

# deals

September 2024



Lakewood  
Organic Pure  
Pineapple Juice

**\$6<sup>29</sup>**

32 oz



Bragg  
Organic Apple Cider  
Vinegar

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

32 oz



## Stock up on organic goodness!

Late July  
Organic Tortilla Chips  
selected varieties

**2/\$7**

10.1 oz



Primal Kitchen  
Organic Ketchup  
selected varieties

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

11.3 oz



Cascadian Farm Organic  
Organic Potatoes  
selected varieties

**2/\$8**

12-16 oz



Food For Life  
Organic Ezekiel 4:9® Bread  
selected varieties

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

24 oz



Alexia  
Organic Fries  
selected varieties

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

15-16 oz



Muir Glen  
Organic Tomatoes  
selected varieties

**2/\$4**

14.5 oz



Native Forest  
Organic Coconut Milk  
selected varieties

**\$2<sup>79</sup>**

13.5 oz



Forager Project  
Organic Cashewmilk Yogurt  
selected varieties

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

24 oz



Alden's Organic  
Organic Ice Cream  
selected varieties

**\$8<sup>29</sup>**

48 oz



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



**2/\$6**  
6 oz

**Crown Prince Natural Smoked Oysters**  
selected varieties



**\$3.29**  
3 oz

**Montebello Organic Artisan Pasta**  
selected varieties



**\$3.49**  
1 lb

**Maya Kaimal Organic Everyday Dal**  
selected varieties



**\$3.49**  
10 oz

**Jeff's Garden Capers**



**\$2.99**  
6 oz

**Mike's Mighty Good Craft Ramen**  
selected varieties



**\$1.89**  
1.6-2.4 oz

**Lotus Foods Organic Rice Noodles**  
selected varieties



**\$3.29**  
8 oz

**Muir Glen Organic Pasta Sauce**  
selected varieties



**2/\$7**  
23.5 oz



**Wild Planet Wild Sardines**  
selected varieties

**\$1.99**  
4.4 oz



**Wild Planet Skipjack Wild Tuna**  
selected varieties

**\$2.79**  
5 oz

**San-J**  
Organic Tamari Soy Sauce

**\$4.79**

10 oz



**Sir Kensington's**  
Mayonnaise  
selected varieties

**\$6.79**

12 oz



**Green Mountain Gringo**  
Salsa  
selected varieties

**\$4.49**

16 oz



**Garden of Eatin'**  
Corn Tortilla Chips  
selected varieties

**\$4.79**

16 oz



**Vermont Smoke & Cure**  
Meat Stick  
selected varieties

**2/\$3**

1 oz



**Simply Organic**  
Organic Dip Mix  
selected varieties

**\$1.29**

0.7-1.5 oz



**Terra**  
Vegetable Chips  
selected varieties

**\$2.99**

5-6 oz



**Clif Bar**  
Energy Bar  
selected varieties

**2/\$3**

2.4 oz



**Kettle**  
Potato Chips  
selected varieties

**2/\$6**

4.25-5 oz



**Angie's**  
BoomChickaPop Popcorn  
selected varieties

**2/\$6**

4.4-7 oz



**Larabar**  
Fruit & Nut Bar  
selected varieties

**5/\$5**

1.6-1.7 oz



Gather around the table with Siete Foods! Siete creates delicious heritage-inspired products with thoughtfully selected ingredients, like these Grain Free Taco Shells and Sea Salt Tortilla Chips made with avocado oil. Enjoy with loved ones because Juntos es Mejor, or "together is better!"



