

Proud member of



# INDEPENDENT CHOICE

March 2020

"The pleasures of the table, and of life, are infinite - toujours bon appétit!" -Julia Child



Earth Balance  
Organic Vegan Whipped  
Buttery Spread

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

13 oz



Wild Planet  
Skipjack Wild Tuna

**2/\$5**

5 oz



Muir Glen  
Organic Tomatoes  
(selected varieties)

**5/\$5**

14.5 oz



Lundberg Family Farms  
Organic Rice Cakes  
(selected varieties)

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

8.5-10 oz



Honest Tea  
Organic Iced Tea  
(selected varieties)

**4/\$5**

16 oz



Organic Valley  
Organic Ghee

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

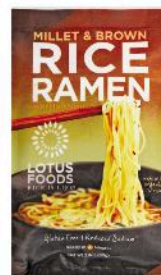
7.5 oz



Lotus Foods  
Rice Ramen  
(selected varieties)

**2/\$3**

2.8 oz



Lakewood  
Organic Pure  
Pineapple

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

32 oz



Late July  
Organic Restaurant  
Style Tortilla Chips  
(selected varieties)

**2/\$6**

11 oz



Traditional Medicinals  
Organic Tea  
(selected varieties)

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

16 ct



Hope  
Organic Hummus  
(selected varieties)

**2/\$6**

8 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 March.

**Ancient Harvest  
Organic Supergrain Pasta**



**2/\$5**

8-9.6 oz

**Pacific Foods  
Organic Soup  
(selected varieties)**



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

17-17.6 oz

**Annie's  
Organic Dressing  
(selected varieties)**



**2/\$6**

8 oz

**Annie's  
Mac & Cheese  
(selected varieties)**



**5/\$5**

5.25-6 oz

**Koyo  
Ramen  
(selected varieties)**



**5/\$5**

2-2.1 oz

**Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil**



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

25.4 oz

**Good Health  
Avocado Oil Potato Chips  
(selected varieties)**



**2/\$5**

5 oz

**Annie's  
Organic Snack Mix  
(selected varieties)**



**2/\$7**

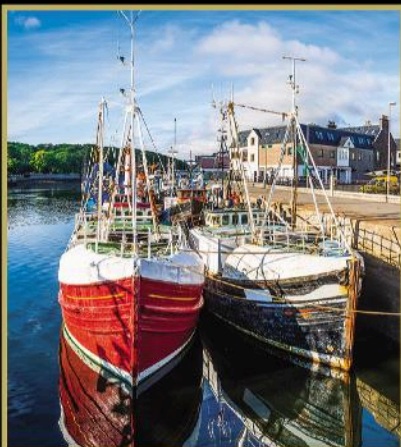
9 oz

**Crown Prince Natural  
Skinless & Boneless  
Sardines in Olive Oil**



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

3.75 oz



**CROWN PRINCE**  
- QUALITY *Natural* SEAFOOD -

**Remedy for corned beef and cabbage on St. Paddy's Day: Seafood.**

*The Irish enjoy their delicious wild caught and sustainably harvested world famous seafood and shellfish throughout the year. This is the tradition of freshness and sustainability captured in Crown Prince Natural seafood.*

**We harvest and pack the seas' finest seafood from around the world within hours of landing. March is the time to try our Brisling Sardines sourced in the Irish Sea off the coast of Scotland.**

***The Irish would approve.***

Visit [www.crownprince.com](http://www.crownprince.com)



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**A. Vogel  
Organic Herbamare  
Sea Salt**

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

8.8 oz



**SweetLeaf  
Sweet Drops  
(selected varieties)**

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

2 oz



**Café Altura  
Organic Ground Coffee  
(selected varieties)**

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

12 oz



**Celestial Seasonings  
Tea  
(selected varieties)**

**2/\$5**

20 ct



**Enjoy Life Foods  
Chocolate Chips**

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

9-10 oz



**Birch Benders  
Organic Pancake &  
Waffle Mix  
(selected varieties)**

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

16 oz



**Steaz  
Organic Iced Green Tea  
(selected varieties)**

**99¢**

16 oz



**Ocho Candy  
Organic Candy Bar**

**2/\$3**

1.45-1.5 oz



**UNREAL  
Chocolate Gems**

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

5 oz



**Zevia  
Zero Calorie Soda**

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

6 ct



**Taste Nirvana  
Coconut Water  
(selected varieties)**

**\$1<sup>59</sup>**

9.5 oz



**Topo Chico  
Sparkling Mineral  
Water  
(selected varieties)**

**89¢**

12 oz



**R.W. Knudsen  
Organic Just Tart  
Cherry Juice**

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

32 oz



**VOTE  
EVERY  
DAY**

**Certified**



**Corporation**

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**Peter Rabbit Organics  
Organic Baby Food  
Pouch**  
(selected varieties)

