

ISLA VISTA FOOD COOP



Member-Owner Advantage Sales

May 28-June 3, 2012

Grocery Department:

Item:	Regular:	Sale:
Boulder Canyon Balsamic Rosemary Kettle Chips 5 oz	\$2.99	\$2.49
Boulder Canyon Malt Vinegar & Sea Salt Chips 5 oz	\$2.99	\$2.49
Boulder Canyon Spinach & Artichoke Chips 5 oz	\$2.99	\$2.49
C2O Pure Coconut Water 17.5 oz	\$2.29	\$1.49
Crofter's Strawberry Just Fruit Spread 10 oz	\$4.65	\$2.79
Curry Love Red Thai Curry 11.5 oz	\$6.35	\$4.99
Edward & Sons Organic Panko 10.5 oz	\$5.85	\$3.99
Equal Exchange Baking Cocoa 8 oz	\$8.59	\$5.99
Equal Exchange Hot Cocoa 12 oz	\$8.65	\$5.99
Garden Of Eatin' Mini Corns 7.5 oz	\$2.45	\$2.49
Garden Of Eatin' Mini White Strips 7.5 oz	\$2.45	\$2.49
Glutenfreeda Foods Apple Almond Honey Granola 10.5 oz	\$5.75	\$3.79
Glutenfreeda Foods Cranberry Cashew Honey Granola 10	\$5.75	\$3.79
Glutenfreeda Foods Natural Instant Oatmeal 10.5 oz	\$4.75	\$3.39
Glutenfreeda Foods Raisin Almond Honey Granola 10.5 o	\$5.75	\$3.79
Guayaki Traditional Mate 16 oz	\$2.49	\$1.99
Late July Dude Ranch Chips 5.5 oz	\$3.19	\$2.69
Late July Mild Green Mojo Chips 5.5 oz	\$3.19	\$2.69
Late July Sea Salt By The Seashore Chips 6 oz	\$3.19	\$2.69
Late July Summertime Blues Chips 5.5 oz	\$3.19	\$2.69
Let's Do... Organic Organic Corn Starch 6 oz	\$3.35	\$2.39
Mom's Spaghetti Sauce Artichoke Heart/Asiago Cheese 2	\$7.95	\$4.99
Mom's Spaghetti Sauce Garlic And Basil 14 oz	\$5.19	\$3.99
Mom's Spaghetti Sauce Garlic And Basil 24 oz	\$7.99	\$4.99
R.W. Knudsen Family Cherry Cider 32 oz	\$4.45	\$3.49
Yogi Teas Detox 16 ct	\$4.99	\$2.99
Yogi Teas Kava Stress Relief 16 ct	\$4.99	\$2.99

Refrigerated Department:

Item:	Regular:	Sale:
Emerald Valley Kitchen Medium Salsa 30 oz	\$7.49	\$6.19
Greek Gods Honey Greek Yogurt 24 oz	\$4.95	\$4.15
Greek Gods Plain Greek Yogurt 24 oz	\$4.95	\$4.15
Greek Gods Plain Nonfat Greek Yogurt 24 oz	\$4.95	\$4.15
Nancy's Springfield Creamery Sour Cream 8 oz	\$2.29	\$1.89
Turtle Island Coconut & Curry Tempeh 7 oz	\$4.09	\$3.39
Turtle Island Sesame Garlic Tempeh 7 oz	\$4.09	\$3.39

Frozen Department:

Item:	Regular:	Sale:
Amy's Rsted Veggie Rice Crust Pizza 6 oz	\$6.49	\$5.99
Double Rainbow Cinnamon & Caramel Soy Cream 1 pt	\$3.99	\$3.19
Double Rainbow Mint Chip Soy Cream 1 pt	\$3.99	\$3.19
Health Is Wealth Buffalo Wings 10.5 oz	\$6.15	\$4.99
Health Is Wealth Chicken-Free Patties 10.5 oz	\$6.09	\$4.89
Stahlbush Island Farms Rhubarb 10 oz	\$2.49	\$1.99
Stahlbush Island Farms Spinach 10 oz	\$2.49	\$1.99

Bulk Department:

Item:	Regular:	Sale:
Chunks of Energy Cha Cha Chia Chunks bulk	\$8.19	\$6.99
Marin Foods Carob Energiee Nugget bulk	\$7.35	\$5.99
Pumpkin Seeds bulk	\$5.95	\$4.99

As a current Member-Owner, if you purchase one of each item on sale this week, you would save \$49.86!