

STRENGTHEN YOUR ROUTINE

Fuel up with this deal on protein and collagen favorites for strength, recovery, and support.

Really BIG DEAL

30% off PROTEIN POWDER AND COLLAGEN

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



MARY'S WHOLE FRYER CHICKEN

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



\$1.99 lb
SAVE \$1.60lb

BLOUNT CLAM SHACK SEAFOOD SOUPS

Comforting seafood soups made with simple ingredients. Ready to heat and serve.

24oz



BUY 1 GET 1 FREE
SAVE \$10.99 ON 2

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organic in Mexico.



2 for \$5
SAVE \$1ea

CATALINA CRUNCH PROTEIN CEREAL AND SNACKS

Selected Varieties



50% off

RAO'S HOMEMADE BRICK OVEN FROZEN PIZZA

Assorted Varieties
18.3-20.8oz



\$8.99 ea
SAVE \$4ea

POLAR SPARKLING SELTZER WATER

Assorted Varieties
8pk/12oz



2 for \$7
SAVE \$1.99ea

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

High-Protein Chia Seed Pudding

Packed with protein, fiber, and New Seasons favorites, this quick and easy chia seed pudding makes for delicious mornings.

Ingredients

- 6 tbsp New Leaf Bloom Organic Black Chia Seeds
- 1 scoop of collagen or protein powder
- 1 ½ cup milk of choice
- 1 tbsp New Seasons Market Maple Syrup or Honey
- Pinch of salt
- New Seasons Market Creamy Peanut Butter
- New Seasons Fruit Spread
- Optional toppings: sliced banana, sliced strawberries, granola, or hemp seeds

Directions

1. In a bowl or jar, combine the chia seeds, protein powder, milk, maple syrup, and salt. Stir well.
2. Cover and chill in the fridge for 2 hours or overnight.
3. Finish with a layer of fruit spread and a drizzle of nut butter, plus any other toppings. Enjoy!



MEAT & SEAFOOD

CREEKSTONE FARMS

95% LEAN 5% FAT GROUND BEEF

Freshly ground USDA Choice, Certified Humane beef with no added hormones and no antibiotics ever.

\$8⁹⁹
lb

SAVE \$1lb



COHO SALMON FILLET

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

\$20⁹⁹
lb

SAVE \$1lb



NEW SEASONS

ALL HOUSE-MADE MEATBALLS

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

\$8⁹⁹
lb

SAVE \$1lb



ALBACORE TUNA

Mild, flaky, and protein-packed local Albacore, sustainably harvested at the peak of season.

\$19⁹⁹
lb

SAVE \$6lb



PRODUCE

ORGANIC ENVY APPLES

Firm, crisp, and super sweet. From Oppy Growers in Wenatchee, WA.

PNW
LOCAL

\$2⁹⁹
lb

SAVE \$1lb



ORGANICGIRL SELECT SALAD BLENDS

Great for a quick and easy lunch or dinner. From organicgirl in Salinas, CA. 5oz

\$4⁴⁹
ea

SAVE 50¢ea



DEKOPON MANDARINS

Easy to peel and bursting with sweet-tart flavor! From Sun Pacific in Bakersfield, CA.

\$5⁴⁹
lb

SAVE 50¢lb



BAKERY & CHEESE

RUBICON BAKERS MANGO PASSION FRUIT CUPCAKES

Vegan vanilla cupcakes finished with a mango and passion fruit icing.
2ct



\$2⁹⁹
ea
SAVE \$1ea

HOFFMAN'S SHARP CHEDDAR

A flavorful sharp cheddar perfect for grilled cheese, party platters, or lunch boxes.



20%
off

NEW SEASONS BAKED ZITI WITH ITALIAN SAUSAGE

Locally made ziti layered with marinara, Italian sausage, and a generous mix of melty cheeses.



\$9⁹⁹
lb
SAVE \$3lb

NEW SEASONS FARRO LENTIL SALAD

This hearty salad features kale, toasted pecans, and bell peppers in a maple Dijon mustard dressing.



\$9⁹⁹
lb
SAVE \$3lb

NEW SEASONS GARLIC NAAN

Soft, garlicky flatbread for scooping, dipping, or building a quick pizza.
4ct



\$6⁴⁹
ea
SAVE 50¢ea

BELGIOIOSO PARMESAN

Aged over 10 months, this Wisconsin parmesan is a great addition to lasagna, salads, or mac & cheese.
8oz



\$6⁴⁹
ea
SAVE 50¢ea

NEW SEASONS DELI HAM

Classic deli ham with subtle smoke and a touch of maple syrup for the perfect balance of sweetness.



