Proud member of

infra
Independent Natural Food Retailers Association

INDEPENDENT CHOICE

September 2021

"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."
- Helen Hunt Jackson

Primal Kitchen
Mayo with Avocado Oil

$6.49
12 oz

Siete
Grain Free Tortilla Chips

$3.99
5 oz

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

$4.29
24 oz
USDA ORGANIC

Mary's Gone Crackers
Organic Crackers
(selected varieties)

$3.29
5-6.5 oz
USDA ORGANIC

Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

$2.79
8.5-10 oz
USDA ORGANIC

Miyoko's Creamery
Organic Cashew Milk Mozzarella

$5.79
8 oz
USDA ORGANIC

Organic Valley
Organic Cream Cheese

$2.99
8 oz
USDA ORGANIC

Alden's Organic
Organic Ice Cream
(selected varieties)

$6.29
48 oz
USDA ORGANIC

Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/$5
12-16 oz
USDA ORGANIC

KeVita
Organic Sparkling
Probiotic Drink

2/$5
15.2 oz
USDA ORGANIC

Bragg
Organic Apple Cider
Vinegar

$4.29
32 oz
USDA ORGANIC

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 September.

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Wild Planet strives to transform fishing into a force to reinvigorate the oceans, so we work with likeminded small-scale fishermen who follow 100% sustainable fishing practices. Our products are minimally processed to deliver unparalleled taste and quality you can trust.

Wild Planet Wild Sardines

$1.79

4.4 oz

Wild Planet Albacore Wild Tuna

$3.79

5 oz

Garden of Eatin' Taco Shells

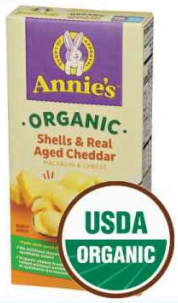
2/$5

5.5 oz

Annie's Organic Mac & Cheese
(selected varieties)

2/$5

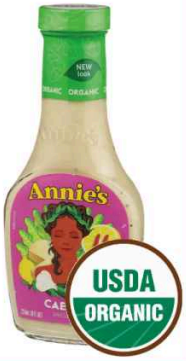
6 oz



Annie's Organic Dressing
(selected varieties)

2/$6

8 oz



Maya Kaimal Indian Simmer Sauce

$3.79

12.5 oz

Sky Valley Sriracha Sauce

$4.79

18.5 oz

Muir Glen Organic Pasta Sauce
(selected varieties)

2/$6

25.5 oz

Rao's Homemade Pasta Sauce
(selected varieties)

$5.29

24 oz

Turn Food Scraps Into Fertilizer

- Soak banana peels in water for a few days. Then, spritz liquid on plants.
- Place eggshells in vinegar to break down before using liquid as plant food.
- Sprinkle coffee grounds and used tea leaves onto plant soil.
- Save your (unsalted) pasta water after cooking and water your plants with it.

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Good Health
Avocado Oil Potato Chips

$2.29
5 oz

Food Should Taste Good
Tortilla Chips

2/$4
5.5 oz

Late July
Organic Restaurant Style Tortilla Chips

$2.79
11 oz

Tofu Bahn Mi

Serves 4

8 oz marinated extra firm tofu, sliced
4 soft hoagie buns

Quick Pickle:
1 carrot, finely julienned
½ bunch radishes, thinly sliced
1 large garlic clove, minced
¼ c rice vinegar
1½ tsp cane sugar
¼ tsp sea salt

crushed red chilies to taste
1 small cucumber
1 bunch cilantro

Sauce:
⅓ c plant-based mayonnaise
1 T sriracha sauce

Preheat oven to 350° F. Place sliced tofu on a parchment-lined baking sheet and brush with olive oil. Place in a preheated oven and bake for 30 minutes. Meanwhile, prepare the quick pickles by whisking together rice vinegar, garlic, sugar, salt, and crushed chilies in a small bowl. Add carrots and radishes and toss to coat. Set aside to rest for 5-20 minutes, tossing occasionally. Drain. For the sauce, combine mayonnaise and sriracha. To assemble, spread sauce on hoagie buns then layer tofu, cucumbers, quick pickle, and cilantro. Serve promptly and enjoy!

Barnana
Organic Plantain Chips

2/$6
5 oz

Vegan Rob's
Puffs

$2.29
3.5 oz

Hu
Grain-Free Crackers

$3.79
4.25 oz

Barbara's
Cereal
(selected varieties)

2/$7
8-15 oz

MadeGood
Organic Crispy Squares

$2.79
6 ct

Annie's
Organic Graham Crackers

2/$7
14.4 oz

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Why Organic IS Better for the Environment...

