

FEEL-GOOD SAVINGS

Give your wellness routine a boost with deals on vitamins, proteins, minerals, immune support, and more.

Really BIG DEAL

25% off ALL SUPPLEMENTS

Exclusions apply. Look for signs on specially marked items.
Limited to stock on hand. No additional case discount.

PNW LOCAL

LOCAL TASTES BEST

We've been partnering with local farmers, ranchers, and fishers since day one to bring the freshest, most delicious food to your table.

ORGANIC HONEYCRISP APPLES

A classic fall favorite with a sweet, extra-crisp bite. From Allview Orchard in Wenatchee, WA.

\$2⁹⁹ lb
SAVE \$1lb



PNW LOCAL

NEW SEASONS ALL HOUSE-MADE MEATBALLS

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

Starting at:

\$9⁹⁹ lb
SAVE \$1lb

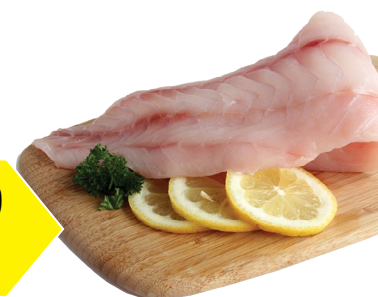


PNW LOCAL

ROCKFISH FILLET

Sustainably wild-caught off the OR and WA coast. Delicious pan-seared or baked.

\$7⁹⁹ lb
SAVE \$2lb



PNW LOCAL

KETTLE BRAND POTATO CHIPS

Selected Varieties
6-7.5oz

2 for \$6
SAVE \$1.69ea



PNW LOCAL

NEAR EAST RICE PILAF, COUSCOUS & QUINOA

Selected Varieties
4.7-10oz

BUY 2 GET 1 FREE
SAVE \$3.99 ON 3



Available in-store only

PORTA CLASSICA FROZEN PIZZA

Selected Varieties
13.8-15.2oz

\$8⁹⁹ ea
SAVE \$4ea



Want to have weekly deals delivered to your inbox? Just sign up for email updates at newseasonsmarket.com/join
Visit us online at www.newseasonsmarket.com

Prices shown are sale prices. Selection may vary by store.

WHAT WE'RE *loving* OREGON'S WILD HARVEST

Our annual Supplement Sale is on, and we're stocking up on a longtime local favorite: Oregon's Wild Harvest—now over 40% off.

A New Seasons partner for over 25 years, this family-owned company uses sustainably grown or sourced, certified organic, and non-GMO ingredients to craft their herbal tinctures and supplements to help you feel your best.



MEAT & SEAFOOD

MARY'S BONE-IN SPLIT CHICKEN BREASTS

Certified Humane, vegetarian-fed, and always air-chilled for the best flavor.

\$5⁴⁹
lb

SAVE 50%lb



COUNTRY NATURAL BEEF 80% LEAN 20% FAT GROUND BEEF

Thoughtfully raised with no added hormones and no antibiotics ever.

\$8⁴⁹
lb

SAVE 50%lb



ULTRA NATURAL PEELED & DEVEINED SHRIMP

Responsibly farm-raised and processed in Thailand, this 100% traceable shrimp is prized for its delicious flavor and firm, satisfying texture.
16/20ct

\$15⁹⁹
lb

SAVE \$1lb



FLORAL

TEXTURE TOSS BOUQUET

A bright and beautiful bouquet featuring fall marigolds.



\$17⁹⁹
ea

SAVE \$2ea

PRODUCE

NAVEL ORANGES

Sweet and juicy with classic orange flavor.
Grown in Australia.

\$2⁴⁹
lb

SAVE 50%lb



ORGANIC WINTER SQUASH

Delicious roasted and served as a healthy side.
Grown in OR and WA.

PNW
LOCAL

\$1⁴⁹
lb

SAVE \$1lb



ORGANIC PEARS

Tree-ripened and ready for your fall salads, cheese boards, and desserts.
Grown in OR and WA.

