

deals

2X monthly!

December 3–December 16, 2025

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Wholesome
Sweeteners
Organic
Brown Sugar
selected varieties

\$4²⁹
24 oz



Simple Mills
Almond Flour
Baking Mix
selected varieties

\$5²⁹
9-12.9 oz

'Tis the season for savings!

Annie's
Organic
Mac & Cheese

2/\$5
6 oz



Lily's
Baking Chips
selected varieties

\$6⁴⁹
9 oz



Wildbrine
Kimchi
selected varieties

\$5⁹⁹
18 oz



Bionaturae
Organic
Tomato Paste

2/\$4
7 oz



KeVita
Organic Kombucha
selected varieties

\$3²⁹
15.2 oz



Lakewood
Organic Pure
Carrot Juice

\$5⁴⁹
32 oz



California Olive Ranch
Global Blend
Extra Virgin Olive Oil

\$12⁹⁹
16.9 oz



Amy's
Organic Soup
selected varieties

\$3⁷⁹
14.5 oz



Bob's Red Mill
Gluten Free
Cornbread Mix

\$3⁴⁹
20 oz



Look for new deals on **December 17!**

**Miss Jones Baking Co
Organic Frosting**

selected varieties

\$4⁹⁹

11.29 oz



**Navitas
Organic
Cacao Powder**

\$8⁴⁹

8 oz



**Pascha
Organic
Baking Chips**

selected varieties

\$9²⁹

8.8 oz



**Aura Bora
Herbal
Sparkling Water**

selected varieties

2/\$4

12 oz



**Natural Vitality
Calm Gummies**

\$20⁹⁹

120 ct



**St. Dalfour
French Fruit Spread**

selected varieties

\$3⁴⁹

10 oz



**Vermont Creamery
Crème Fraiche**

\$3⁴⁹

8 oz



**Natural Factors
Stress Relax Tranquil
Sleep Chewable**

\$22⁹⁹

60 tab



Eggs from farmers who care. Our farmers share our commitment to animal welfare. Whether they're scrambled, baked, or fried, they're delicious, responsible, and made to make a difference.



**Vital Farms
Pasture Raised Eggs**

\$6⁹⁹

1 dz

**TRUFF
Black Truffle Infused
Hot Sauce**

selected varieties

\$10⁹⁹

6 oz



**Earth Balance
Organic Vegan
Buttery Spread**

\$4⁷⁹

13 oz



**Nordic Naturals
Omega-3**

\$34⁹⁹

180 ct



**Garden of Life
Vitamin Code
Raw Zinc**

\$10⁹⁹

60 ct



**Wiley's Finest
Wild Alaskan Fish Oil
Easy Swallow Minis**

\$16⁹⁹

60 ct



**Oregon's Wild Harvest
Organic Milk Thistle
Dandelion**

\$23⁹⁹

90 ct



**Renew Life
3-Day Cleanse**

\$6⁷⁹

12 ct



**derma e
Vitamin C
Concentrated Serum**

\$19⁹⁹

2 oz



**Aura Cacia
Lavender
Essential Oil**

\$7⁹⁹

.5 oz



**NOW
Essential Oil
selected varieties**

\$6²⁹

1 oz



**Weleda
Skin Food
Body Butter**

\$13⁹⁹

5 oz



**JASÖN
Vitamin E Skin Oil
5000 IU**

\$6⁹⁹

4 oz



**Avalon Organics
Shampoo or
Conditioner
selected varieties**

\$7⁹⁹

11 oz



**South of France
Bar Soap
selected varieties**

2/\$7

6 oz



Slow Cooker Squash & Quinoa Stew

4 HR 20 MIN • SERVES 6 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

3 tablespoons olive oil
1 large yellow onion, diced
1 large garlic clove, minced
2 pounds butternut squash, peeled and cubed
1 medium carrot, peeled and diced
1 quart vegetable broth
1 - 15-oz can fire roasted diced tomatoes
⅓ cup uncooked quinoa
1 tablespoon sriracha
2 teaspoons ground cumin
1 teaspoon smoked paprika
½ teaspoon dried thyme
1 ½ teaspoons sea salt
½ teaspoon ground black pepper

DIRECTIONS

- 1 Turn slow cooker on high. When hot add olive oil, onions, and garlic. Cook for 3–5 minutes until onions soften.
- 2 Add remaining ingredients. Stir to combine.
- 3 Cover and cook for 4 hours on high or until the butternut squash is tender and cooked through.
- 4 Adjust seasonings to taste and serve.

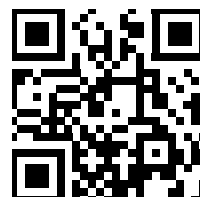


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