

deals

September 25–October 22, 2024

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Bob's Red Mill
Organic Old Fashioned
Rolled Oats
selected varieties

\$5.29

32 oz



Manitoba Harvest
Organic Hemp
Hearts

\$11.99

12 oz



Stock up and save on certified Non-GMO snacks

GoMacro
Organic MacroBar
selected varieties



2/\$5

2-2.4 oz



Siete
Kettle Cooked Potato Chips
selected varieties



2/\$6

5.5 oz



Lesser Evil
Organic Popcorn
selected varieties



2/\$6

4.6-6.4 oz



Enjoy Life Foods
Chocolate Chips
selected varieties



\$5.49

9-10 oz



Justin's
Organic Mini Peanut Butter Cups
selected varieties



\$4.99

4.7 oz



Birch Benders
Organic Pancake & Waffle Mix
selected varieties



\$4.29

14-16 oz



Poppi
Prebiotic Soda
selected varieties



2/\$4

12 oz



GT's
Kombucha
selected varieties



2/\$6

16 oz



C2O
Coconut Water
selected varieties



\$1.69

17.5 oz



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

4/\$5

5.26–6 oz



**Tasty Bite
Indian Entrée**
selected varieties

\$2.99

10 oz



**Pacific Foods
Organic Soup**
selected varieties

\$3.79

32 oz



**Dr. McDougall's
Soup Cup**
selected varieties

\$1.89

1.9–3.4 oz



**Westbrae
Organic Beans**
selected varieties

\$2.49

15 oz



**Kettle & Fire
Bone Broth**
selected varieties

\$5.29

16.9 oz



**Napa Valley Naturals
Organic Extra Virgin
Olive Oil**

\$17.99

25.4 oz



**Annie's
Organic Dressing**
selected varieties

2/\$8

8 oz



**Rao's Homemade
Pasta Sauce**
selected varieties

\$6.99

24 oz



Amy's®

At Amy's, we cook with love using the best quality organic ingredients so you can enjoy delicious meals in minutes.



**Amy's
Macaroni &
Cheese**

\$3.79

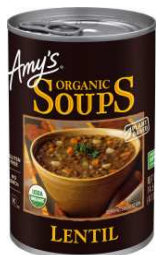
9 oz



**Amy's
Burrito**
selected varieties

2/\$6

6 oz



**Amy's
Organic Soup**
selected varieties

\$3.79

13.65–14.7 oz

**Late July
Tortilla Chips**
selected varieties

2/\$7

7.5-7.8 oz



**SkinnyPop
Popcorn**
selected varieties

\$3.29

4.4-5.3 oz



**gimMe Organic
Organic Seaweed Snack**
selected varieties

2/\$3

0.32-0.35 oz



**Made in Nature
Organic Dried Fruit**
selected varieties

\$3.79

3-12 oz



**Farmer's Market
Organic Pumpkin Puree**

\$2.79

15 oz



**Shop
Better
with the
Butterfly**

Look for the Non-GMO Project
Verified Butterfly to ensure
your products are made as
nature intended.



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

2/\$5

3-3.5 oz



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

\$4.29

8-10 oz



**Navitas
Organic Cacao Powder**

\$7.49

8 oz



**Simple Mills
Gluten Free Cookies**
selected varieties

\$3.79

5.5 oz



**Familia
Swiss Muesli**
selected varieties

\$8.99

29 oz



**Big Tree Farms
Organic Coconut Sugar**
selected varieties

\$3.99

16 oz





At R.W. Knudsen, we *krush* only the best ingredients so you can *krush* everything you do. Our Organic 100% juices are crafted for life's little wins using the finest fruits.