\$11⁹⁹
lb
SAVE \$3lb

ORIGAMI CATERING CUCUMBER AVOCADO ROLL

Featuring English cucumber, avocado, and toasted sesame seeds.



\$7⁹⁹
ea
SAVE \$2ea

PNW
LOCAL

BEER & WINE

**MIX
&
MATCH**

10%
off
6 bottles of wine

20%
off
12 or more bottles
of wine

*Offer available in-store only.

OVUM WINES PNK SALT & ORANGE ROSÉ

PNK offers ripe cherry and currant, while the Orange Rosé layers in citrus, ginger, and turmeric.
750ml

PNW
LOCAL



\$16⁹⁹
ea
SAVE \$8ea

DESCHUTES BREWERY NON-ALCOHOLIC CRAFT BREWS

From a renowned Oregon brewery, these non-alcoholic brews deliver bold flavors and smooth drinkability. Availability may vary by location.
6pk/12oz

PNW
LOCAL



\$12⁹⁹
ea
SAVE \$1ea

BATTLE CREEK CELLARS UNCONDITIONAL PINOT NOIR

Balancing elegance with power, this Pinot Noir bursts with ripe red raspberry, hints of earth, and delicate floral notes.
750ml

PNW
LOCAL



\$14⁹⁹
ea
SAVE \$25ea

PLAINT GASCogne BLANC

Exceptionally well-balanced with naturally low alcohol and crisp notes of lemon, grapefruit, white peach, and spring flowers.
750ml

IT'S
NEW!

ONLY AT
NSM



\$9⁹⁹
ea
SAVE \$5ea

IT SAVES TO SHOP ONLINE

Find all your favorite
in-store items online,
and get free delivery
or pickup on orders of
\$35+ with code

SHOPONLINE26

shop.newseasonsmarket.com

Powered by
Instacart

Terms apply.

GIFT IT! NEIGHBOR Rewards

Neighbor Rewards members not only earn points when they shop—they can also choose to gift all or part of their rewards (in dollar increments) to our featured local partners through our Gift It! Program.

Not yet a member?
Join Neighbor Rewards now at
newseasonsmarket.com/join
and start earning points today.

WELLNESS

PRIMAL KITCHEN UNFLAVORED COLLAGEN PEPTIDES

Support healthy hair, skin, and nails with 10g collagen per serving.

30% off

PRICING INCLUDES ALL DISCOUNTS



VEGA PLANT-BASED PROTEINS

Plant-based protein powders made from natural, real-food ingredients. Save on select formulas and flavors.

30% off

PRICING INCLUDES ALL DISCOUNTS



TOM'S OF MAINE ORAL AND BODY CARE

Stock up with great savings on all your favorites from Tom's of Maine.

30% off



ANCIENT NUTRITION SBO PROBIOTICS

A unique blend of probiotics for overall gut health. Save on select probiotics.

30cap

\$19.99 ea

SAVE \$10ea



NOW FOODS MAGNESIUM 400MG CAPS

Each capsule delivers 400mg of an easily absorbable form of magnesium.

180vc

\$15.99 ea

SAVE \$8ea



BLOOM CRANBERRY + D-MANNOSE

A dual-action formula to support urinary tract health.

60vc

\$14.99 ea

SAVE \$7ea



MICKELBERRY GARDENS HONEY PROPOLIS THROAT SPRAY

A delicious herbal throat spray designed to quickly soothe sore throats.

2oz

\$9.99 ea

SAVE \$4ea



PNW LOCAL

HIBAR SHAMPOO AND CONDITIONER

All the benefits of quality hair care without any of the plastic! Save on a variety of formulas.

2.9-3.2oz

\$9.99 ea

SAVE \$4ea



HUME SUPERNATURAL DEODORANTS

Aluminum-free deodorants designed to fight odor naturally. Save on select formulas.

