

OUTSTANDING QUALITY

At an outstanding price. Mary's Humane Certified whole fryer chicken is tender, juicy, and \$2 off per pound.

Really BIG DEAL

MARY'S
WHOLE
FRYER CHICKEN

\$1.99
lb
SAVE \$2lb

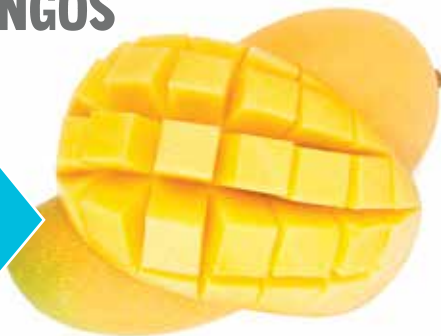
Really BIG DEALS

ORGANIC ATAULFO MANGOS

Rich tropical flavor with a smooth, creamy texture. From Crespo Organic in MX.

2 for \$4

SAVE 99¢ea



NAKED BREAD SANDWICH BREAD

Selected Varieties
22.5oz

\$2.99
ea

SAVE \$3ea



RAO'S HOMEMADE PASTA SAUCE

Assorted Varieties
24oz

\$5.99
ea

SAVE \$4ea



TONY'S CHOCOLONELY CHOCOLATE

Selected Varieties

50%
off



EVERYDAY VALUE

Check this spot each week for everyday favorites at great prices you can count on.

MARY'S GROUND DARK CHICKEN

Humane Certified and always air-chilled with no antibiotics ever. Available at the meat service counter.



\$3⁹⁹
lb

EVERYDAY VALUE

ORGANIC BABY SPINACH

Enjoy in salads, smoothies, and omelets. From Earthbound Farm in Watsonville, CA. 5oz



\$3⁹⁹
ea

EVERYDAY VALUE

WILD HARVEST ORGANIC CREAM CHEESE

8oz



\$4⁹⁹
ea

EVERYDAY VALUE

PARTNERS IN CRIME PINOT NOIR

Black cherry and raspberry aromas meld with subtle notes of earth and spice, topped with delicate tannins. Best enjoyed with a partner in crime of your own. Only at NSM. 750ml



PNW LOCAL

ONLY AT NSM

\$11⁹⁹
ea

EVERYDAY VALUE

MEAT & SEAFOOD

ANDERSON RANCHES LAMB STEW MEAT

Grass-fed and finished locally, lamb is high in omega-3s and a great alternative to beef in a hearty winter stew.

PNW LOCAL



\$9⁹⁹
lb

SAVE \$2lb

COUNTRY NATURAL BEEF STEW MEAT

USDA Choice, humanely range-raised local beef with no antibiotics or added hormones.

PNW LOCAL



\$8⁹⁹
lb

SAVE \$1lb

NEW SEASONS PORK SAUSAGE PACKS

Humanely raised pork with no added fillers. Choose from Italian, Breakfast, or Chorizo. 16oz



\$7⁹⁹
ea

FEATURED

YAKOBI FISHERIES COHO SALMON FILLET

Wild-caught during the peak of season and frozen immediately to retain its fresh flavor.



\$19⁹⁹
lb

SAVE \$1lb

NEW SEASONS HALIBUT DIJON & CAPER CAKES

Made in-house with a blend of wild Alaskan halibut, Dijon mustard, and capers. Ready to cook.



\$3⁹⁹
ea

SAVE \$1ea

PRODUCE

ORGANIC NAVEL ORANGES

Sweet, juicy, and a wonderful source of vitamin C. From Fruit World in Reedley, CA.



\$2⁴⁹
lb

SAVE 50¢lb

ORGANIC GREEN BEANS

Fresh, snappy, and great in winter soups! From Covilli Brand Organics in Nogales, AZ.



\$2⁹⁹
lb

SAVE \$1lb

ORGANIC CAULIFLOWER

Delicious raw, roasted, steamed, or stir-fried. From Access Organics in MX.



\$2⁴⁹
lb

SAVE 50¢lb

BAKERY & CHEESE

THE ORIGINAL CAKERIE LEMONS & CREAM SHORTCAKE

Scrumptious shortcake layered with creamy whipped cream and real lemon filling.



\$15⁹⁹
ea

SAVE \$1ea

BELGIOIOSO SMOKED FRESH MOZZARELLA

Add a smoky depth and flavor to your next pizza or panino with this rich melting cheese.

8oz



\$4⁹⁹
ea

SAVE \$1ea

IT'S
NEW!

NOURICHE BROTH SMALL-BATCH BONE BROTH

Made locally in small batches, these versatile broths are nourishing and delicious.

