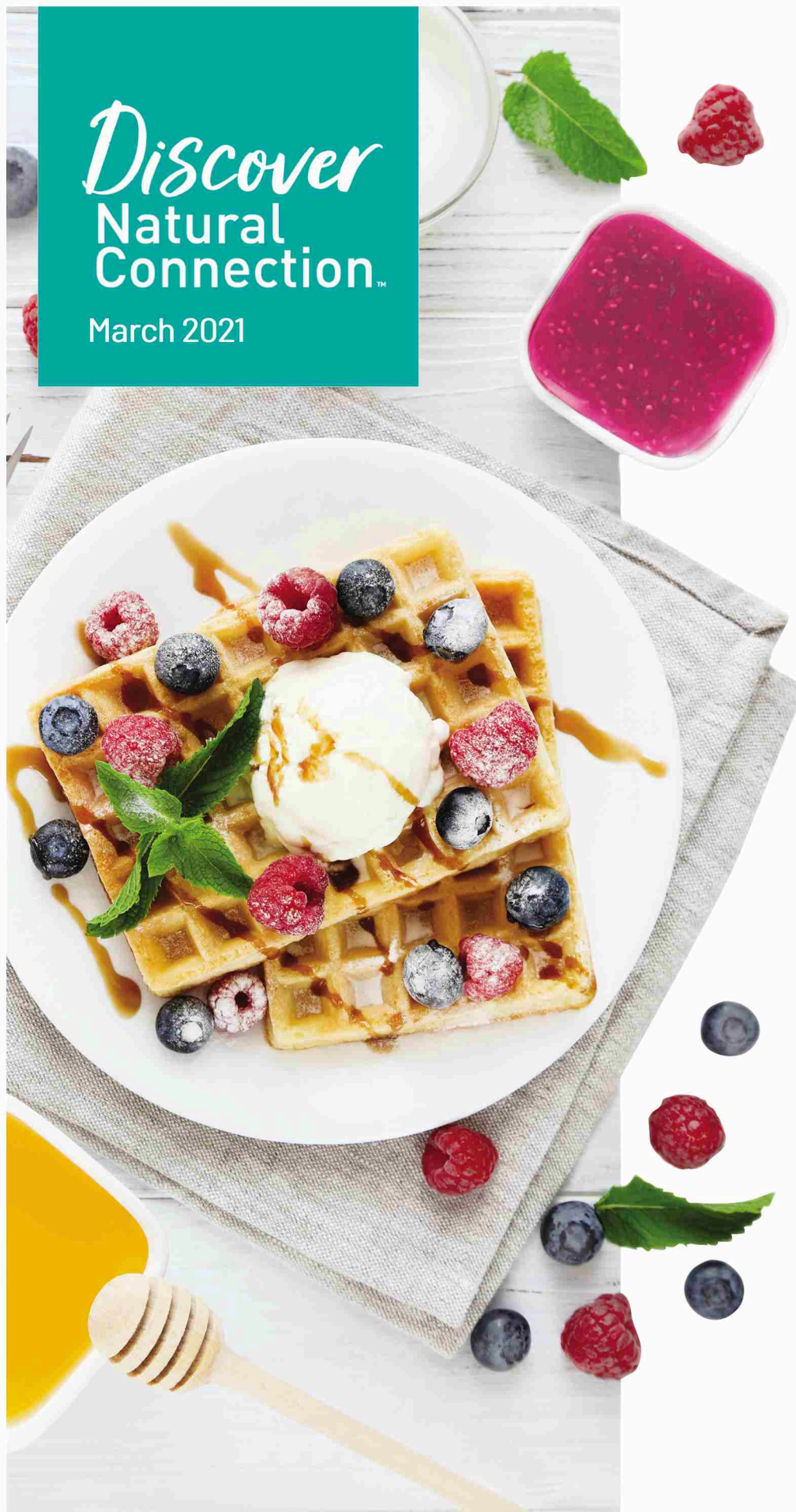


Discover Natural Connection™

March 2021



St Dalfour
All Fruit Spread
Strawberry
10 OZ
Selected Varieties

\$3.49



Purely Elizabeth
Organic
Probiotic
Granola
Honey Almond
8 OZ
Selected Varieties

\$5.99



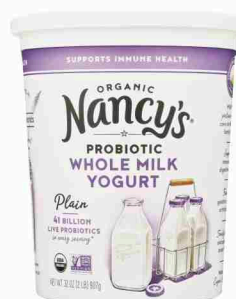
Birch Benders
Toaster Waffles
Keto
5.08 OZ
Selected Varieties

