

# Fresh

WEEKLY SAVINGS

SACRAMENTO NATURAL  
**FOODS CO-OP**  
*Locally Owned Since 1973*

OCTOBER 09 - OCTOBER 15



## HEIRLOOM TOMATOES

*Various Growers, CA*

*Organic*

**\$5.99** *lb*

Reg. \$7.99 lb

### KEITT MANGO

*Ava's Mangoes,  
Riverside, CA*



*Organic*

**\$4.79** *ea*  
Reg. \$5.99

### AHI TUNA STEAK

*Wild*



**\$15.99** *lb*  
Reg. \$19.99

### GREEN ZUCCHINI

*Various Local  
Growers, CA*



*Organic*

*Local* **\$2.99** *lb*  
Reg. \$3.99

**SMOKED GOUDA**

Stuyt Dairy



**\$11.99** *lb*  
Reg. \$14.99

**SWEETIE APPLES**

Cuyama Orchards,  
Cuyama, CA



**\$2.99** *lb*  
Reg. \$3.99

**PORK SHOULDER BONE IN**

Beeler's



**\$4.99** *lb*  
Reg. \$6.49

**COASTAL CHEDDAR**

Ford Farms



**\$11.99** *lb*  
Reg. \$15.49

**WAGYU GROUND BEEF 80%**

First Light



**\$5.99** *lb*  
Reg. \$9.99

**GOLD POTATOES**

Super Tuber Farm,  
Grass Valley, CA



**\$2.19** *lb*  
Reg. \$2.79

**EGGPLANT**

Various Local  
Growers, CA



**\$2.99** *lb*  
Reg. \$3.99

**CHEVRE**

Laura Chenel



**\$6.49** *5 oz*  
Reg. \$8.29  
Select Varieties

**VIIGNIER**

Capay Valley



**\$10.99** *750 ml*  
Reg. \$13.99

**BRATWURST CHICKEN SAUSAGE LINKS**

Co-op Crafted



**\$5.99** *lb*  
Reg. \$7.99

**HALVA SUPERSEED**

Hebel & Co



**\$12.49** *8 oz*  
Reg. \$15.99

**UNSWEETENED ALMONDMILK**

Three Trees



**\$5.99** *28 oz*  
Reg. \$7.49

**KEGAN LAGER**

Tripping Animals  
Brewing



**\$14.49** *4 pk*  
Reg. \$18.49

**PLAIN SHEEP MILK YOGURT**

Bellwether  
Farm



**\$5.49** *16 oz*  
Reg. \$6.49

**SACRAMENTO NATURAL FOODS CO-OP**

OPEN DAILY FOR EVERYONE  
2820 R ST • SAC.COOP