



OUR BASICS PROGRAM

We are committed to offering a group of staple items at affordable prices— every day, all the time— so that Abundance is “shop-able” for everyone interested in organic and natural goods.

BULK

- Organic white flour with wheat germ
- Organic golden rose brown rice
- Organic green lentils
- Organic sugar
- Organic tofu
- Walnuts
- Organic raisins
- Dishwashing liquid
- Laundry soap-liquid
- Olive oil-extra virgin
- Organic semolina spaghetti
- Organic apple cider vinegar
- Organic strawberry fruit spread



GROCERY

- Almond milk-64 oz unsweetened
- Selected Little Bakery breads
- Peanut butter American Classic
- Corn Flakes— Ecopac
- Select toilet paper
- Canned tuna
- Canned black beans
- 1/2 gallon organic apple juice
- Diced tomatoes— 28 ounce
- Mayonnaise— canola
- Split pea soup mix
- Salt
- Salad dressing

Look for the

B

FROZEN

- Organic orange juice
- Organic peas
- Quorn—ground
- Chicken legs— regional

REFRIGERATED

- Organic butter
- Organic yogurt
- Eggs— free range
- Alternative cheese?
- Organic mild cheddar cheese— 2#

SUPPLEMENT

Abundance One Daily multivitamin

HEALTH AND BEAUTY

- Toothpaste
- Glycerin soap— aloe oatmeal



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