December 27, 2023–January 30, 2024





Seventh Generation Dish Liquid (selected varieties)



Food For Life Organic Ezekiel 4:9[®] Bread (selected varieties)

24 oz

Ring in the new year with healthy savings

Lesser Evil Organic Popcorn (selected varieties)



Health-Ade Organic Kombucha (selected varieties)

16 oz



Lundberg Family Farms Organic Rice Cakes (selected varieties)

8.5-11 oz



Cascadian Farm Organic Organic Potatoes (selected varieties)

16 oz



Muir Glen **Organic Tomatoes** (selected varieties)

14.5-15 oz



Annie's Mac & Cheese (selected varieties)

5.25-6 oz



16 oz

Cascadian Farm Organic Organic Cereal

(selected varieties)

8.6-14.6 oz



Almond Breeze Almondmilk

32 oz



Just Ice Tea Organic Ice Tea (selected varieties)





Bragg is here to help you live more vibrantly. With clean, ingredient-led products backed by a century of time-tested wisdom, Bragg remains passionately focused on helping everyone eat better, feel better and enjoy a more healthful, vibrant life.



Bragg Nutritional Yeast

3-4.5 oz



Bragg **Organic Apple Cider Vinegar**



Bragg Organic Dressing (selected varieties)

32 oz 12 oz

Mori-Nu Silken Tofu (selected varieties)



Ancient Harvest Organic Polenta

Pacific Foods

Organic Soup (selected varieties) Pacific Tomato Soup

11.5-12.3 oz

Tasty Bite Indian Entrée (selected varieties)





18 oz



8 oz

Muir Glen



Kovo Ramen (selected varieties)

32 oz



2-2.1 oz

Miracle Noodle **Plant Based Noodles**



7 oz



Organic Pasta Sauce

(selected varieties)

23.5 oz



Napa Valley Naturals Organic Extra Virgin Olive Oil

25.4 oz



Primal Kitchen Mayo with Avocado Oil (selected varieties)

12 oz

Chosen Foods Avocado Oil Spray (selected varieties)

\$499

4.7 oz





Bonafide Provisions Organic Broth

32 oz



Bonafide Provisions Organic Bone Broth (selected varieties)

24 oz



Bonafide Provisions believes that food is medicine. Crafted by a chef and a nutritionist, we only use Real Food ingredients you'd find in your own kitchen. No shortcuts, just pure, wholesome food. Taste the difference and elevate your recipes with one of our award-winning products.

Big Tree Farms Organic Coconut Aminos (selected varieties)

10 oz



Justin's **Almond Butter** (selected varieties)

16 oz



Once Again Nut Butter Organic Tahini

(selected varieties)

16 oz



Kettle & Fire Bone Broth (selected varieties)

16.9 oz

2.12 oz



Whisps Cheese Crisps (selected varieties)



Siete is a Mexican-American food brand, rooted in family, that creates delicious products with better-for-you ingredients. They're on a mission to inspire inclusivity around the table by sharing heritage-inspired foods for a variety of dietary needs and preferences—because Juntos es Mejor!



Siete **Grain Free Tortillas** (selected varieties)



Siete **Grain Free** Taco Shells

5.5 oz



Back to Nature Crackers (selected varieties)

6 oz

Since 1960 Back to Nature® has been creating delicious and flavorful recipes inspired by nature. We carefully select our ingredients to create great-tasting products that are better for you!



Back to Nature Cookies (selected varieties)

8-10.7 oz

LARABAR

Barnana **Organic Plantain Chips**

(selected varieties)





From The Ground Up **Crackers**

(selected varieties)

3.5-4 oz



GoMacro **Organic MacroBar**

2-2.3 oz



Larabar Fruit & Nut Bar (selected varieties)

1.6-1.7 oz

Birch Benders

(selected varieties)

One Degree Organics Organic Sprouted Cereal

(selected varieties)

Organic Gluten Free Oats



8-10 oz

Bob's Red Mill

Catalina Crunch **Keto Friendly Cereal** (selected varieties)



14-16 oz

Organic Pancake & Waffle Mix

32 oz



Purely Elizabeth Granola (selected varieties)

8-12 oz



Jovial **Organic Einkorn Flour** (selected varieties)

32 oz



8-9 oz

Navitas Organic Cacao Powder



Lakanto **Monkfruit Sweetener**

235 g



CACAO





Yogi Tea (selected varieties)

16 ct



Purposefully formulated to support your well-being, Yogi encourages you to take a moment to pause and let your body and mind unwind with a soothing cup of tea. Discover your favorite Yogi Tea today.

