



Now 2x monthly!

RT DEALS

April 30–May 13, 2025



Organic Valley
Organic Shredded
Cheese
selected varieties

\$4.99
6 oz



Ithaca
Craft Hummus
selected varieties

\$3.99
10 oz

Stock up on delicious snacks

Chocolove
Chocolate Bar
selected varieties

\$3.49
2.9–3.2 oz



Larabar
Fruit & Nut Bar
selected varieties

5/\$5
1.6–1.7 oz



Panda
Licorice
selected varieties

\$3.49
7 oz



The Good Crisp Company
Potato Crisps
selected varieties

2/\$6
5.6 oz



Late July
Tortilla Chips
selected varieties

\$3.99
7.8 oz



Mary's Gone Crackers
Organic Crackers
selected varieties

\$3.99
5 oz



GT's
Alive Ancient Mushroom Elixir
selected varieties

\$3.49
16 oz



Lesser Evil
Organic Popcorn
selected varieties

\$3.49
4.6 oz



Harmless Harvest
Organic Coconut Water

\$4.99
16 oz



Look for new deals on **May 14!**

Annie's
Organic Mac & Cheese
 selected varieties

2/\$6

6 oz



Made In Nature
Dried Cranberries

\$4⁴⁹

5 oz



Michele's
Granola
 selected varieties

\$6⁹⁹

12 oz



California Olive Ranch
Extra Virgin Olive Oil
 selected varieties

\$14⁹⁹

16.9 oz



California Olive Ranch
Extra Virgin Olive Oil
 selected varieties

\$21⁹⁹

25.4 oz



California Olive Ranch is exceptionally committed to high quality Extra Virgin Olive Oil. Our award-winning Global Blend Extra Virgin Olive Oil is crafted by the world's best olive growers, offering a balanced flavor that's perfect for everyday cooking.

Rao's
Pasta Sauce
 selected varieties

\$7⁴⁹

24 oz



Vegan Rob's
Puffs
 selected varieties

\$2⁹⁹

3.5 oz



Set the table with Siete Foods! Siete is a Mexican-American food brand that creates delicious heritage-inspired products with thoughtfully selected ingredients—like avocado oil and organic beans.

Enjoy Siete's Refried Black Beans (and more!) with friends and familia because Juntos es Mejor.



Siete
Seasoning
 selected varieties

2/\$5

1-1.31 oz



Siete
Kettle Cooked Potato Chips
 selected varieties

\$3⁴⁹

5.5 oz

Chicken Nachos

20 MIN • SERVES 4

INGREDIENTS

- 1 pound ground chicken
- 1 packet **Siete** taco seasoning
- 1 5-7.5 oz bag **Siete** tortilla chips
- 2 large Roma tomatoes, seeded and chopped
- 1 15 oz can pinto beans, rinsed and drained
- ½ cup thinly sliced red onion
- 1 small jalapeno, thinly sliced
- 8-12 ounces shredded Mexican blend cheese
- ½ cup cilantro leaves
- ½ cup sour cream
- ½ cup salsa

DIRECTIONS

- 1 Cook ground chicken by following the spice packet instructions.
- 2 To assemble nachos, place tortilla chips on a baking sheet then evenly distribute cooked chicken, tomatoes, beans, red onion, jalapeno, and cheese.
- 3 Bake for 15 minutes at 375°F or until heated through and cheese has melted.
- 4 Garnish nachos with cilantro and serve with sour cream and salsa.



Nick's Sticks Snack Sticks

selected varieties

2/\$5

1.7 oz



RW Garcia Organic Corn Chips

selected varieties

\$4.49

7.5-8.25 oz



Food Should Taste Good Tortilla Chips

selected varieties

\$3.99

5.5 oz



Jacksons Sweet Potato Chips

selected varieties

\$3.49

5 oz



Gimme Health Foods Organic Roasted Seaweed Snacks

selected varieties

2/\$4

0.32-0.35 oz



Vermints Organic Breath Mints

selected varieties

2/\$5

1.41-1.74 oz



Serenity Kids Organic Baby Food Pouch

selected varieties

2/\$5

3.5 oz





For over thirty years, Nature's Path has been a pioneer in the organic food movement. Although our family-owned company was founded in 1985, we have a long tradition of organic food and farming that began much earlier. It is our mission to provide families with nourishing organic foods while leaving the earth better than we found it!



