



SALES

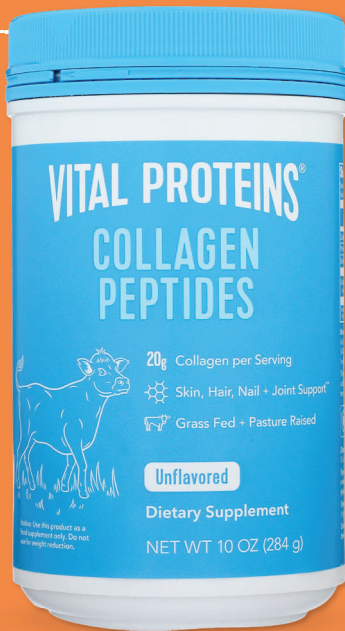


OCT. 1-15, 2025

Proud member of



EASTBAYNATURALGROCERS.COM



**Vital Proteins
Collagen Peptides**
selected varieties

\$19⁹⁹
10 oz



**Vital Farms
Butter**
selected varieties

\$3⁷⁹
8 oz



DOUBLE UP ON FALL DEALS!

**C2O
Coconut Water**
selected varieties

2/\$4
17.5 oz



**OLIPOP
Prebiotic Soda**
selected varieties

2/\$4
12 oz



**Health-Ade
Organic Kombucha**
selected varieties

2/\$6
16 oz



**Organic Valley
Organic Shredded Cheese**
selected varieties

\$3⁹⁹
6 oz



**Rao's
Pasta Sauce**
selected varieties

\$6⁹⁹
24 oz



**Beyond Meat
Beyond Beef Plant-Based Ground**

\$7⁹⁹
16 oz



**ROAR Organic
Organic Vitamin
Enhanced Beverage**

\$1⁶⁹
18 oz



**REBBL
Organic Functional
Beverage**
selected varieties

2/\$7
12 oz



**Almond Breeze
Almondmilk**
selected varieties

\$2⁴⁹
32 oz



LOOK FOR NEW DEALS OCTOBER 15th!

Chickapea
Organic Chickpea Pasta
 selected varieties

\$3²⁹

8 oz



Dr. McDougall's
Ramen
 selected varieties

\$1⁸⁹

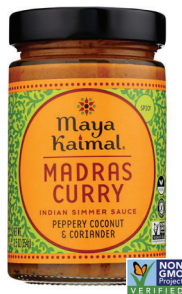
1.9 oz



Maya Kaimal
Indian Simmer Sauce
 selected varieties

\$4²⁹

12.5 oz



Kettle & Fire
Organic Bone Broth
 selected varieties

\$5²⁹

16.9 oz



Primal Kitchen
Avocado Oil

\$11⁹⁹

16.9 oz



Maple Roasted Winter Squash

1 HR • SERVES 6-8 • VEGETARIAN

INGREDIENTS

- 5 pounds winter squash such as kabocha or butternut, seeded and cut into 1" pieces
- 1 medium red onion, chopped
- ½ cup walnut halves
- ½ cup avocado oil
- ½ cup maple syrup
- 1 teaspoon sea salt
- 1 teaspoon crushed red pepper flakes (or to taste)
- ½ cup crumbled feta

DIRECTIONS

- 1 Preheat oven to 400°F. Place winter squash, red onion, and walnut halves in a large mixing bowl.
- 2 In a separate bowl, whisk together the avocado oil, maple syrup, salt, and crushed red pepper flakes. Pour mixture over squash and toss until well coated.
- 3 Spread squash out on two parchment-lined baking pans in a single layer. Bake for 40 minutes or until squash is tender.
- 4 Place squash in a serving vessel and sprinkle on crumbled feta.



Annie's

Hop into Savings:

Annie's is On Sale!



