Independent Choice™

October 2019

Bragg Organic Apple Cider Vinegar

$2.29
16 oz

Justin's Organic Nut Butter Cups

2/$3
1.4 oz

So Delicious Organic Coconutmilk

2/$7
64 oz

Traditional Medicinals Organic Tea
(selected varieties)

$3.49
16 ct

Annie's Organic Bunny Fruit Snacks
(selected varieties)

2/$7
4 oz

Purely Elizabeth Granola

$4.99
12 oz

Lundberg Family Farms Organic Rice Cakes
(selected varieties)

$2.99
8.5-10 oz

Alter Eco Organic Chocolate Bar

2/$5
2.82 oz

Brown Cow Cream Top Whole Milk Yogurt

5/$4
5.3 oz

Dr. Bronner's Organic Virgin Coconut Oil

$7.49
14 oz

Stretch Island Fruit Leather

39¢
0.5 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.

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Late July
Organic
Cantina Dippers

2/$6
8 oz

Muir Glen
Organic Tomatoes
(selected varieties)

2/$4
28 oz

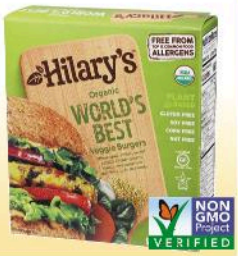
Organic Valley
Organic
Shredded Cheese
(selected varieties)

$3.79
6 oz

Lightlife
Organic Tempeh

$2.29
8 oz

Hilary's
Organic
Veggie Burgers



2/$5
6.4 oz

Ancient Harvest
Organic Supergrain Pasta

$2.49
8-9.6 oz

Daiya
Dairy Free Cheese
Style Shreds

$2.99
7.1-8 oz

Pacific
Organic Soup
(selected varieties)

$3.49
32 oz

Kettle
Potato Chips
(selected varieties)

2/$5
4.2-5 oz

Crunchmaster
Multi-Seed Crackers
(selected varieties)

2/$5
4.0 oz

Udi's Gluten Free
Gluten Free
Sandwich Bread

$3.79
12 oz

Crofter's Organic
Organic
Premium Spread
(selected varieties)

$3.79
16.5 oz

California Olive Ranch
Everyday
Extra Virgin
Olive Oil

$7.79
16.9 oz

Primal Kitchen
Mayo with
Avocado Oil

$6.49
12 oz

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Yogi
Tea
(selected varieties)

2/$6
16 ct

Larabar
Fruit & Nut Bar
(selected varieties)

5/$5
1.6-1.8 oz

R.W. Knudsen
Organic Just Tart
Cherry Juice

$5.49
32 oz

Uncle Matt's
Organic
Orange Juice
(selected varieties)

$5.49
52 oz

Silk
Almondmilk
(selected varieties)

2/$7
64 oz

So Delicious
Organic Coconutmilk
Creamer

$2.29
16 oz

Vita Coco
Coconut Water
(selected varieties)

2/$6
1 lt

Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/$5
8.6-14.6 oz

Organic Valley
Organic Milk
(selected varieties)

$4.49
64 oz

Van's
Waffles
(selected varieties)

2/$5
8-9 oz

Barbara's
Classic Cereals
(selected varieties)

$3.29
13 oz

Bobo's
Oat Bar
(selected varieties)

2/$4
3 oz

Sambazon
Organic Superfruit
Smoothie Packs
(selected varieties)

$4.79
4/100 g

Wyman's of Maine
Wild Blueberries

$3.29
15 oz

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Miyoko's
Organic Fresh Vegan
Mozzarella

$5.99
8 oz

Late July
Organic
Multigrain
Tortilla Chips

2/$5
5.5-6 oz

Annie's
Mac & Cheese
(selected varieties)

5/$5
5.25-6 oz

Crown Prince Natural
Skinless & Boneless
Sardines in Olive Oil

2/$5
3.75 oz

Organic Valley
Organic Raw Sharp
Cheddar Cheese

$4.79
8 oz

Sky Valley
Sriracha Sauce

$5.49
18.5 oz

Kettle & Fire
Bone Broth
(selected varieties)

