

# SUSTAINABLY HARVESTED

Elevate your weeknight meal plan with sustainable seafood from Alaska—20% off this week.

Really **BIG DEAL**

**ALASKA SEAFOOD** 20% off



Really **BIG DEALS**

20% off

SELECT  
**NON-ALCOHOLIC WINES, BEERS, AND SPIRITS**

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

50% off

**BREW DR. KOMBUCHA**

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

30% off

SELECT  
**HOUSE-PLANTS**

Some exclusions may apply.

**COUNTRY NATURAL BEEF BEEF CHUCK ROAST**

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



\$7.99 lb

SAVE \$2lb

**ORGANIC JUMBO AVOCADOS**

A delicious addition to salads, nachos, or avocado toast. From Calavo Growers in Santa Paula, CA.



2 for \$5

SAVE \$1ea

**SCREAMIN SICILIAN PIZZA PREMIUM FROZEN CRAFT PIZZA**

Assorted Varieties  
20.8-23.5oz



\$9.99 ea

SAVE \$2ea

# WHAT WE'RE loving



The top picks and seasonal favorites we can't get enough of lately.

**ALASKAN LEADER SEAFOODS**  
**BLACK COD WITH MISO MARINADE**  
 Wild-caught and sustainably harvested in Alaska.  
 12oz

**20% off**



**YAKOBI FISHERIES**  
**HALIBUT FILLET**  
 Sustainably harvested during the peak of the season in Alaska, and frozen immediately to retain its wild flavor.

**20% off**



**OCEAN CAPE**  
**COHO SALMON STEAKS**  
 Sustainably line-caught on the FV Ocean Cape near Sitka, Alaska, then frozen to preserve the peak-season flavor.

**20% off**



**NEW SEASONS**  
**COD PARMESAN**  
 Made in-house with wild Alaskan cod and ready to bake for a quick and delicious meal.

**20% off**



## MEAT & SEAFOOD

**NEW SEASONS**  
**ALL BULK SAUSAGE**  
 Gluten-free recipes with no added fillers or binders. A great addition to any pasta dish.

**\$6<sup>99</sup> lb**  
**FEATURED**



**FISHWIFE**  
**TINNED SEAFOOD**  
 Ethically sourced and delicious, this premium tinned seafood is great on the go or on a sea-cuterie tray!

**20% off**



**MOMMA POTS**  
**PLANTER POTS**  
 Give your plants sleek, stylish new homes with Momma Pots.

**20% off**



**BEELER'S PURE PORK**  
**BONELESS CENTER-CUT PORK CHOPS**  
 Humanely raised with no antibiotics ever. Great pan-seared or baked.

**\$5<sup>99</sup> lb**  
**SAVE \$1lb**



**DIESTEL FAMILY RANCH**  
**GROUND TURKEY PACKS**  
 Humanely raised on a 100% vegetarian diet with no antibiotics ever. A great lean protein option! Excludes organic.  
 16oz

**Starting at:**  
**\$8<sup>99</sup> ea**  
**SAVE \$1ea**



**30% off**  
**SELECT HOUSE-PLANTS**  
 Some exclusions may apply.

## PRODUCE

**PAGE MANDARINS**  
 Rich, sweet, and juicy!  
 From Rising C Ranch, Reedley, CA

**\$2<sup>49</sup> lb**  
**SAVE 50¢lb**



**ORGANIC LEAF LETTUCE**  
 Choose from romaine, red, or green leaf varieties.  
 From Cal Organics in Lamont, CA.

**2 for \$5**  
**SAVE 29¢ea**



**ORGANIC BRUSSELS SPROUTS**  
 Enjoy them roasted, steamed, or shaved raw in a salad.  
 From Covilli Brand Organics in Mexico.

**\$3<sup>99</sup> lb**  
**SAVE \$2lb**



## BAKERY & CHEESE

### FLAX4LIFE NO SUGAR ADDED MINI MUFFINS



An excellent source of fiber, protein, and essential omega-3s, with no sugar. Choose from Chocolate Brownies or Blueberry.  
6ct



**\$4.99**  
ea  
**SAVE \$1ea**

### ODYSSEY CRUMBLLED FETA

A deliciously salty, tangy feta conveniently crumbled for your pizzas, scrambles, or pasta dishes.  
6oz



**\$4.99**  
ea  
**SAVE \$1ea**

### NEW SEASONS ORGANIC SEEDED HONEY BREAD

Baked fresh in-house with honey, molasses, and organic seeds.



