

December 2025

Natural Connection

See Chocolate-Dipped Raspberry Linzer Cookies recipe on page 8



Bob's Red Mill
All-Purpose Flour
Unbleached White
5 LB

\$4.79



Woodstock
Organic Sugar
Pure Cane
24 OZ

\$3.79



Blue Diamond
Lightly Salted Almonds
Low Sodium
12 OZ
Selected Varieties

\$9.29



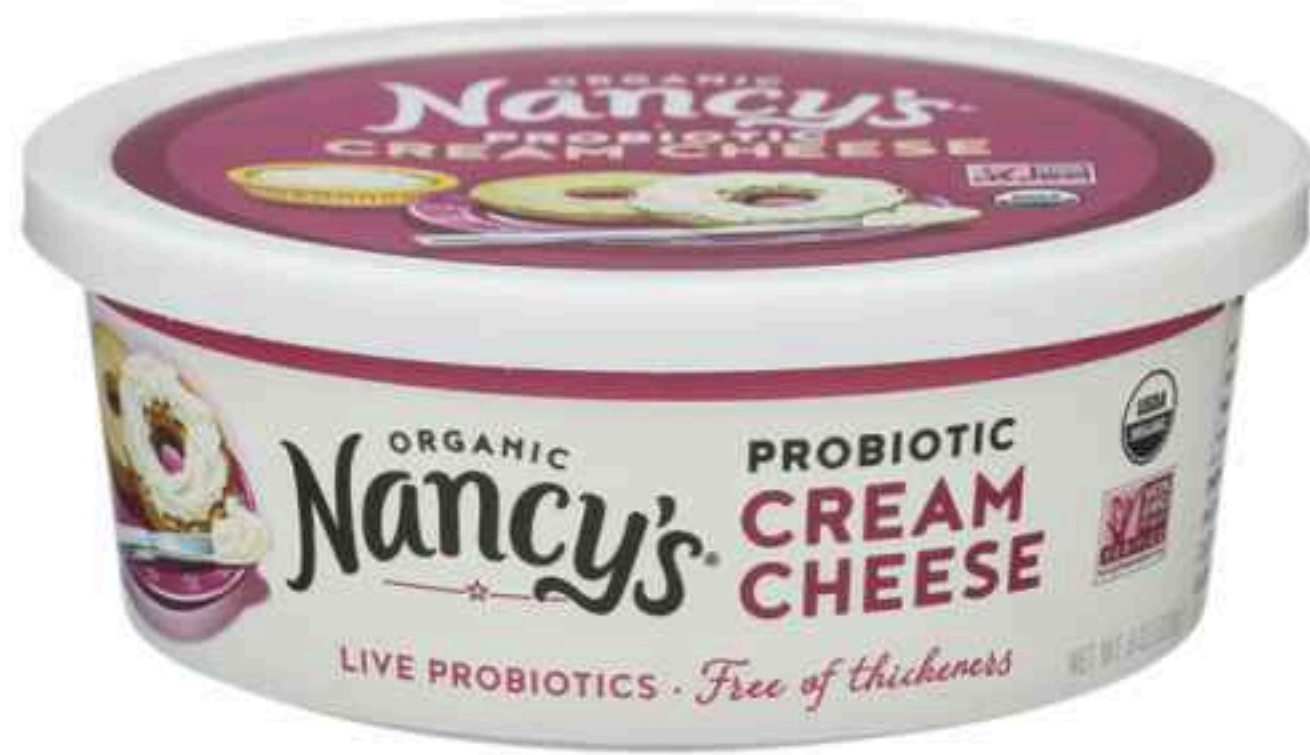
Enjoy Life
Chocolate Mini Chips
Semi Sweet
9 OZ
Selected Varieties

