



# THE NATURAL GROCERY COMPANY

Cinco de Mayo  
Fair Trade Day  
Mother's Day  
Memorial Day

## FAIR TRADE

<b>1</b> OPPORTUNITIES FOR DISADVANTAGED PRODUCERS	<b>2</b> TRANSPARENCY & ACCOUNTABILITY	<b>3</b> FAIR TRADE PRACTICES	<b>4</b> FAIR PAYMENT	<b>5</b> NO CHILD LABOUR, NO FORCED LABOUR	TEN PRINCIPLES OF FAIR TRADE
<b>6</b> NO DISCRIMINATION, GENDER EQUITY, FREEDOM OF ASSOCIATION	<b>7</b> GOOD WORKING CONDITIONS	<b>8</b> CAPACITY BUILDING	<b>9</b> PROMOTE FAIR TRADE	<b>10</b> RESPECT FOR THE ENVIRONMENT	




EQUAL EXCHANGE • Organic, Fair Trade

- Chocolate Bars** 2.8oz reg \$3.79 ..... **2.99**
  - Teas** 20 bags reg \$5.49 ..... **4.29**
  - Hot Chocolate/Cocoa** 8-12oz reg \$9.49 ..... **7.49**
  - Bulk Coffee** reg \$12.99/lb ..... **11.49/lb**
- HARMLESS HARVEST • Organic, Fair Trade
- Coconut Water** 32oz reg \$10.99 ..... **8.79**

## GROCERY

- SAN PELLEGRINO • Glass Bottles
- Sparkling Water** 750ml reg \$3.29 ..... **2.49**
- WESTBRAE • Organic, Non-GMO
- Canned Beans** 15oz reg \$3.79 ..... **2.79**
- LESSER EVIL • Organic, Gluten Free
- Popcorn** 4.6-5oz reg \$4.49 ..... **3.79**
- MILTON'S • Organic, Non-GMO
- Crackers** 6oz reg \$4.79 ..... **3.79**
- WILD PLANET • Non-GMO
- Canned Skipjack Tuna** 5oz reg \$4.49 ..... **3.79**
- LATE JULY • Made with Organic Corn
- Tortilla Chips** 7.5-7.8oz reg \$5.29 ..... **3.99**
- SIMPLE MILLS • Non-GMO, Gluten Free
- Crackers** 4.25oz reg \$5.99 ..... **4.79**
- WATERLOO • Non-GMO
- Sparkling Water** 12/12oz reg \$7.99 ..... **6.49**
- WOODSTOCK • Organic, Non-GMO
- Pickles** sliced & bread/butter 24oz reg \$9.49 ..... **7.49**
- PRIMAL KITCHEN • Non-GMO
- Mayonnaise** 12oz reg \$12.79 ..... **9.99**



## ORGANIC CADIA

- Ketchup** 24oz EDLP ..... **3.29**
- Sauerkraut** 16oz reg \$4.99 ..... **3.79**
- Salsa** 16oz reg \$5.29 ..... **4.49**

## REFRIGERATED

- BREW DR. • Organic, Non-GMO
- Kombucha** 14oz reg \$2.99 ..... **2.29**
- RUMIANO • Organic, Non-GMO
- Cheese** 8oz reg \$5.99 ..... **4.79**
- STRAUS • Organic, Non-GMO, Local
- European Yogurt** 32oz reg \$6.49 ..... **5.29**
- ALDENS • Organic
- Ice Cream** 48oz reg \$11.99 ..... **9.49**

## ORGANIC PRODUCE

- Cilantro** bunched CA ..... **1.59/ea**
- Strawberry** open pint Local ..... **3.59/lb**
- Asparagus** green CA ..... **5.99/lb**
- Blueberries** pint CA ..... **5.99/ea**
- Red Cherries** Frog Hollow Farm CA ..... **8.99/lb**

[www.naturalgrocery.com](http://www.naturalgrocery.com) • open 7 days a week  
 Berkeley Natural Grocery Company, 1336 Gilman St, Berkeley  
 El Cerrito Natural Grocery Company 10367 San Pablo Ave.  
 Prepared Food Annex, 10387 San Pablo Ave.



# SPECIALS



EL CERRITO NATURAL GROCERY COMPANY

PREPARED FOOD

# ANNEX

## May 1-31

**CAFE | JUICE BAR  
WINE & BEER | DELI**

**SALAD BAR | FLORAL  
BAKED GOODS | SOUP**

**Sunday  
May 12<sup>th</sup>**

# Mother's Day

## Flowers & Gifts



### at The Annex

- Orchids
- Roses
- Blooming Plants
- Bouquets in Up-Cycled Vases

### Wine Price Crush

The Big Wine Tasting & Sale



Tasting: Wines of North America  
Sunday, May 19<sup>th</sup> 2pm-5pm

Sale: Sunday, May 19<sup>th</sup> – Monday, May 27<sup>th</sup>

Join us and stock up for the summer!

**20% off SALE**

(12 bottles or more, mix & match okay)

Classic appellations, local wineries, funky natural wines and customer favorites.

Natural Grocery Co. - Annex

10387 San Pablo Avenue, El Cerrito

## STOCK UP FOR SUMMER!

1 case minimum

mix & match okay

wine only

## FAIR TRADE RAFFLE

### Enter in Person to Win an Equal Exchange Gift Basket

customers may enter once  
per drawing per location



Prepared Food Annex, 10387 San Pablo Avenue, El Cerrito, 94530 (510) 526-5150

open 7 days a week

Cafe: 7:30 am -8:30 pm

Wine & Beer, Floral, Rotisserie, Deli: 9 am - 8:30 pm