

deals

Now 2x monthly!

January 15–January 28, 2025

Scan to download!



\$3.29

Mary's Gone Crackers
Organic Crackers
selected varieties
5–6.5 oz

\$3.79

Wild Planet
Wild Albacore Tuna
selected varieties
5 oz

\$3.79

Grab these deals on your favorite drinks

Essentia Water
Alkaline Water



GT's
Alive Ancient Mushroom Elixir
selected varieties



So Delicious
Organic Coconut Milk
selected varieties



2/\$4

1.5 lt

2/\$6

16 oz

2/\$6

32 oz

LesserEvil
Organic Popcorn
selected varieties



Cascadian Farm
Organic Potatoes
selected varieties



Simple Mills
Almond Flour Crackers
selected varieties



2/\$6

4.6–6.4 oz

2/\$8

16 oz

\$3.79

4.25 oz

Muir Glen
Organic Tomatoes
selected varieties



Food For Life
Organic Ezekiel 4:9® Bread
selected varieties



Garden of Eatin'
Taco Shells
selected varieties



2/\$3

14.5 oz

\$5.79

24 oz

\$3.49

5.5 oz



Look for new deals on **January 29!**

**Maya Kaimal
Organic Everyday Dal**

selected varieties

\$3²⁹

10 oz



**Mike's Mighty Good
Craft Ramen**

selected varieties

\$1⁸⁹

1.6-2.4 oz



**Muir Glen
Organic Pasta Sauce**

selected varieties

2/\$7

23.5 oz



**Coconut Secret
Organic Coconut Aminos**

\$5²⁹

8 oz



**Good Health
Avocado Oil Potato Chips**

\$2⁷⁹

5 oz



**Pacific
FOODS.**

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.



**Pacific Foods
Organic Soup**
selected varieties

\$3⁴⁹

16.1-16.5 oz



**Pacific Foods
Organic Broth**
selected varieties

\$5⁷⁹

32 oz

**PRIMAL
KITCHEN**

Add bold, crave-worthy flavor to the real foods you love with Primal Kitchen Organic Unsweetened Ketchup, no-dairy Ranch Dressing, and Mayo with Avocado Oil. Our premium pantry staples are made with real ingredients like organic California-grown tomatoes and cage-free eggs for a classic taste that kids and parents love. No artificial sweeteners and no nonsense!



**Primal Kitchen
Dressing**
selected varieties

\$5⁷⁹

8 oz



**Primal Kitchen
Organic Ketchup**
selected varieties

\$4⁷⁹

11.3 oz



**Primal Kitchen
Mayo with
Avocado Oil**
selected varieties

\$8⁴⁹

12 oz



A Promise for Goodness

- Real, purposeful ingredients
- Mac made with organic pasta and 100% real cheese
- USDA Certified Organic snacks
 - Never, ever using artificial colors or flavors



Annie's Mac & Cheese
selected varieties

2/\$3

5.25–6 oz



Annie's Organic Bunny Crackers
selected varieties

2/\$7

7.5 oz

Alter Eco Organic Chocolate Bar
selected varieties

\$3.79

2.65–2.82 oz



Larabar Fruit & Nut Bar
selected varieties

2/\$2

1.6–1.7 oz



The Ginger People Gin Gins® Ginger Candy
selected varieties

\$2.49

3 oz



Barbecue Chicken

30–40 MIN • SERVES 4 • DAIRY-FREE, GLUTEN-FREE

INGREDIENTS

- 2 tablespoons olive oil
- 8 chicken legs
- ¾ cup barbecue sauce
- Salt and pepper

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Line a baking sheet with parchment paper and place chicken on tray.
- 3 Coat chicken with olive oil and season with salt and pepper.
- 4 Bake chicken for 15 minutes, then start to baste with barbecue sauce every 5–10 minutes thereafter. Continue to cook chicken until the internal temperature reaches 165°F.
- 5 Remove chicken from oven and allow to rest on a clean plate for 5 minutes before serving.





Organic India was born from determination to restore depleted land with traditional and regenerative organic farming practices. When the soil flourishes, when gardens flourish, when farmers flourish—we all flourish.



