



2X monthly!

RT DEALS

February 25–March 10, 2026



Barnana
Organic Plantain Chips
selected varieties

\$3⁹⁹
5 oz



Unreal
Chocolate Snacks
selected varieties

\$5⁴⁹
3.2–5 oz

Spring forward with fresh deals!

Jackson's
Sweet Potato Chips
selected varieties



\$3⁴⁹
5 oz

LesserEvil
Organic Popcorn
selected varieties



\$3⁴⁹
4.6–6.4 oz

Kettle
Potato Chips
selected varieties



\$3⁴⁹
5 oz

Bubbies
Kosher Dill Pickles



\$7⁹⁹
33 oz

Food for Life
Organic Ezekiel 4:9® Sesame Sprouted
Whole Grain Bread



\$5⁴⁹
24 oz

Muir Glen
Organic Tomatoes
selected varieties



2/\$4
14.5–15 oz

Kerrygold
Butter
selected varieties



\$5⁹⁹
8 oz

Once Again
Organic Peanut Butter
selected varieties



\$6⁹⁹
16 oz

Alden's
Organic Ice Cream
Fudge Bars



\$5⁴⁹
4 ct



Look for new deals on **March 11!**

Maya Kaimal
Organic Everyday Dal
 selected varieties

\$3.99

10 oz



Muir Glen
Organic Pasta Sauce
 selected varieties

\$3.49

23.5 oz



Arrowhead Mills
Organic Yellow Popcorn

\$4.49

28 oz



SunButter
Organic Sunflower Seed Butter

\$8.99

16 oz



Larabar
Fruit & Nut Bar
 selected varieties

5/\$5

1.6-1.7 oz



Newman's Own
Newman O's Sandwich Cookies
 selected varieties

\$5.49

13 oz



Pumpkin Tree
Peter Rabbit Organics
Organic Baby Food Pouch
 selected varieties

2/\$4

4-4.4 oz



Eternal
Naturally Alkaline
Spring Water

2/\$3

1 lt



Zevia
Zero Sugar Soda
 selected varieties

\$6.99

6/12 oz



EPIC delivers better-for-you pork rinds and meat snacks—made with clean ingredients and trusted, humane sourcing. High-protein, low-carb, Paleo, Keto, and Whole30 compliant, supporting animal welfare, human health, and regenerative land.



