CECLS





Stock up and save on certified Non-GMO snacks

GoMacro **Organic MacroBar** selected varieties



Enjoy Life Foods Chocolate Chips selected varieties



9–10 oz

Poppi **Prebiotic Soda** selected varieties





Siete **Kettle Cooked Potato Chips** selected varieties



Justin's **Organic Mini Peanut Butter Cups** selected varieties



4.7 oz

GT's Kombucha selected varieties





Justin's

NER

Lesser Evil **Organic Popcorn** selected varieties





Birch Benders Organic Pancake & Waffle Mix selected varieties







14–16 oz



17.5 oz





Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window.

Annie's Mac & Cheese selected varieties	Tasty Bite Indian Entrée selected varieties		Dr. McDougall's Ramen selected varieties	
Annies Annies Macaroni & Classic Cheddar	\$279 10 oz		\$]89 1.8-1.9 oz	
And the second sec	Pacific Foods Organic Soup selected varieties	Pacific Organic Creamy Tomato	Kettle & Fire Bone Broth selected varieties	
4/\$5 5.26-6 oz	\$ 4 29		\$5 49	CLASSIC CHICKEN BORD BODTH Derivetin per container With its is (100 bid) of the Container
Napa Valley Naturals Organic Extra Virgin Olive Oil	Annie's Organic Dressing selected varieties	and care	Rao's Homemade Pasta Sauce selected varieties	
\$ 18 99 (10)	2/\$8 8 oz		\$ 6 99 24 oz	RACES BUDGENADE DATACAS DATACAS ATTACAS ATTACAS ATTACAS

Amy's.

At Amy's, we cook with love using the best quality organic ingredients so you can enjoy delicious meals in minutes.



Amy's Macaroni & Cheese



9 oz



Amy's Burrito selected varieties

2/\$6

6 oz



Amy's Organic Soup selected varieties

Late July **Tortilla Chips** selected varieties



Uglies **Potato Chips** selected varieties



5.5-6 oz

Nick's Sticks Snack Sticks selected varieties



1.7 oz

PUR Gum selected varieties



1

0.44 oz

Simple Mills **Gluten Free Cookies** selected varieties



5.5 oz



Uglies .

CK'S



EPIC Meat Snack Strip selected varieties



The Ginger People **Gin Gins® Ginger Candy**

selected varieties



3-3.5 oz

Chocolate Covered Almonds selected varieties





EPIC

Skinny Dipped



Shop Better with the Butterfly

Look for the Non-GMO Project Verified Butterfly to ensure your products are made as nature intended.



gimMe Organic **Organic Seaweed Snack** selected varieties





MI-DEL Cookies selected varieties





Proud member of infra



At R.W. Knudsen, we *krush* only the best ingredients so you can *krush* everything you do. Our Organic 100% juices are crafted for life's little wins using the finest fruits.



R.W. Knudsen Organic Apple Juice



R.W. Knudsen Organic Just Tart Cherry Juice



32 oz

679

32 oz

8–10 oz

\$



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Farmer's Market Organic Pumpkin Puree





15 oz

Four Sigmatic Organic Mushroom Coffee

selected varieties



12 oz

\$7

Aura Bora Herbal Sparkling Water selected varieties





Navitas Organic Cacao Powder nutpods Dairy-Free Creamer selected varieties

Made in Nature Organic Dried Fruit selected varieties

\$**3**99

One Degree Organics

449

Organic Sprouted Cereal

3–7 oz

selected varieties



8 oz









We're proud to be part of building a fairer world.

Over the last 10 years, global Fairtrade sales have generated nearly \$2 billion in Fairtrade Premium for farmers and workers!



