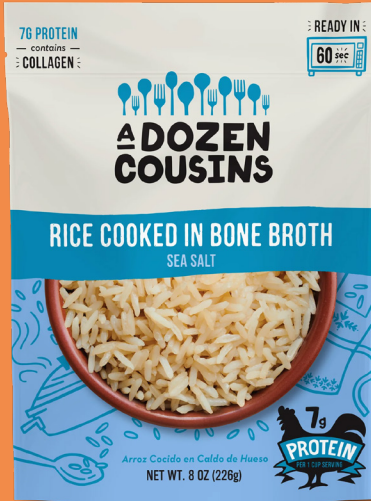




2X monthly!

# RT DEALS

September 24–October 14, 2025



A Dozen Cousins  
Rice Cooked In  
Bone Broth with  
Sea Salt

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

8 oz



Vital Farms  
Butter  
selected varieties

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

8 oz

## Double up on fall deals!

C2O  
Coconut Water  
selected varieties



OLIPOP  
Prebiotic Soda  
selected varieties



Health-Ade  
Organic Kombucha  
selected varieties



**2/\$5**

17.5 oz

**2/\$4**

12 oz

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

16 oz

Organic Valley  
Organic Shredded Cheese  
selected varieties



Rao's  
Pasta Sauce  
selected varieties



Beyond Meat  
Beyond Beef Plant-Based Ground



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

6 oz

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

24 oz

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

16 oz

ROAR Organic  
Organic Vitamin  
Enhanced Beverage



Aloha  
Organic Coconut Almond  
Chocolate Protein Bar



Almond Breeze  
Almondmilk  
selected varieties



**2/\$4**

18 oz

**2/\$5**

1.98 oz

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

32 oz



Look for new deals on **October 15!**

**Artisana Organics**  
**Organic Raw Cashew Butter**

**\$14<sup>99</sup>**

14 oz



**Back to Nature**  
**Classic Creme Sandwich Cookies**

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

9 oz



**Kettle & Fire**  
**Organic Bone Broth**  
selected varieties

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

16.9 oz



**Primal Kitchen**  
**Avocado Oil**

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

16.9 oz



**Napa Valley Naturals**  
**Organic Extra Virgin Olive Oil**

**\$21<sup>99</sup>**

25.4 oz



**Maple Roasted Winter Squash**

1 HR • SERVES 6-8 • VEGETARIAN

**INGREDIENTS**

- 5 pounds winter squash such as kabocha or butternut, seeded and cut into 1" pieces
- 1 medium red onion, chopped
- ½ cup walnut halves
- ¼ cup avocado oil
- ¼ cup maple syrup
- 1 teaspoon sea salt
- 1 teaspoon crushed red pepper flakes (or to taste)
- ½ cup crumbled feta

**DIRECTIONS**

- 1 Preheat oven to 400°F. Place winter squash, red onion, and walnut halves in a large mixing bowl.
- 2 In a separate bowl, whisk together the avocado oil, maple syrup, salt, and crushed red pepper flakes. Pour mixture over squash and toss until well coated.
- 3 Spread squash out on two parchment-lined baking pans in a single layer. Bake for 40 minutes or until squash is tender.
- 4 Place squash in a serving vessel and sprinkle on crumbled feta.



**Annie's**

**Hop into Savings:**

**Annie's is On Sale!**



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

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

7.5 oz



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

**2/\$5**

5.25-6 oz



**Annie's Organic Cheddar Cheesy Smiles**

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

4 oz

**Mi Niña  
Tortilla Chips**  
selected varieties

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

12 oz



**Bellwether Farms  
Organic Jersey Cow's  
Strawberry Milk Yogurt**

**2/\$4**

5.3 oz



**Pacific Foods  
Organic Soup**  
selected varieties

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

32 oz



**Pacific Foods  
Organic Soup**  
selected varieties

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

16.1-16.5 oz



**Pacific  
FOODS.**

Pacific Foods' organic soups and chilis are consciously crafted with a bounty of organic, non-GMO ingredients and feature a range of vibrant, globally inspired flavors. Stock up on Pacific for options that are distinctly satisfying and worth savoring every spoonful.

