

FRESH FLYER

Weekly Specials October 2-8

Open Daily 7am-10pm



**Henning's
Cheese Curds**
Reg. \$6.49/lb
\$4.99/lb



**Aidells
Chicken Sausage**
12 oz. Reg. \$7.49
\$5.99



**Sweet Creek
Tomato Sauces**
16 oz. Reg. \$4.99
\$3.49



**Amy's
Candy Bars**
1.3 oz. Reg. \$1.99
2/\$3



USDA ORGANIC
**Bulk
Turkish Dried
Apricots**
Reg. \$4.79/lb
\$3.99/lb



LOCAL D
**Co-op Kitchen
Tandoori Chicken
Drumsticks**
Reg. \$8.99/lb
\$6.99/lb



LOCAL 6
**SeekOut
Hard Seltzer**
6-pk. Reg. \$10.99
\$9.99



LOCAL OR
**Mickelberry Gardens
Throat & Lung
Honey Tonic**
4 oz. Reg. \$12.99
\$8.99



Co-op Kitchen Pecan Blondie

Sweet, nutty fall treats made from scratch in our Co-op Bakery. Pick up one for you, and one for a friend!
Reg. \$2.49/ea

2/\$4



First Alternative
NATURAL FOODS CO-OP
www.firstalt.coop

FRESH FLYER

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Mini Sweet Peppers, 1lb

Reg. \$4.49/ea

\$2.99/ea



Oregon

Scallions, Bunched

Reg. \$2.50/ea

99¢/ea



Heirloom Tomato

Reg. \$3.99/lb

\$2.99/lb



**Groundwork Organics &
Gathering Together Farm**

Collard Greens, Bunched

Reg. \$2.50/ea

2/\$4



Red & Yellow Potato

Reg. \$1.79/lb

99¢/lb



Spring Hill Farm

Leek

Reg. \$2.49/lb

\$1.49/lb



Oregon

Select Heirloom Apples

Reg. \$2.99/lb

\$1.99/lb



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Fresh Flyer discounts not stackable or combinable with Owner Sale Day discount or case discount.