

Napa Valley Naturals
Organic Extra Virgin Olive Oil

\$9⁴⁹

25.4 oz



Muir Glen
Organic Tomatoes

2/\$5

28 oz



Yogi
Organic Ginger Tea

(other varieties
also on sale)

2/\$6

16 ct



Earth Balance
Organic Coconut Spread

\$3⁶⁹

10 oz



Organic Valley
Organic Mozzarella
Stringles

\$4²⁹

6 oz



Nature's Path
Organic Love Crunch

\$3²⁹

11.5 oz



Harmless Harvest
Organic Coconut Water

\$4⁴⁹

16 oz



KeVita
Organic Sparkling
Probiotic Drink

\$2¹⁹

15.2 oz



Green & Black's
Organic Chocolate Bar

\$2⁹⁹

3.5 oz



Alden's
Organic Ice Cream

\$5⁷⁹

48 oz



Did you know...

Organic Sales account for over 4 percent of total U.S. food sales, according to recent industry statistics?

-USDA Economic Research Service, 2014

Muir Glen
Organic
Pasta Sauce

2/\$5
25.5 oz



Rising Moon
Organic
Ravioli

\$2⁹⁹
8 oz



Spectrum
Organic
Unrefined Extra
Virgin Olive Oil

\$11⁴⁹
25.4 oz



Annie's Homegrown
Organic
Mac & Cheese
(selected varieties)

2/\$4
5.5-6 oz



Hope
Organic Hummus

\$2⁶⁹
8 oz



Late July
Organic
Restaurant Style
Tortilla Chips

2/\$6
10-11 oz



Nutiva
Organic Shortening

\$3⁹⁹
15 oz



Food For Life
Organic Ezekiel 4:9
Sprouted Whole
Grain Bread

\$4²⁹
24 oz



Runa
Organic Ready to
Drink Guayusa

\$1⁴⁹
14 oz



Wholesome!
Organic Raw
Blue Agave

\$5⁶⁹
23.5 oz



Nutiva® partners with Natural Habitats™ to support sustainable farming in Ecuador. Our red palm products are sustainably sourced on family farms, with absolutely no deforestation or habitat destruction. A proprietary cold-filtration process results in a delicious buttery culinary oil, high in antioxidant vitamins A & E.



Theo
Organic
Chocolate Bar
(selected varieties)

\$2¹⁹
3 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 September.

Kettle
Organic
Potato Chips

2/\$4
5 oz



Nature's Path
Organic
Granola Bars

\$2.89
6.2-7.05 oz



Ocho
Organic Candy Bar

2/\$3
1.4 oz



Coconut Bliss
Organic Non-Dairy
Ice Cream

\$4.29
1 pint



Numi
Organic
Chocolate
Puerh Tea

\$5.49
16 ct



Navitas
Organic
Cacao Powder

\$5.99
8 oz



Organic Valley
Organic Fuel
Protein Shake

\$2.89
11 oz



Choice
Organic Teas
(selected varieties)

\$3.19
16 ct



Wallaby
Organic Yogurt

5/\$5
6 oz



Annie's Homegrown
Organic
Bunny
Snack Mix

2/\$6
9 oz



True or False: Foods with less than 95% organic ingredients may not display the organic seal?

Answer: True

You may find yourself asking the question, "what is organic?" as you go up and down the aisles shopping for groceries. It was in the 1940s, with the introduction of synthetic pesticides and herbicides, that the demand for food to be processed more "naturally" started. In the 1970s, laws were passed and certification standards and processes were put in place by the western leaders of the organic movement. The first national legislation, the Organic Foods Production Act (OFPA), was passed in 1990, creating the National Organic Program (NOP). By 2000 the USDA issued its final organic regulations, which became effective October 21, 2002, and the USDA Organic Seal was created to appear on products that were certified to meet the national regulations and standards.

Today, when you are shopping, you can look for the USDA organic symbol to ensure you are getting produce and packaged goods that are "organic".

Look for this image to ensure you are getting an organic product:



Daiya
Dairy-Free
Shreds

\$2⁹⁹

8 oz



Field Roast
Vegetarian Grain Meat
Sausage

\$3⁹⁹

12.95 oz



Redwood Hill Farm
Plain Cultured
Goat Milk Kefir

\$5⁹⁹

32 oz



Tofurky
Deli Slices

\$2⁶⁹

4-5.5 oz



Amy's
Burritos
(selected varieties)

\$2⁴⁹

5.5-6 oz



Silk
Almondmilk

\$3¹⁹

64 oz



Udi's
Gluten Free
Bread

\$3⁹⁹

12-14.3 oz



R.W. Knudsen
Just Cranberry

\$5⁷⁹

32 oz



Clif Bar
Energy Bar

\$1¹⁹

2.4 oz



Epic
Meat Bar

2/\$4

1.3-1.5 oz



Pamela's
Gluten-Free Cookies

\$2⁹⁹

7.25 oz



Probar
Meal Bar

\$2¹⁹

3 oz



Crown Prince Natural
Skinless & Boneless
Sardines In Olive Oil

\$2²⁹

3.75 oz



Crunchmaster
Multi-Seed
Crackers

\$2²⁹

4.5 oz



Larabar
Fruit & Nut Food Bar

5/\$5

1.6-1.8 oz



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Bluebonnet
Liquid Calcium
Magnesium
Citrate+ Vit D3
\$9⁹⁹

16 oz



Organic India
Organic Whole
Husk Psyllium

\$9⁹⁹

12 oz



Amazing Grass
Organic
Wheat Grass

\$18⁹⁹

8.5 oz



Vibrant Health
Green Vibrance
30 Day

\$37⁹⁹

12.8 oz



Yerba Prima
Great Plains
Bentonite

\$8⁴⁹

16 oz



Vega One
Nutritional
Shake

\$2⁴⁹

1.3-1.5 oz



Vega[®] recipe of the month!

