

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 \$2lb

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

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.

\$3.99
lb
SAVE 60¢ lb



ROCKFISH FILLET

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

\$7.99
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.

\$8.99
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.

\$7.99
ea
SAVE \$2 lb



TROPICAL BOUQUET

A beautiful bouquet of tropical flowers and foliage.



PRODUCE

PAGE MANDARINS

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

\$2.49
lb
SAVE 50¢ lb



ORGANIC BUNCHED CARROTS

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

\$2.99
ea
SAVE 51¢ ea



ORGANIC COSMIC CRISP APPLES

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

\$3.49
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**

\$5.49
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.



\$14.99
lb
SAVE \$1lb

**NEW SEASONS
BAKED ZITI WITH
ITALIAN SAUSAGE**

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



\$9.99
lb
SAVE \$3lb

PREPARED FOODS**NEW SEASONS
CAULIFLOWER
AL PASTOR
QUESADILLA**

Roasted cauliflower, pineapple, and Don Froylan Oaxacan cheese with al pastor sauce, wrapped in a wheat tortilla.



\$4.99
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**

\$9.49
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.



\$4.99
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.



\$9.99
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



\$11.99
ea
SAVE \$5ea

**PENTIRE
NON-ALCOHOLIC
COCKTAILS**

Ready-to-drink, non-alcoholic cocktails with refreshing coastal flavors. Great for sipping anytime!

200ml



\$5.99
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



\$13.99
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



\$12.99
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.



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.

Prices shown are sale prices. Selection may vary by store.

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.

PNW LOCAL

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 \$3eaMRM NUTRITION
COQ-10 100MG

A naturally derived and fermented form of Co-Q 10 to support cardiovascular health. Save on 120ct, too! 60sq

\$12.99
ea
SAVE \$17eaMARY RUTH'S
MULTIVITAMIN
GUMMIES

Delicious daily multivitamins for adults and children. 60ct

\$16.99
ea
SAVE \$8eaNAVITAS ORGANICS
CACAO POWDER

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

8oz

\$11.99
ea
SAVE \$7.50eaORGANIC
PEARLED BARLEY\$3.49
lb
SAVE 50¢lbHUMMINGBIRD WHOLESALE
ORGANIC DRIED
CRANBERRIES\$7.99
lb
SAVE \$1lbPNW
LOCALHUMMINGBIRD WHOLESALE
ORGANIC HULLED
HEMP SEEDS\$18.99
lb
SAVE \$1lbTONY'S COFFEE
ORGANIC COFFEE

Assorted Varieties

PNW
LOCAL

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

\$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
CLUSTERRUCKS
ORGANIC SPROUTED
SUPER-SEED SNACK

Assorted Varieties

\$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 CEREALAssorted Varieties
7oz\$7.99
ea

SAVE \$3.50ea

LOVEBIRD
GRAIN-FREE CEREALAssorted Varieties
7oz\$6.99
ea

SAVE \$2.20ea

MALK ORGANICS
PLANT-BASED
MILKSelected Varieties
32oz\$5.99
ea

SAVE \$2ea

BURROUGHS FAMILY FARMS
REGENERATIVE
ORGANIC ALMOND
BUTTERCreamy or Crunchy.
14oz\$12.99
ea

SAVE \$4ea

EQUAL EXCHANGE
ORGANIC TEAAssorted Varieties
20ct

PNW LOCAL

\$3.99
ea

SAVE \$2.40ea

BIGELOW
TEASelected Varieties
18-20ctBUY 1 GET 1
1/2 OFF

SAVE \$2.20 ON 2

Available
in-store onlyCHAMBERLAIN COFFEE
OATMILK LATTE

Assorted Varieties

20%
offTEECINO
HERBAL TEASelected Varieties
10ct\$6.99
ea

SAVE UP TO \$1.30ea

LAKANTO
MONKFRUIT
SWEETENER

Selected Varieties

20%
offMADE IN NATURE
ORGANIC DRIED FRUIT

Selected Varieties

20%
offPAMELA'S PRODUCTS
GLUTEN-FREE
PRODUCTSSelected
Varieties20%
offCALIFIA FARMS
UNSWEETENED
ALMOND
BARISTA BLEND

