

NEW ITEMS AT LAKEWINDS, OCT. 2022

GROCERY

Halloween Treats

The spookiest night of the year is right around the bend. Stock up on co-op-approved candy and treats for trick-or-treaters (and maybe a little something for yourself).

- Lesser Evil popcorn snack packs (Himalayan pink salt, pumpkin spice), \$9.99 per 5-pack.
- Little Secrets candy bars (nougat and salted caramel in dark chocolate, milk chocolate crème wafers, dark chocolate crème wafers), \$11.99 per 6-pack.
- Ocho Candy Halloween mini candy bar variety pack, \$8.99 for a 6-pack.
- Tony's Chocolonely milk chocolate caramel sea salt Halloween Tinys, \$9.99 per 12-pack.
- Yum Earth gummy fruits Halloween 10-pack, \$8.99.
- Yum Earth candy corn, \$7.99 per 18-pack.
- Angie's sweet and salty Halloween kettle corn, \$11.99 per 12-pack.
- Enjoy Life Halloween mini chocolate bars (crunch, dark chocolate, rice milk crunch, variety pack), \$6.99 per 6-pack.



Ames Farm Creamed Honey

Creamed honey, also called honey fondant, is honey that's been processed to reduce crystallization. This creates a smoother honey that's much easier to spread over your favorite bread. As with all of Ames' honey, this comes from local sources and is harvested during the peak of the growing season.

\$10.99  LOCAL



Italpizza

For feeding a group on short notice, nothing works better than a tasty frozen pizza! At 10" x 15", these non-GMO, wood-fired pizzas are the biggest you'll find at the co-op. Look for five cheese, pepperoni, margherita, and garden vegetable varieties.

\$8.99

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GROCERY (CONT.)



VFC (Vegan Fried Chick*n)

All the deliciously crispy flavor and fun of Southern-style fried chicken without the meat! VFC is made from non-GMO wheat protein for a 100% vegan snack that's ready in minutes.

\$6.49



Rudi's Thin-Sliced Bread

The thin-sliced Rocky Mountain Sourdough and Honey Sweet Wheat from Rudi's is perfect for making sandwiches and toast with fewer carbs than regular sized slices.

\$5.49



Woodstock Organic Ravioli

Make restaurant quality pasta with zero fuss. These organic raviolis come in both vegetarian and vegan options, including the perfect-for-fall butternut squash variety!

\$9.49



Northstar Kombucha Seasonal Flavors

This local brewer now offers unique seasonal flavors, starting with the fall-friendly Mango Turmeric. It's a lovely blend of warming spice and fruity sweet - perfect for sipping on fall outings.

\$4.49

♥ LOCAL

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GROCERY (CONT.)



Birch Benders Plant Protein Pancake & Waffle Mix

Give your pancakes and waffles a boost of vegan protein with this new mix from Birch Benders. All you need is water and your favorite maple syrup. Speaking of syrup ...

\$6.49



Crown Maple Fruit Syrups

How do you improve upon the elegant flavor of maple syrup? Infuse it with organic fruit! Enjoy this strawberry or blueberry syrup over your favorite pancakes and waffles.

\$12.99



Watkins Popcorn Seasoning

Just in time for scary movie season! Elevate your homemade popcorn with these locally made seasonings. Available in butter and salt, ranch, and white cheddar flavors.

\$4.99  LOCAL

New Baking Ingredients

If cooler weather awakens the baker in you, then you'll want to stop by the baking aisle this month. Here's what's new for October:

- Namaste brownie mix, \$9.99
- Hu dark chocolate baking chips, \$8.99
- Baker's Field all-purpose flour, \$9.99
- Namaste Perfect Blend flour, \$14.99
- Bob's Red Mill artisan bread flour, \$8.99
- King Arthur pizza dough flour, \$9.99

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GROCERY (CONT.)

New Candy

There are a bunch of sweet new treats to try this month, including vegan and special-diet-friendly options.

- Unreal bars (coconut dark chocolate, caramel peanut nougat dark chocolate), \$6.49
- Unreal Milk Chocolate Gems, \$6.49
- Cocomels sea salt chocolate covered bites, \$4.99
- New Hu Simple bars (milk chocolate, pumpkin spice, cashew butter milk chocolate, almond butter crunch milk chocolate, almond crunch and coconut milk chocolate), \$5.49
- Justin's white chocolate peanut butter cups, \$2.29
- Smart Sweets gummy worms, \$3.29
- Yum Earth pomegranate and strawberry licorice, \$5.29 each
- Tony's Chocolonely mini bars (milk chocolate & milk chocolate, caramel and sea salt), \$1.79

WELLNESS



Pranarom Beard Oil

This blend of organic essential oils is crafted to condition facial hair while also nourishing the skin beneath. It's scented with frankincense, cedarwood, and vetiver for a woody, robust aroma.

\$11.99  LOCAL



Pranarom Strong Roots Hair Oil

Build strong, healthy hair roots with organic black cumin, sesame, and rosemary essential oils. The potent blend is designed to provide on-the-spot care for your scalp and hair.

\$11.99  LOCAL

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WELLNESS (CONT.)



Ancient Nutrition Multi Collagen Protein Brain Boost

In addition to skin-supporting collagen protein, this supplement blend also includes botanical extracts to support mood and focus. Available in beverage powder and capsules.

\$54.99



Ancient Nutrition Bone Broth Protein Chicken Soup

This powdered broth packs 15 grams of pasture-raised, grass-fed protein. Mix with boiling water to sip or use in all your favorite home-made soups.

Available in single-serving packets and 15-serving containers.

\$4.99 - \$49.99