

Wedge

COMMUNITY  
CO-OP

+



LINDEN HILLS  
CO-OP

FRESH FLYER  
**SPECIALS**

YOUR TRUSTED SOURCE  
FOR FOOD YOU  
LOVE



**ONE WEEK ONLY!**

Thousand Hills

## Grass-Fed Beef Chuck Roast

Great for a Pot Roast and Stew!

REG. \$9.99/LB

**\$7.49/lb**

LOCAL



## Organic Seedless Red Grapes

Great for healthy snacking!

REG. \$3.49/LB

**\$1.99/lb**



## Kadejan Chicken Breast for Stir Fry

Great for stir fries or  
chicken Alfredo!

REG. \$8.99/LB

**\$6.99/lb**



## Revolution Greens

(4.5oz)

Red Green Duo, Romaine  
Crunch and Spring Mix.  
Perfect for a salad!

REG. \$3.99/EA

**\$2.99/ea**



## Hidden Springs Driftless Sheep Cheese

(5 oz)

Plain, Basil & Olive Oil  
and Honey Lavender

REG. \$7.99/EA

**\$5.99/ea**

FRESH MEAT & SEAFOOD, CHEESE AND PRODUCE PRICES OCT. 13th - OCT. 19th

ENER-C  
**Orange Ener-C**  
**1000mg**  
 (30 ct)



REG. \$16.99  
**\$11.99**

Kal  
**Magnesium**  
**Glycinate 400**  
 (180 ct)



REG. \$33.99  
**\$26.99**

Four Sigmatic  
**Mushroom**  
**Coffee Mix**  
 (12 oz)



REG. \$22.99  
**\$15.99**



Farmers Market  
**Canned**  
**Pumpkin**  
 (15 oz)



REG. \$2.99  
**2 for \$4**



Seventh Generation  
**White Bath**  
**Tissue**  
 (12 pk)



REG. \$10.99  
**\$6.99**

Greek Gods  
**Greek Yogurt**  
 (24 oz)



REG. \$3.99  
**2 for \$7**

Westbrae  
**Canned Beans**  
 (25 oz)



REG. \$3.49  
**2 for \$5**



Shikai  
**Borage Hand**  
**Cream**  
 (2.5 oz)



REG. \$7.99  
**\$5.99**

Cappello's  
**Frozen Gluten**  
**Free Pizza**  
 (11-12 oz)



REG. \$9.99  
**\$6.99**

Knudsen  
**Apple Juice**  
 (32 oz)



REG. \$3.99  
**2 for \$6**



Tucson Tamales  
**Frozen Tamales**  
**2 Pack**  
 (10 oz)



REG. \$6.79  
**\$4.99**

**25% OFF**  
**ALL SUPPLEMENTS!**

**OCT. 14 THROUGH OCT. 17**

Product Supply May Be Limited.

WEDGE COMMUNITY CO-OP  
 2105 Lyndale Ave. S., Mpls., MN 55405

LINDEN HILLS CO-OP  
 3815 Sunnyside Ave., Mpls., MN 55410

**TCCP.COOP**