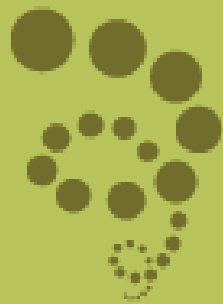


Please note that not all items
in this Store Specials flyer
are guaranteed to be available
at Spiral Natural Foods.



SPIRAL NATURAL FOODS

Co-op & Grocery

Healthy ADVANTAGE

Great Savings, Naturally!

May



Victoria
Marinara Sauce
3.99 25 oz
Sugg. Retail: \$7.49
Selected Varieties



Kiwahi
Spring Water Bottle
2/\$3 1 ltr
Sugg. Retail: \$2.19 ea.



Mary's Gone Crackers
Organic
Gluten Free
Chocolate Chip
Cookies
2/\$7 5.5 oz
Sugg. Retail: \$5.39 ea.
Selected Varieties



Angie's Kettle Corn
Classic Kettle Corn
2/\$5 7 oz
Sugg. Retail: \$3.89 ea.
Selected Varieties



Reed's Ginger Brew
Premium
Ginger Brew
3.99 4/12 oz
Sugg. Retail: \$6.79
Selected Varieties

Kiss My Face
Face Factor SPF 50

9.99 2 oz
Sugg. Retail: \$13.99

Kiss My Face
Sunspray Lotion

9.99 8 oz
Sugg. Retail: \$15.99



Code Blue
Meyer Lemon Drink
1.79 12 oz
Sugg. Retail: \$2.69
Selected Varieties



Think Products
Think Thin Chunky
Peanut Butter Bar
4/\$5 2.1 oz
Sugg. Retail: \$2.29 ea.
Selected Varieties



Caesar's Pasta
Gluten Free
Wheat Free
Lasagna
3.99 11.5 oz
Sugg. Retail: \$5.99
Selected Varieties



On Sale This Month

Other selected varieties may be available in addition to the featured items shown.

alba
BOTANICA™



TERRA
chips

Frozen



Food For Life Baking Co.
Organic
Ezekiel 4:9 Sprouted
Grain Burger Buns

3.79 16 oz

Sugg. Retail: \$5.29



Stahlbush Island Farms
Whole Blueberries

2/\$7 10 oz

Sugg. Retail: \$5.09 ea.
Selected Varieties



Tofutti
Dairy Free
Premium Vanilla
Frozen Dessert

3.39 pints

Sugg. Retail: \$4.49
Selected Varieties

Perishables



Wallaby Yogurt Company
Organic
Low Fat
Strawberry Yogurt

89¢ 6 oz

Sugg. Retail: \$1.29
Selected Varieties



Lightlife Foods
Tofu Pups

3.39 12 oz

Sugg. Retail: \$4.89
Selected Varieties

Bulk

Organic
Mango Unsweetened

8.39 / lb

Sugg. Retail: \$10.47

Organic
Raw Natural Sesame Seeds

2.49 / lb

Sugg. Retail: \$3.18

Grocery



Ah!Laska
Organic
Chocolate Syrup

4.99 22 oz

Sugg. Retail: \$6.99



Woodstock
Organic
Dijon Mustard

2.79 8 oz

Sugg. Retail: \$3.79
Selected Varieties



Back To Nature
Organic
Stoneground
Wheat Crackers

3.59 6 oz

Sugg. Retail: \$4.49
Selected Varieties



Blue Diamond
Sea Salt
Nut Chips

2/\$5 4.25 oz

Sugg. Retail: \$3.39 ea.
Selected Varieties



Annie's Naturals
Organic Ketchup

3.49 24 oz

Sugg. Retail: \$4.99



Bob's Red Mill
Almond
Meal Flour

8.49 16 oz

Sugg. Retail: \$12.19



Kettle Brand
Sea Salt
Potato Chips

2.29 5 oz

Sugg. Retail: \$3.19
Selected Varieties



Napa Valley Naturals
100% Organic
Extra Virgin
Olive Oil

9.99 25.4 oz

Sugg. Retail: \$15.79



Nutiva
Organic
White Chia
Seeds

7.99 14 oz

Sugg. Retail: \$13.39

Beverages



R.W. Knudsen
Blood Orange Zero Calorie Spritzer

2/\$7 4/10.5 oz

Sugg. Retail: \$5.19 ea.
Selected Varieties



Bionaturae
Organic Whole Wheat Spaghetti

2/\$5 16 oz

Sugg. Retail: \$3.59 ea.
Selected Varieties



Natural Very Emollient Sunscreen Spray

- Sport Spray
- Kids Spray

2/\$11 4 oz.
or \$5.50 each
Sugg. Retail: \$10.99 ea.



Lip Balm
2/\$4 .15 oz.
or \$2.00 each
Sugg. Retail: \$2.99
Selected Varieties Available.



Kona Coffee After-Sun Lotion
7.99 8.5 oz.
Sugg. Retail: \$11.95



Natural Very Emollient Sunscreen Lotion
2/\$11 4-4.5 oz.
or \$5.50 each
Sugg. Retail: \$10.99 ea.
Selected Varieties Available.



Hibiscus Facial Toner
8.5 oz.



Pineapple Enzyme Facial Cleanser
8 oz.

Sugar Cane Body Polish
10 oz.

Sea Salt Body Scrub
14.5 oz.

Coconut Milk Facial Wash
8 oz.

8.99
Sugg. Retail: \$12.59-\$12.99



Cocoa Butter Shampoo or Conditioner
2/\$11 12 oz.
or \$5.50 each
Sugg. Retail: \$10.59 ea.
Selected Varieties Available.

Aloe & Green Tea Oil-Free Moisturizer
3 oz.

