

Proud member of



INDEPENDENT CHOICE

June 2022

"Summer has a flavor like no other. Always fresh and simmered in sunshine."

-Oprah Winfrey



Daiya
Dairy-Free Slices
(selected varieties)

\$3.49

7.8 oz



GT's
Organic Kombucha
(selected varieties)

\$2.79

16 oz



Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/\$5

12-16 oz



Hilary's
Organic Veggie Burgers
(selected varieties)

\$2.79

6.4 oz



Tofurky
Plant-Based Original Sausage
(selected varieties)

\$4.79

14 oz



GoMacro
Organic MacroBar
(selected varieties)

\$1.99

2-2.4 oz



Lundberg Family Farms
Organic Rice Cakes
(selected varieties)

\$3.29

8.5-10 oz



Annie's
Organic Fruit Snacks
(selected varieties)

2/\$5

4 oz



C2O
Coconut Water
(selected varieties)

\$1.69

17.5 oz



Redwood Hill Farm
Plain Goat Milk Kefir

\$4.79

32 oz



Organic Valley
Organic Raw Cheese
(selected varieties)

\$4.79

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.

Annie's
Mac & Cheese
(selected varieties)

4/\$5

5.25-6 oz



Good Health
Avocado Oil
Potato Chips
(selected varieties)

2/\$5

5 oz



Cadia
Organic Yellow
Corn Chips

2/\$5

9 oz



Spicy Grilled BBQ Chicken

- 8 chicken drumsticks
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 3/4 cup barbeque sauce
- 1/4 cup hot sauce
- Cilantro, for garnish

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

2 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.

4 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.

5 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)

\$2.29

4 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6

8 oz



Once Again Nut Butter
Organic Tahini

\$7.79

16 oz



Chosen Foods
Avocado Oil

\$8.79

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 Cereal
(selected varieties)

2/\$6

8.6-14.6 oz



Alter Eco Organic Chocolate Bar
(selected varieties)

2/\$6

2.65-2.82 oz



Laird Superfood Superfood Creamer
(selected varieties)

\$6.29

8 oz



Madhava Organic Coconut Sugar

\$4.79

16 oz



Eternal Naturally Alkaline Spring Water

2/\$3

1 lt



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

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



Clean Cause
Organic Sparkling Yerba Mate
(selected varieties)



2/\$5

16 oz

Pacific Foods
Organic Plant-Based Beverage
(selected varieties)



\$3²⁹

32 oz

KeVita
Organic Sparkling Probiotic Drink
(selected varieties)



2/\$5

15.2 oz

Live
Organic Kombucha
(selected varieties)



\$1⁹⁹

12 oz

Koia
Plant-Based Protein Shake
(selected varieties)



\$2⁹⁹

12 oz

Meyenberg
Goat Milk



\$3⁹⁹

32 oz

Vital Farms
Butter



\$3⁴⁹

8 oz

So Delicious
Cashewmilk Frozen Dessert
(selected varieties)



\$4⁴⁹

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)

\$4⁷⁹

64 oz



Organic Valley
Organic Feta Cheese

\$4⁴⁹

8 oz



Organic Valley
Organic Cheese
(selected varieties)

\$4⁴⁹

8 oz

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**Natural Vitality
Calm**
(selected varieties)

\$14⁴⁹

8 oz



**Garden of Life
MyKind Organics Organic
Apple Cider Vinegar
Probiotic Gummies**

\$15⁹⁹

60 ct



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
Bone Broth Protein**
(selected varieties)

\$38⁹⁹

446-504 g



**ANCIENT
NUTRITION**



**Ancient Nutrition
Multi Collagen Protein**
(selected varieties)

\$38⁹⁹

454.5-513 g

**Terry Naturally
Curamin Extra Strength**

\$20⁹⁹

30 tab



**Nordic Naturals
Omega-3**

\$21⁹⁹

120 ct



**MegaFood
Zinc**

\$14⁹⁹

60 tab



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

\$17⁴⁹

60 tab



**Natural Factors
WellBetX® Berberine
500 mg**

\$19⁹⁹

60 vcap



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

\$32⁹⁹

30 ct



**Boiron
Arnicare Gel**

\$8⁹⁹

2.6 oz



**Every Man Jack
Deodorant**
(selected varieties)

\$5⁴⁹

3 oz



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

\$7²⁹

11 oz



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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.

ALABAMA