



# connections

LOCAL - FRESH - NATURAL - COMMUNITY

JANUARY 2026



**Cascadian Farm**  
Organic Frozen  
Strawberries  
10 OZ  
Selected Varieties

**\$4.19**



**Greek Gods**  
Greek Yogurt  
Plain Traditional  
24 OZ  
Selected Varieties

**\$4.29**

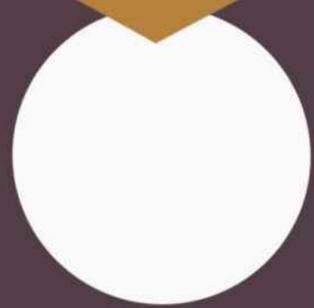
**Woodstock**  
Organic  
Banana  
Water  
16.9 FL OZ

**2 / \$4**

Say  
*yellow!*  
to plant powered  
hydration and try the  
recipe on Page 7



**SCAN**  
to see this ad online





# A Whole Lot of Goodness



**\$4.99**



**Bizzy**  
Organic  
Cold Brew Coffee  
Espresso Blend  
48 OZ  
Selected Varieties

**\$6.79**



**Almond Breeze**  
Almondmilk  
Original  
64 FL OZ  
Selected Varieties

**\$4.99**



**Califia Farms**  
Organic  
Almondmilk  
Unsweetened  
48 FL OZ

**\$5.79**



Organic Sweetened  
Cranberries  
**\$7.19/lb**

100% Organic  
Raw Almonds  
**\$7.79/lb**

Organic Dates  
Large Medjool  
**\$7.79/lb**

Organic Beans  
Garbanzo Chickpea  
**\$2.59/lb**

Organic Raisins  
Flame  
**\$3.49/lb**

Organic  
Split Red Lentils  
**\$2.39/lb**

Organic  
Amaranth  
**\$2.69/lb**

100% Organic Chia Seeds  
Black  
**\$2.49/lb**

Organic Quinoa  
Red Royal  
**\$3.99/lb**

Organic  
Pumpkin Seeds  
**\$4.59/lb**

# REWARD YOUR WORKOUT



**2/\$4**



# Chill with

# PERFECT BAR

# \$2.79



find in the fridge



**Wildwood Organic**  
Organic Tofu Twin Pack  
Extra Firm  
15.5 OZ **\$3.99**



**Miso Master**  
Organic Miso  
Mellow White  
16 OZ **\$10.49**



**Maria And Ricardo's**  
White Flour Tortillas  
Original  
8 CT **\$3.79**



**Food For Life**  
Organic Ezekiel 4:9 Bread  
Sprouted Whole Grain  
24 OZ  
Selected Varieties **\$6.19**



**Rudi's Rocky Mountain Bakery**  
Organic Bread  
Rocky Mountain Sourdough  
18 OZ **\$3.99**



**Woodstock**  
Organic Frozen Fruit  
Mixed Berries  
32 OZ  
Selected Varieties **\$12.49**



**Woodstock**  
Organic Sauerkraut  
Kimchi  
16 OZ  
Selected Varieties **\$5.79**



**Woodstock**  
Organic Frozen Tortelloni  
Four Cheese  
20 OZ  
Selected Varieties **\$6.99**



**Quorn**  
Meatless Chiqin Pieces  
Diced  
12 OZ  
Select Varieties **\$4.99**



**Dr. Praeger's**  
Veggie Burgers  
Black Bean Quinoa  
10 OZ  
Selected Varieties **\$5.99**

# Lightlife™

PLANT-BASED PROTEIN

# Live long, travel light



Check out [Lightlife.com](https://www.lightlife.com) for plant-based recipes

\*SPINS - MULO & NAT L52 W/E 12/01/2024 \*REFRIGERATED CATEGORY, IN DOLLAR SALES

**THE PERFECT  
START TO  
YOUR DAY**



**\$6.29**  
selected  
varieties

**Kashi GO**  
NOW WITH OVER  
**25% MORE\***  
**10g 10g**  
**PROTEIN + FIBER**  
peanut butter crunch  
Plant Protein & Multigrain Clusters with Creamy Peanut Butter  
NET WT 16.9 OZ (1 LB 0.9 OZ) (479g)