**\$4.99**  
ea  
**SAVE \$1ea**

### BLACK DIAMOND 5-YEAR CANADIAN CHEDDAR

Add this flavorful, extra-sharp cheddar to your next charcuterie board.



**\$15.99**  
lb  
**SAVE \$1lb**

### NEW SEASONS KALE, BEET, AND TANGERINE SALAD

A classic winter salad featuring tangerine sections, roasted beets, pumpkin seeds, and a miso orange dressing.



**\$12.99**  
lb  
**FEATURED**

### NEW SEASONS CHIPOTLE LIME CHICKEN BREAST

Boneless chicken breast marinated in chipotle peppers, lime juice, and garlic, then grilled to perfection.



**\$15.99**  
lb  
**FEATURED**

### NEW SEASONS ORGANIC SEEDED HONEY BREAD

Baked fresh in-house with honey, molasses, and organic seeds.



**\$4.99**  
ea  
**SAVE \$1ea**

### BLACK DIAMOND 5-YEAR CANADIAN CHEDDAR

Add this flavorful, extra-sharp cheddar to your next charcuterie board.



**\$15.99**  
lb  
**SAVE \$1lb**

### DIESTEL FAMILY RANCH SMOKED TURKEY

Slightly sweet and great for healthy snacking, sandwiches, and wraps.



**\$14.99**  
lb  
**SAVE \$2lb**

### ORIGAMI CATERING SHRIMP SALAD ROLL



Shrimp, tofu, and rice noodles wrapped in lettuce with a side of peanut sauce.



**\$8.99**  
ea  
**SAVE \$1ea**

## 20% OFF NON-ALCOHOLIC FAVORITES

### LAPO'S NON-ALCOHOLIC APERITIVO

Bold and citrus-forward with Italian orange, gentian root, hibiscus, and more. Ideal for non-alcoholic spritzes, Negronis, or Americanos.  
750ml



**\$31.99**  
ea  
**WITH 20% DISCOUNT**

### WATERBROOK NON-ALCOHOLIC WINES

Traditional wines without the alcohol. The Cabernet Sauvignon is packed with plum and cherry notes, while the Chardonnay boasts tree fruit and honeyed aromas.  
750ml



**\$14.39**  
ea  
**WITH 20% DISCOUNT**

### ISH NON-ALCOHOLIC COCKTAILS

ISH crafts premium non-alcoholic cocktails that blend playfulness with mindfulness. Perfect for any occasion, whether you're relaxing at home or on the go. Selection may vary by store.  
250ml



**\$5.59**  
ea  
**WITH 20% DISCOUNT**

### BEST DAY BREWING NON-ALCOHOLIC CRAFT BEERS

Brewed in Northern California, Best Day creates non-alcoholic craft beers for anyone who loves all the flavors of great beer without the alcohol. Selection may vary by location.  
6pk/12oz



**\$10.39**  
ea  
**WITH 20% DISCOUNT**

### LAGUNITAS BREWING NON-ALCOHOLIC HOPPY REFRESHER VARIETY PACK

Zero alcohol, zero carbs, zero calories, and zero added sugar—Lagunitas Hoppy Refresher is the ultimate guilt-free beverage. Enjoy four refreshing flavors in this vibrant variety pack!  
12pk/12oz



**\$15.99**  
ea  
**WITH 20% DISCOUNT**

### HEINEKEN NON-ALCOHOLIC O.O LAGER

Heineken's master brewers crafted a non-alcoholic lager with refreshing fruity notes and a smooth, malty finish.  
6pk/12oz



**\$11.19**  
ea  
**WITH 20% DISCOUNT**

## STAY COZY, ORDER ONLINE!

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

[shop.newseasonsmarket.com](http://shop.newseasonsmarket.com)

Powered by **instacart**

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

## GET \$6 OFF \$40!

Neighbor Rewards members opted into email or text get \$6 off a shopping trip of \$40 or more.

