



November 2023

“It looked like the world was covered in a cobbler crust of brown sugar and cinnamon.”

—Sarah Addison Allen



Wholesome Organic Brown Sugar

\$4.49

24 oz



Kerrygold Butter

\$3.99

8 oz



Cascadian Farm Organic Organic Potatoes
(selected varieties)

2/\$7

12-16 oz



Muir Glen Organic Tomatoes
(selected varieties)

2/\$3

14.5 oz



Pacific Foods Organic Broth
(selected varieties)

\$3.99

32 oz



Farmer's Market Organic Pumpkin Pie Mix

\$2.99

15 oz



Wholly Wholesome Organic Pie Shell

\$5.29

14 oz



Dandies Vegan Marshmallows

\$3.49

10 oz



Alden's Organic Organic Ice Cream
(selected varieties)

\$8.29

48 oz



Earth Balance Organic Vegan Whipped Buttery Spread

\$5.79

13 oz



Lily's Chocolate Baking Chips

\$6.29

9 oz



**Lundberg Family Farms
Wild Blend Rice**

\$4.99

1 lb



**Eden
Organic Beans
(selected varieties)**

\$2.49

15 oz



**Peter Rabbit Organics
Organic Baby Food Pouch
(selected varieties)**

\$1.69

4-4.4 oz



**Mike's Mighty Good
Craft Ramen**

\$1.89

1.6 oz



**Spectrum
Organic Shortening**

\$8.79

24 oz



**Primal Kitchen
Dressing**

\$5.79

8 oz



**CADIA
Organic Cranberry Sauce**

\$2.79

14 oz



**Dr. Bronner's
Organic Coconut Oil**

\$7.79

14 oz



**Chosen Foods
Avocado Oil**

\$9.79

500 ml



THANKSGIVING PORTION GUIDELINES



TURKEY (WHOLE)

Per Person: 1-1 ½ pounds
Group of Ten: 10-15 pounds



ENTREES

Per Person: ½-¾ pound
Group of Ten: 5-7 pounds



POTATOES

Per Person: ½-½ pound
Group of Ten: 4 pounds



VEGETABLES

Per Person: ¼-½ pound
Group of Ten: 2 ½ pounds



STUFFING

Per Person: ½-½ pound
Group of Ten: 4 pounds



GRAVIES & SAUCES

Per Person: ¼ cup
Group of Ten: 2-3 cups



CRANBERRY RELISH

Per Person: 2 ounces
Group of Ten: 2 cups



Pie

Per Person: 1 slice
Group of Ten: 2 9-inch pies

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 November.



Bob's Red Mill Organic Flour (selected varieties)

\$7.99

5 lb



Bob's Red Mill Almond Flour

\$8.49

16 oz



Bob's Red Mill Arrowroot Starch

\$5.29

16 oz



Homemade for the holidays. Celebrate better with Bob's Red Mill Baking Flours.

Late July Organic Tortilla Chips

2/\$7

7.4-10.1 oz



Terra Vegetable Chips (selected varieties)

\$3.29

5-6 oz



Vegan Rob's Puffs

\$2.99

3.5 oz



Crunchmaster Multi-Seed Crackers (selected varieties)

\$3.29

4 oz



Back to Nature Crackers (selected varieties)

\$3.29

8.5 oz



UNREAL Chocolate Bars

\$4.29

4.2 oz



Endangered Species Chocolate Bar (selected varieties)

2/\$5

3 oz



PUR Gum

4/\$5

.44 oz



Panda Licorice (selected varieties)

\$2.99

7 oz



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If You Care makes environmentally friendly products that really work. No bleach or toxic chemicals, ever. Our parchment paper is certified compostable and our foil is 100% recycled and uses 95% less energy to produce than traditional foil manufacturing. Healthy Home, Healthy Planet, Healthy You!