2/\$7



Pete & Gerry's
Organic Eggs
Large Brown, Free Range
12 PK

\$5.99



Nancy's
Organic Whole
Milk Yogurt
Plain Probiotic
32 FL OZ
Selected Varieties

\$5.49



McCann's Irish
Oatmeal
Quick & Easy
Irish Oats
Steel Cut
24 OZ

\$5.99



Almond Breeze
Almondmilk
Original
64 FL OZ
Selected Varieties

\$3.99



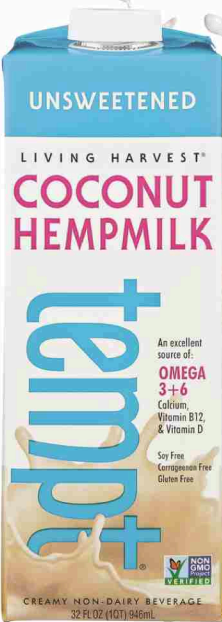
Highground
Organic
Instant Coffee
Fairtrade
3.53 OZ

\$8.49

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

Living Harvest
Tempt Coconut
Hempmilk
Unsweetened
32 FL OZ

GF
\$2.99



Forager
Organic Dairy-Free Cashewmilk Yogurt
Vanilla Bean
5.3 OZ
Selected Varieties

USDA
ORGANIC
3/\$5



Kite Hill
Almond Milk Yogurt
Plain Unsweetened
16 OZ
Selected Varieties

GF
\$5.49



Siggi's Skyr
Whole Milk Skyr
Vanilla
5.3 OZ
Selected Varieties

GF
3/\$5



Noosa
Yoghurt
Honey
24 OZ
Selected Varieties

GF
\$4.79



Stonyfield Organic
Organic Lowfat Yogurt
Plain
32 OZ
Selected Varieties

GF
\$4.79



Organic Whole Milk Kefir

- Mixed Berry
- Lemon
- Peach
- Vanilla

8 fl. oz.

3/\$5
Selected Varieties



Organic Whole Milk Kefir

- Mixed Berry
- Coconut
- Lemon
- Plain
- Peach

32 fl. oz.

\$4.29
Selected Varieties

Lifeway®
EST. 1986

March into Good Gut Health

Lifeway Organic Whole Milk Kefir is an all-natural, delicious beverage packed with calcium, protein, and probiotics to help support a strong and healthy immune system.





Brew Dr. Kombucha
Organic Kombucha
Island Mango
14 FL OZ
Selected Varieties

GF **USDA ORGANIC**
\$2.79



Uncle Matt's Organic
Organic Ultimate
Immune Juice
Orange + Elderberry + Zinc
52 OZ

USDA ORGANIC
\$8.49



Organic Valley
Organic Stringles
String Cheese
Mozzarella
6 OZ

\$4.79 **USDA ORGANIC**



Minerva Dairy
Sea Salted
Butter
Amish Roll
2 LB

\$11.49



Perfect Bar
Organic Protein Bar
Dark Chocolate
Peanut Butter
2.3 OZ
Selected Varieties

GF **USDA ORGANIC**
2/\$5



Green Valley Creamery
Organic Cream Cheese
Lactose Free
8 OZ

GF **USDA ORGANIC**
\$3.49



Welcome back to real cream cheese.
Simply crafted **lactose-free cream cheese**
has only four ingredients: pure cream,
sea salt, lactase enzyme and live, active
cultures. Go ahead – slather your bagel!
It's one cream cheese that the whole
family can enjoy.

Chobani®

The Perfect Sip Everyday

Made with only natural ingredients, including farm-fresh milk
and 100% medium roast arabica coffee beans.



Cold Brew Coffee
with Sweet Creamer

32 fl. oz.

