

Proud member of



INDEPENDENT CHOICE

July 2022

"Summer is singing with joy, and the beaches are inviting you with dancing waves."

-Debasish Mridha



Late July Organic Restaurant Style Tortilla Chips (selected varieties)

\$2.79

10.1 oz



Santa Cruz Organic Lemonade (selected varieties)

\$1.99

32 oz



Beyond Meat Beyond Burger

\$4.29

8 oz



Garden of Eatin' Taco Shells

\$2.79

12 ct



Wild Planet Albacore Wild Tuna (selected varieties)

2/\$7

5 oz



Larabar Fruit & Nut Bar (selected varieties)

5/\$5

1.6-1.7 oz



Dandies Vegan Marshmallows

2/\$6

10 oz



Brown Cow Cream Top Whole Milk Yogurt (selected varieties)

5/\$5

5.3 oz



Rebbl Organic Super Herb Elixir (selected varieties)

\$2.79

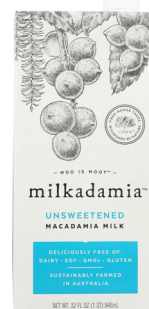
12 oz



Milkadamia Macadamia Milk (selected varieties)

2/\$7

32 oz



Essentia Alkaline Water

2/\$4

1.5 lt



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.



Hot Honey Crispy Chicken Sandwiches

- 4 breaded chicken breasts
- 4 hamburger buns
- 4 tablespoons mayonnaise
- 1 ½ cups kale slaw
- 4 tablespoons unsalted butter, softened

- Hot Honey:**
- ½ cup honey
 - 1 teaspoon crushed red chilies
 - 1 teaspoon smoked paprika
 - ½ teaspoon cayenne pepper

1 In a small saucepan, combine hot honey ingredients and warm over low heat for a few minutes to infuse honey with spices. Turn off heat and set aside.

2 Prepare chicken breast based on package instructions.

3 Spread butter on buns and toast in a large skillet on low until golden.

4 Spread mayonnaise on the top bun and layer slaw, chicken, onions, and hot honey on the bottom bun. Serve promptly.



**Tasty Bite
Indian Entrée**
(selected varieties)

\$2²⁹

10 oz



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

2/\$6

6 oz



**Chickapea
Organic Chickpea Pasta**
(selected varieties)

\$3²⁹

8 oz



**Siete
Kettle Cooked Potato Chips**
(selected varieties)

2/\$6

5.5 oz



**Kettle
Potato Chips**
(selected varieties)

2/\$5

5 oz



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

2/\$5

4.4-7 oz



**Lesser Evil
Organic Popcorn**
(selected varieties)

\$2⁷⁹

4.6-6.4 oz



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Terra Chips
Sweet Potato Chips
(selected varieties)

\$3²⁹

6 oz



Primal Kitchen
Organic Unsweetened
Ketchup

\$4²⁹

11.3 oz



Get more flavor this summer with Primal Kitchen condiments and dressings made with real, delicious ingredients.



Primal Kitchen
Dressing & Marinade
(selected varieties)

\$4⁷⁹

8 oz

Barnana
Organic Plantain Chips
(selected varieties)

2/\$7

5 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$6⁹⁹

500 ml



Lily's
Chocolate Bar
(selected varieties)

2/\$6

2.8-3 oz



From The Ground Up
Cauliflower Crackers
(selected varieties)

2/\$6

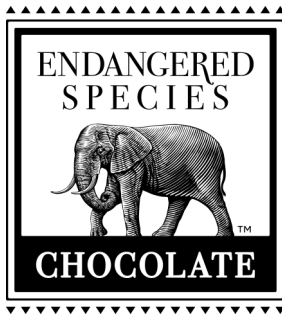
4 oz



Theo
Organic Chocolate Bar
(selected varieties)

\$2⁴⁹

3 oz



ESC was founded by an Oregon entrepreneur who had two passions - crafting premium chocolate and conservation. Nearly three decades later, ESC remains passionate about delicious chocolate with responsibly sourced ingredients. 10% of profits are given forward to protecting species, habitats, and humanity across the globe.



