

REFRESH YOUR ROUTINE

Treat yourself to the essentials—body care, sunscreen, hair care, and more—including sale items!



Really BIG DEAL

25% off

BODY CARE
(including sale items!)

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

Really BIG DEALS

MARY'S ORGANIC BONELESS SKINLESS CHICKEN BREASTS

Humanely raised and
always air-chilled with no
antibiotics ever.

\$8.99
lb

SAVE \$2.1b



ASPARAGUS

Locally grown spring asparagus
is here at last. From
Yakama Nation Farms
in Yakima, WA.

\$3.99
ea

SAVE \$1.1b



RUBY JEWEL ICE CREAM SANDWICH

Selected Varieties
5.25oz

BUY 2 GET 1
FREE

SAVE \$4.39 ON 3

Available
in-store only.



ANNIE'S MAC & CHEESE

Selected Varieties
5.5-6oz

2 for \$3

SAVE \$1.39ea



POLAR SPARKLING SELTZER WATER

Selected Varieties
1L

BUY 1 GET 1
FREE

SAVE \$1.79 ON 2



OATLY VEGAN OAT PRODUCTS

Selected Varieties

30% off



WHAT WE'RE loving



Country Natural Beef

We've partnered with Country Natural Beef for over 20 years—and for good reason.

This co-op of forward-thinking ranchers is deeply committed to environmental stewardship, animal welfare, and raising the bar on quality. Their regenerative practices restore soil health, protect waterways, and even draw carbon from the air—all while raising healthy, well-cared-for cattle. Find all your favorites at New Seasons, from ground beef to chuck roast and top sirloin.



MEAT & SEAFOOD

CARMAN RANCH 85% LEAN 15% FAT GRASS-FED GROUND BEEF

Humanely pasture-raised locally with no added hormones and no antibiotics ever.



\$9⁴⁹
lb

SAVE 50¢lb



DOVER SOLE FILLET

Sustainably harvested with a light and mild flavor. Delicious baked for a quick and easy meal.



\$9⁹⁹
lb

SAVE \$1lb



NEW SEASONS GREEN CHILE CHEESE BEEF BURGERS

House-made with fire-roasted green chiles, cheese, and humanely raised beef with no antibiotics ever.



\$3⁰⁰
ea

SAVE 50¢ea

PACIFIC COD FILLET

Sustainably harvested at the peak of season from the pristine waters of Alaska.



\$13⁹⁹
lb

SAVE \$2lb

FLORAL

RENOWN TULIPS

Also known as peony tulips, these beautiful fluffy blooms are a spring must!



\$12⁹⁹
ea

SAVE \$2ea

NEW SEASONS GREEN CHILE CHEESE BEEF BURGERS

House-made with fire-roasted green chiles, cheese, and humanely raised beef with no antibiotics ever.



\$3⁰⁰
ea

SAVE 50¢ea

PACIFIC COD FILLET

Sustainably harvested at the peak of season from the pristine waters of Alaska.



\$13⁹⁹
lb

SAVE \$2lb

WESTWIND GARDENS ORGANIC 3.5" VEGETABLE STARTS

Get your garden growing fast with locally grown veggie and tomato starts. Grown in Forest Grove, OR.



\$2⁴⁹
ea

SAVE 50¢ea



PRODUCE

ORGANIC ENVY APPLES

Firm, crisp, and super sweet. From Oppy Growers in Wenatchee, WA.



\$2⁹⁹
lb

SAVE \$1lb



ORGANIC LEAF LETTUCE

Choose from romaine, red, and green leaf varieties. From Lakeside Organics in Watsonville, CA.



2 for \$5

SAVE 49¢ea



ORGANIC LEMONS

Add a squeeze of brightness to salads, dressings, and desserts. From Sespe Creek Organics in De Luz, CA.



\$2⁴⁹
lb

SAVE 50¢lb

BAKERY & CHEESE

NEW SEASONS ORGANIC FOCACCIA

Genovese-style flatbread made with extra-virgin olive oil and topped with rosemary and coarse sea salt. Complements our new Rosemary Focaccia candle!



\$4⁹⁹
ea

SAVE \$1ea

ALMONDELI VALENCIA ALMONDS

Crunchy Spanish almonds fried in sunflower oil and sprinkled with sea salt. A perfect addition to any party or snack platter.



