



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