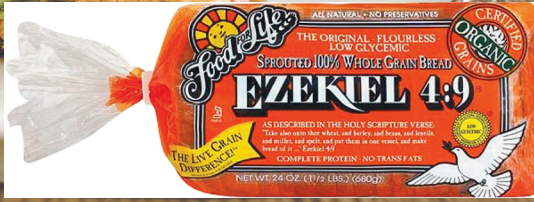


INDEPENDENT Choice™

September 2017

Food For Life
Organic Ezekiel 4:9® Bread

\$4⁷⁹
24 oz



Pacific
Organic Bone Broth

\$4⁴⁹
32 oz



Muir Glen
Organic Tomatoes

4/\$5
14.5 oz



Annie's Naturals
Organic Dressing

2/\$4
8 oz



Organic Valley
Organic Cultured Butter

\$5¹⁹
1 lb



Late July
Organic Restaurant
Style Tortilla Chips

2/\$6
10-11 oz



Organic Valley
Organic Mozzarella
Stringles

\$3⁹⁹
6 oz



Alden's
Organic Ice Cream

\$5⁶⁹
48 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹
16 ct



Native Forest Organic
Classic Coconut
Milk

\$2³⁹
13.5 oz



Did you know...

According to a meta-analysis of 342 peer-reviewed studies, organic produce has antioxidant levels up to 69% higher than conventionally grown produce!
- The Organic Center

Organic Valley
Organic Milk

\$3⁹⁹
64 oz



Nature's Path
Organic Cereal

\$3³⁹
10-11 oz



Stonyfield
Organic Smooth &
Creamy Yogurt

\$3²⁹
32 oz



True or False? Less than 1% of farmland in the U.S. is certified organic? Answer: True

Even as consumer demand for organic food grows, the percentage of certified organic farmland in the United States stays below 1%. According to the USDA, the annual sales of organic foods has increased by double digits every year since the 1990s. This is great! However, this low supply/high demand dichotomy leaves farmers struggling to meet the needs of their customers. Transitioning to organic is a 3-year process that can often leave the farmer in an odd limbo between conventional and organic production, which could prove to be very costly. Larger farms have the resources, but many medium and small farms cannot afford the risk.

The Good News: A new program has recently launched to help mitigate the burden of farm transition. Leading organic certifier Quality Assurance International (QAI), part of NSF (National Sanitation Foundation) International, is working with industry partners to support farmers through the Certified Transitional program. By auditing and verifying each step of the 3-year process, the program assures consumers that they are supporting a farm through the challenging transition, and it provides farmers a way to continue to sell their crops as they convert their land to be eligible for organic certification. Programs on the local, state, and federal levels will still be needed to support farms in transition, but the Certified Transitional label will go a long way toward helping farmers join the organic movement.

For more information, visit the QAI website:

[HTTP://WWW.QAI-INC.COM/SERVICES/TRANSITIONAL_ORGANIC.ASP](http://www.qai-inc.com/services/transitional_organic.asp)



Maple Hill Creamery
Organic Cream
On Top Yogurt

5/\$5
6 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁶⁹
32 oz



Happy Baby
Organic
Superfood Puffs

\$2⁷⁹
2.1 oz



Green & Black's
Organic
Chocolate Bar

\$2⁷⁹
3.5 oz



OCHO Candy
Organic Candy Bar

\$1³⁹
1.5 oz



Annie's Homegrown
Organic
Graham Crackers

\$3⁴⁹
14.4 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 September.

