



# August 2024



**From The Ground Up  
Cauliflower Crackers**  
(selected varieties)

**2/\$6**

3.5-4 oz



**Purely Elizabeth  
Organic Granola**  
(selected varieties)

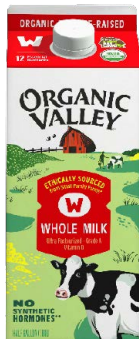
**\$5<sup>79</sup>**

8-12 oz

**Organic Valley  
Organic Whole Milk**

**\$4<sup>99</sup>**

64 oz



**GT's Alive  
Ancient Mushroom  
Elixir**  
(selected varieties)

**2/\$6**

16 oz



**GT's  
Synergy Raw  
Kombucha**  
(selected varieties)

**2/\$6**

16 oz



**Canyon Bakehouse  
Gluten-Free Bread**  
(selected varieties)

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

18 oz



**Odyssey  
Mushroom Elixir  
Energy Drink**  
(selected varieties)

**2/\$5**

12 oz



**C2O  
Coconut Water**  
(selected varieties)

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

17.5 oz



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

# August 2024

**Oatly  
Oatmilk**  
(selected varieties)

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



**Organic Valley  
Organic Half & Half**  
(selected varieties)

**\$2<sup>49</sup>**  
16 oz



**nutpods  
Dairy-Free  
Creamer**  
(selected varieties)

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



**Cocojune  
Organic Cultured Coconut Yogurt**  
(selected varieties)



**\$1<sup>99</sup>**  
4 oz

**Redwood Hill Farm  
Goat Milk  
Yogurt**  
(selected varieties)

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



**Tofurky  
Plant-Based  
Deli Slices**  
(selected varieties)

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



**Lifeway  
OG Lowfat  
Kefir**  
(selected varieties)

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



**Organic Valley  
Stringles  
Mozzerella  
Cheese**

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



**Good Karma  
Flaxmilk**  
(selected varieties)

**\$3<sup>49</sup>**  
64 oz



**Catalina Crunch  
Keto Friendly  
Sandwich Cookies**  
(selected varieties)

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



**Sambazon  
Organic  
Frozen Fruit  
Smoothie Packs**  
(selected varieties)

**\$5<sup>29</sup>**  
4/100 g



**Wonder Juice  
Organic Beet  
Juice**  
(selected varieties)

**\$2<sup>29</sup>**  
8.45 oz



**Cappello's  
Gluten Free  
Ravioli**  
(selected varieties)

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



**Plus hundreds of other Super Deals at**



# Serving Up Some Super Savings

**Good Health  
Potato Chips**  
(selected varieties)



**\$2<sup>99</sup>**  
5 oz

**Vegan Rob's  
Puffs**  
(selected varieties)



**\$2<sup>99</sup>**  
3.5 oz

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



**2/\$7**  
7.8 oz

**Absolutely Gluten Free  
Grain Free  
Flatbreads**  
(selected varieties)



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

**Crunchmaster  
Multi-Seed  
Crackers**  
(selected varieties)



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

**Back to Nature  
Organic Crackers**  
(selected varieties)



**2/\$6**  
6 oz

**Simple Mills  
Organic  
Seed Flour  
Crackers**  
(selected varieties)



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

**Simple Mills  
Almond Flour  
Crackers**  
(selected varieties)



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

**Lundberg Family Farms  
Organic  
Rice Cakes**  
(selected varieties)



**\$3<sup>79</sup>**  
8.5-11 oz

**Simple Mills  
Gluten Free  
Cookies**  
(selected varieties)



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

**Back to Nature  
Cookies**  
(selected varieties)



