

Mary's Gone Crackers
Organic Original Seed Crackers

\$3⁴⁹

5.5-6.5 oz



Dr. Bronner's
Organic Virgin Coconut Oil

\$7⁹⁹

14 oz



Organic Valley
Organic Raw Mild
Cheddar Cheese

\$4²⁹

8 oz



Wholesome!
Organic
Brown Sugar

\$3⁷⁹

24 oz



Immaculate Baking
Organic
Cinnamon Rolls

2/\$6

17.5 oz



Late July
Organic
Multigrain
Tortilla Chips

2/\$5

5.5-6 oz



Simply Organic
Organic Ground
Cinnamon

\$3⁶⁹

2.45 oz



Enjoy Life Foods
Baking Chocolate

\$3⁷⁹

9-10 oz



Alter Eco
Organic
Chocolate Bar

\$2⁵⁹

2.65-2.82 oz



Bob's Red Mill
Garbanzo
Bean Flour

\$1⁷⁹

16 oz



Did you know?

December is a month to celebrate baked goods!
Dec. 4 is National Cookie Day, and Dec. 9 is National Pastry Day!

moroccan style garbanzo bean soup

(Serves 6)

4 T California Olive Ranch
Everyday Extra Virgin Olive Oil
1 large yellow onion, diced
1 large carrot, peeled & diced
4 large garlic cloves, minced
2 tsp ground cumin
1 tsp ground coriander
½ tsp crushed red chilies

(2) 28 oz cans Muir Glen
Organic Tomatoes
32 oz Imagine Organic Broth
28 oz garbanzo beans, drained
1 lemon, zested & juiced
salt and pepper to taste

garnish with crumbled feta cheese

Heat oil in a large stockpot over medium heat. Sauté onions and carrots until onions are translucent, stirring occasionally. Add garlic and spices, stirring for a minute. Add tomatoes, broth and garbanzo beans and bring to a gentle simmer, cover and cook for 10 minutes. Add lemon zest and juice, season with salt and pepper to taste. Serve with crumbled feta and a drizzle of olive oil.

Imagine
Organic Broth
(selected varieties)

2/\$5
32 oz



Muir Glen
Organic
Tomatoes

2/\$4
28 oz



California Olive Ranch
Everyday Extra
Virgin Olive Oil

\$7⁹⁹
16.9 oz



Go Veggie
Vegan Grated
Parmesan
Style Topping

\$2⁴⁹
4 oz



Hilary's
Organic
Veggie Burger

2/\$5
6.4 oz



Amy's
Organic Soup
(selected varieties)

2/\$5
14.1-14.5 oz



Woodstock
Organic Kosher
Sliced Dill Pickles

\$4²⁹
24 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 December.

2 60535 333330 12/1/2018

Good Health
Avocado Oil
Potato Chips

2/\$5

5 oz



Kettle
Organic
Potato Chips

2/\$5

5 oz



Vermont Smoke & Cure
Meat Stick
(selected varieties)

4/\$5

1 oz



Honest Tea
Organic
Iced Tea

3/\$4

16 oz



Sunspire
Organic Chocolate Chips

\$4⁴⁹

9 oz



Chocolove
Chocolate Bar
(selected varieties)

2/\$4

2.9-3.2 oz



Endangered Species
Chocolate Bar
(selected varieties)

2/\$4

3 oz



Annie's Homegrown
Organic
Graham Crackers

\$3⁴⁹

14.1 oz



YumEarth
Organic
Licorice

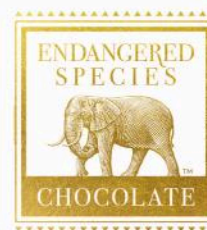
\$2⁵⁹

5 oz



**TIS' THE SEASON TO ENJOY
LIFE'S SWEET MOMENTS.**

*Wishing you a holiday filled
with peace, joy and delightful
shared memories.*



chocolatebar.com

© 2018 Endangered Species Chocolate, LLC. All rights reserved.

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 December.

60535 333330 12/1/2018 3

Lakewood ORGANIC



ORGANIC

Our story...

Lakewood is an Independent Family Juice Company providing a full range of Fresh Pressed, Pure Organic and Premium juice products to the natural food community. Since 1935, our 4th generation business continues to thrive as we fulfill our mission to deliver the highest quality products available with respect to the environment and the health of your family. We take great pride in being a responsible steward of the Lakewood brand, and hold true to the mission of providing real nutrition with a purpose, just as nature intended!