PNW
LOCAL

20%
off



BAKERY & CHEESE

NEW SEASONS GARLIC BREAD

Made in-house and ready to bake. Serve with pasta, fresh salads, or charcuterie.

\$5⁹⁹
lb

SAVE \$1lb



LACLARE CREAMERY GOAT CHEESES

Fresh, tangy goat cheeses in a variety of flavors. Spread or crumble on crostini, grilled veggies, or crackers.

4oz

\$5⁷⁹
ea

SAVE 70¢ea



NEW SEASONS 3" CHEESECAKES

Choose from decadent favorites like Crème Brûlée and Chocolate Truffle.

PNW
LOCAL

\$3⁴⁹
ea

SAVE 50¢ea



MILTON CREAMERY PRAIRIE BREEZE

This approachable yet sophisticated cheddar is rich, sharp, and nutty with a crystalline crunch.

6oz

\$8⁴⁹
ea

SAVE 50¢ea



NEW SEASONS HOT ROTISSERIE CHICKEN

Choose from non-organic Classic Salt & Pepper or Lemon Herb.

\$10⁹⁹
ea

SAVE \$1ea



NEW SEASONS MASHED POTATOES

A mix of Russet and Yukon Gold potatoes mashed with just a touch of butter.

\$7⁹⁹
lb

SAVE \$3lb



NEW SEASONS ROASTED CARROTS WITH GARLIC & HERBS

Simple and yet so delicious. Enjoy this customer favorite as a side or light lunch.

\$9⁹⁹
lb

SAVE \$3lb



MANINI'S GLUTEN-FREE PASTA

Made with ancient grains, this naturally gluten-free pasta delivers big flavor. Save on select varieties.

9-10oz

25%
off



BEER & WINE

**MIX
&
MATCH**

**10%
off**

6 bottles of wine

**20%
off**

12 or more bottles of wine

*Offer available in-store only.

GIOCATO PINOT GRIGIO

Made just two miles from the Italian border by acclaimed winemaker Aleks Simčič, this Pinot Grigio is fresh and fragrant with notes of citrus and herb. Pair with fish, salads, or risotto.

750ml

\$14⁹⁹
ea

SAVE \$2ea



MARQUES DE CACERES RED BLEND & VERDEJO

Two Spanish wines, two very good reasons to raise a glass. Choose from the juicy, ripe Red Blend or the crisp, citrusy Verdejo.

750ml

\$11⁹⁹
ea

SAVE \$3ea



ISH NON-ALCOHOLIC COCKTAILS

Premium non-alcoholic cocktails that blend playfulness with bold balanced flavor. Crafted for any occasion, whether you're relaxing at home or on the go. Selection may vary by store.

250ml

\$4⁹⁹
ea

SAVE \$2ea



ECLIPTIC BREWING SELECT 6-PACKS

There's plenty to explore in Ecliptic's orbit. We're loving the Starburst IPA with soaring hop flavor and a super clean finish. Perfect for a breezy fall evening.

6pk/12oz

\$12⁹⁹
ea

SAVE UP TO \$4ea



PNW
LOCAL

SHOP ONLINE, SAVE \$15!

Skip the grocery run, not the groceries. Shop online and get \$15 off your next same-day pickup or delivery order of \$75 or more with code

FALLFOR15

newseasonsmarket.com/online

Powered by
Instacart

Terms apply.

DON'T MISS THIS OFFER!



Neighbor Rewards members who are opted in to email or text get one free 16oz package of New Seasons dry pasta with a purchase of \$10 or more.

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.

Really **BIG DEAL**

25% off

ALL SUPPLEMENTS

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discount.

SAVE AN ADDITIONAL 25%

OREGON'S WILD HARVEST HERBAL SUPPLEMENTS

Plant-powered supplements formulated with thoughtfully grown and sourced herbs.

PNW LOCAL

25% off

SAVE AN ADDITIONAL 25%



NOW FOODS NUTRITIONAL SUPPLEMENTS

Stock up during our deepest savings of the year on NOW supplements.

