

Proud member of



INDEPENDENT CHOICE

January 2021

"You are never too old to
set another goal or to
dream a new dream."
- C.S. Lewis



**Primal Kitchen
Organic Unsweetened
Ketchup**

\$3⁹⁹
11.3 oz



**Beyond Meat
Beyond Beef**

\$6⁷⁹
16 oz



**Alexia
Potatoes
(selected varieties)**

2/\$6
15-16 oz



**Miyoko's
Organic Fresh
Vegan Mozzarella**

\$5⁹⁹
8 oz



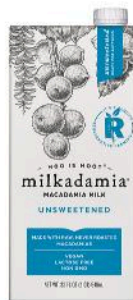
**REBBL
Organic Super
Herb Elixir
(selected varieties)**

\$2⁷⁹
12 oz



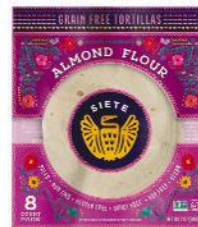
**Milkadamia
Macadamia Milk
(selected varieties)**

\$4²⁹
32 oz



**Siete
Grain Free Tortillas
(selected varieties)**

\$5⁹⁹
8 ct



**Simple Mills
Almond Flour
Crackers**

\$3⁴⁹
4.25 oz



**Essentia
Alkaline Water**

2/\$4
1.5 liter



**Late July
Organic Restaurant
Style Tortilla Chips**

2/\$6
11 oz



**Traditional Medicinals
Organic Tea
(selected varieties)**

\$3⁷⁹
16 ct

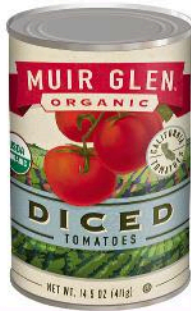


Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of January.

**Muir Glen
Organic Tomatoes**
(selected varieties)

5/\$5

14.5 oz



**Westbrae
Organic Beans**
(selected varieties)

\$2²⁹

15 oz



**Wild Planet
Wild Sardines**
(selected varieties)

\$1⁸⁹

4.4 oz



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

5/\$5

5.25-6 oz



**Daiya
Deluxe Cheezy Mac**

\$3²⁹

10.6-10.9 oz



**Dr. McDougall's
Soup Cup**
(selected varieties)

\$1⁵⁹

1.3-3.4 oz



Hearty Bean & Kale Soup

Serves 6

4 T olive oil
1 medium yellow onion, diced
2 ribs celery, chopped
1 large carrot, peeled & chopped
1 red bell pepper, chopped
8 c vegetable broth
1 tsp dried thyme
½ bunch green kale
1 can black beans or kidney beans
1 can cannellini beans
salt & freshly ground black pepper

1. Heat oil in a soup pot over medium heat. Sauté onion and celery, stirring frequently until the onions are tender, about 5 minutes.
2. Add carrots, red pepper, broth and thyme. Bring to a gentle simmer. Cover the pot and simmer until the vegetables are barely tender, about 20 minutes.
3. Meanwhile, drain and rinse beans, set aside. Tear kale into bite size pieces, discarding stems. Add kale to the pot and simmer. When kale has wilted, add beans and heat through. Season the soup with salt and pepper to taste. Serve hot.



**Ancient Harvest
Organic Gluten-Free Pasta**



\$2⁴⁹

8-9.6 oz

**A. Vogel
Organic Herbamare
Sea Salt**

\$5²⁹

8.8 oz



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

2/\$6

8 oz



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The Ginger People
Organic Ginger Juice

\$3²⁹

5 oz



Bragg
Organic Apple
Cider Vinegar

\$3⁹⁹

32 oz



Spectrum
Organic Distilled
White Vinegar

\$5²⁹

32 oz



Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$8⁹⁹

25.4 oz



Nutiva
Organic Coconut Manna

\$7⁴⁹

15 oz



Organic Valley
Organic Ghee

\$12⁴⁹

13 oz



Justin's
Almond Butter
(selected varieties)

