

www.sawallhf.com

2965 Oakland Dr • Kalamazoo, MI • 269-343-3619

Store Hours: Monday thru Saturday 9am - 8pm • Sunday 10am - 6pm

# Sawall HEALTH FOODS -Since 1936-

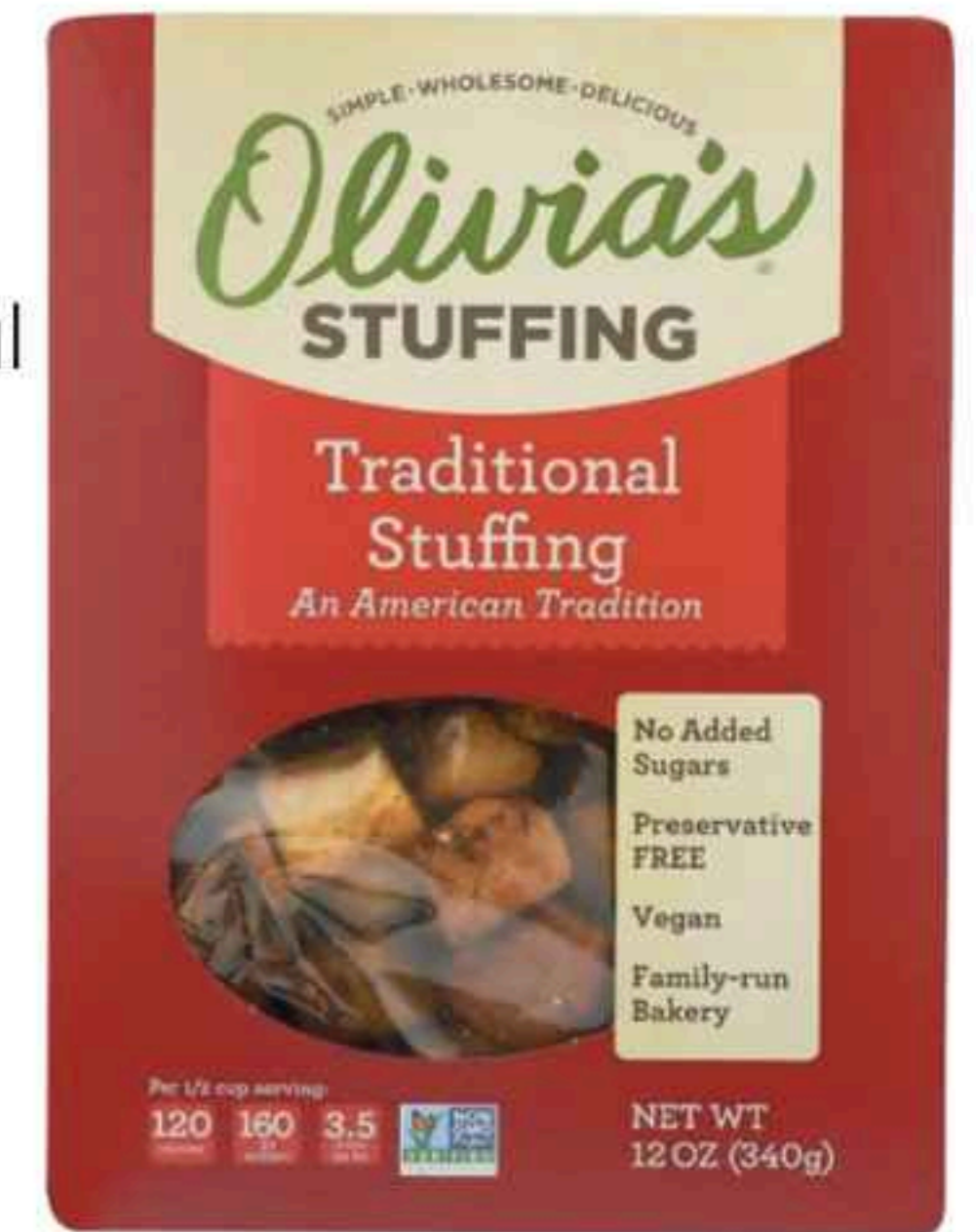


**Gardein**  
Plant-Based  
Turk'y Roast  
35.2 ounce



**\$15.79**

**Olivia's**  
Traditional  
Stuffing  
12oz



**\$6.79**

**Gardein**  
Savory Stuffed Turk'y  
Plant-Based  
14.1 ounce



**\$8.99**

**Aleia's®**  
Gluten-Free  
Stuffing Mix  
10 ounce  
Selected Varieties



**\$5.79**



**Pacific Foods**  
Organic  
Low-Sodium  
CHICKEN BROTH  
32 OUNCE  
Selected Varieties



**\$3.89**



**Farmer's  
Market**  
Organic  
Pumpkin  
15 OUNCE



**\$2.99**

**SERVING MICHIGAN SINCE 1936**

**Good Thru November 30th, 2024**



# November 2024

## Fresh Favorites



**Mary's Organic Turkey** **\$5.09**  
LB



**Mary's Free Range Turkey** **\$3.59**  
LB



**Rudi's Organic 100% Whole Wheat Bread** 22 Ounce

**\$4.79**



**Brown Cow Non-GMO Whole Milk Yogurt** 2 Pound Selected Varieties

**\$3.99**



**Kerrygold Kerrygold Unsalted Butter Sticks** 8 Ounce Selected Varieties **\$5.29**



**Ithaca Original Hummus** 10 ounce Selected Varieties **\$3.49**



**Vital Farms Pasture-Raised Large Eggs** **\$6.49** dozen eggs

**Wholly Wholesome Organic Traditional 9" Pie Shells** 14 Ounce **\$5.99**



**Miyoko's Creamery European Style Plant Milk Butter Salted** 8 ounce **\$4.99**

**Earth Balance Soy-Free Buttery Sticks** 1 pound **\$3.99**



**THE A2 MILK