

Proud member of



INDEPENDENT CHOICE

June 2021

"In early June the world of leaf and blade and flowers explodes, and every sunset is different."
- John Steinbeck



C2O
Coconut Water

2/\$3

17.5 oz



Manitoba Harvest
Organic Hemp Hearts

\$9²⁹

12 oz



GT's
Organic Synergy
Kombucha
(selected varieties)

2/\$5

16 oz



Once Again Nut Butter
Organic Tahini

\$6⁷⁹

16 oz



Redwood Hill Farm
Plain Goat Milk Kefir

\$4⁹⁹

32 oz



Good Health
Avocado Oil
Potato Chips

\$2²⁹

5 oz



Annie's
Organic Fruit Snacks
(selected varieties)

2/\$5

4 oz



Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

\$2⁹⁹

8.5-10 oz



Tofurky
Plant-Based Original Sausage

\$4²⁹

14 oz



Hilary's
Organic Veggie Burgers

\$2⁷⁹

6.4 oz



Violife
Vegan Cheese
(selected varieties)

\$3⁴⁹

7.05-8 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 June.

**Muir Glen
Organic Pasta Sauce**
(selected varieties)



2/\$5

25.5 oz

**Annie's
Organic Mac & Cheese**
(selected varieties)



2/\$4

6 oz

**Sky Valley
Sriracha Sauce**



\$4⁴⁹

18.5 oz

**St. Dalfour
Traditional French
Fruit Spread**
(selected varieties)



\$2⁹⁹

10 oz

**Barnana
Organic Plantain Chips**
(selected varieties)



\$3²⁹

5 oz

**Annie's
Organic Crackers**
(selected varieties)



2/\$6

7.5 oz

**Stretch Island
Fruit Leather**



2/\$1

0.5 oz

**EPIC
Meat Bar**
(selected varieties)



\$1⁶⁹

1.3-1.5 oz

**MadeGood
Organic Granola Bars**



\$2⁹⁹

6 ct

nutiva®

Get the highest quality. Give farmers a higher quality of life. At Nutiva, we believe a bright future for all is rooted in healthy food and we work actively to support the people and ecosystems that grow it.



\$7⁴⁹

15 oz

**Nutiva
Organic Coconut Manna**



\$9⁴⁹

23 oz

**Nutiva
Organic Virgin Coconut Oil**

**Cascadian Farm Organic
Organic Cereal**
(selected varieties)



2/\$5

8.6-14.6 oz

**R.W. Knudsen
Simply Nutritious**



\$2⁷⁹

32 oz

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Mixed Berry Yogurt Parfait

1 c unsweetened Greek yogurt 2 T granola
 ¼ c fresh blueberries 1 tsp honey
 ¼ c fresh raspberries

1. Whisk together yogurt and honey in a small bowl.
2. Place half of the yogurt mixture in the bottom of a small mason jar.
3. Sprinkle in half of the granola and fresh berries on top of the yogurt mixture.
4. Layer the rest of the yogurt mixture on top of the granola and berries.
5. Sprinkle the rest of the granola and fresh berries on top.
6. Seal mason jar and store in fridge until ready to serve.

Eternal
 Naturally Alkaline
 Spring Water

2/\$3

1 lt



KeVita
 Organic Sparkling
 Probiotic Drink

2/\$5

15.2 oz



Liberté
 Organic Whole Milk Yogurt

4/\$5

5.5 oz



Maple Hill Organic
 Organic Cream on
 Top Yogurt

\$4⁷⁹

32 oz



Koia
 Plant-Based
 Protein Shake

\$2⁹⁹

12 oz



Kite Hill
 Cream Cheese Alternative
 (selected varieties)

\$5⁴⁹

8 oz



Green Valley Creamery
 Organic Lactose-Free
 Cream Cheese

\$2⁷⁹

8 oz



daiya

At Daiya, we're committed to making sure everyone can eat freely. No matter how you eat, we have a variety of plant-based, dairy-free, allergen-free food and ingredients for you to delight in.



Daiya
 Dairy-Free Slices

\$3²⁹

7.8 oz



Daiya
 Deluxe Cheezy Mac

\$3²⁹

10.6-10.9 oz

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At Organic Valley, kindness plus fresh grass and plenty of time outside equals happy and healthy cows. We salute the farmers who care for them, not only during June Dairy Month but every month. Together they help make our organic products so delicious.



Organic Valley Organic Raw Sharp Cheddar Cheese

\$4⁷⁹
8 oz



Organic Valley Organic Milk (selected varieties)

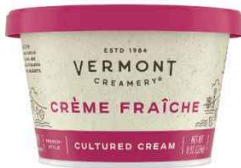
\$4⁴⁹
64 oz



Organic Valley Organic Mozzarella Stringles

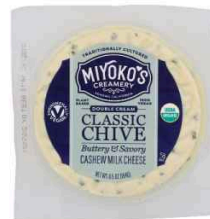
\$3⁹⁹
6 oz

Vermont Creamery Crème Fraîche



\$2⁴⁹
8 oz

Miyoko's Creamery Organic Vegan Cheese Wheel (selected varieties)



\$6⁴⁹
6.5 oz

Vital Farms Pasture-Raised Butter



\$2⁷⁹
8 oz

Sunshine Plant-Based Foods Organic Garden Herb Plant Burgers



\$3⁹⁹
8 oz

So Delicious Coconutmilk Frozen Dessert (selected varieties)



