

# DEBRA'S NATURAL GOURMET

# NOVEMBER 2024

778 items on sale

EAT WELL BE HAPPY

Pecan Shop  
**WILD NATIVE PECANS**  
 the big gold bags  
**save 20%**  
 includes pecan butter  
*Wild native pecans are smaller and more tender than "normal" pecans. Plain raw for pies; maple roasted for pure bliss.*



Bonafide  
**ORGANIC BROTHS**  
 chicken, vegetable  
**2 for \$7**  
 quarts | reg \$5.99  
*We feature these broths every holiday season. They're organic, and frankly better than the other national brands.*



multiple brands  
**ICE CREAM SALE!**  
 dairy & non-  
**SAVE** *alec alec's lec's*  
 3 oz | reg \$4.69  
*Giant 3-pint tubs of Alden's vanilla \$8.49, 14-oz "pints" of Alec's \$6.39 in all the fun flavors. Novelties on sale too.*



Bob's Red Mill  
**BAKING SALE**  
 all flours  
**SAVE**  
 on over a dozen items  
*Big bags of organic bread flour, cornmeal and rye... try adding 20% hazelnut flour to holiday cookies and crusts.*



Spectrum Organics  
**CULINARY OILS**  
 all organic  
**save 25-30%**  
 on 12 items  
*So many options! Refined avocado oil for high heat cooking. Raw sesame oil for salad dressings (and yes, massage).*




multiple brands  
**PIE CRUST SALE**  
 ready to bake  
**\$329-\$579**  
 whole grain + gluten-free  
*Not just fruit pies; think quiche! Gluten-free graham crusts on ths shelves; organic whole wheat crust in the freezer.*



Rumiano  
**SLICED CHEESES**  
 organic of course  
**\$399**  
 6 oz | save \$1



Wholesome Sweeteners  
**TURBINADO SUGAR**  
 certified regenerative  
**\$429**  
 also save on brown, powdered...



Jovial  
**GLUTEN-FREE PASTA**  
 lots of shapes  
**\$299 - \$329**  
 organic, from Italy



Lakewood  
**ORGANIC PRUNE JUICE**  
 quarts  
**\$749**  
 reg \$10.89



Muir Glen  
**PASTA SAUCES**  
 organic, 6 flavors  
**\$329**  
 32 oz | reg \$6.99



Once Again  
**PEANUT BUTTER**  
 organic, glass jar  
**\$599**  
 also save on almond + sun butter



Simple Mills  
**CRACKERS**  
 gluten-free  
**\$379**  
 reg \$5.39



St. Dalfour  
**FRUIT CONSERVES**  
 100% fruit, no sugar  
**\$379**  
 reg \$4.99



Yogi Teas  
**ALL FLAVORS**  
 herbal, medicinal, green  
**\$379**  
 reg \$5.19



largest bulk selection in the State!

98 COMMONWEALTH AVE.  
 CONCORD, MA 01742  
 978.371.7573  
 WWW.DEBRASNATURALGOURMET.COM

WORK @ DEBRA'S  
 HIRING KITCHEN STAFF NOW

# DEBRA'S NATURAL GOURMET

# NOVEMBER 2024

778 items on sale

EAT WELL BE HAPPY

EVERYTHING from

## GARDEN of LIFE

complete line

save **30%**

on 98 items

Organic vitamins, probiotics, proteins, etc. all 30% off. Including top selling Raw Calcium and magnesium gummies.



EVERYTHING from

## BLUEBONNET

glass bottles

save **20%**

on 56 items

Bluebonnet has been voted "Best Supplement Line" 5 times in our industry. Includes Lauryn's fave Brain Power.



Gaia Herbs

## IMMUNE SUPPORT

North Carolina's finest

save **25%**

on 19 items

18 products including Elderberry gummies/syrup for Adults and Kids, Oregon Oil, Olive Leaf, Echinacea, etc.



Natural Factors

## TOTAL COLLAGEN

unflavored | orange

**\$37<sup>99</sup>**

35 servings | reg \$49.99

For healthy hair, strong nails, bones; reduce wrinkles in as little as 28 days. Contains hyaluronic acid, biotin, vitamin C.



Nordic Naturals

## GUMMY C & D3

delicious + vegetarian

save **25%**

on 9 items

A daily dose of Vitamin D3 or vitamin C in yummy gummies. A variety of flavors and potencies for kids and grown-ups.



Bach

## RESCUE REMEDY

Pastilles in metal tin

**\$9<sup>79</sup>**

35 pastilles | reg \$13.99

These pastilles are tasty little candies made with Rescue Remedy original flower extracts for a shot of calm.



SELECT ITEMS from

## BADGER BALM

New Hampshire's finest

save **20%**

on 68 items

sale is pretty much everything BUT sun + bug. Balms for cracked skin, feet and hands; shaving, lip balms.



Herbatint

## HAIR COLOR

permanent color

**\$14<sup>99</sup>**

save \$5 | 24 shades

No alcohols, parabens, or ammonia. Only natural colors. Quietly cover the grey, or change up your whole look.



Acure

## BODY LOTIONS

3 varieties

**\$9<sup>99</sup>**

save \$4 | 8 oz

Seriously Soothing Unscented, Brightening Glow Sweet Orange, and Calming Itch & Irritation Lavender Oatmeal.



Birdie & Louie

## PET FOODS

cat + dog

save **20%**

on 14 items

This brand offers premium, limited ingredients packed with protein. Canned and kibble, for cats and dogs.



Ecós

## DISH SOAP

no scent | citrus

**\$3<sup>69</sup>**

reg \$4.99

We like unscented laundry, but scented dish soap. So many scents to choose from here (7)!



Dean's Beans

## ALL BULK COFFEE

fair trade, organic

save **20%**

on 6 roasts

After 30 years, Dean Cycon turned his pioneering Massachusetts company over to its staff. We still love them.



## WHAT'S NEW @ DEBRA'S?

- Farmer Ground half-white bread flour
- many, many new shades nail polish
- dozens and dozens of new cheeses!
- Cappello's frozen biscuits + gnocchi
- fruit-sweetened lower-calorie ice creams from Fronen
- MagSol magnesium deodorants
- tons of Japanese handmade ceramics