

Organic India
Organic Tulsi Tea

\$3⁴⁹
18 ct



Muir Glen
Organic Tomatoes

2/\$4
28 oz



So Delicious
Organic
Coconut Milk

\$2¹⁹
32 oz



Ancient Harvest
Organic
Supergrain Pasta

2/\$5
8 oz



Eden
Organic
Black Beans

\$1⁶⁹
15 oz



Lightlife
Organic Tempeh

\$2¹⁹
8 oz



Spectrum Naturals
Organic Mediterranean
Olive Oil

\$9⁹⁹
33.8 oz



Organic Valley
Organic
Shredded Cheese

\$3⁹⁹
6 oz



Lundberg
Family Farms
Organic Rice Cakes

\$2⁹⁹
8.5-9 oz



Bragg
Liquid Aminos

\$5⁹⁹
32 oz



Did you know...

October is National Chili Month? It's one of many things celebrated in the month of October besides Columbus Day and Halloween.

Mori Nu
Organic Firm Tofu

\$1⁷⁹
12.3 oz



Farmhouse Culture
Organic Kraut

\$4⁹⁹
16 oz



Numi Tea
Organic Chocolate
Puerh Tea

\$5²⁹
16 ct



Crown Prince Natural
Sardines In Olive Oil

\$2¹⁹
3.75 oz



Garden of Eatin'
Blue Tortilla Chips

2/\$4
8.1 oz



Califia Farms
Better Half Creamer

\$2⁹⁹
16.9 oz



Explore Cuisine
Organic Black
Bean Spaghetti

\$3²⁹
8 oz



Miracle Noodle
Pasta

\$2⁴⁹
7 oz



Brown Cow
Cream Top Yogurt

79¢
5.3 oz



Late July
Organic
Multigrain Chips

\$2¹⁹
5.5 oz



G.H. Cretors
Popcorn

\$2⁷⁹
4-8 oz



Gomacro
Organic Macrobar

2/\$4
2-2.5 oz



Glee Gum
Chewing Gum

89¢
16 ct



Yumearth
Gluten Free
Licorice

\$2⁶⁹
5 oz



Happy Baby
Organic Stage 2
Simple Combos

\$1³⁹
3.5 oz



October is Non-GMO Month!

Together we can preserve and protect a safe, healthy non-GMO food supply for future generations.
Celebrate your right to choose non-GMO food and products this October!

EVERYONE
HAS A RIGHT TO
KNOW WHAT'S IN
THEIR FOOD.



VOTE NON-GMO
EVERY TIME
YOU SHOP!

Learn more at livingnongmo.org

Hail Merry Tarts

\$2⁷⁹
3 oz



Endangered Species Chocolate Bar

\$2¹⁹
3 oz



Silk AlmondMilk

\$3²⁹
64 oz



Cascadian Farm Organic Organic Cereals

2/\$6
8.6-12.5 oz



Crofter's Organic Organic Premium Spread (Selected Varieties)

\$3⁹⁹
16.5



Yogi Ginger Tea

\$2⁹⁹
16 ct



Sambazon Organic Açaí Smoothie Packs

\$5⁴⁹
4/100 g



Simple Mills Almond Flour Crackers

\$3⁶⁹
4.25 oz



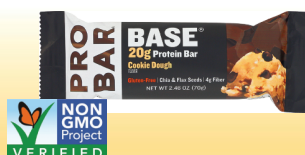
The Ginger People Gin Gins® Ginger Candy

\$1⁷⁹
3 oz



ProBar Base 20g Protein Bar

\$1⁹⁹
2.46 oz



Beanfields Bean & Rice Chips

2/\$5
6 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 October.

