

NUTRITION ON THE GO

Stock up and save on over 200 nutrition bars during our 50% off sale—including protein-packed, vegan, and local favorites!

Really BIG DEAL

50% off NUTRITION BARS

See signs on specially marked items. Limited to stock on hand.
No additional case discounts.

CREEKSTONE FARMS 81% LEAN 19% FAT GROUND BEEF

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

\$5.99
lb
SAVE \$2.1b

BLUEBERRIES

Sweet, antioxidant-rich, and delicious in smoothies, oats, and desserts. From Naturipe in Peru.

25% off

YOGI TEA

Selected Varieties
16ct

\$3.99
ea
SAVE UP TO \$1.70ea

BLUE DIAMOND ALMOND BREEZE

Selected Varieties
1/2gal

\$2.99
ea
SAVE \$1.30ea



PACIFIC FOODS SOUP

Selected Varieties
16.1-16.5oz

2 for \$7
SAVE 99¢ ea



COLUMBIA FRUIT PREMIUM FROZEN FRUIT

Assorted Varieties
40oz

\$9.99
ea
SAVE \$4.50ea



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

New Seasons Grab & Go Meals

If you've shopped our grab & go deli offerings, then you know we like to keep your options fresh and readily available to fit your schedule.

Our ready-to-heat meal options are an awesomely affordable alternative to ordering take-out. Please all palates with hearty options like Chicken Parm with Pasta or Orange Chicken with White Rice & Broccoli, plus kid-pleasers like Chicken Tenders with Mac & Cheese, and vegetarian options, too. Find them all in the deli grab & go deli case—heat and enjoy!



MEAT & SEAFOOD

MARY'S HEIRLOOM WHOLE FRYER

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

\$3⁹⁹
lb

SAVE 60¢ lb



ROCKFISH FILLET

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

PNW
LOCAL

\$7⁹⁹
lb

SAVE \$2 lb



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 \$1 lb



RIVERENCE WHOLE RAINBOW TROUT

Sustainably farm-raised in Idaho's Magic Valley, this trout is mild, flaky, and packed with nutrients.

\$7⁹⁹
ea

SAVE \$2 lb



FLORAL

TROPICAL BOUQUET

A beautiful bouquet of tropical flowers and foliage.

\$27⁹⁹
ea

SAVE \$2 ea



PRODUCE

PAGE MANDARINS

Rich, sweet, and extra juicy! From Rising C Ranch in Reedley, CA.

\$2⁴⁹
lb

SAVE 50¢ lb



ORGANIC BUNCHED CARROTS

Sweet, tender, and tasty raw with dip or roasted. From John Givens Farm in Santa Barbara, CA.

\$2⁹⁹
ea

SAVE 51¢ ea



ORGANIC COSMIC CRISP APPLES

Just as the name implies, these sweet local apples are extra crisp! Grown in WA.

PNW
LOCAL

\$3⁴⁹
lb

SAVE 50¢ lb



BAKERY & CHEESE

FLAX4LIFE
NO SUGAR ADDED
MINI MUFFINS
An excellent source of fiber, protein, and essential omega-3s, with no sugar. Choose from Chocolate Brownie or Blueberry.
7oz

PNW LOCAL

\$5⁴⁹
ea
SAVE 50¢ ea



VALBRESO
FETA
This creamy, French sheep-milk cheese has a rich, tangy flavor. A perfect topper for salads and veggie dishes.

\$14⁹⁹
lb
SAVE \$1lb



BITE ME! COOKIES
LEMON
TEA CAKES
Light, buttery cookies with bright lemon flavor and a sweet powdered-sugar finish.
8oz

PNW LOCAL

\$9⁴⁹
ea
SAVE 50¢ ea



DON FROYLAN
QUESO FRESCO
A fresh, award-winning cheese from a family-owned creamery. Tasty on tacos!
12oz

PNW LOCAL

20%
off



NEW SEASONS
BAKED ZITI WITH
ITALIAN SAUSAGE
Locally made ziti layered with marinara, Italian sausage, and a generous mix of melty cheeses.