Nature's Path Organic Mesa Sunrise
selected varieties

\$8⁹⁹

23-26.4 oz



Nature's Path Organic Heritage Flakes
selected varieties

\$9⁹⁹

26.4-32 oz



Nature's Path Organic Oatmeal
selected varieties

\$3⁹⁹

8 pkt

Solely Organic Fruit Jerky
selected varieties



2/\$3

0.8 oz

Painterland Sisters Organic Skyr Yogurt
selected varieties



2/\$6

5.3 oz

Remedy Organics Organic Protein Drink
selected varieties



\$3⁹⁹

12 oz

Once Upon A Farm Organic Baby Food
selected varieties



2/\$5

3.2 oz

Pascha Chocolate Organic Baking Chips
selected varieties



\$9⁹⁹

7-8.8 oz

MadeGood Organic Crispy Squares
selected varieties



\$3⁹⁹

6 ct

Perfect Bar Protein Bar
selected varieties



2/\$6

1.94-2.5 oz

Crofter's Organic
Organic Premium Fruit Spread
 selected varieties

\$5.49

16.5 oz



Stacy's
Organic Pita Chips

\$5.49

10.25 oz



Catalina Crunch
Keto Friendly Cereal
 selected varieties



Tasty Bite
Organic Rice
 selected varieties

2/\$5

8.8 oz



Three Wishes
Grain Free Cereal
 selected varieties

\$5.99

8.6 oz



\$7.99

8-9 oz

Oatly
Chilled Original Oatmilk

\$4.99

64 oz



Three Trees
Organic Almondmilk
 selected varieties

\$6.99

28 oz



Forager Project
Organic Cashew & Coconut
Yogurt Alternative
 selected varieties

\$5.49

24 oz



Vermont Creamery
Crème Fraîche Cup

\$3.99

8 oz



Kerrygold
Cheese
 selected varieties

\$5.49

7 oz



Bubbies
Sauerkraut
 selected varieties

\$7.99

25 oz



Vista Hermosa
Corn Tortillas

\$3.49

7.2 oz



Canyon Bakehouse
Gluten Free Bread
 selected varieties

\$6.49

18 oz



Dr. Praeger's
Veggie Burgers
 selected varieties

\$4.99

10-11 oz



Van Leeuwen
Ice Cream
selected varieties

\$5.99

14 oz



GoodPop
Organic Dairy-Free Frozen Pops
selected varieties

\$4.49

4 ct



Nuun
Sport Hydration Tablets
selected varieties

\$4.99

10 ct



DIY Floral Food

5 MIN • MAKES 1 QUART

INGREDIENTS

- 1 quart warm water
- 2 tablespoons cane sugar
- 2 tablespoons lemon juice or
- 1 tablespoon citric acid
- 1 tablespoon white vinegar

DIRECTIONS

- 1 Combine all ingredients in a pitcher and stir until dissolved.
- 2 Fill a clean vase with mixture.
- 3 Cut flower stems and arrange in vase.
- 4 For the longest lasting blooms, refresh every three days. Clean vase and rinse flower stems. Add fresh DIY Floral Food. Recut stems and rearrange. Keep bouquet out of direct sunlight.



Acure
Shampoo and Conditioner
selected varieties

\$7⁹⁹

8 oz



Oregon's Wild Harvest
Organic Milk Thistle Dandelion

\$29⁹⁹

90 ct



Aura Cacia
Organic Castor Oil

\$3⁹⁹

4 oz



Vibrant Health
Green Vibrance

\$46⁹⁹

330 g



Carlson
Cod Liver Oil

\$47⁹⁹

500 ml



Garden of Life
Dr. Formulated Probiotics
Once Daily Women's

\$42⁹⁹

30 vcap



Natural Factors
WellBetX® Berberine 1000 mg

\$22⁹⁹

60 vcap



Childlife
Liquid Vitamin C

\$6⁹⁹

4 oz



Ultima Replenisher
Electrolyte Mix
selected varieties

\$16⁹⁹

3.9 oz



Heritage Store
Organic Castor Oil

\$17⁹⁹

16 oz



Aura Cacia
Lavender Essential Oil

\$9⁹⁹

0.5 oz



Mineral Fusion
Nail Polish Remover

\$7⁹⁹

6 oz



EO
Organic Deodorant Spray
selected varieties

\$5⁹⁹

4 oz



Choice
Tea
selected varieties

\$3⁴⁹

16 ct



Andalou Naturals
Shampoo or Conditioner
selected varieties

\$7⁹⁹

11.5 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.



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: North Shore Land Alliance

Concerned about the changing environmental landscape of Long Island, a group of friends founded the North Shore Land Alliance. Beginning in 2003, it has worked to preserve Long Island habitats including wetlands, green spaces, farmland, historical sites, and groundwater. Through outreach, volunteerism, and education, it has succeeded in protecting over 1,000 acres of land and continues to advocate for the adoption of better conservation laws. Since its founding, it has grown to include over 200 volunteers. To see their work in action, just visit the Shore Road Sanctuary in Cold Spring Harbor, where they've transformed a former ExxonMobile fueling site into eight acres of thriving grassland.