



Now 2x monthly!

RT DEALS

February 12–February 25, 2025



Late July Tortilla Chips
selected varieties

\$3.99

10.1 oz



GT's Sparkling Mushroom Elixir
selected varieties

\$3.49

16 oz

Stock up on organic goodness!

cocojune
Organic Coconut Yogurt
selected varieties

2/\$4

4 oz



Food For Life
Organic Ezekiel 4:9® English Muffins
selected varieties

\$7.99

16 oz



GoMacro
Organic MacroBar
selected varieties

2/\$5

2–2.4 oz



Siete
Grain Free Cookies
selected varieties

\$3.49

4.5 oz



Quinn Snacks
Pretzel Nuggets
selected varieties

\$4.99

5.8–7 oz



Califia Farms
Organic Almond Milk
selected varieties

\$4.99

48 oz



Bionaturae
Organic Tomato Paste

2/\$5

7 oz



Coombs Family Farms
Organic Maple Syrup Grade A
Amber Rich

\$12.99

12 oz



Lakewood
Organic Papaya Juice

\$7.49

32 oz



Look for new deals on **February 26!**

GT's
Cocoyo
selected varieties



\$5⁹⁹

8 oz

Vegan Rob's
Puffs
selected varieties



\$3⁹⁹

3.5 oz

Unique Pretzels
Organic Pretzels
selected varieties



\$3⁹⁹

8 oz

Bionaturae
Organic Extra Virgin Olive Oil
selected varieties



\$16⁴⁹

25.4 oz



DR. BRONNER'S
ALL-ONE!

The highest standard for climate-friendly farming, good for you & planet! Dr. Bronner's is proud to source Regenerative Organic Certified® ingredients for Magic All-One Chocolate & Virgin Coconut Oil—grown right for a rich, full flavor!



Dr. Bronner's
Organic
Coconut Oil

\$10⁹⁹

14 oz

deals

**More deals, more often
means more savings!**

We are now offering **new deals twice a month**, so you can save even more on your favorite natural products.

2X MONTHLY 



Simple Mills Cookies
selected varieties

\$4.49

5.5 oz



Simple Mills Almond Flour Baking Mix
selected varieties

\$6.99

10-10.7 oz



Simple Mills Sandwich Cookies
selected varieties

\$5.99

6.7 oz



Simple Mills enriches lives through simple, delicious, real foods. We believe if you don't recognize an ingredient, your body won't either, so we handpick ours with purpose - only including things that nourish your body for the long-term and taste great!

Endangered Species Chocolate Chocolate Bar

selected varieties

\$3.99

3 oz



Goodles Cheddy Mac

selected varieties

\$3.49

6 oz



Vermints Organic Breath Mints

selected varieties

2/\$5

1.74 oz



LILY'S

Here at LILY'S, we LOVE sweets. We think they should be for everyone, regardless of your lifestyle.

So, we put our heads together and reinvented how you treat yourself by crafting delicious, drool-worthy sweets that don't need any added sugar. Is it magic? Nope, that's LILY'S.