*Lakewood is proud to partner with
INFRA in support of a healthy
and sustainable Earth.*



Lakewood Organic Pure Aloe Juice

\$4⁹⁹

32 oz



Q Drinks Tonic Water

\$4⁴⁹

750 ml



Terra Chips Sweet Potato Chips (selected varieties)

2/\$5

5.75-6 oz



Lundberg Family Farms Rice Chips (selected varieties)

\$2²⁹

6 oz



San Pellegrino Sparkling Water

2/\$3

750 ml



Spectrum Organic Unrefined Extra Virgin Olive Oil **\$9⁹⁹**

25.4 oz



Muir Glen Organic Pasta Sauce

2/\$5

25.5 oz



Tips for Party Hosting Perfection

- **Cook What You Know** - Stick to your favorites and save the experiments for another time.
- **Snacks All Night** - Offer a variety of snacks and have plenty on-hand to keep guests happy.
- **Make a Signature Cocktail** - Sangria or punch is always a hit and adding garnishes makes things festive!



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 December.

That's It.
Bar
(selected varieties)

4/\$5
1.2 oz



Organic Valley
Organic Flavored
Half & Half

\$2⁹⁹
16 oz



Happy Baby
Organic
Superfood Puffs

\$2⁶⁹
2.1 oz



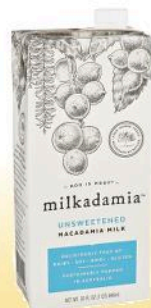
Health-Ade
Organic
Kombucha

2/\$6
16 oz



Milkadamia
Macadamia Milk
(selected varieties)

\$3⁴⁹
32 oz



Daiya
Dairy-Free Greek Yogurt
Alternative

3/\$4
5.3 oz



Yogi
Tea

2/\$6
16 ct



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4⁶⁹
1 pt



Brown Cow
Cream Top Whole Milk
Yogurt

4/\$3
5-5.3 oz



Yogi

SUPPORT HEALTH & WELLNESS during cold weather season.

Yogi has been creating deliciously purposeful teas since 1984. Based on a proven knowledge of Ayurveda, the ancient holistic healing system of India, the Yogi collection combines over 100 exotic spices and botanicals from around the globe to create over 50 varieties of teas, rich in both flavor and healthful purpose. All Yogi teas are made with organic ingredients, most of which are certified organic.

Feel Good. Be Good. Do Good.



Learn more about Yogi's line of cold weather teas at yogiproductions.com

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 December.

60535 333330 12/1/2018 5

Quantum[®] HEALTH

Science-based Products Inspired by Nature

For over 35 years, Quantum Health has led the natural products industry in developing supplements and personal care products that truly work. As an independent, family owned company, we source only the highest quality, research-supported ingredients to ensure product effectiveness.

For all of your immune support needs, you can rely on Quantum Health.

© 2018 Quantum Health

quantumhealth.com



Quantum Health
TheraZinc
Elderberry Lozenges

\$1⁷⁹
14 ct



Boiron
Oscillococinum

\$1⁷⁹
12 ct



NOW
Peppermint
Essential Oil

\$5⁴⁹
1 oz



Oregon's Wild Harvest
Turmeric

\$20⁹⁹
60 ct



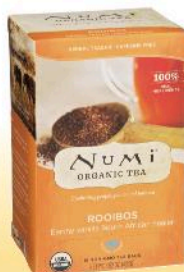
Jarrow Formulas
Jarro-Dophilus
EPS 5 Billion

\$15⁹⁹
60 vcap



Numi
Organic Tea
(selected varieties)

\$4⁴⁹
16-18 ct



Natural Factors
Stress-Relax[®]
Tranquil Sleep
Chewables

\$22⁹⁹
60 tab



NeoCell
Super Collagen

\$11⁴⁹
7 oz



Garden of Life
Raw Organic
Protein Powder

\$27⁹⁹
568-664 g



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 December.

6 60535 333330 12/1/2018

Badger
Badger Balm

\$5⁴⁹

2 oz



Mineral Fusion
Nail Polish Remover

\$6⁴⁹

6 oz



Weleda
Skin Food

\$12⁴⁹

2.5 oz



ShiKai
Borage Therapy
Original Formula
Lotion

\$10⁹⁹

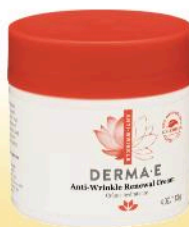
8 oz



DERMA E
Anti-Wrinkle
Renewal Cream

\$11⁹⁹

4 oz



ACURE
Organic Moroccan
Argan Oil

\$6²⁹

1 oz



Andalou Naturals
Argan Oil & Shea Moisture
Rich Shampoo
& Conditioner

\$6⁴⁹

11.5 oz



Dr. Bronner's
Organic Pure-Castile
Bar Soap

\$3²⁹

5 oz



ECOS
Dishmate

\$2⁶⁹

25 oz



ACURE®
WELCOME TO
SKIN WELLNESS



100% VEGAN. 0% PRETENTIOUS.

Paraben free, Sulfate free, Mineral oil free, Petrolatum free, Silicone free, Cruelty free

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 December.

60535 333330 12/1/2018 7

"What good is the warmth of summer, without the cold of winter to give it sweetness?"