EPIC
Snack Strips
Wagyu Beef, Steak

2/\$3

.8 oz



EPIC
Snack Strip
 selected varieties

2/\$3

0.8 oz

R.W. Knudsen
Organic Just Tart
Cherry Juice



\$9⁹⁹

32 oz

Yogi
Organic Tea
selected varieties



\$3⁹⁹

16 ct

Jack & Annie's
Crispy Jack Nuggets



\$4⁹⁹

10 oz

Three Trees
Organic Almondmilk
selected varieties



\$6⁴⁹

28 oz

Almond Breeze
Almondmilk
selected varieties



\$4⁴⁹

64 oz

Laird Superfood
Vanilla Creamer



\$6⁴⁹

25.4 oz

Lucini
Premium Select Extra
Virgin Olive Oil



\$23⁹⁹

16.9 oz

cocojune
Organic Coconut Yogurt
selected varieties



2/\$5

4 oz

Forager Project
Organic Cashew & Coconut Yogurt



\$6⁴⁹

24 oz

Made Good
Organic Chocolate Chip
Granola Bars



\$3⁹⁹

6 ct

Red's
Organic Burrito



2/\$5

4.5 oz

JonnyPops
Organic Pops
selected varieties



Maple Hill Creamery
Organic 100% Grassfed
Plain Yogurt



\$6⁴⁹

16 oz

Nixie
Organic Lime Ginger
Sparkling Water



\$5⁴⁹

8/12 oz

\$5⁴⁹

14.8 oz

ECOS
Free & Clear Wave Gel



\$649

40 oz

derma e
Anti-Wrinkle Renewal Cream



\$1399

4 oz

Giovanni
2chic Ultra-Moist Avocado
& Olive Oil Shampoo



\$799

8.5 oz

Celebrate
**WOMEN'S
HISTORY
MONTH**

MARCH 2026



SMOOTHIE OF THE MONTH



POT OF GOLD

ORGANIC ORANGE JUICE,
ORGANIC GINGER,
ORGANIC PINEAPPLE,
ORGANIC MANGO



RT VALUES

WHERE OUR VALUES MEET YOURS

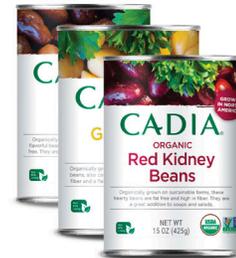
Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



\$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



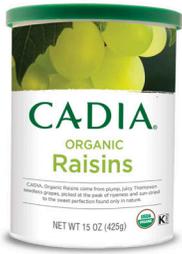
starting at
\$5²⁹
ORGANIC RICE
32 oz



\$7²⁹
ORGANIC UNREFINED COCONUT OIL
14 oz



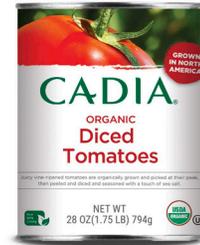
starting at
\$2⁴⁹
ORGANIC CONDIMENTS
8-24 oz



\$5⁷⁹
ORGANIC RAISINS
 16 oz



\$3⁴⁹
ORGANIC PASTA SAUCES
 25 oz



\$2⁷⁹
ORGANIC CANNED TOMATOES
 28 oz



\$1⁷⁹
ORGANIC CANNED TOMATOES
 14.5 oz



\$1²⁹
ORGANIC TOMATO PASTE
 6 oz



\$1⁷⁹
ORGANIC TOMATO SAUCE
 15 oz



\$8⁹⁹
ORGANIC MEDITERRANEAN EXTRA VIRGIN OLIVE OIL
 500 ml



\$1⁹⁹
ORGANIC PASTAS
 16 oz



\$3⁴⁹
ORGANIC DRY BEANS
 16 oz



\$3⁹⁹
LIQUID DISH SOAP
 25 oz



\$7²⁹
FABRIC SOFTENER
 50 oz



\$11⁹⁹
LAUNDRY DETERGENT
 100 oz



\$2¹⁹
PAPER TOWEL
 1 roll



\$1⁵⁹
FACIAL TISSUE
 1 box



\$8⁹⁹
BATH TISSUE
 12 pack

...AND MANY MORE!

Colcannon

35 MIN • SERVES 8 • VEGETARIAN

INGREDIENTS

- 2 ½ pounds new potatoes, chopped
- 3 teaspoons sea salt, divided
- 6 tablespoons unsalted butter
- ½ pound leeks, halved and thinly sliced
- ¾ pound green cabbage, cored and chopped into 1-inch pieces
- ½ bunch lacinato or dino kale, stemmed and chopped
- 1 tablespoon apple cider vinegar
- ¾ cup heavy cream
- ¾ teaspoon coarse-ground black pepper

DIRECTIONS

- 1 Place the potatoes in a stockpot and cover with cold water. Bring to a gentle simmer, add 1 teaspoon of sea salt, and cook until the potatoes are tender. Drain well.
- 2 While the potatoes cook, melt the butter in a saucepan over medium heat. Add the leeks and sauté until softened.
- 3 Add the cabbage and continue to sauté until tender, about 3–5 minutes. Stir in the kale, apple cider vinegar and sea salt, and cook for 2 minutes more. Remove from heat.
- 4 Add the cooked vegetables to the drained potatoes and mash. Fold in the heavy cream and black pepper until smooth and well combined.



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: Coalition to Save Hempstead Harbor

CSHH is a nonprofit organization founded in 1986 dedicated to identifying and eliminating environmental threats to Hempstead Harbor and the surrounding communities. Their objective is to advance public interest in protecting and restoring local environments to their full ecological and sustainable potential. CSHH believes that concerned and informed citizens can make a difference in events that shape the future and seeks to increase awareness of environmental issues as well as promote a greater appreciation of the local environment.