

Proud member of



# INDEPENDENT CHOICE

March 2020

"The pleasures of the table, and of life, are infinite - toujours bon appétit!" -Julia Child



Earth Balance  
Organic Vegan Whipped  
Buttery Spread

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

13 oz



Wild Planet  
Skipjack Wild Tuna

**2/\$5**

5 oz



Muir Glen  
Organic Tomatoes  
(selected varieties)

**5/\$5**

14.5 oz



Lundberg Family Farms  
Organic Rice Cakes  
(selected varieties)

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

8.5-10 oz



Honest Tea  
Organic Iced Tea  
(selected varieties)

**2/\$3**

16 oz



Organic Valley  
Organic Ghee

**\$8<sup>49</sup>**

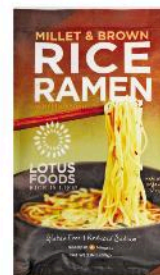
7.5 oz



Lotus Foods  
Rice Ramen  
(selected varieties)

**2/\$3**

2.8 oz



Lakewood  
Organic Pure  
Pineapple

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

32 oz



Late July  
Organic Restaurant  
Style Tortilla Chips  
(selected varieties)

**2/\$6**

11 oz



Traditional Medicinals  
Organic Tea  
(selected varieties)

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

16 ct



Hope  
Organic Hummus  
(selected varieties)

**2/\$6**

8 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 March.



**Ancient Harvest  
Organic Supergrain Pasta**



**2/\$5**

8-9.6 oz

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



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

17-17.6 oz

**Annie's  
Organic Dressing  
(selected varieties)**



**2/\$6**

8 oz

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



**5/\$5**

5.25-6 oz

**A. Vogel  
Organic Herbamare  
Sea Salt**



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

8.8 oz

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



**\$9<sup>49</sup>**

25.4 oz

**Good Health  
Avocado Oil Potato Chips**



**2/\$5**

5 oz

**Annie's  
Organic Snack Mix  
(selected varieties)**



**2/\$7**

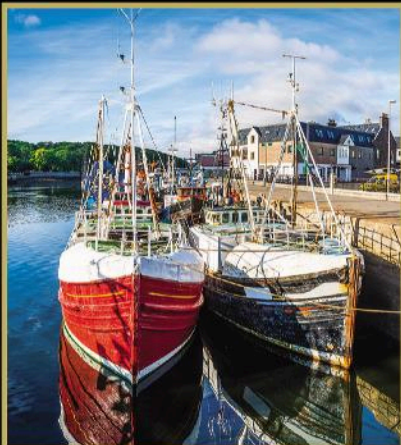
9 oz

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



**2/\$5**

3.75 oz



**CROWN PRINCE**  
- QUALITY *Natural* SEAFOOD -

**Remedy for corned beef and cabbage on St. Paddy's Day: Seafood.**

*The Irish enjoy their delicious wild caught and sustainably harvested world famous seafood and shellfish throughout the year. This is the tradition of freshness and sustainability captured in Crown Prince Natural seafood.*

**We harvest and pack the seas' finest seafood from around the world within hours of landing. March is the time to try our Brisling Sardines sourced in the Irish Sea off the coast of Scotland.**

***The Irish would approve.***

Visit [www.crownprince.com](http://www.crownprince.com)



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**SweetLeaf**  
Sweet Drops  
(selected varieties)

**\$5<sup>79</sup>**

2 oz



**Café Altura**  
Organic Freeze Dried  
Instant Coffee

**\$7<sup>49</sup>**

16 oz



**Celestial Seasonings**  
Tea  
(selected varieties)

**2/\$5**

20 ct



**Enjoy Life Foods**  
Chocolate Chips

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

9-10 oz



**Birch Benders**  
Organic Pancake & Waffle Mix  
(selected varieties)

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

16 oz



**Peter Rabbit Organics**  
Organic Baby Food Pouch  
(selected varieties)

**2/\$3**

4-4.4 oz



**Steaz**  
Organic Iced Green Tea  
(selected varieties)

**99¢**

16 oz



**UNREAL**  
Chocolate Gems  
(selected varieties)

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

5 oz



**OCHO Candy**  
Organic Candy Bar

**2/\$3**

1.45-1.5 oz



**Taste Nirvana**  
Coconut Water  
(selected varieties)

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

9.5 oz



**Topo Chico**  
Sparkling Mineral  
Water

**89¢**

12 oz



**R.W. Knudsen**  
Organic Just Tart  
Cherry Juice

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

32 oz



**Zevia**  
Zero Calorie Soda

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

6 ct



**VOTE  
EVERY  
DAY**

**Certified**



**Corporation**

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



**5/\$5**

1.6-1.8 oz

**Perfect Bar  
Protein Bar**  
(selected varieties)



**2/\$4**

2.2-2.5 oz

**Organic Valley  
Organic Flavored  
Half & Half**  
(selected varieties)



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

16 oz

**Chameleon Cold-Brew  
Organic Ready to Enjoy  
Coffee**



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

10 oz

**Uncle Matt's  
Organic Orange Juice**  
(selected varieties)



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

52 oz

**Almond Breeze  
Almondmilk**  
(selected varieties)



**2/\$7**

64 oz

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



**2/\$5**

15.2 oz

**GT's  
Organic Multi Serve  
Kombucha**  
(selected varieties)



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

48 oz

**siggis  
Icelandic Yogurt**  
(selected varieties)



**4/\$5**

4-5.3 oz

**ALIVE LIKE YOU**  
Delicious Probiotic Drinks

**SPARKLING PROBIOTIC DRINK  
MASTER BREW KOMBUCHA  
APPLE CIDER VINEGAR TONIC**

Every bottle of KeVita is crafted from our proprietary culture using the freshest organic ingredients to deliver a smooth, invigorating taste from your first sip to your last.

