

Proud member of



INDEPENDENT CHOICE

November 2020

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."
- RANDY PAUSCH



Simply Organic
Organic Cinnamon

\$3⁴⁹

2.45 oz



Milkadamia
Macadamia Milk
(selected varieties)

\$3⁷⁹

32 oz



Farmer's Market
Organic Pumpkin

\$2²⁹

15 oz



Organic Valley
Organic Cream
Cheese Bar

\$2⁹⁹

8 oz



So Delicious
Cocowhip
(selected varieties)

\$3²⁹

9 oz



Miyoko's
Organic European Style
Cultured Vegan Butter

\$4²⁹

8 oz



Immaculate Baking
Organic Flaky
Biscuits

2/\$5

16 oz



Alden's Organic
Organic Ice Cream

\$6²⁹

48 oz



Pacific Foods
Organic Broth
(selected varieties)

\$3⁴⁹

32 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



Wholesome
Organic Cane
Sugar

\$4⁹⁹

2 lb



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 November.

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

2/\$4
6 oz



**Dr. McDougall's
Soup Cup**
(selected varieties)

\$1⁵⁹
1-3.4 oz



**Maya Kaimal
Organic Everyday Dal**

\$3²⁹
10 oz



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

5/\$5
14.5 oz



**Crown Prince Natural
Smoked Oysters
in Olive Oil**

\$2⁴⁹
3 oz



**A. Vogel
Organic Herbamare
Sea Salt**

\$4⁹⁹
8.8 oz



**PRIMAL
KITCHEN®**



MAPLE ROASTED BUTTERNUT SQUASH

INGREDIENTS

Primal Kitchen® Avocado Oil
1-2 Tbsp pumpkin spice
2 tsp. Himalayan salt
1/2 cup chopped hazelnuts
2 Tbsp maple syrup
1 small butternut squash

INSTRUCTIONS

Preheat oven to 375°F. Cut the butternut squash in half, scoop out the seeds, and rub with Primal Kitchen Avocado Oil. Sprinkle on pumpkin spice and salt. Bake for an hour, or until completely soft all the way through. Drizzle with maple syrup, and top with chopped hazelnuts.

**TAKE TURKEY DAY TO NEW HEIGHTS WITH
PRIMAL KITCHEN® AVOCADO OIL!**

Gather and gobble with a versatile, high-heat cooking oil that is Non-GMO Project Verified, Keto Certified, Certified Paleo and Whole30 Approved. Add a mix of savory and sweet to your Thanksgiving Day table, like this Maple Roasted Butternut Squash recipe made with Avocado Oil.



FOLLOW @PRIMALKITCHENFOODS
FIND RECIPES PRIMALKITCHEN.COM/RECIPES

**Napa Valley Naturals
Organic Extra
Virgin Olive Oil**

\$9⁹⁹
25.4 oz



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

\$7⁷⁹
14 oz



**Primal Kitchen
Mayo with Avocado Oil**

\$6⁴⁹
12 oz



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Beanitos
Bean Chips
(selected varieties)

2/\$5

4.5-5 oz



Siete
Tortilla Chips
(selected varieties)

\$3⁴⁹

5 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.8 oz



Late July
Organic Crackers
(selected varieties)

2/\$5

6 oz



Back to Nature
Crackers
(selected varieties)

\$2⁷⁹

6-8.5 oz



Once Again Nut Butter
Organic Sunflower
Seed Butter

\$4⁷⁹

16 oz



creamed spinach

Serves 2-4

½ c diced onion
2 cloves minced garlic
½ c heavy cream
1 T butter
2 T flour
1 c milk

10 oz pkg frozen spinach,
thawed & pressed dry
1 t lemon zest
2 T parmesan
8 oz cream cheese brick

For crumb topping:

