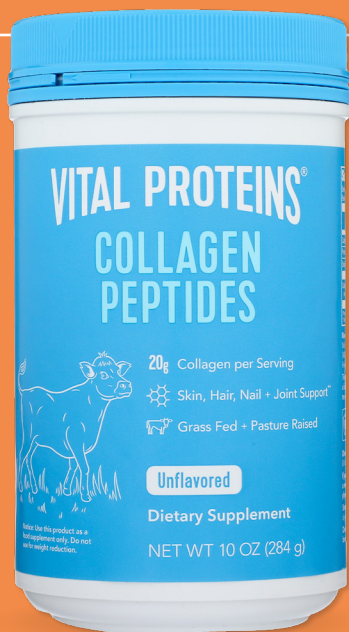


# deals

## 2X monthly!

September 24–October 14, 2025

Scan to  
download!



**Vital Proteins  
Collagen Peptides**  
selected varieties

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

10 oz



**Vital Farms  
Butter**  
selected varieties

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

8 oz



### Double up on fall deals!

**C2O  
Coconut Water**  
selected varieties

**2/\$4**

17.5 oz



**OLIPOP  
Prebiotic Soda**  
selected varieties

**2/\$4**

12 oz



**Health-Ade  
Organic Kombucha**  
selected varieties

**2/\$6**

16 oz



**Organic Valley  
Organic Shredded Cheese**  
selected varieties

**\$3<sup>99</sup>**

6 oz



**Rao's  
Pasta Sauce**  
selected varieties

**\$6<sup>79</sup>**

24 oz



**Beyond Meat  
Beyond Beef Plant-Based Ground**

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

16 oz



**ROAR Organic  
Organic Vitamin  
Enhanced Beverage**

**\$1<sup>69</sup>**

18 oz



**REBBL  
Organic Functional  
Beverage**  
selected varieties

**2/\$7**

12 oz



**Almond Breeze  
Almondmilk**  
selected varieties

**\$2<sup>49</sup>**

32 oz



Look for new deals on **October 15!**

**Chickapea**  
Organic Chickpea Pasta  
selected varieties

**\$3<sup>29</sup>**

8 oz



**Maya Kaimal**  
Indian Simmer Sauce  
selected varieties

**\$4<sup>29</sup>**

12.5 oz



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

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

16.9 oz



## Maple Roasted Winter Squash

1 HR • SERVES 6-8 • VEGETARIAN

### INGREDIENTS

5 pounds winter squash such as kabocha or butternut, seeded and cut into 1" pieces  
1 medium red onion, chopped  
½ cup walnut halves  
¼ cup avocado oil  
¼ cup maple syrup  
1 teaspoon sea salt  
1 teaspoon crushed red pepper flakes (or to taste)  
½ cup crumbled feta

### DIRECTIONS

- 1 Preheat oven to 400°F. Place winter squash, red onion, and walnut halves in a large mixing bowl.
- 2 In a separate bowl, whisk together the avocado oil, maple syrup, salt, and crushed red pepper flakes. Pour mixture over squash and toss until well coated.
- 3 Spread squash out on two parchment-lined baking pans in a single layer. Bake for 40 minutes or until squash is tender.
- 4 Place squash in a serving vessel and sprinkle on crumbled feta.



**Primal Kitchen**  
Avocado Oil

**\$11<sup>99</sup>**

16.9 oz



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

**\$17<sup>99</sup>**

25.4 oz



**Annie's**

**Hop into Savings:**

**Annie's is On Sale!**



**Annie's**  
Organic Bunny Crackers  
selected varieties

**\$3<sup>29</sup>**

7.5 oz



**Annie's**  
Mac & Cheese  
selected varieties

**2/\$4**

5.25-6 oz



**Annie's**  
Organic Cheddar Cheesy Smiles

**\$3<sup>29</sup>**

4 oz



**Mi Niña  
Tortilla Chips**  
selected varieties

**\$4<sup>29</sup>**

12 oz



**Inka Crops  
Plantain Chips**  
selected varieties

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

3.25-4 oz



**Siete  
Kettle Cooked Potato Chips**  
selected varieties

**2/\$6**

5.5 oz



**Manitoba Harvest  
Organic Hemp Hearts**

**\$10<sup>99</sup>**

12 oz



**Teeccino  
Herbal Tea**  
selected varieties

**\$4<sup>49</sup>**

10-12 ct



**Pacific Foods  
Organic Soup**  
selected varieties

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

32 oz



**Pacific Foods  
Organic Soup**  
selected varieties

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

16.1-16.5 oz



**Pacific  
FOODS.**

Pacific Foods' organic soups and chilis are consciously crafted with a bounty of organic, non-GMO ingredients and feature a range of vibrant, globally inspired flavors. Stock up on Pacific for options that are distinctly satisfying and worth savoring every spoonful.

