

Fresh

WEEKLY SAVINGS

SACRAMENTO NATURAL
FOODS CO-OP
Locally Owned Since 1973

OCTOBER 16 - OCTOBER 22

SUGAR PIE PUMPKINS

Full Belly Farm
Guinda, CA

Organic

Local

\$1.99 lb
Reg. \$2.99 lb

FUJI APPLES

Various Growers, WA



Organic

\$1.99 lb
Reg. \$2.99

PORK SHOULDER BONE IN

Beeler's



\$4.99 lb
Reg. \$6.49

FUYU PERSIMMONS

Various Growers, CA



Organic

\$3.49 lb
Reg. \$4.99

GOAT GOUDA

Central Coast Creamery



\$27.99 *lb*
Reg. \$35.99

BUNCHED BEETS

Terra Firma Farm, Winters, CA



\$3.49 *ea*
Reg. \$4.49

CRUMBLED GOAT CHEESE

Vermont Creamery



\$6.49 *4 oz*
Reg. \$8.29

ANDOUILLE PORK SAUSAGE LINKS

Co-op Crafted



\$5.99 *lb*
Reg. \$7.99

GREEN CABBAGE

Various Growers, CA



\$1.49 *lb*
Reg. \$2.49

OLD RASPUTIN IMPERIAL STOUT

North Coast Brewing



\$8.79 *4 pk*
Reg. \$10.99

AHI TUNA STEAK

Wild



\$15.99 *lb*
Reg. \$19.99

GREEN KALE

Various Growers, CA



\$2.29 *ea*
Reg. \$2.99

WAGYU GROUND BEEF 80%

First Light



\$5.99 *lb*
Reg. \$9.99

PINOT NOIR

Mia Bea Wines



\$16.99 *750 ml*
Reg. \$21.99

COCONUT MILK KEFIR

Kefirlab



Select Varieties

\$4.99 *12 oz*
Reg. \$6.29

RAMEN NOODLES

Umi Organic



\$6.99 *12 oz*
Reg. \$9.49

SOYRIZO

El Burrito



\$4.49 *12 oz*
Reg. \$4.99

Save even more!
with Co-op Deals



Pick up a copy at the
Customer Service Desk!

**SACRAMENTO NATURAL
FOODS CO-OP**

OPEN DAILY FOR EVERYONE
2820 R ST • SAC.COOP