

GT's
Organic Kombucha

2/\$6

16 oz



Annie's Naturals
Organic Salad Dressings

\$2.99

8 oz



Redwood Hill Farm
Plain Goat
Milk Kefir

\$5.49

32 oz



Organic Valley
Organic
Mozzarella
Stringles

\$4.79

6 oz



Spectrum
Organic
Mediterranean
Olive Oil

\$13.99

33.8 oz



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4.99

1 pt



Back To Nature
Snack Crackers
(select varieties)

\$2.69

6 oz



Eden
Organic Beans
(selected varieties)

\$1.99

15 oz



San Pellegrino
Sparkling
Mineral Water

\$1.99

750 ml



R.W. Knudsen
Organic
Tomato Juice

\$2.79

32 oz



Did you know...

it takes 10 pounds of milk to make one pound of cheese, 12 pounds to make one gallon of ice cream, and 21.8 pounds to make one pound of butter?



NOT JUST THE WHERE
 behind your food. But the
WHO & the WHY.

Elsenpeter Family Farm
 Wright County, MN

Organic Valley dairy farmers like the Elsenpeter family believe in healthful, organic dairy products for local communities. That's why we give millions every year in dollars and organic food to thousands of grassroots organizations that make the good grow in everyone's neighborhood. Learn more about our mission at OrganicValley.coop and Rootstock.coop.



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Brown Cow
 Cream Top Yogurt



79¢
 6 oz

Organic Valley
 Organic
 Half & Half



\$3.59
 32 oz

Organic Valley
 Organic Pasture Butter



\$3.59
 8 oz

Pamela's
 Gluten-Free
 Baking &
 Pancake Mix



\$5.69
 24 oz

R.W. Knudsen
 Simply
 Nutritious Juice



\$2.99
 32 oz

Nature's Path
 Organic Waffles



\$2.69
 7.4 oz

Annie's Homegrown
 Organic
 Mac & Cheese
 (selected varieties)



\$1.99
 6 oz

Late July
 Clasico
 Tortilla Chips



2/\$5
 5.5 oz

Larabar
 Fruit & Nut Food Bar



5/\$5
 1.6-1.8 oz

Lundberg
Family Farms
Organic
Rice Cakes
\$3²⁹
8.5 oz



Harmless Harvest
Organic
Coconut Water
2/\$5
8.75 oz



KeVita
Organic Sparkling
Probiotic Drink
\$2⁴⁹
15.2 oz



Clif
Builder's Bar
2/\$3
2.4 oz



Silk
Almondmilk
\$3³⁹
64 oz



Vega
Protein
Smoothie
\$12⁹⁹
9-9.9 oz



Vega recipe of the month!
Strawberry Lemon
Smoothie Bowl

Eat—don't drink—your morning smoothie.

- 1 scoop Vega Protein & Greens Vanilla
- ¼–½ cup unsweetened almond milk
- 1 cup frozen strawberries
- ½ frozen banana
- 2 Tbsp lemon juice

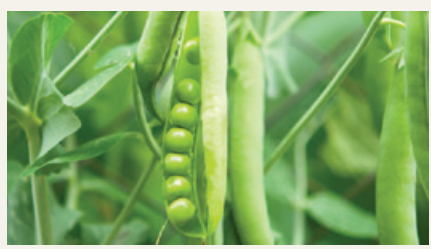
*Blend an extra thick smoothie, pour into bowl,
top with granola and fruit. Enjoy with a spoon!*



vega protein
& greens

For more blendspiration visit our
recipe center at myvega.com/recipes





peeled[®] SNACKS

FEEL GOOD ABOUT SNACKING

We bring you delicious and nourishing snacks that are sustainably sourced and as close to nature as possible. We developed strong partnerships with our farmers and suppliers to grow the tastiest, highest quality, organic, non-GMO, and gluten-free snacks.

BAKED ORGANIC CRUNCHY PEA SNACK



PEELED SNACKS.COM #PEELED SNACKS



Peeled Snacks Organic Peas Please

2/\$4

3.3 oz



Kettle Baked Potato Chips

\$2.29

4 oz



Q Drinks Q Tonic Water

\$4.99

750 ml



Annie's Homegrown Organic Bunny Snack Mix

\$3.49

9 oz



Berry Melon Blast Smoothie

RECIPE

- 2 cups Cubed watermelon
- 1 cup Frozen strawberries
- 1/2 cup Coconut water
- 1 tbsp Lemon juice
- 3 tbsp Hemp Hearts

Place all ingredients in a blender and pulse until smooth and creamy.

