

Proud member of



INDEPENDENT CHOICE

July 2021

"Live in the sunshine. Swim in the sea. Drink in the wild air."
- Ralph Waldo Emerson



Hu
Grain-Free Crackers

\$3⁷⁹

4.25 oz



Wild Planet
Albacore Wild Tuna

\$3⁷⁹

5 oz



Siete
Grain Free Tortilla Chips
(selected varieties)

\$3⁷⁹

5 oz



Lightlife
Organic Tempeh

\$2²⁹

8 oz



Beyond Meat
Beyond Burger

\$4⁴⁹

8 oz



Alden's Organic
Organic Old School Vanilla
Ice Cream Sandwich

\$4⁷⁹

6 ct



The Mountain Valley
Spring Water

\$1⁷⁹

1 lt



Zevia
Zero Calorie Soda

\$4⁴⁹

6 ct



Dandies
Vegan Marshmallows

2/\$6

10 oz



Annie's
Organic Graham
Crackers

\$3⁴⁹

14.4 oz



Santa Cruz Organic
Organic Lemonade
(selected varieties)

2/\$4

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 July.



Fire up the grill and get ready to top, drizzle and dip your favorite recipes with organic goodness. Annie's organic dressings and condiments make it easy to turn summer meals into delicious moments for everyone in the family.

Annie's Organic Ketchup

2/\$5

24 oz



Annie's Organic Dressing (selected varieties)

2/\$6

8 oz



Tasty Bite Organic Indian Entrée (selected varieties)

\$2⁴⁹

10 oz



Kettle Organic Potato Chips

2/\$5

5 oz



Garden Of Eatin' Tortilla Chips (selected varieties)

2/\$7

16 oz



Late July Organic Restaurant Style Tortilla Chips

\$2⁷⁹

11 oz



Food Should Taste Good Tortilla Chips

2/\$4

5.5 oz



Plant Snacks Cassava Root Chips

2/\$5

5 oz



Barbara's Cheese Puffs

\$2²⁹

5.5-7 oz



Angie's BoomChickaPop Popcorn (selected varieties)

\$2²⁹

4.4-7 oz



Spectrum Organic Distilled White Vinegar

\$4⁹⁹

32 oz



A. Vogel Organic Herbamare Sea Salt

\$5²⁹

8.8 oz



SweetLeaf Liquid Stevia Sweet Drops (selected varieties)

\$5⁷⁹

2 oz



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Essentia
Alkaline Water



2/\$4

1.5 lt

Nixie
Organic Sparkling Water



\$4²⁹

8 ct

Clean Cause
Organic Sparkling Yerba Mate



\$2²⁹

16 oz

R.W. Knudsen
Organic Just Tart Cherry Juice



\$5⁷⁹

32 oz

C2O
Coconut Water



2/\$6

33.8 oz

Lakewood
Organic Pure
Pineapple Juice



\$5⁹⁹

32 oz

Clif Bar
Energy Bar
(selected varieties)



5/\$5

2.4 oz

Rule the BBQ with
condiments made with
delicious ingredients
and no high fructose
corn syrup, cane sugar,
soy, or canola.



Primal Kitchen
Organic Unsweetened
Ketchup

\$3⁹⁹

11.3 oz



Primal Kitchen
Mayo with Avocado Oil

\$6⁴⁹

12 oz

Taste Nirvana
Coconut Water
(selected varieties)



2/\$4

9.5 oz

Almond Breeze
Almondmilk



2/\$4

32 oz

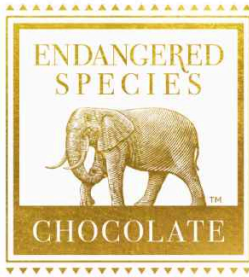
KIND
Nut Bar
(selected varieties)



\$1³⁹

1.4 oz

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Endangered Species Chocolate is all about authenticity. Each bar has only a handful of real, responsibly sourced, health-conscious ingredients—without any artificial sweeteners or additives. We've got a taste for every occasion and it's making a true impact for wildlife habitats.