⅔ c coarsely
crumbled crackers
1 T melted butter
1 T olive oil

Preheat oven to 425° F degrees. Coat a two cup baking dish with non-stick spray. Sauté onion and garlic in butter until soft. Add flour and stir to coat. Cook one minute. Gradually whisk milk and cream into onion mixture, stirring constantly to prevent lumps. Simmer one minute. Stir in cream cheese, a bit at a time, until melted and smooth. Add spinach, parmesan and lemon zest. Season with salt and pepper to taste. Transfer spinach mixture to prepared baking dish. In small bowl, combine cracker crumbs, butter, olive oil and season with salt and pepper to taste. Top spinach mixture with crumbs, pressing to adhere. Place on baking sheet. Bake until crumbs are golden and sauce is bubbly. Serve warm and enjoy!

**Nutiva
Organic Coconut
Manna**

\$7⁹⁹
15 oz



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

\$3⁹⁹
16.5 oz



**Birch Benders
Paleo Pancake
& Waffle Mix**

\$3⁹⁹
12 oz



**Swerve
Sugar Replacement**

\$5²⁹
12 oz



**Coombs Family Farms
Organic Grade A Dark
Robust Maple Syrup**

\$8⁴⁹
12 oz



**Bob's Red Mill
Almond Flour**

\$8⁴⁹
16 oz



**Dandies
Vegan Marshmallows**

\$3²⁹
10 oz



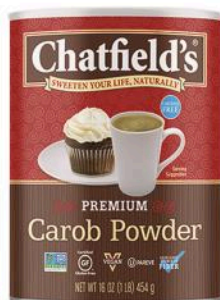
**Enjoy Life Foods
Chocolate Chips**

\$3⁹⁹
9-10 oz



**Chatfield's
Carob Powder**

\$4⁹⁹
16 oz



HOMEMADE FOR THE HOLIDAYS



**NEW
Resealable
Packaging!**



The holidays may be a little quieter this year, but if you're like us, you're looking forward to avoiding the hustle and bustle and savoring time at home. Explore our selection of non-GMO and gluten free flours to make something special with those you cherish. Not just cookies and cakes, rolls and bread. Memories. Love.

Find recipes at bobsredmill.com



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OCHO Candy
Organic Candy Bar



2/\$3

1.45-1.5 oz

Theo
Organic Chocolate Bar
(selected varieties)



2/\$5

3 oz

Yogi
Tea
(selected varieties)



2/\$7

16 ct

Lakewood
Organic Pure
Pineapple



\$4⁹⁹

32 oz

R.W. Knudsen
Organic Very
Veggie Juice
(selected varieties)



\$2⁷⁹

32 oz

nutpods
Dairy-Free Creamer
(selected varieties)



2/\$5

11.2 oz

Sparkling Pink Punch

Serves 16

- 2- 1 qt pomegranate juice
- 1 qt pineapple juice
- 2 c chilled ginger ale
- 2 c chilled seltzer water

In a large punch bowl,
combine all ingredients.
To keep chilled, add ice.
Garnish with pomegranate
seeds and enjoy!



Topo Chico
Sparkling Mineral Water



99¢

12 oz

San Pellegrino
Sparkling Natural
Mineral Water



2/\$3

750 ml

Nixie
Organic Sparkling Water



\$4⁴⁹

8 ct

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



2/\$5

16 oz

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



\$3²⁹

7.1-8 oz

**Field Roast
Celebration Roast**



\$5²⁹

1 lb

**KeVita
Organic Sparkling
Probiotic Drink**
(selected varieties)



2/\$5

15.2 oz

**Earth Balance
Organic Vegan Whipped
Buttery Spread**



\$3⁷⁹

13 oz

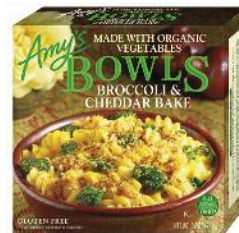
**Miso Master
Organic Mellow
White Miso**



