

NOURISH STAPLES



Staples are pantry basics that are offered at a low price everyday. If you are looking for ways to save on your grocery bill while eating healthy, Nourish Staples are a great place to start.

GROCERY

Essential Everyday Products (all sizes and varieties)
Natural Sea Canned Salmon
Wild Harvest Beans (all varieties)
Gia Russa Pasta (all varieties)
Silver Hills Bread (all sizes and varieties)
Crazy Richard's Peanut Butter (all varieties)
Clif Bars (select sizes and varieties)
Luna Bars (select sizes and varieties)
Old Orchard Juice (all sizes and varieties)
Earth's Best Baby Food (select varieties)
Field Day Products (all varieties)

BULK

Canola Oil
Equal Exchange Coffee (select varieties)
Whole Grain Milling Black Beans
Whole Grain Milling Split Peas
Whole Grain Milling Organic Oats
Whole Grain Milling Organic Cornmeal
Whole Grain Milling Organic 8-Grain Cereal
Lundberg Family Farms Short-Grain Brown Rice
Heartland Organic All-Purpose Flour
The Teff Company Teff Flour
Organic Green Lentils
Organic Brown Lentils

Staples are subject to change based on availability and cost.



FROZEN

Cascadian Farms Organic Frozen Vegetables (all sizes and varieties)
Wyman's Frozen Fruits (all sizes and varieties)
Sno Pac Organic Frozen Fruits and Vegetables (all sizes and varieties)

REFRIGERATED

Essential Everyday Products (all sizes and varieties)
Valley View Milk (all sizes and varieties)
Organic Valley Milk (all sizes and varieties)
Lactaid Lactose Free Milk (all sizes and varieties)
Farmer's Henhouse Eggs (all varieties)
Grassland Butter
Brown Cow Yogurt (all sizes and varieties)
Mountain High Yogurt (all sizes and varieties)
Greek Gods Yogurt (24 oz)
Florida's Natural Orange Juice
House Tofu (all varieties)
La Perla Corn Tortillas (all varieties)
Earth Balance Nondairy Buttery Spread
Silk Soy and Nut Milks (64 oz)

MEAT

Ferndale Ground Turkey
Kadejan Chicken Leg Quarters
Tilapia
Peterson Craftsman Meats
Pork Shoulder
Blooming Prairie Ground Beef

CHEESE

Part Skim Mozzarella
Pasture Pride Cheddar
String Cheese (plain and smoked)
Swiss Valley Cream Cheese

WELLNESS

Alaffia Everday Shea Lotion 32oz (all varieties)
Alaffia Everday Shea Shampoo 32oz (all varieties)
Alaffia Everday Shea Conditioner 32oz (all varieties)
Alaffia Everday Shea Bodywash 32oz (all varieties)
Kirk's Coco Castille Bar Soap (single and 3 pack)
Jason Powersmile Toothpaste
Seventh Generation Tampons and Pads
Seward Co-op Basic Multivitamin (with and without iron, all sizes)

PRODUCE

Organic 2 lb. Bagged Carrots
Organic Bulk Button Mushrooms
Organic 3 lb. Bagged Yellow Onions
Organic Romaine Hearts
Organic Roma Tomatoes
Organic Green Kale

DELI

Kadejan Rotisserie Chicken
Black Beans and Brown Rice (available at the deli counter)

