

# Discover

# Healthy Advantage™

October 2019



**Farmer's Market**  
100% Organic  
Pumpkin  
Canned  
15 OZ  
Selected Varieties

**\$2.49**  
SRP: \$3.49



Farmer's Market Foods is proud to grow and process each and every crop, with love. This holiday season, their fresh food is the perfect way to bring family, friends and communities together. At the end of each day, Farmer's Market Foods is all about love – for the love of food, farming and people; from their family, to yours.



# TILLER & RYE

## LOCAL GROCER

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



**Late July Snacks**  
Organic  
Cantina Dippers  
White Corn  
8 OZ

**\$2.99**  
SRP: \$4.69



**Near East**  
Rice Pilaf  
Original  
6 OZ  
Selected Varieties

**2/\$4**  
SRP: \$2.99



**Health Warrior**  
Chia Bar  
Coconut  
38 OZ  
Selected Varieties

**5/\$5**  
SRP: \$1.95



**Endangered Species**  
Chocolate  
Dark Chocolate Bar  
88% Cocoa  
3 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.69



**4th & Heart**  
Ghee Clarified  
Butter  
Original, Grass-Fed  
9 OZ  
Selected Varieties

**\$11.39**  
SRP: \$15.85



**Reed's**  
Ginger Candy  
Crystallized  
3.5 OZ

**\$2.49**  
SRP: \$3.69



**North Coast**  
Organic  
Apple Juice  
Honeycrisp  
32 FL OZ  
Selected Varieties

**\$3.79**  
SRP: \$5.09



**Bakery On Main**  
Organic  
Happy Granola  
Sprouted Maple  
Quinoa  
11 OZ  
Selected Varieties

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

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**Kor Shots**  
Organic  
Cold-Pressed Juice  
Ginger Wellness Shot  
1.7 FL OZ  
Selected Varieties

**2/\$5**

SRP: \$3.99



## Functional Drinking

An energizing, immune boosting shot that delivers all of the health and nutritional benefits of ginger, combined with the freshest California lemons, refreshing coconut water, and a pinch of stimulating cayenne pepper to make this a top seller.

