



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

**\$3.99**

6 oz



**Harmless Harvest  
Organic Coconut Water**  
(selected varieties)

**\$4.29**

16 oz



**Annie's  
Mac & Cheese**  
(selected varieties)

**2/\$6**

6 oz



**Simple Mills  
Almond Flour Crackers**

**\$3.79**

4.25 oz



**Wild Planet  
Wild Albacore Tuna**

**\$3.79**

5 oz



**Forager Project  
Organic Cashewmilk Yogurt**  
(selected varieties)

**\$4.99**

24 oz



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

**\$4.99**

24 oz



**Bionaturae  
Organic Tomato Paste**

**\$2.29**

7 oz



**Califia Farms  
Barista Blend Oatmilk**  
(selected varieties)

**\$4.29**

32 oz



**The Mountain Valley  
Spring Water**  
(selected varieties)

**\$1.99**

1 lt



**Santa Cruz Organic  
Organic Lemonade**  
(selected varieties)

**\$2.29**

32 oz



**Bob's Red Mill  
Organic Whole Grain Farro**



**\$5<sup>29</sup>**

24 oz

**Maya Kaimal  
Organic Everyday Dal**



**\$3<sup>29</sup>**

10 oz

**Dr. McDougall's  
Soup Cup  
(selected varieties)**



**\$1<sup>89</sup>**

1.3-3.4 oz

**Ancient Harvest  
Organic Polenta  
(selected varieties)**



**\$2<sup>99</sup>**

18 oz

**California Olive Ranch  
Extra Virgin Olive Oil  
(selected varieties)**



**\$8<sup>49</sup>**

16.9 oz

**Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil**



**\$12<sup>99</sup>**

25.4 oz

**Primal Kitchen  
Mayo with Avocado Oil**



**\$7<sup>99</sup>**

12 oz

**Late July  
Tortilla Chips  
(selected varieties)**



**2/\$7**

7.5-7.8 oz



We are a Mexican-American food brand, rooted in family, that makes delicious better-for-you products. It's our mission to inspire inclusivity around the table by creating heritage-inspired foods made with real ingredients.



**Siete  
Grain Free Tortillas  
(selected varieties)**

**\$6<sup>79</sup>**

8 ct



**Siete  
Tortilla Chips**

**\$3<sup>99</sup>**

5 oz



**Siete  
Grain Free Taco Shells**

**\$4<sup>49</sup>**

5.5 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 May.



**Good Health  
Avocado Oil Potato Chips**

**\$2<sup>99</sup>**

5 oz



**Terra  
Vegetable Chips  
(selected varieties)**

**\$3<sup>29</sup>**

5-6 oz



**Kettle  
Potato Chips  
(selected varieties)**



**SkinnyPop  
Popcorn**

**\$3<sup>29</sup>**

4.4-5.3 oz



**Vegan Rob's  
Puffs**

**\$2<sup>79</sup>**

3.5 oz



**2/\$6**

5 oz

**From The Ground Up  
Crackers**

**\$2<sup>99</sup>**

3.5-4 oz



**Crunchmaster  
Multi-Seed Crackers  
(selected varieties)**

**\$3<sup>29</sup>**

4 oz



**Nick's Sticks  
Snack Sticks  
(selected varieties)**

**\$2<sup>29</sup>**

1.7 oz



**Mavuno Harvest  
Organic Dried Fruit  
(selected varieties)**

**\$2<sup>79</sup>**

2 oz



**Made in Nature  
Organic Dried Fruit  
(selected varieties)**

**\$4<sup>49</sup>**

3-7 oz



**Crofter's Organic  
Organic Premium Fruit Spread  
(selected varieties)**

**\$4<sup>79</sup>**

16.5 oz



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

**\$1<sup>69</sup>**

4-4.4 oz



**Farmer's Market  
Organic Pumpkin**

**\$2<sup>79</sup>**

15 oz



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

**\$6<sup>29</sup>**

8-9 oz



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**Newman's Own  
Fig Newman's**  
(selected varieties)



**\$3<sup>79</sup>**

10 oz

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



**5/\$5**

1.6-1.7 oz

**MadeGood  
Organic Granola Bars**



**\$3<sup>79</sup>**

6 ct

**GoMacro  
Organic MacroBar**



**2/\$5**

2-2.4 oz

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



**2/\$3**

2.4 oz

**Panda  
Licorice**  
(selected varieties)



**\$2<sup>99</sup>**

7 oz

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



**2/\$5**

3 oz

**Chocolove  
Chocolate Bar**  
(selected varieties)

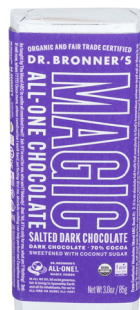


**2/\$5**

2.9-3.1 oz



The highest standard for farming on Spaceship Earth! Dr. Bronner's Virgin Coconut Oils are Regenerative Organic Certified®—Magic All-One Chocolate is on the path! Regenerative organic agriculture builds rich soil, sequesters carbon, provides healthy food, and fosters biodiversity. All-One!