1. **Pollinator friendly** – No synthetic pesticides allows for bees and other pollinators to thrive.
2. **Builds healthy soil** – Crop rotation nourishes the soil and increases the water holding capabilities while preventing erosion.
3. **Cleaner water** – No harmful chemicals leeching into the water supply.
4. **Encourages biodiversity** – Areas surrounding organic farms have more types of wild plants and animals.
5. **More energy efficient** – Organic farming averages higher energy savings versus conventional farming.
6. **Reduces pollution** – Soil on organic farms has been shown to store much larger amounts of carbon.

Once Again Nut Butter Organic Sunflower Seed Butter

$5.29
16 oz

Theo Organic Chocolate Bar
(selected varieties)

$2.29
3 oz

Chocolove Chocolate Bar
(selected varieties)

$2.29
3.1-3.2 oz

Tony's Chocolonely Chocolate Bar
(selected varieties)

$3.29
6.35 oz

Navitas Organic Cacao Nibs

$5.99
8 oz

Yogi Tea
(selected varieties)

$3.29
16 ct

Pukka Organic Tea
(selected varieties)

$3.79
20 ct

Nixie Organic Sparkling Water

$3.99
8 ct

Lakewood Organic Pure Pink Grapefruit Juice

$3.49
32 oz

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C2O
Coconut Water

$2.99
33.8 oz

Milkadamia
Macadamia Milk

2/$7
32 oz

Harmless Harvest
Organic Coconut Water

$3.79
16 oz

Health-Ade
Organic Kombucha
(selected varieties)

2/$5
16 oz

GT's
Organic Multi Serve
Kombucha
(selected varieties)

$6.49
48 oz

Califia Farms
Plant Milk
(selected varieties)

$4.29
48 oz

Almond Breeze
Almondmilk
(selected varieties)

