


SHOPPING COMPANION

JUNE 2017

STAFF OF LIFE

Dads and Grads



SUMMER FUN STARTS AT STAFF OF LIFE!

Whether you're headed to a graduation, a barbecue, a beach bonfire, or a family Father's Day celebration, Staff of Life has you covered. Stop in on your way!

STORE HOURS:
 Mon-Fri 7:30am-9:00pm
 Sat-Sun 8:00am-9:00pm

Your Local Natural Food and Supplement Source for over 48 years!


Sale prices valid through June 30, 2017

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STAFF OF LIFE SHOPPING COMPANION

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STOCK UP ON SCRIP! PARTICIPATE IN OUR \$CRIP PROGRAM



Stock up for the summer quarter. Scrip can be used for all Staff of Life purchases, including gift cards.

Call the business office for details:
 (831) 423-8632 x5

CLOVER Organic FARMS



Half & Half quart	2.49
Fat-Free Cottage Cheese 1 lb...	3.59
Organic Low-Fat Yogurt 6 oz ..	1.09
Organic Kefir 32 fl oz.....	4.39
Sliced Cheese 8 oz	4.09
Shredded Cheese 8 oz	4.09

CAFÉ DEL SOL

Try our new Pitaya Plus

DRAGON FRUIT SMOOTHIE



Organic dragon fruit, pineapple, orange, and mango juice.

Café Hours: 7:30 a.m.-7 p.m. Mon-Fri 8 a.m.-7 p.m. Sat & Sun

PRODUCE DEPARTMENT

SUMMER FRUIT IS HERE!

FRESH ORGANIC PRODUCE EVERY DAY

Blueberries

Blueberries have a sweet and woody flavor. Long sunny days and warm temperatures develop a high sugar content, which makes them the perfect snack. They're an excellent source of antioxidants, vitamins C and K, manganese, copper, and fiber. Health benefits linked to blueberries include anti-aging, help with digestion, boosting brain activity, fighting cancer, and they aid in weight loss.



Stone Fruit

June starts Stone Fruit season and we have an abundance of peaches, apricots, nectarines, and plums. These fruits are packed with vitamin C and lots of antioxidants, and are great snacks. It's perfect for baking, grilling, or using in pies and pastries. Try grilling some peaches and drizzle them with balsamic vinegar. Pair it with a light white wine for a perfect dessert.



Cherries

Life is a bowl of cherries when you taste these sweet treats. Cherries contain anthocyanins, the red pigment inherently found within berries, and are potent antioxidants. Cherries act as an anti-inflammatory and are recommended for those with arthritis. Who knew good health could taste so sweet? Eat them fresh, make them into jams and jellies, or bake the perfect pie.



Grapes

Green and red seedless grapes are the perfect quick snack. They contain vitamins A, C and K, and are considered a "superfood." They aid in boosting the immune system and are a good way to replenish electrolytes. Eat them plain or add them to a cheese plate with cheese from our specialty department.



BULK FOODS

TO-GO SNACKS FOR ANY SUMMER OUTING

Trail Mixes

Never to be outdone, Staff of Life has the largest selection of trail mixes available. Browse through the bulk section and pick a few of your favorites. Our trail mix selections contain the best dried fruit, nuts, seeds, coconut and chocolate. Women's Vitality mix, Greek yogurt odyssey, Thai pineapple, Men's energy mix, and berry and chocolate antioxidant mix are just a few of our over 25 varieties. Look no further than our bulk department to find the perfect trail mix recipe.



Snacking Peas, Beans, and Kernels

Crunchy and delicious, Staff carries a large variety of crispy snacks. Perfect by the handful or packed for a trail hike, these are the perfect go-to snack. With varieties like soy nuts, dry roasted edamame, wasabi roasted peas, and popped corn kernels, you are sure to find the perfect crunch for your liking.



Snacker Crackers

Looking for something crunchy and light? Staff of Life has a large selection of snack crackers and snack party mixes. Whatever your taste, you are sure to find a few here to your liking. Some customer favorites include miso crackers, chili crackers, Asian party mix, wild rice sticks, and honey-roasted sesame sticks. Ask for a sample and see how great snacker crackers can be.



Dried Fruit

Always a favorite, dried fruit is both delicious and nutritious. At Staff of Life we have a huge selection of dried fruits as well as hard-to-find specialties. Pick up some dried blueberries, pears, mangos, apricots, pineapple, or banana chips. We have over 40 varieties of dried fruit and berries, including hard-to-find items like dried goji berries, mulberries, and persimmons.



