

Proud member of



# INDEPENDENT CHOICE

August 2022

"Breathe the sweetness that hovers in August."

-Denise Levertov



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

**\$3.49**

2.1 oz



**Purely Elizabeth**  
Granola  
(selected varieties)

**\$5.29**

8-12 oz



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

**\$2.79**

4-8.5 oz



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

**2/\$6**

8.6-16 oz



**GoMacro**  
Organic MacroBar

**\$1.99**

2-2.4 oz



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

**2/\$7**

8 oz



**Miyoko's**  
Organic Fresh  
Vegan Mozzarella

**\$5.79**

8 oz



**JUST**  
Plant-Based  
Egg Scramble

**2/\$6**

12 oz



**C2O**  
Coconut Water  
(selected varieties)

**\$1.99**

17.5 oz



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

**\$2.79**

16 oz



**Santa Cruz Organic**  
Organic Lemonade  
(selected varieties)

**\$2.29**

32 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 August.



Let Annie's bunnies help you make meals with more yum. With staples like Mac & Cheese and Bunny Fruit Snacks, Annie's turns mealtime into yumtime while appeasing everyone's taste buds.

**Annie's Organic Fruit Snacks**  
(selected varieties)

**2/\$5**

4 oz

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

**2/\$5**

7-7.5 oz

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

**5/\$5**

5.25-6 oz

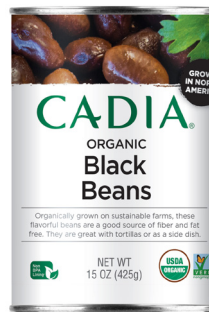
**Safe Catch Elite Wild Tuna**



**\$2.99**

5 oz

**CADIA Organic Beans**  
(selected varieties)



**\$1.29**

15-16 oz

**Organic Valley Organic Ghee**



**\$12.49**

13 oz

**Coconut Secret Organic Coconut Aminos**



**\$4.99**

8 oz

**Late July Organic Tortilla Chips**



**\$2.99**

7.5-7.8 oz

**Vegan Rob's Puffs**  
(selected varieties)



**\$2.79**

3.5 oz

**Inka Crops Plantain Chips**  
(selected varieties)



**\$1.79**

3.25-4 oz

**Bobo's Oat Bar**  
(selected varieties)



**2/\$4**

3 oz

**MadeGood Organic Granola Bars**  
(selected varieties)



**\$3.79**

6 ct

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**Newman's Own  
Sandwich Cremes**  
(selected varieties)

**\$3.99**

13 oz



**Catalina Crunch  
Keto Friendly Sandwich Cookie**  
(selected varieties)

**\$5.49**

6.8 oz



At Simple Mills, we make snacks with purposeful ingredients that fill you up but never slow you down. Our snacks are made with delicious, nutrient-dense ingredients, using farming practices that are caring and nourishing to the earth. No additives or artificial stuff, ever. Try our cookie and cracker products today.



**Simple Mills  
Almond Flour  
Crackers**  
(selected varieties)

**\$3.79**

4.25 oz



**Simple Mills  
Crunchy Almond  
Flour Cookies**  
(selected varieties)

**\$3.79**

5.5 oz

**Enjoy Life Foods  
Soft Baked Cookies**  
(selected varieties)

**\$3.99**

6 oz



**Arrowhead Mills  
Organic Cereal Flakes**  
(selected varieties)

**\$4.49**

6-12 oz



**One Degree Organics  
Organic Sprouted Cereal**  
(selected varieties)

**\$4.29**

8-10 oz



**Birch Benders  
Organic Pancake & Waffle Mix**  
(selected varieties)

**\$3.29**

14-16 oz



**Justin's  
Almond Butter**  
(selected varieties)

**\$7.79**

16 oz

**Justin's**



**Justin's  
Organic Peanut  
Butter Cups**

**2/\$4**

1.32-1.4 oz

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

**\$3.29**

10 oz



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# Basil Lemonade

- 2 cups sugar
- 2 cups basil leaves, firmly packed
- 12 cups water, divided
- 2 cups freshly squeezed lemon juice
- Lemon, for garnish
- Basil, for garnish

1 With a mortar and pestle, muddle basil and sugar. Add mixture to a medium saucepan with four cups of water and cook over medium heat, stirring frequently until all of the sugar has dissolved, about five minutes.

2 Remove from heat and allow the mixture to steep and cool. Once cool, strain the syrup into a pitcher. Add eight cups of water and lemon juice. Stir well. Serve over ice with a lemon wedge and basil garnish.



