

Proud member of



INDEPENDENT CHOICE

May 2022

"Mornings in May, echoed with the call of cuckoos, sunlight glowed through fresh green canopies of trees."

-Meeta Ahluwalia



Late July
Organic Salsa
(selected varieties)



\$3.29

15.5 oz



Nixie
Organic Sparkling Water
(selected varieties)

\$3.99

8 ct



Simple Mills
Almond Flour Crackers
(selected varieties)

\$3.79

4.25 oz



Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)

\$4.49

24 oz



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$6

25.5 oz



Beyond Meat
Beyond Sausage
(selected varieties)

\$6.29

14 oz



Bubbies
Sauerkraut

\$5.99

25 oz



Wild Planet
Albacore Wild Tuna
(selected varieties)

\$3.79

5 oz



Zevia
Zero Calorie Soda
(selected varieties)

\$4.29

6 ct



The Mountain Valley
Spring Water

\$1.79

1 lt



Santa Cruz Organic
Organic Lemonade
(selected varieties)

\$1.99

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 May.



Celebrate Mexican culture with Siete's heritage-inspired foods—tortillas, tortilla chips, quesos, hot sauce, and more! Made with nourishing ingredients like cassava flour, almonds, avocado oil, and whole vegetables. There's something for everyone at the table.



Siete
Grain Free Taco Shells

\$4²⁹

12 ct



Siete
Grain Free Tortillas
(selected varieties)

\$6⁴⁹

8 ct



Siete
Grain Free Tortilla Chips
(selected varieties)

\$3⁷⁹

5 oz

Annie's
Organic Mac & Cheese
(selected varieties)

2/\$5

6 oz



Ancient Harvest
Organic & Gluten Free Pasta
(selected varieties)

\$2²⁹

8-9.6 oz



Explore Cuisine
Organic Legume Pasta
(selected varieties)

\$3²⁹

8 oz



Chickapea
Organic Chickpea Pasta
(selected varieties)

\$3²⁹

8 oz



Lotus Foods
Rice Ramen
(selected varieties)

\$1³⁹

2.8 oz



Garden of Eatin'
Taco Shells

\$2⁷⁹

12 ct



Muir Glen
Organic Tomatoes
(selected varieties)

5/\$5

14.5 oz



Bionaturae
Organic Tomato Paste

\$1⁸⁹

7 oz



Cadia
Organic Mayonnaise

\$3⁷⁹

16 oz



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**Spectrum
Organic Extra Virgin
Olive Oil**

\$8⁷⁹

25.4 oz



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

\$6⁹⁹

14 oz



**Primal Kitchen
Organic Unsweetened
Ketchup**

\$4²⁹

11.3 oz



Rule the BBQ with
condiments made with
delicious ingredients and
no high fructose corn syrup,
cane sugar, soy, or canola.



**Primal Kitchen
Dressing & Marinade
(selected varieties)**

\$4⁷⁹

8 oz



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

\$2⁴⁹

5.25-6.5 oz



**Kettle
Potato Chips
(selected varieties)**

2/\$5

5 oz



**Cretors
Popcorn
(selected varieties)**

\$3²⁹

6.5-8 oz



**Barbara's
Cheese Puffs
(selected varieties)**

\$2²⁹

5.5-7 oz



**Crunchmaster
Multi-Seed Crackers
(selected varieties)**

\$2⁷⁹

4 oz



**From The Ground Up
Cauliflower Crackers
(selected varieties)**

2/\$6

4 oz



**The Good Crisp Company
Potato Crisps
(selected varieties)**

\$2⁹⁹

5.6 oz



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

\$2²⁹

1.7 oz



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

5/\$5

1.6-1.7 oz



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**Catalina Crunch
Keto Friendly Cereal**
(selected varieties)



\$5⁷⁹

8-9 oz

**Purely Elizabeth
Granola**
(selected varieties)



\$5⁴⁹

8-12 oz

**MadeGood
Organic Granola Bars**
(selected varieties)



\$3⁴⁹

6 ct

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



\$4⁷⁹

16.5 oz

**Peter Rabbit Organics
Organic Baby Food Pouch**
(selected varieties)



\$1⁴⁹

4-4.4 oz

**Justin's
Organic Peanut Butter Cups**
(selected varieties)



2/\$3

1.32-1.4 oz

**Panda
Licorice**
(selected varieties)



\$2⁷⁹

7 oz

**SmartSweets
Candy**
(selected varieties)



2/\$5

1.8 oz

**Chocolove
Chocolate Bar**
(selected varieties)



2/\$5

2.9-3.2 oz

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



2/\$5

3 oz

**Enjoy Life Foods
Chocolate Bar**
(selected varieties)



\$1³⁹

1.12 oz

**Navitas
Organic Cacao Powder**



\$6²⁹

8 oz

**Lakanto
Monkfruit Sweetener**



\$4⁴⁹

8.29 oz

**SweetLeaf
Liquid Stevia Sweet Drops**
(selected varieties)



\$5⁷⁹

2 oz

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Essentia
Alkaline Water

\$1⁷⁹

1 lt



Alkaline88
Alkaline Water

\$3²⁹

1 gallon



Steaz
Organic Iced
Green Tea
(selected varieties)

