

Proud member of



INDEPENDENT CHOICE

September 2020

It's the first day of autumn!
A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!
- Winnie the Pooh



Organic Valley Organic Shredded Cheese
(selected varieties)



\$3⁷⁹

6 oz



Muir Glen Organic Pasta Sauce
(selected varieties)



2/\$5

25.5 oz



Farmer's Market Organic Pumpkin



\$2²⁹

15 oz



Annie's Organic Graham Crackers



\$3⁴⁹

14.4 oz



Harmless Harvest Organic Coconut Water



\$3⁷⁹

16 oz



Lundberg Family Farms Organic Rice Cakes
(selected varieties)



\$2⁹⁹

8.5-10 oz



Mary's Gone Crackers Organic Original Crackers



\$3⁷⁹

5.5-6.5 oz



Cascadian Farm Organic Organic Potatoes
(selected varieties)



2/\$5

12-16 oz



Food For Life Organic Tortillas
(selected varieties)



\$2⁹⁹

10-12 oz



Late July Snacks Organic Restaurant Style Tortilla Chips



2/\$6

11 oz



Yogi Tea
(selected varieties)



2/\$7

16 ct



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 September.



Zhuzhed-Up Tuna Salad

12 oz high-quality imported tuna packed in oil, drained
 ½ c finely chopped fennel bulb
 ½ c mayonnaise
 ¼ c finely chopped celery
 2 T capers
 2 T finely chopped parsley
 2 cloves minced garlic
 1 tsp Dijon mustard
 1 tsp lemon juice
 ground black pepper & kosher salt to taste

Safe Catch Elite Pure Wild Tuna



\$2²⁹
 5 oz

Wild Planet Foods Wild Sardines (selected varieties)



\$1⁷⁹
 4.4 oz

Dr. McDougall's Soup Cup (selected varieties)



\$1⁵⁹
 1-3.4 oz

Maya Kaimal Organic Everyday Dal



\$3⁴⁹
 10 oz

Sir Kensington's Mayonnaise



\$3⁴⁹
 10 oz

Primal Kitchen Mayo with Avocado Oil



\$6⁴⁹
 12 oz

Good Health Avocado Oil Potato Chips



2/\$5
 5 oz

Happy Baby Organic Simple Combos Baby Food Pouch



\$1²⁹
 4 oz

Annie's Organic Dressing (selected varieties)



2/\$6
 8 oz

Barnana Organic Plantain Chips



2/\$7
 5 oz

Vegan Rob's Puffs



2/\$5
 3.5 oz

Food Should Taste Good Tortilla Chips



2/\$4
 5.5 oz

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**MadeGood
Organic Soft Baked
Mini Cookies**

