

INDEPENDENT Choice™

October 2018

So Delicious
Organic Coconut Milk

\$3²⁹
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

\$7⁹⁹
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)

\$2⁹⁹
8.5-10 oz



Organic India
Organic
Tulsi Tea
(selected varieties)

\$3⁴⁹
18 ct



Hilary's
Organic
Veggie Burger
(selected varieties)

2/\$5
6.4 oz



R. W. Knudsen
Organic
Tomato Juice

\$2²⁹
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

\$5⁹⁹
32 oz



Crown Prince Natural
Skinless & Boneless
Sardines in
Olive Oil

\$2³⁹
3.75 oz



Organic Valley
Organic
Shredded Cheese

\$3⁷⁹
6 oz



DeBoles
Rice Lasagna

2/\$5

10 oz



Explore Cuisine
Organic Bean
Pasta
(selected varieties)

\$3⁴⁹

8 oz



Siete
Grain Free
Tortillas
(selected varieties)

\$6⁴⁹

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

\$3²⁹

32 oz



California Olive Ranch
Everyday Extra
Virgin Olive Oil

\$7⁹⁹

16.9 oz



Beyond Meat
Beyond Beef
Crumbles

\$3⁴⁹

10 oz



Tasty Bite
Indian Entrée
(selected varieties)

\$2²⁹

10 oz



Farmhouse Culture
Organic Kraut

\$4⁹⁹

16 oz



Late July
Organic
Cantina Dippers

2/\$6

8 oz



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Organic Valley
Organic Raw Mild
Cheddar Cheese

\$4⁴⁹
8 oz



Lightlife
Organic Fakin' Bacon
Tempeh Strips

\$3⁴⁹
6 oz



Kite Hill
Cream Cheese
Style Spread
(selected varieties)

\$4⁶⁹
8 oz



Rumiano
Organic
Sliced Cheese
(selected varieties)

\$3²⁹
6 oz



Primal Kitchen
Mayo with
Avocado Oil

\$6⁴⁹
12 oz



Once Again Nut Butter
Organic Sunflower
Seed Butter

\$4⁷⁹
16 oz



Peeled Snacks
Organic
Peas Please
Baked Snack

\$2²⁹
3.3 oz



Udi's Gluten Free
Multigrain Bread

\$3⁷⁹
12 oz



Crofter's Organic
Organic
Premium Spread
(selected varieties)

\$3⁷⁹
16.5 oz



Late July
Organic
Multigrain
Tortilla Chips

\$2²⁹
5.5-6 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹
4.4-7 oz



CROFTER'S[®]
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 RECIPES

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



CROFTERSORGANIC.COM



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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)



\$2⁶⁹

14 oz

Amy & Brian
Coconut Water
(selected varieties)



\$1⁶⁹

17.5 oz

thinkThin
High Protein Bar



3/\$4

2.1 oz

Q Drinks
Tonic Water



\$4⁹⁹

750 ml



Vita Coco
Coconut Water



2/\$6

1 lt

Simple Mills
Almond Flour
Crackers



\$3²⁹

4.25 oz

Eternal
Naturally Alkaline
Water



2/\$3

1 lt

Glutino
Gluten Free
Pretzels



\$3⁷⁹

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)

\$3²⁹

16.9 oz.



Brown Cow
Cream Top Whole
Milk Yogurt

5/\$4

5-5.3 oz.



So Delicious
Organic
Coconut Milk

\$2²⁹

32 oz.



Native Forest
Organic Classic
Coconut Milk

\$2²⁹

13.5 oz.



Lakewood
Organic Pure
Pineapple Juice

\$5²⁹

32 oz.



Sambazon
Organic Smoothie Packs
(selected varieties)

\$4⁹⁹

4/100 g



Numi
Organic Tea
(selected varieties)

\$4⁷⁹

18 ct



Yogi
Tea

2/\$6

16 ct



Endangered Species
Chocolate Bar

2/\$5

3 oz.



Alter Eco
Organic
Chocolate Bar
(selected varieties)

2/\$5

2.82 oz.