\$8⁹⁹

16 oz



Navitas
Organic Cacao Powder

\$6²⁹

8 oz



Birch Benders
Keto Pancake &
Waffle Mix

\$5²⁹

10 oz



Kettle
Potato Chips
(selected varieties)

2/\$5

4.2-5 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹

4.4-7 oz



Beanfields
Bean Chips

2/\$6

5.5 oz



Barnana
Organic Plantain
Chips
(selected varieties)

2/\$6

5 oz



Peeled Snacks
Organic Baked
Pea Crisps
(selected varieties)

2/\$4

3.3 oz



Crunchmaster
Multi-Seed Crackers
(selected varieties)

2/\$5

4 oz



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Homemade Granola Bars

Serves 10

3 c old fashioned oats
1 c puffed rice cereal
4 T unsalted butter
½ c brown sugar
½ c honey
½ tsp salt

1 tsp vanilla extract
1 c chocolate chips, dried
berries, chopped nuts or
any combination (optional)
½ c chocolate chips,
melted (optional)

Line an 8x8" square dish with parchment paper and set aside. Melt the butter in a small saucepan and add in the brown sugar. Stir in the honey. Bring mixture to a low boil for about 2-3 minutes. Stirring constantly. Remove from heat and stir in the salt and vanilla extract. In a large bowl, mix together the puffed rice cereal and the old fashioned oats. Pour the butter mixture into the large bowl and coat cereal and oats well. Add in half of the selected add-ins (chocolate chips, dried fruit, etc.) and transfer the granola mixture into the prepared dish. Press the mixture down evenly inside the dish, making sure its spread all the way to the corners. Sprinkle the remaining add-ins on top of the granola mixture and gently press them into the granola. For a sweet finish, drizzle with melted chocolate. Chill the dish in the refrigerator before removing and cutting into 10 rectangular bars.

From The Ground Up Cauliflower Crackers

2/\$5

4.0 oz



Annie's Organic Fruit Snacks (selected varieties)

2/\$4

4 oz



Santa Cruz Organic Organic Apple Sauce Cups (selected varieties)

\$3²⁹

6-4 oz



One Degree Organics Organic Sprouted Cereal (selected varieties)

\$3⁷⁹

8-12 oz



Cascadian Farm Organic Organic Cereal (selected varieties)

2/\$6

8.6-14.6 oz



Bob's Red Mill Old Country Style Muesli

\$3⁴⁹

18 oz



MadeGood Organic Granola Bars (selected varieties)

2/\$6

6 ct



GoMacro Organic MacroBar

2/\$4

2-2.4 oz



Larabar Fruit & Nut Bar (selected varieties)

5/\$5

1.6-1.8 oz



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**Dang
Dang Bar**
(selected varieties)



2/\$3

1.4 oz

**Luna
Bar**
(selected varieties)



5/\$5

1.69 oz

**Teeccino
Dandelion Roasted
Herbal Tea**



\$4²⁹

10 ct

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



\$5⁴⁹

32 oz

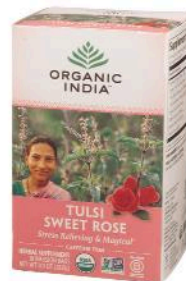
**Lakewood
Organic Pure
Pineapple**



\$4⁹⁹

32 oz

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



\$3⁷⁹

18 ct

**C2O
Coconut Water**
(selected varieties)



2/\$3

17.5 oz

**Vita Coco
Coconut Water**
(selected varieties)



2/\$6

1 lt

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



\$1⁵⁹

9.5 oz

**Zevia
Zero Calorie Soda**



\$3⁹⁹

6 ct

**San Pellegrino
Sparkling Natural
Mineral Water**



2/\$3

750 ml

**Orgain
Organic Vegan
Nutritional Shake**



\$2²⁹

11 oz

**So Delicious
Organic Coconutmilk**
(selected varieties)



\$2²⁹

32 oz

**Almond Breeze
Almondmilk**
(selected varieties)



2/\$4

32 oz

**Almond Breeze
Almondmilk**
(selected varieties)



\$3⁴⁹

64 oz

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Califia Farms creates delicious plant-based nourishment that's better for your family and better for the planet.

