

## Update 01/17/2021

Bambu Grubware Bamboo Straws 6 reusable - NG

Eden Organic Buckwheat Soba, 8 oz - NG

TruRoots Quinoa 2 lbs - NG

TruRoots Sprouted Mung Beans - NG

Natural Grocers Bulk Quinoa White Organic - NG

Natural Grocers Bulk Mung Beans Organic - NG

Natural Grocers Bulk Green Split Peas non-GMO - NG

Natural Grocers Bulk Long Grain Brown Rice non-GMO - NG

Natural Grocers Bulk Pumpkin Seeds non-GMO - NG

Go Raw Organic Sprouted Bar, Spirulina Sesame - NG

Go Raw Organic Sprouted Bar, Pumpkin seed - NG

Green Mountain Gringo Tortilla Strips, Original, Yellow Corn - NG

Mi Rancho Organic Thin Cron Tortillas, Gluten free - NG

Crofter's Just Fruit Spread Organic Wild Blueberry, 10 oz -NG

Crofter's Just Fruit Spread Organic Blackberry, 10 oz - NG

Crofter's Premium Spread Organic Wild Blueberry, 10 oz - NG

Crofter's Premium Spread Organic Seedless Blackberry, 10 oz - NG

Eden Apple Butter Spread Organic, 17 oz - NG

Nutiva Coconut Oil, Virgin, clear plastic jar w/ white lid, 29 oz - NG

Nutiva Coconut Oil, Virgin, glass jar w/ green lid, 23 oz - NG

Natural Grocers Organic Apple Cider Vinegar, 32 oz - NG

Mestemacher Natural Pumpernickel w/ whole rye kernels, 17.6 oz - NG

Mestemacher Natural Whole Rye Bread w/ whole rye kernels, 17.6 oz - NG

C<sub>2</sub>O Farmer's Reserve Organic coconut water - NG

Vita Coco Coconut water, Original, 16.9 oz - NG

Straus Family Creamery Vanilla Bean - NG

Organic Valley String Cheese Mozzarella - NG

Organic Valley Heavy Whipping Cream, 8 oz - NG

Horizon Organic Heavy Whipping Cream, 1 pint - NG  
Horizon Organic Half & Half, 1 pint - NG  
Kalona SuperNatural Organic Whole Milk, 1 gal & ½ gal - NG  
Kalona SuperNatural Organic Plain Kefir, 32 oz - NG  
Kalona SuperNatural Organic Whipping Cream, 16 oz - NG  
Kalona SuperNatural Organic Half & Half, 32 oz - NG  
White Mountain Organic Whole Bulgarian Yogurt, 32 oz

## Removed

Natural Grocers Canned Black Beans - NG  
Natural Grocers Canned Organic Peas - NG  
Natural Grocers Canned Pinto Beans - NG  
Nature's Way Organic Raw Coconut, Whole Food, 16 oz - NG  
Mi Rancho White Corn Tortilla non-GMO, 9.3 oz - NG

## Update 01/13/2021

Epic Dental Peppermint Gum - Xylitol Sweetened

Siete Almond Flour Tortillas  
Kirkland Signature Organic Almond Beverage, Vanilla, 32 fl oz - C  
Kite Hill Cream Cheese Plain, Made with almond milk, 8 oz  
White Mountain Organic Nonfat Bulgarian Yogurt, 32 oz  
Love Corn, Corn Snack Sea Salt, 4 oz  
Saffron Road Organic Crunchy Chickpeas, Sea Salt, 6 oz  
Meyer Lemon South Tex Organics - WF  
Sweet Scarlett's Texas Red Grapefruit, 5 lb bag  
Bonipak Organic Cauliflower

Jason Simply Coconut Whitening Fluoride-Free Toothpaste, Coconut Cream, 4.2 oz  
Redmond Earthpaste - Natural Non-Fluoride Toothpaste, Peppermint, 4 oz

## Removed

Short Grain Brown Rice, Bulk - S  
Cuties California Mandarins

## Update 12/19/2020

### **Fresh Fruits**

Fresh Pineapple, Del Monte Gold - S  
Fresh Lemons, Good Life Organics, small bag - S  
Fresh Lemons, Kings River, 2lb bag - S  
Grapefruit, Winter Sweetz Texas Sweet, #4386 - S  
Grapefruit, Texas Sweet Citrus, 8lb bag - S

