

# SO. MUCH. CHOCOLATE!

Our annual 50% off select Chocolate Sale is on! Load up on fair trade, local, organic, and dairy-free deliciousness.



Really BIG DEAL

**50% off CHOCOLATE**

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

Really BIG DEALS

## COUNTRY NATURAL BEEF GROUND BEEF OR PORTION CUT STEAK PACKS



Humanely range-raised with no added hormones and no antibiotics ever. Choose from packs of 16oz ground beef or 12oz cuts of steak. Available in the grab & go case. Selection may vary by location.

**15% off**



## HEIRLOOM NAVEL ORANGES

Extra sweet and juicy with classic orange flavor. From Rising C Ranch in Reedley, CA.

**\$1.99 lb**

**SAVE 50¢/lb**



## PEET'S COFFEE COFFEE

Assorted Varieties  
10-10.5oz



**\$9.99 ea**

**SAVE \$4ea**

## TILLAMOOK CHEESE BABY LOAF

Selected Varieties  
2lb



**\$8.99 ea**

**SAVE UP TO \$5ea**



# EVERYDAY VALUE

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

## BEELER'S PURE PORK GROUND PORK

Non-GMO, Humane Certified pork with no antibiotics ever. Freshly ground in-house.



**\$3<sup>99</sup><sub>lb</sub>**

EVERYDAY VALUE

## ORGANIC LUNCHBOX APPLES

Sweet, crunchy, and perfect for healthy snacking. Grown in OR and WA.



**\$1<sup>99</sup><sub>lb</sub>**

EVERYDAY VALUE

PNW  
LOCAL

## BLUE DIAMOND ALMOND BREEZE

Selected Varieties  
59-64oz



**\$3<sup>49</sup><sub>ea</sub>**

EVERYDAY VALUE

## NOW FOODS WHOLE PSYLLIUM HUSKS

Supports digestion and elimination with essential soluble and insoluble fibers.  
16oz



**\$12<sup>99</sup><sub>ea</sub>**

EVERYDAY VALUE

## MEAT & SEAFOOD

## FRESH HALIBUT FILLET

Fresh, sustainably wild-caught halibut for all your favorite spring recipes.

**\$27<sup>99</sup><sub>lb</sub>**

SAVE \$7<sup>1b</sup>

## ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Great for a quick and healthy meal.

PNW  
LOCAL



**\$7<sup>99</sup><sub>lb</sub>**

SAVE \$2<sup>1b</sup>

## MARY'S BONELESS SKINLESS CHICKEN BREASTS

Humane Certified and always air-chilled with no antibiotics ever.



**\$7<sup>99</sup><sub>lb</sub>**

SAVE \$1<sup>1b</sup>

## NEW SEASONS PORK BRATWURST SAUSAGE LINKS

Grill-ready links with no added fillers or antibiotics ever.



**\$1<sup>99</sup><sub>ea</sub>**

SAVE 60¢ea

## NEW SEASONS PORK SAUSAGE PACKS

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



**\$6<sup>99</sup><sub>ea</sub>**

SAVE \$1ea

## PRODUCE & FLORAL

## NEW SEASONS GUACAMOLE

Rich, creamy, and full of flavor, pair this house-made favorite with New Seasons tortilla chips!



**\$8<sup>99</sup><sub>lb</sub>**

SAVE \$1<sup>1b</sup>

## ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for spring salads. From Divine Flavor in Mexico.



**\$3<sup>99</sup><sub>lb</sub>**

SAVE \$1<sup>1b</sup>

## ORGANIC KALE

Enjoy this hearty favorite raw, sautéed, or baked into chips. From Tomatero Farm in Santa Cruz, CA.



**2 for \$5**

SAVE 49¢ea

## ORGANIC HERB STARTS

Always have fresh herbs on hand with these locally grown starts. Great for the garden or indoor pots.  
4in



**\$3<sup>99</sup><sub>ea</sub>**

SAVE \$1ea

PNW  
LOCAL

## Building Better Soil for a Healthier Future

This Earth Month, 26 brands, including New Seasons Partner Brand, are donating 1% of sales to Zero Foodprint to help fund farmers and ranchers working to transition to regenerative farming practices.

