

Proud member of



# INDEPENDENT CHOICE

November 2020

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."  
- RANDY PAUSCH



Simply Organic  
Organic Cinnamon

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



Milkadamia  
Macadamia Milk  
(selected varieties)

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



Farmer's Market  
Organic Pumpkin

**\$2<sup>29</sup>**  
15 oz



Organic Valley  
Organic Cream  
Cheese Bar

**\$2<sup>99</sup>**  
8 oz



So Delicious  
Cocowhip

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



Miyoko's  
Organic European Style  
Cultured Vegan Butter

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



Immaculate Baking  
Organic Flaky  
Biscuits

**2/\$5**  
16 oz



Alden's Organic  
Organic Ice Cream  
(selected varieties)

**\$6<sup>29</sup>**  
48 oz



Pacific Foods  
Organic Broth  
(selected varieties)

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



Traditional Medicinals  
Organic Tea  
(selected varieties)

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



Wholesome  
Organic Cane  
Sugar

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



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.



Annie's  
Organic Mac & Cheese  
(selected varieties)

**2/\$4**

6 oz



Dr. McDougall's  
Soup Cup  
(selected varieties)

**\$1.59**

1-3.4 oz



Maya Kimal  
Organic Everyday Dal

**\$3.49**

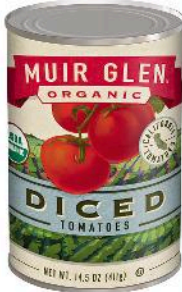
10 oz



Muir Glen  
Organic Tomatoes  
(selected varieties)

**5/\$5**

14.5 oz



Crown Prince Natural  
Smoked Oysters  
in Olive Oil

**\$2.49**

3 oz



A. Vogel  
Organic Herbamare  
Sea Salt

**\$4.79**

8.8 oz



**PRIMAL  
KITCHEN®**



**MAPLE ROASTED BUTTERNUT SQUASH**

**INGREDIENTS**

- Primal Kitchen® Avocado Oil
- 1-2 Tbsp pumpkin spice
- 2 tsp. Himalayan salt
- 1/2 cup chopped hazelnuts
- 2 Tbsp maple syrup
- 1 small butternut squash

**INSTRUCTIONS**

Preheat oven to 375°F. Cut the butternut squash in half, scoop out the seeds, and rub with Primal Kitchen Avocado Oil. Sprinkle on pumpkin spice and salt. Bake for an hour, or until completely soft all the way through. Drizzle with maple syrup, and top with chopped hazelnuts.

**TAKE TURKEY DAY TO NEW HEIGHTS WITH  
PRIMAL KITCHEN® AVOCADO OIL!**

Gather and gobble with a versatile, high-heat cooking oil that is Non-GMO Project Verified, Keto Certified, Certified Paleo and Whole30 Approved. Add a mix of savory and sweet to your Thanksgiving Day table, like this Maple Roasted Butternut Squash recipe made with Avocado Oil.



FOLLOW @PRIMALKITCHENFOODS  
FIND RECIPES PRIMALKITCHEN.COM/RECIPES

Napa Valley Naturals  
Organic Extra  
Virgin Olive Oil

**\$9.49**

25.4 oz



Dr. Bronner's  
Regenerative Organic  
Coconut Oil

**\$7.79**

14 oz



Primal Kitchen  
Mayo with Avocado Oil

**\$6.49**

12 oz



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**Nutiva  
Organic Coconut  
Manna**

