

Proud member of



INDEPENDENT CHOICE

July 2020

Do what you can, with what you have, where you are.
- Theodore Roosevelt



**Beyond Meat
Beyond Burger**

\$4²⁹

8 oz



**Coconut Bliss
Organic Non-Dairy
Frozen Dessert
(selected varieties)**

\$4⁷⁹

16 oz



**Organic Valley
Organic Raw Sharp
Cheddar Cheese**

\$4⁷⁹

8 oz



**Miyoko's
Organic Fresh Vegan
Mozzarella**

\$5⁹⁹

8 oz



**Alden's Organic
Organic Ice Cream**

\$6²⁹

48 oz



**Bragg
Liquid Aminos**

\$4⁹⁹

32 oz



**Bubbies
Sauerkraut**

\$5²⁹

25 oz



**Harmless Harvest
Organic Harmless
Coconut Water**

\$3⁷⁹

16 oz



**So Delicious
Organic Coconutmilk**

\$3⁹⁹

64 oz



**The Mountain Valley
Spring Water**

\$1⁶⁹

1 lt



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

\$1⁷⁹

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 July.



Late July
Organic Restaurant Style Tortilla Chips

2/\$6

11 oz

Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹
4.4-7 oz



Kettle
Organic
Potato Chips

2/\$5
5 oz



California Olive Ranch
Everyday Extra Virgin
Olive Oil

\$6⁴⁹
16.9 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6
8 oz



Quinn Snacks
Peanut Butter Filled
Pretzel Nuggets

2/\$7
6.5-7 oz



Spectrum
Organic Canola Oil

\$7⁷⁹
32 oz



Annie's
Organic Ketchup

2/\$5
24 oz



Woodstock
Organic Bread & Butter
Pickle Chips

\$3⁴⁹
24 oz



A. Vogel
Organic
Herbamare
Sea Salt

\$5⁴⁹
8.8 oz



Tasty Bite
Indian Entrée

2/\$5
10 oz



Navitas
Organic
Cacao Powder

\$6²⁹
8 oz



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Larabar
Fruit & Nut Bar
(selected varieties)



5/\$5

1.6-1.8 oz

RXBAR
Protein Bar
(selected varieties)



\$1.79

1.83 oz

KIND
Nuts & Spices Bar



5/\$5

1.4 oz

Chocolove
Chocolate Bar
(selected varieties)



2/\$4

3.1-3.2 oz

Lily's Sweets
Chocolate Bar



2/\$6

2.8-3 oz

Theo
Organic
Chocolate Bar
(selected varieties)



2/\$5

3 oz

Annie's
Organic Honey Graham Crackers



\$3.49

14.1 oz

Dandies
Vegan Marshmallows



\$2.99

10 oz

Endangered Species
Chocolate Bar



2/\$4

3 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 July.

Almond Breeze
Almondmilk
(selected varieties)



2/\$4

32 oz

Waterloo
Sparkling Water



\$4²⁹

12 ct

Taste Nirvana
Coconut Water
(selected varieties)



\$1⁵⁹

9.5 oz

evamor
Alkaline
Artisan Water



\$2²⁹

64 oz

Eternal
Naturally Alkaline
Spring Water



\$1⁷⁹

1.5 lt

C2O
Coconut Water
(selected varieties)



2/\$3

17.5 oz

R.W. Knudsen
Organic Just Tart
Cherry Juice



\$5⁴⁹

32 oz

Lakewood
Organic
Pure Pineapple



\$4⁹⁹

32 oz

Kicking Horse Coffee
Organic Coffee
(selected varieties)



\$7⁹⁹

10 oz

PURE
C2O
COCONUT WATER
100% PURE

PULP
C2O
COCONUT WATER
with PULP

Stay Hydrated & live rejuvenated!

NON GMO Project VERIFIED

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Chameleon Cold-Brew
Organic Cold Brew
On-The-Go



\$2⁷⁹

10 oz

Almond Breeze
Almondmilk
(selected varieties)



2/\$7

64 oz

Silk
Almondmilk
(selected varieties)



\$3⁷⁹

64 oz

REBBL
Organic
Super Herb Elixir
(selected varieties)



2/\$5

12 oz

Health-Ade
Organic Kombucha
(selected varieties)



2/\$5

16 oz

Bitchin'
Sauce



\$3⁹⁹

8 oz

**HELPING RE-BUILD
AMERICA**

One Main Street at a Time.