BAKERY DEPARTMENT

MAKE SUMMER SWEETER DELECTABLE, DELICIOUS, & MADE DAILY

Chocolate Tofu Pie

One of our customer favorites, this pie is decadent yet totally gluten-free and vegan. It's creamy and rich filling with an abundant chocolate taste, so smooth as silk it melts in your mouth. Paired with our gluten-free crust, you have a perfect dessert to please the entire family.

SMOOTH
AS SILK



Banana Muffin

The flawless banana muffin for any diet choice. This muffin is gluten-free and vegan, however, you would never even suspect it. Delicious, moist and just the right amount of sweetness make it the delicious choice for breakfast or afternoon tea. Take one out to Café del Sol and enjoy it your favorite latte or espresso with this tasty treat.

PERFECTION



Blueberry Tofu Pie

Love at first bite is how we describe our berry tofu pies. Available in blueberry, strawberry and olallieberry, they are delicious and totally gluten-free and vegan. These pies are made from scratch in our bakery and are creamy and delicious. They take more time to make than conventional pies, but when you taste one, you'll see it's worth it.

MADE WITH
LOVE



Chocolate Croissant

Travel to France with just one bite of our house scratch-made chocolate croissant. Layers and layers of buttery pastry filled and topped with dark chocolate. The chocoholics' choice for sure. Perfect in the morning with a cup of tea or coffee in our covered outside patio, Café del Sol.

DECADENT



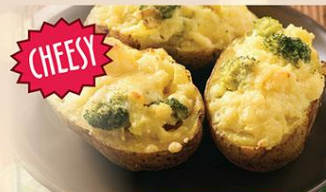
DELI DEPARTMENT

HOUSEMADE SPECIALTIES

Broccoli & Cheese Twice-Baked Potato

Love potatoes, broccoli and cheese? You're in luck. Staff of Life kitchens makes delicious twice-baked broccoli and cheese potatoes. Filled with butter, cream, and three types of cheese, you won't need anything more savory than these potatoes. Take a few home and serve with a fresh salad. This cheesy specialty is a customer favorite or sure!

CHEESY



Quiche

Craving a luscious breakfast or quick lunch? Look no further than Staff of Life's scratch-made spinach and mushroom quiche. Creamy and smooth with a delicate crust, maybe it's even better than mom made. Pick up a slice and heat it in Café del Sol while you enjoy a cup of coffee, or pair it with some greens from our salad bar and have a delicious lunch in minutes.

RICH &
CREAMY



Seared Ahi Tuna

This delicious delicacy is not to be missed. We take wild Pacific tuna, coat it with black and white sesame seeds, and sear it in organic sesame oil. So fresh you'll think you're on the shores of Hawaii. Have a few pieces on top of your salad from our salad bar or take some home and pair it with some sake from our specialty department.

DELECTABLE



Green Papaya Salad

Travel to the tropics with just one visit to our deli department. Our new green papaya salad tastes fresh and citrusy with a little zest to wake up your tongue. Our salads are all prepared daily from scratch in our kitchen. This wheat-free and vegan salad has green papayas, cilantro, garlic, orange juice, lime juice, and a bit of sesame oil, rice vinegar and curry. Pick some up for a taste of the tropics in Santa Cruz.

NEW



VITAMINS & MORE

START PLANTING TODAY

Check out our wide selection
of organic starts in our garden
department in the atrium.



Genesis Today



20% OFF
All Products

RAFFLE!

Enter a chance to
**WIN ONE OF OUR COSMETIC &
VITAMIN RAFFLE BASKETS!**
No purchase necessary. Raffle ends
June 30. One entry per customer.

Here Are Some Great Gift Ideas for GRADS & DADS

Check them out in our
Vitamin Department.



GROCERY SPECIALS

JUNE SPECIAL NEWMAN'S OWN FIG NEWMANS

Save 90¢

4⁰⁹
10 oz



Redwood Hill
Goat Milk Yogurt
Save 59¢

DELICIOUS!



1⁹⁹
6 oz

Barbara's Cheese Puffs
Save 80¢



2⁵⁹
5.5-7 oz

Barbara's Cereals
Save 1⁵⁰
Select
Varieties



4³⁹
9-14 oz

Lundberg Organic
Rice Cakes
Save 76¢



3⁴⁹
9-14 oz

Late July Cantina Dippers
Save 54¢



3⁷⁵
8 oz

Late July Classico
Tortilla Chips
Save 46¢



2⁹⁹
5.5 oz

GROCERY SPECIALS

Krave Beef Jerky

Save 74¢-1³⁴

Select Varieties



3¹⁵
1.5 oz

5⁸⁵
3.25 oz

SAVORY SNACK!

