

# EXTRA SWEET DEAL

Tony's Chocolonely, Chocolove, Moonstruck, and more—save on select fair trade, local, organic, and dairy-free chocolate!

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

## MARY'S ORGANIC WHOLE FRYER CHICKENS

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

**\$2.99**  
lb

SAVE \$2.1b



## ORGANIC SUGARBEE APPLES

Loved for their crisp, firm texture and sugary-sweet flavor. From Chelan Fresh in Chelan, WA.

**\$2.49**  
lb

SAVE \$1.50lb



## MEGAFOOD FOOD-BASED VITAMINS AND SUPPLEMENTS

Save on all your favorites, including multivitamins, minerals, and probiotics.

**25% off**



## ZOI GREEK YOGURT

Assorted Varieties  
32oz

**\$3.99**  
ea

SAVE \$2ea



## BONNE MAMAN FRUIT PRESERVES

Assorted Varieties  
12.7-13oz

**\$4.99**  
ea

SAVE \$2.20ea



## URBAN PIE PIZZA CO. FROZEN PIZZA

Assorted Varieties  
16.7-20.45oz

**\$7.99**  
ea

SAVE \$3ea



# WHAT WE'RE *loving*



## Bob's Red Mill



There's a lot to love about our longtime partner, Bob's Red Mill Natural Foods. They're dedicated to making delicious, whole-grain foods while protecting and improving the planet.

Find a wide selection of their Certified Organic, Non-GMO Project Verified, fair trade, and gluten-free products at your neighborhood New Seasons.



## RESERVE YOUR SPRING FEAST



We've got everything for your Easter or Passover feast—humanely raised meats, ready-to-heat sides, fresh rolls, local desserts, and more. Reserve online by 10 PM on 4/17 at [catering.newseasonsmarket.com](http://catering.newseasonsmarket.com).

### MEAT & SEAFOOD

#### NEW SEASONS MARINATED HALF CHICKENS

Marinated in one of our gluten-free marinades and ready for roasting.



**\$5.99**  
lb

SAVE \$1lb

#### ROCKFISH FILLET

Sustainably wild-caught off of OR and WA coasts. Delicious pan-seared or baked.



**\$7.99**  
lb

SAVE \$2lb

#### GERBER DAISIES

Bright, bold, and perfect for adding a pop of color and cheer to any space.



**\$6.99**  
ea

SAVE \$3ea

#### BEELER'S PURE PORK BONELESS PORK SHOULDER ROAST

Humanely raised with no antibiotics ever.



**\$5.49**  
lb

SAVE 50¢lb

#### YAKOBI FISHERIES COHO SALMON FILLET

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



**\$20.99**  
lb

SAVE \$1lb

#### WESTWIND GARDENS ORGANIC 4" HERB STARTS

Organically grown in Forest Grove, OR.



**\$3.99**  
ea

SAVE \$1ea

### PRODUCE

#### ORGANIC RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. From Oppy in Mexico.



**\$3.99**  
lb

SAVE \$1lb

#### ORGANIC ENGLISH CUCUMBERS

Add some crunch to your spring salads and snack plates. From Divine Flavor in Mexico.



**\$3.49**  
ea

SAVE 50¢ea

#### ORGANIC NAVEL ORANGES

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



**\$2.49**  
lb

SAVE 50¢lb

## BAKERY & CHEESE

### SEMIFREDDI'S CINNAMON TWIST BREAD

Classic egg bread swirled with cinnamon for the perfect French Toast! 16oz

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



IT'S NEW!

### LOST PEACOCK CREAMERY FRESH CHEVRE

A true taste of spring handcrafted on a family farm in Olympia, WA. 4oz

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



PNW LOCAL

### NEW SEASONS BROCCOLI BRUSSELS SLAW

A crunchy slaw with golden raisins and sunflower seeds tossed in a poppyseed dressing.

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



IT'S BACK!

### NEW SEASONS PARMESAN CHICKEN BREASTS

Boneless, skinless chicken breast coated with parmesan cheese and breadcrumbs, then pan-fried. Ready to heat and serve.

**\$16<sup>49</sup>**  
lb  
**SAVE 50¢lb**



### PORTLAND STYLE CHEESECAKE & DESSERT CO. TRIPLE CHOCOLATE CAKE SLICE

Moist chocolate cake soaked in caramel and filled with chocolate ganache.

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



PNW LOCAL

### BELGIOIOSO SLICED MOZZARELLA

With lower moisture than most, this sliced mozzarella is perfect for pizza, panini, or lasagna. 16oz

**\$9<sup>49</sup>**  
ea  
**SAVE \$1.50ea**



IT'S NEW!

