

# INDEPENDENT Choice™

October 2018

So Delicious  
Organic Coconut Milk

**\$3<sup>29</sup>**  
64 oz



Ancient Harvest  
Organic Supergrain Pasta

**2/\$5**  
8 oz



GoMacro  
Organic MacroBar

**2/\$4**  
2-2.4 oz



Dr. Bronner's  
Organic Virgin  
Coconut Oil

**\$7<sup>99</sup>**  
14 oz



Justin's  
Organic Peanut  
Butter Cups

**2/\$3**  
1.4 oz



Cascadian Farm Organic  
Organic Cereal  
(selected varieties)

**2/\$6**  
8.6-15.6 oz



Lundberg Family Farms  
Organic  
Rice Cakes  
(selected varieties)

**\$2<sup>99</sup>**  
8.5-10 oz



Organic India  
Organic  
Tulsi Tea  
(selected varieties)

**\$3<sup>49</sup>**  
18 ct



Hilary's  
Organic  
Veggie Burger  
(selected varieties)

**2/\$5**  
6.4 oz



R.W. Knudsen  
Organic  
Tomato Juice

**\$2<sup>29</sup>**  
32 oz



**Did you know...**

Jack o' Lanterns were originally carved out of large turnips until the tradition was brought to America, largely due to the Potato Famine migration, where pumpkins were more abundant.

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 October.

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Bragg  
Liquid Aminos

**\$5<sup>99</sup>**  
32 oz



Crown Prince Natural  
Skinless & Boneless  
Sardines in  
Olive Oil

**\$2<sup>39</sup>**  
3.75 oz



Organic Valley  
Organic  
Shredded Cheese

**\$3<sup>79</sup>**  
6 oz



DeBoles  
Rice Lasagna

**2/\$5**

10 oz



Explore Cuisine  
Organic Bean  
Pasta  
(selected varieties)

**\$3<sup>49</sup>**

8 oz



Siete  
Grain Free  
Tortillas  
(selected varieties)

**\$6<sup>49</sup>**

8 ct



Chickpea Pasta  
Organic Pasta

**2/\$6**

8 oz



Quorn  
Meatless  
Alternative  
(selected varieties)

**2/\$4**

7.76-11.3 oz



Westbrae  
Organic Beans  
(selected varieties)

**2/\$4**

15 oz



Pacific  
Organic  
Creamy Soup

**\$3<sup>29</sup>**

32 oz



California Olive Ranch  
Everyday Extra  
Virgin Olive Oil

**\$7<sup>99</sup>**

16.9 oz



Beyond Meat  
Beyond Beef  
Crumbles

**\$3<sup>49</sup>**

10 oz



Tasty Bite  
Indian Entrée  
(selected varieties)

**\$2<sup>29</sup>**

10 oz



Farmhouse Culture  
Organic Kraut

**\$4<sup>99</sup>**

16 oz



Late July  
Organic  
Cantina Dippers

**2/\$6**

8 oz



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Organic Valley  
Organic Raw Mild  
Cheddar Cheese

**\$4<sup>49</sup>**  
8 oz



Lightlife  
Organic Fakin' Bacon  
Tempeh Strips

**\$3<sup>49</sup>**  
6 oz



Kite Hill  
Cream Cheese  
Style Spread  
(selected varieties)

**\$4<sup>69</sup>**  
8 oz



Rumiano  
Organic  
Sliced Cheese  
(selected varieties)

**\$3<sup>29</sup>**  
6 oz



Primal Kitchen  
Mayo with  
Avocado Oil

**\$6<sup>49</sup>**  
12 oz



Once Again Nut Butter  
Organic Sunflower  
Seed Butter

**\$4<sup>79</sup>**  
16 oz



Peeled Snacks  
Organic  
Peas Please  
Baked Snack

**\$2<sup>29</sup>**  
3.3 oz



Udi's Gluten Free  
Multigrain Bread

**\$3<sup>79</sup>**  
12 oz



Crofter's Organic  
Organic  
Premium Spread  
(selected varieties)