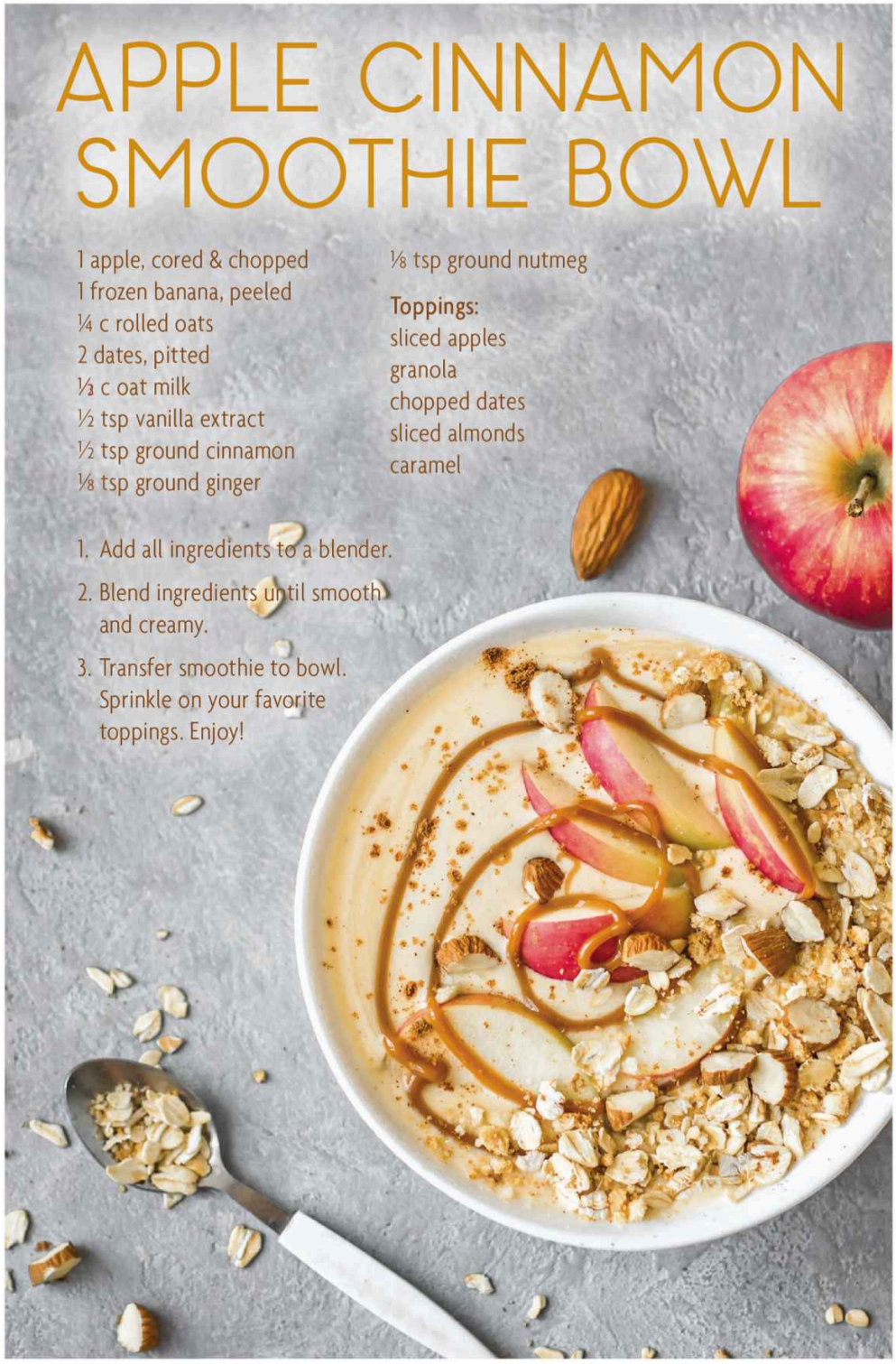
$3.49
64 oz

APPLE CINNAMON SMOOTHIE BOWL

1 apple, cored & chopped
1 frozen banana, peeled
¼ c rolled oats
2 dates, pitted
⅓ c oat milk
½ tsp vanilla extract
½ tsp ground cinnamon
⅛ tsp ground ginger
⅛ tsp ground nutmeg

Toppings:
sliced apples
granola
chopped dates
sliced almonds
caramel

1. Add all ingredients to a blender.
2. Blend ingredients until smooth and creamy.
3. Transfer smoothie to bowl. Sprinkle on your favorite toppings. Enjoy!



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Kite Hill
Cream Cheese Alternative
(selected varieties)

$5.49
8 oz

Daiya
Dairy-Free Cheese Style Shreds
(selected varieties)

$3.29
7.1-8 oz

Organic Valley
Organic Raw Sharp Cheddar Cheese

$4.79
8 oz

Vermont Creamery
Crème Fraîche

$3.29
8 oz

Brown Cow
Cream Top Whole Milk Yogurt

89¢
5.3 oz

Liberté
Organic Whole Milk Yogurt
(selected varieties)

4/$5
5.5 oz

Wallaby
Organic Aussie Greek Style Yogurt

$5.99
32 oz

Bubbies
Sauerkraut

$5.99
25 oz

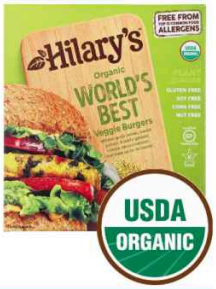
Coconut Bliss
Organic Plant-Based & Dairy-Free Frozen Dessert

$4.79
1 pt

Beyond Meat
Beyond Sausage

$6.79
14 oz

Hilary's
Organic Veggie Burgers



2/$5
6.4 oz

Garden of Life
Raw Organic Protein Powder

$30.99
560-660 g

Yerba Prima
Psyllium Husks Powder

$9.79
12 oz

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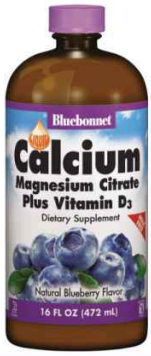
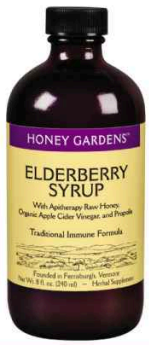
Bluebonnet Nutrition Blueberry Liquid Calcium Magnesium Citrate Plus Vitamin D3



$12.19

16 oz

Honey Gardens Elderberry Syrup



$13.99

8 oz

Natural Factors C 500 mg Fruit-Flavor Chew

$10.99

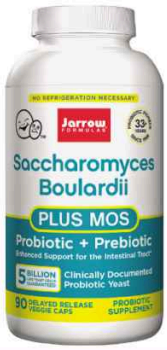
90 tab

American Health Super Papaya Enzyme Plus Chewable

$7.29

180 tab

Jarrow Formulas Saccharomyces Boulardii + MOS



$19.49

90 vcap

MegaFood Balanced B Complex

$12.99

30 tab

American Health Ester-C® 1000 mg with Citrus Bioflavonoids

$18.49

90 cap

Himalaya Organic Ashwagandha

$13.49

60 caplets

Derma E Vitamin C Concentrated Serum

$16.49

2 oz

CV Sciences +PlusCBD Extra Strength Formula CBD Balm

$18.49

1.3 oz

Jason Powersmile Whitening Powerful Peppermint Toothpaste

$3.79

6 oz

Acure Shampoo or Conditioner
(selected varieties)

$6.49

8 oz

Avalon Organics Shampoo or Conditioner
(selected varieties)

$7.49

11 oz

Mineral Fusion Nail Polish Remover

$6.49

6 oz

Better Life Floor Cleaner

$4.49

32 oz

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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
Good News Natural Foods

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
Sonnewald 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

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