

REFRESH YOUR ROUTINE

Stock up on all your body care favorites—sun care, first-aid, body wash, facial care, and more—including sale items.



Really **BIG DEAL**

25% off **BODY CARE**

- 25% off the lowest marked price at checkout.
- Exclusions apply. Limited to stock on hand.
- No additional case discounts.

MARY'S BONELESS SKINLESS CHICKEN BREASTS

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



\$5.99
lb
SAVE \$2.1b

LOCAL ASPARAGUS

Crisp, sustainably grown, and full of farm-fresh flavor. From Yakama Nation Farms in Wapato, WA.



\$3.99
lb
SAVE \$2.1b

ALDEN'S ORGANIC ICE CREAMS AND BARS

Selected Varieties



30%
off

BONNE MAMAN FRUIT SPREADS

Selected Varieties
12.7-13oz



\$4.99
ea
SAVE UP TO \$4ea

ZOI GREEK YOGURT

Assorted Varieties
32oz



\$3.99
ea
SAVE \$2.30ea

NOSSA FAMILIA COFFEE

Selected Varieties
12oz



\$12.99
ea
SAVE UP TO \$5ea

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

Really **BIG DEAL**

WHOLE HALIBUT PRE-SALE

Reserve your sustainably wild-caught whole halibut now for pick-up during our annual Whole Halibut Sale, Saturday, May 2, 9am-5pm.

Preorder now at newseasonsmarket.com/reserve

We'll cut and wrap any way you like!

WHAT WE'RE loving

BUILDING BETTER SOIL TOGETHER

This Earth Month, more than 60 other brands, including New Seasons Brand are donating 1% of sales in April to fund climate-smart farming projects with Zero Foodprint.

When you shop these products this month, you're supporting healthy soil and a more resilient food system.

Learn more at newseasonsmarket.com/earth-month



MEAT & SEAFOOD

NEW SEASONS PARMESAN CHICKEN BREASTS

Made in-house and ready to bake or fry for a quick and tasty meal.



\$9⁹⁹
lb

SAVE \$2lb

DOVER SOLE FILLET

Sustainably harvested off OR and WA coasts, this light and mild sole is delicious baked for a quick and easy meal.

PNW LOCAL



\$8⁹⁹
lb

SAVE \$2lb

FLORAL

PEONY TULIPS

This colorful bunch is a spring favorite, but the season's short, so get these beautiful blooms while you can!



\$12⁹⁹
ea

SAVE \$2ea

BEELER'S PURE PORK ALL BONELESS CENTER-CUT PORK CHOPS

Vegetarian-fed pork with no antibiotics ever.



\$5⁹⁹
lb

SAVE \$1lb

PACIFIC COD FILLET

Sustainably harvested at the peak of season and flash-frozen on the vessel to preserve flavor. Perfect for fish & chips!



\$16⁹⁹
lb

SAVE \$1lb

MOTHER'S DAY FLOWERS

Call or stop by your neighborhood New Seasons' floral department to pre-order your Mother's Day arrangements now.



PRODUCE

ORGANIC ENVY APPLES

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

PNW LOCAL



\$2⁹⁹
lb

SAVE \$1lb

COTTON CANDY GRAPES

Perfect for healthy snacking. Grown in Mexico.



\$5⁹⁹
lb

SAVE \$1lb

ORGANIC LEMONS

Add a squeeze of brightness to salads, dressings, and desserts. From Sespe Creek Organics in De Luz, CA.



\$2⁴⁹
lb

SAVE 50¢lb

BAKERY & CHEESE

NEW SEASONS ORGANIC ROSEMARY SEA SALT FOCACCIA

Genovese-style flatbread baked fresh daily by our talented bakers with organic extra-virgin olive oil, rosemary, and sea salt.



\$5.49 ea
SAVE \$1ea

LOST PEACOCK CREAMERY FRESH CHEVRE

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



\$7.99 ea
FEATURED

PNW LOCAL

PREPARED FOODS

NEW SEASONS FARRO ASPARAGUS SALAD

Peak-season asparagus, farro, and spring onions in a tangy yogurt dressing.



\$9.99 lb
SAVE \$4lb

IT'S IN SEASON!

NEW SEASONS SALMON WITH SPRING ONIONS

Salmon baked with thinly sliced spring onions and herbs.



\$21.99 lb
SAVE \$4lb

IT'S IN SEASON!

