



“Life starts all over again when it gets crisp in the fall.”

-F. Scott Fitzgerald



Just Ice Tea
Organic Ice Tea
(selected varieties)

2/\$4

16 oz



Bragg
Organic Apple
Cider Vinegar

\$4.99

32 oz



KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)

\$2.79

15.2 oz



Harmless Harvest
Organic Coconut Water
(selected varieties)

\$3.79

16 oz



Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$4.49

5-6.5 oz



Late July
Organic Tortilla Chips

2/\$7

7.4-10.1 oz



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

\$5.29

24 oz



Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/\$8

16 oz



The Ginger People
Organic Pickled Sushi Ginger

\$4.29

6.7 oz



San-J
Organic Tamari Soy Sauce
(selected varieties)

\$4.29

10 oz



Muir Glen
Organic Tomatoes
(selected varieties)

2/\$3

14.5 oz



Wild Planet
Wild Sardines
(selected varieties)

2/\$4

4.4 oz



Mori-Nu
Silken Tofu
(selected varieties)

\$1.99

11.5-12.3 oz



Annie's
Organic Mac & Cheese
(selected varieties)

2/\$6

5.5-6 oz



Koyo
Ramen
(selected varieties)

4/\$5

2 oz



Mike's Mighty Good
Craft Ramen

\$1.89

1.6-1.9 oz



Lotus Foods
Rice Ramen

\$1.79

2.8 oz



Montebello
Organic Artisan Pasta
(selected varieties)

\$3.79

1 lb



Garden of Eatin'
Taco Shells

\$3.49

5.5 oz



NUCO
Organic Coconut Wraps

\$6.29

2.47 oz



Maple & Mustard Roasted Root Vegetables

We all work to get vegetables into our day, but how often do you look for a new way? Well, here you go!

Prep Time:
20 min

Cook Time:
50 min

Serves:
6

Ingredients:

- 2 tablespoons Bragg Extra Virgin Olive Oil
- 1 tablespoon maple syrup
- 1 tablespoon Bragg Apple Cider Vinegar
- 2 teaspoons whole grain mustard, plus more for topping
- 2 teaspoons fresh rosemary, minced
- ½ pound sweet potato, cubed
- 2 large carrots, sliced into rounds
- 1 large beet, peeled and chopped
- 1 medium red onion, thickly sliced
- ¾ teaspoon salt
- ½ teaspoon black pepper



Preparation:

1. Preheat the oven to 400° F. Line two baking sheets with parchment paper.
2. Whisk together the olive oil, maple syrup, apple cider vinegar, mustard and rosemary.
3. Add the sweet potato, carrots, beet and red onion; toss to coat. Add salt and pepper and toss once more.
4. Spread the vegetables onto the two baking sheets in one layer. Roast vegetables until tender, about 50 minutes, tossing once halfway through.
5. Top with more whole grain mustard just before serving.

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 September.

Primal Kitchen
Mayo with Avocado Oil
(selected varieties)

\$7.99

12 oz



Sir Kensington's
Mayonnaise
(selected varieties)

\$5.49

12 oz



Native Forest
Organic Coconut Milk
(selected varieties)

\$3.29

13.5 oz



Simply Organic
Organic Garlic Powder

\$5.49

3.64 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$8.29

16.9 oz



Spectrum
Organic Canola Oil

\$11.99

32 oz



Sky Valley
Sriracha Sauce

\$5.29

18.5 oz



Vermont Smoke & Cure
Meat Stick
(selected varieties)

\$1.39

1 oz



Tate's Bake Shop
Cookies
(selected varieties)

\$4.99

6-7 oz



Kettle
Potato Chips
(selected varieties)

2/\$6

5 oz



Siete
Tortilla Chips
(selected varieties)

\$3.99

5 oz



Terra
Sweet Potato Chips

\$3.29

5-6 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$7

8.6-14.6 oz



Arrowhead Mills
Organic Cereal Flakes
(selected varieties)

