deals

2X monthly!

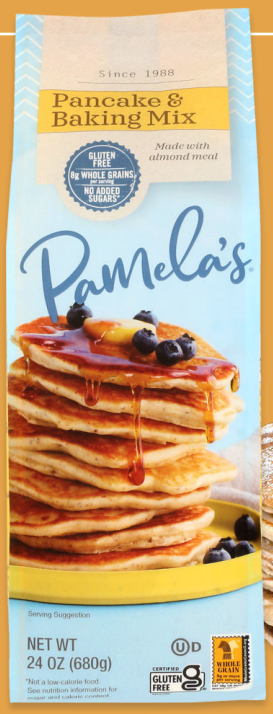
October 28–November 10, 2026

Scan to **download!**

Farmer's Market Organic Pumpkin Puree

$2.79

15 oz



Pamela's Pancake & Baking Mix

$7.49

24 oz

Seasonal Flavors for Every Table

Nancy's Organic Cream Cheese
selected varieties

$3.29

8 oz

Rumiano Organic Cheese
selected varieties

$4.79

8 oz

Primal Kitchen Avocado Oil

$11.99

16.9 oz

Panda Licorice Chews
selected varieties

2/$6

7 oz

Jovial Organic Einkorn Crackers

$3.49

4.5 oz

ECOS Dish Soap
selected varieties

$3.49

25 oz

Look for new deals on **November 11!**

Better Than Bouillon
Organic Base
selected varieties

$5.29
8 oz

Manitoba Harvest
Hemp Hearts

$5.29
8 oz

Jovial
Organic Einkorn Flour
selected varieties

$7.49
32 oz

Wild Planet
Wild Albacore Tuna
selected varieties

2/$8
5 oz

Follow Your Heart
Original Vegenaise

$4.29
14 oz

Marukan
Organic Rice Vinegar
selected varieties

$3.29
12 oz

Seeds of Change
Organic Spanish Style Rice

$2.79
8.5 oz

Santa Cruz Organic
Apple Sauce Cups

$4.29
6/4 oz

Made in Nature
Organic Dried Cranberries

$4.49
5 oz

RXBAR
Protein Bar
selected varieties

2/$4
1.8–1.9 oz

Theo
Salted Almond Dark Chocolate

$4.29
3 oz

GT's
Alive Mood + Mind
selected varieties

2/$6

16 oz

Odyssey
Sparkling Energy Drink
selected varieties

2/$5

12 oz

Harmless Harvest
Organic Smoothie
selected varieties

$3.29

10 oz

Lovebird
Honey Grain Free Cereal

$5.49

7 oz

Goodles
Cheddy Mac Mac & Cheese

$3.29

6 oz

Violife
Dairy Free Cheese
selected varieties

$4.49

5.29–8 oz

Smash Foods
Blueberry Toasties

$3.79

5.7 oz

FALL FAVORITES

SEASONAL FLAVORS.
LOCAL GOODNESS.
JUST IN TIME.

Jacksons
Sea Salt Sweet Potato Chips

$2.79

5 oz

Food for Life
Organic Sprouted Corn Tortillas

$3.29

10 oz

Rudi's
Organic Bread
selected varieties

$4.49

18–22 oz

Blake's
Pot Pie
selected varieties

2/$6

8 oz

CADIA

Organic margherita pizza and crispy chicken nuggets, ready quickly for effortless family meals or snacks.

