

Proud member of



INDEPENDENT CHOICE

January 2022

"The magic in new beginnings
is truly the most powerful of
them all."

-Josiyah Martin



**Purely Elizabeth
Granola**
(selected varieties)

\$4⁷⁹

8-12 oz



**Milkadamia
Macadamia Milk**

2/\$7

32 oz



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

\$4⁴⁹

24 oz



**Lundberg Family Farms
Organic Rice Cakes**
(selected varieties)

\$2⁹⁹

8.5-10 oz



**GoMacro
Organic MacroBar**
(selected varieties)

2/\$4

2-2.4 oz



**Primal Kitchen
Mayo with Avocado
Oil**

\$6⁴⁹

12 oz



**Muir Glen
Organic Tomatoes**
(selected varieties)

5/\$5

14.5 oz



**Miyoko's Creamery
Organic Cashew Milk
Mozzarella**

\$5⁹⁹

8 oz



**Yogi
Tea**
(selected varieties)

\$3²⁹

16 ct



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

\$2⁷⁹

16 oz



**Lakewood
Organic Pure
Pineapple Juice**

\$5⁴⁹

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 January.

**Wild Planet
Albacore Wild Tuna**



\$3⁷⁹

5 oz

**Mori-Nu
Silken Tofu**
(selected varieties)



\$1⁴⁹

12-12.3 oz

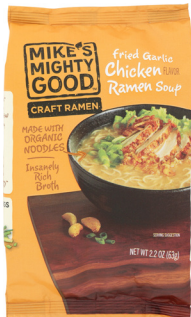
**Ancient Harvest
Organic Polenta**
(selected varieties)



\$2⁷⁹

18 oz

**Mike's Mighty Good
Craft Ramen**
(selected varieties)



\$1⁵⁹

1.6-2.4 oz

**Dr. McDougall's
Soup Cup**
(selected varieties)



\$1⁵⁹

1.3-3.4 oz

**Annie's
Mac & Cheese**
(selected varieties)



5/\$5

5.25-6 oz

**Daiya
Deluxe Cheezy Mac**
(selected varieties)



\$3²⁹

10.6-10.9 oz

**Kettle & Fire
Bone Broth**
(selected varieties)



\$4⁷⁹

16.9 oz

**Pacific Foods
Organic Chicken
Bone Broth**



\$5²⁹

32 oz



Thai Coconut Soup

1 pound firm tofu
5 tablespoons sunflower oil, divided
15-ounce can coconut milk
¼ cup cane sugar
3 tablespoons Thai red curry paste
3 tablespoons tamari
3 tablespoons lime juice

1 small onion, julienned
2 tablespoons minced garlic
2 tablespoons minced ginger
½ teaspoon crushed red chili flakes
½ pound yellow potatoes, halved and sliced
2 cups vegetable broth

- 1** Preheat oven to 350°F. Break tofu into bite size pieces and toss with 2 tablespoons sunflower oil. Place on a baking sheet and bake for 20-30 minutes, turning occasionally until lightly golden brown.
- 2** Meanwhile, whisk together coconut milk, sugar, red curry paste, tamari, and lime juice. Set aside.
- 3** Heat remaining oil in a 2-quart stockpot over medium-low heat. Sauté onion until tender, approximately 3-5 minutes. Add garlic, ginger, and chilies; cook until fragrant.
- 4** Add potatoes and broth. Bring to a gentle simmer and cover. Simmer until potatoes are just tender, approximately 5-8 minutes.
- 5** Stir in coconut mixture and adjust seasoning to taste. Add tofu and serve.

**Muir Glen
Organic Pasta Sauce**
(selected varieties)



2/\$6

25.5 oz

**Annie's
Organic Dressing**
(selected varieties)



2/\$5

8 oz



One hundred years in the making, Bragg® Organic Apple Cider Vinegar is the original wellness elixir. With an ever-expanding portfolio of ingredient-led products backed by a century of time-tested wisdom, Bragg remains passionately focused on helping each individual eat better, feel better, and enjoy a more healthful and vibrant life.



