

# INDEPENDENT Choice™

March 2018

Traditional Medicinals  
Organic Throat Coat

**\$3<sup>49</sup>**  
16 ct



Annie's Naturals  
Organic Dressing

**2/\$6**  
8 oz



Simple Mills  
Almond Flour Crackers

**\$3<sup>39</sup>**  
4.25 oz



Amy's  
Organic Lentil Soup

**2/\$5**  
14.5 oz



Pacific  
Organic Free Range Chicken Broth

**\$3<sup>29</sup>**  
32 oz



Organic Valley  
Organic Cream Cheese

**\$2<sup>89</sup>**  
8 oz



Ancient Harvest  
Organic Supergrain Pasta

**\$2<sup>49</sup>**  
8 oz



Muir Glen  
Organic Tomatoes  
(selected varieties)

**5/\$5**  
14.5 oz



Annie's Homegrown  
Cheddar Bunnies

**\$2<sup>69</sup>**  
7.5 oz



Better Than Bouillon  
Organic Base

**\$4<sup>29</sup>**  
8 oz



**Did you know...**

Corned beef derives its name from the large-grained rock salt, or corns, used to cure the meat.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of March.

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Annie's Homegrown  
Organic Shells & Cheese  
(selected varieties)

**\$2<sup>19</sup>**  
6 oz



Napa Valley Naturals  
Organic Cold Pressed  
Extra Virgin Olive Oil

**\$9<sup>29</sup>**  
25.4 oz



Hail Merry  
Tart

**\$2<sup>79</sup>**  
3 oz



Lundberg Family Farms  
Wild Blend Rice

**\$3<sup>49</sup>**  
1 lb



Spectrum  
Organic Refined  
Canola Oil

**\$6<sup>99</sup>**  
32 oz



Maple Hill Creamery  
Organic Cream On Top Yogurt  
(selected varieties)

**5/\$5**  
6 oz



Koyo  
Ramen  
(selected varieties)

**79¢**  
2.1 oz



Annie's Homegrown  
Organic Snack Mix  
(selected varieties)

**\$3<sup>49</sup>**  
9 oz



Miyoko's Creamery  
Organic Double Cream  
Vegan Cheese

**\$6<sup>99</sup>**  
6.5 oz



Tofurky  
Veggie Roast

**\$11<sup>99</sup>**  
26 oz



Beanfields  
Bean & Rice  
Chips

**\$2<sup>39</sup>**  
5.5 oz



Organic Valley  
Organic Feta Cheese

**\$4<sup>99</sup>**  
8 oz



Crown Prince Natural  
Skinless & Boneless  
Sardines in Olive Oil

**\$2<sup>39</sup>**  
3.75 oz



Natural Sea  
Wild Albacore Tuna

**\$2<sup>49</sup>**  
5 oz



Westbrae  
Organic Beans  
(selected varieties)

**\$1<sup>69</sup>**  
15 oz



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Create a sustainable future, one bite at a time.

# GOOD FROM THE GROUND UP



## ORGANIC FARMING FOR HEALTHY SOIL & PLANET

AT CASCADIAN FARM, WE'RE DEDICATED TO PRODUCING FOOD YOU CAN FEEL GOOD ABOUT EATING. AND IT ALL STARTS WITH THE SOIL WE GROW IN.

TAKING CARE OF THE SOIL YIELDS REAL WORLD RESULTS WE'D LOVE TO SHARE. VISIT [CASCADIANFARM.COM](http://CASCADIANFARM.COM) TO LEARN MORE.

Late July  
Organic Multigrain  
Tortilla Chips

**\$2<sup>29</sup>**  
6 oz



Crunchmaster  
Multi-Seed Crackers  
(selected varieties)

**\$2<sup>19</sup>**  
4.5 oz



Cascadian Farm Organic  
Organic Potatoes

**2/\$5**  
16 oz



Alden's Organic  
Organic Ice Cream  
(selected varieties)

**\$6<sup>49</sup>**  
48 oz



Honest Tea  
Organic Iced Tea

**4/\$5**  
16 oz



Organic Valley  
Organic Mozzarella  
Stringles

**\$3<sup>79</sup>**  
6 oz



Justin's  
Almond Butter

**\$8<sup>49</sup>**  
16 oz



KIND  
Clusters  
(selected varieties)

**\$3<sup>79</sup>**  
11 oz



California Olive Ranch  
Everyday Extra Virgin  
Olive Oil

**\$7<sup>99</sup>**  
16.9 oz



Spectrum  
Organic Unrefined  
Olive Oil

**\$9<sup>49</sup>**  
25.4 oz



Nature's Path  
Organic Hot Oatmeal  
(selected varieties)

