

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.



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 Everday Shea Lotion
(all varieties - 32 oz)

Alaffia Everday Shea Shampoo
(all varieties - 32 oz)

Alaffia Everday Shea Conditioner
(all varieties - 32 oz)

Alaffia Everday 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