IT'S NEW!

\$9⁹⁹
lb
SAVE \$3lb



NEW SEASONS
CAULIFLOWER
AL PASTOR
QUESADILLA
Roasted cauliflower, pineapple, and Don Froylan Oaxacan cheese with al pastor sauce, wrapped in a wheat tortilla.

IT'S NEW!

\$4⁹⁹
ea
SAVE \$2ea



BITE ME! COOKIES
LEMON
TEA CAKES
Light, buttery cookies with bright lemon flavor and a sweet powdered-sugar finish.
8oz

PNW LOCAL

\$9⁴⁹
ea
SAVE 50¢ ea



DON FROYLAN
QUESO FRESCO
A fresh, award-winning cheese from a family-owned creamery. Tasty on tacos!
12oz

PNW LOCAL

20%
off



NEW SEASONS
SPINACH FETA
RISOTTO CAKE
Delicious savory cakes made with Arborio rice, fresh spinach, and feta cheese.

\$4⁹⁹
ea
SAVE 50¢ ea



NEW SEASONS
THREE BEAN SALAD
WITH CABBAGE & MINT
A flavorful, protein-packed salad featuring a mix of three beans with cabbage and fresh mint.

\$9⁹⁹
lb
SAVE \$2lb



BEER & WINE

MIX
&
MATCH

10% off
6 bottles of wine
20% off
12 or more bottles of wine
*Offer available in-store only.

MASCIARELLI
MONTEPULCIANO
D'ABRUZZO
Dark cherry, spice, and a touch of smoke come together in a fleshy, full-bodied wine with remarkable depth and length.
750ml

\$11⁹⁹
ea
SAVE \$5ea



PENTIRE
NON-ALCOHOLIC
COCKTAILS
Ready-to-drink, non-alcoholic cocktails with refreshing coastal flavors. Great for sipping anytime!
200ml

\$5⁹⁹
ea
SAVE \$3ea



CORVIDAE
SYRAH OR
SAUVIGNON
BLANC
Great values from local producer Owen Roe. Choose the plummy, dark Syrah or the crisp, citrusy Sauvignon Blanc.
750ml

PNW LOCAL

\$13⁹⁹
ea
SAVE \$6ea



CRUX FERMENTATION
PROJECT
NØ MØ
NON-ALCOHOLIC
CRAFT BEERS
Full craft-beer flavor with none of the alcohol. Don't miss the River Refresher IPA with bright Citra and Mosaic hops.
6pk/12oz

PNW LOCAL

\$12⁹⁹
ea
SAVE \$3ea



NEW YEAR, NEW GOALS

Make 2026 the year of more me-time by shopping online for convenient pickup or delivery—and snag \$10 off your next order of \$50 or more with code **NEWFORYOU10**

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

ZHOU NUTRITION PLANT COMPLETE PROTEIN

Delicious plant-based protein with 21g of rice and pea protein per serving. Chocolate or Vanilla.



50% off

JARROW FORMULAS NUTRITIONAL SUPPLEMENTS

Save on all of your favorites, including probiotics, protein powders, and amino acids.



25% off

CARLSON FISH OILS AND SUPPLEMENTS

Great savings on high-quality fish oils and select supplements to support overall wellness.



25% off

DR. MERCOLA NUTRITIONAL SUPPLEMENTS

Stock up and save on liposomal vitamins, probiotics, and more.



20% off

NATURAL STACKS NOOTROPIC SUPPLEMENTS

Unique nootropic formulas designed to support overall brain health.



20% off

HERB PHARM HERBAL TINCTURES

Locally crafted herbal tinctures.



25% off

THE HUMBLE CO. ORAL CARE

Eco-friendly oral care for healthy teeth and gums.



30% off

DR. BRONNER'S PURE-CASTILE LIQUID SOAPS AND REFILLS

Made with organic and fair trade ingredients. Reduce plastic by refilling your old bottles.



35% off

GARDEN OF LIFE VITAMINS AND SUPPLEMENTS

Save up to 30% on collagen, proteins, CBD, probiotics, and more.

