



# March 2023



**Muir Glen  
Organic  
Tomatoes**  
(selected  
varieties)



**4/\$5**  
14.5 oz

**Mary's Gone  
Crackers  
Organic  
Crackers**



**\$3.99**  
4.25-6.5oz

**Bubbies  
Sauerkraut**  
(selected  
varieties)



**\$5.79**  
25 oz

**Imagine  
Organic  
Broth**  
(selected  
varieties)



**\$3.49**  
32 oz

**Kettle & Fire  
Bone Broth**  
(selected  
varieties)



**\$5.49**  
16.9 oz

**841 S Ponce de Leon Blvd., St. Augustine, FL 32084**

# March 2023

**Forager  
Organic  
Dairy-Free  
Cashew Milk  
Yogurt**  
(selected varieties)

**\$4<sup>99</sup>**  
24 oz



**Stonyfield  
Organic  
Yogurt**  
(selected varieties)

**\$3<sup>79</sup>**  
32 oz



**Purely  
Elizabeth  
Granola**  
(selected varieties)

**\$5<sup>29</sup>**  
8-12 oz



**Good Health  
Avocado Oil  
Potato Chips**  
(selected varieties)

**2/\$6**  
5 oz



**From The  
Ground Up  
Cauliflower  
Crackers**  
(selected varieties)

**2/\$6**  
3.5-4 oz



**Made in Nature  
Organic  
Dried Fruit**  
(selected varieties)

**\$4<sup>49</sup>**  
3-8 oz



**Kettle  
Potato Chips**  
(selected varieties)

**2/\$6**  
5 oz



**\$2<sup>79</sup>** **Edward & Sons  
Organic  
Brown Rice Snaps**  
3.5 oz (selected varieties)

**Terra Chips  
Sweet  
Potato Chips**  
(selected varieties)

**\$3<sup>29</sup>**  
6 oz



**Back To Nature  
Crackers**  
(selected varieties)

**2/\$7**  
4-8.5 oz



**Back to  
nature™**  
Plant Based Snacks

Since 1960 Back to Nature® has been creating delicious and flavorful recipes inspired by nature. We carefully select our ingredients to create great-tasting products that you can enjoy all day long.

**Plus hundreds of other specially priced items at**



# Serving Up Some Super Savings

**Bonafide Provisions  
Organic  
Bone Broth**

**\$7.99**

24 fl oz



**Maya Kaimal  
Organic  
Everyday Dal**

**\$3.79**

10 oz



From catch to can, Wild Planet's minimal processing techniques and abundant care help maintain the purity nature intended so that we may provide you and your family with delicious, nutritious seafood you can trust.



**Wild Planet  
Albacore Wild Tuna**  
(selected varieties)

**\$3.79**

5oz



**Wild Planet  
Wild Sardines**  
(selected varieties)

**\$2.29**

4.4 oz



**Wild Planet  
Wild Sockeye  
Salmon**

**\$7.79**

6 oz

**Organic  
Valley  
Ghee**

**\$11.99**

6.5-7 oz



**Vital Farms  
Butter**

**\$3.79**

8 oz

**Spectrum  
Organic  
Extra-virgin  
Olive Oil**  
(selected varieties)

**\$11.99**

25.4 oz



**Farmer's Market  
Organic  
Pumpkin**  
(selected varieties)

**\$2.79**

15 oz



**Pamela's  
Pancake &  
Baking Mix**

**\$7.79**

24 oz



**Enjoy Life Foods  
Chocolate  
Chips**  
(selected varieties)

**\$4.99**

9-10 oz

**Bob's Red Mill  
Organic  
Gluten Free  
Oats**

**\$7.49**

32 oz



**Arrowhead Mills  
Organic  
Cereal Flakes**  
(selected varieties)

**\$4.99**

10-12 oz



**CADIA  
Frozen Organic Fruit**  
(selected varieties)

**\$3.29**

10 oz



**30% or MORE off of our Every Day Low Prices**

# March 2023

**KeVita  
Organic Sparkling  
Probiotic Drink**

(selected varieties)

