

GREAT QUALITY. GREAT PRICE.

Add chicken to your weeknight meal plan with a great deal on Mary's Humane Certified whole fryers.



Really **BIG DEAL**

MARY'S
**WHOLE FRYER
CHICKEN**

\$1.99
lb
SAVE \$2lb

Really **BIG DEALS**

COUNTRY NATURAL BEEF TOP SIRLOIN STEAK

USDA Choice, humanely range-raised beef with no added hormones and no antibiotics ever.



\$12.99
lb

SAVE \$1lb

ORGANIC ATAULFO MANGOES

Smooth and creamy with rich mango flavor. From Crespo Organic in Mexico.



2 for \$5

SAVE \$1ea

MRM NUTRITION SUPERFOOD POWDERS

Enhance your smoothies and other recipes with USDA Organic and non-GMO certified superfood powders.



40%
off

PLANET OAT OATMILK

Assorted Varieties
52oz



2 for \$6

SAVE \$1.19ea

KIND SNACK BAR

Selected Varieties
1.4oz



**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2

30%
off

**PROTEIN
POWDERS AND
COLLAGEN**

Limited to stock on hand. No additional case discounts. Selection varies by location. Items priced as marked.

WHAT WE'RE loving



Stocking up on all the tasty snacks and easy-meal favorites from our friends at New Coast Foraging Co.

NEW COAST FORAGING CO.
CRISPY COOKIES
Assorted Varieties
6oz



\$5⁹⁹
ea
FEATURED

NEW COAST FORAGING CO.
FROZEN PASTA
Selected Varieties
10-12oz



\$8⁹⁹
ea
FEATURED

NEW COAST FORAGING CO.
FROZEN FRUIT
Selected Varieties
16oz



\$4⁹⁹
ea
FEATURED

NEW COAST FORAGING CO.
CANNED NUTS
Assorted Varieties
10-10.5oz



\$6⁹⁹
ea
FEATURED

MEAT & SEAFOOD

NEW SEASONS
MARINATED HALF CHICKENS

Marinated in one of our gluten-free marinades and ready for roasting.



\$5⁹⁹
lb
SAVE \$1lb

YAKOBI FISHERIES
COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately for the best flavor.



\$19⁹⁹
lb
SAVE \$2lb

NEW SEASONS
BEEF STIR-FRY BLENDS

Choose from a variety of humanely raised beef stir-fries made in our gluten-free marinades. Flavor options may vary by location.



\$10⁹⁹
lb
SAVE \$1lb

NEW SEASONS
SALMON CAKES

Made in-house with wild-caught salmon, fresh herbs, and veggies. Ready to cook.



\$3⁹⁹
ea
SAVE \$1ea

FLORAL

ALL SEED PACKS

Kick off gardening season with a variety of seed packs!



10%
off

MINI CYMBIDIUM ORCHID

Beautiful mini orchids, greenhouse-grown in British Columbia, Canada.



\$9⁹⁹
ea
SAVE \$3ea

PRODUCE

ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Tomatero Farm in Watsonville, CA.



2 for \$5
SAVE 49¢ea

ORGANIC BRUSSELS SPROUTS

Delicious roasted, steamed, or shaved raw in a salad. From Covilli Brand Organics in Mexico.



\$4⁹⁹
lb
SAVE \$1lb

ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. From Divine Flavor in Mexico.



\$3⁹⁹
lb
SAVE \$1lb

BAKERY & CHEESE

NEW SEASONS GARLIC NAAN

Serve this soft flatbread alongside your favorite curry or rice dish, or as a base for a quick and easy pizza night!
4ct



\$3⁹⁹
ea
SAVE \$1ea

SIERRA NEVADA CHEESE COMPANY GRAZIERS RAW SHARP CHEDDAR

A delicious cheese from Northern California made with milk from grass-fed cows.
8oz



\$6⁹⁹
ea
SAVE \$1ea

PREPARED FOODS

NEW SEASONS ORANGE GLAZED TOFU

Cubed tofu in an orange and apricot glaze with a hint of chili flake.



\$10⁹⁹
lb
SAVE \$1lb

NEW SEASONS BROCCOLI CHOP SALAD

A light and lemony salad featuring a mix of shaved broccoli, kale, green cabbage, and sweet hot peppers.