R.W. Knudsen Organic Apple Juice

\$3.79

32 oz



R.W. Knudsen Organic Just Tart Cherry Juice

\$6.99

32 oz

Choice Organic Teas
Organic Tea

selected varieties

\$3.49

16 ct



nutpods Dairy-Free Creamer

selected varieties

\$2.79

11.2 oz



Four Sigmatic Organic Mushroom Coffee

selected varieties

\$12.99

12 oz



Aura Bora Herbal Sparkling Water

selected varieties

2/\$3

12 oz



ROAR Organic Organic Vitamin Enhanced Beverage

selected varieties

\$1.59

18 oz



Olipop Sparkling Tonic

selected varieties

\$1.79

12 oz



Fever-Tree Premium Drink Mixers

selected varieties

\$3.99

4/6.8 oz



Minor Figures Organic Barista Oat Milk

Elmhurst Plant-Based Milk

selected varieties

\$4.79

32 oz



REBBL Organic Protein Elixir

selected varieties

\$3.79

12 oz



\$3.29

32 oz

Silk
Almondmilk
selected varieties

\$4²⁹

64 oz



Three Trees
Organic Almondmilk
selected varieties

\$5⁷⁹

28 oz



GoodBelly
Organic Probiotic Drink
selected varieties

\$2⁷⁹

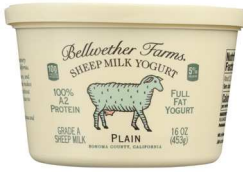
32 oz



Bellwether Farms
Sheep Milk Yogurt
selected varieties

\$4⁹⁹

16 oz



siggi's
Icelandic Style Yogurt
selected varieties

2/\$3

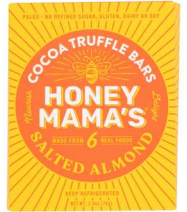
4-5.3 oz



Honey Mama's
Cocoa Truffle Bar
selected varieties

\$3⁹⁹

2.5 oz



Melt
Organic Buttery Spread

\$4⁷⁹

13 oz



Vital Farms
Butter
selected varieties

\$3⁷⁹

8 oz



Organic Valley
Organic String Cheese

\$5²⁹

8 oz



Food For Life
Organic Ezekiel 4:9® English Muffins
selected varieties

\$3⁹⁹

16 oz



Beyond Meat
Beyond Ground Beef

\$7⁴⁹

16 oz



Tofurky
Plant-Based Original Sausage

\$4⁹⁹

13 oz



Lily of the Desert
Organic Aloe Vera Juice

\$5⁷⁹

32 oz



Garden of Life
Organic Elderberry Gummy

\$27⁹⁹

120 ct



MegaFood
Relax + Calm Magnesium
Soft Chews

\$11⁴⁹

30 ct





HEALTHY CONSCIOUS LIVING

Environmental and social responsibility are at the heart of Organic India, with an unwavering commitment to ethical and sustainable practices. Every herb and spice is cultivated by way of organic, regenerative methods and fairtrade principles.



Organic India Organic Psyllium Husk

\$14.99

12 oz



Organic India Organic Ashwagandha

\$16.99

90 cap

Beekeeper's Naturals Propolis Immune Support Throat Spray

\$10.49

30 ml



Carlson Cod Liver Oil

\$38.99

500 ml



WishGarden Herbs Deep Lung

\$19.99

2 oz



Quantum Health TheraZinc Elderberry Lozenges

\$27.99

14 ct



Oregon's Wild Harvest Organic Milk Thistle Dandelion

\$22.99

90 ct



Nordic Naturals Ultimate Omega

\$21.99

60 ct



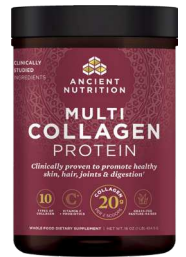
At Ancient Nutrition, we are leading the Regenerative Revolution in Mind, Body & Planet. On our founder-owned Regenerative Organic Certified® (ROC™) farms, we are cultivating more nutrient-dense soil to grow the powerful superfood ingredients that go into our line of first-ever ROC™ Probiotics.



Ancient Nutrition Organic Gut Recovery Probiotics

\$43.99

60 ct



Ancient Nutrition Multi Collagen Protein Powder selected varieties

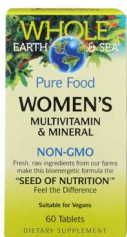
\$38.99

459-525 g

Natural Factors Whole Earth & Sea™ Women's Multivitamin & Mineral

\$30.99

60 tab



**Flora
Super 8 Hi-Potency Probiotic**

\$18⁹⁹

30 cap



**KAL
Magnesium Glycinate 350**

\$16⁹⁹

160 ct



**Boiron
Oscillococcinum**

\$18⁹⁹

12 ct



**Andalou Naturals
Shampoo or Conditioner**
selected varieties

\$6⁷⁹

11.5 oz



**Desert Essence
Dental Floss**

\$2⁹⁹

1 ct



Whether it's a cup for conversation, finding your zen, or settling digestive discomfort, Traditional Medicinals has a tea for that, and lozenges too! We combine traditional plant knowledge and advanced plant science to help you better manage your wellness.



**Traditional Medicinals
Organic Tea**
selected varieties

\$4²⁹

16 ct



**Traditional Medicinals
Organic Throat Lozenges**
selected varieties

\$3⁹⁹

16 ct

**Jarrow Formulas
Methyl B-12 1000 mcg**

\$10⁹⁹

100 ct



**Alaffia
EveryDay Coconut Body Wash**
selected varieties

\$10⁴⁹

32 oz



**Dr. Bronner's
Organic Castile Liquid Soap**

\$14⁹⁹

32 oz



**Himalaya
Toothpaste**
selected varieties

\$5⁴⁹

4-5.29 oz



**ECOS
Laundry Detergent**
selected varieties

\$12⁹⁹

100 oz



**Ecover
Dishwasher Tablets**
selected varieties

\$4⁷⁹

25 ct



Pumpkin Cheesecake Oatmeal

5 MIN • SERVES 2 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

Pumpkin Cheesecake

½ cup Greek yogurt
2 tablespoons pumpkin puree
1 tablespoon maple syrup
½ teaspoon cinnamon
Pinch nutmeg
Pinch sea salt

Pinch nutmeg
1 ¼ cups almond milk
2 tablespoons maple syrup

Toppings

Pecans
Pumpkin Seeds
Granola

Oats

1 cup oatmeal
1 teaspoon cinnamon

DIRECTIONS

- 1 In a bowl, combine the pumpkin cheesecake ingredients and set aside.
- 2 In a microwave safe bowl, combine the oats ingredients and microwave for one minute. Stir and microwave for an additional minute.
- 3 Swirl the pumpkin cheesecake into the oats and top with pecans, pumpkin seeds, and granola.



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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.

