

Proud member of



# INDEPENDENT CHOICE

August 2022

"Breathe the sweetness that hovers in August."

-Denise Levertov



**Hu**  
Organic Chocolate Bar  
(selected varieties)

**\$3.49**

2.1 oz



**Purely Elizabeth**  
Granola  
(selected varieties)

**\$5.29**

8-12 oz



**Back to Nature**  
Crackers  
(selected varieties)

**\$2.79**

4-8.5 oz



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

**2/\$6**

8.6-16 oz



**GoMacro**  
Organic MacroBar

**\$2.29**

2-2.4 oz



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

**2/\$7**

8 oz



**Miyoko's**  
Organic Fresh  
Vegan Mozzarella

**\$5.79**

8 oz



**JUST**  
Plant-Based  
Egg Scramble

**2/\$6**

12 oz



**C2O**  
Coconut Water  
(selected varieties)

**\$1.99**

17.5 oz



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

**\$2.79**

16 oz



**Santa Cruz Organic**  
Organic Lemonade  
(selected varieties)

**\$1.99**

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 August.



Let Annie's bunnies help you make meals with more yum. With staples like Mac & Cheese and Bunny Fruit Snacks, Annie's turns mealtime into yumtime while appealing everyone's taste buds.



Annie's Organic Fruit Snacks (selected varieties)

**2/\$5**  
4 oz



Annie's Bunny Crackers (selected varieties)

**2/\$5**  
7-7.5 oz



Annie's Mac & Cheese (selected varieties)

**5/\$5**  
5.25-6 oz

Safe Catch Elite Wild Tuna



**\$2.99**  
5 oz

Crown Prince Natural Wild Sardines



**2/\$5**  
3.75 oz

CADIA Organic Beans (selected varieties)



**\$1.29**  
15-16 oz

4th & Heart Ghee Butter (selected varieties)



**\$9.29**  
9 oz

Organic Valley Organic Ghee



**\$12.49**  
13 oz

Coconut Secret Organic Coconut Aminos



**\$4.99**  
8 oz

Late July Organic Tortilla Chips



**\$2.99**  
7.5-7.8 oz

Crunchmaster Multi-Seed Crackers (selected varieties)



**\$2.79**  
4 oz

Nick's Sticks Snack Sticks (selected varieties)



**\$2.29**  
1.7 oz

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**Newman's Own  
Sandwich Cremes**  
(selected varieties)

**\$3.99**

13 oz



**Catalina Crunch  
Keto Friendly Sandwich Cookie**  
(selected varieties)

**\$5.49**

6.8 oz



**Bobo's  
Oat Bar**  
(selected varieties)

**2/\$4**

3 oz



At Simple Mills, we make snacks with purposeful ingredients that fill you up but never slow you down. Our snacks are made with delicious, nutrient-dense ingredients, using farming practices that are caring and nourishing to the earth. No additives or artificial stuff, ever. Try our cookie and cracker products today.



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

**\$3.79**

4.25 oz



**Simple Mills  
Crunchy Almond  
Flour Cookies**  
(selected varieties)

**\$3.79**

5.5 oz

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

**\$3.49**

6 ct



**Arrowhead Mills  
Organic Cereal Flakes**  
(selected varieties)

**\$4.49**

6-12 oz



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

**\$7.79**

16 oz

**Justin's**



**Justin's  
Organic Peanut  
Butter Cups**

**2/\$4**

1.32-1.4 oz

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

**\$4.29**

8-10 oz



**St. Dalfour  
French Fruit Spread**  
(selected varieties)

**\$3.49**

10 oz



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# Basil Lemonade

2 cups sugar  
2 cups basil leaves, firmly packed  
12 cups water, divided  
2 cups freshly squeezed lemon juice  
Lemon, for garnish  
Basil, for garnish

1 With a mortar and pestle, muddle basil and sugar. Add mixture to a medium saucepan with four cups of water and cook over medium heat, stirring frequently until all of the sugar has dissolved, about five minutes.

2 Remove from heat and allow the mixture to steep and cool. Once cool, strain the syrup into a pitcher. Add eight cups of water and lemon juice. Stir well. Serve over ice with a lemon wedge and basil garnish.



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

**\$3<sup>29</sup>**

14-16 oz



**Enjoy Life Foods**  
**Chocolate Bar**  
(selected varieties)

**2/\$3**

1.12 oz



**SmartSweets**  
**Candy**  
(selected varieties)

**2/\$5**

1.8 oz



**Peter Rabbit Organics**  
**Organic Baby Food Pouch**  
(selected varieties)

**\$1<sup>49</sup>**

4-4.4 oz



**SweetLeaf**  
**Liquid Stevia**

**\$9<sup>79</sup>**

4 oz



**Essentia**  
**Alkaline Water**

**\$1<sup>79</sup>**

1 lt



**Eternal**  
**Naturally Alkaline**  
**Spring Water**

**99¢**

600 ml



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# CALIFIA FARMS®

Califia Farms (pronounced Cal-uh-FEE-ahh). Just like our California home, we're named after the legend of Queen Califia. Our plant-based, dairy-free products are oh so easy to love, with all the flavor & versatility you deserve.



