

# deals

2X monthly!

January 28–February 10, 2026

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The Good Crisp Company  
Potato Crisps  
selected varieties

2/\$6  
5.6 oz



GT's  
Synergy Kombucha  
selected varieties

2/\$5  
16 fl oz

## Savor the Season's Sweetest Finds

Traditional Medicinals

Organic Tea

selected varieties

\$4.49

16 ct



The Ginger People  
Organic Ginger

selected varieties

\$4.79

6.7 oz



Siete  
Maiz Corn  
Tortilla Chips  
selected varieties

\$3.79

7.5 oz



Clif Bar

Energy Bar

selected varieties

2/\$3

1.69-2.4 oz



Crunchmaster  
Multi-Seed  
Crackers  
selected varieties

2/\$6

4 oz



Chocolove  
Chocolate Bar  
selected varieties

2/\$7

2.9-3.2 oz



Quinn Snacks  
Filled Pretzel  
Nuggets

selected varieties

\$4.29

5.8-7 oz



Oatly  
Oatmilk  
selected varieties

\$3.99

64 oz



Vital Farms  
Organic  
Pasture-Raised Large Eggs

\$8.99

1 dz



Look for new deals on **February 11!**

**Annie's**  
**Organic**  
**Mac & Cheese**  
selected varieties

**2/\$5**

6 oz



**Chickapea**  
**Organic Pasta**  
selected varieties

**\$3.29**

8 oz



**Muir Glen**  
**Organic Tomatoes**  
selected varieties

**2/\$6**

28 oz



**Rao's**  
**Pasta Sauce**  
selected varieties

**\$6.99**

15-24 oz



**California Olive Ranch**  
**Global Blend Extra Virgin Olive Oil**

**\$15.99** **\$11.99**

25.4 oz

16.9 oz

**Dr. McDougall's**  
**Ramen**  
selected varieties



**2/\$4**

1.8-1.9 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) <b>Wild Planet</b> <b>Wild Albacore Tuna</b> , 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 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.



# Miso Corn Chowder

40 MIN · SERVES 4 · PLANT-BASED

## INGREDIENTS

2 tablespoons olive oil	½ cup canned coconut milk*
½ small yellow onion or 1 large shallot, minced	½ teaspoon sea salt
12 ounces red potatoes, ½" cubes	¼ teaspoon coarse ground black pepper
3–4 ears corn on the cob or 10 ounces frozen corn	Salt and pepper to taste
3 cups miso broth*	Sliced chives or green onions, optional
	Toasted sesame oil, optional

## DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

\*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.



## Nick's Sticks Meat Snack Sticks

selected varieties



**2/\$6**

1.7 oz

## Cocomels Organic Coconut Milk Caramels

selected varieties



**\$3.79**

3-3.5 oz

## YumEarth Organic Giggles

selected varieties



**\$4.49**

5 oz

## Kettle Potato Chips

selected varieties



**2/\$6**

5 oz

## Magic Organic Chocolate Bar

selected varieties



**2/\$6**

2.93-3 oz

## Steaz Organic Iced Green Tea

selected varieties



**2/\$3**

16 oz

## Angie's BoomChickaPop Popcorn

selected varieties



**2/\$5**

5-7 oz

## Tate's Bake Shop Cookies

selected varieties



**\$4.29**

6.5-7 oz

## C2O Coconut Water

selected varieties



**\$3.99**

33.8 oz



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Lily's  
Chocolate Bar  
selected varieties

**\$3.79**

2.8-3 oz



Lily's  
Baking Chips  
selected varieties

**\$7.29**

9 oz

Enjoy Life  
Chocolate Chips  
selected varieties



**\$5.79**

9 oz

Minor Figures  
Organic Barista  
Oat Milk  
selected varieties



**\$3.79**

32 oz

West Life  
Organic Soymilk  
selected varieties

**\$3.29**

32 oz



Native Forest  
Organic Coconut Milk  
selected varieties

**2/\$6**

13.5 oz



Earth Balance  
Organic Whipped  
Plant Butter Spread

**\$4.79**

13 oz



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**\$379**

8 oz

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selected varieties



**\$349**

7.8 oz

**Sweet Loren's  
Cookie Dough**

selected varieties



**\$579**

12 oz

It takes effort to make our kind of cheese. The kind made with organic milk from pasture-raised cows.

But once you taste our ooey-gooey mozzarella, or our flavorful 3 Cheese Mexican Blend, you'll know it was well worth it.



