

# Feeling Good From The Inside Out.®

Equal Exchange **Organic** Coffee

\$9.99

Regular Price \$11.99

Decaf coffee is also on sale for \$10.99



**Organic Tea** 

\$3.99 Regular Price \$4.99





**Organic Chocolate** 

\$3.99 Regular Price \$4.99



**Organic Hot Cocoa** Mix

Regular Price \$9.29



Other Equal Exchange products are also on sale

**Organic Candy** Canes

\$7.49 Regular Price \$9.99







Organic Valley **Sour Cream** 

\$4.39

Regular Price \$4.99



**Whipping** Cream

\$5.49

Regular Price \$5.99



**Blue Cheese Crumbles** and Grated Parmesan

Price \$5.89





Other Organic Valley products are also on sale.

Nutcase Vegan

Nutty Roast
Organic Nut-Based Loaf

\$6.99 Regular Price \$9.99





Woodstock

**Organic** Fruit

\$4.79 Harvest Values Price \$5.39-\$5.79







Stellar Organics

**Stellar Organic** Wines

\$9.99

Regular Price \$10.99





Stellar Brut is also on sale.

#### The Best Memories Are Made Around The Table.

Tillamook

### **Butter**

\$7.49 Regular Price \$7.99



Miyoko's

## **Plant-Based Butter and Cream Cheese**

\$4.99

Regular Price \$5.99-\$6.69



Earth Balance

**Plant Based Spreads** 

\$4.99

balance Regular Price \$7.49 earth balance balance

earth 🔍

Field Day

## **Pastured** Raised Eggs

\$4.89 Harvest Values Price \$5.49



Painterland Sisters

**Organic Skyr** Yoğurt

\$2,49



**Immaculate Baking Company Cinnamon Rolls** 

\$6.49



Other Immaculate Baking products are also on sale.

**Bubbies** 

#### **Naturally Fermented Products**

Regular Price \$8.99



Thousand Hills

**Grass-Fed Beef Renegade Blend** 

\$8,49 Regular Price \$9.49 **Truffle Bars** 

Honey Mama's

Regular Price \$5.79



Other Thousand Hill products are also on sale.

Van's

## **Waffles**

Regular Price \$4.19



Amy's

**Pizza** 

\$8.99 Regular Price \$10.49



Woodstock

**Plant Powered Pasta** 

Harvest Values Price \$8.99



Tillamook

1.5 Quart

\$6,49

Regular Price \$7.99

Ice Cream

Field Day

## **Organic Fruit**

32 oz

NON GMO

\$9.99 Harvest Values



Price \$12.49



Field Day

## Wild Caught Fish

\$5.49 Harvest Values Price \$6.69





Field Day



Harvest Values Price \$6.99







**Bubbies Mochi** 

Mochi

\$5,49 Regular Price \$7.29



Field Day

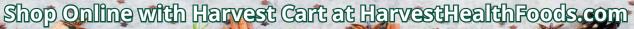
## **Potatoes**

\$4,99 Harvest Values









### Savor The Season With Every Sip And Bite.

Nature's Path

### **Organic** Granola

\$5.69

Regular Price \$6.29



Shady Maple



**Products** 

25% Off

**Maple Syrup** 

Other Nature's Path granolas are also on sale.





\$4,49

Field Day

Harvest Values Price \$5.49





Let's Do Organic

Coconut







Birch Benders

# **Pancake and Waffle Mixes**

25% Off Regular Price





Other Birch Benders products are also on sale.

Cup 4 Cup

**Gluten-Free Flour Mixes** 

Assorted Varieties

25% Off Regular Price



Bob's Red Mill

Regular Price

**Baking Mixes and Flour** 

**Assorted Varieties** 25% Off

Regular Price



Enjoy Life

Red Till ALL-PURPOSE CFLOUR

Field Day

Sweeteners

**Marshmallows** 

20% Off Harvest Values Price



Dandies



DANDIES

DANDIES

CHOICE

Miss Jones

**Baking Mixes** 

Assorted Varieties

20% Off

Regular Price

Other Miss Jones products are also on sale.

If You Care

**Parchment Paper and Baking Supplies** 

25% Off



**Baking Chips** Dairy-Free

\$5.49 Regular Price \$6.99



Renew Juice Company

**Organic** luice

25% Off





Choice Organics

Regular Price

NON game

30% Off

**Organic** Tea



\$3.99 Regular Price \$5.49



PURE CARROT

Bravo Tea

NON Gregori

Health Tea \$4.99 Regular Price \$6.99



Traditional Medicinals

**Organic** Herbal Tea

\$4.69 Regular Price \$5.69





Numi Tea

**Organic Tea** 

\$5.29 Regular Price \$6.99





**Select Organic** Juices Assorted Varieties

25% Off Regular Price





#### Winter Nights Are Made For Good Food.

CRUSHED

Bionaturae Bionaturae

**Organic Tomatoes and Pasta** 30% Off Bionaturae Regular Price







## **Organic** Soups

\$3.69 Regular Price \$4.29





Amy's Chili is also on sale.