RUBICON BAKERS DOUBLE LAYER CAKES

A decadent dark chocolate layer cake with rich chocolate ganache filling and frosting.
6in



\$12.99 ea
SAVE \$2ea



APPEL FARMS PANEER

A simple, fresh cheese that's delicious in salads or cooked into your favorite dishes.
7oz



\$5.99 ea
SAVE \$1ea

PNW LOCAL

ORIGAMI CATERING CALIFORNIA ROLL

Featuring sustainably sourced surimi, avocado, and English cucumber rolled with toasted sesame seeds.



\$7.99 ea
SAVE \$2ea

PNW LOCAL

NEW SEASONS PESTO PEA SALAD

Snap peas and English peas in a basil pesto dressing.



\$9.99 lb
SAVE \$3lb

IT'S IN SEASON!

BEER & WINE

MIX & MATCH

10% off

6 bottles of wine

20% off

12 or more bottles of wine

*Offer available in-store only.

OVERJOY SKIN-CONTACT PINOT GRIS

A fun and energetic orange wine with aromas of cherry, apricot, and ginger, accented with hints of dried flowers and soft herb.
750ml



\$18.99 ea
SAVE \$1ea

PNW LOCAL

ONLY AT NSM

DESCHUTES BREWERY SELECT 6-PACKS

Soak up the sun with refreshing favorites like Deschutes' Patagonia Provisions Organic Lager. Selection may vary by store.
6pk/12oz



\$12.99 ea
SAVE \$2ea

PNW LOCAL



BROWNE FAMILY VINEYARDS FOREST PROJECT WINES

Supporting reforestation efforts, these wines plant forests one bottle at a time. Choose from the Red Blend, Pinot Noir, and Cabernet Sauvignon.
750ml



\$19.99 ea
SAVE \$20ea

PNW LOCAL

UNDERWOOD WINE SELECT CANNED WINES

Underwood canned wines over deliver on flavor and quality and are perfectly transportable for all your spring activities.
355ml



\$5.99 ea
SAVE \$1ea

PNW LOCAL



FRESH FINDS, FAST!

Shop all your spring favorites online for delivery or pickup—and get \$10 off an online order of \$50+ with code **SPRINGS AVER10**

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.

SAVE AN ADDITIONAL 25% DURING OUR BODY CARE SALE

Really **BIG DEAL**

25% off
BODY CARE

25% off the lowest marked price at checkout. Exclusions apply. Limited to stock on hand. No additional case discounts.

BADGER SUN CARE

Enjoy some fun in the sun with broad-spectrum, mineral-based sunscreens.

30% off



SAVE AN ADDITIONAL 25%

NOW FOODS ESSENTIAL OILS

Brighten and freshen your day with savings on your favorite essential oils.

30% off



SAVE AN ADDITIONAL 25%

SUKIN BODY CARE

Hair, body, and facial care with no harsh chemicals or additives.



SAVE AN ADDITIONAL 25%

30% off

MELORA MANUKA FACIAL AND BODY CARE

Save on select manuka honey-based face and body care.



SAVE AN ADDITIONAL 25%

30% off

HIBAR DEODORANTS

Aluminum-free formulas in plastic-free packaging. Also save on hair care and facial care.



SAVE AN ADDITIONAL 25%

30% off

JÄSÖN BODY WASH

Soothing formulas to help cleanse and nourish.