KeVita
Organic Master
Brew Kombucha

2/\$5

15.2 oz



Lundberg Family Farms
Organic Short Grain
Brown Rice Pouches

\$4⁹⁹

2 lb



Rising Moon
Organic Ravioli

\$3⁷⁹

8 oz



Uncle Matt's
Organic Orange Juice
(selected varieties)

\$5¹⁹

59 oz



Cascadian Farm Organic
Organic Potatoes

2/\$4

16 oz



Muir Glen
Organic
Pasta Sauce

2/\$6

25.5 oz



Theo
Organic Dark
Chocolate Bar

\$2⁴⁹

3 oz



Annie's Homegrown
Organic
Mac & Cheese

2/\$4

6 oz



Tofurky
Deli Slices

\$2⁹⁹

4-5.5 oz



Annie's Homegrown
Organic Bunny
Snack Mix

\$2⁹⁹

9 oz



Sunshine Burgers
Organic
Veggie Burgers

\$3⁴⁹

3/2.67 oz



Organic Prairie
Organic Mighty Bar

\$2³⁹

1 oz



Back to Nature
Organic Crackers

\$2⁵⁹

6 oz



Kettle
Organic
Potato Chips

2/\$5

5 oz



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4⁴⁹

1 pt



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333330 9/1/2017 3

Beanitos
Bean Chips

\$2¹⁹
5.5-6 oz



Miyoko's Creamery
Organic Fresh VeganMozz

\$6⁴⁹
8 oz



Daiya
Mozzarella-style
Shreds

\$3¹⁹
8 oz



Garden of Eatin'
Blue
Tortilla Chips

2/\$6
16 oz



TruRoots
Organic
Sprouted Quinoa

\$4²⁹
12 oz



Field Roast
Sausage

\$3⁹⁹
12.95 oz



Tuna Pasta Salad

[serves 6]

- 1 pound pasta, such as orecchiette
- 2 - 5 oz. cans **Wild Planet Tuna**, drained
- 5 ribs celery, thinly sliced
- 1/2 pint cherry tomatoes, halved
- 1/2 medium red onion, diced
- Handful of parsley leaves, rough chopped
- 1 1/2 cup **Sir Kensington's Classic Mayonnaise**
- 1/4 cup **Napa Valley Organic Extra Virgin Olive Oil**
- 1/3 cup red wine vinegar
- 1 Tablespoon dried dill
- 1 1/2 teaspoon sea salt

1. Cook pasta as directed on the package and rinse to cool.
2. Whisk together mayonnaise, oil, vinegar, dill and sea salt until smooth.
3. Prepare remaining ingredients as directed above and place in a large mixing bowl with pasta.
4. Toss dressing with prepared ingredients and serve.

Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

\$8⁹⁹
25.4 oz



Sir Kensington's
Classic Gourmet
Mayonnaise

\$3⁹⁹
10 oz



Wild Planet
Wild Albacore Tuna

\$3¹⁹
5 oz



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C2O
Coconut Water

2/\$3

17.5 oz



Califia Farms
Unsweetened
Almondmilk

\$4⁴⁹

48 oz



Good Karma
Flax Milk
(selected varieties)

