

deals

2X monthly!

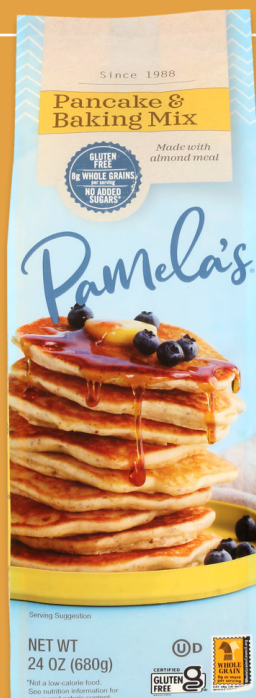
October 28–November 10, 2026

Scan to
download!



Farmer's Market
Organic Pumpkin Puree

\$2⁷⁹
15 oz



Pamela's
Pancake & Baking Mix

\$7⁴⁹
24 oz



Seasonal Flavors for Every Table

Nancy's
Organic Cream Cheese
selected varieties

\$3²⁹

8 oz



Rumiano
Organic Cheese
selected varieties

\$4⁷⁹

8 oz



Primal Kitchen
Avocado Oil

\$11⁹⁹

16.9 oz



Panda
Licorice Chews
selected varieties

2/\$6

7 oz



Blue Diamond
Nut Thins
selected varieties

2/\$7

3.75–4.25 oz



ECOS
Dish Soap
selected varieties

\$3⁴⁹

25 oz



Look for new deals on **November 11!**

**Better Than Bouillon
Organic Base**
selected varieties

\$5²⁹

8 oz



**Manitoba Harvest
Hemp Hearts**

\$5²⁹

8 oz



**Jovial
Organic Einkorn Flour**
selected varieties

\$7⁴⁹

32 oz



**Wild Planet
Wild Albacore Tuna**
selected varieties

2/\$8

5 oz



**Follow Your Heart
Original Vegenaïse**

\$4²⁹

14 oz



**Marukan
Organic Rice Vinegar**
selected varieties

\$3²⁹

12 oz



**Ancient Harvest
Organic Polenta**
selected varieties

\$2⁷⁹

18 oz



**Pumpkin Tree Peter Rabbit Organics
Organic Baby Food Pouches**
selected varieties

\$1⁶⁹

4-4.4 oz



**Made in Nature
Organic Dried Cranberries**

\$4⁴⁹

5 oz



**RXBAR
Protein Bar**
selected varieties

2/\$4

1.8-1.9 oz



**Tony's Chocolonely
Chocolate Bar**
selected varieties

\$4⁹⁹

6.35 oz



GT's
Alive Mood + Mind
 selected varieties

2/\$6

16 oz



Odyssey
Sparkling Energy Drink
 selected varieties

2/\$5

12 oz



Harmless Harvest
Organic Smoothie
 selected varieties

\$3.29

10 oz



Brown Cow
Cream Top Whole Milk Yogurt
 selected varieties

\$1.09

5.3 oz



Good Culture
Organic Sour Cream

\$3.29

16 oz



Violife
Dairy Free Cheese
 selected varieties

\$4.49

5.29-8 oz



cocojune
Organic Coconut Yogurt
 selected varieties

\$1.89

4 oz



Garden of Eatin'
Taco Shells

selected varieties

\$3²⁹

5.5 oz



Food for Life
Organic Sprouted
Corn Tortillas

\$3²⁹

10 oz



Rudi's
Organic Bread

selected varieties

\$4⁴⁹

18-22 oz



Blake's
Pot Pie

selected varieties



2/\$6

8 oz

CADIA.

Organic margherita
pizza and crispy
chicken nuggets,
ready quickly for
effortless family
meals or snacks.



