

Lakewinds

MEMBER & STOREWIDE SPECIALS

FEBRUARY 2004

FEBRUARY STOREWIDE SPECIALS

Grocery

NEW MORNING Grahamwiches

Honey and Peanut Butter, Honey and Vanilla, or Chocolate and Peanut Butter, 12 ounces

sale **\$2⁴⁹** reg. \$3.45

I. M. HEALTHY Soynut Butter

Selected Varieties, 15 ounces

sale **\$3¹⁹** reg. \$4.55

TAZO Teas



Selected Varieties, 20 count

sale **\$2⁹⁹-3³⁹**
reg. \$3.99-4.49

WEASTBRAE Rice Drink



Plain or Vanilla, 32 ounces

sale **\$1¹⁹** reg. \$1.59

WESTSOY DRINK Plain or Vanilla

32 ounces

sale **\$1¹⁵** reg. \$1.55

PEELU Gum

Cinnamon, Fruit, Peppermint, or Spearmint, 20 count

sale **\$1⁴⁹** reg. \$1.89

Refrigerated

STONYFIELD Smoothies



Peach, Raspberry, Strawberry, Tropical Fruit or Wild Berry, 10 ounces

sale **\$1²⁹** reg. \$1.79

WILDWOOD Soy Smoothie

Mixed Berry, 10 ounces

sale **99¢** reg. \$1.45

Frozen

AMY'S KITCHEN Lasagna



Selected Varieties
9.5 ounces

sale **\$2⁹⁹** reg. \$3.89

RICE EXPRESSIONS Basmati, Brown, Long Grain or TexMex

20 to 30 ounces

sale **\$3⁴⁵** reg. \$4.45

Lakewinds Natural Home



BLUES BUSTER

Light Bulbs

Clear: 60 or 100 watt, or
Frosted 60, 75 or 100 watt

sale **\$4⁷⁹** reg. \$5.29

Bulk

WOODSTOCK FARMS Dark Chocolate Ginger

sale **\$5⁹⁹**/lb.
reg. \$8.35/lb.

Cheese

Cheese for Romancing

Brie Couronne and Brie Ermitage

Imported French Bries

sale **\$8⁹⁹**/lb.
reg. \$9.99/lb.

Cambozola

Brie with Blue

sale **\$12⁹⁹**/lb.
reg. \$13.99/lb.

Note: Some items may not be available at the Anoka location.

Valid 1/28/04-2/24/04. Case orders 1/28/04-2/20/04.

Upcoming Demos in February

Thursday, February 5

The 28-Minute Gourmet Featuring Gruyere and Veggie Tarts

See how easy it is to make a gourmet meal in just minutes! We'll try some salad dressings too.

Friday, February 20

Amy's Soups and a Sandwich Recipe

We'll savor several of Amy's flavors of fine vegetarian soups, along with a fancy sandwich recipe to make it a nice meal.

Tuesday, February 24

Three Great Cheeses

Come sample just a few of the amazing cheeses available at Lakewinds!

Demos are held at the Minnetonka location and generally occur from 11:30 a.m.–3:30 p.m.

New Member Tea at Anoka

Attention new members! If you have joined Lakewinds within the last six months, we would like to invite you to attend our new member tea and orientation on Saturday, February 21 from 11:00 a.m.–12:30 p.m. held in the café. There is no charge to attend this tea.

The number of attendees is limited. Call the Learning Center classline at 952-742-1222 if interested in attending. Be sure to leave your name, phone number and member number on the voicemail when registering.

Questions regarding this event may be directed to Mary Moulton, Customer Service Manager at the Minnetonka store. Her number is 952-742-1211.



