

GROCERY & BULK

	Owners price	Reg. price
Patagonia Provisions crackers	\$3.99	\$5.99
RISHI boxed tea ♥	\$5.99	\$8.99
Bare Honey products ♥	\$8.99-31.99	\$11.49-37.99
Baker's Field flour ♥	\$8.99	\$9.99
Fika Coffee <i>(select packaged varieties)</i> ♥	\$11.99-12.99	\$14.99-19.99
Kettle Foods potato chips <i>(13 oz.)</i>	\$4.49	\$6.49
Michel et Augustin cookies	\$2.99	\$5.49
Outstanding Foods cheese balls	2/\$5	\$3.79
Jake's Strong Ginger <i>(4 oz. & 32 oz.)</i> ♥	\$3.99-11.99	\$4.99-14.99
Bliss Gourmet granola ♥	\$4.99	\$7.49
Against the Grain gluten-free pizzas	\$10.99	\$12.99
Good Belly probiotic juices	2/\$6	\$4.49
Dough Gold cookie dough ♥	\$5.49	\$6.99
Falafel King hummus and dips ♥	\$3.49	\$4.49
Bergin chocolate covered peanuts <i>(bulk)</i> ♥	\$6.99/lb	\$9.99/lb
Bergin blueberry, raspberry, and peanut butter covered pretzels <i>(bulk)</i> ♥	\$8.99/lb	\$10.99-12.99/lb

DELI & BAKERY

Cranberry chicken salad	\$10.99/lb	\$12.99/lb
Chicken almond salad	\$10.99/lb	\$12.99/lb
Moroccan chicken breast	\$12.99/lb	\$15.99/lb
Grilled chicken breast	\$12.99/lb	\$15.99/lb
Bakehouse banana cake slice	\$9.99/lb	\$11.99/lb
Bakehouse vegan chocolate cake slice	\$9.99/lb	\$11.99/lb
Fromage D'affinois	\$13.99/lb	\$16.99/lb

WELLNESS

Zatik shampoo & conditioner	\$6.99	\$9.99
Mickelberry Gardens ginger tonic <i>(4 & 8 oz.)</i>	20% off	
Lakewinds private label supplements	20% off	

MEAT & SEAFOOD

Check out our Fall Meat Sale to enjoy deep discounts on your favorite sustainably raised meats & seafood October 1 through 28, while supplies last.

Prices valid October 18 through 31, 2023, while supplies last. ♥ Local



LAKEWINDS
FOOD CO-OP

WE LOVE OUR OWNERS



Enjoy these special deals October 18 - 31, 2023