

# deals

**2X monthly!**

March 25–April 14, 2026

Scan to download!



**Bob's Red Mill Organic Flour**  
selected varieties

**\$6.79**  
5 lb



**Vital Farms Organic Pasture-Raised Large Eggs**

**\$8.99**  
1 dz



## Fresh Savings in Full Bloom

**St. Dalfour French Fruit Spread**  
selected varieties



**\$4.29**  
10 oz

**Kerrygold Butter**  
selected varieties



**\$4.99**  
8 oz

**Nancy's Organic Cream Cheese**  
selected varieties



**\$3.79**  
8 oz

**Lundberg Family Farms Organic Rice Pouches**  
selected varieties



**\$6.99**  
2 lb

**Califia Farms Organic Almondmilk**



**\$4.99**  
48 oz

**SmartSweets Candy**  
selected varieties



**2/\$5**  
1.8 oz

**If You Care Parchment Baking Paper**



**\$4.99**  
70 sq ft

**ECOS Laundry Detergent**  
selected varieties



**\$12.99**  
100 oz

**Annie's Organic Cheddar Cheesy Smiles**



**2/\$7**  
4 oz



Look for new deals on **April 15!**



We believe food has the power to impact the future of the planet and everybody on it.

From partnering with the farmers who grow our food to thoughtfully choosing the packaging it comes in, we've always had your family and our planet in mind.



**Annie's Mac & Cheese**  
selected varieties

**4/\$5**  
5.25 - 6 oz



**Annie's Organic Bunny Crackers**  
selected varieties

**2/\$6**  
7 - 7.5 oz



**Annie's Organic Fruit Snacks**  
selected varieties

**2/\$7**  
7 oz

**Divina Dolmas Stuffed Grape Leaves**



**\$3.19**  
7 oz

**Napa Valley Naturals Organic Extra Virgin Olive Oil**



**\$17.99**  
25.4 oz

**Manitoba Harvest Organic Hemp Hearts**



**\$9.99**  
12 oz

**Little Secrets Crispy Wafers**  
selected varieties



**2/\$4**  
1.4 - 1.8 oz

**Pacific FOODS.**

Stock your pantry with delicious organic soups and broths from Pacific Foods. Our soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.



**Pacific Foods Organic Soup**  
selected varieties

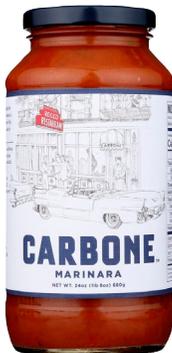
**2/\$5**  
10.5 oz



**Pacific Foods Organic Broth**  
selected varieties

**\$3.29**  
32 oz

**Carbone Pasta Sauce**  
selected varieties



**\$5.79**  
15 - 24 oz

**Muir Glen Organic Tomatoes**  
selected varieties



**2/\$5**

28 oz

**Ithaca Hummus**  
selected varieties



**2/\$7**

10 oz

**Little Sesame Hummus**  
selected varieties



**2/\$7**

8 oz

**Westbrae Natural Organic Beans**  
selected varieties



**2/\$5**

15 oz

**Annie's Organic Graham Crackers**  
selected varieties



**\$4.29**

14.4 oz

**Sir Kensington's Mayonnaise**  
selected varieties



**\$6.49**

12 oz

**Immaculate Organic Flaky Biscuits**



**\$3.79**

16 oz

**Cascadian Farm Organic Potatoes**  
selected varieties



**2/\$7**

16 oz

**Jolly Llama Frozen Dessert Cones**  
selected varieties



**\$3.99**

3 ct

## Roasted Salmon and White Bean Spread

15 MIN • SERVES 4 • GLUTEN-FREE

### INGREDIENTS

- 1 15-ounce can white beans, drained and rinsed
- 4 tablespoons olive oil, divided
- 2 tablespoons lemon juice
- 2 large garlic cloves, minced
- ½ teaspoon sea salt
- ¼ teaspoon coarse ground black pepper
- 4-6 ounces smoked trout or smoked salmon, flaked
- 2 tablespoons chopped chives
- 2 tablespoons fresh oregano leaves or ¼ teaspoon dried oregano
- 1 tablespoon capers, drained
- Crackers or bread to serve

### DIRECTIONS

- 1 In a food processor combine beans, 3 tablespoons of olive oil, lemon juice, garlic, salt, and pepper. Run processor until mixture is smooth.
- 2 Spread bean mixture onto a service plate creating swirls. Drizzle on remaining olive oil and top with flaked smoked fish, fresh herbs, and capers.
- 3 Serve with crackers or sliced artisan bread.





We're creating a wave of "Cascading Change" with cereal! Cascadian Farm is a pioneering supporter of farmers who use practices that regenerate our land and communities. Our Raisin Bran and Honey Oat Crunch cereals contain at least 1% Kernza grain, a plant that helps mitigate climate change, slow soil erosion, keep our water clean, and protect wildlife habitats. Let's build a more sustainable future!

