

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/\$5
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



GT's
Organic Synergy
Kombucha

2/\$5
16 oz



Lightlife
Organic Tempeh

\$2⁴⁹
8 oz



Hilary's
Organic Veggie
Burgers

2/\$5
6.4 oz



Bragg
Organic Apple
Cider Vinegar

\$3⁹⁹
32 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.

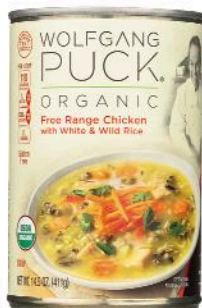
**Crown Prince Natural
Skinless & Boneless
Sardines in Pure Olive Oil**

\$2²⁹
3.75 oz



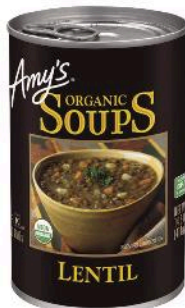
**Wolfgang Puck
Organic Soup
(selected varieties)**

\$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



**Imagine
Organic Broth
(selected varieties)**

\$3⁴⁹
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.



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

\$2⁴⁹
10 oz



**NUCO
Organic Coconut Wraps**

\$5²⁹
2.47 oz



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

\$4⁴⁹
16.9 oz



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

5/\$5
5.25-6 oz



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

\$3⁴⁹

8 oz



**Ancient Harvest
Organic Polenta**
(selected varieties)

\$2⁴⁹

18 oz



**Annie's
Organic Bunny Crackers**
(selected varieties)

2/\$6

7.5 oz



**Annie's
Organic Bunny Fruit Snacks**
(selected varieties)

2/\$5

4 oz



**Crunchmaster
Multi-Seed Crackers**
(selected varieties)

2/\$5

4 oz



**From The Ground Up
Cauliflower Crackers**

2/\$5

4.0 oz



**Glutino
Gluten Free
Pretzels**

\$3⁹⁹

14.1 oz



**Barbara's
Cheese Puffs**
(selected varieties)

2/\$5

5.5-7 oz



**Inka Crops
Plantain Chips**

2/\$3

4 oz



**Plant Snacks
Cassava Root
Chips**

2/\$5

5 oz



**gimMe Organic
Organic Seaweed
Snack**
(selected varieties)

2/\$3

.32-.35 oz



**Boulder Canyon
Potato Chips**
(selected varieties)

2/\$5

5.25-6.5 oz



**Late July
Clásico Tortilla
Chips**
(selected varieties)

2/\$5

5.5 oz



**Garden of Eatin'
Tortilla Chips**
(selected varieties)

\$3⁴⁹

16 oz



**Angie's
BoomChickaPop
Popcorn**
(selected varieties)

\$2²⁹

4.4-7 oz



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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

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



2/\$4
3 oz



**KIND
Nuts & Spices Bar**



4/\$5
1.4 oz

**EPIC
Meat Bar
(selected varieties)**



\$1⁵⁹
1.3-1.5 oz

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



\$1⁹⁹
1.59 oz

**That's it.
Fruit Bar
(selected varieties)**



4/\$5
1.20 oz



**Made in Nature
Organic Dried
Mangoes**



\$3⁷⁹
3 oz

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



\$2⁷⁹
18 ct



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



2/\$7
16 ct



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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.



[Twitter](#) [Facebook](#) [Instagram](#) [LinkedIn](#) @fairtrademarkus www.fairtradeamerica.org
[Twitter](#) [Facebook](#) [Instagram](#) [LinkedIn](#) @nongmoproject www.nongmoproject.org

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

2/\$4
3 oz



SweetLeaf
Liquid Stevia
Sweet Drops
(selected varieties)

\$5⁷⁹
2 oz



Chosen Foods
Avocado Oil Mayo

\$5⁷⁹
12 oz



Simple Mills
Baking Mix

\$5⁷⁹
9-12.9 oz



Organic Valley
Organic Ghee

\$13⁴⁹
13 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$6⁷⁹
16.9 oz



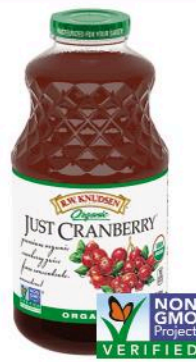
R.W. Knudsen
Organic Apple Juice

\$2⁷⁹
32 oz



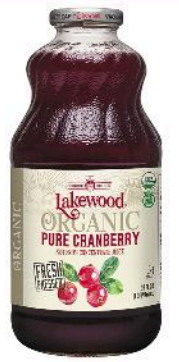
R.W. Knudsen
Organic Just
Cranberry Juice

\$7²⁹
32 oz



Lakewood
Organic Pure
Cranberry

\$7²⁹
32 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.

