

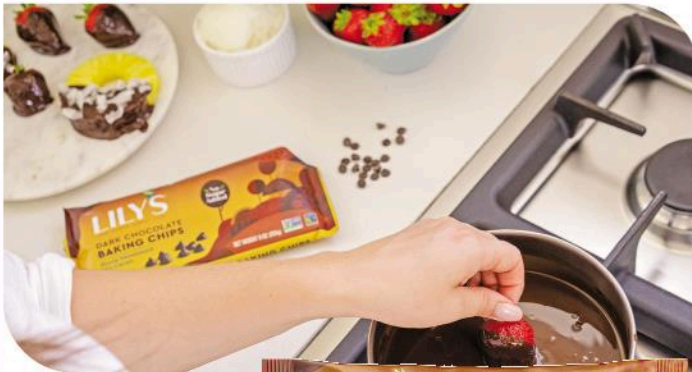
Proud member of



INDEPENDENT CHOICE

October 2020

"I'm so glad I live in a world
where there are Octobers."
- L.M. MONTGOMERY



Lily's Sweets
Baking Chips

\$5²⁹
9 oz



So Delicious
Organic Coconutmilk

\$3⁹⁹
64 oz



Justin's
Organic Nut
Butter Cups

2/\$3
1.32-1.4 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$6
8.6-14.6 oz



Califia Farms
Better Half Creamer
(selected varieties)

\$2⁷⁹
16.9 oz



Perfect Bar
Protein Bar
(selected varieties)

2/\$4
2.2-2.5 oz



GoMacro
Organic
MacroBar

2/\$4
2-2.4 oz



Bragg
Organic Apple
Cider Vinegar

\$4²⁹
32 oz



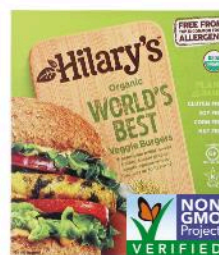
Lightlife
Organic Tempeh

\$2⁴⁹
8 oz



Hilary's
Organic Veggie
Burgers

2/\$5
6.4 oz



GT's
Organic Synergy
Kombucha

2/\$5
16 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 October.

**Crown Prince Natural
Skinless & Boneless
Sardines in Pure Olive Oil**

\$2⁴⁹

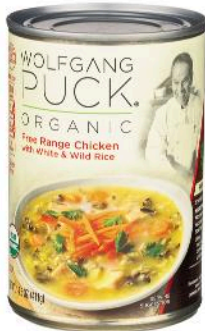
3.75 oz



**Wolfgang Puck
Organic Soup
(selected varieties)**

\$2²⁹

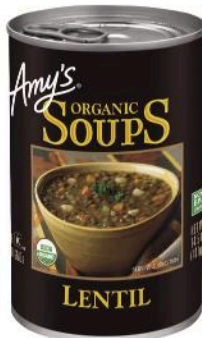
14.5 oz



**Amy's
Organic Soup
(selected varieties)**

2/\$5

14.1-14.5 oz



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

\$3⁷⁹

32 oz



Beet & Goat Cheese Tartines

Serves 4

- 4 small golden or red beets
- 1 T olive oil
- 1 T balsamic vinegar
- 4 oz goat cheese
- 2 T milk
- 4 slices crusty bread
- fresh thyme, for garnish
- salt and pepper, to taste

Steam beets until tender, 10 to 15 minutes. Let cool. Peel or rub off skins. Cut into wedges or slices. Transfer to a bowl and toss with oil, vinegar, salt and pepper to taste. Combine goat cheese and milk in a medium bowl until smooth. Season with pepper. Spread about 2 tablespoons of the mixture on each piece of toast. Top with some of the beets and garnish with thyme and flaky salt, if desired.



**Imagine
Organic Broth
(selected varieties)**

\$3²⁹

32 oz



**Kettle & Fire
Bone Broth
(selected varieties)**

\$4⁴⁹

16.9 oz



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

\$2⁴⁹

10 oz



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

5/\$5

5.25-6 oz



**Explore Cuisine
Organic Legume Pasta
(selected varieties)**

\$3⁴⁹

8 oz



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Ancient Harvest Organic Polenta
(selected varieties)



\$2⁴⁹
18 oz

NON GMO Project VERIFIED

Near East Couscous
(selected varieties)



\$1⁷⁹
5.4-10 oz

NON GMO Project VERIFIED

Annie's Organic Bunny Crackers
(selected varieties)



2/\$6
7.5 oz

NON GMO Project VERIFIED

Crunchmaster Multi-Seed Crackers
(selected varieties)