2/\$5

5 ct



**Alter Eco
Organic Truffles
(selected varieties)**

2/\$1

1 ct



**OCHO Candy
Organic Candy Bar**

2/\$3

1.45-1.5 oz



**Chocolove
Chocolate Bar
(selected varieties)**

2/\$4

3.1-3.2 oz



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

2/\$5

3 oz



**Teecino
Organic
Herbal Coffee
(selected varieties)**

\$7.99

11 oz



**RXBAR
Protein Bar
(selected varieties)**

\$1.69

1.83 oz



**Larabar
Fruit & Nut Bar
(selected varieties)**

5/\$5

1.6-1.8 oz



**Kicking Horse Coffee
Organic Coffee
(selected varieties)**

\$7.99

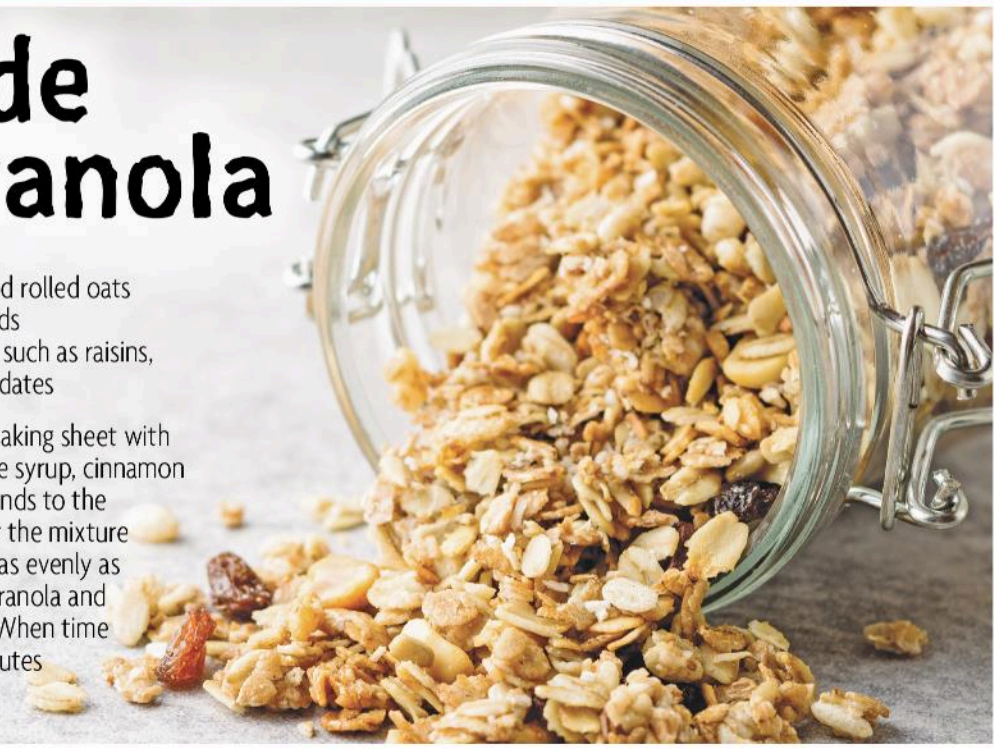
10 oz



Homemade Classic Granola

- ½ c olive oil
- ½ c maple syrup
- ½ tsp cinnamon
- ½ tsp salt
- 3 c old-fashioned rolled oats
- 1 c sliced almonds
- 1½ c dried fruit, such as raisins, apricots & dates

Preheat oven to 300° F degrees and line a baking sheet with parchment paper. Whisk together oil, maple syrup, cinnamon and salt in a large bowl. Add oats and almonds to the mixture and toss until well coated. Transfer the mixture onto the prepared baking sheet, spreading as evenly as possible. Bake for 20 minutes, stirring the granola and turning the baking sheet halfway through. When time is up, remove from oven and let cool 5 minutes before tossing in dried fruits.



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5 REASONS TO SHOP ORGANIC

1. Avoid chemicals
2. Benefit from more nutrients
3. Enjoy food free from artificial colors, flavors or preservatives
4. Reduce pollution
5. Protect our ecosystem

San Pellegrino Sparkling Natural Mineral Water



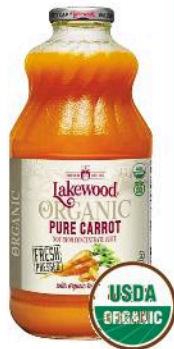
\$7⁵⁹
750 ml

Eternal Naturally Alkaline Spring Water



\$7³⁹
1 lt

Lakewood Organic Pure Carrot



\$4⁷⁹
32 oz

Nixie Organic Sparkling Water



2/\$6
8 ct

C2O Coconut Water (selected varieties)



2/\$3
17.5 oz

Bragg Organic Apple Cider Vinegar Drink



2/\$4
16 oz

nutpods Dairy-Free Creamer (selected varieties)



\$2²⁹
11.2 oz

Good Karma Flaxmilk (selected varieties)



\$3⁴⁹
64 oz

Califia Farms Barista Blend (selected varieties)



\$3⁴⁹
32 oz

Liberté Organic Whole Milk Yogurt (selected varieties)



4/\$5
5.5 oz

Kite Hill Cream Cheese Alternative



\$5⁴⁹
8 oz

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Field Roast
Chao Slices



\$3⁷⁹

7 oz

Daiya
Dairy-Free
Cheese Style
Shreds



\$3²⁹

7.1-8 oz

Miyoko's
Organic Vegan Cheese Wheel
(selected varieties)



\$6⁴⁹

6.5 oz

NATURALLY PROBIOTIC FROM ORGANIC VEGGIES



Did you know the gut holds ~70% of the body's immune cells?

