

Proud member of



INDEPENDENT CHOICE

February 2021

"The people who give you their food give you their heart."
- Cesar Chavez



ACURE
Brightening Facial Scrub

\$6⁷⁹
4 oz



Hu
Chocolate Bar

\$3²⁹
2.1 oz

So Delicious
Organic Coconutmilk



\$3⁹⁹
64 oz

Immaculate Baking
Organic Cinnamon Rolls



\$3⁷⁹
17.5 oz

Justin's
Organic Mini
Peanut Butter Cups



\$3⁹⁹
4.7 oz

Mary's Gone Crackers
Organic Original
Crackers



\$3⁷⁹
5.5-6.5 oz

Organic Valley
Organic Raw Sharp
Cheddar Cheese



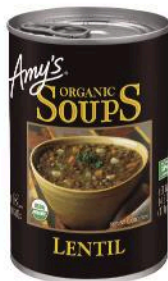
\$4⁷⁹
8 oz

Muir Glen
Organic Pasta Sauce
(selected varieties)



2/\$5
25.5 oz

Amy's
Organic Soup
(selected varieties)



2/\$5
14.1-14.5 oz

Beyond Meat
Beyond Sausage



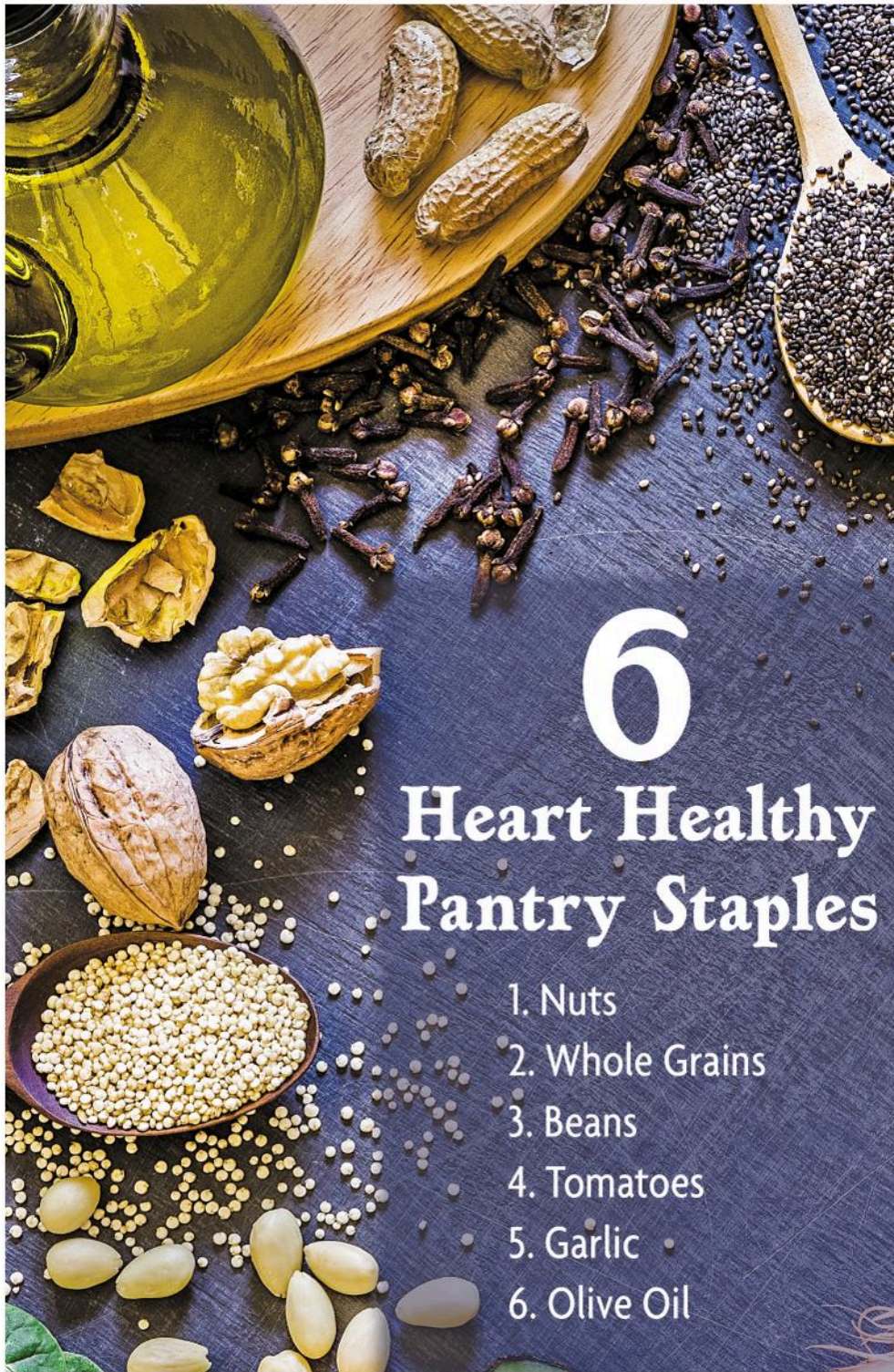
\$6⁷⁹
14 oz

Lightlife
Organic Tempeh



\$2²⁹
8 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 February.



6 Heart Healthy Pantry Staples

1. Nuts
2. Whole Grains
3. Beans
4. Tomatoes
5. Garlic
6. Olive Oil

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

2/\$5

10 oz



**Maya Kaimal
Organic Everyday Dal**

\$3²⁹

10 oz



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

2/\$4

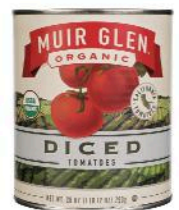
6 oz



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

2/\$4

28 oz



**Mediterranean Organic
Organic Wild
Capers Non-Pareil**

\$1⁹⁹

3.5 oz



**Rao's
Pasta Sauce**
