

# INDEPENDENT Choice™

February 2018

GT's  
Organic Enlightened Kombucha

**\$2<sup>69</sup>**  
16 oz



Justin's  
Organic Peanut Butter Cups

**\$1<sup>39</sup>**  
1.4 oz



Pacific  
Organic Creamy  
Soup

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



So Delicious  
Organic Coconut Milk  
Beverage

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



Coconut Bliss  
Organic Non-Dairy  
Frozen Dessert

**\$4<sup>69</sup>**  
1 pt



Eden  
Organic Beans  
(selected varieties)

**\$1<sup>69</sup>**  
15 oz



Food For Life  
Organic Ezekiel 4:9® Bread  
(selected varieties)

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



Green & Black's  
Organic Chocolate  
Bar

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



Muir Glen  
Organic Tomatoes  
(selected varieties)

**2/\$4**  
28 oz



Late July  
Organic Crackers  
(selected varieties)

**2/\$5**  
6 oz



**Did you know...**

The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.

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.

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Bonafide Provisions  
Organic Bone Broth  
(selected varieties)

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



Canyon Bakehouse  
Gluten Free Bread

**\$4<sup>19</sup>**  
18 oz



Bubbies  
Sauerkraut

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



Spectrum  
Organic Refined Coconut  
Oil

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



Crofter's Organic  
Organic Premium Spread  
(selected varieties)

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



Follow Your Heart  
Soy-Free Vegenaïse

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



Jackson's Honest  
Sweet Potato Chips

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



Muir Glen  
Organic Pasta Sauce

**2/\$5**  
25.5 oz



Hope  
Organic Hummus

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



Maya Kaimal  
Indian Simmer Sauce

**\$3<sup>59</sup>**  
12.5 oz



Rising Moon  
Organic Ravioli

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



Organic Valley  
Organic Feta Cheese  
Crumbles

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



San-J  
Asian Cooking Sauce  
(selected varieties)

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



Explore Cuisine  
Organic Black Bean  
Spaghetti

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



Daiya  
Cheese Style Shreds

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



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Organic Valley  
Organic Ricotta Cheese

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



Let's Do... Organic  
Organic Coconut Flakes

**\$2<sup>49</sup>**  
7 oz



KIND  
Nuts & Spices Bar

**\$1<sup>29</sup>**  
1.4 oz



The Greek Gods  
Yogurt

**2/\$6**  
24 oz



Sunspire  
Organic Chocolate  
Chips

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



Clif Bar  
Energy Bar

**79¢**  
2.4 oz



Silk  
Almondmilk

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



Stretch Island  
Original Fruit  
Leather

**39¢**  
.5 oz



Theo  
Organic Chocolate  
Bar

**\$2<sup>29</sup>**  
3 oz



Erewhon  
Organic Cereal  
(selected varieties)

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



Arrowhead Mills  
Buttermilk Pancake Mix

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



**theo**

Mama Sifa Kavira is one of the 42,000 people in the Democratic Republic of Congo in a family that sells Theo cocoa.

100% of these farmers are trained in regenerative agriculture practices.

With every Theo purchase you get delicious chocolate and ensure Mama Kavira's annual income, along with all the farmers we work with, increases by 50%. You also enable us to partner with local organizations to meet immediate needs, like reducing the maternal fatalities in Mama Kavira's village from 45 to zero.

Now that's making life sweeter.