30oz



SAVE AN ADDITIONAL 25%

\$10⁹⁹ ea
SAVE \$5ea

SKY ORGANICS COTTON ROUNDS

Soft, organic cotton, great for sensitive skin. 100ct



SAVE AN ADDITIONAL 25%

\$3⁴⁹ ea
SAVE \$1.50ea

THE HUMBLE CO. CHARCOAL FLOSS PICKS

Made with biodegradable materials. 50ct



SAVE AN ADDITIONAL 25%

\$3²⁹ ea
SAVE \$1.50ea

MEDINATURA T-RELIEF ARNICA +12 CREAM

Support for sore muscles. 3oz



SAVE AN ADDITIONAL 25%

\$13²⁹ ea
SAVE \$5.70ea

DAVIDS SENSITIVE+ WHITENING TOOTHPASTE

Natural toothpaste in a recyclable metal tube. 4oz



SAVE AN ADDITIONAL 25%

\$6⁹⁹ ea
SAVE \$3ea

GROCERY

CASCADIAN FARM ORGANIC FROZEN FRUIT

Assorted Varieties 8-10oz



PNW LOCAL

1% GIVEBACK

BUY 1 GET 1 FREE

SAVE \$7.29 ON 2

CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties 10oz



PNW LOCAL

1% GIVEBACK

BUY 2 GET 1 FREE

SAVE \$4.29 ON 3

Available in-store only

CASCADIAN FARM ORGANIC FROZEN POTATOES

Selected Varieties 16oz



PNW LOCAL

1% GIVEBACK

BUY 2 GET 1 FREE

SAVE \$7.99 ON 3

Available in-store only

APPLEGATE FROZEN BREADED CHICKEN

Selected Varieties 16oz



\$12⁹⁹ ea

SAVE \$2ea

OUTSHINE FRUIT BARS

Selected Varieties 6ct



2 for \$10

SAVE 69¢ ea

BONFIRE BURRITOS BREAKFAST BURRITOS

Assorted Varieties 10.3oz



\$5⁹⁹ ea

SAVE \$1ea

JESSE & BEN'S HOUSE-CUT FRIES

Assorted Varieties 14oz

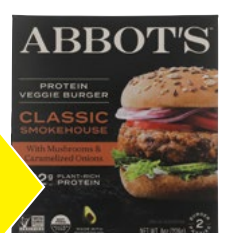


\$7⁹⁹ ea

SAVE UP TO \$2ea

ABBOT'S PLANT-BASED BURGER

Assorted Varieties 8oz



\$5⁹⁹ ea

SAVE \$3ea

GROCERY

**SIETE FOODS
CHIPS AND
SALSA**

Selected Varieties



33% off

**THE HUMBLE SEED
BAKED GRAIN-FREE
CRACKERS**

Assorted Varieties
4.25oz



\$4.99 ea
SAVE \$1.80ea

**ANNIE'S
CRACKERS AND
SNACK MIXES**

Selected Varieties
9-11.25oz



\$4.99 ea
SAVE UP TO \$2ea

**ARCHER
JERKY**
Selected Varieties
2oz



\$5.99 ea
SAVE \$1.60ea

**LUNDBERG FAMILY FARMS
RICE CAKES**

Selected Varieties



20% off

**KIND
SNACK BAR**

Selected Varieties
1.4oz



**BUY 1 GET 1
FREE**
SAVE \$2.99 ON 2

**ALOHA
PLANT-BASED
PROTEIN BAR**

Assorted Varieties
1.98oz



2 for \$5
SAVE 89¢ea

**LAIRD SUPERFOOD
PLANT-BASED
FOODS**

Selected Varieties



50% off

**BLUE STRIPES
WHOLE CACAO
TRUFFLE BAR**

Assorted Varieties
2.1oz



\$4.99 ea
SAVE \$1ea

**CHUAO CHOCOLATIER
CHOCOLATE
BAR**

Assorted Varieties
2.8oz



\$3.99 ea
SAVE \$3ea

**JUSTIN'S
NUT BUTTER
AND SNACKS**

Selected Varieties



20% off

**NIXIE
ZERO SUGAR SODA**

Assorted Varieties
12oz



3 for \$5
SAVE \$1.02ea

**LIQUID DEATH
ICED TEA**

Assorted Varieties
6pk/12oz



\$6.99 ea
SAVE \$3.30ea

**C2O
COCONUT
WATER**

Assorted Varieties
17.5oz



2 for \$5
SAVE \$1.19ea

**PROUD SOURCE
SPRING
WATER**

25.3oz



2 for \$5
SAVE 89¢ea

**LACROIX
SPARKLING WATER**

Selected Varieties
8pk/12oz



\$3.99 ea
SAVE 80¢ea

BULK

**LUNDBERG FAMILY FARMS
RICE**

Selected Varieties



10% off

**CB'S NUTS
ORGANIC KETTLE
ROASTED PEANUTS**

Sea Salt or Jalapeno.



\$7.99 lb
SAVE \$1lb

**MARICH CONFECTIONERY
PAN-CRAFTED
CHOCOLATES**

Sea Salt Caramels or
Toffee Almonds.



