



# DEALS

— *of the* —

# MONTH

# YOUR GUIDE TO WHAT'S INSIDE

Click to explore each department's best deals



**HOLIDAY MEALS  
& PARTY TRAYS**



**DAIRY**



**NEW FOR YOU  
EXCLUSIVE**



**SPROUTS  
CELLAR PICKS**



**HOLIDAY HOSTING  
ESSENTIALS**



**MEAT & SEAFOOD**



**BULK**



**DELI**



**KETTLE & FIRE**



**BAKERY**



**WHOLESOME**



**BODY CARE**



**LILY'S &  
SKINNYPOP**



**SEASONAL  
WELLNESS**



**GROCERY**



**NATURE'S WAY**



**FROZEN**



**VITAMINS**

Look for the icons to find products just for you and your lifestyle.



ORGANIC



GLUTEN-FREE



NON-GMO



PLANT-BASED



PALEO



KETO

# DELICIOUS, HIGH QUALITY MEATS, MEALS AND PARTY TRAYS



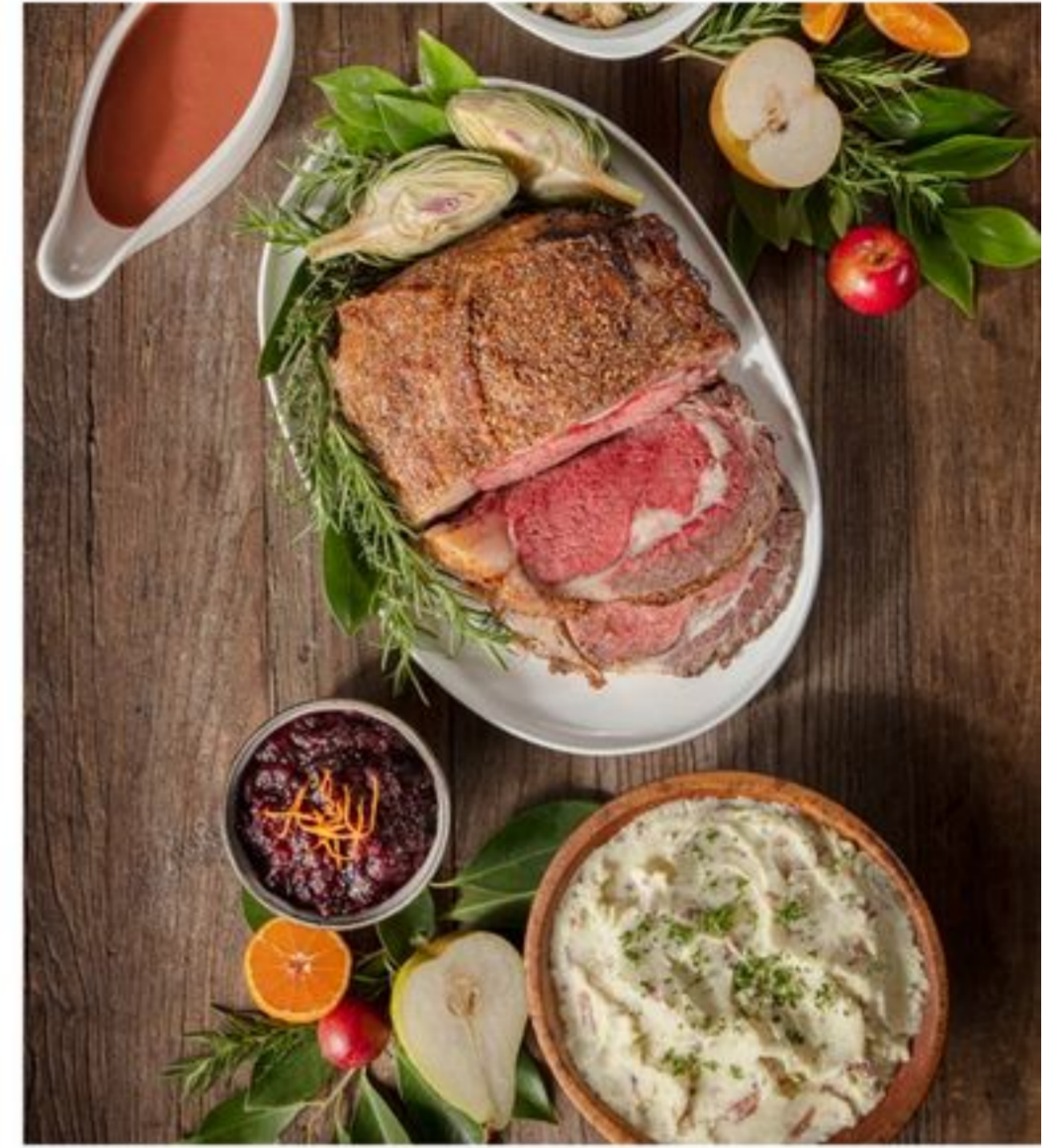
**NATURAL NAE  
TURKEY MEAL**

**\$69<sup>99</sup>** | Serves 6-8  
ea.



**SPIRAL-SLICED NAE  
HAM MEAL**

**\$69<sup>99</sup>** | Serves 6-8  
ea.



**USDA CHOICE BONELESS  
RIB ROAST MEAL**

**\$89<sup>99</sup>** | Serves 6-8  
ea.



**ROASTED BONELESS NAE  
TURKEY BREAST MEAL**

**\$39<sup>99</sup>** | Serves 2-3  
ea.



**HOLIDAY  
HAM MEAL**

**\$39<sup>99</sup>** | Serves 2-3  
ea.



**VEGAN  
ROAST MEAL**

**\$49<sup>99</sup>** | Serves 2-3  
ea.



## PRE-ORDER TODAY!

Starting November 1, 2024.



Host hassle-free with over 20 artfully arranged party trays to pick from.

**ORDER NOW**

# ★ NEW FOR YOU

EXCLUSIVELY AT SPROUTS

## ★ SPROUTS 100% GRASS-FED ANGUS BEEF MEATBALLS

\$10.99 ea. | Homestyle or Italian, no antibiotics or added hormones, 16 oz.

✓ No antibiotics, ever



## SPROUTS ONE PAN MEAL GRASS-FED BEEF STUFFED PEPPERS



\$6.99 lb. | Chef-created recipe

- ✓ Grass-fed beef
- ✓ Chef-created recipes



**★ SPROUTS**  
GELATO

\$5.99 ea. | Select varieties, 16 fl. oz.

- ✓ Made with high-quality ingredients
- ✓ Free from artificial flavors and colors



**HEIRLOOM**  
ORGANIC FIRE POPPY BLEND ESPRESSO ROAST COFFEE



\$15.99 ea. | 12 oz.

ORGANIC

- ✓ Regenerative Organic Certified
- ✓ USDA Organic



SEE ALL OF OUR NEW AND EXCLUSIVE FINDS!

