

Proud member of



INDEPENDENT CHOICE

June 2022

"Summer has a flavor like no other. Always fresh and simmered in sunshine."

-Oprah Winfrey



Daiya Dairy-Free Slices
(selected varieties)

\$3.49

7.8 oz



GT's Organic Kombucha
(selected varieties)

\$2.79

16 oz



Cascadian Farm Organic Organic Potatoes
(selected varieties)

2/\$5

12-16 oz



Hilary's Organic Veggie Burgers
(selected varieties)

\$2.79

6.4 oz



Tofurky Plant-Based Original Sausage
(selected varieties)

\$5.29

14 oz



GoMacro Organic MacroBar
(selected varieties)

\$1.99

2-2.4 oz



Lundberg Family Farms Organic Rice Cakes
(selected varieties)

\$3.29

8.5-10 oz



Annie's Organic Fruit Snacks
(selected varieties)

2/\$5

4 oz



C2O Coconut Water
(selected varieties)

\$1.69

17.5 oz



Redwood Hill Farm Plain Goat Milk Kefir

\$4.79

32 oz



Organic Valley Organic Raw Cheese
(selected varieties)

\$4.79

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 June.

Safe Catch
Elite Wild Tuna



\$2⁷⁹

5 oz

Annie's
Mac & Cheese
(selected varieties)



4/\$5

5.25-6 oz

Good Health
Avocado Oil
Potato Chips
(selected varieties)



2/\$5

5 oz

Spicy Grilled BBQ Chicken

8 chicken drumsticks	½ teaspoon garlic powder
2 tablespoons olive oil	¾ cup barbeque sauce
Salt and pepper, to taste	¼ cup hot sauce
½ teaspoon smoked paprika	Cilantro, for garnish

1 Heat an outdoor grill to high heat (450°F).

2 Brush chicken with olive oil and season with salt, pepper, garlic powder, and smoked paprika.

3 Place chicken on the heated grill. Cover and cook for five minutes or until chicken easily comes off the grates. Flip the chicken and continue to cook for another five minutes.

4 Baste chicken with barbeque sauce and hot sauce, flipping every two minutes and basting again. Continue basting and flipping the chicken until the internal temperature reaches 165°F.

5 Remove chicken from grill and allow to rest on a clean plate for five minutes and garnish with cilantro before serving.



Annie's
Organic Dressing
(selected varieties)



2/\$6

8 oz

Organicville
Organic Ketchup



\$3⁹⁹

24 oz

Once Again Nut Butter
Organic Tahini



\$7⁷⁹

16 oz

Chosen Foods
Avocado Oil Spray



\$4⁴⁹

4.7 oz

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Back to Nature Crackers (selected varieties)

2/\$6

4-8.5 oz

Back to Nature

Back to Nature's Plant Based foods give people truly delicious foods made from recipes inspired by nature. Our cookies and crackers are uncomplicated and deliciously simple. We hope you enjoy.



Back to Nature Chocolate Chunk Cookies

2/\$7

9.5 oz

Manitoba Harvest Organic Hemp Hearts

\$9.99

12 oz



Cascadian Farm Organic Cereal (selected varieties)

2/\$6

8.6-14.6 oz



Alter Eco Organic Chocolate Bar (selected varieties)

2/\$6

2.65-2.82 oz



Clean Cause Organic Sparkling Yerba Mate (selected varieties)

2/\$5

16 oz



R.W. Knudsen Simply Nutritious (selected varieties)

\$2.99

32 oz



Laird Superfood Superfood Creamer (selected varieties)

\$6.29

8 oz



Pacific Foods Organic Plant-Based Beverage (selected varieties)

\$3.29

32 oz



Refreshing Summer Fruit Punch

- 4 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- ¼ cup lime juice
- 3 cups water, still or sparkling
- Raspberries, for garnish
- Mint, for garnish
- Ice, for serving

- In a large pitcher, mix together water and fruit juices.
- Serve over ice and garnish with raspberries and a sprig of mint.



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The exceptional quality of our food starts with love for our animals. We go all out when caring for our cows, because that makes them happier and healthier. And that makes better milk you can feel good about serving to your family.



Organic Valley Organic Milk (selected varieties)

\$4.79

64 oz



Organic Valley Organic Feta Cheese

\$4.49

8 oz



Organic Valley Organic Cheese (selected varieties)

\$4.49

8 oz

KeVita Organic Sparkling Probiotic Drink (selected varieties)



2/\$5

15.2 oz

Vital Farms Butter



\$3.49

8 oz

So Delicious Cashewmilk Frozen Dessert (selected varieties)



\$4.49

16 oz

Salted Caramel Ice Cream Sandwiches

- 24 saltine crackers
- 2 pints vanilla ice cream, softened
- ½ cup salted caramel sauce
- 1 cup chocolate sauce
- ¼ cup sliced almonds, toasted

- 1 Line an 8x8x2 inch pan with parchment paper.
- 2 Place a layer of crackers on the bottom of the pan, trimming crackers to fit snug.
- 3 Spread one pint of vanilla ice cream evenly over crackers. Top with salted caramel sauce. Repeat with second pint of ice cream.
- 4 Place remaining crackers on top and pour on chocolate sauce. Sprinkle with sliced almonds and freeze for four hours or overnight.
- 5 To serve, lift out ice cream block and cut with a sharp knife into nine even sandwiches.

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Natural Vitality
Calm
(selected varieties)

\$14.49

8 oz



Garden of Life
MyKind Organics Organic
Apple Cider Vinegar
Probiotic Gummies

\$15.99

60 ct



Nordic Naturals
Omega-3

\$21.99

120 ct



MegaFood
Zinc

\$14.99

60 tab



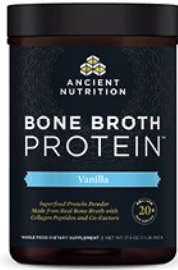
Boiron
Arnicare Gel

\$8.99

2.6 oz



Ancient Nutrition's Multi Collagen Protein and Bone Broth Protein are designed for real results you can see and feel, from ingredients you can trust. We dedicate 1% of all revenue to the R.A.N.C.H Project's 4,000+ acres of Certified Organic, Regenerative farmland.



Ancient Nutrition
Bone Broth Protein
(selected varieties)

\$38.99

446-504 g



ANCIENT
NUTRITION



Ancient Nutrition
Multi Collagen Protein
(selected varieties)

\$38.99

454.5-513 g

Terry Naturally
Curamin Extra Strength

\$20.99

30 tab



Natural Factors
Apple Cider Vinegar
500 mg

\$11.99

180 cap



Natural Factors
WellBetX® Berberine
500 mg

\$19.99

60 vcap



Renew Life
Ultimate Flora
Women's Care
Probiotic 90 Billion

\$32.99

30 ct



Every Man Jack
Deodorant
(selected varieties)

\$5.49

3 oz



Avalon Organics
Shampoo or Conditioner
(selected varieties)

\$7.29

11 oz



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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.

FLORIDA

- Abby's Health & Nutrition
- Date & Thyme
- Debbie's Health Foods
- DeLand Natural Market
- Diane's Natural Market
- Food for Thought
- Get Healthy
- Grassroots Natural Market
- The Green Apple Health Foods
- Mother Earth Natural Foods
- Nassau Health Foods
- Native Sun Natural Foods Market
- Nature's Food Patch
- Nutrition Smart
- Nutrition World
- Peggy's Natural 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