SAVE UP TO:

30% off



NOW FOODS SWEET ALMOND OIL

Easily absorbed for clear, soft, healthy-looking skin, without clogging pores.

4oz



\$4.99 ea
SAVE \$3ea

MRM NUTRITION COQ-10 100MG

A naturally derived and fermented form of Co-Q10 to support cardiovascular health. Save on 120ct, too! 60sq



\$12.99 ea
SAVE \$17ea

MARY RUTH'S MULTIVITAMIN GUMMIES

Delicious daily multivitamins for adults and children. 60ct



\$16.99 ea
SAVE \$8ea

NAVITAS ORGANICS CACAO POWDER

Antioxidant-rich, pure cocoa powder. Perfect for hot cocoa and winter recipes.

8oz



\$11.99 ea
SAVE \$7.50ea

BULK

ORGANIC PEARLED BARLEY

\$3.49 lb
SAVE 50¢ lb



HUMMINGBIRD WHOLESALE ORGANIC DRIED CRANBERRIES

PNW LOCAL

\$7.99 lb
SAVE \$1lb



HUMMINGBIRD WHOLESALE ORGANIC HULLED HEMP SEEDS

PNW LOCAL

\$18.99 lb
SAVE \$1lb



TONY'S COFFEE ORGANIC COFFEE

Assorted Varieties

PNW LOCAL

\$16.99 lb
SAVE \$1lb



GROCERY

RUDI'S ROCKY MOUNTAIN BAKERY
SOURDOUGH TEXAS
TOAST AND GLUTEN-
FREE BREAKFAST
SANDWICHES

Assorted Varieties

20%
off



DR. PRAEGER'S
PLANT-BASED
FROZEN FOODS

Selected Varieties
8-10oz

\$5.49
ea
SAVE \$1.50ea



AFIA
FROZEN
MEDITERRANEAN
FOODS

Assorted Varieties

30%
off



CARBONAUT
GLUTEN-FREE
BREAD

Selected Varieties
19oz

\$5.49
ea
SAVE \$4.40ea



DAILY HARVEST
FROZEN BOWLS AND
SMOOTHIES

Assorted Varieties

30%
off



KETO PINT
ICE CREAM

Assorted Varieties

20%
off



SUNNIE
DIPPER
SNACKS

Flatbread or Jam.
3.3-3.4oz

2 for \$7
SAVE \$1.79ea



BARBARA'S
CHEESE
PUFFS

Assorted Varieties
5.5-7oz

\$2.99
ea
SAVE \$1.60ea



SIETE FOODS
TORTILLA
CHIPS

Assorted Varieties
5-7.5oz

\$3.99
ea
SAVE \$2.50ea



PARMCRISPS
CHEESE
SNACK

Assorted
Varieties
1.75oz

\$2.99
ea
SAVE UP TO \$2.30ea



MAUNA LOA
MACADAMIAS

Selected Varieties
4oz

\$6.99
ea
SAVE \$2.20ea



SKINNYPOP
POPCORN

Assorted
Varieties
4.4-5.3oz

\$2.99
ea
SAVE \$1.60ea



SKINNYDIPPED
CUPS OR BITES

Selected Varieties
3.17oz

\$5.49
ea
SAVE \$1.90ea



BACK TO NATURE
COOKIES

Selected Varieties

50%
off



