

Savings Example

*Prices updated 10/2017

Item	Whole Foods /co-op/ other	NFBC	NFBC price after fees	Total savings for 1 lb or 1 ea	Item	Whole Foods /co-op/ other	NFBC	NFBC price after fees	Total savings for 1 lb or 1 ea
Flattza Pizza	\$5.99	\$3.47	\$3.85	\$2.14	garlic (lb)	\$9.99	\$3.70	\$4.11	\$5.88
Red Bell (lb)	\$4.99	\$1.60	\$1.78	\$3.21	Apple Cider 64oz	\$5.99	\$4.70	\$5.22	\$0.77
Yellow Bell (lb) *Sale	\$3.00	\$1.60	\$1.78	\$1.22	Honeycrisp (lb) SALE@ WFM	\$2.99	\$2.08	\$2.31	\$0.68
Eggplant (lb)	\$2.99	\$1.00	\$1.11	\$1.88	Celery ea.	\$2.50	\$1.23	\$1.37	\$1.13
Zucchini (lb)	\$2.99	\$1.59	\$1.76	\$1.23	Yams (lb)	\$2.49	\$1.55	\$1.72	\$0.77
Celeriac (lb)	\$2.49	\$1.76	\$1.95	\$0.54	White Sweet Potatoes (lb)	\$2.99	\$1.67	\$1.85	\$1.14
Parsnips (lb)	\$2.99	\$1.90	\$2.11	\$0.88	Raw Honey Quart	\$17.99	\$13.00	\$14.43	\$3.56
Turnips (lb)	\$2.49	\$1.36	\$1.51	\$0.98	Certified Organic Soy-Free Eggs DZ	\$4.59	\$3.20	\$3.55	\$1.04
Collards ea. bunch	\$2.99	\$1.42	\$1.58	\$1.41	Larry Schultz Organic eggs	\$3.99	\$2.10	\$2.33	\$1.66
Beets ea. bunch	\$2.99	\$1.54	\$1.71	\$1.28	Maple Syrup Quart	\$18.99	\$12.50	\$13.88	\$5.12
Cilantro ea. bunch	\$2.00	\$1.30	\$1.44	\$0.56	Sir Kensington Organic May 32oz	\$15.31	\$10.46	\$11.61	\$3.70
Pie pumpkin av 5lb	\$5.00	\$2.00	\$2.22	\$2.78	Coconut Aminos 16.9oz	\$11.99	\$8.56	\$9.50	\$2.49
Acorn Squash (lb)	\$0.99	\$0.60	\$0.67	\$0.32	Braggs ACV 32oz	\$6.99	\$4.47	\$4.96	\$2.03
Avocado ea.	\$1.99	\$0.84	\$0.93	\$1.06	Spirit Creek Kim Chi	\$9.99	\$6.82	\$7.57	\$2.42
Romaine ea. (head)	\$2.79	\$1.67	\$1.85	\$0.94	Spirit creek Sauerkraut	\$9.99	\$5.53	\$6.14	\$3.85
	WF/Co-op/Other Total				NFBC Total After Fees				
	\$173.46				\$116.79				

**32.67% OFF
your
Groceries**

**\$56.67
SAVINGS**
if you only buy
one of each (lb
or bunch/item)