\$4⁷⁹
16 oz

Garden of Life Dr. Formulated CBD+ Sleep Liquid Drops



\$29⁹⁹
1 fl oz

Renew Life 3-Day Cleanse



\$5⁹⁹
12 ct

MegaFood Zinc



\$14⁹⁹
60 tab

Natural Factors Stress Relax® Tranquil Sleep Chewable



\$22⁴⁹
60 tab

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CV Sciences
+PlusCBD Extra Strength
Formula CBD Balm



\$22⁴⁹

1.3 oz

Andalou Naturals
Body Butter



\$9⁷⁹

8 oz

Avalon Organics
Shampoo or Conditioner
(selected varieties)



\$7⁴⁹

11 oz

Every Man Jack
Deodorant
(selected varieties)



\$5²⁹

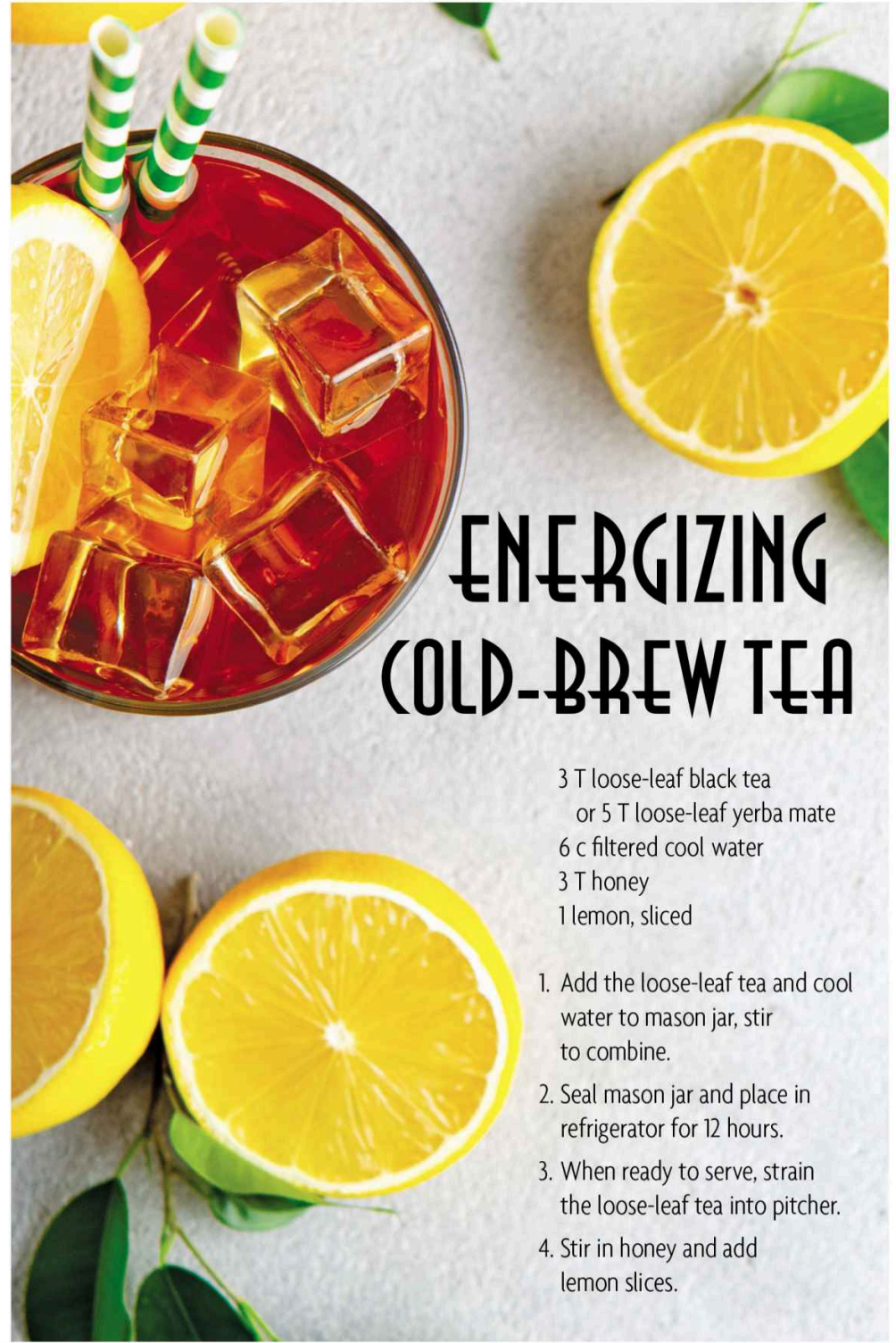
3.0 oz

ECOS
Dishmate Dish Soap



\$2⁷⁹

25 oz



ENERGIZING COLD-BREW TEA

- 3 T loose-leaf black tea
or 5 T loose-leaf yerba mate
- 6 c filtered cool water
- 3 T honey
- 1 lemon, sliced

1. Add the loose-leaf tea and cool water to mason jar, stir to combine.
2. Seal mason jar and place in refrigerator for 12 hours.
3. When ready to serve, strain the loose-leaf tea into pitcher.
4. Stir in honey and add lemon slices.

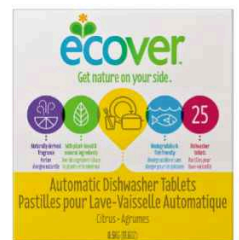
Seventh Generation
Liquid Laundry Detergent
(selected varieties)



\$10⁹⁹

95-100 oz

Ecover
Dishwasher Tablets



\$4⁴⁹

25 ct

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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
- 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
- The Healthy Grocer
- Health Hut
- JoRob's Natural
- 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
- Organons 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
- 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