SmartSweets Candy (selected varieties)

1.8 oz



The Ginger People Gin Gins® Ginger Candy

(selected varieties)

3-3.5 oz



Teeccino **Dandelion Roasted Herbal Tea**

(selected varieties)

10 ct



Rishi Tea **Organic Tea** (selected varieties)

15 ct



Four Sigmatic Organic Mushroom Coffee

(selected varieties)

12 oz



Laird Superfood Superfood Creamer (selected varieties)



nutpods **Dairy-Free Creamer** (selected varieties)

11.2 oz



SweetLeaf Liquid Stevia (selected varieties)

2 oz



8 oz

CALIFIA

Califia Farms is on a mission to create a future where plants replace dairy, without compromise. Califia produces innovative, healthy, and great-tasting plant-based alternatives to dairy.



Califia Farms Almondmilk

48 oz

Organic Pure Cranberry Juice



Califia Farms Coconut and Almondmilk Blend



Califia Farms **Oatmilk** (selected varieties)

48 oz

48 oz

Nixie Sparkling Water Organic Sparkling Water (selected varieties)

8 ct



Zevia Zero Calorie Soda

6 ct

Lakewood



Sambazon **Organic Energy Drink**

R.W. Knudsen



ROAR Organic Organic Vitamin Enhanced Beverage



32 oz



32 oz



12 oz

Goldthread Plant Based Tonic (selected varieties)

12 oz



Milkadamia Macadamia Milk (selected varieties)

32 oz



18 oz

So Delicious **Organic Coconutmilk** (selected varieties)



32 oz

Orgain **Organic Vegan Nutritional Shake**

11 oz

REBBL **Organic Protein Elixir** (selected varieties)

12 oz

Cocojune **Organic Dairy-Free Coconut Yogurt**



REBB

4 oz

Eternal Naturally Alkaline Spring Water

Vita Coco **Coconut Water** (selected varieties)

500 ml

GT's **Organic Kombucha** (selected varieties)

48 oz

Perfect Bar Protein Bar (selected varieties)

2.18-2.5 oz

Forager Project Organic Cashewmilk Yogurt

(selected varieties)

24 oz



Essentia Alkaline Water

1.5 lt

Harmless Harvest Organic Coconut Water

16 oz

KeVita Organic Kombucha (selected varieties)

15.2 oz

Brown Cow Cream Top Whole Milk Yogurt (selected varieties)







16c 20: XM @

Forager







Our plant-based meats are made with simple, non-GMO ingredients to deliver the meaty experience you crave without the compromise. Each of our products are also a good source of protein with no cholesterol.



Beyond Meat Beyond Burger

8 oz



Beyond Meat Beyond Breakfast Sausage

7.4 oz



Beyond Meat Beyond Sausage Links (selected varieties)

14 oz

Miyoko's **Organic Vegan Cream Cheese** (selected varieties)



8 oz

Organic Valley Organic String Cheese

8 oz



Violife Just Like Feta Block



8.1 oz

Curry Beet Salad

4 HRS 20 MIN • SERVES 4 • VEGETARIAN • GLUTEN-FREE

INGREDIENTS

2 pounds red beets 2 ounces baby arugula ½ cup walnuts, toasted ½ cup crumbed feta or 2 ounces herbed goat cheese, crumbled

1/3 cup avocado oil 3 tablespoons rice vinegar 1 tablespoon honey ½ tablespoon curry powder 1/4 teaspoon sea salt

DIRECTIONS

- 1 Preheat oven to 350°F. Place whole beets in a deep baking dish and cover with water. Cover and bake for 2-4 hours or until beets are knife tender, depending on the size of the beets.
- 2 When beets are tender, drain and submerge in cold water. Remove skins and set aside to cool completely.
- **3** To prepare salad, chop beets and place in a mixing bowl. Add arugula, walnuts, and feta or goat cheese.
- 4 Whisk together avocado oil, rice vinegar, honey, curry powder, and salt. Pour over salad and toss. Adjust seasoning to taste and serve.

