

December 2017

# Healthy Advantage™

Great savings, naturally!



**Lifeway Kefir**  
Kefir  
Cranberry Crème  
Brulee  
32 FL OZ  
Additional Holiday  
Flavors Available

**2/\$7**  
SRP: \$5.09



**Lifeway**  
MAKING KEFIR SINCE 1986

Look for their Limited Edition Cranberry Crème Brulee Low Fat Kefir during the winter months.

Lifeway Low Fat Kefir is 99% lactose-free, gluten-free, and made with all natural, non-GMO ingredients. Kefir is a tart and tangy cultured dairy drink packed with protein, calcium, and 12 live and active probiotic cultures. Lifeway's Limited Edition Cranberry Crème Brulee Low Fat Kefir is lightly sweetened with 1g of added cane sugar per ounce. You can use it in smoothies, dips, and other recipes. Or simply pour yourself a glass. After all, it is the Champagne of Dairy.

## Look for these Featured Brands



**Newman's Own Organics**  
Dog Treat  
Beef Jerky  
5 OZ  
Selected Varieties

**\$5.49**  
SRP: \$7.59



**Ahlaska Organic**  
Chocolate Syrup  
22 FL OZ

**\$4.79**  
SRP: \$6.99



# TILLER & RYE

LOCAL GROCER

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



**Ciao Bella**  
Gelato  
Strawberry  
Chocolate Chip  
16 FL OZ  
Selected Varieties

**\$4.49**  
SRP: \$6.45



**Ghirardelli**  
Chips  
Bittersweet Chocolate  
10 OZ  
Selected Varieties

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



**King Arthur**  
Flour  
Unbleached  
All-Purpose  
5 lb

**\$4.99**  
SRP: \$7.59



**R.W. Knudsen**  
Sparkling Juice  
Crisp Apple  
750 ML  
Selected Varieties

**2/\$7**  
SRP: \$4.79



**Chocolove Xoxo**  
Dark Chocolate  
Bar  
Salted Caramel  
3.2 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.55



**Paesana**  
Marinara Sauce  
25 OZ  
Selected Varieties

**\$4.99**  
SRP: \$7.49

Italian Heritage  
with great taste.

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**Lily's Sweets**  
Baking Chips  
Dark Chocolate  
9 OZ  
**\$5.49**  
SRP: \$7.99



**Rapunzel**  
Organic  
Cocoa Powder  
Unsweetened  
& Non-Alkaline  
7.1 OZ  
**\$6.99**  
SRP: \$10.79



**Izze**  
Sparkling Beverage  
Clementine  
4/12 FL OZ  
Selected Varieties  
**2/\$8**  
SRP: \$7.25



**Endangered Species  
Chocolate**  
Dark Chocolate Bar  
With Caramel & Sea Salt  
3 OZ  
Selected Varieties  
**2/\$5**  
SRP: \$3.65

