

MAY 2018



COME AND CELEBRATE!

Staff of Life's ANNIVERSARY PARTY

BACK BY POPULAR DEMAND!
HARRY AND THE HITMEN

FREE TO THE PUBLIC!
Whether you're a first-time visitor or a loyal Staff of Life shopper, please join us for an afternoon of fun, celebration, and a showcase of all that's available at Staff of Life.

49 Years

1969-2018

SUNDAY, MAY 20, 2018

12:30 TO 4:30 PM
AT STAFF OF LIFE MARKET

- ◆ LIVE MUSIC AND DANCING
- ◆ BARBEQUE
- ◆ FREE SAMPLES
- ◆ PRODUCT DEMOS
- ◆ DOOR PRIZES
- ◆ WINE AND BEER TASTING
- ◆ FACE PAINTING & KIDS' ACTIVITIES
- ◆ SKIN ANALYSIS & MAKEOVERS

DON'T FORGET MOTHER'S DAY, SUNDAY MAY 13TH!



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

STORE HOURS:

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

Sale prices valid through May 25 2018.

MAY 2018

STAFF OF LIFE SHOPPING COMPANION

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NOW SAVE
 AN ADDITIONAL 5% OFF
 WHEN YOU BUY A CASE

BUY BIG, SAVE BIG!

Huge discounts at the entrance of the store. New items added daily.

STAFF OF LIFE

A BRIEF HISTORY

1969

Staff started as an all natural bakery using organic ingredients.



During Staff's first year in business, we used a cigar box for all their financial transactions, and paid the bakers each night from what we made that day.

Originally Staff was only wholesale, but we soon set up a table in front of the bakery to sell to the public.



Gary would deliver bread daily out of a 1957 Chevy.

1972

Opened the Water Street store.



2011

Opened our new certified green store on February 15.



ASK FOR A
SAMPLE

MAY PRODUCE SPECIALS

BABY BROCCOLINI

- A cross between American and Chinese broccoli.
- High in vitamins C, A, and E, as well as calcium, iron, and potassium.
- A mild, sweet, earthy taste. Good sautéed, steamed, or grilled.

SUPER
NUTRITIOUS



PIÑATA APPLES

- Medium to large apples with a melon scent and orange glow.
- A slightly tropical flavor with notes of banana, pineapple, honey, and coconut.
- The Piñata apple's thin skin and crisp texture make it a good fresh eating apple.

GREAT
SNACK



HAAS AVOCADOS

- Avocados contain nearly 20 vitamins and minerals, including vitamin C, vitamin E, potassium, and folic acid.
- Rich in dietary fiber and are known for being a good source of monounsaturated fat.
- Flavor is rich and nutty with a slightly sweet finish.
- Perfect for salads, dips or just snacking.

RICH &
CREAMY



BAKERY

ORGANIC FLOURS

ORGANIC OILS

WHOLESOME GOODIES

DELECTABLE, DELICIOUS, & MADE DAILY

GLUTEN-FREE PIES

- Fruit-filled and gluten-free.
- Available in cherry, apple, olallieberry, and strawberry rhubarb.
- Delicious rich and tender crust.
- Bring one home for dessert tonight.



MACAROONS

- Chewy, sweet, moist, and delicious.
- Classic version and chocolate-dipped.
- Perfect with a cup of coffee or tea from Café del Sol.
- Give them as a gift to someone you love.

STAFF FAVORITE



TIBETAN WAY BREAD

- Substantial, delicious, and perfect for snacking.
- Take it on a picnic with a bottle of wine and some cheese from our speciality department.
- Enjoyable unleavened bread that is both sweet and savory.

GREAT FOR CAMPING



SAVE THE DATE!

**LIVE MUSIC
& DANCING**

Staff of Life's
**ANNIVERSARY
PARTY**

**WINE & BEER
TASTING**

SUNDAY, MAY 20, 2018

12:30 TO 4:30 PM

AT STAFF OF LIFE MARKET

LIVE MUSIC WITH HARRY AND THE HITMEN
BARBEQUE ♦ FREE SAMPLES ♦ PRODUCT DEMOS ♦ DOOR PRIZES
WINE AND BEER TASTING ♦ FACE PAINTING ♦ KIDS' ACTIVITIES
SKIN ANALYSIS & MAKEOVERS



May 2-14

Organic Whipping Cream pint	3.99
Whipping Cream quart	6.99
Organic Ingredients Aerosol	
Whipping Cream 7 oz	5.19
Aerosol Whipping Cream 13 oz	3.85
Aerosol Whipping Cream 6.5 oz	2.15
Butter 4 oz	4.99
Euro Style Butter 4 oz	2.69
Organic Butter 1 pound	6.25

