

Proud member of



INDEPENDENT CHOICE

July 2021

"Live in the sunshine. Swim in the sea. Drink in the wild air."
- Ralph Waldo Emerson



Hu
Grain-Free Crackers

\$3⁷⁹
4.25 oz



Wild Planet
Albacore Wild Tuna

\$3⁷⁹
5 oz



Siete
Grain Free Tortilla Chips
(selected varieties)

\$3⁴⁹

5 oz



Lightlife
Organic Tempeh

\$2²⁹

8 oz



Beyond Meat
Beyond Burger

\$4⁴⁹

8 oz



Alden's Organic
Organic Old School Vanilla
Ice Cream Sandwich

\$4⁷⁹

6 ct



The Mountain Valley
Spring Water

\$1⁷⁹

1 lt



Zevia
Zero Calorie Soda

\$4⁴⁹

6 ct



Dandies
Vegan Marshmallows

2/\$6

10 oz



Annie's
Organic Graham
Crackers

\$3⁴⁹

14.4 oz



Santa Cruz Organic
Organic Lemonade
(selected varieties)

2/\$4

32 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 July.



Fire up the grill and get ready to top, drizzle and dip your favorite recipes with organic goodness. Annie's organic dressings and condiments make it easy to turn summer meals into delicious moments for everyone in the family.

Annie's
Organic Ketchup

2/\$5

24 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6

8 oz



Cadia
Tongol Tuna



2/\$3

5 oz

Tasty Bite
Organic Indian Entrée
(selected varieties)

\$2⁷⁹

10 oz



Kettle
Organic Potato Chips

2/\$5

5 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

2/\$7

16 oz



Late July
Organic Restaurant Style
Tortilla Chips

\$2⁷⁹

11 oz



Terra Chips
Plantain Chips

\$2⁷⁹

5 oz



Barbara's
Cheese Puffs

\$2²⁹

5.5-7 oz



Angie's
BoomChickaPop Popcorn
(selected varieties)

\$2²⁹

4.4-7 oz



Clif Bar
Energy Bar
(selected varieties)

5/\$5

2.4 oz



KIND
Nut Bar
(selected varieties)

\$1³⁹

1.4 oz



SweetLeaf
Liquid Stevia Sweet Drops
(selected varieties)

\$5⁷⁹

2 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 July.

A. Vogel
Organic Herbamare Sea Salt

\$5²⁹

8.8 oz



Spectrum
Organic Distilled
White Vinegar

\$4⁹⁹

32 oz



Nixie
Organic Sparkling Water
(selected varieties)

\$4²⁹

8 ct



Essentia
Alkaline Water

2/\$4

1.5 lt



Taste Nirvana
Coconut Water
(selected varieties)

2/\$4

9.5 oz



Primal Kitchen
Organic Unsweetened
Ketchup

\$3⁹⁹

11.3 oz



Rule the BBQ with
condiments made with
delicious ingredients
and no high fructose
corn syrup, cane sugar,
soy, or canola.



Primal Kitchen
Mayo With Avocado Oil

\$6⁴⁹

12 oz



Clean Cause
Organic Sparkling Yerba Mate

\$2²⁹

16 oz



Steaz
Organic Iced Green Tea
(selected varieties)

4/\$5

16 oz



C2O
Coconut Water

2/\$6

33.8 oz



Vita Coco
Coconut Water

\$3²⁹

1 lt



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁷⁹

32 oz



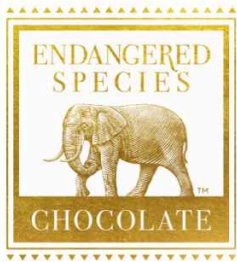
Lakewood
Organic Pure
Pineapple Juice

\$5⁹⁹

32 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 July.



Endangered Species Chocolate is all about authenticity. Each bar has only a handful of real, responsibly sourced, health-conscious ingredients—without any artificial sweeteners or additives. We've got a taste for every occasion and it's making a true impact for wildlife habitats.



Endangered Species
Chocolate Bar

2/\$4
3 oz



Pamela's
Baking & Pancake Mix

\$5⁷⁹
24 oz



Lily's
Chocolate Bar
(selected varieties)

\$2⁷⁹
2.8-3oz



Almond Breeze
Almondmilk

2/\$4
32 oz



REBBL
Organic Super Herb Elixir
(selected varieties)

\$2⁷⁹
12 oz



Health-Ade
Organic Kombucha
(selected varieties)

2/\$5
16 oz



Almond Breeze
Almondmilk
(selected varieties)

\$3⁴⁹
64 oz



So Delicious
Organic Coconutmilk

\$3⁹⁹
64 oz



Brew Dr. Kombucha
Organic Kombucha
(selected varieties)

2/\$5
14 oz



Silk
Almondmilk
(selected varieties)

\$3⁷⁹
64 oz



Lifeway
Organic Kefir
(selected varieties)

\$3²⁹
32 oz



Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)

5/\$5
5.3 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 July.

