Proud member of



# \$4°6.9°4° INDEPENDENT

# CHOICE

#### **June 2022**

-Oprah Winfrey



Daiya **Dairy-Free Slices** (selected varieties)

7.8 oz

NET WT. 78 oz (220 o)



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

12-16 oz

Hilary's **Organic Veggie Burgers** 

(selected varieties)

6.4 oz

**Tofurky Plant-Based Original Sausage** (selected varieties)

**\$47**9



14 oz

GoMacro **Organic MacroBar** (selected varieties)

**Coconut Water** 

(selected varieties)

2-2.4 oz

**C20** 



**Lundberg Family Farms Organic Rice Cakes** (selected varieties)

8.5-10 oz



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

4 oz



**Redwood Hill Farm** Plain Goat Milk Kefir

17.5 oz



**\$4**79

32 oz



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

8 oz



La Pala al La Pala al

Annie's Mac & Cheese (selected varieties)

5.25-6 oz



**Good Health Avocado Oil Potato Chips** (selected varieties)



Cadia **Organic Yellow Corn Chips** 





# Spicy Grilled BBQ Chicken

8 chicken drumsticks 2 tablespoons olive oil Salt and pepper, to taste ½ teaspoon smoked paprika ½ teaspoon garlic powder 34 cup barbeque sauce ½ cup hot sauce Cilantro, for garnish

Heat an outdoor grill to high heat (450°F).



Brush chicken with olive oil and season with salt, pepper, garlic powder, and smoked paprika.

- 3 Place chicken on the heated grill. Cover and cook for five minutes or until chicken easily comes off the grates. Flip the chicken and continue to cook for another five minutes.
  - Baste chicken with barbeque sauce and hot sauce, flipping every two minutes and basting again. Continue basting and flipping the chicken until the internal temperature reaches 165°F.
- Remove chicken from grill and allow to rest on a clean plate for five minutes and garnish with cilantro before serving.

**Hippeas Organic Chickpea Puffs** 

(selected varieties)



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



**Once Again Nut Butter** Organic Tahini

16 oz



**Chosen Foods** Avocado Oil

500 ml



## 



Back to Nature Crackers (selected varieties)

2/\$6

4-8.5 oz



Back to Nature's Plant Based foods give people truly delicious foods made from recipes inspired by nature. Our cookies and crackers are uncomplicated and deliciously simple. We hope you enjoy.



Back to Nature Chocolate Chunk Cookies

2/\$7

9.5 oz

Manitoba Harvest Organic Hemp Hearts

\$**9**99

12 oz



Cascadian Farm Organic Organic Cereal

(selected varieties)

2/\$6

8.6-14.6 oz



Alter Eco
Organic Chocolate Bar
(selected varieties)

2/\$6

2.65-2.82 oz

Took cacao

SEA
SALT

Bor Greates

Bor May 19 Core (Core)

Bor May 19 Core (Co

\$629

**Laird Superfood** 

(selected varieties)

**Superfood Creamer** 

8 oz



Madhava Organic Coconut Sugar

**\$479** 

16 oz



Eternal Naturally Alkaline Spring Water

2/\$3

R.W. Knudsen Simply Nutritious (selected varieties)

**\$2**99

32 oz





# **Refreshing Summer Fruit Punch**

4 cups cranberry juice
1 cup pineapple juice
1 cup orange juice
¼ cup lime juice
3 cups water, still or sparkling
Raspberries, for garnish
Mint, for garnish
Ice, for serving

In a large pitcher, mix
 together water and fruit juices.
 Serve over ice and garnish with raspberries and a sprig of mint.



## 4 29 4 39 4 6

Clean Cause **Organic Sparkling Yerba Mate** (selected varieties)



16 oz

Meyenberg **Goat Milk** 

32 oz

**Pacific Foods Organic Plant-Based Beverage** (selected varieties)

32 oz



**KeVita Organic Sparkling Probiotic Drink** (selected varieties)

15.2 oz



Live **Organic Kombucha** (selected varieties)

12 oz



Koia **Plant-Based Protein Shake** 

(selected varieties)



12 oz

**Vital Farms Butter** 

8 oz



So Delicious **Cashewmilk Frozen Dessert** (selected varieties)



16 oz





The exceptional quality of our food starts with love for our animals. We go all out when caring for our cows, because that makes them happier and healthier. And that makes better milk you can feel good about serving to your family.



