



2X monthly!

RT DEALS

July 30–August 12, 2025



Perfect Bar Protein Bar
selected varieties

2/\$5
2.18–2.5 oz



Everyone Hand Sanitizer Spray
selected varieties

\$2⁴⁹
2 oz

Savor the flavor of summer!

Amy's Vegan Cheese Pizza Snacks

Solely Organic Fruit Jerky
selected varieties

Annie's Organic Bunnies Snack Mix

\$4⁹⁹

6 oz



2/\$3

0.8 oz



\$4⁹⁹

9 oz



Late July Organic Tortilla Chips
selected varieties

Bachan's Japanese Barbecue Sauce
selected varieties

Lightlife Organic Tempeh
selected varieties

\$3⁹⁹

7.4–10.1 oz



\$7⁹⁹

16–17 oz



\$3⁹⁹

7–8 oz



Enjoy Life Foods Chocolate Chips
selected varieties

Birch Benders Organic Pancake & Waffle Mix
selected varieties

Barbara's Original Cheese Puffs

\$6⁴⁹

9 oz



\$4⁹⁹

14–16 oz



2/\$6

7 oz



Look for new deals on **August 13!**

Safe Catch
Elite Wild Tuna

\$2⁹⁹

5 oz



Primal Kitchen
Mayo with Avocado Oil
selected varieties

\$9⁹⁹

12 oz



Garden of Eatin'
Taco Shells
selected varieties

\$3⁹⁹

5.5 oz



Egglife Wraps
Original Egg White Wrap

\$4⁹⁹

6 oz



Go Raw
OG Sprouted Pumpkin Seeds
with Celtic Sea Salt

\$10⁹⁹

14 oz



Back to Nature
Crackers
selected varieties

\$3⁴⁹

4-7 oz

BEAR
Strawberry Fruit Roll

\$3⁹⁹

5/3.5 oz



Essentia
Alkaline Water

2/\$3

20 oz



Lundberg Family Farms
Organic Rice Cakes
selected varieties

\$3⁹⁹

8.5-11 oz



Cado
Deep Dark Chocolate

\$5⁹⁹

1 pt



Jackson's
Sweet Potato Chips
selected varieties

\$3⁹⁹

5 oz



Graza
Extra Virgin Olive Oil - Sizzle

\$13⁹⁹

750 ml



BACK TO
NATURE
EST. 1960

Back to Nature is remaking
your favorite super tasty
snacks with honest-to-
goodness ingredients.
Simple joys, no regrets,
happy days.

**Purely Elizabeth
Granola**

selected varieties

\$6⁹⁹

8-12 oz



**Artisana Organics
Organic Raw Cashew Butter**

\$14⁹⁹

14 oz



**Crofter's Organic
Organic Premium Fruit Spread**

selected varieties

\$4⁹⁹

16.5 oz



Bursting with real fruit, Crofter's Organic spreads are crafted with care using sustainably sourced, organic ingredients—perfect for real food lovers, families, and anyone seeking a more thoughtful, flavorful everyday pantry staple.

**Recess
Enhanced Water**

selected varieties

2/\$4

12 oz



**R.W. Knudsen
Black Cherry Juice**

\$6⁹⁹

32 oz



**GT's
Alive Ancient Mushroom Elixir**

selected varieties

\$3⁴⁹

16 oz



**Once Again
Organic Tahini**

\$8⁹⁹

16 oz



**Once Again
Organic Sunflower Butter**
selected varieties

\$6⁹⁹

16 oz



**Once Again
Organic Peanut Butter**
selected varieties

\$6⁹⁹

16 oz



Spreading integrity since 1976, Once Again is a 100% employee-owned company that produces clean ingredient nut & seed butters and snacks. Our passionate employee owners take pride in fueling healthy lifestyles with small-batch, high-quality products crafted as close to homemade as possible.

