



SUSTAINABLY DELICIOUS

It's a seafood party! Save on responsibly raised Atlantic salmon, trout, shrimp, clams, mussels, and more.

Really BIG DEAL

10% off ALL RESPONSIBLY FARMED SEAFOOD

CREEKSTONE FARMS TOP-SIRLOIN STEAK

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



\$10⁹⁹
lb
SAVE \$4lb

ORGANIC ATAULFO MANGOS

Sweet and creamy with a honey-like flavor. From Crespo Organic in Mexico.



2 for \$5
SAVE \$1ea

RAO'S HOMEMADE FROZEN ENTRÉES

Selected Varieties
8.4-10oz



BUY 2 GET 1
FREE

SAVE \$6.99 ON 3

Available
in-store only

NEW SEASONS CAGE-FREE EGGS

From chickens raised on vegetarian feed with no antibiotics by Stiebers Farms in Yelm, WA.
18ct



\$4⁹⁹
ea
SAVE 30^{ea}

CASCADIAN FARM ORGANIC CEREAL

Selected Varieties
8.6-14.6oz



\$3⁹⁹
ea
SAVE \$1.70ea

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

Zero Foodprint

At New Seasons, we're committed to building a more resilient regional food system. That's why we partner with Zero Foodprint—a collective for climate action—to help fund the Restore NW Grant Program for local farmers and ranchers implementing climate-smart practices that sequester carbon.

Grants of up to \$25,000 are awarded based on projects that improve soil health and deliver meaningful climate impact. We help fund this work by donating a portion of New Seasons Brand sales to Zero Foodprint—and each April, we join other participating brands in giving 1% for Earth Month.

Visit newseasonsmarket.com/zero-foodprint to find out more about Zero Foodprint and our Earth Month 1% giveback.



MEAT & SEAFOOD

MARY'S WHOLE CHICKEN LEGS

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



\$3⁹⁹
lb

SAVE \$1lb

BLOUNT CLAM SHACK SEAFOOD SOUPS

Comforting seafood soups made with simple ingredients. Ready to heat and serve.

24oz



\$8⁹⁹
ea

SAVE \$2ea

BEELER'S PURE PORK BONE-IN PORK CHOPS

Tender, juicy, and delicious slow-cooked or braised. No antibiotics ever.



Starting at:

\$4⁹⁹
lb

SAVE \$1lb

FIRST LIGHT FARMS WAGYU BEEF BURGERS

Unseasoned burger patties made with thoughtfully raised, grass-fed and finished beef.



\$3⁷⁵
ea

SAVE 50¢ea

FLORAL

GERBER DAISY

A beautiful spring bunch grown in B.C., Canada.



\$8⁹⁹
ea

SAVE \$3ea

PRODUCE

JUMBO ARTICHOKEs

Steam and stuff for a delicious appetizer. From Ocean Mist Farms in Castroville, CA.



\$3⁹⁹
ea

SAVE 50¢ea

RED BELL PEPPERS

Crisp, slightly sweet, and perfect for stir-fries and scrambles. Grown in B.C., Canada.



\$2²⁹
ea

SAVE 70¢ea

ORGANIC VINE TOMATOES

Vine-ripened for the best flavor. From Wholesum Family Farms in Mexico.



\$3⁴⁹
lb

SAVE \$1.50lb

BAKERY & CHEESE

NEW SEASONS ORGANIC FRENCH BAGUETTE



Made fresh daily by our talented bakers, this baguette is perfectly crisp on the outside and light and airy inside.



\$3.99 ea

SAVE 50¢ea

LESLIE STOWE RAINCOAST CRISPS

Crisp, small-batch crackers made in a variety of fruity flavors. **5.3oz**



\$7.99 ea

SAVE \$1ea

BETTER BUTTER GARLIC BUTTER

A rich blend of butter, parmesan, roasted garlic, and basil. Great for grilled cheese! **3oz**



\$3.99 ea

SAVE 50¢ea

CYPRESS GROVE CHEVRE DISKS

Creamy, tangy, and endlessly versatile. Perfect on cheese boards or crumbled over salads. Available in assorted flavors. **4oz**



\$6.99 ea

SAVE \$1ea

NEW SEASONS MAC & CHEESE

Locally made pasta in a rich and creamy cheese sauce. Available in our grab & go case.