**Gomacro**  
Organic Macrobar  
Oatmeal Chocolate Chip  
4/2.3 OZ

**\$9.79**



**Iqbar**  
Plant Protein Bar  
Chocolate Sea Salt  
1.6 OZ  
Select Varieties

**GF** **NON-GMO**  
**2/\$3**



**Protein Puck**  
Protein Bar  
Wanderlust  
3.25 OZ  
Select Varieties

**GF** **NON-GMO**  
**2/\$4**

**LÄRABAR**  
THE ORIGINAL FRUIT & NUT FOOD BAR



**HOT  
DEALS**

**4/\$5**

Selected Varieties

*100% Real  
Ingredients*

**Carb Conscious Snacking**



**2/\$7**



**\$5.99**



**7G OF  
PROTEIN**

**2/\$5**



**Bob's Red Mill**  
Instant Oatmeal  
Maple Brown Sugar  
9.52 OZ  
Selected Varieties

**\$3.79**



**Maranatha Natural Foods**  
Organic Peanut Butter  
Creamy, No Stir  
16 OZ  
Selected Varieties

**\$5.29**



**Barbara's**  
Puffins Cereal  
Peanut Butter  
11 OZ  
Selected Varieties

**2/\$8**



**Namaste**  
Gluten Free  
Baking Mix  
Brownie  
15 OZ

**\$6.79**

## Strawberry Banana *smoothie*

- 2 ripe bananas
- 2 cups frozen Woodstock Organic Strawberries
- 1 cup frozen Woodstock Organic Pineapple or Mango
- 1/2 cup plain or vanilla Greek yogurt
- 1/4 cup Woodstock Organic coconut flakes
- 1 1/2 cups Woodstock Organic Banana Water

Add all ingredients to a blender and blend until smooth and creamy.



