



Good To Go Keto Snack Bar

Blueberry Cashew 1.41 OZ Selected Varieties



\$1.79



Rxbar

Protein Bar Chocolate Sea Salt 1.83 OZ Selected Varieties



\$1.79



Nutrition Now

PB8 Digestive Health Original Formula 120 CAP



\$14.99



Yerba Prima

Daily Fiber Capsules Digestive Support 180 CAP Selected Varieties

\$10.99



Smartypants

Kids Immunity Supplement Elderberry 28 CT



\$14.49



Brain Juice

Brain Boost Supplement Shot Peach Mango 2.5 FL OZ Selected Varieties

\$2.99



Buddha Teas

Organic Herbal Tea Elderberry 18 BAG Selected Varieties



\$4.79



Lacroix

Sparkling Water Limoncello 12/12 FL OZ Selected Varieties



\$5.29

Some items may not be available. See store for details. Printed with soy ink on recycled paper. Not responsible for typographical errors.

Lifeway[®]



Support For Your Immune System

Rich and creamy, Lifeway Organic Whole Milk Kefir is an all-natural, delicious beverage packed with calcium, protein and probiotics to help support a strong and healthy immune system.



Almond Breeze Almondmilk Original 64 FL OZ Selected Varieties

\$3.99



Nutpods Oat Creamer Cinnamon Swirl 16 FL OZ

Selected Varieties CE X

\$3.49



Good Belly

Organic Probiotic JuiceDrink Raspberry Blackberry 32 FL OZ Selected Varieties

2/\$6



Humm Kombucha

Organic Kombucha Blueberry Mint 14 FL 0Z Selected Varieties

\$3.19





Organic Wellness Shot Immunity Boost 2 FL OZ Selected Varieties

2/\$6



Chobani。

Probiotics For Immunity

A new fermented plant-based drink, crafted with organic fruit juice, botanicals, and immunity-supporting probiotics.



Plant-Based Probiotic Drinks

Cherry Hibiscus Tea Pineapple Turmeric





Greek Yogurt Non-Fat Plain

5.3 OZ



Greek Yogurt Peach on the Bottom



(oconut Yogurt Blueberry on the Bottom



oat Yogurt Strawberry Vanilla



(offee (reamer

Sweet Cream



Just four ingredients-natural cream, real milk, and cane sugar-gives every sip of coffee a simple sweetness.



Kite Hill

Almond Milk Yogurt Plain Unsweetened









Kite Hill

Almond Milk Yogurt Strawberry 5.3 OZ

Selected Varieties





Green Valley Creamery

Organic Lowfat Yogurt Lactose Free 24 OZ

Selected Varieties



Liberte Yogurt

Organic Whole Milk Yogurt Philippine Coconut 5.5 OZ Selected Varieties



siggis



Siggi's Skyr

Plant-Based Coconut Yogurt Vanilla & Cinnamon 5.3 OZ Selected Varieties

CALIFIA

Dairy Free

ALMONDMILK

25.4 FL OZ (750 ML)





Stonyfield Organic

Organic Kids Lowfat Yogurt Tubes

Cherry & Berry 8/2 07 Selected Varieties







Superfood Yogurt

Lavva supports digestion and promotes immune health. They use whole plant ingredients and the power of nature to create delicious, functional foods that are better for our planet and our bodies.



l avva

Pili Nut Yogurt Vanilla 16 OZ

\$5.49





Feel the Non-Dairy Difference



Almondmilk Unsweetened 48 FL 0Z



Almondmilk Creamer Unsweetened or Vanilla 25.4 FL OZ

Selected Varieties

ALMONDMILK

25,4 FL OZ (750 ML)



Probiotic Dairy-Free Yogurt Drink Strawberry, 25.4 FL 0Z

Selected Varieties



Oatmilk Unsweetened 48 FL 0Z

NO GUMS

GLUTEN FREE

AST OATMILK SALE

Selected Varieties





Plant Butter Sea Salt Avocado Oil or Sea Salt Olive Oil

Butter for the Better

A deliciously creamy butter taste that melts, spreads and bakes like a dream.



