

deals

2X monthly!

April 29–May 12, 2026

Scan to download!



Organic Valley Organic Shredded Cheese
selected varieties

\$3.79

6 oz

Make this tonight!
Recipe on back.



Perfect Bar Protein Bar
selected varieties

2/\$5

1.94–2.5 oz

Spring flavors, big savings!

Panda Licorice Chews
selected varieties

2/\$7

7 oz



poppi Prebiotic Soda
selected varieties

\$1.69

12 oz



Late July Organic Tortilla Chips
selected varieties

2/\$7

10.1 oz



Chocolove Chocolate Bar
selected varieties

2/\$7

3.1–3.2 oz



GimMe Health Foods Organic Seaweed Snack
selected varieties

\$4.29

6 ct



Boulder Canyon Kettle Style Potato Chips
selected varieties

2/\$6

5.25–6.5 oz



Quinn Snacks Pretzel Nuggets
selected varieties

\$3.99

5.8–7 oz



Bachan's Japanese Barbecue Sauce
selected varieties

\$6.29

16–17 oz



Stacy's Pita Chips
selected varieties

2/\$6

7.33 oz



Look for new deals on **May 13!**



Celebrate culture and community gathered around the grill with Siete Foods! Enjoy delicious heritage-inspired foods made with thoughtfully selected ingredients like avocado oil, organic beans, and organic corn. ¡Buen Provecho!



Siete Corn Tortilla Chips
selected varieties

\$3⁷⁹

7.5 oz



Siete Seasoning
selected varieties

2/\$4

1-1.31 oz



Siete Refried Beans
selected varieties

2/\$4

15.5-16 oz

Annie's Organic Mac & Cheese

selected varieties



2/\$5

6 oz

Lotus Foods Rice Ramen

selected varieties



\$1⁶⁹

2.8 oz

Ancient Harvest Organic Polenta

selected varieties



\$2²⁹

18 oz

Cinco de Mayo Burrito Bowl

30 MIN • SERVES 4

INGREDIENTS

- 1 can black beans, drained
- 1 can sweet corn, drained
- 3 cups cooked white rice
- 1 ¼ cup salsa (divided)
- ¾ cup crumbled queso fresco (or substitute grated Monterey jack cheese)
- 1 large romaine, shredded
- ½ small red onion, thinly sliced
- 2 pounds protein of choice

Chipotle Cream Dressing

- 1 cup sour cream
- ¼ cup salsa
- 2 chipotles in adobo, finely minced
- ¾ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼-½ teaspoon sea salt

DIRECTIONS

- 1 Prepare burrito bowl ingredients as described above.
- 2 Stir together dressing ingredients together, adjust seasonings to taste, and set aside.
- 3 Cook protein of choice with desired method (grill, bake, sauté).
- 4 To assemble, place warmed rice in the bottom of four serving bowls and arrange ingredients on top. Serve with salsa and chipotle cream dressing drizzled over the top or on the side.



**Near East
Rice Pilaf**
selected varieties

\$2²⁹

6.75 oz



**Cobram Estate
California Select
Extra Virgin Olive Oil**

\$9⁴⁹

375 ml



**Hippeas
Chickpea Puffs**
selected varieties

\$3²⁹

3.75-4 oz



**Inka Chips
Plantain Chips**
selected varieties

2/\$5

4 oz



**Crunchmaster
Crackers**
selected varieties

2/\$6

3.54-4 oz



**Made in Nature
Organic Apricots**

\$4²⁹

6 oz



**Larabar
Fruit & Nut Bar**
selected varieties

5/\$5

1.6-1.7 oz



**TCHO
Organic Chocolate Bar**
selected varieties

\$3⁷⁹

2.1 oz



**Enjoy Life
Chocolate Chips**
selected varieties

\$6²⁹

9 oz



**Celestial Seasonings
Tea**
selected varieties

\$3²⁹

20 ct



**Lakewood
Organic Pure
Pomegranate Juice**

\$9⁹⁹

32 oz



**Pressed Juicery
Cold Pressed Juice**
selected varieties

\$3¹⁹

15.2 oz



**Clean Cause
Organic Yerba Mate**
selected varieties

\$7⁹⁹

15.5-16 oz



**GT's
Kombucha**
selected varieties

2/\$6

16 oz



**Health-Ade
Organic Kombucha**
selected varieties

\$6²⁹

48 oz



De La Calle
Organic Mexican Soda
selected varieties

2/\$4

12 oz



Q Mixers
Beverages and Mixers
selected varieties

2/\$7

4/7.5 oz



Essentia
Ionized Alkaline
Water

\$1.69

1 lt



Vita Coco
Coconut Water
selected varieties

2/\$5

500 ml



BEYOND

We believe feeling good starts with what you eat. That's why we use clean, simple, plant-based ingredients that are free from GMOs, synthetic colors, animal products, or added hormones. Because clean bodies start with clean, nutritious food and simple choices.



