

Proud member of



INDEPENDENT CHOICE

December 2020

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell



Lily's Sweets
Baking Chips

\$5²⁹

9 oz



Earth Balance
Organic Vegan Whipped
Buttery Spread

\$3⁷⁹

13 oz

Endangered Species
Chocolate Bar



2/\$5

3 oz

Mount Hagen
Organic Instant
Coffee



\$7⁷⁹

3.53 oz

Immaculate Baking
Organic Cinnamon
Rolls



2/\$6

17.5 oz

Annie's
Organic Graham
Crackers



\$3⁴⁹

14.1 oz

Organic Valley
Organic Shredded
Cheese
(selected varieties)



\$3⁷⁹

6 oz

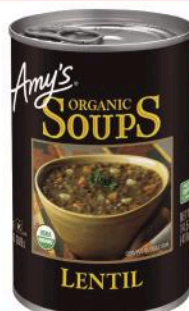
Miyoko's
Organic Vegan Roadhouse
Cheese Spread



\$4²⁹

8 oz

Amy's
Organic Soup
(selected varieties)



2/\$5

14.1-14.5 oz

Muir Glen
Organic Pasta Sauce
(selected varieties)



2/\$5

25.5 oz

Good Health
Avocado Oil
Potato Chips
(selected varieties)



2/\$5

5 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 December.



Beet Hummus

Serves 4-6

2 small, cooked beets,
chopped (approx. ½ c)

15 oz chickpeas, drained and rinsed
½ lemon, juiced

⅓ c tahini

2 T olive oil

2-3 large garlic cloves, peeled

½ tsp sea salt

Combine beets, chickpeas, lemon juice, tahini, olive oil, garlic and salt in the bowl of a food processor; pulse until puréed. Add in water, a tablespoon at a time while processor is running, until smooth and creamy. Place hummus in a serving bowl and serve with your favorite chips or crackers.

MI-DEL
Ginger Snaps
(selected varieties)

\$2⁷⁹

8-10 oz



Happy Baby
Organic Superfood
Puffs

\$2⁴⁹

2.1 oz



Lotus Foods
Rice Ramen
(selected varieties)

2/\$3

2.8 oz



Kettle
Organic Potato
Chips

2/\$5

5 oz



Late July
Clásico Tortilla
Chips
(selected varieties)

2/\$5

5.5 oz



Mary's Gone Crackers
Organic Super Seed
Crackers

\$3⁷⁹

5-5.5 oz



Sesmark
Rice Thins
(selected varieties)

\$2²⁹

3.5-4.25 oz



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Hu
Chocolate Bar

\$3⁷⁹

2.1 oz



Bob's Red Mill
Organic Old
Fashioned
Rolled Oats

\$5⁴⁹

32 oz



Equal Exchange
Organic Baking Cocoa

\$5⁹⁹

8 oz



Chocolove
Chocolate Bar
(selected varieties)

2/\$4

3.1-3.2 oz



Alter Eco
Organic
Chocolate Bar

2/\$6

2.65-2.82 oz



Celestial Seasonings
Tea
(selected varieties)

\$2²⁹

20 ct



Choice Organic Teas
Organic Tea
(selected varieties)

2/\$7

16 ct



Homemade Hot Chocolate

Serves 2

2 c whole milk

2 T cane sugar

4 oz bittersweet chocolate, finely chopped

pinch of ground cinnamon

mini marshmallows

freshly grated nutmeg

Combine milk and sugar in a small saucepan. Heat milk over medium-low heat, whisking frequently until hot. Do not boil. Add chopped chocolate and cinnamon, whisking briskly until incorporated. Pour into serving mugs, sprinkle mini marshmallows and grated nutmeg on top. Serve immediately.