Lily's Chocolate Baking Chips
selected varieties

\$7.99

9 oz



Lily's Chocolate Bar
selected varieties

\$3.99

2.8-3 oz



Serenity Kids
Organic Baby Food Pouch
 selected varieties



2/\$5

3.5 oz

OLIPOP
Sparkling Tonic
 selected varieties



2/\$4

12 oz

Little Sesame
Classic Hummus



\$3.99

8 oz

Elmhurst
Plant-Based Milk
 selected varieties



\$5.99

32 oz

Miss Jones Baking Co.
Monster Cookie Dough



\$5.99

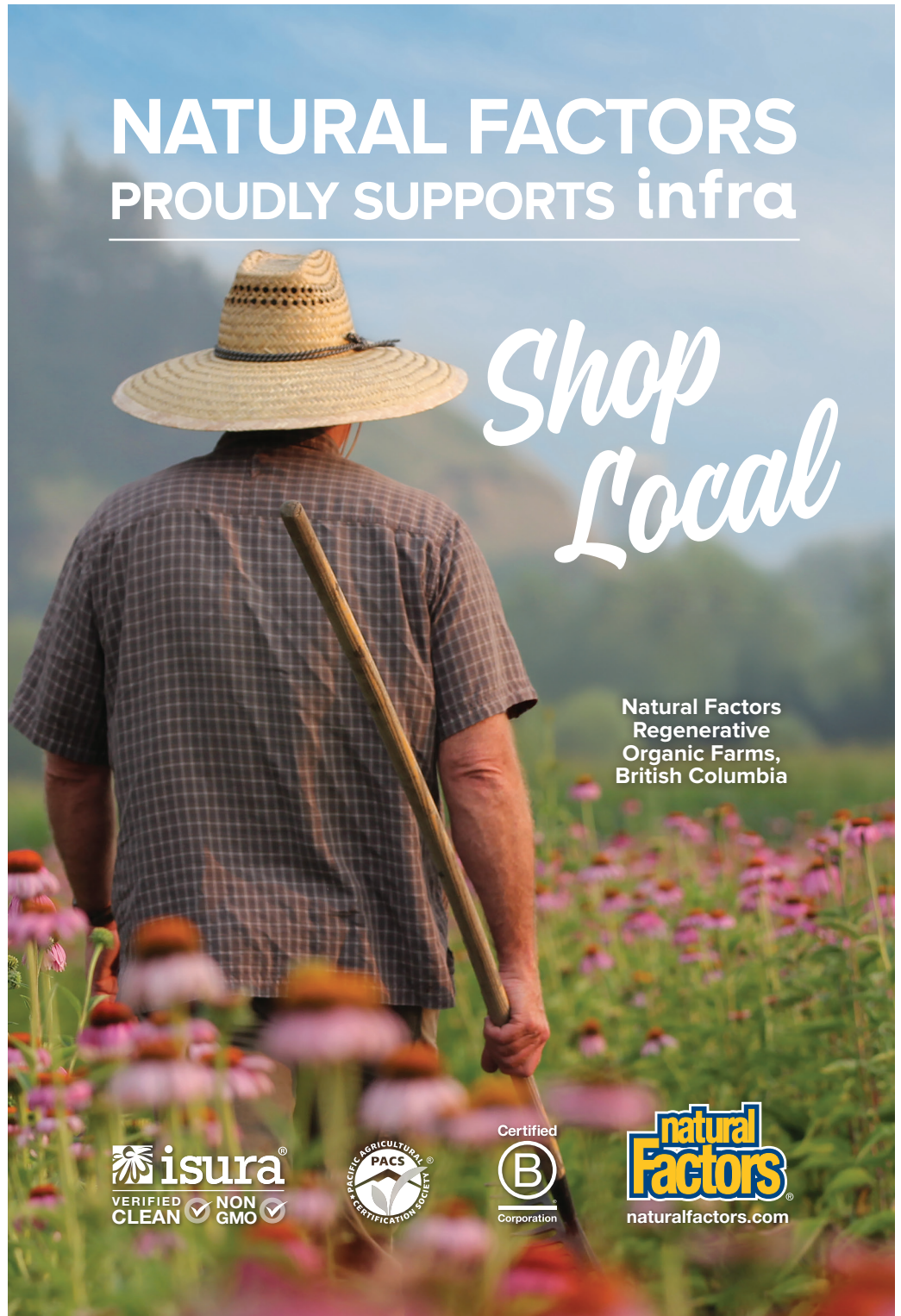
11.84 oz

Patagonia Provisions
Sourdough Sea Salt Cracker



\$4.99

4 oz



NATURAL FACTORS
PROUDLY SUPPORTS infra

Shop Local

Natural Factors
 Regenerative
 Organic Farms,
 British Columbia



Boiron
Chestal Honey Cough Syrup

\$10⁹⁹

6.7 oz



Natural Factors
Organic Oil of Oregano

\$17⁹⁹

1 oz



Natural Factors is a family owned, fully integrated company, controlling every aspect of the product line to ensure that each and every product is safe and effective. For more than 60 years, Natural Factors has been an industry leader in organic and regenerative farming, sourcing, development of raw materials, research and development, and quality assurance.

Carlson
Cod Liver Oil

\$29⁹⁹

250 ml



Wiley's Finest Fish Oil
Wild Alaskan Fish Oil Easy Swallow Minis

\$16⁹⁹

60 ct



Vibrant Health
Green Vibrance

\$49⁹⁹

11.68 oz



Nature's Answer
PerioBrite Mouthwash

\$8⁹⁹

16 oz



All-Purpose Citrus Spray Cleaner

2 WEEKS INFUSION • MAKES 5 CUPS

INGREDIENTS

- 1 cup white vinegar
- Citrus peel from 4 oranges
- 4 cups water
- 1 teaspoon liquid castile soap
- 15 drops lemon essential oil

DIRECTIONS

- 1 Place citrus peel and vinegar in a glass jar, close and allow to infuse for two weeks.
- 2 Strain vinegar and discard citrus peel.
- 3 Combine infused vinegar with water, castile soap and essential oils.
- 4 Store finished cleaner in spray bottles.