25% off

SAVE AN ADDITIONAL 25%



LIQUID I.V. HYDRATION MULTIPLIERS

Save on full boxes and singles. Assorted flavors.

30% off

SAVE AN ADDITIONAL 25%



MANITOBA HARVEST HEMP SUPERFOODS

An easy and delicious way to add heart-healthy omega-3s to your diet. Save on select sizes.

25% off

SAVE AN ADDITIONAL 25%



WYLD CBD CBD GUMMIES

THC-free, broad-spectrum hemp extract in delicious real fruit-infused gummies.

PNW LOCAL

25% off

SAVE AN ADDITIONAL 25%



WISHGARDEN HERBS HERBAL TINCTURES

Thoughtfully crafted with herbs for everyday wellness. Save on select liquid herbal formulas this week.

25% off

SAVE AN ADDITIONAL 25%



BOIRON OSCILLOCOCCINUM

Helps to reduce the duration and severity of flu-like symptoms. Save on select sizes this week.

6ct

\$13.99 ea

SAVE \$3ea

SAVE AN ADDITIONAL 25%



GARDEN OF LIFE VITAMIN CODE ZINC

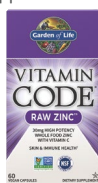
A necessary mineral co-factor for hundreds of enzymatic reactions, including overall immune support.

60vc

\$13.99 ea

SAVE \$2.50ea

SAVE AN ADDITIONAL 25%



BLOOM PURE CREATINE MONOHYDRATE

An amino acid that may help increase muscle mass, strength, and recovery.

8oz

\$19.99 ea

SAVE \$2ea

SAVE AN ADDITIONAL 25%



BEEKEEPER'S NATURALS PROPOLIS LIPOSOMAL IMMUNE SUPPORT

A natural remedy packed with antioxidants to support immune health.

