

Proud member of



INDEPENDENT CHOICE

March 2021

“Good food is the foundation of genuine happiness.”
— Auguste Escoffier



Pacific Foods Organic Broth (selected varieties)

\$3⁴⁹

32 oz



Back to Nature Crackers (selected varieties)

\$2⁷⁹

4-8.5 oz



Muir Glen Organic Tomatoes (selected varieties)

5/\$5

14.5 oz



Bubbies Kosher Dill Pickles

\$5⁴⁹

33 oz



Lundberg Family Farms Organic Rice Cakes (selected varieties)

\$2⁹⁹

8.5-10 oz



Organic Valley Organic Ghee

\$7⁷⁹

7.5 oz



Wholesome Organic Brown Sugar

\$3⁷⁹

24 oz



Enjoy Life Foods Chocolate Chips

\$3⁷⁹

9-10 oz



Late July Organic Restaurant Style Tortilla Chips

2/\$6

11 oz



The Mountain Valley Spring Water

\$1⁷⁹

1 lt



Yogi Tea (selected varieties)

\$3²⁹

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 March.



Wild Planet
Albacore Wild Tuna
\$3⁷⁹
5 oz



Wild Planet
Wild Sardines
\$1⁷⁹
4.4 oz

At Wild Planet, we believe that how we fish today determines if there will be fish to catch tomorrow. So, we partner with small-scale fishermen who share this passion and whose fishing methods preserve the marine ecosystem for future generations. Seafood you'll savor; oceans you'll sustain.

Crown Prince Natural
Smoked Oysters in
Pure Olive Oil



\$2⁴⁹
3 oz

Koyo
Ramen
(selected varieties)



5/\$5
2-2.1 oz

Good Health
Avocado Oil
Potato Chips



\$2²⁹
5 oz

From The Ground Up
Cauliflower Crackers



2/\$5
4.0 oz

Annie's
Mac & Cheese
(selected varieties)



5/\$5
5.25-6 oz

Clif Bar
Energy Bar
(selected varieties)



5/\$5
2.4 oz

Larabar
Fruit & Nut Bar
(selected varieties)



5/\$5
1.6-1.8 oz

Purely Elizabeth
Granola



\$4⁹⁹
12 oz

Napa Valley Naturals
Organic Extra Virgin
Olive Oil



\$8⁹⁹
25.4 oz

Annie's
Organic Dressing
(selected varieties)



2/\$6
8 oz

Once Again Nut Butter
Organic Sunflower
Seed Butter



\$5²⁹
16 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 March.





matcha pancakes

Yields 6 pancakes

- 1 c all-purpose flour
- 1 T matcha powder
- 2 tsp baking powder
- ¼ tsp salt
- 1 c milk of choice
- 1 egg
- 2 T neutral oil
- 1 tsp vanilla extract

Whisk together flour, matcha, baking powder and salt in a medium bowl. In a separate bowl, combine milk, egg, oil and vanilla extract. Make a well in the center of the dry ingredients, pour wet ingredients into well. Whisk batter until just combined. It's okay if some small clumps of flour remain. Grease a small saucepan lightly; heat over medium-low heat. Pour ¼ cup of batter into the center of the pan, spreading as necessary. Cook until small bubbles rise to the surface and burst, about 1 minute. Flip and cook until edges are golden brown, about 1 additional minute. Serve with your topping of choice.



Pamela's Baking & Pancake Mix

\$13⁴⁹

4 lb



Birch Benders Organic Pancake & Waffle Mix (selected varieties)

\$3²⁹

16 oz



Arrowhead Mills Pancake & Waffle Mix (selected varieties)

\$3⁷⁹

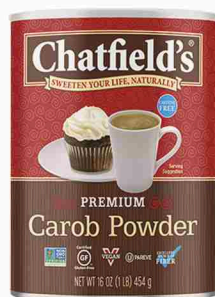
26 oz



Chatfield's Carob Powder

\$5²⁹

16 oz



Traditional Medicinals Organic Tea (selected varieties)

\$3⁷⁹

16 ct



Nixie Organic Sparkling Water

\$4⁴⁹

8 ct



Topo Chico Sparkling Mineral Water

99¢

12 oz



San Pellegrino Sparkling Natural Mineral Water

2/\$3

750 ml



R.W. Knudsen Organic Just Tart Cherry Juice

\$5⁴⁹

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 March.





