



# SALES



JAN. 16 - 31, 2026

Proud member of



EASTBAYNATURALGROCERS.COM



**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

**\$1.89**

1.6-2.4 oz



**Muir Glen Organic Tomatoes**  
selected varieties

**2/\$3**

14.5-15 oz



**Once Again Organic Tahini**

**\$6.99**

16 oz



**Barbara's Cheese Puffs**  
selected varieties

**\$2.69**

5.5-7 oz



**Mavuno Harvest Organic Dried Fruit**  
selected varieties

**\$2.79**

2 oz



**cocojune Organic Coconut Yogurt**  
selected varieties

**\$5.99**

16 oz



**Westbrae Organic Beans**  
selected varieties

**\$2.19**

15 oz



**So Delicious Organic Coconut Milk**  
selected varieties

**2/\$5**

32 oz



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

**\$4.29**

24 oz



Look for new deals on February 1st!



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

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



**\$3.79**

8.4 oz

**Muir Glen Organic Pasta Sauce**  
selected varieties



**2/\$6**

23.5 oz

**Maya Kaimal Organic Everyday Dal**  
selected varieties



**\$3.29**

10 oz



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

**\$4.99**

32 oz



**Pacific Foods Organic Soup**  
selected varieties

**\$3.79**

16.1 oz

**Safe Catch Elite Wild Tuna**



**\$2.99**

5 oz

**Chosen Foods Avocado Oil Mayo**  
selected varieties



**\$6.29**

12 oz

**Cobram Estate  
California Select  
Extra Virgin Olive Oil**  
selected varieties



**\$9.49**

375 ml

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



**\$3.29**

10 oz

**familia  
Swiss Muesli**  
selected varieties



**\$8.99**

29 oz

**Spectrum Culinary  
Organic Coconut Oil**



**\$6.79**

14 oz

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



**\$5.99**

15.5-17 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

**2/\$6**  
4-7 oz



**Back to Nature  
Cookies**  
selected varieties

**\$3.79**  
7.5-9 oz

**Seven Sundays  
Cereal**  
selected varieties



**\$5.79**

8-12 oz

**Cascadian Farm  
Organic Cereal**  
selected varieties



**2/\$6**

8.6-14.6 oz

**La Tourangelle  
Organic  
Extra Virgin Olive Oil**



**\$13.99**

25.4 oz

**Jovial  
Organic Brown Rice Pasta**  
selected varieties



**\$3.79**

12 oz

**Yellowbird  
Hot Sauce**  
selected varieties



**\$5.49**

9.8 oz

**Darrell Lea  
Licorice**  
selected varieties



**\$2.29**

7 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

LesserEvil Organic Popcorn selected varieties



**2/\$6**

4.6-6.4 oz

Annie's Organic Cheddar Cheesy Smiles



**2/\$7**

4 oz

Skinny Dipped Chocolate Covered Almonds selected varieties



**\$3.99**

3.5 oz

Inka Crops Plantain Chips selected varieties



**\$2.29**

4 oz

Big Tree Farms Organic Coconut Sugar selected varieties



**\$3.49**

16 oz

Navitas Organic Cacao Powder



**\$8.99**

8 oz

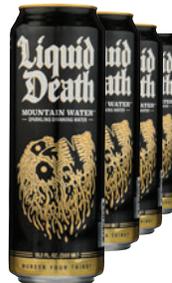
Brew Dr. Kombucha Organic Kombucha selected varieties



**2/\$4**

14 oz

Liquid Death Sparkling Water selected varieties



**4/\$5**

19.2 oz

Nixie Organic Sparkling Water selected varieties



**\$5.49**

8/12 oz

**Simply Orange Juice**  
selected varieties

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

46 oz



**Pressed Juicery Juice**  
selected varieties

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

15.2 oz



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

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

32 oz



**De La Calle Organic Mexican Soda**  
selected varieties

**2/\$4**

12 oz



**Zevia Zero Calorie Soda**  
selected varieties

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

6/12 oz



**Vita Coco Coconut Water**  
selected varieties

**2/\$5**

500 ml



**Clean Cause Organic Yerba Mate**  
selected varieties

**2/\$4**

16 oz



**ROAR Organic Organic Enhanced Beverage**  
selected varieties

**2/\$3**

18 oz



**Essentia Alkaline Water**

**2/\$4**

1.5 lt



**Organic India Organic Tea**  
selected varieties

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

18 ct



**Four Sigmatic Organic Coffee**  
selected varieties

**\$12<sup>99</sup>**

10 oz



**Choice Organics Organic Tea**  
selected varieties

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

16 ct



**Celestial Seasonings Tea**  
selected varieties

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

20 ct



**Teecino Herbal Tea**  
selected varieties

**\$4<sup>79</sup>**

10 ct



**Califia Farms Better Half Creamer**

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

16.9 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

**Milkadamia  
Macadamia Milk**  
selected varieties



**\$4<sup>79</sup>**  
32 oz

**nutpods  
Dairy-Free Creamer**  
selected varieties



**2/\$5**  
11.2 oz

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



**5/\$5**  
5.3 oz

## Savory Onion and Squash Scones

45 MIN · MAKES 12 · VEGETARIAN

### INGREDIENTS

- |                              |                                      |
|------------------------------|--------------------------------------|
| 3 cups all-purpose flour     | 1 stick unsalted butter, cold        |
| ¾ cup shredded asiago cheese | 1 cup buttermilk, plus 2 tablespoons |
| 1 tablespoon cane sugar      | ½ cup squash puree                   |
| 1 tablespoon baking powder   | 1 large egg                          |
| 1 teaspoon sea salt          | 4 tablespoons chopped chives         |

### DIRECTIONS

- Preheat oven to 350°F. Combine flour, cheese, sugar, baking powder, and sea salt in a large mixing bowl.
- In a separate bowl, whisk together 1 cup buttermilk, squash puree, egg, and chives.
- Cut butter into the dry mixture until it resembles coarse cornmeal. Stir in wet ingredients until just combined.
- Turn dough onto a lightly floured surface, divide into two pieces and form each into 6-inch disks.
- Cut each disk into 6 wedges and place on a baking sheet lined with parchment. Brush scone tops with remaining buttermilk, and bake for 25 minutes or until edges are starting to turn golden.



