

Proud member of



INDEPENDENT CHOICE

September 2020

It's the first day of autumn!
A time of hot chocolatey
mornings, and toasty
marshmallow evenings, and,
best of all, leaping into leaves!
- Winnie the Pooh



**Organic Valley
Organic Shredded Cheese**
(selected varieties)

\$3⁷⁹

6 oz



**Muir Glen
Organic Pasta Sauce**
(selected varieties)

2/\$5

25.5 oz



**Farmer's Market
Organic Pumpkin**

\$1⁹⁹

15 oz



**Annie's
Organic Graham
Crackers**

\$3⁴⁹

14.4 oz



**Harmless Harvest
Organic Coconut
Water**

\$3⁷⁹

16 oz



**Lundberg Family Farms
Organic Rice Cakes**
(selected varieties)

\$2⁹⁹

8.5-10 oz



**Mary's Gone Crackers
Organic Original
Crackers**

\$3⁴⁹

5.5-6.5 oz



**Cascadian Farm Organic
Organic Potatoes**
(selected varieties)

2/\$5

12-16 oz



**Food For Life
Organic Tortillas**
(selected varieties)

\$2⁷⁹

10-12 oz



**Late July
Organic Restaurant
Style Tortilla Chips**

2/\$6

11 oz



**Yogi
Tea**
(selected varieties)

2/\$7

16 ct



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.



Zhuzhed-Up Tuna Salad

12 oz high-quality imported tuna packed in oil, drained
 2 T finely chopped parsley
 2 cloves minced garlic
 1 tsp Dijon mustard
 1 tsp lemon juice
 ground black pepper & kosher salt to taste
 1/2 c finely chopped fennel bulb
 1/2 c mayonnaise
 1/4 c finely chopped celery
 2 T capers

Safe Catch
 Elite Pure
 Wild Tuna



\$2²⁹
 5 oz

Wild Planet
 Wild Sardines
 (selected varieties)



\$1⁷⁹
 4.4 oz

Dr. McDougall's
 Soup Cup
 (selected varieties)



\$1⁵⁹
 1-3.4 oz

Maya Kaimal
 Organic Everyday Dal



\$3²⁹
 10 oz

Primal Kitchen
 Mayo with
 Avocado Oil



\$6²⁹
 12 oz

Good Health
 Avocado Oil
 Potato Chips



2/\$5
 5 oz

Barnana
 Organic Plantain
 Chips



2/\$7
 5 oz

Annie's
 Organic Dressing
 (selected varieties)



2/\$6
 8 oz

Vegan Rob's
 Puffs



2/\$5
 3.5 oz

Cretors
 Popcorn
 (selected varieties)



\$2²⁹
 6.5-8 oz

MadeGood
 Organic Soft Baked
 Mini Cookies
 (selected varieties)



2/\$5
 5 ct

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Alter Eco
Organic Truffles
(selected varieties)



2/\$1

1 piece



OCHO Candy
Organic Candy Bar



2/\$3

1.45-1.5 oz



Teeccino
Organic Herbal Coffee
(selected varieties)



\$7⁹⁹

11 oz



Chocolove
Chocolate Bar
(selected varieties)



2/\$4

3.1-3.2 oz

Theo
Organic
Chocolate Bar
(selected varieties)

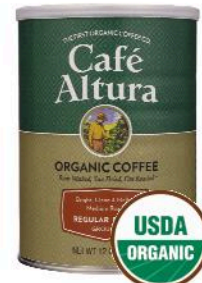


2/\$4

3 oz



Café Altura
Organic Ground Coffee
(selected varieties)



\$7²⁹

12 oz



RXBAR
Protein Bar
(selected varieties)



\$1⁶⁹

1.83 oz

Larabar
Fruit & Nut Bar
(selected varieties)



5/\$5

1.6-1.8 oz

Dang
Dang Bar
(selected varieties)



2/\$3

1.4 oz

Homemade Classic Granola

½ c olive oil
½ c maple syrup
½ tsp cinnamon
½ tsp salt

3 c old-fashioned rolled oats
1 c sliced almonds
1½ c dried fruit, such as raisins,
apricots & dates

Preheat oven to 300° F degrees and line a baking sheet with parchment paper. Whisk together oil, maple syrup, cinnamon and salt in a large bowl. Add oats and almonds to the mixture and toss until well coated. Transfer the mixture onto the prepared baking sheet, spreading as evenly as possible. Bake for 20 minutes, stirring the granola and turning the baking sheet halfway through. When time is up, remove from oven and let cool 5 minutes before tossing in dried fruits.



