

INDEPENDENT Choice™

May 2017

Ancient Harvest
Organic Supergrain Gluten Free Pasta

\$2²⁹

8 oz



Annie's Naturals
Organic Salad Dressing

\$1⁹⁹

8 oz



Muir Glen
Organic
Pasta Sauce

2/\$6

25.5 oz



Honest Tea
Organic
Iced Tea

\$1¹⁹

16 oz



Nutiva
Organic
Coconut
Manna

\$7⁹⁹

15 oz



Napa Valley Naturals
Organic Extra
Virgin Olive Oil

\$8⁹⁹

25.4 oz



Bragg
Organic
Apple Cider
Vinegar

\$2⁹⁹

16 oz



Green & Black's
Organic
Chocolate Bar

\$2⁷⁹

3.5 oz



Organic Valley
Organic Raw Sharp
Cheddar Cheese

\$4²⁹

8 oz



Better Than Bouillon
Organic Base

\$4²⁹

8 oz



Did you know...

Approximately one quarter of all flowers purchased for holidays are for Mother's Day. The most popular flowers are carnations.

Lundberg Family Farms
Rice Chips

\$2²⁹

6 oz



Alden's
Organic Ice Cream

\$5⁷⁹

48 oz



Califia Farms
Almondmilk

\$3⁹⁹

48 oz



Terra Chips
Sweet Potato
Chips

2/\$5

5.5-6 oz



Pamela's
Gluten Free Cookies

\$3²⁹

7.25 oz



Erewhon
Organic Cereal

\$3⁴⁹

10-11 oz



Chocolove
Chocolate Bar
(selected varieties)

\$2¹⁹

2.9-3.2 oz



Good Health
Avocado Oil
Potato Chips

\$2¹⁹

5 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁹⁹

32 oz



Chocolate Dipped Strawberries

1.25 lbs ripe strawberries
9 oz dark chocolate, (3 bars) chopped
3 oz white chocolate, (1 bar) chopped
1.5 tsp neutral oil (sunflower works well)

Melt chocolate separately in a bowl over barely simmering water. Add 1 tsp of oil to the dark chocolate and the remaining to the white. Stir. Dip strawberries in the dark chocolate using the leaves as a handle. Set aside on waxed paper. Drizzle white chocolate over strawberries.

Larabar
Fruit & Nut Bar

5/\$5

1.6-1.8 oz



Annie's Homegrown
Organic
Graham
Crackers

\$3⁴⁹

14.4 oz





CROFTER'S
ORGANIC

Celebrate World Fair Trade Month!

Our fruit spreads are sweetened with organic Fair Trade Cane Sugar from the Green Cane Project in Brazil.

The Green Cane Project is one of the largest sustainable agriculture projects in the world and has developed impressive social and economic programs that improve the quality of life of their employees and the surrounding community.






Crofter's Organic
Organic
Premium Spread
(selected varieties)



\$3⁹⁹
16.5 oz

Justin's
Almond
Butter



\$9⁹⁹
16 oz

C2O
Coconut Water



2/\$3
17.5 oz

Cascadian Farm Organic
Organic Cereal
(selected varieties)



2/\$6
9.2 oz

Udi's
Whole
Grain Bread



\$3⁶⁹
12 oz

Santa Cruz
Organic
Lemonade



2/\$4
32 oz

So Delicious
Organic
Coconut Milk



\$2¹⁹
32 oz

Simple Mills
Almond Flour
Crackers



\$3⁴⁹
4.25 oz

ProBar
Meal Bar



\$2¹⁹
3 oz

Munk Pack
Oatmeal Fruit
Squeeze



3/\$5
4.2 oz

Barbara's
Puffins Cereal



2/\$6
10 - 11 oz

Muir Glen
Organic
Tomatoes

4/\$5

14.5 oz



Late July
Organic Restaurant
Style Tortilla Chips

2/\$6

10-11 oz



Alive & Well Olives
Organic Probiotic Olives

\$5⁹⁹

12.5 oz



Amy's
Organic
Refried Beans

2/\$5

15.4 oz



Organic Valley
Organic Sour Cream

\$3¹⁹

16 oz



Hope Foods
Organic Hummus

\$3¹⁹

8 oz



7 Layer Salad

- | | |
|---|--|
| 1 - 15.4 oz can Amy's refried beans | ½ c Organic Valley sour cream |
| 1 head of romaine lettuce, chopped | ½ avocado |
| 8 oz Organic Valley cheddar cheese, finely grated | 1 ½ c Late July tortilla chips, broken into pieces |
| 2 large tomatoes, cored and chopped | sea salt & black pepper to taste |

Spread the refried beans on the bottom of a clear glass bowl and layer the next three ingredients in the order they appear above. Concentrate the ingredients around the perimeter of the bowl and fill in the center with lettuce (if needed). As you layer, season with salt and pepper to taste.

