# leals

## Uncle Sam's Health Food

77 4th St

648 New Loudon Rd Latham, NY 12110

unclesamshealthfood.com



**Mary's Gone Crackers Organic Real Thin** Crackers



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

## Splash into spring savings

**KeVita Organic Sparkling Probiotic Drink** (selected varieties)

15.2 oz



**Harmless Harvest Organic Coconut Water** 

16 oz



Pacific

Chicken Broth

**Uncle Matt's Organic Organic Orange Juice** (selected varieties)

Canyon Bakehouse

**Gluten Free Bread** 

52 oz



Farmer's Market **Organic Pumpkin** 

15 oz

Kerrygold **Butter** 





8 oz



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

32 oz

9 oz



**Bob's Red Mill Almond Flour** 

18 oz

16 oz





Daiya **Deluxe Mac & Cheese** 

(selected varieties)

10.6 oz



Koyo Ramen (selected varieties)



**Lotus Foods Rice Ramen** (selected varieties)

2.8 oz

DIVINA



Maya Kaimal **Organic Everyday Dal** 

(selected varieties)

10 oz



**Crown Prince Natural Smoked Oysters** (selected varieties)

3 oz



**Dolmas Stuffed Grape Leaves** 



7 oz

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

28 oz



**Muir Glen Organic Pasta Sauce** (selected varieties)



Spectrum **Organic Extra Virgin** Olive Oil



# **Creamy Tomato Pasta**

25-35 MIN • SERVES 4-6 • VEGETARIAN

#### **INGREDIENTS**

1-pound orecchiette pasta (or sub your favorite pasta)

3 tablespoons olive oil

1 small yellow onion, diced

3 large garlic cloves, minced

28 ounces canned diced tomatoes 1 ½ cups shredded parmesan

1 teaspoon dried thyme

½ teaspoon crushed red chili flakes

½ teaspoon sea salt

1/4 teaspoon ground black pepper

½ cup heavy cream

1 teaspoon dried oregano

#### **DIRECTIONS**

- 1 Cook pasta based on package instructions. Drain and set aside.
- 2 Meanwhile, heat oil in a large skillet over medium heat. Add onion and sauté until onions are translucent. Add garlic and cook for another minute.
- **3** Add tomatoes, oregano, thyme, chilies, salt and black pepper. Bring to a gentle simmer for 10 minutes.
- 4 Remove tomato sauce from the heat and fold in heavy cream, parmesan, and pasta.



**Sky Valley** Sriracha Sauce

18.5 oz

San-J Organic Tamari Soy Sauce



10 oz



TAHINI

**Once Again Nut Butter Organic Tahini** 



16 oz

UNREAL **Chocolate Bars** 



3.4-4.2 oz

Siete **Grain Free Cookies** 









**Bubbies** 

Sauerkraut

25 oz



**Bubbies Kosher Dill Pickles** 

33 oz



For over 40 years, Bubbies has created pickles, sauerkraut, relish, and horseradish using family recipes and real ingredients. Whether you are recreating meal traditions or crafting fresh takes on classic foods, you can trust timeless quality-because only the best comes from Bubbies kitchen.



Fruit & Nut Bar

(selected varieties)

5 oz

Larabar

1.6-1.7 oz



**EPIC Snack Strip** (selected varieties)

0.8 oz



Newman's Own **Sandwich Cremes** (selected varieties)



13 oz

Pamela's Pancake & Baking Mix



24 oz



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

14-16 oz



**Purely Elizabeth** Granola

(selected varieties)

8-12 oz



**Enjoy Life Foods Chocolate Chips** (selected varieties)

9-10 oz



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

7 oz



Wholesome **Organic Powdered Sugar** 

1 lb

Wholesone

**Simply Organic Organic Ground Cinnamon** 

2.45 oz



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

10 oz



**Peter Rabbit Organics Organic Baby Food Pouch** 

(selected varieties)

4-4.4 oz

Lakewood **Pure Cranberry Juice** 

32 oz

nutpods **Dairy-Free Creamer** (selected varieties)

11.2 oz



**Choice Organic Teas Organic Tea** (selected varieties)

16 ct



Yogi Tea (selected varieties)

16 ct



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

12 oz



GT's **Organic Alive Ancient Mushroom Elixir** (select varieties)

16 oz



Zevia **Zero Calorie Soda** 

PURE CRANBERRY

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

500 ml



6 ct





**Organic Valley Organic Butter** 



**Organic Valley Organic Ghee** 



**Organic Valley Organic Cream** Cheese

8 oz



Put some spring in your culinary creations with Organic Valley. High quality, delicious dairy that is ethically sourced from small organic family farms. This is dairy you can feel good about.

16 oz

Califia Farms **Better Half Creamer** 

16.9 oz



**Almond Breeze Almondmilk** 



64 oz



**Organic Valley Organic Feta Cheese** 

8 oz



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

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 awardwinning, phenomenally vegan, plant-milk butter and cheese.



Miyoko's **Organic Cultured Vegan Butter** 

8 oz



Miyoko's **Organic Vegan** Mozzarella

8 oz



8 oz



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

24 oz



siggi's **Icelandic Style Yogurt** 



17g PROTEIN NO SOY

ORGANIC -

5.3 oz

Pumfu **Organic Pumpkin Seed Tofu** 

8 oz

Woodstock **Organic Spinach** 

10 oz

**Immaculate Organic Cinnamon Rolls** 



17.5 oz

**Quantum Health Super Lysine Immune Support** 

90 tab

Stonyfield **Organic Yogurt** 

**Feel Good Foods** 

**Gluten Free Egg Rolls** 

32 oz



**Organic Protein Bar** (selected varieties)

**Perfect Bar** 

Gardein **Plant-Based Protein** 



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

24 oz

BONAFIDE

Van's Waffles (selected varieties)



8-9 oz

**Cosmic Bliss Organic Dairy-Free Frozen Dessert** (selected varieties)

14 oz

**Renew Life** 



GoodPop **Organic Frozen Pops** 

(selected varieties)

9.9-10 oz



**Trace Minerals** ConcenTrace Trace Mineral Drops

SuperLysine+

30 ct



8 oz



Carlson **Cod Liver Oil** 

500 ml



60 ct

**Andalou Naturals Shampoo or Conditioner** 

11.5 oz

ShiKai **Borage Therapy Hand Cream** 

8 oz

The Grandpa Soap Co. **Bar Soap** 

3.25 oz

**Garden of Life Dr. Formulated Probiotics Gummy** 

60 ct

NORDIC **OMEGA-3** 

Vibrant Health **Green Vibrance** 

11.64 oz

**Avalon Organics Shampoo or Conditioner** 

11 oz

Alba Botanica **Un-Petroleum Jelly** 

3.5 oz

**South of France Bar Soap** 

GRANDPA SOAP CO.

**Natural Factors** WellBetX® Berberine 500 mg

> WellBetX Berberine 500 mg

60 vcap

Yerba Prima **Psyllium Husks Powder** 

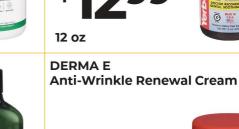
4 oz

EO

4 oz

**Biokleen Bac-Out Stain & Odor Remover** 

32 oz





alba







# everyday

### Products with everyday low prices.

# Spring baking made easy



16 oz



Organic Canola Oil

32 oz



**Organic** All-Purpose Flour

5 lb





Organic Unsweetened **Coconut Milk** 

13.5 oz



Organic **Light Unsweetened Coconut Milk** 

13.5 oz



Organic **Vegan Buttery Spread** 

13 oz

Prices may vary by location



**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

> For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.