Green Tea Eye Gel
1 oz.

13.99ea
Sugg. Retail: \$19.59 ea.

Papaya Enzyme Facial Mask
3 oz.

Papaya Enzyme Facial Scrub
4 oz.

9.99
Sugg. Retail: \$13.99



Cocoa Butter Hand & Body Lotion
7 oz.
6.99
Sugg. Retail: \$10.59

Kukui Nut Massage Oil
8.5 oz.
6.99
Sugg. Retail: \$10.59

Cocktail Body Wash
5.99
12 oz.
Sugg. Retail: \$8.99
Selected Varieties Available.

Body Wash
6.99
7 oz.
Sugg. Retail: \$10.59
Selected Varieties Available.

Body Cream
9.99
6.5 oz.
Sugg. Retail: \$13.99
Selected Varieties Available.

Cream Shave
3.99
5 oz.
Sugg. Retail: \$5.99
Selected Varieties Available.

Lip Gloss
2/\$6
.42 oz.
or \$3.00 each
Sugg. Retail: \$4.99
Selected Varieties Available.



Look What's New from the Garden!

Bite-size Snacks
2 for \$4

or \$2.00 each
SUGG. RETAIL: \$2.59
7.5 oz. bag

Mmmmm!



MINI ROUNDS OR STRIPS
• WHITE
• YELLOW



Tortilla Chips
2 for \$5

or \$2.50 each
SUGG. RETAIL: \$3.89
7.5 oz. bag
• SESAME BLUES TORTILLA CHIPS
• BLACK BEAN TORTILLA CHIPS
• BLACK BEAN CHILI TORTILLA CHIPS



NEW!

SWEET POTATO TORTILLA CHIPS
SPROUTED BLUES TORTILLA CHIPS

Great for Dipping
22 oz Fiesta Restaurant Style

\$3.99 each SUGG. RETAIL: \$6.99
22 oz. bag

TORTILLA CHIPS:
• BLUE
• WHITE



Perfect for a Party
16 oz Party Size

2 for \$7 or \$3.50 each
SUGG. RETAIL: \$5.69
16 oz. bag



TORTILLA CHIPS:
• BLUE
• RED HOT
• YELLOW

TERRA
chips

Terra is the #1 selling vegetable chip brand in the natural channel*

A Full Serving of Vegetables** in Every Ounce!

2 for \$5.00 or \$2.50 each
Sugg. Retail: \$4.19



TERRA CHIPS
Original
5 oz. bag

TERRA CHIPS
Mediterranean
5 oz. bag



Also available in Zesty, 5 oz. bag

New Varieties and Old Favorites

2 for \$5.00 or \$2.50 each
Sugg. Retail: \$5.69



TERRA CHIPS
Sweet Potato
6 oz. bag



TERRA CHIPS
Sweets & Beets
6 oz. bag



TERRA CHIPS
Sweets & Apples, Hint of Cinnamon
5.5 oz. bag

Also available in Sweets with Sea Salt and Sweets & Carrots, 6 oz. bags

Personal Care and Supplements



Desert Essence
Coconut Hand & Body Lotion
5.99 8 oz
Sugg. Retail: \$8.99



Lily of the Desert
Aloe Vera Jelly
2.99 4 oz
Sugg. Retail: \$4.69



Giovanni Hair Care Products
Root 66
Max Volume Shampoo
5.49 8.5 oz
Sugg. Retail: \$7.95



Shikai Products
Coconut Shower Gel
5.99 12 oz
Sugg. Retail: \$9.59
Selected Varieties



South of France
Natural Shea Butter Soap
3.19 8 oz
Sugg. Retail: \$5.99
Selected Varieties



Alacer
Pink Lemonade
Emergen-C
9.99 30 pkt
Sugg. Retail: \$15.89



Culturelle
Probiotic with
Lactobacillus GG
19.99 30 cap
Sugg. Retail: \$28.99



Twinlab
Magnesium Caps
400 mg
6.99 100 cap
Sugg. Retail: \$9.99



Rainbow Light
Food Based Calcium
13.99 180 tab
Sugg. Retail: \$21.99



Yerba Prima
Psyllium Whole Husks
Colon Cleanser
6.99 12 oz
Sugg. Retail: \$10.59

Home and Pet



The Lazy Dog
Vanilla Sweet Potato
Grain Free Pup Squeaks
4.79 7 oz
Sugg. Retail: \$6.39



Primula
Glass Teapot
with Tea Infuser
8.49
Sugg. Retail: \$23.89

PRIMULA TEA FLOWERS are hand-picked from the finest tea leaves in China.

Skilled artisans blend a mixture of green tea leaves and flowers into an encapsulated pod, just add hot water and ...watch the flowers bloom before your eyes!

Each unique flavor created, makes 15 cups of tea in the teapot.



Nature's Grilling Products
Hardwood Blend
Charcoal
5.19 6.6 lb
Sugg. Retail: \$8.19
Selected Varieties

NATURE'S GRILLING PRODUCTS is committed to delivering 100% naturally grilling experience. Each of our products is:

- **Sustainable** – using forest management practices that minimize ecological impact
- **Natural** – made from 100% wood with no chemicals or artificial ingredients
- **Fair** – employees and harvesters are fairly treated and compensated.

We plant a million trees every year!



New Bloom
Vanilla Bath Towels
Recycled Cotton
11.99

Sugg. Retail: \$25.19
Selected Varieties

NEW BLOOM TOWELS are made from recycled cotton grown in the United States. Using the 100% cotton scraps we blend them with 100% Virgin cotton and 100% polyester, creating a 65% virgin cotton towel. We give cotton new life by regenerating the fiber and recycling perfectly good fabric into a great product.