\$4.49

Selected Varieties



GF



GF



GF

Greek Yogurt
Non-Fat Plain
or
Raspberry
on the Bottom

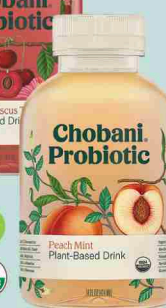
5.3 OZ
\$1.29

Selected Varieties



GF

USDA ORGANIC



Organic Probiotic Juice
Cherry Hibiscus Tea
or Peach Mint

14 OZ
\$3.19

Selected Varieties



GF

Greek Yogurt
Non-Fat Vanilla
or
Non-Fat Plain

32 OZ
\$5.99

Selected Varieties



GF



Stahlbush Island Farms
Frozen Vegetables

Golden Beets
10 OZ
Selected Varieties

\$2.49

Stahlbush Island Farms
Frozen Vegetables

Butternut Squash
10 OZ
Selected Varieties

\$2.49

Stahlbush Island Farms
Frozen Vegetables

Cool Cauliflower
10 OZ
Selected Varieties

\$2.49

Stahlbush Island Farms
Frozen Vegetables

Colorful Sweet Potatoes
10 OZ
Selected Varieties

\$2.49



Wholly Wholesome
Organic Pie Shells

Traditional
14 OZ
Selected Varieties

\$4.99



Against The Grain
Gourmet Food
Gluten Free Rolls

Original
12.5 OZ
Selected Varieties

\$5.99



Julian's Recipe
Cauli-Wafels

Maple & Brown Sugar
8 OZ
Selected Varieties

\$4.29



Kinnikinnick
Homestyle Waffles

Original
7.8 OZ
Selected Varieties

\$2.29



Van's Natural Foods
Power Grains Waffles

Original
9 OZ
Selected Varieties

\$3.29

you're going to like these a WAFFLE lot

Spring into Plant Based



SILK
Oatmilk Creamer
The Oatmeal Cookie One
32 FL OZ
\$4.49



SILK
Almond Coconut
Milk Blend
Unsweet, 64 FL OZ
\$4.19



SILK
Soy Creamer
Vanilla, 32 FL OZ
\$3.79



SILK
Dairy Free Heavy
Whipping Cream
Alternative, 16 OZ
\$4.99



SILK
Dairy Free
Half & Half Alternative
32 FL OZ
\$4.99

SO DELICIOUS
Organic
Coconutmilk Creamer
French Vanilla, 32 FL OZ

\$4.19

Oatmilk Creamer
Creamy Vanilla, 16 FL OZ

\$2.49

Dairy Free
Cocowhip Topping
Original, 9 OZ

\$3.49

**WALLABY®
ORGANIC
GREEK**



WALLABY
Organic
Whole Milk Yogurt
Strawberry Rose
5.3 OZ
\$1.79
Selected Varieties



WALLABY
Organic Greek
Nonfat Yogurt
Plain, 32 OZ
\$6.79
Selected Varieties



Lilly B's
Gluten-Free Burrito
Carne Asada Beef
4 OZ
Selected Varieties

GF
2/\$6



P.J.'S Organics
Organic Burrito
Traditional Chicken
6 OZ
Selected Varieties

USDA ORGANIC
\$2.99



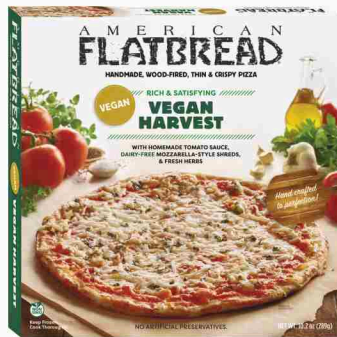
Tres Latin Foods
Pupusas
Black Bean & Sweet Corn
4/2.5 OZ
Selected Varieties

GF
\$4.99



Cappello's
Almond Flour Pasta
Fettuccine
9 OZ
Selected Varieties

GF
\$7.99



American Flatbread
Frozen Pizza
Vegan Harvest
10.2 OZ
Selected Varieties

\$7.99



Michael Angelo's
Lasagna
with Meat Sauce
11 OZ
Selected Varieties

\$3.79



Fun shapes packed
with spinach power

Dr. Praeger's Sensible Foods
Spinach Littles are packed with
spinach goodness you and your
kids are sure to love.

GF
NON
GMO
Project
VERIFIED

\$3.99

BLAKE'S
All Natural Foods

Ingredients from nature since 1929.

8 OZ
\$2.99
Selected Varieties



Gluten-Free
Chicken Pot Pie

Gluten-Free
Mac & Cheese

Chicken
Pot Pie

Shepherd's
Pie

evol.

REAL FOOD with REAL ingredients.

