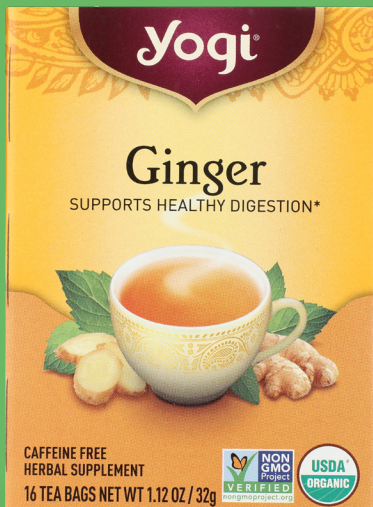


# deals

November 1 - 30, 2024

Scan to download!



**Yogi Organic Tea**  
selected varieties

**\$3.79**

16 ct



**Alden's Organic Organic Ice Cream**  
selected varieties

**\$8.49**

48 oz

## Serving up deals on holiday desserts

**Farmer's Market Organic Pumpkin**

**\$2.79**

15 oz



**Dandies Vegan Marshmallows**  
selected varieties

**\$3.49**

10 oz



**Wholly Wholesome Gluten Free Pie Shells**

**\$5.99**

2 ct



**Annie's Organic Graham Crackers**  
selected varieties

**2/\$7**

14.4 oz



**If You Care Parchment Baking Paper**

**\$4.79**

70 sqft



**Lily's Chocolate Baking Chips**  
selected varieties

**\$5.99**

9 oz



**Garden of Eatin' Taco Shells**  
selected varieties

**\$3.49**

5.5 oz



**Cascadian Farm Organic Organic Potatoes**  
selected varieties

**2/\$8**

16 oz



**Pacific Foods Organic Broth**  
selected varieties

**\$3.29**

32 oz



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

**2/\$5**

6 oz



**Daiya Deluxe Mac & Cheese**  
selected varieties

**\$3.79**

10.6 oz



**Maya Kaimal Organic Everyday Dal**  
selected varieties

**\$3.49**

10 oz



**Mike's Mighty Good Craft Ramen**  
selected varieties

**\$1.89**

1.6-2.4 oz



**Imagine Organic Soup**  
selected varieties

**\$4.29**

32 oz



**Lotus Foods Organic Rice Noodles**  
selected varieties

**\$2.99**

8 oz



**Lundberg Family Farms Wild Blend Rice**

**\$4.29**

1 lb



**Ancient Harvest Organic Polenta**  
selected varieties

**\$2.29**

18 oz



**Muir Glen Organic Tomatoes**  
selected varieties

**2/\$5**

28 oz



**Muir Glen Organic Pasta Sauce**  
selected varieties

**2/\$6**

23.5 oz



**Lucini Italia Organic Pasta Sauce**  
selected varieties

**\$6.79**

24 oz



**TRUFF Black Truffle Infused Pasta Sauce**  
selected varieties

**\$9.29**

18 oz



**Primal Kitchen Dressing**  
selected varieties

**\$5.79**

8 oz



**La Tourangelle Grapeseed Oil**

**\$8.29**

16.9 oz



**Simply Organic Organic Gravy Mix**  
selected varieties

**\$1.29**

0.85 oz





**Kettle & Fire  
Broth**  
selected varieties

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

32 oz



**The Ginger People  
Organic Pickled Sushi Ginger**

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

6.7 oz



**Late July  
Organic Tortilla Chips**  
selected varieties

**2/\$7**

10.1 oz



**Good Health  
Avocado Oil Potato Chips**  
selected varieties

**2/\$6**

5 oz



**RW Garcia  
Organic Corn Chips**  
selected varieties

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

7.5-8.25 oz



**Pirate's Booty  
Rice & Corn Puffs**  
selected varieties

**2/\$5**

4 oz



**Angie's  
BoomChickaPop Popcorn**  
selected varieties

**2/\$6**

4.4-7 oz



**Back to Nature  
Organic Crackers**  
selected varieties

**2/\$6**

6 oz



**Simple Mills  
Almond Flour Crackers**  
selected varieties

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

4.25 oz



**Crunchmaster  
Multi-Seed Crackers**  
selected varieties

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

4 oz



**Milton's  
Gourmet Crackers**  
selected varieties

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

6.8-8.4 oz



**Endangered Species  
Chocolate Bar**  
selected varieties

**2/\$5**

3 oz



**Theo  
Organic Chocolate Bar**  
selected varieties

**2/\$6**

3 oz



**Tony's Choclonely  
Chocolate Bar**  
selected varieties

**\$3<sup>99</sup>**

6.35 oz



**Tate's Bake Shop  
Cookies**  
selected varieties

**\$4<sup>99</sup>**

7 oz





Homemade for the holidays. Celebrate better with Bob's Red Mill baking ingredients.