2oz

\$10.99 ea

SAVE \$4ea



RIF CARE MENSTRUAL CARE

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

10-18ct

\$7.49 ea

SAVE UP TO \$3.50ea



GROCERY

STRAUS FAMILY CREAMERY ORGANIC ICE CREAM

Assorted Varieties
1pt

\$6.99 ea

SAVE \$2ea



BIG MOZZ GIANT-SIZED MOZZARELLA STICKS

Original or Super Ranch.
13.44oz

\$6.99 ea

SAVE UP TO \$4ea



MILTON'S CAULIFLOWER CRUST PIZZA

Assorted Varieties
10.8-11.3oz

\$9.99 ea

SAVE \$2.70ea



KEVIN'S NATURAL FOODS FROZEN BOWLS

Selected Varieties
9-9.5oz

2 for \$10

SAVE \$1.89ea



AGAINST THE GRAIN GLUTEN-FREE BREAD, PIZZA AND SNACKS

Assorted Varieties

20% off

NO GRAINS. NO PROBLEM!

When you're craving good-for-you deliciousness, go Against the Grain—pizza, bread, and snacks with no gluten, grains, seed oils, or preservatives.

MILA NOODLES AND DUMPLINGS

Assorted Varieties

20% off



WOW BAO FROZEN BAO

Assorted Varieties

20% off



GROCERY

GARDEN OF EATIN' ORGANIC TORTILLA CHIPS

Assorted Varieties
14oz



**BUY 1 GET 1
FREE**

SAVE \$7.89 ON 2

GOOD HEALTH VEGGIE SNACKS

Selected Varieties
6.25oz



**\$2.99
ea**

SAVE \$1.60ea

STACY'S BAKED PITA CHIPS

Assorted Varieties



**20%
off**

CARR'S WATER CRACKERS

Assorted Varieties
4.25-7oz



**\$4.99
ea**

SAVE UP TO \$1.60ea

AL'S REAL GOODS CHEWY COOKIES

Assorted Varieties
6.7oz



**\$6.99
ea**

SAVE \$3.50ea

GOODIE GIRL GLUTEN-FREE COOKIES

Assorted Varieties
7-10.6oz



**\$5.99
ea**

SAVE \$1.80ea

SCHÄR GLUTEN-FREE SNACKS

Selected Varieties



**20%
off**

PANDA NATURAL LICORICE

Black or Raspberry.
7oz



**\$4.99
ea**

SAVE UP TO \$4ea

OLD TRAPPER BEEF JERKY

Assorted Varieties
4oz



**\$8.99
ea**

SAVE \$4ea

LILY'S SWEETS CHOCOLATE

Selected Varieties



**33%
off**

MAGIC ARTISAN SWISS CHOCOLATE BAR

Assorted Varieties
2.93oz



**\$4.49
ea**

SAVE \$1.20ea

CHOCO ORGANIC CHOCOLATE CUPS

Selected Varieties
3.45oz



**\$5.99
ea**

SAVE UP TO \$2.30ea

ANTIOXIDANT SOLUTIONS JUICE

Assorted Varieties
32oz



**\$5.99
ea**

SAVE UP TO \$2.40ea

MINERAGUA SPARKLING WATER

9pk/12.5oz



**\$9.99
ea**

SAVE \$5.50ea

ALO JUICE DRINK

Assorted Varieties
16.9oz



**\$1.79
ea**

SAVE 70¢ea

YERBA MADRE ORGANIC YERBA MATE

Assorted Varieties
15.5oz



2 for \$5

SAVE 79¢ea

BULK

NEW SEASONS SALTED PLANTAIN CHIPS

From SunRidge Farms.
6oz



**\$4.99
ea**

SAVE \$2ea

HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Selected Varieties

**PNW
LOCAL**



**\$5.99
lb**

EVERYDAY VALUE

SUNRIDGE FARMS SALTED SESAME STICKS

**\$9.99
lb**

SAVE \$1lb



SUNRIDGE FARMS CHOCOLATE PEANUT BUTTER MALT BALLS

**\$15.99
lb**

SAVE \$2lb



GROCERY

NOSSA FAMILIA COFFEE
Selected Varieties
12oz



PNW
LOCAL

\$13.99
ea
SAVE UP TO \$4ea

**SILLYCOW FARMS
HOT CHOCOLATE**
Assorted Varieties
16.9oz



\$7.99
ea
SAVE \$2ea

