



November 2018

## Mother Nature's Food



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We will be closed  
Thursday, November 22nd  
BUT...

Join us November 23rd and 24th for a  
**HUGE SALE**  
to celebrate Black Friday and  
Small Business Saturday!!!

**20% off**  
**All Supplements**  
**All Protein Powders**

Stock up for yourself and your family! If you need more product than what we have in stock, pre pay to get the 20% off and we'll order it for you!

But wait...there's more!!!  
**SPIN THE WHEEL AND EVERYBODY WINS!**

On Friday and Saturday,  
come in and spin our  
wheel of prizes.

\*Limit one spin per purchase



## Sales for the Entire Month!



**20% Off**

All NOW essential oil diffusers

**\$21.59-\$39.99**

Reg. \$26.99-\$49.99



**Coming Soon!**

NOW Ultrasonic Real Bamboo  
Essential Oil Diffuser

**\$39.99**

Reg. \$49.99

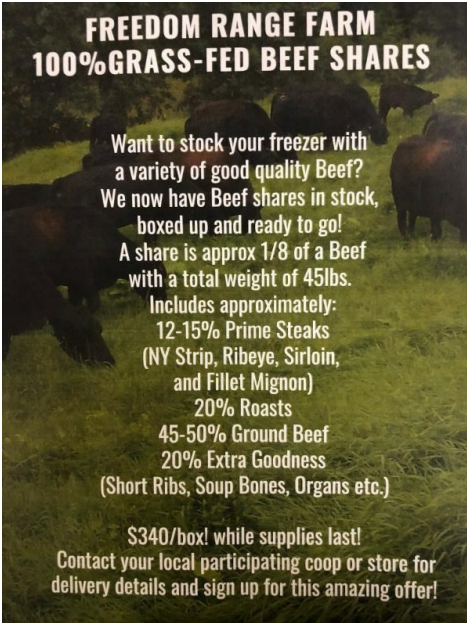
## Get your turkeys!



-No preservatives  
-Fed a Non-GMO Vegetarian Diet  
-Fed no animal by-products  
-Fed no antibiotics EVER  
-Raised without added hormones  
**\$2.59/#**  
Reg. \$3.79/#

Cadia  
Jellied Cranberry Sauce  
**\$2.59**  
Reg. \$2.99

## NEW



**FREEDOM RANGE FARM  
100% GRASS-FED BEEF SHARES**

Want to stock your freezer with a variety of good quality Beef? We now have Beef shares in stock, boxed up and ready to go! A share is approx 1/8 of a Beef with a total weight of 45lbs. Includes approximately:  
12-15% Prime Steaks (NY Strip, Ribeye, Sirloin, and Fillet Mignon)  
20% Roasts  
45-50% Ground Beef  
20% Extra Goodness (Short Ribs, Soup Bones, Organs etc.)

\$340/box! while supplies last!  
Contact your local participating coop or store for delivery details and sign up for this amazing offer!

## Mother Nature's Food Employee Approved!

Come in and prepay for your beef share. Delivery dates in November will be Wednesday November 14th and Wednesday November 28th.

**Visit our website!**

Monday-Friday: 9am-7pm  
Saturday: 9am-5pm  
Sunday: CLOSED

