

deals

September 23–October 13, 2026



Mother Nature's

Your Health & Wellness Store



Red's
Organic Burrito
selected varieties

2/\$4
4.5-5oz



Siete
Maiz Corn
Tortilla Chips
selected varieties

\$3.79

7.5 oz



Fresh Fall Favorites

Bobo's
Chocolate Chip Oat Bars
selected varieties

\$1.99



3 oz

EPIC
Meat Snack Strip
selected varieties

\$1.79



Primal Kitchen
Dressing & Marinade
selected varieties

\$7.79

8.45 oz



Steaz
Organic Iced Green Tea
selected varieties

\$1.79

16 oz



Minor Figures
Organic Barista Oat Milk
selected varieties

\$4.29

32 fl oz



Safe Catch
Wild Elite Pure Tuna

\$2.99

5 oz



Yogi
Organic Tea
selected varieties

\$3.49

16 ct



Nixie
Organic Soda
selected varieties

2/\$3



Kettle
Potato Chips
selected varieties

2/\$6



Look for new deals on **October 14!**



Experience the difference of Rao's Homemade, slow-simmered in small batches with hand-picked southern Italian tomatoes and pure Italian olive oil. Crafted without paste, fillers, starch, added sugar, or artificial colors for a rich, authentic homemade flavor.



Rao's Sauce
selected varieties

\$6⁷⁹
24oz



Rao's Sauce
selected varieties

\$6⁷⁹
24 oz

Napa Valley Naturals Organic Cold Pressed Extra Virgin Olive Oil



\$17⁹⁹

25.4oz

Chickapea Organic High Protein Pasta

selected varieties



\$3⁴⁹

8 oz

Maya Kaimal Indian Simmer Sauce

selected varieties

\$3⁹⁹

12.5oz



Canyon Bakehouse White Mountain Bread

selected varieties

\$5⁷⁹

18 oz



Pacific Foods Organic Soup

selected varieties

\$3⁴⁹

32 oz



Kettle & Fire Organic Bone Broth

selected varieties



\$5²⁹

16.9oz

CADIA.

We believe neighborhood grocers are a vital source of goodness for communities.



**One Degree Organics
Organic Cacao Granola**

selected varieties

\$4.49

8-11 oz



**Cadia
Preserves**

selected varieties

\$4.99

13oz



**Simple Mills
Stuffed Sandwich Cookies**

selected varieties

\$4.79

6.7 oz



**Harvest Snaps
Baked Veggie Snacks**

selected varieties

2/\$4



**Nick'sSticks
Meat Snack Sticks**

selected varieties

\$2.79

1.7 oz



**Good Health
Avocado Oil Potato Chips**

selected varieties

\$3.29

5 oz



**Catalina Crunch
Keto Cinnamon Cereal**

\$5.99

9 oz



**HOPWTR
Sparkling HopWater**

selected varieties

\$8.29

6/12 oz



**Aloha
Organic Protein Bar**

selected varieties

2/\$4



**Annie's
Organic Mac & Cheese**
selected varieties

2/\$5

6 oz



**Annie's
Organic Bunny Crackers**
selected varieties

2/\$6

7.5 oz



**Annie's
Organic Cheddar
Cheesy Smiles**

2/\$6

4 oz



GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.



**GoMacro
Organic MacroBar**
selected varieties

2/\$5
2-2.4 oz

REBBL
Organic Shake
selected varieties

\$3.29

12 oz



Health-Ade
Organic Kombucha
selected varieties

2/\$6

16oz



Drumroll
Donuts
selected varieties

2/\$5

2.6 oz



Alo
Aloe Vera Juice Drink
selected varieties

2/\$4



Alexandre Family Farm
Organic A2/A2 Grass-Fed Yogurt
selected varieties

\$4.79

24 oz



Organic Valley
Org Shredded Cheese
selected varieties

\$3.79

6 oz



Ithaca
Hummus
selected varieties

\$3.79

10 oz



BelGioioso
Cheese Wedge
selected varieties

2/\$5



C2O
Coconut Water
selected varieties

\$2.29

17.5 oz



The Mountain Valley
Spring Water

\$2.49

1 lt



Uncle Matt's Organic
Organic Orange Juice
selected varieties

\$7.99

52 oz



Farm like the world depends on it.



Regenerative
Organic
Certified®

Four Sigmatic Organic Coffee

selected varieties

\$13⁹⁹

10 oz



Laird Superfood Superfood Creamer

selected varieties

\$6⁹⁹

8 oz



Host Defense Mushrooms Grateful Dead Gummies

selected varieties

\$27⁹⁹

90 ct



Small family farms.
Handpicked botanicals.
Generations of herbal
wisdom. For decades,
Organic India has
worked hand in
hand with farming
families, cultivating
uncompromising care
for the people, the
land, and the herbs
behind every
wellness journey.



