deals

2X monthly!

October 28–November 10, 2026

Scan to **download!**

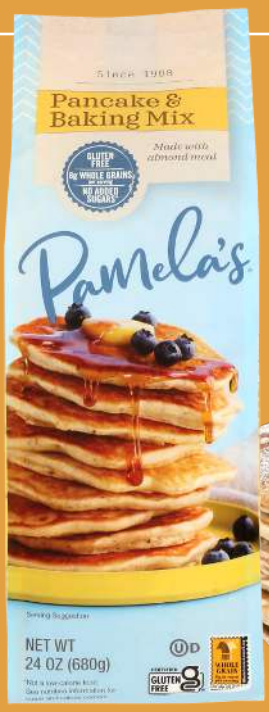




Farmer's Market Organic Pumpkin Puree

$2.99

15 oz



Pamela's Pancake & Baking Mix

$6.99

24 oz



Seasonal Flavors for Every Table

Nancy's Organic Cream Cheese
selected varieties

$3.29

8 oz



Rumiano Organic Cheese
selected varieties

$4.49

8 oz



Primal Kitchen Avocado Oil

$11.99

16.9 oz



Panda Licorice Chews
selected varieties

2/$6

7 oz



Blue Diamond Nut Thins
selected varieties

2/$7

3.75–4.25 oz



ECOS Dish Soap
selected varieties

$3.79

25 oz







Look for new deals on **November 11!**

Better Than Bouillon
Organic Base
selected varieties



$5.29
8 oz

Manitoba Harvest
Hemp Hearts



$5.29
8 oz

Jovial
Organic Einkorn Flour
selected varieties



$7.99
32 oz

Wild Planet
Wild Albacore Tuna
selected varieties



2/$8
5 oz

Follow Your Heart
Original Vegenaise



$4.29
14 oz

Marukan
Organic Rice Vinegar
selected varieties



$2.79
12 oz

Pumpkin Tree Peter Rabbit Organics
Organic Baby Food Pouches
selected varieties



$1.89
4–4.4 oz

Made in Nature
Organic Dried Plums



$5.49
6 oz

Ancient Harvest
Organic Polenta
selected varieties



$2.79
18 oz

RXBAR
Protein Bar
selected varieties



2/$4
1.8–1.9 oz

Tony's Chocolonely
Chocolate Bar
selected varieties



$4.99
6.35 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window. | Proud member of infra

GT's
Alive Mood + Mind
selected varieties



2/$6
16 oz

Odyssey
Sparkling Energy Drink
selected varieties



2/$5
12 oz

Evamor
Alkaline Artesian Water



2/$3
20 oz

Good Culture
Organic Sour Cream



$3.29
16 oz

Harmless Harvest
Organic Smoothie
selected varieties



$3.29
10 oz

Violife
Dairy Free Cheese
selected varieties



$4.49
5.29–8 oz

Brown Cow
Cream Top Whole Milk Yogurt
selected varieties



$1.09
5.3 oz

cocojune
Organic Coconut Yogurt
selected varieties



$1.89
4 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window. | Proud member of infra

Garden of Eatin' Taco Shells
selected varieties



$3.29

5.5 oz

Food for Life Organic Sprouted Corn Tortillas



$3.49

10 oz

Rudi's Organic Bread
selected varieties



$4.49

18–22 oz





CADIA

Organic margherita pizza and crispy chicken nuggets, ready quickly for effortless family meals or snacks.



