



# shop \$mart



December 30 - January 19, 2020



Organic Grapefruit  
USA

**\$1.99/lb**



Organic Baby Bella Mushrooms  
8 oz  
USA

**\$3.49/ea**



Organic Bunched Curly Kale  
USA

**\$2.49/ea**



Friendly City Deli  
Southwest Quinoa Salad

**\$5.99/lb**



Thousand Hills Ground Beef  
Organic  
1 lb

**\$6.99/ea**



Local Beverage of the Month  
Potter's Cider - all flavors  
\$1 off per bottle

**\$1.00 off**

local



Garrett Valley Turkey Bacon  
Sugar Free, Paleo  
8 oz

**\$3.99/ea**



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**Forager Half & Half**  
Organic, Dairy Free  
16 oz  
**\$2.99**



**Honey Mama's Bars**  
Cacao-Nectar Bars  
2.5 oz  
**\$3.99**



**Flow Spring Water**  
Alkaline Spring Water  
500 ml  
**\$1.00**

**OWNER EXTRA**  
COUPON SAVINGS

**FREE**  
Natalie's Organic  
Orange Juice (16 oz)

Valid 12/30-1/19 for Co-op Owners.  
One redemption per equity share.



**GoldThread Plant Tonics**  
All Flavors  
12 oz  
**\$2.79**



**Kettle & Fire Bone Broth**  
Gluten Free  
16.9 oz  
**\$5.99**



**LifeAid Beverages**  
All Flavors  
12 oz  
**2/\$4.00**



**RenewLife Extra Care**  
Probiotic - 50 Billion  
14 capsules  
**\$16.99**



**Noka Smoothies**  
Organic  
4.22 oz  
**2/\$4.00**



**Ginger People Candy**  
Ginger Candy Chews  
3 oz  
**\$2.29**



**Vegan Rob's Puffs**  
Vegan and Gluten Free  
3.5 oz  
**2/\$5.00**



**EcoVessel Mug**  
Transit Insulated Mug  
12 oz  
**\$19.99**

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Now you can shop a whole new way online.

Just head over to our website and click on [Co-Go](#). You'll find a much easier way to order what you need - you just click on a photo of what you want, and add it to your cart.

More information and FAQ's can be found at [friendlycity.coop](#)

Thank you for your patronage - it means the world to us.