Look for this icon throughout the flyer to support products funding soil health!



## CHEESE

### SIERRA NEVADA GRAZIERS RAW SHARP CHEDDAR

A delicious cheese from Northern California made with milk from grass-fed cows.  
8oz



**\$6<sup>99</sup>**  
ea  
**SAVE \$1ea**

### CYPRESS GROVE HUMBOLDT FOG

An award-winning cheese handcrafted in Humboldt County. Wonderful on its own or with spring greens.



**\$25<sup>99</sup>**  
lb  
**SAVE \$6lb**

## BAKERY

### NEW SEASONS CORNBREAD

Light, slightly sweet, and great on its own or as a quick and easy side.



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

### NEW SEASONS TEXAS CHOCOLATE SHEET CAKE LARGE SLICE

This classic favorite is moist, chocolatey, and perfect for any occasion.



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

## PREPARED FOODS

### NEW SEASONS TORTELLINI SALAD WITH ARTICHOKE, SPINACH, AND TOMATO

Cheese-filled tortellini with baby artichoke, spinach, and cherry tomatoes in a red wine vinaigrette.



**\$10<sup>99</sup>**  
lb  
**SAVE \$1lb**

IT'S  
BACK!

### DIESTEL FAMILY RANCH OVEN-ROASTED TURKEY

A tasty addition to sandwiches, wraps, or healthy snacks.



**\$14<sup>99</sup>**  
lb  
**SAVE \$2lb**



## BEER & WINE

### STRAIGHTAWAY COCKTAILS CASCADE SPRITZ

A celebration of Northwest wine and botanicals, this effervescent, herbal-infused spritz features locally grown mint and lavender.  
250ml



**\$4<sup>99</sup>**  
ea  
**SAVE \$3ea**

PNW  
LOCAL

IT'S  
NEW!

### SIERRA NEVADA BREWING HAZY LITTLE THING IPA

Generously dry-hopped and less filtered, this hazy IPA is fruit-forward with modest bitterness and a smooth finish.  
6pk/12oz



**\$12<sup>99</sup>**  
6pk  
**SAVE \$3ea**

### NEW SEASONS BEEF AND PORK MEATLOAF

Homestyle meatloaf made with ground beef and pork, topped with a brown sugar and tomato glaze.



**\$14<sup>99</sup>**  
lb  
**FEATURED**

### ORIGAMI CATERING SHRIMP WONTON SOUP

Shrimp wontons in a Chinese-style soup with hints of ginger and white pepper. Perfect as a snack or served with an entrée.



**\$5<sup>49</sup>**  
ea  
**SAVE 50¢ea**

PNW  
LOCAL

IT'S  
NEW!

### SAMUEL SMITH CHOCOLATE STOUT

A delicious stout made with organic chocolate, malt, and cocoa for a smooth and creamy character with plenty of complexity.  
18.7oz



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

### SUNRIVER BREWING COCOA COW STOUT

Milk sugar, cocoa nibs, and caramel malt build the rich, full body of this brew, with mild roasted notes coming from three varieties of chocolate malt.  
16oz



**2 for \$7**  
**SAVE \$1.49ea**

PNW  
LOCAL

## SAVE TIME, ORDER ONLINE!

Free pickup or delivery on two online orders of \$35 or more with code **STAYCOZY2024**

Shop now at [shop.newseasonsmarket.com](https://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](https://newseasonsmarket.com/rewards)





## WELLNESS

### ANCIENT NUTRITION SELECT NUTRITIONAL SUPPLEMENTS

Nutrient-dense supplements made with Regenerative Organic Certified ingredients.

**35%**  
off



### SIMILASAN NASAL ALLERGY RELIEF

A non-drowsy, preservative-free nasal spray for seasonal allergy support.

