



Upper Valley Food Co-op

Member Sales

for March 1 - April 4



These sale prices are for Co-op members only. As a courtesy, we extend Member Sale prices to members of other food co-ops.

Frozen

	<i>Size</i>	<i>Sale Price</i>	<i>Reg. Price</i>
Food for Life - Organic Ezekiel 4:9 Sesame Bread	24 oz.	\$6.29	\$7.89
Gardein - Plant-Based Ground Be'f, Gluten Free	13.7 oz.	\$5.29	\$6.99
Gardein - Ultimate Plant-Based Burger	8 oz.	\$5.99	\$7.99
Quorn - Meatless ChiQuin Cutlets	9.2 oz.	\$5.59	\$6.99
Quorn - Meatless ChiQuin Nuggets	10.6 oz.	\$5.29	\$6.59

Grocery

	<i>Size</i>	<i>Sale Price</i>	<i>Reg. Price</i>
Epic - Chicken Sriracha Bar	1.3 oz.	\$2.89	\$3.89
Epic - Grass Fed Beef Bar, Apple + Uncured Bacon	1.3 oz.	\$2.89	\$3.89
Epic - Grass Fed Venison Bar, Sea Salt & Pepper	1.3 oz.	\$2.89	\$3.89
Epic - Grass Fed Beef Bites, Sweet & Spicy Sriracha	2.5 oz.	\$7.39	\$9.39
Epic - Salmon Bites, Maple Glazed & Smoked	2.5 oz.	\$7.39	\$9.39
Muir Glen - Organic Chunky Tomato Sauce	28 oz.	\$3.69	\$5.39
Muir Glen - Organic Diced Fire Roasted Tomatoes	28 oz.	\$3.99	\$5.79
Muir Glen - Organic Diced Tomatoes	28 oz.	\$3.69	\$5.39
Muir Glen - Organic Tomato Puree	28 oz.	\$3.69	\$5.39
Muir Glen - Organic Whole Peeled San Marzano Style Tomatoes	28 oz.	\$3.99	\$5.79
Muir Glen - Organic Whole Peeled Tomatoes	28 oz.	\$3.69	\$5.39
Plant Boss - Organic All-Purpose Meatless Plant Crumbles	3.35 oz.	\$5.99	\$7.49
Plant Boss - Organic Mild Taco Meatless Plant Crumbles	3.35 oz.	\$5.99	\$7.49
Plant Boss - Organic Pico de Gallo Taco Meatless Plant Crumbles	3.35 oz.	\$5.99	\$7.49
Plant Boss - Organic Southwest Taco Meatless Plant Crumbles	3.35 oz.	\$5.99	\$7.49
Plant Boss - Organic Unseasoned Meatless Plant Crumbles	3.17 oz.	\$5.99	\$7.49
Primal Kitchen - Avocado Oil Mayo	12 oz.	\$11.89	\$13.89
Primal Kitchen - Avocado Oil Mayo, Chipotle Lime	12 oz.	\$11.89	\$13.89
Snack Factory - Organic Original Pretzel Crisps	9.35 oz.	\$5.69	\$6.69
Spectrum - Organic Refined Coconut Oil	14 oz.	\$8.39	\$10.39
Spectrum - Organic Virgin Unrefined Coconut Oil	14 oz.	\$10.99	\$13.85
Terra - Blues Potato Chips with Sea Salt	5 oz.	\$4.59	\$5.79
Terra - Original Vegetable Chips with Sea Salt	6 oz.	\$4.59	\$5.79
Terra - Sweet Plantain Chips	5 oz.	\$4.59	\$5.79