

Proud member of



# INDEPENDENT CHOICE

July 2022

"Summer is singing with joy, and the beaches are inviting you with dancing waves."

-Debasish Mridha



Late July Organic Restaurant Style Tortilla Chips (selected varieties)

**\$2.79**

10.1 oz



Santa Cruz Organic Lemonade (selected varieties)

**\$2.29**

32 oz



Beyond Meat Beyond Burger

**\$4.29**

8 oz



Garden of Eatin' Taco Shells

**\$2.79**

12 ct



Wild Planet Albacore Wild Tuna (selected varieties)

**2/\$7**

5 oz



Larabar Fruit & Nut Bar (selected varieties)

**5/\$5**

1.6-1.7 oz



Dandies Vegan Marshmallows

**2/\$6**

10 oz



Brown Cow Cream Top Whole Milk Yogurt (selected varieties)

**5/\$5**

5.3 oz



Rebbl Organic Super Herb Elixir (selected varieties)

**\$2.79**

12 oz



Milkadamia Macadamia Milk (selected varieties)

**\$3.79**

32 oz



Essentia Alkaline Water

**2/\$4**

1.5 lt



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 July.



**Tasty Bite**  
**Indian Entrée**  
 (selected varieties)

**\$2.29**

10 oz



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

**2/\$6**

6 oz



**California Olive Ranch**  
**Extra Virgin Olive Oil**  
 (selected varieties)

**\$6.79**

500 ml



## Grilled Corn and Peach Salad

1 cup farro  
 2 peaches, segmented  
 2 ears of corn  
 1 cup cherry tomatoes, halved  
 1 avocado, sliced  
 3 cups baby kale

**Dressing:**  
 6 tablespoons olive oil  
 3 tablespoons lemon juice  
 1 tablespoon cane sugar  
 1 tablespoon fresh tarragon, minced  
 ¼ teaspoon sea salt

**1** In a medium saucepan, cover farro generously with water. Add a pinch of salt and bring to a simmer. Cook for 20-30 minutes or until farro is tender. Drain and set aside to cool.

**2** Meanwhile, prepare corn for grilling by pulling back husks to the base and removing the silk. Fold husks back into place and submerge corn in a large bowl of cold water to soak for at least 30 minutes. While soaking, preheat grill to medium-high heat.

**3** Remove corn from water and shake off excess. Place the corn on the grill, and grill for 15 to 20 minutes, turning every five minutes, or until kernels are tender. Remove the husks and remove the kernels once cool enough to handle.

**4** Combine corn kernels, farro, peaches, tomatoes, avocado, and kale.

**5** Whisk together dressing ingredients and toss with salad. Adjust seasoning to taste and serve promptly.



**Spectrum**  
**Organic Distilled White Vinegar**

**\$5.29**

32 oz



**Green Mountain Gringo**  
**Salsa**  
 (selected varieties)

**\$3.99**

16 oz



**Sir Kensington's**  
**Classic Mayonnaise**

**\$4.79**

12 oz



**Mediterranean Organic**  
**Organic Wild Capers**

**2/\$5**

3.5 oz



**Siete**  
**Kettle Cooked Potato Chips**  
 (selected varieties)

**2/\$6**

5.5 oz



**Kettle**  
**Potato Chips**  
 (selected varieties)

**2/\$5**

5 oz



**Primal Kitchen**  
**Organic Unsweetened**  
**Ketchup**

**\$4.29**

11.3 oz



Get more flavor this summer with Primal Kitchen condiments and dressings made with real, delicious ingredients.



**Primal Kitchen**  
**Dressing & Marinade**  
 (selected varieties)

**\$4.79**

8 oz

**Terra Chips**  
**Sweet Potato Chips**  
 (selected varieties)

**\$3.29**

6 oz



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

**2/\$7**

5 oz



**Angie's**  
**BoomChickaPop**  
**Popcorn**  
 (selected varieties)

**2/\$5**

4.4-7 oz



**Lesser Evil**  
**Organic Popcorn**  
 (selected varieties)

**\$2.79**

4.6-6.4 oz



**Plant Snacks**  
**Plant Thins**  
 (selected varieties)

**\$2.79**

5 oz



**From The Ground Up**  
**Cauliflower Crackers**  
 (selected varieties)

**2/\$6**

4 oz



**Louisville Vegan Jerky Company**  
**Vegan Jerky**  
 (selected varieties)

**\$4.79**

3 oz



**Luna**  
**Bar**  
 (selected varieties)

**5/\$5**

1.69 oz



**Kind**  
**Nut Bar**  
 (selected varieties)

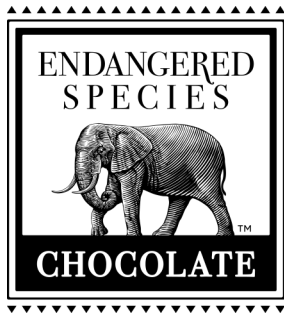
**2/\$3**

1.4 oz



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**Endangered Species  
Chocolate Bar**  
(selected varieties)

**2/\$5**

3 oz

**Tillen Farms  
Cherries**  
(selected varieties)

**\$5.29**

13.5 oz



ESC was founded by an Oregon entrepreneur who had two passions - crafting premium chocolate and conservation. Nearly three decades later, ESC remains passionate about delicious chocolate with responsibly sourced ingredients. 10% of profits are given forward to protecting species, habitats, and humanity across the globe.

