



2X monthly!

RT DEALS

July 15–July 28, 2026



**C2O
Coconut Water**
selected varieties

2/\$5
17.5 oz

Enjoy a refreshing Emerald Pineapple Smoothie! **Find the recipe on the back.**



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

\$3.49
11 oz

Summer hydration made easy!

**ROAR Organic
Vitamin Enhanced
Beverage**
selected varieties

2/\$4
18 oz



**Evamor
Alkaline Artesian Water**

2/\$3
20 oz



**Brown Cow
Cream Top Whole Milk Yogurt**
selected varieties

5/\$5
5.3 oz



**Watkins
Rainbow Decorating Sprinkles**

\$4.99
3.4 oz



**Chocolove
Chocolate Bar**
selected varieties

\$3.99
3.2 oz



**Oatly
Oatmilk**
selected varieties

\$4.99
64 oz



**GT's
ALIVE Mood & Mind
Reset Root Beer**

\$3.49
16 oz



**GoodPop
Organic Dairy-Free
Frozen Pops**
selected varieties

\$4.99
4 ct



**Dr. Praeger's
Veggie Burgers**
selected varieties

\$4.99
10–11 oz



Look for new deals on **July 29!**

Good Health
Avocado Oil Potato Chips
 selected varieties

2/\$6

5 oz



Bob's Red Mill
Yellow Cake Bake Mixes

\$3.99

15.5 oz



Terra
Vegetable Chips
 selected varieties

\$3.99

5-6 oz



Barnana
Organic Plantain Chips
 selected varieties

\$3.99

5 oz



Carbone
Marinara

\$7.99

24 oz



Lily's
Chocolate Bar
 selected varieties

\$5.49

2.8-3 oz



cocojune
Organic Plant Based
Coconut Yogurt
Pure Coconut

\$6.99

16 oz



cocojune
Organic Plant Based
Coconut Yogurt
Vanilla Chamomile

2/\$5

4 oz

Big Tree Farms
Organic Coconut Sugar
 selected varieties

\$4.99

16 oz



Independent and Proud.

When you shop local, you make your dollars count. Support your community today and every day by choosing your local independent grocer.



SHOP SMALL. CELEBRATE BIG.

**Halfday Iced Tea
Lemon Iced Tea**

2/\$4

12 oz



**Sir Kensington's
Mayonnaise**

selected varieties

\$7.49

12 oz



**wildbrine
Organic Sauerkraut**

selected varieties

\$6.99

18 oz



**La Tourangelle
Organic Extra Virgin Olive Oil
Spray**

\$5.99

5 oz



**Kerrygold
Cheese**

selected varieties

\$5.99

7 oz



**Organic Valley
Organic Sliced Cheese**

selected varieties

\$4.99

6 oz



**Let's Do Organic
Organic Cake Style Gluten
Free Ice Cream Cones**

\$3.49

1.2 oz



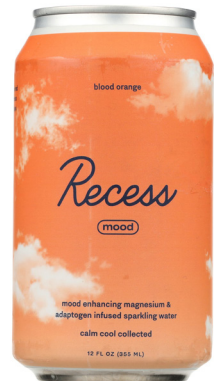
**Wyman's
Wild Blueberries**

\$12.99

3 lb



**Recess
Blood Orange Magnesium
Sparkling Beverage**



**Lucini
Organic Everyday Extra
Virgin Olive Oil**



\$29.99

16.9 oz

**Maple Hill Creamery
100% Grass-Fed Plain
Organic Greek Yogurt**

\$6.99

16 oz



2/\$5

12 oz

**Navitas
Organic Mulberries**

\$10.49

8 oz



**Santa Cruz Organic
Organic Original Lemonade**

2/\$6

32 oz



Emerald Pineapple Smoothie

15 MIN • SERVES 2 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

- 1 coconut
- 1 banana, peeled
- 10 ounces frozen pineapple
- 1 handful of baby spinach
- 1 ½ teaspoon Emerald Energy or other spirulina greens powder

DIRECTIONS

- 1 To extract the coconut water, poke a hole with an awl into one of the three eyes, invert and allow water to drain. When all coconut water is extracted, wrap coconut in a cloth and using a hammer, carefully crack open the coconut. Alternately, use 1 cup bottled coconut water.
- 2 In a blender pitcher, combine the coconut water, banana, pineapple, spinach, and greens powder.
- 3 Blend contents until smooth and serve promptly.

If serving this as a smoothie bowl, pour smoothie into the split coconut (or bowl) and garnish with dragon fruit, blueberries, kiwi, flaked coconut, and chia 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: The Glen Cove Boys and Girls Club

The Glen Cove Boys and Girls Club at Lincoln House has had a long history of serving as a pillar of support to the community's underprivileged youth. Serving the city since 1903, its mission has been to help children realize their potential and become productive citizens by providing inspirational and educational programming in a safe environment. With opportunities around character and leadership development, the arts, education and career development, sports, fitness and recreation, as well as health and life skills, The GCBGC has been a champion for the community's youth, and Rising Tide is proud to make them July's Charity of the Month.