8-8.75 OZ
\$3.99
Selected Varieties



Ravioli
Butternut Squash
& Sage

Mac & Cheese
Truffle Parmesan

Ravioli
Portabella & Goat Cheese

Look for this month's featured flyer for Grab & Go Bars in convenient Value Packs



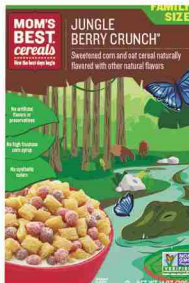
more ways to
SAVE



Peter Rabbit Organics
Organic Vegetable
& Fruit Pouch
Banana, Mango, Broccoli & Kale
4.4 OZ
Selected Varieties



One
Plant Protein Bar
Chocolate Peanut Butter
45 GRM
Selected Varieties



Mom's Best
Cereal
Crispy Cocoa Rice
17.5 OZ
Selected Varieties



Better 'N
Peanut Butter
Peanut Butter
Original
16 OZ
Selected Varieties



Peanut Butter & Co
Peanut Butter
Dark Chocolatey Dreams
16 OZ
Selected Varieties



Pyure
Organic
Hazelnut Spread
13 OZ



Muir Glen
Organic
Pasta Sauce
Italian Herb
25.5 fl. oz.
\$3.29
Selected Varieties



Muir Glen
Organic
Tomatoes
Diced
14.5 oz.
4/\$5
Selected Varieties



Muir Glen
Organic
Tomatoes
Whole Peeled
28 oz.
2/\$5
Selected Varieties



LibertéYogurt
Organic
Whole Milk Yogurt
Philippine Coconut
5.5 oz.
3/\$5
Selected Varieties



Larabar
Fruit & Nut Bar
Peanut Butter
Chocolate Chip
1.6 oz.
4/\$5
Selected Varieties



Larabar
Protein Bar
Chocolate
Peanut Butter Cup
1.84 oz.
2/\$3
Selected Varieties



Food Should
Taste Good
Tortilla Chips
Multigrain
5.5 oz.
2/\$5
Selected Varieties





Bee Harmony
Raw Honey
Clover
12 OZ
\$7.29



Florida Crystals
Organic Sugar
Raw Cane
2 LB
\$3.99



Nunaturals
Organic Sweetener
Stevia & Monk Fruit
70 CT
Selected Varieties
\$6.29



Sweet Leaf
Sweet Drops
Caramel
1.7 OZ
Selected Varieties
\$2.79



Bob's Red Mill
Almond Flour
Super-Fine
16 OZ
Selected Varieties
\$6.99



Enjoy Life
Mini
Chocolate Chips
Semi-Sweet
10 OZ
Selected Varieties
\$4.99



Wholesome
Organic
Cane Sugar
2 LB
\$5.49



King Arthur
All-Purpose
Flour
Unbleached
5LB
\$4.49



Made In Nature
Organic
Dried Mangoes
3 OZ
Selected Varieties
\$4.29



Bulk

Organic Coconut
Medium Shredded
\$2.49/lb

Organic Mangoes
Dried
\$9.39/lb

100% Organic Almonds
Raw
\$9.19/lb

Deluxe Mixed Nuts
Roasted & Salted
\$11.79/lb

Organic
Pumpkin Seeds
\$2.79/lb

Organic Dates
Large Medjool
\$7.19/lb

Organic
Chocolate Chips
Dark
\$6.99/lb

Organic Cashews
Raw & Whole
\$7.99/lb

Organic Pistachios
Roasted & Salted
\$9.99/lb

Organic Raw Natural
Sesame Seeds
\$2.39/lb



Spice Things Up

Balanced flavor with a touch of heat, their medium salsa is great on its own or as an accent to spice up recipes. Fresh herbs and peppers make this **all-natural salsa** a healthy choice with a just-right kick at around 50-200 Scoville heat units.