Blend together sour cream and avocado until smooth. Spread over tomato layer right to the edge. Top salad with tortilla chips.

Glutino
Gluten Free
Pretzels

\$3⁷⁹

14.1 oz



Crunchmaster
Multi-Seed
Crackers

\$2¹⁹

4.5 oz



Zevia
Zero Calorie
Soda

2/\$7

6/12 oz



Woodstock
Organic Pickles
(selected varieties)



\$3⁹⁹
24 oz

Annie's Naturals
Organic
Ketchup



2/\$5
24 oz



From the farms of Thailand to your refreshed lips, Amy & Brian has been providing premium coconut water since 2001. Named after the founder's children, at Amy & Brian, it's all about family. That means we care about your well-being as a loving family would and only provide what's good for you.

We inspire you to live passionately while following your dreams, embracing community and striving to **Be Better** in all that you are and do.

amy & brian
family owned and operated since 2001

www.amyandbriannaturals.com

Sir Kensington's
Mayonnaise



\$4¹⁹
10 oz

Beyond Meat
Beef-Free Crumble



\$3³⁹
11 oz

Amy & Brian
Coconut Water



2/\$4
17.5 oz

San J
Gluten Free
Cooking Sauce



\$2⁴⁹
10 oz

Gardein
7 Grain Crispy
Tenders



\$3²⁹
9 oz

Beanfields
Bean & Rice
Chips



2/\$5
5.5-6 oz

Explore Cuisine
Organic
Bean Pasta



\$3²⁹
8 oz

Annie's Homegrown
Natural
Mac & Cheese



2/\$3
5.25-6 oz

Theo
Organic
Chocolate Bar



\$2⁴⁹
3 oz



CELEBRATE WORLD FAIR TRADE DAY

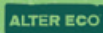
FAIR FOR FARMERS

MAY 13, 2017

Choose products from fair trade brands committed to working with small-scale farmers.

Fair trade relationships empower farmers to organize and tend to what matters the most: their families, community, and the environment.

Your purchase benefits farmers, the soil they cultivate, and communities around the globe.



Learn more at FairWorldProject.org



RASMEY CHANEM, OLIVE FARMER, BURQIN, CANAAN FAIR TRADE



Dr. Bronner's
Organic
Coconut Oil

\$7.79

14 oz



Alter Eco
Organic
Chocolate Bar

\$2.59

2.82 oz



Guayaki
Organic
Yerba Mate

\$2.19

15.5 oz



Alaffia
Everyday
Coconut
Body Lotion

\$9.99

32 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.

OCHO Candy
Organic Candy Bar

2/\$3
1.5 oz



Taza Chocolate
Organic Chocolate
Mexicano Discs

2/\$5
2.7 oz



Way Better Snacks
Tortilla Chips

\$1.59
5.5 oz



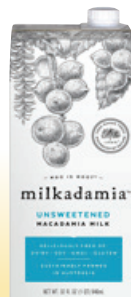
VerMints
Organic Breath Mints

2/\$5
1.41 oz



milkadamia
Macadamia milk

\$2.99
32 oz



Taste Nirvana
Coconut Water

\$1.59
9.5 oz



PUR
Gum

89¢
9 ct



Essentia
Water

\$1.69
1 lt



GoMacro
Organic
MacroBar

\$1.99
2-2.5 oz



Clif Bar
Energy Bars

\$1.19
2.4 oz



Bluebonnet
Liquid Calcium
Magnesium
Citrate

\$9.99
16 oz



tera'swhey
Organic
Whey Protein

\$21.99
12 oz



Vega
Vega One
Nutritional
Shake

\$49.99
29.2-30.9 oz



Organic India
Organic Whole
Husk Psyllium

\$9.99
12 oz



Nature's Plus
Spiru-tein
(selected varieties)

\$19.99
19.2 oz



Garden of Life
Vanilla RAW
Organic Meal

\$43⁹⁹

969 g



Carlson
Lemon
Cod Liver Oil

\$19⁹⁹

8.4 oz



Sovereign Silver
Bio-Active
Silver Hydrosol
10 Ppm Dropper

\$19⁹⁹

4 oz



New Chapter
Every Woman's™
One Daily 40+

\$41⁹⁹

72 tab



Nutrition Now
PB 8®
Pro-Biotic

\$15⁹⁹

120 ct



Herbs, Etc.
Alcohol Free
ChlorOxygen®

\$9⁹⁹

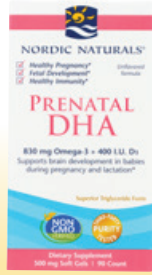
1 oz



Nordic Naturals
Prenatal DHA

\$22⁹⁹

90 ct



Natural Factors
BioSil® Skin,
Hair, Nails

\$26⁹⁹

60 vcap



MegaFood
Balanced
B Complex

\$12⁴⁹

30 tab






**A healthy mom
is a happy mom.**



Nordic Naturals is committed to delivering the world's safest, most effective nutrients essential to health. When our specialized products for mom go on sale, everyone knows best. So stock up and live life better.

