

Proud member of



INDEPENDENT CHOICE

March 2022

"Springtime is the land awakening. The March winds are the morning yawn."

-Lewis Grizzard



Muir Glen Organic Tomatoes (selected varieties)

5/\$5

14.5 oz



Lundberg Family Farms Rice (selected varieties)

\$6²⁹

2 lb



Good Health Avocado Oil Potato Chips

2/\$5

5 oz



From The Ground Up Cauliflower Crackers

2/\$6

4 oz



Pacific Foods Organic Chicken Bone Broth

\$5²⁹

32 oz



Pamela's Pancake & Baking Mix

\$5⁷⁹

24 oz



Perfect Bar Protein Bar (selected varieties)

2/\$4

2.2-2.5 oz



Gardein Meatless Meat (selected varieties)

\$3⁹⁹

8.1-14.1 oz



Yogi Tea (selected varieties)

\$3²⁹

16 ct



The Mountain Valley Spring Water

\$1⁹⁹

1 lt



R.W. Knudsen Organic Just Tart Cherry Juice

\$5⁷⁹

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.



Wild Planet tuna is 100% sustainably pole and line or troll caught - nets are never used. Our methods catch only smaller migratory fish, that are naturally lower in mercury. Each can provides the delicious, clean taste of pristine tuna.



Wild Planet
Albacore Wild Tuna

2/\$7

5 oz



Koyo
Ramen
(selected varieties)

5/\$5

2-2.1 oz



Food Should Taste Good
Tortilla Chips
(selected varieties)

2/\$4

5.5 oz



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$6

25.5 oz



Green Mountain Gringo
Salsa

\$3.99

16 oz



Sky Valley
Sriracha Sauce

\$5.29

18.5 oz



Peter Rabbit Organics
Organic Baby Food Pouch
(selected varieties)

\$1.59

4-4.4 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

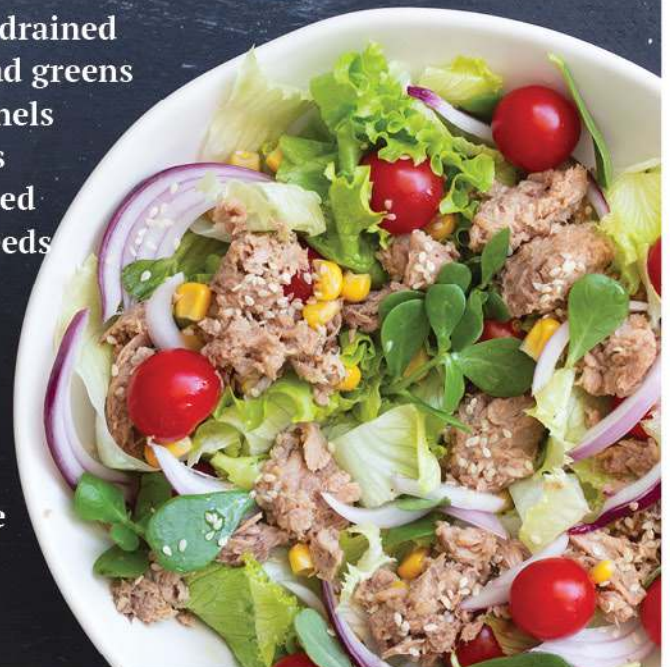
1.6-1.7 oz



Tossed Salad with Tuna

- 5 ounces canned tuna, drained
- 2 ½ ounces mixed salad greens
- 2 tablespoons corn kernels
- ½ cup cherry tomatoes
- ¼ small red onion, sliced
- 1 tablespoon sesame seeds
- Salt, to taste
- Black pepper, to taste
- 2 tablespoons olive oil

1. Combine ingredients into a large bowl, toss and serve.
2. Enjoy!



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Purely Elizabeth
Granola
(selected varieties)

\$4.49

8-12 oz



St. Dalfour
French Fruit Spread
(selected varieties)

\$3.49

10 oz



Once Again Nut Butter
Organic Tahini

\$6.79

16 oz



We have the #1 selling organic tahini, made with nothing but lightly roasted sesame seeds. Salt-free, sugar-free, gluten-free, vegan, kosher, non-gmo wholesome plant-based spread - perfect for toast, salad dressings or your favorite hummus recipe. We spread integrity!

