



2X monthly!

RT DEALS

January 14–January 27, 2026



Health-Ade
Organic Kombucha
selected varieties

2/\$6
16 oz



Catalina Crunch
Keto Friendly Cereal
selected varieties

\$6.99
8-9 oz

Start off Your Year with Savings!

Mike's Mighty Good
Craft Ramen
selected varieties

2/\$5
1.6-2.4 oz



Muir Glen
Organic Tomatoes
selected varieties

2/\$4
14.5-15 oz



Once Again
Organic Tahini

\$8.49
16 oz



White Leaf Provisions
Organic Pear, Banana, and
Kiwi Baby Food

2/\$5
3.17 oz



Spectrum Essentials
Organic Ground Flaxseed

\$7.99
14 oz



cocojune
Organic
Coconut Yogurt
selected varieties

\$7.49
16 oz



Smash Foods
Strawberry Jam

\$4.99
8 oz



So Delicious
Organic Coconut Milk
selected varieties

\$4.99
32 oz



Food for Life
Organic Ezekiel 4:9® Bread
selected varieties

\$5.99
24 oz



Look for new deals on **January 28!**



We believe food has the power to impact the future of the planet and everyone on it.

From partnering with the farmers who grow our food, to thoughtfully choosing the packaging that our food is packaged in – we've always had your family and our planet in mind.



Annie's Mac & Cheese
selected varieties

2/\$3

5.25-6 oz



Annie's Organic Bunny Crackers
selected varieties

\$3.99

7.5 oz



Annie's Organic Summer Strawberry Fruit Snacks

\$3.99

7 oz

Bachan's Japanese Barbecue Sauce
selected varieties



\$7.99

15.5-17 oz

Maya Kaimal Organic Everyday Dal
selected varieties

\$3.99

10 oz



Muir Glen Organic Pasta Sauce
selected varieties

\$3.49

23.5 oz



Pacific FOODS.

Stock your pantry with delicious organic soups and broths from Pacific Foods.

Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.



Pacific Foods Organic Broth
selected varieties

\$5.99

32 oz



Pacific Foods Organic Soup
selected varieties

\$3.99

16.1 oz



\$3.99

5 oz

Serenity Kids Organic Free Range Chicken With Peas and Carrots



2/\$7

3.5 oz

**Cascadian Farm
Organic Cereal**
selected varieties

\$3.99

8.6-14.6 oz



**Santa Cruz Organic
Organic Cinnamon
Apple Sauce**

\$4.49

23 oz



**Jovial
Organic Brown Rice Pasta**

selected varieties



\$4.49

12 oz

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



\$3.99

10 oz

**Annie's
Organic Cheddar
Cheesy Smiles**



\$3.99

4 oz

BACK TO NATURE

EST. 1960

Back to Nature is remaking your favorite snacks super tasty with honest-to-goodness ingredients. Simple joys, no regrets, happy days.



**Back to Nature
Crackers**
selected varieties

\$3.49

4-7 oz



**Back to Nature
Cookies**
selected varieties

\$4.99

7.5-9 oz

**Bobo's
PB&Js**
selected varieties



\$4.49

8.4 oz

**Artisana Organics
Organic Raw Cashew Butter**
selected varieties



\$14.99

14 oz

**Mary's Gone Crackers
Organic Crackers**
selected varieties



\$4.49

4 oz

**Sambazon
Organic Original Acai Sorbet**



\$5.99

16 oz

**Pop & Bottle
Organic Classic Cold
Brew Almond Latte**



\$3.49

11 oz

**LesserEvil
Organic Popcorn**
selected varieties



\$3.49

4.6-6.4 oz

alter eco

Alter Eco offers rich, indulgent chocolate that satisfies cravings while meeting ethical and eco-friendly standards. Made with Fair Trade cocoa, organic ingredients, and regenerative agriculture practices, our chocolate provides the ultimate guilt-free treat for the family.



Alter Eco
Organic
Chocolate Bar
selected varieties

\$3.99
2.82 oz

Mezcla
Plant Protein Bar
selected varieties

2/\$5
1.4 oz



Spectrum Culinary
Organic White Vinegar

\$6.99



32 oz

Navitas
Organic Cacao Powder

\$10.99



8 oz

Big Tree Farms
Organic
Coconut Sugar
selected varieties

\$4.49



16 oz

Once Upon A Farm
Tractor Wheels Baked Bars
Apple, Sweet Potato, & Spinach

\$4.99



3.35 oz

Nixie
Organic Sparkling Water
selected varieties

\$5.99



8/12 oz

Organicville
Organic Original BBQ Sauce

\$4.99



14 oz

Zevia
Zero Calorie Soda
selected varieties

\$6.49



6/12 oz

Once Again
Organic Sunflower Seed Butter
Graham Cracker Sandwiches

2/\$3



1.59 oz



BEYOND®

We believe feeling good starts with what you eat. That's why we use clean, simple, plant-based ingredients that are free from GMOs, synthetic colors, animal products, or added hormones. Because clean bodies start with clean, nutritious food and simple choices.



