



Member-Owner Deals

July 16-29



5.99

Josie's
Chopped Organic Salad Kits
Assorted Varieties
8 - 11.5 oz.

Reg. 6.99



Freshly Made In-House

7.99/lb.

Deli Fresh
Zorba's Greek Pasta Salad

Reg. 9.99/lb.



9.49

Go Raw
Sprouted Sunflower Seeds
14 oz.

Reg. 12.49

Local from Cannon Falls, MN



Local from Kimball, MN

9.99

Green Fox
Hemp Hearts
16 oz.

Reg 12.99



6.49

Ferndale Market
Turkey Bratwurst
Beer or Cheddar
12 oz.

Reg. 7.49



Local from Kimball, MN

5.99

Green Fox
Cold Pressed
Hemp Seed Oil
8.5 oz.

Reg. 7.99



*Sales good while supplies last.



Valley NATURAL FOODS™



Member-Owner Deals

July 16-29



19.99

Barlean's
High Lignan Flax Oil
12 oz.

Reg. 24.99



18.49

Pranarom
Outdoor
Defense Trio Kit
1 oz.

Reg. 22.99

REGISTER ROUND-UP

THIS MONTH, ROUND-UP CONTRIBUTIONS WILL GO TO :

Midwest Food Connection



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.

SCAN QR CODE TO LEARN MORE
midwestfoodconnection.org



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



- SAVERNE
- MADHAVA
- AIYA
- MAMMA CHIA
- SUCKERPUNCH
- BEAR NAKED
- BIOTTA
- VILLAGE PIE MAKER
- SUNFOOD SUPERFOODS
- DRUMROLL

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

www.valleynaturalfoods.com/signup

