



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

\$6⁹⁹
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**

\$8⁴⁹
16 oz



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

2/\$5
3.17 oz



**Spectrum Essentials
Organic Ground Flaxseed**

\$7⁹⁹
14 oz



**cocojune
Organic
Coconut Yogurt**
selected varieties

\$7⁴⁹
16 oz



**Smash Foods
Strawberry Jam**

\$4⁹⁹
8 oz



**So Delicious
Organic Coconut Milk**
selected varieties

\$4⁹⁹
32 oz



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

\$5⁹⁹
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 Cheddar Bunnies
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



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

Safe Catch Elite Wild Tuna

\$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

\$3⁹⁹

8.6-14.6 oz



**Santa Cruz Organic
Organic Cinnamon
Apple Sauce**

\$4⁴⁹

23 oz



**Jovial
Organic Brown Rice Pasta**
selected varieties

\$4⁴⁹

12 oz



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

\$3⁹⁹

10 oz



**Annie's
Organic Cheddar
Cheesy Smiles**

\$3⁹⁹

4 oz



**BACK TO
NATURE.**
EST. 1980

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

\$3⁴⁹

4-7 oz



**Back to Nature
Cookies**
selected varieties

\$4⁹⁹

7.5-9 oz

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

\$4⁴⁹

8.4 oz



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

\$4⁴⁹

4 oz



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

\$14⁹⁹

14 oz



**Sambazon
Organic Original Acai Sorbet**

\$5⁹⁹

16 oz



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

\$3⁴⁹

11 oz



**LesserEvil
Organic Popcorn**
selected varieties

\$3⁴⁹

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



**Nixie
Organic Sparkling Water**
selected varieties

\$5.99
8/12 oz



**Organicville
Organic Original BBQ Sauce**

\$4.99
14 oz



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

\$4.99
3.35 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





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

\$5⁹⁹

10 oz



Beyond Beyond Beef Plant-Based Ground

\$7⁹⁹

16 oz

R.W. Knudsen Black Cherry Juice

\$5⁹⁹

32 oz



Four Sigmatic Organic Coffee

selected varieties

\$14⁴⁹

10 oz



Choice Organics Organic Tea

selected varieties

\$3⁴⁹

16 oz



Miss Jones Baking Co Monster Cookie Dough

\$6⁹⁹

11.84 oz



ROAR Organic Organic Enhanced Beverage

selected varieties

2/\$4

18 oz



Califia Farms Better Half Creamer

\$3⁴⁹

16.9 oz



Brown Cow Cream Top Whole Milk Yogurt

selected varieties

5/\$5

5.3 oz



Painterland Sisters Organic Skyr Yogurt

selected varieties

\$2⁹⁹

5.3 oz



siggis 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**

\$4⁹⁹
9 oz



**Amy's
Burrito**
selected varieties

\$3⁹⁹
5.5-6 oz

**Mi-Del
Ginger Snaps**

\$3⁹⁹

10 oz



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

2/\$5
1.4 oz



**Maranatha
Organic Creamy Peanut
Butter With Salt**

\$5⁹⁹

16 oz



**MyForest Foods
MyBacon**

\$8⁹⁹

6 oz



**Madhava
Organic Extra Virgin Olive Oil**

\$16⁹⁹

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

- 1 Preheat oven to 350°F. Combine flour, cheese, sugar, baking powder, and sea salt in a large mixing bowl.
- 2 In a separate bowl, whisk together 1 cup buttermilk, squash puree, egg, and chives.
- 3 Cut butter into the dry mixture until it resembles coarse cornmeal. Stir in wet ingredients until just combined.
- 4 Turn dough onto a lightly floured surface, divide into two pieces and form each into 6-inch disks.
- 5 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

\$6⁴⁹

8 ct



**Gardein
Meatless Meat**
selected varieties

\$4⁹⁹

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!



\$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

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.