



**EAT WELL
BE HAPPY**

**LOCAL ORGANIC
SPINACH BUNCHES**

\$2.79/EA

Close to
Home!



**LOCAL ORGANIC
LOOSE BEETS**

\$1.99/LB



Close to
Home!



**ORGANIC
HONEYCRISP
APPLES**

\$2.49/LB



HOLIDAYS MADE EASY

— TURKEY —

PIES • SIDES

**QUANTITIES LIMITED
RESERVE YOURS EARLY**



**RESERVATIONS CLOSE
NOVEMBER 22** —



**SCAN TO
ORDER**



Organic Produce • On Sale 10/7–10/13

SWEET POTATO PIE



- 2-3 sweet potatoes (yams), about 2 lbs
- 1/3 cup butter, softened
- 1/2 cup sugar
- 2 large eggs, lightly beaten
- 3/4 cup evaporated milk
- 1 tsp vanilla paste
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 1 unbaked pie crust
- whipped cream (for serving)

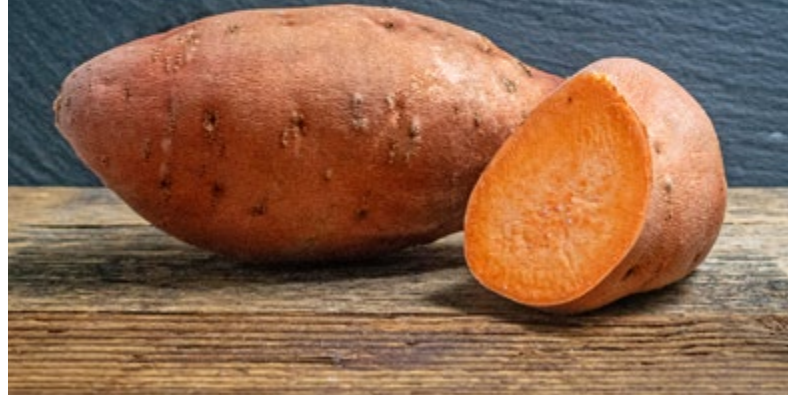
1. Bake sweet potatoes at 375°F for about an hour, or until soft. Scoop out flesh when they are cool enough to handle. Mash until smooth.
2. Beat together butter and sugar until creamy. Stir in eggs, vanilla, cinnamon, nutmeg, ginger and salt. Mix in sweet potatoes. Add evaporated milk and blend until smooth. Pour into pie crust.
3. Bake in a preheated 425°F oven for 15 minutes. Reduce heat to 350°F, bake for an additional 40 minutes, or until knife inserted into center comes out moist but clean. Allow to cool four hours before serving. Serve with whipped cream.



You can use a premade pie crust for this pie, or scan this code for our plant-based pie crust recipe! And of course, you can substitute real dairy butter if you prefer. You can find these original LifeSource recipes, along with lots of other comforting fall desserts, at LifeSourceNaturalFoods.com.

ORGANIC GARNET SWEET POTATOES

\$2.89/LB



LOCAL ORGANIC FENNEL BULBS

\$3.29/EA



ORGANIC HASS AVOCADOS

Large

\$2.29/EA

or Small

4 FOR \$5



ORGANIC
RASPBERRIES

\$4.99/EA



6 OZ
PKG

ORGANIC
YELLOW ONIONS

\$1.39/LB



ORGANIC
POMEGRANATES

\$2.49/EA



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY



Smart Chicken
**ORGANIC
 CHICKEN BREAST**
 Boneless Skinless
\$8.99/LB
 Save \$1.50/lb



Gardein
MEATLESS MEATS
 f'sh filets • turk'y cutlets
 plant-based meatballs
\$3.99
 10.1-12.7 oz | **Save \$4.50**

LONELY LANE FARMS



Third-generation farmers Mike and Patty Kloft run a 165-acre farm in Mt. Angel and lease 300 acres of grazing lands at the historic Mt. Angel Abbey. This land provides space for the farm's animals to graze and roam freely, creating a great quality of life for the animals, a sustainable way of farming, and delicious, high quality meats for you.