We invite you to try our creamy Unsweetened Almondmilk, Oatmilk, and fan favorite Oat Barista Blend for all your coffee, baking, and smoothie needs.



Almondmilk
(selected varieties)

\$4²⁹

48 oz



Oat Barista Blend

\$3⁷⁹

32 oz



Oatmilk

\$4²⁹

48 oz

So Delicious
Coconutmilk Yogurt
Alternative



\$4⁷⁹

24 oz

Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)



5/\$5

5.3 oz

Field Roast
Chao Slices



\$4²⁹

7 oz

Organic Valley
Organic Ricotta Cheese



\$4⁹⁹

15 oz

GT's
Organic Synergy
Kombucha
(selected varieties)



2/\$5

16 oz

Vive Organic
Organic Functional Shot
(selected varieties)



2/\$5

2 oz

Perfect Bar
Protein Bar
(selected varieties)



2/\$4

2.2-2.5 oz

Farmhouse Culture
Organic Gut Shot



\$4⁷⁹

16 oz

KeVita
Organic Sparkling
Probiotic Drink



2/\$5

15.2 oz

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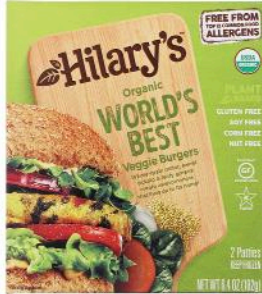
Miso Master
Organic Mellow
White Miso



\$4⁹⁹

8 oz

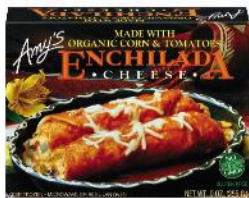
Hilary's
Organic Veggie
Burgers



\$2⁷⁹

6.4 oz

Amy's
Enchiladas
(selected varieties)



\$3⁹⁹

9-10 oz

Van's
Waffles
(selected varieties)



2/\$5

8-9 oz

Coconut Bliss
Organic Dairy-Free
Frozen Dessert
(selected varieties)



\$4⁹⁹

1 pt

Tofurky
Plant-Based Original Sausage



\$4⁷⁹

14 oz

Gardein
Meatless Meat
(selected varieties)



\$3²⁹

8.8-14.1 oz

Cascadian Farm Organic
Organic Potatoes



2/\$5

12-16 oz

Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)



\$4⁴⁹

24 oz

Sambazon
Organic Superfruit Packs



\$4⁹⁹

4/100 g

Bitchin'
Sauce



\$4²⁹

8 oz

Canyon Bakehouse
Gluten-Free Bread



\$4²⁹

18 oz

Base Culture
Paleo Soft
Sandwich Bread



\$6⁴⁹

24 oz

Manitoba Harvest
Organic Hemp
Hearts



\$9²⁹

12 oz

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**Spectrum Essentials
Organic Ground
Flaxseed**