Jarrow Formulas
Fem-Dophilus

\$15⁹⁹

30 cap



Country Life
Maxi - Hair®
Plus

\$15⁹⁹

120 vcap



Nature's Gate
Herbal Shampoo
& Conditioner



\$5²⁹

18 oz

Andalou Naturals
1000 Roses
Cleansing Foam



\$8²⁹

5.5 fl oz

Boiron
Arnica Gel



\$5⁴⁹

1.5 oz

Mineral Fusion
Nail Polish
Remover



\$5⁹⁹

6 oz

Nubian
African Black Soap
Body Wash



\$7⁴⁹

13 oz

Lily of the Desert
Aloe Vera Gelly



\$3¹⁹

4 oz

EO
Everyone
Hand Soap



\$3⁴⁹

12.75 oz

Aura Cacia
Aromatherapy
Body Mist
(selected varieties)



\$4⁹⁹

4 oz

Goddess Garden
Continuous
Spray Sunscreen



\$12⁴⁹

6 oz

Giovanni
2chic Brazilian
Keratin & Argan Oil
Ultra-Sleek Shampoo



\$5⁷⁹

8.5 oz

Kiss My Face
Triple Action
Gel Toothpaste



\$3⁹⁹

4.5 oz

Desert Essence
Tea Tree Oil
Dental Floss



\$2⁴⁹

50 yd

B&T
Arniflora
Arnica gel



\$9⁴⁹

2.75 oz.

All Terrain
Assorted
Bandages



\$3²⁹

30 ct

Weleda
Calendula
Diaper Rash
Cream



\$8⁹⁹

2.8 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.

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

Robert Louis Stevenson



CONNECTICUT

Chamomille 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

DELAWARE

Harvest Market
7417 Lancaster Pike, 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 U.S. 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 Lane, Columbia
1523-E 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 North Washington St, North Attleboro

Cambridge Natural Foods
23 White St, Cambridge

Organic Market
1218 Main St, Chatham
640 Main St, Dennisport
31 Market St, Mashpee

City Feed and 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 South 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 U.S. Hwy 202/31, Flemington

Big Bear Natural Foods
239 N Union St, Lambertville
21 Arctic Parkway, Ewing
9 Rte 31, Pennington

Dean's Natural Food Market
1119 Hwy 35, Ocean
490 Broad St, South Shrewsbury
25 Mountainview Blvd, Basking Ridge
270 Rte 206, Chester

Green Acres Health Food Store
1297 Centennial Ave, Piscataway

Green Life Market
1388 Rte 23N, Butler
238 Newton Sparta Rd, Newton
66 Morris St, Morristown

Green Street Market
3156 Rte 9 S, Rio Grande

**Healthfair Natural and
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

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

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 Third 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

Jandi's Natural Market
3000 Long Beach Rd, Oceanside

**Kaaterskill Farm
Natural Storehouse**
173 Healy Blvd, Hudson
28 Grandview Plaza, 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 South 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

**Everything Natural
Under the Sun**
3415 Pleasant Valley Blvd, Altoona

Earthlight Natural Foods
933 Ann St, Stroudsburg

Everything Natural
426 South State St, Clarks Summit

Frey's Better Foods
1575 Main St, Hellertown

The Healthy Grocer
3800 Trindle Rd, Camp Hill

Leg Up Farmers Market
3100 North George St, York

Martindale's Natural Market
1172 Baltimore Pike, Springfield

Nature's Harvest
101 E Moreland Rd, Willow Grove

Kimberton Whole Foods
2140 Kimberton Rd, Kimberton
150 E Pennsylvania Ave, Downingtown
1139 Ben Franklin Hwy E, Douglassville
239 Durham Rd, Ottsville
429 East King Road, 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 East Main Rd, Portsmouth

VERMONT

Natural Provisions
537 Railroad St, Saint Johnsbury

Natural Provisions Market
329 Harvest Lane, Suite 100, Williston

VIRGINIA

Better Thymes Natural Foods
417 South St, Front Royal

Ellwood Thompson's
4 N Thompson St, Richmond

Good Foods Grocery
3062 Stony Point Rd, Richmond

Health Trail Natural Foods
10848 Warwick Blvd, Newport News
4858 George Washington Memorial 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