

Proud member of



INDEPENDENT CHOICE

April 2021

April hath put a spirit of youth in everything.
- William Shakespeare



If You Care
Parchment Baking Paper

\$3⁹⁹
70 sq ft



Miyoko's Creamery
Organic European Style
Cultured Vegan Butter

\$4⁴⁹
8 oz



Bob's Red Mill
Almond Flour

\$6²⁹
16 oz



Lily's
Baking Chips

\$5²⁹
9 oz



Milkadamia
Macadamia Milk
(selected varieties)

2/\$7
32 oz



Bragg
Organic Apple
Cider Vinegar

\$3⁹⁹
32 oz



Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$3²⁹
5-6.5 oz



Mount Hagen
Organic Instant Coffee

\$7⁷⁹
3.53 oz



Alexia
Potatoes
(selected varieties)

2/\$6
15-16 oz



Lakewood
Organic Pure
Pineapple Juice

\$5²⁹
32 oz



Organic India
Organic Tulsi Tea
(selected varieties)

\$3⁷⁹
18 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 April.

Simple Ways to Celebrate Earth Day

- Commit to using a reusable water bottle
- Take your bike, instead of your car
- Get outside
- Plant a garden
- Put up a birdhouse
- Start composting

Annie's
Organic Mac & Cheese
(selected varieties)

2/\$4
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



Mike's Mighty Good
Craft Ramen
(selected varieties)

2/\$3
1.6-2.4 oz



Tasty Bite
Indian Entrée
(selected varieties)

2/\$5
10 oz



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$5
25.5 oz



Primal Kitchen
No-Dairy Alfredo
Pasta Sauce

\$5⁷⁹
15.5 oz



Mori-Nu
Silken Tofu
(selected varieties)

\$1²⁹
12-12.3 oz



Muir Glen
Organic Tomatoes
(selected varieties)

2/\$4
28 oz



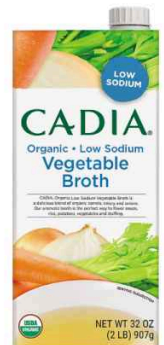
Westbrae
Organic Beans
(selected varieties)

\$1⁸⁹
15 oz



Cadia
Organic Broth

\$1⁹⁹
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 April.

**Kettle & Fire
Bone Broth**

\$4⁷⁹

16.9 oz



**Hain
Iodized Sea Salt**

\$1⁵⁹

21 oz



**Jovial
Organic
Einkorn Flour**

\$4²⁹

32 oz



Spectrum® Organic Shortening and Distilled White Vinegar are USDA Organic certified and NON-GMO Project Verified so you can confidently use these high quality cooking ingredients to prepare your favorite recipes including crispy fries, flaky pie crusts and homemade salad dressings and mayo without the guilt.

**Spectrum
Organic All-Vegetable
Shortening**

\$5²⁹

24 oz



**Spectrum
Organic Distilled
White Vinegar**

\$4⁴⁹

32 oz



**Equal Exchange
Organic Cocoa
(selected varieties)**

\$5⁷⁹

8-12 oz



**Hu
Chocolate Bar**

\$3⁷⁹

2.1 oz



**Endangered Species
Chocolate Bar**

2/\$4

3 oz



**Luna
Bar
(selected varieties)**

5/\$5

1.69 oz



**RXBAR
Protein Bar
(selected varieties)**

\$1⁶⁹

1.83 oz



**EPIC
Meat Bar**

\$1⁵⁹

1.3-1.5 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 April.



KIND
Nut Bar
(selected varieties)



\$1³⁹

1.4 oz

One Degree Organics
Organic Sprouted Cereal
(selected varieties)



\$3⁷⁹

8-12 oz

Santa Cruz Organic
Organic Apple Sauce Cups



\$3²⁹

6-4 oz

Kettle
Organic Potato Chips



\$2²⁹

5 oz

Four Sigmatic
Organic Mushroom Coffee
(selected varieties)



\$9⁴⁹

10-.09 oz



At Cascadian Farm, our continuing mission is to help protect our planet. As one of the earliest pioneers of organic agriculture, we have spent more than 40 years planting pollinator habitat, helping farmers build healthy soil and integrating climate-smart crops into our products. Join us in cascading change for a better future.

Cascadian Farm
Organic Cereal
(selected varieties)



2/\$5

8.6-14.6 oz

Cascadian Farm
Organic Potatoes
(selected varieties)



2/\$5

12-16 oz

Quinn
Peanut Butter Filled
Pretzel Nuggets



\$3²⁹

6.5-7 oz

Angie's
BoomChickaPop Popcorn
(selected varieties)



\$2²⁹

4.4-7 oz

Barnana
Organic Plantain Chips
(selected varieties)



2/\$6

5 oz

Laird Superfood
Superfood Creamer
(selected varieties)



\$5⁹⁹

8 oz

Almond Breeze
Almondmilk



2/\$4

32 oz

Pacific Foods
Organic Plant-Based
Beverage
(selected varieties)



\$2⁷⁹

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 April.



