

Proud member of



# INDEPENDENT CHOICE

February 2020

"Food is symbolic of love when words are inadequate."

- Alan D. Wolfelt

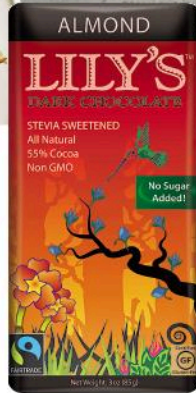


Lily's Sweets  
Chocolate Bar

(SELECTED VARIETIES)

**2/\$6**

2.8-3 oz



Primal Kitchen  
Mayo with Avocado Oil

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

12 oz



Coconut Bliss  
Organic Non-Dairy  
Frozen Dessert

(SELECTED VARIETIES)

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

1 pt



Kite Hill  
Cream Cheese Style  
Spread

(SELECTED VARIETIES)

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

8 oz



Mary's Gone Crackers  
Organic Original  
Crackers

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

5.5-6.5 oz



Hail Merry  
Tart

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

3 oz



Explore Cuisine  
Organic Bean Pasta

(SELECTED VARIETIES)

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

8 oz



Late July  
Clásico  
Tortilla Chips

(SELECTED VARIETIES)

**2/\$4**

5.5 oz



So Delicious  
Organic Coconutmilk

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

64 oz



Muir Glen  
Organic Pasta Sauce

(SELECTED VARIETIES)

**2/\$6**

25.5 oz



Beyond Meat  
Beyond Burger

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

14 oz



Prices and 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 February.





WE MAKE FOOD THAT BENEFITS:

**HUMAN HEALTH**  
Animal based snacks that support a range of food values

**ANIMAL WELFARE**  
Consciously sourced

**LAND REGENERATION**  
Partnering with suppliers who prioritize stewarding holistic ecosystems

Virgil's  
Handcrafted  
Bottled Soda

**\$3<sup>99</sup>**  
4/12 oz



Eternal  
Naturally Alkaline  
Spring Water

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



EPIC  
Meat Bar

**2/\$4**  
1.3-1.5 oz



C2O  
Coconut Water  
(SELECTED VARIETIES)

**2/\$3**  
17.5 oz



R.W. Knudsen  
Organic Apple Juice

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



Late July  
Organic Crackers

**2/\$5**  
6 oz



From The Ground Up  
Cauliflower Crackers

**2/\$5**  
4.0 oz



Terra Chips  
Sweet Potato Chips  
(SELECTED VARIETIES)

**2/\$5**  
6 oz



Beanitos  
Bean Chips  
(SELECTED VARIETIES)

**2/\$4**  
4.5-5 oz



Garden of Eatin'  
Tortilla Chips  
(SELECTED VARIETIES)

**2/\$6**  
8.1 oz



Barbara's  
Cheese Puffs

**2/\$5**  
5.5-7 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 February.



**Alter Eco  
Organic Chocolate Bar**

**2/\$5**

2.65-2.82 oz



**Theo  
Organic Chocolate Bar**  
(SELECTED VARIETIES)

**2/\$5**

3 oz



**Chocolove  
Chocolate Bar**  
(SELECTED VARIETIES)

**2/\$4**

3.1-3.2 oz



**Endangered Species  
Chocolate Bar**

**2/\$4**

3 oz



**Clif Bar  
Energy Bar**  
(SELECTED VARIETIES)

**5/\$5**

2.4 oz



**alter eco**

**CHOCOLATE THAT'S SWEET  
FOR EVERYONE INVOLVED**

*Strong relationships are the most important  
ingredient in everything we make.*

We invest in over 21,000 small-scale farmers  
to support a more sustainable future for their  
communities and a system of farming that puts  
in as much as it takes out.



f t i @alterecosf alterecofoods.com



**Pamela's  
Classic Cookies**

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

5.29-6.25 oz



**Munk Pack  
Protein Cookie**  
(SELECTED VARIETIES)

**2/\$3**

2.96 oz



**Panda  
Licorice**  
(SELECTED VARIETIES)

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

7 oz



**Foodstirs  
Organic Baking Mix**  
(SELECTED VARIETIES)

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

13-20 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 February.





## ORGANIC DURUM SEMOLINA SPAGHETTI FROM ITALY

Hand-crafted by third-generation pasta artisan family in Tuscany

Extruded with traditional bronze dies

Low temperature drying to preserve flavor



### Bionaturae Organic Pasta (SELECTED VARIETIES)

# 2/\$5

16 oz



### Annie's Organic Mac & Cheese (SELECTED VARIETIES)

# 2/\$4

6 oz



### Pacific Foods Organic Soup (SELECTED VARIETIES)

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

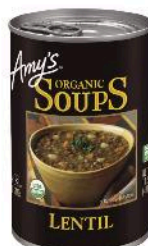
32 oz



### Amy's Organic Soup (SELECTED VARIETIES)

# 2/\$5

14.1-14.5 oz



### Wolfgang Puck Organic Soup (SELECTED VARIETIES)

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

14.5 oz



### Tasty Bite Indian Entrée (SELECTED VARIETIES)

# 2/\$4

10 oz



### Maya Kaimal Organic Everyday Dal

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

10 oz



### Mediterranean Organic Organic Wild Capers

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

3.5 oz



### Muir Glen Organic Tomatoes (SELECTED VARIETIES)

# 2/\$4

28 oz



### Organicville Organic Ketchup

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

24 oz



### Spectrum Organic Canola Oil

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

16 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 February.





