

Fresh

WEEKLY SAVINGS

SACRAMENTO NATURAL
FOODS CO-OP
Locally Owned Since 1973

MAY 8 - MAY 14

BLUEBERRIES

Betterful, CA

Organic

\$5.99 1pt

Reg. \$9.99

FAIR TRADE BRUSSELS SPROUTS

Covilli,
Mexico

Organic



\$4.49 lb
Reg. \$5.99

BONELESS SKINLESS CHICKEN BREAST NON-GMO

Mary's
Poultry



Local

\$7.19 lb
Reg. \$8.99

RED POTATOES

Various
Growers, CA

Organic



\$1.99 lb
Reg. \$2.79

**REGENERATIVE
WHOLE MILK**

Alexandre
Farms



\$5.99 ^{59 oz}
Reg. \$7.49

**FAIR TRADE
PINEAPPLES**

Finca El Bosque,
Costa Rica



\$4.49 ^{ea}
Reg. \$5.99

**MARGARITA
COCKTAIL**

Flybird



Select Varieties

\$11.49 ^{750 ml}
Reg. \$14.49

ASPARAGUS

Full Belly Farm &
Durst Organics, CA



\$7.99 ^{lb}
Reg. \$9.99

**HOT ITALIAN
CHICKEN SAUSAGE**

Co-op Crafted



\$5.99 ^{lb}
Reg. \$7.99

QUESO FRESCO

Queso del Valle



\$5.99 ^{8 oz}
Reg. \$7.49

WAGYU FLAP MEAT

First Light



\$13.49 ^{lb}
Reg. \$16.99

**ORIGINAL RUSSIAN
YOGURT**

Pavel's



\$3.69 ^{32 oz}
Reg. \$4.99

**CASHEWS ROASTED
& SALTED**

Equal
Exchange



\$11.99 ^{lb}
Reg. \$15.99

**STRAWBERRY FRUIT
SPREAD**

Crofter's



\$3.49 ^{10 oz}
Reg. \$5.49

HALVA

Hebel & Co



\$12.49 ^{8 oz}
Reg. \$15.99

Select Varieties

MASCARPONE

Crave Brothers



\$26.99 ^{lb}
Reg. \$33.99

**COTTAGE CHEESE
LOW FAT**

Clover Organic
Farms



\$4.69 ^{16 oz}
Reg. \$5.49



**PLAIN CASHEW
KEFIR**

Forager Project



\$4.99 ^{28 oz}
Reg. \$6.49

RAW TAHINI

Artisana
Organics



\$7.99 ^{14 oz}
Reg. \$10.99

