Proud member of

infra
Independent Natural Food Retailers Association

INDEPENDENT CHOICE

September 2021

"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."
- Helen Hunt Jackson

Primal Kitchen
Mayo with Avocado Oil

$6.49
12 oz

Siete
Grain Free Tortilla Chips

$3.49
5 oz

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

$4.49
24 oz

Mary's Gone Crackers
Organic Crackers
(selected varieties)

$3.29
5-6.5 oz

Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

$2.99
8.5-10 oz

Miyoko's Creamery
Organic Cashew Milk Mozzarella

$5.99
8 oz

Organic Valley
Organic Cream Cheese

$2.99
8 oz

Alden's Organic
Organic Ice Cream
(selected varieties)

$6.29
48 oz

Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/$5
12-16 oz

KeVita
Organic Sparkling
Probiotic Drink

2/$5
15.2 oz

Bragg
Organic Apple
Cider Vinegar

$4.29
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 September.

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Wild Planet strives to transform fishing into a force to reinvigorate the oceans, so we work with likeminded small-scale fishermen who follow 100% sustainable fishing practices. Our products are minimally processed to deliver unparalleled taste and quality you can trust.

Wild Planet
Wild Sardines

$1.89

4 oz

Wild Planet
Albacore Wild Tuna

$3.79

5 oz

Garden of Eatin'
Taco Shells

2/$5

5.5 oz

Annie's
Organic Mac & Cheese
(selected varieties)

2/$5

6 oz

Annie's
Organic Dressing
(selected varieties)

2/$6

8 oz

Veggiecraft Farms
Cauliflower Pasta
(selected varieties)

$2.49

8 oz

Dr. McDougall's
Soup Cup
(selected varieties)

2/$3

1.3-3.4 oz

Muir Glen
Organic Pasta Sauce
(selected varieties)

2/$6

25.5 oz

Once Again Nut Butter
Organic Sunflower Seed Butter

$5.49

16 oz

Turn Food Scraps Into Fertilizer

- Soak banana peels in water for a few days. Then, spritz liquid on plants.
- Place eggshells in vinegar to break down before using liquid as plant food.
- Sprinkle coffee grounds and used tea leaves onto plant soil.
- Save your (unsalted) pasta water after cooking and water your plants with it.

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Good Health Avocado Oil Potato Chips

$2.29
5 oz

Late July Organic Restaurant Style Tortilla Chips

$2.79
11 oz

Barnana Organic Plantain Chips (selected varieties)

$3.29
5 oz

Tofu Bahn Mi

Serves 4

8 oz marinated extra firm tofu, sliced
4 soft hoagie buns

Quick Pickle:
1 carrot, finely julienned
½ bunch radishes, thinly sliced
1 large garlic clove, minced
¼ c rice vinegar
1½ tsp cane sugar
¼ tsp sea salt

crushed red chilies to taste
1 small cucumber
1 bunch cilantro

Sauce:
⅓ c plant-based mayonnaise
1 T sriracha sauce

Preheat oven to 350° F. Place sliced tofu on a parchment-lined baking sheet and brush with olive oil. Place in a preheated oven and bake for 30 minutes. Meanwhile, prepare the quick pickles by whisking together rice vinegar, garlic, sugar, salt, and crushed chilies in a small bowl. Add carrots and radishes and toss to coat. Set aside to rest for 5-20 minutes, tossing occasionally. Drain. For the sauce, combine mayonnaise and sriracha. To assemble, spread sauce on hoagie buns then layer tofu, cucumbers, quick pickle, and cilantro. Serve promptly and enjoy!

Vegan Rob's Puffs

2/$5
3.5 oz

Hu Grain-Free Crackers

$3.79
4.25 oz

Annie's Organic Graham Crackers

2/$7
14.4 oz

Barbara's Cereal (selected varieties)

2/$7
8-15 oz

MadeGood Organic Crispy Squares

$2.79
6 ct

Enjoy Life Foods Soft Baked Cookies

$3.29
6 oz

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Why Organic IS Better for the Environment...

1. **Pollinator friendly** – No synthetic pesticides allows for bees and other pollinators to thrive.
2. **Builds healthy soil** – Crop rotation nourishes the soil and increases the water holding capabilities while preventing erosion.
3. **Cleaner water** – No harmful chemicals leeching into the water supply.
4. **Encourages biodiversity** – Areas surrounding organic farms have more types of wild plants and animals.
5. **More energy efficient** – Organic farming averages higher energy savings versus conventional farming.
6. **Reduces pollution** – Soil on organic farms has been shown to store much larger amounts of carbon.

