

ISLA VISTA FOOD CO-OP



Member-Owner Advantage Sales

March 25-31, 2013

Grocery Department:

Item:	Regular:	Sale:
Bionaturae Chiocciolate 16 oz	\$3.35	\$2.69
Bionaturae Diced Tomatoes 28.2 oz	\$3.55	\$2.69
Bionaturae Fusilli 16 oz	\$3.35	\$2.69
Bionaturae Lasagne 12 oz	\$4.19	\$2.99
Bionaturae Linguine 16 oz	\$3.35	\$2.69
Bionaturae Penne Rigate 16 oz	\$3.35	\$2.69
Bionaturae Strained Tomatoes 24 oz	\$3.69	\$2.89
Bionaturae Tagliatelle Egg Pasta 8.8 oz	\$4.15	\$2.99
Bionaturae Tomato Paste 7 oz	\$2.69	\$2.29
Bionaturae Whole Wheat Chiocciolate 16 oz	\$3.35	\$2.69
Bionaturae Whole Wheat Fusilli 16 oz	\$3.35	\$2.69
Bionaturae Whole Wheat Penne Rigate 16 oz	\$3.35	\$2.69
Choice Organic Teas Darjeeling Tea 16 ct	\$4.85	\$2.99
Dr. Oetker Organics Chocolate Brownie Mix 13.1 oz	\$5.75	\$2.99
Food For Life Ezekiel 4:9 Almond Cereal 16 oz	\$6.29	\$4.99
Food For Life Ezekiel 4:9 Cinn Rais Cereal 16 oz	\$6.29	\$4.99
Food For Life Ezekiel 4:9 Golden Cereal 16 oz	\$5.79	\$3.99
Napa Valley Naturals Organic Olive Oil 50.8 oz	\$22.55	\$19.99
Once Again Classic Creamy Peanut Butter 16 oz	\$6.45	\$5.89
Once Again Classic Crunchy Peanut Butter 16 oz	\$6.45	\$5.89
World Centric Fiber Plates 20 ct	\$3.99	\$2.99
Yaya's Herb Popcorn 6 oz	\$2.79	\$2.29
Yaya's Light Popcorn 5 oz	\$2.79	\$2.29
Yaya's Popcorn 7 oz	\$2.79	\$2.29

Bulk Department (per lb.):

Item:	Regular:	Sale:
Marin Foods Carob Energee Nugget bulk	\$7.35	\$5.99

Refrigerated Department:

Item:	Regular:	Sale:
Annie Chun's Buckwheat Soba Noodles 12 oz	\$3.15	\$2.65
Annie Chun's Chow Mein Noodles 12 oz	\$3.25	\$2.65
Annie Chun's Japanese Udon Noodles 12 oz	\$3.25	\$2.65
Blue Diamond Almond Breeze Orig Alm Milk 64 oz	\$4.79	\$3.89
Blue Diamond Almond Breeze Van Alm Milk 64 oz	\$4.79	\$3.89
Greek Gods Plain Greek Kefir 32 oz	\$4.95	\$4.15
High Country Kombucha Ginger Kombucha 16 oz	\$3.65	\$3.15
High Country Kombucha Goji Berry Kombucha 16 oz	\$3.65	\$3.15

Refrigerated Department (continued):

Item:	Regular:	Sale:
High Country Kombucha Tangerine Dream Kombucha 16 oz	\$3.65	\$3.15
High Country Kombucha Tropical Mist Kombucha 16 oz	\$3.65	\$3.15
High Country Kombucha Wild Root Kombucha 16 oz	\$3.65	\$3.15
Immaculate Baking Co Buttermilk Biscuits 16 oz	\$4.75	\$3.75
Kozy Shack Rice Pudding 22 oz	\$4.75	\$3.99
Lifeway Kiwi Passion Fruit Green Kefir 32 oz	\$5.49	\$4.69
Lifeway Organic Low Fat Plain Kefir 32 oz	\$5.19	\$3.99
Lifeway Pom Acai Blueberry Green Kefir 32 oz	\$5.49	\$4.69
Nancy's Springfield Creamery Sour Cream 8 oz	\$2.29	\$1.99
Nancy's Springfield Creamery Whole Plain Yogurt Organic 32 oz	\$4.99	\$4.25
Oikos Plain Greek Yogurt 5.3 oz	\$2.49	\$1.99
Rumiano Cheese Sliced Organic Monterey Jack 6 oz	\$3.59	\$3.15
Rumiano Cheese Sliced Organic Pepper Jack 6 oz	\$3.59	\$3.15
Rumiano Cheese Sliced Organic Sharp Cheddar 6 oz	\$3.59	\$3.15
Simply Orange Apple Juice 1.75 L	\$6.89	\$5.49
Simply Orange Medium Pulp Orange Juice 1.75 L	\$6.89	\$5.49
Simply Orange Pulp Free Orange Juice 64 oz	\$6.89	\$5.49
Straus Family Creamery European Style Sweet Butter 16 oz	\$8.29	\$7.35
Wildwood Slim Fettucine Pasta 7 oz	\$1.49	\$1.19
Wildwood Slim Spaghetti Pasta 7 oz	\$1.49	\$1.19
Wildwood Southwest Tofu Burgers 6 oz	\$3.99	\$3.19

Frozen Department:

Item:	Regular:	Sale:
Caesar's Potato Gnocchi 12 oz	\$7.29	\$6.15
Dorot Chopped Basil 2.5 oz	\$2.39	\$2.15
Dorot Chopped Cilantro 2.5 oz	\$2.39	\$2.15
Dorot Crushed Garlic 2.8 oz	\$2.39	\$2.15
Dorot Crushed Ginger 2.5 oz	\$2.39	\$2.15
Ian's Natural Foods Chicken Nuggets 8 oz	\$6.79	\$5.69
Ian's Natural Foods WF/GF Chicken Patties 7 oz	\$6.79	\$5.69
Nature's Path Flax Waffles 7.5 oz	\$3.69	\$2.99
Nature's Path Gluten Free Chia Plus Waffles 7.4 oz	\$3.69	\$2.99
Nature's Path Hemp Waffles 7.5 oz	\$3.69	\$2.99
Shelton's Ground Turkey Chub 1 lb	\$5.59	\$4.75
Wow Baking Co Chocolate Chip Cookie 2.75 oz	\$1.99	\$1.75
Wow Baking Co Ginger Molasses Cookie 2.75 oz	\$1.99	\$1.75
Wow Baking Co Oregon Oatmeal Cookie 2.75 oz	\$1.99	\$1.75
Wow Baking Co Peanut Butter Cookie 2.75 oz	\$1.99	\$1.75

As a current Member-Owner, if you purchase one of each item on sale this week, you would save \$53.20!