Organic India Organic Whole Husk Fiber Psyllium

\$12⁹⁹

12 oz



Organic India Organic Triphala

\$14⁹⁹

90 cap

Gaia Herbs Ashwagandha Root

\$17⁹⁹

60 ct



Solaray Zinc 50 mg

\$7⁹⁹

100 vcap



**B I Optimizers
Magnesium Breakthrough**

\$29⁹⁹

60 ct



**Natural Factors
Women's Multivitamin
& Mineral**

\$27⁹⁹

60 tab



**MegaFood
Magnesium 300**

\$15⁹⁹

60 ct



**Quantum Health
Super Lysine+
Immune Support**

\$9⁹⁹

90 tab



**Boiron
ColdCalm Meltaway
Tablets**

\$10⁹⁹

60 ct



**Beekeeper's Naturals
Propolis Immune
Support Throat Spray**

\$9⁹⁹

30 ml



**Spry
Gum**
selected varieties

\$8⁹⁹

100 ct



SINCE 1973

**Shop local.
Support global.**

**1% of every sale supports the people
and the planet behind our food.**

Rooted in shared values, MegaFood proudly supports INFRA.



MegaFood

New Chapter
All Items

25%



Europharma
Anxiocalm

Buy 1 get 1
FREE

45ct & 90ct



Terry Naturally
Curamin & CuraMed
selected varieties

20%



30-120 ct

Nature's Plus
Adult Multivitamin Gummies

\$26⁹⁹

120 ct



Autumn Snack Board

BUILD AN OCTOBER SNACK BOARD

Celebrate the flavors of fall by creating a simple snack board featuring seasonal ingredients. Mix and match your favorite items to create a balance of sweet, savory, crunchy, and creamy flavors

BUILD AN OCTOBER SNACK BOARD

3 Cheeses: Choose a variety of textures and flavors, such as seasonal goat cheese, aged Gouda, or cranberry cheddar. Aim for at least 3 ounces of each cheese. Cut at least half of each cheese into cubes or slices

Crackers: Include a mix of crackers, such as dried cranberry-studded or whole-grain varieties.

Fresh Fruit: Add seasonal fruit like pears, blackberries, fresh figs, or grapes.

Crunch: Include nuts such as pistachios, candied pecans, or walnuts.

Something Sweet: Add maple cookies or another fall-inspired treat.

Spread: Pair with a spiced fruit butter, such as pumpkin or apple butter.





Ancient Wisdom, Modern Science

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity, and nurture nutrient-rich soil – honoring the deep connection between human health and the health of our planet.



**Ancient Nutrition
Multi Collagen
Protein Powder**
selected varieties



**Ancient Nutrition
Grass-Fed
Whey Protein**
selected varieties

\$39⁹⁹ \$39⁹⁹

459-525 g

594-646 g

Floradix Iron+Herbs Liquid Iron and Vitamin Formula

\$23⁹⁹

8.5 oz



Kyolic Cardiovascular Health Formula 100

selected varieties

\$11⁹⁹

100 ct



Daids Toothpaste

selected varieties

\$5⁴⁹

4-5.25 oz



JASÖN Vitamin E Skin Oil 5000 IU

\$6⁹⁹

4 oz



NeoCell Beauty Bursts

\$15⁹⁹

60 pk



Alaffia EveryDay Body Wash

selected varieties

\$10⁹⁹

32 oz



Frizz Be Gone!
Transform dry,
frizzy hair with
Giovanni's **Smoothing
Castor Oil Shampoo
& Conditioner**. Gently
cleanses, hydrates,
and conditions for
silky softness, lasting
shine, and effortless
manageability!



Giovanni Shampoo and Conditioner

selected varieties

\$13⁹⁹

24 fl oz

ECOS OXO Brite

selected varieties

\$12⁹⁹

2 lb



Miso Corn Chowder

INGREDIENTS

2 tablespoons olive oil
½ small yellow onion or 1 large shallot, minced
12 ounces red potatoes, ½" inch cubes
3–4 ears corn on the cob or 10 ounces frozen corn
3 cups miso broth*
½ cup canned coconut milk*
½ teaspoon sea salt
¼ teaspoon coarse ground black pepper
Salt and pepper to taste
Sliced chives or green onions, optional
Toasted sesame oil, optional

DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.



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.



CE-A