\$4.79

10-12 oz



Newman's Own
Fig Newmans
(selected varieties)

\$3.79

10 oz



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**Larabar
Fruit & Nut Bar**
(selected varieties)



5/\$5

1.6-1.7 oz

**KIND
Nut Bar**
(selected varieties)



\$1.59

1.4 oz

**Clif Bar
Energy Bar**
(selected varieties)



\$1.29

2.4 oz

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



\$3.79

10 oz

**Panda
Licorice**
(selected varieties)



\$2.79

7 oz

**UNREAL
Chocolate Bar**



\$4.29

3.4-4.2 oz

**Tony's Chocolonely
Chocolate Bar**
(selected varieties)



\$3.79

6.35 oz

**Chocolove
Chocolate Bar**
(selected varieties)



\$2.29

3.2 oz

**Endangered Species
Chocolate Bar**
(selected varieties)



\$2.79

3 oz

Why choose organic?



It's Just Cooler.

Organic farms emit less global warming potential than other farming systems.

All Natural, Always.

Organic food is grown without synthetic fertilizers or pesticides.

GMOS? No Way!

Organic certification means no genetically engineered or modified ingredients.

Sources: USDA.gov, rodaleinstitute.org



**Theo
Organic Chocolate Bar**
(selected varieties)



\$2.79

3 oz

**SweetLeaf
Liquid Stevia**
(selected varieties)



\$6.29

2 oz

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Pukka Organic Tea
(selected varieties)

\$3.79

20 ct



Mount Hagen Organic Instant Coffee

\$8.49

3.53 oz



Essentia Alkaline Water

\$2.29

1.5 lt



Lakewood Organic Pure Pineapple Juice

\$6.49

32 oz



Zevia Zero Calorie Soda
(selected varieties)

\$5.49

6 ct



Goldthread Plant Based Tonic
(selected varieties)

2/\$6

12 oz



Vita Coco Coconut Water
(selected varieties)

\$4.29

1 lt



C2O Coconut Water
(selected varieties)

\$3.69

33.8 oz



So Delicious Organic Coconutmilk

\$2.79

32 oz



GT's Organic Coconut Yogurt
(selected varieties)

\$4.79

8 oz



GT's Organic Kombucha
(selected varieties)

\$2.99

16 oz



GT's Living Foods is a family and LGBTQIA+-owned business. Since his humble beginnings in 1995, GT Dave has created living foods with organic plants, raw fermentations, naturally occurring probiotics, peace & love.

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Califia Farms
Better Half Creamer

\$3.29

16.9 oz



Almond Breeze
Almondmilk

\$3.79

64 oz



So Delicious
Coconutmilk Yogurt Alternative

\$4.99

24 oz



Follow Your Heart
Dairy-Free Cheese Shreds
(selected varieties)

\$3.49

4 oz



Daiya
Dairy-Free Slices
(selected varieties)

\$3.79

7.8 oz



Organic Valley
Organic Raw Cheese

\$4.79

8 oz



Miso Master
Organic White Miso

\$4.99

8 oz



Bubbies
Sauerkraut

\$6.29

25 oz



Ithaca Cold-Crafted
Hummus

\$3.99

10 oz



Tofurky
Plant-Based Original Sausage

\$5.79

14 oz



Alden's Organic
Organic Ice Cream
(selected varieties)

\$8.29

48 oz



Cosmic Bliss
Organic Dairy-Free
Frozen Dessert

\$5.79

14 oz



Yerba Prima
Psyllium Whole Husks

\$12.99

12 oz



Vibrant Health
Green Vibrance

\$45.99

11.92 oz



Om
Organic Mushroom Master Blend

\$17.99

90 g



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Garden of Life
Vitamin Code RAW Calcium

