

Natural Body Care Products
Certified Organic Foods

All-Natural Ingredients
Fair-Trade Products

JANUARY



2012

• NATURAL NEWS & SAVINGS •

JANUARY IS NATIONAL

SOUP MONTH

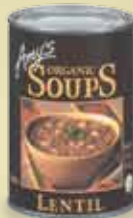
Nourish and Warm Yourself With Soup

Pacific Natural Foods

Soup
32-oz.
Selected Varieties
2/\$5



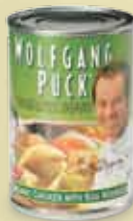
Amy's Soup
14.1-14.5-oz.
Selected Varieties
\$2.39 Ea.



Canterbury Soup Mix
6.5-oz. to 15-oz.
Selected Varieties
\$3.69 Ea.



Wolfgang Puck Soup
14.5-oz.
Selected Varieties
2/\$5



Soup is the perfect comfort food for this cold, wintry month. A steaming bowl or mug of delicious soup can take the chill off. The added bonus is, it satisfies your hunger and makes you feel full longer.

Choose soups packed with flavorful "super foods" like beans, lean chicken or turkey, broccoli, spinach, tomatoes - and especially spices and herbs.

Spices and herbs do more than add flavor to your favorite soups without added calories or sodium. They also contain concentrated levels of natural antioxidants comparable to fruits and vegetables, including many of the super foods.

Funley's Super Crackers
Delicious All Natural crackers with Superfood veggies hidden inside!

- 100% Natural
- SB-12 School Compliant
- Good Source of Calcium, Vitamin D & Iron
- NO Preservatives, NO Trans Fats, NO High Fructose Corn Syrup, NO Artificial Anything!
- GMO-Free

www.funleys.com



Funley's Super Crackers
4.23-oz.
Selected Varieties
\$2.99 Ea.

• Prices Effective January 4th Through January 31st, 2012 •

(Some items may not be available in all areas.)

MONTH LONG SAVINGS · MONTH LONG SAVINGS · MONTH LONG SAVINGS

JANUARY SAVINGS

SoyJoy Bars
1.05-oz. to 1.06-oz.
Selected Varieties
79¢ Ea.



Choice Tea
16-ct. to 20-ct. or Bulk
Selected Varieties
25% Off



Traditional Medicinals Tea
16-ct. to 18-ct.
Selected Varieties
\$3.99 Ea.



Honest Tea
16-oz.
Selected Varieties
4/\$5



Wildwood Tofu
14-oz. to 15.5-oz.
Selected Varieties
\$1.99 Ea.



Wildwood Baked Tofu
6-oz.
Selected Varieties
2/\$7



R.W. Knudsen Just Juice
32-oz.
Selected Varieties
25% Off



L&A Juice
32-oz.
Selected Varieties
\$3.29 Ea.

Sol Sunflower Beverage
32-oz.
Selected Varieties
\$1.89 Ea.



Old Wessex Oatmeal
16-oz. to 18.5-oz.
Selected Varieties
\$2.79 Ea.



Stahlbush Island Farms Frozen Fruits & Vegetables
10-oz.
Selected Varieties
\$3.59 Ea.



Orgain Beverage
11-oz.
Selected Varieties
2/\$5

Voskos Greek Yogurt
Selected Varieties



5.3-oz. Non Fat - **7/\$7**

8-oz. - **4/\$5**

4.6 oz. Yo Greek Plus Granola - **4/\$5**



Lifeway Kefir
32-oz.
Selected Varieties
\$3.19 Ea.



Nature's Path Toaster Pastries
11-oz.
Selected Varieties
\$2.79 Ea.



Nature's Path Flax Cereal and Granola
10.6-oz. to 14-oz.
Selected Varieties
\$3.59 Ea.



Nature's Path Eco Pac Cereal
22.1-oz. to 32-oz.
Selected Varieties
\$6.59 Ea.

Jan 4 - Jan 31, 2012



Recycle this flyer

HUCKLEBERRY'S IS THE PLACE TO GO FOR HEALTHY LIVING

ALL NATURAL

Kind Granola

11-oz.
Selected Varieties

\$4.19 Ea.



Wellness Dog Food

Selected Sizes & Varieties

25% Off



Natural Sea Frozen Fish

7-oz. to 8-oz.
Selected Varieties

Wild Alaskan Pollock - **\$3.99** Ea.

Premium Cod - **\$4.99** Ea.



Rising Moon Pasta Sauce

14-oz.
Selected Varieties

\$2.99 Ea.



