



# Member-Owner Deals

July 30 - Aug. 19



**4.99/lb.**

Organic & Local  
Heirloom Tomatoes

Reg. 6.49/lb.



*Freshly Made In-House*



**6.99/lb.**

Deli Fresh  
Garlic or Red Pepper Hummus

Reg. 7.99/lb.



*Local from Edina, MN*



**5.99**

Urbanize Farm  
Organic Sweet Basil  
1.5 oz.

Reg. 6.99



*Local from Becker, MN*



**2.99**

Thousand Hills  
100% Grass-Fed Beef Sticks  
Original, Cranberry and Nice Spice  
3.2 oz.

Reg. 3.99



**4.49**

Stonefire  
Naan Dippers  
7.05 oz.

Reg 5.99



**20% off**

Bob's Red Mill  
Chia Seeds, Flax Seed  
Meal, Golden Flax Seed  
12-16 oz.

Reg. 3.99-7.49

\*Sales good while supplies last.



Valley NATURAL  
FOODS



# Member-Owner Deals

July 30 - Aug. 19



**3.39**

**Eternal Water**  
Naturally Alkaline  
Water - 2.5 Liter

Reg. 4.49



**24.99**

**Malama Mushrooms**  
Organic 8 Mushroom  
Powder Extract, &  
Mushroom Cacao Mix  
3.5 oz.

Reg 29.99



**2/\$8**

**ESW Beauty**  
K Beauty Sheet Mask  
Radiance Plant-Based Milk Mask  
& Green Reset Raw Juice Mask  
1 ct.

Reg. 4.99

## REGISTER ROUND-UP

THIS MONTH, ROUND-UP CONTRIBUTIONS WILL GO TO :



**BrainPower**  
In a Backpack  
District 191's Hunger 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.



[sites.google.com/a/isd191.org/brainpower-in-a-backpack/brainpower](https://sites.google.com/a/isd191.org/brainpower-in-a-backpack/brainpower)

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



- BABO BOTANICALS
- BETTER BOOCH
- CUCINA AND AMORE
- EGGLE
- EVERY BODY EAT
- GO RAW
- HEAVENLY ORGANICS
- MAGIC SPOON
- MIRACLE NOODLE
- MOTHERLOVE
- NUTTZO
- POPCHIPS

\*Sales good while supplies last.

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

[www.valleynaturalfoods.com/signup](http://www.valleynaturalfoods.com/signup)