Tofutti Better Than Cream Cheese Plain 8 OZ \$2.99



Miso Master Organic Miso Traditional Red 16 OZ Selected Varieties



\$9,49



Nasoya Foods

Organic Tofu Extra Firm 14 OZ Selected Varieties



USDA DE SEB

\$2.49





Once Upon A Farm

Organic Baby Food Pouch Green Kale & Apples 3.2 OZ Selected Varieties







Organic Valley

Organic Thick Cut Cheese Shreds 3 Cheese Mexican 6 OZ Selected Varieties



\$4.99



Nancy's

Organic Probiotic Cottage Cheese Whole Milk 16 OZ



\$5.99



Green Valley Creamery

Organic Sour Cream Lactose Free 12 OZ



\$3.49



Hope

Cashew & Almond Dip French Onion Selected Varieties



\$4.29





HORIZON ORGANIC 2% REDUCED FAT MILK

> \$4.79 selected varieties





HORIZON ORGANIC LOWFAT 1% MILK BOXES
CHOCOLATE

> \$15.49 selected varieties



SILK ORGANIC SOYMILK UNSWEETENED

64 FL OZ



HORIZON ORGANIC LOWFAT 1% MILK BOXES CHOCOLATE

\$7.79



SILK ALMOND MILK UNSWEETENED 64 FL OZ

\$3.99







ORGANIC COCONUT MILK UNSWEETENED

\$4.29





ORGANIC WHITE CHEDDAR CHEESE SLICES

\$4.19



ORGANIC COCONUT MILK UNSWEETENED VANILLA

\$2.49





HORIZON ORGANIC AMERICAN CHEESE SINGLES

\$4.19



The Perfect Bite

Egg Bites Three Cheese 5.4 OZ Selected Varieties





Van's Natural Foods

Protein Pancakes Original 12.4 OZ Selected Varieties





Bakerly

French Pancakes To Go 7.40 OZ Selected Varieties

\$3.79



Farmwise

Broccoli Veggie Fries with Potatoes & White Beans 14 OZ Selected Varieties







Dr. Praeger's

Perfect Burgers 2 Pack 8 OZ Selected Varieties





Hilary's Eat Well

Veggie Burgers World's Best 6.4 OZ







Nate's

Meatless Meatballs Classic Flavor 10.5 OZ Selected Varieties



Coconut Bliss

Organic Dairy-Free Frozen Dessert Madagascan Vanilla Bean PINT Selected Varieties



