

UNCLE SAM'S HEALTH FOODS
77 4TH STREET TORY, NY
646 NEW LOUDON RD, LATHAM NY
unclesamshealthfood@gmail.com

December 2023

"What good is the warmth of summer, without the cold of winter to give it sweetness."

—John Steinbeck



Chocolove
Chocolate Bar
(selected varieties)

\$2²⁹

2.9–3.2 oz



Dr. Bronner's
Organic Castile
Bar Soap

2/\$8

5 oz



Hu
Organic Chocolate Bar
(selected varieties)

2/\$7

2.1 oz



Kettle
Potato Chips
(selected varieties)

2/\$6

5 oz



Enjoy Life Foods
Chocolate Chips
(selected varieties)

\$5²⁹

9–10 oz



Siete
Grain Free Cookies

\$3²⁹

4.5 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁹⁹

16 ct



The Mountain Valley
Spring Water

\$2²⁹

1 lt



Crown Prince Natural
Smoked Oysters
(selected varieties)

\$2⁷⁹

3 oz



Vital Farms
Butter

\$3⁷⁹

8 oz



Tofurky
Plant-Based Sausage

\$5²⁹

14 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of December.



Our updated packaging pays homage to our rich heritage. At Bionaturae, authentic Italian means more than food that comes from Italy. It's an attachment to traditions and quality. It's organic ingredients that represent the heart & soul of an Italian kitchen.



**Bionaturae
Organic Tomato
Paste**

\$1⁹⁹

7 oz



**Bionaturae
Organic Strained
Tomatoes**

\$2⁹⁹

24 oz

**Mediterranean Organic
Organic Capers**

\$2⁷⁹

3.5 oz



**Spectrum
Organic Extra Virgin Olive Oil**

\$11⁹⁹

25.4 oz



**EPIC
Bone Broth**

\$4⁷⁹

14 oz



**Rao's Homemade
Pasta Sauce**

\$6⁷⁹

24 oz



**Organic Valley
Organic Ghee**

\$11⁹⁹

13 oz



At Amy's we source the best organic ingredients and take the time to perfect our recipes to make sure each bite tastes delicious.



**Amy's
Burrito
(selected varieties)**

\$2⁹⁹

6 oz



**Amy's
Organic Soup
(selected varieties)**

\$3²⁹

13.8-14.7 oz



**Amy's
Macaroni &
Cheese**

\$3⁷⁹

9 oz

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**Garden of Eatin'
Corn Tortilla Chips**
(selected varieties)

\$4⁷⁹

16 oz



**Angie's
BoomChickaPop Popcorn**
(selected varieties)

\$2⁷⁹

4.4-7 oz



**Mary's Gone Crackers
Organic Crackers**
(selected varieties)

\$3⁹⁹

6.5 oz



**Mary's Gone Crackers
REAL Thin Crackers**
(selected varieties)

\$3⁹⁹

5 oz



Thanks to whole, organic and gluten free ingredients, our Mary's Gone Crackers® Original and REAL Thin Crackers provide the perfect pairing of toasty flavor and crunchy goodness. This tasty, crunchy cracker delivers happy snacking to your day!

**Hippeas
Chickpea Puffs**

\$2²⁹

4 oz



**Edward & Sons
Organic Brown Rice Snaps**
(selected varieties)

\$2⁷⁹

3.5 oz



**Dr. Bronner's
Organic Chocolate Bar**
(selected varieties)

2/\$6

2.93-3 oz



**Lily's
Chocolate Baking
Chips**

\$6²⁹

9 oz



**Lily's
Chocolate Bar**
(selected varieties)

\$3²⁹

2.8-3 oz

LILY'S

Make Life Sweeter. Chocolate is too good to let added sugar get in the way, so Lily's created a whole line of unbelievable treats botanically-sweetened with stevia. And you know what happened? Life. Got. Sweeter.

**Alter Eco
Organic Chocolate Bar**
(selected varieties)

2/\$6

2.65-2.82 oz



**Endangered Species
Chocolate Bar**
(selected varieties)

2/\$5

3 oz



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Choice Organic Teas
Organic Tea
(selected varieties)

2/\$6

16 ct



San Pellegrino
Sparkling Water

2/\$4

750 ml



Bubbies
Kosher Dill Pickles

\$6⁷⁹

33 oz



Kerrygold
Cheese

\$4²⁹

7 oz



Miyoko's
Organic Vegan Cream Cheese
(selected varieties)

\$4²⁹

8 oz



Organic Valley
Organic Ricotta Cheese

\$5²⁹

15 oz



Garden of Life
Dr. Formulated Magnesium with
Pre & Probiotics Gummies

\$15⁹⁹

60 ct



Natural Vitality
Calm Gummies

\$19⁹⁹

120 ct



Nature's Way
Sambucus Elderberry Gummies

\$15⁹⁹

60 ct



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Boiron Coldcalm

\$10⁴⁹

60 tab



Natural Factors Stress Relax® Tranquil Sleep Chewable

\$22⁹⁹

60 tab



Rainbow Light High Potency Women's One Daily Multivitamin

\$17⁹⁹

60 ct



Vibrant Health Green Vibrance

\$45⁹⁹

330 g



Solaray Zinc 50mg

\$5⁹⁹

100 ct



Alba Botanica Un-Petroleum Jelly

\$5⁹⁹

3.5 oz



EO Organic Deodorant Spray

\$5²⁹

4 oz



Avalon Organics Shampoo or Conditioner

\$8²⁹

11 oz



Andalou Naturals Shampoo or Conditioner

\$6²⁹

11.5 oz



Weleda Skin Food

\$14⁹⁹

2.5 oz



NOW Foods Peppermint Essential Oil

\$5⁹⁹

1 oz



JASON Vitamin E Skin Oil 45000 IU



Aura Cacia Lavender Essential Oil

\$8²⁹

.5 oz



DERMA E Anti-Wrinkle Renewal Cream

\$15⁹⁹

4 oz



\$10⁴⁹

2 oz