\$4⁹⁹

8 oz

**Amy's
Bowls**
(selected varieties)



\$3⁷⁹

8-10 oz

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



2/\$5

12-16 oz

**Wholly Wholesome
Gluten Free Pie Shells**



\$3⁹⁹

14.9 oz

**Bonafide Provisions
Bone Broth**



\$6⁹⁹

24 oz

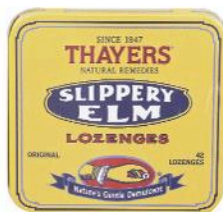
**Alexia
Potatoes**
(selected varieties)



2/\$6

15-16 oz

**Thayers
Slippery Elm
Lozenges**
(selected varieties)



\$3⁴⁹

42 ct

**Charlotte's Web
Hemp Extract-
Infused Gummies**



\$35⁹⁹

60 ct

**Bach
Rescue Remedy**
(selected varieties)

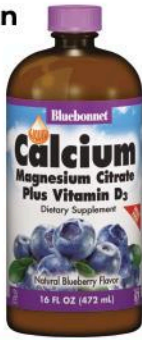


\$16⁹⁹

20 ml

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**Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate
(selected varieties)**



\$12¹⁹
16 oz

**ChildLife Essentials
Multi Vitamin & Mineral**



\$10⁴⁹
8 oz

**Natural Factors
DGL 400 mg
Chewable**



\$9⁹⁹
90 tab

**Boiron
ColdCalm**



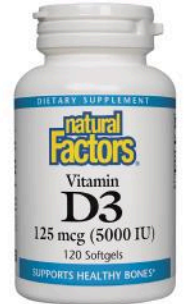
\$9⁹⁹
60 tab

**Garden of Life
myKind Organics Organic
Extra Strength Turmeric**



\$22⁹⁹
60 ct

**Natural Factors
Vitamin D3 5000 IU**



\$9⁹⁹
120 sgel

**CV Sciences
+PlusCBD Extra
Strength Formula
CBD Balm**



\$18⁴⁹
1.3 oz

**ShiKai
Everyday Shampoo or
Conditioner**



\$6²⁹
12 oz

**Mrs. Meyer's Clean Day
Liquid Dish Soap
(selected varieties)**



\$3²⁹
16 oz



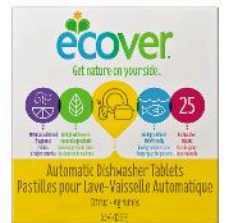
The Quality Your Customer Wants. The Integrity Your Customer Needs.



Chlorine Free • Compostable • Fair Trade • Sustainable • Non-GMO
Non-Toxic • Gluten & Allergen Free • Vegan • Cruelty Free

ifyoucare.com

**Ecover
Dishwasher Tablets**



\$4⁴⁹
25 ct

**If You Care
Parchment Baking Paper**



\$3⁹⁹
70 sq ft

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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.

FLORIDA

Abby's Health & Nutrition
Date & Thyme
Debbie's Health Foods
Get Healthy
Grassroots Natural Market
Nassau Health Foods
Native Sun
Natural Foods Market
Nature's Food Patch
Nutrition Smart
Nutrition World
Peggy's Natural Food Market
The Green Apple Health Foods
Wright's Natural Market

GEORGIA

Brighter Day Natural Foods
Farmer's Natural Foods
Nature's Corner Market
Nature's Pick Market
Nuts 'n Berries Healthy Market
Westview Corner Grocery

NORTH CAROLINA

Apple Crate Natural Market
Food Matters Market
Harmony Farms Natural Foods
Living Well Down East
Lovey's Market
Nature's Own

Organic Marketplace

West Village Market & Deli

SOUTH CAROLINA

14 Carrot Whole Foods
Bay Naturals
Belue Farms
Natural Foods Market
Bert's Market

Rosewood Market & Deli

TENNESSEE

Grubb's Grocery
The Turnip Truck
Natural Market