$4.99
16.9 oz

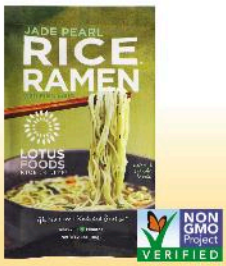
Peeled Snacks
Organic
Peas Please

2/$4
3.3 oz

Glutino
Gluten Free
Pretzels

$3.99
14.1 oz

Lotus Foods
Rice Ramen
(selected varieties)



4/$5
2.8 oz

Farmhouse Culture
Organic Kraut
(selected varieties)

$4.99
16 oz

Wild Planet
Albacore Wild Tuna

$2.99
5 oz

Tasty Bite
Indian Entrée
(selected varieties)

2/$5
10 oz

Wolfgang Puck
Organic Soup
(selected varieties)

2/$5
14.5 oz

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Angie's BoomChickaPop Popcorn
(selected varieties)

$2.29
4.4-7 oz

Honest Tea Organic Iced Tea
(selected varieties)

4/$5
16 oz

MI-DEL Ginger Snaps
(selected varieties)

$2.79
8-10 oz

Back to Nature Cookies
(selected varieties)

2/$6
6-12 oz

Essentia Alkaline Water

$1.79
1.5 lt

Mary's Gone Crackers Organic Original Seed Crackers

$3.29
5.5-6.5 oz

Barbara's Cheese Puffs

2/$4
5.5-7 oz

EPIC Meat Bar

2/$4
1.3-1.5 oz

Frontera Salsa
(selected varieties)

$2.99
16 oz

Montebello Organic Artisan Pasta
(selected varieties)

$2.99
1 lb

Rumiano Organic Sliced Cheese

$2.99
6 oz

From The Ground Up Cauliflower Crackers

2/$5
4 oz

gimMe Organic Organic Seaweed Snack

2/$3
.35 oz

Munk Pack Protein Cookie
(selected varieties)

2/$3
2.96 oz

Annie's Organic Bunny Crackers
(selected varieties)

2/$6
7.5 oz

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Navitas Organic Cacao Powder

$6.29
8 oz

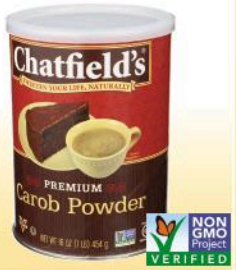
Elmhurst Plant Milk
(selected varieties)

$3.99
32 oz

Lily's Sweets Baking Chips
(selected varieties)

$5.29
9 oz

Chatfield's Carob Powder



$4.99
16 oz

GoMacro Organic MacroBar
(selected varieties)

2/$4
2-2.4 oz

Orgain Organic Vegan Protein Shake

$1.99
11 oz

Endangered Species Chocolate Bar

2/$4
3 oz

REBBL Organic Elixir
(selected varieties)

$2.79
12 oz

Simple Mills Crunchy Cookies

$3.29
5.5 oz

Numi Organic Turmeric Tea
(selected varieties)

$4.99
12 ct

So Delicious Coconutmilk

$2.29
32 oz

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Organic India
Organic Tulsi Tea
(selected varieties)

$3.79
18 ct

inner-eco
Probiotic
Coconut Water
(selected varieties)

$15.99
15 oz

Manitoba Harvest
Organic
Hemp Hearts

$9.99
12 oz

SweetLeaf
Sweet Drops
(selected varieties)

$7.79
2 oz

NOW Foods
MCT Oil
(selected varieties)

$17.99
32 oz

Wedderspoon
Organic Manuka
Honey Drops

$6.99
4 oz

Vital Proteins
Collagen Peptides

$19.99
10 oz

Natural Vitality
Natural Calm
(selected varieties)

$16.99
8 oz

Carlson
Lemon Cod
Liver Oil

$37.99
500 ml

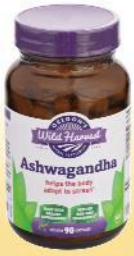
Amazing Grass
Organic Wheat Grass

$19.99
8.5 oz

Gaia Herbs
Turmeric Supreme
Extra Strength

$17.99
60 cap

Oregon's Wild Harvest
Organic
Ashwagandha



$16.99
90 ct

Vega
Sport Premium
Protein

$43.99
28.3-29.5 oz

Rainbow Light
Gummy Vitamin C
Slices

$11.79
90 ct

Renew Life
Ultimate Flora Women's Care
Probiotic 90 Billion

$37.99
30 cap

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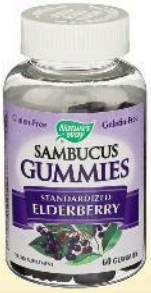
Flora
Floravital
Iron + Herbs

