

FRESH FLYER

Weekly Specials November 13-19

Open Daily 7am-10pm



**Co-op Kitchen
Tea Loaf**

Reg. \$3.49/ea

\$2.99/ea



**Castello
Cheese Wheels**

7 oz. Reg. \$5.29

\$3.99



Ideal for platters!

**Olli Salumeria
Salami**

4 oz. Reg. \$5.89

\$4.99



**Maille
Dijon Mustard**

7.5 oz. Reg. \$4.99

\$3.49



Immune support!

**Quantum
Elderberry Zinc
Lozenges**

14 ct. Reg. \$2.79

\$1.99



**Co-op Kitchen
Harvest Salad**

Reg. \$8.99/lb

\$6.99/lb



Perfect for stuffing!
**Lonely Lane Farm
Cranberry Sage
Pork Sausage**

16 oz. Reg. \$8.99

\$6.99



Great on salads!
**Oregon Brineworks
Pickled Beets**

16 oz. Reg. \$7.99

\$6.99



**Cardwell Hill Cellars
Pinot Gris & Pinot Noir**

Enjoy some excellent local wine with your upcoming holiday feasts. Both Pinot Gris and Pinot Noir are superb choices to pair with turkey. 750 ml Reg. \$14.99 & \$21.99

\$12.99 & \$17.99



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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Gathering Together/Groundwork

Parsnip

Reg. \$2.99/lb

\$1.99/lb



Scallions, Bunched

Reg. \$1.50/ea

79¢/ea



Small Hass Avocado

Reg. \$1.50/ea

99¢/ea



Satsumas

Reg. \$3.99/lb

\$2.99/lb



**Sweet Potato-Japanese,
Purple, White**

Reg. \$2.49/lb

\$1.99/lb



Mini Artichokes

Reg. 99¢/ea

2/\$1



Washington

Gala & Fuji Apples

Reg. \$1.49/lb

99¢/lb



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