.27oz

\$12.9 ea

SAVE 70¢ea

SAVE AN ADDITIONAL 25%



GROCERY

FOLKLAND FOODS ORGANIC FARM FRIES & TOTS

Assorted Varieties 16oz

\$5.99 ea

SAVE \$2ea



CAULIPOWER CHICKEN & PIZZAS

Selected Varieties

20% off



WOW BAO FROZEN BAO & DUMPLINGS

Assorted Varieties 6-10oz

\$5.99 ea

SAVE UP TO \$3.60ea



PROTEIN PINTS FROZEN HIGH PROTEIN DESSERT

Assorted Varieties 1pt

\$6.99 ea

SAVE \$1.80ea



TRULY INDIAN WRAPS, NAANS & SAMOSAS

Assorted Varieties

25% off



MASON DIXIE FOODS FROZEN HANDHELDS

Selected Varieties

20% off



KATZ GLUTEN FREE DONUTS & PASTRIES

Selected Varieties 10.5oz

\$7.99 ea

SAVE UP TO \$2.50ea



RUBY JEWEL SPICED PUMPKIN ICE CREAM SANDWICH

5.25oz

\$3.99 ea

SAVE \$1.20ea



PNW LOCAL

GROCERY

LESSER EVIL ORGANIC POPCORN

Selected Varieties
7.6-6.4oz



2 for \$6
SAVE \$1.89ea

PIRATE'S BOOTY AGED WHITE CHEDDAR PUFFS

Selected Varieties
10oz



\$5.99
ea
SAVE \$3.20ea

DE CASA FINE FOODS ORGANIC TORTILLA CHIPS

Yellow Corn or Blue Corn.
9-10oz



\$3.99
ea
SAVE \$1.30ea

ANNIE'S PRODUCTS

Selected Varieties



25%
off

NEW SEASONS VIRGINIA PEANUTS

Grade A Virginia-grown peanuts from
Feridies in Courtland, VA.
9oz



\$7.99
ea
FEATURED

DUKE'S SMOKED SHORTY SAUSAGES

Assorted Varieties
5oz



\$6.99
ea
SAVE \$1.60ea

INKA FOODS PERUVIAN SNACKS

Selected Varieties
4oz



\$2.99
ea
SAVE UP TO \$1.40ea

SEAPOINT FARMS DRY ROASTED EDAMAME

Wasabi or Sea Salt.
3.5-4oz



2 for \$4
SAVE 79¢ea

IQBAR PLANT-BASED PROTEIN BAR

Assorted Varieties
1.6oz



2 for \$4
SAVE 49¢ea

SUN TROPICS SNACKS

Selected Varieties
3.5-6oz



30%
off

MAUNA LOA CHOCOLATE COVERED MACADAMIAS

Assorted Varieties
4oz



\$6.99
ea
SAVE \$1ea

ENDANGERED SPECIES CHOCOLATE CHOCOLATE BAR

Selected Varieties
3oz



**BUY 1 GET 1
FREE**
SAVE \$4.99 ON 2

WAIAKEA HAWAIIAN VOLCANIC WATER

1.5L



\$2.99
ea
SAVE 80¢ea

STEAZ ORGANIC GREEN TEA

Selected Varieties
16oz



2 for \$4
SAVE UP TO 79¢ea

HUXLEY ENERGY DRINK

Assorted Varieties
12oz



**BUY 1 GET 1
FREE**
SAVE \$3.59 ON 2

ALO JUICE DRINK

Assorted Varieties
16.9oz



2 for \$4
SAVE UP TO 99¢ea

BULK

NEW SEASONS PEANUT BUTTER FILLED PRETZELS

5.5oz



\$5.99
ea
FEATURED

EQUAL EXCHANGE ORGANIC COFFEE

Selected Varieties

PNW
LOCAL



\$16.99
lb
SAVE UP TO \$8lb

HUMMINGBIRD WHOLESALE ORGANIC MANGO CHEEKS

PNW
LOCAL



\$19.99
lb
SAVE \$1lb

PECANS, PISTACHIOS & ALMONDS

Selected Varieties



15%
off

GROCERY

**SMITH TEAMAKER
TEA**
Selected Varieties
15ct

**PNW
LOCAL**



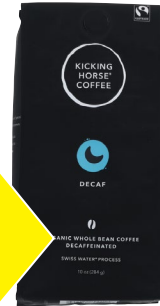
**\$12⁹⁹
ea**
SAVE UP TO \$3ea

**CHOICE ORGANICS
TEA**
Selected Varieties
16ct



**\$4⁹⁹
ea**
SAVE \$1ea

**KICKING HORSE
COFFEE**
Selected Varieties
10oz



**\$17⁹⁹
ea**
SAVE UP TO \$6ea

**ONE DEGREE ORGANICS
SPROUTED OATS**
Rolled or Quick.
24oz



**\$7⁹⁹
ea**
SAVE \$2ea

**ONCE UPON A FARM
BABY FOOD &
KIDS SNACKS**
Selected Varieties



**20%
off**

**MIKE'S HOT HONEY
ORIGINAL
HOT HONEY**
Selected Varieties
12oz



**\$9⁹⁹
ea**
SAVE \$4.70ea

**ANCIENT HARVEST
PASTA, POLENTA
