

Proud member of



# INDEPENDENT CHOICE

May 2020

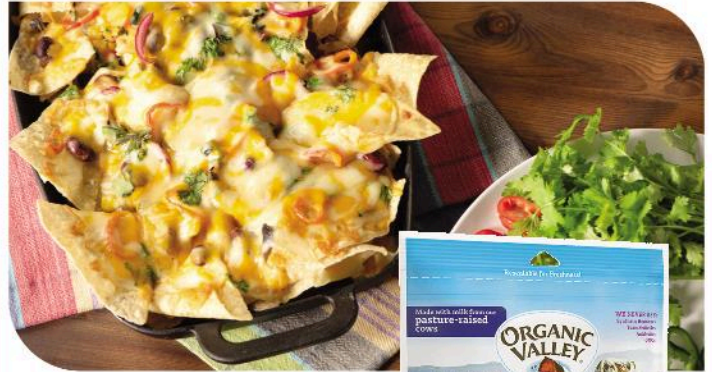
When you focus on the good, the good gets better.  
-Abraham Hicks



Simple Mills  
Almond Flour Crackers

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

4.25 oz



Organic Valley  
Organic Shredded  
Cheese  
(selected varieties)

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

6 oz



Santa Cruz Organic  
Organic Lemonade  
(selected varieties)

**2/\$4**

32 oz



Siete  
Tortilla Chips  
(selected varieties)

**2/\$7**

5 oz



Beyond Meat  
Beyond Burger

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

8 oz



Harmless Harvest  
Organic Harmless  
Coconut Water

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

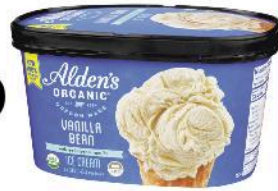
16 oz



Alden's Organic  
Organic Ice Cream  
(selected varieties)

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

48 oz



Annie's  
Organic Ketchup

**2/\$5**

24 oz



Organic India  
Organic Tulsi Tea  
(selected varieties)

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

18 ct



So Delicious  
Organic Coconutmilk  
(selected varieties)

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

32 oz



Food For Life  
Organic Ezekiel 4:9® Bread  
(selected varieties)

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

24 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 May.

**Ancient Harvest  
Organic Supergrain Pasta**



**2/\$5**

8-9.6 oz

**Annie's  
Mac & Cheese  
(selected varieties)**



**5/\$5**

5.25-6 oz

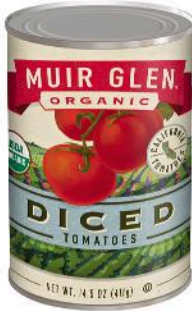
**Maya Kaimal  
Organic  
Everyday Dal**



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

10 oz

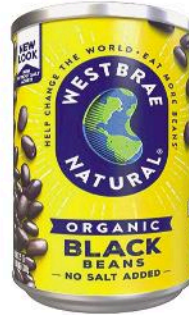
**Muir Glen  
Organic Tomatoes  
(selected varieties)**



**5/\$5**

14.5 oz

**Westbrae  
Organic Beans  
(selected varieties)**



**\$1<sup>59</sup>**

15 oz

**A.Vogel  
Organic Herbamare  
Sea Salt**



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

8.8 oz

# Roasted Eggplant Salad

Serves 4-6

- 1 large globe eggplant
- ½ c olive oil, divided
- 1 tsp dried oregano
- ½ tsp sea salt
- 1 pt cherry tomatoes, halved

- ½ small red onion, julienned
- ¼ bunch Italian parsley, chopped
- 2 T red wine vinegar
- 1 tsp maple syrup
- 1 tsp Dijon mustard
- 1 large garlic clove, minced



Preheat oven to 375° F. Cut eggplant in half, then into half inch slices. Combine ¼ cup olive oil, oregano and salt. Toss with eggplant and spread evenly onto two baking trays. Roast for 15-20 minutes, rotating halfway. Roast until eggplant is tender and golden. Set aside to cool when done. Meanwhile, place tomatoes, red onion and parsley in a mixing bowl. Set aside. Whisk together remaining olive oil, vinegar, maple syrup, mustard and garlic until emulsified. Toss dressing with tomato mixture and gently fold in roasted eggplant. Adjust seasonings to taste and serve.

