

deals

July 15–July 28, 2026



Mother Nature's

Your Health & Wellness Store



C2O
Coconut Water
selected varieties

2/\$5

17.5oz

Enjoy a refreshing Emerald Pineapple



poppi
Prebiotic Soda
selected varieties

4/\$5

21 oz

Summer hydration made easy!

ROAR Organic
Vitamin Enhanced
B everage
selected varieties



\$1.69

18oz

Angie's BoomChickaPop
Popcorn
selected varieties



2/\$5

Brown Cow
Cream Top Whole Milk Yogurt
selected varieties



89¢

Recess
Infused Sparkling Water
selected varieties



\$2.79

12 oz

Chocolove
Chocolate Bar
selected varieties



2/\$7

Cadia
Unsweetened
Applesauce cups



\$3.79

16 oz

Culture Pop
Probiotic Sodas
selected varieties



2/\$3

12 oz

GoodPop
Organic Dairy-Free
Frozen Pops
selected varieties



\$4.29

4 ct

Gardein
Chick'n Tenders



\$6.29

15 oz



Look for new deals on **July 29!**

Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.

SHOP SMALL. CELEBRATE BIG.



Good Health
AvocadoOil PotatoChips
selected varieties

2/\$5



Barnana
Organic Plantain Chips
selected varieties

2/\$7



Mavuno Harvest
Organic DriedFruit
selected varieties

\$2.79

2-4 oz



At Second Nature Snacks, we're following our better Instincts – making better snacks for you, your family, and friends. Our obsession? Creating the best collection of crave-worthy, naturally mindful, nutrient-rich snacks that are healthful, taste great and do good.

A commitment to nature is in our Second Nature. That's why we've partnered with One Tree Planted and a portion of every Second Nature Snacks purchase goes toward planting trees in our communities.



Second Nature
Trail Mix Meledy's
selected varieties

\$8.49

10 oz

Lily's
Sweet Fruit Bears
selected varieties

\$2.79

1.8 oz



Bear Maple Farms
Clean Soda W/ Ginseng

\$3.29

12 oz



Pacha
Organic Buckwheat
Bread
selected varieties



\$6⁹⁹

22 oz

Maple Hill Creamery
Organic Milk
selected varieties

\$6⁷⁹

64 oz



wildbrine
Korean Kimchi
selected varieties

\$5⁷⁹

18 oz



Fig'N'Oats
Fruit and Oat Bars
selected varieties

\$6²⁹

17 oz



Cadia
Organic Preserves
selected varieties

\$4⁹⁹

13oz



Organic Valley
Organic Stringles
selected varieties

\$4⁹⁹

6 oz



Ultima
Replenisher
Electrolytes
selected varieties

\$14⁹⁹

20 pk



Wymans
Wild Blueberries

\$10⁹⁹

3lb



Guru
Organic Energy Drink
selected varieties

\$2⁴⁹

12 oz



wildwonder
Organic Sparkling Drink
selected varieties

2/\$5



Essentia
Ionized Alkaline Water

\$1⁶⁹

1 lt



Organic India
Organic Psyllium Husk

\$12⁹⁹

12 oz



Hibar
Shampoo Bar & Deodorant

\$8⁹⁹

2.25-3.2oz



DrTung's
Tongue Cleaner

\$7⁴⁹

1 ct



Emerald Pineapple Smoothie

INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia seeds.



Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings 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 participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.



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