Navitas Organic Cacao Nibs

$5.99
8 oz

Theo Organic Chocolate Bar (selected varieties)

$2.29
3 oz

Chocolove Chocolate Bar (selected varieties)

$2.29
3.1-3.2 oz

PUR Gum (selected varieties)

99¢
9 pc

Teeccino Organic Herbal Coffee (selected varieties)

$8.49
11 oz

Café Altura Organic Instant Coffee

$7.29
3.53 oz

Yogi Tea (selected varieties)

$3.29
16 ct

Nixie Organic Sparkling Water

$3.99
8 ct

Lakewood Organic Pure Pink Grapefruit Juice

$3.49
32 oz

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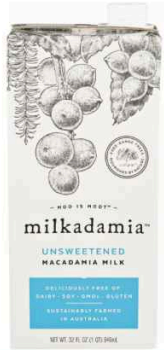
Milkadamia
Macadamia Milk
(selected varieties)



$3.79
32 oz

C2O
Coconut Water

$2.99
33.8 oz

Vita Coco
Coconut Water
(selected varieties)

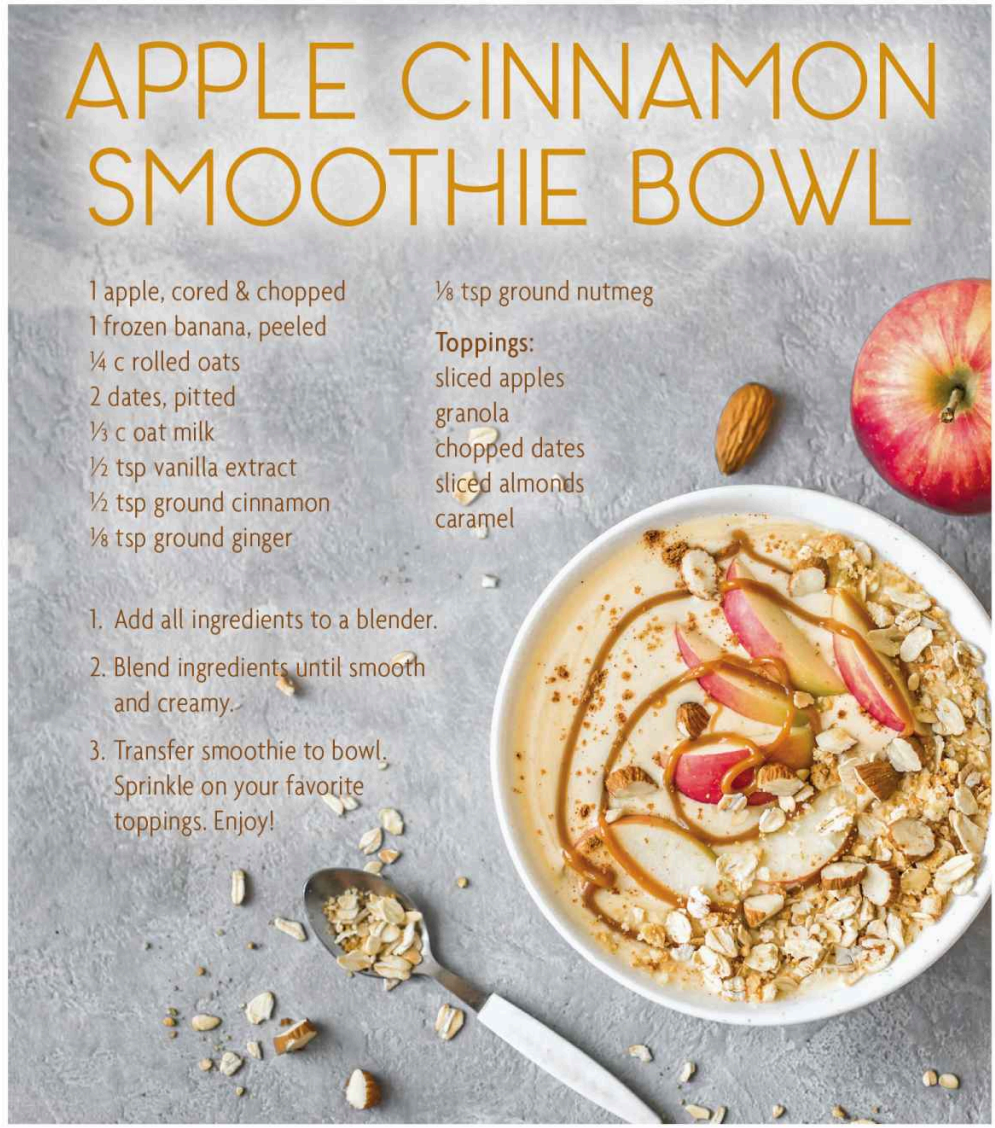
$2.79
1 lt

APPLE CINNAMON SMOOTHIE BOWL

1 apple, cored & chopped
1 frozen banana, peeled
¼ c rolled oats
2 dates, pitted
⅓ c oat milk
½ tsp vanilla extract
½ tsp ground cinnamon
⅛ tsp ground ginger
⅛ tsp ground nutmeg

Toppings:
sliced apples
granola
chopped dates
sliced almonds
caramel

1. Add all ingredients to a blender.
2. Blend ingredients until smooth and creamy.
3. Transfer smoothie to bowl. Sprinkle on your favorite toppings. Enjoy!



