

Proud member of



INDEPENDENT CHOICE

May 2021

"Alone, we can do so little; together, we can do so much."
- Helen Keller



Late July Organic Restaurant Style Tortilla Chips

2/\$6

11 oz



Dr. Bronner's Regenerative Organic Coconut Oil

\$7⁷⁹

14 oz



Simple Mills Almond Flour Crackers

\$3²⁹

4.25 oz



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

\$3⁹⁹

24 oz



Primal Kitchen Mayo with Avocado Oil

\$6⁴⁹

12 oz



Larabar Fruit & Nut Bar (selected varieties)

5/\$5

1.6-1.8 oz



Organic Valley Organic Shredded Cheese

\$3⁷⁹

6 oz



Beyond Meat Beyond Sausage

\$6²⁹

14 oz



Coconut Bliss Organic Plant-Based & Dairy-Free Frozen Dessert

\$4⁹⁹

1 pt



Santa Cruz Organic Organic Lemonade (selected varieties)

2/\$4

32 oz



Justin's Organic Nut Butter Cups (selected varieties)

2/\$3

1.4 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 May.



Bionaturae is an organic Italian food brand that was brought to the American market in 1995. We are passionate about organic farming and traditional Italian cooking. We believe the key to the best products comes from simple ingredients and traditional production methods.

**Bionaturae
Organic Strained
Tomatoes**

\$2⁴⁹

24 oz



**Bionaturae
Organic Tomato
Paste**

\$1⁶⁹

7 oz



**Wild Planet
Albacore Wild Tuna**



\$3⁷⁹

5 oz

**Annie's
Mac & Cheese
(selected varieties)**



5/\$5

5.25-6 oz

**Annie's
Organic Dressing
(selected varieties)**

2/\$6

8 oz



**Annie's
Organic Ketchup**

2/\$5

24 oz



**Maya Kaimal
Organic Everyday Dal**

\$3²⁹

10 oz



**A. Vogel
Organic Herbamare
Sea Salt**

\$5²⁹

8.8 oz



**Napa Valley Naturals
Organic Extra Virgin
Olive Oil**

\$8⁹⁹

25.4 oz



**California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)**

\$6⁹⁹

16.9 oz



**Kettle
Potato Chips
(selected varieties)**

2/\$4

5 oz



**Boulder Canyon
Potato Chips
(selected varieties)**

\$2²⁹

5.25-6.5 oz



**Terra Chips
Sweet Potato Chips
(selected varieties)**

\$2⁷⁹

6 oz



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**Crunchmaster
Multi-Seed Crackers**

2/\$5

4 oz



**Garden of Eatin'
Taco Shells**

\$2⁷⁹

5.5 oz



**Siete
Grain Free Tortilla Chips**

\$3⁴⁹

5 oz



**Siete
Grain Free Tortillas
(selected varieties)**

\$6⁴⁹

8 ct



We are a Mexican-American family brand, rooted in family, that makes delicious grain free products. We wish to bring families together around the table with heritage-inspired foods made from simple, clean ingredients, that everyone can gather around and enjoy.

**Cretors
Popcorn
(selected varieties)**

2/\$5

6.5-8 oz



**Annie's
Organic Snack Mix**

2/\$7

9 oz



**gimMe Organic
Organic Seaweed Snack
(selected varieties)**

2/\$3

.32-.35 oz



**MadeGood
Organic Soft Baked
Mini Cookies
(selected varieties)**

2/\$5

5 ct



**Munk Pack
Protein Cookie
(selected varieties)**

2/\$3

2.96 oz



**GoMacro
Organic MacroBar**

2/\$4

2-2.4 oz



**Clif Bar
Energy Bar
(selected varieties)**

5/\$5

2.4 oz



**Nick's Sticks
Meat Snack Stick
(selected varieties)**

2/\$4

1.7 oz



**Purely Elizabeth
Granola
(selected varieties)**

\$5²⁹

8-12 oz



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Barbara's
Cereal
(selected varieties)

2/\$7

8-15 oz



Crofter's Organic
Organic Premium Spread
(selected varieties)

\$3⁹⁹

16.5 oz



Navitas
Organic Cacao Powder

\$5⁹⁹

8 oz



Theo
Organic Chocolate Bar
(selected varieties)

\$2²⁹

3 oz



Chocolove
Chocolate Bar
(selected varieties)

2/\$4

3.1-3.2 oz



Alter Eco
Organic Truffles

59¢

1 piece



Nutpods
Dairy-Free Creamer
(selected varieties)

\$2²⁹

11.2 oz



Honest Tea
Organic Iced Tea
(selected varieties)

4/\$5

16 oz



Steaz
Organic Iced Green Tea
(selected varieties)

