

INDEPENDENT Choice™

August 2018

Organic Valley
Organic Shredded Cheese
(selected varieties)

\$3⁹⁹

6 oz



One Degree Organics
Organic Sprouted Brown Rice
Crisps Cereal
(selected varieties)

\$3⁷⁹

8-10 oz



GoMacro
Organic Macrobar

2/\$4

2-2.5 oz



Late July
Organic Bite
Size Sandwich
Crackers

2/\$6

5 oz



Hilary's
Organic
Veggie Burger

2/\$5

6.4 oz



GT's
Organic Enlightened
Kombucha

2/\$5

16 oz



Peeled Snacks
Organic Peas
Please Baked
Snacks

2/\$5

3.3 oz



Follow Your Heart
Soy-Free
Vegenaise

\$4²⁹

16 oz



Lakewood
Organic Pure
Pineapple Juice

\$5²⁹

32 oz



Lundberg Family Farms
Organic
Rice Cakes
(selected varieties)

\$2⁴⁹

8.5-10 oz



Did you know...

The month of August has been referred to as the "dog days of summer" - a period marked by hot, sultry weather and lethargy, but it is not named after over-heated pets. It is actually the period of time (July 3 - August 11) when the star Sirius, the dog star, rises with the sun.

Organic Valley
Organic Pasture Butter

\$4²⁹
8 oz



Justin's
Almond Butter
Squeeze

5/\$5

1.15 oz



Perfect Bar
Bar

2/\$4

2.5 oz



Annie's Homegrown
Classic
Mac & Cheese

5/\$5

6 oz



Spectrum
Organic Unrefined
Extra Virgin Olive Oil

\$9⁷⁹

25.4 oz



Clif Bar
Energy Bar

5/\$5

2.4 oz



Amy's
Burrito
(selected varieties)

2/\$5

5.5-6 oz



Udi's Gluten Free
Gluten Free
Multigrain Bread

\$3⁷⁹

12 oz



Terra Chips
Sweet Potato
Chips
(selected varieties)

2/\$5

5.5-6 oz



Gardein
Crispy
Tenders

\$3⁴⁹

9 oz



Wild Planet
Wild Albacore Tuna

\$3¹⁹

5 oz



Primal Kitchen
Mayo with
Avocado Oil

\$6⁴⁹

12 oz



Koyo
Ramen
(selected varieties)

79¢

2.1 oz



Good Health
Avocado Oil
Potato Chips
(selected varieties)

2/\$5

5 oz



Farmhouse Culture
Organic
Kraut Krisps

\$2⁷⁹

5 oz



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Happy Baby
Organic
Superfood Puffs
(selected varieties)

2/\$5

2.1 oz



Munk Pack
Oatmeal
Fruit Squeeze

3/\$5

4.2 oz



Brown Cow
Cream Top Whole
Milk Yogurt
(selected varieties)

4/\$3

5.3 oz



Stretch Island
Fruit Leather

2/\$1

.5 oz



Barbara's
Puffins Cereal

\$2⁹⁹

10-11 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$6

8.6-16 oz



Santa Cruz Organic
Organic Apple Sauce

\$3⁴⁹

6/4 oz



Annie's Homegrown
Organic
Fruit Snacks

2/\$6

4 oz



That's It.
Fruit Bar
(selected varieties)

4/\$5

1.2 oz



GOODNESS GIVES BACK

CLIP BOX TOPS FOR LOCAL SCHOOLS
EARN CASH FOR CLASSROOMS

More than 20 years of helping schools earn over \$668 million!

BOX TOPS FOR EDUCATION

Annie's HOME GROWN

Cascadian Farm ORGANIC SINCE 1977

Our school has a garden where our class plants flowers and veggies. Our teacher says the Box Tops we clip help the plants in our garden grow. I can't wait to feed a carrot to our bunny!

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gimMe Organic
Organic
Seaweed Snacks

2/\$3

.35 oz



Siete
Grain Free
Tortilla Chips

\$3⁴⁹

5 oz



Late July
Clasico
Tortilla Chips

\$2²⁹

5.5 oz



Annie's Homegrown
Cheddar Bunnies

\$2⁶⁹

7.5 oz



Glutino
Gluten Free
Pretzels

\$3⁷⁹

14.1 oz



Garden of Eatin'
Red Hot Blues

2/\$5

8.1 oz



Peter Rabbit Organics
Organic
Baby Food Pouch

(selected varieties)

\$1²⁹

4-4.4 oz



Hail Merry
Tart

\$2⁶⁹

3 oz



KeVita
Organic Sparkling
Probiotic Drink

(selected varieties)

2/\$5

15.2 oz



Julie's Organic
Organic Ice Cream
Sandwiches

(selected varieties)

\$4⁹⁹

6-8 ct



Coconut Bliss
Organic Frozen
Dessert Bars

(selected varieties)