**Bob's Red Mill Baking Soda**

**\$2<sup>49</sup>**

16 oz



**Bob's Red Mill Organic Flour**  
selected varieties

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

5 lb



**Bob's Red Mill 1 to 1 Baking Flour**

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

22 oz

**Newman's Own Sandwich Cremes**

selected varieties

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

13 oz



**Panda Licorice**

selected varieties

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

7 oz



**St. Dalfour French Fruit Spread**

selected varieties

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

10 oz



**Once Again Organic Tahini**

selected varieties

**\$7<sup>49</sup>**

16 oz



**Purely Elizabeth Organic Granola**

selected varieties

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

8-12 oz



**Cascadian Farm Organic Cereal**

selected varieties

**2/\$7**

8.6-15 oz



**Pamela's Pancake & Baking Mix**

**\$6<sup>49</sup>**

24 oz



**Jovial Organic Einkorn Flour**

selected varieties

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

32 oz



**Spectrum Organic Shortening**

**\$8<sup>49</sup>**

24 oz



**Let's Do**  
Organic Coconut Flakes

**\$2.79**

7 oz



**Guittard Chocolate**  
Baking Chips

selected varieties

**\$4.99**

9-12 oz



**Peter Rabbit Organics**  
Organic Baby Food Pouch

selected varieties

**\$1.79**

4-4.4 oz



**Zevia**  
Zero Calorie Soda

selected varieties

**\$5.49**

6/12 oz



**DREAM**  
Organic Ricemilk

selected varieties

**\$2.99**

32 oz



**Lakewood**  
Organic Pure Pomegranate Juice

**\$8.69**

32 oz



**Califia Farms**  
Better Half Creamer

**\$2.99**

16.9 oz



**West Life**  
Organic Soymilk

selected varieties

**\$2.99**

32 oz



**R.W. Knudsen**  
Organic Tomato Juice

**2/\$7**

32 oz



**Chameleon Cold-Brew**  
Organic Coffee Concentrate

selected varieties

**\$6.29**

32 oz



**Brown Cow**  
Cream Top Whole Milk Yogurt

selected varieties

**\$3.79**

32 oz



*Wholesome*

Bake your holiday best with help from Wholesome Organic Fair Trade Sugars. From crop to kitchen, these sugars matter—in the quality of what you make for your loved ones and in how our Fair Trade, sustainably sourced sugars help support farming communities and our planet.





For food enthusiasts eager to explore dairy-free options, Miyoko's offers an organic plant milk creamery, producing exceptional vegan cheese and butter. We inspire you to make food choices that not only taste amazing but also contribute to a better world.



**Miyoko's Organic Vegan Cream Cheese**  
selected varieties

**\$4.29**

8 oz



**Miyoko's Organic Cultured Vegan Butter**  
selected varieties

**\$4.79**

8 oz

**The Greek Gods Greek Style Yogurt**  
selected varieties



**\$4.29**

24 oz

**Earth Balance Organic Vegan Whipped Buttery Spread**



**\$4.79**

13 oz

**Kerrygold Butter**  
selected varieties



**\$4.49**

8 oz

**Green Valley Creamery Organic Lactose Free Sour Cream**



**\$3.49**

12 oz

**Vital Farms Pasture-Raised Eggs**



**\$6.49**

12 ct

**Follow Your Heart Dairy-Free Shredded Parmesan**



**\$3.49**

4 oz

**Organic Valley Organic Shredded Cheese**  
selected varieties



**\$3.99**

6 oz

**Marin French Cheese Co. Brie**  
selected varieties



**\$5.29**

4 oz

**Nancy's Organic Cottage Cheese**  
selected varieties



**\$3.99**

16 oz

**Bitchin' Sauce Original Bitchin' Sauce**  
selected varieties



**\$4.49**

8 oz

**Immaculate Organic Flaky Biscuits**



**\$4.29**

16 oz

**Bonafide Provisions  
Organic Bone Broth**  
selected varieties

**\$6<sup>49</sup>**

24 oz



**Bach  
Rescue Pastilles**  
selected varieties

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

50 g



**Boiron  
Chestal Honey Cough Syrup**

**\$9<sup>79</sup>**

6.7 oz



**Sovereign Silver  
Bio-Active Silver Hydrosol**

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

2 oz



**Garden of Life  
Collagen Peptides**

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

280 g



**Vibrant Health  
Green Vibrance**

**\$45<sup>99</sup>**

330 g



**ChildLife Essentials  
Liquid Multi Vitamin & Mineral**

**\$10<sup>99</sup>**

8 oz



**Natural Factors  
DGL 400 mg Chewable**

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

90 tab



**Nordic Naturals  
Ultimate Omega D-3**

**\$22<sup>99</sup>**

60 ct



**Gaia Herbs  
Oil of Oregano**

**\$18<sup>99</sup>**

60 ct



**Herbatint  
Permanent Hair Color Gel**  
selected varieties

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

5.75 oz



**Biokleen  
Bac-Out Stain & Odor Remover**

**\$8<sup>49</sup>**

32 oz



**Mrs. Meyer's Clean Day  
Liquid Dish Soap**  
selected varieties

**\$3<sup>99</sup>**

16 oz



**ECOS  
Dish Soap**  
selected varieties

**\$3<sup>49</sup>**

25 oz



**World Centric  
Assorted Compostable Cutlery**

**\$1<sup>39</sup>**

24 ct





# 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.

