

### **June 2023**

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

-Maud Hart Lovelace





Barnana Organic Plantain Chips

(selected varieties)

2/\$7

5 oz

Organic Control of the control of th

Cascadian Farm Organic

Organic Cereal (selected varieties)

2/\$7

8.6-15.6 oz

CASCADIAN FARM

THE FARMLAND

JOHN US IN RESTORING 25 MILLION SOFT

HONEY NUT

HONEY NUT

KIND Nut Bar (selected varieties)

**\$7**59



1.4 oz Bragg

Dairy-Free Cheese Style Slices (selected varieties)

**\$**379



Field Roast Plant-Based Sausages (selected varieties)

\$549

8.5-12.95 oz



**\$4**79

**Nutritional Yeast** 

3-4.5 oz



3-4.5

Redwood Hill Farm Goat Milk Kefir (selected varieties)

**\$6**29

32 oz

7.8 oz



Oatly Oatmilk

**\$4**79

64 oz



GT's Organic Kombucha (selected varieties)

**\$729** 

48 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 June.

La Balanda Balanda

Annie's Mac & Cheese (selected varieties)



**Daiva Deluxe Dairy-Free Mac & Cheeze** 



Garden of Eatin' **Corn Tortilla Chips** (selected varieties)

16 oz



# Vibrant Summer Pasta Salad

16 ounces rotini pasta 1 pint cherry tomatoes, halved ½ small red onion, julienned 1 medium cucumber, sliced 1 can chickpeas, drained ½ cup mixed olives

### Vinaigrette

6 tablespoons olive oil

4 tablespoons red wine vinegar

4 teaspoons Dijon mustard

2 teaspoons honey

4 large garlic cloves, minced

2 teaspoons dried oregano

1 teaspoon ground black pepper

½ teaspoon dried thyme ½ teaspoon sea salt

1 Cook pasta based on the package instructions. Set aside to cool.

2 Place prepared vegetables in a large mixing bowl.

- Whisk together vinaigrette ingredients until emulsified.
- 4 Toss pasta with prepared vegetables, olives, chickpeas, and vinaigrette. Adjust seasoning to taste and serve.

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



Safe Catch **Elite Wild Tuna** (selected varieties)



5 oz

Annie's **Organic Dressing** (selected varieties)

8 oz



**Spectrum Organic Shortening** 

24 oz







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## 

Madhava Organic Coconut Sugar

**\$529** 

16 oz



St. Dalfour French Fruit Spread (selected varieties)

**\$**379

10 oz





SmartSweets Candy (selected varieties)

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**\$279** 

1.6-1.8 oz



We are committed to innovating the delicious candy you know and love with less sugar!
SmartSweets candy has up to 92% less sugar per 50g serving versus the leading traditional candy equivalents – creating a world filled with sweeter choices.

Bob's Red Mill Cereal Muesli

**\$429** 

18 oz



PUR Gum

**\$1**29

.44 oz



Essentia Alkaline Water

**\$**19

20 oz



R.W. Knudsen Organic Tomato Juice

KEVITA.

Your GUT HEALTH is our priority! Proudly producing organic probiotic Kombuchas and dairy-free Kefir drinks since 2009. With new Lemonades and innovative Herbal Spritzers, Sparkling Refreshers and Kombuchas, KeVita offers a delicious option for everyone's tastebuds and lifestyles.





KeVita
Organic Sparkling Probiotic Drink
(selected varieties)

**\$279** 

15.2 oz

**\$3**49

32 oz



**\$**79

17.5 oz





## 4 29 4 39 4 6

Live **Organic Kombucha** 



Koia **Plant-Based Protein Shake** 

Lifeway **Organic Kefir** (selected varieties)



12 oz

12 oz

32 oz

8 oz

**Pacific Foods Organic Oat Beverage** 



Meyenberg **Goat Milk** 



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



32 oz

8 oz

**Organic Valley Organic String Cheese**  **Vital Farms Butter** 

32 oz



**Cascadian Farm Organic Organic Potatoes** 

(selected varieties)



8 oz



16 oz



**Organic Valley Organic Half & Half** 



**Organic Valley** Organic Milk (selected varieties)



At Organic Valley, we produce nourishing food on small organic family farms where families manage the care of animals and the earth. Through our cooperative's standards and practices, we promote respect for the dignity and interdependence of all life.

Gardein **Meatless Meat** (selected varieties)



8.1-13.7 oz

**Jolly Llama Ice Cream Cones** 

3 ct



16 oz

64 oz

## La Bala a Bala a

So Delicious
Plant-Based Frozen Dessert
(selected varieties)

**\$**\_479

16 oz



Manitoba Harvest Organic Hemp Hearts

**\$12**99

12 oz



Ancient Nutrition Multi Collagen Protein (selected varieties)



Natural Vitality Natural Calm

\$**18**99

10

8 oz

The Accidence forms 1951

MARKEL OF HEALTH
CALM
A TRACE COMP SOURCE OFFT

A TRACE COMP SOURCE OF

Solgar Gentle Iron 25mg

\$899

90 vcap



**\$23**99

244-285 g

Natural Factors Stress Relax® Tranquil Sleep Chewable

**\$18**99

60 tab

Stress-Relay
Tranquil Sleep'
5-HTP, Suntheamer & Melaruis
60 Chewable Tablets
Tranquil Sleep'
5-HTP, Suntheamer & Melaruis
100 Chewable Tablets
100 Chewable

CV Sciences +Plus CBD Gummies Calm 10 mg

**\$23**99

30 ct



Nordic Naturals Ultimate Omega

**\$36**99

120 ct



MegaFood Turmeric Curcumin Extra Strength

\$**16**99

60 tab

5 oz



Garden of Life Mykind Organics Turmeric Inflammatory Response Gummy

\$2399

120 ct

**Boiron** 



Terry Naturally
Curamin Extra Strength
Pain Relief

**\$20**99



**30** cap

Dr. Bronner's Organic Castile Bar Soap

**\$**399



**Arnicare Gel** 

**6**43

1.5 oz



Every Man Jack Deodorant (selected varieties)

**\$5**79

2.7-3 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 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

#### **LOUISIANA**

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

#### **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 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
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