

<i>health</i>	Regular	Owner Savings	Save!
Nature's Plus Animal Parade Multi-Vitamin Assorted 90ct.	\$11.39	\$8.79	20%
VegLife Kids Multi 60ct	\$8.59	\$6.87	20%
Solaray Iron Free Multi 100ct	\$16.29	\$13.03	20%
Tidal Creek High Potency B Stress 90 tab	\$16.69	\$12.49	20%
Kal Vitamin B-12 2000mcg 100ct	\$9.69	\$7.75	20%
VegLife Vitamin B-12 1000mcg 100ct	\$11.15	\$8.92	20%
Peter Gilhams Organic Life Vitamins (Liquid)	\$33.19	\$26.55	20%
Vitamin Code D3 60ct	\$22.69	\$17.99	20%
Vitamin Code Prenatal 120 ct	\$36.59	\$29.29	20%
Vitamin Code Womens 120 ct	\$45.19	\$36.15	20%
Vitamin Code Men 120ct	\$45.69	\$36.55	20%
Vitamin Code Womens 50+ 120 ct	\$45.69	\$36.55	20%
Vitamin Code Men 50+ 120ct	\$45.69	\$36.55	20%
Vitamin Code Raw Calcium 150ct	\$41.19	\$32.95	20%
Vitamin Code Family Multi	\$45.69	\$36.55	20%
Vitamin Code Vitamin C 60ct	\$20.59	\$16.47	20%
Vitamin Code Vitamin E 60ct	\$28.55	\$22.84	20%
Vitamin Code Raw Iron 30ct	\$17.19	\$13.75	20%
Vitamin Code Raw Antioxidant 30ct	\$23.99	\$19.19	20%
Solaray Reacta C 120ct	\$17.29	\$13.83	20%
Source Naturals Wellness Formula 90 tab	\$26.49	\$19.59	20%
Solaray Super Digestaway 90ct	\$11.15	\$8.92	20%
Solaray Red Marine Algae 100ct	\$15.19	\$12.15	20%
Solaray Cal Mag Citrate 180 veg caps	\$17.99	\$14.39	20%
Solaray Magnesium 100ct	\$10.59	\$8.49	20%
Kal Xylitooth 60ct	\$9.59	\$7.67	20%
Jarrow JarroSil	\$15.19	\$12.15	20%
Jarrow Boneup	\$25.79	\$20.63	20%
Jarrow JarroDophilous	\$16.29	\$12.99	20%
Jarrow Alpha Lipoic Sustain 300	\$23.99	\$19.19	20%
Tidal Creek Dual Action Acidophilus & Bifidus 50 caps	\$10.59	\$8.49	20%
Nature's Way Kidprimadophilus	\$6.79	\$5.35	20%
Green Kamut Just Barley 80 servings	\$19.29	\$15.19	20%
Spectrum Fish Oil Caps 100 gels	\$11.99	\$9.59	20%
Tidal Creek Flax Oil 16oz	\$22.99	\$18.39	20%
Nutribiotic Vanilla Rice Protein 650g	\$22.79	\$17.99	20%
Jarrow Ferment Soy Proten	\$22.89	\$18.31	20%
VegLife Rice Protein Vanilla 11.7oz	\$18.59	\$14.87	20%
VegLife Supreme Meal Lunch 11.6oz.	\$28.59	\$22.87	20%
Tidal Creek Ultimate Soy Spirulina Protein Powder Vanilla 16 oz	\$23.79	\$17.89	20%
Thalassole 1oz	\$10.49	\$8.39	20%
Thalassole 8oz	\$42.49	\$33.99	20%
LifeFlo Sooth 30ct	\$11.39	\$9.11	20%
LifeFlo Complete Cleanse	\$39.79	\$31.83	20%

<i>baby</i>	Regular	Owner Savings	Save!
Seventh Generation Diapers and Training Pants	\$16.99	\$12.99	25%
Organic Baby Sweet Potato & Squash—4oz.	\$1.19	\$.99	10%

<i>beauty</i>	Regular	Owner Savings	Save!
Jason Power Smile & Sea Fresh Toothpaste 6oz	\$6.49	\$5.99	20%
Nature's Gate Moisturizing Lotion: Pa-paya	\$9.29	\$7.49	20%
Thai Deodorant Stick 4.25oz.	\$6.79	\$5.29	20%
Nature's Way Body Soap—Oatmeal	\$4.19	\$3.35	20%
Dead Sea Warehouse Salt Soap	\$6.69	\$5.35	20%
Burt's Bees Lip Balm: Regular & Honey	\$2.99	\$2.39	20%
Giovani Tea Tree Shampoo or Conditioner	\$7.39	\$5.85	20%
Zion Health Clay Bath	\$12.89	\$10.55	20%
Aura Cacia Lavender Essential Oil	\$9.49	\$7.59	20%
Down to Earth Bulk Almond Oil	\$12.29	\$9.89/lb.	20%
Natracare Tampons Regular w/ Applicator	\$7.59	\$5.99	20%