**Siete  
Kettle Cooked Potato Chips**  
selected varieties

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

5.5 oz



**EPIC  
Snack Strip**  
selected varieties

**2/\$3**

0.8 oz



**Boulder Canyon  
Thin & Crispy Avocado Oil Sea  
Salt Potato Chips**

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

6 oz



**Manitoba Harvest  
Organic Hemp Hearts**

**\$11<sup>99</sup>**

12 oz



**SunButter  
Organic Sunflower Butter**

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

16 oz



**Lily's  
Baking Chips**  
selected varieties

**\$7<sup>99</sup>**

9 oz



**Clean Cause  
Organic Lemon Yerba Mate**

**2/\$5**

15.5 oz



**Egglife Wraps  
Original Egg White Wrap**

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

6 oz



**Four Sigmatic  
Organic Coffee with Mushrooms**  
selected varieties

**\$14<sup>99</sup>**

10 oz



**Frontier Co-Op**  
**Organic Ground Cinnamon**

**\$5.99**

1.76 oz



**Minor Figures**  
**Organic Barista Oat Milk**

**\$3.49**

32 oz



**Three Trees**  
**Organic Almondmilk**  
selected varieties

**\$7.49**

28 oz



**Goldthread**  
**Plant Based Tonic**  
selected varieties

**\$3.49**

10.5 oz



GoMacro MacroBars® are organic, plant-based nutrition bars made from simple, sustainably sourced ingredients. All MacroBars are Certified Organic, Vegan, Gluten-Free, Kosher, Non-GMO, C.L.E.A.N., and Soy-Free.



**GoMacro**  
**Organic MacroBar**  
selected varieties

**2/\$6**

2.3 oz

**Kite Hill**  
**Almond Milk Ricotta Alternative**

**\$8.99**

8 oz



**Chocolate Chia Seed Pudding**

5 MIN PREP • 2-4 HR CHILLING TIME • SERVES 2-3 • VEGETARIAN

**INGREDIENTS**

- 1 cup milk (whole, almond, oat, etc.)
- ½ cup plain yogurt
- 1 teaspoon vanilla extract
- ¼ cup chia seeds
- 2-4 tablespoons agave syrup
- 3 tablespoons cocoa powder, sifted
- 1 teaspoon mushroom powder
- Pinch of salt
- Shaved chocolate, for garnish
- Sliced almonds, for garnish
- Mint leaves, for garnish

**DIRECTIONS**

- 1 Whisk together all ingredients through salt in a mixing bowl until smooth. Adjust sweetness to taste and place in the refrigerator for 2-4 hours to thicken.
- 2 Spoon pudding into serving dishes and garnish with shaved chocolate, sliced almonds, and mint leaves.



**Go Raw**  
**Organic Sprouted Pumpkin Seeds with Celtic Sea Salt**

**\$10.99**

14 oz



**Van's**  
**Waffles**  
selected varieties

**\$3.99**

9 oz



**Birdie & Louie**  
Cat Food  
Wet Tuna

**2/\$3**

3 oz



**Boiron**  
Oscillococinum

**\$19.99**

12 ct



**Nordic Naturals**  
Ultimate Omega  
Lemon

**\$29.99**

60 ct



**Nordic Naturals**  
Ultimate Omega  
Lemon x2

**\$46.99**

60 ct



**Nordic Naturals**  
Omega-3  
Lemon

**\$42.99**

180 ct

**MegaFood**  
Whole Body Turmeric Curcumin

**\$25.99**

60 ct



**Everyone**  
Unscented Soap

**\$11.99**

32 oz



**Crystal**  
Body Deodorant Travel Stick

**\$2.99**

1.5 oz



**Alaffia**  
Pure Unrefined Shea Butter  
selected varieties

**\$13.99**

11 oz



**MegaFood**  
Women's One Daily

**\$39.99**

60 ct



**Caboo**  
Bamboo Baby Wipes

**\$5.49**

72 ct



**National Bike  
and Walk to  
School Day**

OCTOBER 1, 2025



# Miso Corn Chowder

40 MIN • SERVES 4 • PLANT-BASED

## INGREDIENTS

2 tablespoons olive oil  
½ small yellow onion or 1 large shallot, minced  
12 ounces red potatoes, ½" inch cubes  
3–4 ears corn on the cob or 10 ounces frozen corn  
3 cups miso broth\*  
½ cup canned coconut milk\*  
½ teaspoon sea salt  
¼ teaspoon coarse ground black pepper  
Salt and pepper to taste  
Sliced chives or green onions, optional  
Toasted sesame oil, optional

