

Proud member of



INDEPENDENT CHOICE

January 2021

"You are never too old to set another goal or to dream a new dream."
- C.S. Lewis



**Primal Kitchen
Organic Unsweetened
Ketchup**

\$3⁹⁹
11.3 oz



**Beyond Meat
Beyond Beef**

\$6⁷⁹
16 oz

**Alexia
Potatoes
(selected varieties)**

2/\$6
15-16 oz



**Miyoko's
Organic Fresh
Vegan Mozzarella**

\$5⁹⁹
8 oz



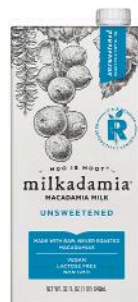
**REBBL
Organic Super
Herb Elixir
(selected varieties)**

\$2⁷⁹
12 oz



**Milkadamia
Macadamia Milk
(selected varieties)**

2/\$7
32 oz



**Siete
Grain Free Tortillas
(selected varieties)**

\$5⁹⁹
8 ct



**Simple Mills
Almond Flour
Crackers**

\$3⁴⁹
4.25 oz



**Essentia
Alkaline Water**

2/\$4
1.5 liter



**Late July
Organic Restaurant
Style Tortilla Chips**

2/\$6
11 oz



**Traditional Medicinals
Organic Tea
(selected varieties)**

\$3⁷⁹
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 January.

Hearty Bean & Kale Soup

Serves 6

4 T olive oil
1 medium yellow onion, diced
2 ribs celery, chopped
1 large carrot, peeled & chopped
1 red bell pepper, chopped
8 c vegetable broth
1 tsp dried thyme
½ bunch green kale
1 can black beans or kidney beans
1 can cannellini beans
salt & freshly ground black pepper

1. Heat oil in a soup pot over medium heat. Sauté onion and celery, stirring frequently until the onions are tender, about 5 minutes.
2. Add carrots, red pepper, broth and thyme. Bring to a gentle simmer. Cover the pot and simmer until the vegetables are barely tender, about 20 minutes.
3. Meanwhile, drain and rinse beans, set aside. Tear kale into bite size pieces, discarding stems. Add kale to the pot and simmer. When kale has wilted, add beans and heat through. Season the soup with salt and pepper to taste. Serve hot.



Muir Glen
Organic Tomatoes
(selected varieties)

5/\$5

14.5 oz



Westbrae
Organic Beans
(selected varieties)

\$1.99

15 oz



Wild Planet
Wild Sardines

\$1.79

4.4 oz



Dr. McDougall's
Soup Cup
(selected varieties)

\$1.49

1-3.4 oz



Annie's
Mac & Cheese
(selected varieties)

5/\$5

5.25-6 oz



Daiya
Deluxe Cheezy Mac

\$3.29

10.6-10.9 oz



Ancient Harvest
Organic Gluten-Free Pasta
(selected varieties)

\$2.49

8-9.6 oz



A. Vogel
Organic Herbamare
Sea Salt

\$5.29

8.8 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6

8 oz



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The Ginger People
Organic Ginger Juice

\$3²⁹

5 oz



Bragg
Organic Apple
Cider Vinegar

\$3⁹⁹

32 oz



Spectrum
Organic Distilled
White Vinegar

\$4⁷⁹

32 oz



Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$8⁹⁹

25.4 oz



Organic Valley
Organic Ghee

\$12⁴⁹

13 oz



Nutiva
Organic Coconut Manna

\$7⁴⁹

15 oz



Justin's
Almond Butter
(selected varieties)

\$8⁹⁹

16 oz



Birch Benders
Keto Pancake &
Waffle Mix

\$5²⁹

10 oz



Navitas
Organic Cacao Powder

\$6²⁹

8 oz



Boulder Canyon
Potato Chips
(selected varieties)

2/\$4

5.25-6.5 oz



Kettle
Potato Chips
(selected varieties)

2/\$4

4.2-5 oz



Barnana
Organic Plantain
Chips
(selected varieties)

2/\$6

5 oz



Peeled Snacks
Organic Baked
Pea Crisps
(selected varieties)

2/\$4

3.3 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹

4.4-7 oz



Vegan Rob's
Puffs

\$2²⁹

3.5 oz



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Homemade Granola Bars

Serves 10

3 c old fashioned oats
1 c puffed rice cereal
4 T unsalted butter
½ c brown sugar
½ c honey
½ tsp salt

1 tsp vanilla extract
1 c chocolate chips, dried
berries, chopped nuts or
any combination (optional)
½ c chocolate chips,
melted (optional)

Line an 8x8" square dish with parchment paper and set aside. Melt the butter in a small saucepan and add in the brown sugar. Stir in the honey. Bring mixture to a low boil for about 2-3 minutes. Stirring constantly. Remove from heat and stir in the salt and vanilla extract. In a large bowl, mix together the puffed rice cereal and the old fashioned oats. Pour the butter mixture into the large bowl and coat cereal and oats well. Add in half of the selected add-ins (chocolate chips, dried fruit, etc.) and transfer the granola mixture into the prepared dish. Press the mixture down evenly inside the dish, making sure its spread all the way to the corners. Sprinkle the remaining add-ins on top of the granola mixture and gently press them into the granola. For a sweet finish, drizzle with melted chocolate. Chill the dish in the refrigerator before removing and cutting into 10 rectangular bars.

