



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**

\$4.79

24 oz



**Kerrygold
Butter**

\$4.29

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)

\$3.29

32 oz



**Farmer's Market
Organic Pumpkin Pie Mix**

\$2.79

15 oz



**Wholly Wholesome
Organic Pie Shell**

\$5.29

14 oz



**Dandies
Vegan Marshmallows**

\$3.99

10 oz



**Alden's Organic
Organic Ice Cream**
(selected varieties)

\$8.29

48 oz



**Earth Balance
Organic Vegan Whipped
Buttery Spread**

\$5.99

13 oz



**Lily's
Chocolate Baking Chips**

\$6.29

9 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.



**Lundberg Family Farms
Wild Blend Rice**



\$4.49

1 lb

**Westbrae
Organic Beans**



2/\$5

15 oz

**Mike's Mighty Good
Craft Ramen**



\$1.89

1.6-1.9 oz

**Eden
Organic Beans
(selected varieties)**



\$2.79

15 oz

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



\$1.89

4-4.4 oz

**CADIA
Organic Cranberry Sauce**



\$2.79

14 oz

**Spectrum
Organic Shortening**



\$8.49

24 oz

**Primal Kitchen
Dressing**



\$5.79

8 oz

THANKSGIVING PORTION GUIDELINES



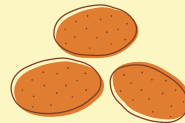
TURKEY (WHOLE)

Per Person: 1-1 ½ pounds
Group of Ten: 10-15 pounds



GRAVIES & SAUCES

Per Person: ¼ cup
Group of Ten: 2-3 cups



POTATOES

Per Person: ½-½ pound
Group of Ten: 4 pounds



VeGETABLES

Per Person: ¼-½ pound
Group of Ten: 2 ½ pounds



CRANBERRY RELISH

Per Person: 2 ounces
Group of Ten: 2 cups



Pie

Per Person: 1 slice
Group of Ten: 2 9-inch pies

**Truff
Black Truffle Infused Hot Sauce**



\$10.99

6 oz

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



\$7.79

14 oz

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**Bob's Red Mill
Organic Flour**
(selected varieties)

