



connections

LOCAL - FRESH - NATURAL - COMMUNITY

January 2026



Cascadian Farm
Organic Frozen
Strawberries
10 OZ
Selected Varieties

\$4.19



Greek Gods
Greek Yogurt
Plain Traditional
24 OZ
Selected Varieties

\$4.29

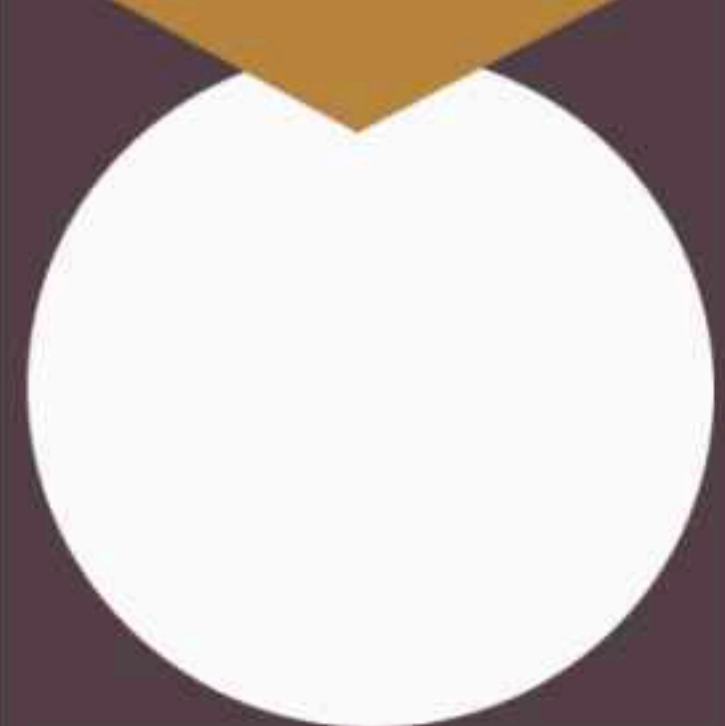
Woodstock
Organic
Banana
Water
16.9 FL OZ

2 / \$4

Say
yellow!
to plant powered
hydration and try the
recipe on page 7



SCAN
to see this ad online





A Whole Lot of Goodness



\$4.99



Almond Breeze
Almondmilk
Original
64 FL OZ
Selected Varieties

\$4.99 



Bizzy
Organic Cold Brew
Coffee
Espresso Blend
48 OZ
Selected Varieties

\$6.79 



Califia Farms
Organic Almondmilk
Unsweetened
48 FL OZ
Selected Varieties

\$5.79  



Organic Sweetened
Cranberries

\$7.19/lb

100% Organic
Raw Almonds

\$7.79/lb

Organic Dates
Large Medjool

\$7.79/lb

Organic Beans
Garbanzo Chickpea

\$2.59/lb

Organic Raisins
Flame

\$3.49/lb

Organic
Split Red Lentils

\$2.39/lb

Organic
Amaranth

\$2.69/lb

100% Organic Chia Seeds
Black

\$2.49/lb

Organic Quinoa
Red Royal

\$3.99/lb

Organic
Pumpkin Seeds

\$4.59/lb

REWARD YOUR WORKOUT



2/\$4



Chill with

PERFECT Bar

\$2.79



find in the fridge



Wildwood Organic
Organic Tofu
Twin Pack
Extra Firm
15.5 OZ

\$3.99



Miso Master
Organic
Miso
Mellow White
16 OZ

\$10.49



Food For Life
Organic Ezekiel
4:9 Bread
Sprouted Whole Grain
24 OZ
Selected Varieties

