

# deals

2X monthly!

January 28–February 10, 2026

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Martindale's  
NATURAL MARKET  
The Good Crisp Company  
Potato Crisps  
selected varieties

2/\$6  
5.6 oz



GT's  
Synergy Kombucha  
selected varieties

2/\$5  
16 fl oz

## Savor the Season's Sweetest Finds

Traditional Medicinals

Organic Tea

selected varieties

\$4.79

16 ct



The Ginger People  
Organic Ginger

selected varieties

\$4.79

6.7 oz



Siete  
Maiz Corn  
Tortilla Chips  
selected varieties

\$3.79

7.5 oz



Clif Bar  
Energy Bar

selected varieties

2/\$3

1.69-2.4 oz



Crunchmaster  
Multi-Seed  
Crackers  
selected varieties

2/\$6

4 oz



Chocolove  
Chocolate Bar  
selected varieties

2/\$7

2.9-3.2 oz



Quinn Snacks  
Filled Pretzel  
Nuggets  
selected varieties

\$3.99

5.8-7 oz



Oatly  
Oatmilk  
selected varieties

\$3.99

64 oz



Vital Farms  
Organic  
Pasture-Raised Large Eggs

\$8.99

1 dz



Look for new deals on **February 11!**

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

**2/\$5**

6 oz



**Chickapea**  
**Organic Pasta**  
selected varieties

**\$3.29**

8 oz



**Muir Glen**  
**Organic Tomatoes**  
selected varieties

**2/\$6**

28 oz



**Rao's**  
**Pasta Sauce**  
selected varieties

**\$6.49**

15-24 oz



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

**\$15.99** **\$11.99**

25.4 oz

16.9 oz

**Koyo**  
**Ramen**  
selected varieties



**\$1.09**

2 oz

## 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</b> <b>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

- 1 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.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 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.
- 4 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.



# Miso Corn Chowder

40 MIN · SERVES 4 · PLANT-BASED

## INGREDIENTS

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



**Late July Salsa  
Organic Salsa**  
selected varieties

**\$4.29**  
15.5 oz



**Zack's Mighty  
Organic  
Tortilla Chips**  
selected varieties

**2/\$7**  
7.5 oz



**Garden of Eatin'  
Organic  
Tortilla Chips**  
selected varieties

**\$4.99**  
14 oz



**Kettle  
Potato Chips**  
selected varieties

**2/\$6**  
5 oz



**YumEarth  
Organic  
Fruit Chews**

**\$4.49**  
5 oz



**Mi Nina  
Tortilla Chips**  
selected varieties

**\$3.99**  
12 oz



**Angie's  
BoomChickaPop  
Popcorn**  
selected varieties

**2/\$5**  
5-7 oz



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

**\$4.29**  
6.5-7 oz



**Honey Mama's  
Cocoa Truffle Bar**  
selected varieties

**2/\$7**  
2.5 oz





Make Life Sweeter!  
Here at LILY'S, we LOVE sweets. We think they should be for everyone, regardless of your lifestyle. Certified Gluten Free, No Sugar Added, Fair Trade Certified goodness.



Lily's  
Chocolate Bar  
selected varieties

**\$3.79**

2.8-3 oz

Lily's  
Baking Chips  
selected varieties

**\$7.29**

9 oz

Magic  
Organic  
Chocolate Bar  
selected varieties

**2/\$6**

2.93-3 oz



Mid-Day Squares  
Functional  
Chocolate Bar  
selected varieties

**\$1.79**

1.16 oz



Enjoy Life  
Chocolate Chips  
selected varieties



**\$5.79**

9 oz

West Life  
Organic Soymilk  
selected varieties



**\$2.99**

32 oz

C2O  
Coconut Water  
selected varieties



**\$3.99**

33.8 oz

Pascha  
Organic Baking Chips  
selected varieties



**\$9.49**

7-8.8 oz

Native Forest  
Organic Coconut Milk  
selected varieties



**2/\$5**

13.5 oz

Minor Figures  
Organic Barista  
Oat Milk  
selected varieties



**\$3.49**

32 oz

Earth Balance  
Organic Whipped  
Plant Butter Spread



**\$4.79**

13 oz

Daiya  
Dairy-Free Slices  
selected varieties



**\$3.49**

7.8 oz

**Nancy's  
Organic Cream Cheese**

selected varieties



**\$379**

8 oz

**Ithaca  
Hummus**

selected varieties



**2/\$7**

10 oz

**Cappello's  
Gluten Free Biscuit**

selected varieties



**\$549**

12-12.1 oz

It takes effort to make our kind of cheese. The kind made with organic milk from pasture-raised cows.

