EASY CROCKPOT CHILI
This tailgating classic takes on a new twist with quinoa and black beans. Get the recipe at www.strongertogether.coop, and check out the great fall deals for game day and tasty meals at your co-op!

5/$5
Muir Glen Organic Tomatoes
14.5 oz., selected varieties

2.39
Angie's Boomchickapop Popcorn
4.8-6 oz., selected varieties

2/$5
Equal Exchange Organic Chocolate Bar
2.8 oz., selected varieties

2/$6
Brown Cow Cream Top Yogurt
32 oz., selected varieties

SACRAMENTO NATURAL FOODS CO-OP
2820 R St - sac.coop
<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.69</td>
<td>Annie’s Homegrown Cocoa Bunnies</td>
<td>organic cereal, selected varieties</td>
</tr>
<tr>
<td>3.39</td>
<td>Erewhon Organic Cereal</td>
<td>organic cereal, selected varieties</td>
</tr>
<tr>
<td>3.99</td>
<td>Kind Healthy Grains Clusters</td>
<td>organic cereal, selected varieties</td>
</tr>
<tr>
<td>3.39</td>
<td>Arrowhead Mills Pancake &amp; Waffle Mix</td>
<td>organic flour, selected varieties also on sale</td>
</tr>
<tr>
<td>2/$4</td>
<td>Annie’s Homegrown Organic Grass Fed Pasta &amp; Cheese Dinner</td>
<td>organic pasta, selected varieties</td>
</tr>
<tr>
<td>4.69</td>
<td>Bragg Vinaigrette Dressing</td>
<td>organic dressing, 12 oz.</td>
</tr>
<tr>
<td>1.49</td>
<td>Field Day Organic Beans</td>
<td>organic beans, 15 oz.</td>
</tr>
<tr>
<td>3.39</td>
<td>Jovial Organic Brown Rice Pasta</td>
<td>organic rice pasta, selected varieties</td>
</tr>
<tr>
<td>2.69</td>
<td>Lotus Foods Organic Pad Thai Rice Noodles</td>
<td>organic rice noodles, 8 oz.</td>
</tr>
<tr>
<td>2.99</td>
<td>Montebello Organic Pasta</td>
<td>organic pasta, 16 oz.</td>
</tr>
</tbody>
</table>

A new perennial grain is in the works — Kernza — and Cascadian Farms is leading the charge to bring it to a farm near you. **2/$6** Cascadian Farm Organic Cereal 9.2-14.6 oz., selected varieties

Co-ops grow healthy communities.

Some items may not be available at all stores or on the same days.
### Promotion Offers

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>R.W. Knudsen Organic Juice</td>
<td>3.39</td>
<td>Selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Milk</td>
<td>2/$4</td>
<td>Selected varieties</td>
</tr>
<tr>
<td>Equal Exchange Organic Midnight Sun Coffee</td>
<td>7.99</td>
<td>Per pound in bulk, other select Bulk Coffee also on sale</td>
</tr>
<tr>
<td>Pacific Organic Bone Broth</td>
<td>4.69</td>
<td>Selected varieties</td>
</tr>
<tr>
<td>Victoria Alfredo Sauce</td>
<td>4.99</td>
<td>18-24 oz., selected varieties</td>
</tr>
<tr>
<td>Foodstirs Organic Baking Mix</td>
<td>3.39</td>
<td>Not Carried</td>
</tr>
</tbody>
</table>

### Special Announcement

**Celebrate Co-op Month!**

When you buy delicious, healthy food at the co-op, you're supporting a local business that cares about people and contributes to a livable, sustainable community. Thank you for shopping co-op this month — and every month!

### Bulk Offers

- **Bulk Organic Dried Apple Rings**: 9.99
- **Bulk Roasted & Salted Mixed Nuts**: 12.99
- **Bulk Organic Garbanzo Beans**: 1.99

