



**2X monthly!**

# RT DEALS

December 31, 2025–January 13, 2026



Once Upon A Farm  
Organic 7+ Month  
Baby Food  
Wild Rumpus  
Avocado

**2/\$6**  
3.2 oz



Base Culture  
Keto Bread

**\$7.99**  
16 oz

## New Year, New Deals!

**Solely  
Organic Fruit Jerky**  
selected varieties

**2/\$3**  
.8 oz



**Simple Mills  
Organic Seed Flour Crackers**  
selected varieties

**\$4.49**  
4.25 oz



**Good Health  
Avocado Oil Potato Chips**  
selected varieties

**2/\$6**  
5 oz



**Manitoba Harvest  
Organic Hemp Hearts**

**\$10.99**  
12 oz



**Purely Elizabeth  
Granola**  
selected varieties

**\$6.99**  
8–12 oz



**Primal Kitchen  
Dressing & Marinade**  
selected varieties

**\$6.49**  
8 oz



**Yogi  
Organic Tea**  
selected varieties

**\$3.99**  
16 ct



**A Dozen Cousins  
Cuban Black Beans**

**\$2.99**  
10 oz



**Harmless Harvest  
Organic Coconut Water**

**\$4.99**  
16 oz



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

**Wild Planet  
Wild Albacore Tuna**

selected varieties

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

5 oz



**Seeds of Change  
Organic Rice & Grains**

selected varieties

**2/\$6**

8.5 oz



**Lundberg Family Farms  
Organic Rice Pouches**

selected varieties

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

2 lb



**Amy's  
Organic Soups**

selected varieties

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

13.65–14.5 oz



Eat well, feel vibrant, and live fully with Bragg®. The original wellness brand bringing you products grounded in science and guided by nature since 1912. From our famous Apple Cider Vinegar to NSF-certified supplements, your wellness routine needs what's real.



**Bragg  
Nutritional Yeast**

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

4.5 oz



**Bragg  
Organic Apple Cider Vinegar**

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

16 oz

**Kettle & Fire  
Bone Broth**

selected varieties

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

16.9 oz



**Annie's  
Mini Cheese Pizza Bagels**

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

6.65 oz



**BEAR  
Strawberry Fruit Rolls**

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

3.5 oz



*¡Buen Provecho!*

Taco Night essentials for the whole familia.



**Siete  
Seasoning**  
selected varieties

**2/\$4**

1–1.31 oz



**Siete  
Tortilla Chips**  
selected varieties

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

5 oz

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

selected varieties



**\$19<sup>99</sup>**

25.4 oz

**Coconut Secret  
Organic Coconut Aminos**



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

8 oz

**Green Mountain Gringo  
Salsa**

selected varieties



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

16 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/\$5**

2-2.4 oz

**Garden of Eatin'  
Taco Shells**

selected varieties



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

5.5 oz

**Late July  
Tortilla Chips**

selected varieties



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

7.8 oz

**Food Should Taste Good  
Tortilla Chips**

selected varieties



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

5.5 oz

**RW Garcia  
Organic Corn Chips**

selected varieties



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

7.5-8.25 oz



At Perfect Bar, we believe real food tastes better—that's why our ingredient list is filled with recognizable, whole-food ingredients you can actually pronounce! Every bar is made with high-quality ingredients for a deliciously fresh taste in every bite.



**Perfect Bar  
Protein Bar**  
selected varieties

**2/\$6**

1.94-2.5 oz



**Big Mountain Foods**  
**Soy Free Tofu**

**\$4.49**

12 oz



**Jackson's**  
**Sweet Potato Chips**  
selected varieties

**\$3.99**

5 oz



**Terra**  
**Vegetable Chips**  
selected varieties

**\$3.49**

5-6 oz



**GimMe Health Foods**  
**Organic Seaweed Snack**  
selected varieties

**2/\$4**

0.35 oz



**Cascadian Farm**  
**Organic Broccoli Florets**

**\$2.99**

10 oz



**Bob's Red Mill Oats—**  
**One Whole Ingredient,**  
**Endless Possibilities**

All of our delicious oatmeal varieties start with 100% whole grain oat groats that are then rolled, cut, or ground. Learn how one first-class ingredient leads to endless possibilities!



