

Proud member of



INDEPENDENT CHOICE

December 2021

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."
-Hal Borland



Immaculate Organic Cinnamon Rolls

2/\$6

17.5 oz



Traditional Medicinals Organic Tea (selected varieties)

\$3⁷⁹

16 ct



Mary's Gone Crackers Organic Crackers (selected varieties)

\$3⁴⁹

5-6.5 oz



Garden of Eatin' Tortilla Chips (selected varieties)

\$3⁹⁹

16 oz



Kettle Organic Potato Chips (selected varieties)

\$2⁷⁹

5 oz



Pacific Foods Organic Soup (selected varieties)

\$3⁷⁹

32 oz



Organic Valley Organic Raw Cheese (selected varieties)

\$4⁷⁹

8 oz



Choice Organic Teas Organic Tea (selected varieties)

\$3²⁹

16 ct



Lily's Baking Chips (selected varieties)

\$5²⁹

9 oz



Chocolove Chocolate Bar (selected varieties)

\$2²⁹

2.9-3.2 oz



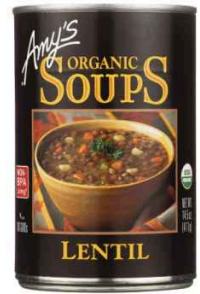
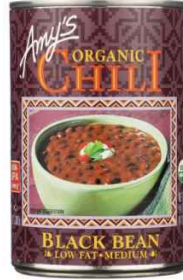
Annie's Organic Graham Crackers

2/\$7

14.4 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 December.



At Amy's, we love to cook for you. For us, that means carefully sourcing high quality, organic ingredients and spending countless hours in our kitchens so that you can enjoy authentic, great-tasting food in minutes.

Amy's Organic Chili
(selected varieties)

2/\$6

14.7 oz

Amy's Pizza
(selected varieties)

\$6⁹⁹

10.2-14 oz

Amy's Organic Soup
(selected varieties)

2/\$4

13.8-14.7 oz

Quinn Peanut Butter Filled Pretzel Nuggets



\$3⁴⁹

6.5-7 oz

Bob's Red Mill Organic Old Fashioned Rolled Oats



\$3⁷⁹

32 oz

St. Dalfour Traditional French Fruit Spread
(selected varieties)



\$3²⁹

10 oz



Bionaturae Organic Tomato Paste

\$1⁷⁹

7 oz



Bionaturae Organic Pasta
(selected varieties)

\$1⁸⁹

16 oz



Bionaturae Organic Strained Tomatoes

\$2²⁹

24 oz



At bionaturae, we offer you organic tomatoes kissed by Italian sunshine and pastas carefully made in the Old World tradition. Cook like an Italian! Nurture - with good food, tastes, and textures that are rich and satisfying.

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Frontier Co-op
Organic Vanilla Extract



\$14⁴⁹
4 oz

Organic Valley
Organic Ghee



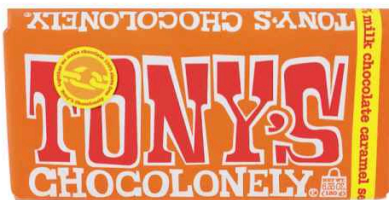
\$8⁴⁹
7.5 oz

Alter Eco
Organic Chocolate Bar
(selected varieties)



\$2⁷⁹
2.65-2.82 oz

Tony's Chocolonely
Chocolate Bar
(selected varieties)



\$3²⁹
6.35 oz



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Get back to human with Hu.



Hu
Grain-Free Crackers
\$4²⁹
4.25 oz



Hu
Chocolate Bar
(selected varieties)
\$3⁷⁹
2.1 oz

Endangered Species
Chocolate Bar
(selected varieties)



\$2²⁹
3 oz

Celestial Seasonings
Tea
(selected varieties)



\$2⁷⁹
20 ct

Lakewood
Organic Pure
Aloe Juice



\$5⁷⁹
32 oz

So Delicious
Cocowhip



\$3²⁹
9 oz

Renew Life
3-Day Cleanse



\$5⁹⁹
12 ct

Vibrant Health
Green Vibrance



\$42⁹⁹
11.92 oz

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Natural Factors
Stress-Relax® Tranquil Sleep
Chewable



\$22⁹⁹

60 tab

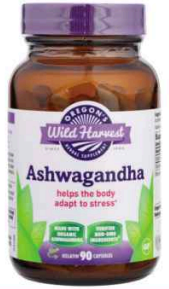
Natural Vitality
Calm Gummies



\$17⁹⁹

120 ct

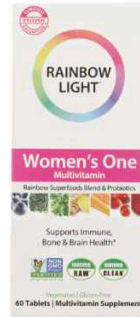
Oregon's Wild Harvest
Organic Ashwagandha



\$17⁹⁹

90 ct

Rainbow Light
Women's One
Multivitamin



\$15³⁹

60 tab

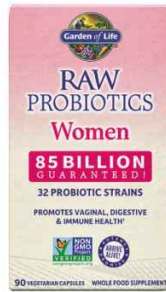
MegaFood
Multi for Women 55+



\$21⁹⁹

60 tab

Garden of Life
Raw Probiotics Women



\$41⁹⁹

90 ct cap

Jarrow Formulas
BoneUp



\$17⁹⁹

240 cap

ChildLife Essentials
Multi Vitamin & Mineral



\$10⁴⁹

8 fl oz

DIY Citrus Garland

What You'll Need

- 3 citrus fruits; lemons or oranges work best
- fresh rosemary sprigs
- twine or string
- needle

Directions

1. Preheat oven to 250° F.
2. Uniformly slice fruit into thin rounds, discarding ends.
3. Place slices onto unlined baking sheet and bake for 3 hours, flipping every 30 minutes to prevent burning.
4. Cut a piece of twine to desired garland length and thread it through the needle. Use the needle to poke a hole in the top of each slice and pull the twine through until all the slices are strung.
5. Add greenery, like fresh rosemary or dried bay leaves, intermittently throughout the garland for visual interest.
6. Hang up and enjoy!

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



\$18⁴⁹

1.3 oz

**Aura Cacia
Lavender Essential Oil**



\$8²⁹

.5 oz



**Jason
Toothpaste
(selected varieties)**

\$3⁷⁹

4.2-6 oz



**Jason
Mouthwash**

\$7²⁹

16 oz

**Schmidt's
Deodorant Stick
(selected varieties)**



\$7⁷⁹

3.25 oz

**Acure
Brightening Facial
Scrub**



\$6⁷⁹

4 oz

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



\$7⁷⁹

11 oz

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



\$3²⁹

5 oz

**EO
French Lavender Hand
Sanitizer Gel**



\$5⁴⁹

8 oz

**INVIGORATING GINGER
LEMON BODY SCRUB**

- ½ c coconut oil
- ⅛ c chopped ginger root
- 10 drops lemon essential oil
- ½ c sunflower oil
- 2 c Epsom salt

Melt coconut oil in a small pan. Add chopped ginger and cook for about 8-10 minutes, until the ginger smells strongly. Remove the ginger pieces using a strainer or slotted spoon. Remove from heat and mix in the sunflower oil. Let mixture cool to room temperature. Stir in the Epsom salt and lemon essential oil. Transfer to mason jar and enjoy!

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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.com.

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