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



**\$7<sup>79</sup>**

14 oz

**Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil**



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

25.4 oz

**Annie's  
Organic Dressing  
(selected varieties)**



**2/\$6**

8 oz

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Sir Kensington's  
Organic  
Mayonnaise



**\$5<sup>79</sup>**

16 oz

Frontera  
Salsa  
(selected varieties)



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

16 oz

Inka Crops  
Plantain Chips  
(selected varieties)



**2/\$3**

3.25-4 oz

Kettle  
Potato Chips  
(selected varieties)



**2/\$5**

5 oz

Beanitos  
Bean Chips  
(selected varieties)



**2/\$5**

4.5-5 oz

Food Should Taste Good  
Tortilla Chips



**2/\$4**

5.5 oz

Barbara's  
Cheese Puffs



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

5.5-7 oz

Terra Chips  
Exotic  
Vegetable Chips  
(selected varieties)



**2/\$5**

5-5.5 oz

Late July  
Organic Restaurant  
Style Tortilla Chips



**2/\$6**

11 oz

Hippeas  
Organic  
Chickpea Puffs



**2/\$5**

4 oz

Peeled Snacks  
Organic Baked  
Pea Crisps



**2/\$4**

3.3 oz

GLUTEN FREE

DELICIOUS

THIN CRISPY

LATE JULY SNACKS

100% Whole GRAIN

NO ARTIFICIAL FLAVORS + COLORS + Preservatives

NON GMO

ORGANIC SINCE FOREVER

LET THE FLAVOR SHINE

MADE WITH REAL INGREDIENTS

TASTE THE DIFFERENCE IN EVERY BITE

Organic CHIA & QUINOA

Organic SEA SALT & LIME

Organic SEA SALT THIN & CRISPY

Organic BLUE CORN

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 May.

**From The Ground Up  
Pretzels**

**2/\$5**

4.5 oz



**Glutino  
Gluten Free  
Pretzels**

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

14.1 oz



**Vermont Smoke & Cure  
Meat Stick  
(selected varieties)**

**4/\$5**

1 oz



**Go Raw  
Organic  
Sprouted Seeds  
(selected varieties)**

**\$10<sup>99</sup>**

13-14 oz



**Crunchmaster  
Multi-Seed Cracker  
(selected varieties)**

**2/\$5**

4 oz



**gimMe Organic  
Organic  
Seaweed Snack**

**2/\$3**

.35 oz



**Purely Elizabeth  
Granola  
(selected varieties)**

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

12 oz



**Barbara's  
Puffins Cereal**

**2/\$7**

10-11 oz



**Probar  
Meal Bar  
(selected varieties)**

**2/\$4**

3 oz



**purely  
elizabeth.**

Salty-sweet, crunchy clusters. Made with ancient grains and superfood seeds and sweetened with coconut sugar. Award-winning taste + nutrient-rich ingredients.

**GLUTEN-FREE.  
NON-GMO. VEGAN.**



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GoMacro  
Organic MacroBar



**2/\$4**

2-2.4 oz

Munk Pack  
Protein Cookie  
(selected varieties)



**2/\$3**

2.96 oz

MadeGood  
Organic Soft Baked  
Mini Cookies



**2/\$5**

5 ct

Larabar  
Fruit & Nut Bar  
(selected varieties)



**5/\$5**

1.6-1.8 oz

MI-DEL  
Ginger Snaps  
(selected varieties)



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

8-10 oz

Pamela's  
Classic Cookies



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

5.29-6.25 oz

Clif Bar  
Energy Bar  
(selected varieties)



**5/\$5**

2.4 oz

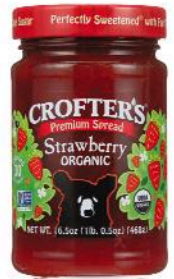
Once Again Nut Butter  
Organic Sunflower  
Seed Butter



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

16 oz

Crofter's Organic  
Organic Premium Spread  
(selected varieties)



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

16.5 oz

Happy Baby  
Organic  
Superfood Puffs



**2/\$5**

2.1 oz

Peter Rabbit Organics  
Organic  
Baby Food Pouch  
(selected varieties)



**2/\$3**

4-4.4 oz



Justin's Nut Butter  
(selected varieties)

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

12-16 oz



Justin's Organic Nut  
Butter Cups

**4/\$5**

1.4 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 May.