\$4⁴⁹

3/3 oz



SweetLeaf
Sweet Drops

(selected varieties)

\$8⁹⁹

2 oz



MI-DEL
Gluten Free
Ginger Snaps

\$2⁷⁹

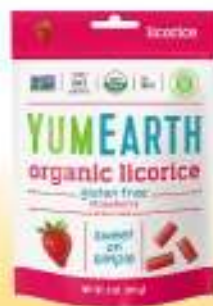
8 oz



YumEarth
Organic
Licorice

2/\$6

5 oz



Live
Organic Kombucha

(selected varieties)

2/\$4

12 oz



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Arrowhead Mills
Buttermilk
Pancake Mix

2/\$7

26 oz



Back to School Pancakes

Ingredients:

- 1 c pancake mix
- 1 T sunflower oil
- 1 c whole milk or water

Toppings:

- 2-3 bananas, peeled & sliced
- 1/2 pint blueberries
- maple syrup
- butter, room temperature

1. Whisk together mix, oil and liquid until smooth.
2. Pour approx. 1/4 cup batter amounts onto a preheated (350° F) oiled griddle, flipping when bubbles appear on surface and edges are beginning to brown. Continue to cook for about 2 minutes.
3. Serve immediately with prepared toppings.



Pamela's
Baking &
Pancake Mix

\$5.79

24 oz



Crofter's Organic
Organic
Premium Spread
(selected varieties)

\$3.79

16.5 oz



Bakery On Main
Granola
(selected varieties)

\$3.79

11 oz



Nature's Bakery
Gluten Free Fig Bar

69¢

2 oz



Redwood Hill Farm
Plain Cultured
Goat Milk Kefir

\$5.49

32 oz



Purely Elizabeth
Granola

\$4.99

12 oz



Nature's Path
Organic Heritage
Flakes Cereal

\$6.99

32 oz



The Greek Gods
Yogurt
(selected varieties)

2/\$7

24 oz



Bob's Red Mill
Muesli

\$2.99

18 oz



Erewhon
Organic Cereal
(selected varieties)

\$3.49

10 oz



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Vita Coco
Pure
Coconut Water

2/\$6

1 lt



Taste Nirvana
Coconut Water
(selected varieties)

\$1⁶⁹

9.5 oz



Honest Tea
Organic Iced Tea
(selected varieties)

4/\$5

16 oz



Mountain Valley
Spring Water

2/\$3

1 lt



Guayaki
Organic
Yerba Mate

2/\$5

15.5 oz



Eternal
Naturally
Alkaline Water

2/\$3

1 lt



Essentia
Alkaline Water

3/\$5

1 lt



Rainbow Light
Men's One
Multivitamin

\$21⁹⁹

90 ct



MegaFood
Balanced
B Complex

\$12⁹⁹

30 tab



Garden of Life
myKind Organics
Organic B-12 Spray

\$12⁴⁹

2 oz



Nordic Naturals
Nordic Berries

\$19⁹⁹

120 ct



Natural Factors
Stress Relax®
Pharma GABA
100mg Chewable

\$20⁹⁹

60 tab



Natural Vitality
Natural Calm
Plus Calcium

\$16⁹⁹

8 oz



PlantFusion
Complete
Plant Protein
(selected varieties)

\$21⁹⁹

1 lb



tera'swhey
Organic
Whey Protein

\$23⁹⁹

12 oz



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Hyland's
4 Kids
Calm 'n Restful

\$6⁴⁹
125 tab



Jarrow Formulas
Jarro-Dophilus
EPS 5 Billion

\$15⁹⁹
60 vcap



Thayers
Witch Hazel
(selected varieties)

\$7⁴⁹
12 oz



Desert Essence
Toothpaste
(selected varieties)

\$4⁷⁹
6.25 oz



Boiron
Arnicare Gel

\$8⁴⁹
2.6 oz



CleanWell
Natural Hand
Sanitizer Spray

\$2⁴⁹
1 oz



Dr. Bronner's
Toothpaste

\$4⁴⁹
5 oz



Andalou Naturals
Argan Oil & Shea Moisture
Rich Shampoo
& Conditioner

\$6⁴⁹
11.5 oz



Nature's Gate
Shampoo &
Conditioner
(selected varieties)

\$4⁷⁹
18 oz



Better Life
All-Purpose
Cleaning Wipes

\$4⁹⁹
70 ct



ACURE
Mega Moisture
Shampoo &
Conditioner

\$6⁴⁹
12 oz



EO
Everyone Soap

\$6⁹⁹
32 oz



Castor & Pollux
Organic Organix
Butcher &
Bushel Dog Food

\$2¹⁹
12.7 oz



Mrs. Meyers Clean Day
Hand Soap

\$3⁷⁹
12.5 oz



Seventh Generation
Dish Liquid

\$2⁷⁹
25 oz



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You're off to a great place,
your mountain is waiting,
so get on your way!
~Dr. Seuss