2/\$5
4 oz

NON GMO Project VERIFIED

From The Ground Up Cauliflower Crackers



2/\$5
4.0 oz

NON GMO Project VERIFIED

gimMe Organic Organic Seaweed Snack
(selected varieties)



2/\$3
32-35 oz

NON GMO Project VERIFIED

Barbara's Cheese Puffs
(selected varieties)



2/\$5
5.5-7 oz

NON GMO Project VERIFIED

Annie's Organic Bunny Fruit Snacks
(selected varieties)



2/\$5
4 oz

NON GMO Project VERIFIED

Boulder Canyon Potato Chips
(selected varieties)



2/\$5
5.25-6.5 oz

NON GMO Project VERIFIED

Late July Clásico Tortilla Chips
(selected varieties)



2/\$5
5.5 oz

NON GMO Project VERIFIED

Garden of Eatin' Tortilla Chips
(selected varieties)



\$3⁹⁹
16 oz

NON GMO Project VERIFIED

Angie's BoomChickaPop Popcorn
(selected varieties)



\$2²⁹
4.4-7 oz

NON GMO Project VERIFIED

The Ginger People Gin Gins® Ginger Candy
(selected varieties)



2/\$4
3 oz

NON GMO Project VERIFIED

Made in Nature Organic Dried Mangoes



\$3⁹⁹
3 oz

NON GMO Project VERIFIED

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purely elizabeth.®



Salty-sweet, crunchy granola clusters.
Made with ancient grains and
superfood seeds + sweetened with
coconut sugar.



**Purely Elizabeth
Granola**



\$4⁹⁹
12 oz

**KIND
Nuts & Spices Bar**



4/\$5
1.4 oz

**Bobo's
Oat Bar
(selected varieties)**



2/\$4
3 oz



**Organic India
Organic Tulsi Tea
(selected varieties)**



\$2⁷⁹
18 ct

**EPIC
Meat Bar
(selected varieties)**



\$1⁵⁹
1.3-1.5 oz

**Bulletproof
Collagen Protein Bar
(selected varieties)**



\$1⁹⁹
1.59 oz

**Choice Organic Teas
Organic Tea
(selected varieties)**



2/\$7
16 ct

**SweetLeaf
Liquid Stevia
Sweet Drops
(selected varieties)**



\$5⁷⁹
2 oz

**Simple Mills
Baking Mix**



\$5⁹⁹
9-12.9 oz

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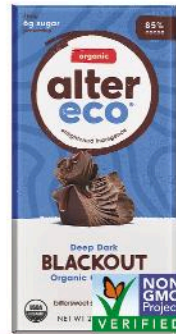
Endangered Species
Chocolate Bar

2/\$5
3 oz



Alter Eco
Organic Chocolate
Bar

2/\$5
2.65-2.82 oz



Navitas
Organic Cacao
Powder

\$6²⁹
8 oz



PEOPLE AND PLANET

**October is
Fair Trade Month &
Non-GMO Month**

Transparency in food production and labeling is critical. Shoppers have a right to if know what they're buying is good for people and planet. Support brands working towards a more sustainable future and try something new! Look for brands that boast the Fairtrade and Non-GMO Project Verified seals throughout the month.



[f](https://twitter.com/fairtrademarkus)
[f](https://www.facebook.com/fairtrademarkus)
[i](https://www.instagram.com/fairtrademarkus)
[in](https://www.linkedin.com/company/fairtrademarkus)
www.fairtradeamerica.org
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[f](https://www.facebook.com/nongmoproject)
[i](https://www.instagram.com/nongmoproject)
[in](https://www.linkedin.com/company/nongmoproject)
www.nongmoproject.org

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Organic Valley
Organic Ghee

\$13⁴⁹

13 oz



Chosen Foods
Avocado Oil

\$9²⁹

500 ml



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$6⁷⁹

16.9 oz



Lakewood
Organic Pure
Cranberry

\$7⁴⁹

32 oz



R.W. Knudsen
Organic Just
Cranberry Juice

\$7²⁹

32 oz



R.W. Knudsen
Organic Apple Juice

\$2⁷⁹

32 oz



Vita Coco
Coconut Water

2/\$6

1 lt



So Delicious
Organic Coconutmilk
(selected varieties)

2/\$5

32 oz



KOR Shots
Shot
(selected varieties)

2/\$5

1.7 oz





Feel Good, Do Good.

In 2014, we founded the Vita Coco Project to support the communities from where we source our coconuts. Coconut farming communities in remote parts of the world face many challenges including weak infrastructure, outdated farming practices, and a shortage of schools.

With our Give, Grow, Guide philosophy, we work to help these coconut farmers increase their annual yield, diversify their crops, and grow sustainably. We also value the impact of education on a community.

