

FRESH FLYER

Weekly Specials July 26-August 1

Open Daily 7am-10pm

featured in free
smoothie samples at
BIKE DRIVE
JULY 29
at our Corvallis Farmers'
Market bike drive booth
firstalt.coop for info



Hop Valley Brewing Co. Alphasdelic IPA

Enjoy a well-hopped, refreshing Northwest India Pale Ale. Perfect for your summer enjoyment!

6-pk. Reg. \$9.99

\$7.99



Grouphead Espresso Concentrate

Locally brewed, mix 1:5 for strong, tasty coffee anytime. All other Grouphead products also on sale.

8 oz. Reg. \$7.99

\$6.99



Co-op Kitchen Trifles

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

Reg. \$3.49

2/\$5



Garden of Life Organic Plant Protein

Tastes great in a smoothie with fresh local strawberries, a scoop of coconut bliss, and almond milk!

250g Reg. \$30.99

35% off



Toby's Dressing & Dip

Locally made, creamy dressings/dips are the perfect partners for fresh local summer vegetables.

12 oz. Reg. \$5.39

\$3.99



Co-op Kitchen BBQ Tempeh

Enjoy these savory, flavorful grilled tempeh patties on a tasty sandwich, or mix in with a salad or stir-fry.

Reg. \$8.99/lb

\$6.99/lb



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



Bulk Organic Dried Cranberries

Sweet, tangy cranberries make a delicious trail snack.

Also great on oatmeal, granola, salads, or in baked treats. Try some in your next batch of zucchini bread!

Reg. \$6.99/lb

\$5.69/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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Cantaloupe

Reg. \$1.29/lb

99¢/lb



Green Beans

Reg. \$3.99/lb

\$2.99/lb



Walla Walla Sweet Onion

Reg. \$1.69/lb

99¢/lb



Walla Walla Sweet Onion, 3lb Bag

Reg. \$3.99/ea

\$2.99/ea



Kent Mango

Reg. \$1.49/ea

5/\$5



Various Pluots

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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