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Alter Eco
Organic
Chocolate Bar

2/\$5

2.65-2.82



Lakewood
Organic
Pure Cranberry

\$7⁴⁹

32 oz



Mary's Gone Crackers
Organic Original
Crackers

\$3⁶⁹

5.5-6.5 oz



Sunspire
Organic Chocolate Chips

\$3⁹⁹

9 oz



Erewhon
Organic Cereal

\$3⁴⁹

10-11 oz



Angie's
Boomchickapop
Popcorn

\$2²⁹

4.8-7 oz



Cocomels
Organic Coconut
Milk Caramels

\$3⁴⁹

3.5 oz



Barbara's
Puffins Cereal
(Selected Varieties)

2/\$6

11 oz



Annie's Homegrown
Cheddar Bunnies

2/\$5

7.5 oz



Nature's Bakery
Gluten Free Fig Bar

69¢

2 oz



Glutino
Gluten Free
Pretzel Twists

\$3⁶⁹

14.1 oz



Kettle
Baked
Potato Chips

2/\$4

4 oz



Mi-Del
Gluten Free
Ginger Snaps

\$2⁵⁹

8 oz



Justin's
Organic Peanut
Butter Cups

2/\$3

1.4 oz



KIND
Nuts & Spices Bar

\$1²⁹

1.4 oz

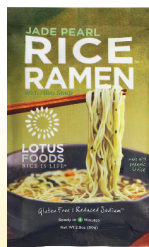


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Lotus Foods
Ramen With
Miso Soup

2/\$3

2.8 oz



Way Better Snacks
Tortilla Potato Chips

\$2¹⁹

5.5 oz



Honest Tea
Organic Bottled
Iced Tea

4/\$5

16 oz



Organicville
Organic
Sriracha Sauce

\$4⁹⁹

18.5 oz



Wildbrine
Sauerkraut

\$5²⁹

18 oz



Essentia
Alkaline Water

2/\$4

1.5 lt



Organic Valley
Organic Pasture Butter

\$3¹⁹

8 oz



Angelic Bakehouse
Sprouted Mash
Hamburger Buns

\$2⁷⁹

16 oz



R.W. Knudsen
Organic
Tomato Juice

\$2⁹⁹

32 oz



Udi's
Whole Grain Bread

\$3⁴⁹

12 oz



Pur
Chewing Gum

99¢

9 ct



R.W. Knudsen Family®
products are Non-GMO Project® Verified

With 'Family' in our name and a heritage of making juices since 1961, we're a brand you and your family can trust.

R.W. Knudsen Family® takes great pride in offering innovative products that are made with high-quality ingredients and is proud to be an official participant in the Non-GMO Project.

Visit www.nongmoproject.org for more information about the Non-GMO Project or to view our entire list of verified products to date.



www.rwknudsenfamily.com | Non-GMO Project Verified is a registered trademark of The Non-GMO Project, Inc.

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Amy's
Bowls (Selected Varieties)

\$3⁹⁹
9.5 oz



Organic Valley
Organic Sour Cream

\$3¹⁹
16 oz



GT's
Organic Enlightened
Kombucha

2/\$5
16.2 oz



Rudi's Bakery
Organic 100%
Whole Wheat Bread

\$3⁴⁹
22 oz



Annie's Homegrown
Classic
Mac & Cheese

2/\$3
6 oz



REBBL
Organic Elixir

\$2⁹⁹
12 oz



Beyond Meat
Beast Burger

\$3⁹⁹
8 oz



Arrowhead Mills
Buttermilk
Pancake Mix

2/\$7
26 oz



Redwood Hill Farm
Yogurt

\$1⁶⁹
6 oz



Annie's Homegrown
Organic Fruit Snacks

2/\$6
4 oz



Canyon Bakehouse
Gluten Free Bread
(Selected Varieties)

\$4¹⁹
18 oz



Green Valley Organics
Organic Kefir
(Selected Varieties)