Endangered Species
Chocolate Bar
(selected varieties)

2/\$4

3 oz

Tony's Chocolonely
Chocolate Bar
(selected varieties)

\$3²⁹

6.35 oz



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**Navitas
Organic Cacao Powder**

\$5⁷⁹

8 oz



**Pamela's
Graham Crackers
(selected varieties)**

\$4²⁹

7.5 oz



**Cadia
Organic Maple Sandwich
Cookies**

\$3⁷⁹

11.4 oz



**Kind
Nut Bar
(selected varieties)**

\$1⁷⁹

1.4 oz



**Luna
Bar
(selected varieties)**

5/\$5

1.69 oz



**The Mountain Valley
Spring Water**

\$1⁹⁹

1 lt



**Eternal
Naturally Alkaline
Spring Water**

\$1⁷⁹

1.5 lt



**Steaz
Organic Iced Green Tea
(selected varieties)**

2/\$3

16 oz



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

\$4²⁹

8 ct



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

\$4²⁹

6 ct



**Lakewood
Organic Pure
Carrot Juice**

\$4⁹⁹

32 oz



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

\$5⁷⁹

32 oz



**Almond Breeze
Almondmilk
(selected varieties)**

\$2²⁹

32 oz



**Vita Coco
Coconut Water**

2/\$6

1 lt



**Bragg
Organic Apple Cider
Vinegar Refreshers
(selected varieties)**

\$2⁴⁹

16 oz



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Health-Ade
Organic Kombucha
(selected varieties)

2/\$5

16 oz



Brew Dr.
Organic Kombucha
(selected varieties)

\$2.29

14 oz



So Delicious
Organic Coconutmilk
(selected varieties)

\$4.49

64 oz



Organic Valley
Organic Shredded Cheese
(selected varieties)

\$4.29

6 oz



Hope
Organic Hummus
(selected varieties)

\$2.79

8 oz



Bitchin'
Sauce
(selected varieties)

\$4.29

8 oz



Udi's Gluten Free
Classic Hotdog Buns

\$3.79

6 ct



Dr. Praeger's
Veggie Burgers
(selected varieties)

\$3.79

8-10 oz



Flax4Life
Brownies
(selected varieties)

\$5.99

14 oz



Street Corn Salad

3 10-oz bags frozen corn, thawed
1 cup cotija cheese, crumbled
2 medium green bell peppers, chopped
1 small red onion, diced
½ bunch cilantro, chopped
1 large jalapeno, seeded and minced

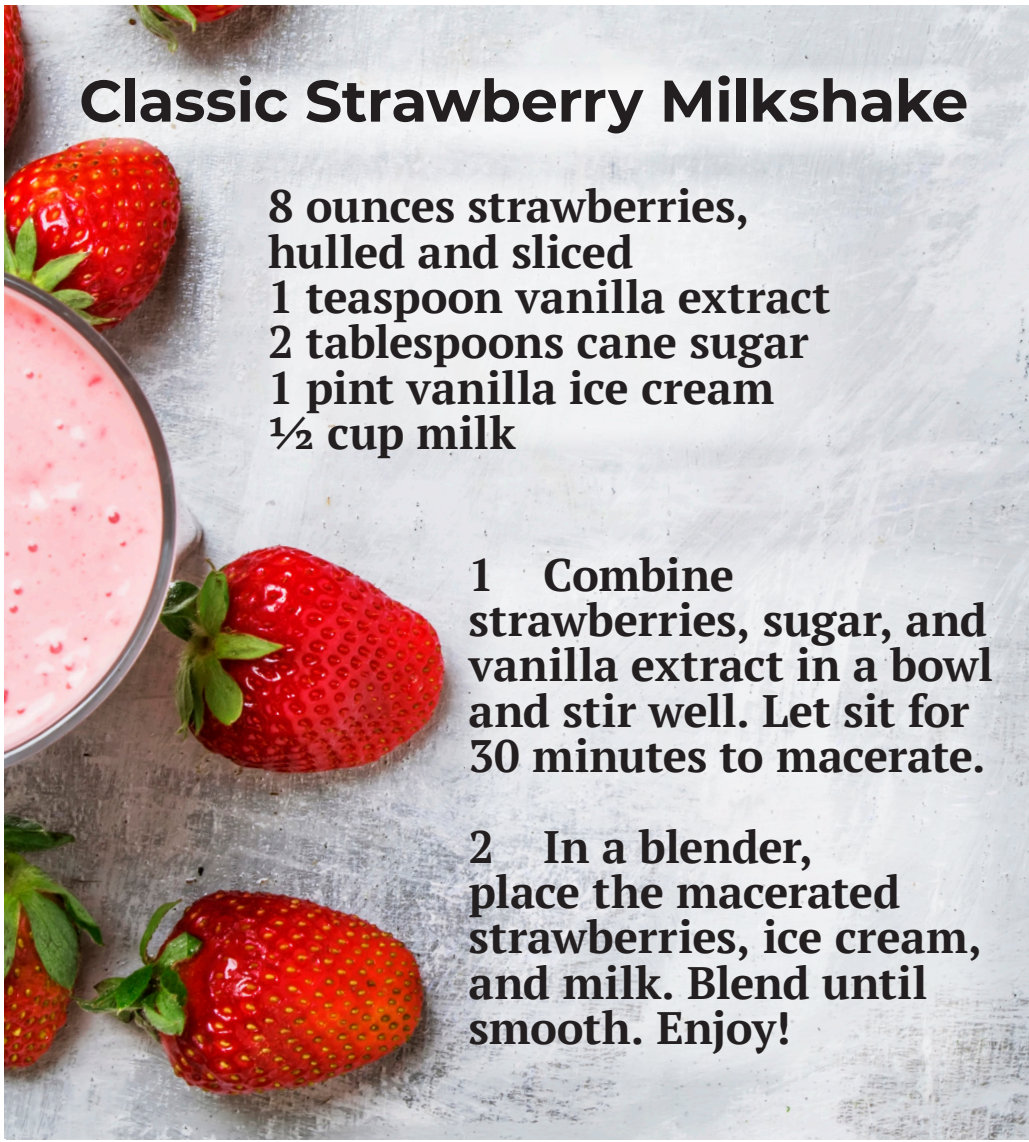
1 In a large mixing bowl, place thawed corn, cheese, bell pepper, red onion, cilantro, and jalapeno pepper. Set aside.

