Independent Choice™

September 2017

Food For Life Organic Ezekiel 4:9® Bread

$4.29
24 oz

Pacific Organic Bone Broth

$4.49
32 oz

Muir Glen Organic Tomatoes

5/$5
14.5 oz

Annie's Naturals Organic Dressing

2/$4
8 oz

Organic Valley Organic Cultured Butter

$5.19
1 lb

Late July Organic Restaurant Style Tortilla Chips

2/$6
10-11 oz

Organic Valley Organic Mozzarella Stringles

$3.79
6 oz

Alden's Organic Ice Cream

$5.69
48 oz

Traditional Medicinals Organic Tea
(selected varieties)

$3.79
16 ct

Native Forest Organic Classic Coconut Milk

$2.29
13.5 oz

Did you know...

According to a meta-analysis of 342 peer-reviewed studies, organic produce has antioxidant levels up to 69% higher than conventionally grown produce!
– The Organic Center

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 September.

Organic Valley
Organic Milk

$3.99
64 oz

USDA ORGANIC

Nature's Path
Organic Cereal

$3.29
10-11 oz

USDA ORGANIC

Stonyfield
Organic Smooth &
Creamy Yogurt

$3.29
32 oz

USDA ORGANIC

True or False? Less than 1% of farmland in the U.S. is certified organic? Answer: *True*

Even as consumer demand for organic food grows, the percentage of certified organic farmland in the United States stays below 1%. According to the USDA, the annual sales of organic foods has increased by double digits every year since the 1990s. This is great! However, this low supply/high demand dichotomy leaves farmers struggling to meet the needs of their customers. Transitioning to organic is a 3-year process that can often leave the farmer in an odd limbo between conventional and organic production, which could prove to be very costly. Larger farms have the resources, but many medium and small farms cannot afford the risk.

The Good News: A new program has recently launched to help mitigate the burden of farm transition. Leading organic certifier Quality Assurance International (QAI), part of NSF (National Sanitation Foundation) International, is working with industry partners to support farmers through the Certified Transitional program. By auditing and verifying each step of the 3-year process, the program assures consumers that they are supporting a farm through the challenging transition, and it provides farmers a way to continue to sell their crops as they convert their land to be eligible for organic certification. Programs on the local, state, and federal levels will still be needed to support farms in transition, but the Certified Transitional label will go a long way toward helping farmers join the organic movement.

For more information, visit the QAI website:
HTTP://WWW.QAI-INC.COM/SERVICES/TRANSITIONAL_ORGANIC.ASP

Maple Hill Creamery
Organic Cream
On Top Yogurt

5/$5
6 oz

USDA ORGANIC

R.W. Knudsen
Organic Just Tart
Cherry Juice

$5.79
32 oz

USDA ORGANIC

Happy Baby
Organic
Superfood Puffs

$2.69
2.1 oz

USDA ORGANIC

Green & Black's
Organic
Chocolate Bar

$2.79
3.5 oz

USDA ORGANIC

OCHO Candy
Organic Candy Bar

$1.39
1.5 oz

USDA ORGANIC

Annie's Homegrown
Organic
Graham Crackers

$3.49
14.4 oz

USDA ORGANIC

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KeVita
Organic Master
Brew Kombucha

$2.19
15.2 oz
USDA ORGANIC

Lundberg Family Farms
Organic Short Grain
Brown Rice Pouches

$4.79
2 lb
USDA ORGANIC

Rising Moon
Organic Ravioli

$3.69
8 oz
USDA ORGANIC

Uncle Matt's
Organic Orange Juice
(selected varieties)

$5.49
59 oz
USDA ORGANIC

Cascadian Farm Organic
Organic Potatoes

2/$4
16 oz
USDA ORGANIC

Muir Glen
Organic
Pasta Sauce

2/$6
25.5 oz
USDA ORGANIC

Theo
Organic Dark
Chocolate Bar

$2.29
3 oz
USDA ORGANIC

Annie's Homegrown
Organic
Mac & Cheese

2/$4
6 oz
USDA ORGANIC

Tofurky
Deli Slices

$2.99
4-5.5 oz
USDA ORGANIC

Annie's Homegrown
Organic Bunny
Snack Mix

$2.99
9 oz
USDA ORGANIC

Sunshine Burgers
Organic
Veggie Burgers

$3.59
3/2.67 oz
USDA ORGANIC

Organic Prairie
Organic Mighty Bar

$2.39
1 oz
USDA ORGANIC

Back to Nature
Organic Crackers

$2.79
6 oz
USDA ORGANIC

Kettle
Organic
Potato Chips

2/$4
5 oz
USDA ORGANIC

Coconut Bliss
Organic Non-Dairy
Frozen Dessert

$4.49
1 pt
USDA ORGANIC

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Tuna Pasta Salad

[serves 6]