\$6.79



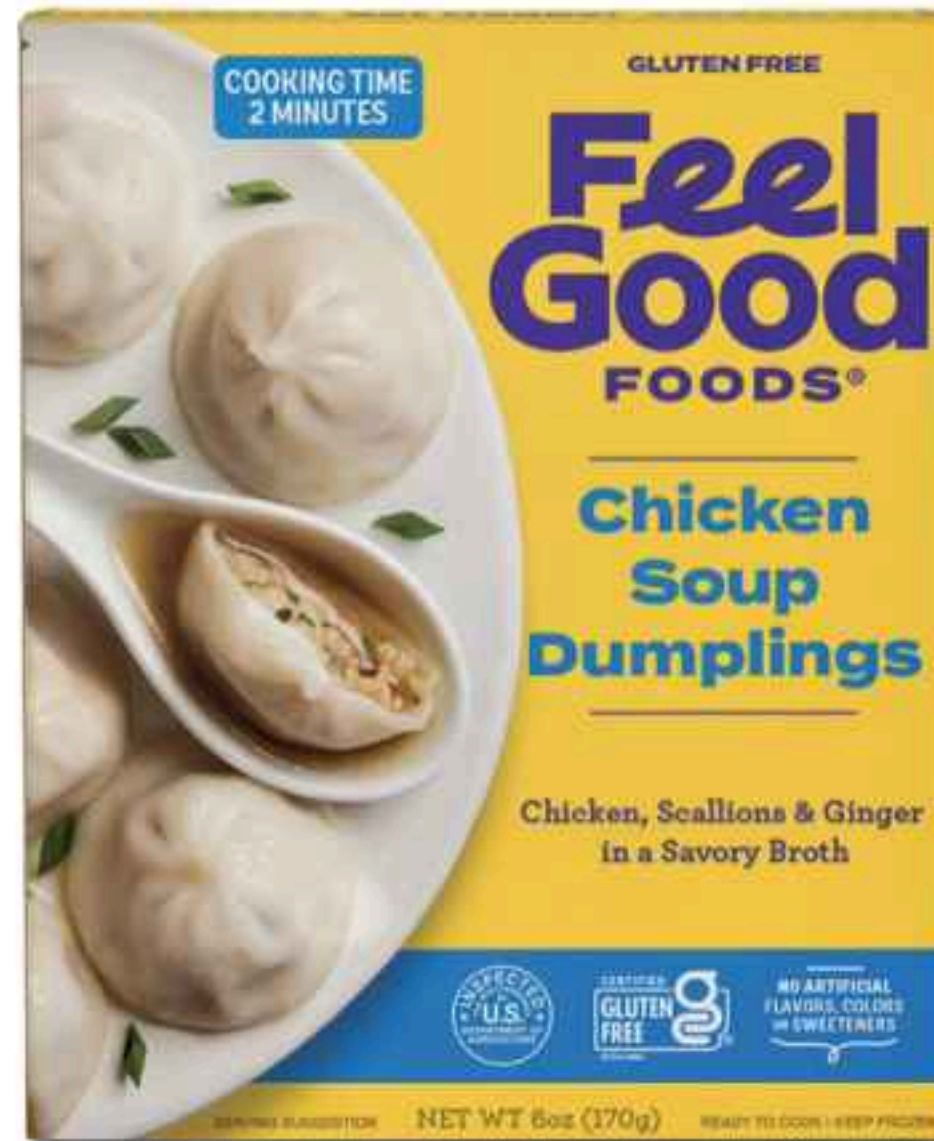
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Some items may not be available. See store for details.
Printed with soy ink on recycled paper. Not responsible for typographical errors.