\$5¹⁹
32 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4²⁹
6 ct



Celestial Seasonings
Bengal Spice Tea Bags

\$2²⁹
20 ct



Vita Coco
Coconut Water

\$1⁶⁹
16.9 oz



Dr. Bronner's
Organic
Coconut Oil

\$7⁷⁹
14 oz



Orgain
Organic Plant Based
Protein Shake

\$1⁹⁹
11 oz



Vega
Protein Smoothie

\$14⁹⁹
8.9-9.3 oz



Lily Of The Desert
Organic Whole Leaf
Aloe Vera Juice

\$7⁴⁹
32 oz



MegaFood
Daily Turmeric

\$15⁹⁹
59.1 g



Vibrant Health
Green Vibrance

\$37⁹⁹
12.8 oz



Inner-Eco
Probiotic
Coconut Water

\$12²⁹
15 oz



Oregon's Wild Harvest
Turmeric

\$19⁹⁹
60 ct



Manitoba Harvest
Hemp Hearts

\$6⁴⁹
8 oz



Natural Factors
Organic
Oil Of Oregano

\$14⁹⁹
1 oz



Natural Vitality
Calm

\$14⁷⁹
8 oz



Jarrow Formulas
Jarro-Dophilus EPS

\$14⁹⁹
60 vcap



Carlson
Lemon Cod Liver Oil

\$19⁹⁹
8.4 oz



Bach
Rescue Remedy

\$10⁴⁹
10 ml



Castor & Pollux
Good Buddy Beef
Jerky Dog Treats

\$2⁹⁹
3.5 oz



New Chapter
Every Woman's One
Daily 40+

\$29⁹⁹
48 tab



Garden Of Life
Once Daily
Probiotics

\$21⁹⁹
30 tab



NeoCell
Super Collagen

\$9⁹⁹
7 oz



ANDALOU
NATURALS

The 1st beauty brand to be Non-GMO Project Verified.



FRUIT
STEM
CELL
SCIENCE®

Nordic Naturals
Omega-3

\$19⁹⁹
8 oz



Boiron
Oscilloccoccinum

\$17⁹⁹
12 ct



Andalous Naturals
1000 Roses®
Cleansing Foam

\$8⁷⁹
5.5 oz



Natrol
Melatonin 10mg

\$7⁴⁹
60 tab



Quantum Health
Thera Zinc Lozenges

\$1⁶⁹
12 ct



Gaia Herbs
Black Elderberry
Syrup

\$12⁷⁹
3 oz



Shikai
Borage Therapy
Dry Skin Lotion

\$9²⁹
8 oz



Acure
Day Cream

\$10⁴⁹
1.7 oz



Crystal
Roll-On Deodorant

\$2⁸⁹
2.25 oz



Dr. Bronner's
Pure Castile Soap

\$12⁴⁹
32 oz



Nature's Gate
Herbal Daily
Cleanse Shampoo
& Conditioner

\$5²⁹
18 oz



Kiss My Face
Liquid Rock Roll-On
Deodorant

\$3⁹⁹
3 oz



Avalon
Nourishing Lavender
Shampoo &
Conditioner

\$6⁹⁹
11 oz



EO
3-in-1 Everyone Soap

\$6⁴⁹
32 oz



Biokleen
Laundry Liquid

\$9⁷⁹
64 oz



Redmond
Earthpaste
Toothpaste

\$4⁹⁹
4 oz



Himalaya
Neem & Pomegranate
Toothpaste

\$3⁹⁹
200 g



ECOS
Laundry Detergent

\$7⁹⁹
100 oz



Essential Oxygen
Organic
Brushing Rinse

\$9²⁹
16 oz



Dr. Tung's
Smart Floss

\$3¹⁹
1 ct



Seventh Generation
Dish Liquid

\$2⁷⁹
25 oz



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"Listen! The wind is rising and the air is wild with leaves. We have had our summer evenings, now for October eves." ~Humbert Wolfe



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

ALABAMA

Manna Grocery & Deli
2300 McFarland Blvd E,
Tuscaloosa

ARKANSAS

Health Food Garden
2621 W Main, Russellville
Nature's Wonders
910 Hwy 62-65 N, Harrison
Prairie Market
418 S Main St, Harrison
The Truck Patch
Natural Market
1602 Hwy 62E, Mountain Home
906 Southwest Dr, Jonesboro

ILLINOIS

Choices Natural Market
6718 Broadcast Pkwy, Loves Park
Cornucopia
Natural Food & Fine Cheese
89 Seminary St, Galesburg
Green Earth Grocery
441 S Buchanan St, Edwardsville
Heritage Health Foods
4111 W 183rd St, Country Club Hills
Heritage Natural Foods
1317 6th Ave, Moline
Kankakee Natural Foods
1035 Mulligan Dr, Bradley

