

# INDEPENDENT Choice™ April 2019

Primal Kitchen  
Mayo with Avocado Oil

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

12 oz



Miyoko's  
Fresh Vegan Mozzarella

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

8 oz



San Pellegrino  
Sparkling Water

**\$1<sup>79</sup>**

750 ml



Califia Farms  
Almondmilk

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

48 oz



Nature's Path  
Organic Vanilla  
Sunrise Cereal

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

10.6 oz



Muir Glen  
Organic  
Tomatoes  
(selected varieties)

**2/\$5**

28 oz



Pacific  
Organic  
Chicken Broth

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

32 oz



Kettle  
Organic  
Potato Chips  
(selected varieties)

**2/\$5**

5 oz



Lundberg Family Farms  
Organic Brown  
Short Grain Rice

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

2 lb



Westbrae  
Organic Beans  
(selected varieties)

**2/\$4**

15 oz



Cascadian Farm Organic  
Organic Riced  
Cauliflower

**2/\$5**

12 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 April.





# POLLINATORS WELCOME HERE

— Create an environment of change —



## Cascadian Farm is creating an environment of change

We are committed to supporting bee health research through partnerships and funding with both The Xerces Society & The University of Minnesota Bee Lab. We follow certified organic & restorative farming practices, like creating wildflower-rich habitat on our farms to reverse the decline of wild pollinators & improve bee health.



**DID YOU KNOW  
1/3 OF OUR  
FOOD EXISTS  
BECAUSE OF A  
POLLINATOR?**

Cascadian Farm Organic  
Organic Cereal  
(selected varieties)

**2/\$6**

8.6-14.6 oz



Barbara's  
Shredded Wheat

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

13 oz



One Degree Organics  
Organic Brown  
Rice Cacao Crisps

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

10 oz



Chameleon Cold-Brew  
Organic Ready to  
Enjoy Coffee

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

10 oz



Green Valley Creamery  
Organic Plain Lactose  
Free Kefir

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

32 oz



So Delicious  
Organic  
Coconutmilk

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

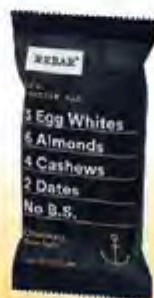
64 oz



RXBAR  
Protein Bar  
(selected varieties)

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

1.83 oz



KIND  
Nuts & Spices Bar  
(selected varieties)

**4/\$5**

1.4 oz



Brown Cow  
Cream Top  
Whole Milk  
Yogurt

**2/\$6**

32 oz



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Happy Baby  
Organic  
Superfood Puffs



**2/\$5**

2.1 oz

Santa Cruz Organic  
Organic  
Apple Sauce



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

23 oz

Organic Valley  
Organic Cream  
Cheese Tub



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

8 oz

Larabar  
Fruit & Nut Bar  
(selected varieties)



**5/\$5**

1.6-1.7 oz

Simply Organic  
Organic Ground  
Cinnamon



**\$3<sup>69</sup>**

2.45 oz

Wholesome  
Organic  
Brown Sugar



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

24 oz

Immaculate Baking  
Organic Crescent Rolls



**2/\$6**

8 oz

## DUTCH BABY PANCAKES

2-4 T unsalted butter

3 large eggs

$\frac{2}{3}$  c all-purpose flour

$\frac{3}{4}$  c whole milk

1 T brown sugar, packed

$\frac{1}{4}$  tsp sea salt

4 oz cream cheese, room temperature

$\frac{1}{2}$  c powdered sugar

Lightlife  
Organic Fakin'  
Bacon Tempeh  
Strips



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

6 oz

Applegate Farms  
Breakfast Sausage



**\$4<sup>29</sup>**

7 oz

Heat oven to 400° F. In a mixing bowl, beat together cream cheese and powdered sugar until fluffy. Set aside. In a blender, combine eggs, flour, milk, sugar and sea salt and blend until smooth. Heat butter in a 10" skillet over medium heat. When butter has melted and skillet is hot, pour in batter and transfer to preheated oven. Bake for 30 minutes or until puffed and edges are golden brown. When done, transfer pancake to a cooling rack to cool slightly. Serve with whipped cream cheese and fresh fruit.



