

# deals

**2X monthly!**

January 28–February 10, 2026

Scan to download!



**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



California Olive Ranch is committed to high-quality Extra Virgin Olive Oil. Our award-winning Olive Oil is crafted by the world's best olive growers, offering a balanced flavor that's perfect for everyday cooking.



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

**\$15.99 \$11.99**

25.4 oz

16.9 oz

**Muir Glen  
Organic Tomatoes**  
selected varieties

**2/\$6**

28 oz



**Rao's  
Pasta Sauce**  
selected varieties

**\$6.49**

15-24 oz



**Koyo  
Ramen**  
selected varieties

**\$7.09**

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 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.





# Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

## INGREDIENTS

2 tablespoons olive oil  
 ½ small yellow onion or 1 large shallot, minced  
 12 ounces red potatoes, ½" cubes  
 3-4 ears corn on the cob or 10 ounces frozen corn  
 3 cups miso broth\*

½ cup canned coconut milk\*  
 ½ teaspoon sea salt  
 ¼ teaspoon coarse ground black pepper  
 Salt and pepper to taste  
 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<sup>29</sup>**

15.5 oz



## Kettle Potato Chips

selected varieties

**2/\$6**

5 oz



## Angie's BoomChickaPop Popcorn

selected varieties

**2/\$5**

5-7 oz



## Zack's Mighty Organic Tortilla Chips

selected varieties

**2/\$7**

7.5 oz



## YumEarth Organic Fruit Chews

selected varieties

**\$4<sup>49</sup>**

5 oz



## Tate's Bake Shop Cookies

selected varieties

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

6.5-7 oz



## Garden of Eatin' Organic Tortilla Chips

selected varieties

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

14 oz



## Mi Nina Tortilla Chips

selected varieties

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

12 oz



## Honey Mama's Cocoa Truffle Bar

selected varieties

**2/\$7**

2.5 oz



# LILY'S

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

**Pascha  
Organic Baking Chips**  
selected varieties



**\$9.49**

7-8.8 oz

**Minor Figures  
Organic Barista  
Oat Milk**  
selected varieties



**\$3.49**

32 oz

**West Life  
Organic Soymilk**  
selected varieties



**\$2.99**

32 oz

**Native Forest  
Organic Coconut Milk**  
selected varieties



**2/\$5**

13.5 oz

**Earth Balance  
Organic Whipped  
Plant Butter Spread**



**\$4.79**

13 oz

**C2O  
Coconut Water**  
selected varieties



**\$3.99**

33.8 oz

**Kite Hill  
Almond Milk Ricotta**



**\$6.49**

8 oz

**Daiya  
Dairy-Free Slices**  
selected varieties



**\$3.49**

7.8 oz



**Nancy's  
Organic Cream Cheese**

selected varieties



**\$3.79**

8 oz

**Ithaca  
Hummus**

selected varieties



**2/\$7**

10 oz

**Cappello's  
Gluten Free Biscuit**

selected varieties



**\$5.49**

12-12.1 oz

**Feel Good Foods  
Dumplings**

selected varieties



**\$6.49**

10 oz

**Amy's  
Pizza**

selected varieties



**\$8.49**

13-14 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-goey mozzarella, or our flavorful 3 Cheese Mexican Blend, you'll know it was well worth it.



**Organic Valley  
Organic Shredded Cheese**

selected varieties

**\$3.79**

6 oz

**Buffalo Chicken Stuffed Avocados**

15 MIN • SERVES 4 • GRAIN-FREE, KETO

**INGREDIENTS**

- |  |                                  |
|--|----------------------------------|
| 2 ripe avocados                              | 2/3 cup cheddar cheese, shredded |
| 1 cup shredded chicken                       | 1 green onion, thinly sliced     |
| 1 1/2 tablespoons mayonnaise or Greek yogurt | 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.





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TESTS**

**EVERY MONTH**

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[nowfoods.com](http://nowfoods.com)

## Rainbow Light Women's One

**\$15<sup>99</sup>**

60 ct



## Traditional Medicinals Organic Throat Coat Lozenges

selected varieties

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

16 ct



## NOW D-Mannose 500 mg

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

120 vcap



## Carlson The Very Finest Fish Oil

**\$25<sup>99</sup>**

200 ml



## Natural Factors Organic Oil of Oregano

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

1 oz



## Boiron Chestal

selected varieties

**\$9<sup>99</sup>**

6.7 oz





**ACURE  
Brightening  
Facial Scrub**

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

4 oz



**Heritage Store  
Rosewater Facial Mist**

**\$9<sup>99</sup>**

8 oz



**DrTung's  
Smart Floss**  
selected varieties

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

30 yd



**Caboo  
Bamboo  
Baby Wipes**

**\$4<sup>49</sup>**

72 ct



**Mineral Fusion  
Nail Polish Remover**

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

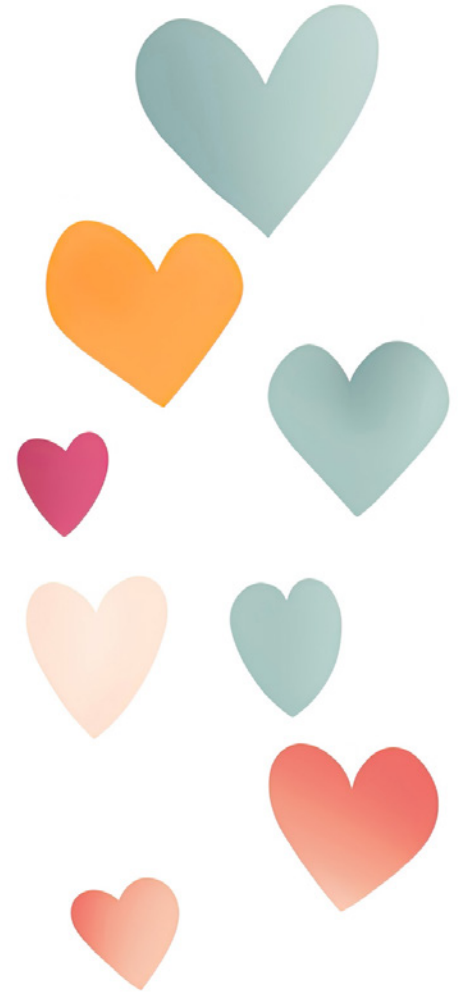
6 oz



**EO  
Organic Lavender  
Hand Sanitizer Spray**

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

2 oz



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CACIA®**

From self-care to home care, our 100% pure essential oils, skincare, bath, and home care products bring the beauty of nature into every part of your day.



**Aura Cacia  
Lavender Essential Oil**

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

.5 oz



**Aura Cacia  
Organic Castor Oil**

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

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.

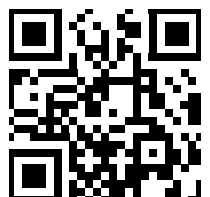


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As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

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NE-A