

deals

2X monthly!

January 14–January 27, 2026

Scan to download!



Health-Ade Organic Kombucha
selected varieties

2/\$6
16 oz



Catalina Crunch Keto Friendly Cereal
selected varieties

\$5.99
8-9 oz

Start off Your Year with Savings!

Mike's Mighty Good Craft Ramen
selected varieties

\$1.89

1.6-2.4 oz



Muir Glen Organic Tomatoes
selected varieties

2/\$3

14.5-15 oz



Once Again Organic Tahini

\$6.99

16 oz



Barbara's Cheese Puffs
selected varieties

\$2.69

5.5-7 oz



Mavuno Harvest Organic Dried Fruit
selected varieties

\$2.79

2 oz



cocojune Organic Coconut Yogurt
selected varieties

\$5.99

16 oz



Westbrae Organic Beans
selected varieties

\$2.19

15 oz



So Delicious Organic Coconut Milk
selected varieties

2/\$5

32 oz



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

\$4.29

24 oz



Look for new deals on **January 28!**



We believe food has the power to impact the future of the planet and everyone on it.

From partnering with the farmers who grow our food, to thoughtfully choosing the packaging that our food is packaged in – we've always had your family and our planet in mind.



Annie's Mac & Cheese
selected varieties

4/\$5

5.25-6 oz



Annie's Organic Bunny Crackers
selected varieties

2/\$7

7.5 oz



Annie's Organic Fruit Snacks
selected varieties

2/\$6

7 oz

Bobo's PB&Js
selected varieties

\$3.79

8.4 oz



Muir Glen Organic Pasta Sauce
selected varieties

2/\$6

23.5 oz



Maya Kaimal Organic Everyday Dal
selected varieties

\$3.29

10 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 Broth
selected varieties

\$4.99

32 oz



Pacific Foods Organic Soup
selected varieties

\$3.79

16.1 oz

Safe Catch Elite Wild Tuna

\$2.99

5 oz



Chosen Foods Avocado Oil Mayo
selected varieties

\$6.29

12 oz



**Cobram Estate
California Select
Extra Virgin Olive Oil**
selected varieties



\$9.49

375 ml

**St. Dalfour
French Fruit Spread**
selected varieties



\$3.29

10 oz

**familia
Swiss Muesli**
selected varieties



\$8.99

29 oz

**Spectrum Culinary
Organic Coconut Oil**



\$6.79

14 oz

**Bachan's
Japanese
Barbecue Sauce**
selected varieties



\$5.99

15.5-17 oz

**BACK TO
NATURE.**
EST. 1960

Back to Nature is
remaking your favorite
snacks super tasty with
honest-to-goodness
ingredients. Simple
joys, no regrets,
happy days.



**Back to Nature
Crackers**
selected varieties

2/\$6

4-7 oz



**Back to Nature
Cookies**
selected varieties

\$3.79

7.5-9 oz

**Seven Sundays
Cereal**
selected varieties



\$5.79

8-12 oz

**Cascadian Farm
Organic Cereal**
selected varieties



2/\$6

8.6-14.6 oz

**La Tourangelle
Organic
Extra Virgin Olive Oil**



\$13.99

25.4 oz

**Jovial
Organic Brown Rice Pasta**
selected varieties



\$3.79

12 oz

**Yellowbird
Hot Sauce**
selected varieties



\$5.49

9.8 oz

**Darrell Lea
Licorice**
selected varieties



\$2.29

7 oz

alter eco

Alter Eco offers rich, indulgent chocolate that satisfies cravings while meeting ethical and eco-friendly standards. Made with Fair Trade cocoa, organic ingredients, and regenerative agriculture practices, our chocolate provides the ultimate guilt-free treat for the family.