CLUSTERBUCKS
ORGANIC SPROUTED
SUPER-SEED SNACK

Assorted Varieties
4-6oz

\$5.99
ea
SAVE \$1.50ea



SOLELY
ORGANIC
FRUIT
SNACKS

Assorted Varieties

20%
off



JUSTIN'S
NUT BUTTER
AND SNACKS

Selected Varieties

20%
off



KODIAK CAKES
GRANOLA BARS

Assorted
Varieties
5-6ct

\$5.99
ea
SAVE UP TO \$2.90ea



BEAR
FRUIT ROLLS

Assorted Varieties
5ct

\$4.99
ea
SAVE \$1.50ea



GROCERY

**MAGIC SPOON
GRAIN-FREE CEREAL**Assorted
Varieties
7oz
\$7⁹⁹
ea
SAVE \$3.50ea
**LOVEBIRD
GRAIN-FREE CEREAL**Assorted Varieties
7oz
\$6⁹⁹
ea
SAVE \$2.20ea
**MALK ORGANICS
PLANT-BASED
MILK**Selected Varieties
32oz
\$5⁹⁹
ea
SAVE \$2ea
**BURROUGHS FAMILY FARMS
REGENERATIVE
ORGANIC ALMOND
BUTTER**Creamy or Crunchy.
14oz
\$12⁹⁹
ea
SAVE \$4ea
**EQUAL EXCHANGE
ORGANIC TEA**Assorted Varieties
20ct
\$3⁹⁹
ea
SAVE \$2.40ea
**BIGELOW
TEA**Selected Varieties
18-20ct
**BUY 1 GET 1
1/2 OFF**
SAVE \$2.20 ON 2
Available
in-store only
**CHAMBERLAIN COFFEE
OATMILK LATTE**

Assorted Varieties


**20%
off**
**TEECINO
HERBAL TEA**Selected Varieties
10ct
\$6⁹⁹
ea
SAVE UP TO \$1.30ea
**LAKANTO
MONKFRUIT
SWEETENER**

Selected Varieties


**20%
off**
**MADE IN NATURE
ORGANIC DRIED FRUIT**

Selected Varieties


**20%
off**
**PAMELA'S PRODUCTS
GLUTEN-FREE
PRODUCTS**Selected
Varieties
**20%
off**
**CALIFIA FARMS
UNSWEETENED
ALMOND
BARISTA BLEND**

32oz


\$4³⁹
ea
SAVE \$2.40ea
**EARTH'S BEST
ORGANIC KIDS' SNACKS**Selected Varieties
1.55-3.17oz
2 for \$7
SAVE \$1.49ea
**WHITE LEAF PROVISIONS INC
BIODYNAMIC
BABY FOOD**Selected Varieties
3.17oz
\$2²⁹
ea
SAVE 60¢ea
**ONCE UPON A FARM
BABY FOOD AND
KIDS' SNACKS**Selected Varieties
3.2-4oz
2 for \$6
SAVE UP TO \$1.19ea
**ECOS
LAUNDRY
PRODUCTS**

Selected Varieties


**20%
off**
**BIRDIE & LOUIE
DOG FOOD**

Selected Varieties


**20%
off**
**WILD PLANET
TUNA OR SARDINES**

Selected Varieties


**20%
off**
**IMAGINE FOODS
BROTH OR
STOCK**Selected Varieties
32oz
2 for \$7
SAVE UP TO \$4.19ea
**WESTBRAE NATURAL
ORGANIC BEANS**Assorted Varieties
15oz
\$3⁷⁹
ea
SAVE 40¢ea