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

ALABAMA

Manna Grocery & Deli
2300 McFarland Blvd E,
Tuscaloosa

ARKANSAS

Nature's Wonders
910 Hwy 62-65 N, Harrison

The Truck Patch

1602 Hwy 62E, Mountain Home
906 Southwest Dr, Jonesboro

ILLINOIS

Choices Natural Market
6718 Broadcast Pkwy, Loves Park

Cornucopia

Natural Market & Deli
176 Seminary St, Galesburg

Green Earth Grocery

441 S Buchanan St, Edwardsville

Heritage Natural Foods

1317 6th Ave, Moline

Kankakee Natural Foods

1035 Mulligan Dr, Bradley

Local Foods

1427 W Willow, Chicago

Naturally Organic Grocery

112 W Main St, Rockton

Polson's Natural Foods

960 Main St, Antioch

Southtown Health Foods

2100 W 95th St, Chicago

Sunrise Health Foods

17650 Torrence Ave, Lansing
3203 Vollmer Rd, Flossmoor
4111 W 183rd St, Country Club Hills

INDIANA

Cathy's Natural Market
1315 North Cass St, Wabash

Down to Earth Natural Foods

14678 SR 23 E, Grainger

Georgetown Market

4375 Georgetown Rd, Indianapolis

The Good Earth

Natural Food Co
6350 Guilford Ave, Indianapolis

Natural Choices

for Healthful Living
1825 Central Ave, Columbus

Nature's Cupboard

757 Indian Boundary Rd,
Chesterton
340 Dunes Plaza, Michigan City

Rainbow Blossom

3003 Charlestown Crossing Way,
New Albany

Sunrise Health Foods

1708 E Lincolnway, Valparaiso

The Sunspot Natural Market

3717 S Reed Rd, Kokomo
500 W Sagamore Pkwy,
West Lafayette

Tyner Pond Farm Market

120 S Audubon Rd, Indianapolis

IOWA

Campbell's Nutrition
4040 University Ave, Des Moines
2749 100th St, Urbandale

Everybody's Whole Foods Store

501 N 2nd St, Fairfield

Heritage Natural Foods

3875 Elmora Ave, Davenport

KANSAS

Kountry Cupboard
15750 SW 150th St, Rose Hill

KENTUCKY

Happy Meadow Natural Foods
286 Glades Rd, Berea

Rainbow Blossom

3738 Lexington Rd, Louisville
3608 Springhurst Blvd, Louisville
12232 Shelbyville Rd, Louisville
3046 Bardtown Rd, Louisville

MICHIGAN

Better Health Market
2420 E Stadium, Ann Arbor
42875 Grand River, Novi
10792 Belleville Rd, Belleville
2053 S Telegraph, Bloomfield Hills
1330 N Telegraph Rd, Dearborn
305 N Clippert St, Lansing
19850 Mack Ave, Grosse Pointe Woods

20452 Farmington Rd, Livonia
44427 W Ann Arbor Rd, Plymouth
17066 W 15 Mile Rd, Beverly Hills
33452 Van Dyke, Sterling Heights
17825 Eureka Rd, Southgate
6235 W Saginaw, Lansing
14105 Hall Rd, Shelby Township

Natural Health Center

4610 W Main St, Kalamazoo

MINNESOTA

A Clean Plate
Local & Organic Grocer
13 Birch Ave SE, Menahga

MISSOURI

Clovers Natural Market
2012 E Broadway, Columbia
2100 Chapel Plaza Ct, Columbia

Mama Jean's Natural Market
3503 E Sunshine, Springfield
1727 S Campbell Ave, Springfield
1110 E Republic Rd, Springfield

MJ's Market & Deli
900 E Battlefield, Springfield

Natural Health Organic Foods
135 S Broadview St,
Cape Girardeau

Nature's Own Health Market
1020 Westport Road, Kansas City
310 E 5th St, Kansas City

Suzanne's Natural Foods
3106 S Connecticut, Joplin

OHIO

Raisin Rack
Natural Food Market
4629 Cleveland Ave NW, Canton
2545 Schaeck Rd, Westerville

PENNSYLVANIA

Nature's Way Market
796 Highland Ave, Greenburg

TEXAS

Fresh Plus
1221 W Lynn St, Austin
408 E 43rd St, Austin
2917 W Anderson Ln, Austin
2401 San Gabriel, Austin

WEST VIRGINIA

Mother Earth Foods
1638 19th St, Parkersburg

WISCONSIN

Downtown Grocery
607 Third St, Wausau
The Free Market
734 W Wisconsin Ave, Appleton

Good Harvest Market
2205 Silvernail Rd, Pewaukee

The Grainery

127 3rd St, Baraboo

Greens N Grains
7821 Hwy 42, Egg Harbor

Healthy Way Market
142 S 3rd Ave, Sturgeon Bay

Village Market
806 S Main St, Fond du Lac