(selected varieties)

\$5²⁹

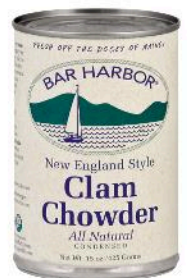
24 oz



**Bar Harbor
Seafood Soup**
(selected varieties)

\$2⁷⁹

10.5-15 oz



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**Kettle & Fire
Bone Broth**

\$4⁷⁹

16.9 oz



**Pacific Foods
Organic Soup
(selected varieties)**

\$3²⁹

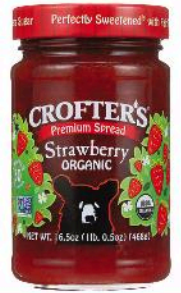
32 oz



**Crofter's Organic
Organic Premium Spread
(selected varieties)**

\$3⁹⁹

16.5 oz



**Dr. Bronner's
Organic Regenerative
Coconut Oil**

\$7⁷⁹

14 oz



**Spectrum
Organic Canola Oil**

\$7⁷⁹

32 oz



**Happy Baby
Organic Superfood Puffs**

\$2⁷⁹

2.1 oz



**Barbara's
Cereal
(selected varieties)**

2/\$7

8-15 oz



**KIND
Nut Bar
(selected varieties)**

2/\$3

1.4 oz



**EPIC
Meat Bar
(selected varieties)**

\$1⁶⁹

1.3-1.5 oz



**Late July
Organic Crackers
(selected varieties)**

2/\$5

6 oz



**Garden of Eatin'
Taco Shells**

\$2⁷⁹

5.5 oz



**Garden of Eatin'
Tortilla Chips
(selected varieties)**

\$2⁴⁹

8.1 oz

**Beanitos
Bean Chips
(selected varieties)**

\$2⁷⁹

5 oz



Our deliciously, crispy corn tortilla chips and unforgettable flavor comes from our high-quality ingredients and organic corn sourced from our long-term, dedicated farming partners. When snack time turns into dinner time, reach for Garden of Eatin' Taco Shells – made with the same hearty, organic ingredients that go into our snacks.

