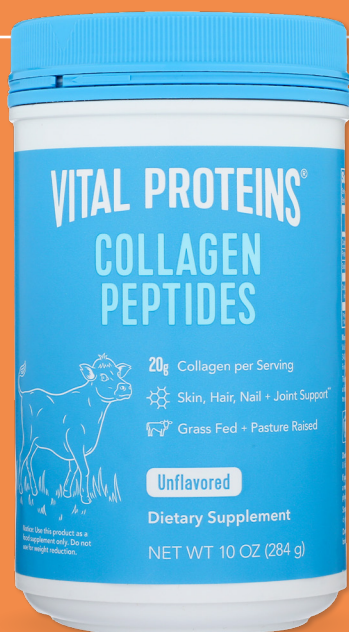


deals

2X monthly!

September 24–October 14, 2025

Scan to download!



Vital Proteins
Collagen Peptides
selected varieties

\$19⁹⁹

10 oz



Vital Farms
Butter
selected varieties

\$3⁷⁹

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



\$3⁹⁹

6 oz

\$6⁹⁹

24 oz

\$7⁹⁹

16 oz

ROAR Organic
Organic Vitamin
Enhanced Beverage



REBBL
Organic Functional
Beverage



Almond Breeze
Almondmilk
selected varieties



\$1⁶⁹

18 oz

2/\$7

12 oz

\$2⁹⁹

32 oz



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

Chickapea
Organic Chickpea Pasta
 selected varieties

\$3²⁹

8 oz



Maya Kaimal
Indian Simmer Sauce
 selected varieties

\$4²⁹

12.5 oz



Kettle & Fire
Organic Bone Broth
 selected varieties

\$5²⁹

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

\$11⁹⁹

16.9 oz



Napa Valley Naturals
Organic Extra Virgin Olive Oil

\$17⁹⁹

25.4 oz



Annie's

Hop into Savings:

Annie's is On Sale!



Annie's
Organic Bunny Crackers
 selected varieties

\$3²⁹

7.5 oz



Annie's
Mac & Cheese
 selected varieties

2/\$4

5.25-6 oz



Annie's
Organic Cheddar Cheesy Smiles

\$3²⁹

4 oz

Siete
Kettle Cooked Potato Chips
selected varieties

2/\$6

5.5 oz



EPIC
Snack Strip
selected varieties

4/\$5

0.8 oz



EPIC
Meat Snack Bar
selected varieties

2/\$4

1.3 oz



Manitoba Harvest
Organic Hemp Hearts

\$10⁹⁹

12 oz



Pacific Foods
Organic Soup
selected varieties

\$4²⁹

32 oz



Pacific Foods
Organic Soup
selected varieties

\$3⁷⁹

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.

Nick's Sticks
Meat Snack Sticks
selected varieties

2/\$5

1.7 oz



Absolutely Gluten Free
Flatbreads

\$3⁷⁹

5.29 oz



Lily's
Baking Chips
selected varieties

\$6⁷⁹

9 oz



Teeccino
Herbal Tea
selected varieties

\$4⁴⁹

10-12 ct



**National Bike
and Walk to
School Day**

OCTOBER 1, 2025



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

\$12⁹⁹

10 oz



**Laird Superfood
Superfood Creamer**
selected varieties

\$6⁷⁹

8 oz



**Three Trees
Organic Almondmilk**
selected varieties

\$5⁴⁹

28 oz



**Gardein
Plant-Based Meat**
selected varieties

\$3⁷⁹

8.1–13.7 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



**Van's
Waffles**
selected varieties

\$3⁹⁹

9 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.



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

\$9.99

30 ml



**Boiron
Oscillococcinum**

\$18.99

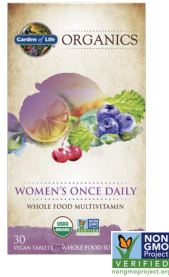
12 ct



**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.

**Forces of Nature
Organic Nail Fungus Remedy**

\$9.99

5 ml



**Kyolic
Blood Pressure Health Formula 109**

\$20.99

80 ct



**MegaFood
Vitamin D3 5000 IU with K & K2**

\$16.99

60 ct



**Nature's Answer
Mullein-X Multi-System
Cough Syrup**

\$15.99

4 oz



**Renew Life
Cleanse More**

\$14.99

60 ct



**Caboo
Bamboo Baby Wipes**



**Alaffia
Pure Unrefined Shea Butter**
selected varieties

\$9.99

11 oz



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

\$8.49

32 oz



\$4.79

72 ct

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.

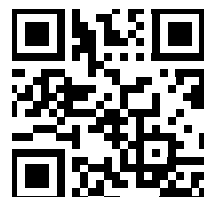


Proud member of INFRA.

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.



SE-A