

# INDEPENDENT Choice™

December 2019

Equal Exchange  
Organic Baking Cocoa



**\$5.49**

8 oz

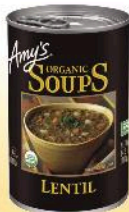
Miyoko's  
Organic European Style  
Cultured Vegan Butter



**\$3.99**

8 oz

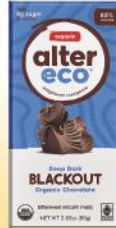
Amy's  
Organic Soup  
(selected varieties)



**2/\$5**

14.1-14.5 oz

Alter Eco  
Organic  
Chocolate Bar  
(selected varieties)



**2/\$5**

2.65-2.82 oz

Wholesome  
Organic  
Powdered Sugar



**\$3.29**

1 lb

Organic Valley  
Organic Feta Cheese



**\$4.79**

8 oz

Immaculate Baking  
Organic  
Cinnamon Rolls



**2/\$6**

17.5 oz

Kite Hill  
Cream Cheese Style Spread  
(selected varieties)



**\$5.49**

8 oz

Muir Glen  
Organic Tomatoes  
(selected varieties)



**2/\$4**

28 oz

Beanitos  
Bean Chips  
(selected varieties)



**2/\$5**

4.5-5 oz

Annie's  
Organic  
Graham Crackers



**\$3.49**

14.1 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 December.

Earth Balance  
Organic Vegan Whipped  
Buttery Spread

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

13 oz



Dr. Bronner's  
Organic Virgin  
Coconut Oil

**\$7<sup>49</sup>**

14 oz



Frontier Co-op  
Organic Ground  
Korintje Cinnamon

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

1.9 oz



Chatfield's  
Carob Powder

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

16 oz



Chocolove  
Chocolate Bar  
(selected varieties)

**2/\$4**

3.1-3.2 oz



nutpods  
Dairy-Free Creamer  
(selected varieties)

**2/\$4**

11.2 oz



Bob's Red Mill  
Almond Flour

**\$7<sup>49</sup>**

16 oz



Coconut Bliss  
Organic Non-Dairy  
Frozen Dessert  
(selected varieties)

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

1 pt



Organic Valley  
Organic Ghee

**\$8<sup>29</sup>**

7.5 oz



# Holiday Baking Is Better with Bob's



Find holiday recipes and more at  
[bobsredmill.com/recipes](http://bobsredmill.com/recipes)



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Organic Valley  
Organic Raw Sharp  
Cheddar Cheese

