

September 2017

# Healthy Advantage™

Great savings, naturally!



## BERRY ENERGIZED BLEND SMOOTHIE



**Emergen-C**  
Energy+  
Blueberry Acai  
18 PKT  
Selected Varieties

**\$10.99**  
SRP: \$16.69

Find recipe here: [emergen.com/recipes/berry-energized-blend](http://emergen.com/recipes/berry-energized-blend)

## EMC + CHARITY: Water Helps Kids Get Back To School

"Back to school." For many families, this means checking off supply lists and getting children ready to hop back on the bus. For others, it means finding a basic necessity that helps children physically get back to school – clean water. In Ethiopia, many children spend hours every day walking to bring water to their communities when they could be in the classroom. Having access to clean, safe drinking water transforms lives; it improves health and enhances education opportunities.

This fall, Emergen-C + Charity: water are committed to helping children get back to school in a healthy way so they can emerge and see their full potential. By getting your children off to a healthy start for the new school year with Emergen-C, you are also helping us transform lives through our ongoing partnership with charity: water that helps bring clean water sources to children in Ethiopia.

# TILLER & RYE

LOCAL GROCER

20 South Main Street • Brewer, Maine • (207) 573-4022  
Open: Monday - Saturday 8am - 8pm  
[www.TillerAndRye.com](http://www.TillerAndRye.com)



**Tofurky**  
Style Deli Slices  
Vegan Smoked Ham  
5.5 OZ  
Selected Varieties

**\$2.79**  
SRP: \$3.99



**Harvest Bay**  
All Natural  
Coconut Water  
8.45 FL OZ

**99¢**  
SRP: \$1.49



**Blue Sky**  
Organic Soda  
Ginger Ale  
6/12 FL OZ  
Selected Varieties

**\$2.99**  
SRP: \$5.79



**Green & Black's**  
Organic  
Chocolate Bar  
70% Cacao Dark  
3.5 OZ  
Selected Varieties

**\$2.99**  
SRP: \$4.59



**Kashi**  
GoLean Plant  
Protein &  
Multigrain Cereal  
Chocolate Crunch  
12.2 OZ

**2/\$7**  
SRP: \$6.49



**Near East**  
Pilaf  
Roasted Chicken  
& Garlic  
6.3 OZ  
Selected Varieties

**2/\$4**  
SRP: \$2.89

## Look for these Featured Brands



**Meditalia**  
Mediterranean  
Pestos  
Basil Pesto  
6.35 FL OZ  
Selected Varieties

**\$3.49**  
SRP: \$5.19



**Earth Friendly**  
Hand Soap  
Orange Blossom  
12.5 FL OZ  
Selected Varieties

**\$2.49**  
SRP: \$3.65

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**RX Bar**  
Protein Bar  
Chocolate Chip  
1.16 OZ  
Selected  
Varieties  
**2/\$3**  
SRP: \$2.09



**Izze**  
Sparkling  
Beverage  
Clementine  
4/12 FL OZ  
Selected Varieties  
**2/\$8**  
SRP: \$7.69



**Choice Organic Teas**  
Organic Tea  
English Breakfast  
16 BAG  
Selected Varieties  
**\$3.49**  
SRP: \$5.39



**Coco Polo**  
Milk Chocolate  
Bar  
With Quinoa  
2.5 OZ  
Selected Varieties  
**\$4.49**  
SRP: \$5.99



**Torie & Howard**  
Organic Chewie  
Fruities  
Assorted Flavors  
4 OZ  
Selected Varieties  
**\$2.79**  
SRP: \$3.99



**Natural Sea**  
Solid White  
Albacore Tuna  
No Salt  
5 OZ  
**\$2.99**  
SRP: \$4.29



**Barbara's Bakery**  
Cereal  
Shredded Wheat  
13 OZ  
**2/\$6**  
SRP: \$5.99



**Food Should Taste Good**  
Tortilla Chips  
Blue Corn  
5.5 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$3.89



**Kettle Brand**  
Organic  
Kettle Chips  
Jalapeno  
5 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$3.59



**Kettle Brand**  
Organic  
Potato Chips  
Sea Salt  
5 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$3.59



**Pretzel Crisp**  
Pretzel Crisp  
Original  
7.2 OZ  
Selected Varieties  
**2/\$5**  
SRP: \$3.85



**Lenny & Larry's**  
Complete  
Cookie  
Chocolate Chip  
4 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$2.59



**Lucini Italia**  
100% Organic  
Olive Oil  
Extra Virgin  
17 FL OZ  
**\$16.99**  
SRP: \$27.09



**Cucina Antica**  
Pasta Sauce  
Tomato Basil  
25 OZ  
Selected Varieties  
**\$4.99**  
SRP: \$8.69



**Muir Glen**  
Organic Tomatoes  
Diced with No Salt Added  
14.5 OZ  
Selected Varieties  
**2/\$3**  
SRP: \$2.59



**Montebello**  
Organic Pasta  
Semolina Spaghetti  
1 LB  
Selected Varieties  
**\$2.99**  
SRP: \$4.79



**Real Foods**  
Organic Corn  
Thins  
Original  
5.3 OZ  
Selected Varieties  
**\$1.99**  
SRP: \$3.19



**Woodstock**  
Organic  
Peanut Butter  
Smooth  
16 OZ  
Selected Varieties  
**\$7.49**  
SRP: \$10.49



**Muir Glen**  
Organic Pasta  
Sauce  
Tomato Basil  
25.5 FL OZ  
Selected Varieties  
**2/\$7**  
SRP: \$4.69



**Muir Glen**  
Organic Tomatoes  
Stewed  
14.5 OZ  
Selected Varieties  
**2/\$3**  
SRP: \$2.59



**Good Culture**  
Organic Cottage Cheese  
Classic  
16 OZ

**\$4.99**  
SRP: \$6.79

GF  
USDA ORGANIC



**Hope Hummus**  
Organic Guacamole  
Mild Green Chile  
8 OZ

**\$3.99**  
SRP: \$6.29

USDA ORGANIC



**Mamma Chia**  
Organic Chia Vitality  
Blackberry Hibiscus  
10 FL OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.79