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Spectrum  
Organic  
Canola Oil

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

32 oz



Rising Moon  
Organic Ravioli  
(selected varieties)

**\$4<sup>29</sup>**

8 oz



Muir Glen  
Organic  
Pasta Sauce

**2/\$5**

25.5 oz



Organic Valley  
Organic  
Raw Cheese

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

8 oz



Annie's Homegrown  
Bunny Crackers  
(selected varieties)

**2/\$6**

7.5 oz



Montebello  
Organic  
Artisan Pasta

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

1 lb



Simple Mills  
Almond Flour  
Crackers

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

4.25 oz



Dr. McDougall's  
Ramen  
Soup Cup

**4/\$5**

1.8-1.9 oz



Lotus Foods  
Rice Ramen

**\$1<sup>29</sup>**

2.8 oz



**INGREDIENTS PICKED**  
*with purpose.*

**Simple, Whole Food Ingredients**

- Sprouted Seed Blend (sunflower, flax, chia)
- Tapioca
- Cassava
- Hemp Seeds
- Organic Sunflower Oil
- Sea Salt
- Rosemary Extract (for freshness)

POWERED BY FLAX & CHIA SEEDS

Annie's Homegrown  
Organic  
Mac & Cheese  
(selected varieties)

**2/\$5**

6 oz



Amy's  
Burrito  
(selected varieties)

**2/\$5**

5.5-6 oz



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Lily's Sweets  
Chocolate Bar



**2/\$6**  
2.8-3 oz

Endangered Species  
Chocolate Bar



**2/\$4**  
3 oz

Angie's  
BoomChickaPop  
Popcorn  
(selected varieties)



**\$2<sup>39</sup>**  
4.4-7 oz

The Good Crisp Company  
Flavored  
Potato Crisps



**2/\$5**  
5.6 oz



We all want to eat better, live well and help others.

WHEN YOU SEE THE FAIRTRADE MARK, YOU KNOW:



- Farmers are paid a fair price
- GMO seeds are banned
- Certain pesticides are prohibited
- Farmers are paid an extra Premium to invest in their communities

**LOOK  
FOR THESE  
PRODUCTS!**



Justin's  
Squeeze Pack  
(selected varieties)



**5/\$5**  
1.15 oz

Health-Ade  
Organic Kombucha



**2/\$6**  
16 oz

Earth Balance  
Organic Vegan Whipped  
Buttery Spread



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

Organicville  
Organic Ketchup



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

Hilary's  
Organic  
Veggie Burger



**2/\$5**  
2/6.4 oz

Farmhouse Culture  
Organic Kraut



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



Surf Sweets  
Organic  
Jelly Beans

**2/\$3**

2.75 oz



Yogi  
Tea

**2/\$6**

16 ct



Lakewood  
Organic Pure  
Aloe Juice

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

32 oz



Pamela's  
Traditional Cookies  
(selected varieties)

**\$2<sup>89</sup>**

5.29-7.25 oz



inner-eco  
Probiotic  
Coconut Water

**\$13<sup>99</sup>**

15 oz



R.W. Knudsen  
Organic Cranberry  
Pomegranate Juice

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

32 oz



KeVita  
Organic Sparkling  
Probiotic Drink

**2/\$5**

15.2 oz



Essentia  
Alkaline Water

**5/\$5**

20 oz



So Delicious  
Coconutmilk  
Yogurt  
Alternative

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

24 oz



**KEVITA**  
ALIVE LIKE YOU™

Billions of Live  
Probiotics

Water Kefir  
Culture

Low Calorie  
Options



KeVita.com

© 2019 KeVita, Inc.

Sambazon  
Organic Superfruit  
Smoothie Packs  
(selected varieties)

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

4/100 g



Navitas  
Organic  
Acai Powder

**\$11<sup>49</sup>**

4 oz



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Organic India  
Organic  
Tulsi Tea  
(selected varieties)

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

18 ct



**Tulsi ~ Holy Basil**, an herb renowned for its stress-relieving & balancing properties, with soothing chamomile, rose petals, and the fragrant essence of rose.



**ORGANIC INDIA™**

OrganicIndiaUSA.com



ORGANIC INDIA is committed to be a living embodiment of love & consciousness in action.

So Delicious  
Coconutmilk  
Creamer

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

16 oz



Orgain  
Organic Vegan  
Protein Shake

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

11 oz



R.W. Knudsen  
Organic Very  
Veggie Juice

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

32 oz.



