

Proud member of



# INDEPENDENT CHOICE

November 2022

"Forever on Thanksgiving Day, the heart will find the pathway home."  
-Wilbur D. Nesbit



So Delicious Cocowhip



**\$3.49**

9 oz



Farmer's Market Organic Pumpkin Pie Mix



**\$2.99**

15 oz

Lily's Chocolate Baking Chips (selected varieties)

**\$6.29**

9 oz



Wholly Wholesome Gluten Free Pie Shells

**\$5.99**

14 oz



CADIA Organic Cranberry Sauce

**2/\$5**

14 oz



Muir Glen Organic Diced Tomatoes (selected varieties)

**4/\$5**

14.5 oz



Pacific Foods Organic Broth (selected varieties)

**\$3.79**

32 oz



Bragg Organic Apple Cider Vinegar

**\$4.99**

32 oz



Cascadian Farm Organic Organic Potatoes (selected varieties)

**\$3.79**

16 oz



Yogi Tea (selected varieties)

**\$3.29**

16 ct



Milkadamia Macadamia Milk (selected varieties)

**\$3.99**

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 November.

Maya Kaimal  
Organic Everyday Dal

**2/\$7**

10 oz



Lundberg Family Farms  
Organic Rice Pouches  
(selected varieties)

**\$7.79**

2 lb



Mike's Mighty Good  
Craft Ramen  
(selected varieties)

**\$1.79**

1.6-1.9 oz



Late July  
Organic Tortilla Chips  
(selected varieties)

**\$3.29**

7.4-10.1 oz



Siete  
Kettle Cooked Potato Chips  
(selected varieties)

**2/\$6**

5.5 oz



Barnana  
Organic Plantain Chips

**2/\$7**

4-5 oz



Vegan Rob's  
Puffs  
(selected varieties)

**\$2.79**

3.5 oz



Back to Nature  
Organic Crackers  
(selected varieties)

**2/\$6**

6 oz



Once Again Nut Butter  
Organic Tahini

**\$6.99**

16 oz



Simply Organic  
Organic Gravy Mix

**\$1.19**

.85 oz



Spectrum  
Organic Shortening

**\$8.29**

24 oz



Sir Kensington's  
Classic Mayonnaise

**\$5.29**

12 oz



California Olive Ranch  
Extra Virgin Olive Oil  
(selected varieties)

**\$7.29**

16.9 oz



Primal Kitchen  
Avocado Oil

**\$9.49**

16.9 oz



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**Dr. Bronner's  
Organic Virgin  
Coconut Oil**

**\$7<sup>79</sup>**

14 oz



**Tate's Bake Shop  
Cookies**  
(selected varieties)

**\$4<sup>49</sup>**

7 oz



**Annie's  
Organic Graham Crackers**

**2/\$7**

14.4 oz



**Arrowhead Mills  
Pancake & Waffle Mix**  
(selected varieties)

**\$4<sup>29</sup>**

16-26 oz



**Pamela's  
Pancake & Baking Mix**

**\$5<sup>79</sup>**

24 oz



**Tillen Farms  
Cherries**  
(selected varieties)

**\$5<sup>29</sup>**

13.5 oz



**Dandies  
Vegan Marshmallows**  
(selected varieties)

**\$3<sup>29</sup>**

10 oz



**Wholesome  
Organic Brown Sugar**

**\$3<sup>79</sup>**

24 oz



**Jovial  
Organic Einkorn Flour**  
(selected varieties)

**\$4<sup>79</sup>**

32 oz



**Inspiring Joy with  
Wholesome Foods**



**Bob's Red Mill  
Nut Flour**  
(selected varieties)

**\$7<sup>99</sup>**

16 oz



**Bob's Red Mill  
Baking Soda**

**\$2<sup>79</sup>**

16 oz



**Bob's Red Mill  
Baking Powder**

**\$3<sup>29</sup>**

14 oz

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**Tony's Chocolonely  
Chocolate Bar**  
(selected varieties)

**\$3<sup>29</sup>**

6.35 oz



**UNREAL  
Chocolate Bars**  
(selected varieties)

**\$4<sup>29</sup>**

3.4-4.2 oz



**Navitas  
Organic Cacao Powder**



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

**2/\$5**

3 oz



**Chatfield's  
Carob Powder**

**\$5<sup>99</sup>**

16 oz



**\$5<sup>99</sup>**

8 oz

**Panda  
Licorice**  
(selected varieties)

**\$2<sup>79</sup>**

7 oz



**SweetLeaf  
Liquid Stevia**  
(selected varieties)

**\$5<sup>79</sup>**

2 oz



**Pukka  
Organic Tea**  
(selected varieties)

**\$3<sup>79</sup>**

15-20 ct



**Traditional Medicinals  
Organic Tea**  
(selected varieties)

**\$3<sup>99</sup>**

14-16 ct



**Lakewood  
Organic Pure  
Cranberry Juice**

**\$8<sup>49</sup>**

32 oz



**R.W. Knudsen  
Organic Very Veggie,  
Low Sodium**

**\$3<sup>49</sup>**

32 oz



**ROAR Organic  
Organic Vitamin  
Enhanced Beverage**

**\$1<sup>79</sup>**

18 oz



**Vita Coco  
Coconut Water**  
(selected varieties)

**\$3<sup>99</sup>**

1 lt



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**Califia Farms  
Oat Barista Blend**

**\$4.49**

32 oz



**Brown Cow  
Cream Top Whole Milk Yogurt**

**\$3.49**

32 oz



**Organic Valley  
Organic Raw Cheese  
(selected varieties)**

**\$4.99**

8 oz



**JUST  
Plant-Based  
Egg Scramble**

**2/\$6**

12 oz



**Immaculate  
Organic Flaky Biscuits**

**\$3.99**

16 oz



Loved by chefs and foodies, Miyoko's European Style Cultured Butter is perfect for cooking and baking. There are buttery spreads and then there's Miyoko's. Miyoko's Creamery, based in Northern California's Wine Country, has humbly earned its reputation as "The world's finest plant milk creamery" with its legion of loyal fans.