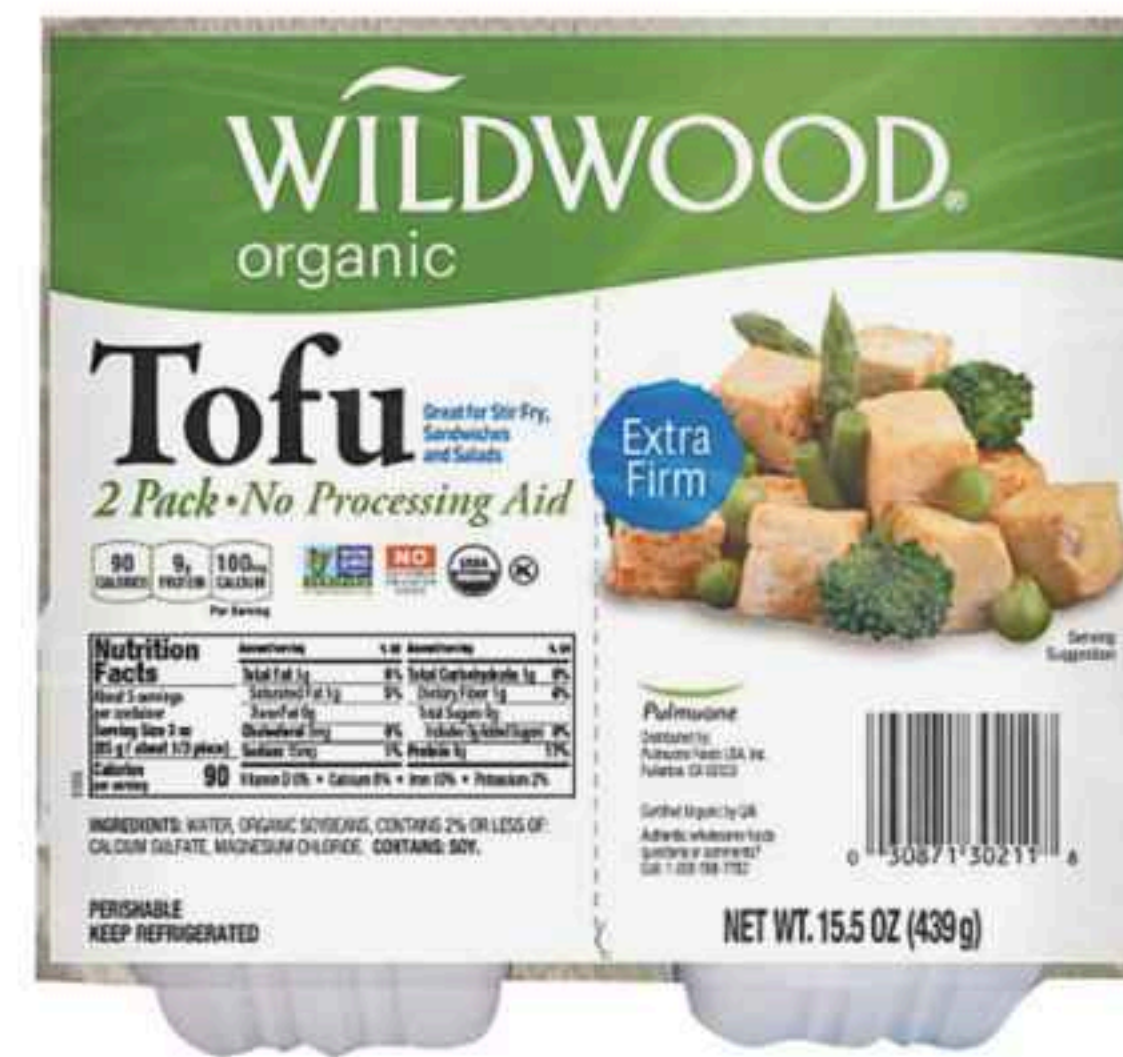
Nancy's
Organic Probiotic
Cream Cheese
8 OZ

GF
USDA
ORGANIC
\$4.49



Feel Good Foods
Gluten Free Soup Dumplings
Chicken
6 OZ

GF
\$7.49



Wildwood Natural Foods
Organic Tofu Twin Pack
Extra Firm
15.5 OZ

USDA
ORGANIC
NON
GMO
VERIFIED
\$3.99



Nasoya Foods
Egg Roll
Wraps
16 OZ

NON
GMO
VERIFIED
\$2.79



Food For Life
Organic Ezekiel 4:9 English Muffins
Sprouted Grain
16 OZ
Selected Varieties