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

8 oz



Late July  
Organic Multigrain  
Tortilla Chips

**2/\$5**

5.5-6 oz



Reed's  
Bottled Craft  
Ginger Beer

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

4/12 oz



Good Health  
Avocado Oil  
Potato Chips

**2/\$5**

5 oz



Mary's Gone Crackers  
Organic Original Crackers

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

5.5-6.5 oz



Simple Mills  
Almond Flour  
Crackers

**2/\$7**

4.25 oz



Muir Glen  
Organic  
Pasta Sauce

**2/\$5**

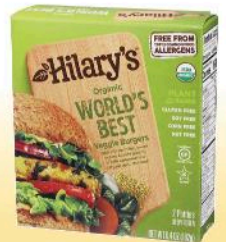
25.5 oz



Hilary's  
Organic  
Veggie Burgers

**2/\$5**

6.4 oz



DELICIOUSLY *simple*  
INGREDIENTS, TASTE EVERYONE  
WILL LOVE



GLUTEN  
FREE

GRAIN  
FREE

www.simplemills.com



**SIMPLE**  
*Mills*

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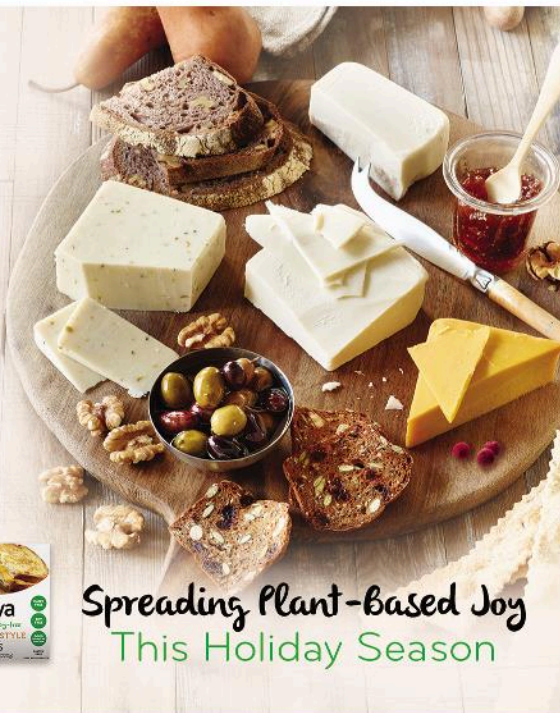
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**daiya**  
deliciously dairy-free®

DAIRY FREE • SOY FREE • GLUTEN FREE

cheddar style shreds  
mozzarella style shreds  
cheddar style slices



Daiya  
Dairy Free  
Cheese Style  
Shreds

**\$2<sup>99</sup>**  
7.1-8 oz



Applegate Naturals  
Breakfast Sausage  
(selected varieties)

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



Lakewood  
Organic Pure  
Aloe Juice

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



Uncle Matt's  
Organic  
Orange Juice  
(selected varieties)

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



Organic Valley  
Organic French  
Vanilla Half & Half

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



Taste Nirvana  
Coconut Water  
(selected varieties)

**2/\$3**  
9.5 oz



## Holiday Detox Smoothie

- 1 apple, cored
- 1/2 cucumber, chopped
- 3 celery stalks, chopped
- 1/2 avocado, sliced
- 1 c spinach
- 1/2 banana
- 1 tsp cinnamon
- 2-4 oz aloe vera juice

Blend all ingredients together until smooth. Add aloe vera juice to achieve desired consistency. Serve immediately and enjoy!



Yogi  
Tea  
(selected varieties)

**2/\$6**  
16 ct

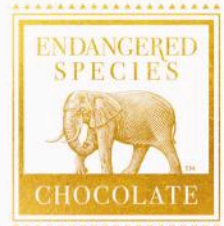


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# ENJOY LIFE'S SWEET MOMENTS THIS SEASON

*Wishing you a holiday filled with peace, joy and delightful shared memories.*



chocolatebar.com

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Endangered Species  
Chocolate Bar



**2/\$4**  
3 oz

OCHO Candy  
Organic Candy Bar



**2/\$3**  
1.45-1.5 oz

Kettle  
Krinkle Cut  
Potato Chips  
(selected varieties)



**2/\$5**  
13 oz

Ithaca Cold-Crafted  
Hummus



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

Vermont Smoke & Cure  
Meat Stick  
(selected varieties)



**4/\$5**  
1 oz

Heritage Store  
Black Seed Oil



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

NOW Foods  
Peppermint Essential Oil



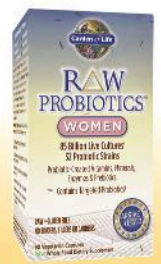
**\$5<sup>49</sup>**  
1 oz

Oregon's Wild Harvest  
Organic Milk Thistle  
Dandelion



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

Garden of Life  
Raw Probiotics™



**\$34<sup>99</sup>**  
90 ct

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Natural Factors  
BioSil®  
Hair, Skin, Nails

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



Terry Naturally  
CuraMed 750 mg

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



**Fact**  
**Beauty** is skin deep,  
but chemicals and  
**toxins**  
in many personal care  
products go deeper.  
Choose beauty  
products made with  
organic ingredients  
for total body health.



