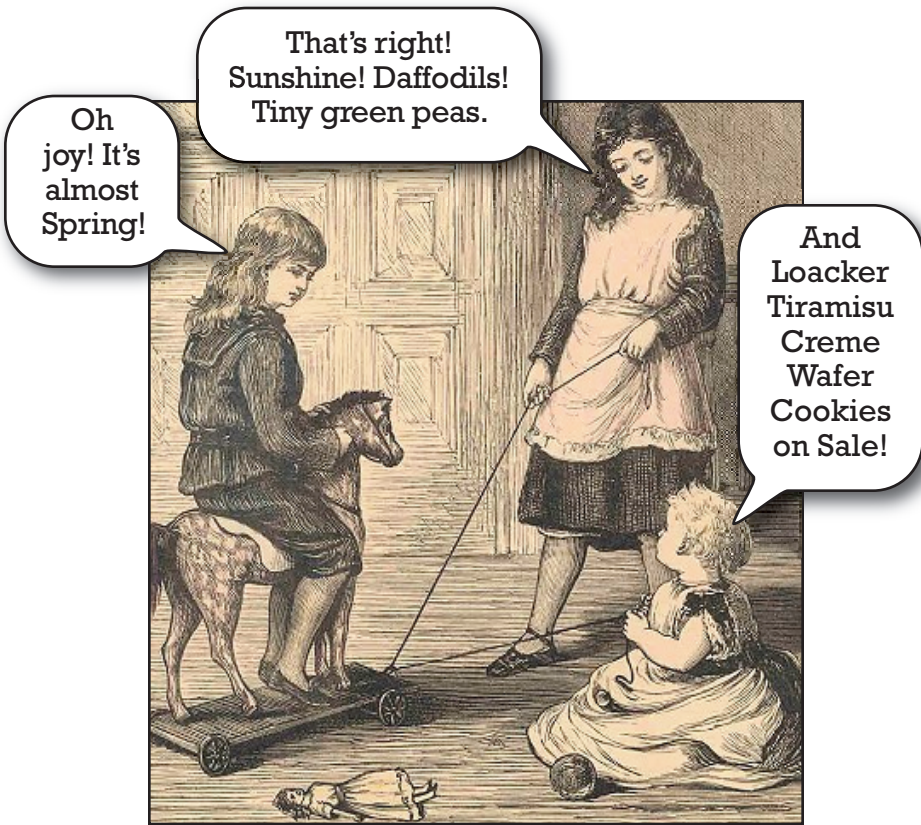


**Good Tern
Natural Foods**

Sales Flyer



All flavors on sale!

Liberte Meditteranee Yogurt

6 oz. \$1.00

This really takes yogurt to an entirely different level. In fact, it takes yogurt to the level of cheesecake eaten in Paris with someone you love deeply. And for this price, you can go to this happy place frequently.

Olive Oil of the Month
Napa Valley Naturals
Organic Extra Virgin Olive Oil



INCREDIBLY \$9.99 (REG. 15.69)

Deep and fruity, fabulous on winter salads and unrivaled in sauces. Such a bargain, and in such a pretty bottle.

Westbrae and Eden **ORGANIC BEANS**

\$1.69 and \$1.79

Two fine companies conspire to lower the cost of chili, winter soups and cassoulet. Join them in their efforts!

Ezekiel 4:9 **ORGANIC CEREAL**

\$4.99 (reg. 6.39)

Good, basic, familiar – and quite the winter morning value!

Amy's **FROZEN PIZZA**

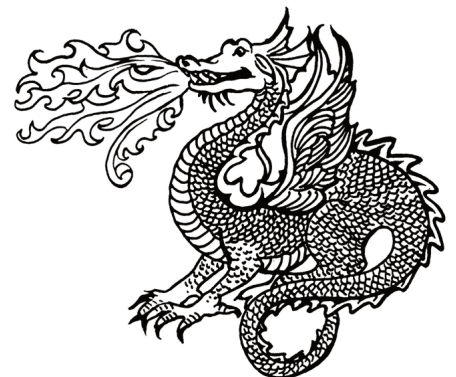
\$5.49 (reg. 7.29)

These are delicious and the single serving size eliminates the obligation to share it with anyone.

Garden of Eatin' **ORGANIC BLUE CORN CHIPS**

\$3.79 (reg. 5.69)

The Red Hot version of these is also on sale. Try both!