We are committed to providing opportunities to future generations by investing in educational programs, like building new classrooms and awarding scholarships. Through these efforts, we hope to help positively impact 1 million people in these communities.

Visit vitacoco.com to learn more.



The Mountain Valley
Spring Water

\$1⁷⁹

1 lt



Vive Organic
Organic Functional Shot
(selected varieties)

2/\$5

2 oz



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**Organic Valley
Organic Milk**
(selected varieties)

\$4⁴⁹

64 oz



**Silk
Almondmilk**
(selected varieties)

\$3⁷⁹

64 oz



**So Delicious
Organic Coconutmilk
Creamer**

\$2²⁹

16 oz



**Redwood Hill Farm
Plain Cultured
Goat Milk Kefir**

\$4⁹⁹

32 oz



**Brown Cow
Cream Top Whole
Milk Yogurt**
(selected varieties)

5/\$5

5.3 oz



**Organic Valley
Organic Mozzarella
Stringles**

\$3⁷⁹

6 oz



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

2/\$5

5.5-6 oz



**Dr. Praeger's
Veggie Burgers**
(selected varieties)

\$3⁴⁹

8-10 oz



**Rumiano
Organic Cheese**
(selected varieties)

\$4²⁹

8 oz



**Gardein
Meatless Meat**
(selected varieties)

\$3²⁹

8.8-14.1 oz



**Quorn
Meat Alternative**
(selected varieties)

\$3⁴⁹

7.05-12 oz



**Udi's Gluten Free
Sandwich Bread**

\$3⁹⁹

12 oz



**Van's
Waffles**
(selected varieties)

2/\$5

8-9 oz



**Sambazon
Organic Superfruit Packs**

\$4⁹⁹

4/100 g



**Gaia Herbs
Golden Milk**

\$15⁹⁹

4.3 oz



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Manitoba Harvest
Organic Hemp
Hearts

\$8⁷⁹

12 oz



Garden of Life
Raw Organic
Protein Powder
(selected varieties)

\$35⁹⁹

560-660 g



Vital Proteins
Collagen Peptides

\$19⁹⁹

10 oz



Amazing Grass
Green Superfood

\$21⁹⁹

7.4-8.5 oz



Natural Vitality
Natural Calm
(selected varieties)

\$12⁹⁹

8 oz



Wedderspoon
Organic Manuka
Honey Drops
(selected varieties)

\$6⁷⁹

4 oz



Natural Factors
Organic Oil of Oregano

\$12⁹⁹

1 oz



NOW Foods
MCT Oil

\$17⁴⁹

32 oz



Nordic Naturals
Vitamin D3 Gummies
(selected varieties)

\$9⁹⁹

60 ct



Oregon's Wild Harvest
Organic Ashwagandha

\$16⁹⁹

90 ct



NeoCell
Super Collagen + C

\$11⁹⁹

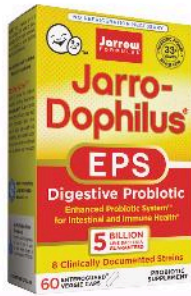
120 tab



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Jarrow Formulas
Jarro-Dophilus
EPS 5 Billion

\$17⁴⁹
60 vcap



Boiron
Oscilloccinum

\$10⁹⁹
6 ct



Natural Factors
CurcuminRich®
Theracurmin®
30 mg

\$19⁴⁹
60 vcap



MegaFood
Women Over 40™
One Daily

\$31⁹⁹
60 tab



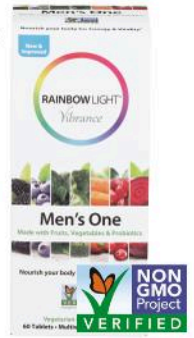
Solaray
Myrobiome Probiotic
Women's Formula

\$24⁹⁹
30 cap



Rainbow Light
Vibrance Men's One

\$15³⁹
60 tab



Andalou Naturals
1000 Roses
Cleansing Foam

\$8⁹⁹
5.5 oz



Giovanni
Shampoo or
Conditioner
(selected varieties)

\$5⁷⁹
8.5 oz



ShiKai
Borage Therapy
Original Formula
Lotion

\$9²⁹
8 oz



Dr. Tung's
Activated Charcoal Floss

\$4⁴⁹
30 yds



Desert Essence
Toothpaste

\$4⁷⁹
6.25 oz



Aura Cacia
Lavender Essential Oil

\$8²⁹
.5 oz



Dr. Bronner's
Organic Pure-Castile
Liquid Soap

\$12⁴⁹
32 oz



ECOS
Laundry Detergent
(selected varieties)

\$9⁹⁹
100 oz



Seventh Generation
Dish Liquid
(selected varieties)

\$2⁹⁹
22-25 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.

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

