

**piggly wiggly**



**SEPT. 21<sup>ST</sup> - 27<sup>TH</sup>**

**BETTER**

*For You*

**SALE**

*Better Living Thru*

*Better Eating*

Free Samples  
Saturday, Sept. 24th  
10am-2pm

Berries lower blood pressure and cholesterol, low in calories, and high in fiber, vitamin C, and antioxidants.



6-oz.  
**Blackberries, Blueberries, or Raspberries**  
**2/5**

Avocados are great for your heart and eyes and a good source of vitamins C, E, K, and B6.



**Avocados**  
**69¢**

Carrots are good for bone health, lowering blood sugar levels, and are loaded with vitamin A and beta-carotene.



1-lb. Bag  
**Bolthouse Farms Baby Carrots**  
**99¢**

Celery is a great source of antioxidants, reduces inflammation, and helps with digestion.



**California Celery**  
**99¢**

**• LOCALLY GROWN PRODUCE •**

Apples are rich in fiber and antioxidants and are linked to a lower risk of diabetes, heart disease, and cancer.



3-lb. Bag  
**Wisconsin Grown McIntosh or Zestar Apples**  
**\$2.99**

Squash are good sources of vitamin A, C, and B vitamins and are high in antioxidants.



Acorn, Butternut, Buttercup, or Spaghetti  
**Wisconsin Grown Autumn Squash**  
**49¢ lb.**

**• BETTER FOR YOU MEAT & SEAFOOD •**

Salmon is rich in long-chain omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure, and help prevent against heart disease.



Fresh  
**Atlantic Salmon Fillets**  
**\$8.99 lb.**

Shrimp is low in fat, low in calories, zero carbohydrates, and they are significantly high in protein.



31 to 40-Count - 1-lb. Bags  
**Whole Cooked Shrimp**  
**\$6.99**

No added hormones or steroids, no antibiotics ever, and fed an optimal diet of vegetables and grains.



18-oz.  
**Just Bare Boneless Chicken Breasts**  
**\$5.99**

Approximately 50% fewer calories and 70% less fat than regular brats.



Original  
**Fox Bros. Chicken Brats**  
**\$3.99 lb.**

**• GRASS FED BEEF •**

1-lb. - 80% Lean  
**Meadow Reserve Grass Fed Beef**  
**\$5.99**



10-oz.  
**Strauss Grass Fed New York Strip Steak**  
**\$15.99**



10-oz.  
**Strauss Grass Fed Boneless Ribeye Steak**  
**\$16.99**





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64-oz. **Silk Pure Almond Milk**  
**2/5**

One Dozen - Large **OrgaNick Pasture Raised Organic Brown Eggs**  
**\$2.99**  
OrgaNICK PASTURES



32-oz. **Full Circle Organic Broth**  
**2/3**



4-oz. **Like Air Puffcorn**  
**2/6**



5-oz. **Jackson's Sweet Potato Chips**  
**\$2.99**



32-oz. **Bragg Organic Raw Apple Cider Vinegar**  
**\$4.99**



12-oz. - Select Varieties **Walden Farms Calorie Free Dressing**  
**2/7**



8 to 9-oz. - Select Varieties **Catalina Crunch Cereal**  
**\$5.99**

**DIGITAL COUPON**  
Scan QR Code for Digital Coupons  
5.3-oz. - Ratio **Keto Yogurt**  
4/5 SALE PRICE  
- \$1.00 Less Digital Coupon Offer  
**4/4**  
When You Buy 4 **FINAL PRICE** WITH CARD

Ready to Eat!  
5-oz. **Mush Overnight Oats**  
**2/4**

1.76-oz. - Select Varieties **Purely Elizabeth Organic Oatmeal Cups**  
**2/5**  
6-Count - Select Varieties - Purely Elizabeth **Organic Superfood Oatmeal..... 2/\$9**



1-Liter **Perfect Hydration Alkaline Water**  
**3/3**



12-oz. **Koe Kombucha**  
**2/4**



24-oz. - Full Circle **Organic Pasta Sauce**  
**\$2.99**  
WITH CARD



11.5-oz. - Select Varieties **Brazi Bites Cheese Bread**  
**\$3.99**



8.8 to 9-oz. **Mings Bings Vegan Patties**  
**\$4.99**



8-Count - Select Varieties **Tumaro's Carb Wise Wraps**  
**2/5**

**BETTER FOR YOU ADULT BEVERAGES**

4-Pack, 12-oz. Cans **Carbliss Hand Crafted Premium Cocktails**  
**\$9.99**  
No Carbs or Sugar

**AFTER \$2 INSTANT COUPON**  
6-Pack, 12-oz. Cans **Long Drink Zero**  
**\$9.99**  
No Carbs or Sugar

750 ML Bottle **Bonterra Organic Red Wines**  
**\$10.99**  
750 ML Bottle **Bonterra Organic Red Wines..... \$8.99**  
WITH CARD