



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

-F. Scott Fitzgerald



Just Ice Tea
Organic Ice Tea
(selected varieties)

\$2.29

16 oz



Bragg
Organic Apple
Cider Vinegar

\$4.79

32 oz



KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)

\$2.79

15.2 oz



Harmless Harvest
Organic Coconut Water
(selected varieties)

\$4.29

16 oz



Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$4.29

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

\$3.99

6.7 oz



San-J
Organic Tamari Soy Sauce
(selected varieties)

\$4.49

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

2/\$6

5.5-6 oz



CADIA
Gluten Free Brown Rice Pasta

2/\$5

16 oz



Mike's Mighty Good
Craft Ramen
(selected varieties)

\$1.89

1.6-1.9 oz



Lotus Foods
Rice Ramen

\$1.69

2.8 oz



Garden of Eatin'
Taco Shells

\$3.49

5.5 oz



Primal Kitchen
Mayo with Avocado Oil
(selected varieties)

\$8.29

12 oz



Native Forest
Organic Coconut Milk
(selected varieties)

\$2.79

13.5 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.

Simply Organic
Organic Garlic Powder

\$5⁴⁹

3.64 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$8⁴⁹

16.9 oz



Boulder Canyon
Potato Chips
(selected varieties)

\$3²⁹

5.25-6.5 oz



Kettle
Potato Chips
(selected varieties)

2/\$6

5 oz



Siete
Tortilla Chips
(selected varieties)

\$3⁹⁹

5 oz



Terra
Sweet Potato Chips

\$3²⁹

5-6 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$7

8.6-14.6 oz



Arrowhead Mills
Organic Cereal Flakes
(selected varieties)

\$4⁷⁹

10-12 oz



Newman's Own
Fig Newmans
(selected varieties)

\$3⁷⁹

10 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.7 oz



KIND
Nut Bar
(selected varieties)

\$1⁵⁹

1.4 oz



Clif Bar
Energy Bar
(selected varieties)

\$1²⁹

2.4 oz



St. Dalfour
French Fruit Spread
(selected varieties)

\$3⁷⁹

10 oz



Panda
Licorice
(selected varieties)

\$2⁷⁹

7 oz



SweetLeaf
Liquid Stevia
(selected varieties)

\$6²⁹

2 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 September.

**UNREAL
Chocolate Bar**

\$4²⁹

3.4-4.2 oz



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

\$3⁷⁹

6.35 oz



**Chocolove
Chocolate Bar
(selected varieties)**

\$2²⁹

3.2 oz



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

2/\$5

3 oz



**Mount Hagen
Organic Instant Coffee**

\$8⁷⁹

3.53 oz



**Laird Superfood
Superfood Creamer
(selected varieties)**

\$7²⁹

8 oz



**Eternal
Naturally Alkaline
Spring Water**

\$1⁵⁹

1 lt



**Essentia
Alkaline Water**

\$2²⁹

1.5 lt



**Lakewood
Organic Pure
Pineapple Juice**

\$6⁴⁹

32 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

**Steaz
Organic Iced
Green Tea**

2/\$3

16 oz



**Zevia
Zero Calorie Soda
(selected varieties)**

\$5⁴⁹

6 ct



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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.

So Delicious Organic Coconutmilk (selected varieties)

\$2.79

33-34 oz



Califia Farms Better Half Creamer

\$3.29

16.9 oz



Almond Breeze Almondmilk

\$3.79

64 oz



Vita Coco Coconut Water (selected varieties)

\$4.29

1 lt



Brew Dr. Kombucha Organic Kombucha (selected varieties)

\$2.29

14 oz



So Delicious Coconutmilk Yogurt Alternative

\$5.29

24 oz



Organic Valley Organic Raw Cheese

\$4.79

8 oz



Daiya Dairy-Free Slices (selected varieties)

\$3.79

7.8 oz



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

\$3.49

4 oz



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Bubbies
Sauerkraut

\$6²⁹

25 oz



Hope
Organic Hummus

\$3²⁹

8 oz



Tofurky
Plant-Based Original Sausage

\$5⁴⁹

14 oz



Vital Farms
Pasture Raised Large Eggs

\$6⁷⁹

12 ct



Rudi's Bakery
Organic Bread
(selected varieties)

\$4⁷⁹

22-24 oz



Flax4Life
Brownies

\$5⁷⁹

14 oz



Cosmic Bliss
Organic Dairy-Free
Frozen Dessert

\$5⁷⁹

14 oz



Alden's Organic
Organic Ice Cream
(selected varieties)

\$8²⁹

48 oz



Vibrant Health
Green Vibrance

\$45⁹⁹

11.92 oz



RidgeCrest Herbals
ClearLungs

\$14⁹⁹

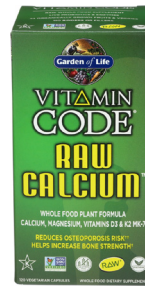
60 vcap



Garden of Life
Vitamin Code RAW Calcium

\$27⁹⁹

120 vcap



Nordic Naturals
Algae Omega

\$22⁹⁹

60 sgel



Om
Organic Mushroom Master Blend

\$17⁹⁹

90 g



Yerba Prima
Psyllium Whole Husks

\$12⁹⁹

12 oz



Solaray
High Absorption
Magnesium Glycinate

\$13⁹⁹

120 vcap



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Gaia Herbs
Black Elderberry Syrup

\$21⁹⁹

5.4 oz



Solgar
Zinc Picolinate 22 mg

\$7⁹⁹

100 tab



Natural Factors
Quercetin 500 mg

\$19⁹⁹

60 vcap



MegaFood
Women's 55+ Advanced
Multivitamin

\$21⁹⁹

60 tab



Pranarom
Lavender Essential Oil

\$8⁹⁹

5 ml



DERMA E
Vitamin C Concentrated
Serum

\$19⁹⁹

2 oz



Avalon Organics
Shampoo
(selected varieties)

\$8²⁹

11 oz



Alaffia
EveryDay Shea
Body Wash

\$10⁴⁹

32 oz



ACURE
Brightening Facial Scrub

\$6⁹⁹

4 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



Zum
Laundry Soap

\$11⁴⁹

64 oz



Better Life
All-Purpose Cleaner
(selected varieties)

\$4⁷⁹

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 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
Tailor Made Nutrition

MISSISSIPPI

Chicory Natural Market
Vitamins Plus

MISSOURI

Clover's Natural Market
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
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

