deals

October 23-November 29, 2024





Yogi **Organic Tea** selected varieties



Alden's Organic **Organic Ice Cream**

selected varieties

48 oz

Serving up deals on holiday desserts

Farmer's Market **Organic Pumpkin**

15 oz



Dandies Vegan Marshmallows

selected varieties

10 oz



Wholly Wholesome **Gluten Free Pie Shells**

2 ct



Annie's **Organic Graham Crackers**

selected varieties

14.4 oz



If You Care **Parchment Baking Paper**



70 sqft



Cascadian Farm Organic Organic Potatoes

selected varieties





Lily's **Chocolate Baking Chips**

selected varieties



9 oz



Pacific Foods Organic Broth

selected varieties

32 oz



Garden of Eatin' **Taco Shells**

selected varieties

5.5 oz



Annie's **Organic Mac & Cheese**

selected varieties



6 oz

Lundberg Family Farms Wild Blend Rice

1 lb

Muir Glen Organic Pasta Sauce selected varieties



23.5 oz

Imagine Organic Gravy

selected varieties

13.5 oz

Daiya **Deluxe Mac & Cheeze**

selected varieties

10.6 oz



Mike's Mighty Good Craft Ramen

selected varieties

1.6-2.4 oz



Ancient Harvest Organic Polenta

selected varieties



18 oz

JUNDBERG SUSTAINABLE



8 oz



Simply Organic Organic Gravy Mix

selected varieties



0.85 oz



Maya Kaimal **Organic Everyday Dal**

selected varieties

10 oz



Lotus Foods Organic Rice Noodles

selected varieties

8 oz



Muir Glen Organic Tomatoes

selected varieties

28 oz



Kettle & Fire Broth

selected varieties



The Ginger People Organic Pickled Sushi Ginger



6.7 oz

Vegan Rob's **Puffs**

selected varieties

3.5 oz



selected varieties



VEGANX ROB'S

4.25 oz

Theo **Organic Chocolate Bar**

selected varieties



DIVINA Dolmas Stuffed Grape Leaves

7 oz

Angie's

selected varieties



selected varieties

5 oz

BoomChickaPop Popcorn



Chickpea Puffs selected varieties

Hippeas

Late July

selected varieties

Organic Tortilla Chips

4 oz



Back to Nature Organic Crackers

selected varieties



6 oz **Endangered Species**

MadeGood **Organic Crispy Squares**

selected varieties

Tony's Chocolonely

Chocolate Bar

selected varieties

6 ct



Chocolate Bar selected varieties

3 oz



Tate's Bake Shop Cookies

selected varieties

7 oz



6.35 oz



Homemade for the holidays. Celebrate better with Bob's Red Mill baking ingredients.



Bob's Red Mill Baking Soda



Bob's Red Mill Organic Flour selected varieties



Bob's Red Mill 1 to 1 Baking Flour

16 oz

22 oz 5 lb

Newman's Own Sandwich Cremes

selected varieties



7 oz



St. Dalfour **French Fruit Spread**

selected varieties

Panda

Licorice

selected varieties



10 oz



Once Again Organic Tahini

13 oz

selected varieties



16 oz Pamela's



Organic Granola selected varieties

Purely Elizabeth

8-12 oz



Cascadian Farm Organic Organic Cereal

selected varieties



8.6-15 oz



Jovial **Organic Einkorn Flour**

selected varieties



32 oz



Spectrum Organic Shortening

24 oz



Let's Do **Organic Coconut Flakes**





Peter Rabbit Organics Organic Baby Food Pouch

selected varieties

4-4.4 oz





Wholesome **Organic Brown Sugar**

selected varieties

24 oz

Wholesone

Bake your holiday best with help from Wholesome Organic Fair Trade Sugars. From crop to kitchen, these sugars matter—in the quality of what you make for your loved ones and in how our Fair Trade, sustainably sourced sugars help support farming communities and our planet.

SweetLeaf Liquid Stevia

selected varieties

2 oz



Lakewood **Organic Pure Pomegranate Juice**

\$269

32 oz



R.W. Knudsen **Organic Tomato Juice**



Zevia Zero Calorie Soda

selected varieties



Califia Farms **Better Half Creamer**

16.9 oz



Brown Cow Cream Top Whole Milk Yogurt

selected varieties



32 oz

The Coconut Cult Organic Probiotic Coconut Yogurt

selected varieties

8 oz



Earth Balance Organic Vegan Whipped Buttery Spread

13 oz



6/12 oz



For food enthusiasts eager to explore dairy-free options, Miyoko's offers an organic plant milk creamery, producing exceptional vegan cheese and butter. We inspire you to make food choices that not only taste amazing but also contribute to a better world.



Miyoko's **Organic Vegan Cream Cheese**

selected varieties



Miyoko's **Organic Cultured Vegan Butter**

selected varieties

8 oz

Organic Valley

selected varieties

Organic Shredded Cheese

8 oz

Kerrygold **Butter** selected varieties

\$429



8 oz

Green Valley Creamery Organic Lactose Free Sour Cream

Green Valley

12 oz

Follow Your Heart Dairy-Free Shredded Parmesan



6 oz



Ithaca Hummus

selected varieties



Bitchin' Sauce Original Bitchin' Sauce

selected varieties

4 oz

8 oz



Miso Master **Organic White Miso**

8 oz



Organic Spinach



Bonafide Provisions Organic Bone Broth

selected varieties



Immaculate Organic Flaky Biscuits

16 oz



Bach **Rescue Pastilles**

selected varieties



Chestal Honey Cough Syrup

6.7 oz

Boiron



Sovereign Silver Bio-Active Silver Hydrosol

2 oz



Garden of Life Collagen Peptides

280 g



Vibrant Health Green Vibrance



330 g

Bluebonnet Nutrition Liquid Calcium Magnesium Citrate

16 oz

Natural Factors DGL 400 mg Chewable



Nordic Naturals Ultimate Omega D-3



60 ct

Gaia Herbs Oil of Oregano

50 g

60 ct

Biokleen



South of France Bar Soap

selected varieties

90 tab



ECOS Dish Soap selected varieties



Mrs. Meyer's Clean Day **Bac-Out Stain & Odor Remover Liquid Dish Soap**

selected varieties



16 oz



25 oz

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.





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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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