Kal
Magnesium Glycinate 350

$19.99

160 ct



Nordic Naturals
Vitamin D3 + K2 Gummies

$18.99

60 ct



Bluebonnet
Liquid Calcium Magnesium Citrate & Vitamin D3

$15.99

16 oz



Jarrow
Saccharomyces Boulardii + MOS

$22.99

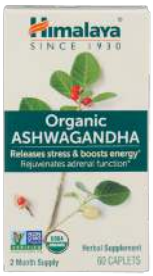
90 ct



Himalaya
Organic Ashwagandha

$17.99

60 ct



ChildLife
Liquid Vitamin C

$7.99

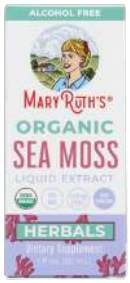
4 oz



MaryRuth Organics
Organic Herbal Liquid Extract
selected varieties

$8.49

1 oz



Vibrant Health
Green Vibrance 15 Day Supply

$29.99

5.93 oz



Vital Planet
Vital Gut Renew

$31.99

195 g



Boiron
Chestal Honey Cough Syrup

$9.99

6.7 oz



Wedderspoon
Organic Manuka Honey Drops
selected varieties

$8.99

4 oz



Xlear
Nasal Spray
selected varieties

$9.99

1.5 oz



Andalou Naturals
Age Defying Resveratrol Q10 Night Repair Cream

$17.99

1.7 oz



Mrs. Meyer's Clean Day Dish Soap
selected varieties

$3.99

16 oz



Caboo
Tree Free Toilet Paper

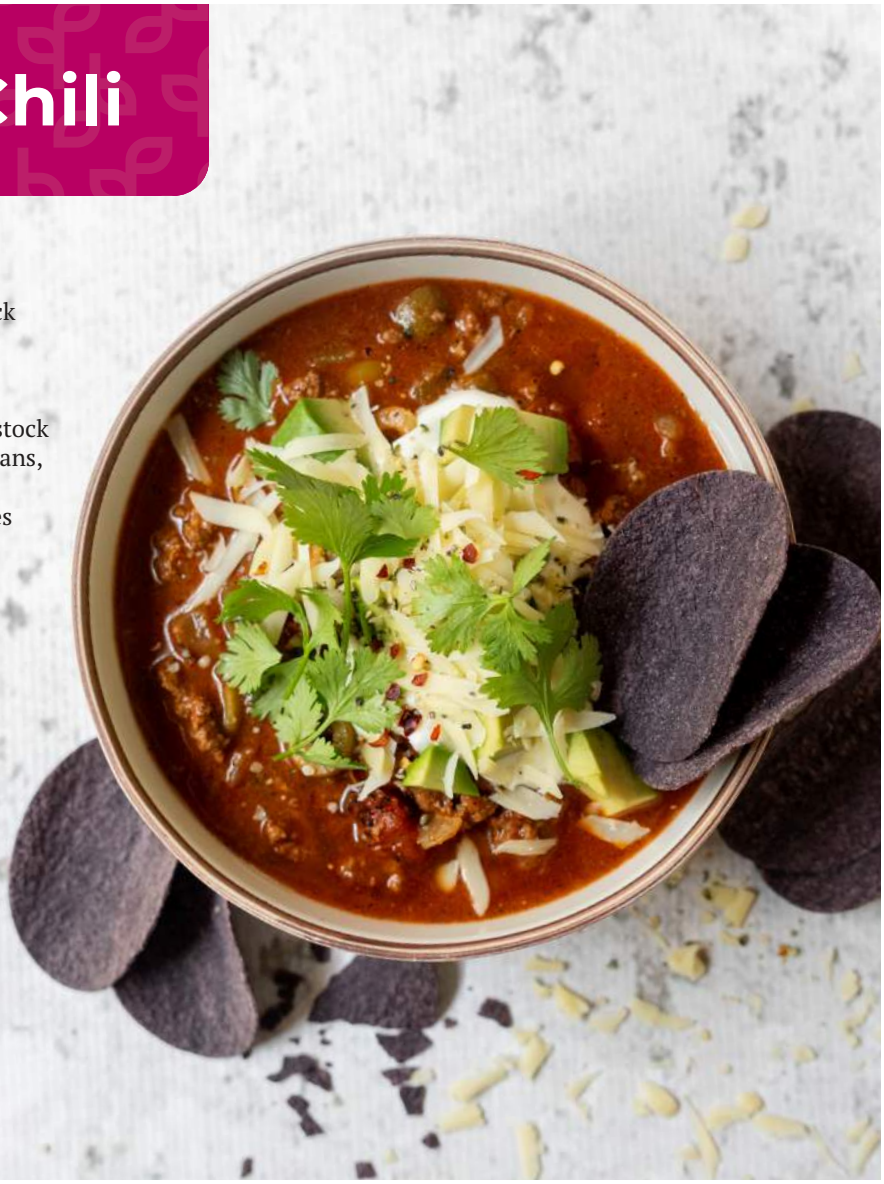
$3.79

4 ct



Beef And Bean Chili

40 MIN · SERVES 4–6 · TRADITIONAL



INGREDIENTS

3 tablespoons olive oil
1 medium yellow onion, chopped
1 large green bell pepper, chopped
1 pound ground beef
1 ½ tablespoon mild chili powder
1 tablespoon paprika
1 tablespoon ground cumin
2 teaspoons granulated garlic or garlic powder
½ teaspoon sea salt
½ teaspoon ground black pepper
1-15 ounce can crushed tomatoes
1 quart chicken or beef stock
2-15 ounce cans chili beans, undrained
½ cup sliced green olives

DIRECTIONS

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion and green bell pepper and sauté until tender, about 5–7 minutes.
2. Add the ground beef and cook until no longer pink, breaking it into crumbles as it cooks. Drain any excess fat if needed.
3. Stir in the chili powder, paprika, cumin, garlic, salt, and black pepper. Cook for about 1 minute, until fragrant.
4. Add the crushed tomatoes and stock. Stir well and bring to a gentle simmer. Cook for 15–20 minutes.
5. Stir in the chili beans with their liquid and continue cooking for 5 minutes, until heated through.
6. Remove from the heat and stir in the sliced green olives.
7. Taste and adjust the seasonings as needed before serving.



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.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window. | Proud member of infra