Stonyfield Yogurt

32-oz.
Selected Varieties

2/\$7



Sokenbicha Tea

15.2-oz.
Selected Varieties

2/\$3



Ecover Laundry Products

Selected Sizes & Varieties

25% Off



Earth Friendly

ECOS Liquid Laundry Detergent

100-oz.
Selected Varieties

\$10.99 Ea.

Tandoor Chef Entrees

10-oz.
Selected Varieties

\$2.99 Ea.



Coombs Maple Syrup, Grade B

8-oz. to 32-oz.
Selected Varieties

25% Off

Brown Cow Yogurt

32-oz.

Selected Varieties
\$2.99 Ea.



Walnut Acres Organic Pasta Sauce

25.5-oz.

Selected Varieties
\$3.99 Ea.



Koyo Organic Noodles

8-oz.

Selected Varieties
\$1.99 Ea.



Koyo Ramen

2-oz. to 2.1-oz.

Selected Varieties
7/\$7



Larabars

1.6-oz. to 1.8-oz.
Selected Varieties

4/\$5



Bulk Department

Bob's Red Mill Hot Cereal

Selected Varieties

25% Off

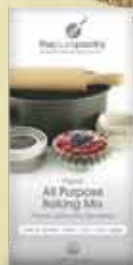


The Pure Pantry Gluten Free Baking Mixes

12-oz. to 21-oz.
Selected Varieties

\$5.99 Ea.

Elizabeth Kaplan, founder and CEO of The Pure Pantry, is a trained teacher and chef. Her appreciation and passion for fine organic foods began at a young age. After Elizabeth was diagnosed with Celiac Disease in 2002, she decided to take matters into her own hands to help raise the bar in the gluten-free world.



Jan 4 - Jan 31, 2012



Recycle this flyer

HUCKLEBERRY'S IS THE PLACE TO GO FOR HEALTHY LIVING

WHOLESOME



**Late July
Tortilla Chips**
5.5-oz. to 6-oz.
Selected Varieties
\$1.99 Ea.



**Garden of Eatin'
Tortilla Chips**
8.1-oz.
Selected Varieties
2/\$5

Chobani Greek Yogurt
6-oz. - **4/\$5**
4-ct. - **\$3.49** Ea.
Selected Varieties



Plum Organics Baby Food
Selected Sizes & Varieties
15% Off



Tasty Bite Entrees
10-oz.
Selected Varieties
\$2.69 Ea.



Tasty Bite Rice
8.8-oz.
Selected Varieties
\$1.99 Ea.

Wallula Organic Juice
Wallula Organics makes 100% organic juice made exclusively from fruit grown in the orchards of Eastern Washington and certified organic by the Washington State Department of Agriculture. Wallula Organics was founded on two key principles.
(1) Produce high quality, great tasting organic fruit products.
(2) Support local organic agriculture. Lucky for us, much of the best organic fruit in the world is grown in the pristine orchards and vineyards of Eastern Washington.
newplanetorganics.com
64-oz.



Apple Juice - **\$3.79** Ea.
Grape Juice - **\$4.39** Ea.

**Seventh Generation
2X Concentrated Laundry Liquid**
100-oz.
Selected Varieties
\$14.59 Ea.



**Rice, Almond, Coconut or Soy
Dream Beverages**
32-oz.
Selected Varieties
\$2.29 Ea.



Cedarlane Entrees
6-oz. to 11-oz.
Selected Varieties
25% Off

**R.W. Knudsen
Simply Nutritious Juice**
32-oz.
Selected Varieties
\$2.89 Ea.



**Beanfields
Bean & Rice Chips**
6-oz.
Selected Varieties
\$2.59 Ea.



Tofurky Deli Slices
5.5-oz.
Selected Varieties
\$2.29 Ea.



**Enjoy Life
Cereal & Snack Bars**
5-oz. to 10-oz.
Selected Varieties
\$3.49 Ea.



**Enjoy Life
Granola**
12-oz. to 12.8-oz.
Selected Varieties
\$4.99 Ea.

Jan 4 - Jan 31, 2012



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VITAMIN ANGELS



Vitamin Angels

Save money on your favorite natural and organic brands while helping to save the lives of malnourished children around the globe. Vitamin Angels in partnership with The Organic Center and the Organic Trade Association, is offering a free coupon book featuring over \$40 in savings. By redeeming coupons and saving money, consumers will be helping Vitamin Angels to achieve its goal of reaching over 10 million children this year. One third of all childhood deaths are caused by malnutrition. For only 25¢, Vitamin Angels can provide enough micronutrients to reduce child mortality. It's a simple, effective solution to a major global health problem. Look for the coupon book in all Huckleberry's Natural Market locations. While supplies last.
www.vitaminangels.org

