

COMFORT ZONE

Make all your warm and hearty winter favorites with humanely raised local beef—and save \$3 per pound.

Really BIG DEAL

COUNTRY NATURAL BEEF
80% LEAN 20% FAT
GROUND BEEF

\$4.99
lb
SAVE \$3lb

Really BIG DEALS

CARA CARA ORANGES

Sweet and tart with hints of raspberry and rose.
From Rising C Ranch in Reedley, CA.

\$1.99
lb

SAVE \$1lb



DAVE'S KILLER BREAD

ORGANIC THIN-SLICED BREAD

Assorted Varieties
20.5oz

\$3.99
ea

SAVE \$2ea



PNW
LOCAL

30%
off

PROTEIN POWDERS AND COLLAGEN

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

PEET'S COFFEE COFFEE

Assorted Varieties
10-10.5oz

\$9.99
ea

SAVE \$4ea



EVERYDAY VALUE

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

COUNTRY NATURAL BEEF BEEF TOP ROUND STEAKS

PNW LOCAL

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



\$8⁹⁹
lb

EVERYDAY VALUE

ORGANIC LUNCHBOX APPLES

PNW LOCAL

Crisp, juicy, and super snackable. Grown in OR and WA.



\$1⁹⁹
lb

EVERYDAY VALUE

WILD HARVEST FROZEN HASH BROWNS

Shredded or Diced.
30-32oz



\$5⁹⁹
ea

EVERYDAY VALUE

NOW FOODS SWEET ALMOND OIL

An easily absorbed, non-clogging oil for soft, healthy-looking skin.
4oz



\$5⁹⁹
ea

EVERYDAY VALUE

MEAT & SEAFOOD

MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS

Humane Certified, antibiotic-free, and always air-chilled.



\$8⁹⁹
lb

SAVE \$2lb

COUNTRY NATURAL BEEF BEEF SHORT RIBS

PNW LOCAL

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



\$13⁹⁹
lb

SAVE \$1lb

NEW SEASONS ALL HAND-MADE MEATBALLS

Hand-rolled using antibiotic-free meat with no added hormones. Available in a variety of flavors.



Starting at:
\$8⁹⁹
lb

SAVE \$1lb

PACIFIC COD FILLET

Sustainably harvested in the pristine waters of Alaska, during the peak of season. Great for a quick and delicious meal.



\$13⁹⁹
lb

SAVE \$2lb

NEW SEASONS MISO DULSE COD CAKE

A ready-to-cook cake made in-house with wild-caught cod and Dulse seaweed from Oregon Seaweed.



\$3⁹⁹
ea

SAVE \$1ea

PRODUCE & FLORAL

ORGANIC RED BELL PEPPERS

Great for soups, salads, and stir-fries. From Divine Flavor in MX.



\$3⁹⁹
lb

SAVE \$1lb

ORGANIC BRUSSELS SPROUTS

Delicious roasted, steamed, or shaved raw in salads. From Covilli Brand Organics in Nogales, AZ.



\$3⁹⁹
lb

SAVE \$1lb

ORGANIC BUNCHED CARROTS

The perfect addition to winter soups and salads. From John Givens Farm in Santa Barbara, CA.



\$2⁴⁹
ea

SAVE 50¢ea

TULIP BUNCH

Bright and beautiful tulips locally grown by Oregon Flowers in Aurora, OR.

PNW LOCAL



\$11⁹⁹
ea

SAVE \$1ea

BAKERY & CHEESE

NATS RAWLINE PLANT-BASED MOUSSE

A deliciously smooth treat made with simple, plant-based ingredients. Choose from Chocolate or Passionfruit & Mango.



\$2⁹⁹
ea

SAVE \$1ea

LAURA CHENEL SPREADABLE GOAT CHEESE

Fresh and mild with a citrusy tang. Pair with fig spread for a sweet treat.

7oz



\$7⁴⁹
ea

SAVE 50¢ea

IT'S
NEW!

NEW SEASONS LEMONGRASS CHICKEN SALAD

A light and crunchy salad featuring lemongrass chicken, green cabbage, sugar snap peas, carrots, and cilantro.



\$12⁹⁹
lb

FEATURED

OLYMPIA PROVISIONS SWEETHEART HAM

Locally handcrafted with pork sirloin tip gently smoked over applewood.



\$18⁹⁹
lb

SAVE \$1lb

PNW
LOCAL

PORTLAND STYLE CHEESECAKE & DESSERT CO. TRIPLE CHOCOLATE CAKE SLICE

Chocolate buttermilk cake soaked with house-made caramel and filled with dark chocolate ganache.