From The Ground Up Cauliflower Crackers

2/\$5

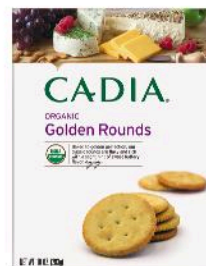
4.0 oz



CADIA Organic Golden Rounds Baked Crackers

\$2⁴⁹

10 oz



Annie's Organic Fruit Snacks (selected varieties)

2/\$4

4 oz



Cascadian Farm Organic Organic Cereal (selected varieties)

2/\$5

8.6-14.6 oz



One Degree Organics Organic Sprouted Cereal (selected varieties)

\$3⁷⁹

8-12 oz



Santa Cruz Organic Organic Apple Sauce Cups

\$3²⁹

6-4 oz



Bob's Red Mill Old Country Style Muesli

\$3⁴⁹

18 oz



MadeGood Organic Granola Bars (selected varieties)

2/\$6

6 ct



Larabar Fruit & Nut Bar (selected varieties)

5/\$5

1.6-1.8 oz



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**Luna
Bar**
(selected varieties)



5/\$5

1.69 oz

**Dang
Dang Bar**
(selected varieties)



2/\$3

1.4 oz

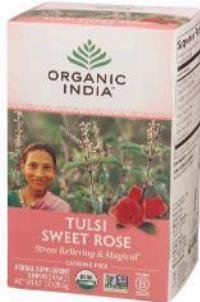
**GoMacro
Organic MacroBar**



2/\$4

2-2.4 oz

**Organic India
Organic Tulsi Tea**
(selected varieties)



\$3⁷⁹

18 ct

**Lakewood
Organic Pure
Pineapple**



\$4⁹⁹

32 oz

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



\$5⁴⁹

32 oz

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



\$1⁵⁹

9.5 oz

**C2O
Coconut Water**
(selected varieties)



2/\$3

17.5 oz

**Vita Coco
Coconut Water**



2/\$6

1 lt

**Orgain
Organic Vegan
Nutritional Shake**



\$1⁹⁹

11 oz

**San Pellegrino
Sparkling Natural
Mineral Water**



2/\$3

750 ml

**Zevia
Zero Calorie Soda**



\$3⁹⁹

6 ct

**nutpods
Dairy-Free Creamer**
(selected varieties)



\$2²⁹

11.2 oz

**Almond Breeze
Almondmilk**
(selected varieties)



2/\$4

32 oz

**So Delicious
Organic Coconutmilk**
(selected varieties)



\$1⁹⁹

32 oz

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

2/\$4
2.2-2.5 oz



**Farmhouse Culture
Organic Gut Shot**

\$3⁹⁹
16 oz



**GT's
Organic Synergy
Kombucha**
(selected varieties)

2/\$5
16 oz



**Lifeway
Organic Kefir**
(selected varieties)

\$3²⁹
32 oz



**KeVita
Organic Sparkling
Probiotic Drink**

2/\$5
15.2 oz



**Vive Organic
Organic Functional Shot**
(selected varieties)

2/\$5
2 oz



**Brown Cow
Cream Top Whole Milk Yogurt**
(selected varieties)

5/\$5
5.3 oz



**So Delicious
Coconutmilk Yogurt
Alternative**

\$4⁴⁹
24 oz



**Almond Breeze
Almondmilk**
(selected varieties)

\$3⁴⁹
64 oz



Califia Farms creates delicious plant-based nourishment that's better for your family and better for the planet. We invite you to try our creamy Unsweetened Almondmilk, Oatmilk, and fan favorite Oat Barista Blend for all your coffee, baking, and smoothie needs.



Almondmilk
(selected varieties)
\$3⁷⁹
48 oz



Oat Barista Blend
\$3²⁹
32 oz



Oatmilk
\$3⁷⁹
48 oz

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**Organic Valley
Organic Ricotta Cheese**