$19.99
8.5 oz

Nature's Way
Sambucus
Gummies



$13.99
60 ct

New Chapter
Bone Strength
Take Care™

$22.99
60 tab

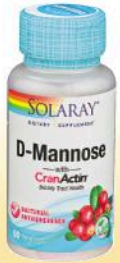
NeoCell
Beauty Bursts

$16.99
60 ct

MegaFood
Balanced B
Complex

$12.99
30 tab

Solaray
D-Mannose
with CranActin



$14.99
60 cap

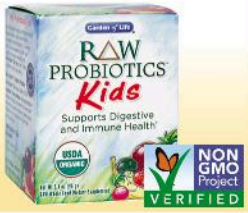
Solgar
Gentle Iron®
Vegetable Capsules

$9.49
90 vcap

Vibrant Health
U.T. Vibrance

$23.99
50 tab

Garden of Life
Organic Kids Raw
Probiotics



$19.99
96 g

Jarrow Formulas
Saccharomyces
Boulardii + MOS

$18.99
90 vcap

Boiron
Oscillococcinum

$10.99
6 ct

Natural Factors
Organic Oil of
Oregano

$14.99
1 oz

Aura Cacia
Lavender Essential Oil

$7.99
0.5 oz

RADIUS
The Source Brush

$7.99
6 ct

Dr. Tung's
Smart Floss

$3.79
30 yds

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ANDALOU NATURALS

Bee Kind

The 1st beauty brand to be Non-GMO Project Verified

NON GMO Project VERIFIED
nongmoproject.org

Andalou Naturals 1000 Roses Cleansing Foam

$8.99
5.5 oz

Lily Of The Desert Aloe Vera Gelly

$6.49
12 oz

ShiKai Borage Therapy Original Formula Lotion

$8.99
8 oz

Crystal Mineral Deodorant Roll-On

$3.29
2.25 oz

ACURE Shampoo or Conditioner

$6.49
12 oz

EO Everyone Lotion
(selected varieties)

$7.49
32 oz

Dr. Bronner's Pure-Castile Liquid Soap
(selected varieties)

$12.49
32 oz

Biokleen Bac-Out Stain + Odor Remover

$6.29
32 oz

ECOS Laundry Detergent
(selected varieties)

$9.49
100 oz

Seventh Generation Dish Liquid
(selected varieties)

$2.99
22-25 oz

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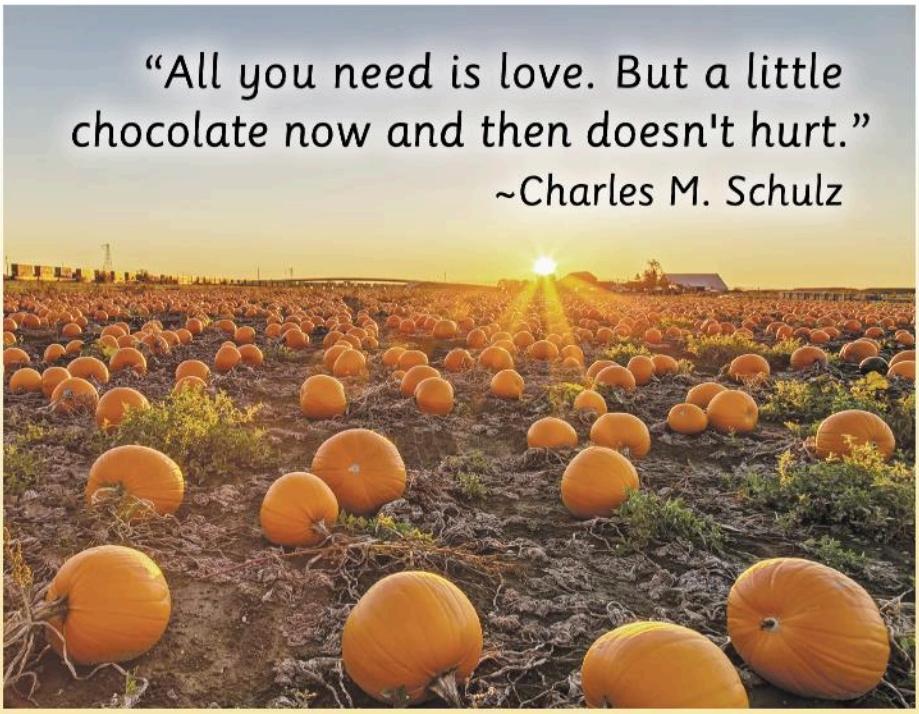

Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

Connecticut

Chamomille Natural Foods
5860 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 N, Woodbury

Delaware

Harvest Market
7417 Lancaster Pk, Hockessin

District of Columbia

Glen's Garden Market
2001 S St NW, Washington
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
Community Garden Market
12824 Lanes Run Rd, Big Pool
David's Natural Market
5410 Lynx Ln, Columbia
1523 E Rock Spring Rd, Forest Hill
871 Annapolis Rd, Gambrills
Roots Market
16800 Georgia Ave, Olney
5805 Clarksville Square Dr, Clarksville
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 Naturals
23 White St, Cambridge
90 Guest St, Boston
City Feed & Supply
672 Centre St, Jamaica Plain
66A Boylston St, Jamaica Plain
Common Crow Natural Market
200 Eastern Ave, Gloucester
Cornucopia Natural Wellness Market
150 Main St, 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
Roots Natural Foods
100 Crawford St, Leominster
Rory's Market
640 Main St, Dennisport
31 Market St, Mashpee

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

A-1 Nutrition Store
210 Main Ave, Passaic
Back to Nature
231 Rte 206 S, Chester
Basil Bandwagon Natural Market
38 Old Hwy 22, Clinton
276 US Hwy 202/31, Flemington
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 Grand
Healthfair Natural & Organic Food Market
625 Branch Ave, Little Silver
Healthway Natural Food Center
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 State Rte 23 N, Pomtpton 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
Cornucopia Natural Foods
35 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
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 Organic Market
275 S Central Ave, Hartsdale
Green Planet Grocery
250W Seneca St, Ste C, Oswego
3514 W Genesee St, Syracuse
Hawthorne Valley Farmstore
327 County Rte 21C, Ghent
Health Beat Natural Foods
214 Main St, Johnson City
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
Nature's Pantry
1545 Rte 52, Fishkill
436 Bloomington Grove Tpk, New Windsor
Sunflower Natural Foods Market
75 Mill Hill Rd, Woodstock
24 Garden St, Rhinebeck
Uncle Sam's Good Natural Products
77 4th St, Troy
644 New Loudon Rd, Latham

Pennsylvania

Big Bear Natural Foods
925 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
Health Hut
1617 3rd St, Beaver
110 McMillen Ave, Beaver Falls
Kimberton Whole Foods
2140 Kimberton Rd, Kimberton
150 E PA Ave, Downingtown
1139 Ben Franklin Hwy E, Douglassville
4010 Durham Rd, Ottsville
429 E King Rd, Malvern
222 E Main St, Collegeville
Leg Up Farmers Market
3100 N George St, York
Lemon Street Market
241 W Lemon St, Lancaster
Martindale's Natural Market
1172 Baltimore Pk, Springfield
Nature's Harvest
101 E Moreland Rd, Willow Grove
Nature's Pantry
2331 Commercial Blvd, State College
Organnons Natural Market
591 Durham Rd, Wrightstown
Poppy's Greengrocer
415 W Bridge St, New Hope
Riverwards Produce
2200 East Norris St, Philadelphia
Sonnewald Natural Foods
4796 Lehman Rd, Spring Grove

Rhode Island

The Green Grocer
934 E Main Rd, Portsmouth

Vermont

Natural Provisions
537 Railroad St, St Johnsbury
Natural Provisions Market & Deli
329 Harvest Ln, 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 Nut Nutrition
1701 Enterprise Dr, Lynchburg
Health Trail Natural Foods
10848 Warwick Blvd, Newport News
4858 George Washington Hwy, Hayes
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
207 South Princess St, Shepherdstown
Good Natured Market & Vegetarian Cafe
209 S Raleigh St, Martinsburg

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