# Charcuterie Board

25 MIN · TRADITIONAL

## CHEESES

- Select a mixture of soft, semi-soft, firm and hard cheeses

## CURED MEATS

- Cured meats work great. Select salami, prosciutto, calabrese, etc.

## CRACKERS AND BREADS

- Various crackers (plain, seeded, fruit studded)
- Breads such as baguettes or sourdough

## DIRECTIONS

- 1 On a large platter, cutting board, or even directly on a butcher paper wrapped table, display the charcuterie board elements. Slice cheeses and meats if they don't come presliced.
- 2 Shingle them so guests can pick them up one at a time. Arrange all the meats and cheeses, keeping them separated by type.
- 3 Then, mix the breads, crackers, and fruit into the remaining space. Feel free to put the salty, briny elements into small bowls to place around the board. Don't forget small tongs or knives and small plates to make it easy to serve.

## FRUITS AND NUTS

- Popular Fresh Fruit: Red and green grapes, apples, figs
- Popular Dried: apricots, figs

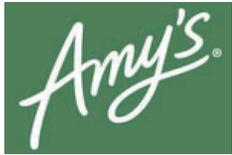
## SALTY, BRINY ELEMENTS

- Olives, cornichons, pickled vegetables, caperberries

## SPREADS

- Complementary jams, preserves, or marmalade
- Savory spreads and pates





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

**siggi's Icelandic Yogurt**  
selected varieties

**\$1.39**

5.3 oz



**Painterland Sisters Organic Skyr Yogurt**  
selected varieties

**\$2.49**

5.3 oz



**Wildwood Organic High Protein Super Firm Tofu**

**\$2.79**

16 oz



**Gardein Meatless Meat**  
selected varieties

**\$3.79**

8.1-13.7 oz



**Desert Essence Dental Floss**  
selected varieties

**\$3.29**

1 ct



## Mini Wild Albacore Tuna Sweet Potato Cakes

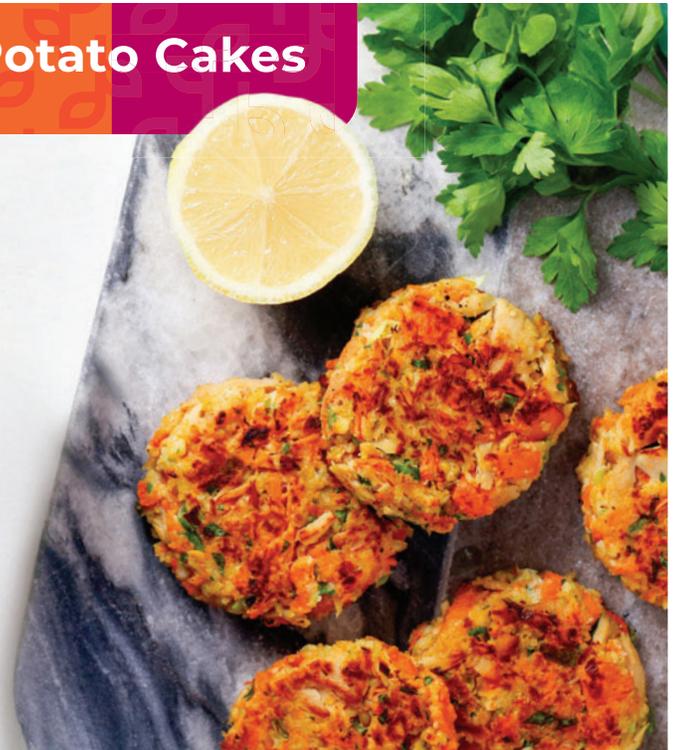
1 HR • SERVES 2

### INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| ½ medium sized sweet potato  | ¼ cup shredded carrot              |
| 1 can (5 ounces) <b>Wild Planet 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

- 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.
- Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 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.
- 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.



**Vital Farms**  
**Pasture Raised Eggs**



**\$6.79**

1 dz

**Siete**  
**Grain Free Tortillas**  
selected varieties



**\$5.29**

8 ct

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



**\$3.79**

5.5 oz

**Andalou Naturals**  
**Shampoo or Conditioner**  
selected varieties



**\$6.79**

11.5 oz

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



**\$9.99**

30 ml

**Herbatint**  
**Permanent Haircolor Gel**  
selected varieties



**\$13.99**

5.75 oz

**Everyone**  
**Hand Soap**  
selected varieties



**\$3.79**

12.75 oz

**Orgain**  
**Organic Vegan**  
**Nutritional Shake**  
selected varieties



**\$2.79**

11 oz

**Himalaya**  
**Toothpaste**  
selected varieties



**\$5.49**

5.29 oz



**Country Life**  
**Coenzyme B-Complex**  
selected varieties



**\$14.99**

60 vcap

**Boiron**  
**Oscillococcinum**



**\$11.99**

6 dose

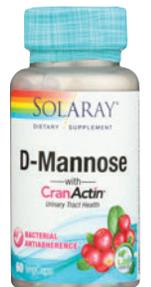
**Natural Factors**  
**WellBetX® Berberine**  
**1000 mg**



**\$20.99**

60 vcap

**Solaray**  
**D-Mannose with**  
**CranActin**



**\$24.99**

60 vcap

# 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.*



## 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.



SW-B