R.W. Knudsen
Simply Nutritious



\$2⁷⁹
32 oz

Essentia
Alkaline Water



2/\$4
1.5 liter

C2O
Coconut Water
(selected varieties)



2/\$3
17.5 oz

Vive Organic
Organic Functional Shot
(selected varieties)



2/\$5
2 oz

Farmhouse Culture
Organic Gut Shot



\$4²⁹
16 oz

REBBL
Organic Super Herb Elixir
(selected varieties)



\$2⁷⁹
12 oz

Tomato Fontina Tart

Serves 6

- 11" pie crust, homemade or store bought
- 2 c grated Fontina cheese
- ½ c grated Parmesan cheese
- 3 large eggs
- 1 large garlic clove, minced
- 1 T fresh thyme leaves
- ¼ tsp ground black pepper
- 1 lb firm tomatoes (about 3)
- 2 T honey

1. Preheat oven to 375°F.
2. Cut tomatoes into ¼ inch thick slices and place on paper towels to drain excess moisture.
3. Meanwhile, in a medium mixing bowl, combine cheeses, egg, garlic, thyme and pepper. Spread mixture evenly in prepared pie crust.
4. Arrange tomato slices over cheese mixture in concentric circles. Drizzle on honey and sprinkle with a pinch of salt. Bake for 35 minutes or until crust is golden and tomatoes are wilted. Cool tart for 15 minutes before serving.



So Delicious
Organic Coconutmilk



\$3⁹⁹
64 oz

Califia Farms
Plant Milk
(selected varieties)



\$3⁷⁹
48 oz

Organic Valley
Organic Raw Sharp
Cheddar Cheese



\$4⁷⁹
8 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 April.

**Organic Valley
Organic Parmesan Cheese**



\$3⁷⁹

4 oz

**Earth Balance
Organic Vegan Whipped
Buttery Spread**



\$3⁷⁹

13 oz

**Immaculate
Organic Cinnamon Rolls**



\$3⁷⁹

17.5 oz

**Field Roast
Plant-Based Frankfurters**



\$4⁴⁹

16 oz

**Hilary's
Organic Veggie Burgers**



2/\$5

6.4 oz

**Sambazon
Organic Superfruit Packs**



\$5²⁹

4/100 g

**So Delicious
Coconutmilk Frozen Dessert
(selected varieties)**



\$4⁷⁹

16 oz

**Orgain
Organic Vegan
Nutritional Shake**



\$1⁹⁹

11 oz

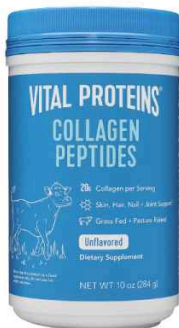
**Manitoba Harvest
Organic Hemp Hearts**



\$9⁷⁹

12 oz

**Vital Proteins
Collagen Peptides**



\$19⁴⁹

10 oz

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



\$39⁹⁹

454.5-535 g

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



\$35⁹⁹

60 ct

**Good Day Chocolate
Chocolate Supplement**



\$2²⁹

8 ct

**Boiron
Optique 1 Eye Drops**



\$5⁹⁹

10 ct

**Bach
Rescue Remedy Dropper**



\$11⁹⁹

10 ml

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 April.

**Bluebonnet Nutrition
Liquid Calcium Magnesium
Citrate Plus Vitamin D3**



\$12¹⁹

16 oz

**Carlson
Lemon Cod Liver Oil**



\$23⁹⁹

250 ml

**MegaFood
Blood Builder**



\$12⁴⁹

30 tab

**Jarrow Formulas
Bone-Up**



\$17⁴⁹

240 cap

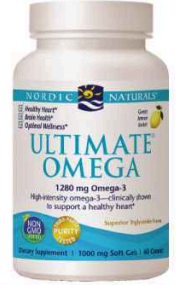
**Garden of Life
Vitamin Code Raw Vitamin C**



\$15⁴⁹

60 ct cap

**Nordic Naturals
Ultimate Omega**



\$20⁹⁹

60 ct

**Solaray
Microbiome Probiotic
Women's Formula**



\$28⁹⁹

30 cap

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



\$27⁹⁹

60 tab

**Gaia Herbs
Ashwagandha Root**



\$14⁴⁹

60 ct

**Desert Essence
Toothpaste**



\$4⁷⁹

6.25 oz

**Dr. Bronner's
Pure-Castile Liquid Soap**



\$12⁴⁹

32 oz

**ECOS
Dishmate Dish Soap**



\$2⁷⁹

25 oz

**Everyone
Lotion**



\$7²⁹

32 oz

**Seventh Generation
Liquid Laundry Detergent
(selected varieties)**



\$10⁹⁹

95-100 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 April.



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