\$5⁹⁹
ea

SAVE \$1ea

PNW
LOCAL

RUSTIC BAKERY FLATBREAD BITES

Light, crisp, and delicious with dips, hummus, or cheese. Assorted flavors.

4oz



\$4⁹⁹
ea

SAVE \$1ea

LAURETTA JEAN'S POT PIES

Choose from classic Chicken or Broccoli Cheddar, both in a flaky herb crust.



\$11⁹⁹
ea

FEATURED

PNW
LOCAL

ORIGAMI CATERING TUNA AVOCADO OSHI SUSHI

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



\$11⁹⁹
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.

GOODLIFE BREWING SELECT 6-PACK CANS

GoodLife delivers an impressive lineup of brews with the perfect balance of malt and hops. We're loving the Sweet As! Pacific Ale with its flavors of pineapple, cream, and tropical fruits. Selection may vary by location.

6pk/12oz

\$11⁹⁹
6pk

SAVE \$2ea



PNW
LOCAL

PIZZA & PASTA ITALIAN WINES

Excellent paired with cheese and antipasti boards or pasta dishes. Choose from Montepulciano, Primitivo, or Pinot Grigio.

750ml

\$12⁹⁹
ea

SAVE \$2ea



IT'S
NEW!

GIGANTIC BREWING CRAFT BEERS

This creative, small craft brewery produces consistently delicious, Northwest-style beers. Now available in 16oz cans for the first time!

16oz

2 for \$7

SAVE 49¢ea



PNW
LOCAL

J-HARDEN WINES RED BLEND

This medium-bodied blend from a favorite Black-owned winery bursts with jammy strawberry and cranberry compote flavors, rounded out with smooth tannins and a juicy finish.

750ml

\$16⁹⁹
ea

SAVE \$6ea



IT'S
NEW!

SAVE TIME, ORDER ONLINE!

Save \$6 on \$40+
online with code
GETCOZY6

Shop now at
shop.newseasonsmarket.com

Powered by
instacart

GET \$6 OFF \$40—TWICE!

Neighbor Rewards members get \$6 off \$40 (on two shopping trips!) 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

Really **BIG DEAL**

30% off **PROTEIN POWDERS AND COLLAGEN**
Limited to stock on hand. No additional case discounts.
Selection varies by location. Item priced as marked

PRIMAL KITCHEN COLLAGEN POWDER

A delicious coconut-based formula for healthy hair, skin, and joints. Dairy-free.



30% off

VEGA PROTEIN MADE SIMPLE

Plant-based protein formulas made with simple ingredients. Save on many protein formulas this week.



30% off

BIOCHEM WHEY PROTEINS

Each serving has 20 mg of easily digestible, 100% whey protein isolate.



30% off

GARDEN OF LIFE PROTEINS AND COLLAGEN

Great savings on plant-based proteins, meal replacers, and collagen peptides.



30% off

FLORADIX IRON & HERBS

Essential daily iron, vitamin B complex, and vitamin C in an herbal extract base. 8.5oz



\$24.99 ea

SAVE \$5ea

NOW FOODS VITAMIN K-2 100MCG

Each cap delivers 100mcg of K-2 to help support bone health and proper calcium metabolism. 100vc



\$11.99 ea

SAVE \$5ea

MRM NUTRITION DAILY PROBIOTICS

Supports a healthy digestive system with 16 different strains of gut-healthy bacteria. 30vc



\$13.99 ea

SAVE \$10ea

WILD CARROT HERBALS BORAGE BUTTER FACE CREAM

Formulated to restore moisture, vitality, and suppleness. Save on select body and facial care this week. 2oz



\$16.99 ea

SAVE \$7ea

PNW LOCAL

ONE WITH NATURE DEAD SEA MINERAL BATH SALTS

Relax and de-stress with Dead Sea mineral baths. Great for gifting. 2.5oz



\$2.29 ea

SAVE \$1.20ea

JÄSÖN DEODORANTS

Soothing, natural deodorants free from aluminum, parabens, phthalates, and propylene glycol. 2.5oz