\$4⁹⁹

15 oz



**Field Roast
Chao Slices
(selected varieties)**

\$4²⁹

7 oz



**Miso Master
Organic Mellow
White Miso**

\$4⁹⁹

8 oz



**Bitchin'
Sauce**

\$3⁹⁹

8 oz



**Tofurky
Plant-Based Original Sausage**

\$3⁹⁹

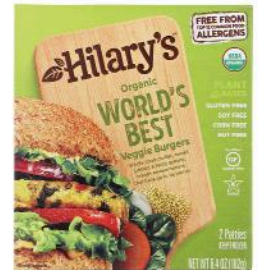
14 oz



**Hilary's
Organic Veggie Burgers**

\$2⁷⁹

6.4 oz



**Gardein
Meatless Meat
(selected varieties)**

\$3²⁹

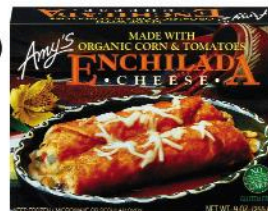
8.8-14.1 oz



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

\$3⁹⁹

9-10 oz



**Cascadian Farm Organic
Organic Potatoes**

2/\$5

12-16 oz



**Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)**

\$3⁹⁹

24 oz



**Canyon Bakehouse
Gluten-Free Bread**

\$4²⁹

18 oz



**Van's
Waffles
(selected varieties)**

2/\$5

8-9 oz



**Coconut Bliss
Organic Dairy-Free
Frozen Dessert
(selected varieties)**

\$4⁹⁹

1 pt



**Sambazon
Organic Superfruit Packs**

\$4⁹⁹

4/100 g



**Manitoba Harvest
Organic Hemp
Hearts**

\$9²⁹

12 oz



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**Spectrum Essentials
Organic Ground
Flaxseed**

\$5²⁹

14 oz



**Vital Proteins
Collagen Peptides**

\$17⁴⁹

10 oz



**Amazing Grass
Green Superfood
(selected varieties)**

\$22⁹⁹

7.4-8.5 oz



**Garden of Life
Raw Organic Fit
Protein Powder**

\$42⁹⁹

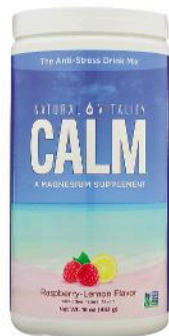
854-922 g



**Natural Vitality
Natural Calm
(selected varieties)**

\$26⁹⁹

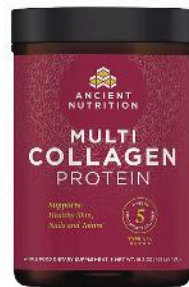
16 oz



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

\$39⁹⁹

459-535 g



**Nordic Naturals
Nordic Berries**

\$18⁹⁹

120 ct



**Bach
Rescue Pastilles**

\$6⁴⁹

50 g



**Natural Factors
Organic Oil of Oregano**

\$12⁹⁹

1 oz



**Charlotte's Web
Hemp Extract-
Infused Gummies**

\$35⁹⁹

60 ct



**Wedderspoon
Organic Manuka
Honey Drops
(selected varieties)**

\$7⁴⁹

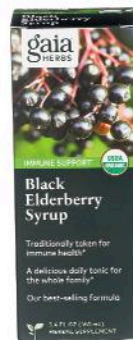
4 oz



**Gaia Herbs
Organic Black
Elderberry Syrup**

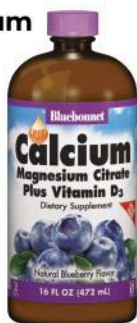
\$18⁹⁹

5.4 oz



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Bluebonnet Nutrition
Blueberry Liquid Calcium
Magnesium Citrate



\$12¹⁹

16 oz

ChildLife Essentials
Liquid Vitamin C



\$4⁹⁹

4 oz

American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids
Capsules



\$18⁴⁹

90 cap

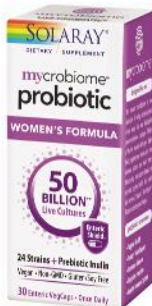
MegaFood
Zinc



\$15⁴⁹

60 tab

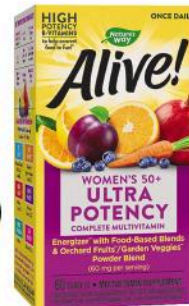
Solaray
Mycrobiome Probiotic
Women's Formula



\$26⁹⁹

30 cap

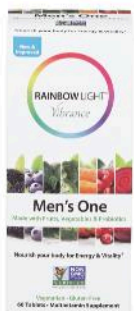
Nature's Way
Alive!® Once
Daily Ultra
Potency
Multivitamin



\$15⁹⁹

60 tab

Rainbow Light
Vibrance Men's One



\$15³⁹

60 tab

Boiron
Oscillococcinum



\$10⁹⁹

6 ct

Jarrow Formulas
Saccharomyces
Boulardii + MOS



\$19⁹⁹

90 vcap

Dr. Bronner's
All-One Toothpaste



\$4⁴⁹

5 oz

Dr. Tung's
Smart Floss



\$3⁷⁹

30 yds

Essential Oxygen
Organic Mouthwash



\$7⁹⁹

16 oz

Andalou Naturals
1000 Roses
Beautiful
Day Cream



\$16⁴⁹

1.7 oz

Desert Essence
100% Australian
Tea Tree Oil



\$7⁹⁹

1 oz

Seventh Generation
Dish Liquid
(selected varieties)



\$2⁹⁹

22-25 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