

October Specials

Another benefit of membership:
Take advantage of these sales all
month long, or preorder by the
case to take an additional 10% off!

MILTON CREAMERY

Prairie Breeze Cheddar
\$5.00 OFF/lb

MIGHTY ORGANIC

*local!
co-op!*

**Grass-fed
Beef Sticks**
2 for \$3

Reg. price \$2.39 each .75 oz

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FRONTIER

local!

Cinnamon
HALF PRICE

CO-OP'S OWN

L-Lysine
HALF PRICE

500 mg., 100 caps., reg. price \$11.99

MEMBER ONLY

HACKBERRY'S

ABOVE THE CO-OP!

Bistro

\$2.00/glass
Carlson Cold Brew

WESTBY

*local!
co-op!*

Butter
\$1.00 OFF
16 oz.

SWEET MEADOW FARMS

*local!
co-op!*

Grass-fed Milk
\$1.00 OFF
Half gallon, reg. price \$3.99

BULK

*organic!
co-op!*

**Equal Exchange
Chocolate Chips**
\$2.50 OFF/lb
Reg. price \$8.49/lb

CO-OP'S OWN

Melatonin
HALF PRICE

3 mg., 60 tabs., reg. price \$5.99