**\$3<sup>19</sup>**  
14 oz



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Cascadian Farm Organic  
Organic Cinnamon  
Crunch Cereal

**2/\$6**

9.2 oz



Almond Breeze  
Almondmilk  
(selected varieties)

**\$3<sup>39</sup>**

64 oz



Uncle Matt's  
Organic Orange Juice  
(selected varieties)

**\$5<sup>79</sup>**

59 oz



Nature's Path  
Organic Crunchy Maple  
Sunrise Cereal

**\$3<sup>69</sup>**

10.6 oz



Enjoy Life Foods  
Semi-Sweet Chocolate

**\$3<sup>99</sup>**

10 oz



Against The Grain Gourmet  
Original Baguettes

**\$5<sup>49</sup>**

24 oz



Pamela's Products  
Baking & Pancake  
Mix

**\$5<sup>29</sup>**

24 oz



Wholesome!  
Organic Light Brown  
Sugar

**\$3<sup>69</sup>**

24 oz



Chosen Foods  
Avocado Oil Mayonnaise  
(selected varieties)

**\$5<sup>29</sup>**

12 oz



Immaculate Baking  
Organic Cinnamon Rolls

**\$3<sup>99</sup>**

17.5 oz



Simply Organic  
Organic Ground  
Cinnamon

**\$3<sup>99</sup>**

2.45 oz



Health Valley Organic  
Organic Soup  
(selected varieties)

**\$2<sup>29</sup>**

14.5 oz



So Delicious  
Coconut Creamer

**\$1<sup>89</sup>**

16 oz



Brown Cow  
Cream Top Whole Milk  
Yogurt

**5/\$4**

5.3 oz



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KeVita  
Organic Master Brew  
Kombucha



**2/\$5**

15.2 oz

Larabar  
Fruit & Nut Bar  
(selected varieties)



**5/\$5**

1.7 oz

Late July  
Organic Cantina Dippers



**\$2<sup>79</sup>**

8 oz

The Ginger People  
Organic Ginger Juice



**\$3<sup>39</sup>**

5 oz

Clif Bar  
Builder's Bar



**4/\$5**

2.4 oz

That's It  
Fruit Bar



**4/\$5**

1.2 oz

R.W. Knudsen  
Just Cranberry Juice



**\$6<sup>19</sup>**

32 oz

tera'swhey  
Organic Whey Protein



**\$21<sup>99</sup>**

12 oz

Natrol  
Advanced Sleep Melatonin  
10mg



**\$7<sup>79</sup>**

60 tab

Q Drinks  
Tonic Water



**\$4<sup>99</sup>**

750 ml

Annie's Homegrown  
Organic Fruit Snacks



**2/\$6**

4 oz

Lakewood  
Organic Pure Beet Juice

**\$4<sup>79</sup>**

32 oz

Zevia  
Zero Calorie Soda



**2/\$7**

6/12 oz

Nature's Way  
Activated Charcoal



**\$6<sup>99</sup>**

100 cap



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Xlear  
Nasal Spray

**\$8<sup>49</sup>**  
1.5 oz



Bach  
Rescue Pastilles

**\$6<sup>29</sup>**  
50 g



MegaFood  
Blood Builder

**\$11<sup>99</sup>**  
30 tab



Boiron  
Sabadil

**\$8<sup>49</sup>**  
60 tab



Nutrition Now  
PB 8® Pro-Biotic

**\$15<sup>99</sup>**  
120 cap



Renew Life  
Ultimate Flora Probiotic  
50 Billion

**\$29<sup>99</sup>**  
30 cap



American Health  
Ester-C® 500 mg

**\$11<sup>99</sup>**  
120 cap



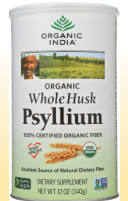
Amazing Grass  
Green SuperFood Original

**\$20<sup>99</sup>**  
8.5 oz



Organic India  
Organic Whole Husk  
Psyllium

**\$10<sup>79</sup>**  
12 oz



Natural Factors  
Suntheanine

**\$18<sup>99</sup>**  
60 tab



Hyland's  
Calms Forté

**\$7<sup>49</sup>**  
100 tab



*Regenerative  
Organic Agriculture*

- REGENERATES SOIL HEALTH AND FERTILITY
- IMPROVING WATER CYCLES AND SEQUESTERING CARBON
- RESTORING VIBRANT HEALTH TO THE ENVIRONMENT