Green Mountain Gringo
Medium Salsa
Pasilla & Jalapeno
16 OZ
Selected Varieties



\$4.49



Good Health
Kettle Potato Chips
Avocado Oil Sea Salt
5 OZ
Selected Varieties



\$2.79



From The Ground Up
Cauliflower Chips
Sea Salt
3.5 OZ
Selected Varieties



\$3.29



Pretzel Crisps
Gluten Free Deli
Style
Pretzel Crisps
Original
5 OZ



2/\$5



**Snyder's
Of Hanover**
Gluten Free
Pretzel Sticks
8 OZ
Selected Varieties



2/\$6



Mi Nina
Corn
Tortilla Chips
Sea Salt
12 OZ
Selected Varieties



\$3.99



Suzie's
Organic Saltines
Salt & Extra Virgin Olive Oil
8.8 OZ



\$3.49



Unisoy
Vegan Jerky
Teriyaki, Hot 'n Spicy,
and Cracked Black Pepper
3.5 OZ
Selected Varieties

\$4.99



Lenny & Larry's
Keto Cookie
Chocolate Chip
1.6 OZ
Selected Varieties

GF
\$1.79



Bahlsen
Leibniz Milk
Chocolate Cookies
4.4 OZ
Selected Varieties

\$3.79



Back To Nature
Cookies
Chewy Chocolate
Chunk
8 OZ
Selected Varieties

\$3.99



Yumearth
Organic Giggles
5 OZ
Selected Varieties

GF
\$5.99



Honey Stinger
Organic
Mini Waffles
Honey
5.3 OZ

GF
\$4.49



Little Secrets
Mini Crispy
Wafers
Dark Chocolate
Sea Salt
3.5 OZ
Selected Varieties

\$4.99

Glee Gum
Natural Gum
Bubblegum Flavored
16 CT
Selected Varieties



\$1.29



Premium Natural Candy

Darrell Lea is proud to announce that it's the first Australian Major Confectionery Manufacturer to achieve the significant milestone of being **100% Palm Oil Free**. Removing palm oil is just one of the many steps they're taking to create confectionery that is better for their customers and the environment.



Tree Hugger
Bubble Gum
Fantastic Fruit
1.6 OZ
Selected Varieties

GF
\$2.19

Darrell Lea
Soft Australian Liquorice
Strawberry
7 OZ
Selected Varieties



2/\$4





Evamor
Naturally
Alkaline Water
64 FL OZ

\$2.49



Topo Chico
Sparkling Mineral
Water
12 FL OZ

\$1.29



Crystal Geyser
Alpine Spring
Water
50.7 FL OZ

69¢



Vital Proteins
Collagen Water
Strawberry Lemon
12 FL OZ
Selected Varieties

\$2.99



**Mountain
Valley Spring**
Spring Water
1 LTR
Selected Varieties

2/\$4



Eternal
Artesian Water
Naturally
Alkaline
Spring Water
84.5 FL OZ

2/\$6



Crystal Geyser
Alpine
Spring Water
1 GAL

\$1.09



Sweet Green Juice

- 2 cups spinach
- 2 green apples, cored
- 4 mint leaves
- 1/2 squeezed Lemon
- 1 tsp. ginger
- 2 cups Coconut Water
- Blend, Strain & Enjoy

Follow us on Pinterest.com



For this recipe & others



Coconut Water Original

1 LT
2/\$7

Selected Varieties





Lavazza
Roasted Ground Coffee
Cafe Espresso
8 OZ
Selected Varieties

\$7.99



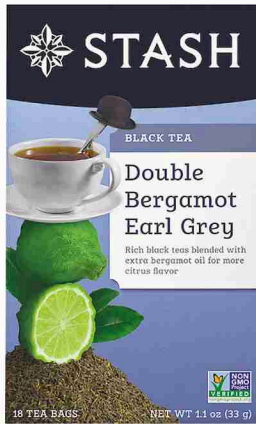
Cafix
Instant Coffee Substitute
Caffeine Free
7 OZ

\$5.79



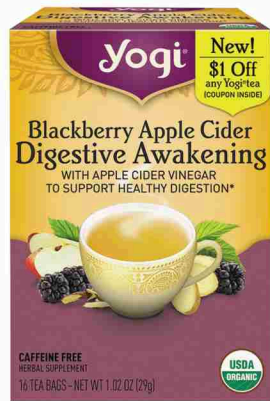
High Brew Coffee
Cold-Brew Coffee
Double Espresso
8 FL OZ
Selected Varieties

