



C2O
Coconut Water
selected varieties

2/\$5
17.5 oz

Enjoy a refreshing Emerald Pineapple Smoothie! **Find the recipe on the back.**



poppi
Prebiotic Soda
selected varieties

2/\$3
12 oz

Summer hydration made easy!

ROAR Organic
Vitamin Enhanced
Beverage
selected varieties

\$1.69

18 oz



Angie's BoomChickaPop
Popcorn
selected varieties

2/\$5

4.4–7 oz



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties

89¢



Recess
Infused Sparkling Water
selected varieties

\$2.79

12 oz



Chocolove
Chocolate Bar
selected varieties

2/\$7

3.2 oz



Oatly
Oatmilk
selected varieties

\$4.29

64 oz



GT's
ALIVE Mood & Mind
Reset Root Beer

2/\$6

16 oz



GoodPop
Organic Dairy-Free
Frozen Pops
selected varieties

\$4.29

4 ct



Dr. Praeger's
Veggie Burgers
selected varieties

\$4.79

10–11 oz



Look for new deals on **July 29!**

Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.

SHOP SMALL. CELEBRATE BIG.



Good Health Avocado Oil Potato Chips

selected varieties

\$2⁶⁹

5 oz



Barnana Organic Plantain Chips

selected varieties

2/\$7

5 oz



Mavuno Harvest Organic Dried Fruit

selected varieties

\$2⁷⁹

2-4 oz



Waterloo Sparkling Water

selected varieties

\$5⁶⁹

12/12 oz

Waterloo Sparkling Water goes all in on full flavor every day. Featuring Non-GMO natural flavors and zero calories, sugars or sweeteners. Look for uniquely refreshing Waterloo flavors in 8- or 12-packs at your local independent retailer today!

Lily's Chocolate Bar

selected varieties

\$3⁷⁹

2.8-3 oz



Big Tree Farms Organic Coconut Sugar

selected varieties

\$4²⁹

16 oz



**Field Roast
Plant-Based Sausages**

selected varieties

\$5.49

9.3-12.95 oz



**Kerrygold
Cheese**

selected varieties

\$4.99

7 oz



**wildbrine
Organic Sauerkraut**

selected varieties

\$7.49

18 oz



**Rudi's
Organic Bread Loaf**

selected varieties

\$4.49

22 oz



**Organic Valley
Organic Sliced Cheese**

selected varieties

\$4.29

6 oz



**Milkadamia
Macadamia Milk**

selected varieties

\$4.99

32 oz



**wildwonder
Organic Sparkling Drink**

selected varieties

2/\$5

12 oz



**Essentia
Ionized Alkaline Water**

\$1.69

1 lt



**Organic India
Organic Psyllium Husk**

\$12.99

12 oz



**BIOptimizers
Magnesium Breakthrough**

\$16.99

30 ct



**DrTung's
Tongue Cleaner**

\$7.49

1 ct



Emerald Pineapple Smoothie

15 MIN • SERVES 2 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia seeds.

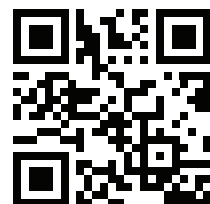


Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

INFRA Deals are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.



SE-B