

FRESH FLYER

Weekly Specials June 12-18

Open Daily 7am-10pm



Equal Exchange Red Barn Farms Heritage 1-yr. Cheddar

Enjoy delicious artisan cheese and support small-scale dairy farmers. 6 oz. Reg. \$5.49

\$4.49



Sweet Creek Foods Fruit Spreads

These local jams are packed with delicious organic fruits. Great choice for PB&J or with yogurt. 10 oz. Reg. \$5.49

\$3.99



First Alternative Co-op Pre-packed Fancy Nuts

Choose from Salt & Onion Cashews, Dry Roasted Garlic Almonds and so many more delicious varieties!

\$1 off



Maya Kaimal Simmer Sauces

Made with natural ingredients, these sauces make quick, nutritious and flavorful meals. Stock up and save! 12.5 oz. Reg. \$5.49

\$3.99



Lonely Lane Farm BBQ Kabob Pork

Start the summer off with local, pasture raised pork kabobs! Cut & seasoned—just skewer and grill. Reg. \$9.99/lb

\$7.99/lb



Co-op Kitchen Potato Salad

Our classic recipe, made with organic potatoes, onions, and celery is sure to please. Reg. \$8.99/lb

\$6.99/lb



Co-op Kitchen BBQ Chicken Drumsticks

Coated with our house BBQ sauce and grilled to perfection. Reg. \$8.99/lb

\$6.99/lb



Whole Earth & Sea Men's Multivitamin

Vitamins for Dad! This new line of vitamins from Natural Factors is formulated with organic, whole plant ingredients. 60 tab Reg. \$39.99

20% off



Ninkasi Brewing & Oakshire Brewing Locally Brewed Beers

Mix up a six-pack for Dad! Bring a variety pack of local beers to that OSU graduation celebration. All of our beers are priced individually and can be mixed up into a handy Mix-6 carrier.

6-pk. Reg. \$10.49 - \$10.99

\$8.99



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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Sunbow Produce
Fava Beans

Reg. \$2.49/lb

\$1.99/lb



Cantaloupe

Reg. \$1.19/lb

79¢/lb



Ataulfo Mango

Reg. \$1.49/ea

5/\$5



English Cucumber

Reg. \$2.69/ea

2/\$3



Cauliflower

Reg. \$3.49/lb

\$1.49/lb



Broccolini

Reg. \$2.99/ea

2/\$4



Yellow Peaches

Reg. \$4.99/lb

\$2.99/lb



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