\$2⁶⁹

64 oz



Redwood Hill Farm
Plain Goat Milk Yogurt

\$5⁷⁹

32 oz



Zevia
Zero Calorie Soda

2/\$7

6/12 oz



Barbara's
Shredded Wheat Cereal

2/\$6

13 oz



Chocolove
Chocolate Bar

\$2¹⁹

3.2 oz



ProBar
Meal Replacement Bar

\$2¹⁹

3 oz



Bob's Red Mill
Gluten Free
Rolled Oats

\$4⁹⁹

32 oz



Pamela's
Gluten Free
Cookies

\$3²⁹

7.25 oz



Terra Chips
Sweet Potato
Chips

2/\$5

6 oz



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333330 9/1/2017 5

Navitas
Organic
Cacao Powder

\$5⁴⁹
8 oz



PlantFusion
Complete
Plant Protein

\$21⁹⁹
1 lb



Choice Organic Teas
Original Tea

\$3⁴⁹
16 ct



Temple Turmeric
Organic Elixir

\$3⁴⁹
12 oz



Spectrum Naturals
Organic Refined
Coconut Oil

\$4⁹⁹
14 oz



Garden of Life
Perfect Raw Food Alkalizer
& Detoxifier

\$31⁹⁹
285 g



Milkadamia
Macadamia Milk

\$3²⁹
32 oz



Siggi's
Icelandic Style Skyr
Non-Fat Yogurt

4/\$5
5.3 oz



Amazing Grass
Organic Wheat Grass

\$18⁹⁹
8.5 oz



Amy & Brian
Coconut Water

2/\$4
17.5 oz



Larabar
Fruit & Nut Food Bar

5/\$5
1.7 oz



Bluebonnet
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 oz



RXBAR
Protein Bar

\$1⁶⁹
1.83 oz



Clif Bar
Energy Bar

\$1¹⁹
2.4 oz



tera'swhey
Organic
Whey Protein

\$21⁹⁹
12 oz



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Nutrex Hawaii
Spirulina Powder



\$12⁹⁹
5 oz

MegaFood
MegaFlora



\$17⁹⁹
30 tab

New Chapter
Wholemega™
Whole Fish Oil



\$19⁹⁹
60 sgel

Vega
Vega One
Nutritional Shake



\$48⁹⁹
29.4-30.8 oz

Yerba Prima
Psyllium
Whole Husks



\$8⁷⁹
12 oz

Nature's Way
Charcoal
Activated



\$6⁹⁹
100 cap

Back-to-Routine

GREEN SMOOTHIE

- 1 scoop Vega One™ French Vanilla
- 1 cup coconut water
- ½ avocado
- ½ cup spinach
- ½ cup of ice
- 2 Tbsp shredded coconut

Blend, sip, enjoy!



For more blendspiration
visit myvega.com



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333330 9/1/2017 7

Renew Life
Cleanse More

\$14⁹⁹
60 cap



Country Life
Coenzyme
B-Complex

\$11⁹⁹
60 vcap



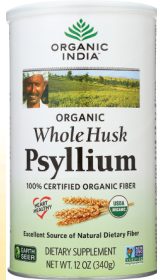
Natural Factors
Vitamin C
500mg Chews

\$9⁹⁹
90 tab



Organic India
Organic Whole
Husk Psyllium

\$9⁹⁹
12 oz



Rainbow Light
Women's One
Multivitamin

\$21⁹⁹
90 tab



Nordic Naturals
Nordic Berries

\$18⁹⁹
120 ct



Love and Consciousness in Action

- WHOLE HERB SOLUTIONS FOR HEALTHY, CONSCIOUS LIVING
- GROWN ETHICALLY AND SUSTAINABLY BY SMALL FAMILY FARMERS
- BENEFITTING ALL, FROM SEED TO SHELF

Regenerative Organic Agriculture

- REGENERATES SOIL HEALTH AND FERTILITY
- BEYOND SUSTAINABLE AND ORGANIC
- RESTORING VIBRANT HEALTH TO THE ENVIRONMENT



organicindia.com

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Boiron
Chestal Honey

\$8²⁹
6.7 oz



Weleda
Skin Food

\$12⁴⁹
2.5 oz



Nubian Heritage
African Black Bar Soap

\$3²⁹
5 oz



Herbs, Etc.
Deep Sleep[®]