**Chocolove  
Chocolate Bar**  
(selected varieties)



**2/\$4**

3.1-3.2 oz

**UNREAL  
Chocolate Gems**



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

5 oz

**Theo  
Organic  
Chocolate Bar**  
(selected varieties)



**2/\$5**

3 oz

**Alter Eco  
Organic Truffle**  
(selected varieties)



**2/\$1**

1 piece

**OCHO Candy  
Organic Candy Bar**



**2/\$3**

1.5 oz

**The Ginger People  
Organic Ginger Juice**



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

5 oz

**Honest Tea  
Organic Iced Tea**  
(selected varieties)



**4/\$5**

16 oz

**Taste Nirvana  
Coconut Water**  
(selected varieties)



**2/\$3**

9.5 oz

**C2O  
Coconut Water**  
(selected varieties)



**2/\$3**

17.5 oz

**Lakewood  
Organic Pure  
Beet Juice**



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

32 oz

**R.W. Knudsen  
Single Fruit Juice**  
(selected varieties)



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

32 oz

**Topo Chico  
Sparkling  
Mineral Water**



**99¢**

12 oz

**Health-Ade  
Organic Kombucha**  
(selected varieties)



**2/\$5**

16 oz

**Uncle Matt's Organic  
Organic Orange Juice**  
(selected varieties)



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

52 oz



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Silk  
Almondmilk  
(selected varieties)

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

64 oz



Califia Farms  
Barista Blend  
(selected varieties)

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

32 oz



Good Karma  
Flaxmilk  
(selected varieties)

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

64 oz



Perfect Bar  
Protein Bar

**2/\$4**

2.2-2.5 oz



So Delicious  
Coconutmilk Yogurt  
Alternative  
(selected varieties)

**2/\$3**

5.3 oz



The Greek Gods  
Greek Style Yogurt  
(selected varieties)

**2/\$6**

24 oz



Ithaca Cold-Crafted  
Hummus

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

10 oz



Hope  
Organic Hummus  
(selected varieties)

**2/\$6**

8 oz



Hail Merry  
Tart

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

3 oz



Bubbies  
Kosher Dill Pickles

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

33 oz



Miyoko's  
Organic Vegan  
Cream Cheese  
(selected varieties)

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

8 oz



Canyon Bakehouse  
Gluten Free Bread

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

18 oz



Sunshine Burgers  
Organic Veggie Burger

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

8 oz



Field Roast Grain Meat Co.  
Frankfurters

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

1 lb



Udi's Gluten Free  
Gluten Free  
Sandwich Bread

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

12 oz



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**Against The Grain Gourmet Original Rolls**



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

12.5 oz

**Van's Waffles (selected varieties)**



**2/\$5**

8-9 oz

**So Delicious Frozen Novelties (selected varieties)**



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

4-8 ct

**Natural Vitality Natural Calm (selected varieties)**



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

8 oz

**Vital Proteins Collagen Peptides**



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

10 oz

**Coconut Bliss Organic Non-Dairy Frozen Dessert**



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

1 pt

**NeoCell Super Collagen + C**



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

120 tab

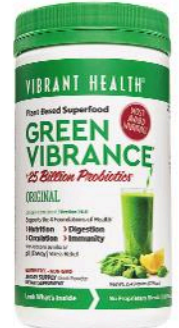
**Amazing Grass Organic Wheat Grass**



**\$20<sup>49</sup>**

8.5 oz

**Vibrant Health Green Vibrance**



**\$41<sup>99</sup>**

11.68 oz

**Himalaya Organic Ashwagandha**



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

60 cap

**Terry Naturally Curamin Extra Strength**



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

60 tab

**Boiron RhinAllergy Tablets**



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

60 tab

**New Chapter Wholemega™ Whole Fish Oil**



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

60 sgel

**Oregon's Wild Harvest Organic Milk Thistle Dandelion**



**\$18<sup>99</sup>**

90 ct



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Garden Of Life  
Vitamin Code®  
RAW D3™ 5,000 IU



