



Member-Owner Deals

Oct. 1-21



1.99/lb.

Local
Sweet Candy Onions



Reg. 2.99/lb.



2.29/lb.

Local
Orange Sweet Potatoes



Reg. 2.99/lb.



3.49/lb.

Deli Fresh
Maple Glazed Squash



Reg. 5.49/lb.



13.49

Pachamama
Organic Whole Bean Coffee
All Varieties
10 oz., packaged

Reg. 17.99



17.99/lb.

Just Fish
Whole Sockeye Salmon



Reg. 19.99/lb.



7.99

Fizzology
Fermented Raw Probiotics
All Varieties
16 oz.



Reg. 9.49

*Sales good while supplies last.



Valley NATURAL
FOODS



Member-Owner Deals

Oct. 1-21



8.99

Sailor Mercy
Elderberry Lemonade
16 fl. oz.

Reg. 10.99

10.99

Sailor Mercy
Elderberry Apple Cider
16 fl. oz.

Reg. 13.49



29.99

True Sea Moss
Sea Moss Gel
Superfood - All Flavors
16 fl. oz.

Reg. 34.99



44.99

True Sea Moss
Sea Moss Gel
Natural Inflammatory
& Allergy Support
16 fl. oz.

Reg. 49.99

CELEBRATING MEMBER-OWNERS

OCTOBER IS MEMBER-OWNER APPRECIATION MONTH!

MEMBER MONDAYS FREE COFFEE
EVERY MONDAY IN OCTOBER
MEMBER-OWNERS GET A FREE
16 OZ. SELF SERVE DRIP COFFEE

WELLNESS SALE - OCTOBER 9
MEMBER OWNER EXCLUSIVE SALE

BULK SALE OCTOBER 25
MEMBER OWNER EXCLUSIVE SALE



REGISTER ROUND-UP

OCTOBER IS NATIONAL COOPERATIVE MONTH!
OCTOBER ROUND-UP CONTRIBUTIONS WILL GO TO:

EACH YEAR, INTEREST
EARNED ON OUR
CCF FUND WILL BE
DONATED TO A
LOCAL NON-PROFIT
ORGANIZATION.

**VALLEY NATURAL FOODS
COOPERATIVE COMMUNITY FUND**

SCAN CODE TO
LEARN MORE
community.coop/ccf/



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

- BETTER BOOCH
- CHERRY BAY
- EGG LIFE
- FLOW
- FODY
- HEAVENLY ORGANICS
- MAGIC SPOON
- MANITOBA HARVEST
- MIGHTY SPARK
- MIRACLE NOODLE
- MYBACON
- NUTTZO
- POPCHIPS
- REFRESH GUM
- SEA TALES
- SUCKERPUNCH GOURMET
- SUNFOOD SUPERFOOD



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

www.valleynaturalfoods.com/signup