Kal
Magnesium Glycinate 350

\$19⁹⁹

160 ct



Natural Stacks
Magtech Magnesium

\$29⁹⁹

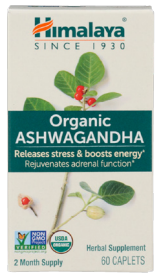
90 ct



Himalaya
Organic Ashwagandha

\$17⁹⁹

60 ct



Jarrow
Saccharomyces Boulardii + MOS

\$22⁹⁹

90 ct



Bluebonnet
Liquid Calcium Magnesium
Citrate & Vitamin D3

\$15⁹⁹

16 oz



ChildLife
Liquid Vitamin C

\$7⁹⁹

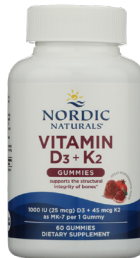
4 oz



Nordic Naturals
Vitamin D3 + K2 Gummies

\$18⁹⁹

60 ct



RidgeCrest Herbals
ClearLungs Extra Strength

\$17⁹⁹

60 ct



Boiron
Chestal Honey Cough Syrup

\$9⁹⁹

6.7 oz



Caboo
Tree Free Toilet Paper

\$3⁹⁹

4 ct



Wedderspoon
Organic Manuka Honey Drops
selected varieties

\$8⁹⁹

4 oz



Xlear
Nasal Spray
selected varieties

\$9⁹⁹

1.5 oz



Andalou Naturals
Age Defying Resveratrol
Q10 Night Repair Cream

\$17⁹⁹

1.7 oz



Mrs. Meyer's Clean Day
Dish Soap
selected varieties

\$3⁹⁹

16 oz



Beef And Bean Chili

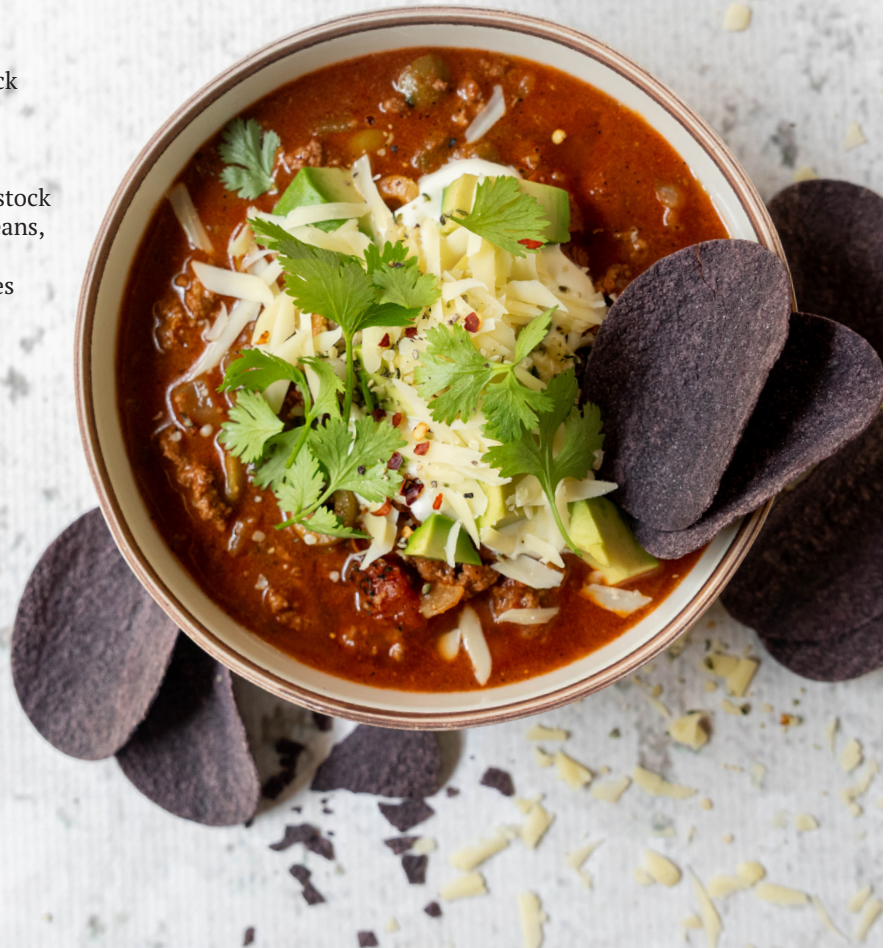
40 MIN • SERVES 4-6 • TRADITIONAL

INGREDIENTS

3 tablespoons olive oil	½ teaspoon sea salt
1 medium yellow onion, chopped	½ teaspoon ground black pepper
1 large green bell pepper, chopped	1-15 ounce can crushed tomatoes
1 pound ground beef	1 quart chicken or beef stock
1 ½ tablespoon mild chili powder	2-15 ounce cans chili beans, undrained
1 tablespoon paprika	½ cup sliced green olives
1 tablespoon ground cumin	
2 teaspoons granulated garlic or garlic powder	

DIRECTIONS

- 1 Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion and green bell pepper and sauté until tender, about 5-7 minutes.
- 2 Add the ground beef and cook until no longer pink, breaking it into crumbles as it cooks. Drain any excess fat if needed.
- 3 Stir in the chili powder, paprika, cumin, garlic, salt, and black pepper. Cook for about 1 minute, until fragrant.
- 4 Add the crushed tomatoes and stock. Stir well and bring to a gentle simmer. Cook for 15-20 minutes.
- 5 Stir in the chili beans with their liquid and continue cooking for 5 minutes, until heated through.
- 6 Remove from the heat and stir in the sliced green olives.
- 7 Taste and adjust the seasonings as needed before serving.

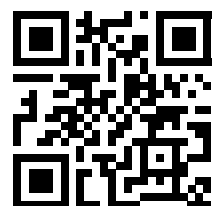


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