**Bob's Red Mill**  
**Organic Gluten Free**  
**Oats**

selected varieties

**\$7.99**

28-32 oz

**Barnana**  
**Organic Plantain Chips**  
selected varieties

**\$3.99**

5 oz



**Boulder Canyon**  
**Potato Chips**  
selected varieties

**\$3.49**

5.25-6 oz



Step into the new year with Justin's. From creamy spreads to crave-worthy treats, every product is made with high-quality, responsibly sourced ingredients. Delicious, they're the perfect way to fuel fresh starts that bring balance, joy, and better choices to every snacking moment.



**Justin's Nut Butters**  
**Organic Nut Butter**  
**Cups**

selected varieties

**2/\$4**

1.4 oz



**Justin's Nut Butters**  
**Peanut Butter**  
selected varieties

**\$3.99**

16 oz



**EPIC**  
**Snack Strip**  
 selected varieties



**2/\$3**  
 0.8 oz

**Cookie Pal**  
**Organic Sweet Potato &  
 Flaxseed Dog Biscuits**



**\$5.99**  
 10 oz

**RXBAR**  
**Protein Bar**  
 selected varieties



**2/\$4**  
 1.8 oz

**Larabar**  
**Fruit & Nut Bar**  
 selected varieties



**5/\$5**  
 1.6-1.7 oz

**Culina**  
**Bourbon Vanilla  
 Coconut Yogurt**



**\$3.99**  
 5 oz

**MadeGood**  
**Organic Crispy Squares**  
 selected varieties



**\$3.99**  
 6 ct

**One Degree Organics**  
**Organic Sprouted Oatmeal**  
 selected varieties



**\$6.49**  
 24 oz

**SweetLeaf**  
**Liquid Stevia**  
 selected varieties



**\$8.99**  
 2 oz

**Daring.**  
**Original Plant Chicken Pieces**



**\$5.99**  
 8 oz

**Earthbound Farm**  
**Organic Kale**



**\$2.99**  
 8 oz

**GT's**  
**Alive Ancient Mushroom Elixir**  
 selected varieties



**\$3.49**  
 16 oz

**Egglife Wraps**  
**Original Egg White Wraps**



**\$4.99**  
 6 oz

**Nixie**  
**Organic Soda**  
 selected varieties



**2/\$4**  
 12 oz

**C2O**  
**Coconut Water**  
 selected varieties



**2/\$5**  
 17.5 oz

**Elmhurst**  
**Unsweetened Almond Milk**

**\$5.49**

32 oz



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

**\$11.99**

14 oz



**Malk**  
**Organic Almond Milk**  
selected varieties

**\$5.99**

28 oz



**Treeline Cheesemakers**  
**French-Style Cashew Cheese**  
selected varieties

**\$6.99**

6 oz



**Little Sesame**  
**Hummus**  
selected varieties

**\$3.99**

8 oz



**Califia Farms**  
**Organic Almondmilk**

**\$5.99**

48 oz



**GT's**  
**Vanilla CocoYo**

**\$5.99**

8 oz



**Wildbrine**  
**Kimchi**  
selected varieties

**\$6.99**

18 oz



**Forager Project**  
**Organic Cashew & Coconut Yogurt**  
selected varieties

**\$6.99**

24 oz



**Halfday**  
**Lemon Iced Tea**

**2/\$4**

12 oz



**Bonafide**  
**Organic Bone Broth**  
selected varieties

**\$7.99**

24 oz



Almond Breeze non-dairy almondmilk is delicious in everything, from cereals and smoothies to cooking and baking. Your classic go-to plant-based almondmilk made from the best Blue Diamond almonds.



**Almond Breeze**  
**Almondmilk**  
selected varieties

**\$4.49**

64 oz



**Heirloom Coffee Roasters**  
Organic Bedrock Blend Coffee

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

12 oz



**Canyon Bakehouse**  
Gluten Free Bread

selected varieties

**\$6<sup>49</sup>**

18 oz



**Kerrygold**  
Reserve

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

7 oz



**Dr. Praeger's**  
Veggie Burgers

selected varieties

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

4-2.5 oz



**Lovebird**  
Honey Grain-Free Cereal

**\$6<sup>99</sup>**

7 oz



**It's Butter. Clarified.™**

4th & Heart ghee (clarified butter) is a rich, creamy, gut-friendly alternative to traditional butter and other cooking oils. Made from grass-fed, pasture-raised New Zealand and Australian butter, the water and milk solids (lactose) are removed to create 100% pure butterfat. It is packed with Vitamin A, is naturally lactose-free, and has a high smoke point of 485°F, making it a versatile tool for your favorite types of cooking and baking.



