

deals

2X monthly!

September 23–October 13, 2026

Scan to download!



Red's Organic Burrito
selected varieties

2/\$4
4.5-5 oz



Siete Maiz Corn Tortilla Chips
selected varieties

\$3.79
7.5 oz



Fresh Fall Favorites

Rumiano Organic Cheese
selected varieties



\$4.49

8 oz

EPIC Meat Snack Strip
selected varieties



4/\$5

.8 oz

Primal Kitchen Dressing & Marinade
selected varieties



\$5.49

8 oz

Gardein Plant-Based Meat
selected varieties



\$4.29

8.1-13.7 oz

Minor Figures Organic Barista Oat Milk
selected varieties



\$4.49

32 fl oz

Safe Catch Wild Elite Pure Tuna



\$3.29

5 oz

Yogi Organic Tea
selected varieties



\$3.49

16 ct

Nixie Organic Soda
selected varieties



2/\$3

12 oz

Kettle Potato Chips
selected varieties



2/\$6

5 oz



Look for new deals on **October 14!**



Experience the difference of Rao's Homemade, slow-simmered in small batches with hand-picked southern Italian tomatoes and pure Italian olive oil. Crafted without paste, fillers, starch, added sugar, or artificial colors for a rich, authentic homemade flavor.



Rao's Sauce
selected varieties

\$7⁹⁹

24 oz



Rao's Sauce
selected varieties

\$7⁹⁹

24 oz

Napa Valley Naturals Organic Cold Pressed Extra Virgin Olive Oil



\$17⁹⁹

25.4 oz

Chickapea Organic High Protein Pasta

selected varieties



\$3⁷⁹

8 oz

Maya Kaimal Indian Simmer Sauce

selected varieties

\$4²⁹

12.5 oz



DeLallo Gluten Free Mini Gnocchi

\$4²⁹

12 oz



Pacific Foods Organic Soup

selected varieties

\$3⁴⁹

32 oz



Miracle Noodle Plant Based Noodles

selected varieties

2/\$6

7 oz



Inka Chips Plantain Chips

selected varieties

2/\$5

4 oz



Kettle & Fire Organic Bone Broth

selected varieties

\$5²⁹

16.9 oz



C2O Coconut Water

selected varieties

\$2²⁹

17.5 oz



HOPWTR Sparkling Hop Water

selected varieties

\$8²⁹

6/12 oz



The Mountain Valley Spring Water

\$1⁶⁹

0.5 lt



Steaz
Organic Iced
Green Tea
 selected varieties



\$1.79

16 oz

Magic
Organic Chocolate Bar
 selected varieties



\$3.99

2.93-3.0 oz

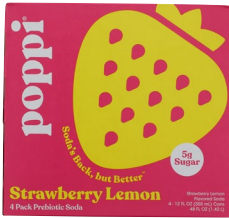
Simple Mills
Stuffed Sandwich Cookies
 selected varieties



\$4.79

6.7 oz

poppi
Prebiotic Soda
 selected varieties



\$6.69

4/12 oz

Bonne Maman
Preserves
 selected varieties



\$5.29

13 oz

One Degree Organics
Organic Sprouted Cereal
 selected varieties



\$4.29

8-10 oz

Drumroll
Donuts
 selected varieties



2/\$5

2.6 oz

Petit Pot
Organic French Dessert
 selected varieties



\$4.29

7-8 oz

Hop into Savings:
Annie's is On Sale!



Annie's
Organic Mac & Cheese
 selected varieties

2/\$5

6 oz



Annie's
Organic Bunny Crackers
 selected varieties

2/\$6

7.5 oz



Annie's
Organic Cheddar Cheesy Smiles

2/\$6

4 oz



GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.



**GoMacro
Organic MacroBar**
selected varieties

2/\$5
2-2.4 oz

**Aloha
Organic Protein Bar**
selected varieties



2/\$4
1.98 oz

**REBBL
Organic Shake**
selected varieties



\$3.29
12 oz

**Health-Ade
Organic Kombucha**
selected varieties



2/\$6
16 oz

**Alexandre Family Farm
Organic A2/A2 Grass-Fed Yogurt**
selected varieties



\$4.79
24 oz

**Uncle Matt's
Organic Orange Juice**
selected varieties



\$7.99
52 oz

**Olli Salumeria
Snack Pack**
selected varieties



\$3.19
2-2.3 oz

**Ithaca
Hummus**
selected varieties



2/\$7
10 oz

**Organic Valley
Organic Shredded Cheese**
selected varieties



\$3.79
6 oz

**Udi's
Gluten Free Hamburger Buns**
selected varieties



\$4.29
10.4-10.8 oz

**Kite Hill
Non-Dairy Pasta**
selected varieties



\$5.79
9 oz

**Coro
Charcuterie Trio**



\$7.49
6 oz

Farm like the world depends on it.