Dr. Bronner's  
Organic Virgin  
Coconut Oil

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

14 oz



Wholesome  
Organic Blue Agave

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

23.5 oz



## Vegan Triple Chocolate Pudding



- |                      |                       |
|----------------------|-----------------------|
| 3 T sugar            | 1 T cocoa powder      |
| 2 T corn starch      | ¼ c dairy-free        |
| ½ tsp salt           | dark chocolate chips  |
| 2 c milk alternative | ½ tsp vanilla extract |

1. In medium bowl, whisk together sugar, corn starch and salt. Set aside.
2. In small saucepan over medium heat, combine milk alternative, cocoa powder and chocolate chips. Cook, stirring constantly, until chips have melted.
3. Pour the dry ingredients into saucepan and continue stirring until pudding begins to boil.
4. Turn heat to low and stir until the pudding thickens.
5. Remove from heat, add vanilla, and serve in individual cups, warm or chilled. Garnish and enjoy!



Crofter's Organic  
Organic Premium  
Spread

(SELECTED VARIETIES)

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

16.5 oz



Numi  
Organic Rooibos Tea

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

18 ct



Yogi  
Tea

(SELECTED VARIETIES)

**2/\$6**

16 ct



Mount Hagen  
Organic Instant Coffee

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

3.53 oz



Happy Baby  
Organic  
Superfood Puffs

**2/\$5**

2.1 oz



Organic Valley  
Organic Shredded  
Cheese

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

6 oz



Organic Valley  
Organic Cheese  
(SELECTED VARIETIES)

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

8 oz



Daiya  
Dairy Free  
Cheese Style Shreds

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

7.1-8 oz



So Delicious  
Coconutmilk Yogurt  
Alternative  
(SELECTED VARIETIES)

**2/\$3**

5.3 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 February.



**Brown Cow  
Cream Top  
Whole Milk Yogurt**

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

32 oz



**Ripple Foods  
Plant-Based Milk**  
(SELECTED VARIETIES)

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

48 oz



**Silk  
Almondmilk**  
(SELECTED VARIETIES)

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

64 oz



**Califia Farms  
Better Half Creamer**  
(SELECTED VARIETIES)

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

16.9 oz



**Koia  
Plant Powered  
Protein Drink**  
(SELECTED VARIETIES)

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

12 oz



**Immaculate Baking  
Organic Cinnamon Rolls**

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

17.5 oz



**Farmhouse Culture  
Organic Kraut**

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

16 oz



**Amy's  
Pizza**  
(SELECTED VARIETIES)

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

12-15 oz



**Manitoba Harvest  
Organic Hemp Hearts**

**\$9<sup>29</sup>**

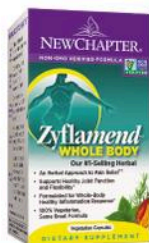
12 oz



**New Chapter  
Zyflamend™ Whole Body**

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

60 vcap



**Natural Factors  
Organic Oil of Oregano**

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

1 oz



**Carlson  
Lemon Cod Liver Oil**

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

250 ml



**Garden of Life  
mykind Organics  
Organic Elderberry  
Gummy**

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

120 ct



**KAL  
Magnesium Glycinate  
400**

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

90 tab



**Nature's Way  
Umcka® ColdCare  
Cherry Syrup**

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

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 February.



**Nordic Naturals  
Ultimate Omega 2X**

**\$36<sup>99</sup>**

60 ct



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

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

90 ct



Love your heart.



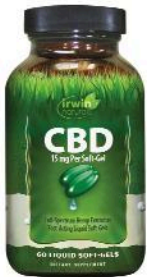
**NORDIC NATURALS®**  
#1 heart-healthy omega-3s\*

Based on SPINS Scan Data

**Irwin Naturals  
CBD 15 mg Soft-Gels**

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

60 ct



**Terry Naturally  
CuraMed 750 mg**

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

30 sgel



**Boiron  
ColdCalm**

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

60 tab



**Aura Cacia  
Lavender Essential Oil**



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

.5 oz

**Shikai  
Borage Therapy  
Original Formula Lotion**

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

8 oz



**Weleda  
Skin Food**

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

2.5 oz



**Mineral Fusion  
Volumizing Mascara**

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

0.57 oz



**ECOS  
Laundry Detergent  
(SELECTED VARIETIES)**

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

100 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 February.





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).

#### FLORIDA

Abby's Health & Nutrition  
Date & Thyme  
Debbie's Health Foods  
Get Healthy  
Grassroots Natural Market  
Nassau Health Foods  
Nature's Food Patch  
Nutrition Smart  
Peggy's Natural Food Market  
Wright's Natural Market

#### GEORGIA

Brighter Day Natural Foods  
Farmer's Natural Foods  
Nature's Corner Market  
Nature's Pick Market  
Nuts 'n Berries Healthy Market  
Savi Provisions

#### NORTH CAROLINA

Apple Crate Natural Market  
Food Matters Market  
Harmony Farms Natural Foods  
Living Well Down East  
Lovey's Market  
Nature's Own  
Organic Marketplace  
West Village Market & Deli

#### SOUTH CAROLINA

14 Carrot Whole Foods  
Bay Naturals  
Belue Farms  
Natural Foods Market  
Bert's Market  
Rosewood Market & Deli

#### TENNESSEE

Grubb's Grocery  
The Turnip Truck  
Natural Market