\$10⁹⁹
lb
SAVE \$1lb

FLAX4LIFE GLUTEN-FREE MUFFINS

Made with all-natural ingredients, free from nuts, dairy, and gluten. Assorted flavors.
4ct

PNW LOCAL



\$7⁹⁹
ea
SAVE \$1ea

FIREHOOK MEDITERRANEAN BAKED CRACKERS

These crunchy, flavorful crackers are the perfect vehicle for cheese or dips.
5.5oz



\$8⁴⁹
ea
SAVE 50¢ea

TRUE STORY FOODS HERBED CHICKEN BREAST

Great for healthy snacking, wraps, or sandwiches.



\$14⁹⁹
lb
SAVE \$2lb

ORIGAMI CATERING TUNA AVOCADO OSHI SUSHI

Pressed sushi featuring Ahi tuna, avocado, green onion, sweet eel sauce, and spices.

PNW LOCAL



\$11⁹⁹
ea
SAVE \$1ea

BEER & WINE

MIX & MATCH

10% off
6 bottles of wine

20% off
12 or more bottles of wine

*Offer available in-store only.

DOUBLE MOUNTAIN BREWERY SELECT 6-PACKS

Delicious everyday favorites, locally craft brewed in Hood River. Try the new Iowa Bar Fight IPA.
6pk/12oz

PNW LOCAL



\$11⁹⁹
ea
SAVE \$2ea

PALAMA ARCANGELO NEGROAMARO

Expressive and full of character, with layered aromas of dark red fruit, steeped spices, and a savory edge. Perfect with seared meats or puttanesca pasta.
750ml



\$11⁹⁹
ea
SAVE \$5ea

FORT GEORGE BREWERY 19.2OZ CRAFT CANS

Enjoy Fort George favorites City of Dreams Hazy Pale and Vortex IPA, now in a larger format.
19.2oz

PNW LOCAL

IT'S NEW!



\$4⁴⁹
ea
SAVE \$1.50ea

INDABA CHENIN BLANC

Sustainably crafted on South Africa's sunshine coast, this vibrant white wine showcases notes of pear, quince, peach blossom, honeysuckle, and a touch of minerality.
750ml



\$9⁹⁹
ea
SAVE \$5ea

STAY COZY, ORDER ONLINE!

Enjoy in-store prices online and save \$5 on orders of \$35+ with code **COZYUPWITH5**. Choose quick, convenient pickup or delivery!

shop.newseasonsmarket.com

Powered by **instacart**

*Terms apply. Free pickup on orders of \$35+.

GET \$10 OFF \$40!

Are you receiving Neighbor Rewards emails or texts?

Opt in today, and never miss another member offer—like the \$10 off \$40 offer you'll get just for opting in at newseasonsmarket.com/rewards



WELLNESS

PLANETARY HERBALS HERBAL SUPPLEMENTS

Save 40% on all your favorite herbal and plant-based products.

40% off



VEGA PROTEIN MADE SIMPLE

Plant-based formulas with 15 grams of protein per serving. Save on select protein powders from Vega this week.

30% off



BLUEBIRD BOTANICALS CLASSIC CBD OIL 15MG

Formulated to support sleep and relaxation. Save on your favorite forms of CBD, including topicals, tinctures, and gummies.

1oz
\$14.99 ea
SAVE \$5ea



NOW FOODS MAGNESIUM 400MG

Each vegan cap delivers 400 mg of easily absorbable magnesium.
180vc

\$15.99 ea
SAVE \$6ea



DR. SHEN'S COLDSTOP

A traditional Yin Chiao formula to help support immunity through cold and flu season.
15tab

\$6.99 ea
SAVE \$4ea



BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms.

6ct
\$12.99 ea
SAVE \$4ea



HIBAR PLASTIC-FREE DEODORANTS

Aluminum-free formulas in eco-friendly, plastic-free packaging. Enjoy savings on select scents.
2.25oz

\$8.99 ea
SAVE \$4ea



MOON VALLEY ORGANICS FOAMING SOAPS

Soothing herbal hand soaps made with calendula and comfrey to gently cleanse and moisturize.
8.8oz

