

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



\$4.99

32 fl oz

Safe Catch Wild Elite Pure Tuna



\$2.99

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

\$6⁹⁹
24 oz



Rao's Sauce
selected varieties

\$6⁹⁹
24 oz

**Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil**



\$17⁹⁹
25.4 oz

**Chickapea
Organic High Protein Pasta**
selected varieties



\$3⁴⁹
8 oz

**Maya Kaimal
Indian Simmer Sauce**
selected varieties



\$4²⁹
12.5 oz

**Amore
Tomato Paste**
selected varieties



\$2⁷⁹
4.5 oz

**Pacific Foods
Organic Soup**
selected varieties



\$3⁷⁹
32 oz

**Kettle & Fire
Organic Bone Broth**
selected varieties



\$5²⁹
16.9 oz

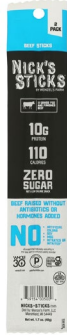
CADIA®

We believe neighborhood grocers are a vital source of goodness for communities.





Nick's Sticks
Meat Snack Sticks
selected varieties



\$2⁷⁹

1.7 oz

One Degree Organics
Organic Sprouted Cereal
selected varieties



\$4²⁹

8-10 oz

Bonne Maman
Preserves
selected varieties



\$5²⁹

13 oz

Good Health
Avocado Oil Potato Chips
selected varieties



\$3²⁹

5 oz

Three Wishes
Grain Free Cereal
selected varieties



\$4⁷⁹

8.6 oz

Simple Mills
Stuffed Sandwich Cookies
selected varieties



\$4⁷⁹

6.7 oz

Annie's

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

\$3²⁹

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

**C2O
Coconut Water**
selected varieties



\$2.29
17.5 oz

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

\$4.79
24 oz



**REBBL
Organic Shake**
selected varieties

2/\$7
12 oz



**Health-Ade
Organic Kombucha**
selected varieties

2/\$6
16 oz



**Ithaca
Hummus**
selected varieties

2/\$7
10 oz



**Organic Valley
Organic Shredded Cheese**
selected varieties

\$3.79
6 oz



**The Mountain Valley
Spring Water**

\$1.69
0.5 lt



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

\$4.29
10.4-10.8 oz



**Wonder Juice
Organic Juice**
selected varieties

2/\$6
8.45 oz



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

\$7.99
52 oz



Farm like the world depends on it.



Regenerative
Organic
Certified®

Four Sigmatic Organic Coffee

selected varieties

\$13⁹⁹

10 oz



Laird Superfood Superfood Creamer

selected varieties

\$6⁷⁹

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

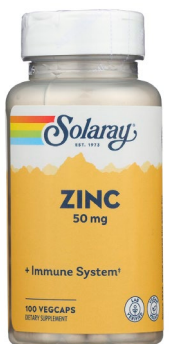
60 ct



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

\$9⁹⁹

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.

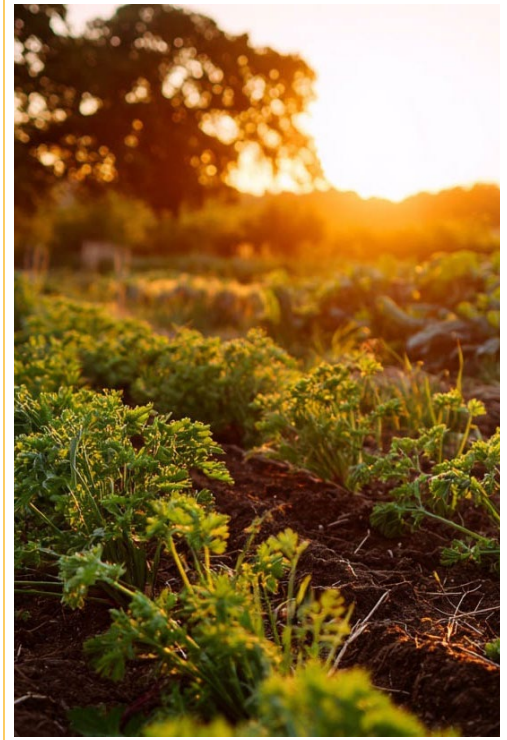


**Ancient Nutrition
Multi Collagen
Protein Powder**
selected varieties



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

\$39⁹⁹ \$39⁹⁹
459-525 g 594-646 g



**Daids
Toothpaste**
selected varieties

\$5⁴⁹
4-5.25 oz



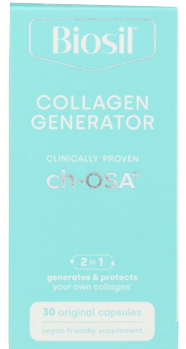
**JASÖN
Vitamin E Skin Oil
45000 IU**

\$9⁹⁹
2 oz



**BioSil
Collagen Generator**

\$17⁹⁹
30 ct



**Alaffia
EveryDay Body Wash**
selected varieties

\$12⁹⁹
32 oz



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

**ECOS
Laundry Detergent**
selected varieties

\$13⁹⁹
100 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.

