



# FRESH DEALS

MAY 17, 2017 - MAY 30, 2017



**local** 

Red and Green Leaf Lettuce  
Organic  
Radical Roots- Keezletown, VA

**\$2.49/ea**



Organic Watermelons  
Mexico

**\$5.99/ea**



**local**

No-Spray Spring Onions  
Season's Bounty- Harrisonburg, VA

**\$2.49/ea**



Friendly City Deli Special  
Caprese Orzo Salad

**\$6.49/lb**



All Applegate Hot Dogs  
Beef and Turkey  
10 oz

**\$1 Off**



Cheese of the Month  
Mountain View Farm Feta  
Fairfield, VA

**\$1 off/lb**



Organic Chicken Tenders  
Red Wheelbarrow  
Shenandoah Valley

**\$6.49/lb**



SALES! MAY 17 - MAY 30 150 E. WOLFE ST. HARRISONBURG 801-8882 WWW.FRIENDLYCITY.COOP



Grandy Oats Trail Mix  
Antioxidant Blend  
Bulk

\$9.99/w



Sahale Snacks  
Maple Pecans Mix  
4 oz

\$4.39



Stonyfield Oh My Yog!  
Gingered Pear Yogurt  
5.3 oz

4/\$5.00



FREE

Honest Tea (16 oz)

Valid 5/17-5/30 for co-op Owners.  
One redemption per equity share.  
Not an Owner yet? Ask any Team Member how to join!



Svelte Protein Shake  
All Flavors  
11 oz

\$1.99



Lotus Foods Rice Ramen  
Millet & Brown Rice  
2.8 oz

3/\$4.00



Lightlife Smart Dogs  
Meatless  
12 oz

\$3.39



CocoKind Products  
Organic

20% Off



Bob's Red Mill Pancake Mix  
Gluten Free  
22 oz

\$3.99



Trickling Springs Ice Cream  
Organic  
16 oz

\$5.49



Maria and Ricardo's Wraps  
Spinach  
45.7 oz

\$5.69



Vibrant Health  
All Supplements

20% Off

CO-OP LEARNING

intro to sign language

Saturday May 27, 2-3:30pm  
Learn the basics of sign language from a Friendly City Co-op Team Member!  
Presented by Clara Krzywicz \$5/FREE for Owners You must register to attend (online or in-store)

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

This beginner's introduction to sign language includes basic conversation, the alphabet and numbers. We'll learn some fun ways to practice and get familiar with the ABC's!

Cost is \$5/FREE for owners

[friendlycity.coop/harrisonburg-events-classes/](http://friendlycity.coop/harrisonburg-events-classes/)  
to learn more about our classes and to register.