

# Good Food Buzz Provides Local & Bulk Savings

The Good Food Buzz is the Co-op's monthly consumer education theme that highlights sales, savings, recipes and healthy living aspects of a chosen theme. For June the theme is Thrill of the Grill. For July the theme is Dog Days of Summer. For August the theme is Challenge Prep. Check the monthly display for all the details, brochures and tasty samples!



## June Specials

Co-op Bakery Banana Bread  
Made with Gluten Free Flour  
**\$4.79** Reg. \$5.30

Tofu Shop Spreads  
Everyday, Eggless, Habanero,  
Smoked, Garlic, and Dill  
**\$2.49-\$3.15** Reg. \$3.39-\$4.19

Dogwood Estates Pinot Noir  
Locally Grown and Produced in Willow Creek  
**\$13.95** Reg. \$17.25



## July Specials

Tio Tomaso's Salsa Verde  
Mild or Hot  
**\$2.15** Reg. \$2.29

Co-op Bakery Muesli  
5 Lb. Bag  
**\$13.50** Reg. \$14.75

Cabot Vineyards Zinfandel  
Locally Grown and Produced in Orleans  
**\$13.95** Reg. \$17.95



## Basic Bulk Buys

Stock up and Save  
on Organic Grains and Beans  
from the Co-op's Bulk Department

### June Basic Bulk Buys

Organic Green Lentils  
**\$1.19/lb.** Reg. \$1.79

Organic Pinto Beans  
**\$1.09/lb.** Reg. \$1.59

Organic Red Quinoa  
**\$2.99/lb.** Reg. \$4.35

### July Basic Bulk Buys

Organic Yellow Split Peas  
**\$.99/lb.** Reg. \$1.49

Organic Small White (Navy) Beans  
**\$1.39/lb.** Reg. \$1.95

Organic Hulled Sunflower Seeds  
**\$2.39/lb.** Reg. \$3.49

### August Bulk Buys

Organic Yellow Popcorn  
**\$.79/lb.** Reg. \$1.25

Organic Pearled Barley  
**\$.99/lb.** Reg. \$1.59

Organic Black Beans (USA)  
**\$1.19/lb.** Reg. \$1.69

## August Specials

Humboldt Bay Coffee  
All Flavors in bulk  
**\$6.99/lb.** Reg. \$8.99/lb.

Tofu Shop Organic Tofu  
Water Pack 14 oz.  
**\$2.29** Reg. \$2.79

Co-op Bakery Pie Shells  
2 pack, frozen.  
Regular, or made with gluten free flour  
**\$3.55** Reg. \$4.45

