# DECES 2X monthly! June 25-July 15, 2025

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32 oz

Look for new deals on July 16!

33 oz

16 oz

(\$\$



# SAVE S'MORE on summer faves!



Tony's Chocolonely Chocolate Bar selected varieties



6.35 oz



Annie's Organic Graham Crackers selected varieties



14.4 oz



Dandies Vegan Marshmallows selected varieties



10 oz

Larabar Fruit & Nut Bar



1.6–1.7 oz

Serenity Kids Organic Baby Food Pouch selected varieties



Mamma Chia Organic Chia Squeeze

selected varieties



3.5 oz



## Vegan Crispy Bars

20 MIN PREP + 1 HR CHILL · SERVES 6-8 · GLUTEN-FREE, VEGAN

#### INGREDIENTS

- 1 cup smooth peanut butter, unsalted
- <sup>2</sup>/<sub>3</sub> cup brown rice syrup
- <sup>1</sup>/<sub>3</sub> cup maple syrup
- 1 <sup>1</sup>/<sub>2</sub> teaspoon vanilla extract
- 5 cups rice cereal
- 1 ½ cups vegan bittersweet chocolate chips
- 1 tablespoon neutral oil
- 3 tablespoons shredded coconut

#### DIRECTIONS

- 1 In a 6-quart pot, melt together peanut butter, syrups, and vanilla on medium low heat. Stir in cereal.
- 2 Spread mixture in a parchment-lined 9" by 9" pan and press down flat.
- **3** Melt chocolate with oil and spread over bars. Sprinkle with coconut and chill until set, about 1 hour.

#### Pamela's Pancake & Baking Mix









So Delicious Organic Coconut Milk selected varieties





So Delicious Organic Coconut Milk selected varieties



64 oz



So Delicious Frozen Dessert selected varieties



16 oz



Smooth, creamy, and always dairy-free. Try our artfully crafted beverages, creamers and desserts. They are all dairy-free, Certified Vegan and Non-GMO Project Verified. That's the art of dairy-free. Essentia **Ionized Alkaline** Water



#### 1lt

#### Wildwonder **Organic Sparkling Drink**





FEVER-TREE

TONIC

WATER

VE

12 oz

**Fever-Tree** Tonic Water selected varieties



4/6.8 oz



## Spicy Mango Beverage

15 MIN · SERVES 4 · GLUTEN-FREE

#### INGREDIENTS

- 2 large ripe mangoes <sup>1</sup>/<sub>2</sub> cup lime juice 16 ounces ginger beer 1/4 cup flake sea salt, plain or smoked
- 1/4 teaspoon cayenne pepper

#### DIRECTIONS

- 1 To make the mango puree, peel ripe mango and remove pit. Place fruit in a blender and bend on high until smooth. This makes enough puree for approximately four beverages.
- **2** To assemble, combine salt and cayenne pepper on a small plate. Dip the rim of four glasses in water then into the salt mixture.
- **3** Combine <sup>1</sup>/<sub>3</sub> cup mango puree, and two tablespoons lime juice in each prepared glass. Add ice and top off with ginger beer. Garnish with mint, lemon balm, or a jalapeno slice and serve.

#### HOPWTR **Sparkling Hop Water** selected varieties



6/12 oz

Zevia Zero Sugar Soda selected varieties



6/12 oz

**KeVita** 

15.2 oz

\$

**Culture Pop Probiotic Soda** selected varieties





VINUIL'S



**Reed's Ginger Beer** selected varieties



4/12 oz



BLOOD ORANGE

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Virgil's Soda selected varieties



4/12 oz



**Organic Kombucha** selected varieties





Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window. Proud member of infra

REBBL Organic Functions selected varieties	al Beverage	CHERTON WATERLOO	EXAMPLE 2
12 oz Milkadamia Macadamia Milk selected varieties \$44,79 32 oz		Waterloo Sparkling Wa selected variet \$522	Find your favorite Waterloo flavor at your local independent retailer, now available
Forager Project Organic Cashewmilk Yogurt selected varieties		Vital Farms Butter selected varieties	Ithaca         Hummus         selected varieties
\$ <b>4</b> 99	Organic Unsweeled Plain 19 Mills Weeker Vogut Aleman	\$ <b>3</b> 79	<b>\$379</b> 10 oz



Organic Valley Organic Cheese selected varieties



8 oz



Organic Valley Organic String Cheese



8 oz

Organic Valley Organic Shredded Cheese selected varieties



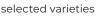
6 oz

ORGANIC VALLEY

Cheese You'll Melt Over.