Lakewood
Organic Pure Lime Juice

\$2⁷⁹

12.5 oz



Honest Tea
Organic Iced Tea
(selected varieties)

4/\$5

16 oz



Nutpods
Dairy-Free Creamer
(selected varieties)

\$2²⁹

11.2 oz



Brew Dr. Kombucha
Organic Kombucha

\$2²⁹

14 oz



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



GT's
Organic Multi
Serve Kombucha
(selected varieties)

\$6⁴⁹

48 oz



Almond Breeze
Almondmilk
(selected varieties)

\$3⁴⁹

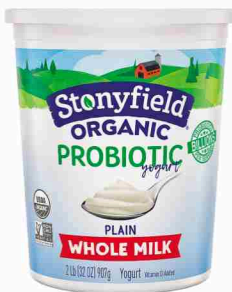
64 oz



Stonyfield
Organic Yogurt
(selected varieties)

\$3⁷⁹

32 oz



Perfect Bar
Protein Bar
(selected varieties)

2/\$4

2.2-2.5 oz



VEGAN CRISPY BARS

Serves 6-8

- 1 c smooth peanut butter, unsalted
- 2/3 c brown rice syrup
- 1/3 c maple syrup
- 1 1/2 tsp vanilla extract
- 5 c rice cereal
- 1 1/2 c vegan semi-sweet chocolate chips
- 2 tsp neutral oil

In a 6-quart pot, melt together peanut butter, syrups and vanilla on medium low heat. Stir in cereal. Spread mixture in a parchment lined 9" by 13" pan and press down flat. Melt chocolate with oil and drizzle over bars. Chill until set, about 1 hour.

JUST
Plant-Based
Egg Scramble

\$3⁴⁹

12 oz



Tofurky
Plant-Based Deli Slices

\$2⁷⁹

5.5 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 March.





Coconut Bliss is a frozen dessert producer creating 100% plant-based frozen desserts. USDA Certified Organic and Non-GMO Project verified, every Coconut Bliss product is also certified vegan and gluten-free. All of Coconut Bliss' ice cream pints, bars, cookie sandwiches and soft-serve mix are also made with ethically produced ingredients of the highest quality.



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

\$4⁷⁹
1 pt

**Cadia
Organic Frozen Blueberries**

\$2⁹⁹
10 oz



**Alden's Organic
Organic Ice Cream**

\$6²⁹
48 oz



**Gardein
Meatless Meat
(selected varieties)**

\$3²⁹
8.1-14.1 oz



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

\$3⁹⁹
24 oz



**Canyon Bakehouse
Gluten-Free Bread**

\$4²⁹
18 oz



**Bonafide Provisions
Bone Broth**

\$6⁹⁹
24 oz



**NeoCell
Unflavored Super Collagen**

\$11⁹⁹
7 oz



**Vibrant Health
Green Vibrance**

\$42⁹⁹
11.92 oz



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

\$20⁹⁹
7.4-8.5 oz



**Yerba Prima
Psyllium Husks Powder**

\$9⁷⁹
12 oz



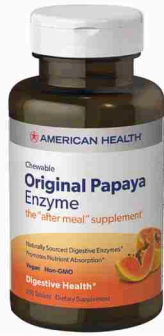
**Garden of Life
mykind Organics
Vegan D3
Organic Spray**

\$17⁴⁹
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 March.