Join or sign up by Thursday at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards) to get this exclusive member offer on Friday.



## WELLNESS

### FLORA PROBIOTICS AND OMEGA OILS

Save on probiotics and nutritional oils from Flora this week.



**25% off**

### HERB PHARM HERBAL TINCTURES AND EXTRACTS

Formulated with locally grown and ethically sourced herbs by our friends in Williams, OR.



PNW LOCAL

**30% off**

### COUNTRY LIFE NUTRITIONAL SUPPLEMENTS

Save on all your essentials, from protein powders to multivitamins and probiotics.



**30% off**

### NATURAL STACKS NOOTROPICS SUPPLEMENTS

Innovative formulas designed to support overall brain health and performance.



**20% off**

### PRIMAL KITCHEN COLLAGEN POWDERS

A delicious coconut-based formula for hair, skin, and joint health. Select powders on sale this week.



**\$26<sup>99</sup> ea**  
SAVE \$17ea

### MARY RUTH'S KIDS MULTIVITAMIN GUMMIES

A tasty way for kids to get their daily multivitamins and minerals. Save on adult formulas, too!



**\$16<sup>99</sup> ea**  
SAVE \$6ea

### NOW FOODS VITAMIN D-3 2000IU

Each easy-to-swallow soft gel delivers 2000 IU of vitamin D3.



**\$11<sup>99</sup> ea**  
SAVE \$5ea

### BLOOM B-12 1000MCG

Help support healthy brain and nerve function with 1000 mcg of B-12 per tablet.



**\$12<sup>99</sup> ea**  
SAVE \$5ea

### MAD HIPPIE VITAMIN C SERUM

Improves skin texture while reducing the appearance of fine lines, discoloration, and dark spots caused by scarring.



**\$23<sup>99</sup> ea**  
SAVE \$11ea

### HUME SUPERNATURAL DEODORANTS

Aluminum-free formulas designed to fight odor for an all-day fresh feeling. Sale includes body deodorants.



**\$9<sup>99</sup> ea**  
SAVE \$4ea

## GROCERY

### AMY'S FROZEN BOWLS AND ENTREES

Selected Varieties



**\$5<sup>99</sup> ea**  
SAVE UP TO \$3ea

### PITAYA FOODS FROZEN SUPERFRUITS

Selected Varieties



**40% off**

### EVIVE SMOOTHIE CUBES

Assorted Varieties



**\$5<sup>99</sup> ea**  
SAVE \$2ea

### FIELD ROAST PLANT-BASED FROZEN FOODS

Selected Varieties



PNW LOCAL

**20% off**

### OATLY NON-DAIRY FROZEN DESSERT

Assorted Varieties



**2 for \$10**  
SAVE \$1.29ea

### NOTCO PLANT-BASED PROTEINS

Selected Varieties



**20% off**

### DARING FOODS PLANT-BASED CHICKEN AND ENTRÉES

Assorted Varieties



**20% off**

### DR. PRAEGER'S LITTLES OR VEGGIE FRIES

Assorted Varieties



**2 for \$10**  
SAVE \$1.99ea

# GROCERY

## BEYOND GREAT TEA

What's more comforting than a cup of tea? A sustainable cup. Equal Exchange partners with small-scale tea farmers who work cooperatively to trade equitably, ensuring fair prices and a brighter future for their communities.