.68oz  
**\$7.99**  
ea

**SAVE \$3ea**



### SMARTYPANTS KIDS MULTI & OMEGAS

These tasty multivitamin gummies for kids are rich in omega-3 fatty acids sourced from small, sustainably wild-caught fish.

120ct  
**\$19.99**  
ea

**SAVE \$10ea**



### GOOD DAY CHOCOLATE CHOCOLATE SLEEP SUPPLEMENT

Delicious milk chocolate with melatonin for sleep and relaxation support.

8ct  
**\$2.79**  
ea

**SAVE \$1.20ea**



### NOW FOODS VITAMIN A 10000IU

Formulated for optimal eye and immune health with 10,000 IU of vitamin A per softgel.

100sg  
**\$5.99**  
ea

**SAVE \$2ea**



### BLOOM N-ACETYL CYSTEINE 600MG

Each capsule delivers 600 mg of NAC to help support strong immunity.

60cap  
**\$13.99**  
ea

**SAVE \$5ea**



### MRM NUTRITION RELAX-ALL

Supports muscle relaxation and calmness with GABA, magnesium, and L-tryptophan.

**\$15.99**  
ea

**SAVE \$18ea**



### NORDIC NATURALS ULTIMATE OMEGA LEMON

Rich in the heart-healthy omega-3 fatty acids EPA and DHA sourced from cold-water fish.

60sg  
**\$24.99**  
ea

**SAVE \$7ea**



### BLUEBIRD BOTANICALS CLASSIC CBD OIL 15MG

Formulated to support sleep and relaxation.

1oz  
**\$11.99**  
ea

**SAVE \$4ea**



### MICKELBERRY GARDENS ELDERBERRY HONEY TONIC

A tasty, immune-supporting tonic featuring local, raw honey and apple cider vinegar.

