

Proud member of



INDEPENDENT CHOICE

September 2022

"Happily we bask in this warm September sun, which illuminates all creatures."
-Henry David Thoreau



Mary's Gone Crackers
Organic Crackers
(selected varieties)



\$3.99

5.5-6.5 oz



Eden
Organic Beans
(selected varieties)



\$2.29

15 oz



CADIA
Organic Broth
(selected varieties)



\$1.99

32 oz



Muir Glen
Organic Tomatoes
(selected varieties)



5/\$5

14.5 oz



Cascadian Farm Organic
Organic Potatoes
(selected varieties)



2/\$6

16 oz



Annie's
Organic Mac & Cheese
(selected varieties)



2/\$5

6 oz



Organic Valley
Organic Raw Cheese
(selected varieties)



\$4.99

8 oz



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



\$4.79

24 oz



Hilary's
Organic Veggie Burger



\$2.79

6.4 oz



Harmless Harvest
Organic Coconut Water



\$3.99

16 oz



KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)



2/\$5

15.2 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.



This school year make lunch easier with Wild Planet's sustainably caught seafood. We selectively harvest our seafood in way that respects our oceans and is delicious, nutritious, and satisfying. Taste the delicious Wild Planet difference.



**Wild Planet
Albacore Wild Tuna**
(selected varieties)

\$3.69

5 oz



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

2/\$4

4.4 oz

**Mori-Nu
Silken Tofu**
(selected varieties)



\$1.59

11.5-12.3 oz

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



\$1.79

1.3-3.4 oz

**Mike's Mighty Good
Craft Ramen**
(selected varieties)



\$1.79

1.6-2.4 oz

**NUCO
Organic Coconut Wraps**
(selected varieties)



\$5.49

2.47 oz

**Garden of Eatin'
Taco Shells**



2/\$7

5.5 oz



**LOTUS
FOODS**
RICE IS LIFE®

For 26 years as a family-owned Certified B Corp company, Lotus Foods has reflected the mission to change how rice is grown on our planet – from looking out for the farmers' well-being, to protecting our environment, and for producing trustworthy, organic, gluten-free products that taste great.



**Lotus Foods
Rice Ramen**
(selected varieties)

\$1.59

2.8 oz



**Lotus Foods
Organic Rice Noodles**
(selected varieties)

\$3.29

8 oz



**Lotus Foods
Ramen Soup Cups**
(selected varieties)

\$2.19

2-2.05 oz

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Bragg Liquid Aminos

\$5.99

32 oz



Bragg Organic Apple Cider Vinegar

\$4.79

32 oz



Bragg Organic Apple Cider Vinegar Refreshers (selected varieties)

\$2.69

16 oz

Bragg is here to help you live more vibrantly, every day. With an ever-expanding portfolio of ingredient-led products backed by a century of time-tested wisdom, Bragg remains passionately focused on helping each individual eat better, feel better, and enjoy a more healthful and vibrant life.

San-J Cooking Sauce (selected varieties)



\$2.99

10 oz

California Olive Ranch Extra Virgin Olive Oil (selected varieties)



\$7.29

16.9 oz

Primal Kitchen Mayo with Avocado Oil



\$7.79

12 oz

Siete Tortilla Chips (selected varieties)



\$3.79

5 oz

Late July Organic Tortilla Chips (selected varieties)



\$3.29

10.1 oz

Terra Chips Sweet Potato Chips (selected varieties)



\$3.29

6 oz

Hippes Organic Chickpea Puffs (selected varieties)



\$2.29

4 oz

Larabar Fruit & Nut Bar (selected varieties)



5/\$5

1.6-1.7 oz

Luna Bar Bar (selected varieties)



2/\$3

1.69 oz

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Brownie Baked Oatmeal

2 cups coconut milk
 ¼ cup maple syrup
 ½ cup peanut butter
 1 teaspoon vanilla
 2 cups quick oats

¼ cup cocoa
 1 teaspoon baking powder
 1 tablespoon chia seeds
 Pinch of salt
 ⅓ cup chocolate chips

- 1 Preheat oven to 350°F. In a medium bowl whisk together coconut milk, maple syrup, peanut butter, and vanilla.
- 2 In another bowl combine oats, cocoa, baking powder, chia, and salt.
- 3 Pour wet mixture into the dry mixture and stir until fully incorporated. Pour mixture into an oven-safe baking dish and sprinkle with chocolate chips.
- 4 Bake for 35-40 minutes.



