



March 2026

connections

LOCAL - FRESH - NATURAL - COMMUNITY



Packed full of
Flavor!

See recipe
on page 11

Quorn Foods
Meatless
Chiqin Pieces
Diced
12 OZ
Selected Varieties

\$4.99



**HOT
DEALS**

Maille
Dijon Mustard
Original
7.5 OZ
Selected Varieties

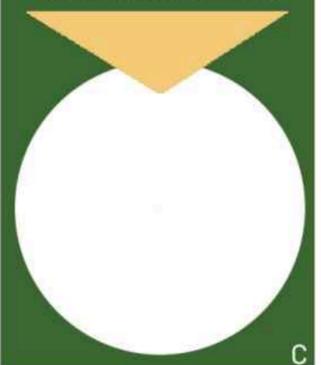
2/\$8



Woodstock
Organic Frozen Vegetables
Petite Peas
10 OZ
Selected Varieties

2/\$6

SCAN
to see this ad online





Top 5 Reasons to Love Peanut Butter Protein Bars

1. Protein
2. Whole Food Nutrition
3. Organic Ingredients
4. Fridge-Fresh Quality
5. Delectable Flavor Combos



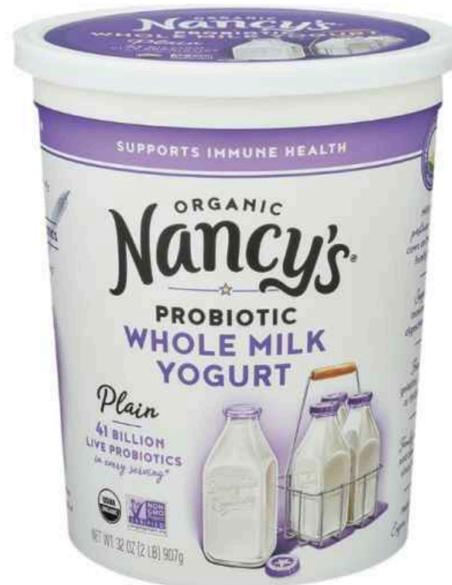
Perfect Protein Bars

\$2.79



Noosa
Yoghurt
Vanilla
24 OZ

\$5.79



Nancy's
Organic Whole Milk
Probiotic Yogurt
Plain
32 FL OZ
Selected Varieties

\$6.09



Lifeway
EST. 1986

FARMER CHEESE

WAY BETTER THAN COTTAGE CHEESE

PROTEIN
15g
PER SERVING



FARMER CHEESE
REDUCED FAT
15g PROTEIN
SMALL BATCH DRY CURD

PROBIOTIC CULTURES
PLAIN UNSWEETENED*
NO SALT ADDED**

NET WT 16 OZ (454g)

\$3.79

LIFEWAYFOODS.COM



Golds
Horseradish
6 OZ
Selected Varieties

\$3.09



Woodstock
Organic Sauerkraut
Kimchi
16 OZ
Selected Varieties

\$5.79 

Fresh-Picked Flavor

Frozen at peak ripeness for a healthy treat right out of the bag or mixed into your favorite recipes



\$17.29



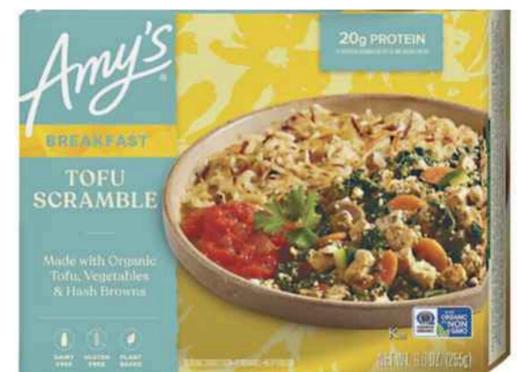
Van's
Gluten Free Waffles
Blueberry
9 OZ
Selected Varieties

