

# 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

**\$1.99**  
1.6-2.4 oz



**Muir Glen  
Organic Tomatoes**  
selected varieties

**2/\$3**  
14.5-15 oz



**Once Again  
Organic Tahini**

**\$7.49**  
16 oz



**Barbara's  
Cheese Puffs**  
selected varieties

**\$2.79**  
5.5-7 oz



**Mavuno Harvest  
Organic Dried Fruit**  
selected varieties

**\$2.79**  
2 oz



**cocojune  
Organic Coconut Yogurt**  
selected varieties

**\$5.49**  
16 oz



**Westbrae  
Organic Beans**  
selected varieties

**\$2.29**  
15 oz



**So Delicious  
Organic Coconut Milk**  
selected varieties

**2/\$5**  
32 oz



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

**\$4.99**  
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

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

**\$6<sup>49</sup>**  
15.5-17 oz



**Muir Glen Organic Pasta Sauce**  
selected varieties

**2/\$6**  
23.5 oz



**Maya Kaimal Organic Everyday Dal**  
selected varieties

**\$3<sup>29</sup>**  
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

**\$5<sup>49</sup>**  
32 oz



**Pacific Foods Organic Soup**  
selected varieties

**\$3<sup>79</sup>**  
16.1 oz

**Rudi's Organic Bread**  
selected varieties

**\$4<sup>49</sup>**  
22 oz



**Safe Catch Elite Wild Tuna**

**\$2<sup>99</sup>**  
5 oz





**Cascadian Farm  
Organic Cereal**  
selected varieties

**2/\$7**

8.6-14.6 oz



**Jovial  
Organic Brown Rice Pasta**  
selected varieties



**\$3.79**

12 oz

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

**\$3.49**

10 oz



**LesserEvil  
Organic Popcorn**  
selected varieties

**2/\$6**

4.6-6.4 oz



**Annie's  
Organic Cheddar  
Cheesy Smiles**

**2/\$7**

4 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



**Back to Nature  
Cookies**  
selected varieties

**2/\$6**

4-7 oz

**\$3.79**

7.5-9 oz

**Chosen Foods  
Avocado Oil Mayo**  
selected varieties

**\$6.29**

12 oz



**Bobo's  
PB&Js**  
selected varieties

**\$3.79**

8.4 oz



**Skinny Dipped  
Chocolate Covered Almonds**  
selected varieties

**\$3.99**

3.5 oz



**Uglies Kettle Chips  
Kettle Chips**  
selected varieties

**2/\$6**

5.5-6 oz



**Big Tree Farms  
Organic  
Coconut Sugar**  
selected varieties

**\$3.79**

16 oz



**Spectrum Culinary  
Organic White Vinegar**

**\$6.29**

32 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

**Navitas  
Organic Cacao Powder**

**\$8.99**

8 oz



**Nixie  
Organic Sparkling Water**  
selected varieties

**\$5.49**

8/12 oz



**Vita Coco  
Coconut Water**  
selected varieties

**2/\$5**

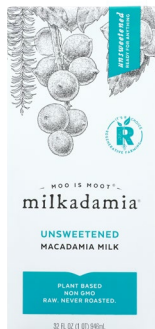
500 ml



**Milkadamia  
Macadamia Milk**  
selected varieties

**\$4.29**

32 oz



**Zevia  
Zero Calorie Soda**  
selected varieties

**\$5.49**

6/12 oz



**ROAR Organic  
Organic  
Enhanced Beverage**  
selected varieties

**\$1.59**

18 oz



**Essentia  
Alkaline Water**

**2/\$4**

1.5 lt



**R.W. Knudsen  
Black Cherry Juice**

**\$5.49**

32 oz



**Four Sigmatic  
Organic Coffee**  
selected varieties

**\$12.99**

10 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

**\$6<sup>29</sup>**  
14 oz



**Beyond  
Beyond Beef  