\$6.49





Food For Life

Organic Sprouted Grain Bread Ezekiel 4:9 24 OZ





Kinnikinnick

Gluten Free Bread White 16 OZ

2/\$5 GF



Little Northern Bakehouse

Gluten Free Bread Millet & Chia 16 07 Selected Varieties



Sambazon

Organic Superfruit Packs Pure Unsweetened 4/100GRM Selected Varieties



Enlightened Ice Cream

Keto Ice Cream PB Cookie & Brownie Dough 1 PINT Selected Varieties





Amy's

Vegan Bake Bowl Broccoli & Cheeze 9.5 OZ Selected Varieties

\$4.79 @



Maria And Ricardo's

Cauliflower Tortillas Made with Avocado Oil



Caulipower

Cauliflower Crust Pizza Buffalo-Style Chicken 10.9 OZ Selected Varieties



Daiya Foods Inc

Gluten-Free Pizza Meatless Pepperoni 16.7 OZ Selected Varieties



Halo Top

Light Ice Cream Peanut Butter Cup 16 FL 07 Selected Varieties













Justin's Almond Butter Classic 16 OZ Selected Varieties



\$8.99



Birch Benders

Pancake & Waffle Mix Paleo 12 OZ Selected Varieties



\$4.19



Mccann's Irish Oatmeal

Quick & Easy Irish Oats Steel Cut 24 OZ







One Degree Organic Foods

Organic Sprouted Brown Rice Crisps Cacao 10 OZ Selected Varieties

2/\$8



Bob's Red Mill

Gluten Free Rolled Oats Old Fashioned 32 OZ





This Bar Saves Lives

Granola Bar Dark Chocolate & Peanut Butter 1.4 OZ Selected Varieties



\$1.79



Made Good

Organic Granola Bars Cookies & Creme 6/.85 OZ Selected Varieties







\$3.49



New England Naturals

Organic Granola Unsweetened Strawberry 110Z Selected Varieties





\$4.19



Nielsen-Massey Vanilla Pure Vanilla Extract Madagascar Bourbon

\$18.29

4FLOZ

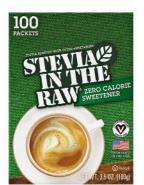


Lakanto

Monkfruit 1:1 Sugar Substitute Classic 16 OZ

Y

\$7.99



In The Raw Stevia Packets 100 CT

\$5.79



Made In Nature

Organic Dried Mangoes 3 OZ Selected Varieties



\$3.99



Coombs Family Farms

Organic Maple Syrup Grade A, Dark 12 FL OZ



\$9.99



Sweet Leaf Stevia

Sweetener 35 CT

Y

\$2.49



Wholesome Allulose Liquid

Allulose Liquid Sweetener 11.5 0Z



\$5.49



Bulk

Organic Cranberries
Sweetened

\$4.29/lb

Organic Dates Large Medjool

\$6.99/lb

Organic Raisins

Flame

\$2.59/lb

100% Organic Amaranth

\$1.59/lb

Organic Quinoa

Red

\$2.59/lb

100% Organic Almonds Raw

\$10.79/lb

Organic Beans Garbanzo Chickpea

\$1.89/lb

Organic Split Lentils

Red

\$1.39/lb

100% Organic Chia Seeds Black

\$2.99/lb

Organic Pumpkin Seeds

\$3.19/lb



No Cow Bar

Protein Bars Birthday Cake 2.12 OZ Selected Varieties





Love Good Fats

Keto Bar

Lemon Mousse 1.38 OZ Selected Varieties





Think! Thin

Keto Protein Bar Chocolate Peanut Butter Pie 1.41 OZ Selected Varieties





Gomacro

Organic Smooth Sanctuary MacroBar Double Chocolate PB Chip 2.3 OZ Selected Varieties



\$2.19



Protein Fuel For Kids

Pick up the perfect fuel for winter adventures. Made with whole grains and perfectly sized for little hands, CLIF Kid® Zbars are a delicious, soft-baked organic snack that keep active kids going.

Clif Kid Zbar

Protein Snack Bars Cookies 'N Creme 5/1.270Z Selected Varieties







Keto Krisp

Keto Krisp Protein Bar Almond Butter 1.8 0Z Selected Varieties

\$2.29



Kize Concepts

Protein Bar Peanut Butter Chocolate Chip 1.5 OZ Selected Varieties



Look for the General Mills featured flyer for more great deals from Natural Connection











Health Warrior

Chia Bar Coconut .88 OZ Selected Varieties



\$1.29



88 Acres

Seed Bar Dark Chocolate Sea Salt 1.6 OZ Selected Varieties



7/\$3



Bearded Brothers

Organic Energy Bar Lonestar Vanilla Pecan



\$1.99





Truth Bar

Prebiotic + Probiotic Bar Peanut Butter Crunch 1.76 0Z Selected Varieties



\$2.29



Vital Proteins

Collagen Bar Chocolate Almond Sea Salt 1.8 0Z Selected Varieties



\$2.29





Ready To Indulge?

Inspired by their classic RXBAR and RX Nut Butter, NEW RXBAR Layers are creamy, crunchy, chewy, and will satisfy any craving with their delicious multi-layered texture. And the best part? Each bar packs in 14-15g of high-quality protein to help you power through your day.



Rxbar

Protein Bar Chocolate Sea Salt 1.83 OZ Selected Varieties



Rxbar

Layered Protein Bar Peanut Butter Chocolate 1.94 OZ

2/\$5





All Natural Snacking

Known for only using all natural ingredients and never a single preservative in their salsas and tortilla strips.

