

Proud member of



INDEPENDENT CHOICE

July 2020

Do what you can, with what
you have, where you are.
- Theodore Roosevelt



**Beyond Meat
Beyond Burger**

\$4²⁹

8 oz



**Coconut Bliss
Organic Non-Dairy
Frozen Dessert
(selected varieties)**

\$4⁷⁹

16 oz



**Organic Valley
Organic Raw Sharp
Cheddar Cheese**

\$4⁷⁹

8 oz



**Miyoko's
Organic Fresh Vegan
Mozzarella**

\$5⁹⁹

8 oz



**Alden's Organic
Organic Ice Cream**

\$6²⁹

48 oz



**Bragg
Liquid Aminos**

\$5⁴⁹

32 oz



**Bubbies
Sauerkraut**

\$5⁴⁹

25 oz



**Harmless Harvest
Organic Harmless
Coconut Water**

\$3⁹⁹

16 oz



**So Delicious
Organic Coconutmilk**

\$3⁹⁹

64 oz



**The Mountain Valley
Spring Water**

\$1⁶⁹

1 Ltr



**Santa Cruz Organic
Organic Lemonade
(selected varieties)**

\$1⁷⁹

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 July.



Late July
Organic Restaurant Style Tortilla Chips

2/\$6

11 oz

Kettle
Organic
Potato Chips

2/\$5

5 oz



Boulder Canyon
Potato Chips
(selected varieties)

2/\$4

5.25-6.5 oz



California Olive Ranch
Everyday Extra Virgin
Olive Oil

\$6⁹⁹

16.9 oz



Quinn Snacks
Peanut Butter Filled
Pretzel Nuggets

2/\$7

6.5-7 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹

4.4-7 oz



Spectrum
Organic Canola Oil

\$7⁷⁹

32 oz



Annie's
Organic Ketchup

\$2⁷⁹

24 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6

8 oz



A. Vogel
Organic
Herbamare
Sea Salt

\$5⁴⁹

8.8 oz



Tasty Bite
Indian Entrée

2/\$5

10 oz



Navitas
Organic
Cacao Powder

\$5⁹⁹

8 oz



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Larabar
Fruit & Nut Bar
(selected varieties)



5/\$5

1.6-1.8 oz

RXBAR
Protein Bar
(selected varieties)



\$1⁷⁹

1.83 oz

KIND
Nuts & Spices Bar



5/\$5

1.4 oz

Chocolove
Chocolate Bar
(selected varieties)



2/\$4

3.1-3.2 oz

Lily's Sweets
Chocolate Bar



2/\$6

2.8-3 oz

Theo
Organic
Chocolate Bar
(selected varieties)



2/\$5

3 oz

Endangered Species
Chocolate Bar



2/\$4

3 oz

Dandies
Vegan Marshmallows



\$2⁹⁹

10 oz

Annie's
Organic Honey Graham Crackers



\$3⁴⁹

14.1 oz

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**Iconic Protein
Protein Drink**

\$2⁷⁹

11.5 oz



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

99¢

16 oz



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

\$1⁵⁹

9.5 oz



**Waterloo
Sparkling Water
(selected varieties)**

\$4²⁹

12 ct



**evamor
Alkaline
Artisan Water**

\$2²⁹

64 oz



**C2O
Coconut Water
(selected varieties)**

2/\$3

17.5 oz



**Eternal
Naturally Alkaline
Spring Water**

\$1⁷⁹

1.5 lt



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

\$5⁴⁹

32 oz



**Lakewood
Organic
Pure Pineapple**

\$4⁹⁹

32 oz



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Almond Breeze
Almondmilk
(selected varieties)

2/\$4
32 oz



Almond Breeze
Almondmilk
(selected varieties)

2/\$7
64 oz



Silk
Almondmilk
(selected varieties)

\$3⁷⁹
64 oz



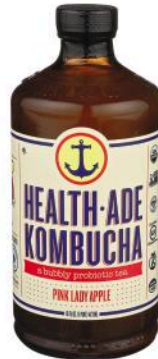
REBBL
Organic Super
Herb Elixir
(selected varieties)

2/\$5
12 oz



Health-Ade
Organic Kombucha
(selected varieties)

2/\$5
16 oz



Chameleon Cold-Brew
Organic Cold Brew
On-The-Go

\$2⁷⁹
10 oz



Organic Valley
Organic
Shredded Cheese
(selected varieties)

\$3⁷⁹
6 oz



Field Roast
Frankfurters

\$3⁹⁹
1 lb



Bitchin'
Sauce

\$4²⁹
8 oz



**HELPING RE-BUILD
AMERICA**

One Main Street at a Time.