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

15 oz



**Once Again Nut Butter  
Organic Sunflower  
Seed Butter**

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

16 oz



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

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

16.5 oz



**Back to Nature  
Crackers  
(selected varieties)**

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

6-8.5 oz



**Late July  
Organic Crackers  
(selected varieties)**

**2/\$5**

6 oz



**Larabar  
Fruit & Nut Bar  
(selected varieties)**

**5/\$5**

1.6-1.8 oz



**Beanitos  
Bean Chips  
(selected varieties)**

**2/\$5**

4.5-5 oz



**Siete  
Tortilla Chips  
(selected varieties)**

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

5 oz



**Birch Benders  
Paleo Pancake  
& Waffle Mix**

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

12 oz



# creamed spinach

Serves 2-4

- ½ c diced onion
- 2 cloves minced garlic
- ½ c heavy cream
- 1 T butter
- 2 T flour
- 1 c milk
- 10 oz pkg frozen spinach, thawed & pressed dry
- 1 t lemon zest
- 2 T parmesan
- 8 oz cream cheese brick
- For crumb topping:**
- ⅓ c coarsely crumbled crackers
- 1 T melted butter
- 1 T olive oil

Preheat oven to 425° F degrees. Coat a two cup baking dish with non-stick spray. Sauté onion and garlic in butter until soft. Add flour and stir to coat. Cook one minute. Gradually whisk milk and cream into onion mixture, stirring constantly to prevent lumps. Simmer one minute. Stir in cream cheese, a bit at a time, until melted and smooth. Add spinach, parmesan and lemon zest. Season with salt and pepper to taste. Transfer spinach mixture to prepared baking dish. In small bowl, combine cracker crumbs, butter, olive oil and season with salt and pepper to taste. Top spinach mixture with crumbs, pressing to adhere. Place on baking sheet. Bake until crumbs are golden and sauce is bubbly.



Dandies  
Vegan Marshmallows



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

10 oz

Enjoy Life Foods  
Chocolate Chips



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

9-10 oz

OCHO Candy  
Organic Candy Bar



**2/\$3**

1.45-1.5 oz

Theo  
Organic  
Chocolate Bar  
(selected varieties)



**2/\$5**

3 oz

Yogi  
Tea  
(selected varieties)



**2/\$7**

16 ct

Coombs Family Farms  
Organic Grade A Dark  
Robust Maple Syrup



**\$8<sup>99</sup>**

12 oz

Swerve  
Sugar Replacement



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

12 oz

Chatfield's  
Carob Powder



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

16 oz

Bob's Red Mill  
Almond Flour



**\$8<sup>29</sup>**

16 oz

**HOMEMADE FOR THE HOLIDAYS**



**NEW  
Resealable  
Packaging!**

The holidays may be a little quieter this year, but if you're like us, you're looking forward to avoiding the hustle and bustle and savoring time at home. Explore our selection of non-GMO and gluten free flours to make something special with those you cherish. Not just cookies and cakes, rolls and bread. Memories. Love.

Find recipes at [bobsredmill.com](http://bobsredmill.com)



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**Pukka**  
Organic Tea  
(selected varieties)



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

20 ct

**nutpods**  
Dairy-Free Creamer  
(selected varieties)



**2/\$5**

11.2 oz

**Lakewood**  
Organic Pure  
Pineapple



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

32 oz

**R.W. Knudsen**  
Organic Very  
Veggie Juice  
(selected varieties)



**\$2<sup>99</sup>**

32 oz

**Nixie**  
Organic Sparkling  
Water



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

8 ct



# Sparkling Pink Punch

Serves 16

- 2- 1 qt pomegranate juice
- 1 qt pineapple juice
- 2 c chilled ginger ale
- 2 c chilled seltzer water

In a large punch bowl, combine all ingredients. To keep chilled, add ice. Garnish with pomegranate seeds and enjoy!

**Topo Chico**  
Sparkling Mineral Water



**99¢**

12 oz

**San Pellegrino**  
Sparkling Natural  
Mineral Water



**2/\$3**

750 ml

**Health-Ade**  
Organic Kombucha  
(selected varieties)



**2/\$5**

16 oz

**KeVita**  
Organic Sparkling  
Probiotic Drink  
(selected varieties)



**2/\$5**

15.2 oz

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Miso Master  
Organic Mellow  
White Miso



**\$4<sup>99</sup>**

8 oz

Nancy's  
Oatmilk Non-Dairy Yogurt  
(selected varieties)