Endangered Species Chocolate Bar

2/\$4
3 oz



Tony's Choclonely Chocolate Bar (selected varieties)



\$3²⁹
6.35 oz

Lily's Chocolate Bar (selected varieties)



\$2⁷⁹
2.8-3 oz

REBBL Organic Super Herb Elixir

\$2⁷⁹
12 oz



Health-Ade Organic Kombucha (selected varieties)

2/\$5
16 oz



Pamela's Baking & Pancake Mix

\$5⁷⁹
24 oz



Harmless Harvest Organic Coconut Water

\$3⁷⁹
16 oz



So Delicious Organic Coconutmilk

\$3⁹⁹
64 oz



WHEN YOU *support* **SMALL BUSINESS,** YOU'RE *supporting a* **DREAM**

INDEPENDENTWESTAND.ORG

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**Almond Breeze
Almondmilk**
(selected varieties)



\$3⁴⁹

64 oz

**Silk
Almondmilk**
(selected varieties)



\$3⁷⁹

64 oz

**Bitchin'
Sauce**



\$3⁹⁹

8 oz

**Organic Valley
Organic Feta Cheese**



\$4⁷⁹

8 oz

**Brown Cow
Cream Top Whole Milk Yogurt**



5/\$5

5.3 oz

**Wallaby
Organic Aussie Greek Style Yogurt**
(selected varieties)



\$5⁹⁹

32 oz

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



\$4⁷⁹

1 pt



Fresh Basil Pesto

- 4 garlic cloves, skin removed
- 3 c packed fresh basil leaves, stems removed
- 1.5 oz pine nuts
- coarse kosher salt
- 1.5 oz Parmigiano-Reggiano cheese, freshly grated
- 5 oz extra virgin olive oil
- 2 oz butter, softened to room temperature

1. Add garlic cloves and a pinch of salt to the mortar. Using the pestle, crush the garlic into a paste.
2. Add pine nuts and grind with the garlic into a smooth paste.
3. Add basil leaves and another pinch of salt. Grind the basil into the mixture until smooth.
4. Add the freshly grated Parmigiano-Reggiano cheese and mix to combine.
5. Slowly stream in olive oil and beat mixture with a spoon. Once incorporated, add butter and beat in until evenly distributed. Enjoy!

**Bach
Rescue Remedy Dropper**

\$11⁴⁹
10 ml



**Heritage Store
Black Seed Oil**

\$17⁹⁹
8 oz



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

\$22⁹⁹
7.4-8.5 oz



Coconut Black Cherry Popsicles

1 can (13.6 oz) full-fat coconut milk
¼ c organic cane sugar
1½ c coconut water
1½ c black cherry juice

1. Whisk coconut milk and sugar together until smooth.
2. Add remaining ingredients and combine.
3. Pour into popsicle molds and freeze for 5 hours or overnight.



**Garden of Life
Organic RAW Protein & Greens**

\$30⁹⁹
550-650 g



**Vital Proteins
Collagen Peptides**

\$16⁹⁹
10 oz



**Natural Factors
BioSil® Hair, Skin, Nails**

\$29⁹⁹
60 vcap



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

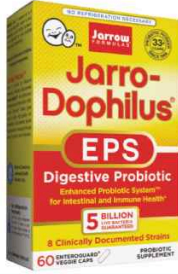
\$17⁴⁹
90 cap



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Jarrow Formulas
Jarro-Dophilus EPS 5 Billion

\$17⁴⁹
60 vcap



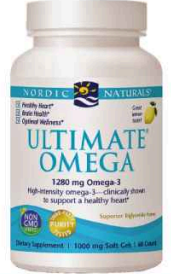
MegaFood
Turmeric Curcumin
Extra Strength

\$20⁹⁹
60 tab



Nordic Naturals
Ultimate Omega

\$20⁹⁹
60 ct



Boiron
Arnicare Gel

\$8⁷⁹
2.6 oz



Badger
Clear Zinc Sunscreen
(selected varieties)