Learn more at [theochocolate.com](http://theochocolate.com)



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**Delivering the best of the Plant Queendom in creamy, indulgent super herb powered elixirs**

- A celebration of ancient wisdom delivering full potency herbs, including adaptogens, to help the body de-stress and re-energize
- Soulfully Crafted with MCT-filled coconut-milk for healthy metabolism support
- Certified organic, soy and dairy free, gluten free, GMO-free, and made without cane sugar, carrageenan, thickeners, gums, natural flavors or agave

**REBBL.CO**

REBBL  
Organic Elixir

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



C2O  
Coconut Water

**2/\$3**  
17.5 oz



Late July  
Clasico Tortilla Chips

**\$2<sup>29</sup>**  
5.5 oz



Maya Kaimal  
Chickpea Chips

**\$2<sup>39</sup>**  
4.5 oz



KeVita  
Organic Probiotic Tonic

**2/\$5**  
15.2 oz



Kettle  
Potato Chips  
(selected varieties)

**\$1<sup>99</sup>**  
5 oz



Garden of Eatin'  
Red Hot Blues

**\$2<sup>29</sup>**  
8.1 oz



R.W. Knudsen  
Organic Cranberry Pomegranate

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



Chocolove  
Chocolate Bar

**\$2<sup>19</sup>**  
3.2 oz



PROBAR  
Meal Replacement Bar

**\$2<sup>29</sup>**  
3 oz



Amy & Brian  
Coconut Water

**\$1<sup>99</sup>**  
17.5 oz



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Peter Rabbit Organics  
Organic Baby Food  
Pouch

**\$1<sup>39</sup>**  
4.4 oz



Munk Pack  
Oatmeal Fruit  
Squeeze

**\$1<sup>39</sup>**  
4.2 oz



Alter Eco  
Organic Chocolate  
Bar

**\$2<sup>59</sup>**  
2.82 oz



## Chocolate Cake with Ganache

(makes 9 pieces)

### Chocolate Cake

- 1/2 cup cocoa powder
- 3/4 cup strong coffee, hot
- 1 1/4 cup all-purpose flour
- 1 cup granulated sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup vegetable oil
- 2 large eggs
- 1/4 cup sour cream
- 1 teaspoon vanilla extract

### Instructions

1. Preheat oven to 350° F. Grease an 8" square or a 9" round cake pan and line with parchment.
2. Whisk cocoa powder and hot coffee in a small bowl until smooth. Set aside to cool.
3. Sift together flour, sugar, baking powder, baking soda, and salt. In a separate bowl, whisk together oil, eggs, sour cream, and vanilla.
4. Add dry mixture to wet mixture, stirring until fully incorporated.
5. Slowly stir in cocoa mixture.
6. Pour batter in prepared pan and bake for 30-35 minutes or until a toothpick inserted comes out clean.
7. Allow cake to cool for 10 minutes, then turn out onto a wire rack to cool.
8. Heat cream in a small saucepan until it reaches a boil.
9. Pour cream over chopped chocolate, set aside for 5 minutes, and then stir until smooth.
10. Pour ganache over the cooled cake.
11. With a vegetable peeler, shave chocolate onto the top of the cake.

### Chocolate Ganache

- 1 cup heavy cream
- 3 Alter Eco chocolate bars, chopped
- 1 Alter Eco chocolate bar

Taza  
Organic Chocolate  
Mexicano Discs

**\$2<sup>69</sup>**  
2.7 oz



Numi  
Organic Pu-erh Tea

**\$5<sup>29</sup>**  
16 ct



Good Health  
Avocado Oil Kettle  
Chips

**\$2<sup>19</sup>**  
5 oz



Lundberg Family Farms  
Organic Tortilla Chips

**\$2<sup>49</sup>**  
5.5 oz



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Dr. Bronner's  
Organic Coconut  
Oil

**\$14<sup>49</sup>**  
30 oz



Mineral Fusion  
Volumizing Mascara

**\$12<sup>79</sup>**  
.57 oz



KISS MY FACE  
Whitening Gel  
Toothpaste

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



Yogi  
Tea

**2/\$6**  
16 ct



Thayers  
Witch Hazel  
(selected varieties)