2 Whisk together dressing ingredients and toss with vegetables. Adjust seasoning to taste and serve.

Dressing:
1 cup mayonnaise
3 tablespoons lime juice
1 tablespoon minced garlic
1 tablespoon cane sugar or honey
1 ½ teaspoon smoked paprika
1 teaspoon sea salt
¼ - ½ teaspoon crushed red chilies



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Classic Strawberry Milkshake

- 8 ounces strawberries, hulled and sliced
- 1 teaspoon vanilla extract
- 2 tablespoons cane sugar
- 1 pint vanilla ice cream
- 1/2 cup milk

1 Combine strawberries, sugar, and vanilla extract in a bowl and stir well. Let sit for 30 minutes to macerate.

2 In a blender, place the macerated strawberries, ice cream, and milk. Blend until smooth. Enjoy!

Alden's Organic Organic Ice Cream (selected varieties)

\$6⁷⁹



48 oz

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

\$4⁴⁹



14 oz

Vital Proteins Collagen Peptides

\$18⁴⁹



10 oz

Amazing Grass Greens Blend (selected varieties)

\$22⁹⁹



7.4-8.5 oz

Garden of Life mykind Organics Organic B-12 Spray

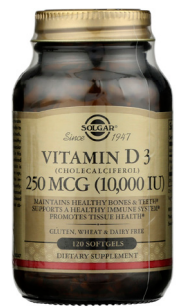
\$13⁹⁹



2 oz

Solgar Vitamin D3 250 mcg

\$10⁹⁹



120 ct

MegaFood Blood Builder

\$12⁴⁹



30 tab

Nordic Naturals Ultimate Omega

\$20⁹⁹



60 ct

Natural Factors Tranquil Sleep Chewable

\$22⁹⁹



60 tab

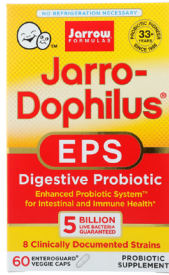
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Jarrow Formulas
Jarro-Dophilus EPS 5
Billion

\$18⁹⁹

60 vcap



American Health
Super Papaya Enzyme
Plus Chewable

\$7²⁹

180 tab



Lily of the Desert
Aloe Vera Gelly

\$3²⁹

4 oz



Acure
Brightening Facial Scrub

\$6⁷⁹

4 oz



Jason
Toothpaste
(selected varieties)

\$3⁷⁹

4.2-6 oz



Ecoc
Laundry Detergent
(selected varieties)

