



# FRESH DEALS

AUGUST 30, 2017 - SEPTEMBER 19, 2017



**local**

Local No-Spray Sweet Potatoes **\$1.99/lb**  
Season's Bounty- Harrisonburg, VA



**local**

Local Concord Grapes **\$2.99/lb**  
Hickory Hill Farm- Keezletown, VA



Organic Celery **\$1.99/ea**  
USA



Friendly City Deli Special **\$4.25/lb**  
Spicy Black Bean Dip



Garrett Valley Pepperoni **\$4.49/ea**  
All Natural, Uncured  
5 oz



Cheese of the Month **\$6.99/ea**  
Mackenzie Creamery Chevre  
Herbs de Provence



Farmer Focus Chicken Breast **\$7.49/lb**  
Shenandoah Valley Organics



SALES! AUG 30 - SEP 19 150 E. WOLFE ST. HARRISONBURG 801-8882 WWW.FRIENDLYCITY.COOP



Coconut Water  
Harmless Harvest  
8.75 oz

**\$2.69**



Tandoor Chef Samosa  
With Mint Chutney  
11 oz

**2/\$6.00**



Assorted Frozen Vegetables  
Cascadian Farm - Organic  
16 oz

**2/\$5.00**



**FREE**  
8 oz Cup of Soup

Valid 8/30-9/19 for co-op Owners.  
One redemption per equity share.  
Not an Owner yet? Ask any Team  
Member how to join!



Chocolate Bites  
Endangered Species  
4.2-4.7 oz

**\$3.69**



Gluten Free Pizza Crust  
Pamela's  
11.29 oz

**\$3.39**



Muir Glen Pasta Sauce  
Organic  
25.5 oz

**2/\$5.00**



MyKind Organics Multi  
Gummie Vitamins  
120 count

**\$10 Off**



Red Duck BBQ Sauce  
Organic  
17 oz

**\$4.99**



OCHO Organic Candy Bar  
All Flavors  
1.5 oz

**\$1.39**



Red Fork Skillet Sauce  
All Flavors  
4 oz

**\$1.69**



One With Nature Soap  
Dead Sea Minerals  
7 oz

**\$2.99**

**Co+op Explorers** CO-OP KIDS!

**Saturday, September 9, 10:30-11:30am**  
Taste fresh fruit & veggies and record the findings in your produce passport  
Presented by Kari Souder, Friendly City Food Co-op - FREE - Register online & in-store

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

Beginning in September, we're offering a Co-op Kids! class called Co+op Explorers. Kids will taste fresh fruit and veggies and record their findings in a produce passport. This will be a monthly class and there will be a prize once the passport is completed (either at the co-op or at home). **FREE.**