### CHILL



**Brown Cow Yogurt**  
Cream Top  
Whole Milk Yogurt  
Maple  
32 OZ  
Selected Varieties

**2/\$8**

SRP: \$5.85



**Siggis Skyr**  
Vanilla Yogurt  
with Almonds and  
Dried Cherries  
5 OZ  
Selected Varieties

**\$1.79**

SRP: \$2.75



**Miyoko's Creamery**  
Organic Non Dairy  
Cream Cheese  
Double Cream Chive  
6.5 OZ  
Selected Varieties

**\$7.99**

SRP: \$11.59



**Farmhouse Culture**  
Organic Kraut  
Garlic Dill Pickle  
16 OZ  
Selected Varieties

**\$6.49**

SRP: \$8.39



**Nutpods**  
Dairy-Free Creamer  
Unsweetened Original  
16 FL OZ  
Selected Varieties

**\$2.99**

SRP: \$4.45



**Lifeway Kefir**  
Low Fat Kefir  
Pumpkin Spice  
32 FL OZ  
Selected Varieties

**\$3.99**

SRP: \$6.39



**GTS Kombucha**  
Organic Enlightened  
Synergy Kombucha  
Trilogy  
48 FL OZ  
Selected Varieties

**\$7.99**

SRP: \$10.89



**Silk**  
Almond Milk  
Unsweetened  
64 FL OZ  
Selected Varieties

**\$3.79**

SRP: \$6.09



**Lightlife Foods**  
Organic Smoky  
Tempeh Strips  
Fakin' Bacon  
6 OZ

**\$3.99**

SRP: \$6.39

### FROZEN



## Blenderless Smoothie

**Bright Greens Smoothie Shakers**

Green Smoothie  
Shakester  
Bright Blueberry  
7 OZ  
Selected Varieties

**\$4.99**

SRP: \$6.39



**Van's Natural Foods**  
Organic Waffles  
Blueberry  
8.5 OZ  
Selected Varieties

**\$2.79**

SRP: \$3.99



**Halo Top Creamery**  
Light Ice Cream  
Peanut Butter Cup  
16 FL OZ  
Selected Varieties

**\$4.99**

SRP: \$6.89



**Alexia**  
Frozen  
Sweet Potato Fries  
with Sea Salt  
15 OZ  
Selected Varieties

**\$3.29**

SRP: \$4.69



**Garden Lites**  
Frittata  
Spinach Egg White  
12 OZ  
Selected Varieties

**\$5.29**

SRP: \$7.59



**Seapoint Farms**  
Frozen Vegetables  
Riced Edamame  
10 OZ

**\$2.79**

SRP: \$3.69



**Gardein**  
Meat-Free Crispy  
Tenders  
Seven Grain  
9 OZ  
Selected Varieties

**\$4.29**

SRP: \$6.19



**Glutino**  
English Muffins  
Gluten Free  
16.9 OZ

**\$5.79**

SRP: \$8.29



**American Flatbread**  
Frozen Pizza  
Vegan Harvest  
10.2 OZ  
Selected Varieties

**\$6.29**

SRP: \$10.29



## Curiously Craveable

Fish People make jerky unlike anything you've tasted, because their jerky practically swam upstream to the snack aisle. Curiously craveable. Remarkably tender. Snack Upstream™.



