

Proud member of



INDEPENDENT CHOICE

January 2022

"The magic in new beginnings
is truly the most powerful of
them all."

-Josiyah Martin



**Purely Elizabeth
Granola**
(selected varieties)

\$4⁷⁹

8-12 oz



**Milkadamia
Macadamia Milk**

\$3⁷⁹

32 oz



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

\$5²⁹

24 oz



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

\$2⁹⁹

8.5-10 oz



**GoMacro
Organic MacroBar**
(selected varieties)

2/\$4

2-2.4 oz



**Primal Kitchen
Mayo with Avocado
Oil**

\$6⁴⁹

12 oz



**Muir Glen
Organic Tomatoes**
(selected varieties)

5/\$5

14.5 oz



**Miyoko's Creamery
Organic Cashew Milk
Mozzarella**

\$5⁷⁹

8 oz



**Yogi
Tea**
(selected varieties)

\$3²⁹

16 ct



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

\$2⁷⁹

16 oz



**Lakewood
Organic Pure
Pineapple Juice**

\$5⁴⁹

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 January.

**Safe Catch
Elite Pure Wild Tuna**

\$2⁷⁹

5 oz



**Wild Planet
Albacore Wild Tuna**

\$3⁷⁹

5 oz



**Mori-Nu
Silken Tofu**
(selected varieties)

\$1³⁹

12-12.3 oz



**Ancient Harvest
Organic Polenta**
(selected varieties)

\$2⁷⁹

18 oz



**Daiya
Deluxe Cheezy Mac**
(selected varieties)

\$3²⁹

10.6-10.9 oz



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

5/\$5

5.25-6 oz



**Kettle & Fire
Bone Broth**
(selected varieties)

\$4⁷⁹

16.9 oz



**Pacific Foods
Organic Chicken
Bone Broth**

\$5⁴⁹

32 oz



**Muir Glen
Organic Pasta Sauce**
(selected varieties)

2/\$6

25.5 oz



Thai Coconut Soup



1 pound firm tofu
5 tablespoons sunflower oil,
divided
15-ounce can coconut milk
¼ cup cane sugar
3 tablespoons Thai red
curry paste
3 tablespoons tamari
3 tablespoons lime juice

1 small onion, julienned
2 tablespoons minced garlic
2 tablespoons minced ginger
½ teaspoon crushed red chili
flakes
½ pound yellow potatoes,
halved and sliced
2 cups vegetable broth

- 1 Preheat oven to 350°F. Break tofu into bite size pieces and toss with 2 tablespoons sunflower oil. Place on a baking sheet and bake for 20-30 minutes, turning occasionally until lightly golden brown.
- 2 Meanwhile, whisk together coconut milk, sugar, red curry paste, tamari, and lime juice. Set aside.
- 3 Heat remaining oil in a 2-quart stockpot over medium-low heat. Sauté onion until tender, approximately 3-5 minutes. Add garlic, ginger, and chilies; cook until fragrant.
- 4 Add potatoes and broth. Bring to a gentle simmer and cover. Simmer until potatoes are just tender, approximately 5-8 minutes.
- 5 Stir in coconut mixture and adjust seasoning to taste. Add tofu and serve.

**Sky Valley
Sriracha Sauce**

\$5²⁹

18.5 oz



**Green Mountain Gringo
Salsa**
(selected varieties)

\$3⁹⁹

16 oz





One hundred years in the making, Bragg® Organic Apple Cider Vinegar is the original wellness elixir. 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
Nutritional Yeast**

\$4²⁹

4.5 oz



**Bragg
Liquid Aminos**

\$5⁴⁹

32 oz



**Bragg
Organic Apple
Cider Vinegar**

\$4⁴⁹

32 oz

**Nutiva
Organic Coconut Manna**

\$8²⁹

15 oz



**Napa Valley Naturals
Organic Extra Virgin
Olive Oil**

\$8⁹⁹

25.4 oz



**Spectrum
Organic Distilled
White Vinegar**

\$5²⁹

32 oz



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

2/\$5

8 oz



**Epic
Meat Snack Strip
(selected varieties)**

2/\$3

.8 oz



**Siete
Grain Free Tortilla Chips
(selected varieties)**

2/\$7

5 oz



**Kettle
Potato Chips
(selected varieties)**

\$2²⁹

5 oz



**Food Should Taste Good
Tortilla Chips
(selected varieties)**

2/\$4

5.5 oz



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

\$1⁵⁹

3.25-4 oz



Barnana
Organic Plantain Chips
(selected varieties)

\$3²⁹

5 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

2/\$5

4.4-7 oz



LesserEvil
Organic Popcorn
(selected varieties)

\$2⁹⁹

5-7 oz



From The Ground Up
Cauliflower Crackers
(selected varieties)

\$2⁷⁹

4 oz



Simple Mills
Almond Flour Crackers
(selected varieties)

\$3⁴⁹

4.25 oz



Catalina Crunch
Keto Friendly Cereal
(selected varieties)

\$6²⁹

8-9 oz



One Degree Organics
Organic Sprouted Cereal
(selected varieties)