**Fair trade, organic, delicious, affordable.**

*Some items may not be available at all stores or on the same days.*
<table>
<thead>
<tr>
<th>Item</th>
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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/$5</td>
<td><strong>3.69</strong></td>
<td>Organic India Tulsi Tea 18 ct., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>3.39</strong></td>
<td>Santa Cruz Organic Applesauce 6 ct., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>3.99</strong></td>
<td>Zevia Zero Calorie Soda 6 pack, selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>3.69</strong></td>
<td>Green Mountain Gringo Salsa 16 oz., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>3.39</strong></td>
<td>Little Secrets Dark Chocolate Candies 5 oz., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>2/$4</strong></td>
<td>Late July Snacks Organic Tortilla Chips 5.5-6 oz., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>2/$6</strong></td>
<td>Cascadian Farm Organic Granola Bars 6.2-7.4 oz., selected varieties</td>
</tr>
<tr>
<td></td>
<td><strong>2/$6</strong></td>
<td>Back To Nature Cookies 8-9.6 oz., selected varieties</td>
</tr>
</tbody>
</table>

The perfect chip to dip, Late July Multigrain Tortilla Chips are USDA Organic, Non-GMO and gluten-free. Plus, they're available in seven delicious flavors!

Pick up a healthy snack at the Co-op!

Some items may not be available at all stores or on the same days.
Hand out Halloween treats that will please the ghouls, fairies and superheroes — as well as their parents.

2.69
Lily’s Chocolate Bar
2.8-3 oz, selected varieties

2/$4
Kettle Brand Baked Potato Chips
4 oz., selected varieties

3.39
Annie’s Homegrown Organic Fruit Tape
4.5 oz., selected varieties
Fruit Snacks and Bites also on sale

2/$6
Que Pasa Organic Tortilla Chips
16 oz., selected varieties

1.69
Gimme Organic Seaweed Snacks
.35 oz., selected varieties

3.69
Mary’s Gone Crackers Organic Crackers
6.3 oz., selected varieties

_OCTOBER IS CO-OP MONTH_

Co-ops Grow Organic
Organic farming methods are good for the environment; and on average, more than a third of all the products co-ops carry are USDA Certified Organic. That’s 42% of a co-op’s total sales (compared with just 5% of sales at conventional grocery stores)

More deals available at sac.coop!

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### Rumiano Organic Cheese
- **Price:** $3.99
- Note: NOT CARRIED

### Udi's Gluten-Free Bread
- **Price:** $3.99
- Note: NOT CARRIED

### Epic Meat, Fruit and Nut Bar
- **Price:** 2/$4
- **Varieties:** 1.3-1.5 oz., selected varieties

### Ancient Nutrition Bone Broth Protein Turmeric
- **Price:** $39.99
- **Details:** 460 gr. other Bone Broth Protein Powder also on sale

### Ener-C Vitamin C Dietary Supplement
- **Price:** $11.99
- **Details:** 30 ct., selected varieties

### Gaia Herbs Turmeric Supreme
- **Price:** $29.99
- **Details:** 120 ct. other Gaia Herbs products also on sale

### Garden Of Life mykind Organics Women's Multi Gummy
- **Price:** $26.99
- **Details:** 120 ct. other Garden of Life products also on sale

### Host Defense Lion's Mane
- **Price:** $19.99
- **Details:** 60 ct.

### Natural Vitality Natural Calm Magnesium Supplement
- **Price:** $24.99
- **Details:** 16 oz.

### New Chapter Bone Strength Take Care
- **Price:** $39.99
- **Details:** 120 ct. other New Chapter products also on sale

### Nordic Naturals Omega-3 Fish Oil
- **Price:** $13.99
- **Details:** 60 ct. other Fish Oil products also on sale

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Supporting Healthy Choices Since 1973

Some items may not be available at all stores or on the same days.
Co-ops Lead on Local

We love our local producers, their inspiring stories and delicious goods! Plus supporting local means more money stays in the local economy. Combined annual sales of local products at co-ops nationwide is more than $280 million — an average of 20% of total sales, (compared with the national grocery store average of just 1.8%).
**feed your eco**

**Alter Eco** is a pioneer of globally crafted organic foods, including delicious Swiss-made dark chocolate bars, truffles and Bolivian Royal quinoa. All Alter Eco products are USDA Certified Organic, Fair Trade Certified, Carbon Neutral Certified and Non-GMO Project Verified.

5.39

Alter Eco Organic Quinoa
per pound in bulk

find it in the bulk aisle

5.39

Alter Eco Organic Quinoa
12 oz., selected varieties
Organic Pearl Quinoa on sale for $4.99

2/$5

Alter Eco Organic Chocolate Bars
2.62 oz., selected varieties

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**Co-ops Grow Fair Trade**

Co-ops cultivate partnerships with companies that make fair trade practices a priority: fair treatment of farmers and workers, fair wages to help support healthy families and communities, and access to democratic decision-making processes. So our co-op communities in the US are supporting co-op growers and families around the world!

