

Member-Owner Deals

Oct 16 - 29


**OCTOBER IS
MEMBER-OWNER
APPRECIATION
MONTH!**

Grown in IA

2.99/ea.

**Organic
Large Gourds**

Reg. 4.49



.99/ea.

**Organic
Small Gourds
Mini Pumpkins (Wisconsin)**

Reg. 1.49



Produced In-House



4.49/lb.

**Deli Fresh
Mashed Potatoes**

Reg. 5.49/lb.



Le Mars, IA

9.99

**Beeler's Pork
Nitrate-Free Bacon
16 oz.**

Reg. 11.99



4.99

**Biotta
Organic Beet Juice
16.9 oz.**

Reg. 6.99



7.49

**Biotta
Organic Elderberry Juice
16.9 oz.**

Reg. 9.49

*Sales good while supplies last.



Valley NATURAL
FOODS™

Member-Owner Deals

Oct 16 - 29

Minneapolis, MN



24.99

Botanical Lucidity
Mushroom Longevity or
Adaptogenic Golden Chai
20 servings

Reg. 29.99

11.99

Salt Works
Epsom Salt
5 lb.

Reg. 14.99

REGISTER ROUND-UP

OCTOBER IS NATIONAL COOPERATIVE MONTH!
THIS MONTH, ROUND-UP CONTRIBUTIONS WILL GO TO :

THE VALLEY NATURAL FOODS COOPERATIVE COMMUNITY FUND

EACH YEAR, INTEREST EARNED ON OUR CCF FUND WILL BE DONATED TO A LOCAL NON-PROFIT ORGANIZATION.

OUR CCF IS SPONSORED BY
TWIN PINES COOPERATIVE
FOUNDATION



SCAN CODE TO
LEARN MORE
community.coop/ccf/



**OCTOBER IS
MEMBER-OWNER
APPRECIATION
MONTH!**

Double Discount

YOUR ONCE-MONTHLY
MEMBER-OWNER
DISCOUNT WILL DOUBLE
FROM 5% OFF TO 10%
OFF IN OCTOBER!

Become a Member-Owner Today!

JOIN DURING OCTOBER
TO ENJOY ALL THE
OCTOBER PERKS
AND MORE!

Member Mondays

MEMBER-OWNERS
CAN GET A FREE
SELF-SERVE 16 OZ.
DRIP COFFEE EVERY
MONDAY IN OCTOBER!

Member-Owner In-Store Giveaway

LOOK FOR THE SIGN-UP
SIGNAGE INSTORE!