**Organic Valley  
Organic Shredded Cheese**

selected varieties

**\$379**

6 oz

**Amy's  
Pizza**

selected varieties



**\$849**

13-14 Oz

## Buffalo Chicken Stuffed Avocados

15 MIN • SERVES 4 • GRAIN-FREE, KETO

### INGREDIENTS

2 ripe avocados	$\frac{2}{3}$ cup cheddar cheese, shredded
1 cup shredded chicken	1 green onion, thinly sliced
1 $\frac{1}{2}$ tablespoons mayonnaise or Greek yogurt	$\frac{1}{2}$ cup cilantro
1 tablespoon buffalo hot sauce	

### DIRECTIONS

- 1 Preheat oven to 350°F. Prepare the buffalo chicken by whisking together mayonnaise and buffalo sauce in a small bowl. Fold in chicken and season with salt and pepper to taste.
- 2 Cut avocados in half and discard pit. Place avocados in an oven safe baking dish.
- 3 Spoon chicken salad on top of avocado halves and sprinkle with shredded cheese.
- 4 Bake for three to five minutes or until cheese has melted.
- 5 Place avocados on a serving tray and garnish with green onion and cilantro.



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200 ml

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**Organic Oil of Oregano**

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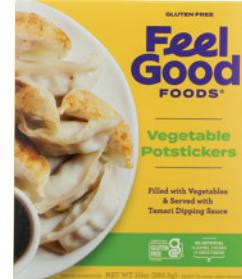
1 oz



**Feel Good Foods**  
**Dumplings**  
selected varieties

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10 oz



**Flax4Life**  
**Mini-Muffins**  
selected varieties

**\$5.79**

14 oz



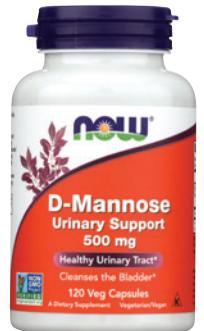
**Boiron**  
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selected varieties

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120 vcap

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45 cap

ACURE  
Brightening  
Facial Scrub

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4 oz



DrTung's  
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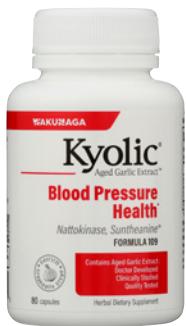
30 yd



Kyolic  
Blood Pressure  
Health Formula 109

**\$2199**

80 ct



Heritage Store  
Rosewater Facial Mist

**\$999**

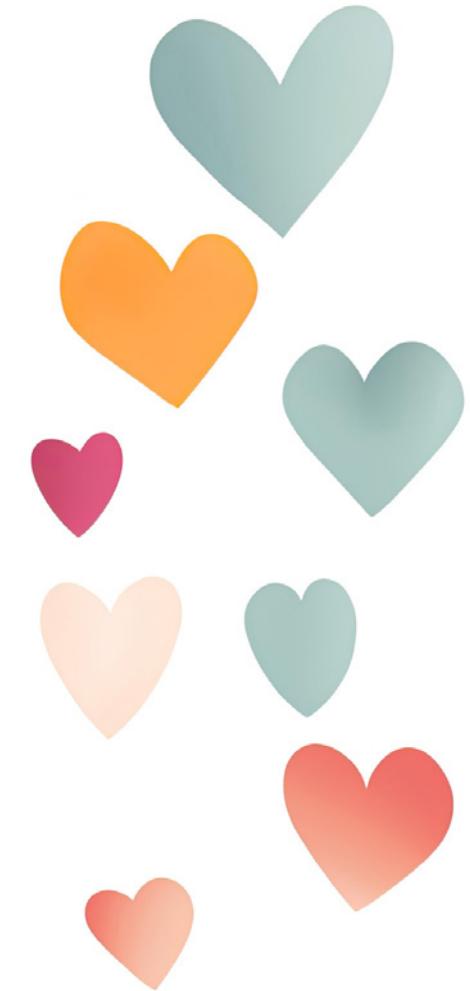
8 oz



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4 oz

# Peanut Butter Cookies

35 MIN • MAKES 16 COOKIES • GLUTEN-FREE

## INGREDIENTS

1 cup creamy peanut butter, unsalted  
2/3 cups cane sugar  
1 large egg  
1 teaspoon vanilla extract  
1/4 teaspoon sea salt

## DIRECTIONS

- 1 Preheat oven to 350°F. Line two baking sheets with parchment paper.
- 2 In a medium-size mixing bowl, add all ingredients and stir until well combined. Allow mixture to stand for 10 minutes.
- 3 Portion dough into tablespoon size amounts and roll into balls. Place dough balls onto the parchment lined baking sheets and press the tines of a fork to flatten. If desired, sprinkle with extra cane sugar.
- 4 Bake cookies for 11 minutes. Remove from oven and allow cookies to cool before handling.

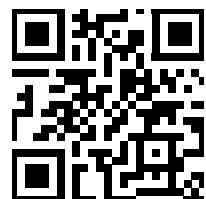


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