

Proud member of



INDEPENDENT CHOICE

October 2021

"I remember it as October days
are always remembered,
cloudless, maple-flavored, the
air gold and so clean it quivers."
- Leif Enger



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

\$3²⁹

18 ct



**Dr. Bronner's
Pure-Castile Liquid Soap**

\$12⁴⁹

32 oz



**Justin's
Organic Mini
Peanut Butter Cups**

\$3⁹⁹

4.7 oz



**GoMacro
Organic MacroBar**
(selected varieties)

2/\$4

2-2.4 oz



**Cascadian Farm Organic
Organic Cereal**
(selected varieties)

2/\$5

8.6-14.6 oz



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

\$4²⁹

16.5 oz



**Farmer's Market
Organic Pumpkin**

\$1⁹⁹

15 oz



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

\$8⁹⁹

25.4 oz



**The Ginger People
Organic Ginger Juice**

\$3⁴⁹

5 oz



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

2/\$5

16 oz



**So Delicious
Organic Coconutmilk**
(selected varieties)

\$3⁹⁹

64 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.



At Amy's, we love to cook for you. For us, that means carefully sourcing high quality, organic ingredients and spending countless hours in our kitchens so that you can enjoy authentic, great-tasting food in minutes.

**Amy's
Pizza**
(selected varieties)

\$6⁹⁹
10.2-14 oz

**Amy's
Organic Chili**
(selected varieties)

2/\$6
14.7 oz

**Amy's
Organic Soup**
(selected varieties)

\$2⁷⁹
14-14.7 oz

**Tasty Bite
Organic Indian Entrée**
(selected varieties)

\$2⁷⁹
10 oz



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

5/\$5
5.25-6 oz



**Chickapea
Organic Chickpea
Pasta**
(selected varieties)

\$2⁹⁹
8 oz



**Mike's Mighty Good
Craft Ramen**
(selected varieties)

\$1⁵⁹
1.6-2.4 oz



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

\$2⁷⁹
18 oz



**Cadia
Organic Beans**
(selected varieties)

4/\$5
15-16 oz



**Boulder Canyon
Potato Chips**
(selected varieties)

\$2²⁹
5.25-6.5 oz



**Epic
Pork Rinds**
(selected varieties)

2/\$5
2.5 oz



**Nick's Sticks
Meat Snack Stick**
(selected varieties)

2/\$4
1.7 oz



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Angie's
BoomChickaPop
Popcorn
(selected varieties)

2/\$5

4.4-7 oz



Annie's
Organic Crackers
(selected varieties)

\$2⁷⁹

7.5 oz



Quinn
Peanut Butter Filled
Pretzel Nuggets

\$3⁴⁹

6.5-7 oz



Annie's
Organic Fruit Snacks
(selected varieties)

2/\$5

4 oz



Mi-Del
Ginger Snaps
(selected varieties)

\$2⁷⁹

8-10 oz



Bob's Red Mill
Old Country
Style Muesli

\$3²⁹

18 oz



Purely Elizabeth
Granola
(selected varieties)

\$4⁷⁹

8-12 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.6-1.8 oz



Kind
Nut Bar
(selected varieties)

2/\$3

1.4 oz



Probar
Meal Bar
(selected varieties)

\$2²⁹

3 oz



Lily's
Chocolate Bar
(selected varieties)

\$2⁷⁹

2.8-3 oz



Endangered Species
Chocolate Bar
(selected varieties)



Alter Eco
Organic Chocolate
Bar

2/\$5

2.65-2.82 oz



Hu
Chocolate Bar

\$3⁴⁹

2.1 oz



2/\$4

3 oz



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**Manitoba Harvest
Organic Hemp Hearts**

\$9⁷⁹

12 oz



**Equal Exchange
Organic Baking Cocoa**

\$5²⁹

8 oz



At Simple Mills, we strive to make healthful choices easy by offering food that tastes great in the moment and nourishes your body for the long-term. Our baking mixes & frostings use only simple, purposeful ingredients, and nothing artificial ever.



