



2X monthly!

RT DEALS

October 28–November 10, 2026



Farmer's Market
Organic Pumpkin Puree

\$3⁴⁹

15 oz



Wholesome
Sweeteners
Organic Sugar

\$11⁹⁹

64 oz



Seasonal Flavors for Every Table

Ancient Harvest
Organic Traditional Gluten
Free Quinoa

\$6⁹⁹

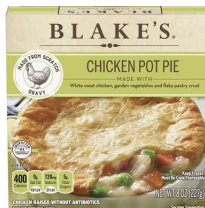
14.4 oz



Blake's
Chicken Pot Pie with
Organic Vegetables

\$4⁹⁹

8 oz



Primal Kitchen
Avocado Oil

\$13⁴⁹

16.9 oz



Panda
Licorice Chews
selected varieties

\$3⁴⁹

7 oz



Cado
Vanilla Bean

\$6⁹⁹

1 pt



ECOS
Dish Soap
selected varieties

\$3⁹⁹

25 oz



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

**Better Than Bouillon
Organic Base**

selected varieties

\$6⁴⁹

8 oz



**Imagine
Organic Gravy**

selected varieties

\$2⁹⁹

13.5 oz



**Jovial
Organic Einkorn Flour**

selected varieties

\$7⁹⁹

32 oz



**Wild Planet
Wild Albacore Tuna**

selected varieties



\$4⁴⁹

5 oz

**Califia Farms
Dairy Free Heavy Whip**

\$4⁹⁹

16.9 oz



**Marukan
Organic Rice Vinegar**

selected varieties

\$3⁹⁹

12 oz



**Pumpkin Tree Peter Rabbit Organics
Organic Baby Food Pouches**

selected varieties

2/\$4

4-4.4 oz



**Tillen Farms
Cherries**

selected varieties

\$9⁹⁹

13.5 oz



**Follow Your Heart
Dairy Free Grated Parmesan**

\$4⁹⁹

5 oz



**RXBAR
Protein Bar**

selected varieties

2/\$4

1.8-1.9 oz



**Tony's Chocolonely
Chocolate Bar**

selected varieties



**Forager Project
Organic Dairy Free Sour Cream**

\$4⁹⁹

12 oz



**Food Should Taste Good
Tortilla Chips**

selected varieties

\$3⁹⁹

5.5 oz



\$5⁹⁹

6.35 oz

GT's
Alive Mood + Mind
selected varieties

\$3⁴⁹

16 oz



Heirloom Coffee Roasters
Organic Goldenrod Blend
Coffee

\$15⁴⁹

12 oz



Sol-ti
Organic Wellness Supershot
selected varieties

\$2⁹⁹

2.1 oz



Brown Cow
Cream Top Whole Milk Yogurt
selected varieties

5/\$5

5.3 oz



Good Culture
Organic Sour Cream

\$3⁹⁹

16 oz



Harmless Harvest
Organic Smoothie
selected varieties

\$3⁴⁹

10 oz



Violife
Dairy Free Cheese
selected varieties

\$4⁹⁹

5.29–8 oz



cocojune
Organic Coconut Yogurt
selected varieties