\$9.99 lb

SAVE \$3lb

NEW SEASONS PESTO PEA SALAD



Just in time for spring, this delicious salad features two types of peas in a basil pesto dressing.



\$10.99 lb

SAVE \$2lb

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.

DON'T MISS THIS OFFER!

Neighbor Rewards members opted in to email or text get 30% off all organic and locally grown apples in the produce department.

Not getting our messages yet? Join or update your preferences by Thursday at newseasonsmarket.com/rewards to unlock this exclusive offer on Friday.



20% OFF SELECT SAKE FAVORITES

SNOW MONKEY REMIX SAKE COCKTAIL

Crafted from premium sake and real fruit, Snow Monkey balances bright refreshment with calm simplicity. **12oz**



\$3.19 ea

AFTER 20% DISCOUNT

KIKU-MASAMUNE TARU CEDAR SAKE

Aged in cedar casks for a lovely fragrance and subtle spice. This full-bodied sake pairs well with meaty dishes. Serve warm or chilled. **300ml**



\$9.59 ea

AFTER 20% DISCOUNT

HAKUTSURI AWAYUKI SPARKLING SAKE

Light, fizzy and mildly sweet with hints of cucumber, peach, and marshmallow. **300ml**



\$8.79 ea

AFTER 20% DISCOUNT

BEER

CRUX FERMENTATION PROJECT BOCHI BOCHI RICE LAGER

A crisp, easy-drinking Japanese-style rice lager with mild floral notes from Oregon-grown Tettnang whole-leaf hops. **6pk/12oz**



\$14.99 ea

SAVE \$2ea



TOZAI SNOW MAIDEN JUNMAI NIGORI SAKE

An unfiltered sake from Kyoto with notes of honeydew, pumpkin, and pear. Rich, creamy, and pleasantly dry. **720ml**



\$15.99 ea

AFTER 20% DISCOUNT

MOMOKAWA DIAMOND DRY SAKE

Brewed in Forest Grove, this premium Ginjo is polished to remove 40% of each rice grain, resulting in a smooth and fragrant dry sake. **750ml**



\$15.19 ea

AFTER 20% DISCOUNT

WELLNESS

Really BIG DEAL

PRE-SHOP OUR ANNUAL BODY CARE SALE!

Reserve your 25% off all skincare, oral care, soaps, sunscreen, and more—even sale items! We'll set aside your goodies and have them ready for pick-up during the sale, April 22 - 28.

NOW THROUGH APRIL 21

Exclusions apply. Look for signs on specially marked items. Limited to stock on hand. No additional case discounts.

GARDEN OF LIFE VITAMINS AND SUPPLEMENTS

Save on collagen, proteins, creatine, probiotics, and more.

25% off



VIBRANT HEALTH NUTRITIONAL SUPPLEMENTS

Save on your favorite formulas, including greens and urinary tract support.

25% off



HERB PHARM SOOTHING THROAT SPRAY

Formulated with echinacea, propolis, and other liquid herbal extracts.

\$12.99 ea
SAVE \$5ea



SOLARAY VITAMINS AND SUPPLEMENTS

Stock up and save on multivitamins, magnesium, and more.

30% off



HIMALAYA HERBAL BODY CARE AND SUPPLEMENTS

Enjoy great savings on ayurvedic formulas from Himalaya.

25% off



NOW FOODS CAL-MAG + D SOFTGELS

Complete bone health support with added vitamin D3.

\$12.99 ea
SAVE \$5ea



BLOOM PURE CREATINE MONOHYDRATE

An amino acid that supports muscle strength, performance, and recovery.

\$12.99 ea
SAVE \$7ea



GAIA HERBS TURMERIC SUPREME EXTRA STRENGTH

Helps to reduce occasional inflammation to keep you physically active.

\$23.99 ea
SAVE \$8ea



NORDIC NATURALS ULTIMATE OMEGA

High in omega-3s to help support heart, brain, eye, and immune health.

\$23.99 ea
SAVE \$8ea



NATURE'S ANSWER PERIOBRITE MOUTHWASH

Soothing organic, wildcrafted herbs in a refreshing alcohol-free base.

