



Springfield
FOOD CO-OP
Community owned since 1992

MEMBER SPECIALS

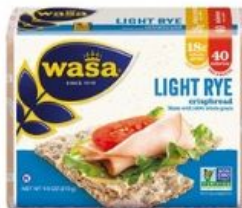
Through November 30th



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 |