[VIEW MORE](#)

# HOLIDAY HOSTING ESSENTIALS

From sips and chips to main-course eats and tasty sides, explore must-haves for every gathering with items that add a sprinkle of healthy and a dash of delicious.

SHOP NOW



Round out the perfect meal with chef-inspired sides, crafted with all natural ingredients with restaurant flavors that are ready to cook right at your home.



Enjoy delicious plant-based entrées with traditional holiday flavors that have 19 g. of protein and are ready to cook for your holiday feast.



Crispy, flavor-filled chips made with jalapeños, high-quality ingredients and the best potatoes for a out of this world chip with a kick of heat.





Just a few simple things make up a delicious chip with whole ground yellow corn and seasoned with cheese and authentic nacho spices.



Taste the quality and freshness of Natalie's one ingredient tangerine juice. Made from honestly sourced tangerines with no added sugar or preservatives.



Sip up delicious prebiotic sodas to support your digestive system. Crafted with real ingredients these sips are non-GMO, vegan and gluten-free.



Enhance your holiday cooking with organic, home chef-ready soups that are crafted with quality ingredients for unforgettable flavor.





# PRIMAL KITCHEN®

Flavorful avocado oil that is non-GMO, keto and Whole30 APPROVED® so you can feel good about your holiday meals.



Savor the season with pure, rich, always organic baking ingredients - no GMOs, no artificial flavors and no artificial colors. Always organic, simply delicious!



# SPICE HUNTER

Spice up your holiday feasts with rich and vibrant spices, herbs and turkey brines! Always Non-GMO and perfect for the whole family.



Pasture-raised, the way nature intended. Vital Farms® Pasture-Raised eggs and butter are made with fresh air and sunshine.





# 'TIS THE SEASON OF TREATS

Gather, munch & be merry!



## VALUE-SIZE PACKAGED BULK

Nuts, Candy, Snacks, Dried Fruit or Baking Essentials

**VALUE SIZE!**

Select varieties, 20-48 oz.

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



From nuts, snacks and baking must-haves, grab everything you need to cook and bake your favorite holiday recipes.

## GROUNDWORK ORGANIC Packaged Coffee

- ✓ Certified Organic coffee, roasted daily
- ✓ Sourced from family-owned farms with sustainable practices



Select varieties, 10-12 oz.

**\$13.99** ed.

# NOURISH YOUR BODY WITH KETTLE & FIRE BONE BROTHS

SPROUTS  
SPOTLIGHT



Whether it's a sip on its own or the base of your favorite soup, Kettle & Fire bone broths are crafted with nourishing ingredients like organic veggies, herbs and flavorful spices to support your wellness goals.

