

Sale prices valid September 30-October 20

GOOD FOODS CO-OP OWNER DEALS

ON FRESH, FAIR, LOCAL AND ORGANIC FOOD



Organic
Bartlett
Pears

3 lb bag

\$3.99 PER BAG

reg \$5.99

Organic Broccoli

\$1.79/lb

reg \$3.99



Hass Organic
Avocado

2 for \$3

reg \$2 each



Chuck Roast

Grass fed, all natural

\$4.99/lb

reg \$6.99



Good Foods Dinner Rolls

6 pack

\$2.69 ea

reg \$3.69



house
made

Good Foods
Wheat Free
Chicken &
Rice Soup

*Located in Grab & Go,
30 oz only*

\$5.99 ea

reg \$7.99

Easy Spaghetti Squash Recipe

Ingredients

1 small spaghetti squash, 2 1/4 lbs
2 1/2 tablespoons butter
2 1/2 tablespoons finely chopped mixed
soft herbs, such as basil, chives etc.
1/2 teaspoon salt
1/8 teaspoon black pepper

Directions

Preheat the oven to 375 degrees F.
Using a sharp knife, cut the squash in
half lengthwise and place, cut side down,
in a baking dish. Add enough water to
come 1/2-inch up the sides of the bak-
ing dish and cover with aluminum foil.
Bake for 45 minutes, until the squash is
easily pierced with a paring knife. Turn
squash over and cover with foil again
and continue to cook another 15 minutes,
until the squash is very tender. Remove
from the oven, uncover, and allow to
cool slightly. Using a spoon, remove the
seeds and discard. Using a fork, gently
pull the strands of squash away from the
peel and place the squash strands into
a mixing bowl. Heat a skillet. Add the
butter, spaghetti squash, herbs, salt and
pepper and toss thoroughly but gently
to heat and combine. Serve immediately
or cover and keep warm until ready to
serve. *Recipe courtesy of Emeril Lagasse.*



Organic
Butternut,
Acorn
& Spaghetti

99¢/LB

reg \$1.99

Sale items are available at Good Foods Co-op while supplies last. Sorry, no rain checks. We reserve the right to correct any printed errors.

JOIN THE CO-OP TODAY AND SAVE!
BECOME AN OWNER FOR AS LITTLE AS \$25 A YEAR.



**Napa Valley Organic
Extra Virgin Olive Oil**
25.4 oz

\$7.99 ea
reg \$12.99



**Andolina Shredded
Parmesan Cheese**
\$5.99/lb
reg \$8.99



Field Day Organic Pasta
All varieties including gluten free,
12-16 oz

3 for \$4
reg \$1.99-\$3.49



**Field Day Organic
Pasta Sauce**
All varieties, 26 oz

3 for \$5
reg \$2.99



Field Day Organic Broth
All varieties, 32 oz

3 for \$5
reg \$2.29



**Field Day Organic
Maple Syrup**
All varieties, 8-32 oz

40% off
reg \$6.49-\$19.99



**Santa Cruz Organic
Peanut Butter**
Creamy only, 16 oz

\$3.99 ea
reg \$6.59



**Field Day Organic
Canned Vegetables**
*Whole Kernel Sweet Corn,
Sweet Peas and Cut Green
Beans, 14.5-15.25 oz*

10 for \$10
reg \$1.69



**Field Day Organic
Canned Beans**
*Black, Red Kidney, Garbanzo,
Pinto, Refried, Maple Onion and
Baked Beans, 15 oz*

10 for \$10
reg \$1.49



**Field Day Organic
Blue Corn Tortilla Chips**
8 oz

\$1.69 ea
reg \$1.99



Field Day Organic Salsa
All varieties, 16 oz

2 for \$4
reg \$2.99



**Field Day Organic
Baby Wipes**
Refill packs, 72 count

\$1.99 ea
reg \$2.99



Field Day Bath Tissue
4 rolls, 286 count

\$1.99 ea
reg \$3.99