

# LAKEWINDS FOOD CO-OP



# OWNERS *get the* BEST DEALS

Enjoy these special deals October 1 - 21, 2025

# GROCERY

	Owners pay	Sale price	Regular price
Spyhouse Coffee (10 oz) ♥	\$12.99	\$13.99	\$16.99
Lovebird cereal ♥	\$5.99	\$6.99	\$7.99
Baker's Field flour (4 lb) ♥	\$7.99	\$8.49	\$9.99
Huxley energy drinks ♥	2/\$4	\$2.29	\$2.99
Second Nature nut medleys (14 oz)	\$6.99	\$7.99	\$9.99
Fizzeology simply kraut ♥	\$7.99	\$8.99	\$9.99
GTs kombucha (48 oz)	\$6.49	\$7.49	\$9.99
Jonny Pops (select varieties) ♥	\$4.99-6.49	\$5.39-6.99	\$6.49-7.99

# BULK

Bergin yogurt-covered pretzels	\$9.99/lb	\$10.99/lb	\$14.99/lb
Peace Coffee ♥	\$10.99/lb	\$13.99/lb	\$16.99/lb
Lakewinds Bakehouse cranberry almond granola	\$9.99/lb	\$10.99/lb	\$11.99/lb

# DELI & CHEESE

Hot bar soup (32 oz)	\$8.99	\$9.99	\$12.99
Brussels & kale salad	\$11.99/lb	\$13.99/lb	\$14.99/lb
Salmon, grilled or maple glazed	\$26.99/lb	\$28.99/lb	\$30.99/lb
Bongard's cheeses (16 oz) ♥	\$4.59	\$5.59	\$6.99

# WELLNESS

Ollois homeopathic items	25% off	20% off
Master Supplements ♥	25% off	20% off
Lakewinds brand supplements	20% off	15% off
Herb Pharm products	25% off	20% off

# MEAT & SEAFOOD

Check out our Fall Meat Sale Oct. 5 through Nov. 1, while supplies last.

Prices valid Oct. 1 through 21, 2025, while supplies last. ♥ Local