**Fishpeople**  
Wild Alaskan  
Salmon Jerky  
Sweet + Smoky  
Original  
2.15 OZ  
Selected Varieties

**\$5.99** **GF**  
SRP: \$8.99



**Epic**  
Jerky Bites  
Sweet & Savory  
Bison Bacon  
2.5 OZ  
Selected Varieties

**\$5.49** **GF**  
SRP: \$7.89



**YumEarth**  
Organic Lollipops  
Assorted  
8.5 OZ  
Selected Varieties

**\$5.29** **GF**  
SRP: \$7.95



**Bare Fruit**  
100% Organic  
Apple Chips  
Cinnamon  
3 OZ  
Selected Varieties

**\$4.29** **GF**  
SRP: \$6.49



**R. W. Garcia**  
Organic  
Corn Chips  
Yellow  
8.25 OZ  
Selected Varieties

**\$2.99** **GF**  
SRP: \$4.49

GROCERY



**Uglies**  
Kettle Cooked  
Potato Chips  
Original Sea Salt  
4 OZ  
Selected Varieties

**2/\$5** **GF**  
SRP: \$3.39



**Lundberg Family Farms**  
Organic  
Bold Bites  
Tortilla Chips  
Street Taco  
5 OZ  
Selected Varieties

**\$1.99** **GF**  
SRP: \$3.19



**Angie's**  
Boomchickapop  
Popcorn  
Sea Salt  
4.8 OZ  
Selected Varieties

**2/\$5** **GF**  
SRP: \$4.09



**Snyder's Of Hanover**  
Gluten Free  
Pretzels  
Mini  
8 OZ

**\$2.99**  
SRP: \$4.49



**Gerolsteiner**  
Sparkling  
Apple Drink  
25.3 FL OZ

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



**Alo**  
Aloe Vera  
Juice Drink  
Original  
16.9 FL OZ  
Selected Varieties

**\$1.49** **GF**  
SRP: \$2.39



**De Nigris**  
Vinegar  
Aged Balsamic  
8.5 FL OZ

**\$8.49** **GF**  
SRP: \$12.95



**Explore Cuisine**  
100% Organic  
Black Bean Pasta  
Spaghetti  
8 OZ  
Selected Varieties

**\$3.79** **GF**  
SRP: \$5.69



**Annie's Homegrown**  
Macaroni & Cheese  
Shells & White Cheddar  
6 OZ  
Selected Varieties

**2/\$4** **GF**  
SRP: \$3.09



**Lundberg Family Farms**  
Organic  
Rice & Seasoning Mix  
Spanish Style Rice  
5.5 OZ  
Selected Varieties

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



**I And Love And You**  
Canned Dog Food  
Beef Booyah Stew  
13 OZ  
Selected Varieties

**\$2.49** **GF**  
SRP: \$3.35

**Bow-Wow**  
Grain free  
Carrageenan free  
Manufactured  
in the USA

GROCERY



**Portland Roasting**  
Whole Bean  
Coffee  
Tanagers Song  
12 OZ  
**\$9.99**  
SRP: \$14.29



**Kashi**  
Flakes & Clusters  
Cereal  
Maple Brown Sugar  
11 OZ  
Selected Varieties  
**2/\$7**  
SRP: \$6.49



**The Soufful Project**  
Hot Cereal  
Hearty Grains & Seeds  
7 OZ  
Selected Varieties  
**\$2.99**  
SRP: \$4.65 **GF**



**Purely Elizabeth**  
Granola Bar  
Vanilla Almond  
Butter + Probiotics  
4.24 OZ  
Selected Varieties  
**\$4.29**  
SRP: \$6.29



**Pure Organic**  
Organic Snack Bar  
Peanut Butter  
Chocolate Chip  
1.5 OZ  
Selected Varieties  
**2/\$3**  
SRP: \$2.49 **GF**



**Cascadian Farm**  
Organic Chewy  
Granola Bars  
Dark Chocolate Chip  
7.4 OZ  
Selected Varieties  
**2/\$8**  
SRP: \$5.79 **GF**



buy in bulk

Organic  
Chocolate Chips  
Dark  
**\$6.89/lb**  
SRP: \$9.39

100% Organic  
Quinoa  
Tri-Color  
**\$2.99/lb**  
SRP: \$3.98

Organic Popcorn  
Yellow  
**\$1.49/lb**  
SRP: \$2.05

Deluxe Mixed Nuts  
Roasted and Salted  
**\$11.69/lb**  
SRP: \$15.75

WELLNESS



**Olbas**  
Oil  
Aromatherapy Inhalant  
and Massage Oil  
3.2 FL OZ  
**\$5.99**  
SRP: \$9.59



**Earth Therapeutics**  
Aloe Socks  
2 Pairs, Grey & Multi-Grey  
2 CT  
Selected Varieties  
**\$8.99**  
SRP: \$13.69



**Earth Science**  
Facial Moisturizer  
Unscented Almond-Aloe  
5 FL OZ  
Selected Varieties  
**\$7.49**  
SRP: \$10.99



**Avalon Organic**  
Bath & Shower Gel  
Nourishing Lavender  
12 FL OZ  
Selected Varieties  
**\$8.99**  
SRP: \$11.75



**Nature's Way**  
Sambucus Syrup  
Original  
4 FL OZ  
Selected Varieties  
**\$12.49**  
SRP: \$18.15 **GF**



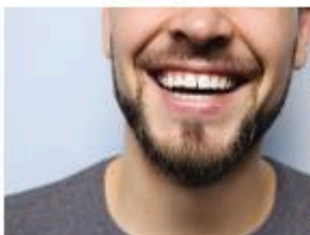
**Natracare**  
Ultra Pads  
Regular, with Wings  
14 CT  
Selected Varieties  
**\$4.49**  
SRP: \$5.99



**Emerald Health Bio**  
Endo Sleep  
Supplement  
60 SGEL  
**\$24.99**  
SRP: \$34.99 **GF**



**Quantum Health**  
Organic  
TheraZinc Lozenges  
Elderberry Raspberry  
18 CT  
**\$3.99**  
SRP: \$6.09 **GF**



**Onnit Labs**  
New Mood  
Supplement  
Daily Stress Support  
30 CT  
**\$19.99**  
SRP: \$33.09

Great for unwinding  
after a long day at work,  
or helping erase  
occasional daily stresses.  
New Mood is like a deep  
breath and a smile  
in a bottle.



**Eco-Dent**  
Daily Care Toothpowder  
Original Mint  
2 OZ  
Selected Varieties  
**\$6.29**  
SRP: \$8.99



**Nuun Hydration**  
Immunity System  
Support Tablets  
Blueberry Tangerine  
10 TAB  
Selected Varieties  
**2/\$10**  
SRP: \$7.39 **GF**

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