**Simple Mills
Organic Frosting**

\$3⁷⁹

10 oz



**Simple Mills
Almond Flour Baking Mix
(selected varieties)**

\$5⁷⁹

9-12.9 oz

**Chosen Foods
Avocado Oil**

\$8⁹⁹

750 ml



**Spectrum
Organic Extra Virgin
Olive Oil**

\$8⁷⁹

25.4 oz



**Bragg
Organic Apple Cider
Vinegar**

\$2⁷⁹

16 oz

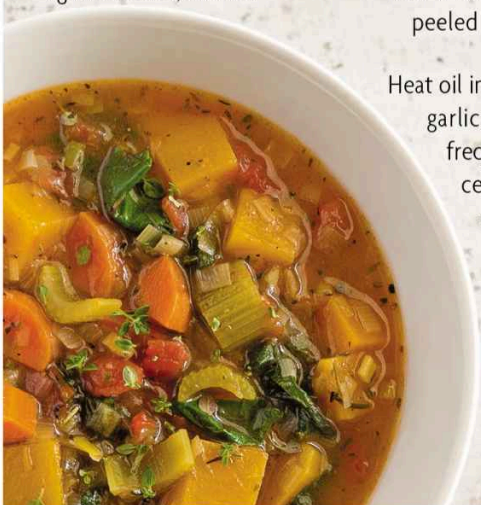


Winter Squash & Chard Soup

- 1/4 c olive oil
- 1 large leek, halved & sliced
- 2 tsp salt (divided)
- 4 garlic cloves, minced

- 2 medium carrots, diced
- 3 ribs celery, diced
- 4 tsp Herbs de Provence
- 2 lb winter squash, peeled & cubed
- 15 oz can diced tomatoes
- 6 c vegetable broth
- 1 T sriracha
- 1 bunch chard, stemmed & chopped

Heat oil in a large stockpot over medium heat. Add leek, garlic, and 1/2 teaspoon salt, and cook, stirring frequently until softened, 3 minutes. Add carrots, celery and Herbs de Provence. Cover and cook, removing lid to stir often until the vegetables are starting to soften, 5 minutes. Add squash, tomatoes, broth, sriracha, and remaining salt and bring to a gentle simmer. Cook until the squash is tender, but not falling apart, about 15 minutes. Add chard and continue to cook until chard has wilted, 2 minutes. Adjust seasoning to taste. Serve warm and enjoy!



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

\$4⁷⁹

16.9 oz



**Imagine
Organic Broth
(selected varieties)**

\$2⁷⁹

32 oz



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Organic Valley
Organic Ghee

\$8⁴⁹

7.5 oz



Wedderspoon
Raw Monofloral Manuka
Honey KFactor 16

\$20⁹⁹

8.8 oz



Four Sigmatic
Organic Mushroom Coffee
(selected varieties)

\$8⁴⁹

10-.09 oz



Celestial Seasonings
Tea
(selected varieties)

\$2⁷⁹

20 ct



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



Honest Tea
Organic Iced Tea
(selected varieties)

4/\$5

16 oz



The Mountain Valley
Spring Water

\$1⁷⁹

1 lt



R.W. Knudsen
Organic Apple Juice

\$2⁷⁹

32 oz



Lakewood
Organic Pure
Pineapple Juice

\$5²⁹

32 oz



C2O
Coconut Water
(selected varieties)

2/\$3

17.5 oz



SPICY PUMPKIN APPLE PUNCH

1 c water
1 c brown sugar
½ tsp cinnamon
½ tsp anise

5 c apple cider
28 oz can pumpkin purée
2 c club soda
cranberries for garnish

1. Combine water, brown sugar, cinnamon, and anise in a small saucepan. Cook over medium heat until the brown sugar is dissolved, stirring frequently. Remove from heat and set aside to cool.
2. In a large punch bowl, combine apple cider, orange juice, and pumpkin purée. Whisk until the pumpkin is smooth and all ingredients are well combined.
3. Add the prepared syrup and club soda and gently stir to combine.
4. Wet the rims of the glasses and press into brown sugar to coat.
5. Garnish with cranberries and enjoy!