- Immunity from the Gut
- Digestive Strength
- Powered by Vegetables

Bubbies
Sauerkraut



\$5²⁹

25 oz

Tofurky
Plant-Based
Deli Slices



2/\$5

5.5 oz

Farmhouse Culture
Organic Gut Shot



\$5²⁹

16 oz

KeVita
Organic Master
Brew Kombucha
(selected varieties)



2/\$5

15.2 oz

Health-Ade
Organic Kombucha
(selected varieties)



2/\$5

16 oz

GT's
Organic Multi
Serve Kombucha
(selected varieties)



\$6⁴⁹

48 oz

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Rising Moon
Organic Ravioli
(selected varieties)



\$3⁹⁹

8 oz

Beyond Meat
Beyond Sausage



\$6⁷⁹

14 oz

Canyon Bakehouse
Gluten Free Bread



\$4²⁹

18 oz

Alexia
Seasoned Waffle
Cut Fries



\$3²⁹

20 oz

So Delicious
Frozen Novelties
(selected varieties)



\$4⁹⁹

4-8 ct

Alden's Organic
Organic Old School Vanilla
Ice Cream Sandwich



\$4⁷⁹

6 ct

Amy's
Bowls
(selected varieties)



\$3⁹⁹

8-10 oz

Garden of Life
Organic Sport Plant-Based
Performance Protein Bar



\$2⁴⁹

2.5-2.7 oz



Ancient Nutrition
Multi Collagen Protein
(selected varieties)



\$38⁹⁹

459-535 g

PlusCBD
CBD Oil Drops Gold
Formula 250 mg



\$23⁹⁹

1 oz

Garden of Life
Dr. Formulated 100%
Organic Coconut
MCT Oil



\$18⁹⁹

16 oz



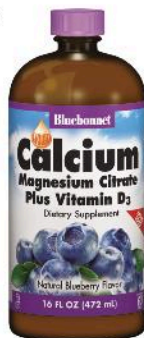
Yerba Prima
Psyllium
Whole Husks



\$9⁷⁹

12 oz

Bluebonnet Nutrition
Blueberry Liquid
Calcium Magnesium
Citrate



\$12¹⁹

16 oz

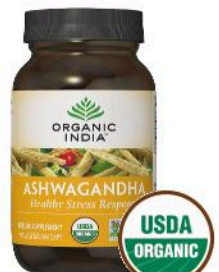
MegaFood
Zinc



\$15⁴⁹

60 tab

Organic India
Organic Ashwagandha



\$13⁹⁹

90 vcap



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**Natural Factors
Whole Earth & Sea™ Men's &
Women's Multivitamin & Mineral**
(selected varieties)

\$27⁹⁹

60 tab



**Renew Life
3-Day Cleanse**

\$5⁹⁹

12 cap



**Jarrow Formulas
Saccharomyces
Boulardii + MOS**

\$18⁹⁹

90 vcap



**ACURE
Brightening
Facial Scrub**

\$6²⁹

4 oz



**Dr. Bronner's
Organic Hand Sanitizer**

\$3⁴⁹

2 oz



**EO
Everyone Soap
(selected varieties)**

\$6⁹⁹

32 oz



**JASON
Powersmile Whitening
Powerful Peppermint
Toothpaste**

\$3²⁹

6 oz



**Himalaya
Toothpaste**

\$4⁴⁹

5.29 oz



ACURE®
WELCOME TO SKIN WELLNESS™

**100% VEGAN.
0% PRETENTIOUS.**

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

**RADIUS
Source Soft
Toothbrush**

\$6⁴⁹

1 ct



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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 Good Groceries

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
- Dean's Natural Food 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
- 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
- Nature's Way Easton
- Nature's Way Market
- Organnons Natural Market
- Queen's Nutritional Products
- Riverwards Produce
- Sonnenwald 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

