



Now 2x monthly!

# RT DEALS

April 9–April 29, 2025



**Bob's Red Mill  
Organic Flour**  
selected varieties

**\$8<sup>99</sup>**  
5 lb



**If You Care  
Parchment Baking Paper**  
70 sq ft

**\$5<sup>49</sup>**

## Make memorable meals with these deals

**Wholesome Sweeteners  
Organic Brown Sugar**  
selected varieties

**\$4<sup>49</sup>**

24 oz



**Quinn Snacks  
Filled Pretzel Nuggets**  
selected varieties

**\$4<sup>99</sup>**

5.8–7 oz



**Immaculate Baking Company  
Organic Flaky Biscuits**

**\$4<sup>49</sup>**

16 oz



**Hu  
Organic Chocolate Bar**  
selected varieties

**\$3<sup>99</sup>**

2.1 oz



**Cascadian Farm  
Organic Cereal**  
selected varieties

**\$2<sup>99</sup>**

8.6–13.5 oz



**Siete  
Tortilla Chips**  
selected varieties

**\$4<sup>49</sup>**

5 oz



**C2O  
Coconut Water**  
selected varieties

**2/\$5**

17.5 oz



**Health-Ade  
Organic Kombucha**  
selected varieties

**\$3<sup>49</sup>**

16 oz



**Eternal Water  
Naturally Alkaline  
Spring Water**

**2/\$4**

1.5 lt



Look for new deals on **April 30!**



Annie's **Promise for Better:** a promise to choose nutritious and pantry-worthy ingredients, to add yumminess to every kid's meal, and to use organic ingredients that are forever kind to the planet.



**Annie's Organic Bunny Crackers**  
selected varieties

**\$3<sup>99</sup>**

7.5 oz



**Annie's Organic Cheddar Cheesy Smiles**

**\$3<sup>49</sup>**

4 oz



**Annie's Mac & Cheese**  
selected varieties

**2/\$3**

5.25–6 oz

**Minor Figures Organic Barista Oat Milk**

**\$3<sup>99</sup>**

32 oz



**Primal Kitchen Mayo with Avocado Oil**  
selected varieties

**\$9<sup>99</sup>**

12 oz



**Sir Kensington's Mayonnaise**  
selected varieties

**\$7<sup>49</sup>**

12 oz



Rice-obsessed since 1937. We exist to grow the highest quality rice using organic and regenerative farming practices because the health of our bodies and our planet depend on it.



**Lundberg Family Farms Organic Rice Pouches**  
selected varieties

**\$8<sup>49</sup>**

2 lb



**Lundberg Family Farms Organic Rice Cakes**  
selected varieties

**\$3<sup>99</sup>**

8.5 oz

**Divina Dolmas Stuffed Grape Leaves**

**\$3<sup>49</sup>**

7 oz



**Terra Chips Vegetable Chips**  
selected varieties

**\$3<sup>49</sup>**

5–6 oz





## Angie's BoomChickaPop Popcorn

selected varieties

# \$3<sup>49</sup>

4.4-7 oz



## BEAR Fruit Roll

selected varieties

# 3/\$3

0.7 oz



## St. Dalfour French Fruit Spread

selected varieties

# \$4<sup>49</sup>

10 oz



Hand-crafted near Bordeaux, France, our family follows a traditional French recipe, sweetening hand-selected fruit with vineyard-ripened grape juice. Small-batch cooking ensures the most delicious, highest-quality fruit spread.

## Alter Eco Organic Chocolate Bar

selected varieties

# \$3<sup>99</sup>

2.65-2.82 oz



## Little Secrets Crispy Wafers

selected varieties

# 2/\$4

1.4 oz



## Annie's Organic Fruit Snacks

selected varieties

# \$3<sup>99</sup>

7 oz



## Strawberry Lemonade Cupcakes

1 HR 30 MIN · MAKES 18-20 · VEGETARIAN

### INGREDIENTS

3 cups all-purpose flour or cake flour	1 cup buttermilk
4 teaspoons baking powder	Zest and juice of 2 medium lemons
½ teaspoon sea salt	1 lb unsalted butter, softened
12 tbsps (1 ½ sticks) unsalted butter, softened	2 cups confectioner's sugar, sifted
1 ½ cups cane sugar	¾ cup strawberry jam, divided
3 egg whites	10 ripe strawberries, halved

### DIRECTIONS

- 1 Preheat oven to 350°F. In a medium bowl, whisk together flour, baking powder, and salt.
- 2 In a large mixing bowl or the bowl of a stand mixer, cream butter and cane sugar together until pale in color. Whisk in egg whites until batter is smooth.
- 3 Fold in half the dry ingredients, then half the buttermilk and repeat. Fold in lemon zest and juice.
- 4 Line two cupcake pans with cupcake liners and fill ¾ full of batter. Bake for 20 minutes (rotating pans halfway through baking) or until a toothpick inserted in the centers come out clean. Set aside to cool completely.
- 5 Cream butter and add sifted confectioner's sugar. Beat frosting until smooth then mix in ½ cup of strawberry jam. Place in a piping bag fitted with a star piping tip.
- 6 To decorate cupcakes, pipe frosting in a circular pattern over the top of the cupcake leaving a well in the center. Place a teaspoon of strawberry jam in the center of the frosting. Top cupcakes with a strawberry half.



