

Proud member of



INDEPENDENT CHOICE

November 2021

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."
- Sarah Addison Allen



Organic Valley
Organic Cream Cheese

\$2⁹⁹

8 oz



Pacific Foods
Organic Broth
(selected varieties)

\$3²⁹

32 oz



Earth Balance
Organic Vegan Whipped
Buttery Spread

\$4⁴⁹

13 oz



Once Again Nut Butter
Organic Tahini

\$6⁹⁹

16 oz



Back to Nature
Crackers
(selected varieties)

2/\$6

4-8.5 oz



Dandies
Vegan Marshmallows

\$2⁹⁹

10 oz



Enjoy Life Foods
Chocolate Chips
(selected varieties)

\$3⁷⁹

9-10 oz



Wholly Wholesome
Gluten Free Pie Shells

\$4⁴⁹

2 pk



Yogi
Tea
(selected varieties)

\$3²⁹

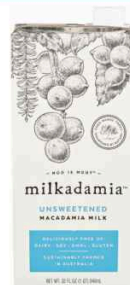
16 ct



Milkadamia
Macadamia Milk
(selected varieties)

2/\$7

32 oz



Lakewood
Organic Pure
Cranberry Juice

\$7²⁹

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 November.

**Maya Kaimal
Organic Everyday Dal**

\$3²⁹

10 oz



**Daiya
Deluxe Cheezy Mac**

\$3²⁹

10.6-10.9 oz



**Jovial
Organic Gluten Free Egg
Tagliatelle Pasta**

\$3⁴⁹

9 oz



**Dr. McDougall's
Soup Cup
(selected varieties)**

\$1⁵⁹

1.3-3.4 oz



**Primal Kitchen
No-Dairy Alfredo
Pasta Sauce**

\$5⁷⁹

16 oz



**California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)**

\$6⁹⁹

16.9 oz



Homestyle Poultry Gravy



- 1 stick unsalted butter
- ½ c all-purpose flour
- 4 c chicken stock
- 1 sprig fresh thyme
- 4 fresh sage leaves
- 1 small spring rosemary
- 1 bay leaf
- ¼ c heavy cream
- 2 tsp sea salt
- 1 tsp ground black pepper

In a 2-quart saucepan, melt butter over medium-low heat. Whisk flour into melted butter and cook, stirring constantly until light golden in color, approximately 3–5 minutes. Gradually whisk in stock. Add herbs. Bring gravy to a simmer. Reduce heat to low and cook, stirring, until thick enough to coat the back of a spoon, 10–15 minutes. Remove bay leaf, sage leaves, and herb stems. Stir in heavy cream, and season with salt and black pepper.

**Dr. Bronner's
Regenerative Organic
Coconut Oil**

\$7⁷⁹

14 oz



**Nutiva
Organic Coconut Manna**

\$7⁹⁹

15 oz



**Spectrum
Organic Distilled White
Vinegar**

\$5²⁹

32 oz



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Founded in 1978, Bob's Red Mill Natural Foods is a 100% employee-owned company specializing in whole grain, organic, non-GMO and gluten free foods. Now holiday baking is easier than ever: explore their diverse line of high-quality flours, oats, seeds, baking mixes, whole grains and more.



Bob's Red Mill Super-Fine Almond Flour

\$6⁴⁹

16 oz



Bob's Red Mill Organic Unbleached White All-Purpose Flour

\$5⁹⁹

5 lb



Bob's Red Mill Organic Coconut Flour

\$3⁷⁹

16 oz

Wholesome Organic Powdered Confectioners Sugar



\$3²⁹

1 lb

Lakanto Monkfruit Sweetener



\$4²⁹

8.29 oz

Swerve Sugar Replacement



\$5²⁹

12 oz

Simply Organic Organic Cinnamon



\$3⁴⁹

2.45 oz

Chatfield's Carob Powder



\$5²⁹

16 oz

Navitas Organic Cacao Powder



\$5⁷⁹

8 oz

Farmer's Market Organic Pumpkin Pie Mix



\$2²⁹

15 oz

Cadia Organic Maple Syrup



\$6²⁹

12 oz

SweetLeaf Liquid Stevia Sweet Drops (selected varieties)



\$5⁷⁹

2 oz

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**A. Vogel
Organic Herbamare
Sea Salt**

\$5²⁹

8.8 oz



**Hain
Iodized Sea Salt**

\$1⁸⁹

21 oz



**Terra Chips
Sweet Potato Chips
(selected varieties)**

\$2⁷⁹

6 oz



**Barnana
Organic Plantain Chips
(selected varieties)**

2/\$6

5 oz



**Cretors
Popcorn
(selected varieties)**

2/\$5

6.5-8 oz



**Birch Benders
Pancake & Waffle Mix
(selected varieties)**

\$3⁷⁹

10-16 oz



**Arrowhead Mills
Pancake & Waffle Mix
(selected varieties)**

\$3⁷⁹

26 oz



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

\$2²⁹

3 oz



**Panda
Licorice
(selected varieties)**

\$2⁷⁹

7 oz



Smart Shopping for the Holidays

Make A List

As you're putting together your menu for family gatherings and celebrations, gather recipes and put together a shopping list. This way, you'll know exactly what you need before you begin shopping. Even better, if you have time, do a quick inventory of your pantry to see how much of your everyday basic ingredients are on hand. With a shopping list that includes pantry basics and everything for holiday specific recipes, you can avoid unnecessary purchases and the dreaded realization that you are missing a key ingredient.

