



**Wholesome Sweeteners Organic Brown Sugar**  
selected varieties

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



**Simple Mills Almond Flour Baking Mix**  
selected varieties

**\$5<sup>29</sup>**  
9-12.9 oz

## 'Tis the season for savings!

**Annie's Organic Mac & Cheese**

**2/\$5**  
6 oz



**Lily's Baking Chips**  
selected varieties

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



**Wildbrine Kimchi**  
selected varieties

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



**Bionaturae Organic Tomato Paste**

**2/\$4**  
7 oz



**KeVita Organic Kombucha**  
selected varieties

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



**Lakewood Organic Pure Carrot Juice**

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



**California Olive Ranch Global Blend Extra Virgin Olive Oil**

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



**Amy's Organic Soup**  
selected varieties

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



**Bob's Red Mill Gluten Free Cornbread Mix**

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



Look for new deals on **December 17!**

**Miss Jones Baking Co  
Organic Frosting**

selected varieties

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

11.29 oz



**Navitas  
Organic  
Cacao Powder**

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

8 oz



**Pascha  
Organic  
Baking Chips**

selected varieties

**\$9<sup>29</sup>**

8.8 oz



**Aura Bora  
Herbal  
Sparkling Water**

selected varieties

**2/\$4**

12 oz



**Natural Vitality  
Calm Gummies**

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

120 ct



**Eggs from farmers who care.** Our farmers share our commitment to animal welfare. Whether they're scrambled, baked, or fried, they're delicious, responsible, and made to make a difference.



**Vital Farms  
Pasture Raised Eggs**

**\$6<sup>99</sup>**

1 dz

**St. Dalfour  
French Fruit Spread**

selected varieties

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

10 oz



**TRUFF  
Black Truffle Infused  
Hot Sauce**

selected varieties

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

6 oz



**Vermont Creamery  
Crème Fraîche**

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

8 oz



**Earth Balance  
Organic Vegan  
Buttery Spread**

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

13 oz



**Natural Factors  
Stress Relax Tranquil  
Sleep Chewable**

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

60 tab



**Nordic Naturals  
Omega-3**

**\$34<sup>99</sup>**

180 ct





**Garden of Life  
Vitamin Code  
Raw Zinc**

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

60 ct



**Wiley's Finest  
Wild Alaskan Fish Oil  
Easy Swallow Minis**

**\$16<sup>99</sup>**

60 ct



**Oregon's Wild Harvest  
Organic Milk Thistle  
Dandelion**

**\$23<sup>99</sup>**

90 ct



**Renew Life  
3-Day Cleanse**

**\$6<sup>79</sup>**

12 ct



**derma e  
Vitamin C  
Concentrated Serum**

**\$19<sup>99</sup>**

2 oz



**Aura Cacia  
Lavender  
Essential Oil**

**\$7<sup>99</sup>**

.5 oz



**NOW  
Essential Oil  
selected varieties**

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

1 oz



**Weleda  
Skin Food  
Body Butter**

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

5 oz



**JASÖN  
Vitamin E Skin Oil  
5000 IU**

**\$6<sup>99</sup>**

4 oz



**Avalon Organics  
Shampoo or  
Conditioner  
selected varieties**

**\$7<sup>99</sup>**

11 oz



**South of France  
Bar Soap  
selected varieties**

**2/\$7**

6 oz



# Slow Cooker Squash & Quinoa Stew

4 HR 20 MIN • SERVES 6 • GLUTEN-FREE, PLANT-BASED

## INGREDIENTS

3 tablespoons olive oil  
1 large yellow onion, diced  
1 large garlic clove, minced  
2 pounds butternut squash, peeled and cubed  
1 medium carrot, peeled and diced  
1 quart vegetable broth  
1 - 15-oz can fire roasted diced tomatoes  
⅓ cup uncooked quinoa  
1 tablespoon sriracha  
2 teaspoons ground cumin  
1 teaspoon smoked paprika  
½ teaspoon dried thyme  
1 ½ teaspoons sea salt  
½ teaspoon ground black pepper

## DIRECTIONS

- 1 Turn slow cooker on high. When hot add olive oil, onions, and garlic. Cook for 3–5 minutes until onions soften.
- 2 Add remaining ingredients. Stir to combine.
- 3 Cover and cook for 4 hours on high or until the butternut squash is tender and cooked through.
- 4 Adjust seasonings to taste and serve.

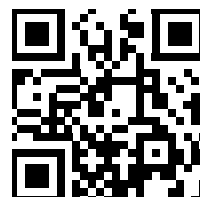


## Proud member of INFRA.

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NE-A