Guayaki  
Organic Sparkling  
Yerba Mate

**2/\$4**

12 oz



MegaFood  
Daily Turmeric Nutrient  
Booster Powder

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

2.08 oz



Manitoba Harvest  
Organic  
Hemp Hearts

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

12 oz



GT's  
Organic  
Kombucha  
(selected varieties)

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

16 oz



Vega  
Organic Vega One  
All-In-One Shake

**\$45<sup>99</sup>**

24.3-26.9 oz



SmartyPants  
Kids Complete  
Gummy Vitamins

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

120 ct



Vital Proteins  
Collagen Peptides

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

10 oz



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Natural Factors  
BioSil® Hair,  
Skin, Nails

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

60 ct



Bluebonnet Nutrition  
Liquid Calcium  
Magnesium Citrate

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

16 oz



Gaia Herbs  
Adrenal Health  
Daily Support

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

60 cap



Carlson  
Lemon Fish Oil

**\$35<sup>99</sup>**

16.9 oz



Garden of Life  
Raw Probiotics™  
Ultimate Care

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

30 ct



Jarrow Formulas  
Bone-Up

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

240 cap



If You Care  
Large Baking  
Cups

**\$1<sup>49</sup>**

60 ct



Renew Life  
Ultimate Flora  
Women's Complete  
Probiotic 90 Billion

**\$37<sup>99</sup>**

30 cap



Solaray  
Yeast-Cleanse

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

90 cap



The Perfect Fit  
for Your  
Healthy Lifestyle.



FSC® (FSC-COO5046) Certified  
Fair Trade • Unbleached  
Recycled • Certified Compostable  
Gluten Free • Non-GMO  
Non-Toxic • Sustainable  
Totally Chlorine Free



[ifyoucare.com](http://ifyoucare.com)

Xlear  
Nasal Spray

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

1.5 oz



Ricola  
Cough Drops  
(selected varieties)

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

19-24 ct



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Biokleen  
Bac-Out Stain +  
Odor Remover

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



Dr. Bronner's  
Organic Pure-Castile  
Liquid Soap

**\$12<sup>99</sup>**  
32 oz



Seventh Generation  
Dish Liquid

**\$2<sup>99</sup>**  
22-25 oz



Andalou Naturals  
CannaCell® Happy  
Day Cream

**\$13<sup>49</sup>**  
1.7 oz



CleanWell  
Natural Hand  
Sanitizer Spray

**\$2<sup>49</sup>**  
1 oz



ECOS  
Free & Clear  
Laundry Detergent

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



Mineral Fusion  
Nail Polish  
(selected varieties)

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



Tom's of Maine  
Peppermint  
Antiplaque &  
Whitening Toothpaste  
**\$4<sup>99</sup>**  
5.5 oz



Dr. Tung's  
Smart Floss

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



MAKE EVERY DAY EARTH DAY  
WITH ECOS®

**ECOS**  
From the Earth to Your Home™



Manufactured using Zero Waste guidelines in family owned and operated plants  
powered by 100% renewable energy.



ecos.com

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“Be the change you wish to see in this world.”  
~Gandhi



**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

**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**

**Down to Earth Natural Foods**  
14678 SR 23 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, 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 Elmore Ave, Davenport

**KANSAS**

**Kountry Kupboard**  
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 Bardstown Rd, Louisville

**MICHIGAN**

**Better Health Market**

3500 Washtenaw Ave, Ann Arbor  
42875 Grand River, Novi  
10864 Belleville Rd, Belleville  
2053 S Telegraph, Bloomfield Hills  
1330 N Telegraph Rd, Dearborn  
305 N Clipper St, Lansing  
19850 Mack Ave, Grosse Pointe Woods  
20432 Farmington Rd, Livonia  
44427 W Ann Arbor Rd, Plymouth  
17606 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**  
13 Birch Ave SE, Menahga

**MISSOURI**

**Clovers Natural Market**  
2012 E Broadway, Columbia  
2100 Chapel Plaza Cr, 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 Connecticut, Joplin

**Terra Health Market**

19800 E Jackson Dr, Independence

**OHIO**

**Raisin Rack**

**Natural Food Market**  
4629 Cleveland Ave NW, Canton  
2545 Schrock Rd, Westerville

**PENNSYLVANIA**

**Nature's Way Market**

796 Highland Ave, Greenburg

**SOUTH DAKOTA**

**Pomegranate Market**

4815 S Louise Ave, Sioux Falls

**TEXAS**

**Fresh Plus**

1221 W Lynn St, Austin  
408 E 43rd St, Austin  
2917 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