



EAT WELL. BE HAPPY.

DECEMBER 2022

432 items
online and in the store

BIG SPOON ROASTERS NUT BUTTERS

peanut + other nut

save **20%**
on 9 items



Loads of big-chunk crunch, super-fresh ingredients. Check out the Fig-Spice and Carrot Cake almond butters.

TONNINO TUNA VENTRESCA

super-tender

\$6⁸⁹

6.7 oz | reg \$9.59



This is the silky, prime tuna belly they call "toro" at the sushi shop. Try a forkful over greens, beans, or just straight-up.

EVERYTHING FROM MISS JONES

organic baking | frosting

save **25%**
on 9 items



If you're going to do sugary cake (once a year!), it might as well be organic, natural, free of trans-fats... and really tasty!

ALMOST EVERYTHING FROM RISE BREWING

oat milks | lattes

\$2⁴⁹ - \$5⁷⁹

reg \$3.59 - \$7.99



Oat milk. Cold brew. Lattes in cartons and cans. The only item not on sale is the nitro Earl Grey.

TCHO FILLED CHOC BARS

6 flavors

\$3⁶⁹

3 0.83-oz bars | reg \$4.99



Fair trade organic dark chocolate with dark (not too sweet) fillings. 3 individually wrapped bars = portion control!

PARTAKE COOKIES

free of all 9 common allergens

\$4³⁹

5 oz | reg \$6.79



One holiday guest is allergic to wheat & nuts; another to dairy, soy, and egg. One box to feed them all!

ORGANIC VALLEY BUTTER, CREAM, GHEE, RICOTTA

save **15%**

on 9 items



KITE HILL NON-DAIRY RAVIOLI

mushroom | spinach

\$5⁹⁹

reg \$8.49 | 9 oz



GARDEN OF EATIN' 1 LB TORTILLA CHIPS

blue, yellow, salt-free

\$4⁹⁹

16 oz | reg \$7.49



RAO'S SOUPS

9 flavors

\$3⁶⁹

16 oz | everyday \$4.99



ST. DALFOUR 100% FRUIT SPREADS

product of France

2 for \$7

reg \$4.99



MARY'S ORIGINAL CRACKERS

4 gluten-free flavors

\$3⁷⁹

reg \$5.59 | 5.5 oz



CANYON BAKEHOUSE GLUTEN-FREE BREADS

in the freezer

\$4⁴⁹

reg \$6.69 | 14-18 oz



SIMPLE MILLS NUT BUTTER STUFFED

grain-free sandwich cookies

\$4⁶⁹

reg \$6.69



KING ARTHUR 5# ORGANIC FLOURS

bread, all-purpose, white whole

\$9⁹⁹

reg \$10.99



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open
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HIRING KITCHEN STAFF NOW

DECEMBER 2022

DEBRA'S
NATURAL
GOURMET

EAT WELL BE HAPPY

432 items
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EVERYTHING FROM EMERALD LABS

multis, liver health + more

save **30%**
on 26 items



Our best one-a-day multis in easy-to-swallow capsules. New liposomal quercetin + zinc for deep immune support.

BOIRON WELLNESS + SLEEP

5 items

save **\$999**

reg \$12.49-\$12.99



Save on quick-dissolving ColdCalms, ThroatCalms, SinusCalms, SleepCalms, StressCalms.

HERBALIST & ALCHEMIST 4 STAFF FAVORITES

mood, immunity, throat

save **20%**
on 4 items



Deep-acting and effective Grief Relief, lomatium and VX formula for viruses, plus a very nice throat spray.

HOST DEFENSE MUSHROOM FAVORITES

Immunity, Brain Health...

save **20%**
on 11 items



Lion's Mane for brain & nerve health. Stamets-7 seven-mushroom blend for deep immune support. Lattes, too.

FLORADIX LIQUID IRON

plant-based

save **\$2199**

8.5 oz | save \$6



The classic ferrous gluconate iron in a plant food base. Guaranteed gentle on the stomach (non-constipating).

NATURAL VITALITY MAGNESIUM GUMMIES

magnesium citrate

save **\$1999**

120 gummies | reg \$24.99



Magnesium for nerves, bone health, heart health, muscle tension, and regularity. 250 mg / serving of 3.

POTAGER SOAP CO. MADE IN CONCORD!

soaps & bath bombs

save **\$100**

regular \$7.99-\$8.49



Pretty wonderful that (literally) the nicest, most beautiful soaps on Earth are made (literally) in our back yard!

SKINCARE FROM ANNEMARIE BORLIND

from the Black Forest

save **20%**

on 40 items



Fan favorite line made with plant extracts from certified organic farms. 100% vegetarian. Suitable for all skin types.

WELEDA SKIN FOOD HAND MASK

gift kit with gloves

save **\$1699**

limited holiday edition



Plus, additional Weleda products are 20% off, including body and facial care, baby care and deodorants! (70 items)

EVERYTHING FROM POLKADOG

100% human grade

save **20%**
on 28 items



We love all the treats from this sustainable Boston company! Includes annual holiday packaging.

BIOKLEEN 150 LOADS!

free + clean

save **\$1599**

reg \$19.99



Stay clean until Spring! Also save on Oxygen Bleach 32 oz now \$4.99.

PUKKA HERBS 11TH YEAR SALE

organic teas

2 for **\$9**

reg \$6.99



We've been doing this every December since 2011. We were the 1st store to import Pukka into the Americas, in 2000.

WHAT'S NEW @ DEBRA'S?

- cocktail/mocktail mixers from Blind Tiger
- new Mezcla cookbook -- the most creative we've seen in years!
- Moroccan Carrot hummous from Darista
- Yellow Owl cloisonne hairpins
- super-hip + durable bags made from upcycled pop tops from Escama Studios
- strong cold brew from Wandering Bear