### FRA' MANI ROSEMARY HAM

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

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



### NEW SEASONS ALBACORE TUNA SALAD

Made with Albacore tuna, mayonnaise, capers, and fresh tarragon.

**\$15<sup>49</sup>**  
lb  
**SAVE 50¢lb**



## 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.

### SUNRIVER BREWING CHOCOLATE MILK STOUT

Brewed with milk sugar, cocoa nibs, and caramel malt to build a rich, full body with mild roasted notes from three types of chocolate malt. 19.2oz

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



PNW LOCAL

IT'S NEW!

### BROOKS PINOT NOIR

A classic Oregon Pinot with balanced acidity featuring red raspberry and dark cherry notes, with a hint of earth. Now in a reusable Revino glass! 750ml

**\$22<sup>99</sup>**  
ea  
**SAVE \$3ea**



PNW LOCAL

### 10 BARREL BREWING PUB BEER 18-PACK

A crisp, easy-drinking lager with light malt character. Great for game day or any occasion. 18pk/12oz

**\$14<sup>99</sup>**  
ea  
**SAVE \$6ea**



PNW LOCAL

### FORT GEORGE BREWERY SELECT 4-PACKS

Fort George's flagship beers set the standard for high-quality craft PNW brews. Choose from Vortex IPA, Cavatica Stout, and Scatter Plot Pils. 4pk/12oz

**\$11<sup>99</sup>**  
ea  
**SAVE \$2ea**



PNW LOCAL

## MAKE IT EASY, ORDER ONLINE!

Enjoy in-store prices online and save \$6 on orders of \$40+ with code **EASYSAVING6**. Choose quick, convenient pickup or delivery!

[shop.newseasonsmarket.com](http://shop.newseasonsmarket.com)

Powered by **instacart**

\*Terms apply. Free pickup on orders of \$35+.

## GET \$10 OFF \$40!

Are you receiving Neighbor Rewards emails or texts?

Opt in today, and never miss another member offer—like the \$10 off \$40 offer you'll get just for opting in at [newseasonsmarket.com/rewards](http://newseasonsmarket.com/rewards)



## WELLNESS

### WILEY'S FINEST FISH OILS

Sustainably sourced from Alaska. Save on select formulas this week.

**25% off**



### BOB'S RED MILL WHEY PROTEIN POWDER

Easy to blend and digest. Save on Almond and Hemp proteins as well.

12oz  
**\$14.99** ea

SAVE \$7ea



PNW LOCAL

### QUANTUM HEALTH THERAZINC LOZENGES

A delicious way to help support your immune system. Save on select flavors.

18ct

**\$6.49** ea

SAVE \$3.50ea



PNW LOCAL

### NOW FOODS MELATONIN 3MG

Helps to improve sleep quality and supports a healthy sleep/wake cycle.

180cap

**\$9.99** ea

SAVE \$5ea



### BLOOM MAGNESIUM GLYCINATE 400MG

An easily absorbable form of magnesium to help promote rest and relaxation.

90vc

**\$15.99** ea

SAVE \$6ea



### BOIRON ALLERGYCALM

A homeopathic formula to support seasonal allergy relief. Save on children's AllergyCalm, too.

60tab

**\$10.49** ea

SAVE \$3.50ea



### OLLY MULTIVITAMIN GUMMIES

Save on select gummies, including men's and prenatal formulas.

90ct

**\$13.99** ea

SAVE \$6ea



### MANITOBA HARVEST HEMP HEARTS

An excellent source of plant-based protein and omega-3s.

8oz

**\$7.49** ea

SAVE \$3.50ea



### MELORA MANUKA HONEY & OIL FACE WASH

Suitable for daily use on all skin types.

5oz

**\$9.99** ea

SAVE \$4ea



## GROCERY

### WOODSTOCK ORGANIC FROZEN FRUIT

Selected Varieties

**20% off**



### CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Assorted Varieties

16oz

**\$3.99** ea

SAVE UP TO \$2ea



PNW LOCAL

### DARING FOODS PLANT CHICKEN PIECES

Assorted Varieties

8oz

BUY 1 GET 1 FREE

SAVE \$7.29 ON 2



### NEW SEASONS ICE CREAM

Made in small batches by Lopez Island Creamery in Anacortes, WA. Assorted flavors.

1pt

**\$5.99** ea

EVERYDAY VALUE



### NEW SEASONS ALL-BUTTER PIE CRUSTS

From family-owned Maple Lane Bakery.

2ct

**\$7.69** ea

FEATURED



### CHI FOODS ORGANIC PLANT-BASED GROUND MEAT

Original or Chi-Rizo.