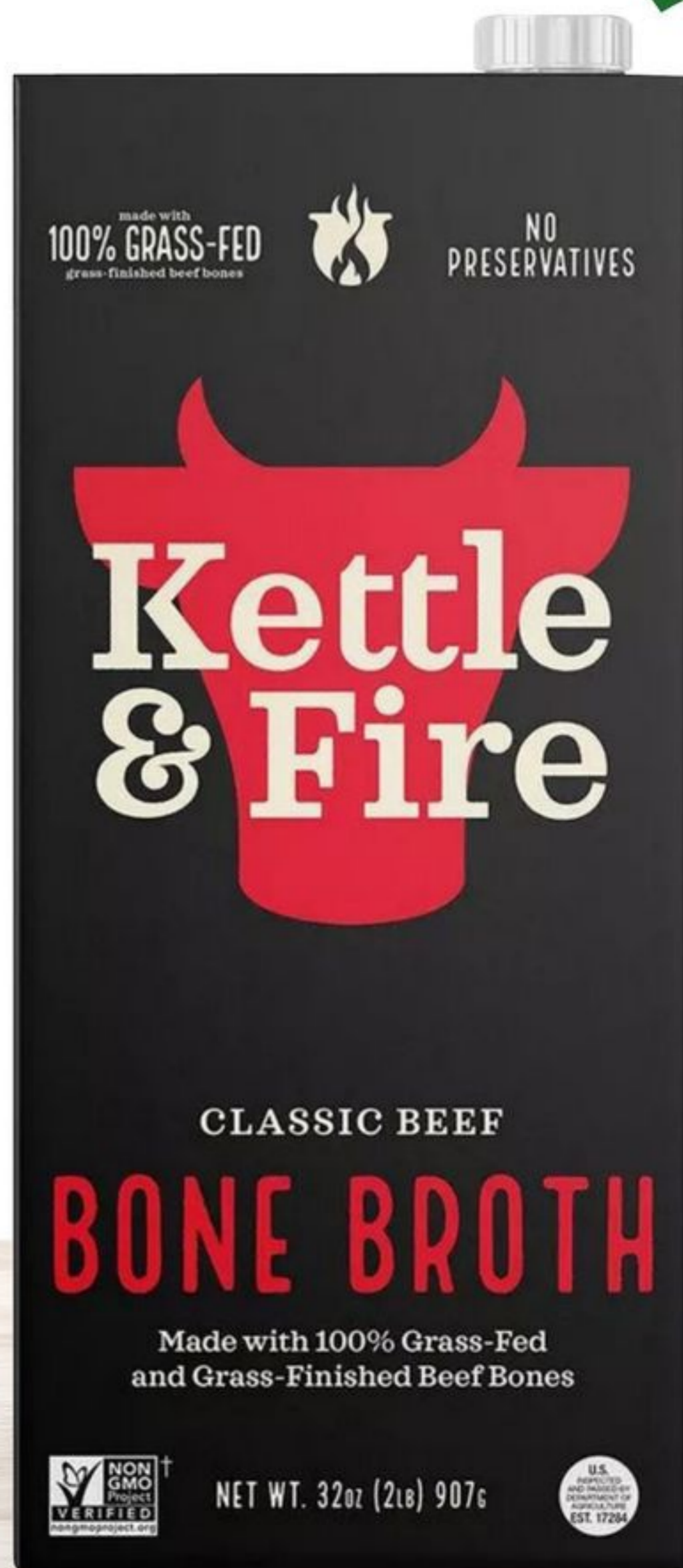
LEARN MORE

## CLASSIC CHICKEN BONE BROTH

Made with organic,  
free-range chicken bones

## CLASSIC BEEF BONE BROTH

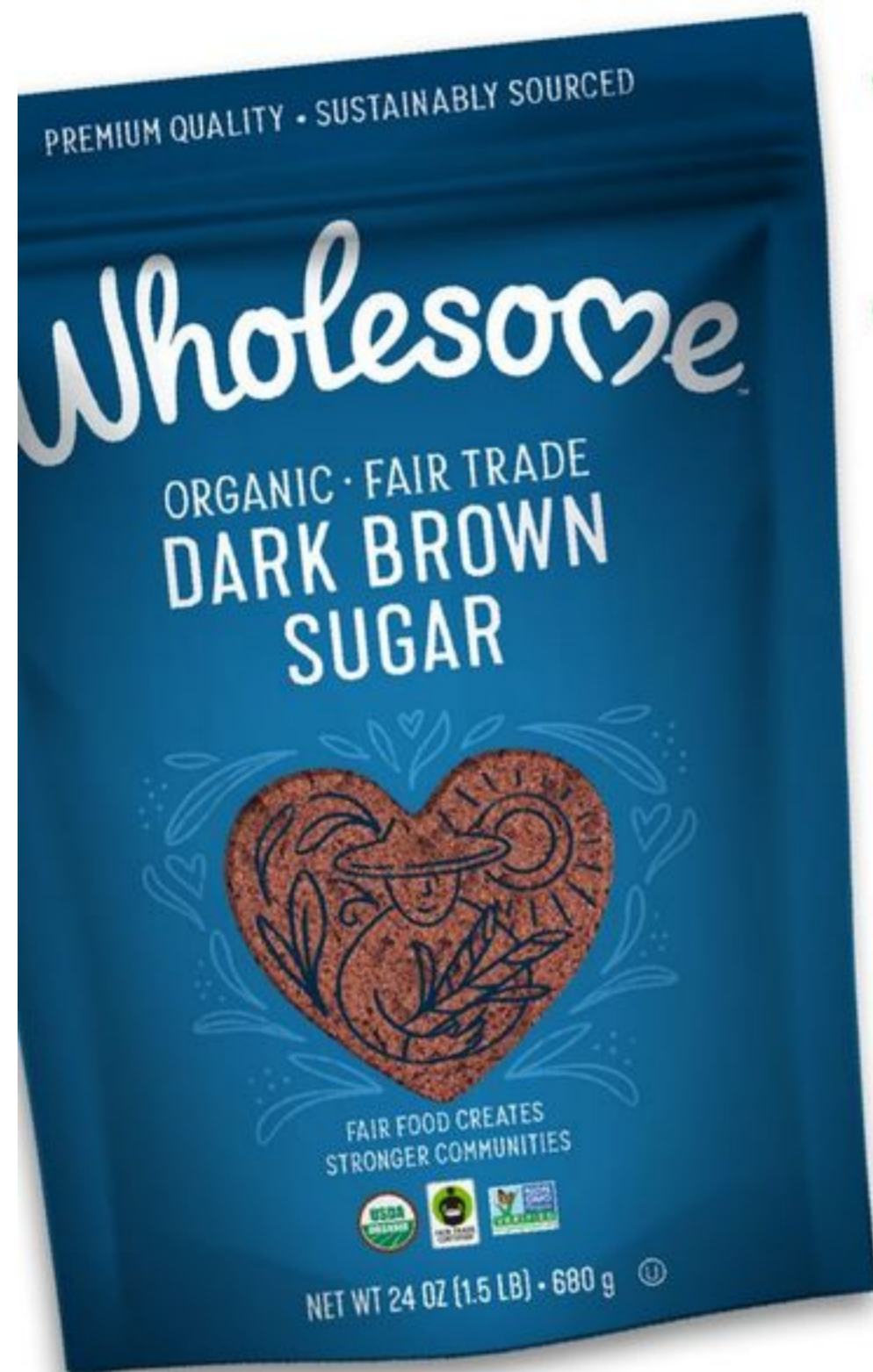
Made with 100%  
grass-fed beef bones



# BAKE YOUR BEST WITH WHOLESOME SUGARS

SPROUTS SPOTLIGHT

Whether you're whipping up a cozy pie, sweetening your morning cup of coffee, or adding some depth to a sauce, Wholesome Organic Sugars are sustainably sourced from Fair Trade Certified farms to care for you, farmers and the planet.



## WHOLESOME ORGANIC FAIR TRADE DARK BROWN SUGAR

- ✓ Fair Trade Certified™ to give back and invest in farming communities
- ✓ Great in pies, desserts and even sauces



## WHOLESOME ORGANIC FAIR TRADE LIGHT BROWN SUGAR

- ✓ Supports fair wages for farmers through Fair Trade standards
- ✓ With its hint of molasses flavor, it's perfect in cookies and cakes

# Wholesome

LEARN MORE



## REGENERATIVE ORGANIC CERTIFIED® CANE SUGAR BY WHOLESOME

- ✓ Sourced from farms using Regenerative Organic farming practices to help build soil health\*
- ✓ Use in baked goods and your morning coffee or tea



\*Farming practices = soil with higher levels of minerals/organic matter than traditional organic farming

(c) 2024 Wholesome Sweeteners, Inc.



# PERFECTLY PAIRED SNACKS FOR MOVIE NIGHT!

Lights, camera, snack action! Cozy up with the salty crunch of SkinnyPop paired with Lily's sweet, dark chocolate covered almonds.

SPROUTS SPOTLIGHT

SKINNY POP POPCORN

LILY'S

Grab your favorite Skinny Pop popcorn and Lily's sweet treats for a chance to win an exciting Movie Mania prize pack!

LEARN MORE



No artificial colors or preservatives



No sugar added



Gluten-free and Vegan



Bragg  
Organic Coconut Aminos **\$7.49**  
10 fl. oz. ed.



Blume  
SuperBelly Hydration Powder **\$12.99**  
Select varieties, 7 pk. ed.



Steven Smith  
Teamakers Boxed Tea **\$9.99**  
Select varieties, 15 ct. ed.



Catalina Crunch  
Cookie Bar **\$7.99**  
Select varieties, 5 pk., 1.16 oz. ed.



Pretzelized  
Pita Chips **2 for \$8**  
Select varieties, 7 oz.



Once Again  
Nut Butter or Tahini **15% off**  
Select varieties, 16 oz. regular retail



Local Hive  
Raw & Unfiltered  
Honey **\$17.99**  
Select varieties, 32 oz. ed.



Halfday Iced Tea **2 for \$4**  
Select varieties, 12 fl. oz. +CRV in CA



West Life  
Organic Soymilk **\$3.99**  
Select varieties, 32 fl. oz. ed.



Bocce's Bakery  
Dog Treats **20% off**  
Select varieties, 13 oz. regular retail



Rollin Greens  
Plant-Based Me'Eat  
Select varieties, 4.5 oz.

**BUY 1, GET 1  
FREE!**  
of equal or  
lesser value



Partake Cookies  
Select varieties, 5.5-6.75 oz.

**\$3.99**  
ea.



St. Dalfour  
Fruit Spreads  
Select varieties, 6-10 oz.

**\$4.49**  
ea.



Pamela's  
Pancake & Baking Mix  
24 oz.

**10% off**  
regular retail



Dream  
All Items

**LINE DRIVE  
SAVINGS**  
All Items  
**\$3.99**  
ea.



Aloha  
Organic Protein Bar  
Multipacks  
Select varieties,  
5 pk., 1.98 oz.

**\$10.99**  
ea.



Milton's  
Crackers  
Select varieties, 6.8-8.4 oz.

