









TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2 10:00 – 1:00 Natural Factors	MAY 3 10:00 – 1:00 Garden of Life	MAY 4 10:00 – 12:00 Nature's Plus	MAY 5 Cinco de Mayo 	MAY 6 10:00 – 12:00 Carlson
MAY 9 10:00 – 1:00 Solgar 	MAY 10 Check Us Out On  for Winning Wednesday!	MAY 11 10:00 – 12:00 New Chapter	MAY 12 12:00 – 2:00 Nutraceutical DIY Sunscreen!	MAY 13 11:00 – 1:00 Blind Spot Nut Butters 11:00 – 2:00 Gabriel 10:00 – 2:00 Second Saturdays at Sonnewald For details, visit www.sonnewald.org
MAY 16 10:00 – 1:00 Natural Factors	MAY 17 10:00 – 1:00 Nature's Plus	MAY 18 	MAY 19 Freebie Friday! The first 50 customers will receive a free pill box from Now!	MAY 20
MAY 23 10:00 – 1:00 Everclen Check Us Out On  for Trivia Tuesday!	MAY 24	MAY 25 11:00 – 2:00 Health Coach – Amanda Goodwin 	MAY 26	MAY 27  <i>Cilantro is the Herb of the Year!</i>
MAY 30	MAY 31 		Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.	<i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i>

4796 Lehman Road Spring Grove, PA 17362

717-225-3825 www.sonnewald.org

Good Health Comes from the Farm... Not the Pharmacy!



MAY SPECIALS



Organic Baby Carrots

1 lb. Bags



3/\$5

PLU 33

Organic Tommy Atkins
Mango



\$1⁷⁹/EA

PLU 116

Golden Temple Granola
Variety of Flavors



\$2⁹⁹/LB

Bulk Bins #277, 338, 651

Udi's
Whole
Grain Bread



\$3⁶⁹

12 oz

Honest Tea
Organic
Iced Tea



\$1¹⁹

16 oz

Organic Valley
Organic Raw Sharp
Cheddar Cheese



\$4²⁹

8 oz

Muir Glen
Organic
Tomatoes



4/\$5

14.5 oz

Late July
Organic Restaurant
Style Tortilla Chips



2/\$6

10-11 oz

Field Day Organic
Refried Beans
(Black & Pinto)



\$1⁵⁹/EA everyday!

Annie's Naturals
Organic Salad Dressing

\$1⁹⁹

8 oz



Good Health
Avocado Oil
Potato Chips



\$2¹⁹

5 oz

Nutrition Now
PB 8[®]
Pro-Biotic



\$15⁹⁹

120 ct

Lily of the Desert
Aloe Vera Gelly



\$3¹⁹

4 oz

Aura Cacia
Aromatherapy
Body Mist
(selected varieties)



\$4⁹⁹

4 oz

EO
Everyone
Hand Soap



\$3⁴⁹

12.75 oz

Specials valid on in stock items 5/1/2017 through 5/31/2017. While supplies last. NO rain checks.