

Proud member of



INDEPENDENT CHOICE

September 2021

"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."
- Helen Hunt Jackson



Primal Kitchen
Mayo with Avocado Oil

\$6⁴⁹

12 oz



Siete
Grain Free Tortilla Chips

\$3⁴⁹

5 oz



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

\$3⁹⁹

24 oz



Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$3²⁹

5-6.5 oz



Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

\$2⁹⁹

8.5-10 oz



Miyoko's Creamery
Organic Cashew Milk Mozzarella

\$5⁹⁹

8 oz



Organic Valley
Organic Cream Cheese

\$2⁹⁹

8 oz



Alden's Organic
Organic Ice Cream
(selected varieties)

\$6²⁹

48 oz



Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/\$5

12-16 oz



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



Bragg
Organic Apple Cider
Vinegar

\$3⁹⁹

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 September.

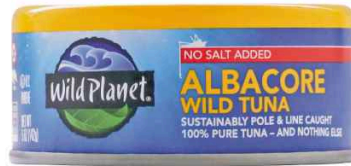


Wild Planet strives to transform fishing into a force to reinvigorate the oceans, so we work with likeminded small-scale fishermen who follow 100% sustainable fishing practices. Our products are minimally processed to deliver unparalleled taste and quality you can trust.



Wild Planet
Wild Sardines

\$1⁷⁹
4.4 oz



Wild Planet
Albacore Wild Tuna

\$3⁷⁹
5 oz

Garden of Eatin'
Taco Shells

2/\$5
5.5 oz



Annie's
Organic Mac & Cheese
(selected varieties)

2/\$5
6 oz



Dr. McDougall's
Soup Cup
(selected varieties)

2/\$3
1.3-3.4 oz



Seeds of Change
Organic Rice & Grains
(selected varieties)

\$2²⁹
8.5 oz



Mori-Nu
Silken Tofu
(selected varieties)

\$1⁵⁹
12-12.3 oz



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$6
25.5 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6
8 oz



Turn Food Scraps Into Fertilizer

- Soak banana peels in water for a few days. Then, spritz liquid on plants.
- Place eggshells in vinegar to break down before using liquid as plant food.
- Sprinkle coffee grounds and used tea leaves onto plant soil.
- Save your (unsalted) pasta water after cooking and water your plants with it.



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Good Health
Avocado Oil
Potato Chips

\$2²⁹

5 oz



Late July
Organic Restaurant
Style Tortilla Chips

\$2⁷⁹

11 oz



Barnana
Organic Plantain Chips
(selected varieties)

2/\$6

5 oz



Terra Chips
Plantain Chips

\$2⁷⁹

5 oz



Barbara's
Cereal
(selected varieties)

2/\$7

8-15 oz



Vegan Rob's
Puffs

\$2²⁹

3.5 oz



MadeGood
Organic Crispy Squares

2/\$5

6 ct



Hu
Grain-Free Crackers

\$3⁷⁹

4.25 oz



Annie's
Organic Graham Crackers

2/\$7

14.4 oz



Tofu Bahn Mi

Serves 4

8 oz marinated extra firm tofu, sliced
4 soft hoagie buns

Quick Pickle:

1 carrot, finely julienned
½ bunch radishes, thinly sliced
1 large garlic clove, minced
¼ c rice vinegar
1½ tsp cane sugar
¼ tsp sea salt

crushed red chilies to taste
1 small cucumber
1 bunch cilantro

Sauce:

⅓ c plant-based mayonnaise
1 T sriracha sauce

Preheat oven to 350° F. Place sliced tofu on a parchment-lined baking sheet and brush with olive oil. Place in a preheated oven and bake for 30 minutes. Meanwhile, prepare the quick pickles by whisking together rice vinegar, garlic, sugar, salt, and crushed chilies in a small bowl. Add carrots and radishes and toss to coat. Set aside to rest for 5-20 minutes, tossing occasionally. Drain. For the sauce, combine mayonnaise and sriracha. To assemble, spread sauce on hoagie buns then layer tofu, cucumbers, quick pickle, and cilantro. Serve promptly and enjoy!



Why Organic IS Better for the Environment...

1. **Pollinator friendly** – No synthetic pesticides allows for bees and other pollinators to thrive.
2. **Builds healthy soil** – Crop rotation nourishes the soil and increases the water holding capabilities while preventing erosion.
3. **Cleaner water** – No harmful chemicals leeching into the water supply.
4. **Encourages biodiversity** – Areas surrounding organic farms have more types of wild plants and animals.
5. **More energy efficient** – Organic farming averages higher energy savings versus conventional farming.
6. **Reduces pollution** – Soil on organic farms has been shown to store much larger amounts of carbon.



