

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: emergenc.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



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



Siggis 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