**EPIC  
Snack Strip**  
selected varieties

**4/\$5**

0.8 oz



**EPIC  
Meat Snack Bar**  
selected varieties

**2/\$4**

1.3 oz



**SunButter  
Organic Sunflower Butter**

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

16 oz



**Lily's  
Baking Chips**  
selected varieties

**\$6<sup>79</sup>**

9 oz



**Choice Organics  
Organic Tea**  
selected varieties

**\$3<sup>29</sup>**

16 ct



**Four Sigmatic  
Organic Coffee with Mushrooms**  
selected varieties

**\$12<sup>99</sup>**

10 oz



**Laird Superfood  
Superfood Creamer**  
selected varieties

**\$6<sup>79</sup>**

8 oz



**Minor Figures  
Organic Barista Oat Milk**

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

32 oz



**Three Trees  
Organic Almondmilk**  
selected varieties

**\$5<sup>49</sup>**

28 oz



**Goldthread  
Plant Based Tonic**  
selected varieties

**\$3<sup>29</sup>**

10.5 oz



**GoMacro  
Organic MacroBar**  
selected varieties

**2/\$5**

2.3 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.

**Kite Hill  
Almond Milk Ricotta Alternative**

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

8 oz



**Chocolate Chia Seed Pudding**

5 MIN PREP • 2-4 HR CHILLING TIME • SERVES 2-3 • VEGETARIAN

**INGREDIENTS**

- 1 cup milk (whole, almond, oat, etc.)
- ½ cup plain yogurt
- 1 teaspoon vanilla extract
- ¼ cup chia seeds
- 2-4 tablespoons agave syrup
- 3 tablespoons cocoa powder, sifted
- 1 teaspoon mushroom powder
- Pinch of salt
- Shaved chocolate, for garnish
- Sliced almonds, for garnish
- Mint leaves, for garnish

**DIRECTIONS**

- 1 Whisk together all ingredients through salt in a mixing bowl until smooth. Adjust sweetness to taste and place in the refrigerator for 2-4 hours to thicken.
- 2 Spoon pudding into serving dishes and garnish with shaved chocolate, sliced almonds, and mint leaves.



**Gardein  
Plant-Based Meat**  
selected varieties

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

8.1-13.7 oz



**Van's  
Waffles**  
selected varieties

**\$3<sup>29</sup>**

9 oz





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

**\$9<sup>99</sup>**

30 ml



**Boiron  
Oscillococcinum**

**\$18<sup>99</sup>**

12 ct



**MegaFood  
Whole Body Turmeric Curcumin**

**\$17<sup>99</sup>**

60 ct



**Alaffia  
Pure Unrefined Shea Butter**  
selected varieties

**\$9<sup>99</sup>**

11 oz



**Garden of Life Organics  
Women's Once Daily  
Multivitamin**

**\$21<sup>99</sup>**

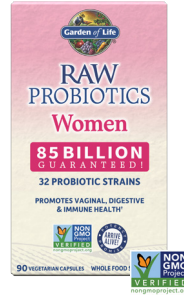
30 tab



**Garden of Life  
RAW Probiotics  
Women**

**\$37<sup>99</sup>**

90 cap



Empowering  
Extraordinary Health®.  
It's the sole purpose  
of Garden of Life—to  
empower consumers  
with the tools necessary  
to achieve extraordinary  
health by offering clean,  
traceable, clinically  
studied ingredients in  
the most sustainable  
way possible.

**Renew Life  
3-Day Cleanse**

**\$6<sup>49</sup>**

12 ct



**Traditional Medicinals  
Organic Lozenges**  
selected varieties

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

16 ct



**Everyone  
3-in-1 Soap**  
selected varieties

**\$8<sup>49</sup>**

32 oz



**Caboo  
Bamboo Baby Wipes**

**\$4<sup>49</sup>**

72 ct



**National Bike  
and Walk to  
School Day**

OCTOBER 1, 2025





# 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.

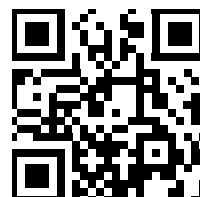


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NE-A