



# shop \$mart



January 3, 2017 - January 16, 2017



Local Packaged Herbs  
Organic - All Varieties  
USA

**2/\$3.00**



**local**

Local Kraut, Kimchi, Pickles  
Farmstead Ferments  
Scottsville, VA

**\$7.99/ea**



Organic Yellow Ginger  
Fresh  
Peru

**\$3.99/lb**



Friendly City Deli Special  
Layered Chicken Enchiladas

**\$6.99/ea**



Bilinski's Chicken Sausage  
All Natural  
USA

**\$5.49/ea**



Cheese of the Month  
Carr Valley Bread Cheese  
Wisconsin

**\$8.99/ea**



Grateful Harvest Beef Jerky  
Organic  
USA

**\$6.49/ea**



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**Coconut Water**  
Harmless Harvest-Organic  
8.75 oz

**\$2.39**



**So Delicious Yogurt**  
Dairy Free Coconut Milk  
24 oz

**\$4.69**



**Daiya Cheezecake**  
New York Style - Dairy Free  
14.1 oz

**\$6.99**



**FREE**

**1 lb. Bag Peeled  
Baby Carrots**

Valid 1/3-1/16 for co-op Owners. One redemption per equity share.



**Gluten Free Bread**  
Little Northern Bakehouse  
16-17 oz

**\$4.99**



**Gluten Free Instant Oatmeal**  
Bakery On Main  
10.5 oz

**\$3.99**



**Honest Kids Drink Packs**  
Organic Juice Drink  
6.75 oz

**\$2.69**



**U Konsense Products**  
All Items

**15% Off**



**Manitoba Hemp Hearts**  
Salad Toppers  
4.4 oz

**\$3.99**



**Divina Dolmas**  
Stuffed Grape Leaves  
7 oz

**\$2.99**



**Dang Coconut Chips**  
All Varieties  
1.43 oz

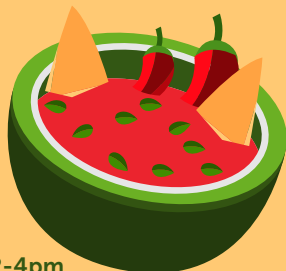
**\$1.99**



**Renew Life**  
All Supplements

**20% Off**

## DIP OFF! RECIPE CONTEST



**Saturday January 27th, 2-4pm**

FREE to enter and vote. Try dips and vote for your favorite. Prizes for the winners!  
Details for contest entry found at [friendlycity.coop/event/dip-off-recipe-contest/](http://friendlycity.coop/event/dip-off-recipe-contest/)  
Register to enter online or in-store by January 24th. Winners determined by customer vote.

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | [friendlycity.coop](http://friendlycity.coop)

Do you have a favorite dip recipe you'd like to share? In preparation for the Big Game, we're having a Dip OFF! Recipe Contest on January 27th. Customers will taste the entries and vote on a winner. Three people will win a co-op gift card! You must sign up to enter by January 24th (it's FREE), either in-store or online at [friendlycity.coop/harrisonburg-events-classes/](http://friendlycity.coop/harrisonburg-events-classes/)