

deals

Now 2x monthly!

January 15–January 28, 2025

Scan to
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2/\$6

Mary's Gone Crackers
Organic Crackers
selected varieties
5–6.5 oz

2/\$7

Wild Planet
Wild Albacore Tuna
selected varieties
5 oz

\$3.79

Grab these deals on your favorite drinks

Essentia Water
Alkaline Water



GT's
Alive Ancient Mushroom Elixir
selected varieties



So Delicious
Organic Coconut Milk
selected varieties



2/\$4
1.5 lt

2/\$6
16 oz

2/\$5
32 oz

LesserEvil
Organic Popcorn
selected varieties



Cascadian Farm
Organic Potatoes
selected varieties



Simple Mills
Almond Flour Crackers
selected varieties



2/\$6
4.6–6.4 oz

2/\$8
16 oz

\$3.79
4.25 oz

Muir Glen
Organic Tomatoes
selected varieties



Food For Life
Organic Ezekiel 4:9® Bread
selected varieties



Garden of Eatin'
Taco Shells
selected varieties



2/\$3
14.5 oz

\$4.49
24 oz

\$3.49
5.5 oz



Look for new deals on **January 29!**

Maya Kaimal
Organic Everyday Dal
 selected varieties

\$3²⁹

10 oz



Mike's Mighty Good
Craft Ramen
 selected varieties

\$1⁷⁹

1.6-2.4 oz



Muir Glen
Organic Pasta Sauce
 selected varieties

2/\$6

23.5 oz



Cobram Estate
Extra Virgin Olive Oil
 selected varieties

\$10⁴⁹

12.7 oz



La Tourangelle
Grapeseed Oil

\$7⁴⁹

16.9 oz



Pacific
FOODS.

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.

Pacific Foods
Organic Soup
 selected varieties

\$3²⁹

16.1-16.5 oz



Pacific Foods
Organic Broth
 selected varieties

\$5⁴⁹

32 oz



PRIMAL
KITCHEN

Add bold, crave-worthy flavor to the real foods you love with Primal Kitchen Organic Unsweetened Ketchup, no-dairy Ranch Dressing, and Mayo with Avocado Oil. Our premium pantry staples are made with real ingredients like organic California-grown tomatoes and cage-free eggs for a classic taste that kids and parents love. No artificial sweeteners and no nonsense!



Primal Kitchen
Dressing
 selected varieties

\$5⁷⁹

8 oz



Primal Kitchen
Organic Ketchup
 selected varieties

\$4⁷⁹

11.3 oz



Primal Kitchen
Mayo with Avocado Oil
 selected varieties

\$7⁹⁹

12 oz



A Promise for Goodness

- Real, purposeful ingredients
- Mac made with organic pasta and 100% real cheese
- USDA Certified Organic snacks
 - Never, ever using artificial colors or flavors



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



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

4/\$5
5.25–6 oz

2/\$7
7.5 oz

**Coconut Secret
Organic Coconut Aminos**



\$4.49
8 oz

**Pirate's Booty
Rice & Corn Puffs**
selected varieties



\$2.59
4 oz

**Alter Eco
Organic Chocolate Bar**
selected varieties



2/\$7
2.65–2.82 oz

**Larabar
Fruit & Nut Bar**
selected varieties



**The Ginger People
Gin Gins® Ginger Candy**
selected varieties



\$2.29
3 oz

**One Degree Organics
Organic Sprouted Cereal**
selected varieties



\$4.29
8–10 oz

**Cascadian Farm
Organic Cereal**
selected varieties



2/\$7
8.6–14.6 oz

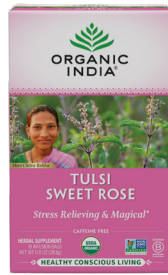
**Catalina Crunch
Keto Friendly Cereal**
selected varieties



\$6.29
8–9 oz



Organic India was born from determination to restore depleted land with traditional and regenerative organic farming practices. When the soil flourishes, when gardens flourish, when farmers flourish—we all flourish.