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



\$6.99
ea
SAVE \$1.40ea

**NUMI
ORGANIC TEA**
Selected Varieties
12-18ct



BUY 1 GET 1
FREE
SAVE \$7.99 ON 2

**NUTPODS
DAIRY-FREE
CREAMER**
Selected Varieties
11.2oz



2 for \$7
SAVE UP TO \$1.49ea

**BOB'S RED MILL
MUESLI**
Selected Varieties



PNW
LOCAL

20%
off

**FERRIS NUT CO.
NUT BUTTER**
Selected Varieties



30%
off

**WEDDERSPOON
RAW MONOFLORAL
MANUKA HONEY**
Selected Varieties



20%
off

**SPECTRUM
COOKING OILS**
Selected Varieties



20%
off

**LUCINI ITALIA
EXTRA VIRGIN
OLIVE OIL**
Selected Varieties
16.9oz



\$15.99
ea
SAVE \$5ea

**DAMYA
BIODYNAMIC
EXTRA VIRGIN
OLIVE OIL**
16.8oz



\$19.99
ea
SAVE \$10ea

**MEZZETTA
PASTA SAUCE**
Assorted Varieties
6.25-25oz



\$4.99
ea
SAVE UP TO \$1.60ea

**TINKYADA
BROWN RICE PASTA**
Assorted Varieties



20%
off

**SOMOS FOODS
COOKING SAUCES,
RICE AND BEANS**
Assorted Varieties



20%
off

**NATIVE FOREST
COCONUT MILK**
Selected Varieties



20%
off

**KOYO
RAMEN**
Selected Varieties
2-2.1oz



2 for \$3
SAVE 99¢ea

**MISSION FOODS
SOFT TACO
FLOUR TORTILLAS**
10ct



\$2.49
ea
SAVE 50¢ea

**DAVE'S KILLER BREAD
ORGANIC
THIN-SLICED
BREAD**
Assorted Varieties
20.5oz



PNW
LOCAL

BUY 1 GET 1
1/2 OFF
SAVE \$3.25 ON 2

Available
in-store only

**ELMHURST
PLANT MILK**
Assorted Varieties
32oz



\$5.99
ea
SAVE \$1.60ea

**TRUFF
TRUFFLE-INFUSED
CONDIMENTS**
Selected Varieties



30%
off

GROCERY

**LUCKY FOODS
SEOUL KIMCHI**
Original or Spicy.
14oz

PNW
LOCAL



\$5⁹⁹
ea
SAVE 90¢ea

**SWEET LOREN'S
PUFF PASTRY OR
COOKIE DOUGH**
Selected Varieties
12oz



\$5⁹⁹
ea
SAVE \$1.50ea

**TOFUTTI
DAIRY-FREE
PRODUCTS**
Selected Varieties



20%
off

**SUJA ORGANIC
COLD-PRESSED
JUICE**
Selected Varieties
12oz



2 for \$7
SAVE \$1.09ea

**NOSSA FAMILIA COFFEE
ICED
COFFEE**

PNW
LOCAL



**BUY 2 GET 1
FREE**
SAVE \$4.99 ON 3

Available
in-store only

**GREEN VALLEY
LACTOSE-FREE
DAIRY PRODUCTS**
Selected Varieties



25%
off

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



2 for \$4
SAVE 69¢ea

**PLANET OAT
OATMILK
CREAMER**
Selected Varieties
1qt



\$4⁴⁹
ea
SAVE \$1ea

**GOOD KARMA
FLAXMILK**
Selected Varieties
1/2gal



\$4⁹⁹
ea
SAVE \$1.40ea

**SILK
PLANT-BASED
MILK**
Selected Varieties
1/2gal



\$4⁴⁹
ea
SAVE UP TO \$1ea

**HEALTH-ADE
ORGANIC
KOMBUCHA**
Selected Varieties
16oz



**BUY 2 GET 1
FREE**
SAVE \$3.99 ON 3

Available
in-store only

**NOOSA
YOGHURT**
Assorted Varieties
4.5oz



2 for \$3
SAVE 49¢ea

**SKINNY DIPS
ORIGINAL SEED DIP**
Assorted Varieties
8oz



\$4⁹⁹
ea
SAVE \$2.80ea

**SNO-PAC
ORGANIC FROZEN
VEGETABLES**
Assorted Varieties



20%
off

**KEFIRLAB
PROBIOTIC
KEFIR**
Assorted Varieties
16oz



\$4⁹⁹
ea
SAVE \$1.90ea

**STRAUS FAMILY CREAMERY
ORGANIC
WHOLE MILK YOGURT**
32oz



\$5⁹⁹
ea
SAVE \$1.30ea



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.

