



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

\$4.49**5 oz****Seeds of Change
Organic Rice & Grains**

selected varieties

2/\$6**8.5 oz****Lundberg Family Farms
Organic Rice Pouches**

selected varieties

\$7.99**2 lb****Amy's
Organic Soups**

selected varieties

\$4.49**13.65-14.5 oz****Kettle & Fire
Bone Broth**

selected varieties

\$5.99**16.9 oz***iBuen Provecho!*Taco Night essentials for
the whole familia.**Siete
Seasoning**
selected varieties**Siete
Tortilla Chips**
selected varieties**2/\$4****1-1.31 oz****\$3.99****5 oz****\$4.99****6.65 oz****BEAR
Strawberry Fruit Rolls****\$4.99****3.5 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****Bragg
Organic Apple
Cider Vinegar****\$5.49****4.5 oz****\$3.99****16 oz**

Napa Valley Naturals
Organic Extra Virgin
Olive Oil
selected varieties



\$19.99

25.4 oz

Coconut Secret
Organic Coconut Aminos



\$5.49

8 oz

Green Mountain Gringo
Salsa

selected varieties



\$5.99

16 oz

PERFECT BAR

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.

gomacro
sun leaf hand heart



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

\$3.99

5.5 oz



Late July
Tortilla Chips

selected varieties

\$3.99

7.8 oz



Food Should Taste Good
Tortilla Chips

selected varieties



\$3.99

5.5 oz



Perfect Bar
Protein Bar
selected varieties

2/\$6

1.94-2.5 oz

RW Garcia
Organic Corn Chips

selected varieties



\$3.99

7.5-8.25 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

10 oz

\$2.99



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



Justin's
BRAND

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

MadeGood
Organic Crispy Squares
selected varieties

\$3.99

6 ct



Daring.
Original Plant Chicken Pieces

\$5.99

8 oz



Egglife Wraps
Original Egg White Wraps

\$4.99

6 oz



Cookie Pal
Organic Sweet Potato & Flaxseed Dog Biscuits

\$5.99

10 oz



Larabar
Fruit & Nut Bar
selected varieties

5/\$5

1.6–1.7 oz



One Degree Organics
Organic Sprouted Oatmeal
selected varieties

\$6.49

24 oz



Earthbound Farm
Organic Kale

\$2.99

8 oz



RXBAR
Protein Bar
selected varieties

2/\$4

1.8 oz



Culina
Bourbon Vanilla
Coconut Yogurt

\$3.99

5 oz



SweetLeaf
Liquid Stevia
selected varieties

\$8.99

2 oz



GT's
Alive Ancient Mushroom Elixir
selected varieties

\$3.49

16 oz



C2O
Coconut Water
selected varieties

2/\$5

17.5 oz



Elmhurst
Unsweetened Almond Milk

\$549

32 oz



Go Raw
Organic Sprouted Pumpkin Seeds With Celtic Sea Salt

\$1199

14 oz



Malk
Organic Almond Milk
selected varieties

\$599

28 oz



Treeline Cheesemakers
French-Style Cashew Cheese
selected varieties

\$699

6 oz



Little Sesame
Hummus
selected varieties

\$399

8 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

\$449

64 oz

Califia Farms
Organic Almondmilk

\$599

48 oz



Forager Project
Organic Cashew & Coconut Yogurt
selected varieties

\$699

24 oz



GT's
Vanilla CocoYo

\$599

8 oz



Halfday
Lemon Iced Tea

2/\$4

12 oz



Wildbrine
Kimchi

selected varieties

\$699

18 oz



Bonafide
Organic Bone Broth
selected varieties

\$799

24 oz



Heirloom Coffee Roasters
Organic Bedrock Blend Coffee

\$14.99

12 oz



Canyon Bakehouse
Gluten Free Bread

selected varieties

\$6.49

18 oz



Kerrygold
Reserve

\$5.99

7 oz



Dr. Praeger's
Veggie Burgers

selected varieties

\$4.99

4-2.5 oz



Lovebird
Honey Grain-Free Cereal

\$6.99

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.

