

# Member-Owner Deals

Dec 18-31



Grown in MN



**15% off per lb.**

**Organic**  
Bulk Mushrooms  
Crimini, White, Portabella, Shiitake, Lion's Mane



Reg. prices vary.

Freshly made in-house



**4.99**

**Bakery Fresh**  
Cupcakes  
Assorted Varieties-4 pk.



Reg. 6.99

Produced in WI



**17.99/lb.**

**Widmer's Cheese Cellars**  
2-Year Aged Cheddar



Reg. 19.99/lb.

Freshly made in-house



**6.99/lb.**

**Deli Fresh**  
Spinach Dip



Reg. 8.99/lb.

Raised in IA



**7.99**

**Beeler's Pork**  
Fully Cooked Lil' Bites  
16 oz.



Reg. 8.99



**4.99**

**Divina**  
Crisps  
Sea Salt or Rosemary  
6 oz.

Reg. 5.99

Freshly made in-house



**5.49/lb.**

**Deli Fresh**  
Valley Natural Foods  
BBQ Sauce



Reg. 7.49/lb.



**5.99**

**Brazi Bites**  
Brazilian Cheese Bread  
Cheddar & Parmesan, Garlic & Asiago,  
Everything Seasoning - 11.5 oz.

Reg. 6.79

\*Sales good while supplies last.



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**Member-Owner Deals**

Simply Organic Ranch Dip Mix  
1.5 oz.

**2/\$3**

Reg. 1.99

**Member-Owner Deals**

Simply Organic Guacamole Dip Mix  
.8 oz.

**2/\$3**

Reg. 1.99

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

- Frontier Spices
- Nona
- Republic of Tea
- Saverne
- Simply Organic
- Sun Tropics
- YouTheory

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



[www.valleynaturalfoods.com/signup](http://www.valleynaturalfoods.com/signup)

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## HOLIDAY CATERING MENU

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



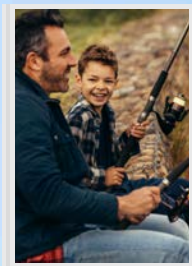
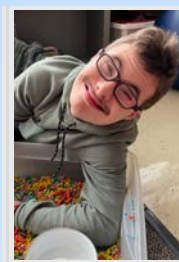
SCAN THIS QR CODE TO ORDER HOLIDAY CATERING!

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



## REGISTER ROUND-UP

DECEMBER REGISTER ROUND-UP CONTRIBUTIONS GO TO:



### CHROMIE HOMIE

Chromie Homie Foundation serves families in the special needs community to revive a love for the outdoors. They know it takes a village to raise a child, and they're helping the caretakers, parents, siblings, and loved ones enjoy the outdoors by exploring, fishing, nature walks and star gazing. Making memorable experiences for entire families.