**Navitas  
Organic Cacao Powder**

**\$5.99**

8 oz



**Pamela's  
Graham Crackers**  
(selected varieties)

**\$4.29**

7.5 oz



**Lily's  
Chocolate Bar**  
(selected varieties)

**2/\$6**

2.8-3 oz



**Theo  
Organic Chocolate Bar**  
(selected varieties)

**\$2.49**

3 oz



**Tony's Choclonely  
Chocolate Bar**  
(selected varieties)

**\$3.29**

6.35 oz



**The Mountain Valley  
Spring Water**

**\$1.99**

1 lt



**Nixie  
Organic Sparkling Water**  
(selected varieties)

**\$4.29**

8 ct



**Zevia  
Zero Calorie Soda**  
(selected varieties)

**\$4.29**

6 ct



**Lakewood  
Organic Pure Carrot Juice**

**\$4.99**

32 oz



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

**\$5.79**

32 oz



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**Roar Organic  
Organic Vitamin  
Enhanced Beverage**  
(selected varieties)

**2/\$3**

18 oz



**Vita Coco  
Coconut Water**

**2/\$6**

1 lt



**Almond Breeze  
Almondmilk**  
(selected varieties)

**2/\$4**

32 oz



**Bragg  
Organic Apple Cider  
Vinegar Refreshers**  
(selected varieties)

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

16 oz



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

**2/\$5**

16 oz



**Harmless Harvest  
Organic Coconut Water**

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

16 oz



**So Delicious  
Organic Coconutmilk**  
(selected varieties)

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

64 oz



**Oatly  
Oatmilk**  
(selected varieties)

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

64 oz



**Silk  
Soymilk**  
(selected varieties)

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

64 oz



**Bitchin'  
Sauce**  
(selected varieties)

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

8 oz



**Ithaca  
Hummus**  
(selected varieties)

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

10 oz



**Wyman's  
Wild Blueberries**

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

15 oz



**Organic Valley  
Organic Shredded Cheese**  
(selected varieties)

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

6 oz



**Forager Project  
Organic Dairy-Free  
Cashewmilk Yogurt**  
(selected varieties)

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

24 oz



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Alden's Organic  
Organic Ice Cream  
(selected varieties)

**\$6<sup>79</sup>**

48 oz



Cosmic Bliss  
Organic Plant-Based Dairy-Free  
Frozen Dessert  
(selected varieties)

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

14 oz



Vital Proteins  
Collagen Peptides

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

10 oz



## Classic Strawberry Milkshake

8 ounces fresh strawberries, hulled and sliced  
1 teaspoon vanilla extract  
2 tablespoons cane sugar  
1 pint vanilla ice cream  
½ cup milk

1 Combine strawberries, sugar, and vanilla extract in a bowl and stir well. Let sit for 30 minutes to macerate.

2 In a blender, place the macerated strawberries, ice cream, and milk. Blend until smooth. Enjoy!



Amazing Grass  
Greens Blend  
(selected varieties)

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

7.4-8.5 oz



Wiley's Finest  
Peak EPA Wild Alaskan  
Fish Oil

**\$26<sup>99</sup>**

60 ct



Garden of Life  
mykind Organics  
Organic B-12 Spray

**\$13<sup>99</sup>**

2 oz



Natural Factors  
Tranquil Sleep Chewable

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

60 tab



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Nordic Naturals  
Ultimate Omega

**\$20<sup>99</sup>**

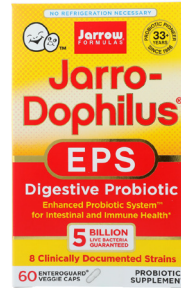
60 ct



Jarrow Formulas  
Jarro-Dophilus EPS 5  
Billion

**\$18<sup>99</sup>**

60 vcap



MegaFood  
Blood Builder

**\$12<sup>49</sup>**

30 tab



American Health  
Super Papaya Enzyme  
Plus Chewable

**\$7<sup>29</sup>**

180 tab



Lily of the Desert  
Aloe Vera Gelly

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

4 oz



Badger  
Mineral Sunscreen Cream  
(selected varieties)

**\$11<sup>99</sup>**

2.9 oz



Acure  
Brightening Facial Scrub

**\$6<sup>79</sup>**

4 oz



Jason  
Toothpaste  
(selected varieties)

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

4.2-6 oz



ECOS  
Laundry Detergent  
(selected varieties)

**\$11<sup>49</sup>**

100 oz



## DIY Turmeric Face Mask

- 1 teaspoon turmeric powder
- 1 teaspoon apple cider vinegar
- 1 ½ tablespoons honey
- 2 tablespoons aloe vera gel
- 1 tablespoon yogurt

1 Add the turmeric powder, apple cider vinegar, honey, aloe vera gel, and yogurt into a mixing bowl. Mix well until you get a paste-like consistency.

2 Cleanse your face and pat dry. Apply the face mask with your hands or a brush, leaving the mask on for 15 minutes.

3 Rinse with cold water. Apply your usual moisturizer.

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**We are part of INFRA (Independent Natural Food Retailers Association), 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](http://www.naturalfoodretailers.com).**

**CONNECTICUT**

- Chamomille Natural Foods
- The Common Bond Market
- It's Only Natural Market
- Nature's Temptations
- New Morning Market
- Rooted Market
- Thyme & Season

**DELAWARE**

- Good News Natural Foods
- Harvest Market Natural Foods

**DISTRICT OF COLUMBIA**

- Dawson's 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 Market

**MARYLAND**

- Chestertown Natural Foods
- David's Natural Market
- Dawson's Market
- The Good Earth Natural Foods Co
- Roots Market
- Yes! Organic Market

**MASSACHUSETTS**

- 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
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

**NEW HAMPSHIRE**

- Granite State Natural Foods
- Maggie's Market
- Nature's Green Grocer
- 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
- Olive May Health
- Pangaea Naturals
- Whole Earth Center

**NEW YORK**

- A Matter of Health
- Agata & Valentina
- 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 Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Health Beat Natural Foods
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Nature's Harvest
- 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
- Organnons 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
- 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