**\$2<sup>79</sup>**

15.2 oz



**Evamor  
Natural Alkaline  
Artesian Water**

**\$2<sup>99</sup>**

64 oz



**Vita Coco  
Coconut Water**  
(selected varieties)

**\$3<sup>99</sup>**

1 lt



**Lakewood  
Organic Pure  
Cranberry Juice**

**\$8<sup>99</sup>**

32 oz



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

**\$3<sup>79</sup>**

10 oz



**PUR  
Gum**  
(selected  
varieties)

**\$1<sup>29</sup>**

9 pcs



**\$8<sup>29</sup>**

48 oz

**Alden's  
Organic  
Ice Cream**  
(selected varieties)

**Cosmic Bliss  
Organic  
Dairy Free  
Frozen Dessert**  
(selected varieties)

**\$5<sup>29</sup>**

14 oz



**GoodPop  
Frozen Pops**  
(selected varieties)

**\$4<sup>29</sup>**

10 oz



**Perfect Bar  
Organic  
Protein Bar**  
(selected varieties)

**\$2<sup>49</sup>**

2.2-2.5 oz



**Little Secrets  
Crispy Wafers**  
Less Sugar

**2/\$4**

1.4 oz



**EPIC  
Meat Snack Strip**  
(selected varieties)

**2/\$3**

0.8 oz



**Endangered  
Species  
Chocolate Bar**  
(selected varieties)

**2/\$6**

3 oz



**Smart Sweets  
Candy**  
(selected varieties)

**2/\$5**

1.8 oz



**2/\$4**

1.4 oz

**LaraBar  
Fruit & Nut  
Bar**  
(selected varieties)

**Plus hundreds of other specially priced items at**



# Serving Up Some Super Savings



## CREAMY TOM YUM NOODLE SOUP

Flavor-packed, bursting with umami this delicious, hearty recipe will be your new go-to weekday meal!

### INGREDIENTS

- 1 Lotus Foods Tom Yum Rice Ramen Noodle Soup
- 4 oz extra firm tofu, cubed
- avocado oil spray, for frying
- ½ a baby bok choy, sliced
- ½ cup button mushrooms, quartered
- ¼ cup coconut cream
- ¼ cup baby corn, rinsed and drained
- 1 green onion, sliced, for garnish
- 2-3 pieces of cilantro, for garnish

### INSTRUCTIONS

- 1 Prepare noodle soup according to directions on package.
- 2 While noodles are steeping, add tofu to an air fryer, spray with a little avocado oil, and fry at 400 until brown and crispy.
- 3 As tofu is frying, heat a pan with a little avocado oil, add your bok choy and mushrooms, and fry for 2-3 mins (bok choy will be seared and slightly wilted, mushrooms will have a slight color). Remove from pan and set aside.
- 4 Pour cooked noodles and soup into a bowl. Stir in coconut cream.
- 5 Top with bok choy, tofu, mushrooms, and baby corn, and garnish with green onions and cilantro.

**Lotus Foods Organic Rice Ramen**  
(selected varieties)

**\$4<sup>79</sup>**  
10 oz



**Lotus Foods Rice Ramen**

**2/\$4**  
2-2.5 oz



**Lotus Foods Rice Ramen Noodle Soup**  
(selected varieties)

**\$2<sup>49</sup>**  
2-2.5 oz



**30% or MORE off of our Every Day Low Prices**

March 2023

## Happy and Healthy Skin Starts Here



### Bamboo Nature Diapers and Training Pants

**\$9.99**  
All sizes



#### GUARANTEED SKIN-SAFE

Dermatologist approved and  
free of all known harmful  
chemicals, dyes, and allergens.



#### HIGHEST CERTIFICATIONS

Eco-Cert, Asthma & Allergy Nordic  
Label, and the first baby diaper to ever  
receive the Nordic Swan Eco Label.

