

Proud member of



INDEPENDENT CHOICE

May 2022

"Mornings in May, echoed with the call of cuckoos, sunlight glowed through fresh green canopies of trees."

-Meeta Ahluwalia



Late July Organic Salsa (selected varieties)



\$3.29

15.5 oz



Nixie Organic Sparkling Water (selected varieties)

\$3.99

8 ct



Simple Mills Almond Flour Crackers (selected varieties)



\$3.79

4.25 oz

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



\$5.29

24 oz

Muir Glen Organic Pasta Sauce (selected varieties)



2/\$6

25.5 oz

Beyond Meat Beyond Sausage (selected varieties)



\$6.29

14 oz

Bubbies Sauerkraut



\$5.99

25 oz

Wild Planet Albacore Wild Tuna (selected varieties)



\$3.79

5 oz

Zevia Zero Calorie Soda (selected varieties)



\$4.29

6 ct

The Mountain Valley Spring Water



\$1.79

1 lt

Santa Cruz Organic Organic Lemonade (selected varieties)



\$2.29

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 May.



Celebrate Mexican culture with Siete's heritage-inspired foods—tortillas, tortilla chips, quesos, hot sauce, and more! Made with nourishing ingredients like cassava flour, almonds, avocado oil, and whole vegetables. There's something for everyone at the table.



Siete Grain Free Taco Shells

\$4²⁹

12 ct



Siete Grain Free Tortillas (selected varieties)

\$6⁷⁹

8 ct



Siete Grain Free Tortilla Chips (selected varieties)

\$3⁷⁹

5 oz

Ancient Harvest Organic Polenta (selected varieties)



\$2⁴⁹

18 oz

Annie's Organic Mac & Cheese (selected varieties)



2/\$5

6 oz

Lotus Foods Rice Ramen (selected varieties)



\$1³⁹

2.8 oz

Explore Cuisine Organic Legume Pasta (selected varieties)



\$3²⁹

8 oz

Garden of Eatin' Taco Shells



\$2⁷⁹

12 ct

Muir Glen Organic Tomatoes (selected varieties)



5/\$5

14.5 oz

Rao's Homemade Pasta Sauce (selected varieties)



\$5⁴⁹

24 oz

Bionaturae Organic Tomato Paste



\$1⁸⁹

7 oz

Green Mountain Gringo Salsa (selected varieties)



\$3⁹⁹

16 oz

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Spectrum
Organic Extra Virgin
Olive Oil

\$8⁹⁹

25.4 oz



Dr. Bronner's
Regenerative Organic
Coconut Oil

\$6⁹⁹

14 oz



Food Should Taste Good
Tortilla Chips
(selected varieties)

2/\$4

5.5 oz



From The Ground Up
Cauliflower Crackers
(selected varieties)

2/\$6

4 oz



The Good Crisp Company
Potato Crisps
(selected varieties)

\$2⁷⁹

5.6 oz



Primal Kitchen
Organic Unsweetened
Ketchup

\$4²⁹

11.3 oz



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



Primal Kitchen
Dressing & Marinade
(selected varieties)

\$4⁷⁹

8 oz

Kettle
Potato Chips
(selected varieties)

2/\$5

5 oz



LesserEvil
Organic Popcorn
(selected varieties)

\$2⁷⁹

4.6-6.4 oz



Vegan Rob's
Puffs
(selected varieties)

\$2⁷⁹

3.5 oz



Barbara's
Cheese Puffs
(selected varieties)

\$2²⁹

5.5-7 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.7 oz



MadeGood
Organic Granola Bars
(selected varieties)

\$3⁷⁹

6 ct



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**Catalina Crunch
Keto Friendly Cereal**
(selected varieties)



\$5.79

8-9 oz

**Purely Elizabeth
Granola**
(selected varieties)



\$5.49

8-12 oz

**Barbara's
Cereal**
(selected varieties)



\$3.49

8-15 oz

**Crofter's Organic
Organic Premium Fruit Spread**
(selected varieties)



\$4.79

16.5 oz

**Peter Rabbit Organics
Organic Baby Food Pouch**
(selected varieties)



\$1.59

4-4.4 oz

**Enjoy Life Foods
Soft Baked Cookies**
(selected varieties)



\$3.49

6 oz

**Justin's
Organic Peanut Butter Cups**
(selected varieties)



2/\$3

1.32-1.4 oz

**Panda
Licorice**
(selected varieties)



\$2.79

7 oz

**SmartSweets
Candy**
(selected varieties)



2/\$5

1.8 oz

**Chocolove
Chocolate Bar**
(selected varieties)



2/\$5

2.9-3.2 oz

**Theo
Organic Chocolate Bar**
(selected varieties)



2/\$5

3 oz

**Equal Exchange
Organic Chocolate Bar**
(selected varieties)



\$2.79

2.8-3.5 oz

**Navitas
Organic Cacao Powder**



\$6.49

8 oz

**SweetLeaf
Liquid Stevia Sweet Drops**
(selected varieties)



\$5.79

2 oz

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Essentia
Alkaline Water



\$1.79

1 lt

Alkaline88
Alkaline Water



\$3.29

1 gallon

Nutpods
Dairy-Free Creamer
(selected varieties)



