

Lakewood
Organic Pure Pineapple Juice

\$5²⁹

32 oz



Sambazon
Organic Açai Superfruit Packs
(selected varieties)

\$4⁹⁹

4/100 g



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4⁹⁹

6 ct



Mary's Gone Crackers
Organic Super Seed
Crackers

\$3⁶⁹

5.5 oz



Organic India
Organic Tulsi Tea
(selected varieties)

\$3⁴⁹

18 ct



So Delicious
Organic
CoconutMilk

\$2⁹⁹

64 oz



Kettle
Organic
Potato Chips

\$2¹⁹

5 oz



R.W. Knudsen
Organic Tomato
Juice

\$2⁶⁹

32 oz



Organic Valley
Organic
Shredded Cheese

\$3⁶⁹

6 oz



Did you know...

Each year, more than 1 billion people participate in Earth Day activities globally, making it the largest civic observance in the world.

Amy's
Burrito
(selected varieties)

2/\$5

6 oz



Bubbies
Kosher
Dill Pickles

\$5⁹⁹

33 oz



Organicville
Organic Ketchup

\$3²⁹

24 oz



Lightlife
Organic Tempeh

\$2⁶⁹

8 oz



Organic Valley
Organic Ghee

\$5⁹⁹

7.5 oz



Earth Balance
Vegan Buttery Spread

\$3²⁹

15 oz



Field Roast
Vegan Chao Slices

\$3⁹⁹

7 oz



Pacific
Organic Soup
(selected varieties)

\$2⁹⁹

17.6 oz



Santa Cruz Organic
Organic Apple Sauce

\$3²⁹

6/4 oz



Go Veggie
Vegan Grated Parmesan
Style Topping

\$2⁶⁹

4 oz



G.H. Cretors
Popcorn
(selected varieties)

\$2²⁹

7.5 oz



Back To Nature
Cookies
(selected varieties)

\$3⁹⁹

6.4 oz



Beanitos
Bean Chips

\$2²⁹

6 oz



Garden of Eatin'
Red Hot Blues

\$2²⁹

8.1 oz



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 April.

Endangered Species
Chocolate Bar

2/\$4

3 oz



SunSpire
Organic Chocolate Chips
(selected varieties)

\$3.99

9 oz



Black Forest Parfaits

Serves 2

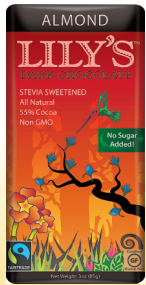
- 16 oz plain **Brown Cow** yogurt
- ½ cup of your favorite granola
- 2 (3oz) chocolate bars, coarsely chopped
- 1 ½ cup frozen cherries, thawed
- ¼ cup honey

1. Layer a third of yogurt, granola, chocolate, cherries, honey into two serving glasses.
2. Repeat with remaining ingredients and serve.

Lily's Sweets
Chocolate Bar

\$2.99

3 oz



thinkThin
High Protein Bar

4/\$5

2.1 oz



Justin's
Squeeze Packs
(selected varieties)

5/\$5

1.15 oz



Green Valley Organics
Organic Lowfat Kefir

\$4.69

32 oz



Califia Farms
Almondmilk
(selected varieties)

\$3.69

48 oz



Barbara's
Puffins Cereal
(selected varieties)

2/\$6

11 oz



So Delicious
CoconutMilk Yogurt

\$4.99

24 oz.



Brown Cow
Whole Milk Yogurt

2/\$6

32 oz



Nature's Path
Organic Cereal
Eco Pac
(selected varieties)

\$6.99

32 oz



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 Simple, honest protein
 that's responsibly-sourced
 and regeneratively-raised.
 Nourish your body, preserve
 our planet.
EPICBAR.COM

