

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

**\$3<sup>79</sup>**

6 oz



Muir Glen  
Organic Pasta Sauce  
(selected varieties)

**\$2<sup>79</sup>**

25.5 oz



Farmer's Market  
Organic Pumpkin

**\$2<sup>29</sup>**

15 oz



Annie's  
Organic Graham  
Crackers  
(selected varieties)

**\$3<sup>49</sup>**

14.4 oz



Harmless Harvest  
Organic Coconut  
Water

**\$3<sup>99</sup>**

16 oz



Lundberg Family Farms  
Organic Rice Cakes  
(selected varieties)

**\$2<sup>99</sup>**

8.5-10 oz



Mary's Gone Crackers  
Organic Original  
Crackers

**\$3<sup>49</sup>**

5.5-6.5 oz



Cascadian Farm Organic  
Organic Potatoes  
(selected varieties)

**2/\$5**

12-16 oz



Food For Life  
Organic Tortillas  
(selected varieties)

**\$2<sup>99</sup>**

10-12 oz



Late July  
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  
 2 T finely chopped parsley  
 2 cloves minced garlic  
 1 tsp Dijon mustard  
 1 tsp lemon juice  
 ground black pepper & kosher salt to taste  
 1/2 c finely chopped fennel bulb  
 1/2 c mayonnaise  
 1/4 c finely chopped celery  
 2 T capers

Safe Catch  
 Elite Pure  
 Wild Tuna



**\$2<sup>29</sup>**  
 5 oz

Wild Planet  
 Wild Sardines  
 (selected varieties)



**\$1<sup>89</sup>**  
 4.4 oz

Dr. McDougall's  
 Soup Cup  
 (selected varieties)



**\$1<sup>59</sup>**  
 1-3.4 oz

Maya Kaimal  
 Organic  
 Everyday Dal



**\$3<sup>29</sup>**  
 10 oz

Primal Kitchen  
 Mayo with  
 Avocado Oil



**\$6<sup>49</sup>**  
 12 oz

Kalahari Biltong  
 Biltong



**\$4<sup>99</sup>**  
 2 oz

Barnana  
 Organic  
 Plantain Chips



**2/\$7**  
 5 oz

Annie's  
 Organic Dressing  
 (selected varieties)



**2/\$6**  
 8 oz

Vegan Rob's  
 Puffs



**2/\$5**  
 3.5 oz

Good Health  
 Avocado Oil  
 Potato Chips



**2/\$5**  
 5 oz

MadeGood  
 Organic Soft Baked  
 Mini Cookies  
 (selected varieties)



**2/\$5**  
 5 ct

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



**2/\$1**

1 piece



**OCHO Candy**  
**Organic Candy Bar**



**2/\$3**

1.45-1.5 oz



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



**\$7<sup>99</sup>**

11 oz



**Chocolove**  
**Chocolate Bar**  
(selected varieties)



**2/\$4**

3.1-3.2 oz

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



**2/\$5**

3 oz



**Café Altura**  
**Organic Freeze Dried**  
**Instant Coffee**



**\$7<sup>99</sup>**

3.5 oz



**RXBAR**  
**Protein Bar**  
(selected varieties)



**\$1<sup>69</sup>**

1.83 oz

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



**5/\$5**

1.6-1.8 oz

**Dang**  
**Dang Bar**  
(selected varieties)



**2/\$3**

1.4 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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Happy Baby  
Organic Simple Combos  
Baby Food Pouch  
(selected varieties)



**\$1<sup>29</sup>**

4 oz

San Pellegrino  
Sparkling Natural  
Mineral Water



**\$1<sup>59</sup>**

750 ml

Nixie  
Organic Sparkling Water



**2/\$6**

8 ct

Steaz  
Organic  
Iced Green Tea  
(selected varieties)



**99¢**

16 oz

Eternal  
Naturally Alkaline  
Spring Water



**\$1<sup>39</sup>**

1 lt

Lakewood  
Organic Pure Carrot



**\$4<sup>79</sup>**

32 oz

Bragg  
Organic Apple Cider  
Vinegar Drink



**2/\$4**

16 oz

C2O  
Coconut Water  
(selected varieties)



**2/\$3**

17.5 oz

nutpods  
Dairy-Free Creamer  
(selected varieties)



**\$2<sup>29</sup>**

11.2 oz

Califia Farms  
Barista Blend  
(selected varieties)



**\$3<sup>99</sup>**

32 oz

KeVita  
Organic Master  
Brew Kombucha  
(selected varieties)



**2/\$5**

15.2 oz

Good Karma  
Flaxmilk + Protein



**\$4<sup>29</sup>**

64 oz

Health-Ade  
Organic Kombucha  
(selected varieties)