\$3⁷⁹

8-12 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$4

8.6-14.6 oz



MadeGood
Organic Granola Bars
(selected varieties)

2/\$6

6 ct



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.8 oz



Santa Cruz Organic
Organic Apple Sauce Cups
(selected varieties)

\$3²⁹

6-4 oz



Once Again Nut Butter
Organic Sunflower Seed Butter
(selected varieties)

\$4⁹⁹

16 oz



Justin's
Almond Butter
(selected varieties)

\$7⁷⁹

16 oz



Birch Benders
Organic Pancake & Waffle Mix
(selected varieties)

\$3²⁹

16 oz



Navitas
Organic Cacao Powder

\$6⁴⁹

8 oz



**Manitoba Harvest
Organic Hemp Hearts**

\$9²⁹

12 oz



**Spectrum Essentials
Organic Ground Flaxseed**

\$5⁹⁹

14 oz



**Bob's Red Mill
Organic Brown Flaxseed Meal**

\$3²⁹

16 oz



**Essentia
Alkaline Water**

2/\$4

1.5 lt



**R.W. Knudsen
Organic Just Tart
Cherry Juice**

\$5⁷⁹

32 oz



**Organic India
Organic Whole Husk
Psyllium**

\$10⁴⁹

12 oz

Organic India's tulsi teas and herbal supplements are organically grown by small family farmers - using regenerative agriculture to provide potent, whole herb solutions for healthy, conscious living.



**Organic India
Organic Tulsi Tea
(selected varieties)**

\$3⁷⁹

18 ct

**Pukka
Organic Tea
(selected varieties)**

\$3⁷⁹

20 ct



**Four Sigmatic
Organic Ground
Mushroom Coffee
(selected varieties)**

\$11⁴⁹

12 oz



**Nixie
Organic Sparkling Water
(selected varieties)**

\$4⁴⁹

8 ct



**Zevia
Zero Calorie Soda
(selected varieties)**

\$4²⁹

6 ct



**C2O
Coconut Water
(selected varieties)**

\$1⁷⁹

17.5 oz



**Vita Coco
Coconut Water**

\$2⁷⁹

1 lt



**Laird Superfood
Superfood Creamer**
(selected varieties)

\$6²⁹

8 oz



**Nutpods
Dairy-Free Creamer**
(selected varieties)

\$2²⁹

11.2 oz



**Orgain
Organic Vegan
Nutritional Shake**

\$2²⁹

11 oz



**Almond Breeze
Almondmilk**
(selected varieties)

2/\$4

32 oz



**Almond Breeze
Almondmilk**
(selected varieties)

\$3⁴⁹

64 oz



**Califia Farms
Oat Barista Blend**

\$3⁴⁹

32 oz



**Rebbl
Organic Super
Herb Elixir**
(selected varieties)

\$2⁷⁹

12 oz



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

2/\$5

15.2 oz



**Siggi's
Icelandic Style Yogurt**
(selected varieties)

4/\$5

4-5.3 oz



**Brown Cow
Cream Top Whole Milk Yogurt**
(selected varieties)

5/\$5

5.3 oz



**Forager Project
Organic Dairy-free
Cashewmilk Yogurt**
(selected varieties)

\$4⁴⁹

24 oz



**Vermont Creamery
Crème Fraîche**

\$3⁷⁹

8 oz



**Earth Balance
Organic Vegan Whipped
Buttery Spread**
(selected varieties)

\$4⁴⁹

13 oz



**Violife
Just Like Feta Block**

\$3⁹⁹

8.1 oz



**Organic Valley
Organic Mozzarella
Stringles**

\$4²⁹

6 oz



**Perfect Bar
Protein Bar**
(selected varieties)

2/\$4

2.2-2.5 oz



**Bitchin'
Sauce**
(selected varieties)

\$3.99

8 oz



**JUST
Plant-Based Egg
Scramble**

2/\$6

12 oz



**Lightlife
Organic Tempeh**
(selected varieties)

2/\$5

8 oz



**Bonafide Provisions
Bone Broth**
(selected varieties)

\$6.99

24 oz



Marinated Tempeh Buddha Bowl

- | | |
|----------------------------|--------------------------|
| ¼ cup soy sauce | ½ cup rice |
| 2 tablespoons rice vinegar | 1 cup vegetable stock |
| 1 tablespoon maple syrup | 1 tablespoon avocado oil |
| 4 cloves garlic, minced | 2 teaspoons cornstarch |
| ½ teaspoon sriracha | ¼ cup micro greens |
| 8 ounces tempeh, sliced | ½ avocado, sliced |

1 Combine soy sauce, rice vinegar, maple syrup, garlic, and sriracha in a bowl. Add the tempeh and coat completely. Marinate 30 minutes, turning occasionally.

2 Meanwhile, place rice and vegetable stock in a pot and bring to a boil. Reduce to a gentle simmer, cover with a lid, and cook for 15 minutes or until all the water is absorbed. Turn off the heat and let rest, covered, for five to ten minutes.