**2/\$3**

4-4.4 oz



**Larabar  
Fruit & Nut Bar**  
(selected varieties)

**5/\$5**

1.6-1.8 oz



**Perfect Bar  
Protein Bar**  
(selected varieties)

**2/\$4**

2.2-2.5 oz



**Organic Valley  
Organic Flavored  
Half & Half**

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

16 oz



**Chameleon Cold-Brew  
Organic Ready to Enjoy  
Coffee**  
(selected varieties)

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

10 oz



**Uncle Matt's  
Organic Orange Juice**  
(selected varieties)

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

52 oz



**Almond Breeze  
Almondmilk**  
(selected varieties)

**2/\$7**

64 oz



**KeVita  
Organic Sparkling  
Probiotic Drink**  
(selected varieties)

**2/\$5**

15.2 oz



**GT's  
Organic Multi Serve  
Kombucha**  
(selected varieties)

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

48 oz



**ALIVE LIKE YOU**  
Delicious Probiotic Drinks

SPARKLING PROBIOTIC DRINK  
MASTER BREW KOMBUCHA  
APPLE CIDER VINEGAR TONIC

Every bottle of KeVita is crafted from our proprietary culture using the freshest organic ingredients to deliver a smooth, invigorating taste from your first sip to your last.

MOJITA LIME MINT COCONUT  
PINEAPPLE PEACH  
TURMERIC GINGER

NON GMO VERIFIED  
K

**siggi's  
Icelandic Yogurt**  
(selected varieties)

**4/\$5**

4-5.3 oz



**Maple Hill Organic  
Organic Cream On Top Yogurt**

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

32 oz



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Miyoko's  
Organic European Style  
Cultured Vegan Butter

**\$4<sup>49</sup>**

8 oz



Organic Valley  
Organic Mozzarella  
Stringles

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

6 oz



Bonafide Provisions  
Bone Broth

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

24 oz



Applegate Farms  
Chicken Nuggets  
(selected varieties)

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

8 oz



Quorn  
Meat Alternative  
(selected varieties)

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

7.05-12 oz



Beyond Meat  
Beyond Beef Crumbles

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

10 oz



Gardein  
Meatless Meat  
(selected varieties)

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

8.8-14.1 oz



Against the Grain Gourmet  
Gluten Free Three Cheese  
Pizza

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

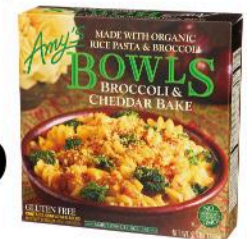
24 oz



Amy's  
Bowls  
(selected varieties)

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

8-10 oz



Canyon Bakehouse  
Gluten Free Bread

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

18 oz



Alden's Organic  
Organic Ice Cream (selected  
varieties)

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

48 oz



Yerba Prima  
Great Plains Bentonite

**\$9<sup>99</sup>**

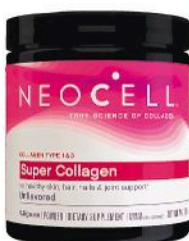
16 oz



NeoCell  
Super Collagen

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

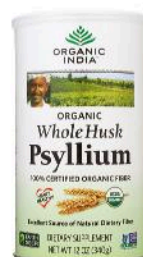
7 oz



Organic India  
Organic Whole Husk Psyllium

**\$9<sup>99</sup>**

12 oz



Vega  
Sport Premium Protein

**\$37<sup>99</sup>**

28.3-29.5 oz



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Natural Factors  
DGL 400 mg Chewable

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

90 tab



Sovereign Silver  
Bio-Active Silver  
Hydrosol Dropper

**\$28<sup>99</sup>**

8 oz



NOW Foods  
Peppermint  
Essential Oil

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

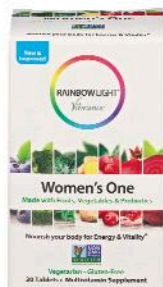
1 oz



Rainbow Light  
Vibrance Women's One

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

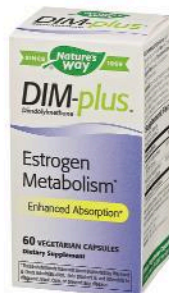
30 ct



Nature's Way  
DIM-plus™

**\$13<sup>99</sup>**

60 vcap



Garden of Life  
mykind Organics B-12  
Organic Spray

**\$13<sup>99</sup>**

2 oz



Renew Life  
Ultimate Flora Extra  
Care Probiotic 50 Billion

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

30 ct



PlusCBD Oil  
Extra Strength CBD Oil  
Balm

**\$31<sup>99</sup>**

1.3 oz



Life-flo  
Pure Magnesium Oil

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

8 oz



**Ricola**

FOR COUGH AND SORE THROAT RELIEF



MADE WITH A UNIQUE BLEND OF  
10 NATURAL SWISS ALPINE HERBS

Jarrow Formulas  
Saccharomyces  
Boulardii + MOS

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

90 vcap



Ricola  
Cough Drops  
(selected varieties)