**Miyoko's  
Organic Cultured  
Vegan Butter**

**\$4.29**

8 oz



**Miyoko's  
Organic Unsalted  
Cultured Vegan Butter**

**\$4.29**

8 oz

**daiya**

*deliciously dairy-free®*

**Delight in Every Bite**

From shredded cheeze to cheezecake, we've got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more.



**Daiya  
Dairy-Free Cheese  
Style Slices  
(selected varieties)**

**\$3.49**

7.8 oz



**Daiya  
Dairy-Free Cheese  
Style Shreds  
(selected varieties)**

**\$3.49**

7.1 oz



**Daiya  
Deluxe Mac & Cheese  
(selected varieties)**

**\$3.29**

10.6-10.9 oz

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Earth Balance  
Vegan Buttery Sticks  
(selected varieties)



\$4.99

16 oz

Vital Farms  
Butter  
(selected varieties)



\$3.49

8 oz

Alden's Organic  
Organic Ice Cream  
(selected varieties)



\$7.99

48 oz

Against The Grain  
Gourmet Original  
Baguettes



\$5.49

15 oz

Sweet Earth  
Plant-Based Benevolent Bacon



\$3.79

5.5 oz

Beyond Meat  
Beyond Beef



\$6.99

16 oz

Field Roast  
Sage & Garlic Plant-Based  
Celebration Roast



\$5.79

1 lb

Bonafide Provisions  
Bone Broth  
(selected varieties)



\$7.49

1.5 lb

Garden of Life  
Grass Fed Collagen  
Peptides Powder



\$31.99

560 g

Barlean's  
Lignan Flax Oil



\$10.99

8 oz

Bluebonnet Nutrition  
Liquid Calcium  
Magnesium Citrate  
Plus Vitamin D3



\$12.99

16 oz

MegaFood  
Zinc



\$14.99

60 ct

Solaray  
D-Mannose w/  
CranActin



\$19.99

60 cap

Boiron  
Chestal Honey  
Cough Syrup



\$8.99

6.7 oz

Gaia Herbs  
Black Elderberry Syrup



\$13.49

3 oz

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**Natural Factors  
Stress-Relax Tranquil  
Sleep Chewable**

**\$22<sup>99</sup>**

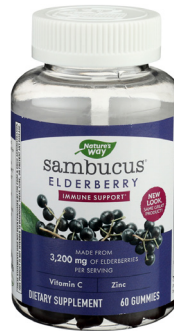
60 tab



**Nature's Way  
Sambucus Elderberry  
Gummies**

**\$15<sup>49</sup>**

60 ct



**Dr. Bronner's  
Organic Toothpaste**



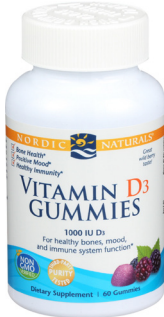
**\$4<sup>29</sup>**

5 oz

**Nordic Naturals  
Vitamin D3 Gummies**

**\$10<sup>99</sup>**

60 ct



**Himalaya  
Toothpaste  
(selected varieties)**

**2/\$9**

4-5.29 oz



**Herbatint  
Permanent Hair  
Color Gel  
(selected varieties)**

**\$12<sup>99</sup>**

4.56 oz



**EO  
Everyone Soap  
(selected varieties)**

**\$7<sup>99</sup>**

32 oz



**ShiKai  
Shampoo or Conditioner  
(selected varieties)**

**\$7<sup>49</sup>**

8-12 oz



**Mrs. Meyer's Clean Day  
Liquid Dish Soap  
(selected varieties)**

**\$3<sup>79</sup>**

16 oz



If You Care is the natural choice for holiday baking! Our Parchment Baking Paper is Certified Compostable and our Aluminum Foil is 100% recycled. So it's good for your family, your home, and the planet!

**Seventh Generation  
Bath Tissue**

**\$9<sup>29</sup>**

12 ct



**If You Care  
Aluminum Foil**

**\$4<sup>49</sup>**

50 sq ft



**If You Care  
Parchment Baking Paper**

**\$4<sup>49</sup>**

70 sq ft

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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](http://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**

- Dawson's 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 Market

**MARYLAND**

- Chestertown Natural Foods
- David's Natural Market
- Dawson's Market
- The Good Earth Natural Foods Co
- Good Foods Market
- 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
- Olive May Health
- Pangaea Naturals
- Whole Earth Center

**NEW YORK**

- A Matter of Health
- Agata & Valentina
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Downtown Natural Market
- Earnest Foods
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good N' Natural
- 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
- 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
- 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
- Mother Earth Foods
- The Public Market