**\$3<sup>79</sup>**  
16.5 oz



Late July  
Organic  
Multigrain  
Tortilla Chips

**\$2<sup>29</sup>**  
5.5-6 oz



Angie's  
BoomChickaPop  
Popcorn  
(selected varieties)

**\$2<sup>29</sup>**  
4.4-7 oz



**CROFTER'S<sup>®</sup>**  
ORGANIC

FRUIT SPREADS THAT CARE  
FOR PEOPLE AND THE PLANET

We take care to source heritage varieties of organic and non gmo fruit from suppliers that support traditional agricultural communities in the best fruit growing regions around the world.



**33% LESS SUGAR**  
THAN A RESERVE  
BY CROFTER'S WEATHER

- ✓ GREAT FRUIT TASTE
- ✓ CLEAN INGREDIENTS
- ✓ GLUTEN FREE ✓ VEGAN

CROFTERSORGANIC.COM



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 October.

Honest Tea  
Organic Iced Tea  
(selected varieties)



**4/\$5**

16 oz

gimMe Organic  
Organic  
Seaweed Snack



**2/\$3**

.35 oz

EPIC  
Meat Bar



**2/\$4**

1.3-1.5 oz

Brew Dr. Kombucha  
Organic Kombucha  
(selected varieties)



**\$2<sup>69</sup>**

14 oz

Amy & Brian  
Coconut Water  
(selected varieties)



**\$1<sup>69</sup>**

17.5 oz

thinkThin  
High Protein Bar



**3/\$4**

2.1 oz

Q Drinks  
Tonic Water



**\$4<sup>99</sup>**

750 ml



Vita Coco  
Coconut Water



**2/\$6**

1 L

Simple Mills  
Almond Flour  
Crackers



**\$3<sup>29</sup>**

4.25 oz

Eternal  
Naturally Alkaline  
Water



**2/\$3**

1 L

Glutino  
Gluten Free  
Pretzels



**\$3<sup>79</sup>**

14.1 oz

Barbara's  
Cheese Puffs



**2/\$4**

5.5-7 oz

Boulder Canyon  
Avocado Oil  
Potato Chips



**2/\$5**

5.25 oz



G.H. Cretors  
Popcorn  
(selected varieties)



**\$2/5**

4-8 oz

Garden Of Eatin'  
Chips  
(selected varieties)



**2/\$5**

5-8.1 oz



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Califia Farms  
Better Half  
Creamer  
(selected varieties)

**\$3<sup>29</sup>**

16.9 oz.



Brown Cow  
Cream Top Whole  
Milk Yogurt

**5/\$4**

5-5.3 oz.



So Delicious  
Organic  
Coconut Milk

**\$2<sup>29</sup>**

32 oz.



Native Forest  
Organic Classic  
Coconut Milk

**\$2<sup>29</sup>**

13.5 oz.



Lakewood  
Organic Pure  
Pineapple Juice

**\$5<sup>29</sup>**

32 oz.



Sambazon  
Organic Smoothie Packs  
(selected varieties)

**\$4<sup>99</sup>**

4/100 g



Numi  
Organic Tea  
(selected varieties)

**\$4<sup>79</sup>**

18 ct.



Yogi  
Tea

**2/\$6**

16 ct.



Endangered Species  
Chocolate Bar

**2/\$5**

3 oz.



EVERYONE HAS  
A RIGHT TO  
KNOW WHATS  
IN THEIR FOOD.



VOTE NON-GMO  
EVERY TIME  
YOU SHOP!

**Celebrate  
Non-GMO Month!**

TOGETHER WE CAN PROTECT A SAFE, HEALTHY NON-GMO FOOD SUPPLY FOR FUTURE GENERATIONS.  
CELEBRATE YOUR RIGHT TO CHOOSE NON-GMO FOOD AND PRODUCTS THIS OCTOBER!



LEARN MORE AT [LIVINGNONGMO.ORG](http://LIVINGNONGMO.ORG)

Alter Eco  
Organic  
Chocolate Bar  
(selected varieties)

**2/\$5**

2.82 oz.



