



2X monthly!

RT DEALS

December 3–December 16, 2025



Wholesome Sweeteners Organic Brown Sugar
selected varieties

\$4⁹⁹
24 oz



Simple Mills Almond Flour Baking Mix
selected varieties

\$6⁴⁹
9-12.9 oz

'Tis the season for savings!

Annie's Organic Mac & Cheese

2/\$6
6 oz



Lily's Baking Chips
selected varieties

\$7⁹⁹
9 oz



Wildbrine Kimchi
selected varieties

\$7⁹⁹
18 oz



Bionaturae Organic Tomato Paste

2/\$5
7 oz



Brazi Bites Brazilian Cheddar & Parmesan Cheese Bread

\$5⁴⁹
11.5 oz



Lakewood Organic Pure Carrot Juice

\$7⁴⁹
32 oz



California Olive Ranch Global Blend Extra Virgin Olive Oil

\$16⁹⁹
16.9 oz



Amy's Organic Soup
selected varieties

\$3⁹⁹
14.5 oz



Bob's Red Mill Gluten Free Cornbread Mix

\$3⁹⁹
20 oz



Look for new deals on **December 17!**

**Miss Jones Baking Co
Organic Frosting**

selected varieties

\$5⁹⁹

11.29 oz



**Navitas
Organic
Cacao Powder**

\$9⁹⁹

8 oz



**Pascha
Organic
Baking Chips**
selected varieties

\$11⁹⁹

8.8 oz



**Cocojune
Organic Vanilla Cinnamon
Protein Yogurt**

2/\$5

5 oz



**ECOS
Fruit & Vegetable Wash**

\$3⁹⁹

22 oz



**St. Dalfour
French Fruit Spread**
selected varieties

\$3⁹⁹

10 oz



**Vermont Creamery
Crème Fraîche**

\$4⁹⁹

8 oz



**Dr. Bronner's
Organic Pure-Castile
Lavender Bar Soap**

\$3⁹⁹

5 oz



**Carbone
Tomato Basil Pasta Sauce**

\$7⁹⁹

24 oz



**Earth Balance
Organic Vegan
Buttery Spread**

\$6⁹⁹

13 oz



**Nordic Naturals
Omega-3**

\$41⁹⁹

180 ct



**Equal Exchange
Organic Peppermint Tea**

\$4⁴⁹

20 ct



**Everyone
Unscented Lotion**

\$4⁹⁹

8 oz



**Oregon's Wild Harvest
Organic Milk Thistle
Dandelion**

\$28⁹⁹

90 ct



**PlusCBD
Reserve Extra Gummies
25 mg CBD 5 mg THC**

\$55⁹⁹

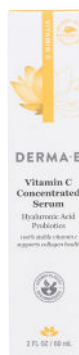
30 ct



**derma e
Vitamin C
Concentrated Serum**

\$19⁹⁹

2 oz



**Aura Cacia
Lavender
Essential Oil**

\$11⁹⁹

.5 oz



**Soothing Touch
Cedar Sage Bath Salts**

2/\$5

8 oz



**Weleda
Skin Food
Body Butter**

\$17⁹⁹

5 oz



**JASÖN
Vitamin E Skin Oil
5000 IU**

\$8⁹⁹

4 oz



**Avalon Organics
Shampoo or
Conditioner**
selected varieties

\$10⁹⁹

11 oz



**South of France
Bar Soap**
selected varieties

\$3⁹⁹

6 oz



Slow Cooker Squash & Quinoa Stew

4 HR 20 MIN • SERVES 6 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

3 tablespoons olive oil
1 large yellow onion, diced
1 large garlic clove, minced
2 pounds butternut squash, peeled and cubed
1 medium carrot, peeled and diced
1 quart vegetable broth
1 - 15-oz can fire roasted diced tomatoes
½ cup uncooked quinoa
1 tablespoon sriracha
2 teaspoons ground cumin
1 teaspoon smoked paprika
½ teaspoon dried thyme
1 ½ teaspoons sea salt
½ teaspoon ground black pepper

DIRECTIONS

- 1 Turn slow cooker on high. When hot add olive oil, onions, and garlic. Cook for 3–5 minutes until onions soften.
- 2 Add remaining ingredients. Stir to combine.
- 3 Cover and cook for 4 hours on high or until the butternut squash is tender and cooked through.
- 4 Adjust seasonings to taste and serve.



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: NOSH

Founded in March 2020, NOSH Delivers! was established to provide much-needed food assistance to individuals and families during the pandemic. Offering both food delivery services and a pantry, Nosh Delivers! serves members of the Glen Cove, Locust Valley, Sea Cliff, Glen Head, and Bayville communities. Though the pandemic is over, the needs of the community have grown, and Nosh Delivers! continues to work to help those suffering from food insecurity. We can't think of a better program to partner with during the holiday season.