**LOCAL
 ITALIAN-RUBBED
 PORK LEG ROAST**
\$9.49/LB
 Save \$2/lb



Red's
BURRITOS
 Steak • Organic Bean
 Organic Chicken
2 FOR \$4
 4.5-5 oz | **Save \$1.49/ea**



Primal Kitchen
**AVOCADO OIL
 MAYO**
\$11.99
 24 oz | **Save \$10**



Safe Catch
**ELITE PURE
 TUNA POUCHES**
 Original • Citrus Pepper
 Garlic Herb
2 FOR \$5
 2.6-3 oz | **Save \$1.49/ea**



Annie's
MAC & CHEESE
 Select Varieties
\$1.79
 5.25-6 oz | **Save \$1.70**



Petit Pot
**ORGANIC & CREAMY
 FRENCH DESSERT**
 Dark Chocolate Pot de Crème
 Vanilla Pot de Crème
 Pistachio Pudding

\$3.99
 8 oz | Save \$3



Liquid Death
**SPARKLING & STILL
 MOUNTAIN WATER**

4 FOR \$5

19.2 fl oz | Save 74¢/ea



Simple Mills
**CRUNCHY COOKIES
 & SWEET THINS**

Your Choice

\$3.49

4.25-5.7 oz | Save \$2.50



Yogi
**ORGANIC
 HERBAL TEAS**

Your Choice

\$3.49

16 bag | Save \$2.30



Magic
**ORGANIC
 CHOCOLATE BARS**

Your Choice

\$3.99

2.93-3 oz | Save \$2.80



Annie's
**ORGANIC BUNNY
 GRAHAMS**

Honey • Birthday Cake
 Chocolate • Neapolitan

2 FOR \$6

7.5 oz | Save \$2.99/ea



Orgain
**ORGANIC PROTEIN
 & NUTRITION SHAKES**

4-Packs

\$9.99

4/11 fl oz | Save \$6



GoMacro
**ORGANIC
 MACROBAR**

Your Choice

2 FOR \$5

2-2.4 oz | Save 99¢/ea



Perfect Snacks
PERFECT BAR

Your Choice

\$2.29

2.2-2.5 oz | Save \$1.50

BLUEBERRY KEFIR PANCAKES



Makes 12 pancakes

- 1 ½ cups unbleached white flour
- 3 Tbsp granulated cane sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 cups plain kefir
- 2 eggs, beaten
- 3 Tbsp honey
- 2 Tbsp butter
- 1 tsp vanilla
- 1 cup fresh or frozen blueberries
- A little extra butter for greasing the skillet

1. In a small saucepan, melt 2 Tbsp butter and honey together. Allow to cool slightly.
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt.
3. Stir in kefir, eggs, butter and honey mixture, and vanilla until just combined. Fold in blueberries. Batter will be lumpy.
4. Allow mixture to rest and do its thing for at least ten minutes.
5. Preheat your skillet or griddle over medium heat for at least 5 minutes. Grease with extra butter.
6. Ladle batter onto the hot skillet using a ¼ cup measuring cup. Cook pancakes until golden, about 2-3 minutes. Edges will be dry and tops will be bubbly when it's time to flip.
7. Flip your pancakes, and allow to finish cooking on the second side, about 2-3 minutes.



