

deals

2X monthly!

January 28–February 10, 2026

Scan to
download!



The Good Crisp Company
Potato Crisps
selected varieties

2/\$6
5.6 oz



GT's
Synergy Kombucha
selected varieties

2/\$5
16 fl oz



Savor the Season's Sweetest Finds

Traditional Medicinals
Organic Tea
selected varieties

\$4.79

16 ct



The Ginger People
Organic Ginger
selected varieties

\$4.49

6.7 oz



Siete
Maiz Corn
Tortilla Chips
selected varieties

\$3.79

7.5 oz



Clif Bar
Energy Bar
selected varieties

2/\$3

1.69-2.4 oz



Crunchmaster
Multi-Seed
Crackers
selected varieties

2/\$6

4 oz



Chocolove
Chocolate Bar
selected varieties

2/\$7

2.9-3.2 oz



Quinn Snacks
Filled Pretzel
Nuggets
selected varieties

\$4.29

5.8-7 oz



Oatly
Oatmilk
selected varieties

\$4.29

64 oz



Vital Farms
Organic
Pasture-Raised Large Eggs

\$8.99

1 dz



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

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

2/\$5

6 oz



**Chickapea
Organic Pasta**
selected varieties

\$3.49

8 oz



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



**California Olive Ranch
Global Blend Extra Virgin Olive Oil**

\$15.99 \$11.99

25.4 oz

16.9 oz

**Muir Glen
Organic Tomatoes**
selected varieties

2/\$5

28 oz



**Rao's
Pasta Sauce**
selected varieties

\$6.99

15-24 oz



**Dr. McDougall's
Ramen**
selected varieties

2/\$4

1.8-1.9 oz



Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- | | |
|--|------------------------------------|
| ½ medium sized sweet potato | ¼ cup shredded carrot |
| 1 can (5 ounces) Wild Planet | 1 teaspoon lemon zest |
| Wild Albacore Tuna , undrained | 1 tablespoon chopped fresh parsley |
| 1 egg | Ground black pepper, to taste |
| ¼ cup breadcrumbs | 1 teaspoon olive oil |
| 2 tablespoons finely chopped green onion | |

DIRECTIONS

- Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Wild Albacore Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.



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" 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.



Zack's Mighty Organic Tortilla Chips
 selected varieties



2/\$7
 7.5 oz

Milton's Crackers
 selected varieties



2/\$6
 4.5-8.4 oz

Patagonia Provisions Organic Crackers
 selected varieties



\$3.79
 4.4 oz

Kettle Potato Chips
 selected varieties



2/\$6
 5 oz

Angie's BoomChickaPop Popcorn
 selected varieties



2/\$5
 5-7 oz

Magic Organic Chocolate Bar
 selected varieties



2/\$6
 2.93-3 oz

Tate's Bake Shop Cookies
 selected varieties



\$4.29
 6.5-7 oz

TCHO Organic Chocolate Bar
 selected varieties



\$3.29
 2.1 oz

YumEarth Organic Licorice
 selected varieties



\$4.49
 5 oz



Make Life Sweeter!
Here at LILY'S, we LOVE
sweets. We think they
should be for everyone,
regardless of your lifestyle.
Certified Gluten Free, No
Sugar Added, Fair Trade
Certified goodness.



**Lily's
Chocolate Bar**
selected varieties

\$3⁷⁹

2.8-3 oz



**Lily's
Baking Chips**
selected varieties

\$7²⁹

9 oz

**Enjoy Life
Chocolate Chips**

selected varieties



\$5⁴⁹

9 oz



**West Life
Organic Soymilk**

selected varieties

\$2⁷⁹

32 oz



**Native Forest
Organic Coconut Milk**

selected varieties

2/\$5

13.5 oz



**Dream
Organic Ricemilk**

selected varieties

\$2⁹⁹

32 oz



**Kite Hill
Almond Milk Cream Cheese**

\$5²⁹

8 oz



**Sierra Nevada
Bella Capra
Raw Milk
Goat Cheddar**

\$5²⁹

6 oz



**Minor Figures
Organic Barista
Oat Milk**

selected varieties

\$3⁴⁹

32 oz



**SOWN
Organic Oat
Creamer**

selected varieties

\$4⁴⁹

32 oz



**Daiya
Dairy-Free Slices**
selected varieties

\$3⁴⁹

7.8 oz



**Earth Balance
Organic Whipped
Plant Butter Spread**

\$4⁷⁹

13 oz



Nancy's Organic Cream Cheese

selected varieties



\$379

8 oz

Flax4Life Mini-Muffins

selected varieties

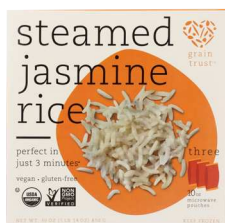


\$549

14 oz

Grain Trust Organic Frozen Rice

selected varieties

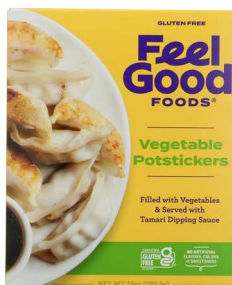


\$379

20-30 oz

Feel Good Foods Dumplings

selected varieties



\$649

10 oz

Amy's Pizza

selected varieties



\$849

13-14 Oz



It takes effort to make our kind of cheese. The kind made with organic milk from pasture-raised cows.

But once you taste our ooey-goey mozzarella, or our flavorful 3 Cheese Mexican Blend, you'll know it was well worth it.