**2 for \$7**



Izze  
Sparkling Juice  
Select varieties,  
6 pk., 8.4 fl. oz.

**\$5.99**  
ea.  
+CRV in CA



Truvani  
The Only Bar  
Select varieties, 1.76 oz.

**2 for \$4**



Tazo  
Organic Boxed Tea  
Select varieties, 16 ct.

**2 for \$8**



Wasa  
Swedish Style  
Crispbread  
Select varieties, 9.5-9.7 oz.

**\$3.99**  
ea.



LINE DRIVE SAVINGS

Cara Mia  
All Items

All Items  
**10% off**  
regular retail



Country Archer  
Jerky Co.  
Sticks or Bagged Jerky  
Select varieties, 0.85-2.5 oz.

**25% off**  
regular retail



Sir Kensington's  
Mustard, Mayo or Special Sauce  
Select varieties and sizes

**15% off**  
regular retail



LINE DRIVE SAVINGS

Lakanto  
All Items

All Items  
**25% off**  
regular retail



Tate's Bake Shop  
Cookies  
Select varieties, 7 oz.

**\$5.49**  
ea.



LINE DRIVE SAVINGS

Maille  
All Items

All Items  
**15% off**  
regular retail



Big Picture Foods  
All Items

LINE DRIVE SAVINGS  
All Items  
**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



Clipper  
Organic Tea  
Select varieties, 20 ct.

**2 for \$9**



LINE DRIVE SAVINGS

Sonoma Gourmet  
All Items

All Items  
**20% off**  
regular retail



Lonolife Sipping Bone Broth Sticks or Epic Bone Broth  
Select varieties, 4 pk. or 14 fl. oz.

**\$5.99** ed.



Pressels  
All Items

LINE DRIVE SAVINGS  
All Items  
**2 for \$6**



Dandies  
Vegan Marshmallows  
Select varieties, 6.3-10 oz.

**20%** off  
regular retail



Watkins  
All Items

LINE DRIVE SAVINGS  
All Items  
**25%** off  
regular retail



Waiakea  
Alkaline Water  
1.5 L

**2 for \$6**  
+CRV in CA



Bravo Tea  
Herbal Boxed Tea  
Select varieties, 20 ct.

**2 for \$8**



Endangered Species  
Chocolate Bars  
Select varieties, 3 oz.

**2 for \$6**



goodpop  
Just Juice +  
Sparkling Water  
Select varieties,  
6 pk., 7.5 fl. oz.

**\$6.49** ed.  
+CRV in CA



Patagonia Provisions  
Canned Mussels  
Select varieties, 4.2 oz.

**\$5.99** ed.



Laird  
Superfood Creamers  
Select varieties, 8 oz.

**20%** off  
regular retail



Loisa  
All Items

LINE DRIVE SAVINGS  
All Items  
**10%** off  
regular retail





Yo Mama's Foods  
Pasta Sauce  
Select varieties, 25 oz.

**\$5.99**  
ea.



Theo  
Organic  
Chocolate Bars  
Select varieties, 3 oz.

**2 for \$6**



Partanna  
Extra Virgin Olive Oil  
Select varieties, 16.9 fl. oz.

**20%**  
off  
regular retail



Dr. Kellyann  
Soup or Bone Broth  
Select varieties and sizes

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Kodiak Cakes  
Flapjack & Waffle Mix  
Select varieties, 16-20 oz.

**\$6.49**  
ea.



Del Monte  
Canned Vegetables  
Select varieties,  
14.5-15.25 oz.

**2 for \$4**



Rao's Made for Home  
Soups  
Select varieties, 15.5-16 oz.

**2 for \$9**



Purely Sprouted  
All Items

**\$4.99**  
ea.



Love + Chew  
Superfood Cookies  
Select varieties, 2 oz.

**2 for \$5**  
Items may not  
be available in  
all locations



Pukka  
Organic Boxed Tea  
Select varieties, 20 ct.

**\$4.99**  
ed.



Farm Direct Foods  
Flour  
Select varieties, 5 lb.

**\$6.49**  
ed.



**Culture Pop Probiotic Soda**

Select varieties, 12 fl. oz.

**2 for \$3**

+CRV in CA



**Wholesome Yum Nature's Besti Sugar Replacement**

Select varieties, 12 oz.

**20% off**

regular retail



**Bob's Red Mill Peanut Butter & Oats Bars**

Select varieties, 1.76 oz.

**2 for \$3**



**Nixie Organic Sugar Free Soda**

Select varieties, 12 fl. oz.

**3 for \$5**

+CRV in CA



**Nutiva Organic Oils**

Select varieties, 8-23 fl. oz.

**20% off**

regular retail



**C2O Organic Coconut Water**

16.9 fl. oz.

**BUY 1, GET 1 FREE!**  
of equal or lesser value



**Dellalo Castelvetro Extra Virgin Olive Oil**

16.9 fl. oz.

**\$13.99 ed.**



**Shaka Tea Herbal Tea**

Select varieties, 12 fl. oz.

**3 for \$5**

+CRV in CA



**Beyond Good Chocolate Bars**

Select varieties, 2.64 oz.

**35% off**

regular retail



**Jojo's Dark Chocolate Pretzels or Bites**

Select varieties, 3 or 3.6 oz.

**\$4.99 ed.**



**Every Body Eat Snack Thins**

Select varieties, 4 oz.

**\$4.99 ed.**





# ALDEN'S Organic Ice Cream

- ✓ Made with high-quality, organic ingredients
- ✓ Non-GMO Verified

Select varieties,  
48 fl. oz.

**\$8.99**  
ea.



Bubbies  
Mochi Ice Cream  
Select varieties, 6 pk., 1.25 oz.

**BUY 1 GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Alec's  
Organic Ice Cream  
Select varieties, 14 fl. oz.

**\$5.99**  
ea.



Delizza Patisserie  
Frozen Mini Eclairs  
or Mini Cream Puffs  
7.58 or 7.76 oz.

**\$5.99**  
ea.



The Bear & The Rat  
Frozen Yogurt Dog Treat  
Select varieties, 4 pk., 3.5 fl. oz.

**\$6.49**  
ea.



Jeni's Dairy-Free  
Frozen Dessert  
Select varieties, 16 fl. oz.

**\$7.99**  
ea.



Cappello's Frozen  
Cookie Dough  
Select varieties, 12 ct.

**\$8.99**  
ea.



Just Egg  
Frozen Eggs  
From Plants  
4 pk., 2 oz.

**BUY 1, GET 1  
FREE!**  
of equal or  
lesser value



Jack & Annie's Frozen  
Breakfast Sandwiches  
Select varieties, 3.7-3.85 oz.

**2 for \$7**



So Delicious  
Frozen Coconut  
Whipped Topping  
Select varieties, 9 oz.

**\$4.99**  
ea.



Truwhip Frozen  
Whipped Topping  
Select varieties, 9-10 oz.

