

Taking Advantage of Sales at Wild Oats

BOGO Days!

I am getting in as much sale shopping as possible before the inevitable Whole Foods takeover. There are many hopes that the weekly grocery deals will remain, as there are just so few discounts for natural and special diet foods. However, I am not holding my breath. For now, Wild Oats is offering some really good deals through March 13th. They are having a big a buy-one-get-one free (BOGO) festivity. Below is a report on my findings from today's grocery shopping venture. Most if not all of the following discounts can be found at Wild Oats stores throughout the U.S. What I bought today:

Pacific Organic Broth ‐ We picked up two packages of the veggie broth (BOGO) for \$3.29 (approximately \$1.60 each). This was definitely a good deal for organic 32oz packages of vegetable broth. The chicken broth is also on sale for the same price.

Earthbound Farms Organic Bagged Salads ‐ These are another great BOGO item. They come out to \$1.75 a bag (5oz). Since spinach always makes the top 10 list for pesticide ridden foods to buy organic, I snatched up two of the baby spinach packages they had available.

Organic Frozen Fruit ‐ Another BOGO! They are only 10oz packages, but have you seen the price of frozen fruit lately! The cheapest I have found is Trader Joe's raspberries for \$1.69 (not the organic ones) for 16oz. Almost all the other bags I have seen are in the 10oz to 12oz size and over \$2 for non-organic. After the deal, these come out to \$1.50 per package, and you can choose from (all of the following are organic) cherries, blackberries, strawberries, mixed berries, raspberries, and one other that I can't recall. Sorry, the blueberries were not included in the sale.

Top Sirloin Steaks ‐ My husband has felt deprived ever since I declared the household beef-free unless it is organic, or at the very least hormone and antibiotic free. Since he is a bargain hunter, those two options are typically out of the question, so he goes without. Today he spotted Top Sirloin Steaks at Wild Oats that fit the bill for just \$6.99 per lb. He splurged on a couple serving size steaks. [Great Deals I May Go Back For: Read More...](#)

Organic 3 lb bag of Apples (Granny Smith, Cameo, or Pinata) ‐ These are on buy one get one free, but I forgot to check the price. Another top fruit on the "must buy organic list," so this may well be worth it.

Bunny Grahams ‐ With two coupons (\$.50 off) from the Mambo Sprouts coupon books*, you can get two packages of these for just \$1.00 each. I haven't tried the newer chocolate chip ones yet, so I may have to take advantage of the deal. I have enjoyed the honey, cinnamon, and chocolate ones, you can read my product review on them.

Cherrybrook Kitchen Cake Mixes ‐ I am a big fan of the dairy-free, egg-free, nut-free (consequently vegan) kitchen at Cherrybrook. They also have several gluten-free mixes now. If you snatched a couple of Mambo Sprouts coupon books*, there are \$1.00 off coupons for Cherrybrook Kitchen. With these and the sale, two mixes will set you back just \$1.50 each. These are worth every penny in my opinion. Though not quite as good a deal, the frosting mixes were also on sale. You can see that I am a fan from my product reviews of the Chocolate Cake Mix and the Chocolate Frosting Mix.

Pacific Foods Soups ‐ These are the 16oz soups, and with the BOGO deal, they are only a \$1.00 a piece. Beats the pants off of Progresso in quality and price! Unfortunately, they were out at my store. I shall return.

Pacific Foods Milk Alternatives ‐ The hazelnut, almond, and oat varieties are each on sale, I believe for \$2.39 BOGO (don't quote me on the price, but it was near \$1.20 a package if not exactly). Each variety is 32oz, non-dairy, and good! I wanted to experiment with the hazelnut and stock up on the almond (a staple in our household), but alas, the stock had been wiped out.

Amy's Frozen Burritos ‐ Individually wrapped burritos, heat and serve style, but with a natural and organic twist. I haven't tried these, but from the quality of Amy's other products, I do not doubt that they are great. Vegan and non-vegan varieties are available, but all are vegetarian (Amy policy). I am on a wheat-free diet at the moment, so these may have to wait, but they were just over \$2.00 for two, not a bad deal.

Galaxy Foods Rice Slices ‐ One of the very few non-dairy, non-soy "cheeses" on the market. They come in Velveeta style slices. I couldn't decide on flavors today, they had about 6 cheesy varieties, so I will probably trial them on the next trip. They come out to \$3.19 for two packages, mix and match.

Fantastic Foods Noodle Cups and Mixes ‐ Pick up that Mambo Sprouts coupon book*, and tear out the \$.55 cent off coupons for Fantastic Foods. Use two coupons and buy two products (BOGO) and each will come out to less than \$1.00 (about eighty cents I think). They have around ten noodle cup varieties (spicy Thai, miso, etc.) and a half a dozen

boxed mixes (tabbouleh, hummus, couscous, etc.). Once again, it was an indecisive day for me.

There are a couple dozen other great BOGO deals on at Wild Oats, including frozen entrees from Kashi and Seeds of Change (organic), Soy Dream frozen dessert, Garden of Eatin' flavored tortilla chips, Maranatha PB, Odwalla Bars, nitrate and hormone free pork sausage, select Barbara's and Kashi cereals, organic coffee, and well…you can take a look at the full Wild Oats ad to plan your grocery trip and get a few food sale shops in before they migrate over to Whole Foods.

*Mambo Sprouts coupon books are distributed via Wild Oats, Whole Foods, and perhaps other natural food grocers. They typically have them near the door and/or at the check stands. You can also print coupons from Mambo Sprouts website, but you have to register, and it only allows you to print each coupon once.