

FRESH FLYER

Weekly Specials July 19-25

Open Daily 7am-10pm



Co-op Kitchen Tuscan Cream Cheese Spread

Zesty cream cheese blended with herbs, olives & sundried tomatoes.
Reg. \$8.49/lb

\$6.99/lb



Fiorucci Uncured Italian Dry Salami

All natural salami goes great with a party platter or a picnic lunch!
3 oz. Reg. \$4.59

\$3.99



Sierra Nevada Pale Ale, 12-pk.

Refreshing & classic Northwest Pale Ale. The perfect beer for a barbecue or camping trip!
12-pk. Reg. \$18.79

\$16.99



Co-op Kitchen Trifles

Layers of whipped cream, cake & tasty toppings. Caramel Mocha or Wheat-free Strawberry Shortcake.
Reg. \$3.49

2/\$5



De Casa Fresh Salsa

Locally made, organic, chunky salsa. This delicious fresh salsa goes great with locally made Carmen's chips!
14 oz. Reg. \$3.69

\$2.99



Carmen's Tortilla Chips

Locally made Carmen's chips are crisp and lightly salted. Delicious with locally made De Casa salsa!
14 oz. Reg. \$2.99

\$2.39



Hummingbird Wholesale Bucky's Raw Hazelnut Crunch (Bulk)

Crunchy and lightly sweetened mix of grains and nuts—fuel for the day!
Reg. \$11.19/lb

\$8.99/lb



Alaffia Black Soap

Natural shea butter and palm oil hand & body wash. Made by a fair-trade women's cooperative in Togo.
16 oz. Reg. \$7.99

\$6.99



Wish Garden Genius Juice

This unique herbal formula supports optimal neural messaging. Genius Juice is an excellent study and creative process aid.

2 oz. Reg. \$18.89

\$4 off



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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Bunch Carrot

Reg. \$2.99/ea

\$1.99/ea



Broccoli

Reg. \$2.99/lb

\$1.49/lb



Apricot

Reg. \$3.99/lb

\$1.99/lb



Pink Lady Apple

Reg. \$3.49/lb

\$2.49/lb



Cantaloupe

Reg. \$1.29/lb

99¢/lb



Dapple Dandy Pluot

Reg. \$3.99/lb

\$2.49/lb



Denison Farms

Various Zucchini & Summer Squash

Specific varieties as available

Reg. \$2.99/lb

\$1.99/lb



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