

DEBRA'S
NATURAL
GOURMET

EAT WELL BE HAPPY

FEBRUARY * 2021

644 items on sale
in store + curbside/online

FIELD ROAST
VEGAN SAUSAGE
3 FLAVORS

\$4.49

12.95 oz | save \$2.50



Real sausage. From plants. Real ingredients you recognize. None of that GMO-grown-in-a-vat-stuff. Tastes good, too!

CADIA
ORGANIC FROZEN
VEGETABLES

\$2.49

1 full pound | save \$1.50



Cadia is a high quality value brand. They're not the "Rolls Royce" of organic, but they're pretty darn good.

KITE HILL
ALMOND MILK
RICOTTA RAVIOLI

\$5.99

9 oz | save \$2.50



Dairy-free, vegan, creamy and rich. Mushroom, spinach, and plain ricotta. No special instructions – just cook them!

GARDEN OF EATIN'
TORTILLA SHELLS
YELLOW OR BLUE

\$2.99

12 shells



Sure, you can do traditional tacos. But why not mix it up? Try mashed butter beans, oil-packed tuna, capers + minced celery.

D'ARTAGANAN
GROUND PORK
FRESH OR FROZEN

\$5.99/Lb

reg \$7.49 a pound



Pastured and humanely raised by family farms, this pork is not too fat and not too lean. Make yourself a spicy meatball.

CLEAN CAUSE
ENERGY DRINKS
REGULAR + SUGAR-FREE

\$2.19

16 oz | save \$1



Yerba Mate instead of coffee for sustained caffeine energy. Fully 50% of profits go to support addiction recovery.

OATLY
OAT MILK
LOW-, FULL- AND REGULAR FAT

\$3.99

1/2 gallon | reg \$5.99



KOIA
KETO SHAKES
BROWNIE | CAKE | CARAMEL

2.99

12 oz | reg \$4.29



BEYOND MEAT
PLANT BURGERS
NON-GMO PATTIES

\$4.79

1/2 pound | reg \$6.49



NUMI
NEW ORGANIC TEAS
7 FLAVORS

\$5.49

18 bags | save \$1.50



EQUAL EXCHANGE
CHOCOLATE BARS
12 ORGANIC FLAVORS

2/\$5

2.8 oz | reg \$3.39



CADIA
ORGANIC ALMOND MILK
UNSWEETENED ORIGINAL | VANILLA

\$1.99

32 oz | save \$1



BARBARA'S
CHEESE PUFFS
ORIGINAL | SPICY | BAKED

2/\$5

reg \$2.99 each



QUINN
G/F PRETZELS
SALT | HONEY

\$3.49

7 oz | save \$1.50



West Concord
SINCE 1989
The Universe

98 COMMONWEALTH AVE.
CONCORD, MA 01742
978.371.7573
WWW.DEBRASNATURALGOURMET.COM

JOIN US IN PERSON, OR ORDER FOR CURBSIDE
PICKUP VIA WWW.DEBRASNATURALGOURMET.COM/
ORDER-ONLINE. SALES PRICES VALID ONLINE, TOO.

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644 items on sale
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EVERYTHING FROM
NATURAL FACTORS
LIQUIDS | CAPSULES

25% Off
on 82 items



Canada's finest! Take 25% off regular retail on cranberry, salmon oil + new joint support Osteomove w/ glucosamine + herbs.

EVERYTHING FROM
HOST DEFENSE
MEDICINAL MUSHROOMS

25% Off
on 35 items



Bolster your immune system with organically grown and hot water extracted mushrooms from Washington State, USA.

NATURE'S WAY
ALL UMCKA
FOR ADULTS + CHILDREN

25% Off
on 9 items



Umckaloabo is a South African herb known to shorten the duration and severity of respiratory tract infections.

SUNSOIL
VERMONT CBD
LIQUIDS | CAPSULES

25% Off
on 7 items



Simple, unflashy, rigorously tested CBD from Vermont. Cinnamon flavor is 20 mg per serving, and reasonably tasty!

GARDEN OF LIFE
ALL PROBIOTICS
REFRIGERATED + NOT

25% Off
on 15 items



Take 25% off regular retail on "Doctor Formulated" and "Raw" probiotics for men, women, specialized situations.

EVERYTHING FROM
COUNTRY LIFE

25% Off
on 69 items



Includes vegan vitamin D gummies, calcium, vitamin C, zinc, and coenzymated B vitamins.

EVERYTHING FROM
PRANAROM
AROMATHERAPY + MORE

20% Off
on 104 items



USDA Organic essential oils, kits for diffusion, wellness blends, aromatic hydrosols and more. Sustainable and a staff favorite!

WELEDA
SKIN FOOD
BODY BUTTER

\$16.99
5 oz | save \$5



This luxurious plant-rich moisturizer is perfect for all-over hydration and nourishment. Leaves the skin velvety soft!

BOIRON
ALL TOPICALS
OINTMENTS | SALVES | CREAMS

25% Off
on 13 items



Arnica for bump, bruises + arthritic stiffness. Calendula for skin irritation. Avenoc for... what's the euphemism for hemorrhoids?

JASON
**TOOTHPASTE
+ MOUTHWASH**

20% Off
on 14 items



No preservatives, harsh sulfates or parabens. Includes "Seafresh" strengthening, and "Powersmile" whitening.

**WINTER
CLEARANCE**

40% Off



All Fair trade and hand made scarves, mittens, hats from Northern Watters, Rising Tide, Andes Crafts, etc.

NOTICE: just in case you missed the announcements, effective Jan 1, our Senior Discount is changing. It used to be 20% on qualifying supplements. Now it's only 10% -- but monthly sale items have joined the list of qualifying supplements. That's 327 items this month.

What's New
@
Debra's?

- gallons of alkaline water with minerals
- fermented umami ketchup and fermented Dijon from Dark Horse organics
- grass-fed yummy proteins from Natreve
- organic toddler puffs from Boston's own Little More - low salt, high flavor
- new tahini "fudges" from Sweet Tahini
- Lasoon garlic nut crumble from Atina