2/\$5

11.2 oz

Lakewood
Organic Pure Cranberry
Juice



\$7.79

32 oz

R.W. Knudsen
Organic Just Tart Cherry
Juice



\$5.79

32 oz

Vita Coco
Coconut Water
(selected varieties)



2/\$6

1 lt

C2O
Coconut Water



\$3.79

33.8 oz

Harmless Harvest
Organic Coconut Water



\$3.79

16 oz

Califia Farms
Oat Barista Blend



\$3.79

32 oz

Siggi's
Icelandic Style Yogurt
(selected varieties)



4/\$5

4-5.3 oz

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



\$4.29

24 oz

Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)



2/\$7

32 oz

Organic Valley
Organic Shredded Cheese
(selected varieties)



\$4.29

6 oz

Ithaca
Hummus
(selected varieties)



\$3.29

10 oz

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Iced Lemon Blueberry Tray Cake



- 1/2 cup sunflower oil
- 3/4 cup cane sugar
- 4 large eggs
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract
- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 2 teaspoons baking powder
- 1/4 teaspoon sea salt
- 1/2 cup blueberries

Lemon Glaze

- 3/4 cup confectioner's sugar
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest

- 1 Preheat oven to 350°F. Line a 9x9 inch baking pan with parchment and set aside.
- 2 In a medium bowl, whisk together oil, sugar, eggs, buttermilk, and vanilla extract until smooth.
- 3 In another bowl whisk together flours, baking powder, and salt.
- 4 Combine dry mixture into wet mixture until smooth. Fold in blueberries.
- 5 Pour mixture into baking pan and smooth the top. Bake for 28 minutes or until a knife inserted comes out clean. Set aside to cool.
- 6 Stir together confectioner's sugar, lemon juice, and zest.
- 7 Drizzle over cake and serve.

Perfect Bar Protein Bar (selected varieties)



2/\$5

2.2-2.5 oz

Alden's Organic Organic Ice Cream (selected varieties)



\$6.99

48 oz

Cosmic Bliss Organic Dairy-Free Frozen Dessert (selected varieties)



\$4.79

14 oz

Against the Grain Gourmet Pizza

(selected varieties)

\$8.29

24 oz



Udi's Gluten Free Sandwich Bread

\$4.29

12 oz



Canyon Bakehouse Gluten-Free Bread (selected varieties)

\$4.99

18 oz



Van's Waffles

(selected varieties)

2/\$6

8-9 oz



Garden of Life Raw Organic Protein Powder (selected varieties)

\$34.99

560-660g



Carlson The Very Finest Fish Oil

\$39.99

500 ml



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**Boiron
SinusCalm Tablets**

\$9⁹⁹

60 tab



**Solgar
Gentle Iron®**

\$7⁷⁹

90 cap



**Rainbow Light
Women's One
Multivitamin**

\$15³⁹

60 tab



**MegaFood
Blood Builder**

\$12⁴⁹

30 tab



**Solaray
Microbiome Probiotic
Women's Formula**

\$30⁹⁹

30 cap



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

\$29⁹⁹

60 vcap



**Aura Cacia
Peppermint Essential Oil**

\$5⁴⁹

.5 oz



**Andalou Naturals
Age Defying Resveratrol
Q10 Night Repair Cream**

\$17⁴⁹

1.7 oz



**Jason
Toothpaste
(selected varieties)**

\$3⁴⁹

4.2-6 oz



**Dr. Bronner's
All-One Toothpaste
(selected varieties)**

\$4⁴⁹

5 oz



**Better Life
All-Purpose Cleaner
(selected varieties)**

\$3⁹⁹

32 oz



**Badger
Aloe Vera Gel**



**Badger
Mineral Sunscreen Cream
(selected varieties)**

\$5²⁹

4 oz

\$11⁹⁹

2.9 oz

Caring for our planet is a core guiding principle at Badger, and that same care goes into every product we make. Formulated with just a few clean ingredients, our reef-friendly sunscreens are safer for people and the planet. Expert-crafted, ocean-approved.



BADGER®
CULTIVATE GOOD



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
- Agata & Valentina
- 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 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
- 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