**ORGANIC INDIA™**

**Moringa**  
ESSENTIAL NUTRITION  
Certified Organic  
HERBAL SUPPLEMENT - 90 VEG CAPS

USDA ORGANIC, NON-GMO VERIFIED, Certified organicindia.com

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Garden of Life  
myKind Organics Multi

**\$35<sup>99</sup>**  
60 tab



EO  
Everyone Soap

**\$5<sup>99</sup>**  
32 oz



Biokleen  
Bac-Out Stain &  
Odor Eliminator

**\$5<sup>79</sup>**  
32 oz



Desert Essence  
Organic Coconut  
Conditioner

**\$5<sup>99</sup>**  
8.5 oz



Better Life  
All Purpose Cleaner

**\$3<sup>99</sup>**  
32 oz



ECOS  
Dishmate

**\$2<sup>79</sup>**  
25 oz



New Chapter  
Zyflamend™ Whole  
Body

**\$27<sup>99</sup>**  
60 vcap



Andalou Naturals  
Argan & Shea Moisture  
Rich Shampoo

**\$6<sup>49</sup>**  
11.5 oz



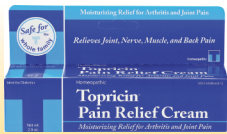
ecover  
Toilet Cleaner

**\$3<sup>29</sup>**  
25 oz



Topricin  
Pain Relief Cream

**\$10<sup>49</sup>**  
2 oz



Giovanni  
2chic Ultra-Moist  
Shampoo

**\$5<sup>79</sup>**  
8.5 oz



KISS MY FACE  
Liquid Rock  
Deodorant

**\$3<sup>99</sup>**  
3 oz



Lily of the Desert  
Aloe Vera Gelly

**\$6<sup>29</sup>**  
12 oz



DERMA E  
Firming DMAE  
Moisturizer

**\$16<sup>99</sup>**  
2 oz



Alaffia  
EveryDay Shea  
Body Wash

**\$9<sup>49</sup>**  
32 oz

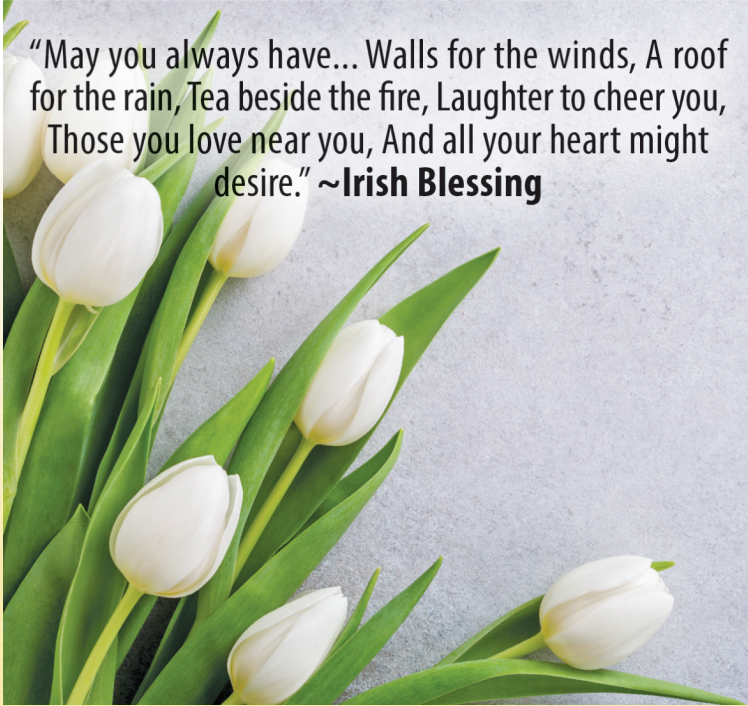


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"May you always have... Walls for the winds, A roof for the rain, Tea beside the fire, Laughter to cheer you, Those you love near you, And all your heart might desire." ~Irish Blessing



**Independent Choice™** specials are available at members of the Independent Natural Food Retailers Association store locations:

**ALABAMA**

**Manna Grocery & Deli**  
2300 McFarland Blvd E,  
Tuscaloosa

**ARKANSAS**

**Nature's Wonders**  
910 Hwy 62-65 N, Harrison

**The Truck Patch**

1602 Hwy 62E, Mountain Home  
906 Southwest Dr, Jonesboro

**ILLINOIS**

**Choices Natural Market**  
6718 Broadcast Pkwy, Loves Park

**Cornucopia**

**Natural Market & Deli**  
176 Seminary St, Galesburg

**Green Earth Grocery**

441 S Buchanan St, Edwardsville

**Heritage Natural Foods**

1317 6th Ave, Moline

**Kankakee Natural Foods**

1035 Mulligan Dr, Bradley

**Local Foods**

1427 W Willow, Chicago

**Naturally Organic Grocery**

112 W Main St, Rockton

**Polson's Natural Foods**

960 Main St, Antioch

**Southtown Health Foods**

2100 W 95th St, Chicago

**Sunrise Health Foods**

17650 Torrence Ave, Lansing  
3203 Vollmer Rd, Flossmoor  
4111 W 183rd St, Country Club Hills

**INDIANA**

**Cathy's Natural Market**  
1315 North Cass St, Wabash

**Down to Earth Natural Foods**

14678 SR 23 E, Grainger

**Georgetown Market**

4375 Georgetown Rd,  
Indianapolis

**The Good Earth  
Natural Food Co**

6350 Guilford Ave, Indianapolis

**Natural Choices  
for Healthful Living**

1825 Central Ave, Columbus

**Nature's Cupboard**

757 Indian Boundary Rd,  
Chesterton  
340 Dunes Plaza, Michigan City

**Rainbow Blossom**

3003 Charlestown Crossing Way,  
New Albany

**Sunrise Health Foods**

1708 E Lincolnway, Valparaiso

**The Sunspot Natural Market**

3717 S Reed Rd, Kokomo  
500 W Sagamore Pkwy, West  
Lafayette

**Tyner Pond Farm Market**

120 S Audubon Rd, Indianapolis

**IOWA**

**Campbell's Nutrition**  
4040 University Ave, Des Moines  
2749 100th St, Urbandale

**Everybody's Whole Foods Store**

501 N 2nd St, Fairfield

**Heritage Natural Foods**

3875 Elmore Ave, Davenport

**KANSAS**

**Kountry Kupboard**  
15750 SW 150th St, Rose Hill

**KENTUCKY**

**Happy Meadow Natural Foods**  
286 Glades Rd, Berea

**Rainbow Blossom**

3738 Lexington Rd, Louisville  
3608 Springhurst Blvd, Louisville  
12232 Shelbyville Rd, Louisville  
3046 Bardstown Rd, Louisville

**MICHIGAN**

**Better Health Market**  
2420 E Stadium, Ann Arbor  
42875 Grand River, Novi  
10792 Belleville Rd, Belleville  
2053 S Telegraph, Bloomfield Hills  
1330 N Telegraph Rd, Dearborn  
305 N Clippert St, Lansing  
19850 Mack Ave, Grosse Pointe Woods  
20432 Farmington Rd, Livonia  
44427 W Ann Arbor Rd, Plymouth  
17696 W 13 Mile Rd, Beverly Hills  
33452 Van Dyke, Sterling Heights  
17825 Eureka Rd, Southgate  
6235 W Saginaw, Lansing  
14105 Hall Rd, Shelby Township

**Natural Health Center**

4610 W Main St, Kalamazoo

**MISSOURI**

**Clovers Natural Market**  
2012 E Broadway, Columbia  
2100 Chapel Plaza Ct, Columbia

**Mama Jean's Natural Market**

3503 E Sunshine, Springfield  
1727 S Campbell Ave, Springfield  
1110 E Republic Rd, Springfield

**MJ's Market & Deli**

900 E Battlefield, Springfield

**Natural Health Organic Foods**

135 S Broadview St, Cape Girardeau

**Nature's Own Health Market**

1020 Westport Road, Kansas City  
310 E 5th St, Kansas City

**Suzanne's Natural Foods**

3106 S Connecticut, Joplin

**OHIO**

**Raisin Rack  
Natural Food Market**  
4629 Cleveland Ave NW, Canton  
2545 Schrock Rd, Westerville

**Troyer's Country Market**

5201 CR 77, Millersburg

**PENNSYLVANIA**

**Nature's Way Market**  
796 Highland Ave, Greensburg

**TEXAS**

**Fresh Plus**  
1221 W Lynn St, Austin  
408 E 43rd St, Austin  
2917 W Anderson Ln, Austin  
2401 San Gabriel, Austin

**WEST VIRGINIA**

**Mother Earth Foods**  
1638 19th St, Parkersburg

**WISCONSIN**

**Downtown Grocery**  
607 Third St, Wausau

**The Free Market**

734 W Wisconsin Ave, Appleton

**Good Harvest Market**

2205 Silvernail Rd, Pewaukee

**The Grainery**

127 3rd St, Baraboo

**Greens N Grains**

7821 Hwy 42, Egg Harbor

**Village Market**

806 S Main St, Fond du Lac