**\$3<sup>79</sup>**  
8-10.7 oz

**Newman's Own  
Sandwich  
Cremes**  
(selected varieties)



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

**Alter Eco  
Organic  
Chocolate Bar**  
(selected varieties)

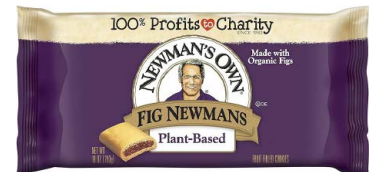


**\$2<sup>99</sup>**  
2.65-2.82 oz

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



**2/\$7**  
2.1 oz



**\$3<sup>99</sup>**  
10 oz  
**Newman's Own  
Fig Newmans**  
(selected varieties)

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

# August 2024

**Annie's  
Mac & Cheese**  
(selected varieties)



**2/\$3**

5.25–6 oz

**Birch Benders  
Organic Pancake  
& Waffle Mix**



**\$4.29**

14–16 oz

**Atoria's Family Bakery  
Traditional Flatbreads**  
(selected varieties)



**\$3.49**

10 oz

**Chosen Foods  
Avocado Oil Spray**



**\$4.79**

4.7 oz

**Buddha Tea  
Organic Tea**  
(selected varieties)



**\$4.49**

18 ct

**Tasty Bite  
Organic Rice**  
(selected varieties)



**\$2.29**

8.8 oz

**Koyo  
Ramen**  
(selected varieties)



**5/\$5**

2 oz

**Jovial  
Organic Brown Rice  
Egg Tagliatelle**



**\$4.29**

9 oz

**Bachan's  
Japanese  
Barbecue Sauce**  
(selected varieties)



**\$6.49**

16–17 oz

**Truff  
Organic  
Black Truffle Oil**



**\$13.99**

5.6 oz

**Navitas  
Organic  
Cacao Powder**



**\$7.49**

8 oz

**Four Sigmatic  
Organic Ground  
Mushroom Coffee**  
(selected varieties)



**\$13.99**

12 oz

**Schar  
Gluten Free  
Artisan Bread**  
(selected varieties)



**\$4.99**

13.6–14.1 oz

**Plus hundreds of other Super Deals at**

# Serving Up Some Super Savings

**Peter Rabbit Organics  
Organic  
Baby Food Pouch  
(selected varieties)**



**\$1.79**

4-4.4 oz

**Biokleen  
Bac-Out  
Stain & Odor  
Eliminator**



**\$8.49**

32 oz

**Boiron  
Calendula Cream  
(selected varieties)**



**\$9.79**

2.5 oz

**Biokleen  
Bac-Out  
Bathroom Cleaner**



**\$7.99**

32 oz

**Dr. Bronner's Toothpaste  
(selected varieties)**



**\$5.79**

5 oz

**Schmidt's  
Deodorant  
(selected varieties)**



**\$8.99**

2.65 oz

**Biokleen  
Pet Stain &  
Odor Remover**



**\$5.79**

32 oz

**EO  
Everyone Soap  
(selected varieties)**



**\$8.29**

32 oz

**Nature's Bakery  
Fig Bar  
(selected varieties)**



**10/\$10**

2 oz

**Nubian Heritage  
African Black  
Bar Soap  
(selected varieties)**



**\$4.79**

5 oz

**Every Man Jack  
Deodorant  
(selected varieties)**



**\$5.79**

2.7-3 oz



**4/\$5**

1.4 oz

**KIND  
Nut Bar  
(selected varieties)**



**2/\$5**

2-2.3 oz

**GoMacro  
Organic  
MacroBar  
(selected varieties)**

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



# August 2024

**SunButter  
Sunflower Butter**  
(selected varieties)



**\$5<sup>49</sup>**  
16 oz

**Justin's  
Peanut Butter**  
(selected varieties)



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

**Justin's  
Almond Butter**  
(selected varieties)



**\$8<sup>49</sup>**  
16 oz

## CHOCOLATE PEANUT BUTTER CEREAL BARS



**Easy, gluten free, and  
full of healthy goodness  
– Great for kids!**

3/4 cup natural peanut butter  
1/3 cup + 2 tablespoons raw honey  
1/2 teaspoon vanilla extract  
3 cups sprouted crispy brown rice cereal  
2 tablespoons chia seeds  
1/4 cup hemp hearts  
1/3 cup chocolate chips  
1 teaspoon coconut oil  
Sea salt for garnishing, optional but delicious

- 1 Line an 8 x 8 pan with parchment paper and set aside.
- 2 In a large pot over low-medium heat, warm peanut butter and honey and stir until thoroughly combined.