Green Mountain Gringo

Tortilla Strips Original Yellow Corn 8 OZ

\$2.29 GF

Green Mountain Gringo

Medium Salsa Pasilla & Jalapeno 16 OZ Selected Varieties

\$4.29





Food Should Taste Good

Tortilla Chips Multigrain 5.5 0Z Selected Varieties

2/\$5







Plant Snacks

Cassava Root Chips Sea Salt 5 OZ Selected Varieties





Boulder Canyon Natural Foods

Avocado Oil
Canyon Cut Potato Chips
Classic Sea Salt
5.25 0Z
Selected Varieties





Good Health

Veggie Stix Sea Salt 6.75 OZ Selected Varieties





Paqui

Tortilla Chips Mucho Nacho Cheese 7 OZ Selected Varieties

\$3.79



Frontera Foods

Medium Salsa Tomatillo 16 OZ Selected Varieties





Annie Chun's

Seaweed Snacks Roasted Sesame .35 OZ

\$1.49



Bhuja Nut Mix 70Z Selected Varieties



\$2.99



Angie's

Boomchickapop Kettle Corn Sweet & Salty 7 OZ Selected Varieties



\$2.49



G.H. Cretors

Popcorn Cheese & Caramel Mix 7.5 OZ Selected Varieties

\$2.99



Biena Llc

Chickpea Snacks Sea Salt 5 OZ

Selected Varieties

\$3.79



Go Raw

Organic Sprouted Pumpkin Seeds Sea Salt 4 OZ Selected Varieties





Lesser Evil

Organic Popcorn Himalayan Pink Salt Selected Varieties





Skinnypop Popcorn

Microwave Popcorn Butter 6/2.8 OZ





Organic **Brown Rice Cakes** Lightly Salted 8.5 OZ

Organic Rice Cakes Cinnamon Toast 9.5 OZ

Selected Varieties

or





Snack without a second thought, thanks to the whole-grain goodness of Lundberg Rice Cakes.









Organic Brown Rice Thin Stackers Lightly Salted or Basil & Thyme 6 OZ

Selected Varieties



Organic Rice Cake Minis White Cheddar 5 OZ

Selected Varieties



Organic Thin Stackers Decadent Dark Chocolate 3.3 OZ

Selected Varieties



That's It Fruit Bar Apple & Blueberry 1.2 OZ Selected Varieties





The Gfb Gluten Free Bites Dark Chocolate Peanut Butter 40Z Selected Varieties



Torie & Howard
Organic Chewie Fruities
Assorted Flavors
40Z
Selected Varieties





Chocolove Xoxox Milk Chocolate Bar Dry Roasted Pistachio 3.2 OZ Selected Varieties





Veggie Gos Organic Fruit and Veggie Strips Berry Apple + Spinach .42 OZ

Selected Varieties





Bakeology Crunchy Cookie Bites Chocolate Chip 6 OZ Selected Varieties



GF X



Honey Stinger Organic Mini Waffles Honey 5.3 OZ





Pur Gum
Aspartame Free Gum
Peppermint Three
12 CT
Selected Varieties

\$1.79





Coconut Water
The Original
1 Liter
Selected Varieties





1/2 cup rolled oats

2 tbsp chia seeds

pinch of salt

1 cup of Coconut Water

2 tbsp yogurt

1 cup frozen mixed berries

2 tbsp maple syrup/agave nectar

- 1. Mix the oats, chia seeds & salt together in a bowl.
- 2. Add in Vita Coco Coconut Water.
- 3. Add in the yogurt & maple syrup. Stir until combined.
- 4. Crush the frozen berries into mixture with spoon.
- 5. Cover bowl and chill in fridge for at least 6 hrs.
- 6. In the morning add your favorite toppings and serve.

Follow Vitacoco on pinterest: pinterest.com/vitacoco



Biotta Organic Juice Beet 16.9 FL OZ Selected Varieties



\$5.29

Biotta Organic Juice Elderberry

16.9 FL OZ



Selected Varieties

\$6.99



Biotta



Kill Cliff

Ignite **Energy Drink** Cherry Lime Grenade 12 FL 0Z Selected Varieties



\$2.29



C2o Pure Coconut Water Pure Coconut Water

Selected Varieties



\$1.79

17.5 FL OZ



Better Taste, Less Waste

Convenience of a single serve machine doesn't mean sacrificing on quality. Cameron's dedicated to crafting the perfect coffee for you to brew at home.