**Chocolove  
Chocolate Bar**  
selected varieties

**2/\$5**

2.9-3.2 oz



**Theo  
Organic Chocolate Bar**  
selected varieties

**2/\$6**

3 oz



**Endangered Species  
Chocolate Bar**  
selected varieties

**2/\$5**

3 oz



**Tony's Choclonely  
Chocolate Bar**  
selected varieties

**2/\$7**

6.35 oz



**UNREAL  
Chocolate Bars**  
selected varieties

**\$4.29**

3.4-4.2 oz



**Tate's Bake Shop  
Cookies**  
selected varieties

**\$4.79**

6.5-7 oz



**Cascadian Farm Organic  
Organic Cereal**  
selected varieties

**2/\$7**

8.6-14.6 oz



**Barbara's  
Cereal**  
selected varieties

**\$4.29**

11 oz



**Spectrum  
Organic Shortening**

**\$8.79**

24 oz



**Mount Hagen  
Organic Instant Coffee**  
selected varieties

**\$8.49**

3.53 oz



**Laird Superfood  
Superfood Creamer**  
selected varieties

**\$6.79**

8 oz



**San Pellegrino  
Sparkling Water**

**2/\$4**

750 ml



**Essentia  
Alkaline Water**

**2/\$3**

1 lt



**C2O  
Coconut Water**

**\$3.49**

33.8 oz



**Vita Coco  
Coconut Water**  
selected varieties

**2/\$4**

500 ml



**Harmless Harvest  
Organic Coconut Water**

**\$3.79**

16 oz



**KeVita  
Organic Kombucha**  
selected varieties

**\$2.79**

15.2 oz



**Health-Ade  
Organic Kombucha**  
selected varieties

**\$2.79**

16 oz



**Almond Breeze  
Almondmilk**  
selected varieties

**\$3.79**

64 oz



**Nuts for Cheese  
Organic Vegan Cheese**  
selected varieties

**\$5.79**

4.2 oz



**Milkadamia  
Macadamia Milk**  
selected varieties

**\$4.49**

32 oz



**Califia Farms  
Barista Blend Oatmilk**

**\$3.79**

32 oz



**Organic Valley  
Organic Raw Cheese**  
selected varieties

**\$4.79**

8 oz



**MALK  
Organic Almondmilk**  
selected varieties

**\$5.29**

28 oz



**So Delicious  
Coconutmilk Yogurt Alternative**  
selected varieties

**\$4.99**

24 oz



**Rumiano  
Organic Sliced Cheese**  
selected varieties

**\$3.79**

6 oz



Built on the foundation of craft and compassion, Miyoko's Creamery is the natural, compassionate evolution of dairy—using time-honored techniques and the finest ingredients to make our award-winning, phenomenally vegan, plant-milk butter and cheese.

**Miyoko's  
Organic Liquid Vegan  
Pizza Mozzarella**

**\$5.29**

16 oz



**Miyoko's  
Organic Vegan  
Cream Cheese**  
selected varieties

**\$3.79**

8 oz



**Ithaca Cold-Crafted Hummus**

selected varieties



**2/\$7**

10 oz

**Cosmic Bliss Organic Dairy-Free Frozen Dessert**

selected varieties

**\$5.29**

14 oz



**Trace Minerals ConcenTrace Trace Mineral Drops**

**\$33.99**

8 oz



**Wiley's Finest Wild Alaskan Fish Oil Easy Swallow Minis**

**\$16.99**

60 ct



**Bitchin' Sauce Bitchin' Sauce**

selected varieties

**\$3.79**

8 oz



**Base Culture Sliced Bread**

selected varieties

**\$7.49**

16-24 oz



**So Delicious Plant-Based Frozen Dessert**

selected varieties

**\$4.79**

16 oz



**Vibrant Health Green Vibrance**

**\$45.99**

11.68 oz



**Nordic Naturals Algae Omega**

**\$22.99**

60 ct



**wildbrine Kimchi**

selected varieties

**\$6.29**

18 oz



**Woodstock Organic Raspberries**

**\$5.29**

10 oz



**Om Organic Lion's Mane**

**\$16.99**

100 g



**Yerba Prima Psyllium Husks Powder**



**\$12.99**

12 oz



**Garden of Life  
Vitamin Code® Raw Zinc**



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

60 ct

**JASON  
Body Wash**  
selected varieties



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

30 oz

**Weleda  
Skin Food**



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

2.5 oz

**ACURE  
Shampoo or Conditioner**  
selected varieties



**\$6<sup>79</sup>**

8 oz

**Renew Life  
Women's Care Probiotic 90b CFU**



**\$40<sup>99</sup>**

30 ct

**Dr. Bronner's  
Organic Hand Sanitizer**  
selected varieties



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

2 oz

**Natural Factors  
WellBetX® Berberine 500 mg**



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

60 vcap

**The Grandpa Soap Co.  
Pine Tar Bar Soap**



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

3.25 oz

**ShiKai  
Borage Therapy Hand Cream**



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

2.5 oz

**DERMA E  
Anti-Wrinkle Renewal Cream**



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

4 oz

**Alba Botanica  
Un-Petroleum Jelly**



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

3.5 oz

**Mrs. Meyer's Clean Day  
Liquid Dish Soap**  
selected varieties



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

16 oz

**Avalon Organics  
Shampoo or Conditioner**  
selected varieties



**\$8<sup>29</sup>**

11 oz

# Moroccan Style Meatballs

45 MIN • SERVES 2-3

## INGREDIENTS

½ pound ground beef	1 cinnamon stick
½ pound seasoned ground pork	⅓ cup honey
1 medium yellow onion, diced (divided)	¼ teaspoon sea salt
3 tablespoons olive oil	¼ teaspoon ground black pepper
2 large garlic cloves, minced	½ preserved lemon, chopped (optional)
15 ounce can fire-roasted crushed tomatoes	⅓ cup crumbled feta
1 teaspoon ground ginger	1 cup cilantro leaves

## DIRECTIONS

- 1 Combine ground beef, pork, and half of the diced onion. Shape mixture into eight balls and set aside.
- 2 In a 4-quart saucepan, heat oil over medium heat. Add remaining onion and sauté until translucent. Stir in garlic, ginger, and cinnamon stick; cook for one minute.
- 3 Add tomatoes, ½ cup water, honey, salt, and pepper. Bring to a gentle simmer and cook for 10 minutes. Place meatballs in sauce and continue to cook for 15 minutes or until internal temperature reaches 165°F.
- 4 Stir in preserved lemon and serve with crumbled feta and cilantro.



## 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.

