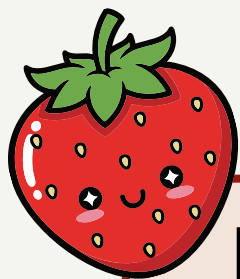




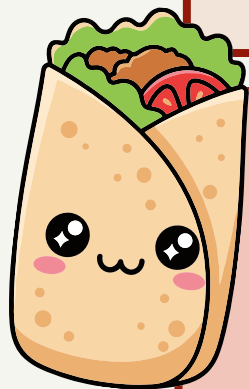
Keep yourself and family healthy with our delicious snacks designed for busy families looking for quality food that tastes good. Try our vegan & sustainable alternatives to today's over-processed foods.

Mi cocina está abierto!



Explore Our Menu!

Try our healthy snacks, breads, & sweet treats meant to protect ourselves and the planet's health.



*Order for **Pick Up or Delivery**. Customize your order at check out. Expect your goodies within 3-5 days!*



Order Now



MADE WITH ❤️ AT CASA CHAVEZ

www.knurdology.com/casachavez/



Explore Our Seasonal Menu

*Keeping our community healthy
when capitalism won't.*

Small Items - \$4



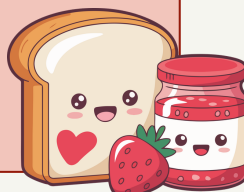
- Roasted Pumpkin Seeds (4 oz)
 - Cajun
 - Habanero
 - Green Chile
- Jams! (4 oz)
 - Peach
 - Berry Varieties
- A Big Cookie
 - Chocolate Chip
 - Matcha Sesame



Regular Items - \$7



- Summer Trail Mix (8 oz)
- Granola (8 oz)
 - Summer Peach
 - Fresh Berry
- Protein Balls (5 balls)
 - Strawberry
 - Blackberry
 - Mango
 - Peach
- Green Chile Tortillas (6 pack)



Large Items - \$14



- Rustic Loaf
 - Strawberry
 - Peach
 - Mango
- Croutons (16 oz)
 - Mango Bread
 - Strawberry Bread
- Granola (16 oz)
 - Summer Peach
 - Fresh Berry
- Green Chile Tortillas (6 pack)



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Order Our Favorites!