4oz  
**\$10.99**  
ea

**SAVE \$4ea**



PNW  
LOCAL

## GROCERY

### RUBY JEWEL ICE CREAM SANDWICH

Selected Varieties  
5.25oz

**2 for \$7**  
**SAVE \$1.49ea**



PNW  
LOCAL

### BEN & JERRY'S ICE CREAM

Selected Varieties  
15.2-16oz

**\$5.99**  
ea  
**SAVE \$2ea**



### APPLEGATE FRITTATA BITES

Assorted Varieties  
8.4oz

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



### JAJU FROZEN PIEROGI

Assorted Varieties  
14oz

**\$9.99**  
ea  
**SAVE \$2ea**



### AMY'S FROZEN PIZZA

Selected Varieties  
12-14oz

**\$10.99**  
ea  
**SAVE \$2ea**



### STAHLBUSH ISLAND FARMS FROZEN FRUIT AND VEGETABLES

Selected Varieties

**20%**  
off



PNW  
LOCAL

### DARING FOODS PLANT-BASED BOWLS

Assorted Varieties  
9oz

**BUY 1 GET 1  
FREE**  
**SAVE \$8.99 ON 2**



### ALPHA FOODS PLANT-BASED BREAKFAST SANDWICH

Assorted Varieties  
5.5-8oz

**2 for \$7**  
**SAVE 99¢ea**



## GROCERY

### DAVE'S KILLER BREAD ORGANIC BREAD OR ENGLISH MUFFINS

Selected Varieties  
13.2-24oz

**\$5<sup>49</sup>**  
ea

SAVE \$1.50ea



PNW  
LOCAL

### JUSTIN'S NUT BUTTER

Selected Varieties



**20%**  
off

### NATURE'S PATH ORGANIC FAMILY SIZE CEREAL

Assorted Varieties  
24.7-32oz

**\$8<sup>99</sup>**  
ea

SAVE UP TO \$4ea



### NATURE'S PATH ORGANIC INSTANT OATMEAL

Selected Varieties  
6-8ct

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

SAVE UP TO \$3ea



### MISSION FOODS ZERO NET CARBS TORTILLAS

Assorted Varieties  
14ct

**2 for \$4**

SAVE \$2.99ea



### ANNIE'S ORGANIC DRESSING

Assorted Varieties  
8oz

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

SAVE \$1.50ea



### TASTY BITE ENTRÉES

Selected Varieties  
10oz

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

SAVE UP TO \$1.50ea



### BOB'S RED MILL HOMESTYLE GRANOLA

Assorted Varieties  
11oz

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

SAVE \$1.50ea



PNW  
LOCAL

### ANNA PASTA

Assorted Varieties  
16oz

**\$1<sup>99</sup>**  
ea

EVERYDAY VALUE



### TAKE ROOT ORGANICS TOMATOES

Assorted Varieties  
28oz

**\$3<sup>99</sup>**  
ea

SAVE \$1ea



### KOYO RAMEN

Selected Varieties  
2-2.1oz

**4 for \$5**

SAVE \$1.04ea



### MOUNT HAGEN ORGANIC FREEZE DRIED INSTANT COFFEE

Regular or Decaf.  
3.53oz

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

SAVE \$2ea



### LOCAL HIVE RAW & UNFILTERED HONEY

Assorted Varieties  
16oz

**\$8<sup>99</sup>**  
ea

SAVE \$4ea



### CEREBELLY ORGANIC BABY FOOD

Assorted Varieties  
4oz

**2 for \$6**

SAVE 99¢ea



### CABOO BAMBOO BABY WIPES

72ct

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

SAVE \$2ea



### ECOS LAUNDRY DETERGENT SHEETS

Lavender or  
Free & Clear.  
50ct

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

SAVE \$5ea



## BULK

### LUNDBERG FAMILY FARMS BASMATI RICE

Selected Varieties

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

SAVE \$1lb



### HUMMINGBIRD WHOLESALE ORGANIC BEANS

Selected Varieties

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

EVERYDAY VALUE



PNW  
LOCAL

### HUMMINGBIRD WHOLESALE ORGANIC QUINOA

Selected Varieties

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

EVERYDAY VALUE



PNW  
LOCAL

### STUMPTOWN COFFEE ROASTERS COFFEE

Selected Varieties

**\$14<sup>99</sup>**  
lb

SAVE \$4lb



PNW  
LOCAL



## GROCERY

### CLIF OR LUNA ENERGY AND NUTRITION BARS

Selected Varieties  
1.69–2.40z

**2 for \$3**  
SAVE 79¢ea



### BEAR FRUIT ROLLS

Assorted Varieties  
5ct

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



### MAVUNO HARVEST ORGANIC DRIED FRUIT

Papaya or Jackfruit.  
20z

**\$3.99**  
ea  
SAVE \$1ea



### ANNIE'S ORGANIC FRUIT SNACKS

Selected Varieties  
7oz

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



### LATE JULY SNACKS ORGANIC TORTILLA CHIPS

Sea Salt or  
Sea Salt & Lime.  
14.75oz

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



### THE GOOD CRISP COMPANY POTATO CHIPS

Selected Varieties  
5.50z

**\$3.99**  
ea  
SAVE \$1ea



### PRINCE OF PEACE LEMON GINGER CHEWS

4oz

**\$2.49**  
ea  
SAVE 50¢ea



### PIPCORN HEIRLOOM SNACKS

#### CHEESE BALLS

Assorted Varieties  
4.50z

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



### ANNIE'S CRACKERS OR GRAHAMS

Selected Varieties  
7–7.50z

**\$3.99**  
ea  
SAVE \$3ea



### BLUE DIAMOND NUT THINS

Assorted Varieties  
4.25oz

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



### LA PANZANELLA MINI CROCCANTINI ARTISAN CRACKERS

Assorted Varieties  
6oz

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



### LOVE, CORN CRUNCHY CORN SNACK

Assorted Varieties  
4oz

**\$3.49**  
ea  
SAVE \$1ea



## As You Wish!

If a bold, full-bodied cup of coffee is how you like to start your day, Death Wish Coffee delivers just that. Plus, their USDA Organic and Fair Trade Certified sourcing practices and rigorous quality control help protect the environment and livelihoods of coffee farmers. Now that's a good cup of coffee.