Cadia Organic Apple Sauce Cups



2/\$4

16 oz



Once Again Nut Butter Organic Sunflower Seed Butter



\$5²⁹

16 oz

Navitas Organic Cacao Nibs



\$5⁹⁹

8 oz

Theo Organic Chocolate Bar (selected varieties)



\$2²⁹

3 oz

Chocolove Chocolate Bar (selected varieties)



\$2²⁹

3.1-3.2 oz

Teeccino Herbal Coffee (selected varieties)



\$8²⁹

11 oz

Yogi Tea (selected varieties)



\$3²⁹

16 ct

Steaz Organic Iced Green Tea (selected varieties)



\$1¹⁹

16 oz

Nixie Organic Sparkling Water



\$3⁹⁹

8 ct

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Lakewood
Organic Pure Pink
Grapefruit Juice

\$3⁴⁹

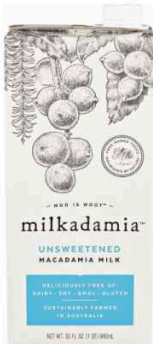
32 oz



Milkadamia
Macadamia Milk
(selected varieties)

2/\$6

32 oz



C2O
Coconut Water

\$2⁹⁹

33.8 oz



Vita Coco
Coconut Water

\$2⁷⁹

1 lt



Almond Breeze
Almondmilk
(selected varieties)

\$3⁴⁹

64 oz



Health-Ade
Organic Kombucha
(selected varieties)

2/\$5

16 oz



GT's
Organic Multi Serve
Kombucha
(selected varieties)

\$6⁴⁹

48 oz



Califia Farms
Plant Milk
(selected varieties)

\$3⁹⁹

48 oz



Lifeway
Organic Kefir
(selected varieties)

\$3⁴⁹

32 oz



APPLE CINNAMON SMOOTHIE BOWL

1 apple, cored & chopped
1 frozen banana, peeled
¼ c rolled oats
2 dates, pitted
⅓ c oat milk
½ tsp vanilla extract
½ tsp ground cinnamon
⅛ tsp ground ginger

⅛ tsp ground nutmeg

Toppings:
sliced apples
granola
chopped dates
sliced almonds
caramel

1. Add all ingredients to a blender.
2. Blend ingredients until smooth and creamy.
3. Transfer smoothie to bowl. Sprinkle on your favorite toppings. Enjoy!



Kite Hill
Cream Cheese Alternative
(selected varieties)

\$5⁴⁹

8 oz



Daiya
Dairy-Free Cheese Style Shreds
(selected varieties)

\$3²⁹

7.1-8 oz



Organic Valley
Organic Raw Sharp Cheddar Cheese



Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)

89¢

5.3 oz



Vital Farms
Pasture-Raised Large Eggs

\$4⁷⁹

12 ct



\$4⁷⁹

8 oz



Bubbies
Sauerkraut

\$5⁹⁹

25 oz



Tofurky
Plant-Based Original Sausage

\$4²⁹

14 oz



Beyond Meat
Beyond Sausage

\$6⁷⁹

14 oz



Hilary's
Organic Veggie Burgers

2/\$5

6.4 oz



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

\$4⁷⁹

1 pt



Garden of Life
Raw Organic Protein Powder

\$30⁹⁹

560-660 g



Yerba Prima
Psyllium Husks Powder

\$9⁷⁹

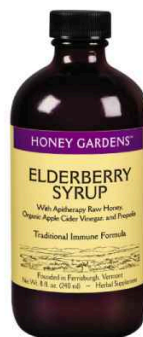
12 oz



Honey Gardens
Elderberry Syrup

\$13⁹⁹

8 oz



Bluebonnet Nutrition
Blueberry Liquid Calcium Magnesium Citrate Plus Vitamin D3

\$12¹⁹

16 oz



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**American Health
Super Papaya Enzyme
Plus Chewable**

\$7²⁹

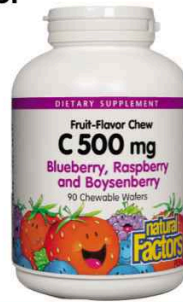
180 tab



**Natural Factors
C 500 mg Fruit-Flavor
Chew**

\$10⁹⁹

90 tab



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

\$7⁹⁹

2 oz



**Jarrow Formulas
Saccharomyces
Boulardii + MOS**

\$19⁴⁹

90 vcap



**MegaFood
Balanced B Complex**

\$12⁹⁹

30 tab



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

\$18⁴⁹

90 cap



**Himalaya
Organic Ashwagandha**

\$13⁴⁹

60 caplets



**RidgeCrest Herbals
ClearLungs Classic**

\$12⁹⁹

60 ct



**Derma E
Vitamin C Concentrated
Serum**

\$16⁴⁹

2 oz



**CV Sciences
+PlusCBD Extra Strength Formula
CBD Balm**

\$18⁴⁹

1.3 oz



**Jason
Powersmile Whitening
Powerful Peppermint
Toothpaste**

\$3⁷⁹

6 oz



**Acure
Shampoo or
Conditioner
(selected varieties)**

\$6⁴⁹

8 oz



**Avalon Organics
Shampoo or
Conditioner
(selected varieties)**

\$7⁴⁹

11 oz



**Mineral Fusion
Nail Polish Remover**

\$6⁴⁹

6 oz



**Better Life
Floor Cleaner**

\$4²⁹

32 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
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
Dale's Natural Foods
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
Harvest Natural Market
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