



FRESH DEALS

OCTOBER 4, 2017 - OCTOBER 17, 2017



local

Local Apples
All Varieties
Virginia

\$.99/lb



Organic Grape Tomatoes
USA

\$2.99/ea



Lilly's Humus
All Varieties
USA

\$2.99/ea



Friendly City Deli Special
Autumn Energy Salad

\$4.99/lb



Niman Ranch Uncured Bacon
Maple or Hickory Smoked

\$6.49/ea



Cheese of the Month
Sun-Ni Armenian String Cheese

\$4.79/ea



FreeBird Chicken Tenders
Natural, Antibiotic Free

\$5.49/lb



SALES! OCT 4 - OCT 17 150 E. WOLFE ST. HARRISONBURG 801-8882 WWW.FRIENDLYCITY.COOP



Daiya Cheezecake
Pumpkin Spice- Dairy Free
14.1 oz

\$6.99



Wildwood Baked Tofu
All Flavors
6 oz

\$2.69



Fishpeople Soups
All Seafood Bisques/Chowders
10 oz

\$3.99

OWNER EXTRA
COUPON SAVINGS

FREE
Small Pie Pumpkin

*Valid 10/4-10/17 for co-op Owners.
One redemption per equity share.
Not an Owner yet? Ask any Team Member how to join!*



Gin-Gins Ginger Candy
The Ginger People
3 oz

\$1.99



Guayaki Yerba Mate
Organic - All Flavors
16 oz

2/\$4.00



Rx Protein Bar
All Flavors
1.83 oz

3/\$5.00



Evolution Salt Lamps
All Styles

20% Off



Wolfgang Puck Soups
Organic
14.5 oz

\$2.39



Hail Merry Cups
Dark Chocolate Espresso
1.65 oz

\$.99



Gluten Free Egg Rolls
Feel Good Foods
9 oz

2/\$7.00



Multi-Collagen Protein
Dr. Axe
1 lb

\$15 Off

shop \$mart

CO-OP LEARNING

Saturday October 14, 2:00pm
Tour the store and learn tips for saving when you shop the co-op
By Kari Souder, Friendly City Food Co-op | Register online or in-store FREE

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

On Saturday October 14 at 2:00 pm, join us for a tour of the store and learn tips for saving when you shop the co-op. Creating meal plans and learning to cook using whole foods are other topics which will be discussed. Register online or in-store. FREE. Presented by Friendly City team member Kari Souder.