Regenerative
Organic
Certified®

Four Sigmatic Organic Coffee

selected varieties

\$12⁹⁹

10 oz



Laird Superfood Superfood Creamer

selected varieties

\$6²⁹

8 oz

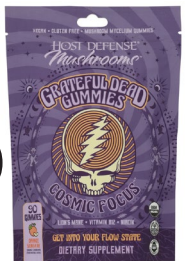


Host Defense Mushrooms Grateful Dead Gummies

selected varieties

\$27⁹⁹

90 ct



Small family farms.
Handpicked botanicals.
Generations of herbal
wisdom. For decades,
Organic India has
worked hand in
hand with farming
families, cultivating
uncompromising care
for the people, the
land, and the herbs
behind every
wellness journey.



Organic India Organic Whole Husk Fiber Psyllium

\$12⁹⁹

12 oz



Organic India Organic Moringa

\$14⁹⁹

90 cap

Gaia Herbs Ashwagandha Root

\$17⁹⁹

60 ct



Solaray Zinc 50 mg

\$7⁹⁹

100 vcap



**BIOptimizers
Magnesium Breakthrough**

\$29⁹⁹

60 ct



**Natural Factors
Women's Multivitamin
& Mineral**

\$27⁹⁹

60 tab



**MegaFood
Vitamin D3 & K2
5000 IU**

\$21⁹⁹

60 ct



**Quantum Health
Super Lysine+
Immune Support**

\$9⁹⁹

90 tab



**Boiron
ColdCalm Meltaway
Tablets**

\$10⁹⁹

60 ct



**Beekeeper's Naturals
Propolis Immune
Support Throat Spray**

\$9⁴⁹

30 ml



**Spry
Gum**
selected varieties

\$8⁹⁹

100 ct



SINCE 1973

**Shop local.
Support global.**

**1% of every sale supports the people
and the planet behind our food.**

Rooted in shared values, MegaFood proudly supports INFRA.



MegaFood



Ancient Wisdom, Modern Science

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity, and nurture nutrient-rich soil – honoring the deep connection between human health and the health of our planet.



**Ancient Nutrition
Multi Collagen
Protein Powder**
selected varieties

\$39⁹⁹
459-525 g



**Ancient Nutrition
Grass-Fed
Whey Protein**
selected varieties

\$39⁹⁹
594-646 g

Kyolic Cardiovascular Health Formula 100

\$20⁹⁹

200 ct



Honey Stinger Organic Energy Chews

selected varieties

\$1⁷⁹

1.8 oz



Dauids Toothpaste

selected varieties

\$5⁴⁹

4-5.25 oz

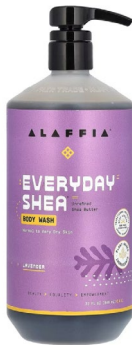


Alaffia EveryDay Body Wash

selected varieties

\$11⁹⁹

32 oz



ECOS Laundry Detergent

selected varieties

\$12⁹⁹

100 oz



giovanni
ECO CHIC HAIR CARE

Frizz Be Gone!
Transform dry,
frizzy hair with
Giovanni's **Smoothing
Castor Oil Shampoo
& Conditioner**. Gently
cleanses, hydrates,
and conditions for
silky softness, lasting
shine, and effortless
manageability!



**Giovanni
Shampoo and
Conditioner**
selected varieties

2/\$14

13.5 fl oz

Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

INGREDIENTS

2 tablespoons olive oil
½ small yellow onion or 1 large shallot, minced
12 ounces red potatoes, ½" inch cubes
3–4 ears corn on the cob or 10 ounces frozen corn
3 cups miso broth*
½ cup canned coconut milk*
½ teaspoon sea salt
¼ teaspoon coarse ground black pepper
Salt and pepper to taste
Sliced chives or green onions, optional
Toasted sesame oil, optional

DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.

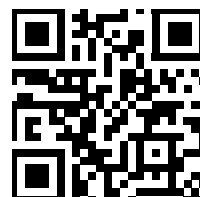


Proud member of INFRA.

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.

INFRA Deals are available at participating Independent Natural Food Retailers Association member store locations.

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



NW-A