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APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024 APRIL 2024

CASCADIAN FARM
Organic frozen blackberries

\$5.29 /10oz
Regular price **\$7.59**



GARDEIN
Seven Grain Plant-Based
Crispy Tenders

5.29 /9 oz
Regular price **\$7.19**



GARDEIN
Plant-Based Meatballs

\$5.29 /12.7 oz
Regular price **\$7.19**



CASCADIAN FARM
Organic frozen mixed vegetables

\$4.29 /16oz
Regular price **\$5.99**



VERITAS FAMILY FARMS
Andouille Sausage

\$20% off /per pound



ANNIE'S NATURALS
ORGANIC DRESSINGS

Caesar
French
Goddess
Green Goddess
Thousand Island

\$5.29 /8 oz
Regular price **\$7.19**



ORGANIC SYNERGY KOMBUCHA
Gingerade
Trilogy

\$2.99 /16 fl oz
Regular price **\$4.59**



SUNJA'S ORIENTAL FOODS
Medium Spicy Kimchi

\$5.99 /16 oz
Regular price **\$7.59**



MARY'S CONE CRACKERS

Organic Original
Organic Herb
Organic Super Seed Classic
Organic Superseed Everything

\$5.29 /5.5-6.5 oz
Regular price **\$6.99**



Organic Real Thin Garlic
Organic Real Thin Sea Salt

\$4.49 /5 oz
Regular price **\$5.89**



These prices are good throughout April, 2024

HIGH FALLS MEMBER SPECIALS FOOD CO-OP

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SIETE
Refried Black Beans
Charro Beans

\$1.99 /15.5 - 16oz

Regular price
\$3.49



SIETE
Mild Taco Seasoning
Spicy Taco Seasoning

1.99 /1.31 oz

Regular price
\$3.29



SIETE
Red Enchilada Sauce
Green Enchilada Sauce

\$4.99 /15 oz

Regular price
\$6.99



SIETE
Grain-free Taco Shells

\$5.49

Regular price
\$7.29



SPECTRUM SESAME OIL
Organic Unrefined
Organic Unrefined Toasted

\$7.99 /8 fl oz

Regular price
\$10.59



MANITOBA HARVEST
Organic Hemp & Supergreens Powder

\$16.29 /7.5 oz

Regular price
\$19.39



MANITOBA HARVEST
Organic Ground Hemp Seed

\$9.29 /7 oz

Regular price
\$11.39



BOIRON
Homeopathic Allergy
Calm Meltaway Tablets
Homeopathic Non-Drowsy
SinusCalm Tablets

\$10.99 /60 tabs

Regular price
\$14.49