Kal
Magnesium Glycinate 350

$19.99

160 ct

Natural Stacks
Magtech Magnesium

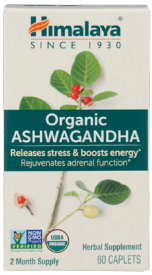
$29.99

90 ct

Himalaya
Organic Ashwagandha

$17.99

60 ct



Jarrow
Saccharomyces Boulardii + MOS

$22.99

90 ct

Bluebonnet
Liquid Calcium Magnesium Citrate & Vitamin D3

$15.99

16 oz

ChildLife
Liquid Vitamin C

$7.99

4 oz

Nordic Naturals
Vitamin D3 + K2 Gummies

$18.99

60 ct

RidgeCrest Herbals
ClearLungs Extra Strength

$17.99

60 ct

Boiron
Chestal Honey Cough Syrup

$9.99

6.7 oz

Caboo
Tree Free Toilet Paper

$3.99

4 ct

Wedderspoon
Organic Manuka Honey Drops
selected varieties

$8.99

4 oz

Xlear
Nasal Spray
selected varieties

$9.99

1.5 oz

Andalou Naturals
Age Defying Resveratrol Q10 Night Repair Cream

$17.99

1.7 oz

Mrs. Meyer's Clean Day Dish Soap
selected varieties

$3.99

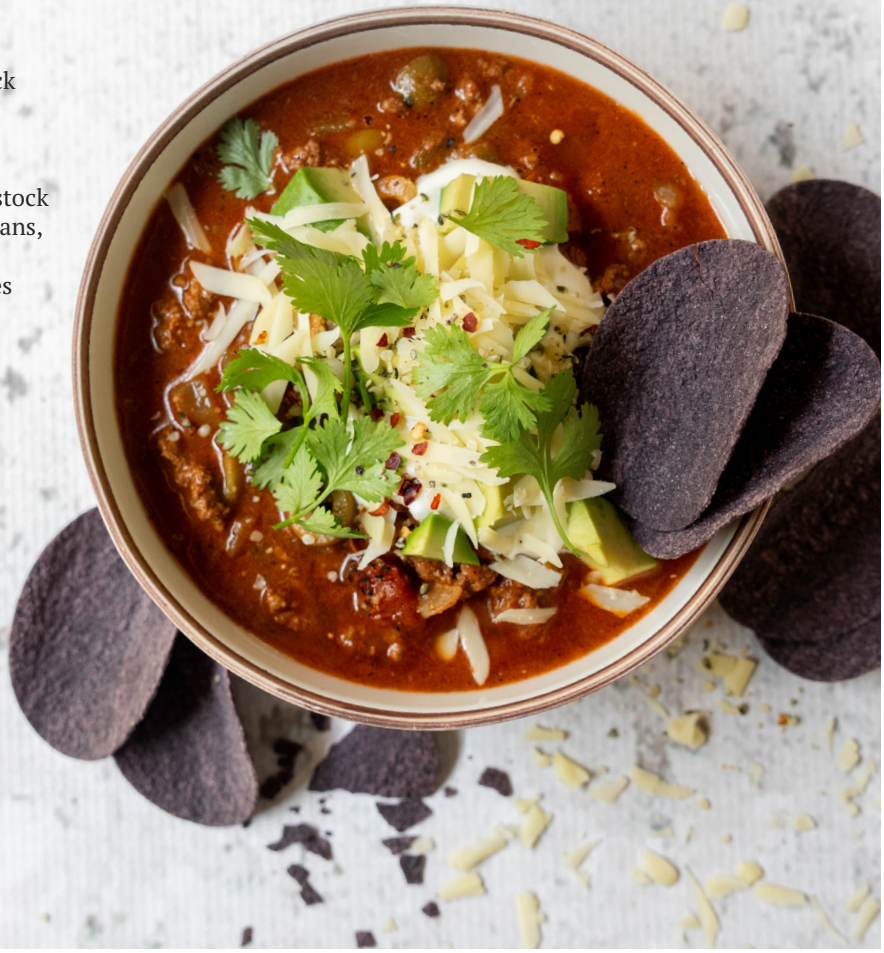
16 oz

Beef And Bean Chili

40 MIN · SERVES 4–6 · TRADITIONAL

INGREDIENTS

3 tablespoons olive oil
1 medium yellow onion, chopped
1 large green bell pepper, chopped
1 pound ground beef
1 ½ tablespoon mild chili powder
1 tablespoon paprika
1 tablespoon ground cumin
2 teaspoons granulated garlic or garlic powder
½ teaspoon sea salt
½ teaspoon ground black pepper
1-15 ounce can crushed tomatoes
1 quart chicken or beef stock
2-15 ounce cans chili beans, undrained
½ cup sliced green olives



DIRECTIONS

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion and green bell pepper and sauté until tender, about 5–7 minutes.
2. Add the ground beef and cook until no longer pink, breaking it into crumbles as it cooks. Drain any excess fat if needed.
3. Stir in the chili powder, paprika, cumin, garlic, salt, and black pepper. Cook for about 1 minute, until fragrant.
4. Add the crushed tomatoes and stock. Stir well and bring to a gentle simmer. Cook for 15–20 minutes.
5. Stir in the chili beans with their liquid and continue cooking for 5 minutes, until heated through.
6. Remove from the heat and stir in the sliced green olives.
7. Taste and adjust the seasonings as needed before serving.

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

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