USDA
ORGANIC
NON
GMO
VERIFIED
\$5.49



Julian's Recipe
Traditional Baguette
Butter & Garlic
12.3 OZ
Selected Varieties

\$5.19



Immaculate Baking
Organic Cinnamon Roll Dough
with Icing
17.5 OZ

HOT
DEAL
USDA
ORGANIC
NON
GMO
VERIFIED
\$6.79



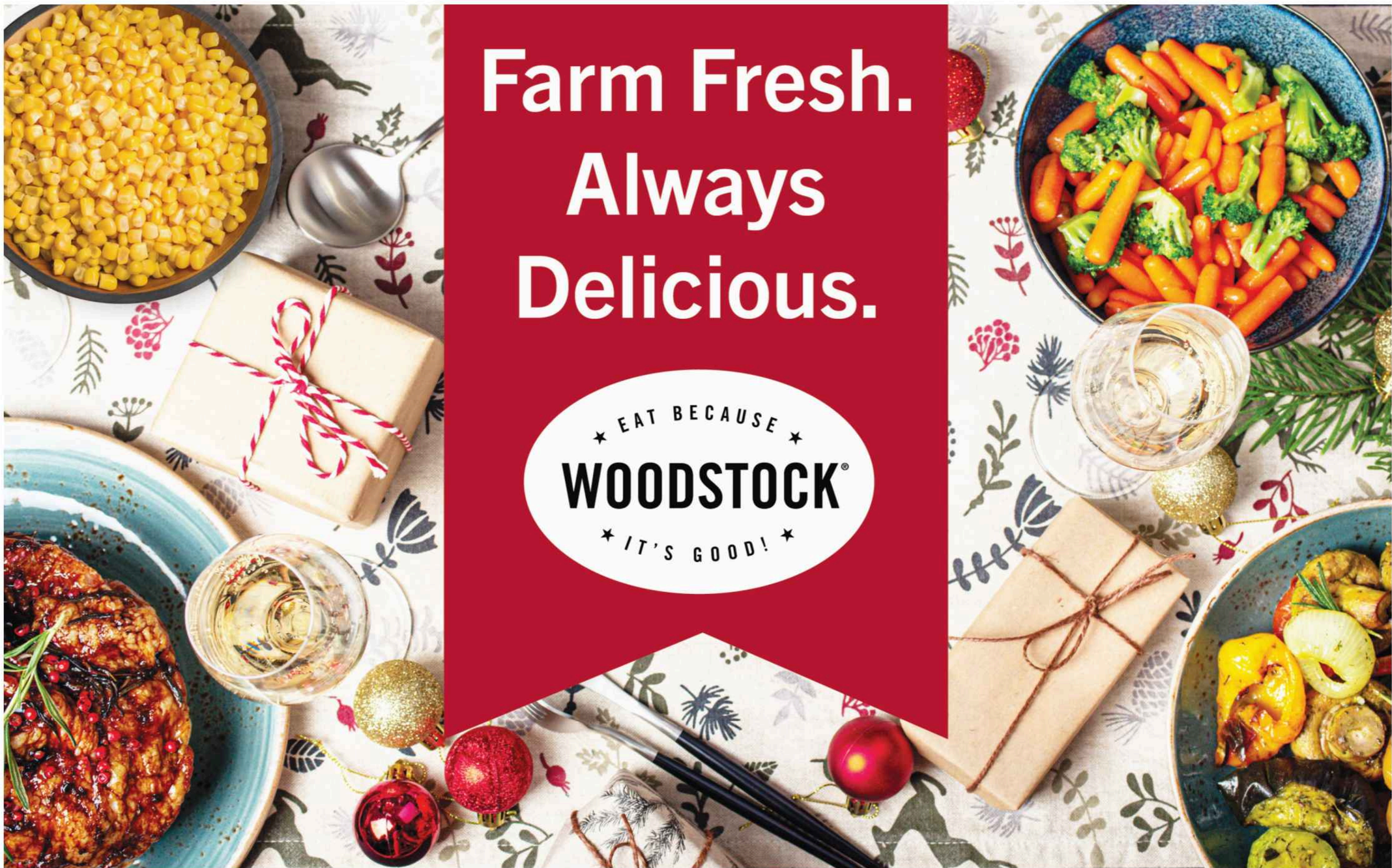
Van's International Foods
Gluten Free Waffles
Blueberry
9 OZ
Selected Varieties