Hail Merry
Tart
(selected varieties)

\$2⁹⁹

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

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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)



\$8²⁹

2 oz



ProBar
Base 20g Protein Bar



2/\$4

2.46 oz



Orgain
Organic Vegan
Protein Shake



\$1⁹⁹

11 oz

Barbara's
Puffins Cereal
(selected varieties)



\$3²⁹

10-11 oz



Julie's Organic
Organic Vanilla Ice Cream
Sandwich



\$4⁹⁹

6 ct

Purely Elizabeth
Granola



\$5⁴⁹

12 oz



Erewhon
Organic Cereal
(selected varieties)



\$3⁴⁹

10-11 oz



Sunspire
Organic Chocolate Chips
(selected varieties)



\$3⁹⁹

9 oz

Green Valley Organics
Organic Lowfat Kefir



\$4⁶⁹

32 oz

Uncle Matt's
Organic Pulp Free
Orange Juice



\$5⁹⁹

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

\$7⁹⁹

4 oz



Sovereign Silver
Bio-Active
Silver Hydrosol
Vertical Spray

\$11⁹⁹

2 oz



Manitoba Harvest
Organic
Hemp Hearts

\$10⁴⁹

12 oz



Gaia Herbs
Organic Black
Elderberry Syrup

\$14⁹⁹

3 oz



Natural Vitality
Natural Calm
Plus Calcium

\$16⁹⁹

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

\$6⁹⁹

32 oz



Solaray
D-Mannose with
CranActin

\$17⁹⁹

60 cap



Bach
Rescue Pastilles

\$6⁹⁹

50 g



Carlson
Lemon Cod
Liver Oil

\$19⁹⁹

8.4 oz



Boiron
Coldcalm

\$8⁴⁹

60 tab



Terry Naturally
CuraMed 750mg

\$27⁹⁹

30 sgel



PlantFusion
Complete Plant
Protein
(selected varieties)

\$21⁹⁹

1 lb



Vega
Sport Performance
Protein

\$43⁹⁹

28.3-29.5 oz



Amazing Grass
The Original
Green SuperFood

\$21⁹⁹

8.5 oz



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Aura Cacia
Lavender
Essential Oil

\$8⁴⁹
5 oz.



Natural Factors
BioSil® Skin,
Hair, Nails

\$26⁹⁹
60 vcap



Garden of Life
RAW Probiotics Women
50 & Wiser

\$32⁹⁹
90 tab



Reserveage Nutrition
Keratin Hair
Booster

\$33⁹⁹
60 ct



Rainbow Light
Women's One
Multivitamin

\$23⁹⁹
90 ct



New Chapter
Every Woman's™
One Daily 40+

\$31⁹⁹
48 tab



Crystal
Body Deodorant
Roll-On

\$2⁹⁹
2.25 oz.



Alaffia
Coconut Reishi
Deodorant

\$4⁴⁹
2.65 oz.



Andalou Naturals
Resveratrol Q10 Night
Repair Cream

\$16⁹⁹
1.7 oz.



ACURE
Brilliantly Brightening
Day Cream

\$10⁴⁹
1.7 oz.



EO
Everyone Soap

\$6⁹⁹
32 oz.



ANDALOU
NATURALS

FRUIT
STEM
CELL
SCIENCE®

EO
Everyone Soap

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



\$17⁹⁹

90 vcap

Nordic Naturals
Ultimate Omega



\$22³⁹

60 ct

Dr. Tung's
Smart Floss



\$3⁹⁹

1 ct

Nature's Way
Sambucus
Gummies



\$14⁹⁹

60 ct

Oregon's Wild Harvest
Organic
Milk Thistle



\$19⁹⁹

90 ct

Nature's Answer
PerioBrite
Mouthwash
(selected varieties)



\$7⁴⁹

16 oz

Renew Life
Cleanse More



\$14⁴⁹

60 cap

Quantum Health
Super Lysine+



\$6⁹⁹

90 ct

Himalaya
Neem & Pomegranate
Toothpaste



\$4⁹⁹

5.29 oz

Dr. Bronner's
Pure-Castile
Liquid Soap



\$12⁴⁹

32 oz



MegaFood
MegaFlora



\$18⁴⁹

30 cap



Castor & Pollux
Organic Organix
Butcher & Bushel
Dog Food



\$2¹⁹

12.7 oz

Seventh Generation
Dish Liquid



\$2⁷⁹

22-25 oz

ECOS
Laundry
Detergent
(selected varieties)



\$9⁹⁹

100 oz

Biokleen
Laundry Liquid



\$9⁴⁹

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

Kanokoc 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

17650 Terrence Ave, Lansing
3203 Vollmar Rd, Florence
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 Sec 3,
Chester
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, 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, Food du Lac