



# ANACORTES

HEALTH & NUTRITION

1020 7th St, Anacortes, WA 98221

360-293-8849

November 1st - 30th



Tofurky  
**Giblet Gravy**  
100% Vegan  
14 OZ



**\$6<sup>29</sup>**

Cascadian Farm  
**Organic Frozen Vegetables**  
Chinese-Style Stir-fry Blend  
10 OZ



**\$3<sup>29</sup>**

Miso Master  
**Organic Miso**  
Country Barley  
8 OZ



**\$6<sup>99</sup>**

Aged 18 months and used to flavor soups, dips, sauces, and broths.

## November



Maille  
**Old Style Mustard**  
Whole Grain  
7.3 OZ

**\$4<sup>29</sup>**



Kettle And Fire  
**Beef Broth**  
32 OZ

**\$3<sup>79</sup>**



Pero  
**Natural Beverage**  
Caffeine Free  
Original  
7 OZ

**\$9<sup>49</sup>**



Good Earth  
**Organic Black Tea**  
Sweet & Spicy Caffeine Free  
18 BAG

**\$4<sup>29</sup>**



Bob's Red Mill  
**Vegi Soup Mix**

**\$4<sup>29</sup>**



Jovial  
**Pasta Brown Rice Mafalda**  
12 OZ

**\$4<sup>29</sup>**



Simply Organic  
**Organic Vanilla Bean Paste**  
Madagascar  
2 FL OZ

**\$6<sup>79</sup>**



Arrowhead Mills  
**Organic Flour**  
All Purpose  
20 OZ

**\$4<sup>59</sup>**





Primal Kitchen  
**Olive Oil**  
**Extra Virgin**  
Organic  
16.9 FL OZ

**\$10<sup>79</sup>**



Theo Chocolate  
**Chocolate Bar**  
**Salted Cashew**  
85% Dark  
3 OZ

**\$3<sup>79</sup>**



Kitchen Basics  
**Organic Stock**  
Vegetable  
32 OZ

**\$3<sup>79</sup>**

Stock made with fresh vegetables including celery, carrots, and onions.



Bahlsen  
**Cookie**  
**Hit Cocoa**  
4.7 OZ

**\$2<sup>79</sup>**



Yogi  
**Organic Throat**  
**Comfort Tea**  
Honey Lemon  
16 BAG

**\$4<sup>69</sup>**



Kettle Brand  
**Jalapeno Air**  
**Fried Chips**  
4.25 OZ

**\$3<sup>59</sup>**



Boiron  
**Acidil Meltaway**  
**Tablets**  
Heartburn Relief  
60 TAB

**\$10<sup>99</sup>**

Relieve occasional heartburn, acid indigestion, bloating, and upset stomach.



Hyland's  
**Calms Forte**  
**Tablets**  
Sleep Aid  
100 TAB

**\$9<sup>99</sup>**

Promotes natural sleep through a combination of homeopathically-prepared botanicals and minerals.



Natural Vitality  
**Calm Magnesium**  
**Capsules**  
120 CT

**\$20<sup>99</sup>**



Tiger Balm  
**Pain Relieving**  
**Ointment**  
Ultra Strength  
18 GRM

**\$6<sup>99</sup>**



Similasan  
**Kids Cold &**  
**Mucus Relief**  
Grape Flavor  
4 FL OZ

**\$7<sup>99</sup>**



Seventh Generation  
**Foaming Dish Spray**  
**Foaming**  
Honey Crisp Apple  
16 FL OZ

**\$5<sup>99</sup>**

