

New  
Frontiers®  
natural  
marketplace

# FRESH SAVINGS



Locally Grown

## Organic Fuji Apples

Sweet and crisp

**\$1.99 lb.**

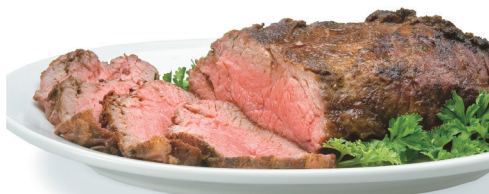


Natural Factors

## Supplements

Select varieties & sizes

**35% off**



New Frontiers Natural Meat

## Tri Tip

No hormones or antibiotics

**\$7.99 lb.**



Fresh from our kitchen

## New Mac & Cheese

A classic comfort food with a fall twist

**\$2.00 off lb.**



Blue Diamond

## Almond Breeze

Select varieties

64 fl. oz.

**\$4.29**



Illy Cafe

## Coffee

Select varieties - 8.8 oz.

**25% off**



## Organic Yellow Onions

To enhance all your cooking

**99¢ lb.**

Endangered Species

## Chocolate

Select varieties - 3 oz.

**\$2.39**



Niman Ranch

## Pork Sausage

No antibiotics or hormones - ever.

Select varieties - 12 oz.

**\$5.99 ea**



Table 5

## Pizza

Select varieties - 12.5 oz.

**\$6.49**

## Tuscan Bean Soup

Available in our Grab 'n Go

**\$1.00 off qt.**



Simply

## Juice

Select varieties - 1.75 liter

**\$4.99**



Justin's

## Nut Butters

Select varieties - 16 oz.

**\$4.99**

Crofter's

## Organic Premium Spread

Select varieties - 10 oz.

**2 for \$6**



## Organic Granny Smith Apples

Locally grown

**\$1.99 lb.**



Silk

## Almondmilk

Select varieties - 64 fl. oz.

**\$3.29**



Celestial Seasonings

## Tea

Select varieties - 20 ct.

**\$2.59**

Green Valley Organics

## Organic Kefir

Lactose free

Select varieties - 32 fl. oz.

**\$4.59**



Hail Merry

## Tarts or Bites

Select varieties - 3-3.5 oz.

**\$2.99**



Organic Valley

## Organic Cheese

Select varieties - 6 oz.

**\$3.99**



Golden Temple

## Granola

In our bulk department

**\$2.99 lb.**

Ancient Harvest

## Gluten Free Organic Pasta

Select varieties - 8 oz.

**\$2.39**

Cadia

## Organic Pasta Sauce

Select varieties - 25 fl. oz.

**\$3.49**

Bio-K

## Acidophilus

Select varieties & sizes

**20% off**

Organic Coffee Company

## Organic Coffee

Select varieties - 12 oz.

**\$8.99**



Smart Chicken

## Whole Body Chicken

Air chilled for freshness and flavor

*\*does not include rotisserie chicken*

**\$2.79 lb.**



## Easy Whole Roasted Chicken

1 (3 pound) whole chicken, giblets removed

salt and black pepper to taste

1 tablespoon onion powder, or to taste

1/2 cup butter, divided

1 stalk celery, leaves removed

Preheat oven to 350 degrees F.

Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tablespoons butter in the chicken cavity. Arrange dollops of the remaining butter around the chicken's exterior and rub into skin. Cut the celery into 3 or 4 pieces, and place in the chicken cavity.

Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 165 degrees F. Remove from heat, and baste with melted margarine and drippings.

Cover with aluminum foil, and allow to rest about 30 minutes before serving.



## Kale, Apple & Cranberry Salad

A delightfully crisp and crunchy salad

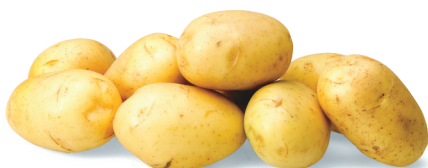
**\$2.00 off lb.**

Canyon Bakehouse

## Gluten Free Bread

Select varieties - 18 oz.

**\$4.49**



## Yukon Gold Potatoes

**Organic** - Buttery and creamy

**99¢ lb.**

Home Grown

## Beef Jerky

Select varieties - 3 oz.

**\$8.99 ea**



Acure



## Body Care

Select varieties & sizes

**35% off**

Sweet Earth



## Burritos

Select varieties - 6-7 oz.

**\$2.69**

Gaia Herbs

## Herbal Remedies

Select varieties & sizes

**35% off**



New Chapter

## Vitamins

Select varieties & sizes

**30% off**

Grind your own

## Almond Butter

In our bulk department

**\$8.99 lb.**

Udi's

## Gluten Free Bread

Select varieties & sizes

**40% off**

Essentia

## Water

1.5 liter

**\$2.09**

Nature's Path

## Organic Cereal

Select varieties - 23-32 oz.

**\$6.99**

Pacific Foods

## Organic Non-Dairy Milk

Select varieties - 32 fl. oz.

**30% off**

# New Frontiers<sup>®</sup> natural marketplace

October 2017

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



Nature's Path  
**Frozen Waffles**

Select varieties - 7.4 oz.

**2 for \$6**



Beanfield's

**Bean & Rice Chips**

Select varieties - 5.5-6 oz.

**\$2.89**



Bakery fresh

**Walnut Spice Cake**

Warm autumn spices stacked high with a decadent frosting

**\$1.00 off sl.**

Alba Botanica

**Emollient Lotion**

Select varieties - 12-32 oz.

**30% off**



Carlson

**Entire Product Line**

Save 20% on all products

**20% off**



Garden of Life

**Entire Product Line**

Save 30% on all products

**30% off**



LaCroix

**Sparkling Water**

Select varieties - 8 pk, 12 fl. oz.

**\$3.69**

New Frontiers  
Fresh Roasted

**Organic Coffee**

Moonshot Espresso

**\$11.99 lb.**



Brown Cow

**Yogurt**

Select varieties - 5.3 oz.

**79¢**



Julie's

**Organic Ice Cream Bars**

Select varieties & sizes

**\$3.99**



Amy's

**Frozen Entrées**

Select varieties - 9.5-10 oz.

**\$4.79**



GT's

**Organic Kombucha**

Select varieties

16.2 fl. oz.

**\$2.59**

