

HEALTHY STAPLES



812 W. MADISON ST.
OAK PARK, IL 60302

Sugar Beet
FOOD CO-OP

JAN. - FEB. 2016

Good Food at
a Great price
- Everyday!

Our Healthy Staples are the everyday items you need to make delicious meals, priced at or below most other stores in town.

We are talking about kitchen basics like milk without added hormones, organic whole wheat flour, fresh organic produce and local grass fed beef.

Please let our friendly staff help you find these items or simply look for the Healthy Staples logo throughout the store.

(L) = Local
(R) = Regional

PRODUCE

<input type="checkbox"/>	ORGANIC Bananas	89¢/lb.	
<input type="checkbox"/>	ORGANIC Russet Potatoes (5 lb.)	\$4.99	
<input type="checkbox"/>	ORGANIC Baby Spinach (5 oz.)	\$2.99	
<input type="checkbox"/>	River Valley Bulk Crimini Mushrooms (L)	\$2.99/lb.	
<input type="checkbox"/>	ORGANIC Carrots (5 lb.)	\$4.99	
<input type="checkbox"/>	ORGANIC Braeburn Apples (3 lb.)	\$5.99	
<input type="checkbox"/>	ORGANIC Cadia Peas (16 oz.)	\$2.49	3
<input type="checkbox"/>	ORGANIC Cadia Frozen Corn (16 oz.)	\$2.49	3
<input type="checkbox"/>	ORGANIC Cadia Blueberries (10 oz.)	\$3.99	3

BAKERY

<input type="checkbox"/>	Red Hen Cracked Wheat Sdwch. Bread (L)	\$2.99	3
<input type="checkbox"/>	Red Hen Baguettes (L)	\$2.29	3
<input type="checkbox"/>	ORGANIC Cadia Whl. Wht. Sdwch. Bread	\$4.99	3
<input type="checkbox"/>	ORGANIC Cadia White Sdwch. Bread	\$4.99	3
<input type="checkbox"/>	ORGANIC Cadia Sourdough Sdwch. Bread	\$4.99	3
<input type="checkbox"/>	ORGANIC Cadia Flax/Chia Sdwch. Bread	\$4.99	3
<input type="checkbox"/>	ORGANIC Cadia Honey Wheat Sdwch. Bread	\$4.99	3

GRAINS

<input type="checkbox"/>	ORGANIC Long Grain White Rice	\$2.29/lb.	1
<input type="checkbox"/>	ORGANIC Long Grain Brown Rice	\$2.29/lb.	1
<input type="checkbox"/>	ORGANIC Bob's Redmill Whole Wheat Flour	\$1.99/lb.	1
<input type="checkbox"/>	ORGANIC All-Purpose Flour	\$1.79/lb.	1
<input type="checkbox"/>	All-Purpose Flour	99¢/lb.	1
<input type="checkbox"/>	ORGANIC Fair Trade Sugar	\$1.69/lb.	1
<input type="checkbox"/>	ORGANIC Field Day Spaghetti (16 oz.)	\$2.29	1
<input type="checkbox"/>	ORGANIC Field Day Penne Rigate (16 oz.)	\$2.29	1
<input type="checkbox"/>	ORGANIC Rolled Oats	\$1.69/lb.	1
<input type="checkbox"/>	ORGANIC Steel Cut Oats	\$1.69/lb.	1
<input type="checkbox"/>	ORGANIC Field Day Toasted Os (14 oz.)	\$3.99	3
<input type="checkbox"/>	ORGANIC Field Day Honey Nut Os (14 oz.)	\$3.99	3
<input type="checkbox"/>	ORGANIC Field Day Cinnamon Crunch (10 oz.)	\$3.99	3
<input type="checkbox"/>	ORGANIC Field Day Golden Rice Crisps (12 oz.)	\$3.99	3
<input type="checkbox"/>	ORGANIC Field Day Raisin Bran (14 oz.)	\$3.99	3

All products and prices are subject to change.

