

deals

2X monthly!

September 23–October 13, 2026

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**Red's
Organic Burrito**
selected varieties

2/\$4
4.5-5 oz



**Siete
Maiz Corn
Tortilla Chips**
selected varieties

\$3.79
7.5 oz



Fresh Fall Favorites

**Rumiano
Organic Cheese**
selected varieties



\$4.49

8 oz

**EPIC
Meat Snack Strip**
selected varieties



4/\$5

.8 oz

**Primal Kitchen
Dressing & Marinade**
selected varieties



\$5.49

8 oz

**Gardein
Plant-Based Meat**
selected varieties



\$4.29

8.1-13.7 oz

**Minor Figures
Organic Barista Oat Milk**
selected varieties



\$3.99

32 fl oz

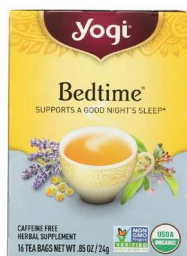
**Safe Catch
Wild Elite Pure Tuna**



\$2.99

5 oz

**Yogi
Organic Tea**
selected varieties



\$3.49

16 ct

**Nixie
Organic Soda**
selected varieties



2/\$3

12 oz

**Kettle
Potato Chips**
selected varieties

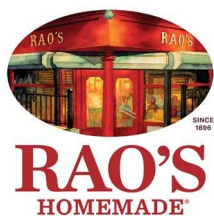


2/\$6

5 oz



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



Experience the difference of Rao's Homemade, slow-simmered in small batches with hand-picked southern Italian tomatoes and pure Italian olive oil. Crafted without paste, fillers, starch, added sugar, or artificial colors for a rich, authentic homemade flavor.



Rao's Sauce
selected varieties

\$6⁹⁹
24 oz



Rao's Sauce
selected varieties

\$6⁹⁹
24 oz

Napa Valley Naturals Organic Cold Pressed Extra Virgin Olive Oil



\$17⁹⁹
25.4 oz

Chickapea Organic High Protein Pasta
selected varieties



\$3⁷⁹
8 oz

Maya Kaimal Indian Simmer Sauce
selected varieties

\$3⁹⁹
12.5 oz



Kettle & Fire Organic Bone Broth
selected varieties

\$5²⁹
16.9 oz



Pacific Foods Organic Soup
selected varieties

\$3⁴⁹
32 oz



Dr. McDougall's Ramen
selected varieties

\$1⁸⁹
1.8-1.9 oz



Near East Rice Pilaf
selected varieties

\$2²⁹
6.09-6.75 oz



Go Raw Organic Sprouted Pumpkin Seeds

\$9⁹⁹
14 oz



Harvest Snaps Baked Veggie Snacks
selected varieties

\$2²⁹
3-3.3 oz



Inka Chips Plantain Chips
selected varieties

2/\$5
4 oz



Good Health Avocado Oil Potato Chips
selected varieties

\$3²⁹
5 oz





One Degree Organics Organic Sprouted Cereal

selected varieties

\$4²⁹

8-10 oz



Guittard Cocoa Powder

selected varieties

\$8⁴⁹

8-10 oz



Artisana Organics Organic Raw Tahini Butter

\$7⁹⁹

14 oz



familia Swiss Muesli

selected varieties

\$10⁹⁹

29 oz



Magic Organic Chocolate Bar

selected varieties

\$3⁹⁹

2.93-3.0 oz



Bonne Maman Preserves

selected varieties

\$5⁹⁹

13 oz



Simple Mills Stuffed Sandwich Cookies

selected varieties

\$4⁷⁹

6.7 oz



Annie's Organic Mac & Cheese

selected varieties

2/\$5

6 oz



Annie's Organic Bunny Crackers

selected varieties

2/\$6

7.5 oz



Annie's Organic Cheddar Cheesy Smiles

2/\$6

4 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
2-2.4 oz

**Aloha
Organic Protein Bar**
selected varieties



2/\$4
1.98 oz

**REBBL
Organic Shake**
selected varieties



\$3.29
12 oz

**Alexandre Family Farm
Organic A2/A2 Grass-Fed Yogurt**
selected varieties

\$4.79
24 oz



**Bellwether Farms
Sheep Milk Yogurt**
selected varieties

\$4.79
16 oz



**Organic Valley
Organic Shredded Cheese**
selected varieties

\$3.79
6 oz



**Ithaca
Hummus**
selected varieties

2/\$7
10 oz



**Cleveland Kitchen
Kimchi**
selected varieties

\$3.79
16 oz



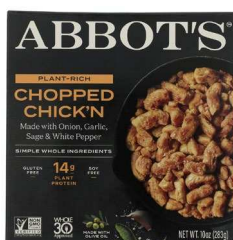
**BelGioioso
Fresh Mozzarella
Cheese Ball**

