

deals

2X monthly!

July 15–July 28, 2026

Scan to download!



C2O
Coconut Water
selected varieties

2/\$5
17.5 oz

Enjoy a refreshing Emerald Pineapple Smoothie! **Find the recipe on the back.**



poppi
Prebiotic Soda
selected varieties

4/\$5
12 oz

Summer hydration made easy!

ROAR Organic
Vitamin Enhanced
Beverage
selected varieties



Angie's BoomChickaPop
Popcorn
selected varieties



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties



\$1.69

18 oz

2/\$5

4.4–7 oz

89¢

Recess
Infused Sparkling Water
selected varieties



Chocolove
Chocolate Bar
selected varieties



Oatly
Oatmilk
selected varieties



\$2.79

12 oz

2/\$7

3.2 oz

\$4.29

64 oz

GT's
ALIVE Mood & Mind
Reset Root Beer



GoodPop
Organic Dairy-Free
Frozen Pops
selected varieties



Dr. Praeger's
Veggie Burgers
selected varieties



2/\$6

16 oz

\$4.29

4 ct

\$3.99

10–11 oz



Look for new deals on **July 29!**

**Good Health
Avocado Oil Potato Chips**

selected varieties

\$2.69

5 oz



**Mi Niña
Tortilla Chips**

selected varieties

\$3.99

12 oz



**Terra
Vegetable Chips**

selected varieties

\$3.29

5-6 oz



Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.



SHOP SMALL. CELEBRATE BIG.

**Barnana
Organic Plantain Chips**

selected varieties

2/\$7

5 oz



**Mavuno Harvest
Organic Dried Fruit**

selected varieties

\$2.69

2-4 oz



**Lily's
Chocolate Bar**

selected varieties

\$3.79

2.8-3 oz



**Waterloo
Sparkling Water**

selected varieties

\$5.69

12/12 oz

Waterloo Sparkling Water goes all in on full flavor every day. Featuring Non-GMO natural flavors and zero calories, sugars or sweeteners. Look for uniquely refreshing Waterloo flavors in 8- or 12-packs at your local independent retailer today!

**Big Tree Farms
Organic Coconut Sugar**

selected varieties

\$3.99

16 oz



**La Tourangelle
Grapeseed Oil**

\$8⁹⁹

16.9 oz



**Sir Kensington's
Mayonnaise**

selected varieties

\$6⁴⁹

12 oz



**wildbrine
Organic Sauerkraut**

selected varieties

\$6²⁹

18 oz



**Field Roast
Plant-Based Sausages**

selected varieties

\$5⁴⁹

9.3-12.95 oz



**Kerrygold
Cheese**

selected varieties

\$4⁹⁹

7 oz



**Organic Valley
Organic Sliced Cheese**

selected varieties

\$4²⁹

6 oz



**Milkadamia
Macadamia Milk**

selected varieties

\$4⁷⁹

32 oz



**Wyman's
Wild Blueberries**

\$10⁹⁹

3 lb



**wildwonder
Organic Sparkling Drink**

selected varieties



**Essentia
Ionized Alkaline Water**



\$1⁶⁹

1 lt

**Organic India
Organic Psyllium Husk**

\$12⁹⁹

12 oz



2/\$5

12 oz

**BIOptimizers
Magnesium Breakthrough**

\$16⁹⁹

30 ct



**DrTung's
Tongue Cleaner**

\$7⁴⁹

1 ct



Emerald Pineapple Smoothie

15 MIN · SERVES 2 · GLUTEN-FREE, PLANT-BASED

INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia seeds.

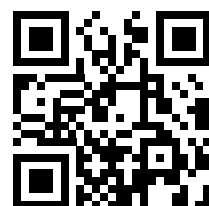


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For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.



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