

Proud member of



INDEPENDENT CHOICE

November 2022

"Forever on Thanksgiving Day, the heart will find the pathway home."
-Wilbur D. Nesbit



So Delicious
Cocowhip

\$3.49

9 oz



Farmer's Market
Organic Pumpkin Pie Mix

\$2.99

15 oz



Lily's
Chocolate Baking Chips
(selected varieties)

\$6.29

9 oz



Wholly Wholesome
Gluten Free Pie Shells

\$5.79

14 oz



CADIA
Organic Cranberry Sauce

2/\$5

14 oz



Muir Glen
Organic Diced Tomatoes
(selected varieties)

4/\$5

14.5 oz



Pacific Foods
Organic Broth
(selected varieties)

\$3.79

32 oz



Bragg
Organic Apple Cider Vinegar

\$4.79

32 oz



Cascadian Farm Organic
Organic Potatoes
(selected varieties)

\$3.79

16 oz



Yogi
Tea
(selected varieties)

\$3.29

16 ct



Milkadamia
Macadamia Milk
(selected varieties)

2/\$7

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

2/\$7

10 oz



Lundberg Family Farms
Organic Rice Pouches
(selected varieties)

\$7.29

2 lb



Mike's Mighty Good
Craft Ramen
(selected varieties)

\$1.79

1.6-1.9 oz



Dr. McDougall's
Soup Cup
(selected varieties)

\$1.79

1.3-3.4 oz



Late July
Organic Tortilla Chips
(selected varieties)

\$3.29

7.4-10.1 oz



Siete
Kettle Cooked Potato Chips
(selected varieties)

2/\$6

5.5 oz



Barnana
Organic Plantain Chips

2/\$7

4-5 oz



Vegan Rob's
Puffs
(selected varieties)

\$2.99

3.5 oz



Back to Nature
Organic Crackers
(selected varieties)

2/\$6

6 oz



Once Again Nut Butter
Organic Tahini

\$6.99

16 oz



Simply Organic
Organic Gravy Mix

\$1.19

.85 oz



Spectrum
Organic Shortening

\$8.29

24 oz



Kettle & Fire
Cooking Broth
(selected varieties)

\$3.29

32 oz



California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

\$7.29

16.9 oz



Primal Kitchen
Avocado Oil

\$9.49

16.9 oz



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

\$7⁷⁹

14 oz



**Annie's
Organic Graham Crackers**

2/\$7

14.4 oz



**Navitas
Organic Cacao Powder**

\$5⁹⁹

8 oz



**Chatfield's
Carob Powder**

\$5⁹⁹

16 oz



**Pamela's
Pancake & Baking Mix**

\$5⁷⁹

24 oz



**Swerve
Sugar Replacement
(selected varieties)**

\$4⁹⁹

12 oz



**Dandies
Vegan Marshmallows
(selected varieties)**

\$2⁹⁹

10 oz



**Wholesome
Organic Brown Sugar**

\$3⁹⁹

24 oz



**Jovial
Organic Einkorn Flour
(selected varieties)**

\$4⁹⁹

32 oz



**Inspiring Joy with
Wholesome Foods**



**Bob's Red Mill
Nut Flour
(selected varieties)**

\$7⁹⁹

16 oz



**Bob's Red Mill
Baking Soda**

\$2⁷⁹

16 oz



**Bob's Red Mill
Baking Powder**

\$3²⁹

14 oz

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Sparkling Spiced Cider

- 1 gallon apple cider
- 1 ½ cups pear juice
- 1 bottle prosecco or sparkling pear juice
- 4 oranges, sliced, divided
- 6 cinnamon sticks
- 6 cloves
- 2 star anise
- 2 honey crisp apples, cored and sliced, for garnish
- A few sprigs of fresh thyme, for garnish



1 In a 6-quart stockpot, bring apple cider, pear juice, half of the orange slices, cinnamon sticks, cloves, and star anise to just under a simmer and cook for 15 minutes.

2 Remove from heat and carefully strain into a large serving vessel, top with prosecco or sparkling pear juice. Serve warm, garnish with remaining orange slices, apple slices, and fresh thyme sprigs.