Annie's
Organic Bunny Crackers
 selected varieties

\$3²⁹

7.5 oz



Annie's
Mac & Cheese
 selected varieties

2/\$4

5.25-6 oz



Annie's
Organic Cheddar Cheesy Smiles

\$3²⁹

4 oz

Napa Valley Naturals
Organic Extra Virgin
Olive Oil



\$17⁹⁹

25.4 oz

Inka Crops
Plantain Chips
selected varieties



\$2²⁹

3.25-4 oz

Siete
Kettle Cooked Potato Chips
selected varieties



2/\$6

5.5 oz

Manitoba Harvest
Organic Hemp Hearts



\$10⁹⁹

12 oz

Teeccino
Herbal Tea
selected varieties



\$4²⁹

10-12 ct

Pacific Foods
Organic Soup
selected varieties



\$3⁹⁹

32 oz

Pacific Foods
Organic Soup
selected varieties



\$3⁷⁹

16.1-16.5 oz

Pacific
FOODS.

Pacific Foods' organic soups and chilis are consciously crafted with a bounty of organic, non-GMO ingredients and feature a range of vibrant, globally inspired flavors. Stock up on Pacific for options that are distinctly satisfying and worth savoring every spoonful.

EPIC
Snack Strip
selected varieties



4/\$5

0.8 oz

EPIC
Meat Snack Bar
selected varieties



2/\$4

1.3 oz

Artisana Organics
Organic Raw Almond Butter



\$13⁹⁹

14 oz

Lily's
Baking Chips
selected varieties



\$6⁷⁹

9 oz

Choice Organics
Organic Tea
selected varieties



\$3²⁹

16 ct

De La Calle
Organic Mexican Soda
selected varieties



2/\$4

12 oz

HOPWTR
Sparkling Hop Water
selected varieties

\$8.99

6/12 oz



Four Sigmatic
Organic Coffee with Mushrooms
selected varieties

\$12.99

10 oz



GoMacro
Organic MacroBar
selected varieties

2/\$5

2.3 oz



GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.

Laird Superfood
Superfood Creamer
selected varieties

\$5.99

8 oz



Three Trees
Organic Almondmilk
selected varieties

\$5.49

28 oz



Silk
Almondmilk
selected varieties

\$4.29

64 oz



Minor Figures
Organic Barista Oat Milk

\$3.29

32 oz



Bellwether Farms
Sheep Milk Yogurt
selected varieties

\$4.99

16 oz



Gardein
Plant-Based Meat
selected varieties

\$3.79

8.1-13.7 oz



Tofurky
Plant-Based Sausage
selected varieties

\$4.79

13 oz



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

\$9⁹⁹

30 ml



**Boiron
Oscillococcinum**

\$18⁹⁹

12 ct



**Everyone
3-in-1 Soap**
selected varieties



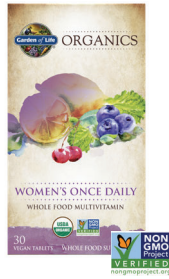
\$8⁴⁹

32 oz

**Garden of Life Organics
Women's Once Daily
Multivitamin**

\$21⁹⁹

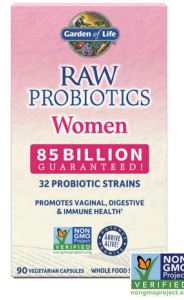
30 tab



**Garden of Life
RAW Probiotics
Women**

\$37⁹⁹

90 cap



Empowering
Extraordinary Health®.
It's the sole purpose
of Garden of Life—to
empower consumers
with the tools necessary
to achieve extraordinary
health by offering clean,
traceable, clinically
studied ingredients in
the most sustainable
way possible.

**MegaFood
Magnesium 300 mg**

\$11⁹⁹

60 ct



**Quantum Health
Super Lysine Immune Support**

\$9⁹⁹

90 tab



**Caboo
Bamboo Baby Wipes**



\$4⁴⁹

72 ct

**National Bike
and Walk to
School Day**

OCTOBER 1, 2025



Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

INGREDIENTS

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

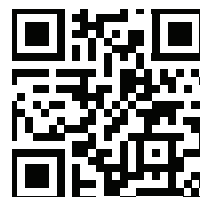


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SW-A