**Dr. Bronner's  
Organic Chocolate Bar**  
(selected varieties)

**\$3<sup>79</sup>**

2.9-3 oz



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

**\$7<sup>79</sup>**

14 oz

**Celestial Seasonings  
Tea**  
(selected varieties)



**\$3<sup>29</sup>**

18-20 ct

**Choice Organic Teas  
Organic Tea**



**\$3<sup>29</sup>**

16 ct

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**Steaz**  
Organic Iced  
Green Tea  
(selected varieties)

**2/\$3**

16 oz



**LIFE AID**  
Beverages

**\$2.29**

12 oz



**Essentia**  
Alkaline Water

**\$1.79**

1 lt



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

**\$7.29**

32 oz



**Lakewood**  
Organic Pure  
Cranberry Juice

**\$8.99**

32 oz



**Nixie Sparkling Water**  
Organic Sparkling Water  
(selected varieties)

**\$4.99**

8 ct



**nutpods**  
Dairy-Free Creamer  
(selected varieties)

**\$2.79**

11.2 oz



**C2O**  
Coconut Water  
(selected varieties)

**\$3.49**

33.8 oz



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

**\$6.29**

52 oz



## Nixie SPARKLING WATER

# LIME GINGER CUCUMBER MINT AGUA FRESCA

- 2 CANS OF LIME GINGER NIXIE
- 4-5 SPRIGS OF MINT
- 3 CUCUMBERS, BLENDED
- 1 CUP OF WATER
- ICE
- MIX IT UP!

Ingredients make 1 pitcher/6  
delicious, sugar-free mocktails!



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# Tropical Smoothie Bowl

## Toppings

1 kiwi, peeled and chopped  
 ½ cup chopped pineapple  
 1 dragon fruit, chopped  
 1 teaspoon hemp hearts  
 ½ teaspoon chia seeds  
 ¼ cup shredded coconut

10 ounces tropical  
 frozen fruit blend  
 1 cup almond milk  
 ½ cup orange juice  
 1 tablespoon honey

1 Blend frozen fruit, almond milk, orange juice, and honey until smooth. Mixture will be thick. Pour into serving bowls.

2 Top with fruit and sprinkle on chia seeds, hemp hearts, and shredded coconut. Serve immediately.



Van's  
Waffles



**\$3<sup>29</sup>**

8-9 oz

Flax4Life  
Muffins



**\$6<sup>99</sup>**

14 oz

Hope  
Organic Hummus



**2/\$6**

8 oz

GT's  
Organic Coconut Yogurt  
(selected varieties)



**\$4<sup>79</sup>**

8 oz

Perfect Bar  
Protein Bar  
(selected varieties)



**2/\$5**

2.2-2.5 oz

Udi's Gluten Free  
Gluten Free Hotdog Buns



**\$4<sup>29</sup>**

14.3 oz

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



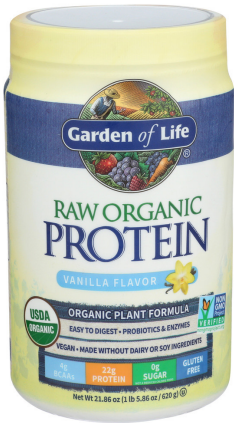
**\$4<sup>79</sup>**

14 oz

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**Garden of Life  
Raw Organic Protein Powder**



**\$37<sup>99</sup>**

568-664 g

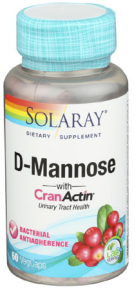
**Vibrant Health  
Green Vibrance**



**\$49<sup>99</sup>**

11.92 oz

**Solaray  
D-Mannose with CranActin**



**\$19<sup>99</sup>**

60 cap

**Solgar  
Gentle Iron® 25mg**



**\$8<sup>99</sup>**

90 vcap

**MegaFood  
Blood Builder**



**\$11<sup>99</sup>**

30 tab

**Natural Factors  
WellBetX® Berberine  
500 mg**



**\$20<sup>99</sup>**

60 vcap

**Rainbow Light  
High Potency Women's  
One Multivitamin**



**\$17<sup>99</sup>**

60 tab

**Carlson  
Cod Liver Oil**



**\$39<sup>99</sup>**

500 ml

**Aura Cacia  
Lavender Essential Oil**



**\$8<sup>29</sup>**

.5 oz

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



**\$4<sup>79</sup>**

32 oz



**Badger  
Sport Mineral  
Sunscreen SPF 40**

**\$11<sup>99</sup>**

2.9 oz



**Badger  
Deet-Free  
Mosquito Repellent**

**\$8<sup>49</sup>**

4 oz



Caring for our planet is a core guiding principle at Badger, and that same care goes into every product we make. Formulated with just a few clean ingredients, our reef-friendly sunscreens and plant-powered bug sprays are safer for people and the planet.



**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](http://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