Califia Farms  
Oat Barista Blend

**\$2<sup>79</sup>**

32 oz



Califia Farms  
Oat Milk  
(selected varieties)

**\$4<sup>79</sup>**

48 oz



Califia Farms  
Almond Milk  
(selected varieties)

**\$4<sup>79</sup>**

48 oz

Waterloo  
Sparkling Water



**\$4<sup>99</sup>**

12 ct

R.W. Knudsen  
Organic Cranberry  
Pomegranate Juice



**\$3<sup>49</sup>**

32 oz

nutpods  
Dairy-Free Creamer  
(selected varieties)



**2/\$5**

11.2 oz

Live  
Organic Kombucha  
(selected varieties)



**\$2<sup>29</sup>**

12 oz

Ripple  
Plant-Based Milk  
(selected varieties)



**\$3<sup>99</sup>**

48 oz

Cocojune  
Organic Coconut Yogurt  
(selected varieties)



**2/\$4**

4 oz

Perfect Bar  
Protein Bar  
(selected varieties)



**2/\$5**

2.2-2.5 oz

Field Roast  
Chao Slices  
(selected varieties)



**\$4<sup>49</sup>**

7 oz

Tofurky  
Plant-Based Deli Slices



**\$2<sup>79</sup>**

5.5 oz

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# Blueberry Mint Yogurt Popsicles

- 2/3 cup coconut sugar
- 2/3 cup water
- 2/3 cup mint leaves, loosely packed
- 3 cups frozen blueberries
- 2 tablespoons agave syrup
- 5 teaspoons lemon juice
- 1 cup Greek yogurt

1 Combine coconut sugar, water, and mint leaves in a small pot. Bring to a boil, stirring continuously to dissolve sugar. Simmer for five minutes. Set aside and cool completely. Strain out mint leaves.

2 In a blender, combine mint simple syrup with the rest of the ingredients and blend until smooth. Pour into popsicle molds, place sticks, and allow to freeze overnight.



## Sambazon Organic Superfruit Packs

**\$4.99**  
4/100 g



## Orgain Organic Vegan Nutritional Shake

**\$2.29**  
11 oz



## Siete Grain Free Tortillas (selected varieties)

**\$6.49**  
8 ct



## Canyon Bakehouse Gluten-Free Bread (selected varieties)

**\$4.79**  
18 oz



## Van's Waffles (selected varieties)

**2/\$6**  
9 oz



## So Delicious Plant-Based Frozen Dessert (selected varieties)

**\$4.79**  
16 oz



## Natural Vitality Calm (selected varieties)

**\$17.99**  
120 ct





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

**\$34<sup>99</sup>**

60 ct



**Nordic Naturals  
Nordic Berries Multivitamin**  
(selected varieties)

**\$19<sup>99</sup>**

120 ct



**MegaFood  
Balanced B Complex**

**\$12<sup>99</sup>**

30 tab



**Garden of Life  
myKind Organics  
Elderberry Gummy**

**\$17<sup>49</sup>**

120 ct



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

**\$10<sup>99</sup>**

90 tab



**Rainbow Light  
Women's One  
Multivitamin**

**\$15<sup>39</sup>**

60 tab



**Andalou Naturals  
Age Defying Resveratrol  
Q10 Night Repair Cream**

**\$18<sup>99</sup>**

1.7 oz



**Boiron  
Calendula Cream**

**\$8<sup>99</sup>**

2.5 oz



**Alaffia  
EveryDay Shea  
Body Wash**  
(selected varieties)

**\$9<sup>29</sup>**

32 oz



**Dr. Bronner's  
All-One Toothpaste**

**\$4<sup>29</sup>**

5 oz



**Seventh Generation  
Dish Liquid**  
(selected varieties)

**\$2<sup>79</sup>**

19 oz



**EO  
Everyone  
Hand Soap**

**\$3<sup>79</sup>**

12.75 oz

**everyone<sup>®</sup>**  
FOR EVERY BODY

Everyone is for every body. Our multitasking body products offer good, clean fun for the whole family. We say yes to real scents, plant extracts, and pure essential oils, and no to animal testing, phthalates, fake fragrances, dyes, and fillers.



**EO  
3in1 Lotion**  
(selected varieties)

**\$7<sup>99</sup>**

32 oz

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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](http://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