\$6.19



Rudi's Rocky Mountain Bakery
Organic Bread
Rocky Mountain
Sourdough
18 OZ

\$3.99



Quorn Foods
Meatless Chiqin Pieces
Diced
12 OZ
Selected Varieties

\$4.99



Dr. Praeger's
Veggie Burgers
Black Bean Quinoa
10 OZ
Selected Varieties

\$5.99



Woodstock
Organic Frozen Tortelloni
Four Cheese
20 OZ
Selected Varieties

\$6.99



Woodstock
Organic Sauerkraut
Kimchi
16 OZ
Selected Varieties

\$5.79



Woodstock
Organic Frozen
Fruit
Mixed Berries
32 OZ
Selected Varieties

\$12.49

Lightlife™

PLANT-BASED
PROTEIN

Live long, travel light



Check out [Lightlife.com](https://www.lightlife.com) for plant-based recipes

*SPINS - MULO & NAT L52 W/E 12/01/2024

*REFRIGERATED CATEGORY, IN DOLLAR SALES

**THE PERFECT
START TO
YOUR DAY**

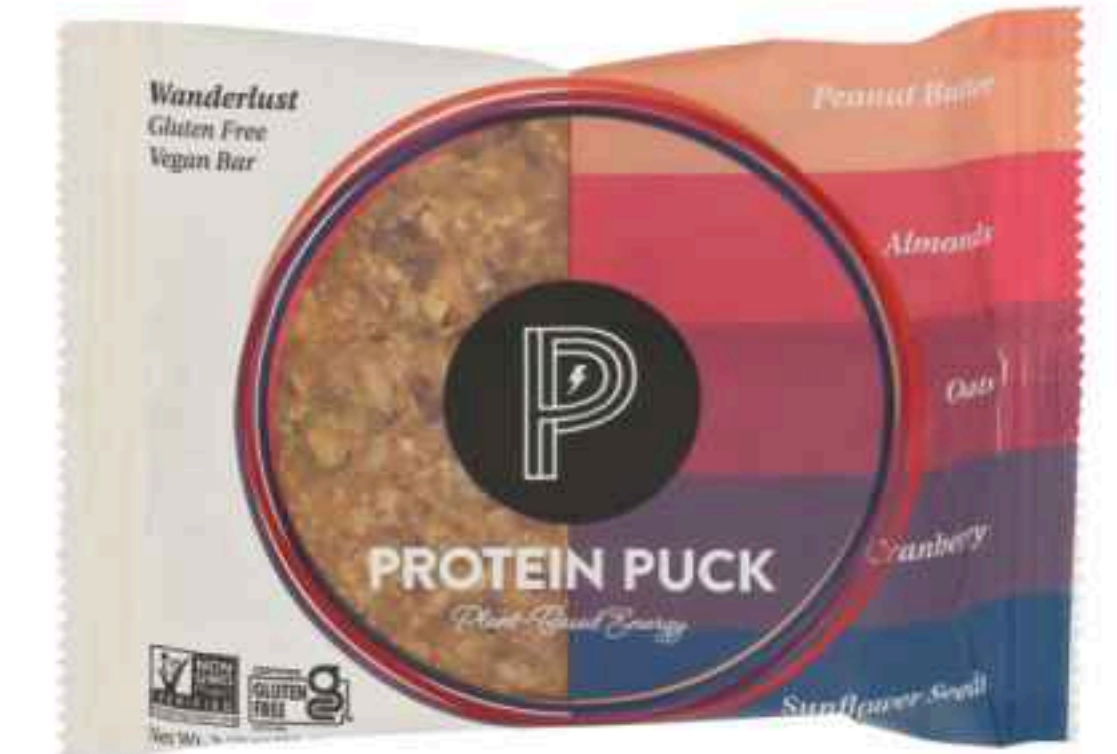
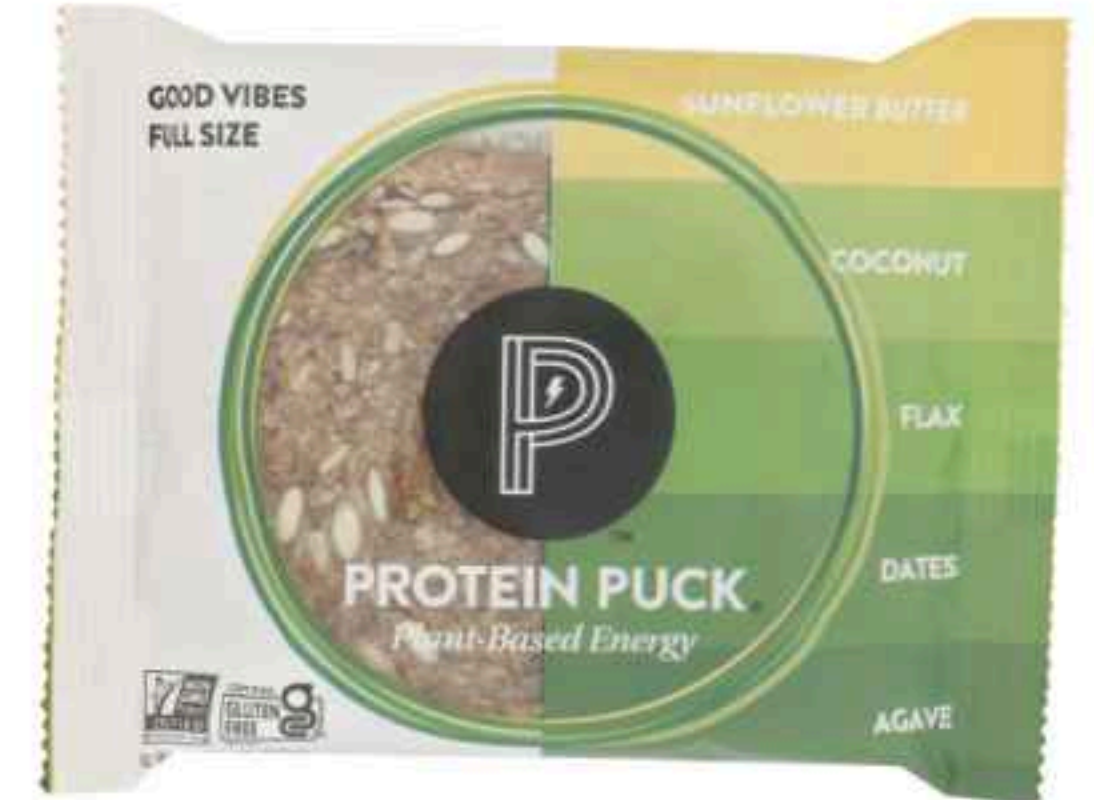