EPIC
Meat Bar



2/\$4

1.3 oz

Vermont Smoke & Cure
Meat Stick



4/\$5

1 oz

Halo Top Creamery
Ice Cream

\$3⁹⁹

1 pt



Essentia
Alkaline Water

99¢

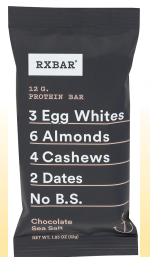
20 oz



RXBAR
Protein Bar

3/\$5

1.83 oz



Health-Ade
Organic Kombucha

2/\$6

16 oz



Harvest Bay
Coconut Water

\$2⁸⁹

33.8 oz



ProBar
Base 20g Protein Bar

2/\$4

2.46 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹

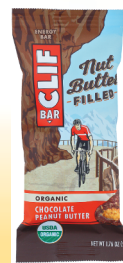
4.8 oz



Clif Bar
Organic Nut Butter
Filled Bar

4/\$5

1.76 oz



KIND
Nuts & Spices Bar
(selected varieties)

4/\$5

1.4 oz



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Organic Valley
Organic Half & Half

\$2⁶⁹
16 oz



Guayaki
Organic
Yerba Mate

2/\$5
15.5 oz



Eternal
Naturally
Alkaline Water

2/\$3
1 lt



Yogi
Tea

2/\$6
16 ct



Teecino
Organic French
Roast Tee-Bags

\$3⁴⁹
10 ct



Orgain
Organic Vegan
Protein Shake

\$1⁹⁹
11 oz



yogi

Yogi Celebrates Earth Day

At Yogi it's not just about creating deliciously purposeful teas. With every ingredient we source, and every cup of tea we make, we strive to support quality, sustainability and social responsibility on a local, national and global level.

Feel Good. Be Good. Do Good.



Learn about our efforts to do good at yogiproductions.com/doing-good

Navitas
Organic
Cacao Powder

\$5⁷⁹
8 oz



Vega
Organic Vega One
All-In-One Shake

\$52⁹⁹
24.3 oz



PlantFusion
Complete
Plant Protein

\$19⁹⁹
1 lb



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333330 4/1/2018 5

Garden of Life
Raw Organic
Protein Powder

\$32⁹⁹
22 oz



Rainbow Light
Women's One
Multivitamin

\$21⁹⁹
90 ct



New Chapter
Turmeric Force™

\$22⁹⁹
60 cap



Natural Vitality
Natural Calm
Plus Calcium

\$16⁹⁹
8 oz



MegaFood
Women Over 40™
One Daily

\$29⁹⁹
60 tab



Gaia Herbs
Turmeric Supreme
Extra Strength

\$17⁹⁹
60 cap



Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 oz



Vibrant Health
Green Vibrance

\$38⁹⁹
12.8 oz



Amazing Grass
Organic
Wheat Grass

\$17⁹⁹
8.5 oz



Carlson
Lemon
Cod Liver Oil

\$32⁹⁹
16.8 oz



Farm Family Roots

For over three generations, we've organically grow the most nutrient-dense greens on our family farm in Kansas and craft them with the highest quality, plant-based ingredients curated from like-minded farmers around the world.

Natural Factors
Organic
Oil of Oregano

\$15⁹⁹
1 oz



 **Amazing Grass®**



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Jarrow Formulas
Bone-Up

\$17⁹⁹
240 cap



Boiron
Arnicare Gel

\$10⁷⁹
2.6 oz



Biokleen
Oxygen
Bleach Plus

\$4⁷⁹
2 lb



Hyland's
Restful Legs

\$7⁹⁹
50 tab



Nordic Naturals
Ultimate Omega 2X Minis

\$27⁹⁹
60 ct



ECOS
Laundry Detergen
(selected varieties)

\$9⁷⁹
100 oz



Herbs Etc.
Deep Sleep®

\$17⁹⁹
60 sgel



Andalou Naturals
Age Defying Shampoo
& Conditioner

\$6⁷⁹
11.5 oz



Seventh Generation
Dish Liquid

\$2⁷⁹
25 oz



ACURE
Brilliantly Brightening
Day Cream

\$10⁴⁹
1.7 oz



Giovanni
Smooth As Silk Shampoo
& Conditioner

\$5⁹⁹
8.5 oz



Dr. Bronner's
Pure-Castile Liquid
Soap

\$10⁴⁹
32 oz



Tom's of Maine
Kids Toothpaste

\$3⁴⁹
4.2 oz



JASON
Toothpaste
(selected varieties)

\$3¹⁹
6.0 oz



Preserve
Triple
Razor System

\$5⁷⁹
1 ct



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**“The earth has music
for those who listen.”
~William Shakespeare**



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

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