Hail Merry  
Tart  
(selected varieties)

**\$2<sup>99</sup>**

3 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 October.

KIND  
Bar  
(selected varieties)



**4/\$5**

1.4 oz

Stretch Island  
Fruit Leather



**2/\$1**

.5 oz



Munk Pack  
Oatmeal  
Fruit Squeeze



**3/\$5**

4.2 oz



Perfect Bar  
Protein Bar



**2/\$4**

1.6-2.5 oz



That's It.  
Fruit Bar  
(selected varieties)



**4/\$5**

1.2 oz



SweetLeaf  
Sweet Drops  
(selected varieties)



**\$8<sup>29</sup>**

2 oz



ProBar  
Base 20g Protein Bar



**2/\$4**

2.46 oz



Orgain  
Organic Vegan  
Protein Shake



**\$1<sup>99</sup>**

11 oz

Barbara's  
Puffins Cereal  
(selected varieties)



**\$3<sup>29</sup>**

10-11 oz



Julie's Organic  
Organic Vanilla Ice Cream  
Sandwich



**\$4<sup>99</sup>**

6 ct

Purely Elizabeth  
Granola



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

12 oz



Erewhon  
Organic Cereal  
(selected varieties)



**\$3<sup>49</sup>**

10-11 oz



Sunspire  
Organic Chocolate Chips  
(selected varieties)



**\$3<sup>99</sup>**

9 oz

Green Valley Organics  
Organic Lowfat Kefir



**\$4<sup>69</sup>**

32 oz

Uncle Matt's  
Organic Pulp Free  
Orange Juice



**\$5<sup>99</sup>**

59 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 October.*

Wedderspoon  
Organic Manuka  
Honey Drops

**\$7<sup>99</sup>**

4 oz



Sovereign Silver  
Bio-Active  
Silver Hydrosol  
Vertical Spray

**\$11<sup>99</sup>**

2 oz



Manitoba Harvest  
Organic  
Hemp Hearts

**\$10<sup>49</sup>**

12 oz



Gaia Herbs  
Organic Black  
Elderberry Syrup

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

3 oz



Natural Vitality  
Natural Calm  
Plus Calcium

**\$16<sup>99</sup>**

8 oz



The Ginger People  
Gin Gins® Ginger Candy  
(selected varieties)

**2/\$4**

3 oz



Lily of the Desert  
Organic Whole Leaf  
Aloe Vera Juice

**\$6<sup>99</sup>**

32 oz



Solaray  
D-Mannose with  
CranActin

**\$17<sup>99</sup>**

60 cap



Bach  
Rescue Pastilles

**\$6<sup>99</sup>**

50 g



Carlson  
Lemon Cod  
Liver Oil

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

8.4 oz



Boiron  
Coldcalm

**\$8<sup>49</sup>**

60 tab



Terry Naturally  
CuraMed 750mg

**\$27<sup>99</sup>**

30 gel



PlantFusion  
Complete Plant  
Protein  
(selected varieties)

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

1 lb



Vega  
Sport Performance  
Protein

**\$43<sup>99</sup>**

28.3-29.5 oz



Amazing Grass  
The Original  
Green SuperFood

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

8.5 oz



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Aura Cacia  
Lavender  
Essential Oil