Heritage Store
Rosewater Facial Mist



\$9⁹⁹

8 oz

Chocolate Trail Mix Bars

35 MIN • MAKES 8 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

1 cup gluten-free rolled oats	¼ cup sesame seeds
½ cup trail mix	¼ cup currants
½ cup mixed roasted nuts, roughly chopped	½ cup honey or brown rice syrup
⅓ cup chocolate chips	⅓ cup creamy peanut butter
½ cup roasted sunflower seeds	2 ounces chocolate, chopped
	¼ teaspoon avocado oil

DIRECTIONS

- 1 Preheat oven to 350°F. In a medium-size mixing bowl, combine oats, trail mix, nuts, chocolate chips, sunflower seeds, sesame seeds, and currants.
- 2 Heat peanut butter and honey in a small saucepan and stir until bubbling. Pour over oat mixture and stir until well blended and everything is coated.
- 3 Line a 9"x9" baking pan with parchment paper. Add mixture to the pan and with wet hands, press mixture flat.
- 4 Bake for 15 minutes. Allow bars to cool before removing from the pan.
- 5 Cut into eight bars and place on a cooling rack.
- 6 Fill a medium-sized pot with two inches of water and place a heatproof metal or glass mixing bowl on top. You want it to fit snugly without touching the water. Bring the water to a simmer over medium-low heat. Add the chocolate and avocado oil to the bowl and stir until melted and combined. Drizzle the chocolate over the cooled bars.



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.

Charity Of The Month

The Mimi Mernin Food Pantry (aka the Bayville Village Church food pantry) was started as a small outreach service almost 20 years ago and operated out of a small shed at the rear of the church. Currently, they are serving about 50 families/200 individuals per distribution date, offering dry goods, produce, meats and dairy items, etc. Private donations still make up much of the Food Pantry's stock, along with donations through an affiliation with Island Harvest Food Bank and the generous partnerships with the local IGA and now, as the Charity of the Month, through Rising Tide.





RT VALUES

WHERE OUR VALUES MEET YOURS

Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



\$2²⁹
ORGANIC BROTHS
32 oz



\$5⁹⁹
ORGANIC CHIA SEEDS
12 oz



\$1²⁹
ORGANIC BEANS
16 oz



\$12⁹⁹
ORGANIC ALMOND BUTTER
16 oz



\$5⁹⁹
ORGANIC PEANUT BUTTER
16 oz



\$6⁹⁹
ORGANIC WILDFLOWER HONEY
16 oz



starting at
\$3⁹⁹
ORGANIC JELLY & PRESERVES
11 oz



starting at
\$3⁶⁹
ORGANIC FROZEN FRUIT
10 oz



\$3⁹⁹
ORGANIC FROZEN VEGETABLES
16 oz



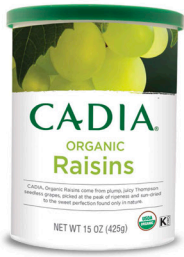
starting at
\$5²⁹
ORGANIC RICE
32 oz



\$7²⁹
ORGANIC UNREFINED COCONUT OIL
14 oz



starting at
\$2⁴⁹
ORGANIC CONDIMENTS
8-24 oz



\$5⁷⁹
**ORGANIC
 RAISINS**
 16 oz



\$3⁴⁹
**ORGANIC
 PASTA SAUCES**
 25 oz



\$2⁷⁹
**ORGANIC
 CANNED
 TOMATOES**
 28 oz



\$1⁷⁹
**ORGANIC
 CANNED
 TOMATOES**
 14.5 oz



\$1²⁹
**ORGANIC
 TOMATO PASTE**
 6 oz



\$1⁷⁹
**ORGANIC
 TOMATO SAUCE**
 15 oz



\$8⁹⁹
**ORGANIC
 MEDITERRANEAN
 EXTRA VIRGIN
 OLIVE OIL**
 500 ml



\$1⁹⁹
**ORGANIC
 PASTAS**
 16 oz



\$3⁴⁹
**ORGANIC
 DRY BEANS**
 16 oz



\$3⁹⁹
**LIQUID DISH
 SOAP**
 25 oz



\$7²⁹
**FABRIC
 SOFTENER**
 50 oz



\$11⁹⁹
**LAUNDRY
 DETERGENT**
 100 oz



\$2¹⁹
PAPER TOWEL
 1 roll



\$1⁵⁹
FACIAL TISSUE
 1 box



\$8⁹⁹
BATH TISSUE
 12 pack

...AND MANY MORE!