Cameron's Coffee

Organic Coffee Pods French Roast 12 CT





CAMERON'S



Vitacup Inc

Superfood Infused **Ground Coffee** Slim Blend 12 OZ Selected Varieties



\$10.99



Honest Kids

Organic Juice Boxes Super Fruit Punch 8/6 OZ Selected Varieties



\$3.79







Organic India Organic Herbal Tea

Tulsi Ashwagandha 18 CT Selected Varieties

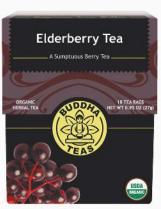


Boost Your Immunity

When it comes to power foods, elderberry outperforms other berries and boosts the immune system. Important during cold and flu season especially, elderberries also brew into a delicious tea.





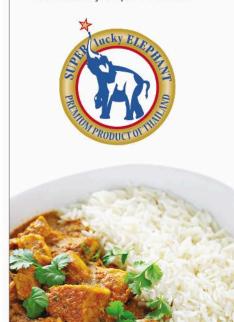


Buddha Teas Organic Herbal Tea Elderberry

Selected Varieties

Premium Quality Rice

Super Lucky Elephant brings rich cultures from around the world to your kitchen, setting the table for authentic moments with friends and family through the power of deliciously inspired meals.





Super Lucky Elephant

Organic Jasmine Rice 5 LB

\$7.49



Muir Glen Organic Tomatoes Whole Peeled 28 0Z Selected Varieties



\$2.19



Muir Glen Organic Tomatoes

Tomatoes Diced 14.5 OZ Selected Varieties



\$1.29



Muir Glen Organic Pasta Sauce Italian Herb 25.5 FL OZ



\$3.19



Michael's Of Brooklyn

Marinara Sauce 32 OZ Selected Varieties



\$6.79





Near East

Rice Pilaf Original 6 OZ Selected Varieties



2/\$4



Newman's Own

Pasta Sauce Marinara 24 FL OZ Selected Varieties



\$3.49



Davinci Pasta

Ziti 1 LB Selected Varieties

1.29



Annie Chun's White Sticky Rice Restaurant-Style 7.4 0Z





Seeds of Change

Organic Quinoa & Brown Rice with Garlic 8.5 0Z Selected Varieties









Pacific Natural Foods

Organic Soup Roasted Red Pepper & Tomato 32 FL OZ Selected Varieties



\$3.49



Nong Shim

Noodle Soup Shin Ramyun 4.2.07

\$1.29



Roland Products

Baby Corn Whole 15 OZ

\$1.79



Safe Catch

Ahi-Wild Tuna Yellowfin 5 OZ

A see

2/\$7



Frontera Foods

Taco Skillet Sauce Ground Beef 8 OZ Selected Varieties

\$1.79



Chosen Foods

Simmer Sauce Spanish Romesco 12 FL OZ Selected Varieties

₩

\$5.49



Mighty Sesame Company

100% Organic Tahini 10.90z



\$4.79



A Vogel

Organic Herbed Sea Salt 8.8 0Z



\$5.79

Primal Kitchen

Mayo with Avocado Oil 12 FL OZ Selected Varieties



\$7.49





La Tourangelle

Organic Dressing Classic Balsamic Vinaigrette 8.45 FL OZ Selected Varieties



\$4.29



International Collection

Flaxseed Oil Virgin 8.45 FL OZ Selected Varieties



\$7.19



Gaea

Extra Virgin Olive Oil Greek 17FLOZ



\$9.99



Bono

Organic Extra Virgin Olive Oil Sicilia 16.9 FL OZ



\$11.49





Keeping Cats Healthy

PetGuard® Savory Seafood canned cat food is a complete diet containing everything your cat needs without any of the ingredients you want to avoid. Real Salmon is the first ingredient.



Petguard

Canned Cat Food Savory Seafood Dinner 3 O Z Selected Varieties







Green Sprouts

Reusable Face Mask Adult Sized

\$10.99 Selected Varieties



Green Sprouts

Reusable Face Mask

Selected Varieties

\$10.99

Reusable face masks for school, work and play



Wellness

Grain Free Canned Cat Food Complete Health Sliced Chicken \$1,19 Selected Varieties









ECOS® Hand Soaps 17 oz. All Varieties



ECOS® All-Purpose Cleaners, 22 oz. All Varieties



Mother & Child™ ECOS® Mother & Child™ Refill Kits Orange Plus®, 80 oz.