Organic India Organic Tulsi Tea
selected varieties

\$379

18 ct



Organic India Organic Psyllium Husk

\$1199

12 oz

One Degree Organics Organic Sprouted Cereal
selected varieties

\$429

8-10 oz



Cascadian Farm Organic Cereal
selected varieties

2/\$7

8.6-14.6 oz



Catalina Crunch Keto Friendly Cereal
selected varieties

\$649

8-9 oz



Once Again Organic Tahini

\$699

16 oz



Navitas Organic Cacao Powder

\$899

8 oz



nutpods Dairy-Free Creamer
selected varieties

\$279

11.2 oz



Jovial Organic Einkorn Flour
selected varieties

\$699

32 oz



Spectrum Naturals Organic Shortening

\$849

24 oz



Santa Cruz Organic Organic Lime Juice

\$369

16 oz



R.W. Knudsen Organic Just Tart Cherry Juice

\$679

32 oz



**Vita Coco
Coconut Water**
selected varieties



2/\$4

500 ml

**Califia Farms
Barista Blend Oatmilk**
selected varieties



\$3.49

32 oz

**Rudi's
Organic Bread**
selected varieties



\$4.79

22 oz

**Van's
Waffles**
selected varieties



\$3.29

8-9 oz

**Native Forest
Organic Coconut Milk**
selected varieties



\$2.79

13.5 oz

**Zevia
Zero Calorie Soda**
selected varieties



\$5.79

6/12 oz

**ROAR Organic
Organic Vitamin Enhanced Beverage**
selected varieties



\$1.79

18 oz

**KeVita
Organic Kombucha**
selected varieties



\$2.79

15.2 oz

**Brown Cow
Cream Top Whole Milk Yogurt**
selected varieties



5/\$5

5.3 oz

**Earth Balance
Organic Vegan Buttery Spread**
selected varieties



\$4.99

13 oz

Hummus Veggie Melt

20 MIN • SERVES 2-4 • VEGETARIAN

INGREDIENTS

4 thick slices of artisan sourdough bread
 ½ cup red onion, thinly julienned
 ½-¾ cup prepared hummus
 ½ teaspoon black pepper
 8 tomato slices
 1 cup prepared fresh salsa
 8 slices of Havarti cheese (approx. 8 ounces)

DIRECTIONS

- 1 Toast bread slices to desired crispness.
- 2 To assemble, spread hummus on each slice. Top each toast with a quarter of the red onion, 2 tomato slices, 2 slices of cheese, and black pepper to taste.
- 3 Broil tartines on high until cheese has melted and cooked to desired doneness.
- 4 Allow tartines to cool slightly and serve with salsa.





BEYOND MEAT®

The positive choices we make every day—no matter how small—can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**Beyond Meat
Beyond Burger**

\$4.79

8 oz



**Beyond Meat
Beyond Ground Beef**

\$6.79

16 oz



**Beyond Meat
Beyond Sausage**
selected varieties

\$6.29

14 oz

Siete Grain Free Tortillas

selected varieties



\$6.79

8 ct

Field Roast Sausage

selected varieties



\$5.29

9.3–12.95 oz

Gardein Plant-Based Meat

selected varieties



\$3.99

8.1–13.7 oz

Caramelized Onion & Aioli Beyond Burger

30 MIN–1 HR • SERVES 4 • VEGAN

INGREDIENTS

- 4 **Beyond Burger** patties (2 packages)
- 4 slices **Daiya** smoked gouda cheese
- 4 ciabatta buns
- Caramelized onions*
- 3 cups arugula
- Garlic aioli

DIRECTIONS

- 1 Cook **Beyond Burger** according to package instructions. 2–3 minutes before patty is finished cooking, add a slice of **Daiya** smoked gouda cheese and allow it to melt.
- 2 Toast ciabatta buns for 2–3 minutes. Top with **Beyond Burger** patty followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on top ciabatta half and enjoy!

*Allow 30 min–1 hr for onions to caramelize fully.



Orgain
Organic Vegan Nutritional Shake
 selected varieties



\$329

11 oz

Beekeeper's Naturals
Propolis Immune Support
Throat Spray



\$1049

30 ml

Flora
Super 8 Hi-Potency Probiotic



\$1999

30 cap

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



\$2899

30 cap

Natural Factors
WellBetX® Berberine 500 mg



\$2099

60 vcap

Jarrow
Saccharomyces Boulardii + MOS



\$2599

90 vcap

Bluebonnet
Liquid Calcium Magnesium Citrate



\$1599

16 oz

RidgeCrest Herbals
ClearLungs Extra Strength



\$1799

60 ct

Youtheory
Shilajit



\$1999

60 ct

Andalou Naturals
Age Defying Resveratrol Q10
Night Repair Cream



\$1799

1.7 oz

Everyone
Hand Soap
 selected varieties



Desert Essence
Toothpaste
 selected varieties



\$599

6.25 oz

DrTung's
Dental Floss



\$399

30 yd

\$379

12.75

Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

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

DIRECTIONS

- 1 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.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Albacore Wild Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 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.



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.

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For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.

