












TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 1 10:00 – 1:00 Irwin Naturals	AUGUST 2	AUGUST 3 National Watermelon Day 	AUGUST 4	AUGUST 5
AUGUST 8 10:00 – 1:00 Garden of Life	AUGUST 9 10:00 – 1:00 Nature's Plus National Book Lovers Day	AUGUST 10 10:00 – 12:00 New Chapter 	AUGUST 11 <i>Did you know that all books are 20% off every day?! Find a wide selection of health-related topics from recipes to essential oils and everything in between!</i>	AUGUST 12 9:00 – 10:30 Weed Walk with Willa 10:00 – 2:00 Second Saturdays at Sonnewald For details, visit www.sonnewald.org
AUGUST 15 10:00 – 1:00 Natural Factors	AUGUST 16 Check Us Out On  for Winning Wednesday!	AUGUST 17	AUGUST 18  <i>Litter Free Lunch Boxes for Back to School!</i>	AUGUST 19 National Honey Bee Day  <i>Learn about honey bees at http://www.abfnet.org/?page=71</i>
AUGUST 22 10:00 – 1:00 Garden of Life	AUGUST 23 10:00 – 1:00 Natural Factors	AUGUST 24	AUGUST 25 Freebie Friday! The first 50 customers will receive a free gift courtesy of  www.boiron.ca	AUGUST 26 
AUGUST 29 10:00 – 1:00 Irwin Naturals Check Us Out On  for Trivia Tuesday!	AUGUST 30 	AUGUST 31 11:00 – 2:00 Gabriel/Keys	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!

AUGUST SPECIALS

Late July
Organic Mini Bite Size
Sandwich Crackers

2/\$6



5 oz


Organic Fuji Apples

99¢ /EA



Organic Grape Tomato

\$2¹⁹ /pint



Good Health
Avocado Oil
Potato Chips

\$2¹⁹




5 oz

Organic Apricots

\$4²⁹ /LB

Bulk Bin #371



French Vanilla Almond
Granola

\$2⁹⁹ /LB

Bulk Bin #277



Organic Valley
Organic
Half & Half

\$1⁷⁹



16 oz

Follow Your Heart
Grapeseed Oil
Vegenaise

\$4⁴⁹

16 oz



So Delicious
Mini
CoconutMilk
Bars

\$3⁹⁹

4/2.3 oz



Barbara's
Puffins Cereal

2/\$6



11 oz

Udi's
Gluten Free
Bread

\$3⁶⁹

12-14.3 oz



New Chapter
Turmeric Force™

\$23⁹⁹

60 cap



Seventh Generation
Dish Liquid

\$2⁶⁹



25 oz

EO
Everyone Soap

\$6⁴⁹

32 oz



Vibrant Health
Green Vibrance

\$36⁹⁹

12.8 oz



Specials valid on in stock items 8/1/2017 through 8/31/2017. While supplies last. NO rain checks.