3 In a skillet, heat the avocado oil over medium heat. Add the marinated tempeh in a single layer, shaking off any excess marinade. Save the excess marinade for step four. Cook seven to eight minutes, turning once, until the tempeh is golden brown.

4 While the tempeh is cooking, combine 2 teaspoons cornstarch with 1 tablespoon water in a small bowl. Add to the marinade and mix thoroughly.

5 Once the tempeh is done cooking, transfer it to a plate. Add the marinade to the pan and stir until thick, about one minute. Return the tempeh to the pan and stir to coat. Remove from the heat.

6 In a large bowl, add rice, then layer in tempeh, avocado slices, and micro greens.



**Field Roast
Plant-Based Sausages**
(selected varieties)

\$4.29

12.95 oz



**Hilary's
Organic Veggie Burgers**
(selected varieties)

\$2.79

6.4 oz



**Beyond Meat
Beyond Beef**

\$6.99

16 oz



**Gardein
Meatless Meat**
(selected varieties)

\$3.49

8.1-14.1 oz



Udi's Gluten Free Sandwich Bread

\$4²⁹

12 oz



Van's Waffles
(selected varieties)

\$2⁷⁹

8-9 oz



Alexia Potatoes
(selected varieties)

2/\$6

15-16 oz



Cascadian Farm Organic Organic Frozen Vegetables
(selected varieties)

2/\$4

10-16 oz



Wyman's Wild Blueberries

\$3²⁹

15 oz



Sambazon Organic Pure Unsweetened Açai Superfruit Packs

\$4⁹⁹

14.1 oz



Gaia Herbs Organic Black Elderberry Syrup

\$18⁹⁹

5.4 oz



Natural Factors Organic Oil of Oregano

\$12⁹⁹

1 oz



Bach Rescue Remedy Dropper

\$15⁹⁹

20 ml



Solgar Sublingual Liquid B-12 2000 mcg with B-Complex

\$8⁴⁹

2 fl oz



Boiron Oscilloccinum

\$10⁹⁹

6 ct



Renew Life Ultimate Flora Women's Care Probiotic 90 Billion

\$36⁹⁹

30 ct



American Health Ester-C® 1000 mg with Citrus Bioflavonoids

\$18⁴⁹

90 cap



MegaFood Turmeric Curcumin Extra Strength

\$20⁹⁹

60 tab



Solaray Magnesium Glycinate

\$12⁴⁹

120 cap



**Amazing Grass
Greens Blend**
(selected varieties)

\$22⁹⁹

7.4-8.5 oz



**Garden of Life
Raw Organic Fit
Protein Powder**
(selected varieties)

\$30⁹⁹

854-922 g



**Ancient Nutrition
Multi Collagen Protein**

\$36⁹⁹

454.5 g



**Vital Proteins
Collagen Peptides**

\$32⁹⁹

20 oz



**Nordic Naturals
Nordic Berries**

\$19⁹⁹

120 ct



**Natural Vitality
Calm Gummies**

\$17⁹⁹

120 ct



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

\$34⁹⁹

60 ct



**Dr. Bronner's
All-One Toothpaste**
(selected varieties)

\$4⁴⁹

5 oz



**Desert Essence
Mouthwash**
(selected varieties)

\$5⁴⁹

16 oz



**Andalou Naturals
1000 Roses Beautiful Day
Cream**

\$17⁴⁹

1.7 oz



**Alba Botanica
Un-Petroleum
Multi-Purpose Jelly**

\$5²⁹

3.5 oz



**Herbatint
Permanent Hair Color Gel**
(selected varieties)

\$12⁴⁹

4.56 oz



**Everyone
3in1 Soap**
(selected varieties)

\$6⁷⁹

32 oz



**Seventh Generation
Bath Tissue**

\$5⁹⁹

12 rolls



**Ecos
Laundry Detergent**
(selected varieties)

\$9⁷⁹

100 oz





We are part of Independent Natural Food Retailers Association (INFRA), 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.

CONNECTICUT

The Common Bond Market
Chamomille Natural Foods
It's Only Natural Market
Nature's Temptations
New Morning Market
Rooted Market
Thyme & Season

DELAWARE

Harvest Market
Good News Natural Foods

DISTRICT OF COLUMBIA

Glen's Garden 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 Foods

MARYLAND

Chestertown Natural Foods
Community Garden Market
David's Natural Market
Dawson's Market
Roots Market
The Good Earth Natural Foods Co
Yes! Organic Market

MASSACHUSETTS

The Alternative Market
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
Nantucket Green Grocer
Neighborhood Produce
Roots Natural Foods

Rory's Market

NEW HAMPSHIRE

Granite State Naturals
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
Pangaea Naturals
Whole Earth Center

NEW YORK

A Matter of Health
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 Organic Market
Green Planet Grocery
Greene Grape Provisions
Hawthorne Valley Farm Store
Health Beat Natural Foods
Jandi's Natural Market
Kaaterskill Farm Natural Storehouse
LifeThyme Natural Market
The Local Food Market
Lori's Natural Food Center
Mother Earth's Storehouse
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
Sonnewald 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