2/\$8 



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

\$6.29  



Amy's
Organic Tofu Scramble
Breakfast
9 OZ
Selected Varieties

\$6.79

Shake Things Up

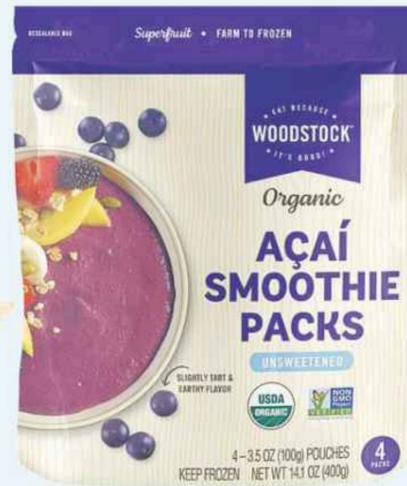
with **WOODSTOCK**
 * EAT BECAUSE *
 * IT'S GOOD! *



\$6.79



\$5.29



\$4.99



\$4.99



2/\$6



\$4.79



Crofters
Organic
Premium Spread
Strawberry
16.5 OZ
Selected Varieties

\$5.29



Organic Coconut
Medium Shredded
\$4.69/lb

Organic Whole Cashews
Raw
\$6.69/lb

Organic Dates
Large Medjool
\$7.79/lb

Deluxe Mixed Nuts
Roasted & Salted
\$13.09/lb

Organic Prunes
Pitted
\$6.79/lb

Organic Pistachios
Roasted & Salted
\$8.99/lb

Organic
Chocolate Chips
Dark
\$14.09/lb

Organic
Pumpkin Seeds
\$4.59/lb

100% Organic
Raw Almonds
\$7.79/lb

Organic Sesame Seeds
Raw Natural
\$3.99/lb

C-3/26



Blue Diamond
Almond Flour
Finely Sifted
16 OZ

\$11.09



Bob's Red Mill
Organic Rolled Oats
Old Fashioned