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**October is Fair Trade Month.**

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**Co-ops Grow Sustainably**

By supporting local organic farming and food systems and pioneering environmental practices like recycling, composting, reusables and alternative power sources, co-ops have long been “green grocers.”

**More co-op stories!** [www.strongertogther.coop](http://www.strongertogther.coop)
good for body & planet

Farm to shelf to shower, Dr. Bronner’s is building trust, health, community, wealth! Fair prices, wages, conditions for farmers and suppliers and healthy sustainable ingredients for you!

6.99
Dr. Bronner’s Organic Coconut Oil
14 oz., selected varieties

10.99
Dr. Bronner’s Liquid Castile Soap
32 oz., selected varieties

10.99
Dr. Bronner’s Organic Sugar Soap
24 oz., selected varieties

Everyone can shop; anyone can own the co-op.

Shop like you own the place.

15.99
Andalou Naturals Resveratrol Q10 Night Repair Cream
1.7 oz.
other Facial Care products also on sale

5.99
Avalon Organics Eczema Relief Intensive Cream
3 oz.

4.99
Alaffia Everyday Shea Foaming Hand Soap
18 oz., Lavender

9.99
Jason Body Wash
30 oz., Forest Fresh

3.99
Kiss My Face Bar Soap
3 ct., Lavender

Pickup a copy of The Fork for D.I.Y. body care ideas and classes!

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<tr>
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<tbody>
<tr>
<td>Chobani Greek Yogurt</td>
<td>5/$5</td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>Kite Hill Almond Milk Yogurt</td>
<td>2/$3</td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>Organic Valley Omega-3 Eggs</td>
<td>4.99</td>
<td>doz., Large or Extra Large, selected varieties</td>
</tr>
<tr>
<td>Ripple Dairy-Free Plant Milk</td>
<td>3.99</td>
<td>48 oz, selected varieties</td>
</tr>
<tr>
<td>Liberte Organic Yogurt</td>
<td>4/$5</td>
<td>NOT CARRIED</td>
</tr>
<tr>
<td>Siggi's Icelandic Style Yogurt</td>
<td>5/$5</td>
<td>5.3 oz, selected varieties</td>
</tr>
<tr>
<td>So Delicious Organic Coconut Yogurt</td>
<td>2.69</td>
<td>64 oz, selected varieties</td>
</tr>
<tr>
<td>Uncle Matt's Organic Juice</td>
<td>6.69</td>
<td>94 oz, selected varieties</td>
</tr>
<tr>
<td>Wallaby Organic Greek Yogurt</td>
<td>5.69</td>
<td>32 oz, selected varieties</td>
</tr>
<tr>
<td>Tofurky Meat-free Sausages</td>
<td>3.39</td>
<td>14 oz, selected varieties</td>
</tr>
<tr>
<td>Mori-Nu Silken Tofu</td>
<td>1.39</td>
<td>12-12.3 oz, selected varieties</td>
</tr>
<tr>
<td>Hail Merry Gluten-Free Tart</td>
<td>2.99</td>
<td>3 oz, selected varieties</td>
</tr>
<tr>
<td>Kevita Organic Kombucha</td>
<td>2.19</td>
<td>15.2 oz, selected varieties</td>
</tr>
<tr>
<td>Organic Valley Cottage Cheese</td>
<td>4.69</td>
<td>16 oz, selected varieties</td>
</tr>
</tbody>
</table>

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view our class schedule at sac.coop
Groceries delivered in under two hours!

You Choose  We Shop  We Deliver

2/$5 Alexia Frozen Potatoes 15-19 oz, selected varieties

3.69 Amy’s Bowls 8.5-11 oz, selected varieties other Amy’s items also on sale

3.99 Gardein Meat-free Crispy Tenders 9 oz. NOT CARRIED

2/$5 Sweet Earth Natural Foods Veggie Burgers 6 oz, selected varieties

4.99 Udi’s Gluten-Free Pizza NOT CARRIED

2/$5 Van’s Waffles 8-9 oz, selected varieties

Co-ops support products and services that ensure personal and planetary health; a legacy we can be proud to leave generations to come.

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