**Spectrum Organic
Extra Virgin
Mediterranean Olive Oil**
www.spectrumorganics.com
 33.8-oz.
\$11.49 Ea.



**Earth's Best
Baby Food**
www.earthsbest.com
 Selected Sizes & Varieties
25% Off



**Health Valley
Soup**
www.healthvalley.com
 15-oz.
 Selected Varieties
\$2.19 Ea.



**Gluten Free Café
Soup**
www.myglutenfreecafe.com
 15-oz.
 Selected Varieties
\$2.19 Ea.



Natural Living



**Shikai Borage
Body Care**
 .5-oz. to 8-oz.
 Selected Varieties
25% Off

**Brain Strong
Supplements or
Culturelle Probiotics**
 30-ct to 90-ct.
 Selected Varieties
25% Off

**Alba
Facial Care
Products**
 2-oz. to 6-oz.
 Selected Varieties
25% Off

**Avalon
Shampoo or
Conditioner**
 11-oz.
 Selected Varieties
\$6.99 Ea.

**Jason
Toothpaste
& Mouthwash**
 4.2-oz. to 16-oz.
 Selected Varieties
25% Off

Jan 4 - Jan 31, 2012



Recycle this flyer

REACH FOR SOMETHING ORGANIC WHEN YOU'RE IN THE MOOD FOR SNACKS

SNACK TIME

Bumble Bars
Selected Varieties

1.4-oz. to 1.6-oz. - **2/\$3**
12-ct. Juniors - **\$11.99** Ea.

Clemmy's
Sugar Free Ice Cream
16-oz.
Selected Varieties
2/\$7

Clemmy's
Sugar Free Ice Cream O's
6-ct. to 12-ct.
Selected Varieties
\$4.79 Ea.

Lucy's Gluten Free Cookies
5.25-oz.
Selected Varieties
\$4.39 Ea.

Somersaults Snacks
6-oz.
Selected Varieties
\$2.99 Ea.

Flamous
Falafel Chips
8-oz.
Selected Varieties
\$3.59 Ea.

Popchips
Potato Chips
3-oz.
Selected Varieties
\$1.99 Ea.

Newman's Own
Pop's Corn & Pretzels
3-oz. to 8-oz.
Selected Varieties
\$2.99 Ea.

Clif Kid
Zbars, Twisted & Crunch
5-ct. to 6-ct.
Selected Varieties

\$2.99 Ea.

Beanitos Chips
6-oz.
Selected Varieties
\$2.29 Ea.

Pirate's Booty Snacks
4-oz. to 6-oz.
Selected Varieties
\$2.19 Ea.

Kettle
Baked Potato Chips
4-oz.
Selected Varieties
2/\$5

Rhythm Superfoods Chips
Selected Varieties
2-oz. Kale - **\$4.79** Ea.
1-oz. Sweet Potato - **2/\$5**

American Flatbread Frozen Pizza
9.3-oz. to 10.2-oz.
Selected Varieties
\$5.99 Ea.

Cascadian Farm Cereal & Bars
6.2-oz. to 17-oz.
Selected Varieties
\$3.89 Ea.

Wallaby Yogurt
Selected Varieties
6-oz. Non Fat - **89¢** Ea.
32-oz. Non Fat - **2/\$7**
4-ct., 4-oz. - **\$2.69** Ea.



Jan 4 - Jan 31, 2012



Recycle this flyer

REALLY GOOD RECIPES CALL FOR THE VERY BEST INGREDIENTS

GREAT INGREDIENTS

Simply Asia Noodles

6.1-oz. to 10.6-oz.
Selected Varieties

2/\$5



Simply Asia Stir-Fry Sauce

3.98-oz. to 4.44-oz.
Selected Varieties

2/\$3



House Foods Organic Tofu

Firm & Extra Firm
12-oz. to 14-oz.

\$1.79 Ea.



House Foods Tofu Pasta

8-oz.
Selected Varieties

2/\$3



House Foods So-Yah Noodles

10-oz.

\$2.79 Ea.



Cascadian Farm Frozen Vegetables

10-oz.
Selected Varieties

2/\$5 Ea.



Cascadian Farm Frozen Fruit

8-oz. to 10-oz.
Selected Varieties

2/\$7



Muir Glen Organic Tomatoes

14.5-oz. to 15-oz.
Selected Varieties

\$1.69 Ea.



San-J Sauces & Rice Crackers

2.8-oz. to 10-oz.
Selected Varieties

25% Off



Organic Valley Sour Cream

8-oz. - **\$1.59** Ea.

16 oz. - **\$2.99** Ea.

Organic Valley Cottage Cheese & Ricotta

15-oz. to 16-oz.
Selected Varieties

\$3.99 Ea.