32 OZ
Selected Varieties

\$5.29



Freshen Your
Home with
METHOD

All-Purpose Cleaner
Pink Grapefruit
28 FL OZ
Selected Varieties

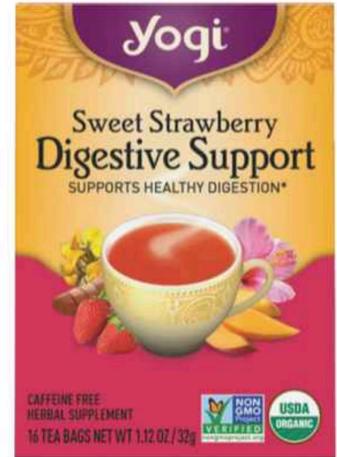
\$4.79



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

\$4.49





Celestial Seasonings
Herbal Tea
Bengal Spice
20 BAG
Selected Varieties

2/\$8

Celestial Seasonings
Herbal Tea
Sleepytime
20 BAG
Selected Varieties

2/\$8

Yogi
Organic Digestive
Support Tea
Sweet Strawberry
16 BAG

\$4.29



High Brew Coffee
Cold-Brew
Coffee
Mexican Vanilla
8 FL OZ
Selected Varieties

\$2.19



Cafe Altura
Organic Instant
Coffee
Freeze-Dried
Medium Roast
3.53 OZ

\$10.79



Amy & Brian
Coconut Water
Original
17.5 FL OZ
Selected Varieties

\$2.79



Organic Lozenges
16 CT

\$4.49

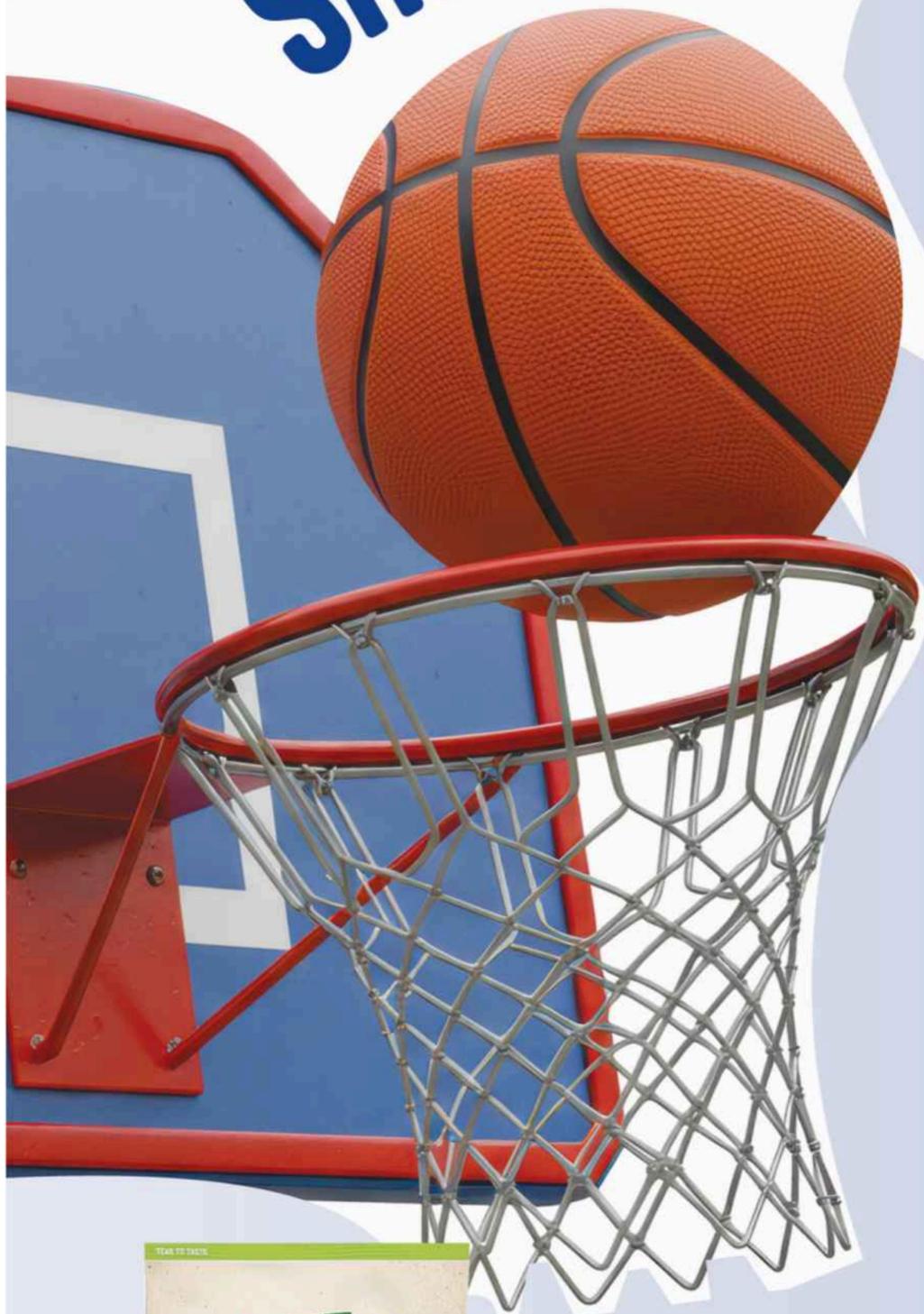
Selected Varieties



**Herbal Comfort
for
Sore Throats**

Organic • Powerful • Effective

Slam Dunk Snackin'