AISLE

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PROTEIN

		AISLE
<input type="checkbox"/> ORGANIC Rosewood Tofu Blocks (16 oz.) (L)	\$2.49	3
<input type="checkbox"/> Ferndale Market Ground Turkey (1 lb) (R)	\$4.49/lb.	3
<input type="checkbox"/> Local Source Ground Beef--100% Grass Fed (16oz.) (L)	\$7.99/lb.	3
<input type="checkbox"/> ORGANIC Green Split Peas (bulk)	\$1.99/lb	1
<input type="checkbox"/> Cadia Unsalted Tongol Tuna (5 oz.)	\$2.69	1
<input type="checkbox"/> Cadia Salted Tongol Tuna (5 oz.)	\$2.69	1
<input type="checkbox"/> ORGANIC Field Day Canned Black Beans (15 oz.)	\$1.79	1
<input type="checkbox"/> ORGANIC Field Day Canned Kidney Beans (15 oz.)	\$1.79	1
<input type="checkbox"/> ORGANIC Field Day Canned Pinto Beans (15 oz.)	\$1.79	1
<input type="checkbox"/> ORGANIC Field Day Canned Garbanzo Beans (15 oz.)	\$1.79	1

DAIRY

<input type="checkbox"/> Schroeder Whole Milk (1 gal.) (R)	\$4.49	3
<input type="checkbox"/> Schroeder 2% Milk (1 gal.) (R)	\$4.49	3
<input type="checkbox"/> Schroeder Skim Milk (1 gal.) (R)	\$4.49	3
<input type="checkbox"/> Schroeder 2% Milk (1/2 gal.) (R)	\$2.79	3
<input type="checkbox"/> Schroeder Skim Milk (1/2 gal.) (R)	\$2.79	3
<input type="checkbox"/> Phil's CAGE-FREE Eggs (1 doz.) (L)	\$2.99	3
<input type="checkbox"/> Larry Schultz ORGANIC Large Eggs (1 doz.) (R)	\$3.99	3
<input type="checkbox"/> Country View Dairy Plain Yogurt (24 oz.) (R)	\$3.29	3
<input type="checkbox"/> Country View Dairy Vanilla Yogurt (24 oz.) (R)	\$3.29	3

DRINKS

<input type="checkbox"/> Organic Valley ORGANIC Soymilk (64 oz. - Cooler)	\$3.99	3
<input type="checkbox"/> ORGANIC Cadia Almond Milk (32 oz.)	\$2.99	3
<input type="checkbox"/> ORGANIC Sno-Pac Orange Juice Conc. (12 oz. frozen)	\$4.99	3
<input type="checkbox"/> Schroeder Orange Juice (64 oz.)	\$3.99	3

PANTRY

<input type="checkbox"/> ORGANIC Field Day Vegetable Broth (32 oz.)	\$2.29	1
<input type="checkbox"/> ORGANIC Field Day Chicken Broth (32 oz.)	\$2.29	1
<input type="checkbox"/> ORGANIC Field Day Creamy Peanut Butter (18 oz.)	\$4.99	3
<input type="checkbox"/> ORGANIC Field Day Unsalted Creamy Peanut Butter (18 oz.)	\$4.99	3
<input type="checkbox"/> ORGANIC Fresh Ground Peanut Butter (bulk)	\$4.99/lb.	2
<input type="checkbox"/> ORGANIC Field Day Apple Cider Vinegar (32 oz.)	\$4.99	1
<input type="checkbox"/> Field Day Non-GMO Canola Oil (32 oz.)	\$4.99	1
<input type="checkbox"/> ORGANIC Cadia Crushed Tomatoes (28 oz.)	\$2.99	1
<input type="checkbox"/> ORGANIC Cadia Diced Tomatoes (14.5 oz.)	\$1.99	1
<input type="checkbox"/> ORGANIC Cadia Tomato Paste (6 oz.)	\$1.39	1
<input type="checkbox"/> ORGANIC Field Day Marinara, Traditional (26 oz.)	\$2.99	1
<input type="checkbox"/> ORGANIC Field Day Marinara, Tomato Basil (26 oz.)	\$3.29	1
<input type="checkbox"/> ORGANIC Field Day Marinara, Roasted Garlic (26 oz.)	\$3.29	1
<input type="checkbox"/> ORGANIC Field Day Marinara, Italian Herb (26 oz.)	\$3.29	1

HOME GOODS

<input type="checkbox"/> Field Day Toilet Paper (12 pk.)	\$6.99	2
<input type="checkbox"/> Dr. Bronners Liquid Soap (32 oz.)	\$13.99	2