

Proud member of



# INDEPENDENT CHOICE

June 2022

"Summer has a flavor like no other. Always fresh and simmered in sunshine."

-Oprah Winfrey



**Daiya**  
Dairy-Free Slices  
(selected varieties)

**\$3.49**

7.8 oz



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

**\$2.79**

16 oz



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

**2/\$5**

12-16 oz



**Hilary's**  
Organic Veggie Burgers  
(selected varieties)

**\$2.79**

6.4 oz



**Tofurky**  
Plant-Based Original Sausage  
(selected varieties)

**\$4.79**

14 oz



**GoMacro**  
Organic MacroBar  
(selected varieties)

**\$1.99**

2-2.4 oz



**Lundberg Family Farms**  
Organic Rice Cakes  
(selected varieties)

**\$3.29**

8.5-10 oz



**Annie's**  
Organic Fruit Snacks  
(selected varieties)

**2/\$5**

4 oz



**C2O**  
Coconut Water  
(selected varieties)

**\$1.69**

17.5 oz



**Redwood Hill Farm**  
Plain Goat Milk Kefir

**\$4.79**

32 oz



**Organic Valley**  
Organic Raw Cheese  
(selected varieties)

**\$4.79**

8 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 June.



Annie's  
Mac & Cheese  
(selected varieties)



Good Health  
Avocado Oil  
Potato Chips  
(selected varieties)



Cadia  
Organic Yellow  
Corn Chips



**4/\$5**

5.25-6 oz

**2/\$5**

5 oz

**2/\$5**

9 oz

## Spicy Grilled BBQ Chicken

8 chicken drumsticks  
2 tablespoons olive oil  
Salt and pepper, to taste  
½ teaspoon smoked paprika  
½ teaspoon garlic powder  
¾ cup barbeque sauce  
¼ cup hot sauce  
Cilantro, for garnish

1 Heat an outdoor grill to high heat (450°F).

2 Brush chicken with olive oil and season with salt, pepper, garlic powder, and smoked paprika.

3 Place chicken on the heated grill. Cover and cook for five minutes or until chicken easily comes off the grates. Flip the chicken and continue to cook for another five minutes.

4 Baste chicken with barbeque sauce and hot sauce, flipping every two minutes and basting again. Continue basting and flipping the chicken until the internal temperature reaches 165°F.

5 Remove chicken from grill and allow to rest on a clean plate for five minutes and garnish with cilantro before serving.



Hippeas  
Organic Chickpea Puffs  
(selected varieties)



**\$2.29**

4 oz

Annie's  
Organic Dressing  
(selected varieties)



**2/\$6**

8 oz

Once Again Nut Butter  
Organic Tahini



**\$10.49**

16 oz

Chosen Foods  
Avocado Oil



**\$8.79**

500 ml

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

**2/\$6**

4-8.5 oz

*Back to*  
**nature**

Back to Nature's Plant Based foods give people truly delicious foods made from recipes inspired by nature. Our cookies and crackers are uncomplicated and deliciously simple. We hope you enjoy.



**Back to Nature Chocolate Chunk Cookies**

**2/\$7**

9.5 oz

**Manitoba Harvest Organic Hemp Hearts**

**\$9.99**

12 oz



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

**2/\$6**

8.6-14.6 oz



**Alter Eco Organic Chocolate Bar**  
(selected varieties)

**2/\$6**

2.65-2.82 oz



**Laird Superfood Superfood Creamer**  
(selected varieties)

**\$6.29**

8 oz



**Madhava Organic Coconut Sugar**

**\$4.79**

16 oz



**Eternal Naturally Alkaline Spring Water**

**2/\$3**

1 lt



**R.W. Knudsen Simply Nutritious**  
(selected varieties)

**\$2.99**

32 oz



## Refreshing Summer Fruit Punch

4 cups cranberry juice  
1 cup pineapple juice  
1 cup orange juice  
¼ cup lime juice  
3 cups water, still or sparkling  
Raspberries, for garnish  
Mint, for garnish  
Ice, for serving

1 In a large pitcher, mix together water and fruit juices.  
2 Serve over ice and garnish with raspberries and a sprig of mint.



**Clean Cause**  
**Organic Sparkling Yerba Mate**  
(selected varieties)



**2/\$5**

16 oz

**Pacific Foods**  
**Organic Plant-Based Beverage**  
(selected varieties)



**\$3.29**

32 oz

**KeVita**  
**Organic Sparkling Probiotic Drink**  
(selected varieties)



**2/\$5**

15.2 oz

**Live**  
**Organic Kombucha**  
(selected varieties)



**\$1.99**

12 oz

**Koia**  
**Plant-Based Protein Shake**  
(selected varieties)



**\$2.99**

12 oz

**Meyenberg**  
**Goat Milk**



**\$3.99**

32 oz

**Vital Farms**  
**Butter**



**\$3.49**

8 oz

**So Delicious**  
**Cashewmilk Frozen Dessert**  
(selected varieties)



**\$4.49**

16 oz



The exceptional quality of our food starts with love for our animals. We go all out when caring for our cows, because that makes them happier and healthier. And that makes better milk you can feel good about serving to your family.



**Organic Valley**  
**Organic Milk**  
(selected varieties)

**\$4.79**

64 oz



**Organic Valley**  
**Organic Feta Cheese**

**\$4.49**

8 oz



**Organic Valley**  
**Organic Cheese**  
(selected varieties)

**\$4.49**

8 oz

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**Natural Vitality  
Calm**  
(selected varieties)

**\$14<sup>49</sup>**

8 oz



**Garden of Life  
MyKind Organics Organic  
Apple Cider Vinegar  
Probiotic Gummies**

**\$15<sup>99</sup>**

60 ct



Ancient Nutrition's Multi Collagen Protein and Bone Broth Protein are designed for real results you can see and feel, from ingredients you can trust. We dedicate 1% of all revenue to the R.A.N.C.H Project's 4,000+ acres of Certified Organic, Regenerative farmland.



**Ancient Nutrition  
Bone Broth Protein**  
(selected varieties)

**\$38<sup>99</sup>**

446-504 g



**ANCIENT  
NUTRITION**



**Ancient Nutrition  
Multi Collagen Protein**  
(selected varieties)

**\$38<sup>99</sup>**

454.5-513 g

**Terry Naturally  
Curamin Extra Strength**

**\$20<sup>99</sup>**

30 tab



**Nordic Naturals  
Omega-3**

**\$21<sup>99</sup>**

120 ct



**MegaFood  
Zinc**

**\$14<sup>99</sup>**

60 tab



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

**\$17<sup>49</sup>**

60 tab



**Natural Factors  
WellBetX® Berberine  
500 mg**

**\$19<sup>99</sup>**

60 vcap



**Renew Life  
Ultimate Flora  
Women's Care  
Probiotic 90 Billion**

**\$32<sup>99</sup>**

30 ct



**Boiron  
Arnicare Gel**

**\$8<sup>99</sup>**

2.6 oz



**Every Man Jack  
Deodorant**  
(selected varieties)

**\$5<sup>49</sup>**

3 oz



**Avalon Organics  
Shampoo or Conditioner**  
(selected varieties)

**\$7<sup>29</sup>**

11 oz



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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](http://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  
Village Nutrition

### 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  
Harmony & Health  
The Health Food Shoppe of Fort Wayne  
Natural Choices for Healthful Living  
Nature's Cupboard  
Rainbow Blossom  
Sunrise Health Foods  
The Sunspot Natural Market

### IOWA

Campbell's Nutrition  
Everybody's Whole Foods  
Heritage Natural 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

Cox Farms Market  
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