

LAKEWINDS
FOOD CO-OP

OWNER APPRECIATION MONTH

Owner Deals pricing valid
Oct. 19-Nov. 1, 2022
while supplies last



GROCERY & BULK

	Sale price	Reg. price
Cafe Altura Instant Coffee	\$7.99	\$10.99
Just Coffee - All Packaged Varieties ♥	\$8.99-10.99	\$10.99-12.99
Chiya Chai Tea - All Varieties ♥	\$9.99	\$10.99
Rishi Tea - All Varieties ♥	\$7.99	\$8.99
Skinny Dipped Nuts - All Varieties	\$3.99	\$5.29
Smude's Sunflower Oil ♥	\$9.99	\$11.99
Soler Romero Extra Virgin Olive Oil	\$15.99	\$17.99
Coco Bee & Nut Granola - All Varieties ♥	\$8.99	\$9.99
Seven Sundays Cereal & Muesli - All Varieties ♥	\$4.49-6.49	\$6.49-8.99
Bolton Bees Honey - All Varieties ♥	\$4.99-6.99	\$5.99-9.99
Skinny Sticks Maple Syrup ♥	\$7.99-11.99	\$9.99-13.99
Good Life Nut Butters - All Varieties ♥	\$3.99-10.99	\$5.99-13.99
Sunrise Flour Mill Organic Heritage White Flour ♥	\$2.19/lb	\$3.49/lb
Whole Grain Milling Popcorn - Yellow & White ♥	\$1.99/lb	\$2.69/lb
Stacey's Organic Tortillas - All Varieties ♥	\$3.99-4.99	\$4.99-5.99
MinnTofu - All Varieties ♥	\$1.69	\$2.29
Woodstock Ravioli - All Varieties	\$6.99	\$9.49
Italpizza - All Varieties	\$5.99	\$8.99
20-Mile Organic Custard - All Varieties ♥	\$5.99	\$7.99

DELI & CHEESE

Scratch-Made Beef Chili - 1 Quart ♥	\$8.99	\$10.99
Milton Creamery Prairie Breeze Cheddar ♥	\$12.99/lb	\$17.99/lb
Milton Creamery Caramelized Onion Cheddar ♥	\$8.99/lb	\$12.99/lb

MEAT & SEAFOOD

Housemade Currywurst Sausage - <i>NEW ITEM</i> ♥	\$4.99/lb	\$6.99/lb
Thousand Hills Grass-Fed Beef Short Ribs ♥	\$10.99/lb	\$14.99/lb
Peterson Dry-Aged Beef Flank Steak ♥	\$12.99/lb	18.99/lb
Kadejan Chicken Drumsticks ♥	\$1.79/lb	\$3.79/lb
Morey's Wild Caught Cod Fillets	\$11.99/lb	\$14.99/lb

WELLNESS

Herb Pharm Ashwagandha Extract - 1 oz.	\$12.99	\$16.99
New Chapter Bone Strength Take Care - 60 ct.	\$19.99	\$30.99
Life Factory - All Items	20% Off	
True Grace - All Items ♥	25% Off	
Master Supplements - All Items ♥	25% Off	