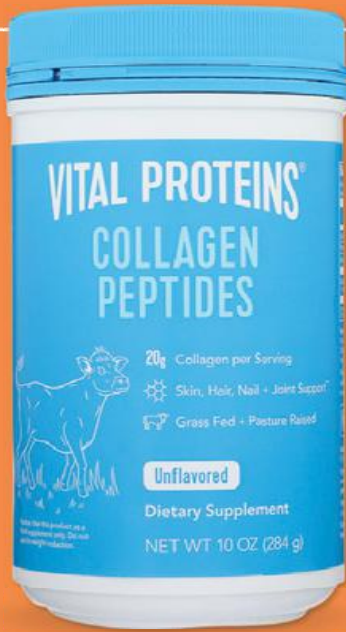


2X monthly!

deals

September 24–October 14, 2025



**VitalProteins
CollagenPeptides**
selected varieties

\$19⁹⁹

10 oz



**Vital Farms
Butter**
selected varieties

8 oz

\$3⁷⁹



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
OrganicShredded Cheese**
selected varieties



\$3⁹⁹

6 oz

**Rao's
Pasta Sauce**
selected varieties



\$6⁹⁹

24 oz

**Beyond Meat
BeyondBeefPlant-Based Ground**



\$7⁹⁹

16 oz

**ROAR Organic
Organic Vitamin
Enhanced Beverage**



\$1⁶⁹

18 oz

**REBBL
Organic Functional
Beverage**
selected varieties



2/\$7

12 oz

**Almond Breeze
Almondmilk**
selected varieties



\$2⁹⁹

32 oz



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

Chickapea
OrganicChickpea Pasta
 selected varieties

\$3²⁹

8oz



Maya Kaimal
IndianSimmerSauce
 selected varieties

\$4²⁹

12.5oz



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
 1/2 cup walnut halves
 1/3 cup avocado oil
 1/3 cup maple syrup
 1 teaspoon sea salt
 1 teaspoon crushed red pepper flakes
 (or to taste)
 1/2 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
OrganicBoneBroth
 selected varieties

\$5²⁹

16.9 oz



Primal Kitchen
Avocado Oil

\$11⁹⁹

16.9 oz



Napa ValleyNaturals
OrganicExtraVirgin
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



Nick's Sticks

Meat Snack Sticks

selected varieties

2/\$5

1.7 oz



Lily's

Baking Chips

selected varieties

\$6⁷⁹

9 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.

**Pacific Foods
Organic Soup**

selected varieties

\$4²⁹

32 oz



**Pacific Foods
Organic Soup**

selected varieties

\$3⁷⁹

16.1-16.5 oz



**Absolutely Gluten Free
Flatbreads**

\$3⁷⁹

5.29 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**

\$9⁹⁹

30 ml



**Boiron
Oscillococcinum**

\$18⁹⁹

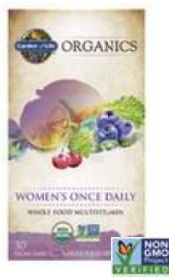
12ct



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

\$21⁹⁹

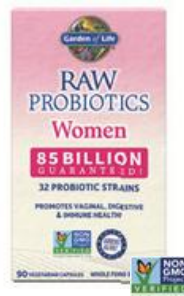
30 tab



**Garden of Life
RAW Probiotics
Women**

\$37⁹⁹

90cap



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

**Forces of Nature
Organic Nail Fungus Remedy**

\$9⁹⁹

5 ml



**Kyolic
Blood Pressure Health Formula 109**

\$20⁹⁹

80 ct



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

\$16⁹⁹

60ct



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

\$15⁹⁹

4oz



**Renew Life
Cleanse More**

\$14⁹⁹

60 ct



**Caboo
Bamboo Baby Wipes**



**Alaffia
Pure Unrefined Shea Butter
selected varieties**

\$9⁹⁹

11 oz



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

\$8⁴⁹

32 oz



\$4⁷⁹

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.



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

