

Discover | Healthy Advantage™

February 2018



Aura Cacia
Pure
Essential Oil
Calming
Lavender
.5 FL OZ

\$7.99
SRP: \$13.19



DISCOVER ESSENTIAL OILS

Essential oils offer a wide array of ways to improve our daily lives. The most popular in the world, lavender essential oil carries a floral, herbaceous aroma that can spread calm throughout your day. Learn all about Aura Cacia essential oils and how to use them at www.auracacia.com

Love your body with Lavender Almond Body Oil

- An all-over body oil made with sweet almond oil and lavender essential oil.
- 2 fluid ounces Aura Cacia Sweet Almond Skin Care Oil
- 24 drops Aura Cacia Lavender Essential Oil

In 2 ounce bottle, add lavender to sweet almond oil, replace cap and shake until well blended.

To use apply as a bath, skin care or massage oil.

Look inside for these featured brands



TILLER & RYE

— LOCAL GROCER —

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



Good Health
Avocado Oil
Kettle Chips
Sea Salt
5 OZ
Selected Varieties
\$2.79
SRP: \$3.79



Crunchmaster
Multi-Seed
Crackers
Original
4.5 OZ
Selected Varieties
\$2.79
SRP: \$3.89



Back To Nature
Granola
Chocolate Delight
11 OZ
Selected
Varieties
\$3.99
SRP: \$6.29



Endangered Species
Chocolate
Dark Chocolate Bar
88% Cocoa
3 OZ
Selected Varieties
2/\$5
SRP: \$3.65



Daily Greens
Organic Green
Juice
Purity
12 FL OZ
Selected Varieties
\$3.99
SRP: \$6.15



Good Karma
Protein And
Flax Milk
Unsweetened
64 FL OZ
\$4.29
SRP: \$6.29



Nasoya Foods
Organic
Sprouted Tofu
Super Firm
16 OZ
Selected Varieties
2/\$5
SRP: \$3.89



Food For Life
Organic Bread
Flax Ezekiel 4:9
24 OZ
\$5.49
SRP: \$6.79



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Arrowhead Mills
Pancake & Waffle Mix
Buttermilk
26 OZ
Selected Varieties

2/\$7
SRP: \$5.79



Equal Exchange
100% Organic Drip Grind Coffee
French Roast
10 OZ
Selected Varieties

\$8.49
SRP: \$11.39



Bark Thins
Snacking Dark Chocolate Almond Bark with Sea Salt
4.7 OZ
Selected Varieties

\$3.99
SRP: \$5.39



Panda
Licorice Chew
All Natural Soft
7 OZ

2/\$6
SRP: \$4.29



Natural Sea
Solid White Albacore Tuna
No Salt
5 OZ

2/\$6
SRP: \$4.29



Wild Planet
Wild Sardines in Spring Water
4.375 OZ
Selected Varieties

2/\$4
SRP: \$3.29



Wild Planet
Albacore Tuna in Extra Virgin Olive Oil
5 OZ

2/\$7
SRP: \$5.39



Barbara's Bakery
Puffins Cereal
Peanut Butter
11 OZ
Selected Varieties

2/\$6
SRP: \$5.99



Kashi
Organic Cereal
Autumn Wheat
16.3 OZ
Selected Varieties

2/\$7
SRP: \$6.99



Garden Of Eatin'
Tortilla Chips
Blue Corn
8.1 OZ
Selected Varieties

2/\$5
SRP: \$3.99



Kettle Brand
Potato Chips
Sea Salt
5 OZ
Selected Varieties

2/\$5
SRP: \$3.49



Pretzel Crisp
Pretzel Crisps
Everything
7.2 OZ
Selected Varieties

2/\$5
SRP: \$3.85



Mom's Pasta Sauce
Pasta Sauce
Fresh Garlic & Basil
24 FL OZ
Selected Varieties

\$6.99
SRP: \$9.49



Montebello
Organic Pasta
Semolina Spaghetti
1 LB
Selected Varieties

\$2.99
SRP: \$4.79



Drew's Organics
Organic Dressing
Classic Italian
12 FL OZ
Selected Varieties

2/\$6
SRP: \$4.69



Health Valley Natural Foods
Organic Soup
Chicken Noodle
15 OZ
Selected Varieties

2/\$5
SRP: \$3.99



Health Valley Natural Foods
Organic Soup
No Salt Added Vegetable
15 OZ

2/\$5
SRP: \$3.89



Coombs Family Farms
Organic Maple Syrup
Grade A Dark Color
12 FL OZ

\$9.99
SRP: \$14.09



Madhava Honey
Organic Sugar
Coconut
16 OZ

\$5.49
SRP: \$8.09



Red Fork
Seasoning Sauce
Lemon Herb
Asparagus
4 OZ
Selected Varieties

2/\$3
SRP: \$2.49



Red Fork
Seasoning Sauce
Garlic Roasted
Potato
4 OZ

2/\$3
SRP: \$2.49



Sharwood
Cooking Sauce
Tikka Masala
14.1 FL OZ
Selected Varieties

2/\$7
SRP: \$5.59



Good Culture
Organic
Cottage Cheese
Pineapple
5.3 OZ
Selected Varieties

\$1.99
SRP: \$2.89



Kevita
Organic Cleansing
Probiotic Tonic
Turmeric Ginger
15.2 FL OZ
Selected Varieties

