

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)

\$2⁷⁹

10.1 oz



Santa Cruz Organic
Organic Lemonade
(selected varieties)

\$2²⁹

32 oz

Beyond Meat
Beyond Burger

\$4²⁹

8 oz



Garden of Eatin'
Taco Shells

\$2⁷⁹

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)

\$2⁷⁹

12 oz



Milkadamia
Macadamia Milk
(selected varieties)

\$3⁷⁹

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.



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



Tasty Bite
Indian Entrée
(selected varieties)

\$2²⁹

10 oz



Primal Kitchen
Organic Unsweetened
Ketchup

\$4²⁹

11.3 oz

Primal Kitchen
Dressing & Marinade
(selected varieties)

\$4⁷⁹

8 oz

Annie's
Organic Mac & Cheese
(selected varieties)

2/\$6

6 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$6⁷⁹

500 ml



La Tourangelle
Avocado Oil

\$9⁷⁹

16.9 oz



Spectrum
Organic Distilled White
Vinegar

\$5²⁹

32 oz



Siete
Kettle Cooked Potato Chips
(selected varieties)

2/\$6

5.5 oz



Kettle
Potato Chips
(selected varieties)

2/\$5

5 oz



Terra Chips
Sweet Potato Chips
(selected varieties)

\$3²⁹

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)

\$2⁷⁹

4.6-6.4 oz



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

2/\$6

4 oz



**Maxine's Heavenly
Soft-Baked Cookies**
(selected varieties)

\$4.49

7.2 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.



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

2/\$4

3 oz

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

\$3.79

7.5 oz



**Luna
Bar**
(selected varieties)

4/\$5

1.69 oz



**Kind
Nut Bar**
(selected varieties)

2/\$3

1.4 oz



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

2/\$6

2.8-3 oz



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

\$2.49

3 oz



**Kicking Horse Coffee
Organic Coffee**
(selected varieties)



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

\$3.29

6.35 oz



**Navitas
Organic Cacao Powder**

\$5.49

8 oz



\$8.49

10 oz

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**The Mountain Valley
Spring Water**

\$1.99

1 lt



**Steaz
Organic Iced Green Tea
(selected varieties)**

2/\$3

16 oz



**Cadia
Organic Sparkling
Italian Soda
(selected varieties)**

\$2.79

25.4 oz



**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**

\$5.99

32 oz



**Vita Coco
Coconut Water**

2/\$6

1 lt



**Almond Breeze
Almondmilk
(selected varieties)**

2/\$4

32 oz



**Olipop
Sparkling Tonic
(selected varieties)**

\$1.59

12 oz



**De La Calle
Organic Tepache
(selected varieties)**

\$1.99

12 oz



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

\$2.49

16 oz



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

2/\$5

16 oz



**Brew Dr.
Organic Kombucha
(selected varieties)**

\$2.29

14 oz



**Wild Tonic
Organic Jun Kombucha
(selected varieties)**

\$2.79

12 oz



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Vive Organic
Organic Functional Shot
(selected varieties)

2/\$5

2 oz



Harmless Harvest
Organic Coconut Water

\$3.79

16 oz



Pop & Bottle
Organic Almond Milk Latte
(selected varieties)

\$2.99

11 oz



So Delicious
Organic Coconutmilk
(selected varieties)

\$4.49

64 oz



Oatly
Oatmilk
(selected varieties)

\$3.79

64 oz



Silk
Soymilk
(selected varieties)

\$3.99

64 oz



Nancy's
Organic Cream Cheese

\$2.29

8 oz



Bellwether Farms
Sheep Milk Yogurt
(selected varieties)

\$5.29

16 oz



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

\$4.49

24 oz



Wallaby
Organic Aussie Greek Style Yogurt
(selected varieties)

\$6.79

32 oz



Organic Valley
Organic Shredded Cheese
(selected varieties)

\$4.29

6 oz



Vital Farms
Pasture-Raised Large Eggs

\$5.49

12 ct



Bitchin' Sauce
(selected varieties)

\$3.99

8 oz



Hope
Organic Hummus
(selected varieties)

\$2.79

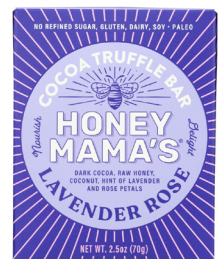
8 oz



Honey Mama's
Cocoa Truffle Bar
(selected varieties)

\$3.29

2.5 oz



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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!

Alden's Organic
Organic Ice Cream
(selected varieties)

\$6⁷⁹

48 oz



GoodPop
Organic Dairy-Free Frozen Pops
(selected varieties)

\$3⁴⁹

4 ct



NadaMoo!
Dairy-Free Frozen Dessert
(selected varieties)

\$4⁹⁹

16 oz



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

\$4²⁹

14 oz



Pitaya Foods
Organic Dragon Fruit
Smoothie Packs

\$4⁴⁹

14 oz



Alex's Awesome Sourdough
Pizza
(selected varieties)

\$6⁴⁹

11.4-13.2 oz



Vital Proteins
Collagen Peptides

\$18⁴⁹

10 oz



Amazing Grass
Greens Blend
(selected varieties)

