



Member-Owner Deals

August 5 - 18



1.29/lb.
Organic & Local
Green & Red
Cabbage

Reg. 1.99/lb.



6.99/lb.
Deli Fresh
Garlic or Red Pepper
Hummus

Reg. 7.99/lb.



1.99/lb.
Organic & Local
Cucumbers

Reg. 2.99/lb.



7.99
Carr Valley
Cheese Spreads
Aged Asiago, Gouda,
Parmesan, Spicy Beer
8 oz.

Reg. 8.99



2.99
Thousand Hills
100% Grass-Fed Beef Sticks
Original, Cranberry
& Nice Spice
3.2 oz.

Reg. 4.29



4.49
Schar
Gluten-Free
Multigrain and Ten
Grain Sourdough Bread
14.1 oz.

Reg. 7.49



4.49
Stonefire
Naan Dippers
7.05 oz.

Reg. 5.99

*Sales good while supplies last.



Member-Owner Deals

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34.99

Renew Life
Cleanse Smart
Total Body Cleanse
30 Day Program

Reg. 41.99



Save \$1

The Good Patch
Save \$1 off all Products

REGISTER ROUND-UP

THIS MONTH, ROUND-UP CONTRIBUTIONS WILL GO TO:



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.

Scan QR code to learn more.

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



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

SCAN QR CODE
TO LEARN MORE



- ASHAPOPS
- BARVECUE
- CHERRY BAY
- CHOCXO
- CLIO
- CUCINA AND AMORE
- CUCINA ANTICA
- DAIYA
- EGGLE
- EMERALD COVE
- EVERY BODY EAT
- FANCYPANTS
- HORIZON
- IMMI
- MAGIC SPOON
- MIGHTY SPARK
- MIRACLE NOODLE
- MOTHERLOVE
- NEURO
- NUTTZO
- OTTOS NATURALS
- RAAKA
- SMASH
- SUNBUTTER
- SUNDAY NIGHT
- WANDERING BEAR

*Sales good while supplies last.

www.valleynaturalfoods.com/signup