10oz

**\$9.99** ea

SAVE \$3.30ea



### JAJU PIEROGI FROZEN PIEROGI

Assorted Varieties

14oz

**\$10.99** ea

SAVE \$1ea



### APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties

16oz

**\$9.99** ea

SAVE \$4ea



# GROCERY

**TIM'S OR HAWAIIAN BRAND POTATO CHIPS**  
 Selected Varieties  
 7.5oz



**\$4.49** ea  
**SAVE \$1.50ea**

**PNW LOCAL**

**LATE JULY SNACKS ORGANIC TORTILLA CHIPS**  
 Sea Salt or Sea Salt & Lime.  
 14.75oz



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

**PRETZELIZED PRETZEL CRACKERS**  
 Assorted Varieties  
 6.5oz



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

**LOVE, CORN CRUNCHY CORN SNACK**  
 Assorted Varieties  
 4oz



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

**DUKE'S SMOKED MEATS SMOKED SHORTY SAUSAGES**  
 Assorted Varieties  
 5oz



**\$5.99** ea  
**SAVE \$4ea**

**NORA SNACKS SEAWEED SNACKS**  
 Assorted Varieties  
 1.13-1.6oz



**\$2.99** ea

**REFRESH PLANT-BASED GUM**  
 Assorted Varieties  
 12ct



**2 for \$5**  
**SAVE 49¢ea**

**BARNANA ORGANIC BANANA BITES**  
 Assorted Varieties  
 3.5oz



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

**ONE BRANDS PROTEIN BAR**  
 Assorted Varieties  
 2.12oz



**2 for \$5**  
**SAVE \$1.29ea**

**PROBAR PLANT-BASED BAR**  
 Selected Varieties  
 2.46-3oz



**2 for \$5**  
**SAVE 69¢ea**

**CLIF KID ZBAR PROTEIN SNACK BARS**  
 Selected Varieties  
 5ct



**\$6.99** ea

**ANNIE'S ORGANIC FRUIT SNACKS**  
 Selected Varieties  
 7oz



**\$6.99** ea  
**SAVE \$2ea**

**R.W. KNUDSEN FAMILY JUICE BLENDS**  
 Selected Varieties



**20% off**

**WET HYDRATION FUNCTIONAL WELLNESS WATER**  
 Assorted Varieties  
 12oz



**2 for \$5**  
**SAVE 99¢ea**

**GUAYAKI ORGANIC YERBA MATE**  
 Assorted Varieties  
 15.5oz



**2 for \$5**  
**SAVE \$1.09ea**

**LACROIX SPARKLING WATER**  
 Assorted Varieties  
 8pk/12oz



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

# BULK

**LUNDBERG FAMILY FARMS ORGANIC RICE**  
 Selected Varieties



**\$4.99** lb  
**SAVE \$1lb**

**1% GIVEBACK**

**NOSSA FAMILIA COFFEE COFFEE**  
 Selected Varieties



**\$14.99** lb  
**SAVE \$2lb**

**PNW LOCAL**

**EQUAL EXCHANGE ORGANIC CASHEWS**  
 Selected Varieties



**\$15.99** lb  
**SAVE \$4lb**

**PNW LOCAL**

**HUMMINGBIRD WHOLESALE ORGANIC SALTED AWAKENED ALMONDS**  
 Selected Varieties



**\$19.99** lb  
**SAVE \$4lb**

**PNW LOCAL**

# GROCERY

**CASCADIAN FARM ORGANIC CEREAL**  
 Selected Varieties  
 8.6-14.6oz



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

**PNW LOCAL**

**ELMHURST PLANT MILK**  
 Assorted Varieties  
 32oz



**\$5<sup>49</sup> ea**  
**SAVE UP TO \$3ea**

**NATURE'S PATH ORGANIC INSTANT OATMEAL**  
 Selected Varieties  
 8ct



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

**JUSTIN'S NUT BUTTER**  
 Selected Varieties



**20% off**

**MORTON & BASSET SPICES AND EXTRACTS**  
 Selected Varieties



**20% off**

**MADHAVA ORGANIC AGAVE**  
 Golden or Amber.  
 23.5oz



**\$9<sup>99</sup> ea**  
**SAVE \$2ea**

**BONO ORGANIC SICILIAN EXTRA VIRGIN OLIVE OIL**  
 Selected Varieties  
 16.9oz



**\$19<sup>99</sup> ea**  
**SAVE \$6ea**

**DAMYA ORGANIC EXTRA VIRGIN OLIVE OIL**  
 Selected Varieties  
 16.8oz



**\$19<sup>99</sup> ea**  
**SAVE \$7ea**

**CHOICE ORGANICS TEA**  
 Selected Varieties  
 16ct



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

**PG TIPS TEA**  
 40ct



