

FRESH FLYER

Weekly Specials May 15-21

Open Daily 7am-10pm



Tinkyada Brown Rice Pastas

This organic, gluten-free pasta, made with brown rice, cooks up quickly with a firm (not mushy) texture. 10-12 oz. Reg. \$4.²⁹

\$2.⁹⁹



Forager Dairy-Free Cashewgurt

This cashew-based, dairy-free yogurt alternative is vegan, organic, and unsweetened. A healthy choice! 24 oz. Reg. \$5.⁹⁹

\$3.⁹⁹



Co-op Kitchen Cornbread

Our sweet, crumbly housemade cornbread is a perfect complement to spicy barbecue or chili! Reg. \$1.⁹⁹

2/\$3



Lonely Lane Farm Pork Spare Ribs

These premium, locally pasture-raised pork spare ribs are an excellent value. Grill 'em up! Reg. \$8.²⁹/lb

\$5.⁹⁹/lb



Four Elements Jewelweed Chickweed Herbal Soap

Use this herbal infused soap to wash away itches! 3.8 oz. Reg. \$7.⁶⁹

\$5.⁹⁹



Boursin Gournay Cheese

A rich, creamy, spreadable cheese, Boursin is tasty whether for a party or just a simple breakfast. 5.2 oz. Reg. \$5.⁹⁹

\$4.⁹⁹



Co-op Kitchen Coleslaw

This house-made slaw is a simple, tasty side dish. Perfect for a barbecue, or try it with fish tacos! Reg. \$8.⁹⁹/lb

\$6.⁹⁹/lb



Deschutes Brewery Twilight Summer Ale

Crisp, clean, and bright flavor profile—like the freshest citrus. An easy-drinking summer ale. 6-pk. Reg. \$10.⁹⁹

\$8.⁹⁹



Grizzlies Seventh Heaven Trail Mix

This 100% organic, locally made trail mix is loaded with healthy nuts, seeds, and dried fruit, plus organic dark chocolate chips and coconut flakes. Great for your next outdoor adventure! Reg. \$12.²⁹/lb

\$9.⁹⁹/lb



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

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

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Spring Hill Farm
Parsley, Italian & Curly

Reg. \$2.50/ea

\$1.29/ea



Cucumber

Reg. \$1.49/lb

99¢/lb



Carrots, Bunched

Reg. \$3.49/ea

2/\$4



Orange, Yellow, Red
Sweet Bell Peppers

Reg. \$4.49 - \$5.99/lb

\$1.99/lb



Tommy Atkins Mango

Reg. \$2.00/ea

4/\$5



Blackberry, 6 oz.

Reg. \$4.99/ea

2/\$5



Spring Hill Farm
Kale, Bunched

Reg. \$2.50/ea

4/\$5



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