\$5.49 ea
SAVE \$2.50ea



JĀSŌN BODY WASH

Made with pure tea tree to soothe and nourish. Save on select scents.
30oz

\$11.99 ea
SAVE \$4ea



GROCERY

ALEC'S ICE CREAM ORGANIC ICE CREAM

Assorted Varieties
14oz

\$6.99 ea
SAVE \$2ea



LAOBAN DUMPLINGS BAO BUNS

Assorted Varieties
10oz

\$7.99 ea
SAVE \$2ea



TUCSON FOODS FROZEN TAMALES

Assorted Varieties
5oz

\$3.49 ea
SAVE 20¢ea



BEYOND MEAT PLANT-BASED PIZZA BAKES

Pepperoni or Meaty Italian.
9oz

\$5.99 ea
SAVE \$2ea



CANYON BAKEHOUSE GLUTEN-FREE BAGELS

Plain or Everything.
4ct

\$8.99 ea
SAVE \$1ea



GARDEIN ULTIMATE PLANT-BASED BOWLS

Assorted Varieties
9oz

2 for \$10
SAVE \$1.99ea



LILY'S TOASTER GRILLS FROZEN SANDWICHES

Assorted Varieties
6.7-7.1oz

\$4.99 ea
SAVE UP TO \$1ea



MILTON'S CAULIFLOWER CRUST PIZZA

Assorted Varieties
11oz

\$10.99 ea
SAVE \$3ea



GROCERY

MONTEBELLO ORGANIC PASTA
Assorted Varieties
16oz



\$3⁹⁹ ea
SAVE \$2ea

RUMMO PASTA
Assorted Varieties
12-16oz



2 for \$7
SAVE \$1.69ea

BONO ORGANIC SICILIAN EXTRA VIRGIN OLIVE OIL
Selected Varieties
16.9oz



\$20⁹⁹ ea
SAVE \$5ea

TINKYADA BROWN RICE PASTA
Assorted Varieties



20% off

TAKE ROOT ORGANICS TOMATOES
Selected Varieties



20% off

PACIFIC FOODS SOUP
Selected Varieties
16.1-16.3oz



\$3⁹⁹ ea
SAVE \$2ea

PNW LOCAL

SUSTAINABLE SEAS CHUNK ALBACORE TUNA
Assorted Varieties
5oz



\$3⁹⁹ ea
SAVE 80°ea

SUSTAINABLE SEAS CHUNK LIGHT TUNA
Assorted Varieties
5oz



\$3⁴⁹ ea
SAVE 50°ea

SEATTLE INTERNATIONAL BAKING COMPANY BAGELS
Assorted Varieties
5ct



\$3⁹⁹ ea
SAVE \$2.50ea

PNW LOCAL

MAYA KAIMAL ORGANIC EVERYDAY DAL AND CHANA
Selected Varieties
10oz



\$4⁹⁹ ea
SAVE \$1ea

YO MAMA'S DRESSING & DIP
Assorted Varieties
13oz



\$5⁹⁹ ea
SAVE \$1ea

DELALLO OLIVES
Assorted Varieties



20% off

SEATTLE INTERNATIONAL BAKING COMPANY SLICED BREAD
Selected Varieties
20oz



\$4⁹⁹ ea
SAVE UP TO \$1.50ea

PNW LOCAL

PACIFIC RESOURCES INTERNATIONAL MANUKA HONEY
1.1lb



\$19⁹⁹ ea

FOOD FOR LIFE SPROUTED GRAIN CEREAL
Selected Varieties
16oz



\$7⁹⁹ ea

BOB'S RED MILL HOMESTYLE GRANOLA
Assorted Varieties
11oz



\$4⁹⁹ ea

PNW LOCAL

BULK

HUMMINGBIRD WHOLESALE ORGANIC BEANS
Selected Varieties



\$2⁹⁹ lb
EVERYDAY VALUE

PNW LOCAL

HUMMINGBIRD WHOLESALE ORGANIC EMMER FARRO HEIRLOOM



\$4⁹⁹ lb
EVERYDAY VALUE

PNW LOCAL

HUMMINGBIRD WHOLESALE ORGANIC QUINOA
Assorted Varieties



\$5⁹⁹ lb
EVERYDAY VALUE

PNW LOCAL

PORTLAND COFFEE ROASTERS COFFEE
Selected Varieties



\$14⁹⁹ lb
EVERYDAY VALUE

PNW LOCAL

GROCERY

**SNACK FACTORY
PRETZEL CRISPS**
Selected Varieties
7.2oz



\$3.99
ea

SAVE \$1ea

**LATE JULY SNACKS
ORGANIC
TORTILLA CHIPS**
Sea Salt or
Sea Salt & Lime.
14.75oz



\$4.99
ea

SAVE \$2ea

**POPCORNERS
POPPED-CORN SNACK**
Assorted Varieties
7oz



\$4.99
ea

SAVE \$1ea

**BETTER WITH BUCKWHEAT
CRACKERS**
Assorted Varieties
4.25oz



\$3.99
ea

SAVE \$2ea

**GOODIE GIRL
GLUTEN-FREE
COOKIES**
Assorted Varieties