## Concentrated Herbal Pain Relief



**Pain Relieving Ointment**  
Ultra Strength  
18 gm  
**\$7.49**



## Prince of Peace



**Ginger Chews**  
Mango or Blood Orange  
4 OZ Selected Varieties

**2/\$5**

**Ginger Chews Plus**  
Original or Lemon  
3 OZ

**\$3.79**

**SHARING NATURAL PAIN REMEDIES AND TASTY SNACKS SINCE 1988.**

# Orgain

Real Nutrition for Real Life



Plant Based PROTEIN



\$23.49



\$40.49



\$30.49



\$29.49



\$2.09



\$2.79



\$33.49

E-26

**Celestial Seasonings**

Herbal Tea  
Bengal Spice  
20 BAG  
Selected Varieties

**2/\$7**



**Rishi**  
Organic Tea  
Earl Grey  
15 BAG  
Selected Varieties  
**\$6.79**



**Bragg**  
Organic Apple Cider Vinegar Refresher  
Ginger Lemon Honey  
16 FL OZ  
Selected Varieties

**2/\$6**



Tastes like *sugar*



**Lakanto**  
Monkfruit Sweetener  
Classic  
8.29 OZ  
**\$4.99**



**Vita Coco**  
Coconut Water  
Original  
1LT  
Selected Varieties  
**\$4.79**



**Eternal**  
Spring Water  
Naturally Alkaline  
1.5 LTR  
**2/\$4**





**Boulder Canyon**  
 Avocado Oil  
 Wavy Chips  
 Sea Salt  
 5.5 OZ  
 Selected Varieties  
**\$3.79**



**HOT DEALS**

**Garden Of Eatin'**  
 Organic Tortilla  
 Chips  
 Red Hot Blues  
 14 OZ  
 Selected Varieties  
**\$4.79**



**Terra Chips**  
 Vegetable Chips  
 Original  
 5 OZ  
 Selected Varieties  
**\$3.29**



**Lundberg Family Farms**  
 Organic Brown Rice Cakes  
 Lightly Salted  
 8.5 OZ  
 Selected Varieties  
**2/\$8**



**Blue Diamond**  
 Almonds  
 Lightly Salted, Low Sodium  
 12 OZ  
 Selected Varieties  
**\$9.29**



**SATIS *snack* TION**



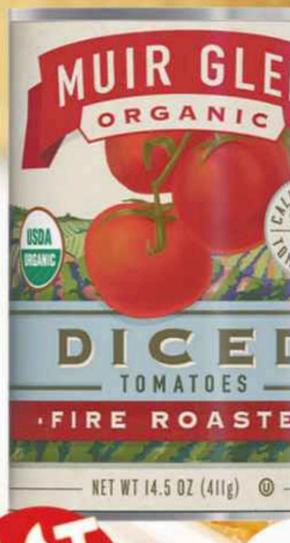
**Lenny & Larry's**  
 Complete Cookie  
 Chocolate Chip  
 4 OZ  
 Selected Varieties  
**\$2.19**

**ALWAYS ORGANIC. NEVER ORDINARY.**



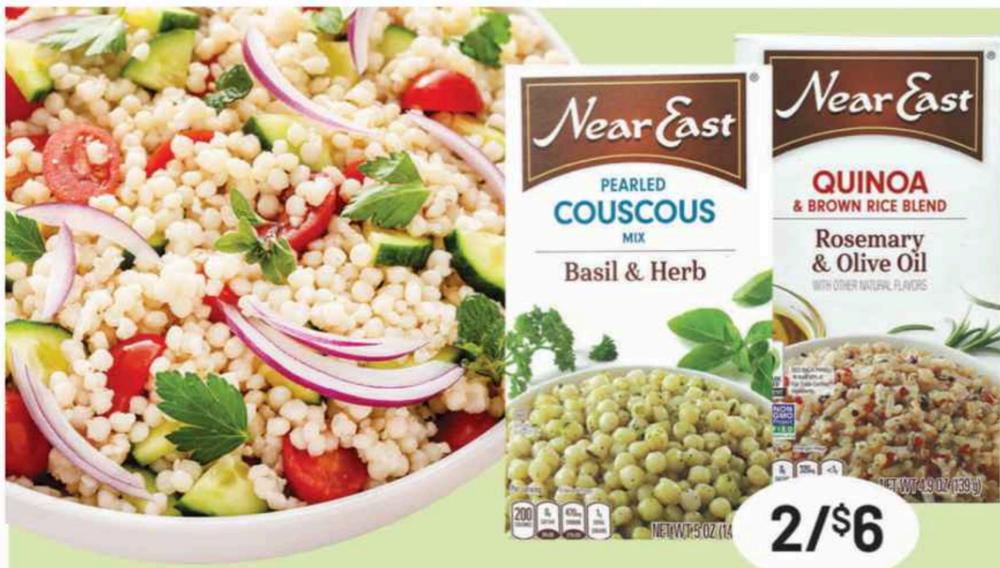
**2/\$8**

**HOT DEALS**



**2/\$5**





2/\$6

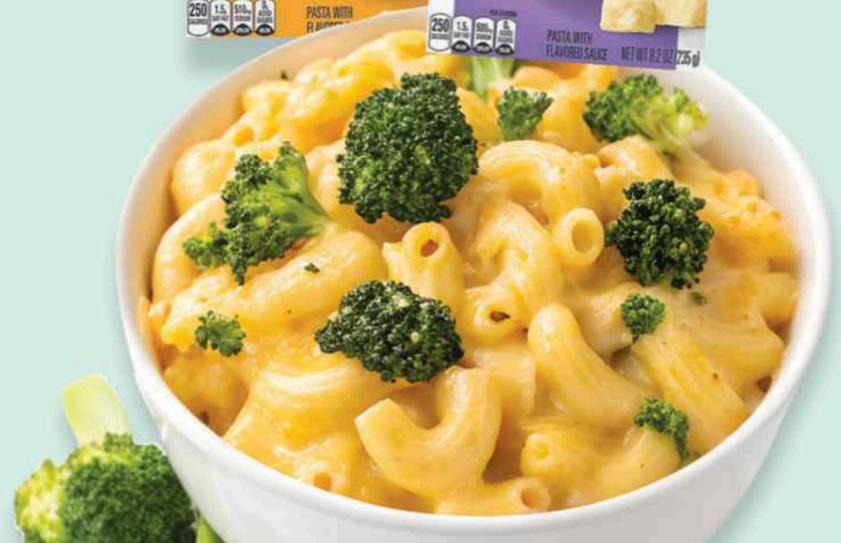
## Pairing Grains with Vibrant Spices & Herbs