Pour into a glass and enjoy!



Barbara's Cheese Puffs

\$2.29

7 oz



Since 1998 we have been putting our hearts into growing the hemp food industry in North America. It's 18 years later, and hemp is still all we do.

We are involved at every level of hemp food production –from seed to shelf.



Grow Our Future

Celebrate our history and our future this spring by incorporating hemp as a healthy, wholesome, plant-based food and body-care source.

Join us for Hemp History Week, June 6-12 to Grow Our Future for healthy families and farmers, the economy and our planet.

Let U.S. Farmers Grow Hemp



DR. BRONNER'S
ALL-ONE!



nutiva
NURTURE VITALITY



Manitoba Harvest
Hemp
Hearts

\$6²⁹

8 oz



Nature's Path
Organic Hemp
Plus Granola Bar

\$3²⁹

7.4 oz



Nutiva
Organic Shelled
Hempseed

\$7²⁹

8 oz



Dr. Bronner's
Organic
Bar Soap

\$3¹⁹

5 oz

Temple Turmeric
Organic Turmeric
Beverage



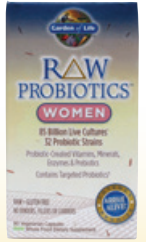
\$4⁴⁹
12 oz

C2O
Coconut Water



\$1⁶⁹
17.5 oz

Garden of Life
Raw Probiotics
Women



\$36⁹⁹
90 cap

Essentia
Electrolyte Water



\$1⁷⁹
1.5 ltr

MegaFood
MegaFlora



\$16⁹⁹
30 tab

Terry Naturally
Curamin



\$26⁹⁹
60 cap

Probar
Base 20g Protein Bar



\$2¹⁹
2.46 oz

Go Raw
Organic
Sprouted Bites



\$3⁹⁹
3 oz

Wild Planet
Wild Sardines



\$2¹⁹
4.375 oz



GOT PAIN?*

Get Safe, Effective Relief*†
Non-Addictive

Curamin® formulas are award-winning, leading pain relief† products, changing lives for the better all around the world. The clinically studied ingredients in our formulas are carefully selected for effective and safe pain relief.† Curamin doesn't mask occasional pain—it gets to the source and stops it.*†

Stop Pain Now*†
GUARANTEED!

Curamin formulas provide safe relief**†
No kidney, liver, or intestinal damage

EuroPharmaUSA.com



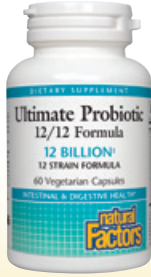
WINNER OF 25 AWARDS!

*Occasional muscle pain due to exercise or overuse
**THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Natural Factors
Ultimate
Probiotic 12/12
Formula

\$19⁹⁹

60 cap



ACURE is a family owned and operated company founded on sustainable principles to provide the highest **quality natural and organic personal care.**

Boiron
Calendula
Ointment

\$10⁷⁹

1 oz



Our products are created with great care and are a reflection of our values. Each of our products is free from animal testing, parabens, sulfates, phthalates, synthetic fragrances, harmful preservatives and artificial colors. We travel the globe to find the most potent **organic ingredients** that meet our high standards of efficacy and purity.



ACURE
FOR YOUR SKIN | FOR THE PLANET

Badger
Beard Oil

\$10⁵⁹

1 oz



Derma E
Anti-Wrinkle Vitamin A
Retinyl Palmitate Crème

\$9⁷⁹

4 oz



Acure
Body Lotion

\$7⁹⁹

8 oz



Quantum Health
Buzz Away
Extreme Spray

\$6⁵⁹

4 oz



Andalou
Probiotic + C Renewal
Cream, Brightening

\$16⁹⁹

1.7 oz



Earth Friendly
Ecos Dishmate

\$2⁵⁹

25 oz



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

\$5⁹⁹

8.5 oz



"I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright."