\$8.49 ea
SAVE \$2.50ea



GROCERY

STRAUS FAMILY CREAMERY ICE CREAM

Selected Varieties

20% off



WYMAN'S PROTEIN BLEND

Assorted Varieties 21b

\$10.99 ea
SAVE UP TO \$6ea



NATURE'S PATH ORGANIC FROZEN WAFFLES

Assorted Varieties 6ct

\$3.99 ea
SAVE 80¢ea



BEYOND MEAT PLANT-BASED SAUSAGES

Selected Varieties 7.4oz

BUY 1 GET 1 FREE
SAVE \$5.99 ON 2



PURAVIDA FIRE ROASTED VEGETABLES

Assorted Varieties 10oz

2 for \$7
SAVE UP TO \$1.39ea



DEEP INDIAN KITCHEN FROZEN DUMPLINGS

Assorted Varieties 7.8oz

\$5.99 ea
SAVE UP TO \$2ea



DEEP INDIAN KITCHEN FROZEN ENTRÉES

Selected Varieties 9oz

\$5.99 ea
SAVE UP TO \$1.70ea



JUST EGG FOLDED PLANT EGGS

4ct

\$6.99 ea
SAVE \$1ea



GROCERY

CLIF OR LUNA ENERGY AND NUTRITION BARS
Selected Varieties



50% off

SIMPLE MILLS COOKIES, CRACKERS OR BARS
Selected Varieties



20% off

TIM'S OR HAWAIIAN BRAND POTATO CHIPS
Selected Varieties
7.5oz



\$4.99 ea
SAVE 80¢ea

DUKE'S SMOKED SHORTY SAUSAGES
Assorted Varieties
5oz



\$6.99 ea
SAVE \$1.60ea

ALTER ECO ORGANIC CHOCOLATE
Selected Varieties



20% off

LOVE, CORN CRUNCHY CORN SNACK
Assorted Varieties
4oz



\$2.99 ea
SAVE 80¢ea

SKINNYDIPPED SNACKS
Selected Varieties
4oz



\$5.99 ea
SAVE 90¢ea

ANNIE'S CRACKERS OR GRAHAMS
Selected Varieties
7-7.5oz



\$3.99 ea
SAVE \$1ea

BARNANA ORGANIC BANANA BITES
Assorted Varieties
3.5oz



\$4.99 ea
SAVE \$1.60ea

THAT'S IT FRUIT BAR
Assorted Varieties
1.2oz



2 for \$3
SAVE 89¢ea

KIND PROTEIN MAX BAR
Selected Varieties



20% off

SMARTSWEETS PLANT-BASED CANDY
Selected Varieties
1.6-1.8oz



2 for \$6
SAVE 99¢ea

UNREAL CHOCOLATE SNACKS
Selected Varieties
3.4-5oz



\$5.99 ea
SAVE \$1.60ea

JUST ICE TEA ORGANIC TEA
Assorted Varieties
16oz



2 for \$5
SAVE UP TO 79¢ea

MINERAGUA SPARKLING WATER
9pk/12.5oz



\$9.99 ea
SAVE \$5.50ea

BULK

HUMMINGBIRD WHOLESALE ORGANIC MEDJOOL DATES



\$11.99 lb
SAVE \$1lb

NEW SEASONS NATURE'S GRANOLA



\$11.99 lb
SAVE \$1lb

HUMMINGBIRD WHOLESALE ORGANIC SALTED AWAKENED ALMONDS



\$22.99 lb
SAVE \$1lb

HUMMINGBIRD WHOLESALE ORGANIC PISTACHIO KERNELS



\$34.99 lb
SAVE \$3lb

GROCERY

RANGER CHOCOLATE CO.
GRANOLA
 Assorted Varieties
 13.05 OZ



\$10⁹⁹
 ea
 SAVE \$3ea

PNW LOCAL

MOUNT HAGEN
FREEZE-DRIED INSTANT COFFEE
 Assorted Varieties



20%
 off

GROUNDWORK COFFEE
REGENERATIVE ORGANIC COFFEE
 Selected Varieties
 10oz



\$13⁹⁹
 ea
 SAVE \$3.50ea

1% GIVEBACK

CHOICE ORGANICS
TEA
 Selected Varieties
 16ct



BUY 1 GET 1 FREE
 SAVE \$6.29 ON 2

MADHAVA
AGAVE OR SUGAR
 Selected Varieties



20%
 off

PECANA
ORGANIC PECAN MILK
 Original or Vanilla.
 32oz



\$6⁹⁹
 ea
 SAVE \$1.40ea