Waterloo
SPARKLING WATER
Strawberry • Black Cherry
Lemon Italian Ice
Lemon Lime

\$3.99

96 fl oz | **Save \$2.50**



C₂O
COCONUT WATER

Original • With Pulp
Mango • Pineapple
Ginger Turmeric Lime

2 FOR \$4

17.5 fl oz | **Save \$1.29/ea**



Uncle Matt's
**ORGANIC
ORANGE JUICE**

With Pulp • No Pulp • Immune
Calcium & Vitamin D

\$7.49

52 fl oz | **Save \$2.50**



Health-Ade
**ORGANIC
KOMBUCHA**

Your Choice

2 FOR \$6

16 fl oz | **Save \$1.49/ea**



Maple Hill
ORGANIC KEFIR

Plain • Vanilla

\$5.49

32 oz | **Save \$2.50**



Icelandic Provisions

SKYR

Your Choice

\$1.99

5.3 oz | Save \$1



Pacha

**BUCKWHEAT
SOURDOUGH BREAD
& ENGLISH MUFFINS**

\$5.49

13-22 oz | Save \$5.50



Vital Farms

18 COUNT

**PASTURE-RAISED
EGGS**

\$8.99

18 ct | Save \$4



Maple Hill
**ORGANIC
GREEK YOGURT**

Plain

\$5.49

16 oz | Save \$2



Organic Valley

ORGANIC

SHREDDED CHEESE

Mexican Blend • Italian Blend
Mozzarella

\$3.49

6 oz | Save \$3

EVERYDAY VALUE



**LOOK FOR
THE SIGNS!**

Cadia
**ORGANIC
ALL-PURPOSE FLOUR**

Unbleached

\$7.99

5 lb



Cadia
**ORGANIC FAIR
TRADE SUGAR**

White • Brown • Powdered

\$4.29

16-24 oz



Cadia
BAKING SODA

\$1.69

16 oz



Our Everyday Value program is designed to help you save money every time you shop with us. From pantry staples and frozen favorites to household essentials like laundry detergent and cleaning products, we're committed to offering you the lowest possible prices without sacrificing quality.

We know that choosing natural products—whether for your family's meals or your home—can sometimes feel like a luxury, especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing you're getting the best value for your money.

