



Member-Owner Deals

Nov 13 - Dec 3



1.19/lb.

Local & Organic
Acorn, Spaghetti &
Buttercup Squash



Reg. 1.99/lb.

Fresh Baked In-House



4.99

Bakery Fresh
Pumpkin Cupcakes
4-Pack



Reg. 6.99



20% off

All Floral Bouquets



Reg. 9.99 - 24.99



6.99

La Terra Fina
Dip & Spread
All Varieties
10 oz.

Reg. 8.99



2/\$10

Stone Fire
Naan Dippers
7.5 oz.

Reg. 5.99



6.99

Beeler's
Uncured Wiener "Big Dog"
12 oz.



Reg. 7.99

Produced in St. Paul, MN



2/\$10

Janet's Finest Compotes
Jalapeno-Berry Compote
Assorted Flavors
5.5 oz.

Reg. 6.99

*Sales good while supplies last.



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Craize
Sweet Corn Crackers, 4 oz.

3.69
Reg. 5.49

While supplies last Sale good Oct 30-Dec 3

Look for additional Member-Owner Deals on selected items from the following brands:

GROCERY DEPT.

- Beyond Good
- Craize
- Dr. Squatch
- Evamor
- Mr. Bing
- Mrs. Miller
- Patience Fruit Co.
- Soom
- Suckerpunch

WELLNESS DEPT:

- Natural Path Silver Wings
- Natural Stacks
- YouTheory

Not a member-owner? Start enjoying the benefits of co-op member-ownership by joining today!



www.valleynaturalfoods.com/signup

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HOLIDAY CATERING MENU

Orders must be placed 3 days in advance of pick-up date.



SCAN THIS QR CODE TO ORDER HOLIDAY CATERING!

SCAN THIS QR CODE TO SEE THE DIGITAL HOLIDAY CATERING MENU!



REGISTER ROUND-UP

NOVEMBER REGISTER ROUND-UP CONTRIBUTIONS GO TO:



FREE HOLIDAY EVENT ALL ARE WELCOME!

FRIDAY, DECEMBER 6 | 5 - 8 PM
DIAMONDHEAD EDUCATION CENTER



ROUND-UP DONATIONS WILL GO TO SUPPLIES FOR STRUGGLING FAMILIES, LOW-INCOME SENIORS AND OTHERS EXPERIENCING CHALLENGING TIMES. EACH YEAR, BURNSVILLE POLICE AND CITY DEPARTMENTS TEAM UP WITH COMMUNITY PARTNERS TO DELIVER SMILES AND CHEER AT THIS EVENT TO SUPPORT THOSE STRUGGLING.