**Organic India
Organic Tulsi Tea**
selected varieties

\$3⁷⁹

18 ct



**Organic India
Organic
Psyllium Husk**

\$11⁹⁹

12 oz

**Wasa
Crispbread**
selected varieties



\$2⁷⁹

4.9–9.5 oz

**Once Again
Organic Tahini**



\$6⁷⁹

16 oz

**Navitas
Organic Cacao Powder**

\$8⁴⁹

8 oz



**Jovial
Organic Einkorn Flour**
selected varieties

\$6²⁹

32 oz



**Spectrum Naturals
Organic Shortening**

\$8⁴⁹

24 oz



**Choice Organic Teas
Organic Tea**
selected varieties

\$3²⁹

16 ct



**Celestial Seasonings
Tea**
selected varieties

\$2⁹⁹

18–20 ct



**Teeccino
Herbal Tea**
selected varieties

\$4⁷⁹

10–12 ct



**nutpods
Dairy-Free Creamer**
selected varieties

\$2⁷⁹

11.2 oz



**Santa Cruz Organic
Organic Lime Juice**

\$3⁷⁹

16 oz



**R.W. Knudsen
Organic Just Tart
Cherry Juice**

\$6⁹⁹

32 oz



Aura Bora
Herbal Sparkling Water
selected varieties

2/\$3

12 oz



LaCroix
Sparkling Water
selected varieties

\$3.99

8/12 oz



Vita Coco
Coconut Water
selected varieties



De La Calle Tepache
Organic Mexican Soda
selected varieties

2/\$4

12 oz



Zevia
Zero Calorie Soda
selected varieties

\$5.79

6/12 oz



2/\$4

500 ml

KeVita
Organic Kombucha
selected varieties

\$2.79

15.2 oz



Brew Dr Kombucha
Organic Kombucha
selected varieties

\$2.29

14 oz



Native Forest
Organic Coconut Milk
selected varieties

\$2.29

13.5 oz



Vive Organic
Organic Functional Shot
selected varieties

2/\$5

2 oz



ROAR Organic
Organic Vitamin Enhanced Beverage
selected varieties

\$1.79

18 oz



Califia Farms
Barista Blend Oatmilk
selected varieties

\$3.49

32 oz



Chobani
Greek Yogurt
selected varieties

2/\$3

5.3 oz



siggis
Icelandic Style Yogurt
selected varieties

\$1.39

4-5.3 oz



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties

5/\$5

5.3 oz





BEYOND MEAT®

The positive choices we make every day—no matter how small—can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**Beyond Meat
Beyond Burger**

\$4.79

8 oz



**Beyond Meat
Beyond Ground Beef**

\$6.99

16 oz



**Beyond Meat
Beyond Sausage**
selected varieties

\$6.29

14 oz

**Earth Balance
Organic Vegan Buttery Spread**

selected varieties

\$4.99

13 oz



**Siete
Grain Free Tortillas**

selected varieties

\$6.79

8 ct



**Wildwood
Organic High Protein Tofu**

\$3.49

16 oz



Caramelized Onion & Aioli Beyond Burger

30 MIN–1 HR • SERVES 4 • VEGAN

INGREDIENTS

- 4 **Beyond Burger** patties (2 packages)
- 4 slices **Daiya** smoked gouda cheese
- 4 ciabatta buns
- Caramelized onions*
- 3 cups arugula
- Garlic aioli

DIRECTIONS

- 1 Cook **Beyond Burger** according to package instructions. 2–3 minutes before patty is finished cooking, add a slice of **Daiya** smoked gouda cheese and allow it to melt.
- 2 Toast ciabatta buns for 2–3 minutes. Top with **Beyond Burger** patty followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on top ciabatta half and enjoy!

*Allow 30 min–1 hr for onions to caramelize fully.



**Field Roast
Sausage**
selected varieties

\$5.29

9.3–12.95 oz



**Gardein
Plant-Based Meat**
selected varieties

\$3.99

8.1–13.7 oz



Orgain
Organic Vegan Nutritional Shake
 selected varieties



\$2⁹⁹

11 oz

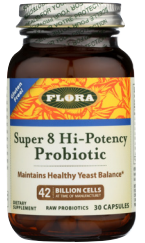
Beekeeper's Naturals
Propolis Immune Support
Throat Spray



\$10⁴⁹

30 ml

Flora
Super 8 Hi-Potency Probiotic



\$19⁹⁹

30 cap

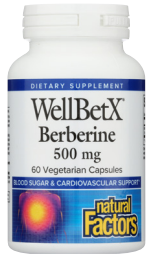
Garden of Life
Dr. Formulated Probiotics
Once Daily Women's



\$28⁹⁹

30 cap

Natural Factors
WellBetX® Berberine 500 mg



\$20⁹⁹

60 vcap

Jarrow
Saccharomyces Boulardii + MOS



\$25⁹⁹

90 vcap

Country Life
Coenzyme B-Complex



\$13⁹⁹

60 vcap

Andalou Naturals
Age Defying Resveratrol Q10
Night Repair Cream



\$17⁹⁹

1.7 oz

DrTung's
Dental Floss



\$3⁹⁹

30 yd

Desert Essence
Toothpaste
 selected varieties



\$5⁷⁹

6.25 oz

Everyone
Hand Soap
 selected varieties



\$3⁷⁹

12.75

BioBag
Compostable Pet Waste Bag



\$3²⁹

50 ct

Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- | | |
|--|------------------------------------|
| ½ medium sized sweet potato | ¼ up shredded carrot |
| 1 can (5 ounces) Wild Planet Albacore Wild Tuna , undrained | 1 teaspoon lemon zest |
| 1 egg | 1 tablespoon chopped fresh parsley |
| ¼ cup breadcrumbs | Ground black pepper, to taste |
| 2 tablespoons finely chopped green onion | 1 teaspoon olive oil |

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Albacore Wild Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.

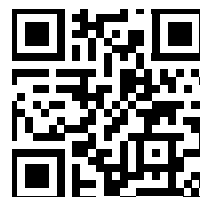


Proud member of INFRA.

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.

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For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.



SW-B