



HEALTHWAYS II

67-1185 Mamalahoa Hwy F-37
Kamuela, HI • 808-885-6775

No additional discounts on sale items. We reserve the right to limit quantities. No sales to dealers. Some quantities are limited.

PRICES GOOD 1/01-1/27

JANUARY SPECIALS



BULK ORGANIC
Split Red
Lentils

\$2.99
LB



Bulk Seeds
100%
Organic Chia
Seeds
Black

\$3.09
LB

Greek Gods
Greek Yogurt
Plain Traditional
24 OZ

\$5.59



Lightlife Foods
Jumbo Smart
Dogs
13.5 OZ

\$6.09



Cascadian Farm
Organic
Frozen
Garden Peas
16 OZ

\$4.75



Cascadian Farm
Organic Frozen
Blueberries
8 OZ

\$5.29



Cascadian Farm
Organic
Frozen Green
Beans
Cut
16 OZ

\$4.79



Cascadian Farm
Organic
Frozen Sweet
Corn
16 OZ

\$4.79



Food For Life
Organic
Ezekiel 4:9
Bread
Sprouted Whole
Grain
24 OZ

\$8.15

**Rudi's Rocky Mountain
Bakery**
Organic Bread
Rocky Mountain
Sourdough
22 OZ

\$6.09



Annie's Homegrown
Organic Snack
Crackers
White Cheddar
Bunnies
7.5 OZ

\$4.95



Annie's Homegrown
Macaroni &
Cheese
Classic Cheddar
6 OZ

\$2.89



Barbara's
Puffins Cereal
Peanut Butter
11 OZ

\$4.59



Bob's Red Mill
X-tra Thick
Rolled Oats
32 OZ

\$5.75



Cascadian Farm
Organic Cereal
Honey Nut O's
9.5 OZ

\$5.79



SAVE 10% ON NON-SALE ITEMS WITH PURCHASES OF \$30 OR MORE EVERYDAY!

Celestial Seasonings
Herbal Tea
Chamomile
20 BAG



\$3.99



Imagine Foods
Organic Soup
Creamy Potato Leek
32 OZ

\$5.19



Larabar
Fruit & Nut Bar
Peanut Butter
Chocolate Chip
1.6 OZ

\$1.45



Lundberg Family Farms
Organic Brown
Rice Cakes
Lightly Salted
8.5 OZ

\$4.79



Maranatha Natural Foods
Almond
Butter
Creamy, No Stir
12 OZ

\$10.55



Maya Kaimal
Simmer Sauce
Butter Masala
12.5 OZ

\$5.75



Muir Glen
Organic
Tomato Sauce
Regular
15 OZ

\$2.89



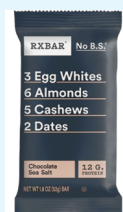
Near East
Rice Pilaf
Wild Mushroom &
Herb
6.3 OZ

\$2.89

Orgain
Organic Protein
Bar
Peanut Butter
Chocolate Chunk
1.41 OZ



\$2.09



Rxbar
Protein Bar
Chocolate Sea Salt
1.83 OZ

\$2.29



Spectrum Naturals
Organic
Mayonnaise
16 OZ

\$6.65



Spectrum Naturals
Organic Olive Oil
Extra Virgin
25.4 FL OZ

\$18.99



Terra Chips
Sweet Potato
Chips
Crinkled with Sea
Salt
6 OZ

\$3.79



Thai Kitchen
Organic
Coconut Milk
Unsweetened
13.66 FL OZ

\$3.99



Dr. Bronner's
All-One
Toothpaste
Spearmint
5 OZ

\$6.09