Shop Early

Many key items for your favorite holiday dishes are shelf stable or have a shelf-life of one to two weeks. That widens the window for your grocery shopping and can help you beat the crowds this holiday season! Beyond fresh bread and delicate salad greens or herbs, there are many ingredients you can pick up in the weeks leading up to the big day.

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Nixie
Organic Sparkling Water
(selected varieties)



\$3⁹⁹

8 ct

Topo Chico
Sparkling Mineral Water
(selected varieties)



99¢

12 oz

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



\$2⁹⁹

32 oz

Lifeway
Organic Kefir
(selected varieties)



\$3⁴⁹

32 oz

Organic Valley
Organic Cheese
(selected varieties)



\$4⁴⁹

8 oz



Califia Farms
Oat Barista Blend

\$3²⁹

32 oz

CALIFIA
FARMS®

Here at Califia Farms
(pronounced Cal-uh-FEE-ahh),
we make a wide variety of
plant-based dairy products
that are oh so easy to love,
without sacrificing the flavor
or versatility you deserve.
Whatever you're making this
holiday season, make it
delicious with Califia Farms.



Califia Farms
Plant Milk
(selected varieties)

\$3⁷⁹

48 oz

Vita Coco
Coconut Water



\$2⁷⁹

1 Ltr

Silk
Almondmilk
(selected varieties)



\$3⁷⁹

64 oz

Violife
Just Like Feta



\$3⁹⁹

8.1 oz

Miyoko's Creamery
Organic Vegan Cheese Wheel
(selected varieties)



\$6⁴⁹

6.5 oz

Miso Master
Organic Mellow White Miso



\$4⁷⁹

8 oz

Lightlife
Organic Smoky
Tempeh Strips



\$3⁷⁹

6 oz

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**Vital Farms
Pasture-Raised Butter**



\$2⁷⁹
8 oz

**Van's
Waffles
(selected varieties)**



\$2⁷⁹
8-9 oz

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



2/\$5
12-16 oz

**JUST
Plant-Based Egg
Scramble**



\$3²⁹
12 oz

**Alden's Organic
Organic Ice Cream
(selected varieties)**



\$6²⁹
48 oz

**Immaculate
Organic Crescent Rolls**



2/\$5
8 oz

**Beyond Meat
Beyond Beef**



\$6⁹⁹
16 oz

**Field Roast
Sage & Garlic Plant-Based
Celebration Roast**



\$5⁷⁹
16 oz

**Bonafide Provisions
Bone Broth**



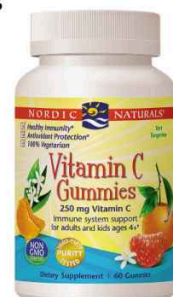
\$6⁹⁹
24 oz

**Garden of Life
Organic Kids Immune
Gummy**



\$17⁴⁹
60 ct

**Nordic Naturals
Vitamin C Gummies**



\$9⁹⁹
60 ct

**Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate
Plus Vitamin D3**



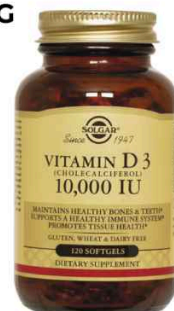
\$12¹⁹
16 oz

**American Health
Original Papaya
Enzyme Chewable**



\$6²⁹
250 tab

**Solgar
Vitamin D3 250 MCG**



\$11⁴⁹
120 softgels

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**Boiron
ColdCalm**

\$9⁹⁹
60 tab



**RidgeCrest Herbals
ClearLungs Classic**

\$12⁹⁹
60 ct



**MegaFood
Zinc**

\$14⁹⁹
60 tab



**Charlotte's Web
Hemp Extract-
Infused Gummies**

\$34⁹⁹
60 ct



**Natural Factors
BioSil® Hair, Skin, Nails**

\$29⁹⁹
60 vcap



**Andalou Naturals
Body Lotion
(selected varieties)**

\$6⁷⁹
8 oz



**Dr. Bronner's
All-One Toothpaste**

\$4⁴⁹
5 oz



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

\$6⁷⁹
32 oz



**Herbatint
Permanent
Haircolor Gel
(selected varieties)**

\$14⁹⁹
4.56 oz



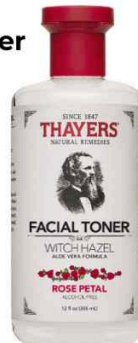
**ShiKai
Everyday Shampoo or
Conditioner**

\$5⁷⁹
12 oz



**Thayers
Witch Hazel Facial Toner
(selected varieties)**

\$6⁹⁹
12 oz



**Mineral Fusion
Nail Polish Remover**

\$6⁴⁹
6 oz



**Ecover
Dishwasher Tablets**

\$4⁴⁹
25 ct



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

\$3²⁹
16 oz



**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
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