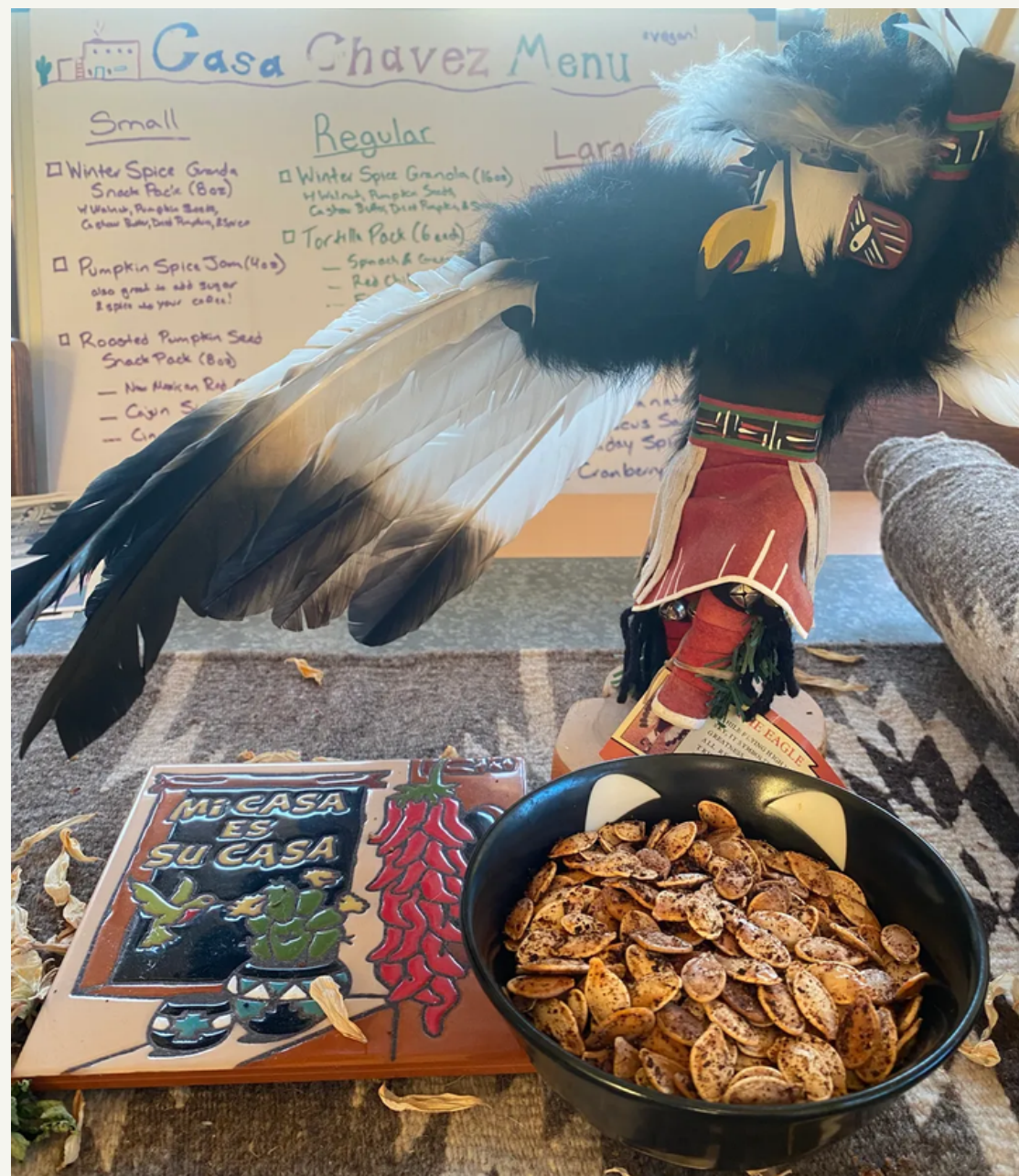
Roasted Pumpkin Seeds

Choose from:

- Green Chile
- Habanero
- Cajun

“ —

*The pumpkin seeds were great for the drive.
YEAY HEALTHY OPTIONS!! I like both options
because they pack and travel well.*



MADE WITH ❤️ AT CASA CHAVEZ

www.knurdology.com/casachavez/



Order Our Favorites!

Fruity Protein Balls

Made with
cashew butter,
agavy syrup, &
fresh fruits



“ —

I was so busy running [around], I didn't get a chance to stop and eat a decent meal, so those protein balls came in handy!

MADE WITH ❤️ AT CASA CHAVEZ

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Order Our Favorites!

Rustic Strawberry Loaf

Fresh, clean
ingredients with
an extra kick of
fruit flavor!



“ —

*I'm just amazed every time. If I had more
spending money I would buy a rustic loaf +
jam + protein balls every week!*

MADE WITH ❤️ AT CASA CHAVEZ

www.knurdology.com/casachavez/



Order Our Favorites!

Green Chile Flour Tortillas

**Green Chile proudly
sourced from
Hatch, New Mexico**



“ —

*Every item is of the upmost highest quality
that are made with love and consciousness.
Thank you for the good healthy food!*

MADE WITH ❤️ AT CASA CHAVEZ

www.knurdology.com/casachavez/



Order Our Favorites!

Seasonal Granola & Trail Mix

Power up with fresh
fruit and clean
ingredients that are
high in protein



“ —

*I never thought I like granola until I tried your
winter granola. Who knew vegan ingredients
could make my breakfast more delicious!*

MADE WITH ❤️ AT CASA CHAVEZ

www.knurdology.com/casachavez/



Just Ask Our Regulars!

“ —

Every item is of the upmost highest quality. I feel good after purchasing these homemade items that are made with love and consciousness.

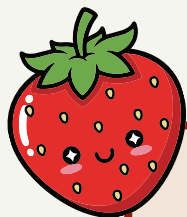
I really love the fruit roll ups. I have a very big sweet tooth and the fruit roll ups are the perfect combination of sweet yet healthy. I really like the texture. The jam is so fresh and delicious.

It's the best bread! Every time I try to buy a strawberry loaf they sell out before I can get there which makes me happy thank you for the good healthy food.

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Vegan, Local, Sustainable, Plastic-Free



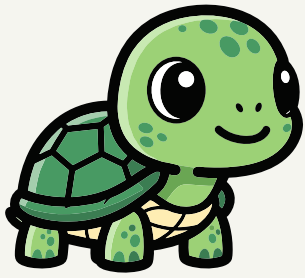
Pick Up Our Summer Zine!

Learn about our origins & healthy cooking tips when the summer heat's too high.

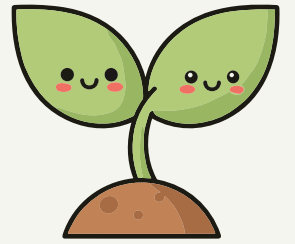


MADE WITH ❤️ AT CASA CHAVEZ

Get a Zine with Your 1st Purchase!
www.knurdology.com/casachavez/



Help Us Grow!



Our long-term vision is to be a support system in the Bay Area to find healthy, sustainable foods no matter who you are or your income level. Any help to achieve this vision is greatly appreciated!

Donate a Community Meal

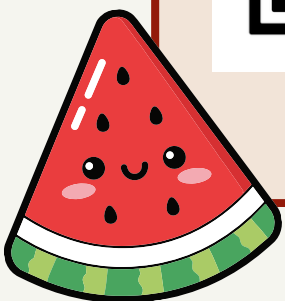
Help fund our program to make & share extra snacks & supplies with our community members who've been abandoned by our systems.



Become a Supporter!

We are built on a community-led model and greatly appreciate our supporters who allow us to keep building our long-term vision.

If you have the means, consider becoming a supporter and receive our latest merch, & access to events!



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comida@knurdology.com