Henry David Thoreau



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

ALASKA

Natural Pantry

3680 Barrow St, Anchorage

Rainbow Foods

224 4th St, Juneau

CALIFORNIA

Alameda Natural Grocery

1650 Park St, Alameda

Berryvale Grocery

305 S Mt. Shasta Blvd, Mt. Shasta

Bi-Rite Market

3639 18th St, San Francisco
550 Divisadero St, San Francisco

Canyon Market

2815 Diamond St, San Francisco

Community Market

1899 Mendocino Ave, Santa Rosa
6762 Sebastopol Ave #100, Sebastopol

Driver's Market

200 Caledonia St, Sausalito

Elements Natural Foods

2522 E Workman Ave, West Covina

Good Earth Natural Foods

720 Center Blvd, Fairfax
201 Flamingo Rd, Mill Valley

Herbies Natural Foods

13310 East Whittier Blvd, Whittier

Honey's Natural Market

20104 Anza Ave, Torrance

Jimbo's . . . Naturally!

12853 El Camino Real, San Diego
1633 S Centre City Pkwy, Escondido
1923 Calle Barcelona, Carlsbad
10511 4S Commons Dr, San Diego
92 Horton Plaza, San Diego

Lupines

301 Crescent St, Greenville

The Market

1355 Market St, San Francisco

Mother Truckers

13224 Tyler Foote Rd, Nevada City

Natural Selection

589 E Main St, Grass Valley

The Natural Grocery Company

10367 San Pablo Ave, El Cerrito
1336 Gilman St, Berkeley

New Earth Market

1475 Tharp Rd, Yuba City
864 East Ave, Chico

New Frontiers Natural Marketplace

1984 Old Mission Dr, Solvang

New Leaf Valley

13159 Hwy 9, Boulder Creek
6240 Hwy 9, Felton

New Moon Natural Foods

11357 Donner Pass Rd, Truckee
505 W Lake Blvd, Tahoe City

Rainbow Acres

13208 W Washington Blvd, Los Angeles

Ramona Family Naturals

642 Main St, Ramona

Real Food Company

2140 Polk St, San Francisco
3060 Filmore St, San Francisco

Wildberries Marketplace

747 13th St, Arcata

Whole Wheatery

44264 N 10th St W, Lancaster

COLORADO

The Crunchy Grocer

1461 E. Eisenhower, Loveland

HAWAII

Down To Earth

201 Hamakua Dr, Kailua
2525 S King St, Honolulu
98-129 Kaonohi St, Aiea
305 Dairy Rd, Kahului
4460 Kapolei Parkway, Kapolei

Papaya's Natural Foods & Cafe

4-831 Kuhio Hwy, Kapa'a

IDAHO

Pilgrim's Market

1316 N 4th St, Coeur d' Alene

Wealth of Health Natural Market

120 S Woodruff Ave, Idaho Falls

Winter Ridge Natural Foods Market

703 W Lake St, Sandpoint

MONTANA

2J's Fresh Market

105 Smelter Ave NE, Great Falls

Good Food Store

1600 S 3rd St W, Missoula

Heaven's Peak Organics

355 Hwy 93 N, Eureka

Hennessy Market

32 East Granite St, Butte

Mission Mountain Natural Foods

319 Main St, Polson

Mountain Valley Foods

25 Commons Way, Kalispell

Real Food Market & Deli

1096 Helena Ave, Helena

Third Street Market

244 Spokane Ave, Whitefish

OREGON

LifeSource Natural Foods

2649 Commercial St SE, Salem

Nature's Pantry Natural Foods

1907 4th St, La Grande

Oregon Natural Market

373 SW 1st St, Ontario

Sundance Natural Foods

748 E 24th Ave, Eugene

TEXAS

Fresh Plus

1221 W Lynn St, Austin
408 E 43rd St, Austin
2917 W Anderson Ln, Austin
2401 San Gabriel, Austin

WASHINGTON

Bear Foods Natural Market

125 E Woodin Ave, Chelan

Blossom Grocery

295 Village Rd, Lopez Island

Farm Fresh Market

2010 Black Lake Blvd SW, Olympia

Meyers Falls Market

160 E Third St, Kettle Falls

Rocket Market

726 E 43rd, Spokane

The Woolley Market

829 Metcalf St, Sedro-Woolley

WYOMING

Jackson Whole Grocer

1155 S Hwy 89, Jackson