\$5⁴⁹

14 oz



**Vital Proteins
Collagen Peptides**

\$17⁴⁹

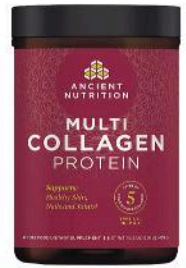
10 oz



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

\$39⁹⁹

459-535 g



**Amazing Grass
Green Superfood
(selected varieties)**

\$22⁹⁹

7.4-8.5 oz



**Vega
Sport Premium
Protein**

\$37⁹⁹

28.3-29.5 oz



**Garden of Life
Raw Organic Fit
Protein Powder**

\$42⁹⁹

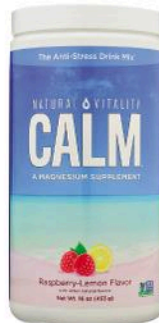
854-922 g



**Natural Vitality
Natural Calm
(selected varieties)**

\$26⁹⁹

16 oz



**Charlotte's Web
Hemp Extract-
Infused Gummies**

\$35⁹⁹

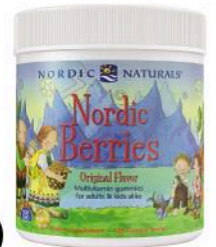
60 ct



**Nordic Naturals
Nordic Berries**

\$18⁹⁹

120 ct



**Natural Factors
Organic Oil of Oregano**

\$12⁹⁹

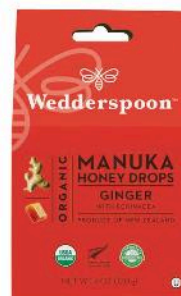
1 oz



**Wedderspoon
Organic Manuka
Honey Drops
(selected varieties)**

\$7⁴⁹

4 oz



**Bach
Rescue Pastilles**

\$6⁴⁹

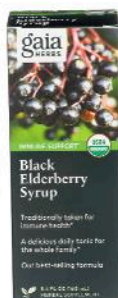
50 g



**Gaia Herbs
Organic Black
Elderberry Syrup**

\$18⁹⁹

5.4 oz



**Bluebonnet Nutrition
Blueberry Liquid Calcium
Magnesium Citrate**

\$12¹⁹

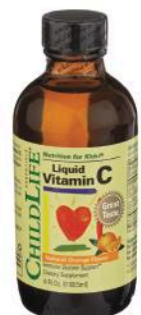
16 oz



**ChildLife Essentials
Liquid Vitamin C**

\$4⁹⁹

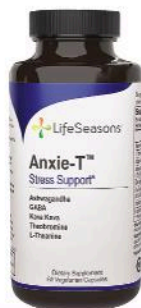
4 oz



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**LifeSeasons
Anxie-T**

\$27⁹⁹
60 vcap



**MegaFood
Zinc**

\$15⁴⁹
60 tab



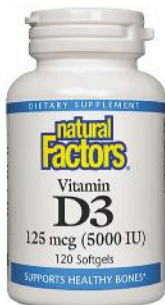
**American Health
Ester-C® 1000 mg
with Citrus
Bioflavonoids
Capsules**

\$18⁴⁹
90 cap



**Natural Factors
Vitamin D3 5000 IU**

\$8⁹⁹
120 sgel



**Rainbow Light
Vibrance Men's One**

\$15³⁹
60 tab



**Solaray
Mycrobiome Probiotic
Women's Formula**

\$26⁹⁹
30 cap



**Boiron
Oscillococcinum**

\$10⁹⁹
6 ct



**Jarrow Formulas
Saccharomyces
Boulardii + MOS**

\$19⁹⁹
90 vcap



**Alba Botanica
Un-Petroleum Multi-
Purpose Jelly**

\$3⁹⁹
3.5 oz



**Dr. Bronner's
All-One Toothpaste**

\$4⁴⁹
5 oz



**Dr. Tung's
Smart Floss**

\$3⁷⁹
30 yds



**Essential Oxygen
Organic Mouthwash**

\$7⁹⁹
16 oz



**Andalou Naturals
1000 Roses Beautiful
Day Cream**

\$16⁴⁹
1.7 oz



**Desert Essence
100% Australian
Tea Tree Oil**

\$7⁹⁹
1 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
Food for Thought
Get Healthy
Grassroots Natural Market
Nassau Health Foods
Native Sun
Natural Foods Market
Nature's Food Patch
Nutrition Smart
Nutrition World
Peggy's Natural Foods
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
Rosewood Market & Deli

TENNESSEE

Grubb's Grocery
The Turnip Truck
Natural Market