- 3 Stir in vanilla then add in brown rice cereal, chia seeds, and hemp hearts.
- 4 Press evenly into pan.
- 5 In a small microwave safe bowl, melt chocolate chips on  $\frac{1}{2}$  power in microwave, in 20 sec increments. Stir in coconut oil to smooth chocolate.
- 6 Drizzle chocolate over bars in zigzag fashion. Sprinkle sea salt as desired.
- 7 Set pan in a cool place until chocolate is set — about 45 minutes — before cutting into squares.

**Enjoy!**

**Once Again  
Organic Tahini**  
(selected varieties)



**\$7<sup>49</sup>**  
16 oz



**\$4<sup>99</sup>** **Enjoy Life Foods  
Chocolate Chips**  
(selected varieties)  
9-10 oz

**One Degree Organics  
Organic Sprouted Cereal**  
(selected varieties)



**\$4<sup>29</sup>**  
8-10 oz

**Plus hundreds of other Super Deals at**

# Serving Up Some Super Savings

**St. Dalfour  
French Fruit Spread**  
(selected varieties)



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

**Solely  
Organic Fruit Jerky**



**4/\$5**  
0.8 oz

**Perfect Bar  
Organic  
Protein Bar**  
(selected varieties)



**2/\$5**  
2.3–2.5 oz

**Crofter's Organic  
Organic Premium  
Fruit Spread**  
(selected varieties)



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

**Ardor  
Organic  
Energy Drink**  
(selected varieties)

**\$2<sup>29</sup>**  
12 oz



**Lakanto  
Monkfruit  
Sweetener**  
(selected varieties)



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

**Essentia  
Alkaline Water**  
(selected varieties)



**2/\$4**  
1.5 lt

**DREAM  
Rice Dream  
Enriched  
Rice Milk**



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

**Catalina Crunch  
Keto Friendly  
Cereal**  
(selected varieties)



**\$6<sup>79</sup>**  
8–9 oz

**Nuun Hydration  
Sport Hydration  
Tablets**  
selected varieties



**\$5<sup>29</sup>**  
8–12 ct

**Orgain  
Organic Vegan  
Nutritional Shake**  
(selected varieties)



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

**Arrowhead Mills  
Organic  
Cereal Flakes**  
(selected varieties)



**\$4<sup>79</sup>**  
10–12 oz

**Purely Elizabeth  
Granola**  
(selected varieties)



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

**Santa Cruz Organic  
Organic Lemonade**  
(selected varieties)



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

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





# Where Lower Prices Come Naturally

**Nordic Naturals  
Vitamin C  
Gummies**

**\$11.49**

60 ct



**Nature's Way  
Sambucus Immune  
Gummies**

**\$15.99**

60 ct



**Solgar  
Gentle Iron®  
25mg**

**\$8.99**

90 vcap



**Charlottes Web  
Hemp Extract  
Gummies  
(selected varieties)**

**\$23.99**

30 ct



**Natural Vitality  
Calm  
(selected varieties)**

**\$18.99**

8-16 oz



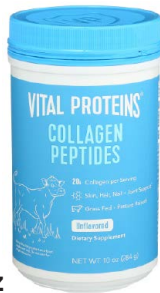
**Garden of Life  
Grass Fed Collagen Peptides**



**Vital Proteins  
Collagen Peptides  
(selected varieties)**

**\$20.99**

10-13 oz



**Bach  
Rescue Remedy  
(selected varieties)**

**\$15.99**

20 ml



**\$34.99**

560 g

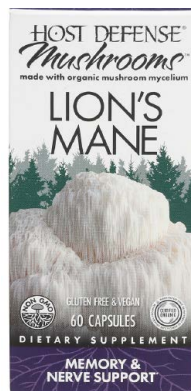
**Flora  
Udo's Choice  
Omega 3.6.9  
Oil Blend  
(selected varieties)**

**\$26.99**

17 oz



**Host Defense Mushrooms  
Lion's Mane**



**\$25.99**

60 ct

**Youtheory  
Collagen**

**\$14.99**

290 ct



**ChildLife Essentials  
Liquid Vitamin C  
(selected varieties)**

**\$5.79**

4 oz



**Natural Factors  
Organic  
Oil of Oregano**

**\$14.99**

1 oz



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