



EAT WELL BE HAPPY

APRIL 2023

377 items on sale

Everything from **PECAN SHOP**

wild-harvested!

save **25%**

on 7 items



Wild native pecans are smaller + yumier. The sprouted/salted, maple-coated, and pecan butter are to die for.

Rumiano **SLICED CHEESES**

7 varieties

\$3.49

6 oz | save \$1



For a big national company, Rumiano has really wonderful agricultural practices. Organic, grass-fed California dairy.

Bubbie's **PICKLES + SAUERKRAUT**

in the refrigerator

save **20%**

on 6 items



Fermented = probiotics and postbiotics for gut health, immunity. Plus, they're really delicious. Check out new relish.

Feel Good Foods **POTSTICKERS**

gluten-free | pork + veg

\$6.79

10 oz | reg \$9.39

Easy-peasy! Pan-fry or microwave. also check out our new organic wheat dumplings everyday \$4.99.



Cosmic Bliss **NON-DAIRY ICE CREAM**

5 organic flavors

\$4.79

14 oz | reg \$7.49

Honestly, the good dairy-free ice cream is every bit as good as the "real" dairy these days. 1% for the planet.



Serenity Kids **KIDDO POUCHES**

organic plant + animal proteins

\$1.89-\$2.89

reg \$2.79-\$3.99

Plant pouches \$1.89; animal protein \$2.89. Nice to have some toddler food that isn't just sweet-sweet-sweet.



Force of Nature **GROUND GAME MEATS**

elk, bison, venison, boar

\$10.99-\$12.99

reg \$13.99-\$15.79



Go Macro **ORGANIC BARS**

6 organic flavors

2 for \$5

reg \$3.39



Maya Kaimal **EVERYDAY MEALS**

10 organic recipes

\$3.49

reg \$4.69



Miracle Noodle **KETO MEALS**

3 shirataki recipes

\$4.39

reg \$6.39



Terroir **ORGANIC CHOCOLATE**

11 wonderful flavors

\$4.69

baby bars \$1.59



Simple Mills **SEED CRACKERS**

8 gluten-free varieties

\$3.79

reg \$5.69



Uncle Matt's **OJ + GRAPEFRUIT JUICE**

5 flavors

\$6.39

59 oz | reg \$7.99



Nuts 4 Cheese **SOFT PLANT CHEESES**

6 types

\$6.99

4.2 oz | reg \$9.99



Cocojune **PLANT YOGURTS**

4 flavors

\$2.29

5.3 oz | reg \$2.99



Refillery is
open
RIGHT NOW!

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WORK @ DEBRA'S
HIRING KITCHEN STAFF NOW



EAT WELL BE HAPPY

MAY 2023

377 items on sale

Via Viaggio

CBD + HERBS GUMMIES

6 nice + strong blends

save **25%**

sleep, mood, pain + comfort

Highest quality, strongest potency hemp CBD, with artful botanical blends from Anima Mundi in Brooklyn.



Everything from

HOST DEFENSE

capsules, liquids, powders

save **25%**

on 23 items

Tonic mushrooms to support immunity, vitality, & nerve function. Read about cordyceps in our March newsletter.



Solaray | Mycrobioime

PROBIOTICS

in the fridge

save **30%**

on 3 items

3 unique formulas to give your gut the specialized support it needs. Adult 50+, Women's & Colon Formulas



Natural Factors

"WOMENSENSE" FORMULAS

save **30%**

on 5 items

AdrenoSense, MenoSense, EstroSense, BladderSense, and ThyroSense.



Vibrant Health

GREEN VIBRANCE

"salad in a bottle"

save **30%**

on 5 sizes

Greens, tonics, and probiotics, all in one bottl.. This is the green drink our kitchen uses in its smoothies.



Hair Colors from

HERBATINT

Our most popular brand

\$15⁹⁹

reg \$19.99 | on 28 colors

Permanent ammonia-free colors contain 8 organic herbal extracts and cover 100% of greys for a natural look.



curry | sriracha | everything bagel | maybe a surprise floor?

BULK FLAVORED CASHEWS

save **20%**

Our cashews are dry-roasted for us Tierra Farms in NY State, and they are fresh, and they are wonderful. Both organic AND Fair Trade. Bring your own container, or use our paper bags.



Gabriel + Mineral Fusion

ALL NAIL COLORS

2 brands

save **20%**

on 50 items

Find your perfect new colors for spring! These formulas are vegan, long-lasting, chip resistant and paraben-free.



Everything from

PRANAROM

organic essential oils

save **25%**

on 93 items

NEW AromaShield Defense harnesses the power of essential oils to defend against flying pests & soothe the itch



Everything from

TENDER & TRUE

for cats & dogs

save **20%**

on 13 items

Premium pet food & treats including organic, non-GMO, humanely raised recipes. Choose from dry & canned.



Better Life

CLEANING SPRAYS

EWG-rated products

\$4⁹⁹

reg \$6.49-\$7.49

Leap into Spring with specialized cleaners for steel, wood, tile, floors, and granite and marble countertops.



WHAT'S NEW @ DEBRA'S?

- Massachusetts duck eggs \$9.99/dozen!
- organic/regenerative certified dairy ice creams from alec's. Great flavors, too!
- organic potstickers from annie chun's
- organic puff pastry
- the return of Israeli olive oil
- new gluten-free pastas from Oltresole in Italy. Brown Rice + Nettles, anyone?