Co. WHOLE MILK** 59 FLUID OUNCE Selected Varieties **\$4.29**



**Alexia Assorted Mashed Cauliflower With Sea Salt** 12 oz **\$6.19**



**So Delicious Cocowhip** 9 Ounce Selected Varieties **\$3.49**

**Califia Farms Heavy Whip Dairy Free Heavy Cream Substitute** 16.9 FLUID OUNCE **\$4.49**



Frozen



# November 2024

## Healthy Living

**Back To Nature**  
Assorted  
Stoneground  
Wheat Crackers  
6 oz

**2/\$6**



**Seeds Of Change**

Quinoa &  
Brown Rice  
W/Garlic  
8.5 OUNCE  
Selected Varieties

**\$2.99**



**Spectrum  
Naturals**  
Organic  
CANOLA OIL  
32 FLUID OUNCE

**\$11.99**

**Back To Nature**  
Organic  
Saltine  
Crackers  
7 OUNCE

**2/\$7**



**Farmer's  
Market**  
Organic  
Pumpkin Pie  
Mix  
15 OUNCE

**\$2.99**



**Cascadian**

Organic  
Raisin Bran  
12 OUNCE  
Selected Varieties

**\$3.99**



**Back To Nature**  
Classic Creme  
Cookies  
NON-GMO  
12 OZ  
Selected varieties

**\$3.99**



**Tony's  
Chocolonely**  
Milk Chocolate Bar  
W/ Caramel &  
Sea Salt 6.35 oz  
Selected Varieties

**\$3.99**



**Lakewood**  
Organic Pure  
Lemon Juice  
32 FLUID OUNCE

**\$6.49**



**Spectrum  
Naturals**  
SAFFLOWER OIL  
32 FLUID OUNCE

**\$8.99**

**Pacific Foods**  
Organic  
Mushroom  
Condensed Soup  
10.5 OUNCE  
Selected Varieties

**\$2.79**



**Back To Nature**  
FUDGE MINT  
COOKIES,  
6.4 OUNCE

**\$4.79**

**TATE'S BAKE  
SHOP**  
COOKIES  
7 OUNCE

**\$3.99**



**Wholesome**  
ORGANIC  
CANE SUGAR  
16 OUNCE

**\$3.49**

**Endangered  
Species**  
