



# July 2024



**Poppi**  
Prebiotic Soda  
(selected varieties)

**2/\$4**  
12 oz



**LesserEvil**  
Organic Popcorn  
(selected varieties)

**2/\$6**  
4.6 - 6.4 oz



**The Mountain Valley**  
Sparkling Water  
selected varieties

**\$2<sup>29</sup>**  
1 lt



**Olipop**  
Sparkling Tonic  
selected varieties

**3/\$6**  
12 oz



**Harmless Harvest**  
Organic  
Coconut Water  
selected varieties

**\$4<sup>29</sup>**  
16 oz



**Follow Your Heart**  
Vegenaise  
(selected varieties)

**\$4<sup>49</sup>**  
16 oz



**Organic Valley**  
Shredded  
Cheese  
(selected varieties)

**\$3<sup>99</sup>**  
6 oz



**Bubbies**  
Kosher Dill Pickles  
(selected varieties)

**\$6<sup>79</sup>**  
33 oz



**841 S Ponce de Leon Blvd, St Augustine, FL 32084**

# July 2024

**So Delicious  
Plant-Based  
Frozen Dessert**  
(selected varieties)

**\$4<sup>79</sup>**  
16 oz



**Food for Life  
Ezekial 4:9  
Organic  
Sprouted  
Burger Buns**

**\$5<sup>29</sup>**  
16 oz



**Udi's Gluten Free  
Gluten Free  
Hamburger Buns**

**\$3<sup>79</sup>**  
10.4 oz



**GoodPop  
Organic Dairy-Free  
Frozen Pops**  
(selected varieties)

**\$3<sup>79</sup>**  
10 oz



**Cosmic Bliss  
Organic, Gluten Free, Dairy-Free  
Cookie Sandwich**

**\$3<sup>99</sup>**  
5.25 oz



**Brown Cow  
Cream Top  
Whole Milk  
Yogurt**  
(selected varieties)

**99¢**  
5.3 oz



**\$8<sup>29</sup>**  
48 oz  
**Alden's Organic  
Organic  
Ice Cream**  
(selected varieties)



**Cosmic Bliss  
Organic Dairy-Free  
Frozen Dessert**  
(selected varieties)

**\$5<sup>29</sup>**  
14 oz



**Forager Project  
Organic  
Cashewmilk  
Yogurt**  
(selected varieties)

**\$4<sup>79</sup>**  
24 oz



**REBBL  
Organic  
Protein Elixir**  
(selected varieties)

**\$3<sup>79</sup>**  
12 oz



**Pitaya Foods  
Dragon Fruit  
Smoothie Packs**

**\$4<sup>49</sup>**  
14 oz



**wildbrine  
Kimchi**  
(selected varieties)

**\$6<sup>29</sup>**  
18 oz



**Plus hundreds of other Super Deals at**



## Serving Up Some Super Savings

Nuts for Cheese  
Vegan  
Smoky Gouda  
(selected varieties)



**\$5.79**

4.23 oz



**\$4.79**

8 oz

Beyond Meat  
Beyond Burger

Force of Nature  
100% Grass Fed  
Ground Bison



**\$13.99**

14 oz

# Caramelized Onion & Aioli — BURGERS —

4 Burger Patties  
4 Slices Smoked Gouda Cheese  
4 Hamburger Buns

Caramelized Onions  
2 cups Arugula  
Garlic Aioli

45 MIN • SERVES 4

### DIRECTIONS

- 1 Cook the burgers as desired. 2–3 minutes before patties are finished cooking, add a slice of smoked gouda cheese and allow it to melt.
- 2 Toast the buns for 2–3 minutes. Top with the burger patties followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on the top bun half and enjoy!



**30% or MORE off of our Every Day Low Prices**

# July 2024

**Siete  
Tortilla Chips**  
(selected varieties)

**\$3.99**  
5-7.5 oz



**Barnana  
Organic Plantain Chips**  
(selected varieties)



**2/\$7**  
5 oz

**Annie's  
Organic  
Graham Crackers**  
(selected varieties)

**\$4.49**  
14.4 oz



**Stacy's  
Pita Chips**  
(selected varieties)

**\$3.29**  
7.33 oz



**Pamela's  
Graham Crackers**  
(selected varieties)

**\$4.99**  
7.5 oz



**The Good Crisp  
Company  
Potato Crisps**  
(selected varieties)

**\$2.79**  
5.6 oz



**Quinn  
Pretzel Nuggets**  
(selected varieties)

**\$4.29**  
5.8-7 oz



**Mary's Gone Crackers  
Organic Crackers**  
(selected varieties)

**\$3.79**  
5-6.5 oz



**Kettle  
Potato Chips**  
(selected varieties)

**2/\$6**  
4.25-5 oz



**Late July  
Organic  
Tortilla Chips**  
(selected varieties)

**2/\$7**  
7.4-10.1 oz



**Garden of Eatin'  
Taco Shells**  
(selected varieties)

**\$3.49**  
5.5 oz



**Napa Valley Naturals  
Organic  
Extra Virgin  
Olive Oil**

**\$17.99**  
25.4 oz



**Primal Kitchen  
Organic Ketchup**  
(selected varieties)

**\$4.79**  
11.3 oz



**Primal Kitchen  
Mayo with  
Avocado Oil**  
(selected varieties)

**\$7.99**  
12 oz



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## Serving Up Some Super Savings

### ***Easy, Sweet, and Refreshing – perfect for Fourth of July!***

Toss together any combination of cut bananas, strawberries, and apples, along with blueberries, raspberries, and pomegranate seeds as desired.

Mix together 1/4 cup honey, the juice of 2 limes, and a little lime zest.