\$6²⁹

5 lb



**Bob's Red Mill
Almond Flour**

\$8²⁹

16 oz



**Bob's Red Mill
Arrowroot Starch**

\$4⁹⁹

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



**Pirate's Booty
Rice & Corn Puffs**
(selected varieties)

\$2⁵⁹

4 oz



**Back to Nature
Crackers**
(selected varieties)

\$3²⁹

8.5 oz



**UNREAL
Chocolate Bars**

\$4²⁹

4.2 oz



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

2/\$5

3 oz



**Theo
Organic Chocolate Bar**
(selected varieties)



**Panda
Licorice**
(selected varieties)

\$3²⁹

7 oz



**St. Dalfour
French Fruit Spread**
(selected varieties)

\$3⁹⁹

10 oz



\$2⁷⁹

3 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**

\$4.99

70 sq ft



**If You Care
Aluminum Foil**

\$4.99

50 sq ft

**Coombs Family Farms
Organic Maple Sugar**



\$5.49

6 oz

**Once Again Nut Butter
Organic Tahini**



\$7.49

16 oz

**Jovial
Organic Einkorn Flour
(selected varieties)**



\$7.29

32 oz

**Birch Benders
Organic Pancake & Waffle Mix
(selected varieties)**



\$4.79

14-16 oz

**Pamela's
Pancake & Baking Mix**



\$6.99

24 oz

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



\$6.79

8-9 oz

**Nutiva
Organic Coconut Manna**



\$8.29

15 oz

**Big Tree Farms
Organic Coconut Sugar
(selected varieties)**



\$4.29

16 oz

**Simply Organic
Organic Ground Cinnamon**



\$4.29

2.45 oz

**Let's Do...Organic
Organic Shredded Coconut**



\$2.99

8 oz

**Yogi
Tea**



\$3.29

16 ct

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**SweetLeaf
Liquid Stevia**

\$5⁹⁹

2 oz



**DREAM
Organic Rice Drink
(selected varieties)**

\$3⁴⁹

32 oz



**Lakewood
Organic Pure
Cranberry Juice**

\$8⁹⁹

32 oz



**R.W. Knudsen
Organic Apple Juice**

\$3⁷⁹

32 oz



**Zevia
Zero Calorie Soda**

\$5⁴⁹

6/12 oz



**Vita Coco
Coconut Water
(selected varieties)**

\$3⁷⁹

1 lt



**Califia Farms
Almondmilk**

\$4⁴⁹

48 oz



**MALK
Organic Almond Milk**

\$5²⁹

28 oz



**Green Valley Creamery
Organic Lactose Free
Cream Cheese**

\$3⁷⁹

8 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



Meyenberg Goat Milk Butter

\$6⁴⁹

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)

\$4⁹⁹

24 oz



Brown Cow Cream Top Whole Milk Yogurt

\$3⁷⁹

32 oz



Bitchin' Sauce Sauce
(selected varieties)

\$4⁷⁹

8 oz



Immaculate Organic Flaky Biscuits

\$4²⁹

16 oz



Bonafide Provisions Organic Bone Broth
(selected varieties)

\$7⁷⁹

1.5 lb



Stahlbush Island Farms Frozen Fruit
(selected varieties)

\$3⁷⁹

10 oz



Bach Rescue Remedy Pastilles

2/\$13

50 g



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Boiron
Chestal Honey

\$8⁹⁹

6.7 oz



American Health
Super Papaya Enzyme Plus
Chewable

\$8⁹⁹

180 tab



Sovereign Silver
Bio-Active Silver
Hydrosol

\$12⁹⁹

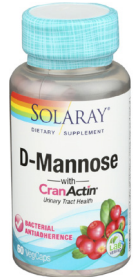
2 oz



Solaray
D-Mannose with CranActin

\$19⁹⁹

60 ct



Garden of Life
Collagen Peptides

\$34⁹⁹

560 g



ChildLife Essentials
Liquid Vitamin C

\$5⁷⁹

4 oz



Nordic Naturals
Vitamin D3 + K2 Gummies

\$18⁹⁹

60 ct



Natural Factors
DGL 400 mg Chewable

\$13⁹⁹

90 tab



Bluebonnet Nutrition
Liquid Calcium Magnesium Citrate

\$14⁷⁹

16 oz



MegaFood
Men's 55+ Advanced Multivitamin

\$21⁹⁹

60 ct



RidgeCrest Herbals
ClearLungs Extra Strength

\$17⁹⁹

60 vcap



RADIUS
Toothbrush

\$7⁴⁹

1 ct



Alaffia
EveryDay Shea Body Lotion

\$10⁴⁹

32 oz



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

\$3⁷⁹

16 oz



World Centric
Compostable Plates
(selected varieties)

\$3⁷⁹

20 ct



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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.

ALASKA

Natural Pantry

Rainbow Foods

IDAHO

Mountain Harvest Community Market

Nature's Nook

Pilgrim's Market

Wealth of Health Natural Market

Winter Ridge Natural Foods

MONTANA

2J's Fresh Market

Camas Organic Market

Good Food Store

Heaven's Peak Organic Market

Mission Mountain Natural Foods

Mountain Valley Foods

Real Food Market & Deli

Third Street Market

OREGON

LifeSource Natural Foods

Nature's Pantry Natural Foods

Oregon Natural Market

Sundance Natural Foods

Treebird Market

WASHINGTON

Blossom Grocery

Chimacum Corner Farmstand

Highlands Organic Market

Meyers Falls Market

Rocket Market

Sage Mountain Natural Foods

Wenatchee Natural Foods

WYOMING

Good Health Market