



August 2026

connections

LOCAL - FRESH - NATURAL - COMMUNITY

No-Fuss Mornings
breakfast made easy



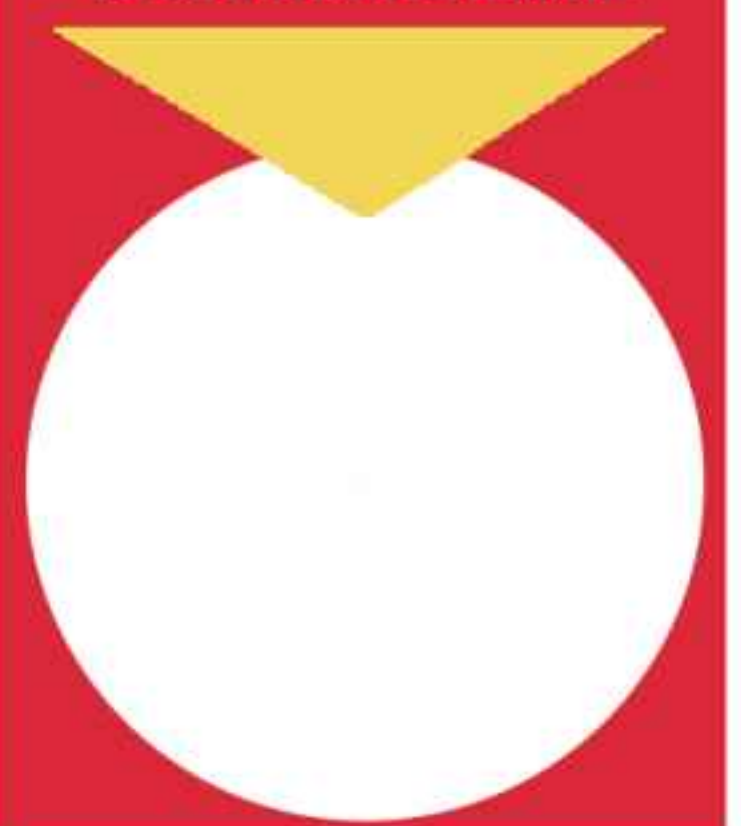
Birch Benders
Organic Pancake
& Waffle Mix
Buttermilk
16 OZ
Selected Varieties

\$4.49



See Recipe on Page 2

SCAN
to see this ad online





Scan for the full Flavor experience

Mini Pancakes

Muffin Bites

No-Fuss Morning

BIRCH BENDERS
COMPLETE PANCAKE & WAFFLE MIX
ORGANIC BUTTERMILK
MADE WITH REAL ORGANIC BUTTERMILK
NET WT 16 OZ (1 LB) 454g



Crofter's
Organic
Premium Spread
Strawberry
16.5 OZ
Selected Varieties

\$5.19



Pure Maple, From Tree to Table

At Coombs Family Farms, they've been making 100% pure, organic maple syrup for seven generations. Tapped from sustainably managed forests and crafted in partnership with over 3,000 small family farmers, their syrup delivers the rich, authentic taste of real maple. From breakfast to baking, drizzle on something genuine—maple the way nature intended.

Coombs
FAMILY FARMS





Amy's
Pizza Snacks
Cheese
6 OZ
Selected Varieties
\$5.19



Quorn Foods
Meatless
Chiqin Nuggets
10.6 OZ
Selected Varieties
\$5.49

START SMART, GET YOUR AÇAÍ FIX

SAMBAZON
AÇAÍ BOWL
AMAZON SUPERBERRY
AÇAÍ BERRY BLEND WITH GRANOLA

ORGANIC
HIGH IN ANTIOXIDANTS FROM VITAMIN C
USDA ORGANIC
PLANT FIBER CONTAINED
6.1 OZ (173 G) KEEP FROZEN @

Thaws in Minutes
\$3.19
Antioxidant Rich

Selected Varieties



Silver Hills Bakery
Sprouted
Power Bread
The Big 16
22 OZ
Selected Varieties
\$3.79