Toss dressing over fruit.

Fold in walnuts pieces or granola and mini marshmallows

Serve with whipped topping and enjoy!



## ***Patriotic Fruit Salad***

**Theo  
Organic  
Chocolate Bar**  
(selected varieties)

**\$2<sup>79</sup>**  
3 oz



**\$3<sup>29</sup>**  
10 oz  
**Dandies  
Vegan  
Marshmallows**  
(selected varieties)



**Lenny & Larry's  
The Complete  
Cookie**

**2/\$4**  
4 oz



**Lily's  
Chocolate Bar**  
(selected varieties)

**2/\$7**  
2.8–3 oz



**Endangered Species  
Chocolate Bar**  
(selected varieties)

**2/\$5**  
3 oz



**2/\$7**  
6.35 oz  
**Tony's  
Chocolonely  
Chocolate Bar**  
(selected varieties)

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**\$2<sup>99</sup>**  
5 oz Wild Planet Skipjack Wild Tuna (selected varieties)

Pacific Foods Organic Chicken Bone Broth (selected varieties)



**\$5<sup>79</sup>**  
32 oz

SweetLeaf Liquid Stevia (selected varieties)



**\$6<sup>79</sup>**  
2 oz

Almond Breeze Almondmilk (selected varieties)



**\$3<sup>29</sup>**  
32 oz

Ancient Harvest Traditional Quinoa (selected varieties)



**\$5<sup>99</sup>**  
14.4 oz

Santa Cruz Organic Organic Lemonade (selected varieties)



**2/\$6**  
32 oz

Vita Coco Coconut Water (selected varieties)



**\$1<sup>79</sup>**  
500 ml

ROAR Organic Organic Vitamin Enhanced Beverage (selected varieties)



**\$1<sup>69</sup>**  
18 oz

Nixie Sparkling Organic Sparkling Water 8 pack (selected varieties)

**\$4<sup>79</sup>**  
8/12 oz



Eternal Naturally Alkaline Spring Water (selected varieties)



**\$1<sup>89</sup>**  
1.5 lt

evamor Natural Alkaline Artesian Water (selected varieties)



**\$1<sup>09</sup>**  
20 oz

Plus hundreds of other Super Deals at



# Serving Up Some Super Savings



**\$3<sup>29</sup>** Bela  
Sardines  
(selected varieties)  
4.25 oz

Laird Superfood  
Creamer  
(selected varieties)

**\$6<sup>79</sup>**  
8 oz



Larabar  
Fruit & Nut Bar  
(selected varieties)



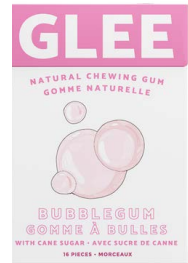
**5/\$5**

1.6-1.7 oz

Glee  
Bubble Gum  
(selected varieties)

**\$1<sup>29</sup>**

16 ct



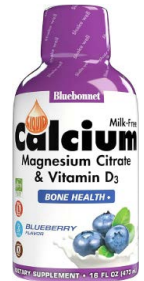
Hint  
Infused Water  
(selected varieties)

**\$1<sup>49</sup>**  
16 oz



Bluebonnet Nutrition  
Liquid Calcium  
Magnesium Citrate  
(selected varieties)

**\$15<sup>99</sup>**  
16 oz



Ester-C  
Ester-C® 1000 mg  
with Citrus  
Bioflavonoids

**\$23<sup>99</sup>**  
90 cap



NOW Foods  
D-Mannose  
500 mg  
(selected varieties)

**\$18<sup>99</sup>**  
120 vcap



Aura Bora  
Herbal  
Sparkling Water  
(selected varieties)

**2/\$3**  
12 oz



Natural Factors  
DGL 400 mg  
Chewable  
(selected varieties)

**\$13<sup>99</sup>**  
90 tab



Solaray  
Higher Absorption  
Magnesium  
Glycinate  
(selected varieties)

**\$14<sup>99</sup>**  
120 ct



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## Where Lower Prices Come Naturally

**Forces of Nature  
Organic Nail  
Fungus Control**  
(selected varieties)



**\$10<sup>49</sup>**  
5 ml

**Jarrow Formulas  
Methyl B-12  
1000 mcg**  
(selected varieties)



**\$10<sup>99</sup>**  
100 tab

**Natural Factors  
Total Body  
Collagen**  
selected varieties



**\$37<sup>99</sup>**  
17 oz

**Himalaya  
Toothpaste**  
(selected varieties)



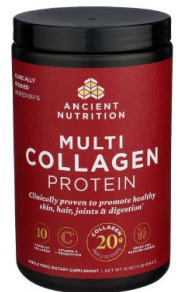
**\$5<sup>49</sup>**  
4-5.29 oz

**ACURE  
Brightening  
Facial Scrub**  
(selected varieties)



**\$7<sup>79</sup>**  
4 oz

**Ancient Nutrition  
Organic  
Multi Collagen  
Protein Powder**  
selected varieties



**\$38<sup>99</sup>**  
459-525 g

**Lily of the Desert  
Aloe Vera Gelly**



**\$3<sup>29</sup>**  
4 oz

**Nordic Naturals  
Ultimate Omega**  
(selected varieties)



**\$21<sup>99</sup>**  
60 ct

## THE BENEFITS OF ORGANIC FOOD

### HEALTH

Lower levels of pesticides and antibiotic-resistant bacteria. Higher in nutrients.

### ENVIRONMENT

Supports sustainable agriculture. Promotes soil health and biodiversity.

### ECONOMIC

Supports local, small - scale farmers who are using sustainable practices.

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