2/\$5

4 oz



Mid-Day Squares
Chocolate Snack Bar
selected varieties

2/\$4

1.16 oz



Beef And Bean Chili

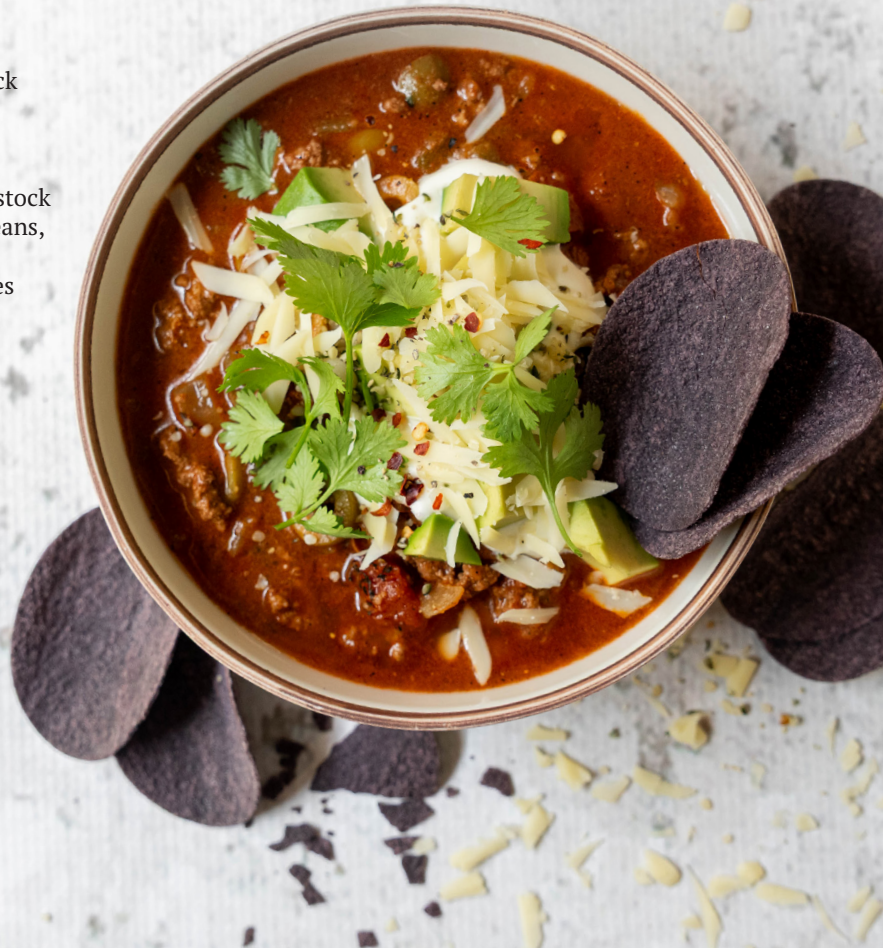
40 MIN • SERVES 4-6 • TRADITIONAL

INGREDIENTS

3 tablespoons olive oil	½ teaspoon sea salt
1 medium yellow onion, chopped	½ teaspoon ground black pepper
1 large green bell pepper, chopped	1-15 ounce can crushed tomatoes
1 pound ground beef	1 quart chicken or beef stock
1 ½ tablespoon mild chili powder	2-15 ounce cans chili beans, undrained
1 tablespoon paprika	½ cup sliced green olives
1 tablespoon ground cumin	
2 teaspoons granulated garlic or garlic powder	

DIRECTIONS

- 1 Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion and green bell pepper and sauté until tender, about 5–7 minutes.
- 2 Add the ground beef and cook until no longer pink, breaking it into crumbles as it cooks. Drain any excess fat if needed.
- 3 Stir in the chili powder, paprika, cumin, garlic, salt, and black pepper. Cook for about 1 minute, until fragrant.
- 4 Add the crushed tomatoes and stock. Stir well and bring to a gentle simmer. Cook for 15–20 minutes.
- 5 Stir in the chili beans with their liquid and continue cooking for 5 minutes, until heated through.
- 6 Remove from the heat and stir in the sliced green olives.
- 7 Taste and adjust the seasonings as needed before serving.



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: North Shore Soup Kitchen

North Shore Soup Kitchen has been feeding the food insecure in the Glen Cove area since 1989. Led by volunteers, this nonprofit serves over 15,000 meals each year, including many holidays. Although the food pantry is a large part of the service North Shore Soup Kitchen provides, they do so much more. Visitors can receive other assistance such as clothing donations, groceries, and some guidance about available social services. In a month where everyone is thinking about gathering around a table full of friends, family, and food, we can't think of a better time to give back to an organization focused on providing that for residents in need.