



Member-Owner Deals

Sept. 17-30



1.49/lb.

Organic & Local
Hard Squash
Acorn, Buttercup,
Butternut, Delicata,
Kabocha, Blue Hubbard,
Red Kuri, Spaghetti,
Honey Boat

Reg. 2.49/lb.



6.99

Kite Hill
Ravioli or Tortellini
made with Almond Milk
Ricotta
9 oz.

Reg. 9.99



8.99/lb.

Deli Fresh
Beet & Apple Salad

Reg. 10.99/lb.



25% off

Bob's Red Mill
Pancake Mixes
Classic, Buttermilk, White
Chocolate Strawberry,
Organic Buttermilk Pancake
and Waffle Mix,
Organic Multigrain Pancake
and Waffle Mix
20-24 oz.

Reg. 5.49-7.49



3.99/lb.

Smart Chicken
Organic Thighs
Bone-In

Reg. 4.99/lb.



3.49

Bakery Fresh
Whole Wheat
Mini Muffin 4-packs
Blueberry, Carrot,
Apple Cinnamon

Reg. 4.49

*Sales good while supplies last.



Member-Owner Deals

Sept. 17-30



17.49

Sailor Mercy
Fire Cider
8 fl. oz.



Reg. 24.99



27.99

Sailor Mercy
Elderberry Syrup Boost
8 fl. oz.



Reg. 39.99

 **Valley** NATURAL
FOODS™

RSVP NOW

**FOR THIS YEAR'S
MEMBER-OWNER
ANNUAL MEETING!**

**WEDNESDAY, OCTOBER 1
5:30-7:30 PM | TROVE BREWING**

Scan the barcode for info, or visit:
www.valleynaturalfoods.com/annual-meeting-2025



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



- ALTER ECO
- BEAR NAKED
- DRUMROLL
- LOVEBIRD
- MAMMA CHIA
- MISSY JS
- OLYRA
- PACHAMAMA
- RIEGA

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

www.valleynaturalfoods.com/signup

