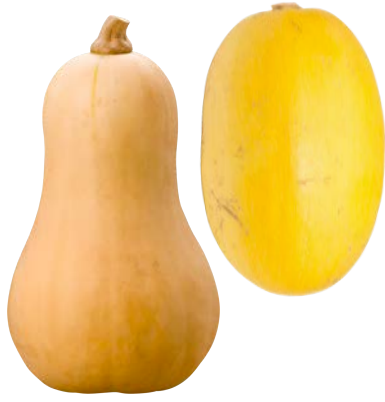




Member-Owner Deals

Mar 5-18



1.49/lb.
Organic
Spaghetti Squash &
Butternut Squash

Reg. 1.99-2.49/lb.

Freshly Made In-House



8.99
Deli Fresh
Rueben Pie



Reg. 10.99

Local from MN



8.99/lb.
Valley Natural Foods
100% Grass Fed Beef Brisket

Reg. 9.99/lb.



4.99
KerryGold
Dubliner & Reserve
Cheddar Cheeses
7 oz.

Reg. 6.99



9.99
Milton's
Frozen Pizza
10 oz.

Reg. 11.99

Local from WI



8.99
Sacred Blossom
Loose Leaf Tea Blends
All Varieties
1.4 oz. - 2 oz.

Reg 9.99



3.99
Kin Euphorics
Functional Beverages
Assorted Varieties
8 oz.

Reg. 4.99

*Sales good while supplies last.



Member-Owner Deals

Mar 5-18

Member-Owner Deals

Babo Botanicals
Unscented SPF 30 Sunscreen - 3 oz.

13.99
Reg. 19.99

Mar 5-18

While supplies last

JOIN TODAY FOR THESE DEALS AND MORE!

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

- Babo Botanicals
- Bear Naked
- Every Body Eat
- Let's Date
- Olyra
- Rind Snacks
- Uncle Matt's
- Saverne
- Swoon

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



www.valleynaturalfoods.com/signup

*Sales good while supplies last.

REGISTER ROUND-UP

MARCH ROUND-UP CONTRIBUTIONS WILL GO TO:



A FRESH APPROACH TO ENDING LOCAL HUNGER



The Open Door is a hunger relief organization dedicated to ending local hunger through access to healthy food. As the largest food shelf in Dakota County, The Open Door serves roughly 14,000 Dakota County residents each month through a combination of innovative programs.



JOIN MINNESOTA'S LARGEST FOOD & FUND DRIVE
MARCH 1ST- APRIL 6TH 2025!

March is also Minnesota FoodShare Month, meaning all donations—both food and financial—are proportionally matched to the Open Door, making your contributions go even further! You can help by rounding up your purchase at the register to donate or by dropping off non-perishable food items in our in-store donation bin.

WE APPRECIATE YOUR DAILY VOTES NOW THROUGH MARCH 12!



Valley Natural Foods

- Grocery Store
- Deli
- Co-op

SUBMIT BALLOT

SCAN QR CODE & VOTE DAILY!

votemnbest.com/valleynaturalfoods