**Madhava**  
Organic Extra Virgin Olive Oil

**\$16<sup>99</sup>**

16.9 oz



**Red's**  
Organic Burrito

selected varieties

**2/\$5**

4.5 oz





**Cascadian Farm  
Organic Potatoes**

selected varieties

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

12-16 oz



**Wyman's  
Wild Blueberries**

**\$12<sup>99</sup>**

3 lb



**Mickelberry Gardens  
Honey Propolis Soothing  
Throat Spray**

**\$10<sup>99</sup>**

2 fl oz



**Nature's Answer  
Mullein-X Cough Kids**

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

4 oz



**Nordic Naturals  
Omega-3 Lemon**

**\$16<sup>99</sup>**

60 ct



**alba<sup>®</sup>**  
**BOTANICA<sup>®</sup>**

Alba Botanica believes plant-based products align with their love of the natural world, which is why their products are 100% vegetarian, contain botanical ingredients, are packaged in recycled material whenever possible, and are never tested on animals.



**Alba Botanica  
Acnedote  
Pimple Patch**

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

40 ct



**Alba Botanica  
Acnedote Face  
& Body Scrub**

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

8 oz

**Reishi Cappuccino Smoothie**

5 MIN • MAKES 1 • GLUTEN-FREE, GRAIN-FREE, VEGAN

**INGREDIENTS**

- 1 frozen banana
- 1 cup oat milk
- 2 tablespoons almond butter
- 4 deglet dates
- 1 tablespoon cacao nibs or powder
- 1 teaspoon reishi mushroom powder

**DIRECTIONS**

- 1 Place all ingredients in a blender and process until smooth. Adjust seasonings to taste and enjoy.





# 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

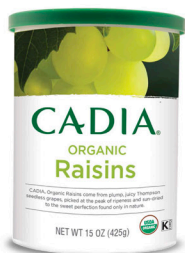


**\$7<sup>29</sup>**  
**ORGANIC  
UNREFINED  
COCONUT OIL**  
14 oz



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





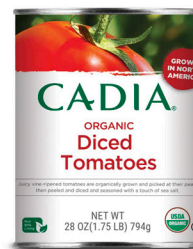
**\$5<sup>79</sup>**

**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!**



# Detox Salad

35 MIN • SERVES 4 • PLANT-BASED

## INGREDIENTS

- ¾ pound green cabbage
- ½ pound broccoli florets
- ½ bunch dino or lacinato kale
- ¼ pound carrots
- ½ cup roasted almonds
- ⅓ cup sunflower seeds roasted

## Maple-Tahini Dressing

- ⅓ cup tahini
- 5 tablespoons water
- 4 tablespoons apple cider vinegar
- 3 tablespoons maple syrup (or to taste)
- 2 tablespoons olive oil
- ¾ teaspoon sea salt

## DIRECTIONS

- 1 Thinly slice cabbage and broccoli. Remove kale from stems and roughly chop. Peel and grate carrots. Add vegetables to a mixing bowl.
- 2 In a separate bowl, whisk together dressing ingredients until smooth and creamy. Adjust seasoning to taste.
- 3 Pour ⅓ of the dressing over the salad and toss to combine, adding more dressing as needed.
- 4 Roughly chop the roasted almonds. Top salad with almonds and sunflower seeds.



## 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: Girls On The Run Long Island

Girls On the Run Long Island was founded in 2012 and is a branch of Girls On the Run's international community. Their mission is to offer evidence-based girl-centric programming that fosters physical activity while also teaching life skills such as conflict-resolution and managing emotions. With 34+ locations throughout Long Island, Girls on the Run has been able to serve over 6400 girls to date.

# SMOOTHIE OF THE MONTH



## MINT CONDITION

ORGANIC ALMOND MILK,  
ORGANIC BANANA, ORGANIC  
PINEAPPLE, ORGANIC ALMOND  
BUTTER, ORGANIC FRESH MINT,  
ORGANIC SPINACH