Over 1000 items on SALE! • 9/23-10/13

BULK DEPARTMENT DEALS

**ORGANIC GREEN
SPLIT PEAS**

\$1.49/LB

Save 50¢/lb



Café Mam

ORGANIC FAIR TRADE COFFEE

Regular Roasts

\$11.99/LB

Decaf Roasts

\$12.99/LB

Save \$4/lb



ORGANIC STEEL CUT OATS

\$1.79/LB

Save 50¢/lb



Hummingbird

ORGANIC WHITE POPCORN

\$1.99/LB

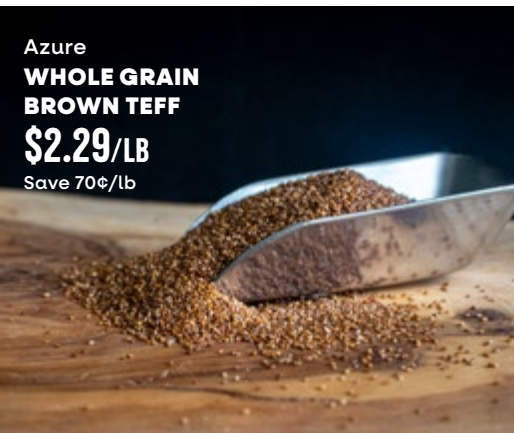
Save 50¢/lb



Azure
**WHOLE GRAIN
BROWN TEFF**

\$2.29/LB

Save 70¢/lb



Camas Country Mill
**LOCAL ORGANIC
BUCKWHEAT FLOUR**

\$2.99/LB

Save 80¢/lb



Lundberg
ORGANIC SUSHI RICE

\$3.99/LB

Save \$1/lb



Butternut Mountain Farm
ORGANIC MAPLE SYRUP

Grade A Very Dark

\$11.99/LB

Save \$3/lb



Mountain Rose Herbs
**ORGANIC FIREFLY
HERBAL CHAI**

\$43.99/LB

Save \$11/lb



ONLY \$2.75/OZ

Frontier
**ORGANIC
CHAMOMILE FLOWERS**

\$44.99/LB

Save \$15/lb



ONLY \$2.81/OZ

BEER • WINE • CIDER



Cascade Lakes Brewing **NOT-FOR-PROFIT LOCAL BEERS**

Pineapple Kush IPA • This IPA
Blonde Bombshell Gloden

\$10.99

6-pack | **Save \$2**



Everybody's Brewing **PNW BEER**

Select 6-Packs

\$10.99

6-pack | **Save \$2**



2 Towns Ciderhouse **COSMIC CRISP CIDERS**

Original • Raspberry
Huckleberry

\$13.99

6-pack | **Save \$2-\$2.50**



Deschutes / Patagonia **ORGANIC NON-ALCOHOLIC KERNZA BEERS**

IPA • Golden

\$11.99

6-pack | **Save \$2**



Sweet Cheeks **VINTAGE RIESLING**

Willamette Valley

\$16.99

750 ml | **Save \$3**



Van Duzer **PINOT NOIR ROSÉ & PINOT GRIS**

Willamette Valley

\$16.99

750 ml | **Save \$3**



Dibon **CAVA BRUT NATURE**

Penedès, Catalonia, Spain

\$11.99

750 ml | **Save \$2**



Pacific Redwood **ORGANIC PINOT NOIR**

Mendocino, California

\$19.99

750 ml | **Save \$4**

ANNIE'S

ORGANIC CHEESE CRACKERS

Bunnies • Squares

2 FOR \$6

7.5 oz | Save \$2.99/ea

ORGANIC CHEESY SMILES

Cheddar • White Cheddar

2 FOR \$6

4 oz | Save \$2.99/ea

Kettle Brand AVOCADO OIL POTATO CHIPS

Apple Cider Vinegar
Sea Salt • Special Sauce

2 FOR \$7

6 oz | Save \$2.49/ea

Epic PORK RINDS

Himalayan Pink Salt
Texas BBQ • Sea Salt & Pepper

2 FOR \$5

2.5 oz | Save \$2.49/ea

Siete POTATO CHIPS

Your Choice

\$2.79

5.5 oz | Save \$2.20

Vandy POTATO CHIPS

Original • French Onion

\$7.49

5 oz | Save \$4.50

Olli Salumeria SALAMI SNACK PACKS

Chipotle • Calabrese
Sopressata • Genoa

\$2.99

2 oz | Save \$2.50





Giovanni
HAIR TREATMENTS
 Mousse • L.A. Hold Hairspray
 L.A. Strong Hold Gel
 Vitapro Fusion

\$6.99

5.1-7 oz | **Save \$4**



Crystal Body
**ROLL-ON
 DEODORANT**
 Unscented • Lavender
 Vanilla Jasmine

\$4.29

2.25 oz | **Save \$2.20**



Giovanni
**SHAMPOO
 & CONDITIONER**
 Your Choice

\$6.99

8.5 fl oz | **Save \$4**



evanhealy
**BALM OF GILEAD
 ELIXIR**

\$29.99

0.5 fl oz | **Save \$8.50**

**ALL EVANHEALY
 ON SALE**



Lifeflo
MAGNESIUM LOTION

\$8.99

8 fl oz | **Save \$3**



NeoCell
**COLLAGEN
 BEAUTY BURSTS**

\$15.99

60 chews | **Save \$4**



Wild Carrot Herbals
**SOULSHINE
 DAY CREAM**

\$26.99

2 oz | **Save \$13**

HOUSEHOLD



TruEarth
**TOILET BOWL
 CLEANER STRIPS**

\$5.49

12 pc | **Save \$7.50**



TruEarth
LAUNDRY STRIPS

Unscented

\$8.99

32 pc | **Save \$8**



Birdie & Louie
TUNA CAT FOOD

Tuna Tuesday • Papaya
 Pineapple • Olive

4 FOR \$5

3 oz | **Save 74¢/ea**



Davids
**HYDROXI
 TOOTHPASTE**
 Peppermint • Orange Vanilla
\$5.49
 4 oz | **Save \$4.50**



drTung's
SMART FLOSS
\$4.29
 30 yds | **Save \$2.20**



Natural Factors
**WHOLE EARTH & SEA
 MULTIVITAMINS**
 Women's • Men's,
 Women's 50+ • Men's 50+
 Prenatal
\$25.99
 60 tab | **Save \$9**



Salus
**FLORADIX
 & FLORAVITAL**
 Iron + Herbs
\$23.99
 8.5 fl oz | **Save \$8**



BioSil
**ADVANCED
 HAIR + NAIL CARE**
\$18.99
 30 vcap | **Save \$6**



Herbs Etc.
**ROCKY MOUNTAIN
 THROAT SYRUP**
\$11.99
 4 oz | **Save \$6**



Lakewood
**ORGANIC ALOE
 VERA JUICE**
 Whole Leaf Aloe with Lemon
\$6.99
 32 fl oz | **Save \$4**

