



# FRESH DEALS

AUGUST 2, 2017 - AUGUST 15, 2017



Local Cherry Tomatoes  
Radical Roots- Keezletown

**\$3.49/ea**



Local Cantaloupe  
Various Shenandoah Valley Farms

**2/\$5.00**



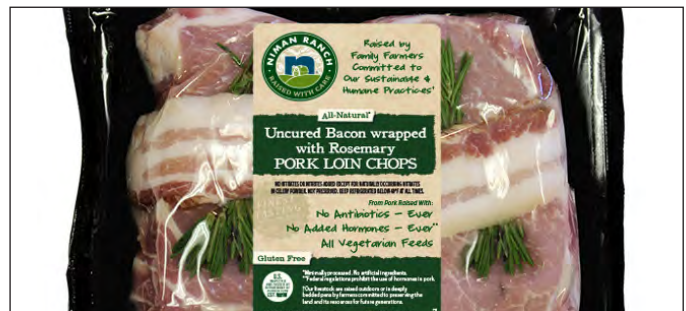
Local No-Spray Onions  
Season's Bounty- Harrisonburg

**\$1.29/lb**



Friendly City Deli Special  
Bread & Butter Style Pickles

**\$5.49/lb**



Bacon Wrapped Pork Chops  
Niman Ranch

**\$1 Off**



Cheese of the Month  
Raw Milk Horseradish Cheddar  
8 oz

**\$1 Off/ea**



Local Beef Sticks - NEW!  
McNett Beef  
Grottoes, VA

**2/\$3.00**



SALES! AUG 2 - AUG 15 150 E. WOLFE ST. HARRISONBURG 801-8882 WWW.FRIENDLYCITY.COOP



**Daiya Cheezecake**  
Dairy Free / Gluten Free  
14.1 oz

**\$6.99**



**Buttermilk Pancake Mix**  
Arrowhead Mills  
26 oz

**\$3.99**



**Guacamole Mix**  
Frontera  
4.5 oz

**\$1.69**



**FREE**  
GoodLight Birthday  
Candles

Valid 8/2-8/15 for co-op Owners.  
One redemption per equity share.  
Not an Owner yet? Ask any Team  
Member how to join!



**Zico Coconut Water**  
100% Coconut Water  
1 liter

**\$3.99**



**Mrs. Meyers Multi-Surface**  
Everyday Cleaner - All Scents  
16 oz

**\$3.39**



**Mamma Chia Squeeze**  
Organic Squeeze Snack  
3.5 oz

**\$1.39**



**Everyone 3 in 1 Soap**  
All Scents  
16 oz

**\$5.99**



**Eden Organic Soba**  
Noodles  
8 oz

**\$2.69**



**Lucini Olive Oil**  
Extra Virgin  
17 oz

**\$13.99**



**Inka Chips Plantain Chips**  
Gluten Free  
4 oz

**\$1.69**



**GoodLight Candle Tins**  
Travel Size - 4 Scents  
2 oz

**\$3.99**

CO-OP LEARNING

# Mediterranean Bites

Wednesday August 9, 6-7:30pm  
Prepare stuffed grape leaves (meat) and stuffed cabbage leaves (vegetarian)  
Presented by Claudia Hanna of Live Like a Goddess: \$10/\$5 for Owners. Register online & in-store

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

Claudia Hanna will join us on August 9, at 6pm, to talk about the Mediterranean diet and all the health benefits it brings— we'll be making stuffed grape leaves with meat and some vegetarian stuffed cabbage leaves. Register in the store or online at [friendlycity.coop](http://friendlycity.coop) **\$10/\$5 for Owners**