

Proud member of



INDEPENDENT CHOICE

February 2022

"There is always in February
some one day, at least, when
one smells the yet distant,
but surely coming, summer."

-Gertrude Jekyll



Endangered Species
Chocolate Bar
(selected varieties)

\$2²⁹

3 oz



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

\$30⁹⁹

60 tab

SmartSweets
Candy
(selected varieties)

2/\$5

1.8 oz



Chocolove
Chocolate Bar
(selected varieties)

\$2²⁹

2.9-3.2 oz



Justin's
Organic Mini
Peanut Butter Cups

\$3⁹⁹

4.7 oz



Barbara's
Cheese Puffs

2/\$5

5.5-7 oz



Muir Glen
Organic Tomatoes
(selected varieties)

2/\$4

28 oz



Beyond Meat
Beyond Burger

\$4⁷⁹

8 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



Health-Ade
Organic Kombucha
(selected varieties)

2/\$6

16 oz



Pacific Foods
Organic Plant-Based
Beverage
(selected varieties)

\$2⁴⁹

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 February.



Amy's
Organic Soup
(selected varieties)

2/\$6

13.8-14.7 oz



Amy's
Burrito
(selected varieties)

2/\$5

5.5-6 oz



Amy's
Organic Chili
(selected varieties)

2/\$6

14.7 oz

Tasty Bite
Indian Entrée
(selected varieties)

2/\$5

10 oz



Maya Kaimal
Organic Everyday Dal
(selected varieties)

\$3.49

10 oz



Cadia
Organic Beans
(selected varieties)

\$1.39

15 oz



Annie's
Organic Mac & Cheese
(selected varieties)

2/\$5

6 oz



Explore Cuisine
Organic Legume Pasta
(selected varieties)

\$3.49

8 oz



Lotus Foods
Organic Rice Noodles
(selected varieties)

\$2.99

8 oz



Dr. Bronner's
Regenerative Organic
Coconut Oil

\$7.79

14 oz



Rao's Homemade
Pasta Sauce
(selected varieties)

\$5.79

24 oz



Shepherd's Grain
All Purpose Flour

\$3.99

5 lbs



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The Ginger People
Organic Pickled
Sushi Ginger

\$2⁷⁹

6.7 oz



Crofter's Organic
Organic Premium
Fruit Spread
(selected varieties)

\$3⁹⁹

16.5 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

\$3⁷⁹

16 oz



Tia Lupita Foods
Cactus Grain Free
Tortilla Chips

\$3⁹⁹

5 oz



The Good Crisp Company
Potato Crisps
(selected varieties)

\$2⁷⁹

5.6 oz



Vegan Tex-Mex Party Dip

5 ounces taco seasoned plant-based crumbles
1 15-ounce can refried black beans
2 tablespoons olive oil
1 medium red onion, divided
3 garlic cloves, minced
1 cup fire roasted diced tomatoes
½ cup dairy-free sour cream
½ cup cashew queso
2 Roma tomatoes, quartered and sliced
1 jalapeño pepper, thinly sliced
½ teaspoon cayenne pepper
Cilantro sprigs

1 Prepare crumbles based on package instructions. Keep warm. Dice half of the red onion. Thinly slice the other half and save to use as the topping.

2 In a sauté pan on medium heat, heat oil and sauté half of the onion (diced) until translucent. Add garlic and cook for a minute; then add beans and fire roasted diced tomatoes. Heat mixture for five minutes or until hot, adding water as needed.

3 To serve, spread beans in a shallow serving dish followed with a layer of crumbles. Drizzle on sour cream and cashew queso. Top crumbles with onion, tomato, jalapeño, cayenne, and cilantro. Enjoy with tortilla chips.

Mary's Gone Crackers
Organic Crackers
(selected varieties)

\$3⁴⁹

5-6.5 oz



Quinn
Peanut Butter Filled
Pretzel Nuggets

\$3⁴⁹

6.5-7 oz



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We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Get back to human with Hu.



Hu
Organic Chocolate Bar
(selected varieties)

\$3.29

2.1 oz

Kind
Nut Bar
(selected varieties)



\$1.39

1.4 oz

Tony's Chocolonely
Chocolate Bar
(selected varieties)



\$3.29

6.35 oz

Alter Eco
Organic Chocolate Bar
(selected varieties)



2/\$5

2.65-2.82 oz

Theo
Organic Chocolate Bar
(selected varieties)



2/\$5

3 oz

Panda
Licorice
(selected varieties)



\$2.99

7 oz

SweetLeaf
Liquid Stevia Sweet Drops
(selected varieties)



\$5.49

2 oz

Choice Organics
Organic Tea
(selected varieties)



\$3.29

16 ct

Celestial Seasonings
Tea
(selected varieties)



\$2.79

20 ct

Numi
Organic Tea
(selected varieties)