MICROJoY FUNCTIONAL MUSHROOM GUMMIES

Elevate • Hibernate
Motivate • Concentrate

\$5.99

5 ct | **Save \$2**

**ALL
MICROJoY
ON SALE**



Host Defense MYCOBREW

Mocha • Cocoa

\$19.99

10.5 oz | **Save \$10**



Organic India ORGANIC CEYLON CINNAMON

\$16.99

90 vcap | **Save \$9**



BOIRON



OSCILLOCOCCINUM

6 single dose tubes

\$11.99

6 ct | **Save \$4**



25% OFF

ALL HERB PHARM

Close to
Home!

HERB PHARM

CARLSON



ELITE OMEGA-3

90+30 softgel Value Pack

\$35.99

120 softgels | **Save \$9**

NORDIC NATURALS



ULTIMATE OMEGA

\$55.99

180 softgels
Save \$14



MEGA QUERCETIN
\$19.99
60 vcap | Save \$8



MAGNESIUM CITRATE
Value Size
\$14.99
180 vcap | Save \$5



BERBERINE
\$16.49
60 vcap | Save \$7.50



MAGNESIUM GLYCINATE
Value Size
\$24.99
240 vcap | Save \$11.50



SUPER DIGEST-AWAY
\$24.99
180 vcap | Save \$12



CALCIUM MAGNESIUM ZINC
Value Size
\$15.99
250 vcap | Save \$5



RED YEAST RICE CoQ-10
\$25.99
90 vcap | Save \$11



CALCIUM CITRATE WITH VITAMIN D3
Value Size
\$17.49
240 cap | Save \$4.50



D-MANNOSE WITH CRANACTIN
Value Size
\$34.99
120 vcap | Save \$9



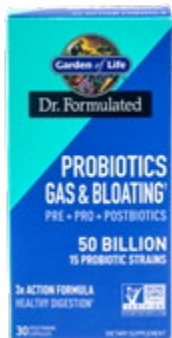
Gaia Herbs
STRESS RESPONSE
\$13.99
 30 cap | **Save \$5**



Gaia Herbs
QUICK DEFENSE
\$18.99
 20 cap | **Save \$7**



Oregon's Wild Harvest
ORGANIC
ASHWAGANDHA
\$18.99
 90 cap | **Save \$7**



Garden of Life
DR. FORMULATED
GAS & BLOATING
PROBIOTICS
\$27.99
 30 vcap | **Save \$9**



Flora
SUPER 8 PROBIOTIC
\$20.99
 30 caps | **Save \$7**



MEGAFOOD

MAGNESIUM
 300 mg per serving
\$12.99
 60 vcap | **Save \$7**

IRON
BLOOD BUILDER
\$19.99
 60 tab | **Save \$8**

VITANICA



ADRENAL ASSIST
\$25.99
 90 vcap | **Save \$7**



GABA EASE
\$17.49
 60 vcap | **Save \$4.50**

ALL
VITANICA
ON SALE

LifeSource natural foods BRAND SUPPLEMENTS

We look closely at every product we carry, and especially at the companies we choose to partner with for our house brand. After extensive vetting, we are proud to feature our own name on the labels. They are superior in quality, tested for purity and potency, and most come in sustainable and fully recyclable glass bottles.



**ORGANIC
BRAIN MUSHROOM
SUPPORT**
\$10.99
60 vcap | Save \$3



PARACIDE
\$10.99
90 vcap | Save \$3



**HEALTHY BLOOD
PRESSURE SUPPORT**
\$11.49
60 cap | Save \$3



**COENZYME
METHYL-B
COMPLEX**
\$23.99
120 vcap | Save \$6



**MAGNESIUM
GLYCINATE**
\$15.99
90 vcap | Save \$4



VITAMIN D3 & K2
\$11.49
60 tab | Save \$3