\$17⁹⁹
lb

SAVE \$2lb

NEW SEASONS CREAM PIES

Try the French Silk, featuring a luscious chocolate mousse in a flaky crust, topped with whipped cream and chocolate curls. 8in



\$19⁹⁹
ea

FEATURED

**IT'S
NEW!**

ODYSSEY CRUMBLLED FETA

A tangy, salty feta, conveniently crumbled for pizzas, scrambles, or pasta dishes. 6oz



\$5⁹⁹
ea

SAVE \$1ea

NEW SEASONS KALE CARROT SALAD

A blast from the past! Fresh kale and carrot with sunflower seeds in a creamy ginger dressing.



\$10⁹⁹
lb

SAVE \$2lb

**IT'S
BACK!**

NEW SEASONS SALMON WITH SPRING ONIONS

Salmon baked with thinly sliced spring onions and herbs.



\$22⁹⁹
lb

SAVE \$1lb

NEW SEASONS ROASTED ASPARAGUS AND FENNEL

Spring asparagus and fennel, perfectly seasoned and roasted to perfection.



\$13⁹⁹
lb

FEATURED

NEW SEASONS GREEK ORZO

Locally made pasta, Kalamata olives, roasted peppers, and feta cheese in a red wine vinaigrette.



\$10⁹⁹
lb

SAVE \$1lb

BEER & WINE

**Mix & Match
Every day**

**10%
off**

**6 bottles
of wine**

**20%
off**

**12 bottles
of wine
or more**

*Offer available in-store only.

UNDERWOOD WINE SELECT WINES

Underwood wines set the bar for quality Northwest wines at an everyday price. Choose from Pinot Noir, Pinot Gris, and Rosé.

750ml



\$14⁹⁹
ea

SAVE UP TO \$9ea



**PNW
LOCAL**

OVERJOY COOPER MOUNTAIN PINOT GRIS

Organically crafted at Cooper Mountain Vineyards, this fresh and bright Pinot Gris bursts with notes of apple, pear, lemon peel, and spring flowers. Only at NSM.

750ml

\$12⁹⁹
ea

SAVE \$2ea

**PNW
LOCAL**



**ONLY AT
NSM**

BUOY BEER CO. WEST COAST PILSNER

Love Hops? Love Lager? Enjoy the best of both with the new West Coast Pilsner, a modern twist on a classic style, capturing the crispness of a pilsner and the hoppiness of a West Coast IPA.

6pk/12oz



\$12⁹⁹
ea

SAVE \$3ea

**PNW
LOCAL**

**IT'S
NEW!**

VON EBERT BREWING RUSSIAN RIVER COLLABORATION

Crafted in collaboration with the legendary Russian River Brewing. Choose the German-style pilsner or West Coast IPA. Limited release!

16oz

\$3⁹⁹
ea

SAVE UP TO \$1.50ea

**IT'S
NEW!**



MAKE IT EASY, ORDER ONLINE!

Enjoy in-store prices online and save \$6 on orders of \$40+ with code **EASYSAVING6**. Choose quick, convenient pickup or delivery!

shop.newseasonsmarket.com

Powered by

instacart

*Terms apply. Free pickup on orders of \$35+.

DON'T MISS THIS SWEET OFFER!

Neighbor Rewards members opted into email or text get one free The Cookie with a purchase of \$10 or more in the bakery.

Join or sign up by Thursday at newseasonsmarket.com/rewards for this exclusive member offer on Friday.



WELLNESS

Really **BIG DEAL**

25% off

BODY CARE
(including sale items!)

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

SUKIN FACIAL AND BODY CARE

Enjoy 50% off on all of your favorite hair and body care from Sukin.



50% off

Pricing includes all discounts.

DR. BRONNER'S PURE-CASTILE LIQUID SOAP REFILLS

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



50% off

Pricing includes all discounts.

HUMBLE BRANDS DEODORANTS

Aluminum-free formulas to help fight odor for an all-day fresh feeling. Save 50% on select scents.



50% off

Pricing includes all discounts.

NOW FOODS ESSENTIAL OILS

Brighten and freshen your day with 50% off on your favorite essential oils

50% off

Pricing includes all discounts.



DAVIDS ORAL CARE

Get 50% off David's all-natural toothpastes in recyclable metal tubes.

50% off

Pricing includes all discounts.



HIBAR PLASTIC-FREE FACIAL AND BODY CARE

All-natural body care in plastic-free packaging. Save 50% on select formulas.

50% off

Pricing includes all discounts.



THE HUMBLE CO. ORAL CARE

Save 50% on The Humble eco-friendly toothbrushes and floss this week.

50% off

Pricing includes all discounts.



MEDINATURA T-RELIEF ARNICA +12 EXTRA STRENGTH

An arnica-based formula to help soothe and relax sore muscles.

50% off

Pricing includes all discounts.



JĀSŌN BODY WASH

Soothing formulas for clean, moisturized skin.