Whatever cheese you are craving, there's a delicious, flavorful Organic Valley cheese for nearly every occasion. And they're all made with organic milk from pasture-raised cows. Enjoy!

#### **Field Roast Plant-Based Sausages**





12.95 oz

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



FIELD

ITALIAN GARLIO & FENNEL

4 ct

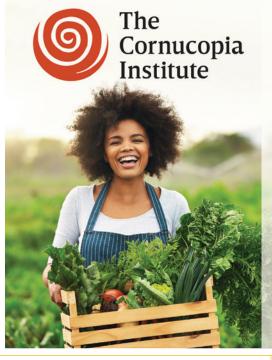
Alexia **Sweet Potato Fries** 

\$**4**99





11 oz



Talenti Gelato selected varieties

\$429

16 oz

## **BRINGING YOU** THE TRUTH **BEHIND ORGANIC**

The Cornucopia Institute is your watchdog, helping you support independent organic farms and brands. Join us --because what's on your plate matters. Shape the future of organic food at cornucopia.org.

#### Alden's **Organic Ice Cream**

48 oz





At Beyond Meat, we believe there is a better way to feed our future and that the positive choices we all make, no matter how small, can have a great impact on our personal health and the health of our planet. By shifting from animal to plantbased meat, we can positively impact four growing global issues: human health, climate change, constraints on natural resources, and animal welfare.



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**Beyond Meat Beyond Burger** 



8 oz



**Beyond Meat Beyond Sausage** selected varieties



14 oz

# Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.

# <text>

## SHOP SMALL. CELEBRATE BIG.

Lily of the Desert World Centric **Rainbow Light Organic Aloe Vera Juice High Potency Women's Compostable Bowls One Multivitamin** \$ ALOE VEP WORLD 30 ct 32 oz MegaFood Davids Relax + Calm Magnesium Toothpaste Soft Chews selected varieties Magnesium 30 ct 4-5.25 oz 20 ct

## Summer Zucchini Chips

1 HR · MAKES ABOUT 40 PIECES · GLUTEN-FREE, VEGETARIAN

#### INGREDIENTS

2 medium zucchinis, cut into ¼-inch slices
1 ½ cup gluten-free panko breadcrumbs
¾ cup grated parmesan cheese
¼ cup salt-free everything bagel seasoning
½ teaspoon sea salt
2 large eggs, whisked

#### DIRECTIONS

- 1 Preheat your air fryer to 400°F. On a baking tray or shallow dish, combine panko breadcrumbs, parmesan cheese, and everything seasoning. In a separate bowl, whisk the eggs.
- **2** In batches, coat each zucchini slice with the egg mixture. Transfer to the breadcrumb mixture, pressing to make a nice crust on each side.
- **3** Air fry zucchini slices in batches. Place slices directly in fryer basket, leaving room for the air to circulate do not crowd the basket. Cook for 8 minutes, flipping halfway through. Promptly remove zucchini chips from fryer basket and place on a cooling rack. Sprinkle with salt while hot. Repeat with remaining zucchini slices.
- 4 Serve with your favorite dipping sauce.

Can't find everything bagel seasoning? Substitute with  $\frac{1}{2}$  teaspoon onion powder,  $\frac{1}{2}$  teaspoon garlic powder,  $\frac{1}{2}$  teaspoon poppyseeds, and 2 teaspoons sesame seeds.



### **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.



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