

**November 2023**

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."

—Sarah Addison Allen



**Wholesome  
Organic Brown Sugar**

**\$4.79**

24 oz



**Kerrygold  
Butter**

**\$3.99**

8 oz



**Cascadian Farm Organic  
Organic Potatoes**  
(selected varieties)

**2/\$7**

12-16 oz



**Muir Glen  
Organic Tomatoes**  
(selected varieties)

**2/\$3**

14.5 oz



**Pacific Foods  
Organic Broth**  
(selected varieties)

**\$3.79**

32 oz



**Farmer's Market  
Organic Pumpkin Pie Mix**

**\$3.29**

15 oz



**Wholly Wholesome  
Organic Pie Shell**

**\$4.49**

14 oz



**Dandies  
Vegan Marshmallows**

**\$3.79**

10 oz



**Alden's Organic  
Organic Ice Cream**  
(selected varieties)

**\$8.29**

48 oz



**Earth Balance  
Organic Vegan Whipped  
Buttery Spread**

**\$5.79**

13 oz



**Lily's  
Chocolate Baking Chips**

**\$6.29**

9 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of November.

**Lundberg Family Farms  
Wild Blend Rice**



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

1 lb

**Eden  
Organic Beans  
(selected varieties)**



**\$2<sup>79</sup>**

15 oz

**Peter Rabbit Organics  
Organic Baby Food Pouch  
(selected varieties)**



**\$1<sup>89</sup>**

4-4.4 oz

**Spectrum  
Organic Shortening**



**\$8<sup>79</sup>**

24 oz

**Primal Kitchen  
Dressing**



**\$5<sup>79</sup>**

8 oz

**CADIA  
Organic Cranberry Sauce**



**\$2<sup>79</sup>**

14 oz

**Dr. Bronner's  
Organic Coconut Oil**



**\$7<sup>79</sup>**

14 oz

**Chosen Foods  
Avocado Oil Spray**



**\$4<sup>79</sup>**

4.7 oz

# THANKSGIVING PORTION GUIDELINES



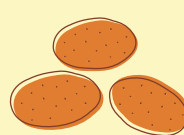
## TURKEY (WHOLE)

Per Person: 1-1 ½ pounds  
Group of Ten: 10-15 pounds



## ENTREES

Per Person: ½-¾ pound  
Group of Ten: 5-7 pounds



## POTATOES

Per Person: ⅓-½ pound  
Group of Ten: 4 pounds



## VEGETABLES

Per Person: ¼-⅓ pound  
Group of Ten: 2 ½ pounds



## STUFFING

Per Person: ⅓-½ pound  
Group of Ten: 4 pounds



## GRAVIES & SAUCES

Per Person: ¼ cup  
Group of Ten: 2-3 cups



## CRANBERRY RELISH

Per Person: 2 ounces  
Group of Ten: 2 cups



## Pie

Per Person: 1 slice  
Group of Ten: 2 9-inch pies

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**Bob's Red Mill  
Organic Flour**  
(selected varieties)

**\$8<sup>29</sup>**

5 lb



**Bob's Red Mill  
Almond Flour**

**\$8<sup>49</sup>**

16 oz



**Bob's Red Mill  
Arrowroot Starch**

**\$5<sup>29</sup>**

16 oz



Homemade for  
the holidays.  
Celebrate better  
with Bob's Red Mill  
Baking Flours.

**Late July  
Organic Tortilla Chips**

**2/\$7**

7.4-10.1 oz



**Vegan Rob's  
Puffs**

**\$3<sup>29</sup>**

3.5 oz



**Back to Nature  
Crackers**  
(selected varieties)

**\$3<sup>29</sup>**

8.5 oz



**Crunchmaster  
Multi-Seed Crackers**  
(selected varieties)

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

4 oz



**UNREAL  
Chocolate Bars**

**\$4<sup>29</sup>**

4.2 oz



**Endangered Species  
Chocolate Bar**  
(selected varieties)



**Theo  
Organic Chocolate Bar**  
(selected varieties)

**\$2<sup>79</sup>**

3 oz



**Panda  
Licorice**  
(selected varieties)

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

7 oz



**2/\$5**

3 oz

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If You Care makes environmentally friendly products that really work. No bleach or toxic chemicals, ever. Our parchment paper is certified compostable and our foil is 100% recycled and uses 95% less energy to produce than traditional foil manufacturing. Healthy Home, Healthy Planet, Healthy You!



**If You Care  
Parchment Baking Paper**

**\$4.79**

70 sq ft



**If You Care  
Aluminum Foil**

**\$4.79**

50 sq ft

**St. Dalfour  
French Fruit Spread  
(selected varieties)**

**\$3.99**

10 oz



**Once Again Nut Butter  
Organic Tahini**

**\$7.49**

16 oz



**Jovial  
Organic Einkorn Flour  
(selected varieties)**

**\$6.79**

32 oz



**Birch Benders  
Organic Pancake & Waffle Mix  
(selected varieties)**

**\$4.29**

14-16 oz



**Pamela's  
Pancake & Baking Mix**

**\$7.99**

24 oz



**Simply Organic  
Organic Ground Cinnamon**

**\$4.29**

2.45 oz



**Catalina Crunch  
Keto Friendly Cereal  
(selected varieties)**

**\$6.49**

8-9 oz



**Let's Do...Organic  
Organic Shredded Coconut**

**\$3.29**

8 oz



**Yogi  
Tea**

**\$3.79**

16 ct



**SweetLeaf  
Liquid Stevia**

**\$5.99**

2 oz



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**Lakewood  
Organic Pure  
Cranberry Juice**