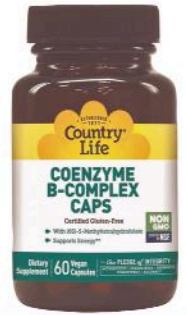
**\$19<sup>49</sup>**  
60 ct

Natural Factors  
BioSil® Hair,  
Skin, Nails



**\$29<sup>99</sup>**  
60 vcap

Country Life  
Coenzyme  
B-Complex Caps



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

Solaray  
Microbiome  
Probiotic Women's  
Formula



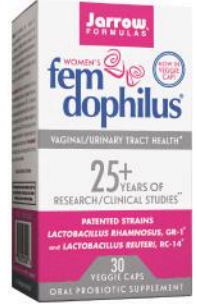
**\$24<sup>99</sup>**  
30 cap

Nature's Way  
Alive!® Once Daily  
Ultra Potency  
Multi-Vitamin



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

Jarrow Formulas  
Fem-Dophilus



**\$15<sup>49</sup>**  
30 cap

Rainbow Light  
Vibrance  
Women's One



**\$15<sup>39</sup>**  
60 tab

Mineral Fusion  
Volumizing Mascara



**\$12<sup>49</sup>**  
.57 oz

DERMA E  
Vitamin C  
Concentrated Serum



**\$19<sup>49</sup>**  
2 oz

ACURE  
Brightening  
Facial Scrub



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

Andalou Naturals  
1000 Roses  
Cleansing Foam



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

Weleda  
Skin Food



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

Dr. Bronner's  
All-One Toothpaste



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

Giovanni  
Shampoo or  
Conditioner  
(selected varieties)



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

ShiKai  
Everyday Shampoo  
or Conditioner



**\$5<sup>79</sup>**  
12 oz

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**We are part of Independent Natural Food Retailers Association (INFRA), 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.net](http://www.naturalfoodretailers.net).

**CONNECTICUT**

- Chamomille Natural Foods
- It's Only Natural Market
- Nature's Temptations
- New Morning Market

**DELAWARE**

- Harvest Market

**DISTRICT OF COLUMBIA**

- Glen's Garden Market
- Yes! Organic Market

**MAINE**

- Bath Natural Market
- Lois' Natural Marketplace
- Morning Glory Natural Foods
- New Morning Natural Foods
- Royal River Natural Foods
- Uncle Dean's Good Groceries

**MARYLAND**

- Chestertown Natural Foods
- Community Garden Market
- David's Natural Market
- Dawson's Market
- Roots Market
- The Good Earth
- Natural Foods Company
- Yes! Organic Market

**MASSACHUSETTS**

- The Alternative Market
- Cambridge Naturals
- City Feed & Supply
- Common Crow Natural Market
- Cornucopia Natural Wellness Market
- Debra's Natural Gourmet
- Down to Earth Natural Foods
- The Good Seed Natural Food Market
- Guido's Fresh Marketplace
- Nantucket Greengrocer
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

**NEW HAMPSHIRE**

- Maggie's Market
- Nature's Green Grocer
- Portsmouth Health Food Center
- Sunflower Natural Foods

**NEW JERSEY**

- A-1 Nutrition Store
- Back to Nature
- Basil Bandwagon Natural Market
- Green Acres Health Food Store
- Green Life Market
- Green Street Market
- Healthfair Natural & Organic Food Market
- Healthway Natural Food Center
- Healthy Thymes Market
- Nature's Corner Natural Market
- Nature's Nutrition
- Nature's Pavilion
- Pangaea Naturals
- Whole Earth Center

**NEW YORK**

- A Matter of Health
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Downtown Natural Market
- Food For Health
- Four Seasons Natural Foods
- Good 'N Natural
- Green Earth Health Market
- Green Organic Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farmstore
- Health Beat Natural Foods
- Jandi's Natural Market
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Mother Earth's Storehouse
- Nature's Pantry
- Sunflower Natural Foods Market
- Uncle Sam's Good Natural Products

**PENNSYLVANIA**

- Big Bear Natural Foods
- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- The Healthy Grocer
- Health Hut
- Kimberton Whole Foods
- Leg Up Farmers Market
- Lemon Street Market
- Martindale's Natural Market
- Nature's Harvest
- Nature's Pantry
- Organnons Natural Market
- Riverwards Produce
- Sonnwald Natural Foods

**RHODE ISLAND**

- Nature's Goodness
- The Green Grocer

**VERMONT**

- Natural Provisions
- Natural Provisions Market & Deli

**VIRGINIA**

- Eats Natural Foods
- Ellwood Thompson's
- Good Foods Grocery
- Harvest Market
- Health Nut Nutrition
- Health Trail Natural Foods
- Organic Food Depot
- Rebecca's Natural Foods
- Yes! Organic Market

**WEST VIRGINIA**

- Community Garden Market
- Good Natured Market & Vegetarian Cafe