2/\$4



Stash Tea
Black Tea
Double Bergamot Earl Grey
18 BAG
Selected Varieties

\$3.29



Yogi
Organic Digestive Awakening Tea
Blackberry Apple Cider
16 BAG

\$3.79



Celestial Seasonings
Herbal Tea
Sleepytime
20 BAG

GF \$3.19





California Olive Ranch
Extra Virgin
Olive Oil
100% Everyday
25.4 FL OZ
\$15.49



Gaea
Extra Virgin
Olive Oil
Greek
17 FL OZ
\$9.99



Zoe
Extra Virgin
Olive Oil
1 LTR
\$10.99



Madhava Honey
Organic Vinegar
Red Wine
16.9 OZ
\$2.99



Newman's Own
Dressing
Olive Oil & Vinegar
16 FL OZ
Selected Varieties
\$4.49



Melinda's
Wing Sauce
Creamy Style Ghost
Pepper
12 OZ
Selected Varieties
\$2.99



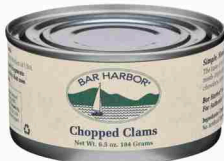
**Michael's
Of Brooklyn**
Marinara Sauce
32 OZ
Selected Varieties
\$6.79



Seapoint Farms
Organic
Edamame Pasta
Fettuccine
7.05 OZ
\$3.49



Better Than Bouillon
Bouillon
Roasted Chicken Base
8 OZ
Selected Varieties
\$3.79



Bar Harbor
Clams
Chopped
6.5 OZ
\$3.99



Season Brand
Bristling Sardines
in Extra Virgin Olive Oil
3.75 OZ
Selected Varieties
\$1.79



Season Brand
Skinless & Boneless Sardines
in Extra Virgin Olive Oil
4.375 OZ
Selected Varieties
\$1.79

Sustainably Grown. Thoughtfully Crafted. Perfectly Prepared.



**100% Organic
Rice**
Short White Sushi
2 lb
\$5.99
Selected Varieties



Organic Risotto
Creamy Parmesan
5.5 oz
\$2.79
Selected Varieties



**Organic
Calrose Rice**
California White
4 lb
\$8.49



**Organic
Thai Rice**
White Jasmine
8 oz
\$2.29
Selected Varieties



**Organic Rice
& Seasoning
Mix**
Spanish Style
5.5 oz
\$2.79
Selected Varieties



**Organic
Brown Basmati
Rice**
California Brown
or
Organic
White Jasmine
Rice
California White
2 lb
\$5.99
Selected Varieties



Imagine Foods
Organic Chicken Broth
Low Sodium
32 FL OZ



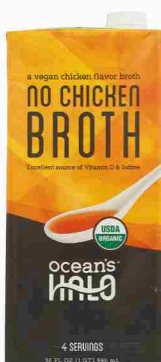
2/\$8



Imagine Foods
Organic Soup
Creamy Tomato
32 OZ



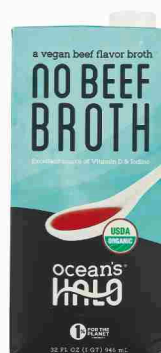
2/\$9



Ocean's Halo
Organic No
Chicken Broth
32 FL OZ
Selected Varieties



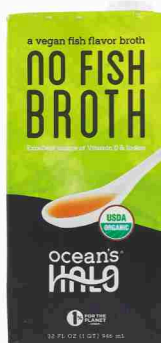
\$3.99



Ocean's Halo
Organic No Beef
Broth
32 FL OZ
Selected Varieties



\$3.99



Ocean's Halo
Organic No Fish
Broth
32 FL OZ
Selected Varieties



\$3.99



Casabella Kind
Plant-Based
Scrub Sponges
3 CT
Selected Varieties

\$3.19



Lunchskins
Paper
Sandwich Bags
Recyclable + Sealable
50 CT

\$4.29



Biokleen
Laundry Liquid
Citrus Essence
64 FL OZ
Selected Varieties

\$11.49



Ecover
Zero Laundry
Detergent
Fragrance Free
93 FL OZ

\$12.99



Citrus Magic
Natural Odor Eliminating
Air Freshener
Fresh Orange
3.5 FL OZ
Selected Varieties

\$5.99

Dog Treats for Good Life



Cookie Pal biscuits are made with **100% organic and human grade ingredients**. They are certified Organic, NON-GMO, Gluten Free and packaged in biodegradable packaging.



