

# 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

**2/\$3**  
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

**89¢**



**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

**\$4.79**

10–11 oz



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

# 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.



## Good Health Avocado Oil Potato Chips

selected varieties

**\$2.69**

5 oz



## Banana Organic Plantain Chips

selected varieties

**2/\$7**

5 oz



## Mavuno Harvest Organic Dried Fruit

selected varieties

**\$2.79**

2-4 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!

## Lily's Chocolate Bar

selected varieties

**\$3.79**

2.8-3 oz



## Big Tree Farms Organic Coconut Sugar

selected varieties

**\$4.29**

16 oz



**Field Roast  
Plant-Based Sausages**

selected varieties

**\$5.49**

9.3-12.95 oz



**Kerrygold  
Cheese**

selected varieties

**\$4.99**

7 oz



**wildbrine  
Organic Sauerkraut**

selected varieties

**\$7.49**

18 oz



**Rudi's  
Organic Bread Loaf**

selected varieties

**\$4.49**

22 oz



**Organic Valley  
Organic Sliced Cheese**

selected varieties

**\$4.29**

6 oz



**Milkadamia  
Macadamia Milk**

selected varieties

**\$4.99**

32 oz



**wildwonder  
Organic Sparkling Drink**

selected varieties

**2/\$5**

12 oz



**Essentia  
Ionized Alkaline Water**

**\$1.69**

1 lt



**Organic India  
Organic Psyllium Husk**

**\$12.99**

12 oz



**BIOptimizers  
Magnesium Breakthrough**

**\$16.99**

30 ct



**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.

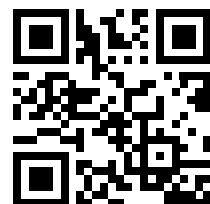


## Proud member of INFRA.

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](http://www.naturalfoodretailers.com) or scan this code.



SE-B