

deals

2X monthly!

March 11–March 24, 2026

Scan to download!



**Bob's Red Mill
Organic Gluten Free
Oats**
selected varieties

\$6⁷⁹
28–32 oz



**Perfect Bar
Protein Bar**
selected varieties

2/\$5
1.94–2.5 oz

Spring savings start here!

**Crofter's
Organic Fruit Spread**
selected varieties

\$5²⁹
16.5 oz



**Navitas
Organic Cacao Powder**

\$8⁴⁹
8 oz



**PUR
Gum**
selected varieties

4/\$5
9 ct



**Amy's
Organic Soups**
selected varieties

\$3⁷⁹
13.65–14.7 oz



**Edward & Sons
Bouillon Cubes**
selected varieties

2/\$4
2.2–3.1 oz



**Bonafide
Organic Bone Broth**
selected varieties

\$6⁷⁹
24 oz



**Simply Organic
Organic Dip Mix**
selected varieties

\$1⁵⁹
0.7–1.5 oz



**Primal Kitchen
Mayo**
selected varieties

\$7⁹⁹
12 oz



**Graza
“Sizzle” Extra Virgin
Olive Oil**

\$11⁹⁹
750 ml



Look for new deals on **March 25!**

Wild Planet
Wild Albacore Tuna
selected varieties



\$3.79

5 oz

Mike's Mighty Good
Craft Ramen
selected varieties



\$1.79

1.6-2.4 oz

Tasty Bite
Organic Indian Entrée
selected varieties



\$3.29

10 oz

Pacific Foods
Organic Soup
selected varieties



\$3.49

16.1-16.5 oz

Miso Master
Organic Mellow White Miso



\$5.49

8 oz

Crown Prince Natural
Smoked Oysters
selected varieties



\$3.29

3 oz



Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- ½ medium sized sweet potato
- 1 can (5 ounces) wild albacore tuna, undrained
- 1 egg
- ¼ cup breadcrumbs
- 2 tablespoons finely chopped green onion
- ¼ cup shredded carrot
- 1 teaspoon lemon zest
- 1 tablespoon chopped fresh parsley
- Ground black pepper, to taste
- 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 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.



Inka Crops Plantain Chips

selected varieties

2/\$4

4 oz



Let's Do Organic Organic Shredded Coconut

selected varieties

\$2.99

8-8.8 oz



Lily's Chocolate Bar

selected varieties

\$3.79

2.8-3 oz



Crunchy crackers made with signature ingredients:

brown rice, quinoa, flax and sesame seeds. Great textured with toasty flavors. Gluten free, plant based and organic.



Mary's Gone Crackers Organic Superseed Crackers

selected varieties

\$3.99

4 oz



Mary's Gone Crackers Organic Crackers

selected varieties

2/\$7

4 oz

Choice Organics Organic Tea

selected varieties

\$2.99

16 ct



Rishi Tea Organic Tea

selected varieties

\$6.49

15 ct



nutpods
Dairy-Free Creamer
 selected varieties

\$2⁴⁹

11.2 oz



GT's
Alive Ancient Mushroom Elixir
 selected varieties

2/\$6

16 oz



Odyssey
Energy Drink
 selected varieties

2/\$5

12 oz



Vita Coco
Coconut Water
 selected varieties

2/\$5

500 ml



siggi's
Icelandic Style Skyr Yogurt
 selected varieties

4/\$5

4.4–5.3 oz



Stonyfield
Organic Yogurt
 selected varieties

\$3⁹⁹

32 oz



Melt Organic
Organic Plant Butter Spread

\$4⁹⁹

13 oz



Kite Hill
Almond Milk Ricotta

\$6⁴⁹

8 oz



Foodies Vegan
Pumfu
 selected varieties

\$4⁴⁹

8 oz



Gardein
Plant-Based Meat
 selected varieties

\$4²⁹

8.1–13.7 oz



Vital Farms
Pasture-Raised Large Eggs

\$6⁹⁹

1 dz



GoodPop
Organic Dairy-Free Frozen Pops
 selected varieties



Woodstock
Organic Vegetables
 selected varieties

\$2⁷⁹

10 oz



Cosmic Bliss
Organic Dairy-Free Frozen Dessert
 selected varieties

\$5²⁹

14 oz



\$4²⁹

10 oz

Kal
Magnesium Glycinate 350

\$19⁹⁹

160 ct



Natural Factors
Quercetin 500 mg

\$19⁹⁹

60 vcap



Spry
Oral Rinse
selected varieties

\$7⁹⁹

16 oz



Andalou Naturals
Shampoo or Conditioner
selected varieties

\$6⁷⁹

11.5 oz



Crystal
Mineral Deodorant Stick

\$5²⁹

4.25 oz



Every Man Jack
Deodorant
selected varieties

\$5⁹⁹

2.6-3 oz



Certified



Corporation

USING BUSINESS AS A FORCE FOR GOOD.

THERE'S A BETTER WAY TO DO BUSINESS.

Certified B Corporations™ are mission-driven companies that balance purpose and profit. B Corps™ are part of a global community of businesses that meet high standards of social and environmental impact.

So you can buy better, work better, and do better every day.

Crispy Sheet Pan Ramen

40 MIN • SERVES 4 • TRADITIONAL

INGREDIENTS

⅔ cup teriyaki sauce or your favorite stir fry sauce
2 teaspoons sriracha hot sauce
1 teaspoon chicken bouillon, optional
6 tablespoons avocado oil
4 packages ramen noodles
1 pound boneless, skinless chicken breast, sliced into ¼" thick pieces and halved
½ pound broccoli, cut into ½" pieces
6 ounces sugar snap peas, trimmed
¼ pound carrots, peeled and sliced into ⅛" slices
4 scallions, cut into 1" pieces

DIRECTIONS

- 1 Preheat oven to 450°F. Whisk together teriyaki sauce, sriracha, optional chicken bouillon, and oil until smooth.
- 2 Cook ramen noodles based on the package instructions. Drain and rinse.
- 3 Place chicken, broccoli, snap peas, carrots, scallions, cooked noodles and half of the sauce mixture in a mixing bowl and toss to combine.
- 4 Evenly spread mixture on one or two unlined sheet pans. Rearrange chicken pieces so they are on the top of the noodles and veggies.
- 5 Bake for 15 minutes then turn the broiler on high and continue to cook until chicken has cooked through, approximately 3–5 minutes, and to desired crispness.
- 6 Remove from oven and drizzle with remaining sauce as needed.



*Chicken can be substitute for another protein of choice. Proteins should be cut into ¼" slices for fast cooking.

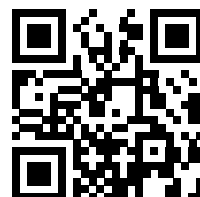


Proud member of INFRA.

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 or scan this code.



NE-A