

# deals

**Now 2x monthly!**

April 30–May 13, 2025

Scan to  
download!



**Organic Valley  
Organic Shredded  
Cheese**  
selected varieties

**\$3.99**

6 oz



**poppi**  
**Prebiotic Soda**  
selected varieties

**\$1.79**

12 oz

## Stock up on delicious snacks

**Chocolove  
Chocolate Bar**  
selected varieties

**2/\$6**

2.9–3.2 oz



**Larabar  
Fruit & Nut Bar**  
selected varieties

**5/\$5**

1.6–1.7 oz



**Panda  
Licorice**  
selected varieties

**\$3.29**

7 oz



**The Good Crisp Company  
Potato Crisps**  
selected varieties

**2/\$5**

5.6 oz



**Late July  
Tortilla Chips**  
selected varieties

**2/\$7**

7.8 oz



**Mary's Gone Crackers  
Organic Crackers**  
selected varieties

**2/\$6**

5 oz



**GT's  
Alive Ancient Mushroom Elixir**  
selected varieties

**2/\$6**

16 oz



**The Mountain Valley  
Spring Water**

**\$2.29**

1 lt



**Harmless Harvest  
Organic Coconut Water**

**\$4.29**

16 oz



Look for new deals on **May 14!**

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

**2/\$5**

6 oz



**Lotus Foods**  
**Rice Ramen**  
selected varieties

**\$1.49**

2.8 oz



**Ancient Harvest**  
**Organic Polenta**  
selected varieties

**\$2.29**

18 oz



**California Olive Ranch**  
**Extra Virgin Olive Oil**  
selected varieties

**\$12.99**

16.9 oz



**California Olive Ranch**  
**Extra Virgin Olive Oil**  
selected varieties

**\$17.99**

25.4 oz



California Olive Ranch is exceptionally committed to high quality Extra Virgin Olive Oil. Our award-winning Global Blend Extra Virgin Olive Oil is crafted by the world's best olive growers, offering a balanced flavor that's perfect for everyday cooking.

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

**\$6.99**

24 oz



**Inka Crops**  
**Plantain Chips**  
selected varieties

**\$2.29**

3.25-4 oz



Set the table with Siete Foods! Siete is a Mexican-American food brand that creates delicious heritage-inspired products with thoughtfully selected ingredients—like avocado oil and organic beans.

Enjoy Siete's Refried Black Beans (and more!) with friends and familia because *Juntos es Mejor*.



**Siete**  
**Seasoning**  
selected varieties

**2/\$4**

1-1.31 oz



**Siete**  
**Refried Beans**  
selected varieties

**\$2.29**

15.5-16 oz



**Siete**  
**Kettle Cooked Potato Chips**  
selected varieties

**2/\$6**

5.5 oz

**RW Garcia  
Organic Corn Chips**  
selected varieties

**2/\$7**

7.5–8.25 oz



**Stacy's  
Pita Chips**  
selected varieties

**\$3<sup>29</sup>**

7.33 oz



**Gimme Health Foods  
Organic Roasted Seaweed Snacks**  
selected varieties

**2/\$3**

0.32–0.35 oz



**Perfect Bar  
Protein Bar**  
selected varieties

**2/\$5**

1.94–2.5 oz



**Dr. Bronner's  
Organic Chocolate Bar**  
selected varieties

**\$3<sup>29</sup>**

2.93–3 oz



**Theo Chocolate  
Organic Chocolate Bar**  
selected varieties

**\$3<sup>79</sup>**

3 oz



**Solely  
Organic Fruit Jerky**  
selected varieties

**\$1<sup>29</sup>**

0.8 oz



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

**\$3<sup>79</sup>**

3–8 oz



**Serenity Kids  
Organic Baby Food Pouch**  
selected varieties

**3/\$6**

3.5 oz



For over thirty years, Nature's Path has been a pioneer in the organic food movement. Although our family-owned company was founded in 1985, we have a long tradition of organic food and farming that began much earlier. It is our mission to provide families with nourishing organic foods while leaving the earth better than we found it!