\$17⁹⁹
60 gsel



Alaffia
EveryDay Shea
Body Lotion

\$9⁹⁹
32 oz



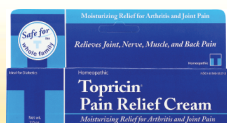
Dr. Bronner's
Pure-Castile
Liquid Soap

\$7⁴⁹
16 oz



Topricin
Pain Relief Cream

\$11⁴⁹
2 oz



Andalou Naturals
Argan & Shea Moisture
Rich Shampoo &
Conditioner

\$6⁷⁹
11.5 oz



The Grandpa Soap Co.
Pine Tar
Bar Soap

\$3¹⁹
3.25 oz



JASON
Body Wash

\$9⁹⁹
30 oz



Desert Essence
Thoroughly Clean
Face Wash

\$6²⁹
8.5 oz



ECOS
Dishmate

\$2²⁹
25 oz



Tea Tree Therapy
Tea Tree Toothpaste

\$3⁴⁹
5 oz



derma e
Retinyl Palmitate
Crème

\$8⁷⁹
4 oz



Biokleen
Bac-Out Stain &
Odor Eliminator

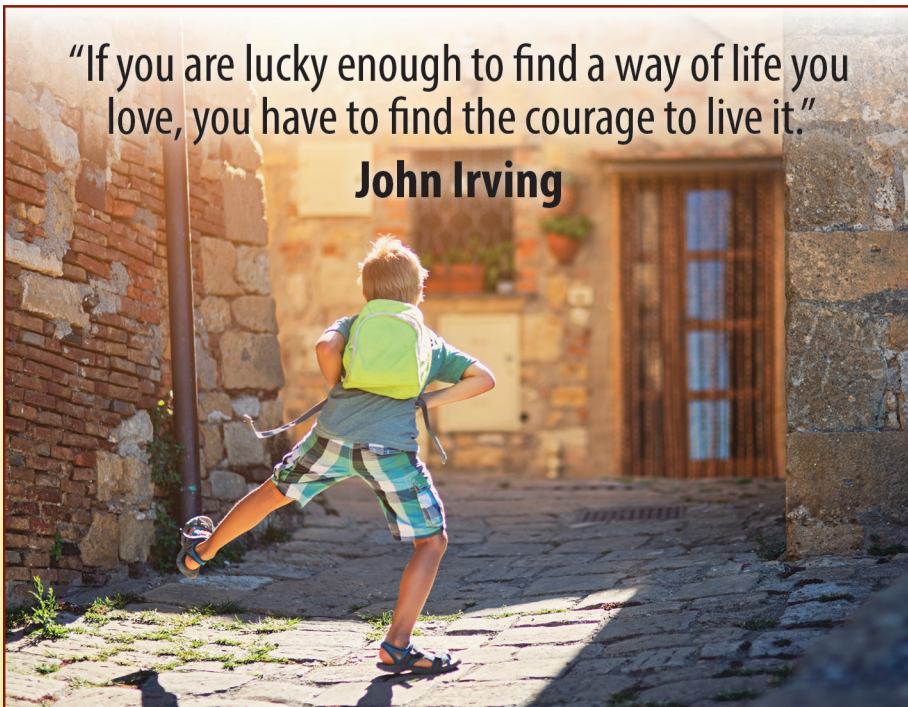
\$6⁷⁹
32 oz



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"If you are lucky enough to find a way of life you love, you have to find the courage to live it."

John Irving



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

CONNECTICUT

Chamomile Natural Foods
58-60 Newtown Rd, Danbury
It's Only Natural Market
575 Main St, Middletown
Nature's Temptations
32 Prospect St, Ridgefield
New Morning Market
129 Main St, Woodbury
Super Natural Market & Deli
430 N Main St, Bristol

DELAWARE

Harvest Market
7417 Lancaster Pk, Hockessin

DISTRICT OF COLUMBIA

Yes! Organic Market
2123 14th St NW, Washington
1825 Columbia Rd NW, Washington
3809 12th St NE, Washington
3425 Connecticut Ave NW, Washington
4100 Georgia Ave NW, Washington
410 8th St SE, Washington

MAINE

Bath Natural Market
36 Centre St, Bath
Lois' Natural Marketplace
152 US Rte 1, Scarborough
47 India St, Portland
Morning Glory Natural Foods
60 Maine St, Brunswick
New Morning Natural Foods
3 York St, Kennebunk
230 Main St, Biddeford
Royal River Natural Foods
443 US Rte 1, Freeport
Uncle Dean's Good Groceries
80 Grove St, Waterville