**2 for \$5**



Van's Frozen  
Waffles or Pancakes  
Select varieties, 6 or 8 ct.

**2 for \$8**



Stahlbush Island Farms  
Frozen Fruit  
Select varieties, 10 oz.

**\$4.99**  
ea.



Stahlbush Island Farms  
Frozen Raspberries  
10 oz.

**\$5.99**  
ea.



Snack N Waffles  
Frozen Stuffed Waffles  
Select varieties, 4 ct.

**\$7.99**  
ea.



Cappello's  
Frozen Biscuits  
Select varieties, 6 ct.

**\$8.99**  
ea.



**Stahlbush  
Island Farms  
Frozen Vegetables**  
Select varieties, 10 oz.

**2 for \$7**



**Alexia  
Frozen Vegetable Sides**  
Select varieties, 9-12 oz.

**\$4.99**  
ea.



**Omni Plant-Based  
Frozen Meat-Style  
Luncheon**  
5 ct.

**\$5.49**  
ed.



**Strong Roots Frozen  
Vegetable Hash  
Browns, Bites or Fries**  
Select varieties, 13.22 or 15 oz.

**\$6.49**  
ed.



**Garcia Foods  
Frozen Chicken  
Al Pastor or Cilantro Lime**  
14 oz.

**\$7.99**  
ed.



**Actual Veggies  
Frozen Veggie Burgers  
or Super Fries**  
Select varieties, 4 ct. or 14 oz.

**\$6.99**  
ed.



**Garcia Foods  
Frozen Pork Carnitas**  
14 oz.

**\$8.99**  
ed.



**Applegate Frozen  
Chicken Patties, Strips or Nuggets**  
Select varieties, 4 ct. or 8 oz.

**\$9.99**  
ed.



Blake's  
Frozen Chicken Pot  
Pies, Shepard's Pie  
or Mac & Cheese  
Select varieties, 8 oz.

**2 for \$6**



Rao's Made For Home  
Frozen Entrées  
Select varieties, 8.4-9.5 oz.

**\$4.49**  
ed.



Purple Carrot  
Frozen Bowls  
Select varieties, 10.75 oz.

**\$5.29**  
ed.



PuraVida  
Frozen Skillet Meals  
Select varieties, 20 oz.

**\$10.99**  
ed.



Beecher's  
Frozen Entrées  
Select varieties, 18-21 oz.

**\$12.99**  
ed.



Sprouts  
Frozen Nashville  
Hot or Hot Honey  
Chicken Tenders  
20 oz.

**\$8.99**  
ed.



Blackbird  
Frozen Pizza  
Select varieties, 14 oz.

**\$10.99**  
ed.



Urban Pie Pizza Co.  
Frozen Pizza  
Select varieties,  
16.7-22.05 oz.

**BUY 1 GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value

## ALEXIA Frozen Vegetable Sides

- ✓ Ready-to-heat flavorful sides
- ✓ Deliciously crafted with high-quality ingredients
- ✓ Non-GMO Verified



Select varieties,  
11-14 oz.

**\$4.99**  
ed.

# HEALTH-ADE

## Sun Sip Soda With Benefits



- ✓ Made with gut-healthy prebiotics
- ✓ Great source of vitamins C, B6 and B12
- ✓ Non-GMO with only 5 g. of sugar



Select varieties,  
11.5 fl. oz.

**3 for \$5**

+CRV in CA



Mid-Day Squares  
Functional Chocolate Bars  
Select varieties, 4 pk, 1.16 oz.

**\$7.99**  
ea.



Olipop  
Vintage Cola or  
Ginger Ale Soda  
12 fl. oz.

**3 for \$6**  
+CRV in CA



Evolution Fresh  
Cold-Pressed Juice  
Select varieties, 15.2 fl. oz.

**2 for \$7**  
+CRV in CA



La Colombe  
Coffee Latte  
Select varieties, 9 fl. oz.

**2 for \$6**  
+CRV in CA



Nellie's Free Range  
Slow Churned Butter  
Select varieties, 8 oz.

**2 for \$8**



Brown Cow  
Cream Top Whole Milk Yogurt  
Select varieties, 32 oz.

**2 for \$8**



Good Culture  
Probiotic Plain  
Cream Cheese Spread  
7 oz.

**2 for \$8**



Green Valley  
Organic Lactose Free  
Sour Cream  
12 oz.

**2 for \$9**



Silk  
Dairy-Free Oat Creamer  
Select varieties, 32 fl. oz.

**2 for \$9**



Sown  
Organic Oat Creamers  
Select varieties, 32 fl. oz.

**2 for \$10**



Nancy's Organic  
Probiotic Whole Milk Kefir  
32 fl. oz.

**\$4.99**  
ed.



Vital Farms  
Pasture-Raised Butter  
Salted or unsalted, 8 oz.

**2 for \$8**





# SPROUTS™

Cellar Picks

## SELECTED BY OUR IN-HOUSE SOMMELIER


### LADIDA WINE SPARKLING BRUT

Crisp and elegant, this sparkling wine is known for its lively bubbles and refreshing flavor with subtle notes of green apple, citrus and a hint of floral undertones.

All products may not be available in all locations and may vary based on local regulations.

## TRY THESE PERFECT PAIRINGS

Enjoy with light  
appetizers, seafood  
or fresh salads





Mary's  
Free Range Air-Chilled  
Organic Cornish Hen

Raised without added  
hormones, no added  
water or preservatives

**\$8.99**  
lb.



Eat Meati  
Plant-Based Cutlets  
Crispy or classic,  
soy-free, 2 ct.

**\$7.99**  
ed.



Eat Meati  
Plant-Based Steaks  
Carne asada or classic,  
soy-free, 2 ct.

**\$9.99**  
ed.

# SPROUTS FRESH WHOLE TURKEYS ORGANIC OR NO ANTIBIOTICS EVER

Gobble up succulent, moist and flavorful organic and traditional turkeys, both raised with no antibiotics, ever! Choose from a variety of fresh, high-quality turkeys so you can have the perfect centerpiece for your holiday meal.



Limit 2 per customer



Next Wave Seafood  
All Items

LINE DRIVE SAVINGS  
All Items  
**10%** off  
regular retail



Echo Falls  
All Items

LINE DRIVE SAVINGS  
All Items  
**10%** off  
regular retail



TransOcean  
Simply Surimi Seafood  
Flake style, good source  
of protein, fat free,  
fully cooked, 12 oz.

**\$4.99**  
ea.

# COLOSSAL PHOSPHATE-FREE COOKED SHRIMP

The perfect addition to your holiday spread, dive into our responsibly sourced colossal cooked shrimp. Perfect for shrimp cocktails or festive appetizers, they'll be a delicious starter for any gathering.