4/\$5

16 oz



Lakewood
Organic Pure
Cranberry Juice

\$5⁴⁹

32 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice



Essentia
Alkaline Water

\$1⁵⁹

1 liter



The Mountain Valley
Spring Water

\$1⁵⁹

1 lt



Nixie
Organic Sparkling Water

\$3⁹⁹

8 ct



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Topo Chico
Sparkling Mineral Water



99¢
12 oz

San Pellegrino
Sparkling Natural
Mineral Water



2/\$3
750 ml

C2O
Coconut Water



\$2⁹⁹
33.8 oz

Califia Farms
Oat Barista Blend



\$3²⁹
32 oz

Health-Ade
Organic Kombucha
(selected varieties)



2/\$5
16 oz

Vita Coco
Coconut Water



\$2⁷⁹
1 lt

Ripple
Plant-Based Milk
(selected varieties)



\$3⁷⁹
48 oz

Silk
Almondmilk
(selected varieties)



\$3⁷⁹
64 oz

So Delicious
Coconutmilk Yogurt Alternative
(selected varieties)



2/\$3
5.3 oz

Lifeway
Organic Kefir
(selected varieties)



\$3⁴⁹
32 oz

Hope
Organic Hummus
(selected varieties)



\$2⁷⁹
8 oz

Perfect Bar
Protein Bar



2/\$4
2.2-2.5 oz

Bubbies
Sauerkraut



\$5⁷⁹
25 oz

Lightlife
Organic Tempeh



\$2²⁹
8 oz

Field Roast
Plant-Based Sausages



\$4²⁹
12.95 oz

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JUST
Plant-Based Egg
Scramble

\$3⁴⁹

12 oz



Base Culture
Keto Bread

\$6⁹⁹

16 oz



Alden's Organic
Organic Ice Cream

\$6²⁹

48 oz



Vibrant Health
Green Vibrance

\$42⁹⁹

11.92 oz



Natural Vitality
Natural Calm
(selected varieties)

\$14⁴⁹

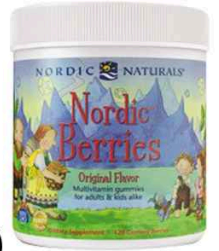
8 oz



Nordic Naturals
Nordic Berries

\$18⁹⁹

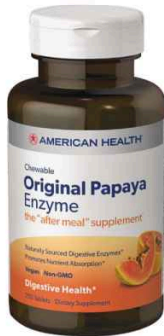
120 ct



American Health
Original Papaya
Enzyme Chewable

\$5⁷⁹

250 tab



Himalaya
Organic Ashwagandha

\$13⁴⁹

60 caplets



American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids

\$18⁹⁹

90 cap



JOIN THE MOVEMENT BEYOND THE MARKET

Fair trade is more than just a label on a chocolate bar or a bag of coffee. **FAIR TRADE IS A MOVEMENT BY AND FOR SMALL-SCALE FARMERS.**

This World Fair Trade Day, honor the work of small-scale farmers and artisans. Listen to their stories on the new podcast, **FOR A BETTER WORLD.**

Streaming everywhere podcasts are available and at FairWorldProject.org/Podcast.



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



\$7⁹⁹

2 oz

Natural Factors
WellBetX® Berberine 500 mg



\$19⁹⁹

60 vcap

Oregon's Wild Harvest
Organic Astragalus



\$11⁹⁹

90 ct

Garden of Life
Dr. Formulated
Probiotics Once Daily
Men's or Women's



\$24⁹⁹

30 cap

Renew Life
Ultimate Flora
Women's Care
Probiotic 90 Billion



\$37⁴⁹

30 ct

Jarrow Formulas
Saccharomyces
Boulardii + MOS



\$18⁹⁹

90 vcap

MegaFood
Women Over 40™ One Daily



\$30⁹⁹

60 tab

Nature's Way
Alive!® Once Daily Ultra
Potency Multivitamin



\$15⁹⁹

60 tab

Rainbow Light
Men's or Women's
One Multivitamin



\$15³⁹

60 tab

Jason
Powersmile Whitening
Powerful Peppermint
Toothpaste



\$3⁷⁹

6 oz

Zum
Bar Soap



\$4⁴⁹

3 oz

Andalou Naturals
1000 Roses Cleansing
Foam



\$9²⁹

5.5 oz

Dr. Bronner's
All-One Toothpaste



\$4⁴⁹

5 oz

Giovanni
Shampoo or Conditioner
(selected varieties)



\$5⁴⁹

8.5 oz

Badger
Clear Zinc Sunscreen
(selected varieties)



\$11⁹⁹

2.9 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.

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

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
The Health Food Shoppe of Fort Wayne
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
Jean's Healthway
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

