



BLACKBERRIES



**EVERYTHING
YOU NEED**

NEW CROP



**WALNUT HALVES
AND PIECES**

No cholesterol and a healthy source of quality protein.

\$3.99

lb.

**CUCUMBERS,
GREEN BELL PEPPERS
OR YELLOW ONIONS**

ea.



49¢

lb.

NAVEL ORANGES



CALIFORNIA GROWN

69¢

lb.

**RED OR JEWEL YAMS,
BABY CARROTS**

USA GROWN



99¢

lb.

SPECIAL

Acorn, Butternut or
Spaghetti Squash.....77¢/lb.

**RASPBERRIES OR
BLUEBERRIES**



\$1.99

ea.

6 oz.

GOLDEN PINEAPPLE



\$1.99

ea.

97¢

ea.
6 oz.

Mexican Hass Avocados.....77¢/ea.

**CILANTRO, GREEN ONIONS
OR RADISH BUNCHES**



49¢

ea.

**EGGPLANT OR
ITALIAN SQUASH**



69¢

ea.

lb.

**GREEN BEANS OR
HOTHOUSE TOMATOES**



99¢

lb.

Seedless
Watermelon.....4 lbs. for \$1

Seedless
Watermelon.....4 lbs. for \$1

Red
Mangos.....77¢/ea.

The BIG CHEESE Sale

Every bulk cheese we cut,

40% OFF

EVERYDAY RETAIL PRICES.

AMAZING!

BULK CUT

40% OFF

price marked already reflects discount.

**USDA CHOICE
CROSS RIB ROAST**

Trimmed and tied with "Oldtyme" pride.

ALL-NATURAL



**Extreme
Savings!**

**YOUR CHOICE
\$1.97**

**FARM-FRESH
CHICKEN TENDERS**

99% fat-free—
a healthy addition to any meal.

WOW!



Sprouts

NUTS FOR LIFE

- No cholesterol
- Great source of healthy EFAs
- Provides healthy antioxidants
- Naturally low in carbs
- You only need a 1 oz. serving to receive all the benefits!

BULK

WHOLE CASHEWS

Available in roasted salted, roasted unsalted and raw.



\$5.99
lb.

Pumpkin Seeds.....

\$2.99/lb.

ROASTED MIXED NUTS WITH PEANUTS

salted or unsalted



\$3.99
lb.

FANCY MEDJOOl DATES

nature's candy, pre-packaged



\$3.99
lb.

CHOCOLATE COVERED CASHEWS

dark or milk chocolate



Butter Toffee Almonds.....

\$4.99/lb.

\$4.99
lb.

WESTERN OR WILD WEST TRAIL MIX

Try our top-selling trail mixes.



\$2.99
lb.

DAIRY

BOLTHOUSE FARMS JUICES

From the best fruits and vegetables around—
100% healthy, natural and delicious!



\$3.99
52 oz.
select varieties

CASCADE FRESH YOGURT

All-natural, live and active cultures.



2 \$4
for
32 oz.
assorted varieties

SPROUTS LARGE EGGS

Excellent source of quality protein,
vitamins and minerals!



2 \$4
for dozen

ORGANIC VALLEY BUTTER QUARTERS

salted or unsalted



\$4.49
1 lb.

FROZEN

SPROUTS FROZEN FRUIT

Frozen at the peak of freshness!



2 \$5
for
12 oz.
all varieties

Organic Produce

BOSC PEARS

\$1.99
ea.

3 LB.
BAG

YELLOW ONIONS

\$1.99
ea.

3 LB.
BAG

GALA APPLES

99¢
lb.

2 \$5

5 LB.
BAG

RUSSET POTATOES

2 \$5

AMY'S BOWLS

Made with quality ingredients.



2.99
9-10 oz.
assorted varieties

CIAO BELLA GELATO OR SORBET

Traditional Italian frozen desserts.



2.99
pint
assorted varieties

**Order your holiday main course!
online at sprouts.com!**

1-888-5-SPROUT

(1-888-577-7688; then press 2)

Order Line orders taken December 1 — December 22,

Monday through Friday 8am to 5pm



<http://sprouts.com/holiday>

ALEXIA FROZEN BREADS

No trans-fat. Perfect for family dinners.



2.99
10.5-14 oz.
select varieties

GROCERY

DELALLO WHOLE WHEAT PASTA

Imported from Italy—the pasta is "bronze-plated" to give it a rough surface perfect for holding sauce.



2 \$4
for
16 oz.
all varieties

COLAVITA EXTRA VIRGIN OLIVE OIL

Cold-pressed from the best fruit of the olive tree.



\$12.99
34 oz.

MUIR GLEN TOMATOES

These pure and flavorful, vine-ripened tomatoes are a great addition to any meal.