MARYLAND

Chestertown Natural Foods
303 Cannon St, Chestertown
Dawson's Market
255 N Washington St, Rockville
David's Natural Market
5410 Lynx Ln, Columbia
1523E Rock Spring Rd, Forest Hill
871 Annapolis Rd, Gambrills
The Good Earth
Natural Foods Company
41675 Park Ave, Leonardtown
Yes! Organic Market
5331 Baltimore Ave, Hyattsville

MASSACHUSETTS

The Alternative Market
33 N Washington St, N Attleboro
Cambridge Natural Foods
23 White St, Cambridge
Organic Market
1218 Main St, Chatham
640 Main St, Dennisport
31 Market St, Mashpee
City Feed & Supply
672 Centre St, Jamaica Plain
66A Boylston St, Jamaica Plain
Common Crow Natural Market
200 Eastern Ave, Gloucester
Cornucopia Foods
150 Main St Ste 8, Northampton
Debra's Natural Gourmet
98 Commonwealth Ave, Concord
Down to Earth Natural Foods
751 Kempton St, New Bedford
The Good Seed Natural Food Market
138 Central Ave, Seekonk
Guido's Fresh Marketplace
1020 S St, Pittsfield
760 S Main St, Great Barrington

Nantucket Greengrocer

8C Amelia Dr, Nantucket
The Natural Grocer
334 High St, Newburyport
Roots Natural Foods
100 Crawford St, Leominster
NEW HAMPSHIRE
Maggie's Market
14 Main St, Peterborough
Nature's Green Grocer
374 Union St, Peterborough
Portsmouth Health Food Center
151 Congress St, Portsmouth

NEW JERSEY

A1 Nutrition Store
210 Main Ave, Passaic
Back to Nature Health Food Store
231 Rte 206 S, Chester
Basil Bandwagon Natural Market
38 Old Hwy 22, Clinton
276 US Hwy 202/31, Flemington
Big Bear Natural Foods
239 N Union St, Lambertville
21 Arctic Pkwy, Ewing
9 Rte 31, Pennington
Dean's Natural Food Market
1119 Hwy 35, Ocean
490 Broad St, S Shrewsbury
25 Mountainview Blvd, Basking Ridge
270 Rte 206, Chester
Green Acres Health Food Store
1297 Centennial Ave, Piscataway
Green Life Market
1388 Rte 23 N, Butler
238 Newton Sparta Rd, Newton
66 Morris St, Morristown
Green Street Market
3156 Rte 9 S, Rio Grande

Healthfair Natural & Organic Market

625 Branch Ave, Little Silver
Healthway Natural Foods
35 Riveredge Rd, Tenafly
Healthy Thymes Market
265 Rte 94, Vernon
Nature's Corner Natural Market
2407 State Rte 71, Spring Lake Heights
Nature's Nutrition
383 Brick Blvd, Brick
Nature's Pavilion
564 Rte 23 N, Pompton Plains
Pangaea Naturals
657 E Bay Ave, Manahawkin
Whole Earth Center
360 Nassau St, Princeton

NEW YORK

A Matter of Health
138 Rockland Plaza, Nanuet
1347 1st Ave, New York
1478 1st Ave, New York
275 S Central Ave, Hartsdale
Cornucopia Natural Foods
39 N Main St, Sayville
Down to Earth Whole Foods
305 Grant Ave, Endicott
Downtown Natural Market
1701 Church Ave, Brooklyn
51 Willoughby St, Brooklyn
8401 37th Ave, Jackson Heights
285 Broadway St, Brooklyn
Food For Health
1653 3rd Ave, New York
Four Seasons Natural Foods
120 Henry St, Saratoga Springs
Good 'N Natural
2173 White Plains Rd, Bronx
Green Earth Health Market
4 Market St, Oneonta
Green Planet Grocery
18 E Cayuga St, Oswego
3514 W Genesee St, Syracuse
6195 Rte 31, Cicero
Hart's Local Grocers
10 Winthrop St, Rochester
Hawthorne Valley Farmstore
327 Rte 21C, Ghent
Health Beat Natural Foods
214 Main St, Johnson City
Health & Harmony
470 Hudson St, New York
Jason's Market
1019 Ft Salonga Rd, Northport