GF
NON
GMO
VERIFIED
\$3.79



Coombs Family Farms
Organic Maple Syrup
Grade A Dark Color
12 FL OZ

USDA
ORGANIC
NON
GMO
VERIFIED
\$13.09



2/\$6

HOT DEAL

RW Knudsen Family
Crisp Apple Sparkling Cider
750 ML
Selected Varieties

2/\$8

Vita Coco
Coconut Water
Original
500 ML
Selected Varieties

GF

\$2.79

Koops'
Mustard
Stone Ground
12 OZ
Selected Varieties

GF

2/\$6

Amy's
Organic Chili
Medium 3 Bean Vegetable
14.7 OZ
Selected Varieties

GF

2/\$9

Colavita
Extra Virgin Olive Oil
17 FL OZ

\$14.29

Cobram Estates
Extra Virgin Olive Oil
California Classic
25.4 FL OZ
Selected Varieties

HOT DEAL

\$14.49

Stacy's Pita Chips
Pita Chips
Simply Naked
7.33 OZ
Selected Varieties

\$3.29

Mary's Gone Crackers
Organic Crackers
Original
4 OZ
Selected Varieties

HOT DEAL **GF**

\$3.29

Hu
Dark Chocolate Bites
Cashew Butter + Pure Vanilla Bean
2.75 OZ
Selected Varieties

HOT DEAL **GF**

\$5.49

Pick Up
Pick Up Mini Cookies
Original
10/.37 Z

\$4.79

Bionaturae
100% Organic Sourdough Pasta
Fusilli
12 OZ
Selected Varieties

2/\$6

Annie's Homegrown
Organic Macaroni & Cheese
Shells & White Cheddar
6 OZ
Selected Varieties

2/\$7

Epic
Cooking Fat
Beef Tallow
11 OZ
Selected Varieties

GF

\$10.79

Epic
Bone Broth
Homestyle Savory Chicken
14 FL OZ
Selected Varieties

\$5.99

Pumpkin Spice Blend

Why not make your own pumpkin spice blend? DIY for holiday gifting to everyone that you love! Choose your cinnamon: Korintje for a sweeter blend, Ceylon for a subtler 'true cinnamon' flavor, or Vietnamese for a hot-spicier cinnamon taste.

Ingredients

Large Batch with Ginger (makes 10 pint jars)
11 1/4 cups Frontier Co-op® Ground Cinnamon
2 1/2 cups Frontier Co-op® Ground Nutmeg
2 1/2 cups Frontier Co-op® Ground Ginger
2 cups Frontier Co-op® Ground Allspice
1 3/4 cups Frontier Co-op® Ground Cloves

Directions

In a large bowl, combine spices and stir thoroughly. Transfer two cups of the spice mixture into each of the 10 pint jars. Seal and decorate.

FRONTIER®
CO-OP
MEMBER OWNED SINCE 1976

\$4.99



Holiday Waffle Pops

For a fun holiday activity try making these decorated waffle pops with the kids.

1. Cook and cut frozen waffles into smaller a size
2. Insert a popsicle stick
3. Dip with chocolate
4. Decorate with favorite toppings such as walnuts, coconut shreds or pistachios.
5. Let them set on a cookie rack until dry

