Member-Owner Deals

Nov 18-Dec 1



LOCAL

5.99/lb.
Local and Organic
Brussels Sprouts

Reg. 6.99/lb.



4.49
Dar Baklava
Nut Baklava
Asst. Flavors
1.76 oz

Reg. 5.49



LOCAL

5.99/lb.
Local and Organic
Cranberries

Reg. 6.99/lb.

3.99
Local and Organic
Cranberries-7.5 oz.

Reg. 4.99

LOCAL



4.99
Deli Bakery
Pumpkin Cupcakes
4ct

Reg. 6.99

LOCAL



13.99/lb.
Maple Leaf
Cranberry White Cheddar Cheese

Reg. 15.99/lb.



6.99/lb.
Deli Fresh
Spinach Dip

Reg. 8.99/lb.

LOCAL



2.79/lb.
Ferndale Market
Turkey

Reg. 3.29/lb.

LOCAL



5.49
Golden Farms
Gluten Free Crispy Onions
8 oz

Reg. 5.99



2/$10
Stonefire
Naan Dippers
7.05 oz

Reg. 5.99

*Sales good while supplies last.

Valley NATURAL FOODS

Member-Owner Deals

Nov 18-Dec 1



9.99

Country Life
Acid Rescue - 60 ct.

Reg. 13.99



21.99

Enzymedica
Digest Gold
45 ct.

Reg. 29.49

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