\$6.29
selected
varieties



Iqbar
Plant Protein Bar
Chocolate Sea Salt
1.6 OZ
Selected Varieties

GF **NON GMO**
2/\$3



Protein Puck
Protein Bar
Wanderlust
3.25 OZ
Selected Varieties

GF **NON GMO**
2/\$4

LÄRABAR
THE ORIGINAL FRUIT & NUT FOOD BAR



**HOT
DEALS**

4/\$5

Selected Varieties

*100% Real
Ingredients*

Carb Conscious Snacking



2/\$7



\$5.99



**7G OF
PROTEIN**

2/\$5



Bob's Red Mill
Instant Oatmeal
Maple Brown Sugar
9.52 OZ
Selected Varieties

\$3.79



Barbara's
Puffins Cereal
Peanut Butter
11 OZ
Selected Varieties

2/\$8



Namaste Foods
Gluten Free Baking Mix
Brownie
15 OZ

\$6.79



Maranatha
Organic Peanut Butter
Creamy, No Stir
16 OZ
Selected Varieties

\$5.29

Strawberry Banana Smoothie

- 2 ripe bananas
- 2 cups frozen Woodstock Organic Strawberries
- 1 cup frozen Woodstock Organic Pineapple or Mango
- ½ cup plain or vanilla Greek yogurt
- ¼ cup Woodstock Organic coconut flakes (optional)
- 1 ½ cups Woodstock Organic Banana Water

Add all ingredients to a blender and blend until smooth and creamy.



