

## 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

Our Family Tuna  
Blue Diamond Almond Milk (all flavors)  
Brownberry Bread (all loaves)  
Silver Hills Bread (all sizes and varieties)  
Clif Bars (select sizes and varieties)  
Luna Bars (select sizes and varieties)  
Earth's Best Baby Food (all sizes and varieties)  
Field Day Products (all varieties)  
Rudi's Bread (select varieties)  
Udi's Bread (select varieties)  
Crazy Richards Peanut Butter (all varieties)

### BULK

Olive Oil (select varieties)  
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.*



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**FROZEN**

Cascadian Farms Organic Veggies (all varieties)

Wyman's Frozen Berries (all sizes and varieties)

**REFRIGERATED**

Schroeder Milk (all sizes and varieties)

Grassland Butter (all varieties)

Farmer's Henhouse Eggs (all varieties)

Brown Cow Yogurt (all sizes and varieties)

Schroeder Orange Juice (64 oz.)

House Tofu (all varieties)

La Perla Corn Tortillas (all varieties)

Earth Balance Nondairy Buttery Spread

Silk Soy and Nut Milks 64 oz (all varieties)

Organic Valley (select varieties)

Greek Gods Yogurt 24 oz (all varieties)

**MEAT**

Ferndale Ground Turkey

Kadejan Chicken Leg Quarters

Tilapia

Pork and Plants Pork Shoulder

Blooming Prairie Ground Beef

**CHEESE**

Part Skim Mozzarella

Pasture Pride Cheddar

String Cheese (plain and smoked)

Swiss Valley Cream Cheese

**WELLNESS**

Alaffia Everyday Shea Lotion (all varieties - 32 oz)

Alaffia Everyday Shea Shampoo (all varieties - 32 oz)

Alaffia Everyday Shea Conditioner (all varieties - 32 oz)

Alaffia Everyday Shea Bodywash (all varieties - 32 oz)

Kirk's Coco Castille Bar Soap (single and 3 pack)

Nature's Gate Toothpaste (all varieties)

Seward Co-op Basic Multivitamin (with and without iron, all sizes)

Seventh Generation Tampons and Pads

Tom's Deodorants (select varieties)

Tom's Toothpastes (select varieties)

Vega Protein Powders

**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**

Black Beans and Brown Rice (available at the service counter)

Kadejan Rotisserie Chicken



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