



# 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 4/01-4/26

APRIL SPECIALS



**BULK GRAINS**  
Organic  
Rolled Oats  
Regular

**\$2.15**  
LB



**BULK GRAINS**  
Organic  
Quinoa  
White Royal

**\$3.55**  
LB

**Beetology**  
Organic Juice  
Beet + Cherry  
8.45 FL OZ



**\$3.69**



**Immaculate Baking**  
Organic  
Biscuit  
Dough  
Flaky  
16 OZ

**\$6.35**



**Lightlife Foods**  
Smart Bacon  
5 OZ

**\$6.09**



**Cascadian Farm**  
Organic Frozen  
Blueberries  
8 OZ

**\$5.35**



**Cascadian Farm**  
Organic  
Frozen  
Garden Peas  
16 OZ

**\$4.79**



**Cascadian Farm**  
Organic  
Frozen  
Potatoes  
Crinkle Cut  
French Fries  
16 OZ

**\$5.69**



**Just**  
Folded  
Plant Eggs  
8 OZ

**\$6.49**



**Rudi's Rocky Mountain Bakery**  
Organic  
English  
Muffins  
Whole Grain  
Wheat  
12 OZ

**\$5.45**

**Rudi's Rocky Mountain Bakery**  
Gluten Free  
Bread  
White Sourdough  
18 OZ

**\$6.95**



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



**\$4.65**

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

**\$2.89**



**Bob's Red Mill**  
Artisan Bread  
Flour  
Unbleached  
5 LB

**\$6.45**



**Bob's Red Mill**  
Gluten Free  
Cornbread Mix  
20 OZ

**\$3.75**



GET 10% OFF OF NON-SALE ITEMS WITH PURCHASES OVER \$30 EVERYDAY!

**Cascadian Farm**  
Organic  
Cereal  
Honey Nut O's  
9.5 OZ



**\$5.85**

**Cascadian Farm**  
Organic Cereal  
Raisin Bran  
12 OZ



**\$5.85**

**Cascadian Farm**  
Organic Chewy  
Granola Bars  
Dark Chocolate Chip  
7.4 OZ



**\$4.99**



**Enjoy Life**  
Chocolate  
Morsels  
Dark  
9 OZ

**\$6.75**

**Muir Glen**  
Organic  
Tomatoes  
Whole Peeled  
28 OZ



**\$4.09**



**Shady Maple Farms**  
100% Organic  
Maple Syrup  
Grade A Dark  
Amber  
12.7 FL OZ

**\$14.45**



**Siete**  
Enchilada  
Sauce  
Red  
15 OZ

**\$6.49**



**Siete**  
Vegan Refried  
Beans  
Pinto  
16 OZ

**\$3.35**



**Simply Organic**  
Organic Bay  
Leaf  
.14 OZ

**\$7.19**



**Simply Organic**  
Organic Vanilla  
Extract  
Pure  
4 FL OZ

**\$18.39**

**Wholesome**  
Organic Sugar  
Light Brown  
24 OZ



**\$4.99**



**Wholesome**  
Organic  
Pancake Syrup  
20 FL OZ

**\$5.95**



**If You Care**  
Parchment  
Baking Paper  
70 SQ FT

**\$6.69**



**If You Care**  
Aluminum Foil  
50 SQ FT

**\$8.09**



**If You Care**  
Compostable  
Coffee Filters  
No. 2  
100 CT

**\$4.59**