Member-Owner Deals

Nov 4-17



1.49/lb.

Local and Organic
Winter Hardy Squash

Reg. 1.99/lb.



1.49/lb.

Local and Organic
Pie Pumpkin

Reg. 1.99/lb.



20% off

Koia
Protein Shakes
All Varieties - 12 fl. oz.

Reg. 4.49 - 4.99



BOGO

South Forty
Craft Bars
Pecan Pepper Berry,
Golden Chai,
Good Ol' Raisins & Peanuts
1.4 oz.

Buy One, Get One!

Reg. 2.99



14.99

Ferndale Market
Turkey Summer Sausage
12 oz.

Reg. 15.99



7.99

Deli Fresh
Half Quiche

Reg. 9.99



5.99

Pine River
Cheese Spreads
Sharp Cheddar, Garlic Herb,
Port Wine - 9 oz.

Reg. 6.99

*Sales good while supplies last.

Member-Owner Deals

Nov 4-17



25% off

PlusHLTH
Wellness Formulas
Selected Varieties
30-90 ct.

Reg. 29.99-59.99

REGISTER ROUND-UP

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH!
THIS MONTH, ROUND-UP CONTRIBUTIONS WILL GO TO :

DIVISION of INDIAN WORK

FOR 70+ YEARS, DIVISION OF INDIAN WORK HAS BEEN A CORNERSTONE OF THE NATIVE COMMUNITY, UPLIFTING AND EMPOWERING URBAN AMERICAN INDIAN INDIVIDUALS AND FAMILIES. THEIR MISSION CENTERS ON CULTURALLY GROUNDED EDUCATION, TRADITIONAL HEALING PRACTICES, AND LEADERSHIP DEVELOPMENT—ALL AIMED AT FOSTERING STRONG, HEALTHY, AND CONNECTED COMMUNITIES.

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



*Sales good while supplies last.

- A VOGEL
- AURA BORA
- CADO
- CUCINA AND AMORE
- CUCINA ANTICA
- DM MUSHROOMS
- EVERY BODY EAT
- HERO BREAD
- ICE CREAM FOR BEARS
- IZZIO ARTISAN BAKERY
- LAKEWOOD
- MOTHERLOVE
- NAIRNS
- RUNAMOK
- SMASH
- WILD WEST

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