**Organic Valley Organic Milk** (selected varieties)

64 oz



**Organic Valley Organic Feta Cheese** 



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

8 oz

8 oz

### 4,69,69,69

Natural Vitality Calm (selected varieties)

**\$14**49



8 oz

Garden of Life MyKind Organics Organic Apple Cider Vinegar

**Probiotic Gummies** 

**\$15**99

60 ct



NOTE BROTH PROTEIN

Ancient Nutrition Bone Broth Protein (selected varieties)

**\$38**99

446-504 g



Ancient Nutrition's Multi Collagen Protein and Bone Broth Protein

are designed for real results you can see and feel, from ingredients

you can trust. We dedicate 1% of all revenue to the R.A.N.C.H Project's 4,000+ acres of Certified Organic, Regenerative farmland.



Ancient Nutrition
Multi Collagen Protein
(selected varieties)

**\$38**99

454.5-513 g

Terry Naturally Curamin Extra Strength

**\$20**99

30 tab



Nordic Naturals Omega-3

**\$21**99

120 ct



MegaFood Zinc

**\$14**99

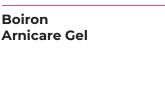
60 tab



Nature's Way Alive!® Once Daily Men's 50+ Ultra Potency Multivitamin

**\$17**49

60 tab



**\$8**99

2.6 oz



PAIN RELIEF\*

**Arnicare** 

Natural Factors WellBetX® Berberine 500 mg

**\$19**99

60 vcap



Renew Life Ultimate Flora Women's Care Probiotic 90 Billion

**\$32**99

30 ct



Every Man Jack Deodorant (selected varieties)

**\$5**49

3 oz



Avalon Organics Shampoo or Conditioner (selected varieties)

**\$7**29

11 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.

#### **ALABAMA**

Manna Grocery & Deli

#### **ARKANSAS**

The Eureka Market Good Measure Market Natural Food Store Nature's Wonders Olde Fashioned Foods The Truck Patch Village Nutrition

#### **ILLINOIS**

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Pass Health Foods
Southtown Health Foods
Sunrise Health Foods

#### **INDIANA**

Apple Valley Natural Foods
Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
Harmony & Health
The Health Food Shoppe of Fort Wayne
Natural Choices for Healthful Living
Nature's Cupboard
Rainbow Blossom
Sunrise Health Foods
The Sunspot Natural Market

#### **IOWA**

Campbell's Nutrition Everybody's Whole Foods Heritage Natural Foods

#### **KANSAS**

Kountry Kupboard

#### **KENTUCKY**

Happy Meadow Natural Foods Rainbow Blossom

#### **MICHIGAN**

Apple Valley Natural Foods
Better Health Market
Dale's Natural Foods
Edson Farms Natural Foods
Health Hutt
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

#### **MINNESOTA**

A Clean Plate Local & Organic Grocery
Cloquet Natural Foods
Good Grocer
Meadow Farm Foods
Tailor Made Nutrition

#### **MISSOURI**

Clover's Natural Market
Jean's Healthway
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Nutrition Stop
Suzanne's Natural Foods

#### **NEBRASKA**

Red Clover Market

#### **NORTH DAKOTA**

Fresh Palate Terry's Health Products

#### OHIO

Berry's Natural Food Market Health Foods by Claudia Kindred Market Raisin Rack Natural Food Market

#### **PENNSYLVANIA**

Nature's Way Market

#### **SOUTH DAKOTA**

Pomegranate Market

#### **TENNESSEE**

Grubb's Grocery Natural Foods Market Nutrition World The Turnip Truck Natural Market

#### **TEXAS**

Cox Farms Market Fresh Plus Markets Harvest Natural Market Natural Foods Market Next Generation Sunflower Shoppe

#### **WEST VIRGINIA**

Mother Earth Foods The Public Market

#### WISCONSIN

Appleton Nutrition
B-Alive
Downtown Grocery
The Free Market
Good Harvest Market
The Grainery
Greens N Grains
Healthy Way Market
Nature's Best Market
NDC Natural Market
Nutrition Discount Center
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market