



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

\$4²⁹

24 oz



Kerrygold Butter

\$3⁹⁹

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)

\$3⁷⁹

32 oz



Farmer's Market Organic Pumpkin Pie Mix

\$3²⁹

15 oz



Wholly Wholesome Organic Pie Shell

\$5²⁹

14 oz



Dandies Vegan Marshmallows

\$3⁴⁹

10 oz



Alden's Organic Organic Ice Cream
(selected varieties)

\$8²⁹

48 oz



Earth Balance Organic Vegan Whipped Buttery Spread

\$5⁷⁹

13 oz



Lily's Chocolate Baking Chips

\$6²⁹

9 oz



**Lundberg Family Farms
Wild Blend Rice**



\$4.99

1 lb

**Lotus Foods
Organic Rice Noodles
(selected varieties)**



\$3.29

8 oz

**Mike's Mighty Good
Craft Ramen**



\$1.89

1.6 oz

**Eden
Organic Beans
(selected varieties)**



\$2.49

15 oz

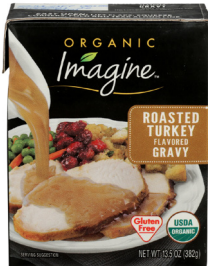
**Peter Rabbit Organics
Organic Baby Food Pouch
(selected varieties)**



\$1.79

4-4.4 oz

**Imagine
Organic Gravy**



\$2.49

13.5 oz

**CADIA
Organic Cranberry Sauce**



\$2.79

14 oz

**Jeff's Garden
Capers**



\$2.99

6 oz

**Sir Kensington's
Mayonnaise
(selected varieties)**



\$5.49

12 oz

**Primal Kitchen
Dressing**



\$5.79

8 oz

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



**Nutiva
Organic Virgin Coconut Oil**



\$12.99

23 oz

**Spectrum
Organic Shortening**



\$8.79

24 oz

\$7.79

14 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 November.



Bob's Red Mill Organic Flour (selected varieties)

\$779

5 lb



Bob's Red Mill Almond Flour

\$849

16 oz



Bob's Red Mill Arrowroot Starch

\$529

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



Garden of Eatin' Tortilla Chips (selected varieties)

2/\$5

5.5 oz



Terra Vegetable Chips (selected varieties)

\$329

5-6 oz



Vegan Rob's Puffs

\$329

3.5 oz



Back to Nature Crackers (selected varieties)

\$329

8.5 oz



Theo Organic Chocolate Bar (selected varieties)

\$279

3 oz



UNREAL Chocolate Bars

\$429

4.2 oz



Endangered Species Chocolate Bar (selected varieties)

2/\$5

3 oz



Tate's Bake Shop Cookies

\$479

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

\$4.49

70 sq ft



If You Care
Aluminum Foil

\$4.79

50 sq ft

Panda
Licorice
(selected varieties)



\$2.99

7 oz

St. Dalfour
French Fruit Spread
(selected varieties)



\$3.79

10 oz

Arrowhead Mills
Organic Oat Flour



\$3.29

16 oz

Jovial
Organic Einkorn Flour
(selected varieties)



\$6.29

32 oz

Once Again Nut Butter
Organic Tahini



\$7.49

16 oz

Birch Benders
Organic Pancake & Waffle Mix
(selected varieties)



\$4.29

14-16 oz

Pamela's
Pancake & Baking Mix



\$7.99

24 oz

Catalina Crunch
Keto Friendly Cereal
(selected varieties)



\$6.49

8-9 oz

Simply Organic
Organic Ground Cinnamon



\$4.29

2.45 oz

Let's Do...Organic
Organic Shredded Coconut



\$3.29

8 oz

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Yogi
Tea

\$349

16 ct



Pukka
Organic Tea

\$379

20 ct



R.W. Knudsen
Organic Apple Juice



SweetLeaf
Liquid Stevia

\$629

2 oz



Lakewood
Organic Pure
Cranberry Juice

\$899

32 oz



\$379

32 oz

Zevia
Zero Calorie Soda

\$549

6/12 oz



Vita Coco
Coconut Water
(selected varieties)

\$399

1 lt



Califia Farms
Almondmilk

\$399

48 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

Nuts for Cheese Organic Vegan Cheese
(selected varieties)

\$6⁷⁹

4.2 oz



Follow Your Heart Dairy-Free Shredded Parmesan

\$3⁴⁹

4 oz



Green Valley Creamery Organic Lactose Free Cream Cheese

\$3⁷⁹

8 oz



Rumiano Organic Cheese
(selected varieties)

\$4⁴⁹

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



Bonafide Provisions Organic Bone Broth
(selected varieties)

\$7⁹⁹

1.5 lb



Immaculate Organic Flaky Biscuits

\$3⁹⁹

16 oz



Woodstock Organic Frozen Vegetables
(selected varieties)

\$3²⁹

10 oz



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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



**MegaFood
Men's 55+ One Daily Multivitamin**

\$23.99

60 ct



**Garden of Life
Collagen Peptides**

\$34.99

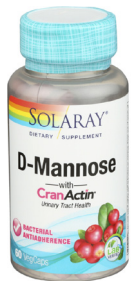
560 g



**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



**Natural Factors
DGL 400 mg Chewable**

\$13.99

90 tab



**Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate**

\$14.79

16 oz



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



**Hyland's
Calms Forté**

\$9.79

100 tab



**Alaffia
EveryDay Shea Body Lotion**

\$10.49

32 oz



\$3.79

16 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

DISTRICT OF COLUMBIA

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

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
- Good Food Markets
- The Good Earth Natural Foods Co
- Roots Market
- Yes! Organic Markets

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
- Soulberry Natural Market
- Whole Earth Center

NEW YORK

- A Matter of Health
- Accord Market
- Agata & Valentina
- Chatham Real Food Market Coop
- Cornucopia Natural Foods
- Coxsackie General Store
- Down to Earth Whole Foods
- Earnest Foods
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good N' Natural
- Good Roots Natural Market
- 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
- Essence of Health
- 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 Markets

WEST VIRGINIA

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

