## **Actually Kind Bars Shopping List**

- Already at GLC (please confirm all these ingredients are at GLC)
  - 1 cup of Walnuts (if not in GLC fridge, please purchase)
  - **Ground Flaxseed**
  - Vanilla Extract
  - Sea Salt
  - Coconut Oil

## **Please Purchase**

- 1 Jar Honey (Please Get Local if Possible) (Aisle 3)
- 4 x 4 oz Bars Dark Chocolate (Aisle 13)
- 1 12 oz Jar Molasses (Aisle 14)
- 1 14 oz bag of Whole Natural Almonds (Aisle 17)
- 1 16 oz container UNSALTED Dry Roasted Peanuts (Aisle 17)
- 1 bag Puffed Rice Snack (Aisle 18)
- 1 roll Unbleached Parchment Paper (Aisle 21)















\$484 40.3 c/oz

Great Value, Organic Strained Raw Hc 12 oz Inverted Plastic Bottle

★★★☆☆ 122

EBT eligible

Save with W+

In stock

(C) A3



\$2<sup>58</sup> 64.5 ¢/oz

Mill City Organics Unsweetened Chocolate Baking bar

★★★★☆ 13

EBT eligible

Save with W+

Pickup today

In stock © A13



**\$3<sup>48</sup>** 29.0 ¢/fl oz

Grandma's Original Molasses, Unsulphured, 12 fl oz Jar

★★★★☆ 524

EBT eligible

Save with W+

Pickup today In stock © A14



\$2<sup>48</sup> 15.5 ¢/oz

Great Value Dry Roasted and Unsalted Peanuts, 16 oz, Jar

EBT eligible

Save with W+

Pickup today

In stock © A17



Now \$598 \$6.98 42.7 ¢/oz

Blue Diamond Almonds, Whole Natural Raw Almonds, 14 oz

EBT eligible

Save with W+

Pickup today In stock © A17









\$2<sup>78</sup> 5.6 ¢/sq ft

Roll, 50 Sq ft

★★★★☆ 2507

Save with W+

In stock



Quaker Gluten-Free Lightly Salted Rice Cakes, 4.47 oz

★★★★☆ 767

EBT eligible

Save with W+ Pickup today

In stock © A18









Options from \$2.78 - \$33.36

Great Value Unbleached Parchment Paper

Pickup today

© A21