So Delicious
Organic Coconutmilk
(selected varieties)

2/\$5
32 oz



Vita Coco
Coconut Water

2/\$6
1 lt



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**The Mountain Valley
Spring Water**

\$1⁷⁹

1 lt



**Vive Organic
Organic Functional Shot
(selected varieties)**

2/\$5

2 oz



**Silk
Almondmilk
(selected varieties)**

\$3⁴⁹

64 oz



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

5/\$5

5.3 oz



**So Delicious
Organic Coconutmilk
Creamer**

\$2²⁹

16 oz



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

\$4⁴⁹

64 oz



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

\$4⁹⁹

32 oz



**Organic Valley
Organic Mozzarella
Stringles**

\$3⁷⁹

6 oz



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

2/\$5

8-9 oz



**Quorn
Meat Alternative
(selected varieties)**

\$3⁴⁹

7.05-12 oz



**Gardein
Meatless Meat
(selected varieties)**

\$3²⁹

8.8-14.1 oz



**Udi's Gluten Free
Sandwich Bread**

\$3⁹⁹

12 oz



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

2/\$5

5.5-6 oz



**Sambazon
Organic Superfruit Packs**

\$4⁹⁹

4/100 g



**Gaia Herbs
Golden Milk**

\$15⁹⁹

4.3 oz



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HEMP ISN'T JUST FOOD...
IT'S A SUPERFOOD WITH 10G
PLANT-BASED PROTEIN PER SERVING.



Manitoba Harvest
Organic Hemp Hearts

\$8⁷⁹

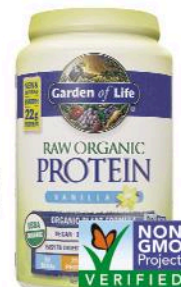
12 oz



Garden of Life
Raw Organic
Protein Powder
 (selected varieties)

\$35⁹⁹

560-660 g



Amazing Grass
Green Superfood

\$21⁹⁹

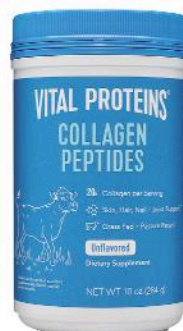
7.4-8.5 oz



Vital Proteins
Collagen Peptides

\$19⁹⁹

10 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



Oregon's Wild Harvest
Organic Ashwagandha

\$16⁹⁹

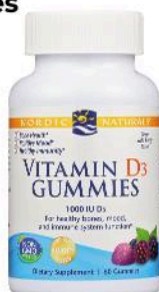
90 ct



Nordic Naturals
Vitamin D3 Gummies
 (selected varieties)

\$9⁹⁹

60 ct



NOW Foods
MCT Oil

\$17⁴⁹

32 oz



NeoCell
Super Collagen + C

\$11⁹⁹

120 tab



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**MegaFood
Women Over 40™
One Daily**



\$31⁹⁹

60 tab



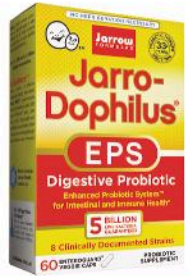
**Boiron
Oscilloccinum**



\$10⁹⁹

6 ct

**Jarrow Formulas
Jarro-Dophilus
EPS 5 Billion**



\$17⁴⁹

60 vcap

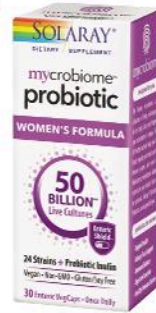
**Giovanni
Shampoo or
Conditioner
(selected varieties)**



\$5⁷⁹

8.5 oz

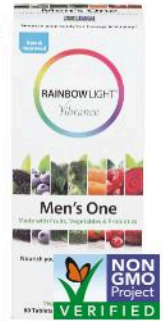
**Solaray
Microbiome Probiotic
Women's Formula**



\$24⁹⁹

30 cap

**Rainbow Light
Vibrance Men's One**



\$15³⁹

60 tab

**Andalou Naturals
1000 Roses
Cleansing Foam**



\$8⁹⁹

5.5 oz



**ShiKai
Borage Therapy
Original Formula Lotion**



\$8⁹⁹

8 oz

**Desert Essence
Toothpaste**



\$4⁷⁹

6.25 oz



**Dr. Bronner's
Organic Pure-Castile
Liquid Soap**



\$12⁴⁹

32 oz



**Aura Cacia
Lavender Essential Oil**



\$8²⁹

.5 oz

**Dr. Tung's
Activated Charcoal Floss**



\$4⁴⁹

30 yds

**ECOS
Laundry Detergent
(selected varieties)**



\$9⁷⁹

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.

ALABAMA

Manna Grocery & Deli

ARKANSAS

Good Measure Market
Natural Food Store
Nature's Wonders
Olde Fashioned Foods
The Eureka Market
The Truck Patch

ILLINOIS

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
INGUARD
Natural Choices for Healthful Living
Nature's Cupboard
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
BetterHealth Market
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

A Clean Plate Local & Organic Grocery
Good Grocer
Cloquet Natural Foods
Meadow Farm Foods
Tailor Made Nutrition

MISSOURI

Clovers Natural Market
Mama Jean's Natural Market
MJ's Market & Deli
Natural Health Organic Foods
Nature's Own Health Market
Suzanne's Natural Foods
Terra Health Market

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Heath Foods by Claudia
Kindred Market
Raisin Rack Natural Food Market

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Natural Foods Market
Nutrition World

TEXAS

Fresh Plus Markets
Natural Foods Market
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive Nutrition Center
Downtown Grocery
The Free Market
Good Harvest Market
The Grainery
Greens N Grains
Healthy Way Market
Nature's Best Market
NDC Natural Market
Nutrition Discount Center
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market