16/20 ct. Farm-raised,  
previously frozen

**\$10.99**  
lb.

Also available in  
a 2 lb. bag

# FRESHLY PREPARED HOLIDAY MEALS & SIDES

**SPROUTS-STYLE**

Turkey, sweet potato, green bean meal

Green bean casserole



Sweets & Squash Medley

Maple Sage Delicata Squash



Maple Walnut Crunch with NAE Turkey Salad

Set your table with NEW ready-to-cook or heat sides and meals in the deli department.

# HOLIDAY SIDES

**SPROUTS-STYLE**

Serve up delicious sides crafted with simple ingredients in Sprouts exclusive recipes.



# ORGANIC CHARCUTERIE ESSENTIALS

**SPROUTS-STYLE**



1. Applegate organic salame
2. Sach's organic paneer
3. Sierra Nevada organic raw cheddar
4. British Organics cheddar
5. Delallo organic olives
6. Firehook organic crackers
7. Stacy's organic pita chips
8. True Story organic deli meats

**BUY ANY ONE** 32 oz. Soup

**AND GET ONE** 16 oz. Soup **FREE!**

Everyday low price

Panera Bread at Home Soups  
Select varieties, 32 oz. **\$10<sup>99</sup>** ed.

Panera Bread at Home Soups  
Select varieties, 16 oz. **FREE**

Bring the cozy comfort of Panera Bread to your kitchen with delicious, ready-to-heat soups.



Sprouts  
Plant-Based  
Holiday Sides  
Select varieties, 16 oz.

**\$7<sup>99</sup>** ed.  
Everyday low price  
Limited time only!



La Terra Fina  
Quiche  
Select varieties, 23 oz.

**\$12<sup>99</sup>** ed.



Veroni  
Sliced Salame  
Select varieties, 4 oz.

**\$7<sup>49</sup>** ed.



Milton's  
Baked Crackers  
Select varieties, 4.5 oz.

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Little Sesame  
Chili Crisp  
Pumpkin Hummus  
8 oz.

**2 for \$9**



Marieke Gouda  
Holy Trinity Mèlange  
5 oz.

Everyday  
low price  
**\$7<sup>49</sup>** ed.

# FRESH BAKED PIES

SPROUTS-STYLE



A spoonful of award winning quality  
+ a dash of delicious



Fresh Baked  
Corn Bread  
16 oz.

**\$5.29**  
ed.



Brioche  
Petite Rolls  
12 pk.

**\$5.79**  
ed.



Sprouts  
Organic Artisan Bread  
Select varieties, 14 oz.

Everyday  
low price.  
**\$5.99**  
ed.



Sprouts  
Dinner Rolls  
White or Hawaiian, 12 ct.

Everyday  
low price  
**\$7.49**  
ed.



**Bloom Nutrition**  
Colostrum & Collagen Peptide Powder  
Unflavored or Orange, 4.16 or 4.23 oz.

**20% off**  
regular retail



**All Good**  
Organic Body Serum  
Select varieties, 3 fl. oz.

**15% off**  
regular retail



**Alteya Organics**  
Organic Bulgarian  
Massage & Body Oil  
Lavender or Rose, 8.5 fl. oz.

**20% off**  
regular retail



**Oiamiga**  
Hair Color  
Select varieties, 4.06 fl. oz.

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



**Burt's Bees**  
Hand Cream,  
Body Oil or Butter  
Select varieties and sizes

**20% off**  
regular retail



**Camille Rose**  
Hair Care  
Select varieties and sizes

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



**Believe Oral Care**  
Toothpaste or mouthwash,  
5 or 16 oz.

**15% off**  
regular retail



**Radius**  
Toothpaste  
Select varieties, 2.5 oz.

**\$11.99**  
ea.



**The Unscented Co.**  
Unscented Lotion  
15.7 fl. oz.

**15% off**  
regular retail



**Hume Supernatural**  
Dry Body Oil  
Select varieties, 4 fl. oz.

**15% off**  
regular retail

# GRAB & GIVE

**HELP OTHERS THIS HOLIDAY SEASON**

**Gift a pre-filled  
bag of body care  
essentials.**



# PURE & HONEST

From cruelty-free and vegan to paraben-free and transparency in labeling, we offer a clean selection of body care for goodness you can feel!

## WE STAND FOR:



Cruelty-free



Vegan



Sustainability



Transparency



## WE SAY NO TO:



Parabens



Phthalates



Artificial colors



Synthetic fragrance

# WRAP UP THE PERFECT GIFT

## SPROUTS-STYLE

Add a sprinkle of joy + a dash of magic with one-of-a-kind gifts for everyone on your list.



### Melissa & Doug Toys



**\$7<sup>99</sup>-\$11<sup>99</sup>**  
ea. ea.  
Everyday low price

### Feelgoodz Winter Attire

Select varieties



**\$19<sup>99</sup>**  
ea.  
Everyday low price

### Pacha Soap Bomb Froth, Bar or Whipped Soap

Select varieties and sizes



**\$5<sup>99</sup>-\$12<sup>99</sup>**  
ea. ea.  
Everyday low price

### House of Marbles Books



**\$7<sup>99</sup>-\$10<sup>99</sup>**  
ea. ea.  
Everyday low price

### Andes Gifts Ear Warmers or Hat



**\$22<sup>99</sup>-\$29<sup>99</sup>**  
ea. ea.  
Everyday low price

### Real Root by Sprouts Seasonal Body Care or Aromatherapy

Select varieties and sizes



**\$5<sup>99</sup>-\$11<sup>99</sup>**  
ea. ea.  
Everyday low price



# ALAFFIA

Everyday Shea or Everyday Coconut

- ✓ Made with neem extract, lavender oil and unrefined shea butter
- ✓ Gently cleanse away pollutants while nourishing and protecting your skin
- ✓ Fair-Trade, cruelty-free and plant-based

LINE DRIVE SAVINGS  
All Items  
**15% off**  
regular retail

# JĀSŌN

- ✓ High-performance and wholesome ingredients inspired by nature
- ✓ No parabens, sulfates or phthalates
- ✓ Vegan and cruelty-free



LINE DRIVE SAVINGS  
All Items  
**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



# ONE WITH NATURE

Bar Soap

- ✓ Deeply cleanse with minerals from the dead sea
- ✓ Made with argan oil and shea butter for nourishing skin
- ✓ Non-GMO project verified

Select varieties, 7 oz.

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value

# MINERAL FUSION

Cosmetics

- ✓ Formulated with lightweight minerals and nourishing botanicals
- ✓ Free from parabens, talc, synthetic fragrances and phthalates



MINERAL FUSION®  
minerals on a mission®

Select varieties and sizes

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value

# SEASONAL WELLNESS PICKS TO SUPPORT YOUR BEST SELF

As the leaves fall and the air turns crisp, discover our handpicked selection of seasonal essentials designed to nourish your body and keep you feeling your best all season long.

SHOP NOW



## gaia<sup>®</sup> HERBS

For over 35 years, Gaia Herbs has connected people, plants and the planet to create natural healing through the finest herbal supplements. They steward 250 acres of Regenerative Organic Certified (ROC) farmland in the Blue Ridge Mountains of North Carolina, where they grow herbs to support your wellness.

