

connections

September 2026

LOCAL - FRESH - NATURAL - COMMUNITY



See recipe on page 10

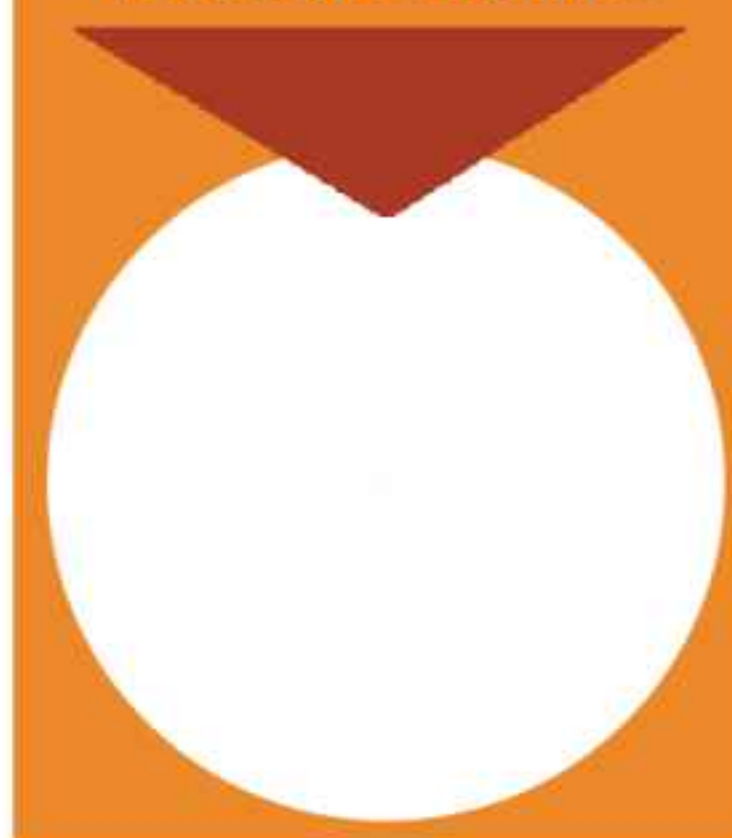
Stacy's Pita Chips
Pita Chips
Cinnamon Sugar
7.33 OZ
Selected Varieties

2 / \$6



SCAN

to see this ad online



Sweetened
Cranberries
\$2.79/lb

Organic Dates
Large Medjool
\$7.79/lb

Organic Raisins
Flame
\$3.49/lb

Organic Quinoa
White Royal
\$3.19/lb

Diced Almonds
Butter Stock
\$7.99/lb

Natural Almonds
Thick Sliced
\$7.89/lb

Organic Walnuts
Halves & Pieces
\$9.69/lb

Organic Beans
Garbanzo Chickpea
\$2.49/lb

Organic
Pumpkin Seeds
\$5.79/lb

Organic Sesame Seeds
Raw Natural
\$3.99/lb



Nancy's
Organic
Yogurt Pouches
Strawberry Banana
14 OZ
\$6.29
GF USDA ORGANIC



Wildwood Natural Foods
Organic Tofu
Twin Pack
Extra Firm
15.5 OZ
\$3.99
USDA ORGANIC NON GMO Project VERIFIED

C-9/26



Stack 'em High
Easy-to-make pancake mix



\$5.29



CHUNKY MONKEY OAT SMOOTHIE



click for recipe



\$3.29



\$5.79



\$7.29



\$6.99



\$6.49



2/\$7



\$7.99



Dr. Praeger's
Meat-Free Burgers
Grillhouse Cheddar
8 OZ
Selected Varieties

\$5.99



O'doughs
Gluten Free
Sandwich Thins
Original
18 OZ

\$5.49



Food For Life
Organic Ezekiel
4:9 Bread
Sesame
24 OZ

\$6.79



SANDOS

Pockets Full of Sunshine

Playtime for your tastebuds. Portable sandwiches packed with Justin's Peanut Butter and real fruit spread. Eat them straight out of the lunchbox, gluten free or gluten full. Let every bite take you back to the best part of lunch.



