



2X monthly!

RT DEALS

October 14–October 27, 2026



Purely Elizabeth
Vanilla Blueberry
Almond Superfood
Cereal

\$6⁹⁹

11 oz



Quinn Snacks
Classic Sea Salt
Pretzel Sticks

\$3⁴⁹

5.6 oz

Make Mealtime Simple with Amy's

**Amy's
Frozen Meal Bowls**

selected varieties

\$6⁹⁹

8-10 oz



**Prima
Salted Caramel
Protein Bar**

2/\$6

2 oz



**Amy's
Burritos**

selected varieties

\$3⁹⁹

5.5-6 oz



**Perfect Bar
Organic Peanut Butter Bar**

2/\$6

2.5 oz



**Nixie
Organic Sparkling Water**
selected varieties

\$5⁴⁹

8/12 oz



**Serenity Kids
Grass Fed Beef With Organic
Kale and Sweet Potato**

\$3⁴⁹

3.5 oz



**GT's
Synergy Kombucha**
selected varieties

2/\$6

16 fl oz



**Siete
Grain Free Tortillas**
selected varieties

\$7⁹⁹

8 ct



**Shady Maple Farms
Organic Maple Syrup
Amber Rich Taste**

\$16⁹⁹

16.9 oz



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

Recess
Infused Sparkling Water
 selected varieties

2/\$5

12 oz



Woodstock
Organic Pickles
 selected varieties

\$5.99

24 oz



Tasty Bite
Organic Rice
 selected varieties

2/\$5

8.8 oz



Stacy's
Organic Simply Naked
Pita Chips

\$5.49

10.25 oz



SunButter
Organic Sunflower Butter

\$9.99

16 oz



The Good Crisp Company canister crisps are Non-GMO, Gluten Free, Seed Oil Free, and made with real ingredients you can pronounce. Stock your snack shelf with familiar favorites you feel good eating!



The Good Crisp Company
Potato Crisps
 selected varieties

\$3.49

5.6 oz

Solely
Organic Mango & Guava
Whole Fruit Gummies

\$3.99

3.5 oz



Mi Niña
Tortilla Chips
 selected varieties

\$4.99

12 oz



Lesser Evil is redefining snacking by proving that wholesome ingredients, uncompromising care, and everyday value belong in the same bag. We craft our snacks with organic ingredients and non-seed oils, then gently air-pop them to bring simple joy to every handful.



Lesser Evil
Organic Popcorn
 selected varieties

\$3.99

4.6 oz

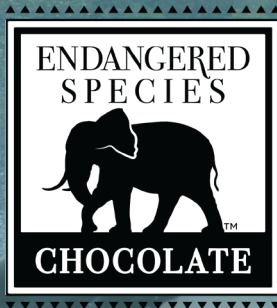


Lesser Evil
Organic Real Cheese
Space Balls

\$4.99

7 oz

NEW! Great Chocolate. Great Cause.



**Too much plastic.
Not enough action.**
*so we made chocolate
part of the solution.*



1,000,000 pounds by 2028.

www.chocolatebar.com



**Endangered Species
Chocolate Bar**
selected varieties

\$3.99

3 oz



**Navitas
Organic Cacao Powder**

\$10.99

8 oz



**Nature's Bakery
Fig Bar**
selected varieties

\$4.99

6/2 oz



**Truly Grass Fed
Natural Aged Cheddar Block**

\$4.49

7 oz



**Upton's Naturals
Traditional Seitan**

\$4.99

8 oz



nutpods
Dairy-Free
Coffee Creamer
selected varieties

\$2⁹⁹

11.2 oz



siggi's
Icelandic Yogurt
selected varieties

2/\$4

4.4-5.3 oz



Vandy Crisps
Original Potato Chips

\$8⁹⁹

5 oz



Virgil's
Root Beer

\$5⁹⁹

4/12 oz



Solely
Organic Dried Fruit
Mango Halves

\$7⁹⁹

8 oz



Solely
Organic Mango
Fruit Jerky

2/\$5

.8 oz

Van's
Waffles
selected varieties

\$3⁹⁹

9 oz



Woodstock
Organic Mayonnaise

\$5⁹⁹

11.3 oz



Yellowbird Sauce
Sriracha Hot Sauce

\$5⁹⁹

9.8 oz



Fall baking starts here.
Bring the flavors of fall
home with Simple Mills
Baking and Pancake
Mixes—perfect for
cozy breakfasts,
seasonal treats, and
delicious moments all
autumn long.



Simple Mills
Almond Flour Baking Mix
selected varieties

\$6⁴⁹

9-12.9 oz



Festive Popcorn Balls

40 MIN • MAKES 8

INGREDIENTS

- 8 cups plain popcorn
- 3 tablespoons unsalted butter, cubed
- ½ teaspoon vanilla extract
- 10 ounces small marshmallows
- ½ cup white chocolate covered pretzels, roughly chopped
- ½ cup peanut butter pieces

DIRECTIONS

- 1 Place peanut butter candy pieces and chopped pretzels on a baking sheet and set aside.
- 2 Heat marshmallows, butter, and vanilla in a large pot over medium-low heat, stirring until smooth and creamy.
- 3 Fold in popcorn to coat evenly. Form mixture into balls about the size of a baseball and roll in candy.
- 4 Place on a parchment-lined tray until set, approximately 30 minutes.



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: Orkestai Farm

There is so much about the Orkestai Farm mission that aligns with what we strive to do at Rising Tide. Founded in 2014, Orkestai Farm believes in embracing the interconnectedness of community, culture, and the land. To say it is merely an organic farm is to discount all of the other incredible things it does, which includes teaching adults how to farm organically, providing children of all needs and learning styles a beginning understanding of farming, as well as celebrating the philosophy of slowing down and renewing the spirit.