

Proud member of



INDEPENDENT CHOICE

March 2021

“Good food is the foundation of genuine happiness.”
— Auguste Escoffier



Pacific Foods Organic Broth (selected varieties)

\$3⁴⁹

32 oz



Back to Nature Crackers (selected varieties)

\$2⁷⁹

4-8.5 oz



Muir Glen Organic Tomatoes (selected varieties)

5/\$5

14.5 oz



Bubbies Kosher Dill Pickles

\$5⁷⁹

33 oz



Lundberg Family Farms Organic Rice Cakes (selected varieties)

\$2⁹⁹

8.5-10 oz



Organic Valley Organic Ghee

\$7⁷⁹

7.5 oz



Wholesome Organic Brown Sugar

\$3⁷⁹

24 oz



Enjoy Life Foods Chocolate Chips

\$3⁹⁹

9-10 oz



Late July Organic Restaurant Style Tortilla Chips

2/\$6

11 oz



The Mountain Valley Spring Water

\$1⁷⁹

1 lt



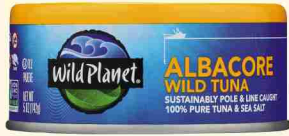
Yogi Tea (selected varieties)

\$3²⁹

16 ct



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
Albacore Wild Tuna

\$3⁷⁹

5 oz



Wild Planet
Wild Sardines

\$1⁷⁹

4.4 oz

At Wild Planet, we believe that how we fish today determines if there will be fish to catch tomorrow. So, we partner with small-scale fishermen who share this passion and whose fishing methods preserve the marine ecosystem for future generations. Seafood you'll savor; oceans you'll sustain.

Annie's
Mac & Cheese
(selected varieties)

5/\$5

5.25-6 oz



Crown Prince Natural
Smoked Oysters
in Pure Olive Oil

\$2⁴⁹

3 oz



Good Health
Avocado Oil
Potato Chips

\$2²⁹

5 oz



Food Should Taste Good
Tortilla Chips

2/\$4

5.5 oz



From The Ground Up
Cauliflower Crackers

2/\$5

4.0 oz



Clif Bar
Energy Bar
(selected varieties)

5/\$5

2.4 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.8 oz



MadeGood
Organic Granola Bars

2/\$6

6 ct



Purely Elizabeth
Granola

\$4⁹⁹

12 oz



Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$8⁹⁹

25.4 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6

8 oz



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matcha pancakes

Yields 6 pancakes

- 1 c all-purpose flour
- 1 T matcha powder
- 2 tsp baking powder
- ¼ tsp salt
- 1 c milk of choice
- 1 egg
- 2 T neutral oil
- 1 tsp vanilla extract

Whisk together flour, matcha, baking powder and salt in a medium bowl. In a separate bowl, combine milk, egg, oil and vanilla extract. Make a well in the center of the dry ingredients, pour wet ingredients into well. Whisk batter until just combined. It's okay if some small clumps of flour remain. Grease a small saucepan lightly; heat over medium-low heat. Pour ¼ cup of batter into the center of the pan, spreading as necessary. Cook until small bubbles rise to the surface and burst, about 1 minute. Flip and cook until edges are golden brown, about 1 additional minute. Serve with your topping of choice.



Once Again Nut Butter Organic Sunflower Seed Butter

\$4⁹⁹

16 oz



St. Dalfour Traditional French Fruit Spread

\$3²⁹

10 oz



Pamela's Baking & Pancake Mix

\$13⁹⁹

4 lb



Birch Benders Organic Pancake & Waffle Mix (selected varieties)

\$3²⁹

16 oz



Arrowhead Mills Pancake & Waffle Mix (selected varieties)

\$3⁷⁹

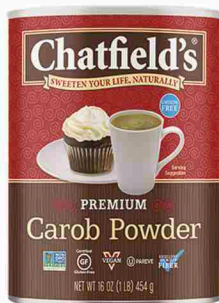
26 oz



Chatfield's Carob Powder

\$4⁷⁹

16 oz



Traditional Medicinals Organic Tea (selected varieties)

\$3⁷⁹

16 ct



Nixie Organic Sparkling Water

\$4⁴⁹

8 ct



Gerolsteiner Sparkling Natural Mineral Water

2/\$3

25.3 oz



Topo Chico Sparkling Mineral Water

99¢

12 oz



San Pellegrino Sparkling Natural Mineral Water

2/\$3

750 ml



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**Goldthread
Plant Based Tonic**
(selected varieties)