## Dandies Vegan Marshmallow Cream

# \$4<sup>99</sup>

6.3 oz



## Fruit Bliss Organic Tart Cherries

# \$4<sup>99</sup>

5 oz



# HAPPY Earth Day

APRIL 22



## Evive Smoothie Cubes

selected varieties

**\$5.99**

10.58 oz



## Simple Mills Almond Flour Baking Mix

selected varieties

**\$6.99**

9-12.9 oz



## One Degree Organics Organic Sprouted Cereal

selected varieties

**\$4.99**

8-10 oz



For plant-curious foodies seeking delicious and kinder food choices, Miyoko's Creamery is an organic plant milk creamery that crafts the world's finest vegan cheese & butter, empowering them to choose good food that nurtures good in our world.



## Miyoko's Kitchen Organic Plant Milk Butter

**\$4.99**

8 oz

## Recess Enhanced Water

selected varieties

**2/\$5**

12 oz



## Zevia Zero Sugar Soda

selected varieties

**\$6.49**

6/12 oz





**GT's  
Synergy Kombucha**  
selected varieties



**\$3<sup>49</sup>**

16 oz

**ROAR Organic  
Organic Vitamin Enhanced Beverage**  
selected varieties



**2/\$4**

18 oz

**Good Culture  
Organic Sour Cream**



**\$3<sup>99</sup>**

16 oz

**Oatly  
Non-Dairy Frozen Dessert**  
selected varieties



**\$4<sup>79</sup>**

1 ct

**Green Valley  
Organic Cream Cheese**



**\$3<sup>99</sup>**

8 oz

**Treeline Cheese  
French-Style Cashew Cheese**  
selected varieties



**\$6<sup>99</sup>**

6 oz

**Little Sesame  
Hummus**  
selected varieties



**\$3<sup>99</sup>**

8 oz

**Cascadian Farm  
Organic Potatoes**  
selected varieties



**\$3<sup>49</sup>**

12-16 oz



**Organic Valley  
Organic Butter**  
selected varieties

**\$9<sup>49</sup>**

16 oz



**Organic Valley  
Organic Ghee**  
selected varieties

**\$8<sup>99</sup>**

7.5-13 oz



**Organic Valley  
Organic Cream Cheese**  
selected varieties

**\$3<sup>99</sup>**

8 oz

Bring some small family farm goodness to your spring baking with Organic Valley. All Organic Valley dairy products are made with organic milk from pasture-raised cows for undeniably delicious flavor.

Gaia Herbs  
Turmeric Supreme Extra Strength



**\$24<sup>99</sup>**

60 vcap

Natural Factors  
Whole Earth & Sea  
Women's Multivitamin & Mineral



**\$29<sup>99</sup>**

60 tab

Alba Botanica  
Sunscreen  
selected varieties



**\$13<sup>99</sup>**

5 oz

gaia  
HERBS

×

KISS  
-the-  
GROUND  
FOR REGENERATION®

# Healthy People Start with Healthy Soil



SILVER

At the Gaia Herbs farm, we are nurturing the land through regenerative organic agriculture. We're partnering with Kiss the Ground to inspire the transition of 5,000 acres to regenerative practices.







**Dr. Bronner's**  
Organic Castile Liquid Soap  
selected varieties

**\$14.99**

32 oz



**DR. BRONNER'S**  
**ALL-ONE!**

**Himalaya**  
Toothpaste  
selected varieties



**\$5.49**

4-5.29 oz

**Desert Essence**  
Toothpaste  
selected varieties



**\$6.49**

6.25 oz

**DrTung's**  
Smart Floss



**\$3.99**

30 yd



**Vital Proteins**  
Collagen Peptides  
selected varieties



**Vital Proteins**  
Marine Collagen



**Vital Proteins**  
Collagen Peptides  
selected varieties

**\$24.99**

10 oz

**\$32.99**

7.8 oz

**\$41.99**

20 oz

**VITAL PROTEINS®**

90% Less Plastic, 100% Yes.  
Meet our blue paperboard tub.\*

\*Technically, it's made of 80% paperboard with over 90% plastic reduction across all canister offerings based on 2023 numbers versus the amount of plastic in the same number of canisters in 2025.

# Natural Dyed Eggs

1-2 HR

## INGREDIENTS

1 quart water

2 tablespoons white vinegar

Hard boiled eggs

For pink eggs: 2 medium beets,  
shredded or 2 tablespoons beet  
powder

For blue eggs: ½ small red cabbage

For orange eggs: 4 yellow onion skins

For yellow eggs: 2 tablespoons ground  
turmeric

## DIRECTIONS

**1** Place water and one natural coloring agent into a 2-quart pot and bring to a boil. Reduce heat and simmer for 15–30 minutes. Cool mixture and strain each mixture into a separate bowl using a fine sieve. Stir in vinegar.

**2** Place hard boiled eggs into respective dyes for 20 minutes, longer for deeper color.



## 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: Coalition to Save Hempstead Harbor

Founded in 1986, the people behind the Coalition to Save Hempstead Harbor have worked tirelessly to rally the public's interest in restoring the harbor to its full ecological potential. It's been a mission that Jerry and Rising Tide have supported for over 30 years. Protecting and promoting the harbor's resiliency, as well as educating the public, are included in the advocacy work that CSHH does to ensure that our harbor is and remains healthy, sustainable, and thriving.