FEBRUARY HEALTH & BODY CARE MEMBER SPECIALS

Supplements

EARTHRISE

Spirulina

420 mg, 210 vegi-caps

sale **\$19²⁵** reg. \$25.69



FUTUREBIOTICS

Colloidal Silver

2 ounces

sale **\$13⁸⁵** reg. \$18.49

KYOLIC

Garlic

Liquid Extract, 2 ounces

sale **\$10⁹⁹**
reg. \$14.85

MANITOBA HARVEST

Hemp Seed Oil

12 ounces

sale **\$11⁶⁹**
reg. \$12.99

NATRA-BIO

Glandulars

Thyroid, 1 ounce

sale **\$5⁹⁹** reg. \$7.99

Leg Cramp Relief

90 tablets

sale **\$5⁶⁹** reg. \$7.59

Body Care

DESERT ESSENCE

Jojoba Oil

Organic, 4 ounces

sale **\$11⁹⁹** reg. \$14.29

AURA CACIA ORGANICS

Essential Oils

Eucalyptus, .33 ounce

sale **\$3⁹⁹** reg. \$4.99

Lavender, .33 ounce

sale **\$8⁹⁹** reg. \$10.59

ABRA THERAPEUTICS

Bubble Bath

Aromasaurus Rex Bath, 16 ounces

sale **\$7⁹⁹** reg. \$9.99

Moisture Therapy Bath, 16 ounces

sale **\$10⁶⁹** reg. \$13.35

FUCH'S

Children's Toothbrush

Selected Varieties

sale **\$1⁴⁹** reg. \$1.89

NATURAL DENTIST

Herbal Toothpaste

Selected Varieties

sale **\$6⁴⁵** reg. \$7.59

Gum Therapy Mouthwash

Selected Varieties

sale **\$7⁹⁹** reg. \$9.49



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FEBRUARY HEALTH & BODY CARE STOREWIDE SPECIALS

Supplements

LAKEWINDS

Hi Potency B-Stress

180 count

sale **\$17²⁵** reg. \$20.25

Zinc Lozenges

120 count

sale **\$5³⁹** reg. \$6.39

NEW CHAPTER

All Supplements

sale **25% off**

THRESHOLD

All Source Naturals

sale **35% off**

ALL PLANETARY FORMULAS

sale **35% off**

AMERICAN HEALTH

Acidophilus Chewables

Natural Banana or Cherry Flavors
100 tablets

sale **\$6³⁹** reg. \$7.99

BOIRON

Oscillocochinum

Flu Remedy, 3 doses

sale **\$6²⁵** reg. \$7.75

Oscillocochinum

Flu Remedy, 6 doses

sale **\$11⁶⁹** reg. \$14.65

NATROL

Ester-C

with Bioflavonoids
500 mg, 120 capsules

sale \$12.25 reg. \$16.35

Chewable Wafers

125 tablets

sale **\$10⁶⁹** reg. \$14.29

NATROL®
Quality Uncompromised

HERBS FOR KIDS

Tinctures

Chamomile (Single Extract),
Cherry Bark, Echinacea (Warming)
or Willow Garlic Ear Oil, 1 ounce

sale **\$7³⁹** reg. \$9.85

KYOLIC

Garlic Formula 106

with Hawthorn Berry, Vitamin E
and Cayenne
200 capsules

sale **\$19⁶⁹** reg. \$26.29

GREEN FOODS

Magma Plus

Green Foods
THE EXPERTS IN GREEN NUTRITION™

Energy Powder Drink, 10.5 ounces

sale **\$18⁹⁹** reg. \$25.39

TWINLAB

Cod Liver Oil

Plain or Mint, 12 ounces

sale **\$7⁵⁹** reg. \$10.79

YERBA PRIMA

Psyllium Husk

Powder or Vegi Caps
12 ounces or 180 capsules

sale **\$5⁹⁹-7⁹⁹**
reg. \$9.65-12.99

Body Care

DESERT ESSENCE

Tea Tree and Lavender

.6 ounce

sale **\$6⁹⁹** reg. \$8.35

Tea Tree Oil, Eco Harvest

2 ounces

sale **\$17⁶⁵** reg. \$20.75

FUCH'S

Travel Toothbrush

sale **\$1⁹⁹** reg. \$2.85

ALBA BOTANICA

Body Lotion

Selected Varieties, 12 ounces

sale **\$5⁹⁹-8⁷⁹**
reg. \$8.49-11.85

Massage Oil

8 ounces

sale **\$5⁹⁹** reg. \$8.39

CALIFORNIA BABY

Bubble Bath

I Love You or Colds & Flu, 13 ounces

sale **\$9⁵⁹-9⁹⁹**
reg. \$11.29-11.75

HOME HEALTH

Almond Glow Skin Lotion

Selected Varieties, 8 ounces

sale **\$3⁴⁹** reg. \$4.95

NATURE'S GATE

Petal Fresh

Eye Makeup Remover
2 ounces



sale **\$6⁹⁹** reg. \$8.29

Facial Cleaners, Toners and Moisturizers

Selected Varieties, 6 to 8 ounces

sale **\$6⁹⁹-7⁸⁹**
reg. \$8.29-9.29

Anoka Member Advisory Meeting

Our next meeting will be Wednesday, February 18, at 5:30 p.m. at Lakewinds Natural Foods in Anoka. These meetings are available to all Anoka Grocery Co-op and Café members and new members living in the Anoka area. They provide a format to voice your suggestions, concerns and ideas about the co-op. This meeting will be held in the café.

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FEBRUARY MEMBER SPECIALS

Grocery

CROFTERS

Conserves

Selected Varieties, 10 ounces

sale **\$2²⁵** reg. \$2.99

GREEN & BLACKS

Chocolate Bars

Selected Varieties, 3.5 ounces

sale **\$2⁹⁹** reg. \$3.75

ONE EARTH

Adult Cat Food

4.4 pounds

sale **\$5³⁹** reg. \$7.65

MICHAEL SEASONS

Soy Protein Chips

Selected Varieties, 3.5 ounces

sale **\$2³⁵** reg. \$3.15

TRADITIONAL MEDICINALS

Herbal Tea

Pregnancy, Raspberry Leaf, Mother's Milk or PMS, 16 count

sale **\$2⁷⁵** reg. \$3.65

Bulk

LUNDBERG

Long Grain Brown Rice

sale **65¢/lb.** reg. 75¢/lb.

Lakewinds Natural Home

SEVENTH GENERATION

Dishwashing Liquid

All Varieties, 28 ounces

sale **\$3¹⁹** reg. \$3.59



Frozen

MATTHEW'S

Burritos

Black Jack, Cheddar Chipotle, Veggie Vegan, and Kids' Jack 'n' Cheddar, 8 ounces

sale **\$1⁸⁹** reg. \$2.49

Refrigerated

HORIZON ORGANIC

Yogurt Tubes

Strawberry and Blueberry or Strawberry and Orange Cream, 8 2-ounce cups

sale **\$2¹⁹** reg. \$3.19

Baby Yogurt Multi-Pack

Whole Milk Pear and Vanilla 4 4-ounce cups

sale **\$1⁸⁵** reg. \$2.85



NEW!

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Lakewinds

Lakewinds Natural Foods
Minnetonka
17523 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

Lakewinds Natural Home
Minnetonka
17515 Minnetonka Blvd.
Minnetonka, MN 55345
952-742-1242

Lakewinds Natural Foods
Anoka
1917 2nd Avenue South
Anoka, MN 55303
763-427-4340

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www.lakewinds.coop



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