

deals

2X monthly!

October 14–October 27, 2026

Scan to download!



Bob's Red Mill Muesli

\$3.99

18 oz



UNREAL Chocolate Snacks

selected varieties



\$4.49

3.2-5 oz

Make Mealtime Simple with Amy's

Amy's Frozen Meal Bowls

selected varieties

\$5.79

8-10 oz

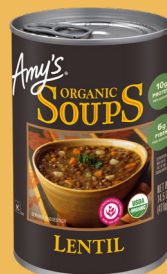


Amy's Organic Soups

selected varieties

\$3.79

13.65-14.7 oz



Amy's Burritos

selected varieties

2/\$6

5.5-6 oz



Beyond Plant-Based Ground Beef

\$7.99

16 oz



Nixie Organic Sparkling Water

selected varieties

\$4.79

8/12 oz



Hu Organic Chocolate Bar

selected varieties

\$3.79

2.1 oz



GT's Synergy Kombucha

selected varieties

2/\$5

16 fl oz



Siete Grain Free Tortillas

selected varieties

\$6.49

8 ct



Reed's Ginger Beer

selected varieties

\$4.99

4/12 oz



Look for new deals on **October 28!**

Recess
Infused Sparkling Water
 selected varieties

\$2⁷⁹

12 oz



Woodstock
Organic Pickles
 selected varieties

\$4⁹⁹

24 oz



Tasty Bite
Organic Rice
 selected varieties

2/\$4

8.8 oz



California Olive Ranch
Global Blend
Extra Virgin Olive Oil

\$11⁹⁹

16.9 oz



SunButter
Organic Sunflower Butter

\$7⁹⁹

16 oz



The Good Crisp Company canister crisps are Non-GMO, Gluten Free, Seed Oil Free, and made with real ingredients you can pronounce. Stock your snack shelf with familiar favorites you feel good eating!



The Good Crisp Company
Potato Crisps
 selected varieties

\$3²⁹

5.6 oz

Stacy's
Pita Chips
 selected varieties

2/\$6

7.33 oz



Mi Niña
Tortilla Chips
 selected varieties

\$3⁹⁹

12 oz



LesserEvil is redefining snacking by proving that wholesome ingredients, uncompromising care, and everyday value belong in the same bag. We craft our snacks with organic ingredients and non-seed oils, then gently air-pop them to bring simple joy to every handful.



LesserEvil
Organic Popcorn
 selected varieties

2/\$7

4.6 oz

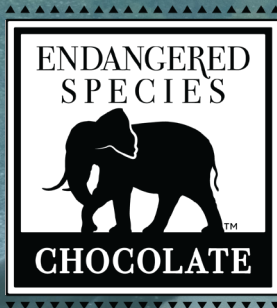


LesserEvil
Organic Moonions
 selected varieties

\$3⁷⁹

6 oz

NEW! Great Chocolate. Great Cause.



**Too much plastic.
Not enough action.**
*so we made chocolate
part of the solution.*



1,000,000 pounds by 2028.

www.chocolatebar.com



**Endangered Species
Chocolate Bar**
selected varieties

\$3.79

3 oz



**Navitas
Organic Cacao Powder**

\$8.99

8 oz



**Nature's Bakery
Fig Bar**

selected varieties

\$4.49

6/2 oz



**Honey Mama's
Chocolate Fudge Bar**

selected varieties

\$3.99

2.5 oz



**Little Secrets
Crispy Wafers**

selected varieties

2/\$4

1.4 - 1.8 oz



nutpods
Dairy-Free
Coffee Creamer
selected varieties

2/\$5

11.2 oz



siggi's
Icelandic Yogurt
selected varieties

2/\$3

4.4-5.3 oz



Stonyfield
Organic Yogurt
selected varieties

\$3.99

32 oz



Wyman's
Wild Blueberries

\$10.99

3 lb



Van's
Waffles
selected varieties

\$3.29

9 oz



Against the Grain Gourmet
Baguette

\$5.99

15 oz



Deep Indian Kitchen
Samosas
selected varieties

\$4.79

7.5-12 oz



LILY'S

Make Life Sweeter!
Here at LILY'S, we
LOVE sweets. We think
they should be for
everyone, regardless
of your lifestyle.
Certified Gluten Free,
No Sugar Added,
Fair Trade Certified
goodness.



Lily's
Chocolate Bar
selected varieties

\$3.79

2.8-3 oz



Fall baking starts here.
Bring the flavors of fall
home with Simple Mills
Baking and Pancake
Mixes—perfect for
cozy breakfasts,
seasonal treats, and
delicious moments all
autumn long.



Simple Mills
Almond Flour Baking Mix
selected varieties

\$5.29

9-12.9 oz

Almond Breeze
Almondmilk
 selected varieties

\$2²⁹

32 oz



Traditional Medicinals
Organic Tea
 selected varieties

\$4⁷⁹

16 ct



Lily of the Desert
Organic Aloe Vera Juice
 selected varieties

\$5⁹⁹

32 oz



Garden of Life
Dr. Formulated Probiotics
Once Daily Men's

\$29⁹⁹

30 cap



Refresh your fall routine with R.W. Knudsen Family® juices. Pioneers from farm to bottle over 60 years!

Crafted from quality ingredients sourced through trusted grower partnerships, each bottle delivers vibrant flavor while supporting sustainability and thoughtful innovation that supports your every moment!



R.W. Knudsen
Organic Apple Juice

\$3⁷⁹

32 oz



R.W. Knudsen
Just Cranberry Juice

\$6⁴⁹

32 oz

Sovereign Silver
Immune Support Bio-Active
Silver Hydrosol 10 PPM Drops

\$12⁹⁹

2 oz



As the seasons shift, support your body's natural defenses and respiratory wellness.

Kick-Ass Immune and Deep Lung are trusted herbal formulas for staying resilient through changing weather and the immune challenges that come with fall & winter.



WishGarden Herbs
Deep Lung

\$21⁹⁹

2 oz



WishGarden Herbs
Kick-Ass Immune Activator

\$21⁹⁹

2 oz

Heritage Store
Black Castor Oil

\$15⁹⁹

8 oz



Desert Essence
Toothpaste
 selected varieties

2/\$10

6.25 oz



Festive Popcorn Balls

40 MIN • MAKES 8

INGREDIENTS

- 8 cups plain popcorn
- 3 tablespoons unsalted butter, cubed
- ½ teaspoon vanilla extract
- 10 ounces small marshmallows
- ½ cup white chocolate covered pretzels, roughly chopped
- ½ cup peanut butter pieces

DIRECTIONS

- 1 Place peanut butter candy pieces and chopped pretzels on a baking sheet and set aside.
- 2 Heat marshmallows, butter, and vanilla in a large pot over medium-low heat, stirring until smooth and creamy.
- 3 Fold in popcorn to coat evenly. Form mixture into balls about the size of a baseball and roll in candy.
- 4 Place on a parchment-lined tray until set, approximately 30 minutes.

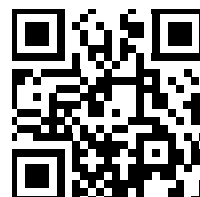


Proud member of INFRA.

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.

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



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