2/\$5

12 oz



**R.W. Knudsen
Organic Just Tart
Cherry Juice**

\$5⁴⁹

32 oz



**Lakewood
Organic Pure Lime Juice**

\$2⁷⁹

12.5 oz



**Honest Tea
Organic Iced Tea**
(selected varieties)

4/\$5

16 oz



**Chameleon Cold-Brew
Organic Coffee
Concentrate**
(selected varieties)

\$7⁴⁹

32 oz



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

\$2²⁹

11.2 oz



**Harmless Harvest
Organic Coconut Water**

\$3⁷⁹

16 oz



**KeVita
Organic Sparkling
Probiotic Drink**

2/\$5

15.2 oz



**GT's
Organic Multi
Serve Kombucha**
(selected varieties)

\$6⁴⁹

48 oz



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

\$5⁴⁹

52 oz



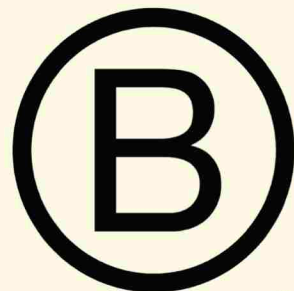
**Almond Breeze
Almondmilk**
(selected varieties)

\$3⁴⁹

64 oz



Certified



Corporation

March is B Corp Month!

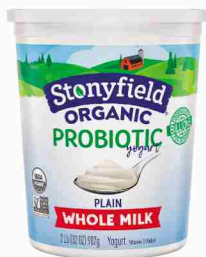
B Corps™, or certified B Corporations™, are businesses that meet the highest verified standards of social and environmental performance, transparency and accountability. Shop B Corp at your local, independent grocer and know you are part of a global movement of people using business as a force for good.

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**Stonyfield
Organic Yogurt**
(selected varieties)