Harmless Harvest
Organic Coconut Water

$3.79
16 oz

Califia Farms
Plant Milk
(selected varieties)

$4.99
48 oz

Health-Ade
Organic Kombucha
(selected varieties)

2/$5
16 oz

GT's
Organic Multi Serve
Kombucha
(selected varieties)

$6.49
48 oz

Kite Hill
Cream Cheese Alternative
(selected varieties)

$5.49
8 oz

Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)

89¢
5.3 oz

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Daiya
Dairy-Free Cheese Style Shreds
(selected varieties)

$3.29
7.1-8 oz

Organic Valley
Organic Raw Sharp Cheddar Cheese

$4.79
8 oz

Vital Farms
Pasture-Raised Large Eggs

$4.79
12 ct

Bubbies
Sauerkraut

$6.29
25 oz

Sweet Earth
Plant-Based Benevolent Bacon

$2.99
5.5 oz

Beyond Meat
Beyond Sausage

$6.79
14 oz

Field Roast
Plant-Based Appetizer

$5.29
10 oz

Hilary's
Organic Veggie Burgers

2/$5
6.4 oz

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

$4.79
1 pt

Castor & Pollux
Good Buddy USA Rawhide Braided Sticks

$4.79
2 ct

Garden of Life
Raw Organic Protein Powder

$30.99
560-660 g

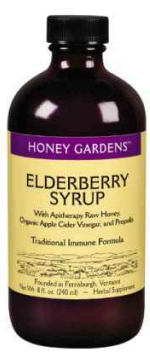
Vega
Sport Premium Protein

$37.99
28.3-29.5 oz

Yerba Prima
Psyllium Husks Powder

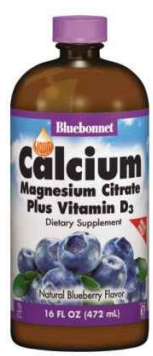
$9.79
12 oz

Honey Gardens
Elderberry Syrup



$13.99
8 oz

Bluebonnet Nutrition
Blueberry Liquid Calcium Magnesium Citrate Plus Vitamin D3



$12.19
16 oz

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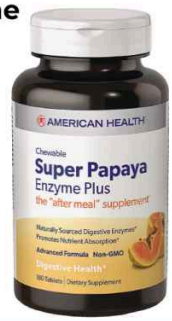
American Health
Super Papaya Enzyme Plus Chewable



$7.29
180 tab

Solgar
U-Cubes™ Children's Multi-Vitamin & Mineral Gummies

$11.99
120 ct

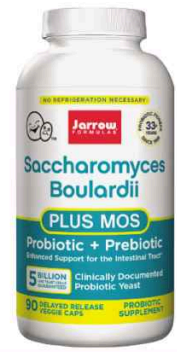
Natural Factors
C 500 mg Fruit-Flavor Chew

$10.99
90 tab

Natural Factors
CurcuminRich® Theracurmin® 30 mg

$19.99
60 vcap

Jarrow Formulas
Saccharomyces Boulardii + MOS



$19.49
90 vcap

MegaFood
Balanced B Complex

$12.99
30 tab

American Health
Ester-C® 1000 mg with Citrus Bioflavonoids

$18.49
90 cap

Himalaya
Organic Ashwagandha

$13.49
60 caplets

RidgeCrest Herbals
ClearLungs Classic

$12.99
60 ct

Derma E
Vitamin C Concentrated Serum

$16.49
2 oz

CV Sciences
+PlusCBD Extra Strength Formula CBD Balm

$18.49
1.3 oz

Jason
Powersmile Whitening Powerful Peppermint Toothpaste

$3.79
6 oz

Acure
Shampoo or Conditioner
(selected varieties)

$6.49
8 oz

Avalon Organics
Shampoo or Conditioner
(selected varieties)

$7.49
11 oz

Mineral Fusion
Nail Polish Remover

$6.49
6 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

Mother Earth Natural Foods

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

PUERTO RICO

Freshmart

SOUTH CAROLINA

Bay Naturals

Belue Farms
Natural Foods Market

Rosewood Market & Deli

Swamp Rabbit Cafe & Grocery

TENNESSEE

Grubb's Grocery

The Turnip Truck
Natural Market

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