

October 2023

-Emily Bronte





Almond Breeze Almondmilk

32 oz



So Delicious **Organic Coconutmilk** (selected varieties)

\$479

64 oz



Health-Ade Organic Kombucha (selected varieties)

16 oz



GoMacro Organic MacroBar



Crofter's Organic **Organic Premium Fruit Spread** (selected varieties)

16.5 oz



Farmer's Market **Organic Pumpkin**

15 oz



Lesser Evil **Organic Popcorn** (selected varieties)

2-2.4 oz

4.6-6.4 oz



Beyond Meat **Beyond Ground Beef**

16 oz



Justin's Organic Mini Peanut **Butter Cups**

4.7 oz



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Annie's Mac & Cheese (selected varieties)



5.25-6 oz

Banza **Chickpea Pasta**

FOODS

8 oz



Ancient Harvest Organic Polenta



18 oz



5.29 oz



Chickapea **Organic Chickpea Pasta**

(selected varieties)

8 oz



Explore Cuisine Organic Legume Pasta

Absolutely Gluten Free

Gluten Free Flatbreads

(selected varieties)



8 oz



Annie's **Organic Dressing** (selected varieties)



Spectrum **Organic Coconut Oil** (selected varieties)



Napa Valley Naturals Organic Extra Virgin

14 oz

Olive Oil



Pacific Butternut Squash Soup

Pacific Foods Organic Soup (selected varieties)

Pacific Chicken Noodle Soup

Pacific Foods Organic Soup (selected varieties)

16.9 oz



Kettle & Fire Bone Broth

25.4 oz

32 oz

16.1-16.5 oz



A PALA PALA PALA

Late July Tortilla Chips (selected varieties)



Siete **Kettle Cooked Potato Chips** (selected varieties)



Simple Mills Almond Flour Crackers

4.25 oz



Simple Mills **Gluten Free** Cookies

5.5 oz



Feel what good food can do.

Food has the power to transform how you feel. At Simple Mills, we're passionate about harnessing that power. We select only simple, purposeful ingredients, and nothing artificial ever. We're raising the bar. Raising expectations that food can be both delicious and nourishing, so you can thrive.

Barnana **Organic Plantain Chips**

(selected varieties)



From The Ground Up **Cauliflower Crackers**



Ouinn **Peanut Butter Filled Pretzel Nuggets**

6.5-7 oz



Nature's Bakery Whole Wheat Fig Bar

(selected varieties)



MI-DEL **Ginger Snaps** (selected varieties)

8 oz



Purely Elizabeth Granola (selected varieties)

> NEW LOOK. SAME TASTE purely elizabet MANE WITH ORGANIC DATS BLUEBERRY ARCIENT GRAIN GRANOLA

> > 0 B Y

12 oz

Little Secrets Crispy Wafers (selected varieties)

1.4 oz



Bob's Red Mill Organic Old Fashioned Rolled Oats

(selected varieties)

32 oz



A PAPA BALA

Lakanto Monkfruit Sweetener

(selected varieties)

235 g



Navitas Organic Cacao Powder



The Ginger People Gin Gins® Ginger Candy (selected varieties)



3 oz

Dr. Bronner's Organic Chocolate Bar

Celestial Seasonings

(selected varieties)

Tea



Lily's **Chocolate Bar** (selected varieties)

Traditional Medicinals Organic Tea

(selected varieties)



Teeccino **Dandelion Roasted Herbal Tea**

(selected varieties)

18-20 ct



16 ct



\$49

10 ct

12 oz

nutpods

Four Sigmatic Organic Ground Mushroom Coffee (selected varieties)





Our herbs are sourced through fair and direct trade, benefitting both farmer and consumer. Every product is an extension of the meaningful work taking place on each farm, offering the consumer the opportunity to add purpose to their purchase.



Organic India Organic Tulsi Tea (selected varieties)

18 ct



Organic India Organic **Ashwagandha**

90 cap

11.2 oz



Dairy-Free Creamer

(selected varieties)



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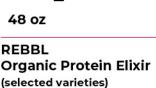
Oatly Oatmilk

\$429

64 oz







\$379

12 oz



REBBL

PROTEIN

R.W. Knudsen Organic Just Tart Cherry Juice

\$679

32 oz



R.W. Knudsen Organic Apple Juice

\$379

32 oz



Get ready for the Fall season with Organic Just Tart Cherry and Organic Apple juices from R.W. Knudsen Family®. Providing all-natural taste with no added sugar, R.W. Knudsen Family® is committed to giving you and your family only the best!

Stonyfield
Organic Yogurt
(selected varieties)

\$379

32 oz



Organic Valley Organic String Cheese

\$529

8 oz



Maple Caramel Popcorn

Ingredients

3 tablespoons sunflower oil 1/3 cup popcorn kernels

- 1/3 cup roasted peanuts, salted
- 4 tablespoons unsalted butter
- ½ cup maple syrup
- ¼ teaspoon sea salt
- 1/2 teaspoon baking soda



Directions

- Preheat oven to 250°F. Line a rimmed baking sheet with parchment paper.
- 2. In a large bowl, combine the popcorn and peanuts.
- In a small saucepan over medium-high heat, melt together butter, maple syrup and salt. Bring to a boil and cook until mixture reaches 230°F on a thermometer, about 5 minutes.
- Turn off heat and whisk in baking soda; the mixture will foam.
- Pour caramel over the popcorn and toss until coated. Immediately spread coated popcorn evenly onto the baking sheet.
- Bake, stirring every 10 minutes for 40 minutes.
 Remove from oven and cool completely before storing.

