

# deals

**2X monthly!**

September 23–October 13, 2026

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**Red's  
Organic Burrito**  
selected varieties

**2/\$4**  
4.5-5 oz



**Siete  
Maiz Corn  
Tortilla Chips**  
selected varieties

**\$3.79**  
7.5 oz



## Fresh Fall Favorites

**Rumiano  
Organic Cheese**  
selected varieties



**\$4.49**

8 oz

**EPIC  
Meat Snack Strip**  
selected varieties



**4/\$5**

.8 oz

**Primal Kitchen  
Dressing & Marinade**  
selected varieties



**\$5.49**

8 oz

**Gardein  
Plant-Based Meat**  
selected varieties



**\$4.29**

8.1-13.7 oz

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



**\$3.99**

32 fl oz

**Safe Catch  
Wild Elite Pure Tuna**



**\$2.99**

5 oz

**Yogi  
Organic Tea**  
selected varieties



**\$3.49**

16 ct

**Nixie  
Organic Soda**  
selected varieties



**2/\$3**

12 oz

**Kettle  
Potato Chips**  
selected varieties



**2/\$6**

5 oz



Look for new deals on **October 14!**



Experience the difference of Rao's Homemade, slow-simmered in small batches with hand-picked southern Italian tomatoes and pure Italian olive oil. Crafted without paste, fillers, starch, added sugar, or artificial colors for a rich, authentic homemade flavor.



**Rao's Sauce**  
selected varieties

**\$6<sup>99</sup>**  
24 oz



**Rao's Sauce**  
selected varieties

**\$6<sup>99</sup>**  
24 oz

**Napa Valley Naturals Organic Cold Pressed Extra Virgin Olive Oil**



**\$17<sup>99</sup>**  
25.4 oz

**Chickapea Organic High Protein Pasta**  
selected varieties



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

**Maya Kaimal Indian Simmer Sauce**  
selected varieties

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



**Kettle & Fire Organic Bone Broth**  
selected varieties

**\$5<sup>29</sup>**  
16.9 oz



**Pacific Foods Organic Soup**  
selected varieties

**\$3<sup>49</sup>**  
32 oz



**Dr. McDougall's Ramen**  
selected varieties

**\$1<sup>89</sup>**  
1.8-1.9 oz



**Near East Rice Pilaf**  
selected varieties

**\$2<sup>29</sup>**  
6.09-6.75 oz



**Go Raw Organic Sprouted Pumpkin Seeds**

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



**Harvest Snaps Baked Veggie Snacks**  
selected varieties

**\$2<sup>29</sup>**  
3-3.3 oz



**Inka Chips Plantain Chips**  
selected varieties

**2/\$5**  
4 oz



**Good Health Avocado Oil Potato Chips**  
selected varieties

**\$3<sup>29</sup>**  
5 oz





**One Degree Organics  
Organic Sprouted Cereal**

selected varieties

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

8-10 oz



**Guittard  
Cocoa Powder**

selected varieties

**\$8<sup>49</sup>**

8-10 oz



**Artisana Organics  
Organic Raw Tahini  
Butter**

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

14 oz



**familia  
Swiss Muesli**

selected varieties

**\$10<sup>99</sup>**

29 oz



**Magic  
Organic Chocolate Bar**

selected varieties

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

2.93-3.0 oz



**Bonne Maman  
Preserves**

selected varieties

**\$5<sup>99</sup>**

13 oz



**Simple Mills  
Stuffed Sandwich Cookies**

selected varieties

**\$4<sup>79</sup>**

6.7 oz



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

**2/\$5**

6 oz



**Annie's  
Organic Bunny Crackers**  
selected varieties

**2/\$6**

7.5 oz



**Annie's  
Organic Cheddar  
Cheesy Smiles**

**2/\$6**

4 oz



GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.