### Peter Rabbit Organics Organic Babyfood Pouch

(selected varieties)

**\$1.99**  
4-4.4 oz



### nutpods Dairy-Free Creamer

(selected varieties)

**\$2.79**  
11.2 oz



### Field Roast Chao Slices

**\$4.99**  
7 oz



**\$3.29**  
20 ct  
Celestial  
Seasonings  
Tea  
(selected varieties)

### Rishi Tea Organic Tea

(selected varieties)

**\$7.29**  
15 ct



### Yogi Tea (selected varieties)

**2/\$7**  
16 ct



Plus hundreds of other specially priced items at



# Serving Up Some Super Savings

## Avalon Organics Shampoo or Conditioner

**\$8<sup>29</sup>**  
11 oz



## Andalou Naturals Shampoo or Conditioner

**\$6<sup>99</sup>**  
11.5 oz



## Giovanni Hair Spray

**\$6<sup>29</sup>**  
5 oz



## DERMA E Anti-Wrinkle Renewal Cream

**\$14<sup>99</sup>**  
4 oz



## Better Life All Purpose Cleaner

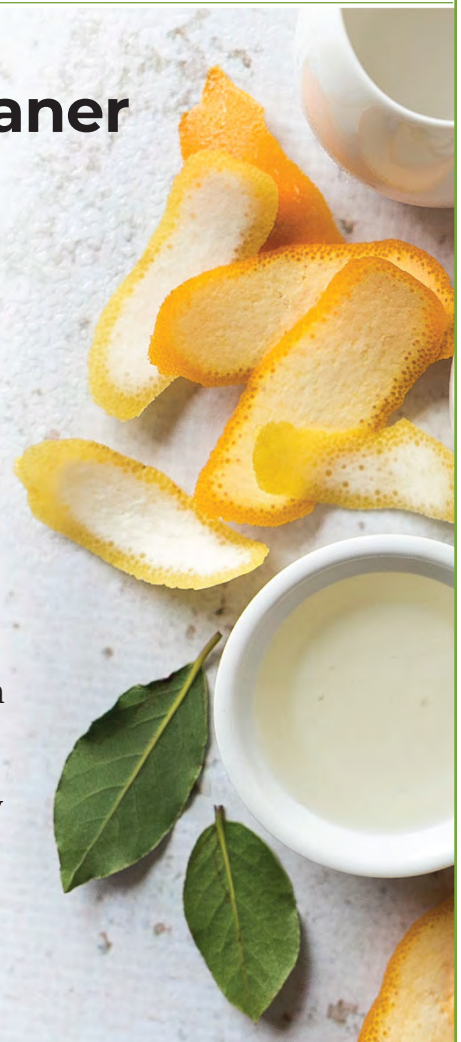
**\$4<sup>99</sup>**  
32 oz



## Citrus Spray Cleaner

- 1 cup white vinegar
- Citrus peel from 4 oranges
- 4 cups water
- 1 teaspoon liquid castile soap
- 15 drops lemon essential oil

- 1 Place citrus peel and vinegar in a glass jar, close and allow to infuse for two weeks.
- 2 Strain vinegar and discard citrus peel.
- 3 Combine infused vinegar with water, castile soap, and essential oils.
- 4 Store finished cleaner in spray bottles.



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# Where Good Health Comes Naturally



**NeoCell  
Super  
Collagen  
Peptides**



**\$13<sup>99</sup>**  
7 oz

**Vibrant Health  
Green Vibrance**



**\$49<sup>99</sup>**  
11.92 oz

**Yerba Prima  
Psyllium Husks  
Powder**



**\$12<sup>99</sup>**  
12 oz

**Natural Factors  
Organic Oil of  
Oregano**



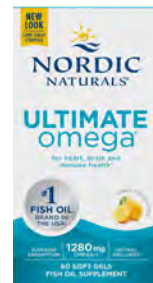
**\$12<sup>99</sup>**  
0 oz

**Garden of Life  
Dr. Formulated  
Once Daily  
Probiotics**



**\$25<sup>99</sup>**  
30 cap

**Nordic  
Naturals  
Omega-3**



**\$13<sup>49</sup>**  
60 ct

**Natrol  
Advanced Sleep  
Melatonin**



**\$9<sup>99</sup>**  
60 ct

**Nature's Way  
Sambucus  
Elderberry  
Gummies**



**\$16<sup>99</sup>**  
60 ct

**Solgar U-cubes™  
Children's  
Multi-vitamin  
& Mineral  
Gummies**



**\$8<sup>49</sup>**  
60 ct



All of our produce  
is always fresh and  
**100% ORGANIC**



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