- 1 pound pasta, such as orecchiette
- 2– 5 oz. cans **Wild Planet Tuna**, drained
- 5 ribs celery, thinly sliced
- 1/2 pint cherry tomatoes, halved
- 1/2 medium red onion, diced
- Handful of parsley leaves, rough chopped

- 1 1/2 cup **Sir Kensington's Classic Mayonnaise**
- 1/4 cup **Napa Valley Organic Extra Virgin Olive Oil**
- 1/3 cup red wine vinegar
- 1 Tablespoon dried dill
- 1 1/2 teaspoon sea salt

1. Cook pasta as directed on the package and rinse to cool.
2. Whisk together mayonnaise, oil, vinegar, dill and sea salt until smooth.
3. Prepare remaining ingredients as directed above and place in a large mixing bowl with pasta.
4. Toss dressing with prepared ingredients and serve.

Daiya
Mozzarella-Style
Shreds

$3.19
8 oz

Beanitos
Bean Chips

$2.19
5.5-6 oz

Field Roast
Sausage

$3.99
12.95 oz

Garden Of Eatin'
Blue
Tortilla Chips

2/$6
16 oz

Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

$9.99
25.4 oz

Chosen Foods
Traditional
Avocado Oil Mayo

$5.79
12 oz

Sir Kensington's
Classic Gourmet
Mayonnaise

$3.99
10 oz

Steaz
Organic Iced
Green Tea

4/$5
16 oz

Wild Planet
Wild Albacore Tuna

$3.19
5 oz

Terra Chips
Sweet Potato
Chips

2/$5
6 oz

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C2O
Coconut Water

2/$3
17.5 oz

Califia Farms
Unsweetened
Almondmilk

$4.29
48 oz

Good Karma
Flax Milk
(selected varieties)

$2.79
64 oz

Redwood Hill Farm
Plain Goat
Milk Yogurt

$5.79
32 oz

Zevia
Zero Calorie Soda

2/$7
6/12 oz

Barbara's
Shredded Wheat Cereal

2/$6
13 oz

Chocolove
Chocolate Bar

$2.19
3.2 oz

ProBar
Meal Replacement Bar

$2.19
3 oz

Bob's Red Mill
Gluten Free
Rolled Oats

$4.99
32 oz

Pamela's
Gluten Free
Cookies

$3.19
7.25 oz

Natural Sea
White Albacore Tuna

$2.69
5 oz

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Navitas
Organic
Cacao Powder

$5.79
8 oz

USDA ORGANIC

Choice Organic Teas
Original Tea

$3.49
16 ct

USDA ORGANIC

Garden Of Life
Perfect Raw Food Alkalizer
& Detoxifier

$31.99
285 g

USDA ORGANIC

WTRMLN WTR
Cold Pressed
Watermelon Water

2/$6
12 oz

Spectrum Naturals
Organic Refined
Coconut Oil

$4.99
14 oz

USDA ORGANIC

Amazing Grass
Organic Wheat Grass

$18.99
8.5 oz

USDA ORGANIC

Amy & Brian
Coconut Water

2/$4
17.5 oz

RXBAR
Protein Bar

$1.69
1.83 oz

Bluebonnet
Liquid Calcium
Magnesium Citrate

$9.99
16 oz

thinkThin
High Protein Bar

2/$5
2.1 oz

Larabar
Fruit & Nut Food Bar

5/$5
1.7 oz

tera'swhey
Organic Whey
Protein

$21.99
12 oz

USDA ORGANIC

That's It
Fruit Bar

5/$5
1.2 oz

Clif Bar
Energy Bar

$1.19
2.4 oz

PlantFusion
Complete
Plant Protein

$21.99
1 lb

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Nutrex Hawaii
Spirulina Powder

$12.99
5 oz

MegaFood
MegaFlora

$17.99
30 tab

New Chapter
Wholemega™
Whole Fish Oil

$19.99
60 sgel

Vega
Vega One
Nutritional Shake

$48.99
29.4-30.8 oz

Yerba Prima
Psyllium
Whole Husks

$8.79
12 oz

Nature's Way
Charcoal
Activated

$6.99
100 cap

Back-to-Routine

GREEN SMOOTHIE

1 scoop Vega One™ French Vanilla
1 cup coconut water
½ avocado
½ cup spinach
½ cup of ice
2 Tbsp shredded coconut

Blend, sip, enjoy!