Newman's Own
 Fig Newman's



\$3.79

10 oz

Navitas
 Organic Cacao Powder



\$6.49

8 oz

Theo
 Organic Chocolate Bar
 (selected varieties)



2/\$5

3 oz

Chocolove
 Chocolate Bar
 (selected varieties)



2/\$5

3.1-3.2 oz

Essentia
 Alkaline Water



2/\$4

1.5 lt

Lakewood
 Organic Pure
 Orange Juice



\$4.79

32 oz

Steaz
 Organic Iced Green Tea
 (selected varieties)



2/\$3

16 oz

Vita Coco
 Coconut Water
 (selected varieties)



2/\$6

1 lt

C2O
 Coconut Water



\$3.79

33.8 oz

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Zevia
Zero Calorie Soda

\$5.29

6 ct



Califia Farms
Better Half Creamer
(selected varieties)

\$2.79

16.9 oz



GT's
Organic Multi Serve
Kombucha
(selected varieties)

\$6.79

48 oz



Lifeway
Organic Kefir
(selected varieties)

\$3.79

32 oz



Kite Hill
Cream Cheese
(selected varieties)

\$5.49

8 oz



Daiya
Dairy-Free Slices
(selected varieties)

\$3.49

7.8 oz



Hope
Organic Hummus
(selected varieties)

\$2.79

8 oz



Bitchin' Sauce
Sauce
(selected varieties)

\$4.79

8 oz



Tofurky
Plant-Based Original Sausage
(selected varieties)

\$4.79

14 oz



Bubbies
Sauerkraut
(selected varieties)

\$6.29

25 oz



Field Roast
Plant-Based Sausage
(selected varieties)

\$4.49

12.95 oz



Beyond Meat
Beyond Burger
(selected varieties)

\$4.79

8 oz



Dr. Praeger's
Veggie Burgers
(selected varieties)

\$4.79

8 oz



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

\$5.29

14 oz



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Berry Smoothie Bowl

1 cup frozen blueberries
 ¼ cup frozen strawberries
 ½ cup coconut yogurt
 ⅓ cup protein powder
 1 tablespoon honey

Toppings:
 Berries
 Granola
 Hemp hearts or seeds
 Coconut flakes

1 Add all the smoothie ingredients in a blender and blend on high until desired consistency is reached.

2 Pour smoothie into a bowl. Add toppings as desired. Enjoy!



Alden's Organic
 Organic Ice Cream
 (selected varieties)

\$6⁷⁹

48 oz



Manitoba Harvest
 Organic Hemp Hearts

\$10⁹⁹

12 oz



Yerba Prima
 Psyllium Husks Powder

\$10⁹⁹

12 oz



Garden of Life
 Organic RAW
 Protein & Greens

\$30⁹⁹

548 g



Vibrant Health
 Green Vibrance

\$45²⁹

11.68 oz



Natural Factors
 Men's & Women's Whole Earth &
 Sea™ Multivitamin & Mineral
 (selected varieties)

\$27⁹⁹

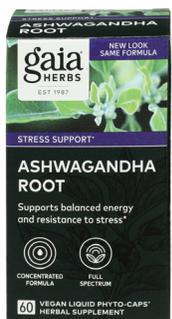
60 tab



Gaia Herbs
 Ashwagandha Root

\$15⁹⁹

60 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 September.

Ridgecrest Herbs
ClearLungs Classic

\$12⁹⁹

60 ct



MegaFood
Blood Builder

\$12⁴⁹

60 ct



DERMA E
Anti-Wrinkle Renewal Cream

\$15⁴⁹

4 oz



Himalaya
Toothpaste
(selected varieties)

\$4⁴⁹

5.29 oz



Zum
Bar Soap
(selected varieties)

\$4⁴⁹

3 oz



Better Life
All-Purpose Cleaner
(selected varieties)

\$3⁷⁹

32 oz



Mrs. Meyer's Clean Day
Liquid Dish Soap
(selected varieties)

\$3²⁹

16 oz



Why Choose Organic?



It's Just Cooler - Organic farms emit less global warming potential than other farming systems.

All Natural, Always - Organic food is grown without synthetic fertilizers and pesticides.

Happy Animals - Organic means animals are raised in conditions that accommodate their natural behaviors, with 100% organic feed, and without antibiotics or hormones.

GMOs? No Way! - Organic certification means no genetically engineered or modified ingredients.



Sources: USDA.gov, rodaleinstitute.org



We are part of INFRA (Independent Natural Food Retailers Association), 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.

ALABAMA

Manna Grocery & Deli

ARKANSAS

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

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
Pass Health Foods
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Apple Valley Natural Foods
Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
Harmony & Health
The Health Food Shoppe of Fort Wayne
Natural Choices for Healthful Living
Nature's Cupboard
Rainbow Blossom
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods
Heritage Natural Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
Better Health Market
Dale's Natural Foods
Edson Farms Natural Foods
Health Hutt
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

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

MISSOURI

Clover's Natural Market
Jean's Healthway
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Nutrition Stop
Suzanne's Natural Foods

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

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

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Grubb's Grocery
Natural Foods Market
Nutrition World
The Turnip Truck Natural Market

TEXAS

Cox Farms Market
Fresh Plus Markets
Harvest Natural Market
Natural Foods Market
Next Generation
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive
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