**If You Care
Parchment Baking Paper**

\$449

70 sq ft



**If You Care
Aluminum Foil**

\$479

50 sq ft

**St. Dalfour
French Fruit Spread
(selected varieties)**

\$399

10 oz



**Once Again Nut Butter
Organic Tahini**

\$749

16 oz



**Jovial
Organic Einkorn Flour
(selected varieties)**

\$679

32 oz



**Birch Benders
Organic Pancake & Waffle Mix
(selected varieties)**

\$429

14-16 oz



**Pamela's
Pancake & Baking Mix**

\$749

24 oz



**Simply Organic
Organic Ground Cinnamon**

\$429

2.45 oz



**Catalina Crunch
Keto Friendly Cereal
(selected varieties)**

\$629

8-9 oz



**Arrowhead Mills
Organic Cereal Flakes
(selected varieties)**

\$499

16 ct



**Let's Do...Organic
Organic Shredded Coconut**

\$329

8 oz



**Yogi
Tea**

\$349

16 ct



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**SweetLeaf
Liquid Stevia**

\$6²⁹

2 oz



**Lakewood
Organic Pure
Cranberry Juice**

\$8⁹⁹

32 oz



**R.W. Knudsen
Organic Apple Juice**

\$3⁷⁹

32 oz



**Zevia
Zero Calorie Soda**

\$5⁴⁹

6/12 oz



**Vita Coco
Coconut Water
(selected varieties)**

\$3⁹⁹

1 lt



**Green Valley Creamery
Organic Lactose Free
Cream Cheese**

\$3⁴⁹

8 oz



**Califia Farms
Almondmilk**

\$3⁹⁹

48 oz



**Lifeway
Organic Kefir
(selected varieties)**

\$4⁴⁹

32 oz



**Organic Valley
Organic Shredded
Cheese
(selected varieties)**

\$3⁹⁹

6 oz



**Organic Valley
Organic Cream
Cheese**

\$3⁴⁹

8 oz



**Organic Valley
Organic Cream
Cheese Spread**

\$3⁴⁹

8 oz



At Organic Valley, we produce nourishing food on small organic family farms where families manage the care of animals and the earth. Our products are always organic and a delicious choice for your holiday dish.

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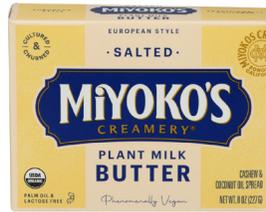
Built on the foundation of craft and compassion, Miyoko's Creamery is the natural, compassionate evolution of dairy—using time-honored techniques and the finest ingredients to make our award-winning, phenomenally vegan, plant milk butter and cheese.



Miyoko's Organic Vegan Mozzarella

\$6²⁹

8 oz



Miyoko's Organic Cultured Vegan Butter

\$4⁷⁹

8 oz

Rumiano Organic Cheese
(selected varieties)

\$4⁷⁹

8 oz



Daiya Dairy-Free Cheese Style Slices
(selected varieties)

\$3⁷⁹

7.8 oz



Forager Project Organic Cashewmilk Yogurt
(selected varieties)

\$4⁷⁹

24 oz



Brown Cow Cream Top Whole Milk Yogurt

\$3⁷⁹

32 oz



Bitchin' Sauce Sauce
(selected varieties)

\$4⁷⁹

8 oz



Immaculate Organic Flaky Biscuits

\$3⁹⁹

16 oz



Bonafide Provisions Organic Bone Broth
(selected varieties)

\$8⁴⁹

1.5 lb



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**Bach
Rescue Remedy Pastilles**



2/\$13

50 g

**Boiron
Chestal Honey**



\$8.99

6.7 oz

**American Health
Super Papaya Enzyme Plus
Chewable**



\$8.99

180 tab

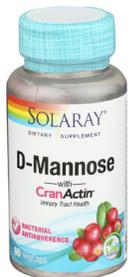
**Garden of Life
Collagen Peptides**



\$34.99

560 g

**Solaray
D-Mannose with CranActin**



\$19.99

60 ct

**Sovereign Silver
Bio-Active Silver
Hydrosol**



\$12.99

2 oz

**ChildLife Essentials
Liquid Vitamin C**



\$5.79

4 oz

**Nordic Naturals
Vitamin D3 + K2 Gummies**



\$18.99

60 ct

**Herbatint
Permanent Hair Color Gel**



\$13.99

4.56 oz

**Natural Factors
DGL 400 mg Chewable**



\$13.99

90 tab

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



\$3.79

16 oz

**Alaffia
EveryDay Shea Body Lotion**



\$10.49

32 oz

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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
Chicago Market
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Fruitful Yield Health Foods
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Nature's Cornucopia
NOSH Good Mood Foods
Nutrition Network Market
Pass Health Foods
Polson's Natural Foods
Prairie Food Co-op
Southtown Health Foods
Sunrise Health Foods

INDIANA

Apple Valley Natural Foods
Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
Grounded Natural Foods
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

LOUISIANA

Fiesta on Eighteenth
Gibson's Fresh Grocer
Sandra's Café & Health Food Store
Sunshine Health Foods

MICHIGAN

Apple Valley Natural Foods
Better Health Market
Dale's Natural Foods
Edson Farms Natural Foods
Health Hutt
Natural Food Patch
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
Crow Wing Food Co-op
Dutchmen Organics
Good Grocer
MANNA Food Co-op
Mastell's Health Foods
Tailor Made Nutrition

MISSISSIPPI

Chicory Natural Market
Vitamins Plus

MISSOURI

Clover's Natural Market
Healthy Habits
Jean's Healthway
Kelly's World Famous
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 Foods

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

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

TEXAS

Ann's Health Food Center & Market
Cox Farms Market
Fresh Plus Markets
Green Market Natural Foods & Vitamins
Harvest Natural Market
Marigold Market + Café
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