Optional: Choose a seasonal goat cheese with cranberry flavor for an ideal pairing in this recipe.



Tofurky **Plant-Based Deli Slices** (selected varieties)

5.5 oz



Gardein **Meatless Meat** (selected varieties)

8.1-13.7 oz



wildbrine Kimchi (selected varieties)



18 oz

Bitchin' Sauce Sauce (selected varieties)

\$499



8 oz

Against The Grain Gourmet Pizza

7.1 oz

24 oz

Daiya **Dairy-Free Cheese Style Shreds** (selected varieties)

Daiua

Daiya Dairy-Free Slices (selected varieties)

7.8 oz

GLUTEN-FREE & GRAIN-FREE

Dairy-Free Daiya

Daiya crafts cheese and cheesy foods with all the melty, stretchy deliciousness of dairy cheese but made from a new and wonderful source: plants.

Base Culture Sliced Bread (selected varieties)



(selected varieties)



JonnyPops **Organic Pops** (selected varieties)



14.8 oz

Caramelized Onion & Aioli Beyond Burger

45 MIN • SERVES 4 • VEGAN

INGREDIENTS

16-22 oz

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

DIRECTIONS

Garlic aioli

- 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!



Bach Rescue Remedy



\$7499

20 ml

Gaia Herbs Black Elderberry Syrup



3 oz

MegaFood **Blood Builder**

30 tab

Carlson **Cod Liver Oil**

250 ml

Bluebonnet Nutrition Whey Protein Isolate

1-1.1 lb

Jarrow Formulas Methyl B12

100 tab

Boiron Oscillococcinum



6 dose

NOW Foods D-Mannose 500mg

120 vcap

Megatood

Cod Liver Oil

Vital Proteins Collagen Peptides

10-13.5 oz



Oscillococcinum^{*}

Garden of Life Organic Sport Protein

806-840 g

Sovereign Silver Bio-Active Silver Hydrosol

4 oz

Manitoba Harvest Organic Hemp Hearts

12 oz

Om Lion's Mane

100 g

Ancient Nutrition Multi Collagen Protein Powder

459-525 g











Himalaya **PartySmart**



Natural Factors WellBetX® Berberine 500 mg



Solaray Mycrobiome Women's Probiotic



SOLARAY"

30 ct

\$799

1 ct

ChildLife Essentials Liquid Vitamin C



Ester-C Ester-C® 1000 mg with Citrus Bioflavonoids



Organic India Organic Ashwagandha



90 cap

60 vcap

90 cap

Youtheory **Ashwagandha**

4 oz

60 ct



Charlotte's Web **Hemp Extract Gummy**

\$3499



Lily of the Desert **Organic Aloe Vera Juice**



60 ct

5 oz

32 oz

Nordic Naturals Ultimate Omega



Dr. Bronner's **Organic Toothpaste**



Herbatint **Permanent Hair Color Gel**



120 ct





50 yd



Andalou Naturals Age Defying Resveratrol Q10 Night Repair Cream



1.7 oz



4.56 oz

everyday

Products with everyday low prices.

Score BIG with game day essentials!

Organic Popcorn (selected varieties)

4-5 oz



Oven-Baked **Cheddar Cheese Curls**

7 oz





Organic Broth (selected varieties)

32 oz



Organic Dry Beans (selected varieties)

15 oz



Organic **Canned Beans** (selected varieties)

15 oz

Prices may vary by location



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.