2/\$7



\$3.29



\$4.79



\$4.79



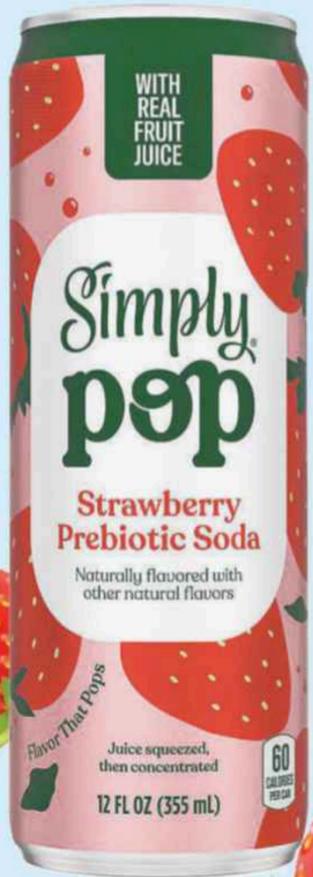
2/\$8



2/\$8

The soda for juice people

\$2.29



Supports Gut Health with
6g
Prebiotic
Fiber



Equal Exchange
Organic Cashews
Roasted Salted
8 OZ

\$6.49



Terra Chips
Vegetable Chips
Original
5 OZ
Selected Varieties

2/\$8



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

\$4.99



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

\$6.29





HOT DEALS

2/\$8



Maille Roasted Carrot and Fennel Sheet Pan Salad

Find recipe online: us.maille.com/blogs/recipes



Sir Kensington's

SPICY CHICKEN BUDDHA BOWLS

Find recipe online: sirkensingtons.com/us/en/recipes/spicy-chicken-buddha-bowls.html



HOT DEALS \$7.99

\$5.99

MIGHTY[®] SESAME CO.



Tahini Squeeze Bottles
10.9 OZ Selected Varieties **\$6.99**

- Convenient unique squeeze bottle for smooth, ready-to-use tahini.
- Perfect for any dish—salads, dips, sandwiches, smoothies, desserts.
- Plant based, high in healthy fats, superior recipe.
- Three varieties with simple ingredients : Organic, Whole Seed, Harissa.
- 100% stone-ground sesame, source of protein, plant-based, gluten-free, kosher, zero added sugar.



Imagine Foods
Organic Soup
Tomato
32 OZ
Selected Varieties

2/\$10



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

2/\$8



EVERYTHING IS BETTER WITH BETTER THAN BOUILLON[®]



Organic Roasted
Chicken Base
8 OZ

\$7.49

CARAMELIZED ONION DEVILED EGGS



scan for recipe





O Olive Oil
Vinegar
Aged Sherry
10.1 FL OZ
Selected Varieties

\$6.49



Spectrum Naturals
Organic Olive Oil
Extra Virgin
25.4 FL OZ

\$20.99



Spectrum Naturals
Organic Canola Oil
Refined
32 FL OZ

\$14.29



Mini Pot Pies with Quorn Meatless Pieces

Showing you just how easy and delicious eating meat free with **QUORN** can be.



Scan for
recipe



Quorn

**Big Taste. Easy Prep.
No Fuss.**



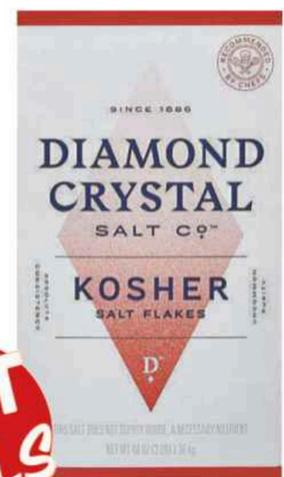
2/\$6



C 3/26

Diamond Crystal
Kosher Salt Flakes
3 LB

\$7.99



**HOT
DEALS**

Organicville
Organic Vinaigrette & Marinade
No Salt Added Italian
8 FL OZ
Selected Varieties

\$4.79



**HOT
DEALS**



Alba Botanica
Sensitive
Sunscreen Spray
Fragrance Free, SPF 50
5 FL OZ
Selected Varieties
\$12.99



Alba Botanica
Hawaiian
Sunscreen Spray
Coconut, SPF 50
6 FL OZ
Selected Varieties
\$12.99