\$5.99 ea

SAVE \$2.50ea

GROCERY

MCCONNELL'S FINE ICE CREAMS ICE CREAM

Assorted Varieties 1pt



\$6.99 ea

SAVE \$1ea

KATZ GLUTEN FREE DONUT HOLES

Assorted Varieties 6oz



2 for \$10

SAVE \$1.99ea

GARDEIN ULTIMATE PLANT-BASED BOWLS

Assorted Varieties 9oz



\$4.99 ea

SAVE \$2ea

GÂTEAUX TAKE & BAKE FROZEN CAKES

Assorted Varieties 8.6-13.3oz



\$9.99 ea

SAVE \$3ea

PNW LOCAL

ALEX'S AWESOME SOURDOUGH ORGANIC FROZEN PIZZA

Assorted Varieties 12-13.2oz



\$9.99 ea

SAVE \$3ea

SNOW DAYS ORGANIC PIZZA BITES

Assorted Varieties 6oz



\$6.99 ea

SAVE \$2ea

TUCSON TAMALE FROZEN TAMALES

Assorted Varieties



20% off

LUCKY FOODS SPRING ROLLS

Assorted Varieties



20% off

PNW LOCAL

GROCERY

Get Hip to HIPPEAS

Looking for a tortilla chip that's got crunch, flavor, and good-for-you ingredients? Say hello to HIPPEAS Chickpea Tortilla Chips. Made with sustainable chickpea flour, these gluten-free super snackers are high in protein and fiber with lower overall fat and sodium. Snack happy and healthier!



ANGIE'S BOOMCHICKAPOP POPCORN

Selected Varieties
4.5-7oz

\$2.99
ea

SAVE UP TO \$4ea



STACY'S PITA CHIPS

Assorted Varieties
6.75-7.33oz

\$3.99
ea

SAVE \$1ea



LATE JULY SNACKS ORGANIC TORTILLA CHIPS

Sea Salt or
Sea Salt & Lime.
14.75oz

\$4.99
ea

SAVE \$2ea



PANDA NATURAL LICORICE

Black or Raspberry.
7oz

\$3.99
ea

SAVE \$1ea

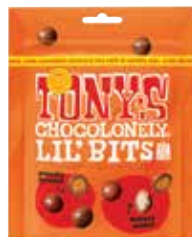


TONY'S CHOCOLONELY LIL' BITS

Assorted Varieties
4oz

**BUY 1 GET 1
FREE**

SAVE \$5.99 ON 2



YUMEARTH CANDY

Selected Varieties
3.5-5oz

\$5.99
ea

SAVE UP TO \$3ea



KIND HEALTHY GRAINS BARS

Selected Varieties
5ct

\$3.99
ea

SAVE \$2ea



VERMONT SMOKE & CURE MEAT STICK

Assorted Varieties
1oz

3 for \$5

SAVE 82¢ea



SUN TROPICS SNACKS

Selected Varieties

**20%
off**



TERRA VEGETABLE CHIPS

Selected Varieties

**30%
off**



GUAYAKI ORGANIC YERBA MATE

Assorted Varieties
15.5oz

2 for \$5

SAVE 79¢ea



WAIAKEA HAWAIIAN VOLCANIC WATER

1.5L

2 for \$5

SAVE \$1.29ea



R.W. KNUDSEN FAMILY ORGANIC VEGGIE JUICE

Selected Varieties
32oz

\$4.99
ea

SAVE \$1ea



CHOICE ORGANICS TEA

Selected Varieties
16ct

**BUY 1 GET 1
FREE**

SAVE \$5.99 ON 2



BULK

ORGANIC FLAX SEEDS

Brown or Golden.