**2/\$5**

16 oz

GT's  
Organic Multi Serve  
Kombucha  
(selected varieties)



**\$6<sup>49</sup>**

48 oz

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**Farmhouse Culture  
Organic Gut Shot**

**\$5<sup>29</sup>**

16 oz



**Daiya  
Dairy-Free  
Cheese Style  
Shreds**

**\$3<sup>29</sup>**

7.1-8 oz



**Kite Hill  
Cream Cheese Alternative**

**\$5<sup>49</sup>**

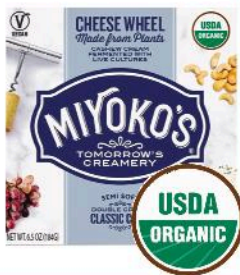
8 oz



**Miyoko's  
Organic Vegan  
Cheese Wheel  
(selected varieties)**

**\$6<sup>49</sup>**

6.5 oz



**Field Roast  
Chao Slices**

**\$3<sup>79</sup>**

7 oz



**Tofurky  
Plant-Based  
Deli Slices**

**2/\$6**

5.5 oz



**Bubbies  
Sauerkraut**

**\$5<sup>49</sup>**

25 oz



**Alexia  
Seasoned Waffle  
Cut Fries**

**\$3<sup>49</sup>**

20 oz



**Beyond Meat  
Beyond Sausage**

**\$6<sup>79</sup>**

14 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



**Rising Moon  
Organic Ravioli**  
(selected varieties)

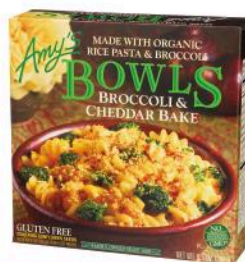


**\$4<sup>49</sup>**

8 oz



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



**\$3<sup>99</sup>**

8-10 oz

**Alden's Organic  
Organic Old School Vanilla  
Ice Cream Sandwich**



**\$4<sup>79</sup>**

6 ct



**Canyon Bakehouse  
Gluten Free Bread**



**\$4<sup>29</sup>**

18 oz

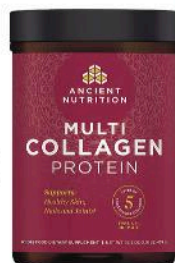
**So Delicious  
Frozen Novelties**  
(selected varieties)



**\$4<sup>99</sup>**

4-8 ct

**Ancient Nutrition  
Multi Collagen Protein**  
(selected varieties)



**\$38<sup>99</sup>**

459-535 g

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

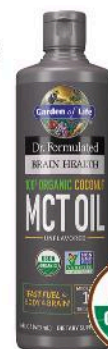


**\$2<sup>49</sup>**

2.5-2.7 oz



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



**\$18<sup>99</sup>**

16 oz



**Yerba Prima  
Psyllium  
Whole Husks**



**\$9<sup>79</sup>**

12 oz

**Bluebonnet Nutrition  
Blueberry Liquid Calcium  
Magnesium Citrate**



**\$12<sup>19</sup>**

16 oz

**PlusCBD  
CBD Oil Drops  
Gold Formula 250 mg**



**\$23<sup>99</sup>**

1 oz

**Organic India  
Organic Ashwagandha**



**\$13<sup>99</sup>**

90 vcap



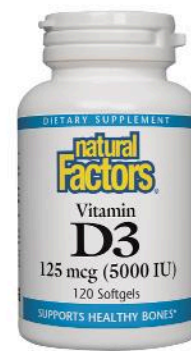
**MegaFood  
Zinc**



**\$15<sup>49</sup>**

60 tab

**Natural Factors  
Vitamin D3  
5000 IU**



**\$8<sup>99</sup>**

120 sgel

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

**\$27<sup>99</sup>**

60 tab



**Jarrow Formulas  
Saccharomyces  
Boulardii + MOS**

**\$18<sup>99</sup>**

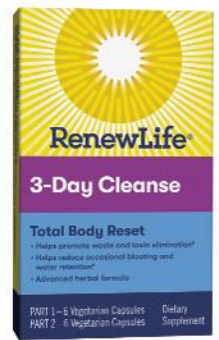
90 vcap



**Renew Life  
3-Day Cleanse**

**\$5<sup>99</sup>**

12 cap



**ACURE  
Brightening  
Facial Scrub**

**\$6<sup>29</sup>**

4 oz



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

**\$3<sup>49</sup>**

2 oz



**EO  
Everyone Soap  
(selected varieties)**

**\$6<sup>99</sup>**

32 oz



**JASON  
Powersmile Whitening  
Powerful Peppermint  
Toothpaste**

**\$3<sup>29</sup>**

6 oz



**Himalaya  
Toothpaste**

**\$4<sup>49</sup>**

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**

**\$6<sup>49</sup>**

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](http://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  
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