<i>frozen</i>	Regular	Owner Savings	Save!
Rising Moon Pizzas	\$8.29	\$6.99	14%
Amy's Soy & Cheese Pizza	\$6.99	\$5.99	16%
Amy's American Burger	\$4.99	\$4.39	15%
Amy's Black Bean Burrito	\$2.59	\$1.99	23%
Amy's Garden Vegetable Lasagna	\$4.79	\$3.99	20%
EcoFish Alaskan Wild Caught Salmon	\$7.79	\$6.79	13%
EcoFish MahiMahi	\$8.49	\$6.99	18%
Natural Sea Fishsticks	\$6.29	\$5.59	11%
Cascadian Farms Broccoli Florets 10oz.	\$2.89	\$2.39	20%
Amy's Macaroni & Cheese	\$3.49	\$2.99	20%
Cascadian Farms Harvest Berries—10oz.	\$4.29	\$3.99	19%
Julies Vanilla Ice Cream Pint	\$3.79	\$3.49	10%

<i>perishables</i>	Regular	Owner Savings	Save!
Organic Valley Milk Half Gallons; Whole/Skim/Fat Free	\$4.89	\$3.89	20%
Organic Valley Orange Juice—64oz.	\$6.49	\$5.79	17%
Woodstock Farm Organic Natural Butter—1 pound	\$6.49	\$5.49	17%
Woodstock Farms Tofu—Firm & Extra Firm	\$2.49	\$2.19	12%
Organic Valley 2% Cottage Cheese- 16oz.	\$4.49	\$3.99	13%
Organic Valley Sour Cream —16 oz.	\$3.99	\$3.39	20%
Seven Stars Yogurt —32 oz.	\$4.99	\$4.49	13%
Follow Your Heart Veganaise—32 oz. (Grapeseed)	\$7.49	\$6.59	25%
Food for Life 7 Grain Bread	\$4.79	\$3.99	30%
Rudi's Colorado Cracked Wheat	\$4.49	\$3.79	18%
Organic Valley Raw Monterey Jack—8oz.	\$4.99	\$4.39	12%
Organic Valley Pasteurized Sharp Cheddar—8oz.	\$4.89	\$3.99	19%

<i>meats</i>	Regular	Owner Savings	Save!
Black Forest Ham	\$5.19	\$4.69	10%
Heartland Meadows Ground Beef	\$5.39	\$4.99	8%

Owner Savings

The Owner Savings program is a primary benefit of owner-membership in Tidal Creek. This program is only available to the owners of Tidal Creek Cooperative. It's your store! Shop like you own it!

Updated 5/24/10

Signs at the shelf reflect the most accurate price.

<i>grocery</i>	Regular	Owner Savings	Save!
Tree of Life Apple Juice—1 Gallon	\$9.99	\$8.99	22%
Field Day Apple Juice—1 Gallon	\$10.99	\$9.59	13%
Solana Gold Organic Apple Juice—1 Gallon (Gluten Free)	\$14.95	\$9.69	19%
Lakewood Juices—32 oz. (unfiltered apple orange, pink grapefruit, veggie, prune) (Gluten Free)	\$4.29- \$6.39	\$3.49- \$5.69	26%
Annie's Dressings—8oz. Goddess & Cowgirl Ranch (Cowgirl Ranch: Gluten Free)	\$3.59- \$3.79	\$2.99	33%
Bragg's Apple Cider Vinegar—32 oz. Raw & Organic	\$5.29	\$4.99	20%
Bragg's Liquid Aminos—32 oz. (Gluten Free)	\$6.99	\$6.79	23%
Bionaturae Organic Olive Oil—25 oz.	\$18.99	\$16.99	19%
Yogi Simply Green Tea, Reg. & Decaf	\$4.19	\$3.69	29%
Poland Spring Gallon, Origl & Distilled	\$1.99	\$1.59	35%
Penta Purified Drinking Water—1 liter	\$3.49	\$2.99	32%
Reed's Original Ginger Brew—4 pk (Gluten Free)	\$5.79	\$4.99	30%
Virgil's Root Beer—4pk	\$6.29	\$5.39	30%
Sweet Leaf Bottles Tea Sweet & Mint	\$1.59	\$1.39	31%
Traditional Medicinals Herbal Tea—Smooth Move	\$4.99	\$4.49	20%
Cascadian Farms Cereal Purely O's & Honey Nut	\$5.39	\$4.69	24%
Envirokidz Cereal—Koala Krisps, Leapin' Lemurs, Panda Puffs, Gorilla Munch, & Amazon Frosted Flakes (Gluten Free)	\$4.69	\$3.99	30%
Bob's Red Mill Muesli—18 oz.	\$4.49	\$3.89	31%
Natural Choice Bars—Raspberry	\$3.69	\$3.29	33%
Imagine Rice Dream 32 oz. (Gluten Free)	\$3.49	\$2.99	20%
Imagine Soy Dream 32 oz. (Gluten Free)	\$3.49	\$2.99	20%
Kettle Krinkle Kuts—Light and S&P 16oz.	\$8.19	\$4.59	31%
Little Bear Organic Corn Chips—1 lb bag Yellow and Blue Corn; unsalted	\$3.99- \$4.69	\$3.29- \$3.99	35%
Green Mountain Gringo Organic Tortilla Strips (Gluten Free)	\$2.99	\$2.59	30%
Green Mountain Gringo Salsas (Gluten Free)	\$4.49	\$3.89	31%
Kashi Original 7 Grain Cracker	\$4.39	\$3.79	19%
Newman's O's Cream Filled Chocolate	\$4.59	\$3.99	18%
Maranatha Almond Butter Raw N/S 16oz.	\$20.99	\$16.79	30%
Woodstock OG Peanut Butter Crunchy & Smooth—16oz.	\$5.49	\$4.89	29%
Arrow Mills—Multigrain Pancake/Waffle Mix 2lb.	\$5.29	\$4.59	16%
Bionaturae Pasta Varieties—1 lb.	\$3.29	\$2.89	18%
Muir Pasta Sauces—25.5oz.	\$4.19	\$3.69	25%
West Brae Black Beans—25oz.	\$2.39	\$2.19	20%
Natural Sea Canned Tuna—6 oz.	\$2.59	\$2.29	22%
Annie's Organic Aged Wisconsin Shells & Cheddar—6 oz	\$2.79	\$2.29	18%
Amy's Organic Cream of Mushroom Soup—14 oz	\$2.99	\$2.39	25%
Seventh Generation Dish Liquid—Lavender and Free & Clear 28.5oz.	\$3.99	\$3.59	23%
Seventh Generation Toilet Paper 12pk	\$13.99	\$11.39	29%