4g
protein



\$6.79



7g
protein



\$5.99



Organic Bread
Whole Wheat
or Sourdough

\$4.99



Organic
English Muffins
Sourdough

\$4.29



Gluten Free
Sourdough
Texas Toast
Garlic

\$5.99



Gluten Free
Sourdough
Texas Toast
Three Cheese
with Garlic

\$6.99

- Made with only the best clean ingredients.
- Nothing artificial!
- 4 Truly Texas Sized slices per box

GRAB A GUILT-FREE TREAT

frozen
greek yogurt
bars

selected varieties

\$7.49



**80-100
calories**

**ridiculously
creamy**

**4-5g
of protein**



FALL PROTEIN FIX

Powered by Real Ingredients



4/\$5

Selected Varieties

HOT DEALS

Plant Based

Gluten Free

Dairy Free

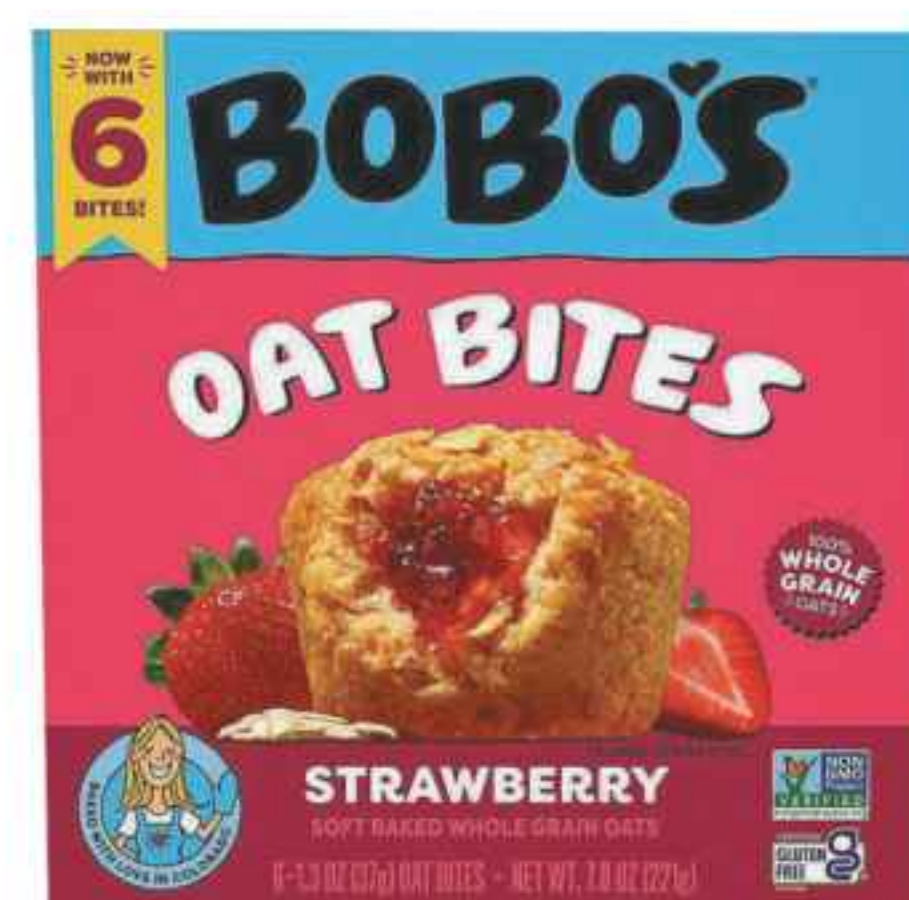
Vegan



Mom's Best

Cereal
Crispy Cocoa Rice
17.5 OZ
Selected Varieties

2/\$8



Bobo's Oat Bars

Oat Bites
Strawberry
7.8 OZ
Selected Varieties

\$4.99



Bonne Maman

Fruit Spread
Concord Grape
12.7 OZ
Selected Varieties

\$6.99

GF

GOOD MORNINGS MADE SIMPLE

Share whole grain goodness
at home or on the go.