Carbonaut
Low Carb
Bread
Seeded
19 OZ
Selected Varieties
\$5.79



Base Culture
Gluten Free
Bread
Sourdough
16 OZ
Selected Varieties
\$9.09



Bizzy

Organic Cold Brew Coffee
Espresso Blend
48 OZ
Selected Varieties

\$6.79 



Ithaca Hummus
Hummus
Olive Oil Sea Salt
10 OZ
Selected Varieties

\$5.29



Noosa

Finest Yoghurt
Vanilla Bean
4/4 OZ
Selected Varieties

\$5.19



Lifeway

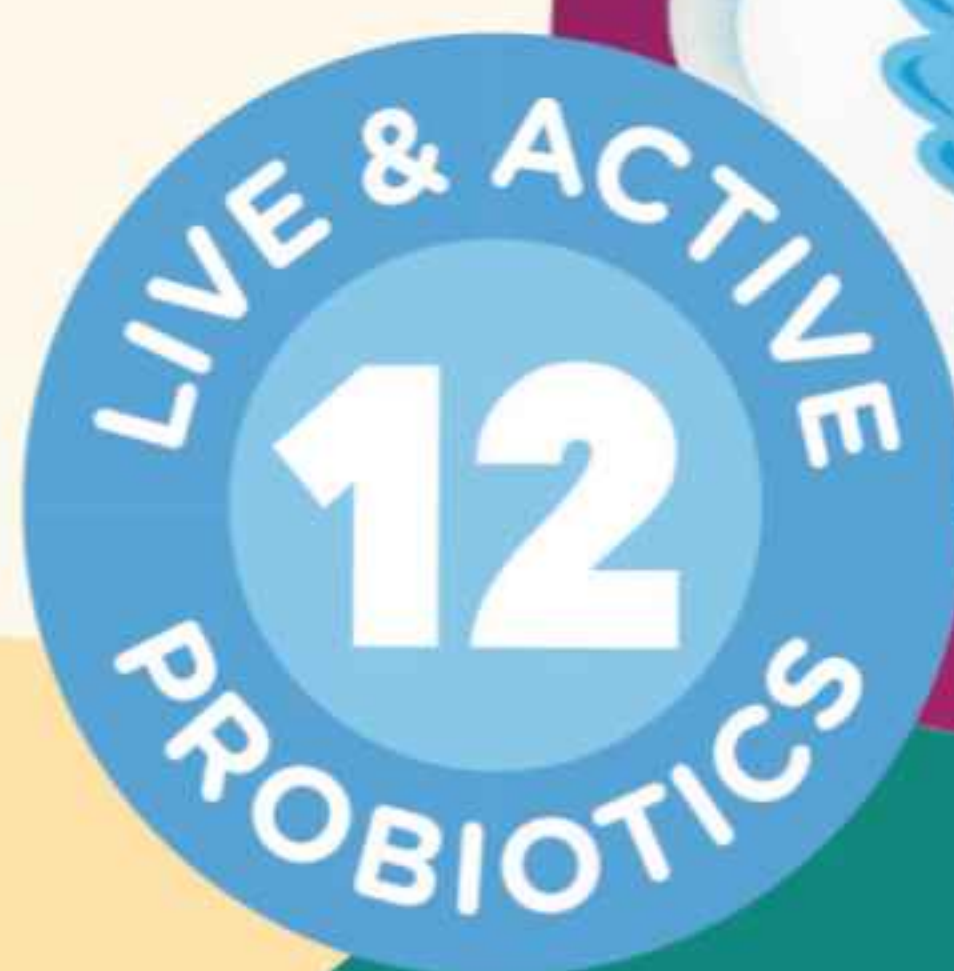
PROBUGS
ORGANIC

**Supports
Gut Health***

**Excellent Source
of Calcium**

**Excellent Source
of Protein**

**Organic
ProBugs Kefir**
Selected Varieties
4/3.5 FZ **\$4.99**



2/\$3
selected varieties

Learn more at LifewayKefir.com

*A good diet promotes good health and prevents the onset of disease.