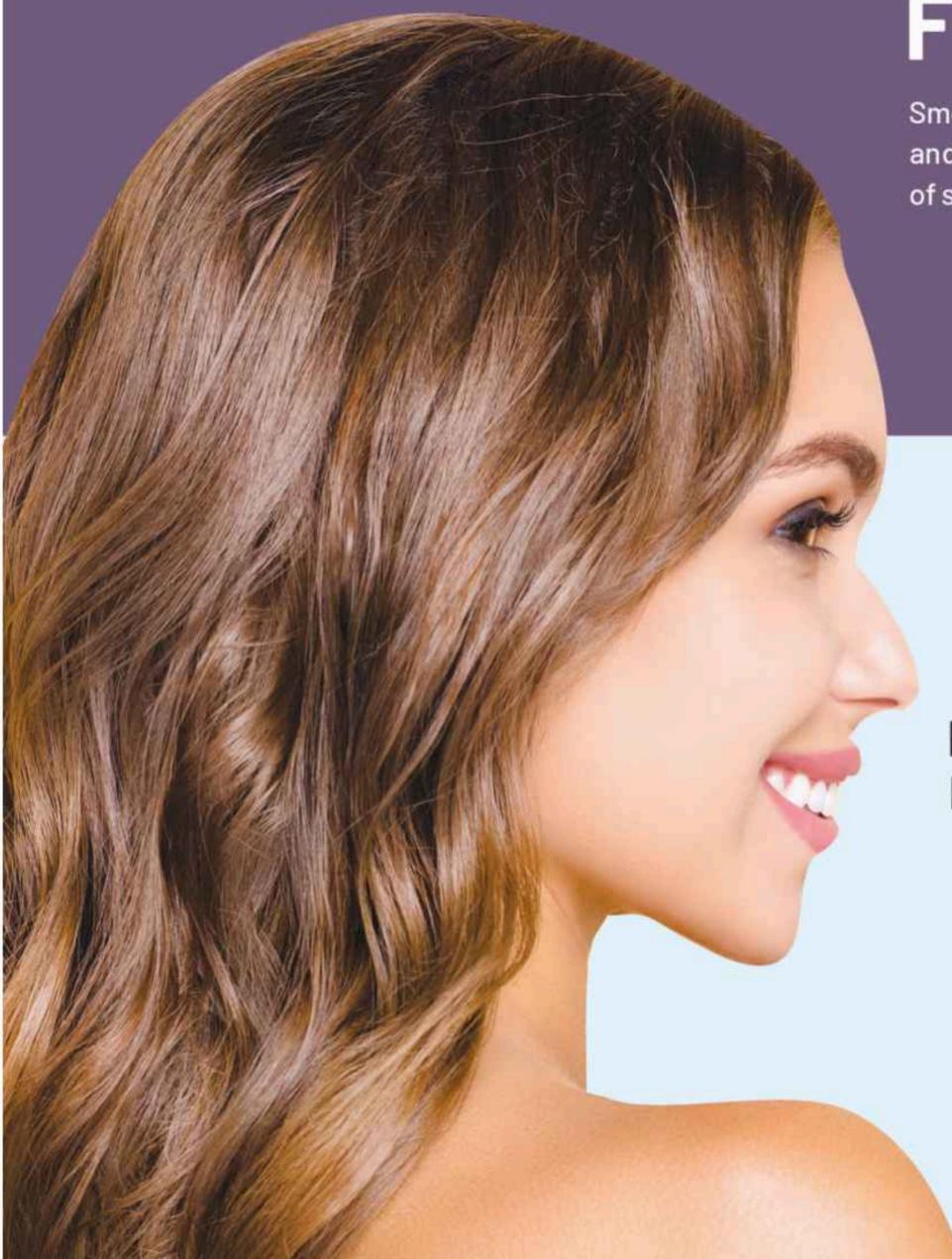
Bulldog Natural Skincare
Bamboo Razor
Original
1 EA
\$9.99



Boiron
Allergy Calm Meltaway Tablets
60 TAB
Selected Varieties
\$9.49



Hyland's
Calms Forte
Tablets
Sleep Aid
100 TAB
\$9.99



Frizz Tamer Hair Serum

Smooth and nourish unruly strands with this lightweight serum. Castor, jojoba, and glycerin lock in moisture, while frankincense essential oil adds a touch of shine and a calming, grounding aroma.



scan for directions

Essential Oil
Frankincense
in Jojoba Oil
\$9.49



Organic
Skin Care Oil
Castor
\$3.99