2/\$5

Made with Real Cheese

\$2.79



# Simmer. Dinner. Winner.

Maya makes it easy

2/\$10



Maya's award winning simmer sauces allow you to make a delicious meal in mere minutes. No cardamom, coriander or consternation required. Maya makes it easy.

Learn more at [mayakaimal.com](http://mayakaimal.com)

Maya Kaimal

follow us @mayakaimalfoods



**HOT DEALS**

**Spectrum Naturals**  
Organic  
Canola Oil  
Refined  
32 FL OZ

**\$10.99**



**HOT DEALS**

**Spectrum Naturals**  
Organic  
Sunflower Oil  
Refined  
32 FL OZ

**\$10.99**



**HOT DEALS**

**Spectrum Naturals**  
Organic  
Olive Oil  
Extra Virgin  
25.4 FL OZ

**\$16.29**



**Imagine Foods**  
Organic  
Chicken Broth  
Free Range  
32 FL OZ  
Selected Varieties

**2/\$7**



**Imagine Foods**  
Organic  
Soup  
Creamy Tomato  
32 OZ  
Selected Varieties

**2/\$9**



**Mizkan**  
Broth  
Concentrate  
Ramen  
12 OZ

**\$6.79**



**Jovial**  
Gluten Free Brown Rice Pasta  
Bucatini  
10 OZ  
Selected Varieties



**\$3.79**



**Safe Catch**  
Elite Wild Tuna  
5 OZ

**\$3.79**



**Thai Kitchen**  
Coconut Milk  
Unsweetened  
13.66 FL OZ

**\$2.79**



**\$17.79**



**\$24.29**

Experience the  
Traditions of Italy™

**BIG TASTE**  
little calories

**40**  
calories  
per serving



**50**  
calories  
per serving

**\$6.99**



**\$27.29**



**\$19.79**

The Real Taste  
of California™

# Herbal Comfort for Sore Throats

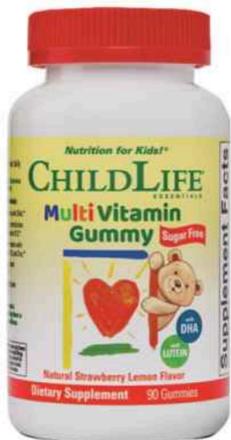


## Organic Lozenges

16 CT

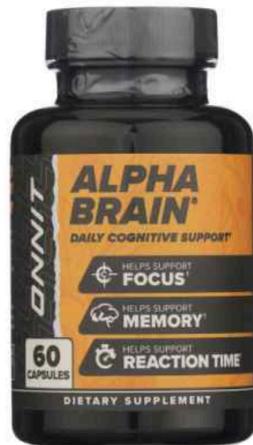
**2/\$8**

Selected Varieties



**ChildLife Essentials**  
Multi Vitamin  
Gummy  
Strawberry Lemon  
90 CT

**\$19.49**



**Onnit**  
Alpha Brain  
Supplement  
Memory & Focus  
60 VCAP

**\$49.99**



**Ultima Replenisher**  
Electrolyte Drink Mix  
Raspberry  
3.4 OZ  
Selected Varieties

**\$17.49**

**Dr. Bronner's**  
All-One Toothpaste  
Peppermint  
5 OZ  
Selected Varieties

**\$5.49**



**SmartyPants**  
Teen Guy Plus  
Vitamins  
Multi & Omegas  
60 CT

**\$20.99**



**Boiron**  
Chestal Cough Syrup  
Honey  
6.7 FL OZ  
Selected Varieties

**\$8.99**



**Four Sigmatic**  
Organic Protein Powder  
Vanilla  
21.16 OZ  
Selected Varieties

**\$31.99**



refreshed-renewed &  
*tingly clean!*