2/\$5
SRP: \$3.79



So Delicious
Organic Dairy Free
Coconut Milk Beverage
Unsweetened
64 FL OZ
Selected Varieties

\$2.99
SRP: \$4.89



Hope Hummus
Organic Hummus
Spicy Avocado
8 OZ
Selected Varieties

\$3.99
SRP: \$5.29



Brown Cow Yogurt
Cream Top Whole
Milk Yogurt
Plain
32 OZ
Selected Varieties

2/\$7
SRP: \$5.49



Organic Valley
Organic
Grassmilk Yogurt
Black Cherry
6 OZ
Selected Varieties

\$1.79
SRP: \$2.49



Kashi
Waffles
Blueberry
10.10 OZ
Selected
Varieties

2/\$7
SRP: \$5.09



Nature's Path
Organic Buckwheat
Waffles
Wildberry
7.4 OZ
Selected Varieties

\$2.99
SRP: \$4.09



Seapoint Farms
Edamame
Soybeans in
Pods
14 OZ
Selected
Varieties

2/\$5
SRP: \$3.39



Woodstock
Organic Frozen
Vegetables
Petite Peas
10 OZ
Selected Varieties

2/\$5
SRP: \$3.49



Amy's
Burrito
Cheddar Cheese
6 OZ
Selected Varieties

\$2.79
SRP: \$3.69



Lundberg Family Farms
Organic Frozen
Arancini
Gouda and Mozzarella
7.5 OZ

\$6.49
SRP: \$9.69



Dr. Praeger's
Fish Sticks
Lightly Breaded
10.2 OZ

\$4.99
SRP: \$6.45



Udi's
Gluten Free Pizza
Uncured Pepperoni
10.1 OZ
Selected Varieties

\$5.99
SRP: \$9.19



Thai Kitchen
Organic
Coconut Milk
Unsweetened
13.66 FL OZ
Selected
Varieties

2/\$5
SRP: \$3.95





Lundberg Family Farms
Organic Quinoa Tri-Color 1 LB

\$5.99
SRP: \$8.59



Quality Bulk

Organic Raisins Flame

\$2.99/lb

SRP: \$4.11

Organic Walnuts Halves & Pieces

\$10.29/lb

SRP: \$13.86

100% Organic Kidney Beans Dark Red

\$2.09/lb

SRP: \$2.67

100% Organic Chia Seeds Black

\$3.19/lb

SRP: \$4.39



Vita Coco
Pure Coconut Water Pineapple 500 ML Selected Varieties

2/\$4
SRP: \$3.19



Vita Coco
Pure Coconut Water 500 ML

2/\$4
SRP: \$3.19



Grandy Oats
Organic Granola Original Coconut 9 OZ Selected Varieties

\$5.99
SRP: \$9.09



Lucini Italia
Olive Oil Premium Select Extra Virgin 17 FL OZ

\$13.99
SRP: \$22.49



Castor & Pollux
PRISTINE Grain Free Dry Dog Food Chicken & Sweet Potato 4 LB

\$19.99
SRP: \$28.19



Sweet Leaf
Stevia Clear Sweetener Drops 2 FL OZ Selected Varieties

\$8.99
SRP: \$15.49



Thayers
Witch Hazel Alcohol-Free Toner Rose Petal 12 FL OZ Selected Varieties

\$7.99
SRP: \$10.95



Andalou Naturals
Body Lotion 1000 Roses 8 FL OZ Selected Varieties

\$6.99
SRP: \$9.95



Kiss My Face
Triple Action Gel Toothpaste Cool Mint 4.5 OZ Selected Varieties

\$3.99
SRP: \$5.99



Preserve
Adult Toothbrush in Pouch Soft CT Selected Varieties

2/\$4
SRP: \$3.39



Kyolic
Cardiovascular Original Formula 200 CAP

\$18.49
SRP: \$25.45



Organic Valley
Organic Fuel Protein Powders Vanilla 1.23 OZ

\$2.99
SRP: \$4.19



Nature's Way
Sambucus Gummies Elderberry 60 CT

\$15.49
SRP: \$19.99



Olbas
Cough Syrup Bronchial Support Formula 4 FL OZ

\$7.49
SRP: \$9.59



Nature's Way
Alive! Women's Multi Vitamin 90 TAB

\$19.49
SRP: \$26.65