Ripple
Plant-Based Milk
selected varieties

\$5.99

48 oz



Elmhurst
Plant-Based Milk
selected varieties

\$5.99

32 oz



Three Trees
Organic Almondmilk
selected varieties

\$5.99

28 oz



Vital Farms
Butter
selected varieties

\$3.99

8 oz



Base Culture
Sliced Bread
selected varieties

\$8.49

16-24 oz



Beyond Meat
Beyond Sausage Patties
selected varieties

\$4.99

7.4 oz



Beekeeper's Naturals
Propolis Immune Support
Throat Spray

\$10.99

30 ml



Natural Factors
Organic Oil of Oregano

\$19.99

1 oz



Laird Superfood
Hydrate Original

\$11.99

8 oz



Aura Cacia®
pure essential oils

Aura Cacia
Organic
Castor Oil

\$9.99

16 oz



Aura Cacia
Lavender
Essential Oil

\$9.99

11 oz



Aura Cacia
Eucalyptus
Essential Oil

\$4.99

0.5 oz



Aura Cacia
Peppermint
Essential Oil

\$6.99

0.5 oz



Flora
Super 8 Hi-Potency Probiotic

\$22.99

30 cap



Renew Life
3-Day Cleanse

\$7.99

12 ct



**Everyone
Kids Lavender Soap**

\$8⁹⁹

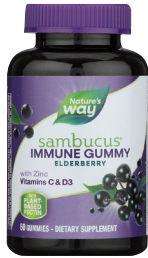
32 oz



**Nature's Way
Sambucus Immune Gummy**

\$21⁹⁹

60 ct



**Boiron
Calendula Cream**

\$9⁹⁹

2.5 oz



**Desert Essence
Spearmint Tea Tree Oil
Mouthwash Refill**

\$7⁹⁹

16 fl oz



**Every Man Jack
Deodorant**
selected varieties

\$6⁹⁹

2.7-3 oz



**Caboo
Tree-Free Baby Wipes**

\$4⁹⁹

72 ct



**Tru Earth
Laundry Detergent Strips**
selected varieties

\$13⁹⁹

32 ct





**NORDIC
NATURALS®**
Heart | Mind | Body



Learning³

Nordic Naturals Kids supplements are carefully formulated to give your children powerful heart, mind, and body support to help them thrive in school.*

Select Nordic Naturals Kids supplements on sale!

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Kids Lunch Box

30 MIN • SERVES 1 • TRADITIONAL

Sandwiches:

1-2 slices sandwich bread
1 slice cheddar cheese
5 pepperoni slices

- 1 Using a cookie cutter, cut out two bread shapes for the sandwich using one or two slices of bread depending on the size and shape of the cookie cutter.
- 2 Assemble sandwich by layering the pepperoni and cheese between the slices of bread.

Vegetable Sticks:

1 small cucumber
1 small red bell pepper
1 medium carrot

- 1 Slice vegetables into $\frac{1}{4}$ inch thick slices. Use various shaped cutters to cut out shapes.
- 2 Thread veggies onto blunt end toothpicks to create mini veggie skewers. Alternatively, place veggie cut outs into small cups and arrange in bento box.

Pinwheels:

1 whole wheat flour tortilla, 8" round
 $\frac{1}{4}$ cup softened cream cheese, plain or flavored

- 1 Spread cream cheese onto the tortilla and roll up. Chill in the refrigerator for 30 minutes then slice into $\frac{1}{2}$ " thick wheels.

Fruit and Cheese Sticks:

1 red apple
2 cheddar cheese slices, $\frac{1}{4}$ " thick

- 1 Slice apple into $\frac{1}{4}$ inch thick slices. Use various shaped cutters to cut out different shapes.
- 2 Cut shapes out of the cheese slices.
- 3 Thread fruit and cheese onto blunt end toothpicks to create mini fruit and cheese skewers. Alternatively, place cut outs into small cups and arrange in bento box.



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 Glen Cove Education Foundation

The Glen Cove Education Foundation works tirelessly in support of their two missions. The first is to raise funds for the Glen Cove City School District, and the second is to engage the community so that they too will invest in the city's schools. From funding programs for afterschool clubs and outdoor classrooms, to donations for things like touchless water filtration systems and air purifiers, The Glen Cove Education Foundation is an enormous asset to the community.



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



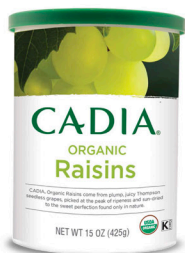
starting at
\$5²⁹
**ORGANIC
RICE**
32 oz



\$7²⁹
**ORGANIC
UNREFINED
COCONUT OIL**
14 oz



starting at
\$2⁴⁹
**ORGANIC
CONDIMENTS**
8-24 oz



\$5⁷⁹

**ORGANIC
RAISINS**

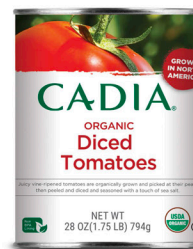
16 oz



\$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!