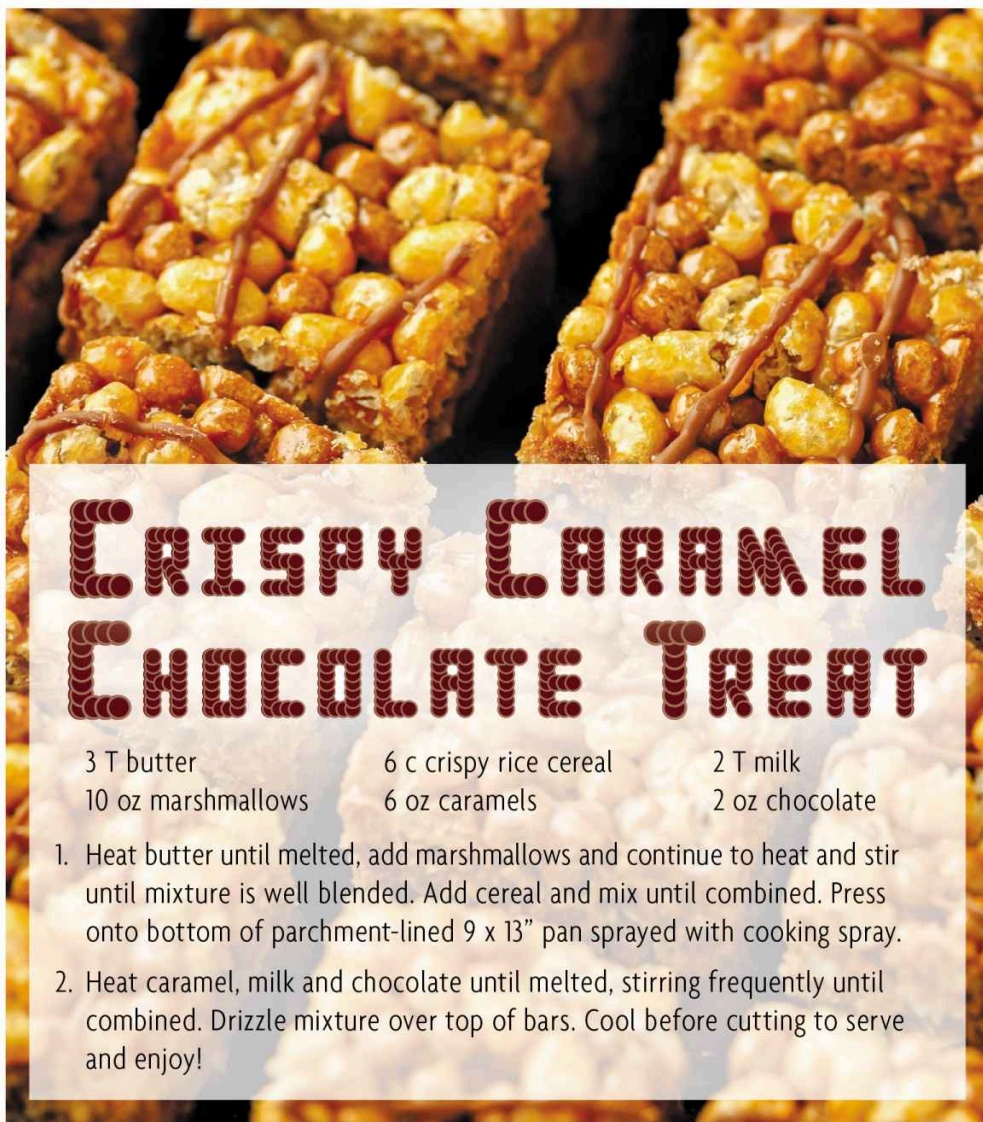
Nutpods
Dairy-Free Creamer
(selected varieties)

\$2²⁹

11.2 oz



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CRISPY CARAMEL CHOCOLATE TREAT

3 T butter 6 c crispy rice cereal 2 T milk
10 oz marshmallows 6 oz caramels 2 oz chocolate

1. Heat butter until melted, add marshmallows and continue to heat and stir until mixture is well blended. Add cereal and mix until combined. Press onto bottom of parchment-lined 9 x 13" pan sprayed with cooking spray.
2. Heat caramel, milk and chocolate until melted, stirring frequently until combined. Drizzle mixture over top of bars. Cool before cutting to serve and enjoy!

So Delicious Organic Coconutmilk Creamer



\$2²⁹
16 oz

Califia Farms Better Half Creamer (selected varieties)



\$2⁹⁹
16.9 oz

Ripple Plant-Based Milk (selected varieties)



\$3⁷⁹
48 oz

Vive Organic Organic Functional Shot (selected varieties)



2/\$5
2 oz

Rebbl Organic Super Herb Elixir



\$2⁹⁹
12 oz

Redwood Hill Farm Plain Goat Milk Kefir



\$5⁴⁹
32 oz

Stonyfield Organic Yogurt (selected varieties)



\$3⁷⁹
32 oz

Organic Valley Organic Shredded Cheese (selected varieties)



\$3⁷⁹
6 oz

Field Roast Chao Slices



\$4²⁹
7 oz

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

2/\$4

2.2-2.5 oz



**Udi's Gluten Free
Sandwich Bread**

\$4²⁹

12 oz



**Canyon Bakehouse
Gluten-Free Bread**
(selected varieties)

\$4²⁹

18 oz



**Siete
Grain Free Tortillas**

\$6⁴⁹

8 ct



**Sunshine Plant-Based Foods
Organic Garden Herb Plant
Burgers**

\$4²⁹

8 oz



**Gardein
Meatless Meat**
(selected varieties)

\$3⁴⁹

8.1-14.1 oz



**Sambazon
Organic Superfruit Packs**
(selected varieties)

\$4⁹⁹

4/100 g



LITTLE LABELS **BIG IMPACT**

Accountability in food production and labeling is critical. Shoppers want verification that what they're buying is good for people and planet. Support brands working towards a more sustainable future and try something new!