**EQUAL EXCHANGE ORGANIC TEA** **\$4.49**  
 Assorted Varieties  
 20ct **SAVE \$1.50ea**



## KICKING HORSE COFFEE

Assorted Varieties

**50% off**



## LAKEWOOD ORGANIC JUICE

Selected Varieties  
 32oz

**\$7.99**  
 ea **SAVE UP TO \$5ea**



## ZEVIA ZERO SUGAR SODA

Assorted Varieties  
 6pk/12oz

**\$6.99**  
 ea **SAVE \$2ea**



## ORGANIC INDIA TULSI TEA

Assorted Varieties  
 18ct

**\$4.99**  
 ea **SAVE \$2ea**



## VITA COCO COCONUT WATER

Selected Varieties

**20% off**



## LACROIX SPARKLING WATER

Assorted Varieties  
 8pk/12oz

**\$3.99**  
 ea **SAVE \$1.50ea**



## DAVE'S KILLER BREAD ORGANIC PROTEIN BARS

Selected Varieties

**PNW LOCAL**

**20% off**



## ALOHA PLANT-BASED PROTEIN BAR

Assorted Varieties  
 1.98oz

**2 for \$5**  
**SAVE \$1.29ea**



## NO COW VEGAN PROTEIN BAR

Assorted Varieties  
 2.12oz

**2 for \$5**  
**SAVE 99¢ea**



## QUEST NUTRITION PROTEIN BAR

Assorted Varieties  
 2.12oz

**2 for \$5**  
**SAVE \$1.49ea**



## SNACK FACTORY PRETZEL CRISPS

Selected Varieties  
 7.2oz

**\$2.99**  
 ea **SAVE \$2ea**



## JACKSON'S POTATO CHIPS

Assorted Varieties  
 5oz

**\$2.99**  
 ea **SAVE \$2ea**



## FOOD SHOULD TASTE GOOD CRACKERS

Assorted Varieties  
 5oz

**\$2.99**  
 ea **SAVE \$2ea**



## LOVE, CORN CRUNCHY CORN SNACK

Assorted Varieties  
 4oz

**\$3.49**  
 ea **SAVE \$1.50ea**

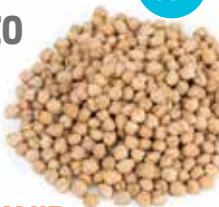


# BULK

## HUMMINGBIRD WHOLESALE ORGANIC GARBANZO BEANS

**PNW LOCAL**

**\$2.99**  
 lb **EVERYDAY VALUE**



## HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Assorted Varieties

**PNW LOCAL**

**\$4.99**  
 lb **SAVE \$1lb**



## HUMMINGBIRD WHOLESALE ORGANIC DRIED CRANBERRIES

**PNW LOCAL**

**\$6.99**  
 lb **SAVE \$1lb**



## SUNRIDGE FARMS CASHEWS

Selected Varieties

**\$14.99**  
 lb **SAVE \$1lb**



# GROCERY

**FRANZ GLUTEN-FREE BREAD**  
Selected Varieties  
14-20oz



**\$4.99** ea  
SAVE \$3ea

**PNW LOCAL**

**ANNIE'S MAC & CHEESE**  
Selected Varieties  
5.5-6oz



**\$1.99** ea  
SAVE 50¢ea

**IMAGINE FOODS BROTH OR STOCK**  
Selected Varieties  
32oz



**\$4.49** ea  
SAVE UP TO \$2.50ea

**UPTON'S NATURALS PLANT-BASED SOUP**  
Assorted Varieties  
14.5oz



**2 for \$7**  
SAVE UP TO \$1.89ea

**NAKED BREAD SANDWICH BREAD**  
Selected Varieties  
22.5oz



**\$4.49** ea  
SAVE \$1.50ea

**PNW LOCAL**

**HEYDAY CANNING BEANS**  
Assorted Varieties  
15oz



**\$3.49** ea  
SAVE \$1.50ea

**EDEN FOODS JAPANESE CONDIMENTS**  
Selected Varieties



**20% off**

**LOTUS FOODS NOODLES, RAMEN AND RICE**  
Selected Varieties



**20% off**

**BRAGG PLANT-BASED PANTRY STAPLES**  
Selected Varieties



**20% off**

**POMI TOMATOES**  
Assorted Varieties



**30% off**

**NUNEZ DE PRADO ORGANIC SPANISH EXTRA VIRGIN OLIVE OIL**  
25.4oz



**\$24.99** ea  
SAVE \$5ea

**PRIMAL KITCHEN CONDIMENTS**  
Selected Varieties



**30% off**

**MAUNA LOA MACADAMIAS**  
Selected Varieties  
4oz