\$14.99 lb
SAVE \$3lb

**HUMMINGBIRD WHOLESALE
ORGANIC SALTED
AWAKENED
WALNUTS**



\$15.99 lb
SAVE \$4lb

GROCERY

TONY'S COFFEE ORGANIC COFFEE
Assorted Varieties
12oz

PNW LOCAL



\$12.99 ea
SAVE \$1.60ea

PEET'S COFFEE COFFEE
Selected Varieties
10.5oz



\$12.99 ea
SAVE \$2ea

NATURE'S PATH ORGANIC BREAKFAST FOODS
Selected Varieties



25% off

GOODLES MAC & CHEESE
Assorted Varieties



20% off

EATIFUL ORGANIC SOUP
Assorted Varieties
14.1oz



\$4.99 ea
SAVE \$1ea

KIKKOMAN HOISIN OR SOY SAUCE
Selected Varieties



20% off

MAYA KAIMAL INDIAN SIMMER SAUCES
Assorted Varieties
12.5oz



\$5.99 ea
SAVE \$1.20ea

RALSTON FAMILY FARMS RICE
Selected Varieties
24oz



\$4.99 ea
SAVE UP TO \$1.90ea

POMI TOMATOES
Assorted Varieties



20% off

RAINCOAST TRADING TUNA OR SALMON
Selected Varieties



20% off

LA TOURANGELLE ORGANIC EXTRA VIRGIN OLIVE OIL
25.4oz



\$19.99 ea
SAVE \$10ea

DIVINA OLIVES, PEPPERS AND DOLMAS
Selected Varieties



20% off

CLEAN WITH PURPOSE

This Earth Month, make the switch to Seventh Generation—an effective, safer way to clean that's better for you and the planet.

SEVENTH GENERATION LAUNDRY, DISH AND PAPER PRODUCTS
Selected Varieties



20% off

CABOO BAMBOO WIPES AND PAPER PRODUCTS
Selected Varieties



20% off

FISHWIFE TINNED SEAFOOD
Selected Varieties



20% off



Seventh GENERATION
Dish Liquids

ECOS CLEANING PRODUCTS
Selected Varieties



20% off

CLEANERY CLEANERS AND DISH PRODUCTS
Selected Varieties



20% off

GROCERY

**GT'S LIVING FOODS
ORGANIC
KOMBUCHA**
Selected Varieties
16oz



Available
in-store only

**BUY 2 GET 1
FREE**
SAVE \$4.29 ON 3

**VIVE ORGANIC
FUNCTIONAL
JUICE SHOT**
Selected Varieties
2oz



Available
in-store only

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

**SLICE
HEALTHY SODA**
Assorted Varieties
12oz



2 for \$5
SAVE 49¢ea

**MID-DAY SQUARES
FUNCTIONAL
CHOCOLATE SQUARES**
Assorted Varieties
1.16 OZ



2 for \$4
SAVE 69¢ea

**ICELANDIC PROVISIONS
OATMILK SKYR
YOGURT**
Assorted Varieties
5oz



**BUY 1 GET 1
FREE**
SAVE \$2.49 ON 2

**ICELANDIC PROVISIONS
SKYR YOGURT**
Selected Varieties
4.4-5.3oz



2 for \$4
SAVE 29¢ea

**CALIFIA FARMS
PLANT MILKS
AND CREAMERS**
Selected Varieties



**20%
off**

**ORGANIC VALLEY
CHEESE**
Selected Varieties



**10%
off**

**HAPPY EGG CO.
HERITAGE FREE-
RANGE EGGS**
1doz



**\$7.99
ea**
SAVE \$1.50ea

**BON DÉVIL
PLANT-BASED
GANACHE**
Chocolate or Salted Caramel.
4ct



**\$4.99
ea**
SAVE \$1.80ea

**TREELINE CHEESEMAKERS
VEGAN CHEESE**
Assorted Varieties



**20%
off**

**APPLEGATE
SLICED
DELI MEAT**
Selected Varieties
7oz



**BUY 1 GET 1
1/2 OFF**
SAVE \$4 ON 2

Available
in-store only

**MORI-NU
SILKEN TOFU**
Assorted Varieties
10.8-10.9oz



**\$2.49
ea**
SAVE \$1ea

**NEW SEASONS
FRESH PESTO**
From Classic Foods
in Portland, OR.
7oz



**\$6.99
ea**
SAVE \$1ea

**NEW SEASONS
BAGELS**
Handmade in the
traditional NY style
by Bowery Bagels in
Portland, OR.
4ct



**\$4.99
ea**
SAVE 30¢ea

**NAKED BREAD
BREAD, BUNS
OR BAGELS**
Selected Varieties
15-27oz



**BUY 1 GET 1
FREE**
SAVE \$7.99 ON 2

EARTH MONTH: 1% FOR HEALTHY SOIL



Over 60 brands are donating 1% of sales in April to help fund local climate-smart farming projects with Zero Foodprint.

Look for this logo on products all throughout the store.



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