Concentrated Herbal Pain Relief



Pain Relieving Ointment
Ultra Strength
18 grm
\$7.49



Prince of Peace



Ginger Chews
Mango or Blood Orange
4 OZ Selected Varieties

2/\$5



Ginger Chews Plus
Original or Lemon
3 OZ

\$3.79

**SHARING NATURAL PAIN REMEDIES
AND TASTY SNACKS SINCE 1988.**

Orgain®

Real Nutrition for Real Life



Plant Based PROTEIN



\$23.49



\$40.49



\$30.49



\$29.49



\$2.09



\$2.79



\$33.49

C-26

Celestial Seasonings
Herbal Tea
Bengal Spice
20 BAG
Selected Varieties

2/\$7



Rishi
Organic Tea
Earl Grey
15 BAG
Selected Varieties

\$6.79



Bragg
Organic Apple
Cider Vinegar
Refresher
Ginger Lemon Honey
16 FL OZ
Selected Varieties

2/\$6



Tastes like *sugar*



Lakanto
Monkfruit Sweetener
Classic
8.29 OZ

\$4.99



Vita Coco
Coconut Water
Original
1 LT
Selected Varieties

\$4.79



Eternal
Spring Water
Naturally Alkaline
1.5 LTR

2/\$4



Boulder Canyon
Avocado Oil Wavy Chips
Sea Salt
5.5 OZ
Selected Varieties
\$3.79



Garden Of Eatin'
Organic Tortilla Chips
Red Hot Blues
14 OZ
Selected Varieties
\$4.79



Terra Chips
Vegetable Chips
Original
5 OZ
Selected Varieties
\$3.29



Lundberg Family Farms
Organic Brown Rice Cakes
Lightly Salted
8.5 OZ
Selected Varieties
2/\$8



Blue Diamond
Almonds
Lightly Salted, Low Sodium
12 OZ
Selected Varieties
\$9.29



satis *snack* tion



Lenny & Larry's
Complete Cookie
Chocolate Chip
4 OZ
Selected Varieties
\$2.19

ALWAYS ORGANIC. NEVER ORDINARY.



2/\$8



2/\$5





Pairing Grains with Vibrant Spices & Herbs



Made with Real Cheese

\$2.79



Simmer. Dinner. Winner.
Maya makes it easy

2/\$10



Maya's award winning simmer sauces allow you to make a delicious meal in mere minutes.
No cardamom, coriander or consternation required. Maya makes it easy.