Organic Valley Organic Shredded Cheese

selected varieties

\$379

6 oz

Buffalo Chicken Stuffed Avocados

15 MIN • SERVES 4 • GRAIN-FREE, KETO

INGREDIENTS

- | | |
|--|--|
| 2 ripe avocados | $\frac{3}{4}$ cup cheddar cheese, shredded |
| 1 cup shredded chicken | 1 green onion, thinly sliced |
| 1 $\frac{1}{2}$ tablespoons mayonnaise or Greek yogurt | $\frac{1}{2}$ cup cilantro |
| 1 tablespoon buffalo hot sauce | |

DIRECTIONS

- 1 Preheat oven to 350°F. Prepare the buffalo chicken by whisking together mayonnaise and buffalo sauce in a small bowl. Fold in chicken and season with salt and pepper to taste.
- 2 Cut avocados in half and discard pit. Place avocados in an oven safe baking dish.
- 3 Spoon chicken salad on top of avocado halves and sprinkle with shredded cheese.
- 4 Bake for three to five minutes or until cheese has melted.
- 5 Place avocados on a serving tray and garnish with green onion and cilantro.





**31,000
TESTS**

EVERY MONTH

Testing. Trust. Transparency.

Quality isn't a claim; it's a commitment. For nearly 60 years, family-owned NOW® has set the standard for natural product quality, conducting more than **31,000 tests every month** in our state-of-the-art, in-house laboratories. From sustainable sourcing to third-party certifications, our commitment to transparency ensures that **what's on the label is exactly what's in the bottle.**

nowfoods.com

**NOW
D-Mannose 500 mg**

\$18⁹⁹

120 vcap



**Rainbow Light
Women's One**

\$9⁴⁹

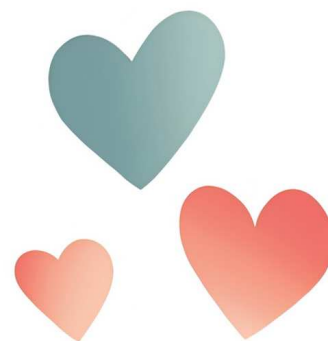
30 ct



**Carlson
The Very Finest Fish Oil**

\$25⁹⁹

200 ml



**Natural Factors
Organic Oil of Oregano**

\$13⁹⁹

1 oz



**Boiron
Chestal**

selected varieties

\$9⁹⁹

6.7 oz



**ACURE
Brightening
Facial Scrub**

\$7⁴⁹

4 oz



**Heritage Store
Rosewater Facial Mist**

\$9⁹⁹

8 oz



**DrTung's
Smart Floss**
selected varieties

\$4²⁹

30 yd



**Pranarom
Organic Clove Bud
Essential Oil**

\$8⁹⁹

5 ml



**evanhealy
Shea Butter
Lip Balm**

\$8⁴⁹

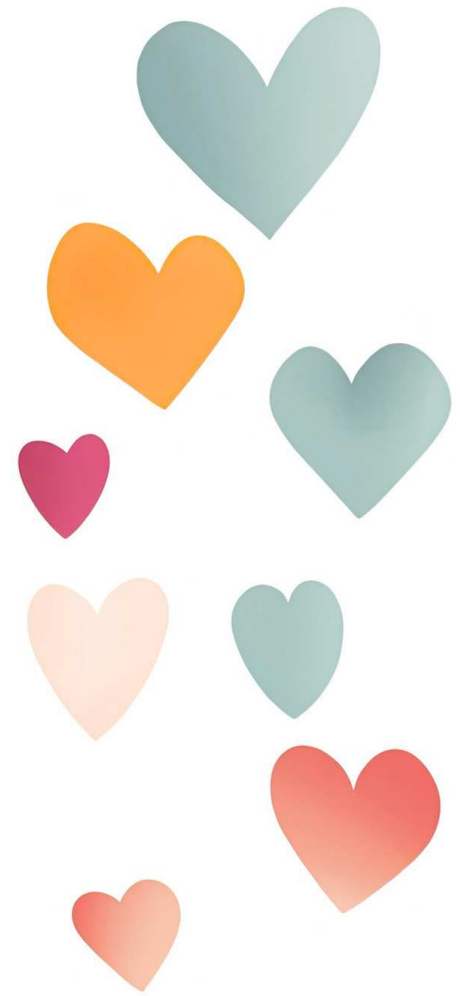
7 g



**Caboo
Bamboo
Baby Wipes**

\$4⁴⁹

72 ct



**AURA
CACIA®**

From self-care to home care, our 100% pure essential oils, skincare, bath, and home care products bring the beauty of nature into every part of your day.



**Aura Cacia
Lavender Essential Oil**

\$7⁹⁹

.5 oz



**Aura Cacia
Organic Castor Oil**

\$3⁷⁹

4 oz

Peanut Butter Cookies

35 MIN • MAKES 16 COOKIES • GLUTEN-FREE

INGREDIENTS

1 cup creamy peanut butter, unsalted
2/3 cups cane sugar
1 large egg
1 teaspoon vanilla extract
1/4 teaspoon sea salt

DIRECTIONS

- 1 Preheat oven to 350°F. Line two baking sheets with parchment paper.
- 2 In a medium-size mixing bowl, add all ingredients and stir until well combined. Allow mixture to stand for 10 minutes.
- 3 Portion dough into tablespoon size amounts and roll into balls. Place dough balls onto the parchment lined baking sheets and press the tines of a fork to flatten. If desired, sprinkle with extra cane sugar.
- 4 Bake cookies for 11 minutes. Remove from oven and allow cookies to cool before handling.

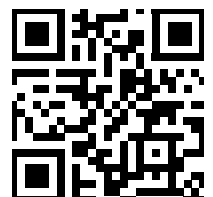


Proud member of INFRA.

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.



SW-A