**4/\$5**

6 oz

Earth Balance  
Organic Vegan Whipped  
Buttery Spread



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

13 oz

Daiya  
Dairy-Free Cheese  
Style Shreds  
(selected varieties)



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

7.1-8 oz

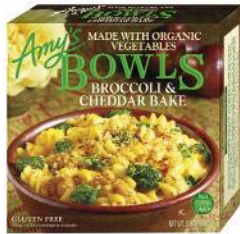
Field Roast  
Celebration Roast



**\$4<sup>99</sup>**

1 lb

Amy's  
Bowls  
(selected varieties)



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

8-10 oz

Cascadian Farm Organic  
Organic Potatoes  
(selected varieties)



**2/\$5**

12-16 oz

Alexia  
Potatoes  
(selected varieties)



**2/\$6**

15-16 oz

Woodstock  
Organic Cut  
Spinach



**2/\$5**

10 oz

Wholly Wholesome  
Gluten Free Pie Shells



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

14.9 oz

Against The Grain Gourmet  
Original Baguettes



**\$5<sup>49</sup>**

15 oz

Bonafide Provisions  
Bone Broth



**\$6<sup>99</sup>**

24 oz

Thayers  
Slippery Elm  
Lozenges



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

42 ct

Charlotte's Web  
Hemp Extract-  
Infused Gummies



**\$35<sup>99</sup>**

60 ct

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**Bach  
Rescue Remedy**  
(selected varieties)



**\$16<sup>99</sup>**

20 ml

**Bluebonnet Nutrition  
Liquid Calcium  
Magnesium Citrate**  
(selected varieties)



**\$12<sup>19</sup>**

16 oz

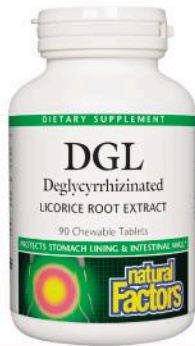
**ChildLife Essentials  
Multi Vitamin & Mineral**



**\$10<sup>49</sup>**

8 oz

**Natural Factors  
DGL 400 mg  
Chewable**



**\$9<sup>99</sup>**

90 tab

**Boiron  
ColdCalm**



**\$9<sup>99</sup>**

60 tab

**Garden of Life  
myKind Organics Organic  
Extra Strength Turmeric**



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

60 ct

**CV Sciences  
+PlusCBD Extra  
Strength Formula  
CBD Balm**



**\$18<sup>49</sup>**

1.3 oz

**Shikai  
Everyday Shampoo or  
Conditioner**



**\$6<sup>29</sup>**

12 oz

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



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

16 oz



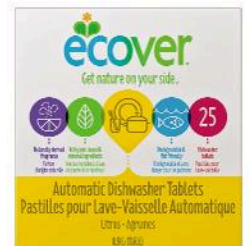
**The Quality Your Customer Wants. The Integrity Your Customer Needs.**



Chlorine Free • Compostable • Fair Trade • Sustainable • Non-GMO  
Non-Toxic • Gluten & Allergen Free • Vegan • Cruelty Free

[ifyoucare.com](http://ifyoucare.com)

**Ecover  
Dishwasher Tablets**



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

25 ct

**If You Care  
Parchment Baking Paper**



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

70 sq ft

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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](http://www.naturalfoodretailers.net).**

**CONNECTICUT**

- The Common Bond Market
- Chamomille Natural Foods
- It's Only Natural Market
- Nature's Temptations
- New Morning 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 Good Groceries

**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
- Dean's Natural Food 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
- Food For Health
- Four Seasons Natural Foods
- Good 'N Natural
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farmstore
- Health Beat Natural Foods
- Jandi's Natural Market
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Mother Earth's Storehouse
- Nature's Pantry
- Sunflower Natural Foods Market
- Uncle Sam's Good Natural Products

**PENNSYLVANIA**

- Big Bear Natural Foods
- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- The Healthy Grocer
- Health Hut
- 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
- Riverwards Produce
- 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