Plant-Based Ground**

**\$6<sup>79</sup>**  
16 oz

**Organic India  
Organic Tea**  
selected varieties

**\$3<sup>79</sup>**  
18 ct



**Califia Farms  
Better Half Creamer**

**\$2<sup>79</sup>**  
16.9 oz



**nutpods  
Dairy-Free Creamer**  
selected varieties

**2/\$5**  
11.2 oz



**Brew Dr. Kombucha  
Organic Kombucha**  
selected varieties

**2/\$4**  
14 oz



**Guru  
Organic Energy Drink**  
selected varieties

**\$2<sup>29</sup>**  
12 oz



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

**\$0<sup>89</sup>**  
5.3 oz



**Painterland Sisters  
Organic Skyr Yogurt**  
selected varieties

**\$2<sup>29</sup>**  
5.3 oz



**Tofurky  
Plant-Based Deli Slices**  
selected varieties

**\$4<sup>29</sup>**  
5.5 oz



**Wildwood  
Organic High Protein  
Super Firm Tofu**

**\$3<sup>79</sup>**  
16 oz





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

**Vital Farms  
Pasture Raised Eggs**



**\$6<sup>79</sup>**

1 dz

**Siete  
Grain Free Tortillas**  
selected varieties



**\$5<sup>29</sup>**

8 ct

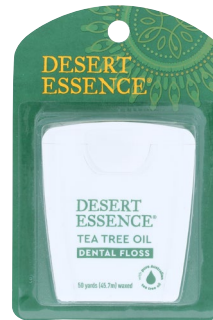
**Gardein  
Meatless Meat**  
selected varieties



**\$3<sup>79</sup>**

8.1-13.7 oz

**Desert Essence  
Dental Floss**  
selected varieties



**\$3<sup>29</sup>**

1 ct

**Everyone  
Hand Soap**  
selected varieties



**\$3<sup>79</sup>**

12.75 oz

## 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 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

- 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 albacore 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.





**Andalou Naturals  
Shampoo or Conditioner**  
selected varieties

**\$6<sup>79</sup>**

11.5 oz



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

**\$9<sup>99</sup>**

30 ml



**Himalaya  
Toothpaste**  
selected varieties

**\$5<sup>49</sup>**

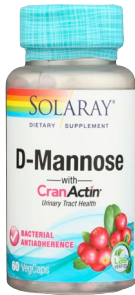
5.29 oz



**Solaray  
D-Mannose with  
CranActin**

**\$24<sup>99</sup>**

60 vcap



**Orgain  
Organic Vegan  
Nutritional Shake**  
selected varieties

**\$2<sup>79</sup>**

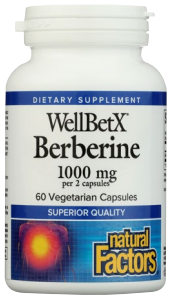
11 oz



**Natural Factors  
WellBetX® Berberine  
1000 mg**

**\$20<sup>99</sup>**

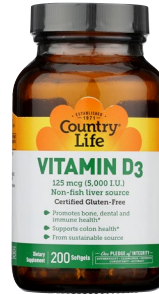
60 vcap



**Country Life  
Vitamin D3 5000 IU**  
selected varieties

**\$15<sup>99</sup>**

200 sgel



**Boiron  
Oscillococcinum**

**\$11<sup>99</sup>**

6 dose



**Quantum Health  
Super Lysine Immune  
Support**

**\$8<sup>99</sup>**

90 tab



**Renew Life  
3-Day Cleanse**  
selected varieties

**\$6<sup>79</sup>**

12 ct



**Tiger Balm Ultra  
Strength Pain  
Relieving Ointment**

**\$6<sup>99</sup>**

0.63



**Herbatint  
Permanent Haircolor Gel**  
selected varieties

**\$13<sup>99</sup>**

5.75 oz



# Pumpkin Corn Soup

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

## INGREDIENTS

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

## 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.*

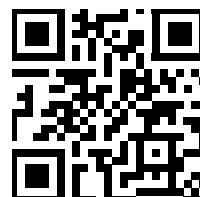


## Proud member of INFRA.

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](http://www.naturalfoodretailers.com) or scan this code.



CE-B