Learn more at mayakaimal.com

 **Maya Kaimal**

follow us @mayakaimalfoods



HOT DEALS

Spectrum Naturals
Organic
Canola Oil
Refined
32 FL OZ
\$10.99



HOT DEALS

Spectrum Naturals
Organic
Sunflower Oil
Refined
32 FL OZ
\$10.99



HOT DEALS

Spectrum Naturals
Organic Olive Oil
Extra Virgin
25.4 FL OZ
\$16.29



Imagine Foods
Organic Chicken
Broth
Free Range
32 FL OZ
Selected Varieties

2/\$7



Imagine Foods
Organic Soup
Creamy Tomato
32 OZ
Selected Varieties

2/\$9



Mizkan
Broth
Concentrate
Ramen
12 OZ

\$6.79



Jovial
Gluten Free Brown Rice Pasta
Bucatini
10 OZ
Selected Varieties



\$3.79



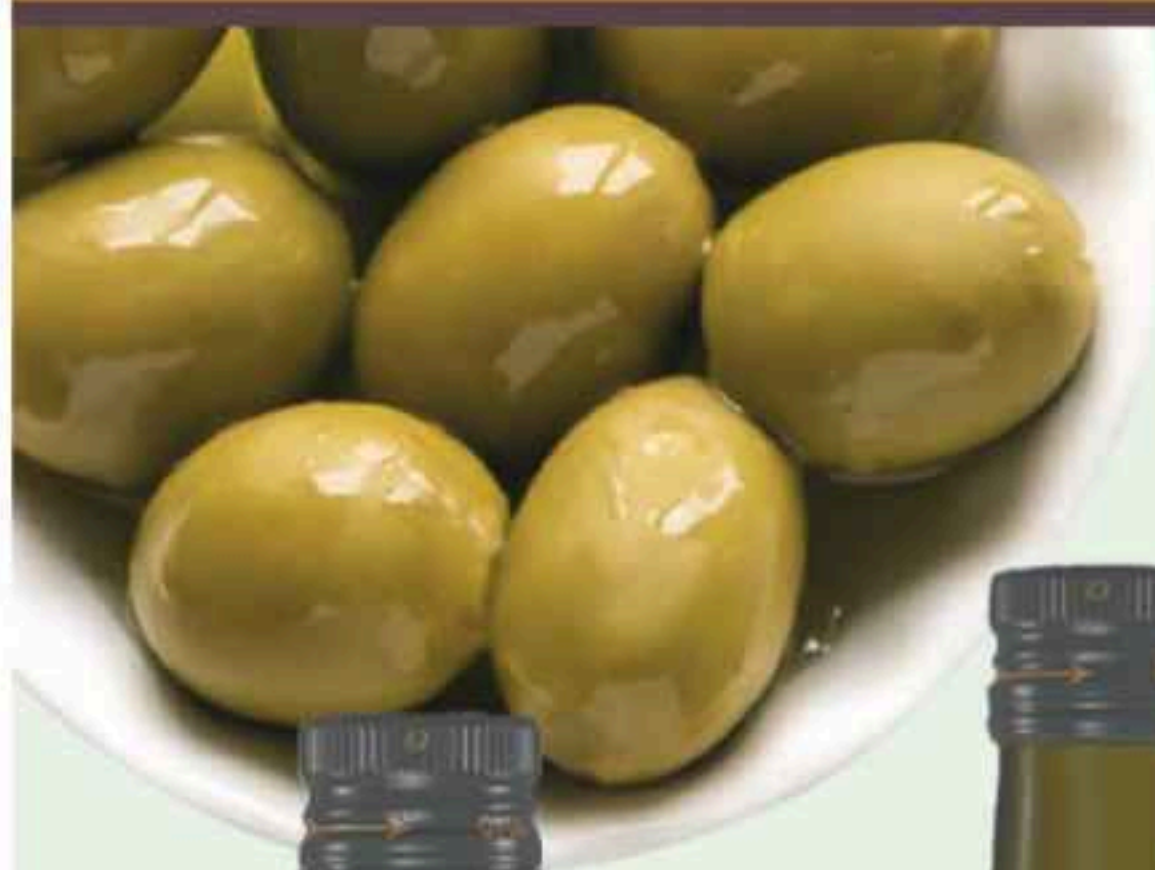
Safe Catch
Elite Wild Tuna
5 OZ

\$3.79



Thai Kitchen
Coconut
Milk
Unsweetened
13.66 FL OZ

\$2.79



\$17.79



\$24.29

Experience the
Traditions of Italy™

BIG TASTE
little calories

40
calories