**\$8<sup>49</sup>**  
5 oz.



Natural Factors  
BioSil® Skin,  
Hair, Nails

**\$26<sup>99</sup>**  
60 vcap



Garden of Life  
RAW Probiotics Women  
50 & Wiser

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



Reserveage Nutrition  
Keratin Hair  
Booster

**\$33<sup>99</sup>**  
60 ct



Rainbow Light  
Women's One  
Multivitamin

**\$23<sup>99</sup>**  
90 ct



New Chapter  
Every Woman's™  
One Daily 40+

**\$31<sup>99</sup>**  
48 tab



Crystal  
Body Deodorant  
Roll-On

**\$2<sup>99</sup>**  
2.25 oz.



Alaffia  
Coconut Reishi  
Deodorant

**\$4<sup>49</sup>**  
2.65 oz.



Andalou Naturals  
Resveratrol Q10 Night  
Repair Cream

**\$16<sup>99</sup>**  
1.7 oz.



ACURE  
Brilliantly Brightening  
Day Cream

**\$10<sup>49</sup>**  
1.7 oz.



EO  
Everyone Soap

**\$6<sup>99</sup>**  
32 oz.



ANDALOU  
NATURALS

FRUIT  
STEM  
CELL  
SCIENCE®

EO  
Everyone  
SOAP

Resveratrol Q10  
Night Repair  
Cream

NON  
GMO  
Project  
VERIFIED  
nongmoproject.org

The 1st beauty brand  
to be Non-GMO  
Project Verified.

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Jarrow Formulas  
Saccharomyces  
Boulardii + MOS

**\$17<sup>99</sup>**

90 vcap



Nordic Naturals  
Ultimate Omega

**\$22<sup>39</sup>**

60 ct



Dr. Tung's  
Smart Floss

**\$3<sup>99</sup>**

1 ct



Nature's Way  
Sambucus  
Gummies

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

60 ct



Oregon's Wild Harvest  
Organic  
Milk Thistle

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

90 ct



Nature's Answer  
PerioBrite  
Mouthwash  
(selected varieties)

**\$7<sup>49</sup>**

16 oz



Renew Life  
Cleanse More

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

60 cap



Quantum Health  
Super Lysine+

**\$6<sup>99</sup>**

90 ct



Himalaya  
Neem & Pomegranate  
Toothpaste

**\$4<sup>99</sup>**

5.29 oz



Dr. Bronner's  
Pure-Castile  
Liquid Soap

**\$12<sup>49</sup>**

32 oz



MegaFood  
MegaFlora

**\$18<sup>49</sup>**

30 cap



Castor & Pollux  
Organic Organix  
Butcher & Bushel  
Dog Food

**\$2<sup>19</sup>**

12.7 oz



Seventh Generation  
Dish Liquid

**\$2<sup>79</sup>**

22-25 oz



ECOS  
Laundry  
Detergent  
(selected varieties)

**\$9<sup>99</sup>**

100 oz



Biokleen  
Laundry Liquid

**\$9<sup>49</sup>**

64 oz



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Life starts all over  
again when it gets  
crisp in the fall.

~F. Scott Fitzgerald



**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, Galena

**Green Earth Grocery**

441 S Buchanan St, Edwardsville

**Heritage Natural Foods**

1317 6th Ave, Moline

**Kanikacee Natural Foods**

1035 Mulligan Dr, Bradley

**Local Foods**

1427 W Willow, Chicago

**Polson's Natural Foods**

960 Main St, Astoria

**Southtown Health Foods**

2100 W 95th St, Chicago

**Sunrise Health Foods**

17630 Terrence Ave, Lansing  
3203 Vollmar 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 SR23 E, Granger

**Georgetown Market**

4375 Georgetown Rd, Indianapolis

**The Good Earth  
Natural Food Company**  
6350 Guilford Ave, Indianapolis

**Natural Choices**

for **Healthful Living**  
1825 Central Ave, Columbus

**Nature's Cupboard**

761 Indian Boundary Rd Svc 3,  
Chesterion

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 Elmore Ave, Davenport

**KANSAS**

**Kountry Kuperboard**  
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

20432 Farmington Rd, Livonia

44427 W Ann Arbor Rd, Plymouth

17696 W 13 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**

15 Birch Ave SE, Menasha

**MISSOURI**

**Clovers Natural Market**

2012 E Broadway, Columbia

2100 Chapel Plaza Ct, Columbia

**Mama Jean's Natural Market**

3530 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 Concession, Joplin

**OHIO**

**Raisin Rack**

**Natural Food Market**

4629 Cleveland Ave NW, Canton

2545 Schmick Rd, Westerville

**PENNSYLVANIA**

**Nature's Way Market**

796 Highland Ave, Greensburg

**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, Food du Lac