ROAR Organic Organic Vitamin Enhanced Beverage selected varieties





18 oz

Vital Farms Butter selected varieties



8 oz

Beyond Meat Beyond Ground Beef



16 oz

Van's Waffles selected varieties



BEYOND

BEEF



8–9 oz

Olipop Sparkling Tonic selected varieties



Vintage Cola

Elmhuist Milked Cashews 12 oz

Elmhurst Plant-Based Milk selected varieties



32 oz

Organic Valley Organic String Cheese

\$529

8 oz



At Ancient Nutrition, we are leading the Regenerative Revolution in Mind, Body & Planet. On our founder-owned Regenerative Organic Certified® (ROC[™]) farms, we are cultivating more nutrient-dense soil to grow the powerful superfood ingredients that go into our line of first-ever ROC[™] Probiotics.



Ancient Nutrition Organic Gut Recovery Probiotics



60 ct

REBBL Organic Protein Elixir selected varieties



\$**3**79

Food For Life Organic Ezekiel 4:9[®] English Muffins selected varieties





Ancient Nutrition Multi Collagen Protein Powder selected varieties





Environmental and social responsibility are at the heart of Organic India, with an unwavering commitment to ethical and sustainable practices. Every herb and spice is cultivated by way of organic, regenerative methods and fairtrade principles.



Organic India Organic Psyllium Husk



Organic India Organic Ashwagandha

12 oz

KAL

90 cap

Magnesium **Glycinate 350**

NORDIC ULTIMATE

120 ct

Carlson **Cod Liver Oil**

MegaFood

Soft Chews

30 ct

Garden of Life

Relax + Calm Magnesium

49

Organic Elderberry Gummy



Cod Liver

Oil

AGNESIUM

Jarrow Formulas BoneUp



240 cap

Lily of the Desert **Organic Aloe Vera Juice**



32 oz





Magnesium Glycinate 350

160 ct

Nordic Naturals Ultimate Omega



60 ct

Natural Factors Whole Earth & Sea[™] Women's **Multivitamin & Mineral**





500 ml

Beekeeper's Naturals Propolis Immune Support Throat Spray







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Flora Super 8 Hi-Potency Probiotic \$**18**99 er 8 Hi-Poten Probiotic Throat Coat 42 BILLION CELLS **Throat** Coat Whether it's a cup for 30 cap ORIGINAL 🚎 SLIPPERY ELM conversation, finding your zen, or settling Boiron digestive discomfort, Oscillococcinum Traditional Medicinals **Traditional Medicinals Traditional Medicinals** has a tea for that, **Organic Tea Organic Throat** and lozenges too! We selected varieties Lozenges combine traditional **Oscillococcinum** selected varieties plant knowledge and advanced plant science \$429 \$ to help you better manage your wellness. 12 ct 16 ct 16 ct Alaffia Dr. Bronner's Andalou Naturals **Organic Castile Liquid Soap EveryDay Shea Body Lotion** Shampoo or Conditioner selected varieties selected varieties VERYDA 499 32 oz 32 oz 11.5 oz **Desert Essence** Himalaya Ecover **Dental Floss Toothpaste Dishwasher Tablets** selected varieties selected varieties Himalaya **COV** DESERT ESSENCE 4-5.29 oz DESERT ESSENCE **ECOS** Automatic Dishwasher Tablets Pastilles pour Lave-Vaisselle Laundry Detergent selected varieties ECOS \$**4**79 1 ct 100 oz 25 ct

Pumpkin Cheesecake Oatmeal

5 MIN • SERVES 2 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

Pumpkin Cheesecake ¹/₂ cup Greek yogurt 2 tablespoons pumpkin puree 1 tablespoon maple syrup ¹/₂ teaspoon cinnamon Pinch nutmeg Pinch sea salt Pinch nutmeg 1 ¼ cups almond milk 2 tablespoons maple syrup

Toppings Pecans

Pecans Pumpkin Seeds Granola

Oats

1 cup oatmeal 1 teaspoon cinnamon

DIRECTIONS

- 1 In a bowl, combine the pumpkin cheesecake ingredients and set aside.
- **2** In a microwave safe bowl, combine the oats ingredients and microwave for one minute. Stir and microwave for an additional minute.
- **3** Swirl the pumpkin cheesecake into the oats and top with pecans, pumpkin seeds, and granola.





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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.

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