

Real Food. Real People.®



\*EXCLUDES BULK COFFEE





"Quinoa is an amazing food. As a complete protein

# **ORGANIC DRIED PEACHES**

"Peaches are a very nutrient dense fruit. Rich in Vitamin C and antioxidants these organic dried peaches have a good

packed with health benefits and plenty of versatility, it's a favorite addition to any healthy meal planning."



DUSTIN CANTER, Natural Foods Buyer

### **CRYSTALIZED GINGER**

"Crystallized Ginger cubes are perfect for an upset stomach or inflammation. They are an easy on the go snack and pair perfect with your favorite tea. Rich in Vitamin B and Magnesium."



– ABRIANNA POWLUS, Stony Point Bulk Department Lead

### **GLAZED PECANS**

"An amazing snack that can also be used as a great addition to any sweet and savory baked goods you may find yourself making."



– ALBERTO PADILLA-GARCIA, Montecito Bulk Department Lead

balance of sweet and tart flavor and are a perfect addition to add to your hiking bag or great snack for a healthy treat."



## **ORGANIC RED LENTILS**

"Red lentils are packed with protein, fiber, and essential nutrients, supporting heart health, digestion, and even your energy levels, making this versatile legume an easy addition to your pantry."



– AUSTIN CROWDER, Windsor Bulk Department Lead

546 E. Cotati Avenue Cotati • 795-9501

560 Montecito Center Santa Rosa • 537-7123

461 Stony Point Road Santa Rosa • 284-3530

9230 Old Redwood Highway Windsor • 687-2050

The prices in this advertisement are good through January 28, 2025, Some limits may apply. See stores for details. No sales to dealers, thank you.