FEATURED BRAND



**Prince Of Peace**  
Chews  
Ginger Mango  
3 OZ  
Selected Varieties  
**\$1.69**  
SRP: \$2.39



**Pur Gum**  
Bubble Gum  
Sugar Free  
9 CT  
Selected Varieties  
**4/\$5**  
SRP: \$1.99



**Wholesome**  
Organic Candy  
DelishFish  
2 OZ  
**2/\$3**  
SRP: \$2.09



**Good Health**  
Avocado Oil  
Kettle Chips  
Sea Salt  
5 OZ  
Selected Varieties  
**2/\$6**  
SRP: \$3.79

FEATURED BRAND



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



**Lundberg Family Farms**  
Organic  
Brown Rice Cake  
Low Salt  
5.9 OZ  
Selected Varieties  
**2/\$5**  
SRP: \$3.69



**Lundberg  
Family Farms**  
Organic  
Rice Cakes  
Dark Chocolate  
3.2 OZ  
**\$2.79**  
SRP: \$3.99



**Lundberg Family  
Farms**  
Rice Chips  
Sea Salt  
6 OZ  
Selected Varieties  
**2/\$5**  
SRP: \$3.79

FEATURED BRAND



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



**Nature's Bakery**  
Whole Wheat Fig Bar  
Raspberry  
2 OZ  
Selected Varieties  
**4/\$3**  
SRP: \$0.95



**Near East**  
Couscous  
Toasted Pine Nut  
5.6 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$2.89



**Spectrum Essentials**  
Chia Seeds  
Omega-3 & Fiber  
12 OZ  
**\$7.99**  
SRP: \$13.29



**Newman's Own Organics**  
Training Treats  
Chicken & Rice  
4 OZ  
Selected Varieties  
**2/\$6**  
SRP: \$4.19



**Green Mountain Gringo**  
Salsa  
Medium  
16 OZ  
Selected Varieties  
**\$3.99**  
SRP: \$6.25



**Woodstock**  
Organic Sugar  
Pure Cane  
24 OZ  
**\$3.99**  
SRP: \$5.99



**Watermelon Water**  
Watermelon  
Water  
Cold Pressed  
12 FL OZ  
Selected Varieties

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



**Miyoko's Creamery**  
Organic  
Non Dairy Cheese  
Smoked Farmhouse  
6.5 OZ

**\$8.49**  
SRP: \$12.69



**Earth Balance**  
Buttery Spread  
Original  
15 OZ  
Selected Varieties

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



**Woodstock**  
Organic Frozen  
Vegetables  
Petite Peas  
10 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.49



**Julie's**  
Organic Ice Cream  
Strawberries and Cream  
PINT  
Selected Varieties

**\$4.99**  
SRP: \$6.99



**Luna & Larry's**  
Coconut Bliss  
Organic Coconut  
Bliss Sandwich  
Vanilla  
5.25 OZ

**\$4.49**  
SRP: \$6.09



**Chobani**  
Non-Fat  
Greek Yogurt  
Plain  
32 OZ  
Selected Varieties

**\$5.99**  
SRP: \$8.49



**Julie's**  
Organic Ice Cream  
Sandwiches  
Vanilla  
6/3.65 OZ  
Selected Varieties

**\$5.49**  
SRP: \$7.65



**Ling Ling**  
Potstickers  
Chicken &  
Vegetable  
13 OZ

**\$4.49**  
SRP: \$6.65



**American Flatbread**  
Pizza  
Cheese & Herb  
13.8 OZ  
Selected Varieties

**\$10.49**  
SRP: \$14.29



**Shelton's Poultry**  
Meatballs  
Free Range  
Turkey  
10 OZ

**\$5.49**  
SRP: \$8.19



**Bar Harbor**  
Chowder  
New England Style  
Clam  
15 OZ  
Selected Varieties

**2/\$7**  
SRP: \$4.79



**Simply Organic**  
Organic Spice  
Cinnamon  
2.45 OZ

**\$4.19**  
SRP: \$6.29



**Simply Organic**  
Organic Spice  
Pumpkin  
1.94 OZ

**\$4.49**  
SRP: \$6.39



**Simply Organic**  
Organic Spice  
Whole Cinnamon  
Sticks  
1.13 OZ

**\$4.99**  
SRP: \$6.99



**Better Than Bouillon**  
Base  
Chicken  
8 OZ  
Selected Varieties

**2/\$7**  
SRP: \$5.59



**Lundberg Family Farms**  
Organic Rice  
Wild Blend  
2 LB  
**\$6.99**  
SRP: \$10.89



Organic  
Chocolate Chips  
Dark  
**\$6.39/lb**  
SRP: \$8.99  
100% Organic  
Quinoa  
Tri-Color  
**\$2.69/lb**  
SRP: \$3.59

Organic Sugar  
**\$1.39/lb**  
SRP: \$1.89

**Golden Temple**  
Multi-Grain Granola as it is Best!  
Golden Temple  
Granola  
French Vanilla Almond  
**\$2.99/lb**  
SRP: \$4.49  
Selected Varieties



**Biokleen**  
Bac-Out  
Stain And Odor  
Remover  
32 FL OZ  
**\$6.49**  
SRP: \$9.59



**California Olive Ranch**  
Olive Oil  
Extra Virgin  
16.9 FL OZ  
**\$8.49**  
SRP: \$13.79



**World Centric**  
9 inch Plate  
Fiber  
20 CT  
Selected Varieties  
**2/\$7**  
SRP: \$4.59



**Jason Natural Products**  
Body Wash  
Tea Tree Satin  
30 FL OZ  
Selected Varieties  
**\$9.99**  
SRP: \$12.99



**Alba Botanica**  
Natural Acnedote  
Wash  
Deep Pore  
6 FL OZ  
Selected Varieties  
**\$6.99**  
SRP: \$10.49



**Andalou Naturals**  
Leave-In  
Conditioner  
Argan Oil Plus+  
6.8 FL OZ  
**\$6.49** **OF 10 items**  
SRP: \$9.95



**Naturtint**  
Permanent Hair  
Color  
5N Light Chestnut  
5.28 FL OZ  
Selected Varieties  
**\$10.49**  
SRP: \$17.99



**Kiss My Face**  
Triple Action Gel  
Toothpaste  
Cool Mint  
4.5 OZ  
Selected Varieties  
**\$3.99**  
SRP: \$5.99



**Earth Therapeutics**  
Cosmetic Brush Set  
CT  
**\$12.49**  
SRP: \$17.99



**Chandrika**  
Bar Soap  
Ayurvedic  
2.65 OZ  
**99¢**  
SRP: \$1.49



**Yerba Prima**  
Men's Rebuild  
Internal  
Cleansing System  
CT  
**\$19.99**  
SRP: \$29.99



**Yerba Prima**  
Women's Renew  
Internal Cleansing  
System  
CT  
**\$19.99**  
SRP: \$29.99



**Organic Valley**  
Organic Powder  
Vanilla Fuel  
12 OZ  
**\$21.99** **OF 10 items**  
SRP: \$35.05



**Boiron**  
Oscilloccinum  
6 DOSE  
**\$11.49**  
SRP: \$15.69



**Natrol**  
Cognium  
60 TAB  
**\$22.49**  
SRP: \$32.99



**Neocell**  
Beauty Bursts  
Gourmet Collagen  
Chews  
Super Fruit Punch  
60 CHEW  
Selected Varieties  
**\$14.49**  
SRP: \$19.99