

ISLA VISTA FOOD CO-OP



Member-Owner Advantage Sales

March 11-17, 2013

Grocery Department:

Item:	Regular:	Sale:
Annie Chun's Miso Soup Bowl 5.4 oz	\$3.99	\$2.69
Annie Chun's Udon Soup Bowl 5.3 oz	\$3.99	\$2.69
Annie Chun's Vietnamese Soup Bowl 6 oz	\$3.99	\$2.69
Bob's Red Mill Gluten Free Muesli Cereal 16 oz	\$5.65	\$3.99
California Olive Ranch Extra Virgin Olive Oil 16.9 oz	\$9.55	\$7.99
Eco Teas Holy Mate! 24 ct	\$4.99	\$3.99
Eco Teas Tulsi Tea 24 ct	\$5.15	\$3.99
Eco Teas Yerba Mate 24 ct	\$4.99	\$3.99
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
Food Should Taste Good BBQ Kettle Sweet Potato Chips 4.5 oz	\$3.79	\$2.59
Ghiradelli 100% Baking Chocolate Bar 4 oz	\$3.25	\$2.49
Imagine Foods Low Salt Kosher Chicken Broth 32 oz	\$4.25	\$3.59
L & A All Cherry Juice 32 oz	\$4.95	\$3.99
L & A Pineapple Coconut Juice 32 oz	\$4.75	\$3.99
Lakewood Coconut Juice Blend 32 oz	\$5.75	\$3.99
Lakewood Mango Juice Blend 32 oz	\$5.75	\$3.99
Lundberg Rice Syrup 21 oz	\$6.69	\$4.99
Maille Dijon Original Mustard 7.5 oz	\$4.69	\$3.69
Maille Old Style Whole Dijon Mustard 7.3 oz	\$4.69	\$3.69
Mi-Del Ginger Snaps 10 oz	\$4.45	\$2.99
Mi-Del Gluten-Free Ginger Snaps 8 oz	\$4.45	\$2.99
Milton's Everything Crackers 8.3 oz	\$3.85	\$2.99
Milton's Multigrain Crackers 8.3 oz	\$3.85	\$2.99
Napa Valley Naturals Grapeseed Oil 25.4 oz	\$9.89	\$7.99
Nature's Path Coconut Granola Bar 6.2 oz	\$4.85	\$3.99
Nature's Path Hemp Plus Granola Bars 7.4 oz	\$4.85	\$3.99
Newman's Own Organics Chocolate Chip Cookies 7 oz	\$3.45	\$2.59
Newman's Own Organics Dark Chocolate PB Cup 1.2 oz	\$1.69	\$1.29
Newman's Own Organics Orange Chocolate Chip Cookies 7 oz	\$3.45	\$2.59
Preserve Green Food Storage 19 oz 1 ct	\$3.35	\$2.29
Preserve Green Food Storage 25 oz 2 ct	\$6.25	\$3.99
Preserve Green Food Storage 25.5 oz 1 ct	\$3.65	\$2.49
Real Salt Kosher Salt 16 oz	\$7.69	\$4.99
Simply Organic Vanilla Extract 2 oz	\$5.65	\$3.89
Simply Organic Vanilla Extract 4 oz	\$10.29	\$6.79
Stash Tea Chocolate Hazelnut Decaf Tea 18 ct	\$3.39	\$2.49
Stash Tea Coconut Mango Oolong Tea 18 ct	\$3.39	\$2.49
Stash Tea English Breakfast Tea 20 ct	\$3.39	\$2.49
Stash Tea Lavendar Tulsi Tea 18 ct	\$3.85	\$2.49
Stash Tea Meyer Lemon Herbal Tea 20 ct	\$3.39	\$2.49
Stash Tea Orange Spice Black Tea 20 ct	\$3.39	\$2.49
Stash Tea Pomegranate w/Matcha Tea 18 ct	\$3.39	\$2.49
Sunspire Org Semi-Sweet Chocolate Chips 9 oz	\$5.99	\$3.99
Sunspire Peanut Butter Chips 10 oz	\$6.95	\$4.99
World Centric Fiber Plates 20 ct	\$3.99	\$2.99
Xochitl Corn Chips 12 oz	\$3.95	\$3.69
Xochitl Organic Blue Corn Chips 12 oz	\$4.39	\$3.89

Bulk Department (per lb.):

Item:	Regular:	Sale:
Grain Millers Organic Quick Oats bulk	\$1.69	\$1.29
Marin Foods Whole Wheat Fig Bars bulk	\$5.45	\$3.99
Pearled Farro bulk	\$3.59	\$2.49
Reed's Ginger Chews bulk	\$6.19	\$4.99

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
Chobani NF Pear Greek Yogurt 6 oz	\$1.75	\$1.45
Cuties Juice 100% Tangerine Juice 12 oz	\$2.29	\$1.85
Food For Life Ezekiel Cin/Rsn Sprout Bread 24 oz	\$5.09	\$4.89
High Country Kombucha Ginger Kombucha 16 oz	\$3.65	\$3.15
High Country Kombucha Goji Berry Kombucha 16 oz	\$3.65	\$3.15
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
Nancy's Springfield Creamery Whole Plain Yogurt Organic 32 oz	\$4.99	\$4.25
Rumiano Cheese Organic Monterey Jack 8 oz	\$4.59	\$3.99
Rumiano Cheese Organic Pepper Jack 8 oz	\$4.59	\$3.99
Rumiano Cheese Organic Sharp Cheddar 8 oz	\$4.59	\$3.99
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
So Delicious Coconut Hazelnut Creamer 16 oz	\$2.85	\$2.29
So Delicious Coconut Milk Beverage 64 oz	\$4.59	\$3.75
So Delicious Coconut Milk Vanilla Beverage 64 oz	\$4.59	\$3.75
So Delicious Creamer Coconut Original 16 oz	\$2.85	\$2.29
So Delicious Unsweetened Coconut Milk 64 oz	\$4.59	\$3.75
Straus Family Creamery European Style Sweet Butter 16 oz	\$8.29	\$7.35
Wildbrine Arame Ginger Sauerkraut 18 oz	\$6.79	\$5.99
Wildbrine Dill Garlic Sauerkraut 18 oz	\$6.79	\$5.99
Wildbrine Horseradish Kim Chi Sauerkraut 18 oz	\$6.79	\$5.99
Wildbrine Madras Curry Cauli Sauerkraut 18 oz	\$6.79	\$5.99
Wildbrine Red Beet & Cabbage Sauerkraut 18 oz	\$6.79	\$5.99

Frozen Department:

Item:	Regular:	Sale:
Annie Chun's Chicken And Garlic Wontons 8 oz	\$3.45	\$2.99
Annie Chun's Pork & Ginger Mini Wontons 8 oz	\$3.45	\$2.99
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
Udi's GF Everything Inside Bagels 14 oz	\$5.49	\$5.25
Udi's GF Harvest Crunch Muffins 12 oz	\$5.95	\$5.25
Udi's Gluten Free Mighty Bagels 14 oz	\$5.49	\$5.25

As a current Member-Owner, if you purchase one of each item on sale this week, you would save \$89.22!