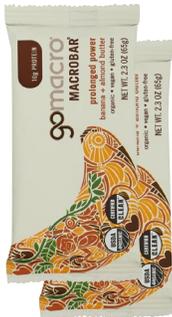


**Cascadian Farm Organic Cereal**  
selected varieties

**2/\$7**  
8.6 -14.6 oz

**GoMacro Organic MacroBar**  
selected varieties

**2/\$5**  
2-2.3 oz



**CHOMPS Meat Snack Sticks**  
selected varieties

**2/\$4**  
1.15 oz



**KIND Nut Bar**  
selected varieties

**2/\$3**  
1.4 oz



## Vegan Crispy Bars

20 MIN PREP + 1 HR CHILL · SERVES 6-8 · GLUTEN-FREE, VEGAN

### INGREDIENTS

- 1 cup smooth peanut butter, unsalted
- 2/3 cup brown rice syrup
- 1/3 cup maple syrup
- 1 1/2 teaspoon vanilla extract
- 5 cups rice cereal
- 1 1/2 cups vegan bittersweet chocolate chips
- 1 tablespoon neutral oil
- 3 tablespoons shredded coconut

### DIRECTIONS

- 1 In a 6-quart pot, melt together peanut butter, syrups, and vanilla on medium low heat. Stir in cereal.
- 2 Spread mixture in a parchment-lined 9" by 9" pan and press down flat.
- 3 Melt chocolate with oil and spread over bars. Sprinkle with coconut and chill until set, about 1 hour.





Back to Nature is remaking your favorite snacks super tasty with honest-to-goodness ingredients. Simple joys, no regrets, happy days!



**Back to Nature Crackers**  
selected varieties

**2/\$6**  
4-7 oz



**Back to Nature Sandwich Cookies**  
selected varieties

**\$3.69**  
8.25 - 9 oz

**Mezcla Plant Protein Bar**  
selected varieties

**\$1.79**

1.4 oz



**Vermont Smoke & Cure Seasoned Meat Snack Stick**  
selected varieties

**2/\$3**

1 oz



**Garden of Eatin' Sesame Blues Tortilla Chips**

**2/\$5**

5.5 oz



**Solely Organic Fruit Jerky**  
selected varieties

**4/\$5**

0.8 oz



**Good Health Avocado Oil Potato Chips**  
selected varieties

**\$2.79**

5 oz



**Magic Organic Chocolate Bar**  
selected varieties

**\$3.79**

2.93-3 oz oz



**Food Should Taste Good Tortilla Chips**  
selected varieties

**\$3.29**

5.5 oz



**Mavuno Harvest Organic Chocolate Dipped Dried Fruit**  
selected varieties

**\$3.29**

3 oz



**Simply Desserts Sugar Free Instant Pudding Mix**  
selected varieties

**2/\$4**

1.7 oz



**Tate's Bake Shop Cookies**

selected varieties

**\$4.29**

6.5 - 7 oz



**Lovebird Organic Grain-Free Cereal**

selected varieties

**\$5.99**

7 oz



**Purely Elizabeth Granola**

selected varieties

**\$6.29**

12 oz



**Guittard Baking Chips**

selected varieties

**\$7.99**

9 - 12 oz



**Spectrum Culinary Organic White Vinegar**

**\$5.99**

32 oz



**Frontier Co-Op Cream of Tartar**

**\$4.79**

3.52 oz



**Enjoy Life Chocolate Chips**

selected varieties

**\$5.79**

9 oz



**Miss Jones Baking Co Organic Frosting**

selected varieties

**\$4.99**

11.29 oz

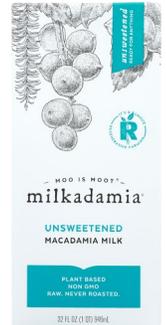


**Milkadamia Macadamia Milk**

selected varieties

**\$4.79**

32 oz



**C2O Coconut Water**

selected varieties

**\$2.29**

17.5 oz



**R.W. Knudsen Juice Blend**

selected varieties

**\$4.29**

32 oz



**Nixie Organic Soda**

selected varieties

**\$1.69**

12 oz

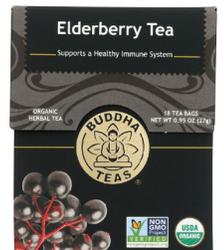


**Buddha Teas Organic Herbal Tea**

selected varieties

**\$4.99**

18 ct





Delicious, easily digestible goat milk kefir is not only packed with probiotics, but also a good source of protein. And our creamy European-style butter will elevate even the simplest recipes. Meyenberg...bringing the goodness of goat milk to people since 1934.