Panda Licorice
(selected varieties)

\$2⁹⁹

7 oz



SweetLeaf Liquid Stevia
(selected varieties)

\$5⁷⁹

2 oz



Traditional Medicinals Organic Tea
(selected varieties)

\$3⁹⁹

14-16 ct



R.W. Knudsen Organic Very Veggie, Low Sodium

\$3⁴⁹

32 oz



Lakewood Organic Pure Cranberry Juice

\$8⁷⁹

32 oz



Vita Coco Coconut Water
(selected varieties)

\$3⁹⁹

1 lt



Califia Farms Oat Barista Blend

\$4²⁹

32 oz



Lifeway Organic Kefir
(selected varieties)

\$3⁷⁹

32 oz



JUST Plant-Based Egg Scramble

2/\$6

12 oz



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

\$4.99

8 oz



**Follow Your Heart
Dairy-Free Cheese**
(selected varieties)

\$3.49

4-7 oz



**Earth Balance
Vegan Buttery Sticks**
(selected varieties)

\$4.99

16 oz



**Vital Farms
Butter**
(selected varieties)

\$3.49

8 oz



Loved by chefs and foodies, Miyoko's European Style Cultured Butter is perfect for cooking and baking. There are buttery spreads and then there's Miyoko's. Miyoko's Creamery, based in Northern California's Wine Country, has humbly earned its reputation as "The world's finest plant milk creamery" with its legion of loyal fans.

**Miyoko's
Organic Cultured
Vegan Butter**

\$4.29

8 oz



**Miyoko's
Organic Unsalted
Cultured Vegan Butter**

\$4.29

8 oz

**Immaculate
Organic Flaky Biscuits**

\$3.99

16 oz



daiya
deliciously dairy-free®

Delight in Every Bite

From shredded cheeze to cheezecake, we've got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more.



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

\$3.49

7.8 oz



**Daiya
Dairy-Free Cheese
Style Shreds**
(selected varieties)

\$3.49

7.1 oz



**Daiya
Deluxe Mac & Cheese**
(selected varieties)

\$3.29

10.6-10.9 oz

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**Flax4Life
Brownies**

\$5⁹⁹

14 oz



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

\$7⁹⁹

48 oz



**Bonafide Provisions
Bone Broth
(selected varieties)**

\$7⁹⁹

1.5 lb



**Sweet Earth
Plant-Based Benevolent Bacon**

\$3⁷⁹

5.5 oz



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

\$5⁷⁹

1 lb



**Beyond Meat
Beyond Beef**

\$6⁹⁹

16 oz



**Garden of Life
Grass Fed Collagen
Peptides Powder**

\$31⁹⁹

560 g



**Barlean's
Lignan Flax Oil**

\$10⁹⁹

8 oz



**Natrol
Advanced Sleep
Melatonin**

\$7⁹⁹

60 ct



**Natural Factors
Stress-Relax Tranquil
Sleep Chewable**

\$22⁹⁹

60 tab



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

\$12⁹⁹

16 oz



**MegaFood
Zinc**

\$14⁹⁹

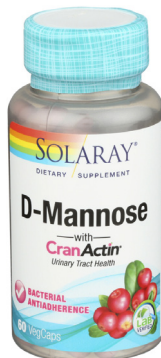
60 ct



**Solaray
D-Mannose w/
CranActin**

\$19⁹⁹

60 cap



**Boiron
Chestal Honey
Cough Syrup**

\$8⁹⁹

6.7 oz



**Gaia Herbs
Black Elderberry Syrup**

\$13⁴⁹

3 oz



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**RidgeCrest Herbals
ClearLungs Classic**

\$14.99

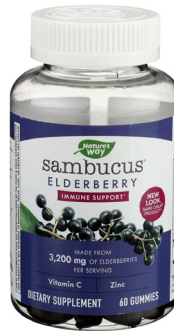
60 ct



**Nature's Way
Sambucus Elderberry
Gummies**

\$15.49

60 ct



**Dr. Bronner's
Organic Toothpaste**



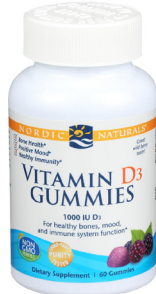
\$4.29

5 oz

**Nordic Naturals
Vitamin D3 Gummies**

\$10.99

60 ct



**Himalaya
Toothpaste
(selected varieties)**

2/\$9

4-5.29 oz



**EO
Everyone Soap
(selected varieties)**

\$7.99

32 oz



**ShiKai
Shampoo or Conditioner
(selected varieties)**

\$6.99

8-12 oz



**Herbatint
Permanent Hair
Color Gel
(selected varieties)**

\$12.99

4.56 oz



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

\$3.79

16 oz



**Seventh Generation
Bath Tissue**

\$9.29

12 ct



If You Care is the natural choice for holiday baking! Our Parchment Baking Paper is Certified Compostable and our Aluminum Foil is 100% recycled. So it's good for your family, your home, and the planet!



**If You Care
Aluminum Foil**

\$4.49

50 sq ft



**If You Care
Parchment Baking Paper**

\$4.49

70 sq ft

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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
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