50% off

Pricing includes all discounts.



BADGER MINERAL SUNSCREENS

Stock up and save on broad-spectrum, mineral-based sunscreens from fellow B Corp, Badger.

50% off

Pricing includes all discounts.



GROCERY

ALDEN'S ORGANIC FROZEN DESSERTS

Selected Varieties

20% off



PITAYA FOODS SORBETTER SORBETS

Assorted Varieties 1pt

\$5.99 ea

SAVE \$1.50 ea



NEW SEASONS FROZEN FRUIT

Locally sourced from NW farms by family-owned and operated Scenic Fruit Company in Gresham, OR. 10-16oz

Starting at: \$2.99 ea

FEATURED



ALEXIA FOODS FROZEN SIDES

Selected Varieties

20% off



RUDI'S ROCKY MOUNTAIN BAKERY TEXAS TOAST

Assorted Varieties

20% off



MEATI FOODS MUSHROOM ROOT PROTEIN

Assorted Varieties

20% off



LAOBAN DUMPLINGS FROZEN DUMPLINGS

Assorted Varieties

20% off



SUKHI'S FROZEN MEALS AND SNACKS

Selected Varieties

30% off



GROCERY

**SIMPLE MILLS
CRACKERS**
Selected Varieties
4-4.25oz

\$3⁹⁹
ea



**SIETE FOODS
MAIZ
CORN
TORTILLA
CHIPS**
Assorted Varieties
7.5oz

\$3⁹⁹
ea
SAVE \$2.50ea



**GIMME
ROASTED
SEAWEED SNACKS**
Selected Varieties

50%
off



**PAN'S MUSHROOM JERKY
PLANT-BASED
JERKY**
Assorted Varieties
2.2oz

\$4⁹⁹
ea
SAVE \$3.50ea



**PNW
LOCAL**

**BARE SNACKS
ORGANIC APPLE CHIPS**
Assorted Varieties
3oz

\$5⁹⁹
ea
SAVE \$2ea



**THAT'S IT
FRUIT BAR**
Assorted Varieties
1.2oz

2 for \$3
SAVE 99¢ea



**KIND
SNACK BARS**
Selected Varieties
1.4oz

**BUY 1 GET 1
FREE**
SAVE \$2.99 ON 2



**CLIF
BUILDERS
PROTEIN BAR**
Assorted Varieties

20%
off



**EARTH'S BEST
ORGANIC KIDS' SNACKS**
Selected Varieties

30%
off



**CASCADIAN FARM ORGANIC
GRANOLA BARS**
Selected Varieties
5-6ct

\$5⁹⁹
ea
SAVE UP TO \$2ea



**PNW
LOCAL**

**HU KITCHEN
CHOCOLATE**
Selected Varieties

20%
off



**NEW COAST FORAGING CO.
ORGANIC TRUFFLES**
Assorted Varieties
7oz

\$5⁹⁹
ea
SAVE \$2ea



**STEAZ
ORGANIC
GREEN TEA**
Assorted Varieties
16oz

2 for \$3
SAVE 99¢ea



**YACHAK ORGANIC
PLANT-BASED
ENERGY TEA**
Assorted Varieties
16oz

\$2²⁹
ea
SAVE 70¢ea



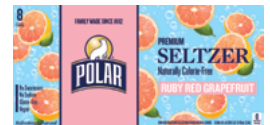
**R.W. KNUDSEN FAMILY
RECHARGE JUICE
BEVERAGE**
Assorted Varieties
32oz

\$2⁹⁹
ea
SAVE \$1ea



**POLAR
SPARKLING
SELTZER WATER**
Selected
Varieties
8pk/12oz

2 for \$7
SAVE \$1.99ea



BULK

**LUNDBERG FAMILY FARMS
ORGANIC RICE**
Selected Varieties

\$3⁹⁹
lb
SAVE UP TO \$2lb



**EQUAL EXCHANGE
ORGANIC ALMONDS**
Selected Varieties

\$12⁹⁹
lb
SAVE \$3lb



**PNW
LOCAL**

**HUMMINGBIRD
WHOLESALE
ORGANIC
AWAKENED
PUMPKIN SEEDS**

\$14⁹⁹
lb
SAVE \$2lb



**PNW
LOCAL**

**HUMMINGBIRD
WHOLESALE
TRAIL MIXES**
Selected Varieties

\$18⁹⁹
lb
SAVE \$3lb



**PNW
LOCAL**

GROCERY

SPRING CLEAN-UP!

It's Earth Month, the perfect time to embrace more sustainable choices. A great place to start? Switching to clean home essentials—like the products from Seventh Generation.