R.W. Knudsen  
Organic Cranberry  
Pomegranate Juice



**\$3.49**

32 oz

Waterloo  
Sparkling Water



**\$4.99**

12 ct

SmartSweets  
Candy  
(selected varieties)



**2/\$5**

1.8 oz

Peter Rabbit Organics  
Organic Baby Food Pouch  
(selected varieties)



**\$1.59**

4-4.4 oz

Choice Organic Teas  
Organic Tea



**\$2.99**

16 ct

Essentia  
Alkaline Water



**\$1.79**

1 lt

nutpods  
Dairy-Free Creamer  
(selected varieties)



**2/\$5**

11.2 oz

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# CALIFIA FARMS®

Califia Farms (pronounced Cal-uh-FEE-ahh). Just like our California home, we're named after the legend of Queen Califia. Our plant-based, dairy-free products are oh so easy to love, with all the flavor & versatility you deserve.



Califia Farms Oat Barista Blend

**\$3.99**

32 oz



Califia Farms Oat Milk (selected varieties)

**\$4.99**

48 oz



Califia Farms Almond Milk (selected varieties)

**\$4.99**

48 oz

Ripple Plant-Based Milk (selected varieties)



**\$3.99**

48 oz

Cocojune Organic Coconut Yogurt (selected varieties)



**2/\$4**

4 oz

siggi's Icelandic Yogurt (selected varieties)



**2/\$3**

5.3 oz

Perfect Bar Protein Bar (selected varieties)



**2/\$5**

2.2-2.5 oz

Field Roast Chao Slices (selected varieties)



**\$4.49**

7 oz

Tofurky Plant-Based Deli Slices



**\$2.79**

5.5 oz

Siete Grain Free Tortillas (selected varieties)



**\$6.79**

8 ct

Canyon Bakehouse Gluten-Free Bread (selected varieties)



**\$4.79**

18 oz

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# Blueberry Mint Yogurt Popsicles

- 2/3 cup coconut sugar
- 2/3 cup water
- 2/3 cup mint leaves, loosely packed
- 3 cups frozen blueberries
- 2 tablespoons agave syrup
- 5 teaspoons lemon juice
- 1 cup Greek yogurt

1 Combine coconut sugar, water, and mint leaves in a small pot. Bring to a boil, stirring continuously to dissolve sugar. Simmer for five minutes. Set aside and cool completely. Strain out mint leaves.

2 In a blender, combine mint simple syrup with the rest of the ingredients and blend until smooth. Pour into popsicle molds, place sticks, and allow to freeze overnight.



**Natural Vitality  
Calm**  
(selected varieties)



**\$17.99**

120 ct

**Charlotte's Web  
Hemp Extract-Infused Gummies**  
(selected varieties)



**\$34.99**

60 ct

**Van's  
Waffles**  
(selected varieties)



**2/\$6**

9 oz

**So Delicious  
Plant-Based Frozen Dessert**  
(selected varieties)



**\$4.79**

16 oz

**Sambazon  
Organic Superfruit Packs**



**\$4.99**

4/100 g

**Orgain  
Organic Vegan  
Nutritional Shake**



**\$2.29**

11 oz

**Nordic Naturals  
Nordic Berries Multivitamin**  
(selected varieties)



**\$19.99**

120 ct

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**MegaFood  
Balanced B Complex**



**\$12<sup>99</sup>**

30 tab

**Garden of Life  
myKind Organics  
Elderberry Gummy**



**\$17<sup>49</sup>**

120 ct

**Natural Factors  
Vitamin C 500mg Fruit  
Flavor Chew**



**\$10<sup>99</sup>**

90 tab

**Rainbow Light  
Women's One  
Multivitamin**



**\$15<sup>39</sup>**

60 tab

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



**\$32<sup>99</sup>**

30 ct

**Andalou Naturals  
Age Defying Resveratrol  
Q10 Night Repair Cream**



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

1.7 oz

**Boiron  
Calendula Cream**



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

2.5 oz

**Alaffia  
EveryDay Shea  
Body Wash  
(selected varieties)**



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

32 oz

**Dr. Bronner's  
All-One Toothpaste**



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

5 oz



**EO  
Everyone  
Hand Soap**

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

12.75 oz

**everyone<sup>®</sup>**  
FOR EVERY BODY

Everyone is for every body. Our multitasking body products offer good, clean fun for the whole family. We say yes to real scents, plant extracts, and pure essential oils, and no to animal testing, phthalates, fake fragrances, dyes, and fillers.



**EO  
3in1 Lotion  
(selected varieties)**

**\$7<sup>99</sup>**

32 oz

**Seventh Generation  
Dish Liquid  
(selected varieties)**



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

19 oz

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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
- Nature's Way Market
- 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

