



**Mary's Gone Crackers
Organic Crackers**
(selected varieties)

\$3.99

4.25-6.5 oz



**Pacific Foods
Organic Soup**
(selected varieties)

\$3.79

16.1-16.5 oz



**Muir Glen
Organic Tomatoes**
(selected varieties)

5/\$5

14.5 oz



**Bubbies
Sauerkraut**
(selected varieties)

\$5.79

25 oz



**Kettle & Fire
Bone Broth**

\$5.49

16.9 oz



**Perfect Bar
Protein Bar**
(selected varieties)

\$2.49

2.2-2.5 oz



**Forager Project
Organic Dairy-Free
Cashewmilk Yogurt**
(selected varieties)

\$4.99

24 oz



**Purely Elizabeth
Granola**
(selected varieties)

\$5.29

8-12 oz



**R.W. Knudsen
Organic Just Tart
Cherry Juice**

\$6.99

32 oz



**KeVita
Organic Sparkling
Probiotic Drink**
(selected varieties)

\$2.79

15.2 oz



**Yogi
Tea**

2/\$7

16 ct





**LOTUS
FOODS®**

CREAMY TOM YUM NOODLE SOUP

Flavor-packed and bursting with umami,
this quick recipe will be your new go-to weekday meal!

By @clairebear_bites • Cook time: 15 mins • Servings: 1

INGREDIENTS

- 1 Lotus Foods Tom Yum Rice Ramen Noodle Soup
- 4 oz extra firm tofu, cubed
- Avocado oil spray
- ½ a baby bok choy, sliced
- ½ cup button mushrooms, quartered
- ¼ cup coconut cream
- ¼ cup baby corn, rinsed and drained
- 1 green onion, sliced
- 2-3 pieces of cilantro

INSTRUCTIONS

- 1 Prepare noodle soup according to directions on package.
- 2 Spray tofu with avocado oil, add to the air fryer at 400 until brown and crispy.
- 3 Heat pan with avocado oil, add bok choy and mushrooms, and fry for 2-3 mins.
- 4 Pour cooked noodle soup into a bowl; stir in coconut cream.
- 5 Top with cooked veggies, baby corn, green onions, and cilantro.

**Lotus Foods
Organic Rice Ramen**
(selected varieties)

\$4.79

10 oz



**Lotus Foods
Rice Ramen**

2/\$4

2.8 oz



**Lotus Foods
Rice Ramen Noodle Soup**
(selected varieties)

\$2.49

2-2.05 oz



**Maya Kaimal
Organic Everyday Dal**

\$3.49

10 oz



**Koyo
Ramen**
(selected varieties)

4/\$5

2 oz



**Imagine
Organic Broth**
(selected varieties)

\$3.49

32 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of March.



Wild Planet uses the highest standards for sustainable fishing methods to ensure our oceans provide for future generations. From catch to can, Wild Planet's minimal processing techniques and abundant care help maintain the purity nature intended so that we may provide you and your family with delicious, nutritious seafood you can trust.



**Wild Planet
Albacore Wild Tuna**
(selected varieties)

\$3⁷⁹

5 oz



**Wild Planet
Wild Sardines**
(selected varieties)

\$1⁹⁹

4.4 oz



**Wild Planet
Wild Sockeye Salmon**

\$7⁷⁹

6 oz

**Safe Catch
Elite Wild Tuna**

\$3²⁹

5 oz



**Spectrum
Organic Extra Virgin
Olive Oil**

\$11⁹⁹

25.4 oz



**Organic Valley
Organic Ghee**

\$11⁹⁹

13 oz



**EPIC
Meat Snack Strip**
(selected varieties)

2/\$3

0.8 oz



**Good Health
Avocado Oil Potato Chips**

2/\$6

5 oz



**Kettle
Potato Chips**
(selected varieties)

2/\$6

5 oz



**Terra Chips
Sweet Potato Chips**
(selected varieties)

\$3²⁹

6 oz



**Edward & Sons
Organic Brown Rice Snaps**
(selected varieties)

\$2⁷⁹

3.5 oz



**From The Ground Up
Cauliflower Crackers**

2/\$6

3.5-4 oz



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Since 1960 Back to Nature® has been creating delicious and flavorful recipes inspired by nature. We carefully select our ingredients to create great-tasting products that you can enjoy all day long.

Back to Nature Crackers
(selected varieties)

2/\$7

4-8.5 oz

Made in Nature Organic Dried Fruit
(selected varieties)

\$4.49

3-7 oz



Peter Rabbit Organics Organic Baby Food Pouch
(selected varieties)

\$1.69

4-4.4 oz



Farmer's Market Organic Pumpkin

\$2.79

15 oz



St. Dalfour French Fruit Spread
(selected varieties)

\$3.79

10 oz



Enjoy Life Foods Chocolate Chips
(selected varieties)

\$4.99

9-10 oz



Pamela's Pancake & Baking Mix

\$7.49

24 oz



Bob's Red Mill Organic Gluten Free Oats

\$7.49

32 oz



Arrowhead Mills Organic Cereal Flakes
(selected varieties)

\$4.99

10-12 oz



Larabar Fruit & Nut Bar
(selected varieties)

4/\$5

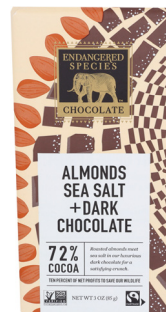
1.6-1.7 oz



Endangered Species Chocolate Bar
(selected varieties)

2/\$5

3 oz



SmartSweets Candy
(selected varieties)

2/\$5

1.8 oz



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Choice Organic Teas
Organic Tea

\$3²⁹

16 ct



Celestial Seasonings
Tea
(selected varieties)

