

Proud member of



INDEPENDENT CHOICE

November 2020

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."
- RANDY PAUSCH



Simply Organic
Organic Cinnamon

\$3⁴⁹

2.45 oz



Milkadamia
Macadamia Milk
(selected varieties)

\$2⁹⁹

32 oz



Farmer's Market
Organic Pumpkin

\$1⁹⁹

15 oz



Organic Valley
Organic Cream
Cheese Bar

\$2⁹⁹

8 oz



So Delicious
Cocowhip

\$3²⁹

9 oz



Miyoko's
Organic European Style
Cultured Vegan Butter

\$3⁹⁹

8 oz



Immaculate Baking
Organic Flaky
Biscuits

2/\$5

16 oz



Alden's Organic
Organic Ice Cream

\$6²⁹

48 oz



Pacific Foods
Organic Broth
(selected varieties)

\$3⁴⁹

32 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



Wholesome
Organic Cane Sugar

\$4⁷⁹

2 lb



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 November.

Annie's
Organic Mac & Cheese
(selected varieties)

2/\$4
6 oz



Dr. McDougall's
Soup Cup
(selected varieties)

\$1.59
1-3.4 oz



Maya Kaimal
Organic Everyday Dal

\$3.29
10 oz



Muir Glen
Organic Tomatoes
(selected varieties)

5/\$5
14.5 oz



Crown Prince Natural
Smoked Oysters
in Olive Oil

\$2.49
3 oz



A. Vogel
Organic Herbamare
Sea Salt

\$4.99
8.8 oz



PRIMAL KITCHEN®



MAPLE ROASTED BUTTERNUT SQUASH

INGREDIENTS

Primal Kitchen® Avocado Oil
1-2 Tbsp pumpkin spice
2 tsp. Himalayan salt
1/2 cup chopped hazelnuts
2 Tbsp maple syrup
1 small butternut squash

INSTRUCTIONS

Preheat oven to 375°F. Cut the butternut squash in half, scoop out the seeds, and rub with Primal Kitchen Avocado Oil. Sprinkle on pumpkin spice and salt. Bake for an hour, or until completely soft all the way through. Drizzle with maple syrup, and top with chopped hazelnuts.

**TAKE TURKEY DAY TO NEW HEIGHTS WITH
PRIMAL KITCHEN® AVOCADO OIL!**

Gather and gobble with a versatile, high-heat cooking oil that is Non-GMO Project Verified, Keto Certified, Certified Paleo and Whole30 Approved. Add a mix of savory and sweet to your Thanksgiving Day table, like this Maple Roasted Butternut Squash recipe made with Avocado Oil.



FOLLOW @PRIMALKITCHENFOODS
FIND RECIPES PRIMALKITCHEN.COM/RECIPES

Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$9.99
25.4 oz



Dr. Bronner's
Regenerative Organic
Coconut Oil

\$7.79
14 oz



Primal Kitchen
Mayo with Avocado Oil

\$6.49
12 oz



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**Beanitos
Bean Chips**
(selected varieties)

2/\$5
4.5-5 oz



**Siete
Tortilla Chips**
(selected varieties)

\$3⁴⁹
5 oz



**Cretors
Popcorn**
(selected varieties)

2/\$5
6.5-8 oz



**Back to Nature
Crackers**
(selected varieties)

\$2⁷⁹
6-8.5 oz



**Late July
Organic Crackers**
(selected varieties)

2/\$5
6 oz



**Larabar
Fruit & Nut Bar**
(selected varieties)

5/\$5
1.6-1.8 oz



creamed spinach

Serves 2-4

½ c diced onion
2 cloves minced garlic
½ c heavy cream
1 T butter
2 T flour
1 c milk

10 oz pkg frozen spinach,
thawed & pressed dry
1 t lemon zest
2 T parmesan
8 oz cream cheese brick

For crumb topping:

⅔ c coarsely
crumbled crackers
1 T melted butter
1 T olive oil

Preheat oven to 425° F degrees. Coat a two cup baking dish with non-stick spray. Sauté onion and garlic in butter until soft. Add flour and stir to coat. Cook one minute. Gradually whisk milk and cream into onion mixture, stirring constantly to prevent lumps. Simmer one minute. Stir in cream cheese, a bit at a time, until melted and smooth. Add spinach, parmesan and lemon zest. Season with salt and pepper to taste. Transfer spinach mixture to prepared baking dish. In small bowl, combine cracker crumbs, butter, olive oil and season with salt and pepper to taste. Top spinach mixture with crumbs, pressing to adhere. Place on baking sheet. Bake until crumbs are golden and sauce is bubbly. Serve warm and enjoy!

**Once Again Nut Butter
Organic Sunflower
Seed Butter**

\$4⁷⁹

16 oz



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

\$3⁹⁹

16.5 oz



**Nutiva
Organic Coconut Manna**

\$7⁴⁹

15 oz



**Swerve
Sugar Replacement**

\$5²⁹

12 oz



**Birch Benders
Paleo Pancake
& Waffle Mix**

\$3⁷⁹

12 oz



**Bob's Red Mill
Almond Flour**

\$7⁹⁹

16 oz



**Coombs Family Farms
Organic Grade A Dark
Robust Maple Syrup**

\$7⁹⁹

12 oz



**Dandies
Vegan Marshmallows**

\$2⁹⁹

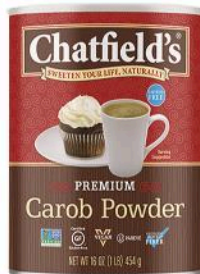
10 oz



**Chatfield's
Carob Powder**

\$4⁹⁹

16 oz



HOMEMADE FOR THE HOLIDAYS



**NEW
Resealable
Packaging!**



The holidays may be a little quieter this year, but if you're like us, you're looking forward to avoiding the hustle and bustle and savoring time at home. Explore our selection of non-GMO and gluten free flours to make something special with those you cherish. Not just cookies and cakes, rolls and bread. Memories. Love.