**INDEPENDENT
WE STAND™**

Powered by **STIHL**

To join Independent We Stand, please visit www.IndependentWeStand.org.

Organic Valley
Organic
Shredded Cheese
(selected varieties)



\$3⁷⁹

6 oz

Field Roast
Frankfurters



\$3⁹⁹

1 lb

Lightlife
Organic Tempeh



2/\$5

8 oz

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**Canyon Bakehouse
Gluten Free Bread**



\$4²⁹

18 oz

**Sambazon
Organic Superfruit Packs**



\$4⁹⁹

4/100 g

**Sunshine Burgers
Organic Veggie Burgers**
(selected varieties)



\$3⁷⁹

8 oz

**So Delicious
Frozen Novelties**
(selected varieties)



\$4⁷⁹

4-8 ct

Homemade Ice Cream Sandwiches

What you'll need:

your favorite recipe for chewy cookies, doubled
your ice cream of choice
sprinkles, chocolate chips, or other topping of choice
wax paper

Bake a double batch of cookies, leaving them slightly underdone. Cool them completely. Meanwhile, remove ice cream from freezer and allow to soften a bit. Once cookies are cool, flip over half of them and place a generous scoop of ice cream on the overturned cookie face. Top each scoop with the other half of the cookies. Press the cookies together and scrape off any excess ice cream that escapes from the sides. You have yourself an ice cream sandwich! Roll the exposed ice cream edge in the toppings. To best keep, wrap in wax paper individually and freeze.



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**Garden of Life
Organic Plant-Based
Performance Protein Bar**



2/\$5

2.5-2.7 oz

**Vital Proteins
Collagen Peptides**



\$19⁹⁹

10 oz

**Amazing Grass
Green Superfood**



\$21⁹⁹

7.4-8.5 oz

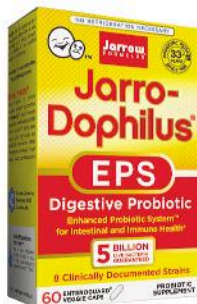
**Gaia Herbs
Turmeric Supreme
Extra Strength**



\$28⁹⁹

120 ct

**Jarrow Formulas
Jarro-Dophilus
EPS 5 Billion**



\$15⁹⁹

60 vcap

Hydrating DIY Face Mask

What you'll need: ½ c oats
½ cucumber
blender

In a blender, finely grind the oats. Cut cucumber in small chunks and add to the blender. Blend until smooth. Add more oats, if necessary, to achieve desired texture. Apply to face for 15 to 20 minutes. Rinse with warm water when finished.

**Bulletproof
Brain Octane Oil**



\$17⁹⁹

16 oz

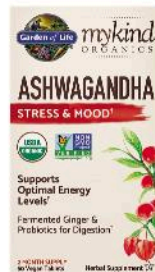
**Natural Factors
BioSil® Hair,
Skin, Nails**



\$24⁹⁹

60 vcap

**Garden of Life
Organic myKind Organics
Ashwagandha**



\$18⁹⁹

60 ct

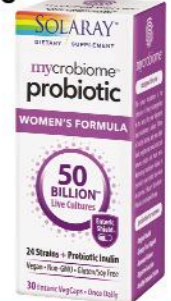
**New Chapter
Every Woman™'s
One Daily 40+
Multivitamin**



\$30⁹⁹

48 tab

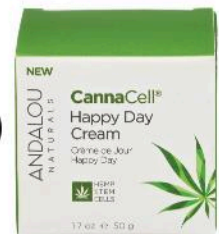
**Solaray
MyMicrobiome Probiotic
Women's Formula**



\$24⁹⁹

30 cap

**Andalou Naturals
CannaCell®
Happy Day Cream**



\$12⁹⁹

1.7 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

- Chamomille Natural Foods
- It's Only Natural Market
- Nature's Temptations
- New Morning Market

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
- Royal River Natural Foods
- Uncle Dean's Good Groceries

MARYLAND

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

MASSACHUSETTS

- The Alternative Market
- 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 Greengrocer
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Maggie's Market
- Nature's Green Grocer
- Portsmouth Health Food Center

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
- Food For Health
- Four Seasons Natural Foods
- Good 'N Natural
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farmstore
- 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
- Sunflower Natural Foods Market
- Uncle Sam's Good Natural Products

PENNSYLVANIA

- Big Bear Natural Foods
- 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
- Organnons Natural Market
- Riverwards Produce
- Sonnwald Natural Foods

RHODE ISLAND

- Nature's Goodness
- The Green Grocer

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