\$4.49



10G of protein
PER SERVING

ADD MILK • CHILL OVERNIGHT • ENJOY

Bob's Red Mill®

\$3.79



\$4.79



\$1.19

GLOW UP IN PROGRESS
Learn About Our Rebrand



ENERGY BOOST FOR BUSY DAYS



peanut
butter
filled

chewy
outer
layer

no artificial
ingredients

2 bites
per
pouch

2/\$4



2/\$6

BAKED • CRISPY

made for dipping



2/\$6

\$5.99



2/\$6



Craft Baked Cookies

Thin. Crispy. Buttery.



\$5.29



GF



Divine
85% Dark Chocolate Bar **GF**
Exquisitely Smooth
3 OZ
Selected Varieties **2/\$9**



Theo Chocolate
Organic
Dark Chocolate Bar
Sea Salt
3 OZ
Selected Varieties **\$4.99**



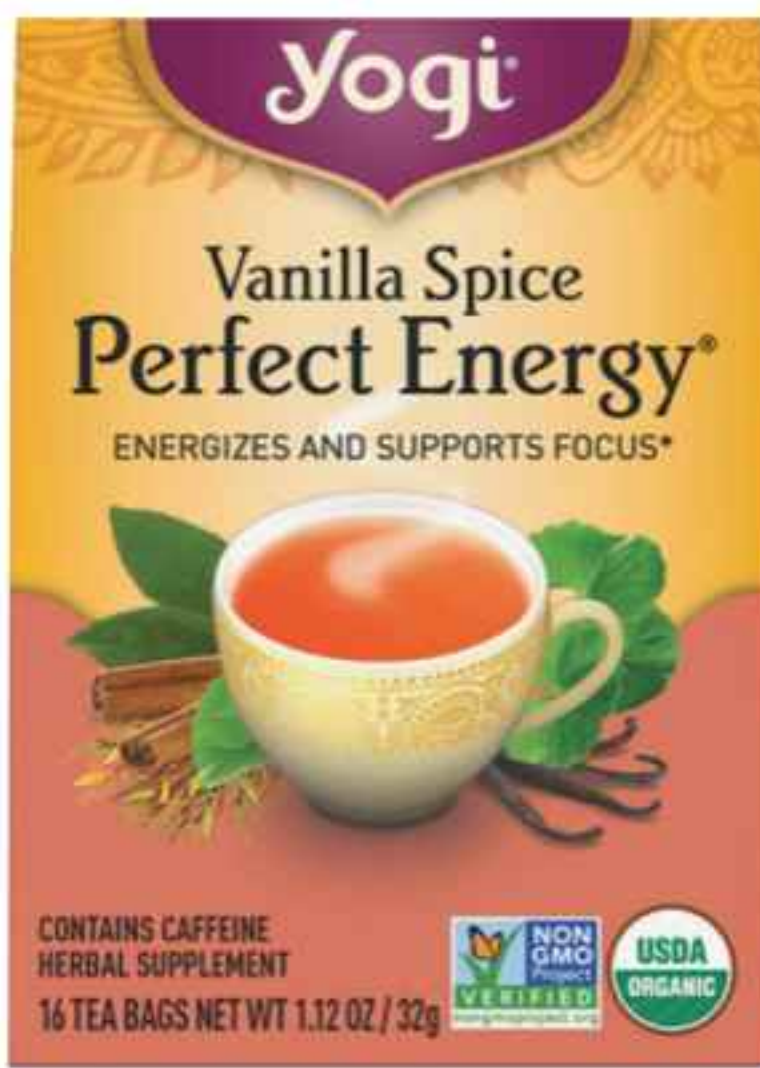
Lenny & Larry's
Complete Cookie
Chocolate Chip
4 OZ
Selected Varieties **\$2.19**



Rip Van Wafels
Crispy Dunes
Chocolate Hazelnut
4.48 OZ
Selected Varieties **\$4.09**



Panda Licorice
Natural Licorice
Soft Black
7 OZ
Selected Varieties **\$3.09**



Yogi
Perfect
Energy Tea
Vanilla Spice
16 BAG
\$4.49



Numi Tea
Organic
Black Tea
Aged Earl Grey
18 BAG
Selected Varieties
\$5.99



Amy & Brian
Coconut Water
Original
17.5 FL OZ
Selected Varieties
\$2.79

Prince of Peace®

So Good, It's the #1 Ginger Chew!

Experience the taste that's made them the nation's favorite.