**HOT
DEALS**



One Degree Organic Foods
Organic Quick Oats
Sprouted
24 OZ
Selected Varieties

\$5.49



Woodstock
100% Organic
Rolled Oats
Traditional
18.5 OZ

\$3.49



**A Smart Start
Grab the Crunch**



\$6.29

selected
varieties

Packed with Whole Grains

whole lotta crunch



GF selected
varieties

\$3.09



\$4.79

selected
varieties





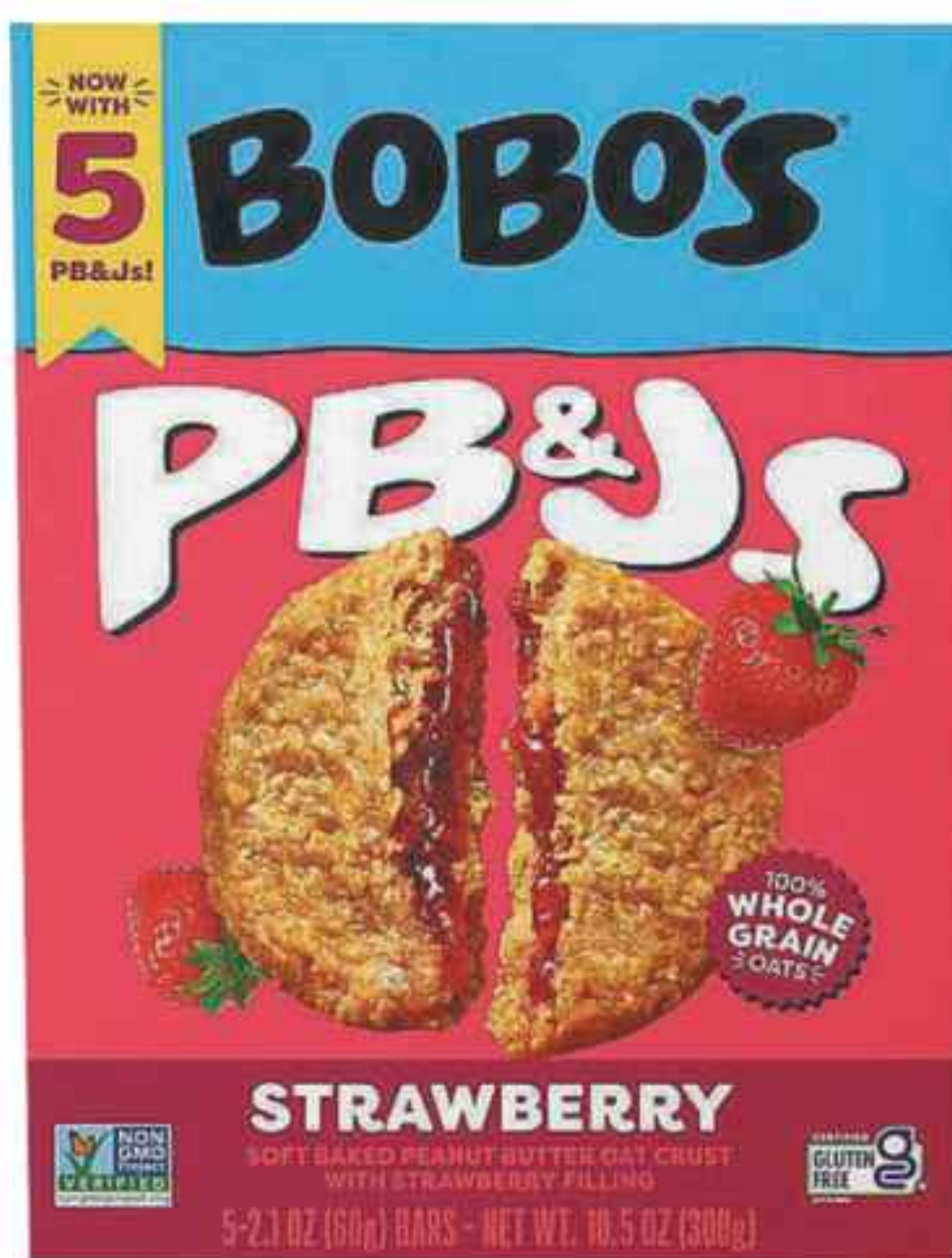
Barebells
Protein Bar
Cookies & Cream
1.94 OZ
Selected Varieties

