

deals

2X monthly!

July 15–July 28, 2026

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C2O
Coconut Water
selected varieties

2/\$4
17.5 oz

Enjoy a refreshing Emerald Pineapple Smoothie! **Find the recipe on the back.**



poppi
Prebiotic Soda
selected varieties

4/\$5
12 oz

Summer hydration made easy!

ROAR Organic
Vitamin Enhanced
Beverage
selected varieties

\$1.69

18 oz



Angie's BoomChickaPop
Popcorn
selected varieties

2/\$5
4.4–7 oz



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties

5/\$5
5.3 oz



Recess
Infused Sparkling Water
selected varieties

\$2.79

12 oz



Chocolove
Chocolate Bar
selected varieties

2/\$7
3.2 oz



Oatly
Oatmilk
selected varieties

\$4.29

64 oz



GT's
ALIVE Mood & Mind
Reset Root Beer

2/\$6

16 oz



GoodPop
Organic Dairy-Free
Frozen Pops
selected varieties

\$4.29

4 ct



Dr. Praeger's
Veggie Burgers
selected varieties

\$4.29

10–11 oz



Look for new deals on **July 29!**

**Cobram Estate
California Select
Extra Virgin Olive Oil**



\$8⁴⁹

375 ml

**La Tourangelle
Avocado Oil**



\$12⁹⁹

16.9 oz

**Good Health
Avocado Oil Potato Chips**

selected varieties



2/\$5

5 oz

**Terra
Vegetable Chips**

selected varieties



\$3²⁹

5-6 oz

**Barnana
Organic Plantain Chips**

selected varieties



2/\$7

5 oz

**Mavuno Harvest
Organic Dried Fruit**

selected varieties



\$2⁷⁹

2-4 oz

**Big Tree Farms
Organic Coconut Sugar**

selected varieties



\$3⁷⁹

16 oz

Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.



SHOP SMALL. CELEBRATE BIG.



**Waterloo
Sparkling Water**
selected varieties

\$5⁶⁹

12/12 oz

Waterloo Sparkling Water goes all in on full flavor every day. Featuring Non-GMO natural flavors and zero calories, sugars or sweeteners. Look for uniquely refreshing Waterloo flavors in 8- or 12-packs at your local independent retailer today!

Lily's
Chocolate Bar
selected varieties

\$3⁷⁹

2.8–3 oz



Kerrygold
Cheese
selected varieties

\$4⁹⁹

7 oz



Organic Valley
Organic Sliced Cheese
selected varieties

\$4²⁹

6 oz



The Greek Gods
Greek Style Yogurt
selected varieties

\$3⁹⁹

24 oz



Milkadamia
Macadamia Milk
selected varieties

\$4⁷⁹

32 oz



Field Roast
Plant-Based Sausages
selected varieties

\$5⁴⁹

9.3–12.95 oz



wildbrine
Organic Sauerkraut
selected varieties

\$5⁹⁹

18 oz



Culture Pop
Probiotic Soda
selected varieties

2/\$3

12 oz



Mela
Watermelon Water
selected varieties

2/\$4

16.9 oz



Health-Ade
Organic Kombucha
selected varieties

\$6²⁹

48 oz



wildwonder
Organic Sparkling Drink
selected varieties

2/\$5

12 oz



Essentia
Ionized Alkaline Water

\$1⁶⁹

1 lt



Organic India
Organic Psyllium Husk

\$12⁹⁹

12 oz



BIOptimizers
Magnesium Breakthrough

\$16⁹⁹

30 ct



DrTung's
Tongue Cleaner

\$7⁴⁹

1 ct



Emerald Pineapple Smoothie

15 MIN • SERVES 2 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia seeds.

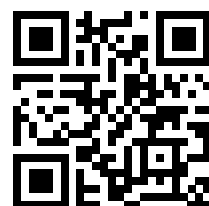


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SW-B