deals

October 23-November 29, 2024

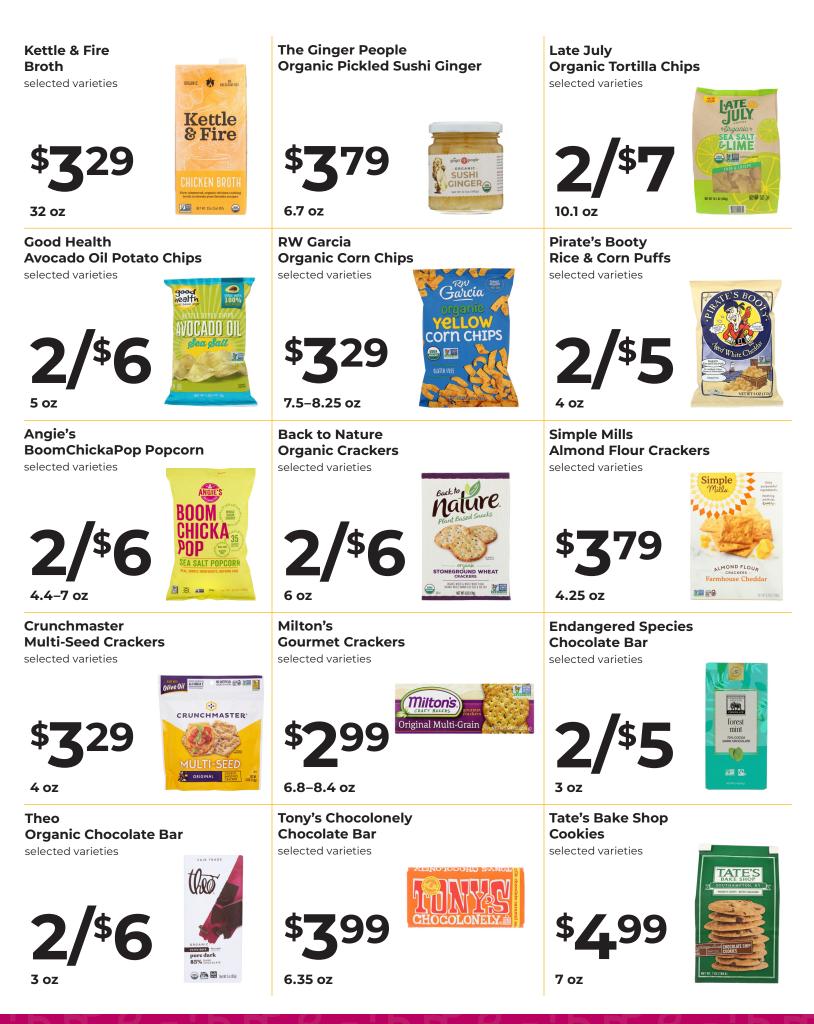


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Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window. Proud member of infra

Annie's Daiya Maya Kaimal **Organic Everyday Dal Organic Mac & Cheese Deluxe Mac & Cheeze** selected varieties selected varieties selected varieties Daiya Maya Kaimal ORGANIC EVERYDAY DAL Macaroni & Classic Cheddar 2/\$5 L, BUTTERNU & COCONUT **Z**49 6 oz 10.6 oz 10 oz **Lotus Foods Mike's Mighty Good** Imagine **Organic Soup Organic Rice Noodles** Craft Ramen selected varieties selected varieties selected varieties :00F \$**4**29 \$789 1.6-2.4 oz 32 oz 8 oz **Ancient Harvest Muir Glen Lundberg Family Farms** Wild Blend Rice **Organic Polenta Organic Tomatoes** selected varieties selected varieties IR G IUNDBERG SUSTAINABLE \$**4**29 ILD BLEND 1lb 18 oz 28 oz Lucini Italia TRUFF **Muir Glen Organic Pasta Sauce Black Truffle Infused Pasta Sauce Organic Pasta Sauce** selected varieties selected varieties selected varieties R U F 23.5 oz 24 oz 18 oz **Primal Kitchen** La Tourangelle **Simply Organic** Dressing **Grapeseed Oil Organic Gravy Mix** selected varieties selected varieties AP) Simply GRAPESEED OIL Organic PRIMA \$579 RATE S EII IST O 8 oz 16.9 oz 0.85 oz



