



Member-Owner Deals

Sept. 30 - Oct. 20



2.99/lb.

Local and Organic
Orange Sweet
Potatoes



Reg. 3.99/lb.



4.49/lb

Organic
Grind Your Own
Bulk Peanut Butter

Reg. 5.99/lb.



3.49/lb.

Deli Fresh
Maple Glazed Squash



Reg. 5.49/lb.



7.99

Woodstock
Organic Pumpkin Seeds
11 oz.

Reg. 10.49



17.99/lb.

Just Fish
Wild Sockeye Salmon Fillet

Reg. 19.99/lb.



20.99/lb.

Widmer's Cheese Cellars
2 Year Aged Cheddar Cheese



Reg. 22.99/lb.

*Sales good while supplies last.



Member-Owner Deals

Sept. 30 - Oct. 20



6.49

Alec's
A2 Dairy Ice Cream
Triple Chocolate Blackout Cookie
or Peanut Butter Fudge
Honeycomb

Reg. 7.99



20% off

Botanical Lucidity
Wellness Powders
All Varieties
(Full Size and Packets)

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!**

15% OFF

WELLNESS SALE
THURSDAY OCTOBER 1
MEMBER OWNER EXCLUSIVE

15% OFF

BULK SALE
THURSDAY OCTOBER 8
MEMBER OWNER EXCLUSIVE

15% OFF

FRESH SALE
THURSDAY OCTOBER 15
MEMBER OWNER EXCLUSIVE

REGISTER ROUND-UP

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

**VALLEY NATURAL FOODS
COOPERATIVE COMMUNITY FUND**



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

SCAN CODE TO
LEARN MORE
community.coop/ccf/



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



*Sales good while supplies last.

- ALECS
- BARVECUE
- BRAINJUICE
- CHARMS
- DIANAS BANANAS
- EGGLE
- FANCYPANTS
- HEAVENLY ORGANICS
- IMMI
- LENNY & LARRY'S
- LIKE AIR
- LUNCHKINS
- MADHAVA
- MAGIC SPOON
- MIRACLE NOODLE
- MRS MILLERS
- NUTTZO
- SUN TROPICS
- SUNBUTTER
- SUNJAS
- VEGA
- WANDERING BEAR

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

SCAN QR CODE
TO LEARN MORE



www.valleynaturalfoods.com/signup