**\$5.99** ea  
SAVE \$3ea

**LUNDBERG FAMILY FARMS RICE CAKES**  
Selected Varieties  
5-10.5oz



**\$3.99** ea  
SAVE \$2ea

**WOODSTOCK NUT BUTTER**  
Selected Varieties  
35oz



**\$10.99** ea  
SAVE \$4ea

**KODIAK CAKES OATMEAL, FLAPJACK MIXES AND CUPS**  
Selected Varieties



**20% off**

**BIOBAG COMPOSTABLE FOOD SCRAP BAGS**  
3 or 13 gallon.



**20% off**

**EARTH'S BEST BABY FOOD AND KIDS' SNACKS**  
Selected Varieties



**20% off**

**CASCADIAN FARM ORGANIC GRANOLA**  
Selected Varieties  
11oz



**\$5.99** ea

**PNW LOCAL**

**COOMBS FAMILY FARMS ORGANIC MAPLE SYRUP**  
Selected Varieties  
8oz



**\$10.99** ea  
SAVE \$3ea

# GROCERY



**DOWNLOAD OUR APP!**  
 Want to save time? Money?  
 Both? We've got you!

Our app makes it easier than ever to quickly order your groceries for pickup or delivery.

Get FREE pickup\* anytime you order \$35 or more online.

\*Pickup not available at all stores.



**SIGGI'S ICELANDIC YOGURT**  
 Selected Varieties  
 24oz



**\$5.49**  
 ea  
**SAVE \$1.80ea**

**FORAGER PROJECT DAIRY-FREE PRODUCTS**  
 Selected Varieties



**25%**  
 off

**BLUE DIAMOND ALMOND BREEZE**  
 Selected Varieties  
 1/2gal



**\$2.99**  
 ea  
**SAVE \$1.90ea**

**CALIFIA FARMS CREAMERS AND BARISTA BLENDS**  
 Selected Varieties  
 25.4-32oz



**\$5.49**  
 ea  
**SAVE UP TO \$2.50ea**

**THE GREEK GODS GREEK YOGURT**  
 Assorted Varieties  
 24oz



**\$3.99**  
 ea  
**SAVE UP TO \$1.50ea**

**THE COCONUT CULT PROBIOTIC COCONUT YOGURT**  
 Selected Varieties  
 8oz



**\$8.49**  
 ea  
**SAVE UP TO \$3.10ea**

**FIELD ROAST PLANT-BASED MEATS AND CHEESES**  
 Selected Varieties

**PNW LOCAL**



**20%**  
 off

**DAISY BRAND SQUEEZE SOUR CREAM**  
 Regular or Light.  
 14oz



**\$2.99**  
 ea  
**SAVE \$1ea**

**NANCY'S ORGANIC COTTAGE CHEESE**  
 Whole Milk or Lowfat.  
 16oz

**PNW LOCAL**



**\$4.79**  
 ea  
**SAVE \$1.40ea**

**KOZY SHACK PUDDING**  
 Tapioca or Rice.  
 22oz



**\$4.59**  
 ea  
**SAVE 40%ea**

## Yogurt, Done Right

Brown Cow yogurt is rich, creamy, and made the old-fashioned way with simple, Non-GMO Project Verified ingredients. Free from artificial growth hormones, flavors, and sweeteners, it's yogurt at its finest.

**TRUE STORY FOODS DELI MEATS**  
 Selected Varieties



**20%**  
 off

**WILDWOOD ORGANIC TOFU**  
 Selected Varieties



**25%**  
 off

**TRAZZA FOODS HUMMUS**  
 Assorted Varieties  
 9oz

**PNW LOCAL**



**\$3.99**  
 ea  
**SAVE \$1.50ea**

**BROWN COW WHOLE MILK YOGURT**  
 Assorted Varieties  
 5.3oz  
**10 for \$10**  
 SAVE 49%ea

**REMEDY ORGANICS PLANT-BASED DRINK**  
 Assorted Varieties  
 12oz



**2 for \$7**  
**SAVE \$1.09ea**

**Really BIG DEAL**

**50%**  
 off

**BREW DR. KOMBUCHA**

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

**Weekend Tasting**

Come taste some of our favorite non-alcoholic beer, wine, and spirits during our 20% off sale!  
 Friday, Saturday & Sunday • 12pm - 6pm