Quinn Snacks
Peanut Butter Filled
Pretzel Nuggets

\$3⁴⁹

6.5-7 oz



Panda
Licorice
(selected varieties)

\$2⁷⁹

7 oz



Endangered Species
Chocolate Bar

2/\$5

3 oz



Lily's Sweets
Chocolate Bar
(selected varieties)

2/\$6

2.8-3 oz



Alter Eco
Organic Chocolate Bar

2/\$5

2.65-2.82 oz



Chocolove
Chocolate Bar
(selected varieties)

2/\$4

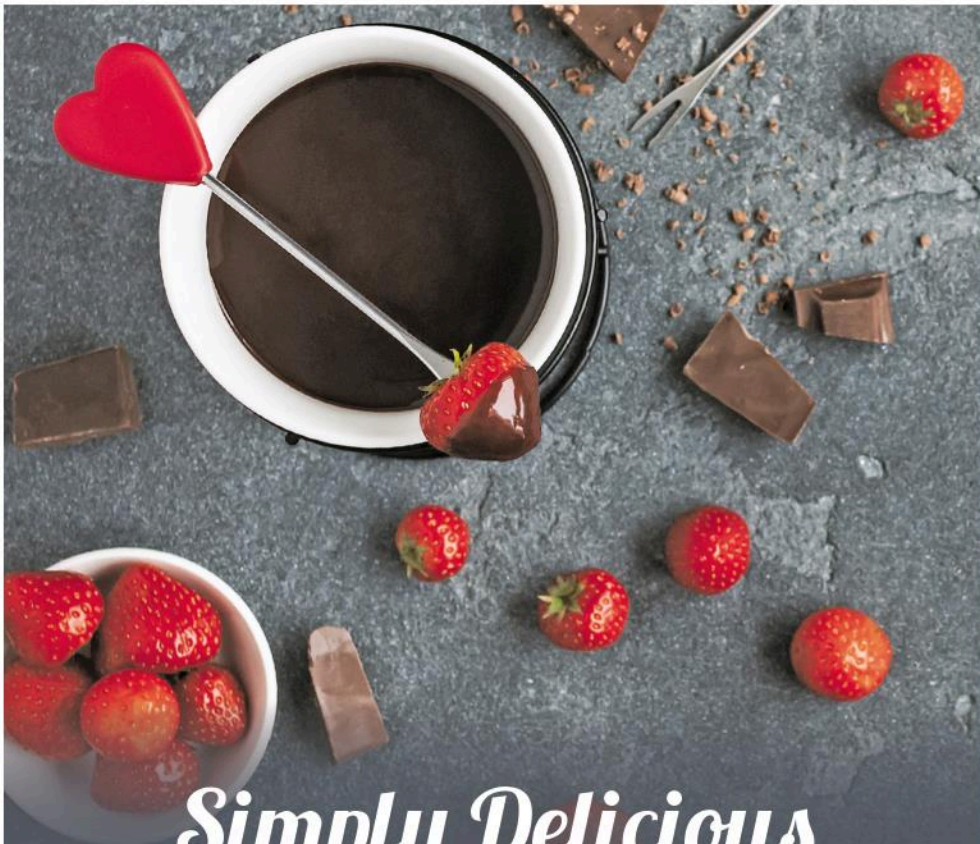
3.1-3.2 oz



Choice Organics
Organic Tea

2/\$7

16 ct



Simply Delicious Chocolate Fondue

8-12 Servings

6 oz semisweet chocolate, roughly chopped into small pieces

4 oz milk chocolate, roughly chopped into small pieces

½-¾ c whole milk, depending on your preferred thickness

½ tsp pure vanilla extract

⅛ tsp fine sea salt

1. In a bowl, combine the chocolate and milk over a barely simmering water bath or place in microwave on 50 percent power for about 2 minutes to melt gently.
2. Stir until completely smooth, adding more milk as necessary until desired thickness is achieved.
3. Remove from heat and stir in vanilla and sea salt. Serve immediately!