<i>local honey</i>	Regular	Owner Savings	Save!
Jar 16 oz.	\$8.59	\$7.59	10%
Bear 12 oz.	\$4.69	\$4.29	10%

<i>produce</i>	Regular	Owner Savings	Save!
Wilmington's Only Certified Organic Produce Department			
Organic Avocado	\$1.99ea	\$0.99ea	50%
Organic Spinach - 1lb. box	\$5.99	\$4.99	17%
Organic Baby Carrots—1lb. bag	\$1.99	\$1.79	10%
Organic Carrots—Bulk	\$1.29/lb	\$0.99/lb	23%
Seasonal Organic Onion	\$1.99/lb	\$1.29/lb	34%
Seasonal Organic Leafy Green—1 bunch	\$2.49	\$1.69	35%
Seasonal Organic Apple	\$1.99/lb	\$1.29/lb	35%
Organic Bananas	\$0.99/lb	\$0.89/lb	10%
Seasonal Organic Bagged Apples	\$5.99ea	\$4.99ea	17%
Seasonal Organic Pear	\$1.99/lb	\$1.29/lb	35%
Look for seasonal owner specials not on the list.			

<i>bulk</i>	Regular	Owner Savings	Save!
Organic Unbleached Wheat Flour	\$1.79/lb	\$1.49/lb	22%
Organic Rolled Oats	\$1.49/lb	\$1.29/lb	30%
Organic Short Brown Rice	\$1.99/lb	\$1.49/lb	28%
Organic Black Beans	\$2.29/lb	\$1.79/lb	19%
French Vanilla Almond Granola	\$3.89/lb	\$3.39/lb	15%
Sea Salt	\$0.99/lb	\$0.89/lb	11%
Organic Raw Sugar	\$1.29/lb	\$0.99/lb	24%
Fresh Ground Peanut Butter	\$3.99/lb	\$2.99/lb	25%
Fresh Ground Almond Butter	\$7.99/lb	\$6.99/lb	13%
Folks Café Blend Coffee	\$10.99/lb	\$9.99/lb	10%

<i>bulk herb</i>	Regular	Owner Savings	Save!
Organic Black Pepper	\$22.00/lb	\$19.89/lb	11%
Organic Basil Leaf	\$20.89/lb	\$19.00/lb	16%
Organic Cinnamon	\$13.29lb	\$8.99/lb	18%
Baking Soda	\$3.99/lb	\$2.99/lb	25%
Baking Powder	\$4.29/lb	\$3.49/lb	21%
Organic Garlic Powder	\$17.00/lb	\$15.00/lb	11%
Spearmint Leaf	\$29.99/lb.	\$18.49/lb	37%

<i>beer & wine</i>	Regular	Owner Savings	Save!
Fly the Coop- Cabernet Sauvignon	\$11.49	\$10.49	10%
Fly the Coop- Sauvignon Blanc	\$9.99	\$8.99	10%
Lagunitas IPA - 6 pack	\$9.99	\$8.99	10%
Lomza Pale Lager	\$2.29	\$1.89	17%

<i>pet food</i>	Regular	Owner Savings	Save!
Petguard Cat Food—8lb.	\$22.99	\$19.49	29%
Petguard Cat Food—4lb.	\$13.49	\$11.79	29%
Petguard Dog Food—8lb.	\$22.79	\$19.89	30%
Petguard Dog Food—4lb.	\$12.59	\$10.99	28%
Petguard Cat Food—3oz. wet	\$1.29	\$0.99	30%
Petguard Cat & Dog Food—5.5oz. wet	\$1.59 \$1.69	\$1.39- \$1.49	24%
Petguard Cat & Dog Food—14oz. wet	\$2.59	\$2.19	15%