4 \$5
for
14.5-15 oz.
all varieties

BIGELOW TEA

Keep warm this winter with a nice hot cup of Bigelow tea.



2 \$4
for
20 ct.
all varieties

LAKWOOD JUICE BLENDS

100% pure, Lakewood juices do not contain chemicals, preservatives, or artificial ingredients.



2 \$7
for
32 oz.
select varieties

ORGANIC COFFEE CO. HOLIDAY BLEND COFFEE

Enjoy this special blend during the holidays.



\$5.99
12 oz.

LOACKER QUADRATINI

Gourmet wafer cookies with a light, not-to-sweet delicious crisp.



2 \$5
for
8.82 oz.
all varieties

NATURE'S PATH OATMEAL

Serving delicious, wholesome foods grown and processed in harmony with nature.



2 \$5
for
8 pk.
all varieties

FOOD SHOULD TASTE GOOD CHIPS

Finally, a chip that goes great with everything and gluten-free, too.



2 \$4
for
5.5-6 oz.
all varieties

IMAGINE BROTH

Delicious, convenient way to create inspired dishes.



2 \$4
for
32 oz.
all varieties

ANNIE'S HOMEgrown ORGANIC MAC & CHEESE

Made with organic pasta and only the best aged cheddar, asiago, parmesan and jack cheese.



2 \$4
for
6 oz.
select varieties

ENDANGERED SPECIES CHOCOLATE

Savor chocolate—save our planet.



2 \$4
for
3 oz.
all varieties

VITAMINS, SUPPLEMENTS, HEALTH & BEAUTY

NATROL

LINE DRIVEL

All Items

25% OFF
our everyday discounted prices



TAHITI TRADER HIGH-POTENCY NONI JUICE

World's best-tasting Noni juice.
A high-potency antioxidant.



\$19.99
32 oz.

COUNTRY LIFE STRESS SHIELD

Provides support for occasional stress, irritability, fatigue and inability to concentrate.



\$12.99
60 v-caps

NORDIC NATURALS ULTIMATE OMEGA

Provides a high concentration of EPA and DHA in one delicious serving. Great lemon taste!



\$22.95
60 softgels

NATURE'S ANSWER SAMBUCUS IMMUNE SUPPORT

High in naturally-occurring immune builders such as Rutin and Quercetin. Great-tasting support for the cold and flu season.



\$8.99
4 oz.

BOIRON CHESTAL OR CHILDREN'S CHESTAL

Safe, easy-to-use homeopathic relief for cough and congestion. In a natural honey base.



\$4.59
4.2 oz.

ENZYMATIC THERAPY PEARLS ELITE

A high potency formula that delivers 5 billion probiotics to help promote overall health and optimal digestion.



\$19.99
30 pearls

ALACER EMERGEN-C

An effervescent drink mix with 1000 mg of vitamin C, 24 nutrients and 7 B vitamins. Select varieties and flavors.



\$7.99
30 packets

BLUEBONNET OPTIMUM ENZYMES

A unique blend of plant-based enzymes. Easy-to-swallow vegetable capsules for maximum assimilation and absorption.



\$11.99
90 v-caps

PLANETARY HERBALS TRUE TO NATURE C

A natural form of vitamin C Complex obtained from a wide variety of fruits, vegetables and herbs. Contains immune building bioflavonoids.



\$9.99
60 tabs

GARDEN OF LIFE IMMUNE BALANCE RAPID

Helps support nasal, throat, respiratory and sinus health at the onset of a cold.



\$12.99
30 tabs

SIBU

LINE DRIVEL

All Items



25% OFF

HUGO NATURALS

LINE DRIVEL

All Items



25% OFF

AURA CACIA

LINE DRIVEL

All Items



25% OFF

SHIKAI HAND AND BODY LOTION

Selected luxurious scents to choose from. Nourishing for dry winter hands and body.



\$5.99
8 oz.

Sprouts**MEAT & SEAFOOD****PORK SAUSAGE EXTRAVAGANZA**

Handmade in every store with all-natural pork and seasonings.

- PORK POLISH SAUSAGE
- PORK BRATWURST
- PORK CHORIZO
- PORK ITALIAN HOT SAUSAGE
- PORK BREAKFAST SAUSAGE

AND MANY MORE!LINK
OR BULK**\$2.99**
lb.**FARM-FRESH WHOLE CHICKEN LEGS**

Hand-packed at every store to ensure quality and freshness. Backbone removed.

**99¢**
lb.

Boneless Skinless Chicken Thighs (value pack)... \$2.99/lb.

USDA CHOICE STEW MEAT OR SHORT RIBS

All-natural cuts, super-lean with no fat or gristle.

