



Now 2x monthly!

RT DEALS

January 29–February 11, 2025



The Good Crisp Company
Potato Crisps
selected varieties

\$3⁴⁹

5.6 oz



Tony's Chocolonely
Chocolate Bar
selected varieties

\$4⁹⁹

6.35 oz

Savor the savings on delicious snacks

Kettle
Potato Chips
selected varieties

\$3⁴⁹

5 oz



Siete
Kettle Cooked Potato Chips
selected varieties

\$3⁴⁹

5.5 oz



Angie's BoomChickaPop
Popcorn
selected varieties

\$2⁹⁹

4.4–7 oz



Traditional Medicinals
Organic Tea
selected varieties

\$4⁹⁹

16 ct



GT's
Kombucha
selected varieties

\$3⁴⁹

16 oz



Califia Farms
Organic Almond Milk
selected varieties

\$4⁹⁹

48 oz



Capello's
Chocolate Chip Cookie Dough

\$13⁴⁹

12 oz



Chocolove
Chocolate Bar
selected varieties

\$3⁴⁹

2.9–3.2 oz



Hu
Chocolate Bar
selected varieties

\$3⁹⁹

2.1 oz



Look for new deals on **February 12!**



At Amy's, we cook every meal with love. We spend countless hours in our kitchens, so you can enjoy delicious food in minutes. From our scratch made sauces to the perfectly balanced flavors, every bite delivers the comforting taste of home.



**Amy's
Macaroni & Cheese**

\$4⁹⁹

9 oz



**Amy's
Soup**
selected varieties

\$4⁴⁹

13.65–14.7 oz

**Annie's
Organic Mac & Cheese**

selected varieties

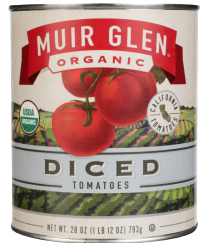


2/\$6

5.5–6 oz

**Muir Glen
Organic Tomatoes**

selected varieties



\$2⁹⁹

28 oz

**Rao's
Pasta Sauce**

selected varieties

\$7⁴⁹

24 oz



**A Dozen Cousins
Beans**

selected varieties

\$2⁹⁹

10 oz



**California Olive Ranch
Extra Virgin Olive Oil**

selected varieties

\$17⁹⁹

16.9 oz



**Garden of Eatin'
Corn Tortilla Chips**

selected varieties

2/\$5

5.5 oz



**Zack's Mighty
Organic Tortilla Chips**

selected varieties

\$3⁹⁹

7–9 oz



**Snow Days
Organic Pizza Bites**

selected varieties



\$5⁹⁹

6 oz

**Taza Chocolate
Organic Amaze Ba**

selected varieties

\$4⁹⁹

2.5 oz



**Mid-Day Squares
Functional Chocolate Bar**

selected varieties

2/\$4

1.16 oz



Buffalo Chicken Stuffed Avocados

15 MIN • SERVES 4 • GRAIN-FREE, KETO

INGREDIENTS

- 2 ripe avocados
- 1 cup shredded chicken
- 1 ½ tablespoons mayonnaise or Greek yogurt
- 1 tablespoon buffalo hot sauce
- ¾ cup cheddar cheese, shredded
- 1 green onion, thinly sliced
- ½ cup cilantro

DIRECTIONS

- 1 Preheat oven to 350°F. Prepare the buffalo chicken by whisking together mayonnaise and buffalo sauce in a small bowl. Fold in chicken and season with salt and pepper to taste.
- 2 Cut avocados in half and discard pit. Place avocados in an oven safe baking dish.
- 3 Spoon chicken salad on top of avocado halves and sprinkle with shredded cheese.
- 4 Bake for three to five minutes or until cheese has melted.
- 5 Place avocados on a serving tray and garnish with green onion and cilantro.