\$3²⁹

20 ct



nutpods
Dairy-Free Creamer
(selected varieties)

\$2⁷⁹

11.2 oz



Guru
Organic Energy Drink

2/\$4

8.4 oz



Vita Coco
Coconut Water
(selected varieties)

\$3⁹⁹

1 lt



Lakewood
Organic Pure
Cranberry Juice

\$9²⁹

32 oz



Brew Dr. Kombucha
Organic Kombucha
(selected varieties)

\$2²⁹

14 oz



Uncle Matt's Organic
Organic Orange Juice
(selected varieties)

\$6²⁹

52 oz



Almond Breeze
Almondmilk
(selected varieties)

\$3⁷⁹

64 oz



Lifeway
Organic Kefir
(selected varieties)

\$4²⁹

32 oz



Field Roast
Chao Slices

\$4⁹⁹

7 oz



Vital Farms
Butter

\$3⁷⁹

8 oz



Bonafide Provisions
Organic Bone Broth

\$8⁴⁹

24 fl oz



Gardein
Meatless Meat
(selected varieties)

\$4⁴⁹

8.1-13.7 oz



CADIA
Organic Frozen Fruit
(selected varieties)

\$2⁹⁹

10 oz



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Certified



Corporation

USING BUSINESS AS A FORCE FOR GOOD.

THERE'S A BETTER WAY TO DO BUSINESS.

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Vibrant Health Green Vibrance

\$49⁹⁹

11.92 oz



Yerba Prima Psyllium Husks Powder

\$12⁹⁹

12 oz



Alden's Organic Organic Ice Cream (selected varieties)

\$8²⁹

48 oz



Cosmic Bliss Organic Dairy-Free Frozen Dessert (selected varieties)

\$5²⁹

14 oz



Ancient Nutrition Multi Collagen Protein

\$23⁹⁹

244-315 g



NeoCell Super Collagen Peptides

\$13⁹⁹

7 oz



Vibrant Health Green Vibrance

\$49⁹⁹

11.92 oz



Yerba Prima Psyllium Husks Powder

\$12⁹⁹

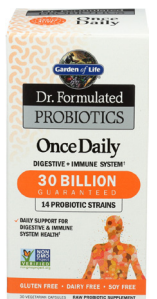
12 oz



Garden of Life Dr. Formulated Once Daily Probiotics

\$25⁹⁹

30 cap



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**Renew Life
Cleanse More**

\$15⁹⁹

60 cap



**Nordic Naturals
Omega-3**

\$13⁴⁹

60 ct



**Solgar
U-Cubes™ Children's
Multi-Vitamin & Mineral
Gummies**

\$12⁹⁹

120 ct



**CV Sciences
+Plus CBD Gummies Sleep 10 mg**

\$23⁹⁹

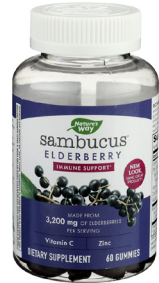
30 ct



**Nature's Way
Sambucus Elderberry Gummies**

\$16⁹⁹

60 ct



**Natural Factors
Organic Oil of Oregano**

\$12⁹⁹

1 oz



**Avalon Organics
Shampoo or Conditioner**

\$8²⁹

11 oz



**Andalou Naturals
Shampoo or Conditioner**

\$6²⁹

11.5 oz



**DERMA E
Anti-Wrinkle Renewal Cream**

\$14⁹⁹

4 oz



**Giovanni
Hair Spray**

\$6²⁹

5 oz



**Better Life
All-Purpose Cleaner
(selected varieties)**

\$4⁹⁹

32 oz



Citrus Spray Cleaner

- 1 cup white vinegar
- Citrus peel from 4 oranges
- 4 cups water
- 1 teaspoon liquid castile soap
- 15 drops lemon essential oil

- 1 Place citrus peel and vinegar in a glass jar, close and allow to infuse for two weeks.
- 2 Strain vinegar and discard citrus peel.
- 3 Combine infused vinegar with water, castile soap, and essential oils.
- 4 Store finished cleaner in spray bottles.



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We are part of INFRA (Independent Natural Food Retailers Association), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.

Together, we're able to provide you with discounts 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 Independent Natural Food Retailers Association member store locations. For more information and a complete listing, please visit www.naturalfoodretailers.com.

ALABAMA

Manna Grocery & Deli

ARKANSAS

The Eureka Market
Good Measure Market
Natural Food Store
Nature's Wonders
Olde Fashioned Foods
The Truck Patch
Village Nutrition

ILLINOIS

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Pass Health Foods
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Apple Valley Natural Foods
Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
Harmony & Health
The Health Food Shoppe of Fort Wayne
Natural Choices for Healthful Living
Nature's Cupboard
Rainbow Blossom
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods
Heritage Natural Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
Better Health Market
Dale's Natural Foods
Edson Farms Natural Foods
Health Hutt
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

A Clean Plate Local & Organic Grocery
Cloquet Natural Foods
Dutchmen Organics
Good Grocer
MANNA Food Co-op
Meadow Farm Foods
Tailor Made Nutrition

MISSOURI

Clover's Natural Market
Jean's Healthway
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Nutrition Stop
Suzanne's Natural Foods
The Truck Patch

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Health Foods by Claudia
Kindred Market
Raisin Rack Natural Food Market

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Grubb's Grocery
Natural Foods Market
Nutrition World
The Turnip Truck Natural Market

TEXAS

Cox Farms Market
Fresh Plus Markets
Harvest Natural Market
The Market
Natural Foods Market
Next Generation
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive
Downtown Grocery
The Free Market
Good Harvest Market
The Grainery
Greens N Grains
Healthy Way Market
Nature's Best Market
NDC Natural Market
Nutrition Discount Center
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market