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



Weleda  
Toothpaste

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



Eternal  
Naturally Alkaline  
Water

**\$1<sup>29</sup>**  
1 lt



Andalou Naturals  
Body Lotion

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



Quantum Health  
Super Lysine

**\$7<sup>29</sup>**  
90 ct



San Pellegrino  
Sparkling Water

**\$1<sup>69</sup>**  
750 ml



ShiKai  
Borage Therapy Original  
Dry Skin Lotion

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



ACURE  
Volume Shampoo &  
Conditioner

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



SweetLeaf  
Sweet Drops  
(selected varieties)

**\$8<sup>49</sup>**  
2 oz



Aura Cacia  
Tea Tree Essential Oil

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



Nature's Gate  
Shampoo & Conditioner  
(selected varieties)

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



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**Family-owned  
True farm-to-supplement quality control**

1000+ acres of certified organic farmland  
Manufacturing done at our own facilities  
Non-GMO compliant, contaminant & adulterant free

**natural  
Factors**

MegaFood  
Balanced B Complex

**\$12<sup>79</sup>**  
30 tab



Garden of Life  
Organic Plant-Based  
Protein

**\$38<sup>99</sup>**  
840 g



Natural Factors  
Stress Relax® Tranquil Sleep  
Chewables

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



Jarrow Formulas  
Jarro-Dophilus EPS

**\$15<sup>99</sup>**  
60 vcap



New Chapter  
Wholemega™  
Whole Fish Oil

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



Natural Vitality  
Calm Plus Calcium

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



Boiron  
Chestal Cough Syrup

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



Nordic Naturals  
Ultimate Omega

**\$55<sup>99</sup>**  
180 ct



Country Life  
Calcium  
Magnesium

**\$13<sup>79</sup>**  
180 ct



Nature's Way  
Sambucus Syrup

**\$10<sup>99</sup>**  
4 oz



Oregon's Wild Harvest  
Organic Milk Thistle

**\$19<sup>99</sup>**  
90 ct



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"One kind word can warm three winter months."  
~Japanese Proverb



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

#### CONNECTICUT

Chamomile 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  
Super Natural Market & Deli  
430 N Main St, Bristol

#### DELAWARE

Harvest Market  
7417 Lancaster Pk, 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

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  
Unde 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 Ln, 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 N Washington St, N Attleboro  
Cambridge Natural Foods  
23 White St, Cambridge  
Organic Market  
1218 Main St, Chatham  
640 Main St, Dennisport  
31 Market St, Mashpee  
City Feed & 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 S 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 US Hwy 202/31, Flemington  
Big Bear Natural Foods  
239 N Union St, Lambertville  
21 Arctic Pkwy, Ewing  
9 Rte 31, Pennington  
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 Grande

#### Healthfair Natural & 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

#### 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 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 Planet Grocery  
18 E Cayuga St, Oswego  
3514 W Genesee St, Syracuse  
6195 Rte 31, Cicero  
Hart's Local Grocers  
10 Windthrop 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  
Jason's Market  
1019 Ft Salonga Rd, Northport  
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

#### Rising Tide

42 Forest Ave, Glen Cove  
Sunflower Natural Foods Market  
75 Mill Hill Rd, Woodstock  
24 Garden St, Rhinebeck  
The Local Food Market  
8 Clinton St, Tully  
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  
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  
Leg Up Farmers Market  
3100 N George St, York  
Martindale's Natural Market  
1172 Baltimore Rd, Springfield  
Nature's Harvest  
101 E Moreland Rd, Willow Grove  
Kimberton Whole Foods  
2140 Kimberton Rd, Kimberton  
150 E PA Ave, Downingtown  
1139 Ben Franklin Hwy E, Douglassville  
239 Durham Rd, Ottsville  
429 E King Rd, 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 E Main Rd, Portsmouth

#### VERMONT

Natural Provisions  
537 Railroad St, St Johnsbury  
Natural Provisions Market  
329 Harvest Ln St 100, 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 Trail Natural Foods  
10848 Warwick Blvd, Newport News  
4858 G Washington Mem 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