per serving



50
calories
per serving

\$6.99



\$27.29



\$19.79

The Real Taste
of California™

Herbal Comfort for Sore Throats



Organic Lozenges

16 CT

2/\$8

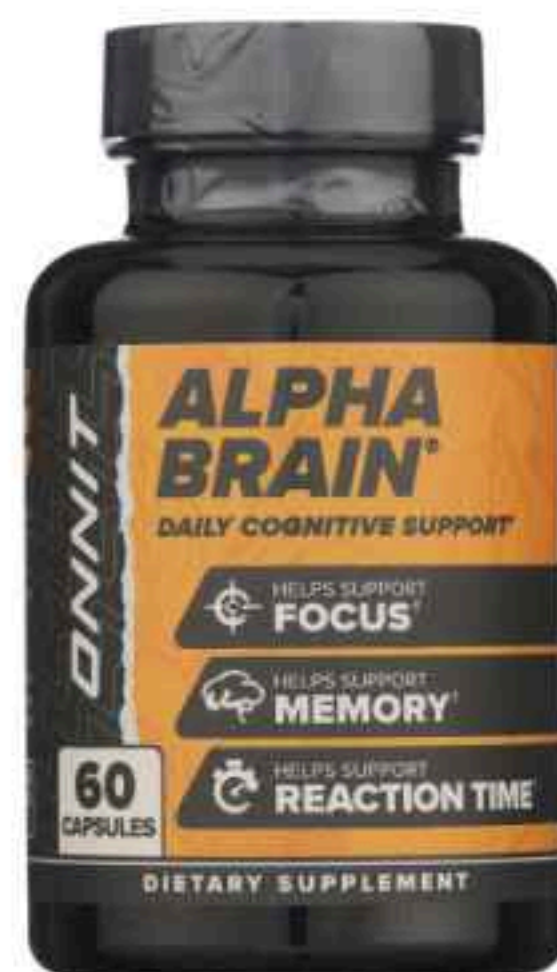
Selected Varieties



Childlife Essentials

Multi Vitamin
Gummy
Strawberry Lemon
90 CT

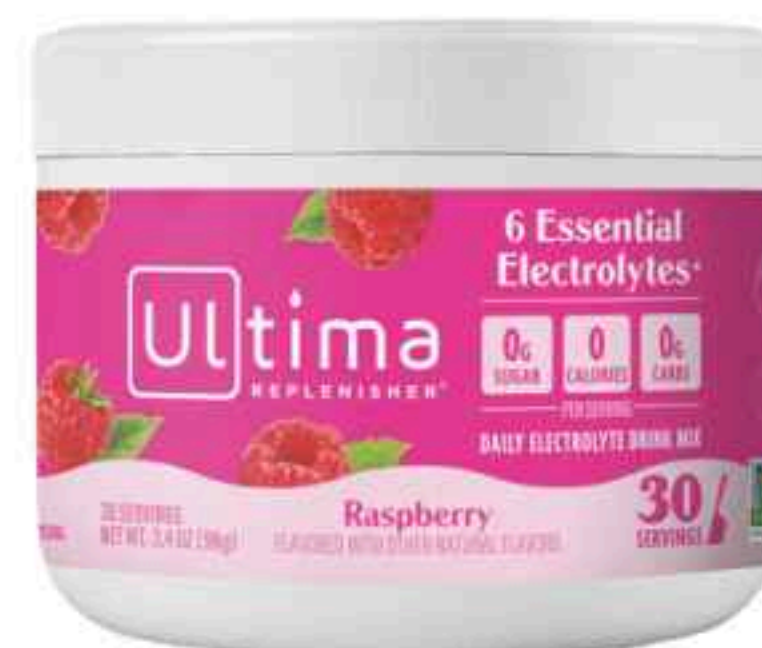
\$19.49



Onnit

Alpha Brain
Supplement
Memory & Focus
60 VCAP

\$49.99



Ultima Replenisher

Electrolyte Drink Mix
Raspberry
3.4 OZ
Selected Varieties

\$17.49

Dr. Bronner's

All-One Toothpaste
Peppermint
5 OZ
Selected Varieties

\$5.49



Smartypants

Teen Guy Plus
Vitamins
Multi & Omega
60 CT

\$20.99



Boiron

Chestal Cough Syrup
Honey
6.7 FL OZ
Selected Varieties

\$8.99



Four Sigmatic

Organic Protein Powder
Vanilla
21.16 OZ
Selected Varieties

\$31.99

refreshed-renewed &

tingly-clean!