Alter Eco
Organic
Chocolate Bar
selected varieties

2/\$7
2.82 oz

LesserEvil
Organic Popcorn
selected varieties



2/\$6

4.6-6.4 oz

Annie's
Organic Cheddar
Cheesy Smiles



2/\$7

4 oz

Skinny Dipped
Chocolate Covered Almonds
selected varieties



\$3.99

3.5 oz

Inka Crops
Plantain Chips
selected varieties



\$2.29

4 oz

Big Tree Farms
Organic
Coconut Sugar
selected varieties



\$3.49

16 oz

Navitas
Organic Cacao Powder



\$8.99

8 oz

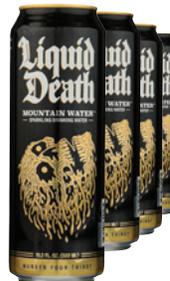
Brew Dr. Kombucha
Organic Kombucha
selected varieties



2/\$4

14 oz

Liquid Death
Sparkling Water
selected varieties



4/\$5

19.2 oz

Nixie
Organic Sparkling Water
selected varieties



\$5.49

8/12 oz

Simply Orange Juice
selected varieties



\$4²⁹

46 oz

Pressed Juicery Juice
selected varieties



\$3²⁹

15.2 oz

R.W. Knudsen Black Cherry Juice



\$5⁴⁹

32 oz

De La Calle Organic Mexican Soda
selected varieties



2/\$4

12 oz

Zevia Zero Calorie Soda
selected varieties



\$5⁴⁹

6/12 oz

Vita Coco Coconut Water
selected varieties



2/\$5

500 ml

Clean Cause Organic Yerba Mate
selected varieties



2/\$4

16 oz

ROAR Organic Organic Enhanced Beverage
selected varieties



2/\$3

18 oz

Essentia Alkaline Water



2/\$4

1.5 lt

Organic India Organic Tea
selected varieties



\$3⁷⁹

18 ct

Four Sigmatic Organic Coffee
selected varieties



\$12⁹⁹

10 oz

Choice Organics Organic Tea
selected varieties



\$3²⁹

16 ct

Celestial Seasonings Tea
selected varieties



\$3²⁹

20 ct

Teecino Herbal Tea
selected varieties



\$4⁷⁹

10 ct

Califia Farms Better Half Creamer



\$2⁷⁹

16.9 oz



We believe feeling good starts with what you eat. That's why we use clean, simple, plant-based ingredients that are free from GMOs, synthetic colors, animal products, or added hormones. Because clean bodies start with clean, nutritious food and simple choices.



**Beyond
Beyond Sausage
Plant-Based Links**
selected varieties

\$6²⁹
14 oz



**Beyond
Beyond Beef
Plant-Based Ground**

\$6⁷⁹
16 oz

**Milkadamia
Macadamia Milk**
selected varieties



\$4⁷⁹
32 oz

**nutpods
Dairy-Free Creamer**
selected varieties



2/\$5
11.2 oz

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



5/\$5
5.3 oz

Savory Onion and Squash Scones

45 MIN • MAKES 12 • VEGETARIAN

INGREDIENTS

- | | |
|------------------------------|--------------------------------------|
| 3 cups all-purpose flour | 1 stick unsalted butter, cold |
| ¾ cup shredded asiago cheese | 1 cup buttermilk, plus 2 tablespoons |
| 1 tablespoon cane sugar | ½ cup squash puree |
| 1 tablespoon baking powder | 1 large egg |
| 1 teaspoon sea salt | 4 tablespoons chopped chives |

DIRECTIONS

- 1 Preheat oven to 350°F. Combine flour, cheese, sugar, baking powder, and sea salt in a large mixing bowl.
- 2 In a separate bowl, whisk together 1 cup buttermilk, squash puree, egg, and chives.
- 3 Cut butter into the dry mixture until it resembles coarse cornmeal. Stir in wet ingredients until just combined.
- 4 Turn dough onto a lightly floured surface, divide into two pieces and form each into 6-inch disks.
- 5 Cut each disk into 6 wedges and place on a baking sheet lined with parchment. Brush scone tops with remaining buttermilk, and bake for 25 minutes or until edges are starting to turn golden.



Charcuterie Board

25 MIN • TRADITIONAL

CHEESES

- Select a mixture of soft, semi-soft, firm and hard cheeses

CURED MEATS

- Cured meats work great. Select salami, prosciutto, calabrese, etc.