485°F
HIGH SMOKE
POINT

NON
GMO
Project
VERIFIED
nongmoproject.org

LACTOSE
FREE

KETO
CERTIFIED
ketocertified.com

WHOLE
30
Approved™

CERTIFIED
PALEO
paleo.org

KOSHER
DAIRY

CERTIFIED
GLUTEN
FREE
gfcdo.org

Madhava
Organic Extra Virgin Olive Oil



\$16.99

16.9 oz

Red's
Organic Burrito
selected varieties

2/\$5

4.5 oz



**Cascadian Farm
Organic Potatoes**
selected varieties

\$3.99

12-16 oz



**Wyman's
Wild Blueberries**

\$12.99

3 lb



**Mickelberry Gardens
Honey Propolis Soothing
Throat Spray**

\$10.99

2 fl 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.

**alba
BOTANICA®**

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**

\$8.99

40 ct



**Alba Botanica
Acnedote Face
& Body Scrub**

\$8.99

8 oz

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

\$14.99

4 oz



**Nordic Naturals
Omega-3 Lemon**

\$16.99

60 ct





RT VALUES

WHERE OUR VALUES MEET YOURS

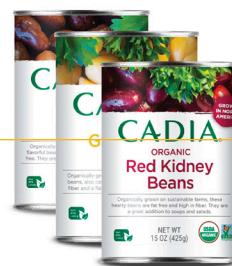
Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



\$2.29
ORGANIC
BROTHS
32 oz



\$5.99
ORGANIC
CHIA SEEDS
12 oz



\$1.29
ORGANIC
BEANS
16 oz



\$12.99
ORGANIC
ALMOND
BUTTER
16 oz



\$5.99
ORGANIC
PEANUT
BUTTER
16 oz



\$6.99
ORGANIC
WILDFLOWER
HONEY
16 oz



starting at
\$3.99
ORGANIC
JELLY &
PRESERVES
11 oz



starting at
\$3.69
ORGANIC
FROZEN
FRUIT
10 oz



\$3.99
ORGANIC
FROZEN
VEGETABLES
16 oz



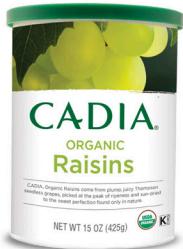
starting at
\$5.29
ORGANIC
RICE
32 oz



\$7.29
ORGANIC
UNREFINED
COCONUT OIL
14 oz



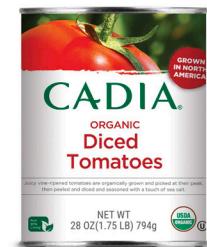
starting at
\$2.49
ORGANIC
CONDIMENTS
8-24 oz



\$5.79
ORGANIC
RAISINS
16 oz



\$3.49
ORGANIC
PASTA SAUCES
25 oz



\$2.79
ORGANIC
CANNED
TOMATOES
28 oz



\$1.79
ORGANIC
CANNED
TOMATOES
14.5 oz



\$1.29
ORGANIC
TOMATO PASTE
6 oz



\$1.79
ORGANIC
TOMATO SAUCE
15 oz



\$8.99
ORGANIC
MEDITERRANEAN
EXTRA VIRGIN
OLIVE OIL
500 ml



\$1.99
ORGANIC
PASTAS
16 oz



\$3.49
ORGANIC
DRY BEANS
16 oz



\$3.99
LIQUID DISH
SOAP
25 oz



\$7.29
FABRIC
SOFTENER
50 oz



\$11.99
LAUNDRY
DETERGENT
100 oz



\$2.19
PAPER TOWEL
1 roll



\$1.59
FACIAL TISSUE
1 box



\$8.99
BATH TISSUE
12 pack

...AND MANY MORE!

Detox Salad

35 MIN · SERVES 4 · PLANT-BASED

INGREDIENTS

$\frac{3}{4}$ pound green cabbage
 $\frac{1}{2}$ pound broccoli florets
 $\frac{1}{2}$ bunch dino or lacinato kale
 $\frac{1}{4}$ pound carrots
 $\frac{1}{2}$ cup roasted almonds
 $\frac{1}{3}$ cup sunflower seeds roasted

Maple-Tahini Dressing

$\frac{1}{3}$ cup tahini
5 tablespoons water
4 tablespoons apple cider vinegar
3 tablespoons maple syrup (or to taste)
2 tablespoons olive oil
 $\frac{3}{4}$ 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 $\frac{1}{3}$ 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