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Happy Baby
Organic Simple Combos
Baby Food Pouch
(selected varieties)

\$1²⁹

4 oz



San Pellegrino
Sparkling Natural
Mineral Water

\$1⁵⁹

750 ml



Eternal
Naturally Alkaline
Spring Water

\$1³⁹

1 lt



Nixie
Organic Sparkling Water

2/\$6

8 ct



Steaz
Organic Iced
Green Tea

99¢

16 oz



Lakewood
Organic Pure Carrot

\$4⁷⁹

32 oz



nutpods
Dairy-Free Creamer
(selected varieties)

\$2²⁹

11.2 oz



C2O
Coconut Water
(selected varieties)

2/\$3

17.5 oz



Bragg
Organic Apple
Cider Vinegar Drink

2/\$4

16 oz



Califia Farms
Barista Blend
(selected varieties)

\$3⁴⁹

32 oz



Kite Hill
Cream Cheese Alternative

\$5⁴⁹

8 oz



5 REASONS TO SHOP ORGANIC

1. Avoid chemicals
2. Benefit from more nutrients
3. Enjoy food free from artificial colors, flavors or preservatives
4. Reduce pollution
5. Protect our ecosystem

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Field Roast
Chao Slices

\$3⁴⁹

7 oz



Daiya
Dairy-Free
Cheese Style
Shreds

\$3²⁹

7.1-8 oz



Miyoko's
Organic Vegan Cheese Wheel
(selected varieties)

\$6⁴⁹

6.5 oz



Bubbies
Sauerkraut

\$5²⁹

25 oz



Tofurky
Plant-Based
Deli Slices

2/\$5

5.5 oz



Farmhouse Culture
Organic Gut Shot

\$4⁷⁹

16 oz



KeVita
Organic Master
Brew Kombucha
(selected varieties)

2/\$5

15.2 oz



Health-Ade
Organic Kombucha
(selected varieties)

2/\$5

16 oz



GT's
Organic Multi
Serve Kombucha
(selected varieties)

\$6⁴⁹

48 oz



NATURALLY PROBIOTIC FROM ORGANIC VEGGIES



Did you know the gut
holds ~70% of the
body's immune cells?



Immunity
from the Gut



Digestive
Strength



Powered by
Vegetables

**Rising Moon
Organic Ravioli**
(selected varieties)

\$4⁴⁹

8 oz



**Beyond Meat
Beyond Sausage**

\$6⁷⁹

14 oz



**Canyon Bakehouse
Gluten Free Bread**

\$4²⁹

18 oz



**Alexia
Seasoned Waffle
Cut Fries**

\$3²⁹

20 oz



**So Delicious
Frozen Novelties**
(selected varieties)

\$4⁹⁹

4-8 ct



**Alden's Organic
Organic Old School Vanilla
Ice Cream Sandwich**

\$4⁷⁹

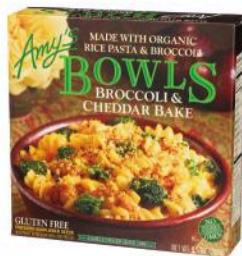
6 ct



**Amy's
Bowls**
(selected varieties)

\$3⁹⁹

8-10 oz



**Garden of Life
Organic Sport Plant-Based
Performance Protein Bar**

\$2⁴⁹

2.5-2.7 oz



**Ancient Nutrition
Multi Collagen Protein**
(selected varieties)

\$38⁹⁹

459-535 g



**PlusCBD
CBD Oil Drops Gold
Formula 250 mg**

\$23⁹⁹

1 oz



**Garden of Life
Dr. Formulated
100% Organic Coconut
MCT Oil**

\$18⁹⁹

16 oz



**Bluebonnet Nutrition
Blueberry Liquid Calcium
Magnesium Citrate**

\$12¹⁹

16 oz



**Yerba Prima
Psyllium
Whole Husks**

\$9⁷⁹

12 oz



**MegaFood
Zinc**

\$15⁴⁹

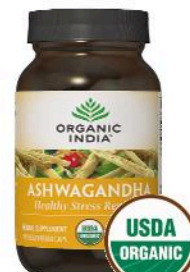
60 tab



**Organic India
Organic Ashwagandha**

\$13⁹⁹

90 vcap



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**Renew Life
3-Day Cleanse**

\$5⁹⁹

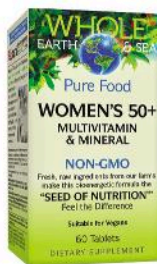
12 cap



**Natural Factors
Whole Earth & Sea™
Men's & Women's
Multivitamin & Mineral
(selected varieties)**

\$27⁹⁹

60 tab



**Jarrow Formulas
Saccharomyces
Boulardii + MOS**

\$18⁹⁹

90 vcap



**ACURE
Brightening
Facial Scrub**

\$6²⁹

4 oz



**EO
Everyone Soap
(selected varieties)**

\$6⁹⁹

32 oz



**Dr. Bronner's
Organic
Hand Sanitizer**

\$3⁴⁹

2 oz



**Himalaya
Toothpaste**

\$4⁴⁹

5.29 oz



**JASON
Powersmile Whitening
Powerful Peppermint
Toothpaste**

\$3²⁹

6 oz



ACURE®
WELCOME TO SKIN WELLNESS™

**100% VEGAN.
0% PRETENTIOUS.**

Paraben free, Sulfate free,
Mineral oil free, Petrolatum free,
Formaldehyde free, Cruelty free

**RADIUS
Source
Soft Toothbrush**

\$6⁴⁹

1 ct



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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

ALABAMA

Manna Grocery & Deli

ARKANSAS

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

ILLINOIS

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
INGUARD
Natural Choices for Healthful Living
Nature's Cupboard
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
BetterHealth Market
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

A Clean Plate Local & Organic Grocery
Good Grocer
Cloquet Natural Foods
Meadow Farm Foods
Tailor Made Nutrition

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

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Heath Foods by Claudia
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
Natural Foods Market
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

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
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market