**SANTA CRUZ
Organic
Peanut Butter**

\$4.49 (reg. 5.49)

Creamy and comforting,
at a price that
encourages slathering.



**CROFTER'S
Organic
Fruit Spreads**

\$3.69 (reg. 4.69)

A witty little friend to
accompany your
jar of peanut butter.
(See above.)

**Woodstock
ALMOND BUTTER**

\$7.99 (reg. 10.99)

A warning – this stuff is rather
addictive.

**Natural Sea
TUNA AND
SALMON**

\$1.99 and \$2.79

For sandwiches, anti-pasto or
those exciting molded aspics
from 1952!

**Good Tern
Natural Foods**

CO-OP & CAFÉ

COOPERATIVELY OWNED SINCE 1980

750 Main St. Rockland ME 04841

207-594-8822 • GOODTERN.ORG

Monday–Saturday, 9–6

 **Handy Shopping List**

GROCERY

- Liberte Mediterranee
Yogurt 1.00 (reg. 1.29)
- Santa Cruz Organic
Peanut Butter 4.49 (reg. 5.49)
- Crofter's Organic
Fruit Spreads 3.69 (reg. 4.69)
- Westbrae Natural
Organic Beans 1.69 (reg. 2.39)
- OrganicVille Salad
Dressings 3.39 (reg. 4.39)
- Jungle Organic
Shortening 4.19 (reg. 5.19)
- Arrowhead Mills
Organic Unbleached
White Flour 5.29 (reg. 6.59)
- Wasa Crispbreads 2.29 (reg. 3.19)
- Familia Swiss
Muesli 5.69 (reg. 8.19)
- Ezekiel 4:9 Organic
Cereal 4.99 (reg. 6.39)
- Woodstock Farms
Almond Butter 7.99 (reg. 10.99)
- Napa Valley Naturals Org. Extra
Virgin Olive Oil 9.99 (reg. 15.69)
- Eden Organic Beans 1.79 (2.49)
- Natural Sea Tuna 1.99 (reg. 2.49)
- Natural Sea
Salmon 2.79 (reg. 2.89)
- Woodstock Farm Organic
Goji Berries 8.39 (reg. 11.99)
- Pacific Organic
Chicken Broth 3.29 (reg. 4.19)
- Natural Sea Tuna
and Salmon 1.99 and 2.79

FROZEN

- Amy's Mexican
Entrees 3.50-3.99 (reg 4.89-5.99)
- Amy's Bistro
Burgers 4.69 (reg. 6.49)
- Amy's Single Serve
Pizzas 5.49 (reg. 7.29)
- French Meadow
Organic Breads 6.49 (reg. 9.29)
- Organic Bistro
Whole Life Meals 5.79 (reg. 7.59)
- World Catch
Salmon Burgers 7.29 (reg. 10.49)
- Rising Moon Organics
Entrees 4.39 (reg. 5.99)

BEVERAGES

- Traditional Medicinals
Organic Teas,
selected varieties 3.99 (reg. 5.59)
- Santa Cruz Organics Juices,
selected varieties 3.69 (reg. 4.99)
- San Pellegrino Sparkling
Mineral Water 1.59 (reg. 2.39)

HEALTH AND BEAUTY

- Biokleen Liquid Laundry
Detergent 9.99 (reg. 13.99)
- Lifetree Products Natural
Bathroom Cleaner 4.49 (reg. 6.39)
- Dr. Bronner's Organic
Lavender Shikakai Hand
and Body Soap
9.49 (reg. 14.99, SAVE 5.50!)
- South of France Lavender
Liquid Soap 6.99 (reg. 10.79)
- Kiss My Face Fragrance Free
Moisture Shave 5.29 (reg. 7.99)
- Naturally Fresh Crystal Roll-On
Deodorant 2.69 (reg. 3.99)

SNACKS AND SWEETS

- Locker Quadratini
Chocolate Bite Size Wafer
Cookies 3.59 (reg. 4.49)
- Newman's Organic
Fig Newmans 3.69 (reg. 4.99)
- Garden of Eatin' Organic
Blue Corn Chips 3.79 (reg. 5.29)
- Back to Nature Classic
Crème Cookies 3.50 (reg. 4.69)
- Clif Bars 1.00 (reg. 1.69)

