

# FRESH FLYER

Weekly Specials March 13-19

Open Daily 7am-10pm



## Co-op Kitchen All Fruit Pie Slices

3/14 is everyone's favorite excuse to nerd out and eat pie. Have a happy Pi Day with some tasty slices!  
Reg. \$3.49

**\$2.99**



## Golden Temple 35% Fruit Muesli

Apples, raisins, almonds, and cinnamon combine to make an easy, delicious and healthy breakfast.  
Reg. \$4.29/lb

**\$2.99/lb**



## Caboost Kombucha

Catch this great deal on some tasty, locally brewed kombucha from Bend, Oregon.  
16 oz. Reg. \$3.69

**\$2.99**



## Seventh Generation Disinfecting Wipes

Kills germs with a derivative of thyme. Effective and convenient for quick disinfecting.  
35 ct. Reg. \$5.29

**\$3.99**



## McK Ranch Corned Beef Brisket

Your St. Paddy's feast starts with local, 100% grass-fed beef. Delicious with potatoes, cabbage, and carrots!  
1 lb Reg. \$11.19

**\$8.99**



## Kerrygold Dubliner Cheese

A perennial favorite, Dubliner is nutty and sweet, and pairs perfectly with a pint of Guinness!  
7 oz. Reg. \$5.49

**\$4.29**



## Guinness Stout, Draught Cans

As close to Ireland as you can get in a can. This draught can pours a stout as creamy as any nitro tap!  
4-pk. Reg. \$8.99

**\$7.49**



## Lonely Lane Farm Corned Pork Leg Roast

An Irish tradition, this locally raised antibiotic free pork is delicious and easy to prepare in a slow cooker.  
1 lb Reg. \$8.99

**\$6.99**

## Dead Sea Warehouse Amazing Minerals Face & Body Bar Soap

Non-drying and softening Dead Sea salt soothes itchy skin. Check out our great deal on Dead Sea bath salts as well! 3.5 oz. Reg. \$6.79

**\$5.49**



First Alternative  
NATURAL FOODS CO-OP  
www.firstalt.coop

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Gathering Together Farm  
**Kalettes**

Reg. \$12.49/lb

**\$6.99/lb**



**Carrots, Bunched**

Reg. \$2.50/ea

**2/\$3**



Oregon  
**Green Cabbage**

Reg. \$1.59/lb

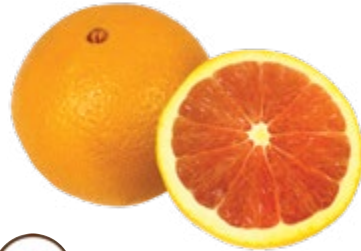
**99¢/lb**



**Asparagus**

Reg. \$6.99/lb

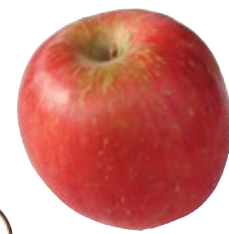
**\$3.99/lb**



**Cara Cara Navels**

Reg. \$2.69/lb

**\$1.49/lb**



Washington  
**Fuji Apples**

Reg. \$1.29/lb

**99¢/lb**



Washington  
**Red Potatoes**

Reg. \$1.59/lb

**89¢/lb**



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[www.firstalt.coop](http://www.firstalt.coop)

Fresh Flyer discounts not stackable or combinable with Owner Sale Day discount or case discount.