### LAIRD SUPERFOOD SUPERFOOD CREAMER

Selected  
Varieties  
8oz

**\$8.99**  
ea  
SAVE UP TO \$6ea



### TRADITIONAL MEDICINALS TEA

Selected Varieties  
16ct

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



### WYLD CBD CBD SPARKLING WATER

Assorted Varieties  
12oz

Only available in OR stores.

**2 for \$7**  
SAVE 49¢ea



PNW  
LOCAL

### DEATH WISH COFFEE ORGANIC COFFEE

Selected Varieties  
9–10oz

**\$11.99**  
ea  
SAVE \$5ea



### YACHAK ORGANIC PLANT-BASED ENERGY TEA

Assorted Varieties  
16oz

**2 for \$4**  
SAVE 99¢ea



### MINERAGUA SPARKLING WATER

9pk/12.5oz

**\$8.99**  
ea  
SAVE \$3ea



### RAMBLER SPARKLING WATER

Assorted Varieties  
12pk/12oz

**\$5.99**  
ea  
SAVE \$1ea



## GROCERY

**OATLY  
OATMILK**  
Selected Varieties  
1/2gal



**\$4<sup>99</sup>**  
ea  
**SAVE \$2ea**

**CALIFIA FARMS  
DAIRY-FREE  
CREAMER**  
Selected Varieties  
25.4oz



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

**STONYFIELD  
KIDS ORGANIC YOGURT**  
Selected Varieties  
4-8ct



**\$4<sup>99</sup>**  
ea  
**SAVE \$1.50ea**

**SO DELICIOUS  
COCONUTMILK  
YOGURT**  
Assorted Varieties  
24oz

**PNW  
LOCAL**



**\$5<sup>49</sup>**  
ea  
**SAVE \$2ea**

**CALIFIA FARMS  
ORGANIC  
PLANT-BASED  
MILK**  
Selected Varieties  
48oz



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

**TOFUTTI  
BETTER THAN  
SOUR CREAM**  
12oz



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

**LIFEWAY  
ORGANIC KEFIR**  
Assorted Varieties  
1qt



**\$5<sup>99</sup>**  
ea  
**SAVE UP TO \$1ea**

**SILK  
SOY MILK YOGURT**  
Peach Mango or Blueberry.  
5.3oz



**3 for \$5**  
**SAVE 82¢ea**

**NEW SEASONS  
FRESH PASTA**  
Made in small batches by our friends at  
Classic Foods, in Portland, OR.  
Selected varieties.  
16oz



**\$4<sup>99</sup>**  
ea  
**FEATURED**

**NEW SEASONS  
FRESH MARINARA  
PASTA SAUCE**  
Made in partnership with Heritage Foods  
in Portland, OR.  
16oz



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

**ESSENTIAL EVERYDAY  
CREAM CHEESE**  
8oz



**\$1<sup>99</sup>**  
ea  
**SAVE 30¢ea**

**GALBANI  
FRESH MOZZARELLA**  
Selected Varieties  
16oz



**\$6<sup>99</sup>**  
ea  
**SAVE \$1ea**

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

**PNW  
LOCAL**



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

**PERFECT BAR  
PROTEIN BARS**  
Selected Varieties  
4ct



**\$8<sup>99</sup>**  
ea  
**SAVE \$2ea**

**OLIPOP  
PREBIOTIC SPARKLING  
TONIC**  
Assorted Varieties  
12oz



**3 for \$5**  
**SAVE 82¢ea**

**PRESSED JUICERY  
COLD-PRESSED  
JUICE SHOT**  
Assorted Varieties  
2oz



**2 for \$5**  
**SAVE 99¢ea**

**Really BIG DEAL**

**50% off**

**CHOCOLATE**

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

**Weekend Tasting**

We'll be sampling chocolate, chocolate, and more chocolate during our 50% off select Chocolate Sale!  
Friday, Saturday & Sunday • 12pm – 6pm