**2/\$4**

19-24 ct



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**DERMA E**  
Anti-  
Wrinkle Renewal Cream

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



**Lily of the Desert**  
Aloe Vera Gelly

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



**Thayers**  
Witch Hazel Facial Toner

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



**Andalou Naturals**  
1000 Roses Cleansing  
Foam

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



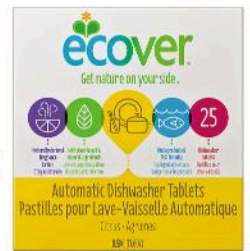
**Giovanni**  
Shampoo or  
Conditioner  
(selected varieties)

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



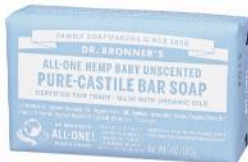
**Ecover**  
Dishwasher Tablets

**\$4<sup>49</sup>**  
17.6 oz



**Dr. Bronner's**  
Organic Baby Unscented  
Pure-Castile Bar Soap

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



**Mrs. Meyer's Clean Day**  
Liquid Dish Soap  
(selected varieties)

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



**Biokleen**  
Laundry Liquid

**\$9<sup>99</sup>**  
128 loads



**biokleen®**  
**CELEBRATING**  
**THIRTY YEARS**

Spring clean and  
save some *green*

3x concentrated with  
plant-based cleaning power  
delivers low-cost per load

Learn how we Clean for Good at  
[www.biokleenhome.com/CleanforGood](http://www.biokleenhome.com/CleanforGood)



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**We are part of Independent Natural Food Retailers Association (INFRA), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.**

Together, we're able to provide you with discounts on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**Independent Choice specials are available at Independent Natural Food Retailers Association member store locations. For more information and a complete listing, please visit [www.naturalfoodretailers.net](http://www.naturalfoodretailers.net).**

#### ALABAMA

Manna Grocery & Deli

#### ARKANSAS

Nature's Wonders  
Olde Fashioned Foods  
The Eureka Market  
The Truck Patch

#### ILLINOIS

Choices Natural Market  
Cornucopia Natural Market & Deli  
Food Fantasies Naturally  
Green Earth Grocery  
Heritage Natural Foods  
Kankakee Natural Foods  
Local Foods  
Nature's Cornucopia  
Polson's Natural Foods Health Foods  
Southtown Health Foods  
Sunrise Health Foods

#### INDIANA

Cathy's Natural Market  
Down to Earth Natural Foods  
Georgetown Market  
The Good Earth  
Natural Food Company  
Natural Choices for Healthful Living  
Nature's Cornucopia  
Nature's Cupboard  
Rainbow Blossom  
Sunrise Health Foods  
The Sunspot Natural Market

#### IOWA

Campbell's Nutrition  
Everybody's Whole Foods Store  
Heritage Natural Foods

#### KANSAS

Kountry Kupboard

#### KENTUCKY

Happy Meadow Natural Foods  
Rainbow Blossom

#### MICHIGAN

Better Health Market  
Natural Health Center  
Sawall Health Foods  
Western Market

#### MINNESOTA

A Clean Plate Local & Organic Grocer  
Cloquet Natural Foods  
Meadow Farm Foods

#### MISSOURI

Clovers Natural Market  
Mama Jean's Natural Market  
MJ's Market & Deli  
Natural Health Organic Foods  
Nature's Own Health Market  
Suzanne's Natural Foods  
Terra Health Market

#### NORTH DAKOTA

Terry's Health Products

#### OHIO

Kindred Market  
Raisin Rack Natural Food Market

#### PENNSYLVANIA

Nature's Way Market

#### SOUTH DAKOTA

Pomegranate Market

#### TENNESSEE

Natural Foods Market  
Nutrition World

#### TEXAS

Fresh Plus Markets  
Sunflower Shoppe

#### WEST VIRGINIA

Mother Earth Foods

#### WISCONSIN

Appleton Nutrition  
B-Alive Nutrition Center  
Downtown Grocery  
The Free Market  
Good Harvest Market  
The Grainery  
Greens N Grains  
Healthy Way Market  
Nature's Best Market  
NDC Natural Market  
Nutrition Discount Center  
Plan-It Earth Health Center  
Village Market