










TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.</p>	<p><i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i></p>	<p>DECEMBER 1</p> <p>National Eat a Red Apple Day</p> 	<p>DECEMBER 2</p> <p>11:00 – 2:00 Carlson</p>
<p>DECEMBER 5</p> <p>11:00 – 2:00 Health Coach – Amanda Goodwin</p>	<p>DECEMBER 6</p> <p>10:00 – 1:00 Natural Factors</p> 	<p>DECEMBER 7</p> <p>10:00 – 12:00 New Chapter</p>	<p>DECEMBER 8</p> <p>11:00 – 2:00 KarmaFarma</p>	<p>DECEMBER 9</p>
<p>DECEMBER 12</p> <p>10:00 – 1:00 Irwin Naturals</p>	<p>DECEMBER 13</p> <p>10:00 – 1:00 Nature's Plus</p> <p>Check Us Out On  for Winning Wednesday!</p>	<p>DECEMBER 14</p> <p>11:00 – 1:00 Europharma</p> <p>11:00 – 1:00 Renew Life</p>	<p>DECEMBER 15</p> <p>10:00 – 12:00 Nature's Plus</p>	<p>DECEMBER 16</p> 
<p>DECEMBER 19</p> <p>10:00 – 1:00 Garden of Life</p> 	<p>DECEMBER 20</p> <p>10:00 – 1:00 Natural Factors</p>	<p>DECEMBER 21</p> <p>11:00 – 2:00 Charlotte's Web</p> 	<p>DECEMBER 22</p> <p>Freebie Friday! The first 50 customers will receive a free gift courtesy of BOIRON®</p>	<p>DECEMBER 23</p>
<p>DECEMBER 26</p> <p>10:00 – 1:00 Ancient Nutrition</p> <p>Check Us Out On  for Trivia Tuesday!</p>	<p>DECEMBER 27</p> <p>10:00 – 1:00 Garden of Life</p>	<p>DECEMBER 28</p>	<p>DECEMBER 29</p>	<p>DECEMBER 30</p> 

4796 Lehman Road Spring Grove, PA 17362

717-225-3825 www.sonnewald.org

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

DECEMBER SPECIALS

Organic
Pomegranates



\$1¹⁹ /EA

Organic Carrots
5 Lb. Bags



\$5³⁹ /EA

San Pellegrino
Sparkling Water



2/\$3
750 ml

Golden Temple
French Vanilla Almond
Granola



\$2⁹⁹ /LB
Bulk Bin #277

Organic
Garbanzo Beans



\$1⁷⁹ /LB
Bulk Bin #285

Julie's Organic
Organic Ice Cream
Sandwiches



\$4²⁹
6 ct

Earth Balance
Organic Vegan Buttery
Spread



\$3²⁹
13-15 oz

Simply Organic
Organic Ground
Cinnamon



\$3⁷⁹
2.45 oz

Wholesome!
Organic
Brown Sugar



\$3⁶⁹
24 oz

Daiya
Dairy Free Shreds



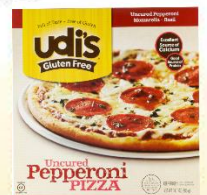
\$3¹⁹
8 oz

Muir Glen
Organic Pasta
Sauce



2/\$6
25.5 oz

Udi's
Gluten Free Pizza



\$4⁷⁹
10-11 oz

Annie's Homegrown
Organic Mac &
Cheese



2/\$3
6 oz

Natural Vitality
Calm



\$14⁷⁹
8 oz

Aura Cacia
Peppermint
Essential Oil



\$5⁷⁹
.5 oz

Specials valid on in stock items 12/1/2017 through 12/31/2017. While supplies last. No rain checks.