\$1⁴⁹

16 oz



Lakewood
Organic Pure
Cranberry Juice

\$7⁷⁹

32 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁷⁹

32 oz



Nutpods
Dairy-Free Creamer
(selected varieties)

2/\$5

11.2 oz



Vita Coco
Coconut Water
(selected varieties)

2/\$6

1 lt



C2O
Coconut Water

\$3⁷⁹

33.8 oz



Califia Farms
Oat Barista Blend

\$3⁴⁹

32 oz



Lifeway
Organic Kefir
(selected varieties)

\$3⁷⁹

32 oz



Cocojune
Organic Dairy-Free Yogurt
(selected varieties)

\$1⁷⁹

4 oz



Organic Valley
Organic Shredded Cheese
(selected varieties)

\$4²⁹

6 oz



Hope
Organic Hummus
(selected varieties)

\$2⁷⁹

8 oz



Perfect Bar
Protein Bar
(selected varieties)

2/\$5

2.2-2.5 oz



Alden's Organic
Organic Ice Cream
(selected varieties)

\$6⁹⁹

48 oz



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Iced Lemon Blueberry Tray Cake

- 1/2 cup sunflower oil
- 3/4 cup cane sugar
- 4 large eggs
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract
- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 2 teaspoons baking powder
- 1/4 teaspoon sea salt
- 1/2 cup blueberries

Lemon Glaze

- 3/4 cup confectioner's sugar
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest

- 1 Preheat oven to 350°F. Line a 9x9 inch baking pan with parchment and set aside.
- 2 In a medium bowl, whisk together oil, sugar, eggs, buttermilk, and vanilla extract until smooth.
- 3 In another bowl whisk together flours, baking powder, and salt.
- 4 Combine dry mixture into wet mixture until smooth. Fold in blueberries.
- 5 Pour mixture into baking pan and smooth the top. Bake for 28 minutes or until a knife inserted comes out clean. Set aside to cool.
- 6 Stir together confectioner's sugar, lemon juice, and zest.
- 7 Drizzle over cake and serve.



Cosmic Bliss
Organic Dairy-Free
Frozen Dessert
(selected varieties)

\$4.79

14 oz



Flax4Life
Brownies
(selected varieties)

\$5.49

14 oz



Dr. Praeger's
Veggie Burgers
(selected varieties)

\$3.29

8-10 oz



Canyon Bakehouse
Gluten-Free Bread
(selected varieties)

\$4.99

18 oz



Udi's Gluten Free
Classic Hot Dog Buns

\$3.79

6 ct



Van's
Waffles
(selected varieties)

2/\$6

8-9 oz



Garden of Life
Raw Organic Protein Powder
(selected varieties)

\$34.99

560-660g



Carlson
The Very Finest Fish Oil

\$39.99

500 ml



Boiron
SinusCalm Tablets

\$9.99

60 tab



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**Solgar
Gentle Iron®**

\$7⁷⁹

90 cap



**Nature's Way
Alive!® Once Daily
Women's 50+ Ultra
Potency Multivitamin**

\$17⁴⁹

60 tab



**Rainbow Light
Women's One
Multivitamin**

\$15³⁹

60 tab



**MegaFood
Blood Builder**

\$12⁴⁹

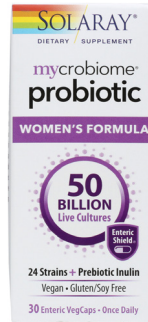
30 tab



**Solaray
Mycrobiome Probiotic
Women's Formula**

\$30⁹⁹

30 cap



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

\$29⁹⁹

60 vcap



**Aura Cacia
Peppermint Essential Oil**

\$5⁴⁹

.5 oz



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

\$17⁴⁹

1.7 oz



**Jason
Toothpaste
(selected varieties)**

\$3⁴⁹

4.2-6 oz



**Dr. Bronner's
All-One Toothpaste
(selected varieties)**

\$4⁴⁹

5 oz



**Better Life
All-Purpose Cleaner
(selected varieties)**

\$3⁹⁹

32 oz



**Badger
Aloe Vera Gel Mineral Sunscreen Cream
(selected varieties)**

\$5²⁹

4 oz



**Badger
(selected varieties)**

\$11⁹⁹

2.9 oz

Caring for our planet is a core guiding principle at Badger, and that same care goes into every product we make. Formulated with just a few clean ingredients, our reef-friendly sunscreens are safer for people and the planet. Expert-crafted, ocean-approved.



BADGER®
CULTIVATE GOOD

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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.

ALABAMA

Manna Grocery & Deli

ARKANSAS

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

Apple Valley Natural Foods
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
Better Health Market
Dale's Natural Foods
Edson Farms 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
Nutrition Stop
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

Grubb's Grocery
Natural Foods Market
Nutrition World
The Turnip Truck Natural Market

TEXAS

Fresh Plus Markets
Harvest Natural Market
Natural Foods Market
Next Generation
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