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R.W. Knudsen
Organic Tomato Juice



\$2⁷⁹
32 oz

C2O
Coconut Water



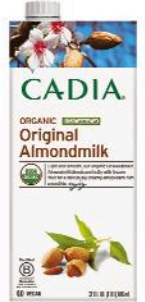
\$2⁹⁹
33.8 oz

Essentia
Alkaline Water



\$1⁵⁹
1 liter

CADIA
Organic Almondmilk



\$1⁹⁹
32 oz

Silk
Almondmilk
(selected varieties)



\$3⁷⁹
64 oz

Oatly
Oatmilk



\$3⁷⁹
64 oz

Ripple Foods
Plant-Based Milk
(selected varieties)



\$3⁷⁹
48 oz



OVERNIGHT OAT PORRIDGE

- ½ c rolled oats
- 1 T chia seeds
- ½ c your preferred milk
- ¼ c your preferred yogurt
- ¼ c diced apples
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- 1 tsp vanilla extract
- 1 tsp maple syrup or honey

1. Mix all ingredients in a large container and stir until combined.
2. Cover the container and place into the refrigerator for a minimum of 2 hours or overnight.
3. Enjoy with your favorite toppings like fresh or dried fruit, nuts & seeds, or chocolate chips!

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**So Delicious
Organic Coconutmilk Creamer**
(selected varieties)



\$2²⁹

16 oz

**Califia Farms
Better Half Creamer**



\$2⁹⁹

16.9 oz

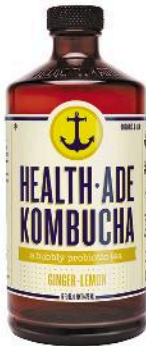
**Kite Hill
Cream Cheese Alternative**
(selected varieties)



\$5²⁹

8 oz

**Health-Ade
Organic Kombucha**
(selected varieties)



2/\$5

16 oz

**Koia
Plant-Based
Protein Shake**
(selected varieties)



\$2⁷⁹

12 oz

**So Delicious
Coconutmilk Yogurt Alternative**
(selected varieties)



2/\$3

5.3 oz

**Organic Valley
Organic Shredded Cheese**



\$3⁷⁹

6 oz

**Daiya
Dairy-Free Cheese Style Shreds**
(selected varieties)



\$3²⁹

7.1-8 oz

**Liberté
Organic Whole Milk Yogurt**
(selected varieties)



4/\$5

5.5 oz

**Vital Farms
Pasture-Raised Butter**



\$2⁷⁹

8 oz

**Ithaca
Hummus**
(selected varieties)



2/\$6

10 oz



**Natural Factors
Stress-Relax® Tranquil
Sleep Chewable**

\$22⁹⁹

60 tab

**natural
Factors**



**Natural Factors
Stress-Relax® Pharma
GABA 100 mg Chewable**

\$22⁹⁹

60 tab

As a family owned company, Natural Factors puts people, planet, and quality first and recognizes the importance of shopping local. By shopping at a locally owned business, you support your community and strengthen your local economy. Keep the love where you live.

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Dr. Bronner's
Organic Lip Balm

2/\$5

0.15 oz



Sovereign Silver
Bio-Active Silver
Hydrosol Dropper

\$19¹⁹

4 oz



Nature's Way
Umcka® ColdCare
Cherry Syrup

\$11⁹⁹

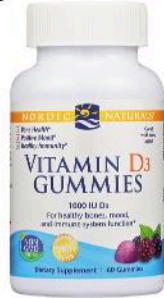
4 oz



Nordic Naturals
Vitamin D3 Gummies
(selected varieties)

