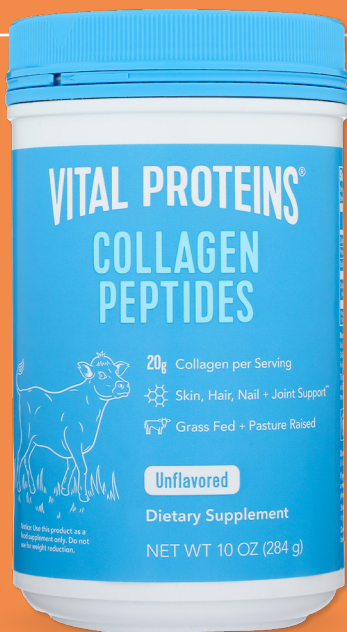


# deals

## 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



**OLIPOP**  
Prebiotic Soda  
selected varieties



**Health-Ade**  
Organic Kombucha  
selected varieties



**2/\$4**

17.5 oz

**2/\$4**

12 oz

**2/\$6**

16 oz

**Organic Valley**  
Organic Shredded Cheese  
selected varieties



**Rao's**  
Pasta Sauce  
selected varieties



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



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

6 oz

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

24 oz

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

16 oz

**ROAR Organic**  
Organic Vitamin  
Enhanced Beverage



**REBBL**  
Organic Functional  
Beverage



**Almond Breeze**  
Almondmilk  
selected varieties



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

18 oz

**2/\$7**

12 oz

**\$2<sup>79</sup>**

32 oz



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

**Chickapea**  
Organic Chickpea Pasta  
selected varieties

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

8 oz



**DeLallo**  
Gluten Free Mini Gnocchi

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

12 oz



**Maya Kaimal**  
Indian Simmer Sauce  
selected varieties

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

12.5 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.



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

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

16.9 oz



**Primal Kitchen**  
Avocado Oil

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

16.9 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

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



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

25.4 oz

**Uglies Kettle Chips  
Kettle Potato Chips**

selected varieties



**2/\$6**

6 oz

**Siete  
Kettle Cooked Potato Chips**

selected varieties



**2/\$6**

5.5 oz

**Manitoba Harvest  
Organic Hemp Hearts**



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

12 oz

**Petit Pot  
Organic French Pudding**

selected varieties



**\$4<sup>79</sup>**

8 oz

**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

**EPIC  
Snack Strip**

selected varieties



**4/\$5**

0.8 oz

**Kate's Real Food  
Organic Energy Bar**

selected varieties



**\$1<sup>99</sup>**

2.2 oz

**Lily's  
Baking Chips**

selected varieties



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

9 oz

**EPIC  
Meat Snack Bar**

selected varieties



**2/\$4**

1.3 oz

**ChocXO  
Organic Chocolate Cups**

selected varieties



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

3.45 oz

**Four Sigmatic  
Organic Coffee with Mushrooms**

selected varieties



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

10 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.

**Laird Superfood  
Superfood Creamer**  
selected varieties

**\$5.99**

8 oz



**Steaz  
Organic Iced Green Tea**  
selected varieties

**2/\$3**

16 oz



**Teeccino  
Herbal Tea**  
selected varieties

**\$4.49**

10-12 ct



**HOPWTR  
Sparkling Hop Water**  
selected varieties

**\$8.99**

6/12 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**

2.3 oz



**Three Trees  
Organic Almondmilk**  
selected varieties

**\$5.99**

28 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

- 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.
- Spoon pudding into serving dishes and garnish with shaved chocolate, sliced almonds, and mint leaves.



**Gardein  
Plant-Based Meat**  
selected varieties

**\$3.79**

8.1-13.7 oz



**Ruby Jewel  
Ice Cream Sandwich**  
selected varieties

**\$2.99**

5.25 oz



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

**\$9.99**

30 ml



**Boiron  
Oscillococcinum**

**\$18.99**

12 ct



**MegaFood  
Whole Body Turmeric Curcumin**

**\$17.99**

60 ct



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

**\$8.49**

32 oz



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

**\$21.99**

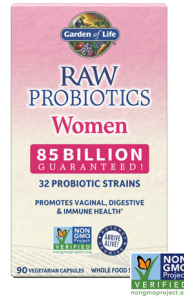
30 tab



**Garden of Life  
RAW Probiotics  
Women**

**\$37.99**

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.

**Alaffia  
EveryDay Shea Body Lotion**  
selected varieties

**\$10.99**

32 oz



**Cliganic  
Organic Cotton Rounds**

**\$1.99**

100 ct



**Caboo  
Bamboo Baby Wipes**

**\$4.99**

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.

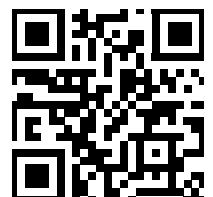


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For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.



NW-A