### **Fresh Vegetables**

Fresh Broccoli Crowns - S  
Fresh Carrots, O Organic, 2lb bag - TT  
Fresh Celery, Foxy Organic - S  
Fresh Ginger, BRAZIL, PLU 4612 - S  
Fresh Onions, Mayan Sweets Premium Sweet Onions, 3lb bag - S  
Fresh Green Beans - S  
Yam Potato (carefully picked through) - S  
Org Green Cabbage - S  
Green Leaf Lettuce, Cal Organic - TT  
Parsley Italian, Cal Organic - TT  
Yellow Squash - S  
Yams - TT

Frozen Pineapple Chunks, Sprouts, 3lb bag - S

Black Olives Medium, O Organics - TT  
Black Olives Large, O Organics - TT  
Long Grain Brown Rice, Bulk - S

### **Removed**

Short Grain Brown Rice, Bulk - S

## Updated 12/13/2020

Desert Essence - Prebiotic Plant Based Brushing Rinse Mint

Taco Shells Blue Corn, org., 365, 12 shells - WF  
Taco Shells Yellow Corn, org., 365, 12 shells - WF

Spaghetti Squash, org., [www.livorganicproduce.com](http://www.livorganicproduce.com), #94776 USA - WF

Acorn Squash, org., Hope organic Vegetables, #94751 Mex - WF  
Butternut Squash, org., [www.livorganicproduce.com](http://www.livorganicproduce.com), #94759 USA - WF  
Onions, org. Peri & Sons Farm, 3 lb bag - WF  
Cauliflower, org., Pure Pacific Organic - WF

Apples, 3 lb bag, Domex Superfresh Grower's Organic  
Apple, Organic Gal, Wash Ex Fancy Organic Gala 2.5", 3 lb bag - WF  
Apple, org., Organic Apples/Pommes, 3 lb bag - WF  
Apple, Honeycrisp, Plain Oval White Label with blue ink #3283 - WF  
Lemon, California Lemon, #4053L USA - WF

Salad Servers, Natural Home Brands, I am Olive Wood, [www.naturalhomebrands.com](http://www.naturalhomebrands.com)  
- WF

## Removed

Desert Essence - Natural Tea Tree Oil Toothpaste Mint (w/o Fluoride) – MS, NG  
365 Organic Whole Wheat Flour, 5 lb, SKU 9948241829 - WF

## Updated 12/07/2020

Cilantro, Memb. Mark, 4.25 oz., SC  
Curry Powder, Memb. Mark, 10 oz, - SC  
Cumin, ground, Memb. Mark, 16 oz, SC  
Cinnamon, ground, Memb. Mark, 18 oz, SC  
Chives, chopped, Memb. Mark, SC  
Chili Powder, Memb. Mark, SC  
Cayenne Pepper, Memb. Mark, SC  
Basil, Memb. Mark., 6.25 oz., SC  
Oregano Leaves, Memb. Mark, SC  
Paprika, Spanish Style, Memb. Mark, SC  
Parsley Flakes, Memb. Mark, 3.2 oz., SC  
Red Pepper, crushed, Memb. Mark, SC  
Rosemary Leaves, Memb. Mark, SC  
Thyme, leaves, Memb. Mark, SC  
Garlic, fine powder, Memb. Mark, SC

Truvia, from Stevia Leaf, Memb. Mark, 400 packets, 28.2 oz, SC  
Honey, Pure U.S. Grade A clover, 2-40oz,(5 lb), SC  
Honey, Texas Raw Unfiltered, Nature Nates, 44 oz, SC

Cheese, fresh goat, Chevre trad., Memb. Mark, SC  
Yogurt, Greek, non-fat, Memb. Mark, 40oz, SC

French green beans, fine, New World Farms, 2lb, SC  
Spinach, Popeye superfood, 40 oz, SC

Spinach, baby, Taylor Farms Org., 1 lb, SC

Pistachios, dry roasted w/ sea salt, Calif., Memb. Mark, 48 oz, SC

## Removed

Basil, leaf, org., Memb. Mark., SC

Cayenne Pepper, org., Memb. Mark, SC

Cinnamon, org., Memb. Mark, SC

Cumin, ground, org., Memb. Mark, SC

Garlic, granulated, org., Memb. Mark, SC

Ginger, ground, org., Memb. Mark, SC

Onion, granulated, org., Memb. Mark, SC

Pepper, black, ground, org., Memb. Mark, SC

Cheese, Alpenhaus Le Gruyere AOP, Switz., 14 oz, SC

Cheese, El Cortijo Manchego, Spain, SC

## Updated - 11/21/2020

Live G free Gluten Free Whole Grain wide pan bread 20 oz

365 Organic White Corn Tortilla Chips 12 oz – WF

Badger Baby Chamomile & Calendula Broad Spectrum SPF 30 Natural Mineral Sunscreen Cream – S