Vital Farms Butter



\$379

8 oz

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At Amy's we source the best organic ingredients and take the time to perfect our recipes to make sure each bite tastes delicious.



Amy's Macaroni & Cheese



Amy's Burrito (selected varieties)



Amy's Organic Soup (selected varieties)

13.8-14.7 oz

Van's Waffles (selected varieties)



8-9 oz



Against The Grain

Gourmet Pizza

(selected varieties)

GLUTEN-FREE & GRAIN-FREE

Food For Life Organic Sprouted Corn Tortillas

10 oz



Zesty Chicken Tostadas

Ingredients

- 1 pound ground chicken
- 1 small yellow onion, minced
- 6 large garlic cloves, minced
- 6 tablespoons olive oil
- 1 medium lime, juiced
- 2 tablespoons tamari
- 2 teaspoons honey
- ½ teaspoon crushed red chili flakes
- 12-6" corn tortillas
- 15 ounce can black beans, rinsed and drained
- 6 radishes, thinly sliced
- ½ bunch cilantro
- ½ small red onion, julienned
- 8 ounces sour cream

Directions

- 1. Preheat oven to 350°F.
- 2. In a medium skillet, heat oil over medium heat. Add onion and chilies and sauté until translucent. Add chicken, breaking up pieces to form a crumbly texture. Cook mixture until chicken is no longer pink. Add garlic and cook for another minute. Turn off heat and add lime juice and
- 3. Meanwhile, place corn tortillas on a baking sheet and bake in oven for 5 minutes or until desired crispness. Set aside to cool.
- 4. Assemble tostadas by evenly dividing chicken mixture between tortillas. Repeat with black beans, cabbage, radishes, and red onion. Drizzle with sour cream and garnish with cilantro.



A PALA PALA

So Delicious
Plant-Based Frozen Dessert
(selected varieties)

\$479

16 oz



Sweet Nothings
Organic Smoothie Cup
(selected varieties)

\$229

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Carlson



Sambazon
Organic Frozen Fruit
Smoothie Packs
(selected varieties)

\$529

4/100 g



Manitoba Harvest Organic Hemp Hearts

\$1299

12 oz

0.33 oz



Cod Liver Oil

\$3999

500 ml



Lily of the Desert Organic Aloe Vera Juice

\$629

32 oz



Similasan Dry Eye Relief



MegaFood Blood Builder

\$7799

30 tab



Ancient Nutrition Bone Broth Protein

\$3899

445-505 g



Chocolate Chip Energy Balls

Want a ball-size version of a protein bar?
They're fun to eat and will help give you energy
for whatever you have planned.

Ingredients

1½ cups almond butter ¼ cup raw honey 1 teaspoon vanilla extract ¼ teaspoon sea salt ¼ cup Bone Broth Protein Chocolate

½ cup dark chocolate chips

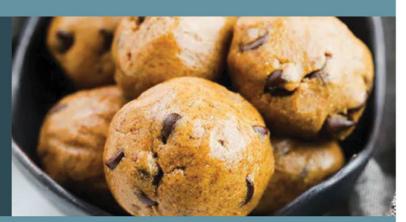
Directions

Stir almond butter, honey, vanilla and sea salt together.

Add protein powder and combine thoroughly.

Stir in chocolate chips.

Form into balls and refrigerate for 2 hours.







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Garden of Life Elderberry Immune Support Gummies

120 ct



We're proud to be

part of building a

Over the last 10 years, global Fairtrade sales have generated nearly \$2 billion in Fairtrade Premium

fairer world.

for farmers and workers!

Boiron Oscillococcinum



Nature's Way Sambucus Gummies

60 ct





\$1099

Jarrow Formulas Methyl B12 1000mcg

100 tab



Himalaya Organic Ashwagandha

60 cap



NOW Foods D-Mannose 500mg

120 vcap



NORDIC

Nordic Naturals Ultimate Omega

60 sgel

FAIRTRADE

4.6944.6946.6

Ester-C Ester-C® 1000 mg with Citrus Bioflavonoids

\$1999

90 cap

Natural Factors Whole Earth & Sea™ Women's 50+ Multivitamin & Mineral



60 tab





Andalou Naturals Shampoo or Conditioner

\$629

11.5 oz



Andalou Naturals Age Defying Resveratrol Q10 Night Repair Cream

\$1899

1.7 oz



Indulge yourself in the ultimate natural skincare experience and say hello to your best, most radiant complexion.

Wiley's Finest Peak EPA

\$2199

30 sgel



Collagen Skin, Hair & Nail Formula 6000 mg

\$1299

290 tab

Youtheory



Weleda Skin Food

\$7499

2.5 oz

Dr Tung's

Dental Floss



Giovanni Triple Treat Conditioner

\$579

8.5 oz

EO Everyone Hand Soap

\$399

12.75 oz



Desert Essence Toothpaste

\$579

6.25 oz

Ecover



\$37

30 yds



ECOS Laundry Detergent

everyone hand &

\$479

Dishwasher Tablets

25 ct



\$1299

100 oz