Franz Organic Bread

26-oz.
Selected Varieties

\$3.69 Ea.



Rising Moon Pasta

8-oz.
Selected Varieties

2/\$7

Rising Moon Frozen Pizza

11-oz.
Selected Varieties

\$5.69 Ea.



So Delicious Coconut Milk Products

Selected Varieties

6-oz. Yogurt - **\$1.69** Ea.

16-oz. Yogurt - **\$2.99** Ea.

16-oz. Creamer - **\$1.99** Ea.

64-oz. Milk - **\$2.99** Ea.



Conte's Gluten Free Pasta

12-oz. to 16-oz.
Selected Varieties

25% Off

Mediterranean Organic

Olives & Vegetables

9-oz. to 16-oz.
Selected Varieties

25% Off



Jan 4 - Jan 31, 2012



Recycle this flyer

MONTH LONG SAVINGS · MONTH LONG SAVINGS · MONTH LONG SAVINGS

LIGHT & HEALTHY

Amy's Light & Lean Entrees

8-oz.
Selected Varieties

\$3.99 Ea.

Kashi Go Lean Cereal

11.28-oz. to 15-oz.
Selected Varieties

\$3.89 Ea.

Think Thin

Bars & Bites
1.76-oz. to 4.41-oz.
Selected Varieties

2/\$3

Rudi's Organic Bakery Sandwich & Bagel Flatz

8-oz. to 18-oz.
Selected Varieties

\$3.79 Ea.

Wholesome Organic Stevia Packets

35-ct. - **\$3.79** Ea.

75-ct. - **\$6.69** Ea.

Coco Libre Coconut Water

11-oz.
\$1.79 Ea.



Tips to Stay Lean for a Lifetime

Are you one of the millions making their New Year's resolution to finally get healthy and lose a little weight? If you are, don't make the mistake of trying to lose as much weight as possible in the shortest time by starving yourself. This can set you up for failure and by Valentine's Day you'll likely binge and re-gain whatever was lost, plus a pound or two.

Instead, focus on making healthy changes that will last a lifetime. Don't change more than what you can live with or you won't stick with it. According to research, it takes about 21 days to make something a habit. Make small achievable goals and move on as each one becomes a habit in your new healthy lifestyle.

1. Get physical everyday.
2. Cut out empty calories.
3. Curb liquid calories.
4. Eat at least 1200 calories a day.
5. Think HEALTHY, not just SKINNY!
6. Set Realistic Goals.
7. Don't lose more than 2 pounds/week.
8. Keep healthy foods stocked in your kitchen.
9. Eat 5 or more fruits and veggies everyday.
10. Fill up on fiber.
11. Drink water, unsweetened teas, or herb teas.
12. Bake, roast, or broil instead of frying.
13. Listen to your stomach.
14. Eat small frequent meals with adequate protein, healthy carbs, and a little fat.
15. Instead of juice, eat a piece of fruit.
16. Make it a family affair.

Jan 4th - Jan 31, 2012



Recycle this flyer

926 South Monroe Street • Spokane, WA 99204 • (509) 624-1349 • www.huckleberrysnaturalmarket.com

YOU'LL ALSO FIND US TUCKED AWAY IN A CORNER OF A ROSAUERS OR SUPER 1 STORE JUST DOWN THE STREET . . .

Rosauers
Supermarkets, Inc.
9414 N. Division St
Spokane, WA 99218
(509) 467-6812

Rosauers
Supermarkets, Inc.
10618 E. Sprague
Spokane, WA 99206
509-924-3700

Rosauers
Supermarkets, Inc.
1867 Twelfth Street
Hood River, OR 97031
(541) 386-1119

Rosauers
Supermarkets, Inc.
North 411 Main Street
Moscow, ID 83843
(208) 882-5574

Rosauers
Supermarkets, Inc.
2150 U.S. Hwy 93 S
Kalispell, MT 59901
(406) 755-5088

Super 1 Foods
East 200 Mt. View
Ellensburg, WA 98926
(509) 962-7770

Rosauers
Supermarkets, Inc.
2610 East 29th Ave
Spokane, WA 99223
(509) 535-3683

Rosauers
Supermarkets, Inc.
410 South 72nd Ave.
Yakima, WA 98908
(509) 972-2327

Rosauers
Supermarkets, Inc.
2350 Reserve
Missoula, MT 59801
(406) 721-5430

Rosauers
Supermarkets, Inc.
332 Thain Road
Lewiston, ID 83501
(208) 746-2377

Rosauers
Supermarkets, Inc.
3255 Technology Blvd. W
Bozeman, MT 59718
(406) 587-0637

Super 1 Foods
710 S. 9th
Walla Walla, WA 99362
(509) 525-8790