2 / \$6



Built Bar
Protein Bar
Peanut Butter Cup Puff
1.41 OZ
Selected Varieties

\$2.79



Bobo's Oat Bars
PB&J Oat Snacks
Strawberry
10.5 OZ
Selected Varieties

\$5.99



That's It
Mini
Fruit Bars
Mango & Blueberry
7 OZ

\$9.49



**SIMPLE INGREDIENTS,
EXTRAORDINARY TASTE**



\$4.49



\$5.29



Coconut
Peanut Butter



Almond Butter



Peanut Butter



Salted Caramel



Chocolate Mint



Chocolate Chip
Cookie Dough



Chocolate
Hazelnut Crisp



Chocolate
Brownie



Dark Chocolate
Almond

Chocolate Chip Peanut Butter Cookies



*Scan for
Recipe*



*find
in the
fridge*

on Sale
\$2.79



Organic Coconut
Medium Shredded
\$4.29/lb

100% Organic
Diced Almond
Butter Stock
\$11.59/lb

100% Organic
Rolled Dates
In Coconut
\$5.49/lb

100% Organic
Raw Almonds
\$9.69/lb

Organic
Dried Mangoes
\$11.79/lb

Raw Walnuts
Halves & Pieces
\$6.19/lb

100% Organic Barley
Pearled
\$1.79/lb

100% Organic
Navy Beans
\$2.69/lb

Organic
Tri-Color Quinoa
Royal
\$3.39/lb

Organic Adzuki Beans
China
\$4.39/lb

C-8/26



Odyssey
Sparkling
Energy Drink
Pineapple Mango
12 FL OZ
Selected Varieties
2/\$5



Vita Coco
Coconut Water
Original
500 ML
Selected Varieties
\$2.79



HOT DEALS
Steaz
Organic Iced
Green Tea
Blueberry
Pomegranate
16 FL OZ
Selected Varieties
3/\$5



HOT DEALS
Mineragua
Sparkling
Water
9/12.5 Z
\$8.99

Four Sigmatic
Organic Focus Creamer
Vanilla
4.23 OZ
\$9.29



Hu
Dark Chocolate Bar
Salty
2.1 OZ
Selected Varieties

2 / \$8



Pick Up
Pick Up Mini Cookies
Creme
10/.37 Z

\$4.99

SNACK ATTACK

GRAB ANNIE'S & GO



\$7.29



\$7.29



\$4.99



\$4.99



\$4.19



Pack Bold. Snack Epic.

Pork Rinds
5 oz

\$5.99

Pork Rinds
2.5 oz

2/\$7

Bison Bar
1.3 oz

2/\$5



Garden Of Eatin'
Organic Tortilla Chips
Blue Corn
14 OZ
Selected Varieties

\$6.29



Terra Chips
Vegetable Chips
Original
5 OZ
Selected Varieties

\$3.99



Lesser Evil
Organic Popcorn
Snack Pack
Himalayan Pink Salt
10/.46Z

\$5.99



PIRATE'S BOOTY



\$6.79



\$7.29

BAKED
not fried

made with
REAL CHEESE*

NO
artificial
colors

*see ingredient statement for more details

SKINNY POP



\$7.49



\$5.99



GF

no
artificial
flavors



E/C-26

summer snacking



SNACK FACTORY®

Rethink Your Pretzel!