\$10⁹⁹

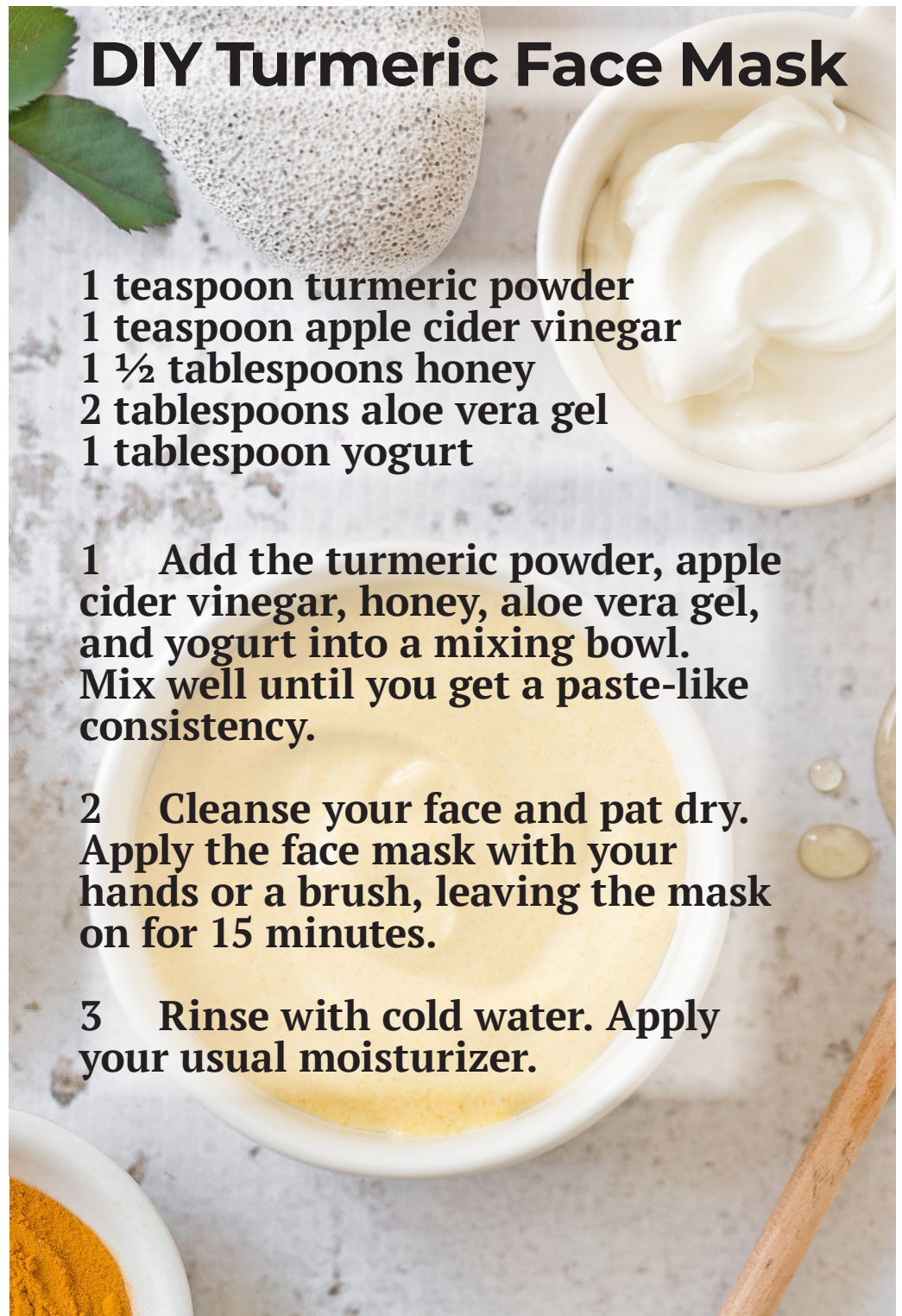
100 oz



Caboo
Bamboo Bath Tissue

\$3⁴⁹

4 ct



DIY Turmeric Face Mask

- 1 teaspoon turmeric powder
- 1 teaspoon apple cider vinegar
- 1 ½ tablespoons honey
- 2 tablespoons aloe vera gel
- 1 tablespoon yogurt

1 Add the turmeric powder, apple cider vinegar, honey, aloe vera gel, and yogurt into a mixing bowl. Mix well until you get a paste-like consistency.

2 Cleanse your face and pat dry. Apply the face mask with your hands or a brush, leaving the mask on for 15 minutes.

3 Rinse with cold water. Apply your usual moisturizer.

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We are part of INFRA (Independent Natural Food Retailers Association), 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

The Eureka Market
Good Measure Market
Natural Food Store
Nature's Wonders
Olde Fashioned Foods
The Truck Patch
Village Nutrition

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

Apple Valley Natural Foods
Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
Harmony & Health
The Health Food Shoppe of Fort Wayne
Natural Choices for Healthful Living
Nature's Cupboard
Rainbow Blossom
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods
Heritage Natural Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
Better Health Market
Dale's Natural Foods
Edson Farms 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
Nutrition Stop
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

Grubb's Grocery
Natural Foods Market
Nutrition World
The Turnip Truck Natural Market

TEXAS

Cox Farms Market
Fresh Plus Markets
Harvest Natural Market
Natural Foods Market
Next Generation
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