**INDEPENDENT
WE STAND**

Powered by **STIHL**

To join Independent We Stand, please visit www.IndependentWeStand.org.

Lightlife
Organic Tempeh

2/\$5
8 oz



Sunshine Burgers
Organic Veggie Burger
(selected varieties)

\$4²⁹
8 oz



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Homemade Ice Cream Sandwiches

What you'll need:

your favorite recipe for chewy cookies, doubled
your ice cream of choice
sprinkles, chocolate chips, or other topping of choice
wax paper

Bake a double batch of cookies, leaving them slightly underdone. Cool them completely. Meanwhile, remove ice cream from freezer and allow to soften a bit. Once cookies are cool, flip over half of them and place a generous scoop of ice cream on the overturned cookie face. Top each scoop with the other half of the cookies. Press the cookies together and scrape off any excess ice cream that escapes from the sides. You have yourself an ice cream sandwich! Roll the exposed ice cream edge in the toppings. To best keep, wrap in wax paper individually and freeze.



Canyon Bakehouse Gluten Free Bread



\$4²⁹

18 oz

Sambazon Organic Superfruit Packs



\$4⁹⁹

4/100 g

So Delicious Frozen Novelties (selected varieties)



\$4⁷⁹

4-8 ct

Amazing Grass Green Superfood



\$21⁹⁹

7.4-8.5 oz

Vital Proteins Collagen Peptides



\$19⁹⁹

10 oz

Bulletproof Brain Octane Oil



\$17⁹⁹

16 oz

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



2/\$5

2.5-2.7 oz

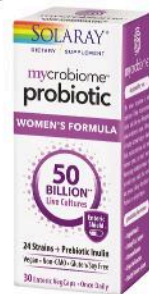
**New Chapter
Every Woman™'s
One Daily 40+
Multivitamin**



\$30⁹⁹

48 tab

**Solaray
Mycrobiome Probiotic
Women's Formula**



\$24⁹⁹

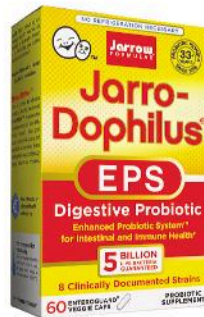
30 cap

Hydrating DIY Face Mask

What you'll need: ½ c oats
½ cucumber
blender

In a blender, finely grind the oats. Cut cucumber in small chunks and add to the blender. Blend until smooth. Add more oats, if necessary, to achieve desired texture. Apply to face for 15 to 20 minutes. Rinse with warm water when finished.

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



\$15⁹⁹

60 vcap

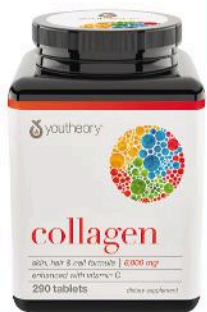
**Natural Factors
BioSil®
Hair, Skin, Nails**



\$24⁹⁹

60 vcap

**Youtheory
Collagen**



\$12⁹⁹

290 tab

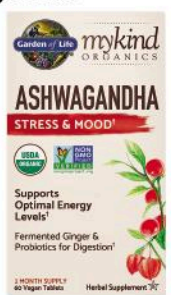
**Gaia Herbs
Turmeric Supreme
Extra Strength**



\$28⁹⁹

120 ct

**Garden of Life
Organic myKind Organics
Ashwagandha**



\$18⁹⁹

60 ct

**Andalou Naturals
CannaCell®
Happy Day Cream**



\$12⁹⁹

1.7 oz

**Mill Creek Botanicals
Biotene H-24
Shampoo or
Conditioner
(selected varieties)**



\$5⁹⁹

8.5 oz

**PetGuard
Cat Food
(selected varieties)**



\$1⁵⁹

5.5 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
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