24oz



\$13⁹⁹
ea

SAVE \$2ea

PNW
LOCAL

FRA MANI ROSEMARY HAM

Lightly seasoned with rosemary and smoked to perfection. Sliced to order in the deli.



\$15⁹⁹
lb

SAVE \$1lb

NEW SEASONS ORGANIC FOCACCIA

Genovese-style flatbread made with extra-virgin olive oil and topped with rosemary and sea salt.



\$3⁹⁹
ea

SAVE \$1ea

CREMINELLI FINE MEATS SLICED CHARCUTERIE

An artisan favorite for your next sandwich or charcuterie board. Choose from assorted styles.

2oz



\$5⁹⁹
ea

SAVE \$1ea

NEW SEASONS HASHBROWN CASSEROLE

Ready to heat and serve, our famous hashbrown casserole features potato shreds in a rich sauce topped with Tillamook cheddar cheese.



\$11⁹⁹
lb

FEATURED

ORIGAMI CATERING CALIFORNIA ROLL

Featuring sustainably sourced surimi, avocado, and English cucumber rolled with toasted sesame seeds.



\$8⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

BEER & WINE

Mix & Match Every day

10% off

6 bottles
of wine

20% off

12 bottles
of wine
or more

*Offer available in-store only.

BUOY BEER CO. SELECT 6-PACK CANS

Handcrafted on the Oregon Coast, Buoy beers stand out for their consistent quality and balance of flavor. Selection may vary by location.

6pk/12oz



\$12⁹⁹
6pk

SAVE \$3ea

PNW
LOCAL

OVERJOY HEDGES RED BLEND

Notes of black cherry, blackberry, and violet meld beautifully with hints of cinnamon, cocoa, and a stony minerality. Only at NSM.

750ml



\$14⁹⁹
ea

SAVE \$2ea

PNW
LOCAL

ONLY AT
NSM

DOUBLE MOUNTAIN BREWERY SELECT BOTTLES

A staple in Hood River since 2007, Double Mountain refer to themselves as the "brewers' brewery," crafting beers and ciders they love to drink.

16.9oz



\$3⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

MAN VINTNERS SOUTH AFRICAN WINES

This impressive vintner strives to produce everyday wines at an affordable price with outstanding quality and consistently balanced flavor.

750ml



\$9⁹⁹
ea

SAVE \$3ea

SAVE TIME, ORDER ONLINE!

Save \$6 on \$40+
online with code

GETCOZY6

Shop now at
shop.newseasonsmarket.com

Powered by
instacart

25% OFF COFFEE & TEA

Neighbor Rewards members get
**25% off packaged or bulk
coffee and tea just for signing
up for email or text!**

Join or sign in by Thursday to get
this special offer on Friday at
newseasonsmarket.com/rewards



WELLNESS

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Stock up with this great deal on all your favorite herbs from Oregon's Wild Harvest.

35%
off



**PNW
LOCAL**

NATURAL FACTORS QUERCETIN 500MG

A plant-derived bioflavonoid for immune and cardiovascular health.
60vc

\$15⁹⁹
ea

SAVE \$13ea



JARROW FORMULAS MAGMIND

Help support healthy brain function with magnesium L-threonate.
90vc

\$31⁹⁹
ea

SAVE \$16ea



NOW FOODS MELATONIN 3MG

Helps to improve sleep quality and support a healthy sleep-wake cycle.
60vc

\$4⁹⁹
ea

SAVE \$3ea



BLOOM N-ACETYL CYSTEINE 600MG

A powerful antioxidant that supports liver health and protects cells from oxidative stress.
60cap

\$13⁹⁹
ea

SAVE \$5ea



ENZYMEDICA ACID SOOTHE

Digestive enzymes to help break down troublesome foods and soothe digestive irritation.
30vc

\$7⁹⁹
ea

SAVE \$4ea



NULEAF NATURALS CBD SOFTGELS

Each easy-to-swallow softgel contains 30mg of full-spectrum CBD.
20sg

\$13⁹⁹
ea

SAVE \$5ea



A LA MAISON DE PROVENCE FRENCH LIQUID SOAPS

Triple-milled to leave skin clean and moisturized. Save on a variety of scents this week.
16.9oz

\$7⁴⁹
ea

SAVE \$3.50ea



EO PRODUCTS SELECT BUBBLE BATH & BATH OIL

Crafted with plant extracts and pure essential oils.
4-12oz

Starting at:

\$9⁹⁹
ea

SAVE \$4ea



RIF CARE REGULAR ABSORBENCY PADS

Super soft period care made with organic cotton and hemp fiber.
14ct

\$6⁹⁹
ea

SAVE \$3ea



GROCERY

AMY'S FROZEN PIZZA

Selected Varieties
12-14oz

\$10⁹⁹
ea

SAVE \$2ea



AMY'S FROZEN BURRITOS AND WRAPS

Assorted Varieties

20%
off



SUKHI'S FROZEN STREET WRAPS OR SAMOSAS

Selected Varieties
5.5oz

\$3⁹⁹
ea

SAVE \$1ea



GRAIN TRUST RICE

Selected Varieties
20-30oz

\$5⁹⁹
ea

SAVE UP TO \$2ea



VAN LEEUWEN ICE CREAM

Selected Varieties

20%
off



VISTA HERMOSA FROZEN BURRITOS

Assorted Varieties
8oz

\$4⁹⁹
ea

SAVE \$2ea



MASON DIXIE FOODS FROZEN BAKED GOODS AND SANDWICHES

Selected Varieties

20%
off



AMERICAN FLATBREAD FROZEN PIZZA

Cheese & Herb or Revolution.
13.8-16.8oz

\$9⁹⁹
ea

SAVE \$5ea



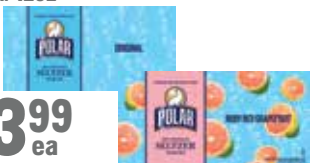
GROCERY

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz

\$3⁹⁹
ea

SAVE \$1.50ea



GEROLSTEINER SPARKLING MINERAL WATER

25.3oz

\$2⁹⁹
ea

SAVE 80¢ea



SAMBAZON AMAZON ENERGY DRINK

Assorted Varieties
12oz

\$2²⁹
ea

SAVE \$1ea



DREAM RICEMILK

Assorted Varieties
32oz

\$4⁹⁹
ea

SAVE \$1ea



WATER AVENUE COFFEE COFFEE

Assorted Varieties
12oz

\$14⁹⁹
ea

SAVE \$2ea



SWISS MISS HOT COCOA MIX

Selected Varieties
8ct

\$3⁹⁹
ea

SAVE \$1ea



VISTA HERMOSA TOTOPOS TORTILLA CHIPS

Assorted Varieties
9oz

\$4⁹⁹
ea

SAVE \$2ea



PAMELA'S PRODUCTS GLUTEN-FREE PRODUCTS

Selected Varieties

20% off



GARDEN OF EATIN' TORTILLA CHIPS

Assorted Varieties
16oz

\$5⁹⁹
ea

SAVE \$3ea



QUINN SNACKS PRETZEL SNACKS

Selected Varieties
5-7oz

\$4⁹⁹
ea

SAVE \$3ea



TRU FRU SNACKS

Selected Varieties
4.2oz

\$4⁹⁹
ea

SAVE \$2ea



KIND SNACK BAR

Selected Varieties
1.4oz

**BUY 1 GET 1
FREE**

SAVE \$2.99 ON 2



LOCKER QUADRATINI WAFER COOKIES

Assorted
Varieties
8.82oz

\$5⁹⁹
ea

SAVE \$2ea



HU KITCHEN CHOCOLATE

Selected Varieties

20% off



FREE2B MINI SUN CUPS

Dark Chocolate or Chocolate.
4.2oz

\$4⁹⁹
ea

SAVE \$2.50ea



BARKTHINS SNACKING CHOCOLATE

Selected Varieties
4.7oz

\$4⁹⁹
ea

SAVE \$2ea



BULK

NEW SEASONS GRANOLA

Original Nature's or Mocha Crunch.

10% off



NEW SEASONS ORGANIC MANGO SLICES

From SunRidge farms
in Royal Oaks, CA.
7oz

\$9⁹⁹
ea

FEATURED



NEW SEASONS ORGANIC COFFEE

Sustainably sourced by our partners at
Equal Exchange in Portland, OR.

\$12⁹⁹
lb

SAVE \$1lb



SUNRIDGE FARMS CASHEWS

Selected Varieties

\$13⁹⁹
lb

SAVE \$2lb



GROCERY

NEW SEASONS
BAGELSHandmade in the
traditional NY style
by Bowery Bagels in
Portland, OR.
4ct\$4⁹⁹_{ea}