2/\$6
Selected Varieties



Big Aloha Flavor

\$6.79

selected varieties



No artificial sweeteners and no seed oils or soy.



International Collection

Avocado Oil
8.45 FL OZ

\$15.49



HOT DEALS



Bionaturae

Organic Pasta Sauce
Tomato Basil
24 OZ
Selected Varieties

\$5.99



Pumpkin Spice Dip

Scan for Recipe

Savor the flavors of Fall



In a Hurry for a Curry?



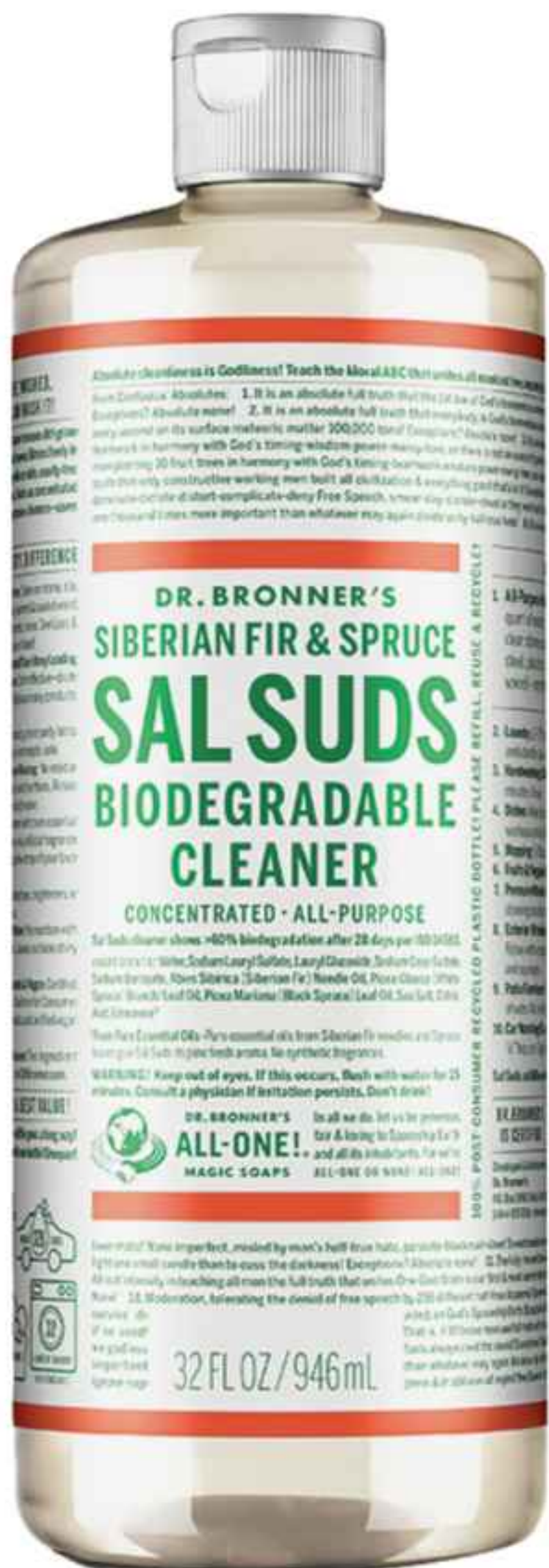
These ready-to-heat meals feature Maya's award winning simmer sauces paired with vegetables for a satisfying plant-based meal. Ready in 90 seconds. Maya makes it easy.

Maya Kaimal. The only name you need to know for brilliantly convenient, incredibly delicious Indian meals at home.

Learn more at mayakaimal.com

2/\$8

follow us @mayakaimalfoods



Dr. Bronner's
Biodegradable
Cleaner
Sal Suds
32 FL OZ

\$12.29



Naturtint
Permanent
Hair Color
3N Dark Brown
KIT

\$8.49



Bulldog Natural
Skincare
Bamboo Razor
Original
1EA

\$9.99



Boiron
Chestal
Cold Syrup
Original
6.7 FL OZ

\$8.99



Hyland's
Baby Mucus + Cold Relief
4 OZ

\$9.49

REAL MAYONNAISE

made with Avocado Oil



\$9.79