MOJITA LIME MINT COCONUT  
PINEAPPLE PEACH  
TURMERIC GINGER

NON GMO VERIFIED, USDA ORGANIC, K, NA

**Maple Hill Organic  
Organic Cream On Top Yogurt**



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

32 oz

**Miyoko's  
Organic European Style  
Cultured Vegan Butter**



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

8 oz

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**Organic Valley  
Organic Mozzarella Stringles**

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

6 oz



**Bonafide Provisions  
Bone Broth**

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

24 oz



**Applegate Farms  
Chicken Nuggets  
(selected varieties)**

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

8 oz



**Quorn  
Meat Alternative  
(selected varieties)**

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

7.05-12 oz



**Beyond Meat  
Beyond Beef Crumbles**

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

10 oz



**Gardein  
Meatless Meat  
(selected varieties)**

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

8.8-14.1 oz



**Against the Grain Gourmet  
Gluten Free Three Cheese  
Pizza**

**\$7<sup>49</sup>**

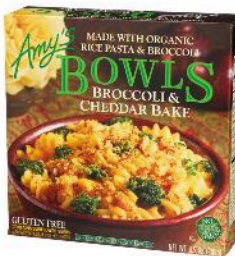
24 oz



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

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

8-10 oz



**Canyon Bakehouse  
Gluten Free Bread**

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

18 oz



**Alden's Organic  
Organic Ice Cream  
(selected varieties)**

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

48 oz



**Yerba Prima  
Great Plains Bentonite**

**\$9<sup>99</sup>**

16 oz



**NeoCell  
Super Collagen**

**\$12<sup>79</sup>**

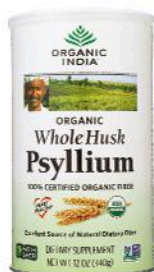
7 oz



**Organic India  
Organic Whole Husk Psyllium**

**\$9<sup>99</sup>**

12 oz



**Vega  
Sport Premium Protein**

**\$37<sup>99</sup>**

28.3-29.5 oz



**Natural Factors  
CurcuminRich®  
Theracurmin® 30 mg**

**\$19<sup>99</sup>**

60 vcap

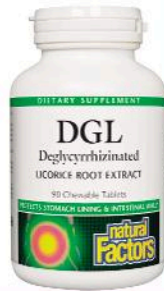


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Natural Factors  
DGL 400 mg Chewable

**\$10<sup>49</sup>**  
90 tab



Sovereign Silver  
Bio-Active Silver  
Hydrosol Dropper

**\$28<sup>99</sup>**  
8 oz



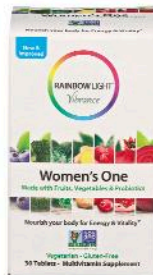
NOW Foods  
Peppermint  
Essential Oil

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



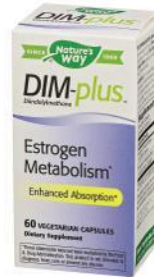
Rainbow Light  
Vibrance Women's One

**\$7<sup>79</sup>**  
30 ct



Nature's Way  
DIM-plus™

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



Garden of Life  
mykind Organics B-12  
Organic Spray

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



Renew Life  
Ultimate Flora Extra  
Care Probiotic 50 Billion

**\$29<sup>99</sup>**  
30 ct



PlusCBD Oil  
Extra Strength CBD Oil  
Balm

**\$31<sup>99</sup>**  
1.3 oz



Life-flo  
Pure Magnesium Oil

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



Jarrow Formulas  
Saccharomyces  
Boulardii + MOS

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



Ricola  
Cough Drops  
(selected varieties)

**2/\$4**  
19-24 ct



**Ricola**  
FOR COUGH AND SORE THROAT RELIEF

The Original  
Natural Herb Cough Drops  
Cough Suppressant - Throat Drops

Naturally Soothing  
Relief that Lasts  
From Switzerland

21 DROPS

MADE WITH A UNIQUE BLEND OF  
10 NATURAL SWISS ALPINE HERBS

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**DERMA E  
Anti-Wrinkle  
Renewal Cream**

**\$11<sup>99</sup>**  
4 oz



**Lily of the Desert  
Aloe Vera Gelly**

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



**Thayers  
Witch Hazel  
Facial Toner**

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



**Andalou Naturals  
1000 Roses Cleansing  
Foam**

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



**Giovanni  
Shampoo or  
Conditioner  
(selected varieties)**

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



**Ecover  
Dishwasher Tablets  
(selected varieties)**

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



**Dr. Bronner's  
Organic Baby Unscented  
Pure-Castile Bar Soap**

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



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

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



**Biokleen  
Laundry Liquid**

**\$9<sup>99</sup>**  
128 loads



**biokleen®  
CELEBRATING  
THIRTY YEARS**

Spring clean and  
save some *green*

3x concentrated with  
plant-based cleaning power  
delivers low-cost per load

Learn how we Clean for Good at  
[www.biokleenhome.com/CleanforGood](http://www.biokleenhome.com/CleanforGood)







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  
Nature's Food Patch  
Nutrition Smart  
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  
Savi Provisions  
Sentient Bean

#### 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