

deals

2X monthly!

July 15–July 28, 2026

Scan to download!



C2O
Coconut Water
selected varieties

2/\$4
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



\$1.69

18 oz

Angie's BoomChickaPop
Popcorn
selected varieties



2/\$5

4.4–7 oz

Brown Cow
Cream Top Whole Milk Yogurt
selected varieties



5/\$5

5.3 oz

Recess
Infused Sparkling Water
selected varieties



\$2.79

12 oz

Chocolove
Chocolate Bar
selected varieties



2/\$7

3.2 oz

Oatly
Oatmilk
selected varieties



\$4.29

64 oz

GT's
ALIVE Mood & Mind
Reset Root Beer



2/\$6

16 oz

GoodPop
Organic Dairy-Free
Frozen Pops
selected varieties



\$4.29

4 ct

Dr. Praeger's
Veggie Burgers
selected varieties



\$4.49

10–11 oz



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

Torie & Howard
Organic Hard Candy
 selected varieties



2/\$6
 2-3.5 oz

Humble
Organic Potato Chips
 selected varieties

2/\$6
 5 oz



Barnana
Organic Plantain Chips
 selected varieties

2/\$7
 5 oz



Mavuno Harvest
Organic Dried Fruit
 selected varieties

\$2.79
 2-4 oz



Lily's
Chocolate Bar
 selected varieties

\$3.79
 2.8-3 oz



Big Tree Farms
Organic Coconut Sugar
 selected varieties

\$3.99
 16 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.



Waterloo
Sparkling Water
 selected varieties

\$4.99
 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!

**FILLO'S
Walking Tamale**
selected varieties



\$1.89

4 oz

**Organic Valley
Organic Sliced Cheese**
selected varieties



\$4.29

6 oz

**wildwonder
Organic Sparkling Drink**
selected varieties



2/\$5

12 oz

**La Tourangelle
Organic Extra Virgin
Olive Oil**



\$13.99

25.4 oz

**Field Roast
Plant-Based Sausages**
selected varieties



\$5.49

9.3-12.95 oz

**Milkadamia
Macadamia Milk**
selected varieties



\$5.49

32 oz

**Mela
Watermelon Water**
selected varieties



\$2.29

16.9 oz

**BIOptimizers
Magnesium Breakthrough**



\$16.99

30 ct

**wildbrine
Organic Sauerkraut**
selected varieties



\$5.99

18 oz

**Kerrygold
Cheese**
selected varieties



\$4.99

7 oz

**Essentia
Ionized Alkaline Water**



\$2.29

1 lt

**Organic India
Organic Psyllium Husk**



\$12.99

12 oz

**DrTung's
Tongue Cleaner**



\$7.49

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.

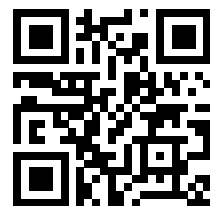


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