Beyond
Beyond Burger

8 oz

\$4.49



Beyond
Beyond Sausage
selected varieties

14 oz

\$6.29

SOWN
Organic
Oat Creamer
selected varieties

32 oz

\$4.29



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.



Malk
Organic Oat Milk
selected varieties

28 oz

\$4.79



West Life
Organic Soymilk
selected varieties

32 oz

\$2.79



**Forager Project
Organic Cashew & Coconut
Yogurt Alternative**

selected varieties

\$5.29

24 oz



**cocojune
Organic Coconut Yogurt**

selected varieties

\$5.99

16 oz



**Canyon Bakehouse
Gluten Free Bread**

selected varieties

\$5.79

18 oz



Mango Relish Dogs
15 MIN • MAKES 6 • VEGAN

INGREDIENTS

- 1 cup sweet pickle relish
- ½ cup mango chutney
- 1 teaspoon rice vinegar
- 1 teaspoon dry mustard powder
- 1 teaspoon chili flakes
- ½ teaspoon curry powder
- 6 plant-based classic smoked hot dogs
- 6 hot dog buns
- ½ small red onion, julienned
- ½ cup plant-based mayo

DIRECTIONS

- 1 Combine all relish ingredients in a bowl and adjust seasoning to taste.
- 2 Butterfly hot dogs and sear each side in a hot skillet with olive oil until golden crisp, approximately three minutes per side. Alternatively, grill hot dogs.
- 3 To assemble, place hot dogs in buns then fill with relish. Drizzle on mayo and garnish with red onion.

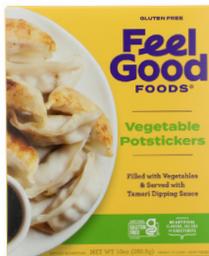


**Feel Good Foods
Dumplings**

selected varieties

\$5.79

10 oz



**Bubbies
Kosher Dill Pickles**

\$5.99

33 oz



**Dr. Praeger's
Veggie Burgers**

selected varieties

\$4.29

10-11 oz



**JonnyPops
Organic Pops**

selected varieties

\$4.79

14.8 oz



**ChildLife
Liquid Multi
Vitamin & Mineral**

\$13⁹⁹

8 oz



**NOW
D-Mannose 500 mg**

\$18⁹⁹

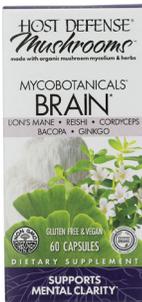
120 vcap



**Host Defense Mushrooms
Mycobotanicals Brain**

\$23⁹⁹

60 ct



**HERITAGE
EST. STORE 1969**

**Soul to Skin Beauty
Since 1969.**

For over 50 years, Heritage Store has believed that beauty is more than skin deep—it emanates from within. We call that soul-to-skin beauty.



**Heritage Store
Rosewater Facial Mist**
selected varieties

\$9⁹⁹

8 oz



**Heritage Store
Organic Castor Oil**

\$17⁹⁹

16 oz

**EO
Hand Sanitizing Wipes**

\$2⁹⁹

10 ct



**Think
Sunscreen**
selected varieties

\$12⁹⁹

3 oz



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COLLECTIVE™**



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Every Stage of Life.**

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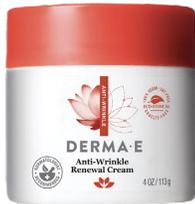
derma e
Vitamin C
Concentrated Serum



