



**Springfield**  
**FOOD CO-OP**

Community owned since 1992

# MEMBER SPECIALS

Through November 30th



**Simply Organic**  
**Dip Mixes**  
**\$1.29**

regular price: \$1.49

**Wasa Light**  
**Rye**  
**Crispbread**  
**\$2.99**

regular price: \$3.49



**Simply Organic**  
**Vanilla Extract**

4oz

**\$15.99**

regular price: \$20.99



**Napa Valley**  
**Toasted Sesame**  
**Oil**

**\$5.99**

regular price: \$7.79

**Oregon's Wild**  
**Harvest Milk**  
**Thistle**  
90 Capsules

**\$21.99**

regular price: \$26.99



**Oregon's Wild**  
**Harvest Stress**  
**Guard**  
90 Capsules

**\$18.99**

regular price: \$26.99



**Evo Hemp**  
**Hemp Protein**  
**Powder**

**\$10.99**

regular price: \$12.99

# November Member Specials

## Grocery

Brand	Product	Regular Price	Sale Price
Napa Valley	Toasted Sesame Oil	\$7.79	\$5.99
Napa Valley	Sesame Oil	\$7.79	\$5.99
Simply Organic	Vanilla Extract	\$20.99	\$15.99
Simply Organic	Wild Mushroom Sauce	\$1.59	\$1.29
Simply Organic	Roasted Turkey Gravy Mix	\$1.59	\$1.29
Simply Organic	Ranch Dip Mix	\$1.49	\$1.29
Simply Organic	French Onion Dip Mix	\$1.49	\$1.29
Simply Organic	Guacamole Dip Mix	\$1.49	\$1.29
Simply Organic	Vanilla Flavoring	\$20.99	\$15.99
Wasa	Original Crispbread	\$3.99	\$3.49
Wasa	Light Rye Crispbread	\$3.49	\$2.99

## Supplements

Brand	Product	Regular Price	Sale Price
Evo Hemp	Hemp Protein Powder	\$12.99	\$10.99
Oregon's Wild Harvest	Milk Thistle, 90 Cap	\$26.99	\$21.99
Oregon's Wild Harvest	Garlic, 90 Cap	\$11.99	\$9.99
Oregon's Wild Harvest	Rhodiola, 60 Cap	\$21.99	\$16.99
Oregon's Wild Harvest	Astragalus, 90 Cap	\$15.99	\$11.99
Oregon's Wild Harvest	Sleep Better, 90 Cap	\$17.99	\$12.99
Oregon's Wild Harvest	Stress Guard, 90 Cap	\$26.99	\$18.99