

The Free Market Family Member's Specials		
Feb-12		
Organic Produce	Price	Savings
Fuji Apples	\$ .79	Save .20
Oranges	\$ .79	Save .20
Carrots 1 lb Bag	\$ .99	Save .30
Broccoli	\$2.39 lb	Save 1.00 lb
Romaine Hearts (3 pack)	\$2.99	Save 1.00
Acorn Squash	\$1.19	Save .40 lb
Gold Potatoes	\$ .99 lb	Save .20 lb
Gold Potatoes 5 lb Bag	\$4.95 lb	Save 1.00 lb
Refrigerated Items		
Wallaby Yogurts All flavors	.99	Save .20
Follow Your Heart Veganise: All 16 oz Varieties	Save \$1.00	Save 1.00
Light Life Smart Slices Lunch "meat" Ham, Balogna & Turkey	Save \$ .70	Save .70
Organic Valley Half & Half Regular or Hazelnut	Save \$ .40	Save .40
Castle Rock Bulk Cheeses: 3 Kinds	Save \$1.00	Save 1.00
Amanda Yogurts: All Kinds	\$1.29	Save .50
Frozen		
Food For Life Ezekial English Muffins	Save \$1.00	Save 1.00
Organic Prairie Boneless Skinless Chicken Breasts	\$9.99 lb	Save 2.00 lb
Food For Life Sprouted Corn Tortillas	\$2.39	Save 1.00
Sheltons Breakfast, Italian & Sausage Patties	\$5.29	Save .75
Beltie Grass Fed Ground Beef	5.59LB	Save 1.00LB
Beltie Grass Fed Beef Rib Eye Steaks	15.49LB	Save 2.00 lb
Navarino Elk Stew Meat	7.95LB	Save 1.00LB
Wis Bison Buffalo Chuck Roasts	6.59LB	Save 1.00LB
Grocery		
Rudi's Flats Whole Wheat Bagels, or Breads	3.29	Save 1.70
Knudsen Very Veggie Juices	Save 2.00	Save 2.00
Newman's O's Cookies	3.99	Save .60
Crown Prince Tuna Salte or NS	2.59	Save 1.00
Nature's Path Enviro Kidz Cereals	3.69	Save .50
Nature's Path Instant Oatmeal	3.59	Save .80
Earth Balance Peanut Butters	4.39	Save 1.00
Spectrum Sunflower Oil 16oz	5.99	Save 1.70
Spectrum Safflower Oil 32oz	8.49	Save 1.36
Spectrum Grapeseed Oil 16oz	9.59	Save 1.00
Blue Diamond Almond & Coconut Milk	1.99	Save .60
Dr. Bronner's Coconut Oil	9.29	Save 1.00

Rudi's Breads Cracked wheat, Honey Sweet, White, 100%	\$3.79	Save .80
Endangered Species Chocolate Bars	2.39	Save 1.00
<b>New Items/Coming Soon!</b>		
Lundberg Organic Cracked Pepper & Spicy Bk Bean Chips	\$3.19	Save 1.00
Fresh Baked M-Sat: Rosemary Olive Bread	\$3.69	Save 2.50
Bionature Organic Tomatoe Paste in Glass	2.29	Save .50
<b>Bulk Items</b>		
ACOCA Local Organic Coffees	12.99LB	Save 1.00LB
Black Turtle Beans Organics	1.49LB	Save .30LB
Yellow Popcorn Organic	1.49LB	Save .40LB
<b>Wine &amp; Beer</b>		
New Glarus Six Packs	7.49	Save 1.00
Pacific Redwood Pinot Wine	8.99	Save 1.00
Pacific Redwood Cab Wine	8.99	Save 1.00
Pacific Redwood Red Wine	8.99	Save 1.00
Pacific Redwood Syrah	8.99	Save 1.00
Frey White Zinfandel Wine	7.49	Save 1.00
Frey Sauvignon Blanc Wine	9.49	Save 1.00
Paul Dolan Sauvignon Blanc Wine	14.99	Save 1.00
Natura Sauvignon Blanc Wine	9.49	Save 1.00
<b>Gluten Free Savings</b>		
Kettle Cuisine GF Soups	2.89	Save 1.00
Tinkyada Organic GF Pasta	3.39	Save 1.00
Tinkyada Regular GF Pastas	2.89	Save 1.00
Udi's Muffins	4.99	Save 2.00
Udi's Cinnamon Rolls	5.59	Save 1.50
Tree of Life GF Cookies	2.69	Save 1.30
NEW Eco Planet Toaster Pastries	3.99	Save 1.00