Mocha Morning Kickstarter

Warm up on this fall day with a Vega One[™] coffee shake.

1 serving Vega One Mocha

½ cup hot coffee

1 cup hot water

1 Tbsp coconut oil

*Add all ingredients to blender and blend.
Serve warm and enjoy!*



vega one

For more blendspiration visit our
recipe center at myvega.com/recipes



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ACURE

FOR YOUR HAIR | FOR THE PLANET

Our hair care products use cutting edge plant stem cell technology to address specific hair concerns at the root and follicle level. Salon tested for maximum performance, we use only the finest **natural, organic** ingredients available. Each product is paraben free, gluten free, sulfate free, sodium chloride free, vegan, phthalate free, and cruelty free.

IT'S NOT ENOUGH TO BE NATURAL...
IT ALSO HAS TO WORK.™



Desert Essence
Thoroughly Clean
Face Wash

\$6⁷⁹

8.5 oz



Derma E
Anti-Wrinkle Vitamin A
Retinyl Palmitate Crème

\$9⁹⁹

4 oz



Acure
Repairing
Shampoo

\$7⁹⁹

8 oz



Giovanni
Tea Tree Triple
Treat Shampoo

\$5⁷⁹

8.5 oz



Tom's Of Maine
Peppermint Antiplaque
& Whitening Toothpaste

\$4²⁹

5.5 oz



Alaffia
Everyday Shea
Body Lotion

\$9²⁹

32 oz



Tea Tree Therapy
Tea Tree Toothpaste
With Baking Soda

\$3⁷⁹

5 oz



Radius
The Source
Toothbrush

\$6⁴⁹

1 ct



Andalou Naturals
Argan & Sweet
Orange Moisture
Rich Shampoo

\$6²⁹

11.5 oz



Dr. Bronner's
Pure Castile
Liquid Soap

\$6⁹⁹

16 oz



Biokleen
Liquid Laundry

\$9⁴⁹

64 oz



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Grandpa Brands Pine Tar Bar Soap

\$3¹⁹

3.25 oz



Garden of Life Vitamin Code 50 & Wiser Women's Multivitamin

\$29⁹⁹

120 ct



New Chapter Bone Strength Take Care™

\$43⁹⁹

120 tab



Topricin Pain Relief Cream

\$11⁴⁹

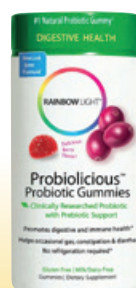
2 oz



Rainbow Light Probiolicious Probiotic Gummies

\$11⁷⁹

50 ct



Nordic Naturals Nordic Berries

\$19⁹⁹

120 ct



MegaFood MegaFlora

\$16⁹⁹

30 ct



Natural Factors Vit C 500 mg Natural Fruit Chew

\$9⁹⁹

90 tab



Boiron Oscillococcinum

\$10⁹⁹

6 dose



Oscillococcinum® reduces the duration and severity of flu-like symptoms, such as body aches, headache, fever, chills and fatigue.* For everyone 2 and up.



Temporarily relieves cold symptoms at every stage of a cold.* For everyone 3 and up.

- Non-drowsy
- No known drug interactions
- Help your body the natural way

Be Prepared for Cough, Cold and Flu Season with
Boiron's children's Medicines!



BOIRON
BRING OUT THE
HEALTH WITHIN®

Temporarily relieves all types of common coughs.* For everyone 2 and up.



Temporarily relieves symptoms of the common cold such as nasal and chest congestion and a fitful cough.* For everyone 3 and up.



*These "Uses" have not been evaluated by the Food and Drug Administration.

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"You can't inspire someone by just talking."

Will Allen



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

ALABAMA

Manna Grocery and Deli

2300 McFarland Blvd East, Tuscaloosa

ARKANSAS

Nature's Wonders

910 Hwy 62-65 N, Harrison

Prairie Market

418 South Main St, Harrison

The Truck Patch Natural Market

1602 Hwy 62E, Mountain Home
906 Southwest Dr, Jonesboro

ILLINOIS

Choices Natural Market

6718 Broadcast Parkway, Loves Park

Cornucopia Natural Food & Fine Cheese

89 Seminary St, Galesburg

Heritage Health Foods

4111 W 183rd St, Country Club Hills

Heritage Natural Foods

1317 6th Ave, Moline

Kankakee Natural Foods

1035 Mulligan 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

Sunrise Health Foods

17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor

INDIANA

Down to Earth Natural Foods

14678 S.R. 23 East, 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

Nature's Pharm

3500 State Rd 38 East Suite 105, Lafayette
5888 E 82nd St, Indianapolis
8215 US 31 S, Indianapolis

Sunrise Health Foods

1708 East Lincolnway, Valparaiso

The Sunspot Natural Market

3717 S Reed Rd, Kokomo
500 W Sagamore Pkwy, West Lafayette

Rainbow Blossom

3003 Charlestown Crossing Way, New Albany

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

MINNESOTA

Sydney's Local Organic Market

810 30th Ave S, Moorehead

MISSOURI

Clovers Natural Market

2012 E Broadway, Columbia

Local Roots Market

808 Main St, Grandview

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

Downtown Grocery

607 Third St, Wausau

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