Good 'N Natural

2173 White Plains Rd, Bronx
Green Earth Health Market
4 Market St, Oneonta
Green Planet Grocery
18 E Cayuga St, Oswego
3514 W Genesee St, Syracuse
6195 Rte 31, Cicero
Hart's Local Grocers
10 Winthrop St, Rochester
Hawthorne Valley Farmstore
327 Rte 21C, Ghent
Health Beat Natural Foods
214 Main St, Johnson City
Health & Harmony
470 Hudson St, New York
Jason's Market
1019 Ft Salonga Rd, Northport

Jandi's Natural Market

3000 Long Beach Rd, Oceanside
Kaaterskill Farm Natural Storehouse
173 Healy Blvd, Hudson
3 Blvd Ave, Catskill
LifeThyme Natural Market
410 6th Ave, New York
The Local Food Market
37 N Main St, Cortland
8 Clinton St, Tully
Lori's Natural Food Center
900 Jefferson Rd, Rochester
Mother Earth's Storehouse
300 Kings Mall Ct, Kingston
1955 S Rd, Poughkeepsie
249 Main St, Saugerties
Oh My Goodness Health Food Store
1 N Main St, Homer
Nature's Pantry
1545 Rte 52, Fishkill
436 Bloomington Grove Tpk,
New Windsor

Rising Tide

42 Forest Ave, Glen Cove
Sunflower Natural Foods Market
75 Mill Hill Rd, Woodstock
24 Garden St, Rhinebeck
Uncle Sam's Good Natural Products
77 4th St, Troy
644 Loudon Rd, Latham

PENNSYLVANIA

Big Bear Natural Foods
1246 E Lincoln Hwy, Langhorne
925 Old Lincoln Hwy, Morrisville
Bloom Naturally
307 Columbia Blvd, Bloomsburg
118 Walnut St, Danville
Earthlight Natural Foods
933 Ann St, Stroudsburg
Everything Natural
426 S State St, Clarks Summit
Everything Natural Under the Sun
3415 Pleasant Valley Blvd, Altoona
Frey's Better Foods
1575 Main St, Hellertown
The Healthy Grocer
3800 Trindle Rd, Camp Hill
Leg Up Farmers Market
3100 N George St, York
Martindale's Natural Market
1172 Baltimore Pk, Springfield
Nature's Harvest
101 E Moreland Rd, Willow Grove
Kimberton Whole Foods
2140 Kimberton Rd, Kimberton
150 E PA Ave, Downingtown
1139 Ben Franklin Hwy E, Douglassville
239 Durham Rd, Ottsville
429 E King Rd, Malvern
Lemon Street Market
241 W Lemon St, Lancaster
Nature's Pantry
2331 Commercial Blvd, State College
Organnons Natural Market
591 Durham Rd, Wrightstown

RHODE ISLAND

The Green Grocer
934 E Main Rd, Portsmouth

VERMONT

Natural Provisions
537 Railroad St, St Johnsbury
Natural Provisions Market
329 Harvest Ln St 100, Williston

VIRGINIA

Better Thymes Natural Foods
417 S St, Front Royal
Ellwood Thompson's
4 N Thompson St, Richmond
Good Foods Grocery
3062 Stony Pt Rd, Richmond
Health Trail Natural Foods
10848 Warwick Blvd, Newport News
4858 G Washington Mem Hwy, Hayes
HealthNut Nutrition
1701 Enterprise Dr, Lynchburg
Organic Food Depot
4301 Commuter Dr, Virginia Beach
1912 Granby St, Norfolk
Rebecca's Natural Foods
1141 Emmet St, Charlottesville

WEST VIRGINIA

Community Garden Market
148 N Washington St, Berkeley Springs