

October 2024

Mother Nature's Food



!! URGENT HELP NEEDED !!

Name our new Member

Our new plant, a Ficus Elastica is front and center and wants to feel included.

To help us name it, click the button below (Facebook Page), find the picture of the plant you see to your right and comment on that post to be considered for our final 3 names! We will be choosing in November so you have a chance to get involved all of October!



[Facebook Page](#)

Food Sale Items!

Wixter
American Shrimp
Sale \$12.49
Reg. \$17.89



Buddha Tea

Chamomile, Dandelion, Elderberry,
Hibiscus, Milk Thistle, Nettle,
Raspberry, Turmeric Ginger,
Ashwagandha, Mullein & Lavender

Sale \$4.99
Reg. \$6.99-\$7.19



Farmer Direct

Regular Rolled Oats, Quick Rolled
& Old Fashioned

Sale \$4.99

Reg. \$6.29



Love Corn

Sea Salt Corn Bites

Sale \$3.29

Reg. \$4.59



Made In Nature

Dried Fruits

(Apricots, Plums & Figs)

Sale \$4.99

Reg. \$6.69



Made In Nature

Figgy Pops

(Cranberry, Cherry & Chocolate)

Sale \$4.69

Reg. \$6.29



Alo

Aloe Beverage

(Pomegranate, Comfort, Crisp & Blush)

Sale \$1.99

Reg. \$2.99



Fulfil

Peanut Butter Choc Bar &
Choc Peanut Butter Caramel

Sale \$2.39

Reg. \$2.99



Mauna Loa

Macadamia Nuts

(Sea Salt & Garlic Onion)

Sale \$7.99

Reg. \$9.89



Quinn
 Pretzels
 (Peanut Butter, Pizza & Maple Butter)
Sale \$5.29
 Reg. \$7.09



Food For Life
 English Muffin
Sale \$4.99
 Reg. \$7.99



Cadia
 Organic Unfiltered Apple Juice
Sale \$6.99
 Reg. \$9.99



Catalina
 Fruity Cereal Cinnamon Toast
 & Apple Cider Donut
Sale \$7.99
 Reg. \$10.29



Cadia
 Organic Cranberry Jellied or
 Whole
Sale \$2.99
 Reg. \$3.99



Zoup
 Butternut Squash Soup
Sale \$4.69
 Reg. \$6.79



Miss Jones

Banana Bread & Blueberry
Muffin Mix

Sale \$5.49

Reg. \$6.99



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Curamin & Curamed

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(Inulin & Maca)



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Oil Of Oregano

Zinc Bisglycinate

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Comvita

Day & Night Cough Syrup

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Reg. \$15.29



Pranarom

All Products

20% Off

Reg. \$6.99-\$54.99

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