\$11⁹⁹
2.9 oz



Andalou Naturals
CannaCell® Happy Day Cream

\$12⁹⁹
1.7 oz



ShiKai
Everyday Shampoo or
Conditioner

\$6²⁹
12 oz



Orange Lavender Body Lotion

- ½ c shea butter
- ½ c coconut oil
- ½ c olive oil
- 15 drops lavender essential oil
- 15 drops orange essential oil

1. Add shea butter and coconut oil to a quart sized mason jar. Bring 2" of water to boil in a small pot. Place mason jar into the water until oils have melted and mixed together. Set aside to cool.
2. Add olive oil and essential oils and let it sit until almost solidified. Speed up this process by putting it in the freezer.
3. Using an electric mixer, whip the mixture until desired texture is reached. Enjoy!

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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.

CONNECTICUT

- The Common Bond Market
- Chamomille Natural Foods
- It's Only Natural Market
- Nature's Temptations
- New Morning Market
- Rooted Market
- Thyme & Season

DELAWARE

- Harvest Market

DISTRICT OF COLUMBIA

- Glen's Garden Market
- Yes! Organic Market

MAINE

- Bath Natural Market
- Lois' Natural Marketplace
- Morning Glory Natural Foods
- New Morning Natural Foods
- Rosemont Market & Bakery
- Royal River Natural Foods
- Uncle Dean's Natural Foods

MARYLAND

- Chestertown Natural Foods
- Community Garden Market
- David's Natural Market
- Dawson's Market
- Roots Market
- The Good Earth Natural Foods Co
- Yes! Organic Market

MASSACHUSETTS

- The Alternative Market
- Better Life Whole Foods
- Cambridge Naturals
- City Feed & Supply
- Common Crow Natural Market
- Cornucopia Natural Wellness Market
- Debra's Natural Gourmet
- Down to Earth Natural Foods
- The Good Seed Natural Food Market
- Guido's Fresh Marketplace
- Nantucket Green Grocer
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Granite State Naturals
- Maggie's Market
- Nature's Green Grocer
- Portsmouth Health Food Center
- Sunflower Natural Foods

NEW JERSEY

- A-1 Nutrition Store
- Back to Nature
- Basil Bandwagon Natural Market
- Green Acres Health Food Store
- Green Life Market
- Green Street Market
- Healthfair Natural & Organic Food Market
- Healthway Natural Food Center
- Healthy Thymes Market
- Nature's Corner Natural Market
- Nature's Nutrition
- Nature's Pavilion
- Pangaea Naturals
- Whole Earth Center

NEW YORK

- A Matter of Health
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Downtown Natural Market
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good N Natural
- Good Roots Natural Market
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Health Beat Natural Foods
- Jandi's Natural Market
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Nature's Harvest
- Mother Earth's Storehouse
- Nature's Pantry
- Rising Tide Natural Foods
- Sunflower Natural Foods Market
- Uncle Sam's Good & Natural Products

PENNSYLVANIA

- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- Health Hut
- JoRob's Naturals
- Kimberton Whole Foods
- Leg Up Farmers Market
- Lemon Street Market
- Martindale's Natural Market
- Nature's Harvest
- Nature's Pantry
- Nature's Way Easton
- Nature's Way Market
- Organnons Natural Market
- Queen's Nutritional Products
- Sonnenwald Natural Foods
- Soulberry Natural Market

RHODE ISLAND

- Nature's Goodness
- The Green Grocer

VERMONT

- Natural Provisions

VIRGINIA

- Eats Natural Foods
- Ellwood Thompson's
- Good Foods Grocery
- Harvest Market
- Health Nut Nutrition
- Health Trail Natural Foods
- Organic Food Depot
- Rebecca's Natural Foods
- Yes! Organic Market

WEST VIRGINIA

- Community Garden Market
- Good Natured Market & Vegetarian Cafe

