

# deals

**2X monthly!**

March 11–March 24, 2026

Scan to download!



**Bob's Red Mill Organic Gluten Free Oats**

selected varieties  
**\$5.99**

28–32 oz



**Perfect Bar Protein Bar**  
selected varieties

**2/\$5**

1.94–2.5 oz

## Spring savings start here!

**Crofter's Organic Fruit Spread**

selected varieties

**\$5.29**

16.5 oz



**Navitas Organic Cacao Powder**

**\$8.49**

8 oz



**PUR Gum**

selected varieties

**4/\$5**

9 ct



**Amy's Organic Soups**

selected varieties

**\$3.79**

13.65–14.7 oz



**Edward & Sons Bouillon Cubes**

selected varieties

**2/\$4**

2.2–3.1 oz



**Bonafide Organic Bone Broth**

selected varieties

**\$6.79**

24 oz



**Simply Organic Organic Dip Mix**

selected varieties

**\$1.59**

0.7–1.5 oz



**Primal Kitchen Mayo**

selected varieties

**\$7.99**

12 oz



**Graza "Sizzle" Extra Virgin Olive Oil**

**\$10.99**

750 ml



Look for new deals on **March 25!**

**Wild Planet  
Wild Albacore Tuna**

selected varieties



**\$3.79**

5 oz

**Mike's Mighty Good  
Craft Ramen**

selected varieties



**\$1.79**

1.6-2.4 oz

**Tasty Bite  
Organic Indian Entrée**

selected varieties



**\$3.49**

10 oz

**Pacific Foods  
Organic Soup**

selected varieties



**\$3.49**

16.1-16.5 oz



**WILD CAUGHT.  
WILD ENJOYED.**

**IT'S NOT WHAT WE CATCH.  
IT'S WHAT WE DON'T.**

**Miso Master  
Organic Mellow White Miso**



**\$5.99**

8 oz

**Crown Prince Natural  
Smoked Oysters**

selected varieties



**\$3.29**

3 oz

# Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

## INGREDIENTS

- ½ medium sized sweet potato
- 1 can (5 ounces) wild albacore tuna, undrained
- 1 egg
- ¼ cup breadcrumbs
- 2 tablespoons finely chopped green onion
- ¼ cup shredded carrot
- 1 teaspoon lemon zest
- 1 tablespoon chopped fresh parsley
- Ground black pepper, to taste
- 1 teaspoon olive oil

## DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the wild albacore tuna, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.



## Inka Crops Plantain Chips

selected varieties

**\$2<sup>29</sup>**

4 oz



## Go Raw Organic Sprouted Pumpkin Seeds

**\$10<sup>29</sup>**

14 oz



## King Arthur Organic Flour

selected varieties

**\$8<sup>99</sup>**

5 lb



## ORGANIC MARY'S GONE CRACKERS™

**Crunchy crackers made with signature ingredients:**  
brown rice, quinoa, flax and sesame seeds. Great textured with toasty flavors. Gluten free, plant based and organic.



## Mary's Gone Crackers Organic Superseed Crackers

selected varieties

**2/\$7**

4 oz



## Mary's Gone Crackers Organic Crackers

selected varieties

**2/\$7**

4 oz

## Let's Do Organic Organic Shredded Coconut

selected varieties

**\$2<sup>99</sup>**

8-8.8 oz



## Lily's Chocolate Bar

selected varieties

**\$3<sup>79</sup>**

2.8-3 oz



**Rishi Tea**  
**Organic Tea Concentrate**

selected varieties

**\$5.79**

32 oz



**nutpods**  
**Dairy-Free Creamer**

selected varieties

**\$2.49**

11.2 oz



**GT's**  
**Alive Ancient Mushroom Elixir**

selected varieties



**Odyssey**  
**Energy Drink**

selected varieties

**2/\$5**

12 oz



**Vita Coco**  
**Coconut Water**

selected varieties

**2/\$5**

500 ml



**2/\$6**

16 oz

**siggi's**  
**Icelandic Style Skyr Yogurt**

selected varieties

**2/\$3**

4.4-5.3 oz



**Truly Grass Fed**  
**Cheddar Block**

selected varieties

**\$3.99**

7 oz



**Kite Hill**  
**Almond Milk Ricotta**

**\$6.99**

8 oz



**Vital Farms**  
**Pasture-Raised Large Eggs**



**\$6.99**

1 dz

**Gardein**  
**Plant-Based Meat**

selected varieties

**\$4.29**

8.1-13.7 oz



**Cosmic Bliss**  
**Organic Dairy-Free Frozen Dessert**

selected varieties

**\$4.99**

14 oz



**GoodPop**  
**Organic Dairy-Free Frozen Pops**

selected varieties

**\$4.29**

10 oz



**Stahlbush Island Farms**  
**Frozen Fruit**

selected varieties

**\$4.49**

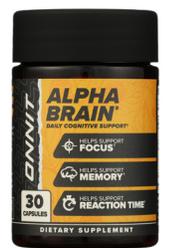
10 oz



**Onnit**  
**Alpha BRAIN**

**\$26.99**

30 cap



Kal  
Magnesium Glycinate 350

**\$19<sup>99</sup>**

160 ct



Natural Factors  
Quercetin 500 mg

**\$19<sup>99</sup>**

60 vcap



Spry  
Oral Rinse  
selected varieties

**\$7<sup>99</sup>**

16 oz



Andalou Naturals  
Shampoo or Conditioner  
selected varieties

**\$6<sup>99</sup>**

11.5 oz



Crystal  
Mineral Deodorant Stick

**\$5<sup>29</sup>**

4.25 oz



Every Man Jack  
Deodorant  
selected varieties

**\$5<sup>99</sup>**

2.6-3 oz



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Corporation

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FORCE FOR GOOD.**

**THERE'S A BETTER WAY TO DO BUSINESS.**

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So you can buy better, work better, and do better every day.

# Crispy Sheet Pan Ramen

40 MIN · SERVES 4 · TRADITIONAL

## INGREDIENTS

- 2/3 cup teriyaki sauce or your favorite stir fry sauce
- 2 teaspoons sriracha hot sauce
- 1 teaspoon chicken bouillon, optional
- 6 tablespoons avocado oil
- 4 packages ramen noodles
- 1 pound boneless, skinless chicken breast, sliced into 1/4" thick pieces and halved
- 1/2 pound broccoli, cut into 1/2" pieces
- 6 ounces sugar snap peas, trimmed
- 1/4 pound carrots, peeled and sliced into 1/8" slices
- 4 scallions, cut into 1" pieces

## DIRECTIONS

- 1 Preheat oven to 450°F. Whisk together teriyaki sauce, sriracha, optional chicken bouillon, and oil until smooth.
- 2 Cook ramen noodles based on the package instructions. Drain and rinse.
- 3 Place chicken, broccoli, snap peas, carrots, scallions, cooked noodles and half of the sauce mixture in a mixing bowl and toss to combine.
- 4 Evenly spread mixture on one or two unlined sheet pans. Rearrange chicken pieces so they are on the top of the noodles and veggies.
- 5 Bake for 15 minutes then turn the broiler on high and continue to cook until chicken has cooked through, approximately 3–5 minutes, and to desired crispness.
- 6 Remove from oven and drizzle with remaining sauce as needed.



\*Chicken can be substitute for another protein of choice. Proteins should be cut into 1/4" slices for fast cooking.

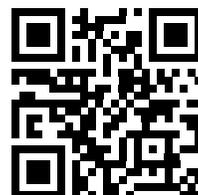


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