Michele's Granola

selected varieties

\$6.99

12 oz



Enjoy Life Foods Chocolate Chips

selected varieties

\$5.49

9-10 oz



Crofter's Organic Organic Premium Fruit Spread

selected varieties

\$5.99

16.5 oz



Purely Elizabeth Granola

selected varieties

\$6.99

8-12 oz



R.W. Knudsen Organic Tomato Juice

\$3.99

32 oz



ECOS Laundry Detergent Free & Clear



\$15.99

100 oz

Honey Mama's Cocoa Truffle Bar

selected varieties

\$4.99

2.5 oz



Vista Hermosa 5" Corn Tortillas

\$3.99

7.2 oz



Vista Hermosa 7" Flour Tortillas

\$4.99

12.8 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 Creamery
Organic Vegan
Cream Cheese**
selected varieties

\$4.99

8 oz



**Miyoko's Creamery
Organic Vegan
Butter**

\$4.99

8 oz

**Coombs Family Farms
Organic Maple Syrup - Grade
A Amber Rich**

\$12.99

12 oz



**Oatly
Oatmilk**
selected varieties

\$4.99

64 oz



**Ripple
Plant-Based Milk**
selected varieties

\$5.99

48 oz



**Nancy's
Organic Cottage Cheese**
selected varieties

\$4.99

16 oz



**Kite Hill
Dairy Free Ricotta**

\$7.99

8 oz



**NUCO
Organic Coconut Wraps**
selected varieties

\$6.99

2.47 oz



**Nick's Sticks
Snack Sticks**
selected varieties

2/\$5

1.7 oz



Acure
Seriously Soothing Cleansing
Cream

\$7.99

4 oz



Oregon's Wild Harvest
Organic Milk Thistle
Dandelion

\$28.99

90 vcap



Aura Cacia
Organic
Castor Oil

\$3.99

4 oz



Aura Cacia
Lavender
Essential Oil

\$8.99

0.5 oz



Each item is formulated with 100% pure essential oils and responsibly sourced mineral and plant-based ingredients. Rest assured that Aura Cacia products are never tested on animals and do not contain any harmful parabens or phthalates.

Life Extension
Ultra Prostate Formula

\$29.99

60 softgels



Alaffia - Babies & Kids
2 in 1 Shampoo & Body Wash

\$7.99

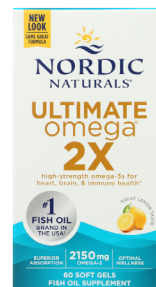
16 oz



Nordic Naturals
Ultimate Omega 2x

\$41.99

60 ct



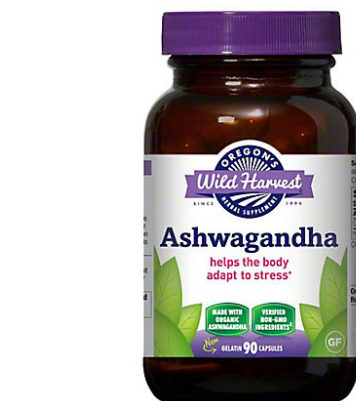
Weleda
Arnica Massage Oil

\$16.99

3.4 oz



Oregon's Wild Harvest
Organic Ashwagandha



\$23.99

90 ct

Vital Proteins
Collagen Peptides

\$29.99

10 oz



EO
Organic Deodorant Spray
selected varieties

\$4.99

4 oz



Weleda
Skin Food

\$14.99

2.5 oz



Barbecue Chicken

30-40 MIN • SERVES 4 • DAIRY-FREE, GLUTEN-FREE

INGREDIENTS

2 tablespoons olive oil
8 chicken legs
 $\frac{3}{4}$ cup barbecue sauce
Salt and pepper

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Line a baking sheet with parchment paper and place chicken on tray.
- 3 Coat chicken with olive oil and season with salt and pepper.
- 4 Bake chicken for 15 minutes, then start to baste with barbecue sauce every 5-10 minutes thereafter. Continue to cook chicken until the internal temperature reaches 165°F.
- 5 Remove chicken from oven and allow to rest on a clean plate for 5 minutes before serving.



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!



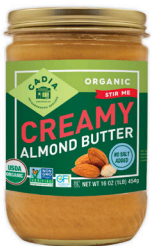
\$2²⁹
ORGANIC BROTHS
32 oz



\$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



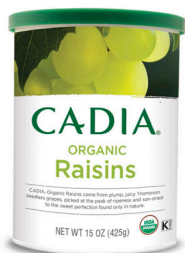
starting at
\$5²⁹
ORGANIC RICE
32 oz



\$7²⁹
ORGANIC UNREFINED COCONUT OIL
14 oz



starting at
\$2⁴⁹
ORGANIC CONDIMENTS
8-24 oz



\$5⁷⁹

**ORGANIC
RAISINS**

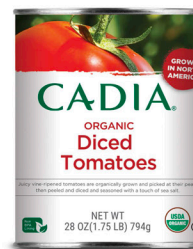
16 oz



\$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!