May 15-29

Organic Pasture Large Brown Eggs dozen	7.99
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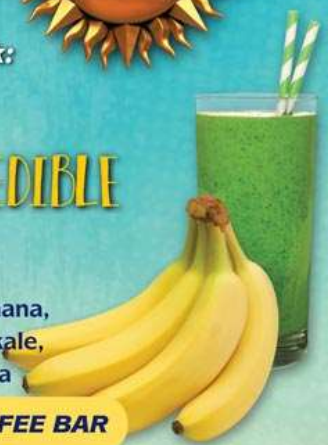
**ALL
ORGANIC!**



Try our
new drink:

**THE
INCREDIBLE
HULK**

Organic banana,
pineapple, kale,
and spirulina



FULL COFFEE BAR

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

GROCERY SPECIALS

Table 5 Pizza

Save 1³⁰

Select Varieties



7¹⁵
12.5-14 oz

Tasty Bite Organic Rice

Save 44¢



2¹⁵
8.8 oz

Taste Nirvana All Natural Coconut Water

Save 36¢

REFRESHING



2¹⁹
9.5 fl oz

Crunchmaster Multiseed Crackers

Save 60¢

GREAT FOR SNACKING



3³⁹
4.5 oz

Mid-Del Gluten-Free Cookies

Save 40¢



3⁹⁹
8 oz

Gimme Organic Seaweed Chips

Save 1⁰⁴



3⁴⁵
4 oz

The Honest Kitchen Proper Toppers

Save 3³⁰



9⁵⁹
5.5 oz

Newman's Own Newman-O's

Save 1⁰⁴

STAFF FAVORITE



4⁸⁵
13 oz

Red Duck Taco Sauce

Save 76¢



4⁴⁹
8 oz

GROCERIES • VITAMINS

Canyon Bakehouse
Gluten-Free Bread

Save 1⁶⁰
Select
Varieties



5³⁵
1 loaf

Jolly Llama Sorbet Pops

Save 1⁰⁰

Select
Varieties



4²⁹
4 ct

Late July Organic Salsa

Save 1⁰⁰

CINCO DE
MAYO?



3⁷⁹
15.5 oz

Halfpops
Crunchy Popcorn

Save 34^c



2⁶⁵
4.5 oz

Blue Buddha Herbal Tea

Save 64^c



2³⁵
14 fl oz

Bark Thins
Snacking Chocolate

Save 86^c



3⁹⁹
4.7 oz

Shady Maple Farms
Stroopwafels Cookies

Save 1⁷⁴

DELICIOUS



4⁸⁵
8.5 oz

DR. MERCOLA
PREMIUM PRODUCTS

20% OFF
All Products

You can trust Mercola for all your health needs because you are getting items of the highest quality specifically designed for your health, vitality and overall well-being.



CONVENIENT FOODS TO GO

COME SEE WHAT OUR DELI HAS TO OFFER

SANDWICHES

- Try one of our specialty sandwiches including grilled panini and vegan Reuben.
- Design your own sandwich with Staff of Life homemade meats including roast beef and turkey.
- Large selection of grilled and vegetarian sandwiches.



SALADS TO GO!

- Housemade ready-to-go salads made fresh in our Staff of Life kitchen.
- Salad choices include spinach, grilled salmon Caesar, chicken Caesar, tuna nicoise, and classic green.



HOUSEMADE SOUPS

- Hot and delicious made from scratch in our kitchen.
- Ten soups offered daily with vegan, gluten-free and meat/poultry selections.
- Some choices include clam chowder, white bean and kale, split pea, six onion, minestrone, chicken noodle and many more.



A GUIDE TO ROSÉS

The glory days of Grandma's White Zinfandel are long gone. Now, while rosé rises in popularity and undoubtedly gains the status of "most likely to be invited to any warm weather adventure," it is still a wine that is often misunderstood.

Like many favorite foods in the world, rosé was a byproduct of the seasons. A fresh young wine made from grapes deemed good but not excellent for some of the more prestigious regions of the old world, rosé was one way producers found to use all of their fruit. In the end though, this new product was interesting enough to replicate in wine regions all over the world.



Here are a few pointers when picking out your pinks.

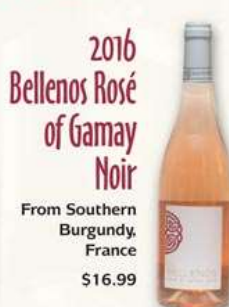
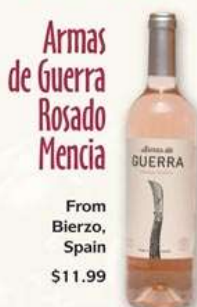
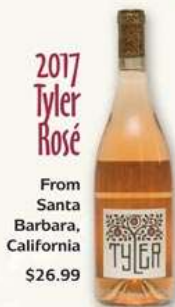
- Rose can be serious, deep, complex. It is meant to be a young fresh wine. Most rosé should be from last years vintage (i.e. by summer *most* rosé should be 2017)
- Most, but not all: Some can hold up longer, depending on the varietal and the producer. Still, when you walk into a discount store and you see a stack of 2014 rosé for three dollars a

bottle it should be a red flag that the wine has lost all its character.