Blue Diamond Almond Breeze

Save 56¢

Select Varieties



2⁴⁹
32 fl oz

Nature's Path Waffles

Save 80¢

Select Varieties



3¹⁹
7.4 oz

HEALTHY BREAKFAST

Newman's Own Organic Extra Virgin Olive Oil

Save 2²⁴-3¹⁰

Select Varieties



10⁴⁵
17 fl oz

13⁹⁹
25 fl oz

Lundberg Eco-Farmed Rice Cakes

Save 56¢

Select Varieties



2⁹⁹
8.5-10 oz

Solo Coco Coconut Oil

Save 2⁰⁰

Select Varieties



12⁹⁹
14 oz

Here are just a few benefits of

COCONUT OIL

1. Prevents heart disease and high blood pressure
2. Reduces inflammation & arthritis
3. Boosts the immune system
4. Improves memory & brain function
5. Improves energy & endurance
6. Improves skin tissue
7. Helps prevent osteoporosis

Learn more at: <http://draxe.com/coconut-oil-benefits>



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WINE

LOCAL WINES

LOTS TO LOVE IN SANTA CRUZ



The Santa Cruz Mountain wine region is very special with its mountainous terrain, marine and valley influences and its diverse soils. Our local history is rich with Spanish, French, and Italian settlers who traveled up the coast planting grapes in sites that most reflected their Mediterranean origins. With all its microclimates, the terrain lends itself to high quality and low yields, meaning that the local producers make wines that are limited in supply and highly sought after. As a locally

owned small business we are proud to represent other local establishments in the area. Whether it's longtime heavy hitters in the wine world like Bonny Doon Vineyards or new kids on the block like Bottle Jack Vineyards, we have a wine for you. Covering most varietals and a broad expression of styles, our selection of producers is sure to impress. My current favorites in no specific order are as follows:

Sante Arcangeli
2016 Rose of Pinot Noir | \$24.85

Big Basin Vineyards
2013 Syrah | \$34.75

Bonny Doon 2015 I'm Not Drinking
Any \$%&*#! Merlot | \$11.95

Windy Oaks
2014 Pinot Noir | \$26.99



Carm Olvera

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GET RAW!

TASTE THE GOODNESS!

RAW SNACKING

NEW

Brad's Raw Foods

Organic Crunchy Kale
2 oz | reg 4.65 | **SALE: 3.65**

Go Raw

Organic Grow Bars
(Chocolate, Lemon, & Cinnamon)
1.94 oz | reg 2.49 | **SALE: 1.99**

Organic Snack Bars

(Various Flavors)
reg 2.99 | **SALE: 2.39**

Laughing Giraffe

Organic Snackaroons
6 oz | reg 6.79 | **SALE: 5.49**

Living Intentions

Organic Sprouted
Seed Mixes (various)
8 oz | reg 6.19 | **SALE: 4.99**

CLASSIC RAW

Mauk Family Farms

Organic Raw "Crusts"
4 oz | reg 4.99 | **SALE: 4.29**

Navitas Naturals

Organic Cacao
Nibs or Powder
8 oz | reg 9.49 | **SALE: 7.99**
16 oz | reg 17.99 | **SALE: 14.99**

International Harvest

Organic Hunza Goji Berries
12 oz | reg 17.99 | **SALE: 14.99**

Organic Black Chia Seeds
16 oz | reg 7.99 | **SALE: 6.59**

Yes Cacao

Organic Raw Cacao Bars
.88 oz | reg 4.99 | **SALE: 3.99**

REFRESHING

Kevita

Tonics, Kombucha, &
Sparkling Drinks (select flavors)
15.2 oz | reg 2.99+crv
THIS MONTH: 2.69+crv

Revive

Kombucha (all flavors)
16 oz | reg 3.99 | **SALE: 3.25**
While Supplies Last | \$2 bottle deposit
12 oz | reg 3.55+crv
SALE: 2.75+crv **NEW SIZE**
No bottle deposit!

Brew Doctor

Organic Kombucha
14 oz | reg 3.29+crv
SALE: 2.49+crv

Hail Merry

Select Bites
(Excludes Salted Brownie Flavor)
3.5 oz | reg 3.99
SALE: 3.49

JUNE MEAT SPECIALS

WOW!

HOMESTEAD BABY BACK PORK RIBS

Perfect for the barbecue.
\$6.49 / lb (save 50¢ / lb)



FISHPEOPLE DINNER KITS

Take the guesswork out of cooking
seafood. Everything you need,
simple ingredients, wildly delicious
results every time.



**NEW FLAVORS
COMING SOON**

HOUSEMADE MARINADES & SAUCES

Perfect for grilling season.



STORE HOURS: Monday-Friday 7:30 a.m.-9:00 p.m. • Saturday & Sunday 8:00 a.m.-9:00 p.m.

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