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

**TONY'S COFFEE ORGANIC COFFEE**  
 Selected Varieties  
 12oz



**\$12<sup>99</sup> ea**  
**SAVE UP TO \$4ea**

**PNW LOCAL**

**PEET'S COFFEE COFFEE**  
 Selected Varieties  
 10-10.5oz



**\$8<sup>99</sup> ea**  
**SAVE \$6ea**

**TRUFF BUFFALO SAUCE**  
 6oz



**\$12<sup>99</sup> ea**  
**SAVE \$4ea**

**ZOUP! SOUP**  
 Assorted Varieties  
 16oz



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

**MUIR GLEN ORGANIC PASTA SAUCE**  
 Assorted Varieties  
 23.5oz



**2 for \$6**  
**SAVE \$1.99ea**

**JOVIAL ORGANIC PASTA**  
 Selected Varieties  
 8-12oz



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

**BIOBAG COMPOSTABLE FOOD SCRAP BAGS**  
 3 or 13 gallon.  
 12-25ct



**2 for \$7**

**NEW SEASONS TREE FREE PAPER TOWELS**  
 Created in partnership with Caboo using renewable, panda-friendly bamboo.  
 3ct



**\$7<sup>99</sup> ea**

**1% GIVEBACK**

**NEW SEASONS TREE FREE TOILET PAPER**  
 Created in partnership with Caboo using renewable, panda-friendly bamboo.  
 9ct



**\$7<sup>99</sup> ea**

**1% GIVEBACK**

**BIRDIE & LOUIE DOG FOOD**  
 Selected Varieties  
 13oz



**\$2<sup>99</sup> ea**  
**SAVE UP TO \$1.30ea**

# GROCERY

Really **BIG DEAL**

# 50% off CHOCOLATE

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

**THE A2 MILK COMPANY  
MILK OR  
HALF & HALF**  
Selected Varieties  
32-59oz



**\$4.79**  
ea  
**SAVE UP TO 1.50ea**

**CALIFIA FARMS  
PLANT-BASED MILK**  
Selected Varieties



**20% off**

**NANCY'S  
KIDS ORGANIC  
WHOLE MILK  
YOGURT**

Strawberry Banana or  
Blueberry Spinach.  
4ct

**PNW  
LOCAL**



**\$5.49**  
ea  
**SAVE \$2ea**

**KEFIRLAB  
PROBIOTIC  
KEFIR**  
Plain or Vanilla.  
16oz



**\$4.99**  
ea  
**SAVE \$1.60ea**

**NOUNÓS  
GREEK  
STRAINED YOGURT**  
Assorted Varieties  
5.3oz



**BUY 1 GET 1  
FREE**  
**SAVE \$3.19 ON 2**

**SIGGI'S  
VANILLA COCONUT  
BLEND YOGURT**  
24oz



**\$5.99**  
ea  
**SAVE \$1.30ea**

**LIGHTLIFE  
ORGANIC  
TEMPEH**  
Assorted Varieties



**25% off**

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



**\$5.49**  
ea  
**SAVE \$1.50ea**

**ALEXANDRE FAMILY FARM  
PROBIOTIC  
SOUR CREAM**  
8oz



**\$4.99**  
ea  
**SAVE \$1.40ea**

**GOOD CULTURE  
CREAM CHEESE  
SPREAD**  
Plain or Chive.  
7oz



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

## Go Green

Drink in the deliciousness with Green Machine from our friends at Naked. Packed with nutritious ingredients, it's 100% pure goodness—no artificial flavors or added sugars.

**MELT ORGANIC  
BUTTERY SPREAD**  
13oz



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

**DAVE'S KILLER BREAD  
BREAD OR  
ENGLISH  
MUFFINS**

Selected Varieties  
13.2-27oz

**PNW  
LOCAL**



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

**MISSION FOODS  
STREET  
TACOS**  
Selected Varieties  
12-24ct



**2 for \$4**  
**SAVE 99¢ea**

**GT'S LIVING FOODS  
ALIVE  
MUSHROOM  
ELIXIR**  
Assorted Varieties  
16oz



**2 for \$6**  
**SAVE \$1.19ea**

## Growing Better Together: 1% for Soil Health

This Earth Month, 52 brands, including New Seasons Partner Brand, are donating 1% of sales to Zero Foodprint to help local farmers and ranchers implement regenerative farming practices.

**LOOK FOR  
THIS ICON**  
throughout the ad to  
support brands  
funding healthy soil!



**NAKED  
SMOOTHIES**  
Selected Varieties

**25% off**