Enjoy



Bulk

Organic Coconut
Medium Shredded
\$2.89/lb

Organic Sweetened
Cranberries
\$6.59/lb

Organic Dates
Large Medjool
\$7.79/lb

Organic Chocolate Chips
Dark
\$14.09/lb

Organic Farro
Pearled
\$2.69/lb

Organic Rolled Oats
Regular
\$1.69/lb

Organic Popcorn
Yellow
\$1.79/lb

Natural Almonds
Thick Sliced
\$6.99/lb

Organic Pecans
Halves & Pieces
\$11.69/lb

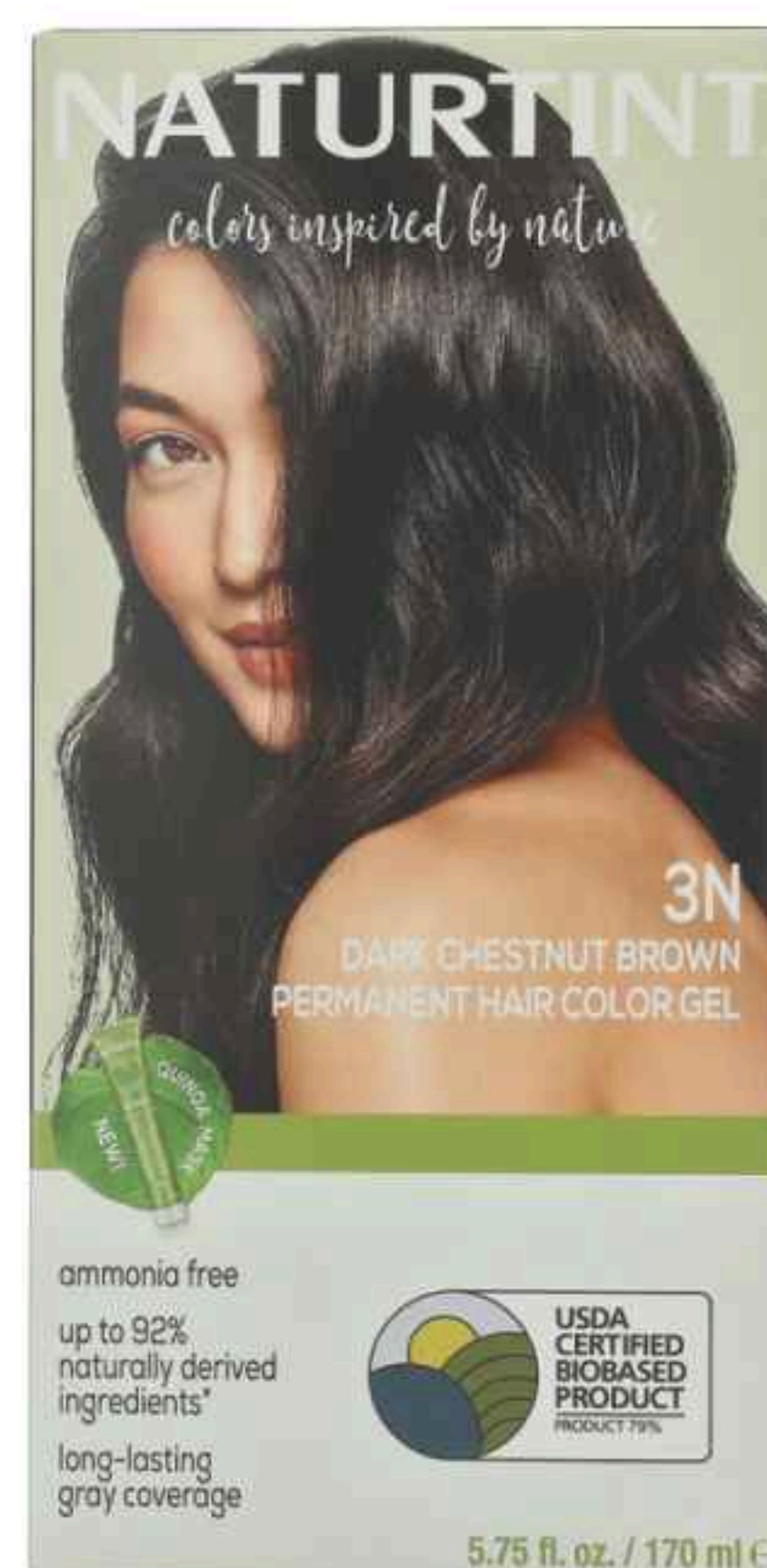
Organic
Sugar
\$2.59/lb



Aura Cacia
Skin Care Oil
Jojoba
4 FL OZ
\$10.49



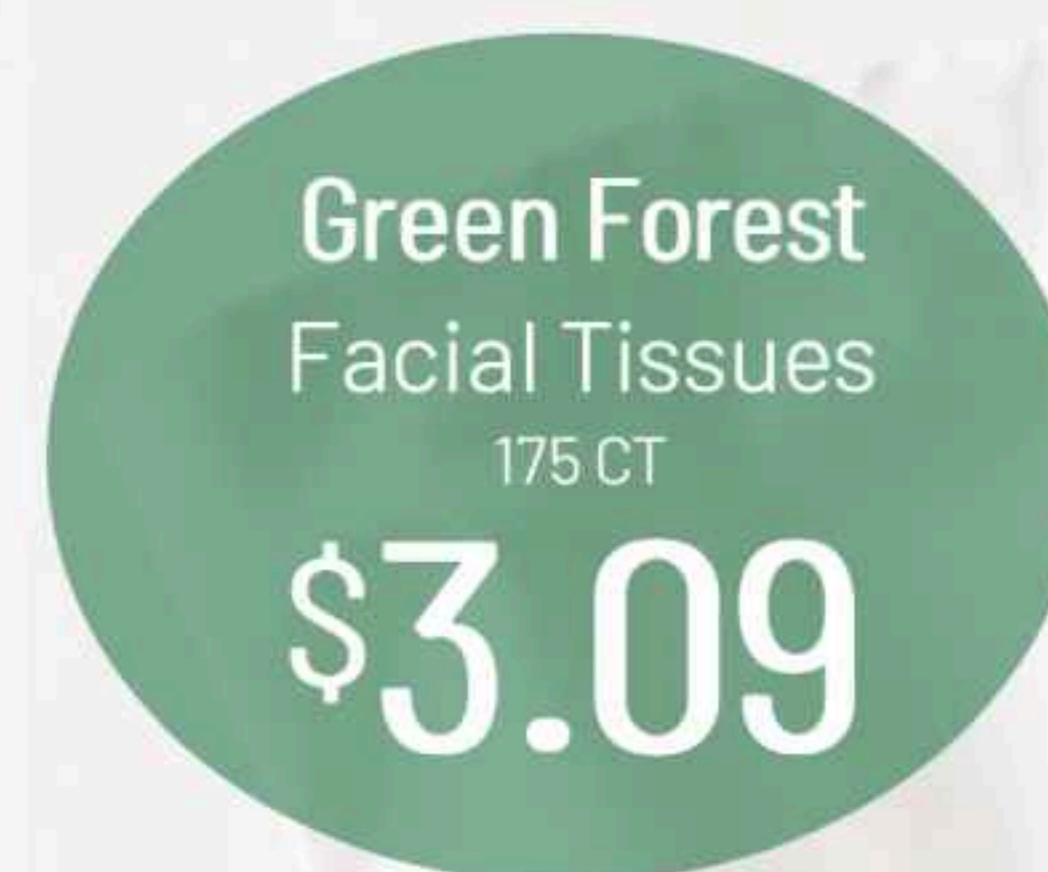
Naturtint
Permanent Hair
Color
3N Dark Chestnut
5.6 FL OZ
Selected Varieties
\$11.99



Your Cold & Flu Essentials



Boiron
Oscillococcinum
Flu-Like Symptoms
6 DOSE
\$11.99



Hyland's
Kids Cold & Cough
Daytime
4 FL OZ
Selected Varieties
\$7.99



Hyland's
Kids Cough & Mucus
Daytime
4 FL OZ
Selected Varieties
\$7.99



TEAR, *Enjoy*, RESEAL

★ EAT BECAUSE ★
WOODSTOCK®
★ IT'S GOOD! ★

Organic
PANTRY

ORGANIC

**PURE CANE
SUGAR**

Purely
SWEET!



Naturally Sweet
Fine Crystals



NET WT. 24 OZ (1 1/2 LB)

Purely SWEET!

\$3.79

Chocolate-Dipped
Raspberry
Linzer Cookies



scan for recipe



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