\$20⁹⁹

2 oz

derma e
Anti-Wrinkle Renewal Cream



\$16⁹⁹

4 oz

Aura Cacia
Lavender Essential Oil



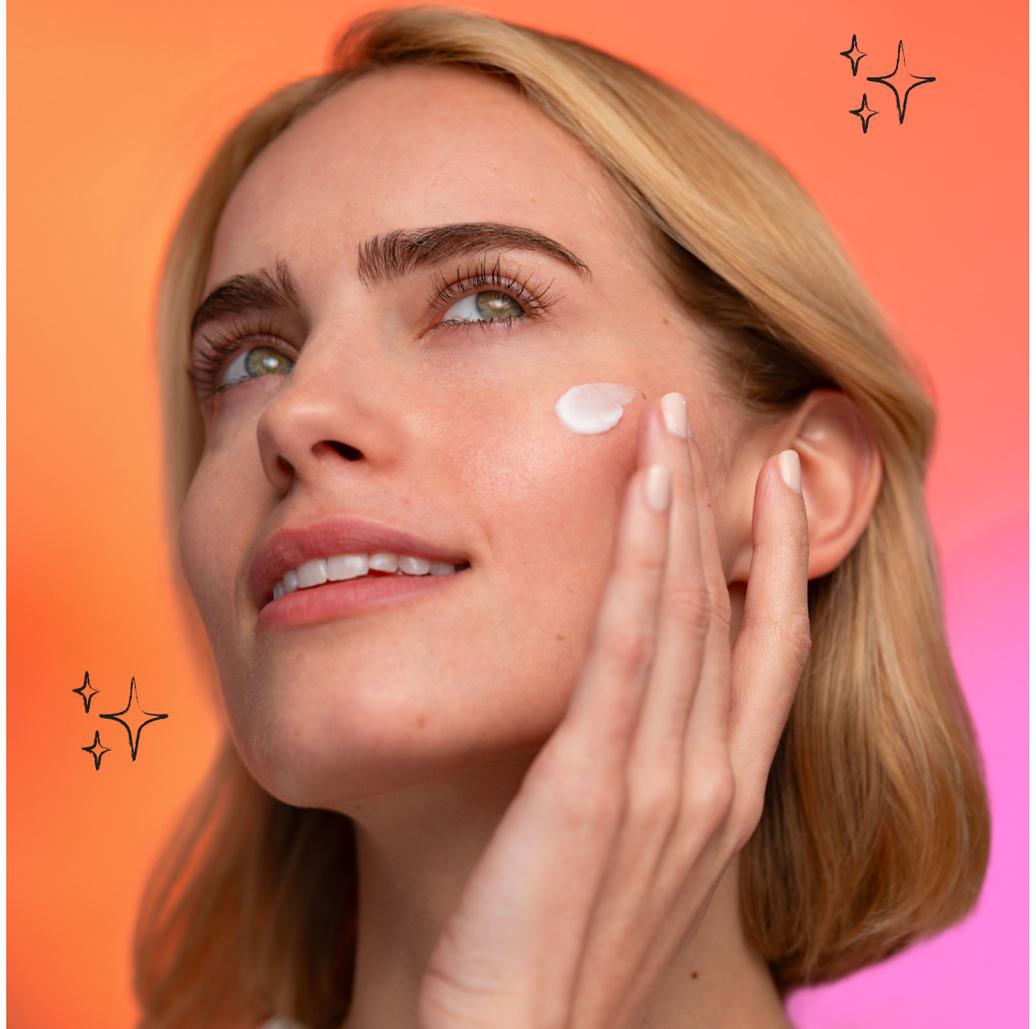
\$7⁹⁹

0.5 oz

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Reach for what's clinically proven.

CLEAN. EFFECTIVE.
DERMATOLOGIST RECOMMENDED SKINCARE.



**Protect yourself from
the sun this summer!**



Easy Chicken Enchiladas

45 MIN • SERVES 4-6 • GLUTEN-FREE, TRADITIONAL

INGREDIENTS

- 1 rotisserie chicken, pulled
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 tablespoons olive oil, divided
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 1 small onion, julienned
- ¼ teaspoon red pepper flakes
- 16 ounces shredded Mexican cheese blend
- 18 taco sized corn tortillas
- 2 15-ounce cans red enchilada sauce
- 1 15-ounce can black or pinto beans, rinsed and drained

DIRECTIONS

- 1 Preheat oven to 350°F. Toss pulled chicken with chili powder, oregano, salt, pepper and 2 tablespoons olive oil in a large bowl.
- 2 In a large skillet, sauté bell peppers, onions, and red pepper flakes with remaining olive oil over high heat until tender crisp and starting to char. Season with salt and pepper to taste. Set aside to cool.
- 3 To assemble, place a quarter of the sauce on the bottom of a 9"x13" baking dish. Layer ingredients as follows: 6 tortillas, half of the chicken, beans, and cooked pepper and onions. Pour on a quarter of the sauce followed by a third of the cheese and repeat one more time. Top with the remaining tortillas, sauce, and finish with the rest of the cheese.
- 4 Cover assembled enchilada with foil and bake for 30 minutes. Remove foil and continue to bake until bubbling and cheese is starting to brown.

Serve with sour cream if desired.



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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.

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SW-A