ST. DALFOUR
FRUIT SPREAD
 Assorted Varieties
 10oz



\$4⁹⁹
 ea
 SAVE \$1.60ea

CHAMBERLAIN COFFEE
MATCHA
 Original or Vanilla.
 1.06oz



\$21⁹⁹
 ea
 SAVE \$5ea

EARTH'S BEST
BABY FOOD AND KIDS' SNACKS
 Selected Varieties



20%
 off

WHITE LEAF PROVISIONS
BIODYNAMIC BABY FOOD
 Selected Varieties
 3.17oz



\$2²⁹
 ea
 SAVE 60¢ea

ANNIE'S
MAC & CHEESE
 Selected Varieties
 5.5-6oz



BUY 2 GET 1 FREE
 SAVE \$2.69 ON 3

Available in-store only

SOMOS FOODS
COOKING SAUCES, RICE AND BEANS
 Assorted Varieties



33%
 off

JOVIAL
ITALIAN FOODS
 Selected Varieties



20%
 off

1% GIVEBACK

CALIFORNIA OLIVE RANCH
EVERYDAY BLEND EXTRA VIRGIN OLIVE OIL
 25.4oz



\$19⁹⁹
 ea
 SAVE \$3ea

LAUREL FOODS
HAZELNUT OIL
 8.5oz



\$12⁹⁹
 ea
 SAVE \$1.60ea

PNW LOCAL

IMAGINE FOODS
BROTH OR STOCK
 Selected Varieties



20%
 off

RAO'S HOMEMADE
SLOW SIMMERED SOUP
 Assorted Varieties
 16oz



2 for \$9
 SAVE \$1.19ea

TWO RIVER GOURMET MUSHROOMS
MUSHROOM BROTH
 Assorted Varieties
 17.6oz



\$7⁹⁹
 ea
 SAVE \$2ea

SUSTAINABLE SEAS
TUNA
 Selected Varieties



20%
 off

POLAR
SPARKLING SELTZER WATER
 Assorted Varieties
 8pk/12oz



\$3⁹⁹
 ea
 SAVE \$1.50ea

GROCERY

SIMPLY DELICIOUS

Made with simple ingredients and Non-GMO Project Verified dairy, FAGE yogurt is rich, creamy, and nutritious.

FAGE TOTAL GREEK YOGURT
Assorted Varieties
32oz



\$5.99 ea
SAVE \$2ea

SIGGI'S YOGURT POUCHES
Selected Varieties
4ct



\$5.99 ea
SAVE \$2ea

COCOJUNE ORGANIC CULTURED COCONUT
Selected Varieties



20% off

PAINTERLAND SISTERS ORGANIC SKYR YOGURT
Selected Varieties
5.3oz



2 for \$6
SAVE 39¢ea

NANCY'S DAIRY PRODUCTS **PNW LOCAL**
Selected Varieties



25% off

MALK ORGANICS PLANT-BASED MILK
Selected Varieties
16-28oz



\$5.99 ea
SAVE UP TO \$2ea

MISSION FOODS BURRITO FLOUR TORTILLAS
8ct



\$3.99 ea
SAVE 50¢ea

EVOLUTION FRESH ORGANIC COLD-PRESSED JUICE
Selected Varieties
15.2oz



BUY 2 GET 1 FREE
SAVE \$5.69 ON 3

Available in-store only

KOIA PLANT PROTEIN DRINK
Selected Varieties
12oz



\$3.99 ea
SAVE 90¢ea

VICOLO PIZZETTAS
Selected Varieties
2ct



BUY 1 GET 1 FREE
SAVE \$9.99 ON 2

NEW SEASONS MILK
rBST-free milk from Alpenrose Dairy in Portland, OR.
Selected varieties.
1/2gal



\$2.89 ea
FEATURED

JUST EGG PLANT-BASED EGG
16oz



\$6.99 ea
SAVE \$2.80ea

HOUSE FOODS TOFU
Selected Varieties
8-14oz



2 for \$6
SAVE 99¢ea

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.



Learn more at newseasonsmarket.com/earth-month

WATER AVENUE COFFEE COMPANY COFFEE **PNW LOCAL**
Selected Varieties
12oz



\$12.99 ea
SAVE \$1.30ea

WAIAKEA HAWAIIAN VOLCANIC WATER
1.5L



\$2.99 ea
SAVE 80¢ea