From laundry detergent to multi-surface wipes and beyond, their bio-based, effective, and family-safe products are better for your home and the planet.

SEVENTH GENERATION
CLEANING AND PAPER PRODUCTS
Selected Varieties



Clean Safer This Spring

SALE

25% off



MAGIC SPOON CEREAL, TREATS AND GRANOLA
Assorted Varieties
5.6-8oz

\$7.99 ea

SAVE UP TO \$3.50ea



NATURE'S PATH ORGANIC GRANOLA
Selected Varieties
11-11.5oz

\$4.99 ea

SAVE UP TO \$2.70ea



KICKING HORSE COFFEE
Selected Varieties
10oz

\$12.99 ea

SAVE UP TO \$7ea



ORGANIC INDIA TULSI TEA
Assorted Varieties
18ct

\$4.99 ea

SAVE \$2ea



ST. DALFOUR FRUIT SPREAD
Assorted Varieties
10oz

\$4.99 ea

SAVE UP TO \$1.50ea



LOCAL HIVE RAW & UNFILTERED HONEY
Assorted Varieties
16oz

\$8.99 ea

SAVE \$4ea



EMERALD COVE DRIED SEAWEED
Selected Varieties

20% off



SEEDS OF CHANGE ORGANIC RICE
Assorted Varieties
8.5oz

\$3.99 ea

SAVE \$2.30ea



LA TOURANGELLE OILS AND DRESSINGS
Selected Varieties

20% off



TERLATO KITCHEN PASTA SAUCE
Assorted Varieties
24oz

\$8.99 ea

SAVE \$4ea



SIETE FOODS SALSA
Assorted Varieties
10.5oz

\$4.99 ea

SAVE \$2ea



MISS JONES BAKING CO. FROSTINGS AND BAKING MIXES
Assorted Varieties

20% off



FARM-TO-CUP DELICIOUS

Nothing beats a morning cup—especially from Equal Exchange. This Portland-based, worker-owned co-op sources organic, fair-trade coffee from small farmer organizations, ensuring every sip is as ethical as it is delicious.

EQUAL EXCHANGE ORGANIC COFFEE
Selected Varieties 10-12oz

\$10.99 ea
SAVE \$3ea



GROCERY

TRUE STORY FOODS DELI MEATS

Selected Varieties



20%
off

GOOD CULTURE ORGANIC SOUR CREAM

16oz



\$3⁹⁹
ea
SAVE \$1ea

NOOSA YOGHURT

Assorted Varieties
8oz



2 for \$4
SAVE 59¢ea

SO DELICIOUS COCONUTMILK YOGURT

Assorted Varieties
5.3oz



2 for \$4
SAVE 29¢ea

ABBOT'S PLANT-BASED PROTEINS

Selected Varieties
8-10oz



\$6⁹⁹
ea
SAVE UP TO \$2ea

BITCHIN' SAUCE VEGAN DIP

Selected Varieties
7-8oz



\$5⁹⁹
ea
SAVE \$1.70ea

MUSH OVERNIGHT OATS

Assorted Varieties
5oz



3 for \$5
SAVE 62¢ea

STONYFIELD KIDS ORGANIC YOGURT POUCH

Selected Varieties
3.5oz



2 for \$4
SAVE 69¢ea

GROUNDWORK COFFEE ORGANIC COLD BREW

Selected Varieties
10.1oz



2 for \$6
SAVE \$1.69ea

KOIA PLANT PROTEIN DRINK

Assorted Varieties
12oz



2 for \$7
SAVE 69¢ea

LIFEWAY ORGANIC KEFIR

Assorted Varieties



20%
off

PERFECT BAR MINI PROTEIN BARS

Selected Varieties
6-8ct



\$7⁹⁹
ea
SAVE \$2ea

FS DRINKS PREMIUM BOBA TEA

Assorted Varieties
12oz



2 for \$5
SAVE \$1.99ea

SUJA ORGANIC COLD-PRESSED JUICE

Selected Varieties
12oz



2 for \$7
SAVE UP TO \$1.69ea

NAKED BREAD BAGELS AND BREADS

Selected Varieties
18-26oz



\$4⁴⁹
ea
SAVE UP TO \$3ea

MISSION FOODS CARB BALANCE TORTILLAS

Assorted Varieties
8ct



\$4⁹⁹
ea
SAVE \$1ea

Growing Better Together: 1% for Soil Health

This Earth Month, 52 brands, including New Seasons Partner Brand, are donating 1% of sales to Zero Foodprint to help local farmers and ranchers implement regenerative farming practices.

LOOK FOR
THIS ICON
throughout the ad to
support brands
funding healthy soil!

