

coop™ deals

JULY 4 - JULY 17, 2018

Fresh



\$2.99/EA

Organic Grape Tomatoes 1 pt.



\$1.29/LB

Green Peppers



\$1.99/EA

Local Cauliflower

local



\$1 OFF/LB

Weavers Way Ballpark Potato Salad
reg. \$5.75/lb.
SALE \$4.75/lb.



\$1 OFF/EA

Garrett Valley Hot Dogs 12 oz.
(Uncured, All-Natural, Sugar-Free)
reg. \$5.99
SALE \$4.99.



\$1 OFF/EA

Garrett Valley Smoked Turkey Kielbasa 12 oz.
(Uncured, All-Natural, Sugar-Free)
reg. \$5.99
SALE \$4.99



\$2 OFF

Grillies Halloumi Cheese
8.8 oz.
reg. \$7.69
SALE \$5.69



20% OFF

Point Reyes Toma
reg. \$18.45/lb.
SALE \$14.79/lb.

member special

\$2.99

Bassett's Ice Cream 16 oz.
(assorted varieties)
reg. \$3.95/ea.

local

Prices effective JULY 4 - JULY 17, 2018. Sales good while supplies last. Sorry, no rain checks.
We reserve the right to correct any printed errors. www.weaversway.coop/deals



WEAVERS WAY Neighborhood

NUTRITION TEAM

JULY PROGRAMS

The Weavers Way Neighborhood Nutrition Team is a group of nutritionists, dietitians and other wellness practitioners who are working together to bring nutrition inspiration and information to Co-op members. The Team aims to provide information and resources that empower members to make desired changes in their nutritional program.

All programs take place at **Weavers Way Ambler, 217 E Butler Ave.

Nutrition Team Has the Skinny on Skin

THIS MONTH: Healthy Skin

Our largest organ, the skin is continuously exposed to internal and external influences that can alter its condition and function. We'll focus on good nutrition for healthy skin and talk a bit about sunscreens, too.

Ask the Nutrition Team

July Open Hours at Weavers Way Ambler

Tuesday, July 10, 1-3 p.m.

Friday, July 27, noon-2 p.m.

Nutrition for Healthy Skin

Thursday, July 12, 6-7:30 p.m.

Learn all about the connection between what we eat and the health of our skin from functional nutritionist **Wendy Romig**, owner of Mt. Airy's Sage Integrative Health Center. FREE.

DIY Essential Oil Summer Sprays

Thursday, July 19, 6-7:30 p.m.

Join raw-food chef **Dorothy Bauer** for an interactive discussion and demo of the best and most effective essential oils for warding off pesky summer pests, cooling sunburned skin and more. \$5.

DIY Summer Skincare

Thursday, July 26, 6-7:30 p.m.

Learn how to create your own all-natural, personalized skincare products and say bye-bye to the chemicals from **Nicole Schillinger**, owner of the Functional Health Center in Ambler. FREE.



Community-owned markets, open to everyone.

www.weaversway.coop

Ambler 217 E. Butler Ave., Ambler | Open daily 8 a.m-8 p.m.

Chestnut Hill 8424 Germantown Ave., Philadelphia | Open Monday-Saturday 7 a.m-9 p.m., 8 a.m.-9 p.m. Sunday

Mt. Airy 559 Carpenter Lane, Philadelphia | Open daily 8 a.m-8 p.m.