32oz

\$4.39
ea

SAVE \$2.40ea

EARTH'S BEST
ORGANIC KIDS' SNACKSSelected Varieties
1.55-3.17oz2 for \$7
SAVE \$1.49eaWHITE LEAF PROVISIONS INC
BIODYNAMIC
BABY FOODSelected Varieties
3.17oz\$2.29
ea

SAVE 60¢ ea

ONCE UPON A FARM
BABY FOOD AND
KIDS' SNACKSSelected Varieties
3.2-4oz2 for \$6
SAVE UP TO \$1.19eaECOS
LAUNDRY
PRODUCTS

Selected Varieties

20%
offBIRDIE & LOUIE
DOG FOOD

Selected Varieties

20%
offWILD PLANET
TUNA OR SARDINES

Selected Varieties

20%
offIMAGINE FOODS
BROTH OR
STOCKSelected Varieties
32oz2 for \$7
SAVE UP TO \$4.19eaWESTBRAE NATURAL
ORGANIC BEANSSelected Varieties
15oz\$3.79
ea

SAVE 40¢ ea

GROCERY

<p>PNW LOCAL</p>  <p>COLUMBIA FRUIT PREMIUM FROZEN FRUIT Assorted Varieties 40oz</p> <p>\$9.99 ea SAVE \$4.50ea</p>	<p>TILLAMOOK SHREDDED CHEESE Selected Varieties 8oz</p> <p>2 for \$8 SAVE 99¢ ea</p> 	<p>VICOLO PIZZETTAS Selected Varieties 2ct</p> <p>BUY 1 GET 1 1/2 OFF SAVE \$5 ON 2</p>  <p>Available in-store only</p>	
<p>NOOSA YOGHURT Assorted Varieties 8oz</p>  <p>2 for \$4 SAVE 59¢ ea</p>	<p>HARMLESS HARVEST ORGANIC CULTURED COCONUT Assorted Varieties 24oz</p>  <p>\$6.99 ea SAVE UP TO \$3.50ea</p>	<p>CALIFIA FARMS DAIRY-FREE PRODUCTS Selected Varieties</p> <p>20% off</p> 	<p>MALK ORGANICS PLANT-BASED MILK Selected Varieties 16-28oz</p> <p>\$5.49 ea SAVE UP TO \$2ea</p> 
<p>MUSH OVERNIGHT OATS Assorted Varieties 5oz</p>  <p>3 for \$5 SAVE 62¢ ea</p>	<p>KITE HILL DAIRY-FREE PRODUCTS Selected Varieties</p>  <p>30% off</p>	<p>LUCKY FOODS SEOUL KIMCHI Original or Spicy. 14oz</p>  <p>\$5.49 ea SAVE \$1.40ea</p>	<p>MID-DAY SQUARES FUNCTIONAL CHOCOLATE SQUARES Assorted Varieties 1.16oz</p> <p>BUY 2 GET 1 FREE SAVE \$2.59 ON 3</p>  <p>Available in-store only</p>
<p>GT'S LIVING FOODS COCOYO RAW COCONUT YOGURT Assorted Varieties 8oz</p>  <p>\$6.49 ea SAVE \$2.70ea</p>	<p>REBBL PROTEIN SHAKES AND ELIXIRS Selected Varieties 12oz</p>  <p>2 for \$8 SAVE \$1.29ea</p>	<p>NIXIE ORGANIC ZERO SUGAR SODA Assorted Varieties 12oz</p>  <p>2 for \$3 SAVE 99¢ ea</p>	<p>LIFEAID BEVERAGE CO. FUNCTIONAL BEVERAGE Assorted Varieties 12oz</p> <p>2 for \$5 SAVE UP TO \$1.19ea</p> 
<p>ODYSSEY SPARKLING FUNCTIONAL ENERGY DRINK Assorted Varieties 12oz</p>  <p>BUY 1 GET 1 FREE SAVE \$3.99 ON 2</p>	<p>VITA COCO COCONUT WATER Selected Varieties</p>  <p>20% off</p>	<p>SEATTLE INTERNATIONAL BAKING COMPANY BUNS AND HOAGIES Selected Varieties 6-8ct</p>  <p>\$3.99 ea SAVE UP TO \$3ea</p>	<p>FRANZ BREAD Selected Varieties 24oz</p>  <p>\$3.99 ea SAVE \$2ea</p>