\$3⁷⁹

32 oz



**Wallaby
Organic Aussie
Greek Style Yogurt**
(selected varieties)

\$5⁹⁹

32 oz



**Maple Hill Organic
Organic Cream On Top Yogurt**

\$4⁷⁹

32 oz



**Siggi's
Icelandic Yogurt**
(selected varieties)

4/\$5

4.0-5.3 oz



**Perfect Bar
Protein Bar**
(selected varieties)

2/\$4

2.2-2.5 oz



**Tofurky
Plant-Based Deli Slices**

\$2⁷⁹

5.5 oz



**Bonafide Provisions
Bone Broth**

\$6⁹⁹

24 oz



**Rising Moon
Organic Ravioli**
(selected varieties)

\$3⁹⁹

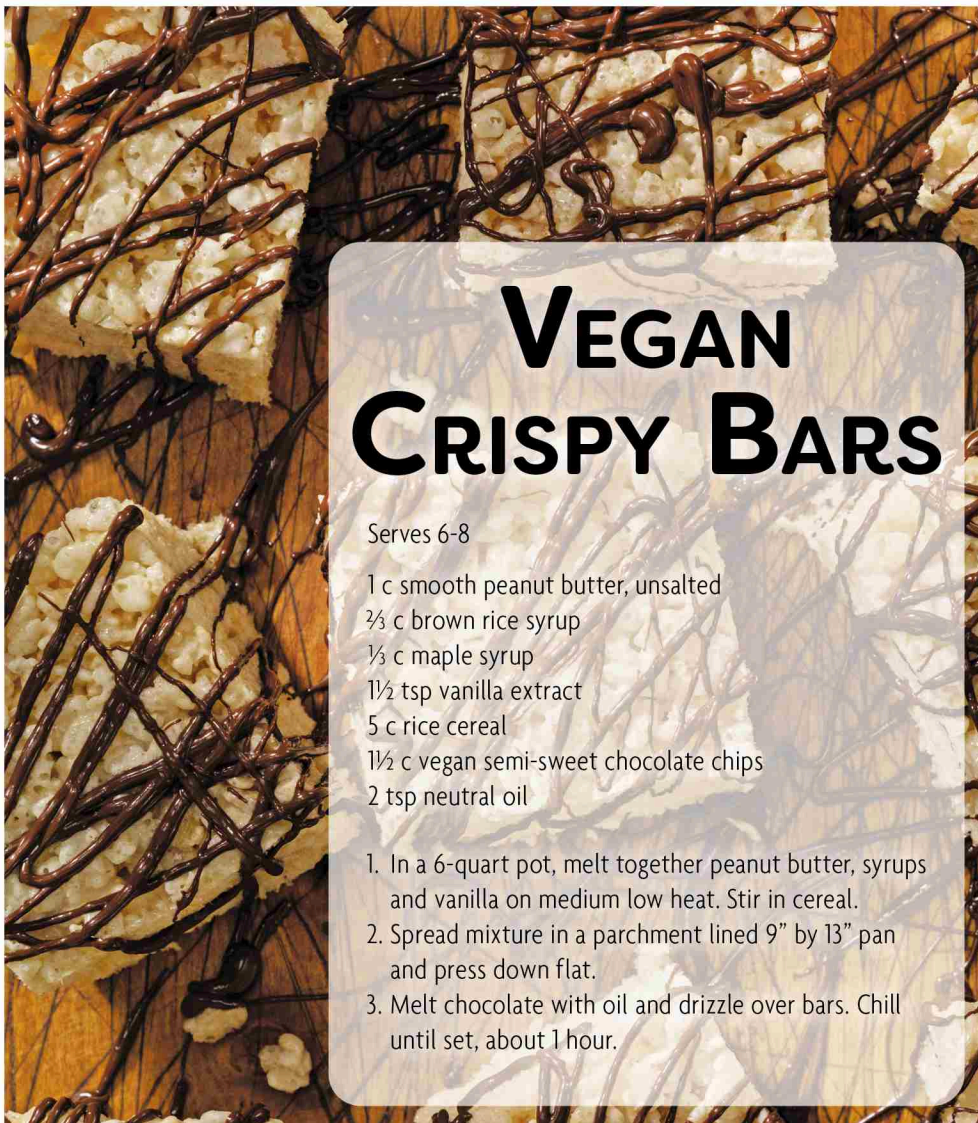
8 oz



**Gardein
Meatless Meat**
(selected varieties)

\$3²⁹

8.1-14.1 oz



VEGAN CRISPY BARS

Serves 6-8

- 1 c smooth peanut butter, unsalted
- $\frac{2}{3}$ c brown rice syrup
- $\frac{1}{3}$ c maple syrup
- $1\frac{1}{2}$ tsp vanilla extract
- 5 c rice cereal
- $1\frac{1}{2}$ c vegan semi-sweet chocolate chips
- 2 tsp neutral oil

1. In a 6-quart pot, melt together peanut butter, syrups and vanilla on medium low heat. Stir in cereal.
2. Spread mixture in a parchment lined 9" by 13" pan and press down flat.
3. Melt chocolate with oil and drizzle over bars. Chill until set, about 1 hour.

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Coconut Bliss is a frozen dessert producer creating 100% plant-based frozen desserts. USDA Certified Organic and Non-GMO Project verified, every Coconut Bliss product is also certified vegan and gluten-free. All of Coconut Bliss' ice cream pints, bars, cookie sandwiches and soft-serve mix are also made with ethically produced ingredients of the highest quality.



**Coconut Bliss
Organic Plant-Based &
Dairy-Free Frozen Dessert**
(selected varieties)

\$4⁷⁹

1 pt

**Alden's Organic
Organic Ice Cream**



\$6²⁹

48 oz

**Canyon Bakehouse
Gluten-Free Bread**



\$4²⁹

18 oz

**Yerba Prima
Psyllium
Husks Powder**



\$9⁷⁹

12 oz

**Vibrant Health
Green Vibrance**



\$42⁹⁹

11.92 oz

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



\$4²⁹

24 oz

**NeoCell
Unflavored Super Collagen**



\$11⁹⁹

7 oz

**Garden of Life
mykind Organics
Vegan D3
Organic Spray**



\$17⁴⁹

2 oz

**Heritage Store
Black Seed Oil**



\$18⁴⁹

8 oz

**Natural Vitality
Calm Gummies**



\$17⁹⁹

120 ct

**American Health
Original Papaya
Enzyme Chewable**



\$5⁷⁹

250 tab

**MegaFood
Balanced B Complex**



\$12⁹⁹

30 tab

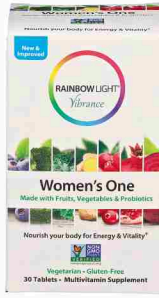
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**American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids
Capsules**



\$17⁴⁹
90 cap

**Rainbow Light
Vibrance Men's or
Women's One**



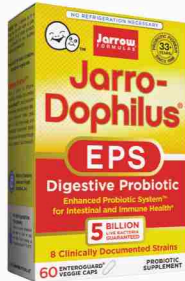
\$7⁷⁹
30 tab

**Renew Life
Ultimate Flora Women's
Care Probiotic 90 Billion**



\$36⁹⁹
30 ct

**Jarrow Formulas
Jarro-Dophilus EPS 5 Billion**



\$17⁴⁹
60 vcap

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



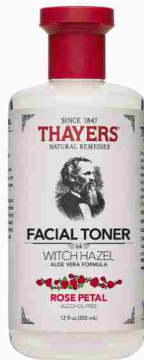
\$29⁹⁹
60 vcap

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



\$3²⁹
5 oz

**Thayers
Witch Hazel
Facial Toner**



\$7²⁹
12 oz

**Andalou Naturals
1000 Roses
Cleansing Foam**



\$8⁹⁹
5.5 oz

**Derma E
Vitamin C
Concentrated Serum**



\$16⁴⁹
2 oz

**Weleda
Skin Food**



\$13⁹⁹
2.5 oz

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



\$22⁴⁹
1.3 oz

**Giovanni
L.A. Hold Hair Spritz**



\$5⁷⁹
5 oz

**Avalon Organics
Shampoo or
Conditioner
(selected varieties)**



\$7⁴⁹
11 oz

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



\$3²⁹
16 oz

**Better Life
Floor Cleaner**



\$4⁷⁹
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
- 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 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
- 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
- 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
- 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