CRACKERS AND BREADS

- Various crackers (plain, seeded, fruit studded)
- Breads such as baguettes or sourdough

DIRECTIONS

- 1 On a large platter, cutting board, or even directly on a butcher paper wrapped table, display the charcuterie board elements. Slice cheeses and meats if they don't come presliced.
- 2 Shingle them so guests can pick them up one at a time. Arrange all the meats and cheeses, keeping them separated by type.
- 3 Then, mix the breads, crackers, and fruit into the remaining space. Feel free to put the salty, briny elements into small bowls to place around the board. Don't forget small tongs or knives and small plates to make it easy to serve.

FRUITS AND NUTS

- Popular Fresh Fruit: Red and green grapes, apples, figs
- Popular Dried: apricots, figs

SALTY, BRINY ELEMENTS

- Olives, cornichons, pickled vegetables, caperberries

SPREADS

- Complementary jams, preserves, or marmalade
- Savory spreads and pates





Amy's delicious meals and burritos are made with organic ingredients and real care to satisfy every craving.

Amy's Macaroni & Cheese

2/\$7
9 oz

Amy's Burrito
selected varieties

2/\$6
5.5-6 oz

siggi's Icelandic Yogurt
selected varieties

\$1.39

5.3 oz



Painterland Sisters Organic Skyr Yogurt
selected varieties

\$2.49

5.3 oz



Wildwood Organic High Protein Super Firm Tofu

\$2.79

16 oz



Gardein Meatless Meat
selected varieties

\$3.79

8.1-13.7 oz



Desert Essence Dental Floss
selected varieties

\$3.29

1 ct



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 Wild Albacore 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

- 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.



Vital Farms
Pasture Raised Eggs



\$6⁷⁹

1 dz

Siete
Grain Free Tortillas
selected varieties



\$5²⁹

8 ct

Tofurky
Plant-Based Deli Slices
selected varieties



\$3⁷⁹

5.5 oz

Andalou Naturals
Shampoo or Conditioner
selected varieties



\$6⁷⁹

11.5 oz

Beekeeper's Naturals
Propolis Immune Support
Throat Spray



\$9⁹⁹

30 ml

Herbatint
Permanent Haircolor Gel
selected varieties



\$13⁹⁹

5.75 oz

Everyone
Hand Soap
selected varieties



\$3⁷⁹

12.75 oz

Orgain
Organic Vegan
Nutritional Shake
selected varieties



\$2⁷⁹

11 oz

Himalaya
Toothpaste
selected varieties



\$5⁴⁹

5.29 oz



Country Life
Coenzyme B-Complex
selected varieties



\$14⁹⁹

60 vcap

Boiron
Oscillococcinum



\$11⁹⁹

6 dose

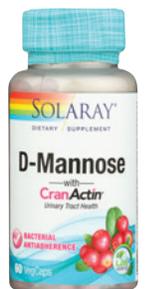
Natural Factors
WellBetX® Berberine
1000 mg



\$20⁹⁹

60 vcap

Solaray
D-Mannose with
CranActin



\$24⁹⁹

60 vcap

Pumpkin Corn Soup

25 MIN • SERVES 4-6 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

- 3 tablespoons olive oil
- 1 large yellow onion, diced
- 1 tablespoon minced garlic
- 2 4-ounce cans diced green chiles
- 1 quart vegetable stock
- 1 15-ounce can pumpkin puree
- 1 teaspoon ground cumin
- ½ teaspoon dried thyme
- ½ teaspoon dried savory (optional)
- 2 cups frozen corn
- 1 cup half and half (or alternative)
- 1 large baked potato, peeled and roughly mashed
- 1 tablespoon sriracha hot sauce
- ½ cup cilantro, chopped (optional)
- 1 ½ teaspoons sea salt

DIRECTIONS

- 1 Heat olive oil in a stock pot over medium-low heat. Add onion and sauté until tender, about 5 minutes.
- 2 Add garlic and cook for 30 seconds then add green chiles and cook for an additional 3 minutes. Stir in vegetable stock, pumpkin puree, cumin, thyme, and savory (if using). Bring to a gentle simmer and cook for 5-10 minutes.
- 3 Stir in corn, half and half, potato, sriracha, cilantro (if using), and sea salt. Cook until corn is warmed through.
- 4 Serve hot with crusty bread.

Make it plant-based by replacing half and half with a plant-based creamer.



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-B