Proud member of

infra

INDEPENDENT CHOICE

September 2022

"Happily we bask in this warm September sun, which illuminates all creatures."
-Henry David Thoreau

Mary's Gone Crackers
Organic Crackers
(selected varieties)

$3.99

5.5-6.5 oz

Eden
Organic Beans
(selected varieties)

$2.59

15 oz

CADIA
Organic Broth
(selected varieties)

$1.99

32 oz

Muir Glen
Organic Tomatoes
(selected varieties)

5/$5

14.5 oz

Cascadian Farm Organic
Organic Potatoes
(selected varieties)

2/$6

16 oz

Annie's
Organic Mac & Cheese
(selected varieties)

2/$5

6 oz

Organic Valley
Organic Raw Cheese
(selected varieties)

$4.99

8 oz

Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)

$5.49

24 oz

Hilary's
Organic Veggie Burger

$2.79

6.4 oz

Harmless Harvest
Organic Coconut Water

$4.29

16 oz

KeVita
Organic Sparkling Probiotic Drink
(selected varieties)

2/$5

15.2 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 September.

This school year make lunch easier with Wild Planet's sustainably caught seafood. We selectively harvest our seafood in way that respects our oceans and is delicious, nutritious, and satisfying. Taste the delicious Wild Planet difference.

Wild Planet
Albacore Wild Tuna
(selected varieties)

$3.69

5 oz

Wild Planet
Wild Sardines
(selected varieties)

2/$4

4.4 oz

Mori-Nu
Silken Tofu
(selected varieties)

$1.59

11.5-12.3 oz

Garden of Eatin'
Taco Shells

2/$7

5.5 oz

Siete
Tortilla Chips
(selected varieties)

$3.79

5 oz

Late July
Organic Tortilla Chips
(selected varieties)

$3.29

10.1 oz

Terra Chips
Sweet Potato Chips
(selected varieties)

$3.29

6 oz

LOTUS FOODS
RICE IS LIFE®

For 26 years as a family-owned Certified B Corp company, Lotus Foods has reflected the mission to change how rice is grown on our planet – from looking out for the farmers' well-being, to protecting our environment, and for producing trustworthy, organic, gluten-free products that taste great.

Lotus Foods
Rice Ramen
(selected varieties)

$1.69

2.8 oz

Lotus Foods
Organic Rice Noodles
(selected varieties)

$3.29

8 oz

Lotus Foods
Ramen Soup Cups
(selected varieties)

$2.19

2-2.05 oz

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BRAGG®
EST. 1912

Bragg is here to help you live more vibrantly, every day. With an ever-expanding portfolio of ingredient-led products backed by a century of time-tested wisdom, Bragg remains passionately focused on helping each individual eat better, feel better, and enjoy a more healthful and vibrant life.

Bragg Liquid Aminos

$5.99

32 oz

Bragg Organic Apple Cider Vinegar

$4.79

32 oz

Bragg Organic Apple Cider Vinegar Refreshers
(selected varieties)

$2.79

16 oz

San-J Cooking Sauce
(selected varieties)

$2.99

10 oz

California Olive Ranch Extra Virgin Olive Oil
(selected varieties)

$7.29

16.9 oz

Primal Kitchen Mayo with Avocado Oil

$7.79

12 oz

Newman's Own Fig Newman's

$3.79

10 oz

Larabar Fruit & Nut Bar
(selected varieties)

5/$5

1.6-1.7 oz

Theo Organic Chocolate Bar
(selected varieties)

2/$5

3 oz

Luna Bar Bar
(selected varieties)

2/$3

1.69 oz

PUR Gum
(selected varieties)

$1.29

9 pcs

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Brownie Baked Oatmeal

2 cups coconut milk
¼ cup maple syrup
½ cup peanut butter
1 teaspoon vanilla
2 cups quick oats
¼ cup cocoa
1 teaspoon baking powder
1 tablespoon chia seeds
Pinch of salt
⅓ cup chocolate chips

1 Preheat oven to 350°F. In a medium bowl whisk together coconut milk, maple syrup, peanut butter, and vanilla.

2 In another bowl combine oats, cocoa, baking powder, chia, and salt.

3 Pour wet mixture into the dry mixture and stir until fully incorporated. Pour mixture into an oven-safe baking dish and sprinkle with chocolate chips.