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

32 oz



**R.W. Knudsen  
Organic Apple Juice**

**\$3<sup>79</sup>**

32 oz



**Goldthread  
Plant Based Tonic  
(selected varieties)**

**\$2<sup>79</sup>**

12 oz



**Vita Coco  
Coconut Water  
(selected varieties)**

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

1 lt



**Zevia  
Zero Calorie Soda**

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

6/12 oz



**Califia Farms  
Almondmilk**

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

48 oz



**Daiya  
Dairy-Free Cheese Style Slices  
(selected varieties)**

**\$3<sup>79</sup>**

7.8 oz



**Nuts for Cheese  
Organic Vegan Cheese**

**\$6<sup>79</sup>**

4.2 oz



**Green Valley Creamery  
Organic Lactose Free  
Cream Cheese**

**\$3<sup>79</sup>**

8 oz



**Organic Valley  
Organic Shredded  
Cheese  
(selected varieties)**

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

6 oz



**Organic Valley  
Organic Cream  
Cheese**

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

8 oz



**Organic Valley  
Organic Cream  
Cheese Spread**

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

8 oz



At Organic Valley, we produce nourishing food on small organic family farms where families manage the care of animals and the earth. Our products are always organic and a delicious choice for your holiday dish.

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Built on the foundation of craft and compassion, Miyoko's Creamery is the natural, compassionate evolution of dairy—using time-honored techniques and the finest ingredients to make our award-winning, phenomenally vegan, plant milk butter and cheese.



**Miyoko's Organic Vegan Mozzarella**

**\$6<sup>29</sup>**

8 oz



**Miyoko's Organic Cultured Vegan Butter**

**\$4<sup>79</sup>**

8 oz

**Rumiano Organic Cheese**  
(selected varieties)

**\$4<sup>79</sup>**

8 oz



**Forager Project Organic Cashewmilk Yogurt**  
(selected varieties)

**\$4<sup>79</sup>**

24 oz



**Brown Cow Cream Top Whole Milk Yogurt**

**\$3<sup>79</sup>**

32 oz



**Bitchin' Sauce Sauce**  
(selected varieties)

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

8 oz



**Bonafide Provisions Organic Bone Broth**  
(selected varieties)

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

1.5 lb



**Immaculate Organic Flaky Biscuits**

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

16 oz



**Rudi's Bakery Organic Bread**  
(selected varieties)

**\$4<sup>79</sup>**

22 oz



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**Bach**  
**Rescue Remedy Pastilles**



**2/\$13**

50 g

**Boiron**  
**Chestal Honey**



**\$8.99**

6.7 oz

**American Health**  
**Super Papaya Enzyme Plus Chewable**



**\$8.99**

180 tab

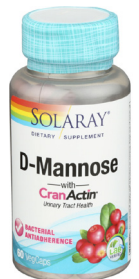
**Garden of Life**  
**Collagen Peptides**



**\$34.99**

560 g

**Solaray**  
**D-Mannose with CranActin**



**\$19.99**

60 ct

**Sovereign Silver**  
**Bio-Active Silver Hydrosol**



**\$12.99**

2 oz

**ChildLife Essentials**  
**Liquid Vitamin C**



**\$5.79**

4 oz

**Nordic Naturals**  
**Vitamin D3 + K2 Gummies**



**\$18.99**

60 ct

**Natural Factors**  
**DGL 400 mg Chewable**



**\$13.99**

90 tab

**Bluebonnet Nutrition**  
**Liquid Calcium Magnesium Citrate**



**\$14.79**

16 oz

**Mrs. Meyer's Clean Day**  
**Liquid Dish Soap (selected varieties)**



**\$3.79**

16 oz

**RidgeCrest Herbals**  
**ClearLungs Extra Strength**



**\$17.99**

60 vcap

**Herbatint**  
**Permanent Hair Color Gel**



**\$13.99**

4.56 oz

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**We are part of INFRA (Independent Natural Food Retailers Association), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.**

**Together, we're able to provide you with discounts on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.**

**INFRA Deals** are available at Independent Natural Food Retailers Association member store locations. For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com).

#### FLORIDA

Abby's Health & Nutrition  
Date & Thyme  
Debbie's Health Foods  
DeLand Natural Market  
Diane's Natural Market  
Food for Thought  
Get Healthy  
Good News Natural Foods  
Grassroots Natural Market  
The Green Apple Health Foods  
The Health Basket  
Herbal Connections  
Nassau Health Foods  
Native Sun Natural Foods Market  
Nature's Food Patch  
Nutrition Smart  
Nutrition World  
Peggy's Natural Foods  
Reid's Health Foods  
Super Value Nutrition  
Wright's Natural Market

#### GEORGIA

Brighter Day Natural Foods  
Candler Park Market  
Farmer's Natural Foods  
Good Nutrition  
Grant Park Market  
Nature's Corner Market  
Nature's Pick Market  
Nuts 'n Berries Healthy Market  
Westview Corner Grocery

#### NORTH CAROLINA

Apple Crate Natural Market  
Food Matters Market  
Harmony Farms Natural Foods  
Living Well Down East  
Lovey's Market  
Nature's Own  
Organic Marketplace  
West Village Market & Deli

#### PUERTO RICO

Freshmart  
Natural Path

#### SOUTH CAROLINA

14 Carrot Whole Foods  
Bay Naturals  
Belue Farms Natural Foods Market  
Rosewood Market & Deli  
Swamp Rabbit Cafe & Grocery