\$4.49

16-18 ct

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Tazo
Organic Chai Tea

\$3⁴⁹

20 ct



Steaz
Organic Iced Green Tea
(selected varieties)

4/\$5

16 oz



Essentia
Alkaline Water

\$1⁵⁹

1 lt



R.W. Knudsen
Organic Tomato Juice

\$2⁷⁹

32 oz



Lakewood
Organic Pure
Cranberry Juice

\$7⁷⁹

32 oz



C2O
Coconut Water

2/\$6

33.8 oz



GoodBelly
Organic Probiotic
Drink
(selected varieties)

\$2²⁹

32 oz



Koia
Plant-Based Protein
Shake
(selected varieties)

\$2⁹⁹

12 oz



Ripple
Plant-Based Milk
(selected varieties)

\$3⁷⁹

48 oz



Silk
Soymilk
(selected varieties)

2/\$7

64 oz



Good Culture
Organic Cottage Cheese
(selected varieties)

\$3⁷⁹

16 oz



Nancy's
Organic Probiotic Cream Cheese

\$2²⁹

8 oz



Miso Master
Organic Mellow White Miso

\$4⁹⁹

8 oz



Honey Mama's
Cocoa Truffle Bar
(selected varieties)

\$3⁷⁹

2.5 oz



So Delicious
Coconutmilk Yogurt Alternative
(selected varieties)

\$1⁴⁹

5.3 oz



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Organic Valley's shredded cheese has a bold cheesy flavor in every bite. Crafted in small batches for exceptional flavor in a resealable stand-up pouch. Our thick cut cheeses never have any antibiotics, synthetic hormones, pesticides or GMOs.



Organic Valley
Organic Shredded Cheese
(selected varieties)

\$4²⁹

6 oz



Organic Valley
Organic Cheese
(selected varieties)

\$4⁷⁹

8 oz

Daiya
Dairy-Free Slices
(selected varieties)

\$3²⁹

7.8 oz



Vital Farms
Pasture-Raised Butter

\$3²⁹

8 oz



Alex's Awesome Sourdough
Pizza
(selected varieties)

\$6²⁹

11.4-13.2 oz



Canyon Bakehouse
Gluten-Free Bread
(selected varieties)

\$4⁹⁹

18 oz



Food For Life
Organic Sprouted
Corn Tortillas

\$2⁷⁹

10 oz



Jiminy's
Cricket Dog Treats

\$5⁷⁹

5-6 oz



Boiron
Chestal Honey

\$8⁹⁹

6.7 oz



Carlson
Cod Liver Oil
(selected varieties)

\$21⁹⁹

250 ml



Bio-K Plus
Blueberry Probiotic Supplement

\$33⁹⁹

12/3.5 oz

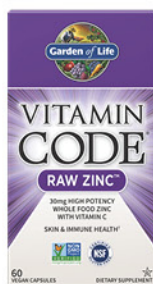


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**Garden of Life
Vitamin Code Raw Zinc**

\$10⁹⁹

60 ct



**MegaFood
Blood Builder**

\$12⁴⁹

30 tab



**Oregon's Wild Harvest
Organic Ashwagandha**

\$17⁹⁹

90 ct



**Weleda
Skin Food**

\$13⁹⁹

2.5 oz



**Giovanni
Shampoo or Conditioner
(selected varieties)**

\$6⁷⁹

8.5 oz



**Aura Cacia
Lavender Essential Oil**

\$8²⁹

0.5 oz



**ShiKai
Borage Therapy Hand Cream**

\$5²⁹

2.5 oz



**Mineral Fusion
Nail Polish Remover**

\$6⁴⁹

6 oz



#1 Fish Oil Brand in the U.S.*

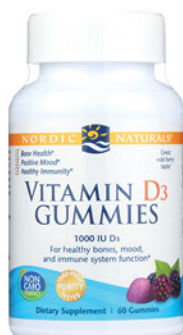
*Based on ClearCut, Nielsen, and SPINS annual sales data in the U.S.

When it comes to your health, good enough is not enough. As the #1 omega-3 fish oil brand in the U.S., Nordic Naturals sets the highest standards for fish oil manufacturing. The ultimate in omega-3 fish oil.

**Nordic Naturals
Vitamin D3 Gummies**

\$10⁹⁹

60 ct



**Nordic Naturals
Ultimate Omega**

\$20⁹⁹

60 ct

**Dr. Bronner's
Organic Lip Balm**

\$2⁴⁹

0.15 oz



**Acure
Brightening Facial Scrub**

\$6⁷⁹

4 oz



**Seventh Generation
Chlorine-Free Pads**

\$3⁹⁹

14-24 ct



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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.

CALIFORNIA

Alameda Natural Grocery
Berryvale Grocery
Bi-Rite Market
Cal Mart
Canyon Market
Castro Valley Natural Grocery
Chautauqua Natural Foods
Community Market
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
Wild Roots Market
Wildberries Marketplace
The Whole Wheaternery
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