- Rosé is a young wine. Even the nicer ones aren't that pricey in comparison to other wines produced by the same winery. So it's a chance to try wine from high-end heavy hitters without the sticker shock. (Warning: just because a label makes expensive wines does not mean they make good rosé, but I've already done that research for you.)

Cerra Olivares

CHECK OUT THESE ROSÉ WINES



GIFTS & FLOWERS

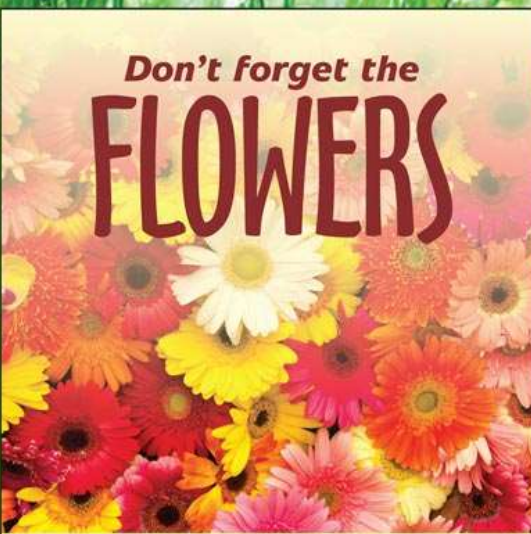
**MAY 13TH IS
MOTHER'S
DAY**

*Find a special gift
for Mom in our
gifts section.*



Don't forget the
FLOWERS

*Buy a bouquet for Mom
in our Floral Dept.*



**ORGANIC STARTS
FOR YOUR GARDEN**

Staff of Life carries a wide variety of
organic vegetable and herb starts. Check
them out today and start planting!



DELICIOUS RAW FOODS

SNACKS

Sejoyia

Coco-Roons
organic, gluten-free,
vegan
6.2 oz | reg 6.99
SALE: 5.25

Earth Circle

Raw Maca Powder
16 oz | reg 19.69 | **SALE: 17.69**

Jennies

Raw Organic Coconut Bars
1.5 oz | reg 1.99 | **SALE: 1.79**

Mauk Family Farms

Raw Crusts
4 oz | reg 4.99 | **SALE: 4.19**

Go Raw

**Choco Crunch Cookies,
Ginger Snaps, Pumpkin Seed
Bites, Choco Crunch Crisps**
3 oz | reg 4.89 | **SALE: 3.75**

Honey Mamas

Cacao Nectar Bars
2.5 oz | reg 5.69 | **SALE: 4.55**

Hail Merry

**Dark Chocolate
Espresso Cups**
1.65 oz | reg 2.59 | **SALE: 2.19**

Meyer Lemon Cups
1.52 oz | reg 2.59 | **SALE: 2.19**

**Chocolate Almond
Butter Cups**
1.76 oz | reg 2.75 | **SALE: 2.45**

DRINKS

GT's Alive **NEW**

Sparkling Probiotic Ciders
16 oz | reg 3.59 | **SALE: 2.89**

Coco Kefir Drinks
8 oz | reg 4.59 | **SALE: 3.75**

GT's Kombucha **NEW FLAVORS**

**Watermelon Wonder,
Koffee**
16 oz | reg 3.85 | **SALE: 2.89**

Revive

Kombucha (all flavors)
12 oz | reg 3.19 | **SALE: 2.95**

FERMENTED

Wildbrine

Salad/Sauerkraut
*Arame Ginger, Dill Garlic,
Madras, Curry Cauliflower,
Smokey Kale Kraut, Probiotic
Fermented Coleslaw, Green Kraut,
Red Beet Kraut*
18 oz | reg 7.29 | **SALE: 6.49**

Fermented Salsas
18 oz | reg 7.29 | **SALE: 6.49**

Farmhouse Culture

Gut Shots
Organic, Gluten-Free, Vegan
16 oz | reg 5.49 | **SALE: 4.29**

Burn Hot Sauce **SPECIAL PRICE**

- Local, Organic and Raw
- Single origin and only 3 ingredients
- Great Probiotic
- Vegan, gluten, sugar and vinegar free



4 oz | reg 9.69 | **SALE: 8.19**

MEAT DEPARTMENT

SPRING MEAT SPECIALS

SKUNA BAY SALMON

Sustainably Farmed.
Always fresh, never frozen.



NEW MARINADES

Just in Time for Barbecue Season

- Try one of our new flavors including Korean BBQ, Smoky Steakhouse or Black Pepper.
- Don't forget some of our favorites including Santa Maria, Bloody Mary, teriyaki and jerk!



HOUSEMADE SAUSAGES

60 Different Kinds!*

- Handmade by our Staff of Life butchers with the freshest ingredients available.
- A variety of meats including beef, chicken, pork, and wild boar.

* Flavors offered on a rotating basis.



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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