But once you taste our ooey-gooey mozzarella, or our flavorful 3 Cheese Mexican Blend, you'll know it was well worth it.



**Organic Valley  
Organic Shredded Cheese**

selected varieties

**\$379**

6 oz

**Amy's  
Pizza**

selected varieties



**\$849**

13-14 Oz

## Buffalo Chicken Stuffed Avocados

15 MIN • SERVES 4 • GRAIN-FREE, KETO

### INGREDIENTS

2 ripe avocados	$\frac{2}{3}$ cup cheddar cheese, shredded
1 cup shredded chicken	1 green onion, thinly sliced
1 $\frac{1}{2}$ tablespoons mayonnaise or Greek yogurt	$\frac{1}{2}$ cup cilantro
1 tablespoon buffalo hot sauce	

### DIRECTIONS

- 1 Preheat oven to 350°F. Prepare the buffalo chicken by whisking together mayonnaise and buffalo sauce in a small bowl. Fold in chicken and season with salt and pepper to taste.
- 2 Cut avocados in half and discard pit. Place avocados in an oven safe baking dish.
- 3 Spoon chicken salad on top of avocado halves and sprinkle with shredded cheese.
- 4 Bake for three to five minutes or until cheese has melted.
- 5 Place avocados on a serving tray and garnish with green onion and cilantro.





ACURE  
Brightening  
Facial Scrub

**\$799**

4 oz



DrTung's  
Smart Floss  
selected varieties

**\$429**

30 yd



Mineral Fusion  
Nail Polish Remover

**\$799**

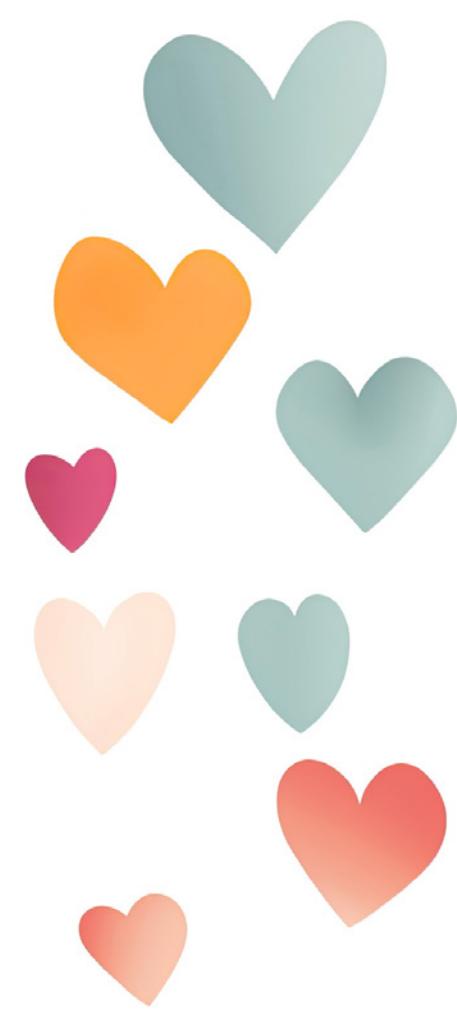
6 oz



Heritage Store  
Rosewater Facial Mist

**\$999**

8 oz



Caboo  
Bamboo  
Baby Wipes

**\$449**

72 ct



EO  
Organic Lavender  
Hand Sanitizer Spray

**\$299**

2 oz



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Aura Cacia  
Lavender Essential Oil      Aura Cacia  
Organic Castor Oil

**\$799**

.5 oz

**\$379**

4 oz

# Peanut Butter Cookies

35 MIN • MAKES 16 COOKIES • GLUTEN-FREE

## INGREDIENTS

1 cup creamy peanut butter, unsalted  
2/3 cups cane sugar  
1 large egg  
1 teaspoon vanilla extract  
1/4 teaspoon sea salt

## DIRECTIONS

- 1 Preheat oven to 350°F. Line two baking sheets with parchment paper.
- 2 In a medium-size mixing bowl, add all ingredients and stir until well combined. Allow mixture to stand for 10 minutes.
- 3 Portion dough into tablespoon size amounts and roll into balls. Place dough balls onto the parchment lined baking sheets and press the tines of a fork to flatten. If desired, sprinkle with extra cane sugar.
- 4 Bake cookies for 11 minutes. Remove from oven and allow cookies to cool before handling.

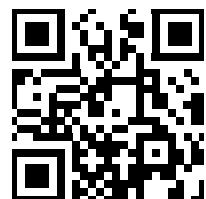


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As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**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](http://www.naturalfoodretailers.com) or scan this code.



NE-A