**American Health
Original Papaya
Enzyme Chewable**



\$5⁷⁹

250 tab

**MegaFood
Balanced B Complex**



\$12⁹⁹

30 tab

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



\$16⁹⁹

90 cap

**Solgar
Sublingual Liquid B-12
2000 mcg with B-Complex**



\$7⁷⁹

2 oz

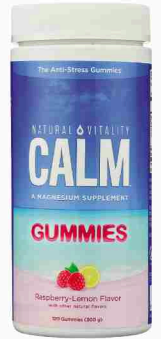
**Heritage Store
Black Seed Oil**



\$18⁴⁹

8 oz

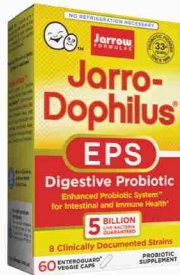
**Natural Vitality
Calm Gummies**



\$17⁹⁹

120 ct

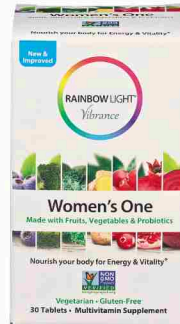
**Jarrow Formulas
Jarro-Dophilus EPS 5 Billion**



\$17⁴⁹

60 vcap

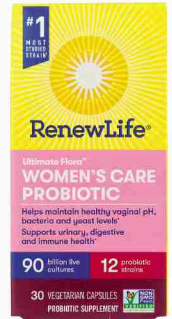
**Rainbow Light
Vibrance Men's
or Women's One**



\$7⁷⁹

30 tab

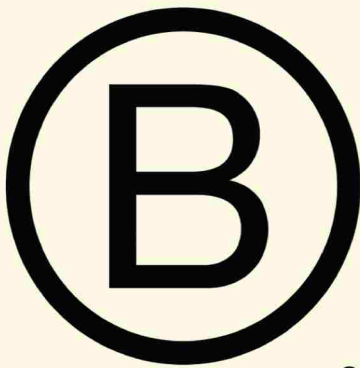
**Renew Life
Women's Care
Probiotic 90 Billion**



\$36⁹⁹

30 ct

Certified



Corporation

March is B Corp Month!

B Corps™, or certified B Corporations™, are businesses that meet the highest verified standards of social and environmental performance, transparency and accountability. Shop B Corp at your local, independent grocer and know you are part of a global movement of people using business as a force for good.

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 March.

Natural Factors
BioSil® Hair, Skin, Nails

\$29⁹⁹

60 vcap



Dr. Bronner's
Organic Baby Unscented
Pure-Castile Bar Soap

\$3²⁹

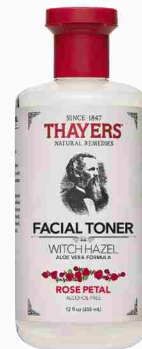
5 oz



Thayers
Witch Hazel
Facial Toner

\$6⁹⁹

12 oz



Andalou Naturals
1000 Roses
Cleansing Foam

\$8⁹⁹

5.5 oz



Derma E
Vitamin C
Concentrated Serum

\$16⁴⁹

2 oz



Weleda
Skin Food

\$13⁹⁹

2.5 oz



CV Sciences
+PlusCBD Extra
Strength Formula
CBD Balm

\$22⁴⁹

1.3 oz



Giovanni
L.A. Hold Hair Spritz

\$5⁷⁹

5 oz



Avalon Organics
Shampoo or
Conditioner
(selected varieties)

\$7⁴⁹

11 oz



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

\$3²⁹

16 oz



Better Life
All-Purpose Cleaner

\$3⁹⁹

32 oz



DIY Citrus Cleaner

1 c white vinegar
citrus peel from 4 oranges
4 c water

1 tsp liquid castile soap
15 drops lemon essential oil

Place citrus peel and vinegar in a glass jar, close and allow to infuse for two weeks. Strain vinegar and discard citrus peel. Combine infused vinegar with water, castile soap and essential oils. Store finished cleaner in spray bottles.

To Use: Shake bottle gently and spray onto surfaces. Wipe off with a clean, dry cloth.



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.

ALABAMA

Manna Grocery & Deli

ARKANSAS

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

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
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
INGUARD
Natural Choices for Healthful Living
Nature's Cupboard
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
BetterHealth Market
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
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Suzanne's Natural Foods

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

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

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Natural Foods Market
Nutrition World

TEXAS

Fresh Plus Markets
Natural Foods Market
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