\$4.79



Late July
Tortilla Chips
Nacho Cheese
6 OZ

2/\$8



Late July
Organic
Tortilla Chips
Sea Salt
10.1 OZ

2/\$8



Kettle Brand
Potato Chips
Sea Salt
& Vinegar
5 OZ

2/\$7



Snack Factory
Pretzel Crisps
Original
7.2 OZ

\$3.19



Snack Factory
Pretzel Bites
Honey Mustard
9 OZ

\$4.79

PROTEIN BOWLS FOR SHARP MINDS



\$4.19



Sky Valley
Sriracha
Sauce
18.5 FL OZ

\$6.29



San-J
Organic Tamari
Soy Sauce
Reduced Sodium
10 FL OZ

\$6.79



Jovial
Organic Gluten Free
Mac & Cheese
White Cheddar
6 OZ
Selected Varieties

\$3.19



\$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™

Pure Fuel for your day



\$7.49

100%
WHOLE GRAINS



GOOD SOURCE
OF FIBER



NO
ARTIFICIAL
PRESERVATIVES,
FLAVORS OR
ADDED COLORS



2/\$5

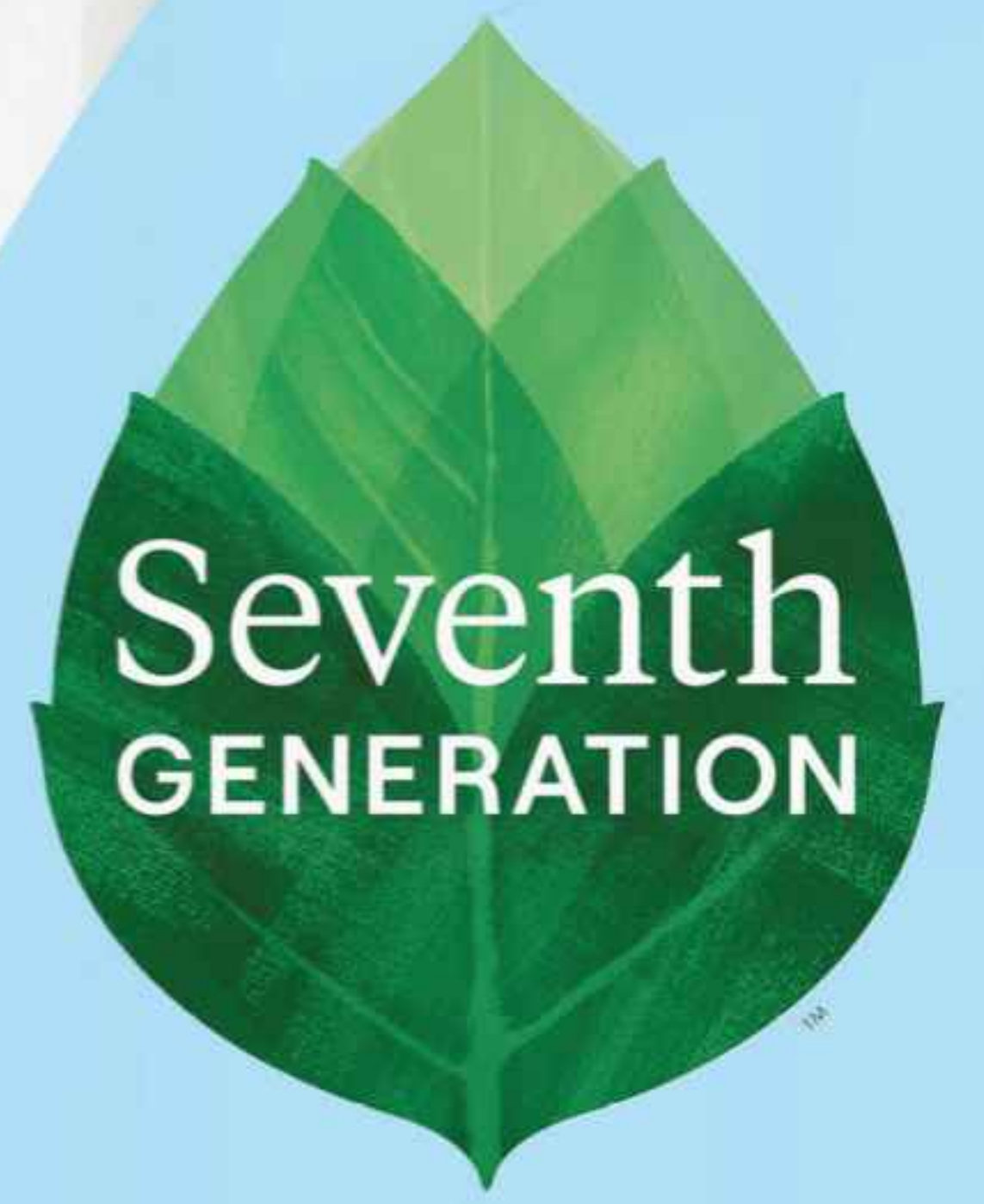
2/\$6

Southwest Quinoa Bowl



2/\$6





delivering
a deep clean
you can trust



\$15.29



Green Forest
Bathroom Tissue
4 PK

\$2.79

SmartyPants
Teen Girl
Plus Vitamins
Multi & Omegas
60 CT



\$24.99



Power Up
fuel your personal best



\$36.99

Good, Clean Nutrition™



\$14.99



\$19.99

Nourish Every Stage

From baby's first vitamins to big kid energy, ChildLife grows with your family. ChildLife Multi Vitamin & Mineral delivers essential nutrition starting at 6 months. For kids 4+, their sugar-free Multi Vitamin Gummy packs DHA + Lutein in every serving.

**Trusted by parents
for over 25 years.**



CHILD LIFE
ESSENTIALS

A New Standard in Dressings



**Grass-Fed Dairy
Creamy Dressings**
Selected Varieties

\$6.79

GF