\$2.79
8 oz



**Abbot's
Plant-Based Meat Alternative**
selected varieties

\$5.49
10 oz



**El Burrito
Organic Soyrizo**

\$3.79
12 oz



**Kite Hill
Almond Milk
Cream Cheese**

\$5.29
8 oz



De La Calle
Organic Mexican Soda
 selected varieties

2/\$3

12 oz



Health-Ade
Organic Kombucha
 selected varieties

2/\$6

16 oz



Farm like the world depends on it.



**Regenerative
 Organic
 Certified®**

C2O
Coconut Water
 selected varieties

\$2.29

17.5 oz



Uncle Matt's Organic
Orange Juice
 selected varieties

\$7.99

52 oz



Bizzy Cold Brew
Organic Cold Brew
 selected varieties

2/\$9

48 oz



Small family farms.
 Handpicked botanicals.
 Generations of herbal
 wisdom. For decades,
 Organic India has
 worked hand in
 hand with farming
 families, cultivating
 uncompromising care
 for the people, the
 land, and the herbs
 behind every
 wellness journey.



Organic India
Organic Whole Husk
Fiber Psyllium

\$12.99

12 oz



Organic India
Organic Moringa

\$14.99

90 cap

Four Sigmatic
Organic Coffee
 selected varieties

\$12.99

10 oz



Laird Superfood
Superfood Creamer
 selected varieties

\$6.29

8 oz



**BIOptimizers
Magnesium Breakthrough**

\$29⁹⁹

60 ct



**Natural Factors
Women's Multivitamin
& Mineral**

\$27⁹⁹

60 tab



**MegaFood
Vitamin D3 & K2
5000 IU**

\$21⁹⁹

60 ct



**Quantum Health
Super Lysine+
Immune Support**

\$9⁹⁹

90 tab



**Boiron
ColdCalm Meltaway
Tablets**

\$10⁹⁹

60 ct



**Beekeeper's Naturals
Propolis Immune
Support Throat Spray**

\$9⁴⁹

30 ml



**Spry
Gum**
selected varieties

\$8⁹⁹

100 ct



SINCE 1973

**Shop local.
Support global.**

**1% of every sale supports the people
and the planet behind our food.**

Rooted in shared values, MegaFood proudly supports INFRA.



MegaFood



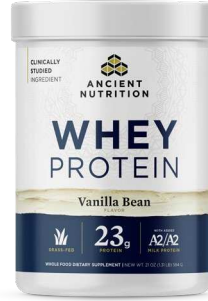
Ancient Wisdom, Modern Science

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity, and nurture nutrient-rich soil – honoring the deep connection between human health and the health of our planet.



**Ancient Nutrition
Multi Collagen
Protein Powder**
selected varieties

\$39⁹⁹
459-525 g



**Ancient Nutrition
Grass-Fed
Whey Protein**
selected varieties

\$39⁹⁹
594-646 g

The Mountain Valley Spring Water

\$16⁹⁹

0.5 lt



Host Defense Mushrooms Grateful Dead Gummies

selected varieties

\$27⁹⁹

90 ct



Dauids Toothpaste

selected varieties

\$5⁴⁹

4-5.25 oz



Solaray Zinc 50 mg

\$7⁹⁹

100 vcap



Gaia Herbs Ashwagandha Root

\$17⁹⁹

60 ct



Alaffia EveryDay Body Wash

selected varieties

\$11⁹⁹

32 oz



Frizz Be Gone!
Transform dry,
frizzy hair with
Giovanni's **Smoothing
Castor Oil Shampoo
& Conditioner**. Gently
cleanses, hydrates,
and conditions for
silky softness, lasting
shine, and effortless
manageability!



**Giovanni
Shampoo and
Conditioner**
selected varieties

2/\$14

13.5 fl oz

ECOS Laundry Detergent

selected varieties

\$12⁹⁹

100 oz



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.

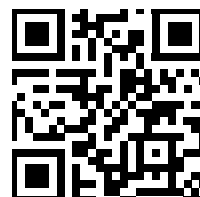


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SW-A