48% Milk Chocolate  
W/ Rich Caramel  
3 OUNCE  
Selected Varieties

**2/\$5**



**Arrowhead  
Mills**  
Organic  
Gluten-Free Flour  
All Purpose  
20 OUNCE

**\$4.49**



**Farmer's  
Market**  
ORGANIC  
SWEET POTATO  
PUREE  
15 OUNCE

**\$2.99**

**Reed's**  
Original  
Ginger Brew  
4 count  
Selected Varieties

**\$6.99**



**Spectrum**  
Organic  
Extra Virgin  
OLIVE OIL  
25.4 FLUID OUNCE

**\$16.99**

**Arrowhead  
Mills**  
Organic Whole  
Wheat Flour  
22 OUNCE

**\$3.99**



**THANK YOU FOR SHOPPING LOCAL !!**



# Living Naturally

**Bragg**  
Apple  
Cider  
Vinegar  
CAPSULES  
90 COUNT

**\$16.99**



**Wholesome!**

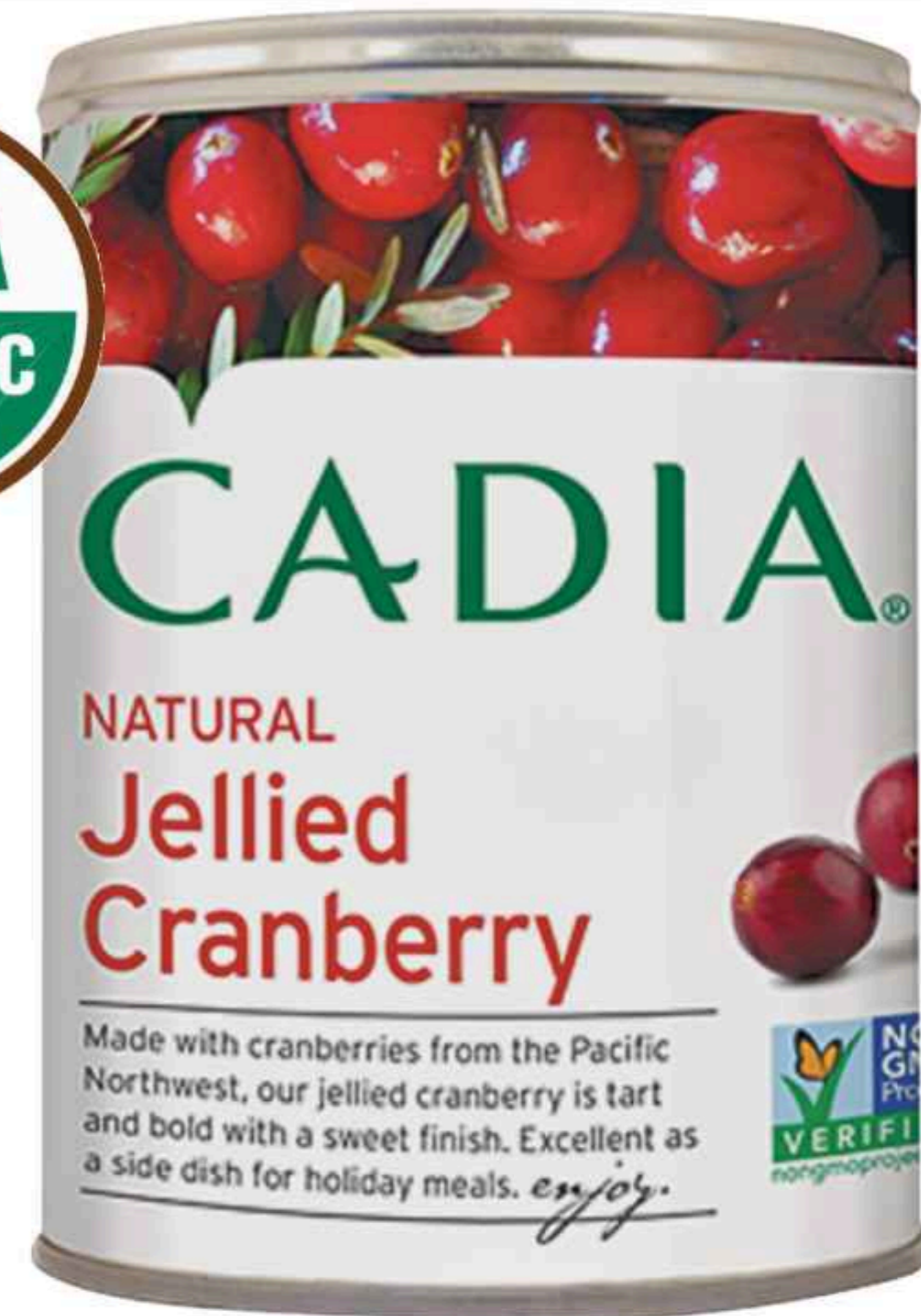
Organic  
Light  
Brown  
Sugar  
24 oz

**\$6.49**



**Cadia**  
Organic  
Pumpkin  
15 oz

**\$2.69**



**Cadia**  
Organic Jellied  
Cranberry Sauce **\$2.79**



**Blue  
bonnet**  
Men's  
One 40+  
Multiple  
60ct

**\$28.99**

**Cadia**  
Organic  
Vegetable  
Broth  
Low Sodium  
32 ounce  
Selected Varieties

**\$2.29**



**Cadia**  
Whole  
Kernel  
Corn  
15.25 oz

**\$2.49**



**Blue  
bonnet**  
Ladies One  
40+ Multiple  
60ct

**\$28.99**

**Cadia**  
Organic  
Chicken  
Broth  
Low Sodium  
32 ounce  
Selected Varieties

**\$2.29**



**Cadia**  
Organic  
Sweet  
Peas  
15 oz

**\$2.49**



**Cadia**  
Organic  
Cream  
Coconut  
13.5 oz

**\$3.49**



**Cadia**  
Organic  
Green  
Beans  
14.5 ounce

**\$2.49**



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