**Nature's Path  
Organic Mesa Sunrise**  
selected varieties

**\$7<sup>99</sup>**

23–26.4 oz



**Nature's Path  
Organic Heritage Flakes**  
selected varieties

**\$8<sup>99</sup>**

26.4–32 oz



**Nature's Path  
Organic Oatmeal**  
selected varieties

**\$3<sup>49</sup>**

8 pkt

**Crofter's Organic  
Organic Premium Fruit Spread**  
selected varieties

**\$4<sup>79</sup>**

16.5 oz



**Catalina Crunch  
Keto Friendly Cereal**  
selected varieties

**\$6<sup>29</sup>**

8-9 oz



**From The Ground Up  
Cauliflower Crackers**  
selected varieties

**\$3<sup>49</sup>**

4 oz



**Crunchmaster  
Multi-Seed Crackers**  
selected varieties

**\$3<sup>29</sup>**

4 oz



**Celestial Seasonings  
Tea**  
selected varieties

**\$3<sup>29</sup>**

16-20 ct



**DREAM  
Organic Ricemilk**  
selected varieties

**\$2<sup>99</sup>**

32 oz



**Vita Coco  
Coconut Water**  
selected varieties

**\$3<sup>79</sup>**

1 lt



**Waterloo  
Sparkling Water**  
selected varieties

**\$5<sup>29</sup>**

12/12 oz



**R.W. Knudsen  
Morning Blend Juice**

**\$3<sup>79</sup>**

32 oz



**De La Calle Tepache  
Organic Mexican Soda**  
selected varieties

**2/\$4**

12 oz



**SOWN  
Organic Oat Creamer**  
selected varieties

**\$4<sup>49</sup>**

32 oz



**Three Trees  
Organic Almondmilk**  
selected varieties

**\$5<sup>49</sup>**

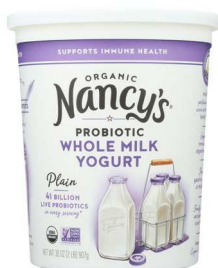
28 oz



**Nancy's  
Organic Yogurt**  
selected varieties

**\$4<sup>29</sup>**

32 oz



**Forager Project  
Organic Cashew & Coconut  
Yogurt Alternative**  
selected varieties

**\$4<sup>99</sup>**

24 oz



**Kerrygold  
Cheese**  
selected varieties

**\$4<sup>49</sup>**

7 oz



**Bubbies**  
**Sauerkraut**  
selected varieties

**\$6<sup>29</sup>**

25 oz



**Canyon Bakehouse**  
**Gluten Free Bread**  
selected varieties

**\$5<sup>49</sup>**

18 oz



**Dr. Praeger's**  
**Veggie Burgers**  
selected varieties

**\$4<sup>29</sup>**

4/2.5 oz



**GoodPop**  
**Organic Dairy-Free Frozen Pops**  
selected varieties

**\$3<sup>99</sup>**

4 ct



**Nuun**  
**Sport Hydration Tablets**  
selected varieties

**\$4<sup>99</sup>**

10 ct



**Organic India**  
**Organic Psyllium Husk**

**\$11<sup>99</sup>**

12 oz



**ChildLife**  
**Liquid Multi Vitamin & Mineral**

**\$10<sup>99</sup>**

8 oz



**Vibrant Health**  
**Green Vibrance**

**\$45<sup>99</sup>**

330 g



**Carlson**  
**Cod Liver Oil**

**\$38<sup>99</sup>**

500 ml



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

**\$28<sup>99</sup>**

30 vcap



**Natural Factors**  
**WellBetX® Berberine 1000 mg**

**\$20<sup>99</sup>**

60 vcap



**Om Mushrooms**  
**Organic Lion's Mane**

**\$16<sup>99</sup>**

100 g



**Aura Cacia**  
**Lavender Essential Oil**

**\$8<sup>49</sup>**

0.5 oz



**Heritage Store**  
**Organic Castor Oil**

**\$17<sup>99</sup>**

16 oz



**Andalou Naturals**  
**Shampoo or Conditioner**  
selected varieties

**\$6<sup>79</sup>**

11.5 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.

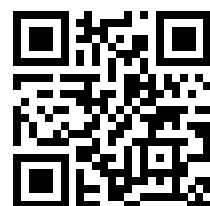


## Proud member of INFRA.

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](http://www.naturalfoodretailers.com) or scan this code.



SW-A