last.



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Craize
Sweet Corn Crackers, 4 oz.

3.69
Reg. 5.49

While supplies last Sale good Oct 30-Dec 3

Look for additional Member-Owner Deals on selected items from the following brands:

GROCERY DEPT.

- Beyond Good
- Craize
- Dr. Squatch
- Evamor
- Mr. Bing
- Mrs. Miller
- Patience Fruit Co.
- Soom
- Suckerpunch

WELLNESS DEPT:

- Natural Path Silver Wings
- Natural Stacks
- YouTheory

Not a member-owner? Start enjoying the benefits of co-op member-ownership by joining today!



www.valleynaturalfoods.com/signup

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Valley NATURAL FOODS

TURKEY PREORDERS



PREORDER YOUR TURKEY TODAY!

OUR TURKEY PREORDER FORM CLOSSES ON NOVEMBER 18.



SCAN THIS QR CODE TO PREORDER YOUR TURKEY!

REGISTER ROUND-UP

NOVEMBER REGISTER ROUND-UP CONTRIBUTIONS GO TO:

TINSEL, TREATS & GIVING
BURNSVILLE POLICE DEPARTMENT ANNUAL EVENT



FREE HOLIDAY EVENT ALL ARE WELCOME!

FRIDAY, DECEMBER 6 | 5 - 8 PM
DIAMONDHEAD EDUCATION CENTER



ROUND-UP DONATIONS WILL GO TO SUPPLIES FOR STRUGGLING FAMILIES, LOW-INCOME SENIORS AND OTHERS EXPERIENCING CHALLENGING TIMES. EACH YEAR, BURNSVILLE POLICE AND CITY DEPARTMENTS TEAM UP WITH COMMUNITY PARTNERS TO DELIVER SMILES AND CHEER AT THIS EVENT TO SUPPORT THOSE STRUGGLING.