## The World's No.1 Ginseng Brand JUNG KWAN JANG

Whether you're looking to boost your energy, support your immune system or improve your blood circulation, JungKwanJang's easy-to-take liquid supplements are packed with Korean red ginseng to support you naturally.



## LAIIRD SUPERFOOD<sup>®</sup>

Laird Superfood fuels your day with clean, functional, plant-powered creamers. Their blend combines MCT oil from coconut for long-lasting energy and is enhanced with Lion's Mane and Reishi mushrooms to support mind and body wellness.



# Mānuka Health

Sustainably sourced from beehives in New Zealand, Mānuka honey is a potent superfood with a rich and earthy flavor that naturally supports gut health, digestion and immunity.



# source NATURALS®

Crafted with groundbreaking science and the wisdom of nature, Source Naturals has taken a holistic approach to support your immune system, antioxidant defense and a healthy stress response for total wellness.



# suja ORGANIC

A powerhouse of functional ingredients, Suja Organic's cold-pressed juices are crafted with 40+ bioavailable nutrients & 20+ superfoods to support your best self no matter the season. Always organic, you'll find no artificial flavors, preservatives or hidden junk.

# DISCOVER NEW EVERYDAY ESSENTIALS FROM NATURE'S WAY

Explore NEW multivitamins and immune gummies—deliciously crafted with plant-based sweeteners and zero sugar for support you can feel good about.

SPROUTS SPOTLIGHT



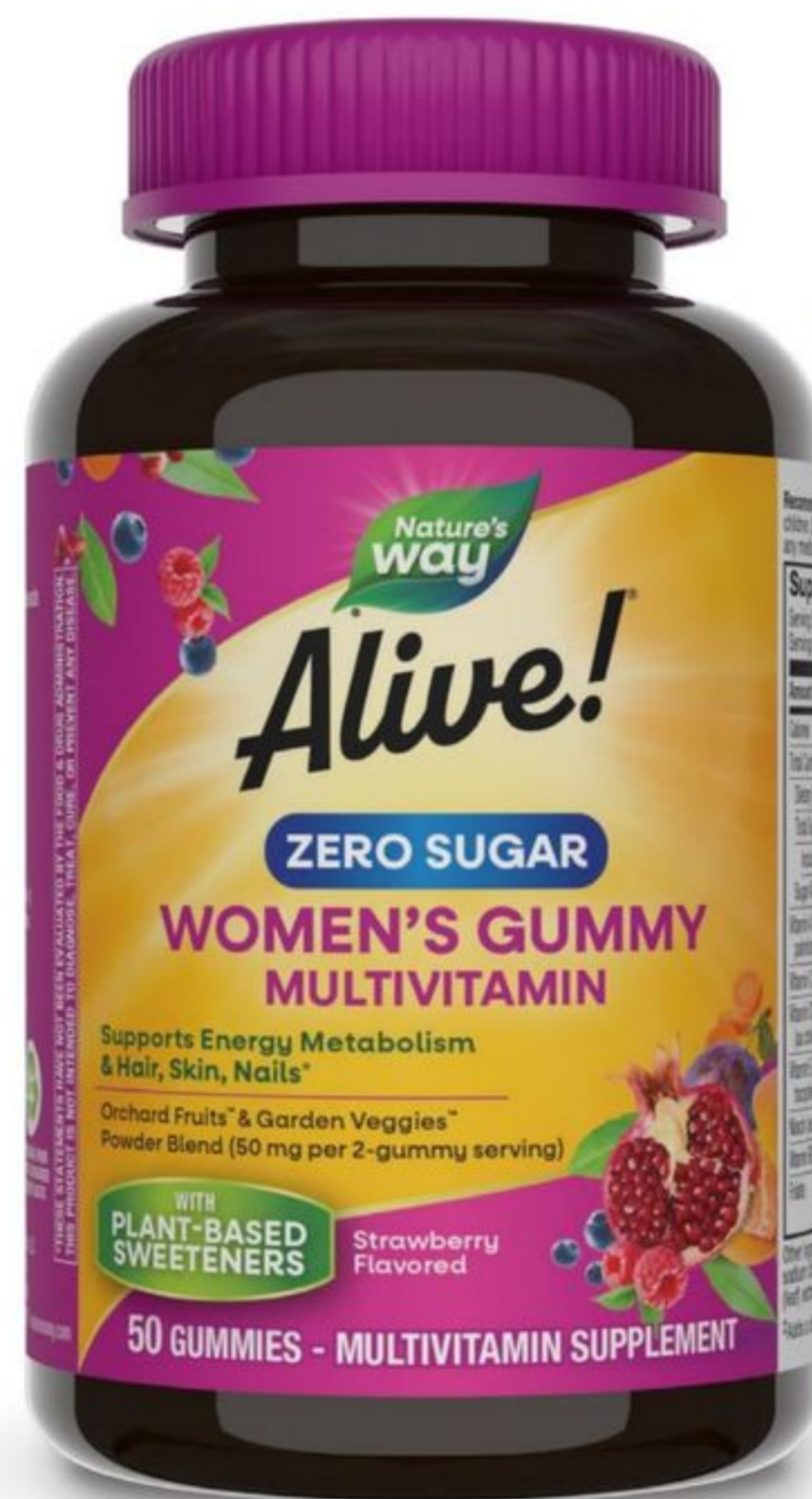
Nature is pretty sweet, and so are zero sugar supplements!

LEARN MORE



**ALIVE!®**  
**ZERO SUGAR MEN'S**  
**GUMMY MULTIVITAMIN**

- ✓ Supports energy metabolism and muscle function\*
- ✓ Sweetened with monk fruit and stevia



**ALIVE!®**  
**ZERO SUGAR**  
**WOMEN'S GUMMY**  
**MULTIVITAMIN**

- ✓ Support energy metabolism, hair, skin and nails\*
- ✓ No sugar alcohols



**SAMBUCUS**  
**ZERO SUGAR IMMUNE GUMMY**

- ✓ Made with zinc and vitamins C and D3 for immune support\*
- ✓ Crafted for ages 4+

Contains a small amount of naturally-occurring sugar expressed as 0 g of total sugar per 2-gummy serving per U.S. Food Labeling Regulation

# ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

## MULTIVITAMINS

Vital for growth, repair and optimal health.\*



Mary Ruth's  
Multivitamins

## OMEGA-RICH OILS

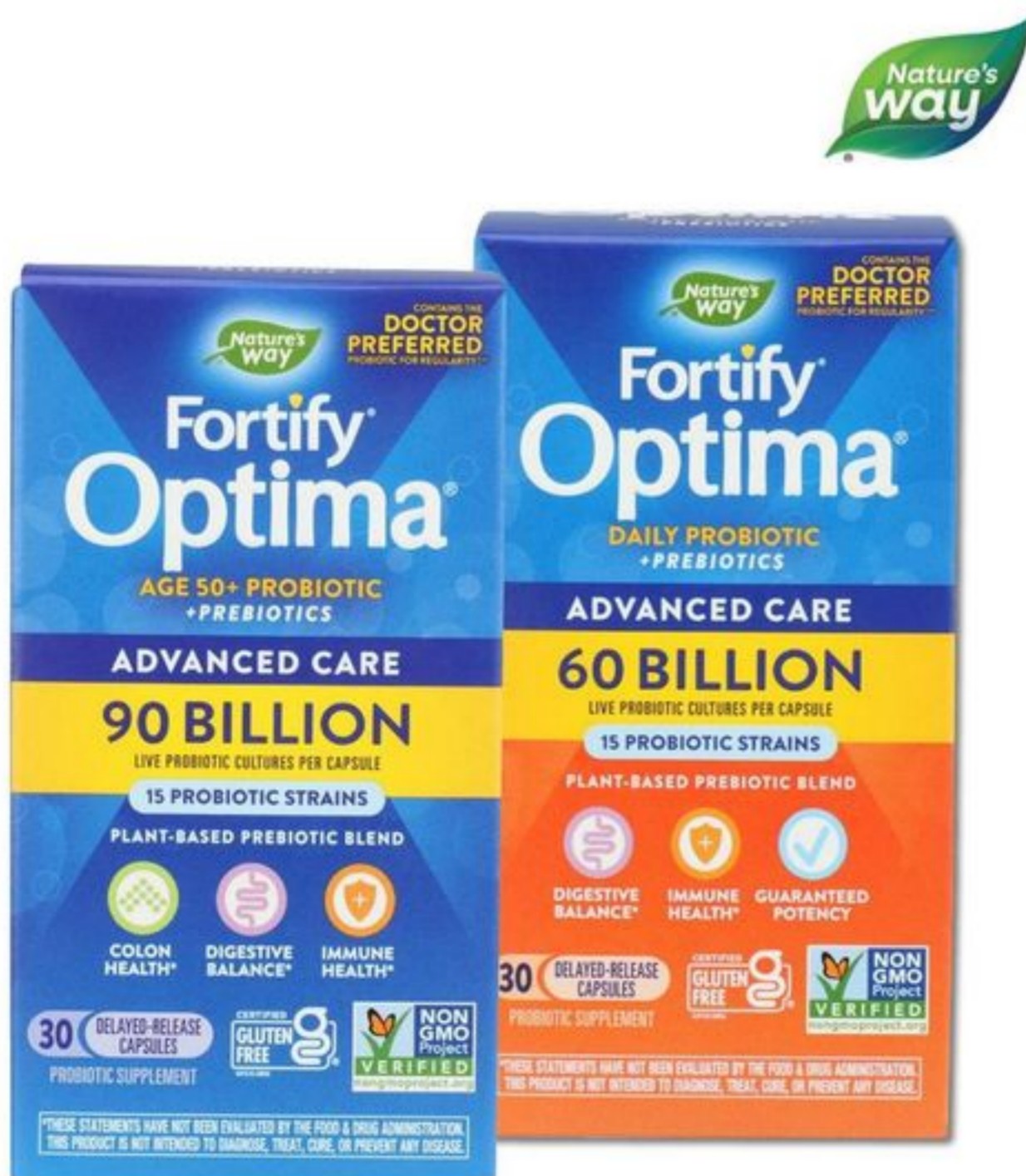
Promotes healthy joint, brain and heart function.\*



Barlean's  
Omega-Rich Oils

## PROBIOTICS

Supports a healthy digestion and immune system.\*



Nature's Way  
Probiotics

## SUPERFOODS

Helps to support overall health and vitality,  
while balancing alkalinity.\*



Sunfood  
Superfoods

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Jarrow**  
FORMULAS



# JARROW FORMULAS

All Items  
Save up to  
**15% off**  
regular retail

- ✓ Pure and potent formulations backed by scientific research to support optimal health
- ✓ Founded in 1977 with over 40 years of science-backed research

# ANCIENT NUTRITION

- ✓ Made with real ingredients for optimal absorption
- ✓ Crafted by ancient wisdom and modern science



ANCIENT NUTRITION

**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



Nordic Naturals  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



HealthPlus  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



Enzymedica  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail



Renew Life  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail



Solaray  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**15% off**  
regular retail



# SPROUTS

## Seasonal Wellness Support



- ✓ Promote a healthy and sniffle-free holiday with vitamins and supplements
- ✓ Boost your immune system with natural remedies
- ✓ Made with high-quality ingredients

Select varieties and sizes  
Save up to  
**15%** off  
regular retail

# SPROUTS

## Vegan Protein Powder

- ✓ 20 g. of plant-based protein
- ✓ Gluten and soy-free
- ✓ Mix one scoop with your favorite morning beverage



Caramel Apple Crisp,  
16.9 oz.

**\$21.99**  
ed.

## HERB OF THE MONTH



# SPROUTS

## Olive Leaf

- ✓ An antioxidant-rich herb
- ✓ Traditionally used to support lung and immune health

# BOIRON

## Homeopathic Seasonal Wellness

- ✓ May help support your immune system from cold and flu-like symptoms
- ✓ Non-drowsy remedies to support you all season long
- ✓ Made with high-quality botanicals and minerals



gaia  
HERBS



Select varieties and sizes

**15%** off  
regular retail

# GAIA HERBS

## Seasonal Wellness Support

- ✓ Support overall wellness with high-quality herbal supplements
- ✓ Plant-powered for potent and beneficial support
- ✓ Rigorously tested for purity and potency

# NELSON BACH

## Rescue Pastilles

- ✓ Support to help relieve everyday stress
- ✓ Made with 5 flower essences for calm and control
- ✓ Free from artificial flavors, sweeteners and synthetic dyes



Select varieties,  
1.7 oz.

**\$7.99**  
ea.

OREGON'S  
Wild Harvest  
HERBAL SUPPLEMENTS



# OREGON'S WILD HARVEST

- ✓ Crafted with herbs harvested at peak potency
- ✓ USDA Certified Organic and Demeter Certified Biodynamic®
- ✓ Tested during every stage for quality, purity and potency



Sovereign Silver  
Colloidal Silver  
Select varieties, 1-16 fl. oz.

**15%** off  
regular retail



Natrol  
Best Selling  
Supplements  
Select varieties and sizes

**15%** off  
regular retail



Dreambrands  
Men's Health Support  
Supplements  
Select varieties and sizes

**15%** off  
regular retail

## SUPERIOR SOURCE Supplements

- ✓ Highly potent dissolvable vitamins and supplements
- ✓ Quick absorbing



## IRWIN NATURALS Supplements

- ✓ Keep your body at its best with plant-derived and lab tested supplements
- ✓ Easy-to-swallow soft gels for optimal absorption
- ✓ Made with high-quality ingredients

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.