Enjoy Life Foods
Chocolate Chips
(selected varieties)

\$4.49

9-10 oz



Organic Valley
Organic Ghee

\$13.49

13 oz



Gerolsteiner
Sparkling Mineral Water

\$2.29

25.3 oz



Zevia
Zero Calorie Soda
(selected varieties)

\$4.49

6 ct



Lakewood
Organic Pure
Lemon Juice

\$2.99

12.5 oz



Harmless Harvest
Organic Coconut Water

\$3.79

16 oz



Nutpods
Dairy-Free Creamer
(selected varieties)

2/\$5

11.2 oz



Vita Coco
Coconut Water

2/\$6

1 lt



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Uncle Matt's Organic
Organic Orange Juice
(selected varieties)



\$5.79

52 oz

KeVita
Organic Sparkling
Probiotic Drink



2/\$5

15.2 oz

GT's
Organic Synergy
Raw Kombucha
(selected varieties)



\$6.79

48 oz

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Oatly
Oatmilk

\$3.79

64 oz



Almond Breeze
Almondmilk
(selected varieties)

\$3.49

64 oz



Siggi's
Icelandic Style Yogurt
(selected varieties)

4/\$5

4-5.3 oz



Liberté
Organic Whole Milk Yogurt
(selected varieties)

4/\$5

5.5 oz



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**Forager Project
Organic Dairy-Free
Cashewmilk Yogurt**
(selected varieties)

\$4²⁹

24 oz



**Stonyfield
Organic Yogurt**
(selected varieties)

2/\$7

32 oz



**Field Roast
Chao Slices**

\$4²⁹

7 oz



**Tofurky
Plant-Based Deli Slices**

\$2⁷⁹

5.5 oz



**Bubbies
Kosher Dill Pickles**

\$5⁹⁹

33 oz



**Against The Grain Gourmet
Original Rolls**

\$4⁷⁹

12.5 oz



**Sweet Earth
Plant-Based Benevolent Bacon**

\$2⁹⁹

5.5 oz



Easy Ham and Cheese Panini

- 2 slices sourdough bread
- ½ tablespoon buttery spread
- ½ tablespoon vegan mayonnaise
- 1 teaspoon spicy mustard
- 3 thin slices ham
- 2 slices Swiss cheese
- 2 thin slices tomato

- 1 Preheat your panini press.
- 2 Butter the outside of both slices of bread.
- 3 Mix mayonnaise and spicy mustard and spread on un-buttered side of bread slices.
- 4 Place bread butter-side down on grill.
- 5 Build sandwich on the press by adding a slice of cheese, tomato slices, ham slices, another slice of cheese, and top slice of bread.
- 6 Close the press and cook for two to three minutes, or until desired doneness.
- 7 Remove from panini press and enjoy!

Swap out ham and cheese with plant-based alternatives for a delicious vegan twist on this classic sandwich.



Lucky Green Protein Smoothie

1 banana, peeled
2 apples, chopped
1 scoop protein powder

1 scoop greens powder
5 cups fresh spinach
¼ cup parsley
1 cup ice
1 cup coconut water
1 tablespoon hemp seeds
1 tablespoon chia seeds



- 1 Add ingredients to a high powered blender.
- 2 Blend until smooth. Add additional coconut water until desired consistency is reached.
- 3 Pour smoothie into jars and enjoy!

**Yerba Prima
Psyllium Husks Powder**



\$10⁹⁹

12 oz

**Garden of Life
Dr. Formulated CBD 20mg
Extra Strength Gummies**



\$17⁴⁹

60 ct

**Alden's Organic
Organic Ice Cream**
(selected varieties)

\$6²⁹

48 oz



**Bonafide Provisions
Bone Broth**

\$6⁹⁹

24 fl oz



**Ancient Nutrition
Multi Collagen Protein**

\$36⁹⁹

454.5 g



**Vibrant Health
Green Vibrance**

\$44⁹⁹

11.92 oz



**Solaray
Zinc**

\$5⁴⁹

100 ct



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Solgar
Gentle Iron®

\$779

90 cap



American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids

\$1899

90 cap



American Health
Super Papaya Enzyme
Plus Chewable

\$749

180 tab



Nordic Naturals
Omega-3

\$1349

60 ct



MegaFood
Turmeric Curcumin Extra
Strength

\$2099

60 tab



Natural Factors
BioSil® Hair, Skin, Nails

\$1799

30 vcap



Renew Life
Ultimate Flora Women's
Care Probiotic 90 Billion

\$3699

30 ct



Derma E
Vitamin C Concentrated
Serum

\$1999

2 oz



Himalaya
Toothpaste
(selected varieties)

\$449

5.29 oz



Avalon Organics
Shampoo or Conditioner
(selected varieties)

\$729

11 oz



Andalou Naturals
Shampoo or Conditioner
(selected varieties)

2/\$10

11.5 oz



EO
French Lavender Hand
Sanitizer Gel

\$549

8 oz



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

\$329

5 oz



Better Life
All-Purpose Cleaner

\$399

32 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.

CONNECTICUT

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

DELAWARE

- Good News Natural Foods
- Harvest Market Natural Foods

DISTRICT OF COLUMBIA

- 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 Market

MARYLAND

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

MASSACHUSETTS

- 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
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Granite State Natural Foods
- Maggie's Market
- Nature's Green Grocer
- 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 Roots Natural Market
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Health Beat Natural Foods
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Mother Earth's Storehouse
- Nature's Harvest
- 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
- 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
- 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