Sue Bee White Clover Honey (5lb)

You Da Balm chap-stick

Caladryl Clear Lotion - good for ridding poison ivy and the like - Amazon

Clinique liquid facial soap mild dry combination

Clinique superdefense broad spectrum SPF 25

Simply Nature Organic thick & chunky MED salsa 16 oz

Bob Red Mill Large Lima Beans 28oz – WF

Simply Organic garlic 'n herb 88g – S

Eden Organic Navy beans no salt added, can – 15 oz – NG

~~Mi-Del Ginger Snaps gluten free 8 oz – WF~~ Pls. erase this; we tested Mi-Del @MS and they were bad

Hulled Raw Sunflower Seeds - bulk – WF

Bob's Red Mill organic coconut flour 1 lb 3997801815 – WF

Bob's Red Mill organic whole grain quinoa flour 18 oz, SKU 3997803320 – WF

Bob's Red Mill organic whole grain amaranth flour 18 oz, SKU 3997811911 – WF

Bob's Red Mill Cornmeal medium grind – 24 oz package – WF  
Almond Breeze - Almond Milk Chocolate – WF PLS. erase  
O Organics organic Original Almondmilk unsweetened – WF  
Spicely organics – organic nutmeg – 1.9 oz – MS  
Spicely organics organic chinese five spice – MS  
Spicely organics – organic yellow mustard – 2.4 oz – MS  
Westbrae Natural organic black beans canned no salt added, SKU 7487316321 – MS  
Westbrae Natural organic pinto beans canned no salt added, SKU 7487316324 – MS  
Westbrae Natural organic great northern beans no salt added, SKU 7487316322 – MS  
Westbrae Natural organic garbanzo beans canned no salt added, SKU 7487316320 – MS  
O Organics organic lentils canned 15 oz SKU 7989312590 – MS  
O Organics organic cannellini beans, no salt added 15 oz can,SKU 7989312594 – MS  
O Organics organic black beans 15 oz can,SKU 7989340610 – MS  
O Organics organic pinto beans no salt added 15 oz can,SKU 7989312595 – MS  
O Organics organic Macaroni & Cheese, 7.25 oz, SKU 7989340290 – MS  
O Organics White Medium Cheddar 8 oz, SKU 7989311528 – MS  
Wewalka Puff Pastry European style dough, 13.2 oz, SKU 1124000006 – MS  
Wewalka Classic Pizza European style family crust dough, 13.2 oz, SKU 1124000000-MS  
Organic Butternut squash (grown in CA) – WF  
Organic Spagetti squash (grown in CA) – WF  
Organic Pie Pumkin (grown in Mexico/CA) – WF  
Organic Table Queen Acorn Squash (grown in CA) – WF  
Organic parsnip (grown in CA/TX/Mexico) - WF  
Organic loose red beet (grown in Ca/ Colorado) – WF  
Cuties Mandarin bag from Chile/Peru/South Africa , 3lb– WF  
War Eagle Mill Organic Buckwheat Flour, 2lb, SKU 7001540017, WF  
War Eagle Mill Organic Unbleached Bread Flour, 2lb, SKU 7001540012, WF  
War Eagle Mill Organic Rye Flour, 2lb, SKU 7001540026, WF  
War Eagle Mill Organic Corn Flour, 2lb, SKU 7001540019, WF  
War Eagle Mill Organic Whole White Weat Flour, 2lb, SKU 7001540008, WF  
War Eagle Mill Organic Unbleached All purpose Flour, 2lb, SKU 7001540010, WF  
365 Organic All-Purpose Flour, 5 lb, SKU 9948241436 – WF  
365 Organic Whole Wheat Flour, 5 lb, SKU 9948241829 – WF  
365 Organic Tomato Basil pasta sauce, 25 oz, -WF  
Saffron Road oven baked lentil crackers sea salt, 4.5 oz, SKU 5448700603, - WF  
Saffron Road oven baked lentil crackers rosemary herb, 4.5 oz, SKU 5448700604, - WF  
Harmless Harvest plain organic dairy-free coconut yogurt alternative, 24 oz, WF

Removed

Mi-Del cookies

Updated - 11/08/2020

WholeFoods (Allen)

- Org. honeycrisp and pink lady apples
- Pomegranates (be careful)
- Cutie tangerines (yep, that season again)
- Cabbage
- Parsnips
- Celery
- Beets
- Parsley
- Carrots
- Some garlic
- All squash
- Hannahs - sweet potato