FEATURED

BOB'S RED MILL
HOMESTYLE
GRANOLAAssorted Varieties
11ozPNW
LOCAL\$4⁹⁹_{ea}

SAVE \$1.50ea

BOB'S RED MILL
GLUTEN-FREE
OATMEAL CUPAssorted Varieties
1.81-2.5ozPNW
LOCAL

2 for \$4

SAVE 69¢ea

NATURAL SEA
TUNASelected Varieties
5oz\$3⁹⁹_{ea}

SAVE \$1ea

CROFTER'S ORGANIC
PREMIUM
FRUIT SPREADAssorted Varieties
16.5oz\$4⁹⁹_{ea}

SAVE \$2ea

WOODSTOCK
ORGANIC
EASY SPREAD
PEANUT
BUTTERSmooth or Crunchy.
35oz\$11⁹⁹_{ea}

SAVE \$3ea

VOYAGE
ROASTED SEED
SPREADPeanut-Free or
Hazelnut-Free.
13-16oz\$4⁹⁹_{ea}

SAVE \$1ea

NATURE NATE'S HONEY CO.
RAW &
UNFILTERED
HONEY

Selected Varieties

20%
offMISSION FOODS
BURRITO
FLOUR TORTILLAS

8ct

\$3⁴⁹_{ea}

SAVE \$1ea

HATCH
ENCHILADA SAUCEAssorted Varieties
15oz\$3⁹⁹_{ea}

SAVE \$2ea

TRUFF
TRUFFLE-INFUSED
CONDIMENTS

Selected Varieties

30%
offSAN-J
TAMARI
SPLASHCitrus or Umami.
10oz\$6⁹⁹_{ea}

SAVE \$1.50ea

KOYO
RAMEN

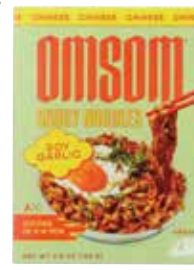
Selected Varieties

20%
offMOTHER-IN-LAW'S
GOCHUJANGGarlic or Original.
9-10oz\$7⁹⁹_{ea}

SAVE \$2ea

NATIVE FOREST
ORGANIC COCONUT

Selected Varieties

20%
offOMSOM
SAUCY NOODLESAssorted Varieties
4.8oz\$3⁹⁹_{ea}

SAVE \$1.50ea

RAO'S HOMEMADE
PASTAAssorted Varieties
16oz

2 for \$7

SAVE \$1.49ea

JEFF'S GARDEN
SPECIALTY
FOODS

Assorted Varieties

20%
offLUCKY FOODS
KOREAN
SAUCE

Selected Varieties

PNW
LOCAL20%
offECOS
LAUNDRY
PRODUCTS

Selected Varieties

20%
off

GROCERY

**OATLY
OATMILK**
Selected Varieties
32-64oz



\$4⁹⁹
ea
SAVE UP TO \$2ea

**ELMHURST
OAT
CREAMER**
Caramel
Macchiato or
French Vanilla.
16oz



\$5⁴⁹
ea
SAVE \$1ea

**STONYFIELD
KIDS ORGANIC
YOGURT POUCH**
Assorted Varieties
3.5oz



3 for \$5
SAVE 83¢ea

**LA FERMIERE
FRENCH YOGURT**
Assorted Varieties
4.9-5.6oz



2 for \$6
SAVE 79¢ea

**JUST EGG
PLANT-BASED EGG**
16oz



\$5⁹⁹
ea
SAVE \$2ea

**HOPE FOODS
HUMMUS**
Assorted Varieties
15oz



\$6⁹⁹
ea
SAVE \$2ea

**DAISY BRAND
SOUR CREAM**
24oz



\$3⁹⁹
ea
SAVE \$2ea

**GREEN VALLEY CREAMERY
LACTOSE-FREE
CHEESE**
Selected Varieties
6-8oz



\$4⁹⁹
ea
SAVE UP TO \$3ea

**NEW SEASONS
FRESH PIZZA SAUCE**
From our long-time partners at Heritage
Foods in Portland, OR.
16oz



\$5⁹⁹
ea
SAVE \$1ea

**VIOLIFE
VEGAN
CHEESE**
Assorted Varieties
5.29-8.8oz



\$5⁹⁹
ea
SAVE UP TO \$2.50ea

**ESSENTIAL EVERYDAY
CREAM CHEESE**
8oz



\$2²⁹
ea
EVERYDAY VALUE

**NANCY'S
CREAM CHEESE**
Selected Varieties
8oz



2 for \$6
SAVE 99¢ea

**GT'S LIVING FOODS
ORGANIC
KOMBUCHA**
Selected Varieties
16oz



2 for \$5
SAVE \$1.99ea

**KOIA
PLANT
PROTEIN
DRINK**
Assorted Varieties
12oz



2 for \$7
SAVE \$1.49ea

**LA COLOMBE COFFEE ROASTERS
LATTES**
Assorted Varieties
9oz



2 for \$6
SAVE \$1.49ea

**NAKED
SMOOTHIE**
Selected Varieties
15.2oz



\$3⁹⁹
ea
SAVE \$1.50ea

**1-DAY
HOT DEAL**
Thursday

Limited time only

HOT BAR
SAVE \$4lb
February 22

While supplies last.

Weekend Tasting

Come snack on some New Seasons Tortilla Chips with mango salsa and learn more about the benefits of becoming a Neighbor Rewards member! Friday, Saturday & Sunday • 12pm – 6pm