mornings matter

DAYBREAK DEALS
Kick-start your day the healthy way, with help from your local co-op grocer. Right now at the co-op, you can get a box (or two) of delicious Kashi Cinnamon Harvest Cereal on sale, so you can serve up bowls of cereal for the whole family. Don’t forget the milk (or almond or soy, whatever you prefer)!

2/$5
Kashi Organic Cereal
6.5-20 oz., selected varieties

2/$5
Theo Organic Chocolate Bar
3 oz., selected varieties

2/$6
Maya Kaimal Organic Everyday Dal
10 oz., selected varieties

9.99
Napa Valley Naturals Organic Extra Virgin Olive Oil
25.4 oz.

Everyone welcome
Open every day 7am - 10pm
Deli 7am - 9pm · Meat & Seafood 8am - 8pm
(530) 272-5333 BriarPatch.coop

290 Sierra College Drive, Grass Valley, CA 95945 - across the round-about from Sierra College
### Specials

<table>
<thead>
<tr>
<th>Price</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/$5</td>
<td>Chobani Greek Yogurt</td>
</tr>
<tr>
<td>3/$5</td>
<td>Noosa Yoghurt</td>
</tr>
<tr>
<td>2/$4</td>
<td>Bellwether Farms Sheep Milk Yogurt</td>
</tr>
<tr>
<td>4.99</td>
<td>Siggi’s Icelandic-Style Yogurt</td>
</tr>
<tr>
<td>3.99</td>
<td>Organic Valley Grassmilk Yogurt</td>
</tr>
<tr>
<td>4.49</td>
<td>Forager Project Organic Cashewgurt</td>
</tr>
<tr>
<td>3.49</td>
<td>Good Culture Organic Cottage Cheese</td>
</tr>
<tr>
<td>2/$6</td>
<td>Hope Organic Hummus</td>
</tr>
<tr>
<td>2/$5</td>
<td>Kevita Organic Sparkling Probiotic Drink</td>
</tr>
<tr>
<td>2/$7</td>
<td>Evolution Fresh Organic Fruit Juice Smoothie</td>
</tr>
<tr>
<td>7.99</td>
<td>Chameleon Cold Brew Organic Coffee Concentrate</td>
</tr>
</tbody>
</table>

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**find your happy plate!**

Crafted out of plant-based love for melt-and-stretch enthusiasts, Daiya’s artisan cheese shreds complement all the meals you crave without any of the compromise.

**2/$7**

Daiya Dairy-free Cheese Shreds
8 oz., selected varieties

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Find savings on eats for all at the co-op!
be a conscious carnivore

Applegate is on a mission: Changing The Meat We Eat® with a full line of products sourced from farms third-party certified for higher animal welfare. No antibiotics or growth promotants. Only clean, simple non-GMO ingredients. Learn more at www.applegate.com.

Better products for your family and your budget.

Shop the co-op today!

3.99
Applegate Naturals
Uncured Hot Dogs and
Sliced Deli Meats
7.10 oz., selected varieties

3.99
Applegate Naturals
Chicken & Sage
Breakfast Sausage
7 oz.

4.99
Applegate Naturals
Uncured
Sunday Bacon
8 oz.

6.99
Applegate Organics
The Great Organic
Blend Burger
16 oz.

3.99
Natural Sea
Fish Sticks or
Fillets
8 oz., selected varieties

8.99
Woodstock
Lump Hardwood
Charcoal
8.8 lb., selected varieties

3.99
Immaculate
Organic
Cinnamon Rolls
17.5 oz., selected
varieties

Breakfast, lunch, dinner – covered.

Some items may not be available at all stores or on the same days.
 VALID SALES DATES: SEPT 4 - SEPT 17, 2019

2/$3
Dr. McDougall's Soup Cup
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

5.99
Lundberg Family Farms Organic White Basmati Rice 32 oz.

2/$5
Muir Glen Organic Pasta Sauce
25.5 oz., selected varieties

2/$6
Montebello Organic Pasta
16 oz., selected varieties

2/$7
Maya Kaimal Indian Simmer Sauce
12.5 oz., selected varieties

Whole grain pastas, simmer sauces and condiments.
Stock the pantry!

more taste — no waste!
100% pole- and line-caught albacore packed without added liquid to drain for pure, delicious flavor. Enjoy in a salad, grain bowl or our favorite way – straight from the can!