Field Day

### **Organic Beans** \$1.89

Price \$2.39





#### Chocolate **Bars**

**Endangered Species** 

\$2.99 Regular Price \$3.39





Alter Eco

## Chocolate **Bars**

\$3.29

Regular Price \$4.49



Other Alter Eco products are also on sale.

Bar Harbor

# Soups and **Seafood**

25% Off Regular Price





Firehook

#### **Organic Crackers**

\$4,49 Regular Price \$6.49





Pop Daddy

#### **Pretzel Sticks**

2 For \$6 Regular Price \$3.99



Zack's Mighty

## Tortilla Chips

Regular Price \$5.99



**Uglies** 

Kettle Chips **BUY ONE GET ONE** 



**Snack Factory** 

#### **Pretzel Crisps** 7.2 07

2 For \$6





Pretzel bites are also on sale.



Maison Perrier

## **Sparkling Beverages**

\$6.99

Regular Price \$8.99



NEW

All Klean Kanteen **Products** 

20% Off Suggested Retail

Belvoir Farms



Essentia

#### **Ionized Alkaline** Water

1.5 Liter

\$1.99

Harvest Values Price \$2.79 All Essentia waters are on sale.

**Eternal Water** 

## **Natural Alkaline Spring Water**

Harvest Values Price \$1.69 A case of 12 is on sale for \$15.99



Sanpellegrino

#### **Sparkling Beverages** 6/11.15oz

\$5,99









\$5.99 Regular Price \$7.99







#### Share The Gift Of Health.

ANDALOU

**Hair Care** 

Select Varieties

25% Off Regular Price



All Derma E **Formulas** 

25% Off Regular Price





**Deodorants and Soap** 







Pranarōm **Essential** Oils

20% Off



Diffusers and other Pranarōm products are also on sale.

All Inesscents **Formulas** 

20% Off

Suggested Retail



Trace Minerals

**All Trace Minerals Formulas** 

20% Off

Suggested Retail



Now Foods

**Xyli-White Toothpaste** 

20% Off

Suggested Retail



Heritage Store

**Castor Oil** 

25% Off

Suggested Retail

Other Heritage Store products are also on sale.

Enzymedica

**Immunity Formulas** 

25% Off Suggested Retail

Other Enzymedica products are also on sale.



**REDD Remedies** 

**Gouch!** and **Nerve Shield** 

25% Off

Suggested Retail



Life-flo

Magnesium **Formulas** 

25% Off

Suggested Retail



Terry Naturally

Curamin® and CuraMed® **Formulas** 

25% Off

Suggested Retail

Other Terry Naturally formulas are also on sale.





25% Off

Suggested Retail



Age-Defying Nutrition

25% Off

Suggested Retail NO.



Garden of Life

Collagen Formulas

25% Off Suggested Retail





#### Healthy Is An Inside Job.

LifeSeasons

**Stress and Sleep** Formulas <sub>I</sub>

**25% Off** Suggested Retail

Stress and

**Fatigue Relief** 

Kyolic

100 Cap

\$12.99

Regular Price \$16.79



Kyolic

# +Plushlth HAPPY LIVING THROUGH HEALTH

New Formulas

25% Off

Suggested Retail

All +PlusCBD products are also on sale.



Nature's Way

New **Formulas** 

25% Off Suggested Retail



Boiron

**Oscillococcinum** 

25% Off Suggested Retail



**All New Chapter Products** 

30% Off Suggested Retail



2 M 5 0

Irwin Naturals

**Holiday Wellness Formulas** 

25% Off Suggested Retail

Immune and mood support.

American Health Ester-C

1000 mg, 90 Cap

\$22.49 Regular Price \$29.99



Nordic Naturals

**Omega-3 Formulas** 

Select Varieties

25% Off Suggested Retail



**All Herb Pharm Formulas** 

**25% Off** 

Suggested Retail



**Ancient Nutrition** 

**Organic Fiber** 

**25% Off** Suggested Retail





Other Ancient Nutrition products are also on sale.

All Wiley's Finest **Formulas** 

20% Off Suggested Retail



Garden of Life

**Dr. Formulated Multivitamins** 

25% Off Suggested Retail

















1944 Eastern Ave. SE, Grand Rapids Mon - Sat 10 AM - 6 PM (616) 245-6268

4150 32nd Ave., Hudsonville Mon - Sat 9 AM - 8 PM (616) 896-6630

6807 Cascade Road. SE, Grand Rapids Mon - Sat 9 AM - 8 PM (616) 975-7555

12675 Greenly St., Holland Mon - Sat 9 AM - 8 PM (616) 251 -1123