\$3.99
lb

SAVE \$1lb



NEW SEASONS SALTED PLANTAIN CHIPS

From family-owned SunRidge Farms in
Royal Oaks, CA.
6oz

\$5.99
ea

SAVE \$1ea



EQUAL EXCHANGE ORGANIC CASHEWS

**PNW
LOCAL**

\$9.99
lb

SAVE \$6lb



EQUAL EXCHANGE ORGANIC COFFEE

Selected Varieties

\$13.99
lb

SAVE \$2lb



GROCERY

DAVE'S KILLER BREAD
ORGANIC BAGELS
Assorted Varieties
16.75oz

PNW LOCAL



\$4.49
ea

SAVE \$2.50ea

FERRIS NUT CO.
NUT BUTTER
Selected Varieties



20%
off

NUTPODS
DAIRY-FREE CREAMER
Selected Varieties
11.2oz



\$2.99
ea

SAVE UP TO \$2ea

WESTSOY
ORGANIC SOYMILK
Assorted Varieties
32oz



\$4.99
ea

SAVE \$1ea

CUCINA ANTICA
PASTA SAUCE
Assorted Varieties
25oz



\$7.99
ea

SAVE \$2ea

MUIR GLEN
ORGANIC TOMATOES
Selected Varieties
28oz



2 for \$5

SAVE \$3.49ea

NUNEZ DE PRADO
ORGANIC SPANISH EXTRA VIRGIN OLIVE OIL



20%
off

TINKYADA
BROWN RICE PASTA
Assorted Varieties
10-16oz



\$4.99
ea

SAVE UP TO \$2ea

BAR HARBOR
BISQUE OR CHOWDER
Assorted Varieties
10.5-15oz



\$4.99
ea

SAVE \$1ea

MARY'S GONE CRACKERS
GLUTEN-FREE CRACKERS
Selected Varieties
5-6.5oz



\$4.99
ea

SAVE \$1ea

CALIFORNIA OLIVE RANCH
EVERYDAY BLEND EXTRA VIRGIN OLIVE OIL
25.4oz



\$19.99
ea

SAVE \$5ea

CROWN PRINCE
ALBACORE TUNA
Salt or No Salt.
5oz



\$5.99
ea

SAVE \$2ea

NEW SEASONS
ORGANIC YELLOW CORN TORTILLAS
Shelf-stable tortillas from Don Pancho Authentic Mexican Foods in Salem, OR.
16ct



\$3.49
ea

FEATURED

SEED RANCH FLAVOR CO.
HOT SAUCE
Assorted Varieties



20%
off

SUCKERPUNCH GOURMET PICKLES
Assorted Varieties
24oz



\$7.99
ea

SAVE \$2ea

MEKHALA
ORGANIC COOKING PASTE
Assorted Varieties
3.53oz



\$4.99
ea

SAVE \$1.50ea

SUN LUCK
SESAME OIL
5oz



\$4.79
ea

SAVE \$2.20ea

CEREBELLY
ORGANIC BABY FOOD
Selected Varieties
4oz



\$2.99
ea

SAVE \$1ea

HOT-KID
BABY MUM-MUM RICE RUSKS
Assorted Varieties
1.76oz



2 for \$7

SAVE \$2.49ea

BIOKLEEN
LAUNDRY PRODUCTS
Selected Varieties



20%
off

GROCERY

NEW SEASONS ORGANIC CHEESE

Made with milk from cows raised on organic Northwest pastures by Lulubelle's Creamery in Aurora, OR.

8oz



\$5⁹⁹
ea

SAVE 50¢ea

NEW SEASONS FRESH PASTA

Made in small batches by our friends at Classic Foods in Portland, OR. Selected varieties.

12-16oz



\$4⁹⁹
ea

FEATURED

TILLAMOOK CHEESE BABY LOAF

Selected Varieties

2lb



\$8⁹⁹
ea

SAVE \$4ea

**PNW
LOCAL**

GOOD CULTURE ORGANIC COTTAGE CHEESE

Assorted Varieties

16oz



\$4⁹⁹
ea

SAVE UP TO \$3ea

GOOD KARMA PLANT-BASED MILK

Selected Varieties

1/2gal



\$4⁹⁹
ea

SAVE UP TO \$1.50ea

THIS PKN PECANMILK CREAMER

Original or Sweet Vanilla.

1pt



\$3⁹⁹
ea

SAVE \$2ea

NOOSA YOGHURT

Assorted Varieties

4.5oz



4 for \$5

SAVE 74¢ea

TOFUTTI BETTER THAN SOUR CREAM

12oz



\$4⁹⁹
ea

SAVE \$1ea

WILD HARVEST SHREDDED CHEESE

Selected Varieties

6oz



\$4⁹⁹
ea

EVERYDAY VALUE

WILDWOOD ORGANIC TOFU

Selected Varieties

7oz



\$4⁹⁹
ea

SAVE \$1.50ea

NUTS FOR CHEESE ORGANIC VEGAN CHEESE

Assorted Varieties

4.2-4.23oz



\$6⁹⁹
ea

SAVE UP TO \$3ea

PETIT POT FRENCH DESSERTS

Selected Varieties

2ct



\$4⁹⁹
ea

SAVE UP TO \$2.50ea

UNCLE MATT'S ORGANIC NO SUGAR ADDED LEMONADE

Assorted Varieties

52oz



\$4⁴⁹
ea

SAVE \$1ea

LUCKY FOODS SEOUL KIMCHI

Original or Spicy.

14oz



\$5⁹⁹
ea

SAVE \$2ea

**PNW
LOCAL**

GROUNDWORK COFFEE CO. ORGANIC COLD BREW COFFEE

Selected Varieties

12oz



\$3⁷⁹
ea

SAVE \$1.70ea

**PNW
LOCAL**

HARMLESS HARVEST ORGANIC COCONUT PRODUCTS

Assorted Varieties



**25%
off**

Really BIG DEAL

**30%
off**

**PROTEIN POWDERS
AND COLLAGEN**

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

Weekend Tasting

Come power up with delicious smoothies featuring some of our favorite protein and collagen formulas during our 30% off sale! Friday, Saturday & Sunday · 12pm – 6pm