Find recipes at bobsredmill.com



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**Enjoy Life Foods
Chocolate Chips**



\$3⁷⁹

9-10 oz

**OCHO Candy
Organic Candy Bar**



2/\$3

1.45-1.5 oz

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



2/\$4

3 oz

**Lakewood
Organic Pure
Pineapple**



\$5²⁹

32 oz

**R.W. Knudsen
Organic Very
Veggie Juice
(selected varieties)**



\$2⁷⁹

32 oz

**Yogi
Tea
(selected varieties)**



2/\$7

16 ct

Sparkling Pink Punch

Serves 16

- 2- 1 qt pomegranate juice
- 1 qt pineapple juice
- 2 c chilled ginger ale
- 2 c chilled seltzer water

In a large punch bowl,
combine all ingredients.
To keep chilled, add ice.
Garnish with pomegranate
seeds and enjoy!



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



2/\$5

11.2 oz

**San Pellegrino
Sparkling Natural
Mineral Water**



2/\$3

750 ml

**Topo Chico
Sparkling Mineral
Water**



99¢

12 oz

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Nixie
Organic Sparkling Water
(selected varieties)



\$4⁴⁹

8 ct

Health-Ade
Organic Kombucha
(selected varieties)



2/\$5

16 oz

KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)



2/\$5

15.2 oz

Miso Master
Organic Mellow
White Miso



\$4⁹⁹

8 oz

Daiya
Dairy-Free Cheese
Style Shreds
(selected varieties)



\$3²⁹

7.1-8 oz

Earth Balance
Organic Vegan Whipped
Buttery Spread



\$3⁷⁹

13 oz

Field Roast
Celebration Roast



\$4⁹⁹

1 lb

Alexia
Potatoes
(selected varieties)



2/\$6

15-16 oz

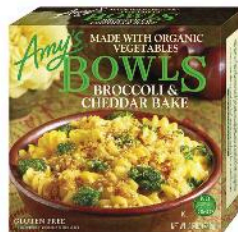
Cascadian Farm Organic
Organic Potatoes
(selected varieties)



2/\$5

12-16 oz

Amy's
Bowls
(selected varieties)



\$3⁷⁹

8-10 oz

Against The Grain Gourmet
Original Baguettes



\$5⁴⁹

15 oz

Wholly Wholesome
Gluten Free Pie Shells



\$4²⁹

14.9 oz

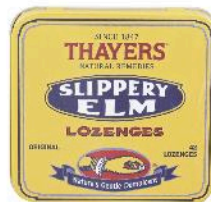
Bonafide Provisions
Bone Broth



\$6⁴⁹

24 oz

Thayers
Slippery Elm
Lozenges



\$3⁴⁹

42 ct

Charlotte's Web
Hemp Extract-
Infused Gummies



\$35⁹⁹

60 ct

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**Bach
Rescue Remedy**
(selected varieties)

\$16⁹⁹

20 ml



**Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate**
(selected varieties)

\$12¹⁹

16 oz



**ChildLife Essentials
Multi Vitamin & Mineral**

\$10⁴⁹

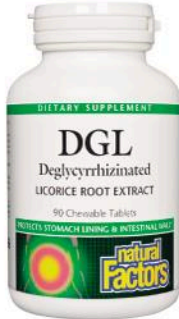
8 oz



**Natural Factors
DGL 400 mg
Chewable**

\$9⁹⁹

90 tab



**Boiron
ColdCalm**

\$9⁹⁹

60 tab



**Garden of Life
myKind Organics Organic
Extra Strength Turmeric**

\$22⁹⁹

60 ct



**CV Sciences
+PlusCBD Extra
Strength Formula
CBD Balm**

\$18⁴⁹

1.3 oz



**ShiKai
Everyday Shampoo or
Conditioner**

\$5⁷⁹

12 oz



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

\$3²⁹

16 oz



The Quality Your Customer Wants. The Integrity Your Customer Needs.



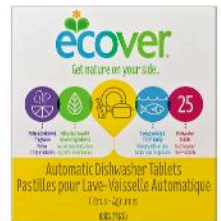
Chlorine Free • Compostable • Fair Trade • Sustainable • Non-GMO
Non-Toxic • Gluten & Allergen Free • Vegan • Cruelty Free

ifyoucare.com

**Ecover
Dishwasher Tablets**

\$4⁴⁹

25 ct



**If You Care
Parchment Baking Paper**



\$3⁹⁹

70 sq ft

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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.net.

ALABAMA

Manna Grocery & Deli

ARKANSAS

Good Measure Market
Natural Food Store
Nature's Wonders
Olde Fashioned Foods
The Eureka Market
The Truck Patch

ILLINOIS

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
INGUARD
Natural Choices for Healthful Living
Nature's Cupboard
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
BetterHealth Market
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

A Clean Plate Local & Organic Grocery
Good Grocer
Cloquet Natural Foods
Meadow Farm Foods
Tailor Made Nutrition

MISSOURI

Clovers Natural Market
Mama Jean's Natural Market
MJ's Market & Deli
Natural Health Organic Foods
Nature's Own Health Market
Suzanne's Natural Foods
Terra Health Market

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Heath Foods by Claudia
Kindred Market
Raisin Rack Natural Food Market

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Natural Foods Market
Nutrition World

TEXAS

Fresh Plus Markets
Natural Foods Market
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive Nutrition Center
Downtown Grocery
The Free Market
Good Harvest Market
The Grainery
Greens N Grains
Healthy Way Market
Nature's Best Market
NDC Natural Market
Nutrition Discount Center
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market