2/$6
Wild Planet Albacore Wild Tuna
3-5 oz., selected varieties

3.99
Sir Kensington's Sriracha Mayonnaise
10 oz., selected varieties

Easy, tasty weeknight meals start at the co-op.

Some items may not be available at all stores or on the same days
raise the bar!

BANANA OAT BARS
School bake sale? Company bake-off? Treating yourself? Whip up a batch of Banana Oat Bars with high-quality ingredients from your co-op! Oats, chocolate and, of course, bananas combine to make a sweet treat you and your whole family or team will love. For the full recipe, head to www.strongertogether.coop.

4.99
Lily’s Sweets
Fair Trade
Dark Chocolate Baking Chips
9 oz., selected varieties

2/$5
Mom’s Best
Cereals
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

6.99
Once Again
Organic Tahini
16 oz.

scoop up the savings in bulk!

99¢
Organic Rolled Oats
per pound in bulk

2.99
Organic Thompson Raisins
per pound in bulk

10.99
Organic Walnut Halves & Pieces
per pound in bulk

Bring your own bag and shop the bulk aisle!

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our cup of tea

While we love our java, adding a cup of tea into your beverage rotation can yield a variety of benefits from increased focus to detoxification. Plus, there are so many delicious types of tea, from green to hibiscus to turmeric. Stop by the co-op and shop deals on tasty teas today.

5.99
A. Vogel
Organic Herbamare Seasoning
8.8 oz., selected varieties

2.29
Nupods
Non-Dairy Creamer
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

2/5
R.W. Knudsen
Organic Very Veggie Juice
32 oz., selected varieties

3/$4
Numi
Organic Bottled Tea
NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY

4.49
One Degree Organic Foods
Sprouted Cereal
8-12 oz., selected varieties

2/$7
Choice
Organic Tea
16 ct., selected varieties

5.99
Grandy Oats
Organic Granola
9 oz., selected varieties

Start your day with delicious deals.
fuel your body and soul

At LÄRABAR, we believe that an enlivened soul begins from the inside, out. That’s why we keep things simple by including only what’s really good and absolutely necessary in our real-food snack bars. Each delicious LÄRABAR flavor is made with just two to nine simple, gluten-free and non-GMO ingredients. Find your flavor!

10/$10  LÄRABAR Fruit & Nut Bar 1.6 oz, selected varieties
4/$5  LÄRABAR Organic Superfoods Bar 1.8 oz, selected varieties
4/$5  LÄRABAR Protein Bar 1.45 oz, selected varieties
2/$7  LÄRABAR Kid Bars 6 ct, selected varieties

You’ll find ready-to-go products all over the co-op.

Deals for busy lives.

fruit-infused deliciousness

Satisfy your sweet tooth with Cascadian Farm Organic Fruit-Infused Wild Blueberry Lemon Bars. This chewy bar is made with real fruits and veggies.

4/$5  Clif Bar Organic Nut Butter Filled Bar 1.76 oz, selected varieties

3.79  Cascadian Farm Fruit-Infused Chewy Granola Bars 6.2 oz, selected varieties

Book bag snacks you and your family will love.

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<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/$5 Late July Snacks</td>
<td></td>
<td>Organic Restaurant Style Tortilla Chips</td>
</tr>
<tr>
<td>2/$3 GimMe Organic</td>
<td></td>
<td>Organic Seaweed Snacks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>.35 oz, selected varieties</td>
</tr>
<tr>
<td>2/$5 Hippeas</td>
<td></td>
<td>Organic Chickpea Puffs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 oz, selected varieties</td>
</tr>
<tr>
<td>3/$4 Vermont Smoke &amp; Cure</td>
<td></td>
<td>Meat Stick</td>
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<tr>
<td></td>
<td></td>
<td>1 oz, selected varieties</td>
</tr>
</tbody>
</table>

**try something different!**

**SNACKS AS UNIQUE AS YOU**

Looking for some variety in the snack department? While you'll find classic tortilla and potato chips at the co-op, why not try a naturally salty seaweed snack for your next munchtime? Or power up your savory snack puff with the chickpea-based version. They taste delicious and are a fun alternative to corn or wheat. Yes, please!