\$27⁹⁹

120 vcap



Nordic Naturals
Algae Omega

\$22⁹⁹

60 sgel



Natural Factors
Quercetin 500 mg

\$19⁹⁹

60 vcap



Solaray
High Absorption
Magnesium Glycinate

\$13⁹⁹

120 vcap



MegaFood
Women's 55+ Advanced
Multivitamin

\$21⁹⁹

60 tab



Gaia Herbs
Black Elderberry Syrup

\$21⁹⁹

5.4 oz



DERMA E
Vitamin C Concentrated
Serum

\$19⁹⁹

2 oz



ACURE
Brightening Facial Scrub

\$6⁹⁹

4 oz



Avalon Organics
Shampoo
(selected varieties)

\$8²⁹

11 oz



Alaffia
EveryDay Shea
Body Wash

\$10⁴⁹

32 oz



Nubian Heritage
African Black Bar Soap

2/\$10

5 oz



JASON
Toothpaste
(selected varieties)

\$5⁷⁹

4.2 oz



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

\$3⁷⁹

16 oz



Better Life
All-Purpose Cleaner
(selected varieties)

\$4⁹⁹

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.

CONNECTICUT

- Chamomille Natural Foods
- It's Only Natural Market
- Mike's Organic
- Nature's Temptations
- New Morning Market
- Rooted Market
- Thyme & Season

DELAWARE

- Good News Natural Foods
- Harvest Market Natural Foods

DISTRICT OF COLUMBIA

- Dawson's Market
- Good Food Markets
- Yes! Organic Market

MAINE

- Bath Natural Market
- Lois' Natural Marketplace
- Morning Glory Natural Foods
- New Morning Natural Foods
- Rosemont Market & Bakery
- Royal River Natural Foods
- Uncle Dean's Natural Market

MARYLAND

- Chestertown Natural Foods
- Community Garden Market
- David's Natural Market
- Dawson's Market
- The Good Earth Natural Foods Co
- Roots Market
- Yes! Organic Market

MASSACHUSETTS

- Cambridge Naturals
- City Feed & Supply
- Common Crow Natural Market
- Cornucopia Natural Wellness Market
- Debra's Natural Gourmet
- Down to Earth Natural Foods
- The Good Seed Natural Food Market
- Guido's Fresh Marketplace
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Granite State Natural Foods
- Maggie's Market
- Nature's Green Grocer
- Sunflower Natural Foods

NEW JERSEY

- A-1 Nutrition Store
- Back to Nature
- Basil Bandwagon Natural Market
- Green Acres Health Food Store
- Green Life Market
- Green Street Market
- Healthfair Natural & Organic Food Market
- Healthway Natural Food Center
- Olive May Health
- Nature's Nutrition
- Nature's Pavilion
- Pangaea Naturals
- Whole Earth Center

NEW YORK

- A Matter of Health
- Accord Market
- Agata & Valentina
- Chatham Real Food Market Coop
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Earnest Foods
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good Roots Natural Market
- Good N' Natural
- Green Earth Health Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Foods Center
- Nature's Harvest
- Nature's Pantry
- Old World Food Market
- Rising Tide Natural Foods
- Sunflower Natural Foods Market
- Uncle Sam's Good & Natural Products

PENNSYLVANIA

- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- Health Hut
- JoRob's Naturals
- Kimberton Whole Foods
- Leg Up Farmers Market
- Lemon Street Market
- Martindale's Natural Market
- Nature's Pantry
- Nature's Way Market
- Organnons Natural Market
- Queen's Nutritional Products
- Radish & Rye Food Hub
- Sonnenwald Natural Foods
- Soulberry Natural Market

RHODE ISLAND

- Nature's Goodness
- The Green Grocer
- Rory's Market

VERMONT

- Natural Provisions

VIRGINIA

- Eats Natural Foods
- Ellwood Thompson's
- Good Foods Grocery
- Health Nut Nutrition
- Health Trail Natural Foods
- Mustard Seed Natural Market
- Organic Food Depot
- Rebecca's Natural Foods
- Yes! Organic Market

WEST VIRGINIA

- Community Garden Market
- Good Natured Market & Vegetarian Cafe
- Mother Earth Foods
- The Public Market