**Bragg
Nutritional Yeast**

\$4²⁹

4.5 oz



**Bragg
Liquid Aminos**

\$5²⁹

32 oz



**Bragg
Organic Apple
Cider Vinegar**

\$4²⁹

32 oz

**Nutiva
Organic Coconut Manna**



\$8⁴⁹

15 oz

**Napa Valley Naturals
Organic Extra Virgin
Olive Oil**



\$8⁹⁹

25.4 oz

**Chosen Foods
Avocado Oil**



\$8⁹⁹

750 ml

**Spectrum
Organic Distilled
White Vinegar**



\$5²⁹

32 oz

**Kettle
Potato Chips
(selected varieties)**



2/\$5

5 oz

**Terra Chips
Sweet Potato Chips
(selected varieties)**



\$2⁷⁹

6 oz

**Siete
Grain Free Tortilla Chips
(selected varieties)**



2/\$7

5 oz

**Barnana
Organic Plantain Chips
(selected varieties)**



\$3²⁹

5 oz

**Epic
Pork Rinds
(selected varieties)**



2/\$5

2.5 oz

**Angie's
BoomChickaPop
Popcorn**
(selected varieties)

2/\$5
4.4-7 oz



**Hippeas
Organic Chickpea Puffs**
(selected varieties)

\$2.29
4 oz



**From The Ground Up
Cauliflower Crackers**
(selected varieties)

\$2.79
4 oz



**Simple Mills
Almond Flour Crackers**
(selected varieties)

\$3.49
4.25 oz



**Catalina Crunch
Keto Friendly Cereal**
(selected varieties)

\$6.29
8-9 oz



**One Degree Organics
Organic Sprouted Cereal**
(selected varieties)

\$3.79
8-12 oz



**Cascadian Farm Organic
Organic Cereal**
(selected varieties)

2/\$5
8.6-14.6 oz



**MadeGood
Organic Granola Bars**
(selected varieties)

2/\$6
6 ct



**Larabar
Fruit & Nut Bar**
(selected varieties)

5/\$5
1.6-1.8 oz



**Santa Cruz Organic
Organic Apple Sauce Cups**
(selected varieties)

\$3.29
6-4 oz



**Once Again Nut Butter
Organic Sunflower Seed Butter**
(selected varieties)

\$5.29
16 oz



**Justin's
Almond Butter**
(selected varieties)

\$7.79
16 oz



**Birch Benders
Organic Pancake & Waffle Mix**
(selected varieties)

\$3.29
16 oz



**Navitas
Organic Cacao Powder**

\$6.29
8 oz



**Manitoba Harvest
Organic Hemp Hearts**

\$9.29
12 oz



**Spectrum Essentials
Organic Ground Flaxseed**

\$5⁹⁹

14 oz



**Bob's Red Mill
Organic Brown Flaxseed Meal**

\$3²⁹

16 oz



**Four Sigmatic
Organic Ground
Mushroom Coffee
(selected varieties)**

\$11⁴⁹

12 oz



**Essentia
Alkaline Water**

2/\$4

1.5 lt



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

\$5⁷⁹

32 oz



**Organic India
Organic Whole Husk
Psyllium**

\$10⁴⁹

12 oz

Organic India's tulsi teas and herbal supplements are organically grown by small family farmers - using regenerative agriculture to provide potent, whole herb solutions for healthy, conscious living.



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

\$3⁷⁹

18 ct

**Eternal
Naturally Alkaline Spring
Water**

2/\$3

1 lt



**Alkaline88
Alkaline Water**

\$3²⁹

1 gallon



**Nixie
Organic Sparkling Water
(selected varieties)**

\$4⁴⁹

8 ct



**Zevia
Zero Calorie Soda
(selected varieties)**

\$4²⁹

6 ct



**C2O
Coconut Water
(selected varieties)**

\$1⁷⁹

17.5 oz



**Vita Coco
Coconut Water**

\$2⁷⁹

1 lt



**Laird Superfood
Superfood Creamer**
(selected varieties)

\$5⁹⁹

8 oz



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

\$2²⁹

11.2 oz



**Orgain
Organic Vegan
Nutritional Shake**

\$2²⁹

11 oz



**Almond Breeze
Almondmilk**
(selected varieties)

2/\$4

32 oz



**Almond Breeze
Almondmilk**
(selected varieties)

\$3⁴⁹

64 oz



**Califia Farms
Oat Barista Blend**

\$3²⁹

32 oz



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

2/\$5

2 oz



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

\$2⁷⁹

12 oz



**KeVita
Organic Sparkling
Probiotic Drink**
(selected varieties)

2/\$5

15.2 oz



**Lifeway
Organic Kefir**
(selected varieties)

\$3⁹⁹

32 oz



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

5/\$5

5.3 oz



**Organic Valley
Organic Mozzarella
Stringles**

\$4²⁹

6 oz



**Violife
Just Like Feta Block**

\$3⁹⁹

8.1 oz



**Earth Balance
Organic Vegan Whipped
Buttery Spread**
(selected varieties)

\$4⁴⁹

13 oz



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

2/\$4

2.2-2.5 oz



Bitchin' Sauce
(selected varieties)

\$3.99

8 oz



JUST Plant-Based Egg Scramble

2/\$6

12 oz



Lightlife Organic Tempeh
(selected varieties)

2/\$5

8 oz



Tofurky Plant-Based Original Sausage
(selected varieties)

\$3.99

14 oz



Hilary's Organic Veggie Burgers
(selected varieties)

\$2.79

6.4 oz



Marinated Tempeh Buddha Bowl

- | | |
|----------------------------|--------------------------|
| ¼ cup soy sauce | ½ cup rice |
| 2 tablespoons rice vinegar | 1 cup vegetable stock |
| 1 tablespoon maple syrup | 1 tablespoon avocado oil |
| 4 cloves garlic, minced | 2 teaspoons cornstarch |
| ½ teaspoon sriracha | ¼ cup micro greens |
| 8 ounces tempeh, sliced | ½ avocado, sliced |

1 Combine soy sauce, rice vinegar, maple syrup, garlic, and sriracha in a bowl. Add the tempeh and coat completely. Marinate 30 minutes, turning occasionally.