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



Bob's Red Mill Baking Soda



Bob's Red Mill Organic Flour



Bob's Red Mill 1 to 1 Baking Flour

16 oz

22 oz

Newman's Own Sandwich Cremes selected varieties



13 oz

Once Again **Organic Tahini** selected varieties



16 oz

24 oz

Pamela's Pancake & Baking Mix



00 8

NON-GMO & NON-GHO

TAHINI

Panda Licorice selected varieties

5

7 oz

Purely Elizabeth Organic Granola selected varieties



8–12 oz

Jovial **Organic Einkorn Flour** selected varieties





einkorn

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Spectrum **Organic Shortening**



24 oz





10 oz

Cascadian Farm Organic Organic Cereal selected varieties





jovial

8.6–15 oz

Let's Do Organic Coconut Flakes



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The Greek Gods Greek Style Yogurt selected varieties

SALTED



MiYOKO For food enthusiasts eager MiYOKOS 24 oz to explore dairy-free options, BUTTER Miyoko's offers an organic **Earth Balance** plant milk creamery, **Organic Vegan Whipped** Miyoko's Miyoko's producing exceptional **Buttery Spread Organic Vegan Organic Cultured** vegan cheese and butter. **Cream Cheese Vegan Butter** We inspire you to make food selected varieties selected varieties choices that not only taste amazing but also contribute \$**__**79 balance to a better world. \$**__**29 13 oz 8 oz 8 oz **Green Valley Creamery Vital Farms** Kerrygold **Organic Lactose Free Sour Cream Pasture-Raised Eggs** Butter selected varieties PASTURE RAISED Green Valley KERRYGOIÒ \$**<u>/</u>**49 PURE IRISH BUTTER **4**9 49 8 oz 12 ct 12 oz Marin French Cheese Co. **Follow Your Heart Organic Valley Dairy-Free Shredded Parmesan Organic Shredded Cheese** Brie selected varieties selected varieties ORGANIC NOZZARELLA 6 oz 4 oz 4 oz **Bitchin' Sauce** Nancy's Immaculate **Organic Cottage Cheese Original Bitchin' Sauce Organic Flaky Biscuits** selected varieties selected varieties



16 oz

\$449 8 oz







16 oz

Bonafide Provisions Bach Boiron **Organic Bone Broth Rescue Pastilles Chestal Honey Cough Syrup** selected varieties selected varieties COUGH & UCUS RELIEI BONAFIDE RESCUE Chesta \$ **R**99 49 24 oz 50 g 6.7 oz Sovereign Silver Garden of Life **Vibrant Health Green Vibrance Bio-Active Silver Hydrosol Collagen Peptides** SILVER VIBRANT HEALTH. GREEN VIBRANCE \$4599 299 PEPTIDES 280 g 330 g 2 oz **ChildLife Essentials Nordic Naturals Natural Factors Liquid Multi Vitamin & Mineral** DGL 400 mg Chewable Ultimate Omega D-3 NORDIC ULTIMATI DGL 399 **N99** 2799 \$ \$ Deglycyrrhizinat 8 oz 90 tab 60 ct Gaia Herbs Herbatint **Biokleen Permanent Hair Color Gel Oil of Oregano Bac-Out Stain & Odor Remover** selected varieties gaia HERBATINT permanent haircolor gel okle Oil of Oregano **R**99 199 \$ **R**49 VEGAN LIQUID PHYTO 5.75 oz 32 oz 60 ct Mrs. Meyer's Clean Day **ECOS** World Centric **Liquid Dish Soap Dish Soap** Assorted Compostable Cutlery selected varieties selected varieties ECOS **MEYER'S** 399 49 39 LEMON ISH SOAP 16 oz 25 oz 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
- $\frac{1}{2}$ teaspoon dried thyme
- ¹/₂ teaspoon dried savory (optional)

- 2 cups frozen corn
- 1 cup half and half
- (or alternative)
- large baked potato, peeled and roughly mashed
 tablespoon sriracha hot
- sauce ½ cup cilantro, chopped
- (optional)
- 1 ¹/₂ 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.



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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** or scan this code.