There's something for everyone at the co-op!

Some items may not be available at all stores or on the same days
**Super Soda Sips**

**Ice Cream Float Fun**
Plan for your next family fun night to feature classic ice cream floats! Just head to the co-op to pick up your favorite sodas. Root beer, ginger ale and orange soda are classics, but you’ll find even more unique varieties to enjoy. Then stop by the frozen treats section for the ice cream and sorbet or gelato.

<table>
<thead>
<tr>
<th>1.79</th>
<th>2/$6</th>
<th>4.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essentia Ionized Water 1.5 Ltr.</td>
<td>Harvest Bay Coconut Water 33.8 oz. <strong>NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</strong></td>
<td>Reed’s Ginger Brew 4 pack, selected varieties</td>
</tr>
</tbody>
</table>

**Nutrient-Dense Delight**

Even more convenient and flavorful than bananas, Barnana plantain chips are a crispy, crunchy, tasty snack made from organic plantains.

<table>
<thead>
<tr>
<th>2/$7</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Barnana Organic Plantain Chips 5 oz., selected varieties</td>
<td>Annie’s Homegrown Organic Snack Mix 9 oz., selected varieties</td>
</tr>
</tbody>
</table>

*Treat yourself to tasty, better-for-you snacks!*

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### Special Offers

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2/$4</strong> Cascadian Farm Organic Vegetables</td>
<td><strong>$2</strong></td>
</tr>
<tr>
<td><strong>3/$5</strong> Stahlbush Island Farms Frozen Vegetables</td>
<td><strong>$3</strong></td>
</tr>
<tr>
<td><strong>2.99</strong> Grain Trust Organic Steamed Rice NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</td>
<td><strong>$3</strong></td>
</tr>
<tr>
<td><strong>3.99</strong> Amy’s Frozen Meal or Bowl 8-10.3 oz., selected varieties</td>
<td><strong>$4</strong></td>
</tr>
<tr>
<td><strong>3.99</strong> Earthbound Farms Organic Carrot Linguine NOT AVAILABLE IN STORE - SPECIAL ORDER ONLY</td>
<td><strong>$5</strong></td>
</tr>
</tbody>
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**Healthy choices for even the busiest days.**

*Build a better lunch.*

- **2.99** Alvarado Street Bakery Sprouted Bread 24 oz., selected varieties
- **4.49** Food For Life Ezekiel Bread 24 oz., selected varieties

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**Make mealtime easy with help from your co-op.**

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19.99
Natures Way
Herbal Blend
Powder
NOT AVAILABLE IN STORE
- SPECIAL ORDER ONLY

24.99
Vega
Vega One Organic
Shake
NOT AVAILABLE IN
STORE - SPECIAL ORDER
ONLY

39.99
Ancient Nutrition
Collagen Protein
Powder
NOT AVAILABLE IN
STORE - SPECIAL ORDER
ONLY

15.99
Healthforce
Nutritionals
Truly Natural
Vitamin C Powder
171 g.

24.99
Garden Of Life
Elderberry
Gummies
NOT AVAILABLE IN
STORE - SPECIAL ORDER
ONLY

25.99
New Chapter
Bone Strength
Take Care
60 ct., selected varieties

2.79
Ecos
Dishmate
25 oz., selected varieties

5.99
Dr. Bronner’s
Pure Castile Soap
16 oz., selected varieties

get an A+ in health

SHOP THE CO-OP
Back-to-school season can bring about some unwelcome wellness woes. Stock up on supplements, essential oils and teas for you and your family to stay well no matter the season. The co-op is here to help!

Stay well no matter the season.

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Need a Boost?

All BriarPatch Brand Supplements On Sale 30% off September 4-17

3.99
Jason Deodorant Stick
2.5 oz., selected varieties

3.99
Himalaya Toothpaste
5.29 oz., selected varieties

6.99
Avalon Organics Shampoo or Conditioner
11 oz., selected varieties

24.99
Evanhealy Organic Facial Tonic HydroSoul
4 oz., selected varieties

Co-ops support products and services that ensure personal and planetary health—a legacy we can be proud to leave generations to come.

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