**Organic Valley
Organic Feta Cheese**

\$4⁷⁹

8 oz



**Bitchin'
Sauce**

\$3⁹⁹

8 oz



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

\$4⁷⁹

1 pt



**Bulletproof
Brain Octane C8 MCT Oil**

\$17⁹⁹

14 oz



**Heritage Store
Black Seed Oil**

\$17⁹⁹

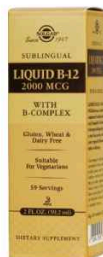
8 oz



**Solgar
Sublingual Liquid B-12 2000 mcg
with B-Complex**

\$7⁹⁹

2 oz



**Bach
Rescue Remedy Dropper**

\$11⁴⁹

10 ml



Fresh Basil Pesto



- 4 garlic cloves, skin removed
- 3 c packed fresh basil leaves, stems removed
- 1.5 oz pine nuts
- coarse kosher salt
- 1.5 oz Parmigiano-Reggiano cheese, freshly grated
- 5 oz extra virgin olive oil
- 2 oz butter, softened to room temperature

1. Add garlic cloves and a pinch of salt to the mortar. Using the pestle, crush the garlic into a paste.
2. Add pine nuts and grind with the garlic into a smooth paste.
3. Add basil leaves and another pinch of salt. Grind the basil into the mixture until smooth.
4. Add the freshly grated Parmigiano-Reggiano cheese and mix to combine.
5. Slowly stream in olive oil and beat mixture with a spoon. Once incorporated, add butter and beat in until evenly distributed. Enjoy!

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

\$22⁹⁹
7.4-8.5 oz



**Garden of Life
Organic RAW Protein & Greens**

\$30⁹⁹
550-650 g



**Vital Proteins
Collagen Peptides**

\$16⁹⁹
10 oz



Coconut Black Cherry Popsicles

- 1 can (13.6 oz) full-fat coconut milk
- ¼ c organic cane sugar
- 1½ c coconut water
- 1½ c black cherry juice

1. Whisk coconut milk and sugar together until smooth.
2. Add remaining ingredients and combine.
3. Pour into popsicle molds and freeze for 5 hours or overnight.



**Natural Factors
BioSil® Hair, Skin, Nails**

\$29⁹⁹
60 vcap



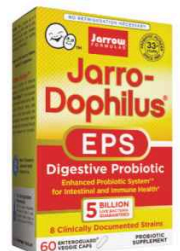
**American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids**

\$16⁹⁹
90 cap



**Jarrow Formulas
Jarro-Dophilus EPS 5 Billion**

\$17⁴⁹
60 vcap



**MegaFood
Turmeric Curcumin
Extra Strength**

\$20⁹⁹
60 tab



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 July.

**Nordic Naturals
Ultimate Omega**

\$20⁹⁹
60 ct



**Boiron
Arnicare Gel**

\$8⁷⁹
2.6 oz



**Essential Oxygen
Organic Toothpaste**

\$5²⁹
4 oz



**Andalou Naturals
CannaCell® Happy Day Cream**

\$12⁹⁹
1.7 oz



**Charlotte's Web
Hemp-Infused Cream with CBD**

\$30⁹⁹
2.5 oz



**ShiKai
Everyday Shampoo or
Conditioner**

\$5⁷⁹
12 oz



**Caboo
Bamboo Bath Tissue**

\$3⁴⁹
4 ct



Orange Lavender Body Lotion

- 1/2 c shea butter
- 1/2 c coconut oil
- 1/2 c olive oil
- 15 drops lavender essential oil
- 15 drops orange essential oil

1. Add shea butter and coconut oil to a quart sized mason jar. Bring 2" of water to boil in a small pot. Place mason jar into the water until oils have melted and mixed together. Set aside to cool.
2. Add olive oil and essential oils and let it sit until almost solidified. Speed up this process by putting it in the freezer.
3. Using an electric mixer, whip the mixture until desired texture is reached. Enjoy!



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
Pass Health Foods
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
The Health Food Shoppe of Fort Wayne
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
Health Hutt
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
Jean's Healthway
MaMa Jean's Natural Market
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
Health 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