

Proud member of



INDEPENDENT CHOICE

December 2021

"Year's end is neither an end
nor a beginning but a going
on, with all the wisdom that
experience can instill in us."
-Hal Borland



Immaculate
Organic Cinnamon Rolls

2/\$6

17.5 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$3⁴⁹

5-6.5 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

\$3⁹⁹

16 oz



Kettle
Organic Potato Chips
(selected varieties)

\$2⁷⁹

5 oz



Pacific Foods
Organic Soup
(selected varieties)

\$3⁷⁹

32 oz



Organic Valley
Organic Raw Cheese
(selected varieties)

\$4⁷⁹

8 oz



Choice Organic Teas
Organic Tea
(selected varieties)

\$3²⁹

16 ct



Lily's
Baking Chips
(selected varieties)

\$5²⁹

9 oz



Chocolove
Chocolate Bar
(selected varieties)

\$2²⁹

2.9-3.2 oz



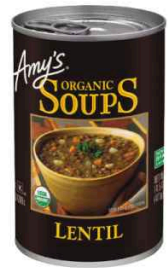
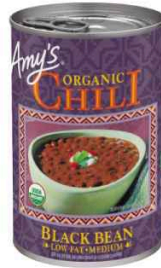
Annie's
Organic Graham
Crackers

2/\$7

14.4 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 December.



At Amy's, we love to cook for you.
For us, that means carefully
sourcing high quality, organic
ingredients and spending
countless hours in our kitchens so
that you can enjoy authentic,
great-tasting food in minutes.

Amy's
Organic Chili
(selected varieties)

2/\$6
14.7 oz

Amy's
Pizza
(selected varieties)

\$6⁹⁹
10.2-14 oz

Amy's
Organic Soup
(selected varieties)

2/\$4
13.8-14.7 oz

Quinn
Peanut Butter Filled
Pretzel Nuggets

\$3⁴⁹
6.5-7 oz



Bob's Red Mill
Organic Old Fashioned
Rolled Oats

\$3⁹⁹
32 oz



Frontier Co-op
Organic Ground
Korintje Cinnamon

\$3⁷⁹
1.9 oz



Bionaturae
Organic Tomato
Paste

\$1⁸⁹
7 oz



Bionaturae
Organic Pasta
(selected varieties)

\$1⁹⁹
16 oz



Bionaturae
Organic Strained
Tomatoes

\$2⁴⁹
24 oz



At bionaturae, we offer you
organic tomatoes kissed by
Italian sunshine and pastas
carefully made in the Old
World tradition. Cook like an
Italian! Nurture - with good
food, tastes, and textures that
are rich and satisfying.

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**Organic Valley
Organic Ghee**

\$8⁴⁹

7.5 oz



**Alter Eco
Organic Chocolate Bar
(selected varieties)**

\$2⁷⁹

2.65-2.82 oz



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Get back to human with Hu.



**Hu
Grain-Free Crackers**

\$4²⁹

4.25 oz



**Hu
Chocolate Bar
(selected varieties)**

\$3⁷⁹

2.1 oz

**Endangered Species
Chocolate Bar
(selected varieties)**

\$2²⁹

3 oz



**Celestial Seasonings
Tea
(selected varieties)**

\$2⁷⁹

20 ct



**Evamor
Natural Alkaline
Artesian Water**

\$2⁴⁹

64 oz



**Tony's Chocolonely
Chocolate Bar
(selected varieties)**



\$3²⁹

6.35 oz

**Lakewood
Organic Pure
Aloe Juice**

\$5⁷⁹

32 oz



**Rumiano
Organic Sliced Cheese
(selected varieties)**

\$2⁹⁹

6 oz



**So Delicious
Cocowhip**

\$3²⁹

9 oz



**Vibrant Health
Green Vibrance**

\$42⁹⁹

11.92 oz



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DIY Citrus Garland

What You'll Need

3 citrus fruits; lemons or oranges work best
fresh rosemary sprigs
twine or string
needle

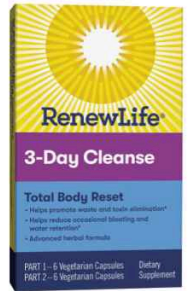
Directions

1. Preheat oven to 250° F.
2. Uniformly slice fruit into thin rounds, discarding ends.
3. Place slices onto unlined baking sheet and bake for 3 hours, flipping every 30 minutes to prevent burning.
4. Cut a piece of twine to desired garland length and thread it through the needle. Use the needle to poke a hole in the top of each slice and pull the twine through until all the slices are strung.
5. Add greenery, like fresh rosemary or dried bay leaves, intermittently throughout the garland for visual interest.
6. Hang up and enjoy!

Renew Life 3-Day Cleanse

\$5⁹⁹

12 ct



Natural Factors CurcuminRich® Theracurmin® 30 mg

\$16⁹⁹

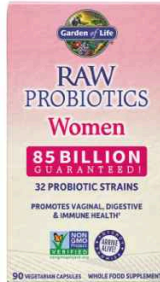
60 vcap



Garden of Life Raw Probiotics Women

\$41⁹⁹

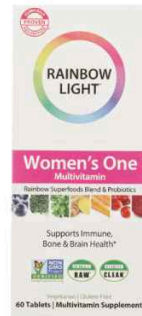
90 ct cap



Rainbow Light Women's One Multivitamin

\$15³⁹

60 tab



MegaFood Multi for Women 55+

\$21⁹⁹

60 tab



Natural Vitality Calm Gummies

\$17⁹⁹

120 ct



Oregon's Wild Harvest Organic Ashwagandha

\$17⁹⁹

90 ct



Natural Factors Stress-Relax® Tranquil Sleep Chewable

\$22⁹⁹

60 tab



ChildLife Essentials Multi Vitamin & Mineral

\$10⁴⁹

8 fl oz



Jarrow Formulas BoneUp

\$17⁹⁹

240 cap



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CV Sciences
+PlusCBD Extra Strength Formula
CBD Balm



\$18⁴⁹

1.3 oz

Aura Cacia
Lavender Essential Oil



\$8²⁹

.5 oz

Schmidt's
Deodorant Stick
(selected varieties)



\$7⁷⁹

3.25 oz

Acure
Brightening Facial
Scrub



\$6⁷⁹

4 oz

Avalon Organics
Shampoo or
Conditioner
(selected varieties)



\$7⁷⁹

11 oz

Dr. Bronner's
Organic Pure-Castile Bar Soap



\$3²⁹

5 oz

EO
French Lavender Hand
Sanitizer Gel



\$5⁴⁹

8 oz



Jason
Toothpaste
(selected varieties)

\$3⁷⁹

4.2-6 oz



Jason
Mouthwash

\$7²⁹

16 oz

INVIGORATING GINGER
LEMON BODY SCRUB

- ½ c coconut oil
- ⅛ c chopped ginger root
- 10 drops lemon essential oil
- ½ c sunflower oil
- 2 c Epsom salt

Melt coconut oil in a small pan. Add chopped ginger and cook for about 8-10 minutes, until the ginger smells strongly. Remove the ginger pieces using a strainer or slotted spoon. Remove from heat and mix in the sunflower oil. Let mixture cool to room temperature. Stir in the Epsom salt and lemon essential oil. Transfer to mason jar and enjoy!



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.com.

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
Grant Park Market
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

14 Carrot Whole Foods
Bay Naturals
Belue Farms
Natural Foods Market
Rosewood Market & Deli
Swamp Rabbit Cafe & Grocery

TENNESSEE

Grubb's Grocery
The Turnip Truck
Natural Market