Beyond
Meatballs

\$5.99

10 oz



Beyond
Beyond Beef
Plant-Based Ground

\$7.99

16 oz

R.W. Knudsen
Black Cherry Juice



\$5.99

32 oz

Miss Jones Baking Co
Monster Cookie Dough



\$6.99

11.84 oz

Brown Cow
Cream Top Whole Milk Yogurt
selected varieties



5/\$5

5.3 oz

Four Sigmatic
Organic Coffee
selected varieties

\$14.49

10 oz



Choice Organics
Organic Tea
selected varieties

\$3.49

16 oz



ROAR Organic
Organic
Enhanced Beverage
selected varieties

2/\$4

18 oz



Califia Farms
Better Half Creamer

\$3.49

16.9 oz



Painterland Sisters
Organic Skyr Yogurt
selected varieties

\$2.99

5.3 oz



siggi's
Icelandic Yogurt
selected varieties

2/\$3

5.3 oz





Amy's delicious meals and burritos are made with organic ingredients and real care to satisfy every craving.



**Amy's
Macaroni & Cheese**

\$4.99

9 oz



**Amy's
Burrito
selected varieties**

\$3.99

5.5-6 oz

**Mi-Del
Ginger Snaps**



\$3.99

10 oz

**Mezcla
Peruvian Cocoa Peanut Butter Plant Protein Bar**



2/\$5

1.4 oz

**Maranatha
Organic Creamy Peanut Butter With Salt**



\$5.99

16 oz

**MyForest Foods
MyBacon**



\$8.99

6 oz

**Madhava
Organic Extra Virgin Olive Oil**



\$16.99

16.9 oz

Savory Onion and Squash Scones

45 MIN · MAKES 12 · VEGETARIAN

INGREDIENTS

- 3 cups all-purpose flour
- ¾ cup shredded asiago cheese
- 1 tablespoon cane sugar
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 1 stick unsalted butter, cold
- 1 cup buttermilk, plus 2 tablespoons
- ½ cup squash puree
- 1 large egg
- 4 tablespoons chopped chives

DIRECTIONS

- Preheat oven to 350°F. Combine flour, cheese, sugar, baking powder, and sea salt in a large mixing bowl.
- In a separate bowl, whisk together 1 cup buttermilk, squash puree, egg, and chives.
- Cut butter into the dry mixture until it resembles coarse cornmeal. Stir in wet ingredients until just combined.
- Turn dough onto a lightly floured surface, divide into two pieces and form each into 6-inch disks.
- Cut each disk into 6 wedges and place on a baking sheet lined with parchment. Brush scone tops with remaining buttermilk, and bake for 25 minutes or until edges are starting to turn golden.



**Siete
Grain Free Tortillas
selected varieties**



\$6.49

8 ct

**gardein
Meatless Meat
selected varieties**



\$4.99

8.1-13.7 oz



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

Pumpkin Corn Soup

25 MIN • SERVES 4-6 • GLUTEN-FREE, VEGETARIAN

INGREDIENTS

3 tablespoons olive oil	2 cups frozen corn
1 large yellow onion, diced	1 cup half and half (or alternative)
1 tablespoon minced garlic	1 large baked potato, peeled and roughly mashed
2 4-ounce cans diced green chiles	1 tablespoon sriracha hot sauce
1 quart vegetable stock	½ cup cilantro, chopped (optional)
1 15-ounce can pumpkin puree	1 ½ teaspoons sea salt
1 teaspoon ground cumin	
½ teaspoon dried thyme	
½ teaspoon dried savory (optional)	

DIRECTIONS

- 1 Heat olive oil in a stock pot over medium-low heat. Add onion and sauté until tender, about 5 minutes.
- 2 Add garlic and cook for 30 seconds then add green chiles and cook for an additional 3 minutes. Stir in vegetable stock, pumpkin puree, cumin, thyme, and savory (if using). Bring to a gentle simmer and cook for 5–10 minutes.
- 3 Stir in corn, half and half, potato, sriracha, cilantro (if using), and sea salt. Cook until corn is warmed through.
- 4 Serve hot with crusty bread.

Make it plant-based by replacing half and half with a plant-based creamer.



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.