Cookie Pal
Organic Dog Treats
Sweet Potato & Flaxseed Recipe
10 OZ
Selected Varieties



\$5.99





Auromere
Ayurvedic Toothpaste
Classic Licorice
4.16 OZ
Selected Varieties

\$5.49



Desert Essence
Whitening
Plus Toothpaste
Cool Mint
6.25 OZ
Selected Varieties

\$4.99



Eco-Dent
Gentle Floss
Mint
100 YD

\$3.99



Eco-Dent
MouthCare Rinse
Sparkling Clean Mint
8 FL OZ

\$7.49



Thayers
Witch Hazel
Body Balm
Rose Petal
8 FL OZ
Selected Varieties

GF
\$7.99



Thayers
Witch Hazel
Facial Mist
Rose Petal
8 FL OZ
Selected Varieties

\$7.49



Herbatint
Permanent Herbal
Haircolor Gel
5N Light Chestnut
4 FL OZ
Selected Varieties

\$12.49



Andalou Naturals
Age Defying
Rejuvenating
Serum
Plant-Based Retinol
1 FL OZ

GF
\$17.99



Naturtint
Permanent
Hair Color
1N Ebony Black
5.6 FL OZ
Selected Varieties

\$11.49



Tweezerman
Slant Tweezers
Assorted Colors
CT

\$18.99



Get rid of Germs without sacrificing your skin. Lily of the Desert clean formula has a 70% ethyl alcohol base plus a soothing, organically-grown Aloe vera.



Lily Of The Desert
Aloe Vera Hand
Sanitizer
with Vitamin E
2 FL OZ

\$1.29



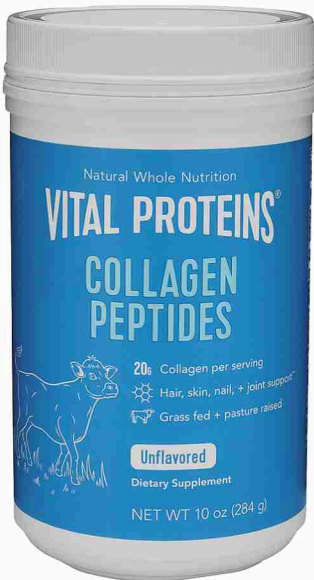
Brain Juice
Brain Boost
Supplement Shot
Peach Mango
2.5 FL OZ
Selected Varieties

\$2.99



Yerba Prima
Psyllium Whole Husks
Colon Cleanser
12 OZ
Selected Varieties

GF
\$9.99



Vital Proteins
Collagen Peptides
Unflavored
10 OZ

GF
\$22.99

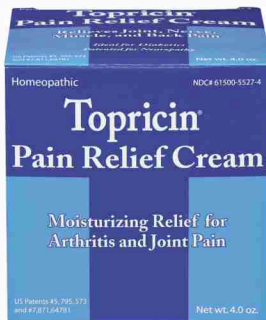
Hyland's
Arthritis
Pain Formula
50 CT

\$11.49



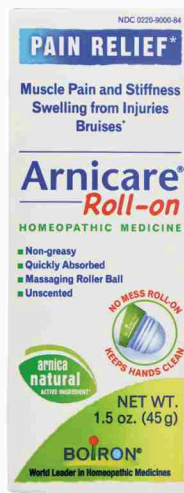
Hyland's
Arthritis
Pain PM Formula
50 CT

\$11.99



Topricin
Pain Relief
Cream
4 OZ

\$15.49



Boiron
Arnicare
Roll-On
1.5 OZ

\$5.99

Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.
CBD items may not be available as restrictions vary by state and are subject to change. See store for details.



Uncured Bacon Bits
Hickory Smoked
3 oz
\$5.49 GF
Selected Varieties



Pork Rinds
Pink Himalayan
Sea Salt
2.5 oz
2/\$7 GF
Selected Varieties



Chicken Crisps
Pink Himalayan
Sea Salt
1.5 oz
\$4.49 GF



Venison
Snack Strip
Sea Salt + Pepper
.8 oz
2/\$3 GF
Selected Varieties



Cooking Fat
Duck
11 oz
\$10.29
Selected Varieties



Bone Broth
Homestyle Savory
Chicken
14 fl oz
\$5.99 GF
Selected Varieties



Jerky Bites
Bison Bacon Bits
Sweet & Savory
2.5 oz
\$5.49
Selected Varieties



Bison Bar
Uncured Bacon
+ Cranberry
1.3 oz
2/\$5 GF
Selected Varieties



EPIC products are inspired by the simple yet powerful diets of our ancestors and consistent with our unique evolutionary biology. Throughout the majority of history, our species has evolved **living active lifestyles** and consuming a **hunter and gatherer diet** rich in high quality meat, wholesome vegetables, fruit, nuts and seeds.