4 Bake for 35-40 minutes.

Navitas
Organic Cacao Powder

$6.79

8 oz

Chocolove
Chocolate Bar
(selected varieties)

2/$5

3.1-3.2 oz

Tony's Chocolonely
Chocolate Bar
(selected varieties)

$3.49

6.35 oz

Essentia
Alkaline Water

2/$4

1.5 lt

Zevia
Zero Calorie Soda

$5.29

6 ct

Goldthread
Plant Based Tonic
(selected varieties)

$3.29

12 oz

Vita Coco
Coconut Water
(selected varieties)

2/$6

1 lt

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GT's
Organic Multi Serve Kombucha
(selected varieties)

USDA ORGANIC

$6.79

48 oz

Califia Farms
Better Half Creamer
(selected varieties)

$2.99

16.9 oz

Kite Hill
Cream Cheese
(selected varieties)

$5.79

8 oz

Bitchin' Sauce
Sauce
(selected varieties)

$4.79

8 oz

Miso Master
Organic White Miso

$4.99

8 oz

USDA ORGANIC

Daiya
Dairy-Free Slices
(selected varieties)

$3.49

7.8 oz

Bubbies
Sauerkraut
(selected varieties)

$6.29

25 oz

Tofurky
Plant-Based Original Sausage
(selected varieties)

$4.99

14 oz

Field Roast
Plant-Based Sausage
(selected varieties)

$4.49

12.95 oz

Beyond Meat
Beyond Burger

$4.79

8 oz

Alden's Organic
Organic Ice Cream
(selected varieties)

USDA ORGANIC

$6.79

48 oz

Dr. Praeger's
Veggie Burgers
(selected varieties)

$4.29

8-10 oz

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

USDA ORGANIC

$5.29

14 oz

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Berry Smoothie Bowl

1 cup frozen blueberries
¼ cup frozen strawberries
½ cup coconut yogurt
⅓ cup protein powder
1 tablespoon honey

Toppings:
Berries
Granola
Hemp hearts or seeds
Coconut flakes

1 Add all the smoothie ingredients in a blender and blend on high until desired consistency is reached.

2 Pour smoothie into a bowl. Add toppings as desired. Enjoy!

Outer Aisle Gourmet Cauliflower Pizza Crusts & Wraps

$4.99

5 oz

Castor & Pollux ORGANIX Organic Dog Cookies
(selected varieties)

$6.79

12 oz

Yerba Prima Psyllium Husks Powder

$10.99

12 oz

Manitoba Harvest Organic Hemp Hearts

$10.99

12 oz

Garden of Life Organic RAW Protein & Greens

$30.99

548 g

Vibrant Health Green Vibrance

$45.29

11.68 oz

ChildLife Essentials Liquid Vitamin C

$5.49

4 oz

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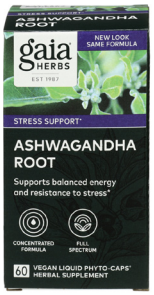
Gaia Herbs
Ashwagandha Root



$15.99

60 ct

MegaFood
Blood Builder

$12.49

60 ct

Natural Factors
Men's & Women's Whole Earth & Sea™ Multivitamin & Mineral
(selected varieties)

$27.99

60 tab

DERMA E
Anti-Wrinkle Renewal Cream

$15.49

4 oz

Why Choose Organic?

USDA ORGANIC

It's Just Cooler - Organic farms emit less global warming potential than other farming systems.

All Natural, Always - Organic food is grown without synthetic fertilizers and pesticides.

Happy Animals - Organic means animals are raised in conditions that accommodate their natural behaviors, with 100% organic feed, and without antibiotics or hormones.

GMOs? No Way! - Organic certification means no genetically engineered or modified ingredients.

Sources: USDA.gov, rodaleinstitute.org

Himalaya
Toothpaste
(selected varieties)

$4.49

5.29 oz

Better Life
All-Purpose Cleaner
(selected varieties)

$3.79

32 oz

Mrs. Meyer's Clean Day
Liquid Dish Soap
(selected varieties)

$3.29

16 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.

FLORIDA

Abby's Health & Nutrition

Date & Thyme

Debbie's Health Foods

DeLand Natural Market

Diane's Natural Market

Food for Thought

Get Healthy

Grassroots Natural Market

The Green Apple Health Foods

Nassau Health Foods

Native Sun Natural Foods Market

Nature's Food Patch

Nutrition Smart

Nutrition World

Peggy's Natural Foods

Wright's Natural Market

GEORGIA

Brighter Day Natural Foods

Candler Park Market

Farmer's Natural Foods

Grant Park Market

Nature's Corner Market

Nature's Pick Market

Nuts 'n Berries Healthy Market

Westview Corner Grocery

NORTH CAROLINA

Apple Crate Natural Market

Food Matters Market

Harmony Farms Natural Foods

Living Well Down East

Lovey's Market

Nature's Own

Organic Marketplace

West Village Market & Deli

PUERTO RICO

Freshmart

SOUTH CAROLINA

14 Carrot Whole Foods

Bay Naturals

Belue Farms Natural Foods Market

Rosewood Market & Deli

Swamp Rabbit Cafe & Grocery