& QUINOA**
Selected Varieties



**20%
off**

**OLIPOD
PREBIOTIC SODA**
Selected Varieties
12oz



3 for \$5
SAVE \$1.12ea

**MAYA KAIMAL
INDIAN SIMMER
SAUCES**
Assorted Varieties
12.5oz



**\$5⁹⁹
ea**
SAVE \$1.20ea

**RAO'S HOMEMADE
ALFREDO PASTA SAUCE**
Assorted Varieties
15oz



**\$7⁹⁹
ea**
SAVE 80¢ea

**RAO'S HOMEMADE
PASTA**
Assorted Varieties
16oz



2 for \$6
SAVE 99¢ea

**MUTTI
TOMATOES**
Selected Varieties



**20%
off**

**COLAVITA
WINE VINEGAR**
Red or White.
17oz



**\$5⁹⁹
ea**
SAVE \$2ea

**DELALLO
PASTA SAUCE & OLIVES**
Selected Varieties



**20%
off**

**EKONE
TINNED SEAFOOD**
Assorted Varieties



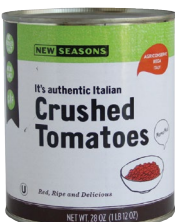
**20%
off**

**HEYDAY CANNING CO.
CHILIS, STEWS
& SOUPS**
Assorted Varieties
15oz



**\$3⁹⁹
ea**
SAVE \$2.90ea

**NEW SEASONS
ITALIAN TOMATOES**
Grown in Italy's San Marzano region
by Agriconserva Rega. Whole Peeled,
Diced, or Crushed.
28oz



**\$4⁴⁹
ea**
FEATURED

**NEW SEASONS
ASIAN-INSPIRED
BROTHS**
From MakeNice
in Portland, OR.
24oz

**PNW
LOCAL**



**\$9⁹⁹
ea**
FEATURED

**I AND LOVE AND YOU
DOG FOOD**
Selected Varieties
13oz



**\$3⁸⁹
ea**
SAVE 40¢ea

**I AND LOVE AND YOU
DOG TREATS**
Assorted Varieties
4oz



**\$9⁹⁹
ea**
SAVE \$4.50ea

GROCERY

CRAFTED WITH LESS

Simple ingredients, plenty of delicious. Siggi's thick and creamy skyr is made with real fruit or vanilla and packed with high-quality protein, with no artificial anything.

SIGGI'S ICELANDIC SKYR
Selected Varieties
4.4-5.3oz

2 for \$3
SAVE 29¢ea



NEW SEASONS ORGANIC FREE-RANGE BROWN EGGS

From free-range hens fed an organic diet at Stiebers Farms in Yelm, WA.
1doz

\$6⁴⁹ea
FEATURED



STRAUS FAMILY CREAMERY ORGANIC GREEK YOGURT
Selected Varieties
32oz

\$9⁹⁹ea
SAVE \$1.50ea



TILLAMOOK CREAM CHEESE SPREAD
Selected Varieties
7oz

PNW LOCAL

\$4⁴⁹ea
SAVE 20¢ea



NEW SEASONS BUTTER
Made with rBST-free milk by Larsen's Creamery in Clackamas, OR.
Salted or Unsalted.
1lb

PNW LOCAL

\$3⁹⁹ea
FEATURED



GOOD KARMA FLAXMILK
Selected Varieties
1/2gal

\$5³⁹ea
SAVE \$1ea



BIZZY DOUBLE ESPRESSO SHOT
Assorted Varieties
2oz

2 for \$4
SAVE 79¢ea



NARRA OAT MILK LATTE
Assorted Varieties
7.5oz

\$3⁹⁹ea
SAVE \$1ea



SINTO GOURMET KIMCHI
Assorted Varieties
14oz

\$5⁹⁹ea
SAVE UP TO \$1.90ea



HOUSE FOODS TOFU
Selected Varieties
16oz

2 for \$4
SAVE \$1.19ea



MISSION FOODS ZERO NET CARBS TORTILLAS
Selected Varieties
8ct

\$5⁹⁹ea



TRAZZA FOODS HUMMUS
Selected Varieties
9oz

PNW LOCAL

\$3⁹⁹ea
SAVE \$1ea



GT'S LIVING FOODS COCOYO RAW COCONUT YOGURT
Assorted Varieties
8oz

\$6⁹⁹ea
SAVE \$2.20ea



ZEN PROTEIN PUDDING
Assorted Varieties
6oz

\$5⁹⁹ea
SAVE 70¢ea



HONEY MAMA'S CHOCOLATE FUDGE BARS
Selected Varieties
2.5oz

PNW LOCAL

\$3⁹⁹ea
SAVE \$1.50ea



SHOP ONLINE, SAVE \$15!

Skip the grocery run, not the groceries. Shop online and get \$15 off your next same-day pickup or delivery order of \$75 or more with code

FALLFOR15

newseasonsmarket.com/online

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