












| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|
| | <i>Did you know that many red foods are good for your heart? Look throughout the calendar for some examples!</i> | FEBRUARY 1 10:00 – 1:00 Renew Life | FEBRUARY 2  | FEBRUARY 3 |
| FEBRUARY 6 10:00 – 1:00 Garden of Life Check Us Out On  for Trivia Tuesday! | FEBRUARY 7 10:00 – 1:00 Natural Factors 11:00 – 1:30 Renew Life | FEBRUARY 8 10:00 – 12:00 New Chapter | FEBRUARY 9 11:00 – 3:00 Karma Farma | FEBRUARY 10  |
| FEBRUARY 13 10:00 – 1:00 Irwin Naturals | FEBRUARY 14 10:00 – 1:00 Nature's Plus 1:00 – 3:00 Nutraceutical | FEBRUARY 15  | FEBRUARY 16 11:00 – 2:00 Herbatint/Keys | FEBRUARY 17 Today is National Cabbage Day! Check out  for some fun fermented recipes! |
| FEBRUARY 20 10:00 – 1:00 Natural Factors  | FEBRUARY 21 10:00 – 1:00 Irwin Naturals | FEBRUARY 22 | FEBRUARY 23 Freebie Friday! The first 50 customers will receive a free gift courtesy of BOIRON® | FEBRUARY 24  |
| FEBRUARY 27 10:00 – 1:00 Ancient Nutrition | FEBRUARY 28 Check Us Out On  for Winning Wednesday! |  | <i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i> | Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information. |

4796 Lehman Road Spring Grove, PA 17362

717-225-3825 www.sonnewald.org

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

FEBRUARY SPECIALS

Organic Fair Trade
Bananas



79¢ /LB

Loose Organic
Crimini Mushrooms



\$3¹⁹ /LB

Bubbies
Sauerkraut



\$6²⁹
25 oz

Organic
Kidney Beans



\$1⁹⁹ /LB

Bulk Bin #283

Organic Black
Chia Seeds



\$3¹⁹ /LB

Bulk Bin #305

Organic Valley
Organic Ricotta Cheese



\$4⁹⁹
15 oz

Let's Do... Organic
Organic Coconut Flakes



\$2⁴⁹
7 oz

The Greek Gods
Yogurt



2/\$6
24 oz

So Delicious
Organic CoconutMilk
Beverage



\$2⁹⁹
64 oz

Dr. Bronner's
Organic Coconut
Oil



\$14⁴⁹
30 oz

REBBL
Organic Elixir



\$2⁹⁹
12 oz

Numi
Organic Pu-erh Tea



\$5²⁹
16 ct

Good Health
Avocado Oil Kettle
Chips



\$2¹⁹
5 oz

Aura Cacia
Tea Tree Essential Oil



\$5⁴⁹
.5 oz

Quantum Health
Super Lysine



\$7²⁹
90 ct

Specials valid on in stock items 2/1/2018 through 2/28/2018. While supplies last. No rain checks.