Look for brands that boast the Fairtrade, MSC, or Non-GMO Project Verified labels throughout the month.



@MSCBlueFish www.msc.org

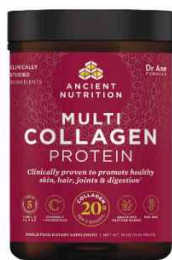
@fairtrademarkus www.fairtradeamerica.org

@nongmoproject www.nongmoproject.org

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**Ancient Nutrition
Multi Collagen Protein**

\$36⁹⁹
454.5 g



**Vital Proteins
Collagen Peptides**

\$21⁹⁹
10 oz



**Natural Factors
Organic Oil of Oregano**

\$12⁹⁹
1 oz



**Carlson
Cod Liver Oil**

\$32⁹⁹
500 ml



**Nordic Naturals
Vitamin D3 Gummies**

\$9⁹⁹
60 ct



**Garden of Life
myKind Organics
Organic Elderberry
Gummies**

\$26⁹⁹
120 ct



**Nature's Way
Activated Charcoal**

\$7⁴⁹
100 cap



**Boiron
Oscillococcinum**

\$10⁹⁹
6 ct



**Gaia Herbs
Ashwagandha Root**

\$14⁴⁹
60 ct



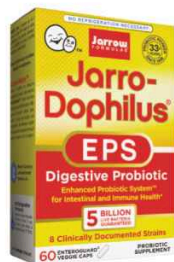
**MegaFood
Multi for Women 55+**

\$21⁹⁹
60 tab



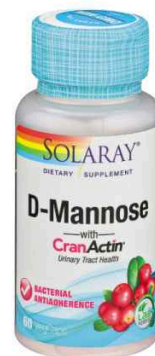
**Jarrow Formulas
Jarro-Dophilus EPS 5 Billion**

\$18⁴⁹
60 vcap



**Solaray
D-Mannose with
CranActin**

\$17⁹⁹
60 cap



**Oregon's Wild Harvest
Organic Milk Thistle
Dandelion**

\$19⁹⁹
90 ct



**Zum
Mist
(selected varieties)**

\$7⁹⁹
4 oz



**Aura Cacia
Lavender Essential Oil**

\$8²⁹
.5 oz



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ANDALOU NATURALS



**Andalou Naturals
Shampoo or Conditioner**
(selected varieties)

\$6⁴⁹

11.5 oz



**Andalou Naturals
1000 Roses
Cleansing Foam**

\$9⁷⁹

5.5 oz



**Andalou Naturals
Age Defying Resveratrol
Q10 Night Repair Cream**

\$17⁴⁹

1.7 oz

**Alaffia
EveryDay Shea
Body Wash**
(selected varieties)



\$9²⁹

32 oz

**Giovanni
L.A. Hold Hair Spritz**



\$5⁷⁹

5 oz

**ShiKai
Borage Therapy
Hand Cream**



\$5²⁹

2.5 oz

**Weleda
Skin Food**



\$13⁹⁹

2.5 oz

**Essential Oxygen
Organic Mouthwash**



\$8⁷⁹

16 oz

**Desert Essence
Toothpaste**
(selected varieties)



\$4⁷⁹

6.25 oz

**DrTung's
Activated Charcoal Floss**



\$4⁴⁹

30 yds

**Seventh Generation
Dishwasher Detergent
Gel**



\$4²⁹

42 oz

**Ecos
Laundry Detergent**
(selected varieties)



\$9⁹⁹

100 oz

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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
Pass Health Foods
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
The Health Food Shoppe of Fort Wayne
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
Dale's Natural Foods
Health Hutt
Natural Health Center
Nature's Gift Organic Market
Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

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

MISSOURI

Clover's Natural Market
Jean's Healthway
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Suzanne's Natural Foods

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Health 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
Harvest Natural Market
Natural Foods Market
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive
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