Local Foods

1427 W Willow, Chicago
Naturally Organic Grocery
112 W Main St, Rockton
Polson's Natural Foods
960 Main St, Antioch
Southtown Health Foods
2100 W 95th St, Chicago
Strawberry Fields
306 W Springfield Ave, Urbana
Sunrise Health Foods
17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor

INDIANA

Cathy's Natural Market
1315 North Cass St, Wabash
Down to Earth Natural Foods
14678 SR 23 E, Grainger
Georgetown Market
4375 Georgetown Rd,
Indianapolis
The Good Earth
Natural Food Co
6350 Guilford Ave, Indianapolis
Healthy Horizons
7034 Indianapolis Blvd, Hammond
Natural Choices
for Healthful Living
1825 Central Ave, Columbus
Nature's Cupboard
757 Indian Boundary Rd, Chesterton
340 Dunes Plaza, Michigan City

Rainbow Blossom

3003 Charlestown Crossing Way,
New Albany
Sunrise Health Foods
1708 E Lincolnway, Valparaiso
The Sunspot Natural Market
3717 S Reed Rd, Kokomo
500 W Sagamore Pkwy, West Lafayette
Tyner Pond Farm Market
120 S Audubon Rd, Indianapolis

IOWA

Campbell's Nutrition
4040 University Ave, Des Moines
2749 100th St, Urbandale
Everybody's Whole Foods Store
501 N 2nd St, Fairfield
Heritage Natural Foods
3875 Elmore Ave, Davenport

KANSAS

Kountry Kupboard
15750 SW 150th St, Rose Hill

KENTUCKY

Happy Meadow Natural Foods
286 Glades Rd, Berea
Rainbow Blossom
3738 Lexington Rd, Louisville
3608 Springhurst Blvd, Louisville
12232 Shelbyville Rd, Louisville
3046 Bardstown Rd, Louisville

MICHIGAN

Better Health Market
2420 E Stadium, Ann Arbor
42875 Grand River, Novi
10792 Belleville Rd, Belleville
2053 S Telegraph, Bloomfield Hills
1330 N Telegraph Rd, Dearborn
305 N Clipper St, Lansing
19850 Mack Ave, Grosse Pointe Woods
20432 Farmington Rd, Livonia
44427 W Ann Arbor Rd, Plymouth
17606 W 13 Mile Rd, Beverly Hills
33452 Van Dyke, Sterling Heights
17825 Eureka Rd, Southgate
6235 W Saginaw, Lansing
14105 Hall Rd, Shelby Township
Natural Health Center
4610 W Main St, Kalamazoo

MISSOURI

Clovers Natural Market
2012 E Broadway, Columbia
Mama Jean's Natural Market
3503 E Sunshine, Springfield
1727 S Campbell Ave, Springfield
1110 E Republic Rd, Springfield
MJ's Market & Deli
900 E Battlefield, Springfield
Natural Health Organic Foods
135 S Broadview St, Cape Girardeau
Nature's Own
Health Food Market
4301 Main St, Kansas City
Suzanne's Natural Foods
3106 S Connecticut, Joplin

OHIO

Raisin Rack
Natural Food Market
4629 Cleveland Ave NW, Canton
2545 Schrock Rd, Westerville
Troyer's Country Market
5201 CR 77, Millersburg

OKLAHOMA

Native Roots Market
131 NE 2nd St, Oklahoma City

PENNSYLVANIA

Nature's Way Market
796 Highland Ave, Greentown

TEXAS

Fresh Plus
1221 W Lynn St, Austin
408 E 43rd St, Austin
2917 W Anderson Ln, Austin
2401 San Gabriel, Austin

WEST VIRGINIA

Mother Earth Foods
1638 19th St, Parkersburg

WISCONSIN

The Free Market
734 W Wisconsin Ave, Appleton
Good Harvest Market
2205 Silvernail Rd, Pewaukee
The Grainery
127 3rd St, Baraboo
Greens N Grains
7821 Hwy 42, Egg Harbor
Village Market
806 S Main St, Fond du Lac