GF  
USDA ORGANIC



**Watermelon Water**  
Watermelon Water  
Lemon  
12 FL OZ

**\$3.79**  
SRP: \$4.89



**Organic Valley**  
Organic Grassmilk Raw Cheese  
Sharp Cheddar  
8 OZ

**\$6.49**  
SRP: \$10.39

USDA ORGANIC



**Maple Hill Creamery**  
Organic Grade A Whole Milk  
100% Grass Fed  
64 OZ

**\$4.99**  
SRP: \$8.89

USDA ORGANIC



**Siggi's Skyr**  
Yogurt Drink  
Strawberry  
8 FL OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.29

GF  
USDA ORGANIC



**Stonyfield Farm**  
Organic 0% Fat Free Greek Yogurt  
Blueberry  
5.3 OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.69

GF  
USDA ORGANIC



**Stonyfield Farm**  
Organic Whole Milk Yogurt  
French Vanilla  
32 OZ  
Selected Varieties

**2/\$7**  
SRP: \$5.99

GF  
USDA ORGANIC



**Luna & Larry's Coconut Bliss**  
Organic Coconut Ice Cream Bar  
Vanilla  
5.25 OZ

**\$4.69**  
SRP: \$6.09

GF  
USDA ORGANIC



**Maria And Ricardo's**  
Organic 8 Inch Tortilla  
White Flour  
8 CT

**\$2.99**  
SRP: \$4.25

USDA ORGANIC



**Sunshine Burger Company**  
Organic Burgers  
Garden Herb  
3/2.67OZ  
Selected Varieties

**\$3.99**  
SRP: \$5.99

GF  
USDA ORGANIC



**Amy's**  
Pizza Snacks  
Cheese  
6 OZ  
Selected Varieties

**\$3.99**  
SRP: \$5.45



**Amy's**  
Swirls  
Artichoke And Parmesan  
7.3 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.09



**Seapoint Farms**  
Organic Edamame Shelled  
12 OZ

**\$2.99**  
SRP: \$3.99

USDA ORGANIC



**Tres Latin Foods**  
Pupusas  
Black Bean & Sweet Corn  
4/2.5 OZ  
Selected Varieties

**\$4.99**  
SRP: \$7.19

GF  
USDA ORGANIC



**Evol Foods**  
Pasta Bowl  
Truffle Parmesan Mac & Cheese  
8 OZ

**\$3.99**  
SRP: \$5.69



**Quality Bulk**

Organic Missions Figs Black  
**\$5.29/lb**  
SRP: \$ 7.08

100% Organic Quinoa White  
**\$2.19/lb**  
SRP: \$2.68

Almond Butter  
**\$7.49/lb**  
SRP: \$10.13

100% Organic Beans Garbanzo Chickpea  
**\$1.79/lb**  
SRP: \$2.40



**Lundberg Family Farms**  
Organic Thai Rice Brown Jasmine 8 OZ Selected Varieties  
**2/\$5**  
SRP: \$3.59



**Lundberg Family Farms**  
Organic Rice Wild Blend 2 LB  
**\$7.49**  
SRP: \$10.89



**Patience Fruit & Co**  
Whole Cranberries Dried 4 OZ  
**\$3.49**  
SRP: \$4.79



**Happy Baby**  
Organic Infant Milk Based Formula Powder With Iron 21 OZ  
**\$32.99**  
SRP: \$51.29



**If You Care**  
100% Unbleached Paper Bags Sandwich and Snack 48 CT  
**2/\$7**  
SRP: \$5.55



**Navitas Naturals**  
Organic Goji Berries 8 OZ  
**\$10.99**  
SRP: \$15.59



**Green Forest**  
Facial Tissues White 175 CT  
**\$1.99**  
SRP: \$3.05



**Giovanni Hair Care Products**  
Shampoo Smooth as Silk 8.5 FL OZ  
**\$5.99**  
SRP: \$8.95



**Spry**  
Toothpaste Peppermint 5 OZ Selected Varieties  
**\$4.49**  
SRP: \$5.99



**Tom's Of Maine**  
Beauty Bar Coconut 5 OZ  
**\$4.49**  
SRP: \$6.59



**Jason Natural Products**  
Body Wash Aloe Vera Satin 30 FL OZ Selected Varieties  
**\$9.99**  
SRP: \$15.75



**Earthise**  
Spirulina Gold Plus 90 TAB  
**\$9.49**  
SRP: \$17.49



**Kyolic**  
Blood Pressure Health Nattokinase, Sunitheanine 80 CAP  
**\$19.49**  
SRP: \$27.45



**Swiss Kriss**  
Swiss Kriss Tabs 250 TAB  
**\$10.99**  
SRP: \$17.19



**Neocell**  
Super Collagen+C 120 TAB  
**\$11.49**  
SRP: \$16.19