The Natural Grocery Company

Best of the East Bay EBX 2026

Green California Green Business Network Contra Costa County

Best of El Cerrito Winner 2026

2X monthly! deals

October 14–27, 2026

Scan to download!

Equal Exchange Chocolate Bars
fair trade
organic

$4.49

regular price $5.49

2.8 oz

Solidarity Tastes Great!

EQUAL EXCHANGE FAIRLY TRADED

Enter in person to win a basket of fairly traded goods from Equal Exchange

The Annex, 10387 San Pablo Avenue, El Cerrito
Berkeley Natural Grocery, 1336 Gilman Street, Berkeley
El Cerrito Natural Grocery, 10367 San Pablo Avenue, El Cerrito

Drawings to be held
Monday, October 12, 2026
and
Monday, October 19, 2026
after close of business.

One entry
per customer
per location.

Celebrate Fair Trade Month

Equal Exchange Tea Bags
fair trade
organic

$4.99

regular price $5.99

20 ct

Equal Exchange Hot Cocoa
fair trade
organic

$8.99

regular price $10.79

12 oz

Equal Exchange Coffee - Decaf & Regular
fair trade
organic

$13.99

regular price $15.99

10-12 oz

Equal Exchange Dried Mango
fair trade
organic

$5.79

regular price $6.79

5 oz

Equal Exchange Semi Sweet Chocolate Chips
fair trade
organic

$7.99

regular price $9.49

10 oz

Equal Exchange Almonds & Cashews
fair trade
organic

$8.79

regular price $10.99

8 oz

Nixie Sparkling Water
organic
non-GMO

$6.29

regular price $7.79

8/12 oz

Milton's Crackers
organic
non-GMO

$3.99

regular price $4.79

6 oz

Little Sesame Hummus
non-GMO

$3.99

regular price $4.99

8 oz

Look for new deals on **October 28!**

Bob's Red Mill
Country Style Muesli
organic
non-GMO

$4.49

regular price $5.99 **18 oz**

Bob's Red Mill
Old Fashioned GF Rolled Oats
organic
non-GMO

$7.99

regular price $9.99 **32 oz**

Cadia
Raisin Bran
organic
non-GMO

$4.69

every day low price **12 oz**

Pavel's
Yogurt
organic

$5.49

regular price $6.49 **24 oz**

Big Mountain
Soy Free Tofu
non-GMO

$4.99

regular price $6.29 **12 oz**

Almond Breeze
Almond Milk
non-GMO

$3.29

regular price $3.99 **32 oz**

Melt
Plant Butter Tub
organic
non-GMO

$5.49

regular price $6.99 **13 oz**

Tasty Bites
Indian Meals
organic
non-GMO

$4.79

regular price $5.79 **10 oz**

Cadia
Light Coconut Milk
organic
non-GMO

$1.99

every day low price **13.5 oz**

Straus
Ice Cream
organic

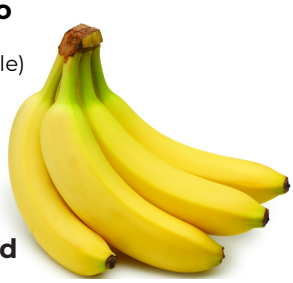
$5.49

regular price $6.99 **16 oz**

Haas Avocado, 84 ct
Mexico
organic
fair trade

99¢
each

Bananas
Ecuador/Mexico
organic
fair trade (as available)



99¢
per pound

$20 tasting fee

21+

20% Off cases

(12 bottles mix & match ok)

Hard Skin
"Winter" Squash
California
organic

$1.59
per pound

Mini Pumpkins
various types
California
organic

$1.99
per pound