7-10.6oz



\$6.99
ea

SAVE \$1ea

**BAKEOLOGY
COOKIE BITES**
Assorted Varieties
5oz



\$3.99
ea

SAVE \$2ea

**BEYOND GOOD
CHOCOLATE
BAR**
Selected Varieties
2.64oz



2 for \$7

SAVE \$1.49ea

**CHUAO CHOCOLATIER
CHOCOLATE
BAR**
Assorted Varieties
2.8oz



\$4.99
ea

SAVE \$1.20ea

**SKINNYDIPPED
SNACKS**
Selected Varieties
4oz



\$4.99
ea

SAVE \$2ea

**CHOICE ORGANICS
TEA**
Selected Varieties
16ct



**BUY 1 GET 1
FREE**

SAVE \$6.99 ON 2

**NEWMAN'S OWN
ORGANIC TEA**
Selected Varieties
100ct



\$5.99
ea

SAVE \$2ea

**THAIWALA
THAI TEA
CONCENTRATE**
Assorted Varieties
32oz



\$5.99
ea

SAVE \$1ea

**DEATH WISH COFFEE
ORGANIC COFFEE**
Assorted Varieties
9-10oz



\$13.99
ea

SAVE \$2ea

**TONY'S COFFEE
ORGANIC
COFFEE**
Assorted Varieties
12oz



\$12.99
ea

SAVE UP TO \$4ea

**SMITH TEAMAKER
TEA**
Selected Varieties
15ct



\$10.99
ea

SAVE \$2ea

**FEVER-TREE
PREMIUM
DRINK
MIXERS**
Selected Varieties
4pk/6.8oz



\$5.99
ea

SAVE \$2ea

**RENEW JUICE COMPANY
JUICE**
Selected Varieties



20%
off

**C2O
COCONUT
WATER**
Assorted Varieties
17.5oz



**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2

**ETERNAL
NATURALLY
ALKALINE
SPRING
WATER**
1.5L



\$2.99
ea

SAVE 50¢ea

**SANTA CRUZ ORGANIC
LEMONADE**
Selected Varieties
16oz



\$2.49
ea

SAVE 50¢ea

GROCERY

30 Years of SYNERGY

Created to celebrate 30 years, SYNERGY Wildflower blooms with nature's finest. Crafted with powerful botanicals, like ashwagandha, lion's mane, and elderflower, this lightly floral, adaptogenic kombucha is packed with soothing and healing benefits.

GT'S LIVING FOODS SYNERGY THE REAL KOMBUCHA

Selected Varieties
16oz

2 for \$6

SAVE UP TO \$1.49ea



BROWN COW WHOLE MILK YOGURT

Assorted Varieties
32oz

\$3.99 ea

SAVE \$1.30ea



NOUNÓS GREEK STRAINED YOGURT

Assorted Varieties
5.3oz

BUY 1 GET 1 FREE

SAVE \$3.19 ON 2



NANCY'S CREAM CHEESE

Selected Varieties
8oz

\$2.99 ea

SAVE \$1ea



PNW LOCAL

WILD HARVEST SHREDDED CHEESE

Selected Varieties
6oz

\$4.49 ea

EVERYDAY VALUE



TOFUTTI BETTER THAN CREAM CHEESE

8oz

\$3.99 ea

SAVE \$2ea



TOFUTTI BETTER THAN SOUR CREAM

12oz

\$4.99 ea

SAVE \$1.60ea



PLANET OAT OATMILK CREAMER

Assorted Varieties
1qt

\$3.99 ea

SAVE \$2ea



VIOLIFE DAIRY-FREE AND VEGAN CHEESE

Selected Varieties
7.05-8.1oz

\$5.99 ea

SAVE UP TO \$2ea



SWEET LOREN'S COOKIE DOUGH

Assorted Varieties
12oz

\$6.99 ea

SAVE \$1.40ea



MELT ORGANIC BUTTERY SPREAD

13oz

\$5.99 ea

SAVE \$2ea



FOOD FOR LIFE TORTILLAS

Selected Varieties
6-12ct

\$4.99 ea

SAVE UP TO \$1ea



HOUSE FOODS TOFU

Selected Varieties
16oz

\$2.49 ea

SAVE \$1.10ea



AL AMIR HUMMUS OR TZATZIKI

Selected Varieties
8oz

\$3.99 ea

SAVE \$1.80ea



PNW LOCAL

HARMLESS HARVEST ORGANIC COCONUT BEVERAGES

Selected Varieties
10oz

\$3.99 ea

SAVE 60¢ea



Really BIG DEAL

30% off

PROTEIN POWDERS AND COLLAGEN

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