ECOS® Fruit + Veggie Wash, 22 oz.

\$479

Let's Make a Clean Start.

A new year means new beginnings. An opportunity to make smarter, more sustainable

PLANT-POWERED (S) SUSTAINABLY MADE



Social Cbd

CBD Muscle Balm Stick Cooling Mint 2.64 OZ

\$22.49



CBD Pain Relief Cream \$42





Olbas

Olbas Oil 30 ML 1.01 FL OZ

\$13.99



Tea Tree Therapy

Chest Rub Eucalyptus 2 O Z

\$7.49

Eco-Dent

Daily Care Toothpowder Original Mint 2 OZ Selected Varieties

\$5.99







Eco-Dent

ExtraBrite Toothpowder Dazzling Mint

\$6.99



Tom's Of Maine

Antiplaque & Whitening Toothpaste Peppermint 5.5 OZ

\$5.49

Similasan

Eye Drops Pink Eye Relief 10 ML Selected Varieties

\$8.99

Tints of Nature

Selected Varieties

Permanent Hair Dye 4N Natural Medium Brown 4.4 FL OZ











Diva Cup Menstrual Cup Model 1

Selected Varieties \$31.49

\$15.99









Hyland's

4 Kids Pain Relief 4FL 0Z

\$6.49

Hyland's

4 Kids Sore Throat Relief Grape Flavor 4 FL 0Z

\$6.49





Boiron

SinusCalm Tablets Non-Drowsy 60 TAB

\$8.99



Nature's Way

Women's 50+ Daily Multi-Vitamin Ultra Potency 60 TAB Selected Varieties

\$16.49



Rainbow Light

Counter Attack Immune Support





Emergen-C

Vitamin C Dietary Supplement Super Orange 30 PKT Selected Varieties

\$10.99



American Health

Ester-C 1000 With Citrus Bioflavonoids 90 CAP

\$18.99



Ener-C

Ener-C 1000mg Vitamin C Lemon Lime 30 PKT Selected Varieties

\$12.49



Essential Living Foods

Organic Coco Gogo Smoothie Mix Chocolate Vitality Boost 6 OZ Selected Varieties





Kyolic Cardiovascular Formula 100 Original 200 CAP





Ascent Native Fuel

Whey Protein Powder Chocolate 2LB





Navitas Organics

Organic Superfood + Adaptogen Blend 6.3 OZ Selected Varieties





Protein Shake · Plant Based Vegan Blend

- · Naturally Flavored & Sweetened

Naturade:

Nutritional

- · Great Taste
- · Low Calorie



Naturade

All-In-One Nutritional Shakes Vanilla 22.75 OZ Selected Varieties

egan 📠

\$30.49

coon E



Neocell

7 OZ

Super Collagen Powder

\$12.49



Ultima Replenisher

Electrolyte Drink Mix Raspberry .11 OZ

Œ

\$7.49



Rescue

Stress Relief Gum Fresh Mint 25 CT

\$4.99



Natural Vitality

Calm Gummies Raspberry Lemon Selected Varieties



\$17.99



Prince Of Peace

Red Panax Ginseng Extractum Ultra Strength 10/10 CC \$4.49 Selected Varieties



Swiss Kriss Herbal

Laxative Tabs 250 TAB

\$10.99



Sunwarrior

Collagen **Building Protein** Peptides Tahitian Vanilla 17.6 OZ



\$26.49



Onnit Labs

New Mood Supplement Daily Stress Support

\$19.99













Pretzel Crisps
Deli Style Pretzel Crisps
Original
7.2 0Z

\$2.49

Selected Varieties



Veggie Medley Bites

Prep Time: 10 minutes Original Pretzel Crisps Cream Cheese Bell Peppers Carrots

Cabbage

Chop and shred bell peppers, carrots, and cabbage. Spread cream cheese on Original Pretzel Crisps and add the veggies on top. Press into the cream cheese.

Find recipe online: www.pretzelcrisps.com/recipes