#Organic  
@OrganicTrade  
OTA.com

Jarrow Formulas  
Bone-Up

**\$17<sup>49</sup>**  
240 cap



Solgar  
Gentle Iron®  
Vegetable Capsules

**\$9<sup>39</sup>**  
90 vcap



MegaFood  
Women Over 40™  
One Daily

**\$30<sup>99</sup>**  
60 tab

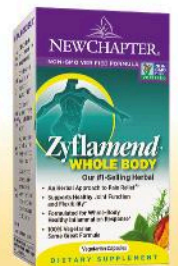


**"SUSTAINABILITY STARTS AND  
ENDS WITH THE FAMILIES  
BEHIND THE COMMODITIES  
THAT WE CONSUME."**

- HANS THEYER, FAIRTRADE AMERICA

New Chapter  
Zyflamend™  
Whole Body

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



DERMA E  
Anti-Wrinkle  
Renewal Cream

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



# ACURE®

WELCOME TO SKIN WELLNESS™

**Our mission** is to take skin from blah to brilliant by boosting skins performance with powerful combinations of amazing ingredients.



## ACURE Brightening Facial Scrub

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



## Aura Cacia Lavender Essential Oil

**\$7<sup>99</sup>**  
.5 oz



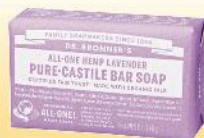
## Andalou Naturals Shampoo or Conditioner (selected varieties)

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



## Dr. Bronner's Pure-Castile Bar Soap

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



## Alaffia Coconut Body Lotion

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



## Every Man Jack Deodorant (selected varieties)

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



## Mineral Fusion Nail Polish (selected varieties)

**\$7<sup>49</sup>**  
0.33 oz



## ECOS Dishmate

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

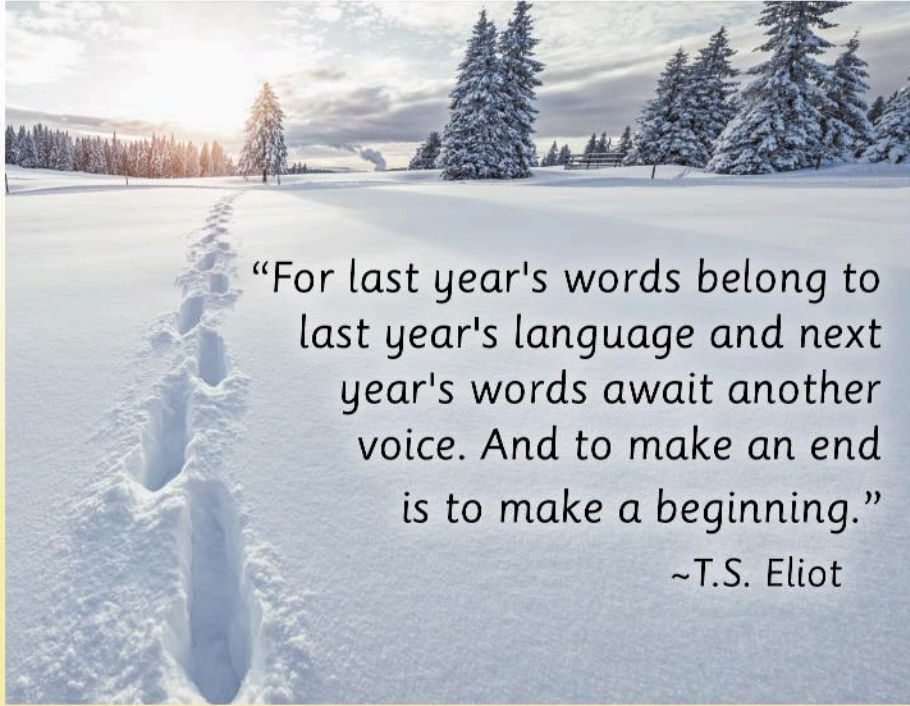


## Biokleen Laundry Liquid

**\$10<sup>49</sup>**  
128 loads



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“For last year's words belong to  
last year's language and next  
year's words await another  
voice. And to make an end  
is to make a beginning.”

~T.S. Eliot

**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
- Better Life Whole Foods**  
1500 Allen St, Springfield
- 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, 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
- 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, Collegetown
- 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
- Sonnwald 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
- Eats Natural Foods**  
708A North Main St, Blacksburg
- 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