GROCERY

<div><div>PNW LOCAL</div><div></div></div> <div><div>COLUMBIA FRUIT</div><div><div>PREMIUM FROZEN FRUIT</div><div>Assorted Varieties</div><div>40oz</div></div></div> <div><div>\$9⁹⁹ea</div><div>SAVE \$4.50ea</div></div>	<div><div>TILLAMOOK</div><div><div>SHREDDED CHEESE</div><div>Selected Varieties</div><div>8oz</div></div></div> <div><div>PNW LOCAL</div><div></div></div> <div><div>2 for \$8</div><div>SAVE 99¢ea</div></div>	<div><div>VICOLO</div><div><div>PIZZETTAS</div><div>Selected Varieties</div><div>2ct</div></div></div> <div><div></div></div> <div><div>BUY 1 GET 1 1/2 OFF</div><div>SAVE \$5 ON 2</div></div> <div><div>Available in-store only</div></div>	
<div><div>NOOSA</div><div><div>YOGHURT</div><div>Assorted Varieties</div><div>8oz</div></div></div> <div><div></div></div> <div><div>2 for \$4</div><div>SAVE 59¢ea</div></div>	<div><div>HARMLESS HARVEST</div><div><div>ORGANIC CULTURED COCONUT</div><div>Assorted Varieties</div><div>24oz</div></div></div> <div><div></div></div> <div><div>\$6⁹⁹ea</div><div>SAVE UP TO \$3.50ea</div></div>	<div><div>CALIFIA FARMS</div><div><div>DAIRY-FREE PRODUCTS</div><div>Selected Varieties</div></div></div> <div><div></div></div> <div><div>20% off</div></div>	<div><div>MALK ORGANICS</div><div><div>PLANT-BASED MILK</div><div>Selected Varieties</div><div>16-28oz</div></div></div> <div><div></div></div> <div><div>\$5⁴⁹ea</div><div>SAVE UP TO \$2ea</div></div>
<div><div>MUSH</div><div><div>OVERNIGHT OATS</div><div>Assorted Varieties</div><div>5oz</div></div></div> <div><div></div></div> <div><div>3 for \$5</div><div>SAVE 62¢ea</div></div>	<div><div>KITE HILL</div><div><div>DAIRY-FREE PRODUCTS</div><div>Selected Varieties</div></div></div> <div><div></div></div> <div><div>30% off</div></div>	<div><div>LUCKY FOODS</div><div><div>SEOUL KIMCHI</div><div>Original or Spicy.</div><div>14oz</div></div></div> <div><div></div></div> <div><div>PNW LOCAL</div><div><div>\$5⁴⁹ea</div><div>SAVE \$1.40ea</div></div></div>	<div><div>MID-DAY SQUARES</div><div><div>FUNCTIONAL CHOCOLATE SQUARES</div><div>Assorted Varieties</div><div>1.16oz</div></div></div> <div><div></div></div> <div><div>BUY 2 GET 1 FREE</div><div>SAVE \$2.59 ON 3</div></div> <div><div>Available in-store only</div></div>
<div><div>GT'S LIVING FOODS</div><div><div>COCOYO RAW COCONUT YOGURT</div><div>Assorted Varieties</div><div>8oz</div></div></div> <div><div></div></div> <div><div>\$6⁴⁹ea</div><div>SAVE \$2.70ea</div></div>	<div><div>REBBL</div><div><div>PROTEIN SHAKES AND ELIXIRS</div><div>Selected Varieties</div><div>12oz</div></div></div> <div><div></div></div> <div><div>2 for \$8</div><div>SAVE \$1.29ea</div></div>	<div><div>NIXIE</div><div><div>ORGANIC ZERO SUGAR SODA</div><div>Assorted Varieties</div><div>12oz</div></div></div> <div><div></div></div> <div><div>2 for \$3</div><div>SAVE 99¢ea</div></div>	<div><div>LIFE AID BEVERAGE CO.</div><div><div>FUNCTIONAL BEVERAGE</div><div>Assorted Varieties</div><div>12oz</div></div></div> <div><div></div></div> <div><div>2 for \$5</div><div>SAVE UP TO \$1.19ea</div></div>
<div><div>ODYSSEY</div><div><div>SPARKLING FUNCTIONAL ENERGY DRINK</div><div>Assorted Varieties</div><div>12oz</div></div></div> <div><div></div></div> <div><div>BUY 1 GET 1 FREE</div><div>SAVE \$3.99 ON 2</div></div>	<div><div>VITA COCO</div><div><div>COCONUT WATER</div><div>Selected Varieties</div></div></div> <div><div></div></div> <div><div>20% off</div></div>	<div><div>SEATTLE INTERNATIONAL BAKING COMPANY</div><div><div>BUNS AND HOAGIES</div><div>Selected Varieties</div><div>6-8ct</div></div></div> <div><div></div></div> <div><div>PNW LOCAL</div><div><div>\$3⁹⁹ea</div><div>SAVE UP TO \$3ea</div></div></div>	<div><div>FRANZ</div><div><div>BREAD</div><div>Selected Varieties</div><div>24oz</div></div></div> <div><div></div></div> <div><div>PNW LOCAL</div><div><div>\$3⁹⁹ea</div><div>SAVE \$2ea</div></div></div>