vega™
For more blendspiration
visit **myvega.com**

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Renew Life Cleanse More

$14.99
60 cap

Country Life Coenzyme B-Complex

$11.99
60 vcap

Natural Factors Vitamin C 500mg Chews

$9.99
90 tab

Organic India Organic Whole Husk Psyllium

$9.99
12 oz

USDA ORGANIC

Rainbow Light Women's One Multivitamin

$21.99
90 tab

Nordic Naturals Nordic Berries

$18.99
120 ct

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Boiron
Chestal Honey

$8.29
6.7 oz

Weleda
Skin Food

$12.49
2.5 oz

Nubian Heritage
African Black Bar Soap

$3.29
5 oz

Herbs, Etc.
Deep Sleep®

$17.99
60 sgel

Alaffia
EveryDay Shea
Body Lotion

$9.99
32 oz

Dr. Bronner's
Pure-Castile
Liquid Soap

$7.49
16 oz

Topricin
Pain Relief Cream

$11.49
2 oz

Andalou Naturals
Argan & Shea Moisture Rich Shampoo & Conditioner

$6.79
11.5 oz

The Grandpa Soap Co.
Pine Tar
Bar Soap

$3.19
3.25 oz

JASON
Body Wash

$9.99
30 oz

Desert Essence
Thoroughly Clean
Face Wash

$6.29
8.5 oz

ECOS
Dishmate

$2.29
25 oz

Tea Tree Therapy
Tea Tree Toothpaste

$3.49
5 oz

derma e
Retinyl Palmitate
Crème

$8.79
4 oz

Biokleen
Bac-Out Stain & Odor Eliminator

$6.29
32 oz

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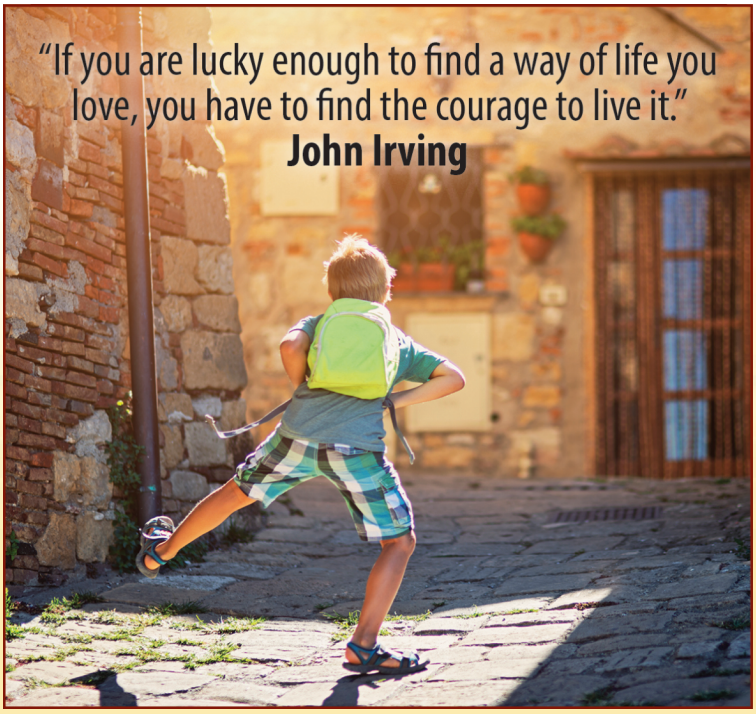

Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

Alabama

Manna Grocery & Deli
2300 McFarland Blvd E, Tuscaloosa

Arkansas

Health Food Garden
2621 W Main, Russellville
Nature's Wonders
910 Hwy 62-65 N, Harrison
Prairie Market
418 S Main St, Harrison
The Truck Patch
Natural Market
1602 Hwy 62E, Mountain Home
906 Southwest Dr, Jonesboro

Illinois

Choices Natural Market
6718 Broadcast Pkwy, Loves Park
Cornucopia
Natural Food & Fine Cheese
89 Seminary St, Galesburg
Green Earth Grocery
441 S Buchanan St, Edwardsville
Heritage Health Foods
4111 W 183rd St, Country Club Hills
Heritage Natural Foods
1317 6th Ave, Moline
Kankakee Natural Foods
1035 Mullligan 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
Strawberry Fields
306 W Springfield Ave, Urbana
Sunrise Health Foods
17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor

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
Healthy Horizons
7034 Indianapolis Blvd, Hammond
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 Clipper St, Lansing
19850 Mack Ave, Grosse Pointe Woods
20432 Farmington Rd, Livonia
44427 W Ann Arbor Rd, Plymouth
17606 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
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 Food Market
4301 Main 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

Oklahoma

Native Roots Market
131 NE 2nd St, Oklahoma City

Pennsylvania

Nature's Way Market
796 Highland Ave, Greenburg

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

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