

deals

2X monthly!

January 28–February 10, 2026

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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

\$4.49

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

\$4.29

5.8-7 oz



Oatly
Oatmilk
selected varieties

\$4.29

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

\$3.49

8 oz



Muir Glen
Organic Tomatoes
selected varieties

2/\$5

28 oz



Rao's
Pasta Sauce
selected varieties

\$6.99

15-24 oz



California Olive Ranch
Global Blend Extra Virgin Olive Oil

\$15.99 **\$11.99**

25.4 oz

16.9 oz

Dr. McDougall's
Ramen
selected varieties



2/\$4

1.8-1.9 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) Wild Planet Wild Albacore Tuna , 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.

Zack's Mighty Organic Tortilla Chips
selected varieties

2/\$7
7.5 oz



Kettle Potato Chips
selected varieties

2/\$6
5 oz



Tate's Bake Shop Cookies
selected varieties

\$4.29
6.5-7 oz



Milton's Crackers
selected varieties

2/\$6
4.5-8.4 oz



Angie's BoomChickaPop Popcorn
selected varieties

2/\$5
5-7 oz



TCHO Organic Chocolate Bar
selected varieties

\$3.29
2.1 oz



Patagonia Provisions Organic Crackers
selected varieties

\$3.79
4.4 oz



Magic Organic Chocolate Bar
selected varieties

2/\$6
2.93-3 oz



YumEarth Organic Licorice
selected varieties

\$4.49
5 oz





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Chocolate Bar**
selected varieties

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**Lily's
Baking Chips**
selected varieties

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9 oz

**Enjoy Life
Chocolate Chips**
selected varieties



\$5.49

9 oz



**West Life
Organic Soymilk**
selected varieties

\$2.79

32 oz



**Native Forest
Organic Coconut Milk**
selected varieties

2/\$5

13.5 oz



**Dream
Organic Ricemilk**
selected varieties

\$2.99

32 oz



**Kite Hill
Almond Milk Cream Cheese**



\$5.29

8 oz

**SOWN
Organic Oat
Creamer**
selected varieties



\$4.49

32 oz

**Sierra Nevada
Bella Capra
Raw Milk
Goat Cheddar**

\$5.29

6 oz



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

\$3.49

32 oz



**Daiya
Dairy-Free Slices**
selected varieties

\$3.49

7.8 oz



**Earth Balance
Organic Whipped
Plant Butter Spread**

\$4.79

13 oz



**Nancy's
Organic Cream Cheese**

selected varieties



\$379

8 oz

**Flax4Life
Mini-Muffins**

selected varieties



\$549

14 oz

**Grain Trust
Organic Frozen Rice**

selected varieties



\$379

20-30 oz



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**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	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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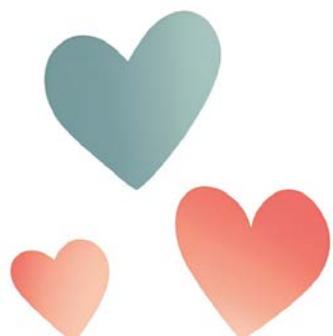
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The Very Finest Fish Oil**

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selected varieties**

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selected varieties

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30 yd



evanhealy
Shea Butter
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\$849

7 g



Heritage Store
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Essential Oil

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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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