

ISLA VISTA FOOD CO-OP



Member-Owner Advantage Sales

May 6-12, 2013

Grocery Department:

Item:	Regular:	Sale:
Angie's Sweet & Salty Kettle Corn 7 oz	\$3.85	\$2.99
Annie Chun's Soy Ginger Ramen 4.9 oz	\$1.99	\$1.39
Annie Chun's Spring Vegetable Ramen 4.9 oz	\$1.99	\$1.39
Annie's Homegrown Shells & Real Aged Cheddar 6 oz	\$2.49	\$1.69
Annie's Homegrown Shells & White Cheddar 10.5 oz	\$3.19	\$2.79
Annie's Homegrown Shells & White Cheddar 6 oz	\$2.49	\$1.69
CrispRoot BBQ Bliss Casava Chips 5 oz	\$4.39	\$3.39
CrispRoot Sea Salt Cassava Chips 5 oz	\$4.39	\$3.39
CrispRoot Thai Ginger Cassava Chips 5 oz	\$4.39	\$3.39
De Lallo Garlic Pepper Sauce 12.3 oz	\$6.79	\$4.99
Dream Blends Original Coco Alm Chia Drink 32 oz	\$3.15	\$2.69
Dream Blends Unswt Orig Coco Alm Chia Drink 32 oz	\$3.15	\$2.69
Equal Exchange Hot Cocoa 12 oz	\$8.65	\$5.99
Izze Beverage Co Sparkling Peach 12 oz	\$6.89	\$3.99
Jeff's Naturals Sliced Hot Cherry Peppers 12 oz	\$2.85	\$1.99
Jeff's Naturals Whole Golden Greek Peperoncini 12 oz	\$2.85	\$1.99
Jovial Crispy Cocoa Einkorn Cookies 8.8 oz	\$4.99	\$2.99
Jovial Ginger Spice Einkorn Cookies 8.8 oz	\$4.99	\$2.99
Justin's Almond Milk Chocolate Bar 2 oz	\$2.19	\$1.89
Justin's Peanut Butter Dark Choc Bar 2 oz	\$2.19	\$1.89
Justin's Peanut Milk Chocolate Bar 2 oz	\$2.19	\$1.89
Martinelli's Apple Cider 50.7 oz	\$5.55	\$4.69
Martinelli's Apple Juice 50.7 oz	\$4.79	\$3.99
Martinelli's Unfiltered Apple Juice 50.7 oz	\$4.79	\$3.99
Mt. Hagen Decaf Freeze Dried Coffee 3.5 oz	\$11.75	\$5.99
Mt. Hagen Freeze Dried Coffee 3.5 oz	\$11.75	\$7.99
Terra Chips Original 5 oz	\$4.29	\$2.00

Refrigerated Department:

Item:	Regular:	Sale:
Noosa Honey Yoghurt 8 oz	\$2.85	\$1.99
Noosa Low Fat Blueberry Yogurt 8 oz	\$2.85	\$1.99
Noosa Low Fat Mango Yogurt 8 oz	\$2.85	\$1.99
Noosa Peach Yoghurt 8 oz	\$2.85	\$1.99
Reed's Cranberry Ginger Kombucha 13.5 oz	\$3.29	\$1.99
Reed's Goji Ginger Kombucha 13.5 oz	\$3.29	\$2.99
Reed's Hibiscus Ging G-Fruit Kombucha 13.5 oz	\$3.29	\$2.99
Reed's Lemon Ging Raspberry Kombucha 13.5 oz	\$3.29	\$2.99
Wildbrine Arame Ginger Sauerkraut 18 oz	\$6.79	\$4.99
Wildbrine Dill Garlic Sauerkraut 18 oz	\$6.79	\$4.99
Wildbrine Horseradish Kim Chi Sauerkraut 18 oz	\$6.79	\$4.99
Wildbrine Madras Curry Cauli Sauerkraut 18 oz	\$6.79	\$4.99
Wildbrine Red Beet & Cabbage Sauerkraut 18 oz	\$6.79	\$4.99

Frozen Department:

Item:	Regular:	Sale:
Field Roast Classic Meatloaf 16 oz	\$7.95	\$5.99
McConnell's Turkish Coffee Ice Cream 1 pt	\$6.39	\$4.99
McConnell's Vanilla Bean Ice Cream 1 pt	\$6.39	\$4.99
Stahlbush Island Farms Cauliflower 10 oz	\$2.49	\$1.99
Tandoor Chef Chicken Samosa 7 oz	\$4.99	\$3.79

Bulk Department (per lb):

Item:	Regular:	Sale:
Golden Flax Seeds bulk	\$1.99	\$1.79
Lundberg Jasmine White Rice bulk	\$2.99	\$2.49

As a current Member-Owner, if you purchase one of each item on sale this week, you would save \$57.53!