**GoMacro  
Organic MacroBar**  
selected varieties

**2/\$5**  
2-2.4 oz

**Aloha  
Organic Protein Bar**  
selected varieties



**2/\$4**  
1.98 oz

**REBBL  
Organic Shake**  
selected varieties



**\$3.29**  
12 oz

**Alexandre Family Farm  
Organic A2/A2 Grass-Fed Yogurt**  
selected varieties



**\$4.79**  
24 oz

**Bellwether Farms  
Sheep Milk Yogurt**  
selected varieties



**\$4.79**  
16 oz

**Organic Valley  
Organic Shredded Cheese**  
selected varieties



**\$3.79**  
6 oz

**Ithaca  
Hummus**  
selected varieties



**2/\$7**  
10 oz

**Cleveland Kitchen  
Kimchi**  
selected varieties



**\$3.79**  
16 oz

**BelGioioso  
Fresh Mozzarella  
Cheese Ball**



**\$2.79**  
8 oz

**Abbot's  
Plant-Based Meat Alternative**  
selected varieties



**\$5.49**  
10 oz

**El Burrito  
Organic Soyrito**



**\$3.79**  
12 oz

**Kite Hill  
Almond Milk  
Cream Cheese**



**\$5.29**  
8 oz

**De La Calle**  
**Organic Mexican Soda**  
 selected varieties

**2/\$3**

12 oz



**Health-Ade**  
**Organic Kombucha**  
 selected varieties

**2/\$6**

16 oz



**C2O**  
**Coconut Water**  
 selected varieties

**\$2.29**

17.5 oz



**Uncle Matt's Organic**  
**Orange Juice**  
 selected varieties

**\$7.99**

52 oz



**Bizzy Cold Brew**  
**Organic Cold Brew**  
 selected varieties

**2/\$9**

48 oz



Small family farms.  
 Handpicked botanicals.  
 Generations of herbal  
 wisdom. For decades,  
 Organic India has  
 worked hand in  
 hand with farming  
 families, cultivating  
 uncompromising care  
 for the people, the  
 land, and the herbs  
 behind every  
 wellness journey.



**Organic India**  
**Organic Whole Husk**  
**Fiber Psyllium**

**\$12.99**

12 oz



**Organic India**  
**Organic Moringa**

**\$14.99**

90 cap

**Four Sigmatic**  
**Organic Coffee**  
 selected varieties

**\$12.99**

10 oz



**Laird Superfood**  
**Superfood Creamer**  
 selected varieties

**\$6.29**

8 oz



**BIOptimizers  
Magnesium Breakthrough**

**\$29<sup>99</sup>**

60 ct



**Natural Factors  
Women's Multivitamin  
& Mineral**

**\$27<sup>99</sup>**

60 tab



**MegaFood  
Vitamin D3 & K2  
5000 IU**

**\$21<sup>99</sup>**

60 ct



**Quantum Health  
Super Lysine+  
Immune Support**

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

90 tab



**Boiron  
ColdCalm Meltaway  
Tablets**

**\$10<sup>99</sup>**

60 ct



**Beekeeper's Naturals  
Propolis Immune  
Support Throat Spray**

**\$9<sup>49</sup>**

30 ml



**Spry  
Gum**  
selected varieties

**\$8<sup>99</sup>**

100 ct



SINCE 1973

**Shop local.  
Support global.**

**1% of every sale supports the people  
and the planet behind our food.**

Rooted in shared values, MegaFood proudly supports INFRA.



**MegaFood**



## Ancient Wisdom, Modern Science

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity, and nurture nutrient-rich soil – honoring the deep connection between human health and the health of our planet.



**Ancient Nutrition  
Multi Collagen  
Protein Powder**  
selected varieties

**\$39<sup>99</sup>**  
459-525 g



**Ancient Nutrition  
Grass-Fed  
Whey Protein**  
selected varieties

**\$39<sup>99</sup>**  
594-646 g

## The Mountain Valley Spring Water

**\$1<sup>69</sup>**

0.5 lt



## Host Defense Mushrooms Grateful Dead Gummies

selected varieties

**\$27<sup>99</sup>**

90 ct



## Davids Toothpaste

selected varieties

**\$5<sup>49</sup>**

4-5.25 oz



## Solaray Zinc 50 mg

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

100 vcap



## Gaia Herbs Ashwagandha Root

**\$17<sup>99</sup>**

60 ct



## Alaffia EveryDay Body Wash

selected varieties

**\$11<sup>99</sup>**

32 oz



## ECOS Laundry Detergent

selected varieties

**\$12<sup>99</sup>**

100 oz



Frizz Be Gone!  
Transform dry,  
frizzy hair with  
Giovanni's **Smoothing  
Castor Oil Shampoo  
& Conditioner**. Gently  
cleanses, hydrates,  
and conditions for  
silky softness, lasting  
shine, and effortless  
manageability!



**Giovanni  
Shampoo and  
Conditioner**  
selected varieties

**2/\$14**  
13.5 fl oz

# 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" inch 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.

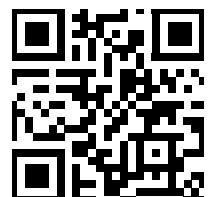


## Proud member of INFRA.

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



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