2 Meanwhile, place rice and vegetable stock in a pot and bring to a boil. Reduce to a gentle simmer, cover with a lid, and cook for 15 minutes or until all the water is absorbed. Turn off the heat and let rest, covered, for five to ten minutes.

3 In a skillet, heat the avocado oil over medium heat. Add the marinated tempeh in a single layer, shaking off any excess marinade. Save the excess marinade for step four. Cook seven to eight minutes, turning once, until the tempeh is golden brown.

4 While the tempeh is cooking, combine 2 teaspoons cornstarch with 1 tablespoon water in a small bowl. Add to the marinade and mix thoroughly.

5 Once the tempeh is done cooking, transfer it to a plate. Add the marinade to the pan and stir until thick, about one minute. Return the tempeh to the pan and stir to coat. Remove from the heat.

6 In a large bowl, add rice, then layer in tempeh, avocado slices, and micro greens.



Field Roast Plant-Based Sausages
(selected varieties)

\$4.29

12.95 oz



Dr. Praeger's Veggie Burgers
(selected varieties)

\$3.79

8-10 oz



Beyond Meat Beyond Beef

\$6.99

16 oz



Gardein Meatless Meat
(selected varieties)

\$3.49

8.1-14.1 oz



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

\$2⁷⁹

8-9 oz



**Base Culture
Paleo Soft Sandwich
Bread**

\$6⁴⁹

24 oz



**Bonafide Provisions
Bone Broth**
(selected varieties)

\$6⁹⁹

24 oz



**Alexia
Potatoes**
(selected varieties)

2/\$6

15-16 oz



**Cascadian Farm Organic
Organic Frozen Vegetables**
(selected varieties)

2/\$4

10-16 oz



**Sambazon
Organic Pure Unsweetened
Açaí Superfruit Packs**

\$4⁹⁹

14.1 oz



**Gaia Herbs
Organic Black
Elderberry Syrup**

\$18⁹⁹

5.4 oz



**Natural Factors
Organic Oil of Oregano**

\$12⁹⁹

1 oz



**Bach
Rescue Remedy
Dropper**

\$15⁹⁹

20 ml



**Boiron
Oscillococcinum**

\$10⁹⁹

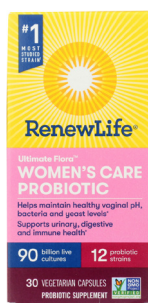
6 ct



**Renew Life
Ultimate Flora
Women's Care
Probiotic 90 Billion**

\$36⁹⁹

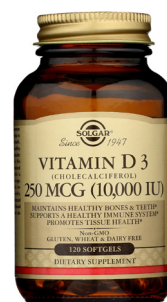
30 ct



**Solgar
Vitamin D3 250 mcg**

\$11⁴⁹

120 softgel



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

\$18⁴⁹

90 cap



**MegaFood
Turmeric Curcumin
Extra Strength**

\$20⁹⁹

60 tab



**Solaray
Magnesium Glycinate**

\$12⁴⁹

120 cap



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**Amazing Grass
Greens Blend**
(selected varieties)

\$22⁹⁹

7.4-8.5 oz



**Garden of Life
Raw Organic Fit
Protein Powder**
(selected varieties)

\$30⁹⁹

854-922 g



**Ancient Nutrition
Multi Collagen Protein**

\$36⁹⁹

454.5 g



**Vital Proteins
Collagen Peptides**

\$32⁹⁹

20 oz



**Nordic Naturals
Nordic Berries**

\$19⁹⁹

120 ct



**Natural Vitality
Calm Gummies**

\$17⁹⁹

120 ct



**Charlotte's Web
Hemp Extract-Infused Gummies**
(selected varieties)

\$34⁹⁹

60 ct



**Dr. Bronner's
All-One Toothpaste**
(selected varieties)

\$4⁴⁹

5 oz



**Desert Essence
Mouthwash**
(selected varieties)

\$5⁴⁹

16 oz



**Andalou Naturals
1000 Roses Beautiful Day
Cream**

\$17⁴⁹

1.7 oz



**Alba Botanica
Un-Petroleum Multi-Purpose
Jelly**

\$5²⁹

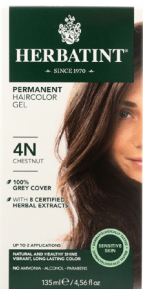
3.5 oz



**Herbatint
Permanent Hair Color Gel**
(selected varieties)

\$12⁴⁹

4.56 oz



**Everyone
3in1 Soap**
(selected varieties)

\$6⁷⁹

32 oz



**Seventh Generation
Bath Tissue**

\$5⁹⁹

12 rolls



**Ecos
Laundry Detergent**
(selected varieties)

\$9⁷⁹

100 oz





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.com.

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