\$22⁹⁹

7.4-8.5 oz



Ultima Replenisher
Electrolyte Mix
(selected varieties)

\$13⁴⁹

30 serv



Garden of Life
mykind Organics
Organic B-12 Spray

\$13⁹⁹

2 oz



Natural Factors
Tranquil Sleep Chewable

\$22⁹⁹

60 tab



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**Wiley's Finest
Peak EPA Wild Alaskan
Fish Oil**

\$26⁹⁹

60 ct



**Nordic Naturals
Ultimate Omega**

\$20⁹⁹

60 ct



**MegaFood
Blood Builder**

\$12⁴⁹

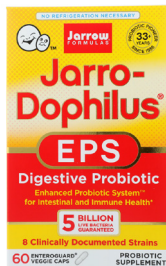
30 tab



**Jarrow Formulas
Jarro-Dophilus EPS 5
Billion**

\$18⁹⁹

60 vcap



**American Health
Super Papaya Enzyme
Plus Chewable**

\$7²⁹

180 tab



**Lily of the Desert
Aloe Vera Gelly**

\$3²⁹

4 oz



**Acure
Brightening Facial Scrub**

\$6⁷⁹

4 oz



**Jason
Toothpaste
(selected varieties)**

\$3⁷⁹

4.2-6 oz



**Ecos
Laundry Detergent
(selected varieties)**

\$10⁴⁹

100 oz



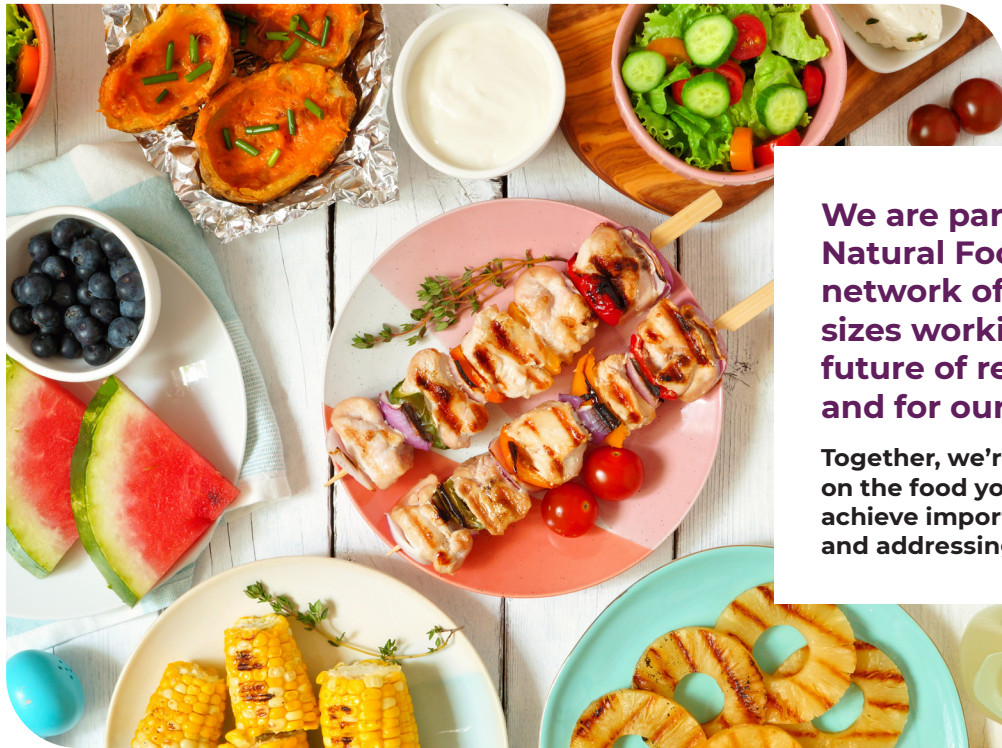
DIY Turmeric Face Mask

- 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.



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.

CALIFORNIA

Alameda Natural Grocery
Berryvale Grocery
Bi-Rite Market
Cal Mart
Canyon Market
Chautauqua Natural Foods
Community Market
The Country Store
Cream of the Crop
Dahlia & Sage Community Market
Encinal Market
Frazier Farms Market
Gather Natural Market
Good Earth Organic & Natural Foods
Harvest Market
Jimbo's...Naturally!
Lassens Natural Food & Vitamins
Mission Square Market

The Market

Molsberry's Market
Mother Truckers & Natural Selection
The Natural Grocery Company
New Earth Market
New Frontiers Natural Marketplace
New Moon Natural Foods
Oceana Market
Pacific Market
Palace Market
Piazza's Fine Foods
Rainbow Acres Natural Food
Ramona Family Naturals Market
Real Food Company
Seaside Market
Sheri's Sonshine Nutrition Center
Staff of Life
Stehly Farms Market
Sunshine Foods Market

Surf Market

Village Market
The Whole Wheatery
Wildberries Marketplace
Wild Roots Market
COLORADO
Zuma Natural Foods
HAWAII
Down To Earth Organic & Natural
HealthGo Market
Healthy Hut Market & Cafe
Hoku Foods Natural Market
Papaya's Natural Foods & Cafe

NEVADA

Dixie Nutrition

UTAH

Dixie Nutrition