**Meyenberg Goat Kefir**  
selected varieties

**\$6<sup>29</sup>**  
32 oz



**Meyenberg Goat Milk Butter**

**\$5<sup>79</sup>**  
8 oz

**Health-Ade Organic Kombucha**  
selected varieties



**2/\$6**  
16 oz

**Vive Organic Organic Wellness Shot**  
selected varieties



**2/\$5**  
2 oz

**Silk Organic Soymilk**  
selected varieties



**\$4<sup>29</sup>**  
64 oz

**Koia Plant-Based Protein Shake**  
selected varieties



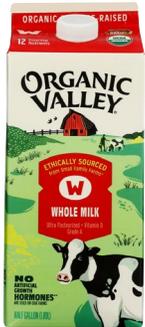
**2/\$6**  
12 oz

**Ripple Plant-Based Milk**  
selected varieties



**\$4<sup>49</sup>**  
48 oz

**Organic Valley Organic Milk**  
selected varieties



**\$4<sup>79</sup>**  
64 oz

**Nuts for Cheese Organic Dairy-Free Cheese**  
selected varieties



**\$5<sup>99</sup>**  
4.2 oz

**Uncle Matt's Organic Orange Juice**  
selected varieties



**\$7<sup>99</sup>**  
52 oz

**BelGioioso Burrata Mozzarella Cheese Balls**



**\$4<sup>29</sup>**  
8 oz

**Harmless Harvest Organic Coconut Water**



**\$3<sup>99</sup>**  
16 oz

**Wildwood Organic High Protein Super Firm Tofu**



**\$3<sup>29</sup>**  
16 oz



**DR. BRONNER'S  
ALL-ONE!**



**Dr. Bronner's  
All-One Toothpaste**  
selected varieties

**\$5.49**

5 oz



**Dr. Bronner's  
Regenerative Organic  
Coconut Oil**

**\$6.99**

14 oz

**Bluebonnet  
Liquid Calcium  
Magnesium Citrate**  
selected varieties



**\$15.99**

16 oz

**Boiron  
AllergyCalm Meltaway  
Tablets**



**\$11.99**

60 tab

**Nordic Naturals  
Ultimate Omega**



**\$21.99**

60 ct

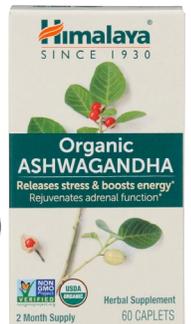
**MegaFood  
Magnesium 300 mg**



**\$12.99**

60 ct

**Himalaya  
Organic  
Ashwagandha**



**\$17.99**

60 ct

**THE GOOD  
COLLECTIVE™**



**Good For You.  
Good For All.**

At The Good Collective, we believe in providing clean and trustworthy wellness essentials that are good for people, planet, and community. Goodness and intentionality guide everything we do—from our clean label promise to our commitment to independent retailers.

Find The Good Collective at an independent retailer near you.

[ShopTheGoodCollective.com](http://ShopTheGoodCollective.com)



Gaia Herbs  
Turmeric Supreme  
Extra Strength



**\$20<sup>99</sup>**

60 vcap

Natural Factors  
Women's 50+  
Multivitamin & Mineral



**\$27<sup>99</sup>**

60 ct

Garden of Life  
Organic Women's  
Multi Fruit &  
Vitamin Chews



**\$24<sup>99</sup>**

120 ct

Daids  
Premium Toothpaste  
selected varieties



**\$5<sup>99</sup>**

5.25 oz

Mrs. Meyer's Clean Day  
Liquid Dish Soap  
selected varieties



**\$3<sup>79</sup>**

16 oz

Avalon Organics  
Shampoo or Conditioner  
selected varieties



**\$7<sup>99</sup>**

11 oz

Forces of Nature  
Organic Wart Control  
Extra Strength - Rollerball



**\$10<sup>99</sup>**

4 ml

  
*We Get The Most  
Out of Plants,  
So You Can Get The Most  
Out of Life*



# Crispy Sheet Pan Ramen

40 MIN • SERVES 4 • TRADITIONAL

## INGREDIENTS

¾ cup teriyaki sauce or your favorite stir fry sauce  
2 teaspoons sriracha hot sauce  
1 teaspoon chicken bouillon, optional  
6 tablespoons avocado oil  
4 packages ramen noodles  
1 pound boneless, skinless chicken breast, sliced into ¼" thick pieces and halved  
½ pound broccoli, cut into ½" pieces  
6 ounces sugar snap peas, trimmed  
¼ pound carrots, peeled and sliced into ⅛" slices  
4 scallions, cut into 1" pieces

## DIRECTIONS

- 1 Preheat oven to 450°F. Whisk together teriyaki sauce, sriracha, optional chicken bouillon, and oil until smooth.
- 2 Cook ramen noodles based on the package instructions. Drain and rinse.
- 3 Place chicken, broccoli, snap peas, carrots, scallions, cooked noodles and half of the sauce mixture in a mixing bowl and toss to combine.
- 4 Evenly spread mixture on one or two unlined sheet pans. Rearrange chicken pieces so they are on the top of the noodles and veggies.
- 5 Bake for 15 minutes then turn the broiler on high and continue to cook until chicken has cooked through, approximately 3–5 minutes, and to desired crispness.
- 6 Remove from oven and drizzle with remaining sauce as needed.



\*Chicken can be substituted for another protein of choice. Proteins should be cut into ¼" slices for fast cooking.

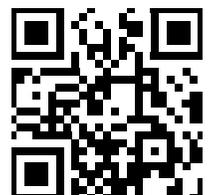


## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.



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