## DIRECTIONS

- 1 Remove corn kernels from cobs and set aside.
- 2 In a stock pot, heat oil over medium heat. Add onion and sauté for 3–5 minutes or until translucent.
- 3 Add potatoes, corn kernels, cobs, and miso broth. Cover and bring to a gentle simmer. Cook until potatoes are tender. Remove cobs and discard.
- 4 Stir in cream, salt, and black pepper. Carefully blend the soup to the desired texture in the pot with an immersion blender.
- 5 Serve garnished with chives and a light drizzle of toasted sesame oil.

\*If you cannot find miso broth, use vegetable broth or water with 2–3 tablespoons of miso. You can also use heavy cream in equal amounts for a vegetarian version.



## 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: Orkestai Farm

Orkestai Farm is a no-till organic vegetable farm located within Planting Fields Arboretum in Oyster Bay, providing hands-on education in ecological farming and related Arts to a Neurodiverse Community. Its educational programs foster healthy living, social engagement, creativity, and more. Members learn to grow food and feel empowered and confident about who they are and what they can achieve.



# 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!



**\$2<sup>29</sup>**  
**ORGANIC BROTHS**  
32 oz



**\$5<sup>99</sup>**  
**ORGANIC CHIA SEEDS**  
12 oz



**\$1<sup>29</sup>**  
**ORGANIC BEANS**  
16 oz



**\$12<sup>99</sup>**  
**ORGANIC ALMOND BUTTER**  
16 oz



**\$5<sup>99</sup>**  
**ORGANIC PEANUT BUTTER**  
16 oz



**\$6<sup>99</sup>**  
**ORGANIC WILDFLOWER HONEY**  
16 oz



starting at  
**\$3<sup>99</sup>**  
**ORGANIC JELLY & PRESERVES**  
11 oz



starting at  
**\$3<sup>69</sup>**  
**ORGANIC FROZEN FRUIT**  
10 oz



**\$3<sup>99</sup>**  
**ORGANIC FROZEN VEGETABLES**  
16 oz



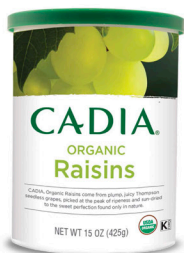
starting at  
**\$5<sup>29</sup>**  
**ORGANIC RICE**  
32 oz



**\$7<sup>29</sup>**  
**ORGANIC UNREFINED COCONUT OIL**  
14 oz



starting at  
**\$2<sup>49</sup>**  
**ORGANIC CONDIMENTS**  
8-24 oz



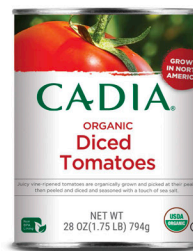
**\$5<sup>79</sup>**

**ORGANIC  
RAISINS**  
16 oz



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

**ORGANIC  
PASTA SAUCES**  
25 oz



**\$2<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**  
28 oz



**\$1<sup>79</sup>**

**ORGANIC  
CANNED  
TOMATOES**  
14.5 oz



**\$1<sup>29</sup>**

**ORGANIC  
TOMATO PASTE**  
6 oz



**\$1<sup>79</sup>**

**ORGANIC  
TOMATO SAUCE**  
15 oz



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

**ORGANIC  
MEDITERRANEAN  
EXTRA VIRGIN  
OLIVE OIL**  
500 ml



**\$1<sup>99</sup>**

**ORGANIC  
PASTAS**  
16 oz



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

**ORGANIC  
DRY BEANS**  
16 oz



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

**LIQUID DISH  
SOAP**  
25 oz



**\$7<sup>29</sup>**

**FABRIC  
SOFTENER**  
50 oz



**\$11<sup>99</sup>**

**LAUNDRY  
DETERGENT**  
100 oz



**\$2<sup>19</sup>**

**PAPER TOWEL**  
1 roll



**\$1<sup>59</sup>**

**FACIAL TISSUE**  
1 box



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

**BATH TISSUE**  
12 pack

**...AND MANY MORE!**