\$9⁹⁹

60 ct



Oregon's Wild Harvest
Organic Astragalus

\$10⁹⁹

90 ct



Boiron
ColdCalm

\$9⁴⁹

60 tab



Garden of Life
Primal Defense®
ULTRA Probiotic
Formula

\$40⁹⁹

90 ct



MegaFood
Turmeric Strength
for Whole Body

\$20⁹⁹

60 tab



JASON
Powersmile Whitening
Powerful Peppermint
Toothpaste

\$3²⁹

6 oz



ShiKai
CBD Cream
with Menthol

\$15⁴⁹

3 oz



Aura Cacia
Lavender Essential Oil

\$8²⁹

.5 oz



ECOS

Our plant-powered products are non-toxic and safer for you, your home and our planet, because we believe clean shouldn't mean spreading toxins all over your home. It's been our ECOS® promise for over 50 years.



ECOS
Laundry Detergent
(selected varieties)

\$9⁹⁹

100 oz



ECOS
Dishmate Dish Soap

\$2⁷⁹

25 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.

CONNECTICUT

- The Common Bond Market
- Chamomille Natural Foods
- It's Only Natural Market
- Nature's Temptations
- New Morning Market
- Thyme & Season

DELAWARE

- Harvest Market

DISTRICT OF COLUMBIA

- Glen's Garden Market
- Yes! Organic Market

MAINE

- Bath Natural Market
- Lois' Natural Marketplace
- Morning Glory Natural Foods
- New Morning Natural Foods
- Rosemont Market & Bakery
- Royal River Natural Foods
- Uncle Dean's Natural Foods

MARYLAND

- Chestertown Natural Foods
- Community Garden Market
- David's Natural Market
- Dawson's Market
- Roots Market
- The Good Earth Natural Foods Co
- Yes! Organic Market

MASSACHUSETTS

- The Alternative Market
- Better Life Whole Foods
- Cambridge Naturals
- City Feed & Supply
- Common Crow Natural Market
- Cornucopia Natural Wellness Market
- Debra's Natural Gourmet
- Down to Earth Natural Foods
- The Good Seed Natural Food Market
- Guido's Fresh Marketplace
- Nantucket Green Grocer
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Granite State Naturals
- Maggie's Market
- Nature's Green Grocer
- Portsmouth Health Food Center
- Sunflower Natural Foods

NEW JERSEY

- A-1 Nutrition Store
- Back to Nature
- Basil Bandwagon Natural Market
- Green Acres Health Food Store
- Green Life Market
- Green Street Market
- Healthfair Natural & Organic Food Market
- Healthway Natural Food Center
- Healthy Thymes Market
- Nature's Corner Natural Market
- Nature's Nutrition
- Nature's Pavilion
- Pangaea Naturals
- Whole Earth Center

NEW YORK

- A Matter of Health
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Downtown Natural Market
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good N Natural
- Good Roots Natural Market
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Health Beat Natural Foods
- Jandi's Natural Market
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Mother Earth's Storehouse
- Nature's Pantry
- Rising Tide Natural Foods
- Sunflower Natural Foods Market
- Uncle Sam's Good & Natural Products

PENNSYLVANIA

- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- The Healthy Grocer
- Health Hut
- Kimberton Whole Foods
- Leg Up Farmers Market
- Lemon Street Market
- Martindale's Natural Market
- Nature's Harvest
- Nature's Pantry
- Nature's Way Easton
- Nature's Way Market
- Organnons Natural Market
- Queen's Nutritional Products
- Sonnewald Natural Foods
- Soulberry Natural Market

RHODE ISLAND

- Nature's Goodness
- The Green Grocer

VERMONT

- Natural Provisions

VIRGINIA

- Eats Natural Foods
- Ellwood Thompson's
- Good Foods Grocery
- Harvest Market
- Health Nut Nutrition
- Health Trail Natural Foods
- Organic Food Depot
- Rebecca's Natural Foods
- Yes! Organic Market

WEST VIRGINIA

- Community Garden Market
- Good Natured Market & Vegetarian Cafe