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**Madhava
Organic Agave
(selected varieties)**

\$5⁷⁹

23.5 oz



**Eternal
Naturally Alkaline
Spring Water**

\$1⁷⁹

1.5 liter



**Essentia
Alkaline Water**

\$1⁷⁹

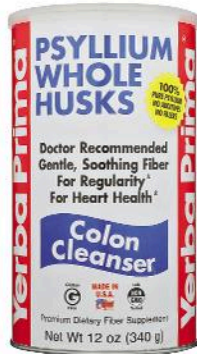
1.5 liter



**Yerba Prima
Psyllium Whole
Husks**

\$9⁹⁹

12 oz



**Vibrant Health
Green Vibrance**

\$41⁹⁹

11.92 oz



**Lakewood
Organic Pure Aloe
Juice**

\$5²⁹

32 oz



**Aura Cacia
Lavender
Essential Oil**

\$7⁹⁹

.5 oz



**NOW Foods
Peppermint Essential
Oil**

\$5⁴⁹

1 oz



**Jarrow Formulas
Bone-Up**

\$17⁴⁹

240 cap



AURA CACIA®

*Focusing Lavender
and Rosemary
Diffusion*

INGREDIENTS:

- 6 drops Aura Cacia Lavender Essential Oil
- 12 drops Aura Cacia Rosemary Essential Oil
- Essential oil diffuser

DIRECTIONS:

In diffuser, combine essential oils. Operate diffuser according to directions, and refresh with additional oils as needed.

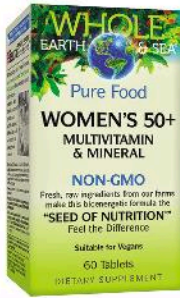
For more gift ideas & holiday recipes, go to auracacia.com

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

\$27⁹⁹

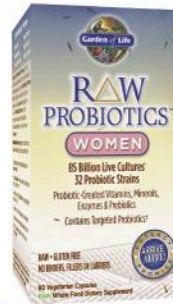
60 tab



**Garden of Life
Raw Probiotics**

\$41⁹⁹

90 ct



**Renew Life
Ultimate Flora Extra
Care Probiotic 50
Billion**

\$29⁹⁹

30 ct



**Oregon's Wild Harvest
Organic Astragalus**

\$11⁴⁹

90 ct



**Boiron
SleepCalm**

\$9⁹⁹

60 tab



**Andalou Naturals
Shampoo or Conditioner**
(selected varieties)

\$6⁴⁹

11.5 oz



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

\$3²⁹

5 oz



**JASON
Powersmile Whitening
Powerful Peppermint
Toothpaste**

\$3²⁹

6 oz



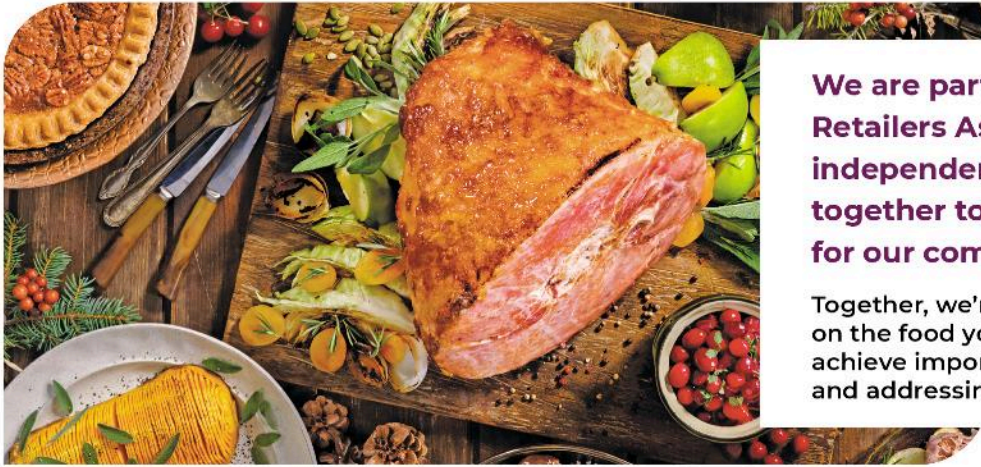
**ACURE
Brightening Facial
Scrub**

\$6²⁹

4 oz



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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
Natural Food Store
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
Cloquet Natural Foods
Good Grocer
Meadow Farm Foods
Tailor Made Nutrition

MISSOURI

Clover's Natural Market
MaMa Jean's Natural Market
MJ's Market & Deli
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Suzanne's Natural Foods

NEBRASKA

Red Clover 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
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