BONELESS**ALL NATURAL****\$3.99**
lb.**SPECIAL**

Bone-in Pork Shoulder Steak or Country-Style Ribs.....\$1.99/lb.

EXTRA LEAN GROUND BEEF

Ground from safe, all-natural cuts, several times throughout the day.

VALUE PACK**ALL NATURAL****\$3.49**
lb.

100% Grass-Fed Organic Ground Beef.....\$5.99/lb.

Now taking
orders for your
Presidential Cut
Rib Roast
and other
holiday favorites!

USDA Choice
New York Cut Sirloin.....\$5.99/lb.**PORK LOIN CHOPS OR ROAST**

All-natural pork with no sodium-based enhancers or solutions added.

BONELESS**\$3.99**
lb.

SPROUTS FISH MARKET

WILD ALASKAN SOCKEYE SALMON FILETS <i>WILD CAUGHT</i>	JUMBO RAW SHRIMP 21/25 count <i>WILD CAUGHT</i>	FRESH TILAPIA FILETS mild and flaky
\$9.99 lb.	\$7.99 lb.	\$6.99 lb.

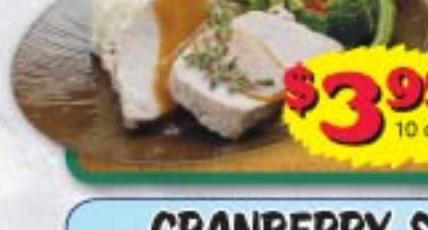
DELI**SPROUTS COUNTRY KITCHEN**

Rushed from shopping? No time to cook? Let Sprouts Country Kitchen come to the rescue.

Enjoy one of our meals with the ease of heat-and-eat.

PORK CHOP DINNERS

with mashed potatoes or stuffing

RICE, BEAN AND CHEESE BURRITO**COBB SALAD****\$3.99**
10 oz.**2 \$3**
for 15 oz.**2 \$6**
for 12 oz.**BEER & WINE**

SAVE 10% WHEN YOU BUY 6 BOTTLES OF WINE

REX GOLIATH WINESGreat wines at great
prices...that's what
Sprouts is all about.**2 \$10**
750 ml.

assorted varieties

Pacific Redwood Organic Red Wine... \$6.99/750 ml.

CRANBERRY SAGE TURKEY BREAST**SLICED****\$5.99**
lb.**SMOKED GOUDA****SLICED****\$4.99**
lb.**BLASER'S Muenster Cheese****\$2.99**
7.5 oz.

Cappiello Braided Mozzarella.....\$5.99/8 oz.

PRÉSIDENT CHEESE

Brie log, Brie, Camembert or Brie Light.

**BUY ONE, GET ONE FREE!**

reg. retail 5.99 / 6-8 oz.

President Wee Brie Cheese
(8 oz.).....Buy One, Get One Free/reg. retail \$4.99**SARTORI CHEESE**

Original artisan cheese crafted in the heart of Wisconsin's dairyland with a unique flavor profile.

**\$4.99**
5.3 oz.**FULL SAIL BREWING CO.****\$5.99**
6 pk.
12 oz. btl.

select styles

2 for \$10/750 ml.

Madrid Sangria

2 for \$10/750 ml.

select varieties

HERDING CATS WINES

Unique blends of premium varietal wines that typically want to go their separate ways.

**3 \$10**
750 ml.

select varieties

Goldmine Lager.....\$8.99/12 pk., 12 oz. cans

Double Ad Days

Come on in Wednesday

while this week's ad and last week's ad are effective for twice as many items on sale!

Effective December 8, 2010 - December 15, 2010

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
8	9	10	11	12	13	14	15

Visit us on **facebook**

OPEN DAILY 7AM TO 10PM

SPROUTS
FARMERS MARKET

MSA EBT

AVONDALE Dyer & McDowell • 623-535-8980

CHANDLER Dobson & Ray • 480-732-1012

S. CHANDLER Alma School & Queen Creek • 480-814-2700

GILBERT Val Vista & Williams Field • 480-821-1511

GLENDALE 51st Ave. & Peoria • 623-487-0330

GLENDALE 57th Ave. & Bell • 602-896-0300

MESA Gilbert & Brown • 480-868-0800

MESA Higley & Southern • 480-218-6491

PARADISE VALLEY Cactus & Taliesin Blvd. • 602-971-4177

PEORIA 83rd Ave. & Thunderbird • 623-334-1111

PHOENIX 19th Ave. & Northern • 602-864-8130

PHOENIX 28th St. & Indian School • 602-553-3131

SCOTTSDALE 92nd St. & Shea • 480-551-0665

SURPRISE W. Pt. Peay & Bell • 623-544-3121

TUCSON Oracle & Magee • 520-207-5446

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