~John Steinbeck



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

ALABAMA

Manna Grocery & Deli
2300 McFarland Blvd E, Tuscaloosa

ARKANSAS

Nature's Wonders
910 Hwy 62-65 N, Harrison

The Truck Patch

1602 Hwy 62E, Mountain Home
906 Southwest Dr, Jonesboro

ILLINOIS

Choices Natural Market
6718 Broadcast Pkwy, Loves Park

Cornucopia

Natural Market & Deli
176 Seminary St, Galesburg

Green Earth Grocery

441 S Buchanan St, Edwardsville

Heritage Natural Foods

1317 6th Ave, Moline

Kankakee Natural Foods

1035 Mulligan Dr, Bradley

Local Foods

1427 W Willow, Chicago

Polson's Natural Foods

960 Main St, Antioch

Southtown Health Foods

2100 W 95th St, Chicago

Sunrise Health Foods

17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor
4111 W 183rd St, Country Club Hills

INDIANA

Cathy's Natural Market
1315 North Cass St, Wabash

Down to Earth Natural Foods

14678 SR 23 E, Grainger

Georgetown Market

4375 Georgetown Rd, Indianapolis

The Good Earth

Natural Food Company
6350 Guilford Ave, Indianapolis

Natural Choices

for Healthful Living
1825 Central Ave, Columbus

Nature's Cupboard

761 Indian Boundary Rd Ste 3,
Chesterton
340 Dunes Plaza, Michigan City

Rainbow Blossom

3003 Charlestown Crossing Way,
New Albany

Sunrise Health Foods

1708 E Lincolnway, Valparaiso

The Sunspot Natural Market

3717 S Reed Rd, Kokomo
500 W Sagamore Pkwy,
West Lafayette

Tyner Pond Farm Market

120 S Audubon Rd, Indianapolis

IOWA

Campbell's Nutrition

4040 University Ave, Des Moines
2749 100th St, Urbandale

Everybody's Whole Foods Store

501 N 2nd St, Fairfield

Heritage Natural Foods

3875 Elmore Ave, Davenport

KANSAS

Kountry Kupboard

15750 SW 150th St, Rose Hill

KENTUCKY

Happy Meadow Natural Foods

286 Glades Rd, Berea
Rainbow Blossom
3738 Lexington Rd, Louisville
3608 Springhurst Blvd, Louisville
12232 Shelbyville Rd, Louisville
3046 Bardstown Rd, Louisville

MICHIGAN

Better Health Market

3500 Washtenaw Ave, Suite L1,
Ann Arbor
42875 Grand River, Novi
10864 Belleville Rd, Belleville
2053 S Telegraph, Bloomfield Hills
1330 N Telegraph Rd, Dearborn
305 N Clippert St, Lansing
19850 Mack Ave,
Grosse Pointe Woods
20432 Farmington Rd, Livonia
44427 W Ann Arbor Rd, Plymouth
17696 W 13 Mile Rd, Beverly Hills
33452 Van Dyke, Sterling Heights
17825 Eureka Rd, Southgate
6235 W Saginaw, Lansing
14105 Hall Rd, Shelby Township

Natural Health Center

4610 W Main St, Kalamazoo

MINNESOTA

A Clean Plate

Local & Organic Grocer
13 Birch Ave SE, Menahga

MISSOURI

Clovers Natural Market

2012 E Broadway, Columbia
2100 Chapel Plaza Ct, Columbia

Mama Jean's Natural Market

3530 E Sunshine, Springfield
1727 S Campbell Ave, Springfield
1110 E Republic Rd, Springfield

MJ's Market & Deli

900 E Battlefield, Springfield

Natural Health Organic Foods

135 S Broadview St,
Cape Girardeau

Nature's Own Health Market

1020 Westport Road, Kansas City
310 E 5th St, Kansas City

Suzanne's Natural Foods

3106 S Connecticut, Joplin

OHIO

Raisin Rack

Natural Food Market
4629 Cleveland Ave NW, Canton
2545 Schrock Rd, Westerville

PENNSYLVANIA

Nature's Way Market

796 Highland Ave, Greenburg

TEXAS

Fresh Plus

1221 W Lynn St, Austin
408 E 43rd St, Austin
2917 W Anderson Ln, Austin
2401 San Gabriel, Austin

WEST VIRGINIA

Mother Earth Foods

1638 19th St, Parkersburg

WISCONSIN

Downtown Grocery

607 Third St, Wausau

The Free Market

734 W Wisconsin Ave, Appleton

Good Harvest Market

2205 Silvernail Rd, Pewaukee

The Grainery

127 3rd St, Baraboo

Greens N Grains

7821 Hwy 42, Egg Harbor

Healthy Way Market

142 S 3rd Ave, Sturgeon Bay

Village Market

806 S Main St, Fond du Lac