

INDEPENDENT Choice™

January 2018

Organic Valley
Organic Ghee

\$5⁹⁹
7.5 oz



Santa Cruz Organic
Organic Pure Lemon Juice

\$3⁵⁹
16 oz



Ancient Harvest
Organic Supergrain Pasta

2/\$5
8 oz



Harmless Harvest
Organic Harmless
Coconut Water

\$3⁷⁹
16 oz



GoMacro
Organic Macrobar

2/\$4
2-2.5 oz



Muir Glen
Organic Tomatoes
(selected varieties)

5/\$5
14.5 oz



So Delicious
Organic
Coconut Milk

\$2¹⁹
32 oz



Maple Hill Creamery
Organic Yogurt

5/\$5
6 oz



Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

\$8⁹⁹
25.4 oz



Annie's Naturals
Organic Dressing

2/\$6
8 oz



Did you know...

Hot chocolate contains more antioxidants than wine and tea, reducing the risk of heart disease.

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 January.

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Organic Valley
Organic Shredded Cheese

\$3⁹⁹
6 oz



Field Roast
Sausage

\$4²⁹
12.95 oz



Amy's
Cheese Pizza

\$5⁹⁹
12-14 oz



Mediterranean Organic
Organic Capers

\$2¹⁹
3.5 oz



Sunshine Burgers
Organic Veggie Burgers

\$3²⁹
3/2.67 oz



Alexia
Organic Fries
(selected varieties)

\$2⁵⁹
15-16 oz



Spectrum Naturals
Organic Mediterranean
Olive Oil

\$10⁷⁹
33.8 oz



Gardein
Seven Grain Crispy
Tenders

\$3⁶⁹
9 oz



Annie's Homegrown
Classic Mac &
Cheese

5/\$5
6 oz



Organicville
Organic Sriracha
Sauce

\$4⁹⁹
18.5 oz



Lightlife
Organic Tempeh

\$2³⁹
8 oz



Lotus Foods
Rice Ramen with
Miso Soup

\$1³⁹
2.8 oz



TruRoots
Organic Sprouted
Quinoa

\$4²⁹
12 oz



Tofurky
Italian Sausage

\$4⁷⁹
14 oz



Montebello
Organic Artisan
Pasta

\$2⁹⁹
1 lb



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Uncle Matt's
Organic Orange
Juice

\$5⁶⁹
59 oz



Nature's Path
Organic Mesa
Sunrise Flakes

\$5⁹⁹
26.4 oz



Van's
Waffles

\$2²⁹
8-9 oz



Bob's Red Mill
Gluten Free Rolled Oats

\$4⁷⁹
32 oz



Cascadian Farm Organic
Organic Cereal

2/\$6
8.6-12.5 oz



Woodstock
Organic Wild Blueberries

\$4²⁹
10 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁵⁹
16 ct



Purely Elizabeth
Granola

\$4⁹⁹
12 oz



Stonyfield
Organic Yogurt

2/\$6
32 oz



Seasonal teas for Winter Wellness

Lovingly created by herbalists and rigorously tested for quality by botanical experts, our herbal teas help you soothe, relax and restore your way through any day. Serving people, plants and planet since 1974.



*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.

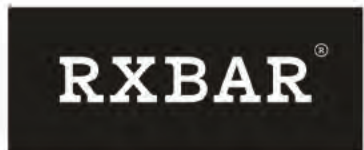
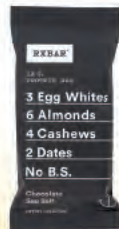
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RXBAR
Protein Bar

\$1.79
1.83 oz



Real.
Delicious.

12g Protein | 5g Fiber | No B.S.



Clif Bar
Builder's Bar

2/\$3
2.4 oz



Chameleon Cold-Brew
Organic Coffee

2/\$6
10 oz



EPIC
Meat Bar

2/\$4
1.3 oz



SeaSnax
Organic Grab&Go
Seaweed Snack

89¢
.18 oz



Inka Crops
Plantain Chips

\$1.39
3.25-4 oz



PROBAR
Base 20g Protein Bar

\$2.19
2.46 oz



Crunchmaster
Multi-Seed Crackers

\$2.19
4.5 oz



Way Better Snacks
Sweet Potato Chips

\$2.19
5.5 oz



Late July
Organic Restaurant Style
Tortilla Chips

\$2.89
10-11 oz



Angie's
BoomChickaPop Popcorn
(selected varieties)

\$2.29
4.4-7 oz



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Perfect Bar
Bar

\$2¹⁹
2.5 oz



Annie's Homegrown
Organic Fruit Snacks

2/\$6
4 oz



Larabar
Fruit & Nut Food Bar

5/\$5
1.7 oz



Santa Cruz Organic
Organic Apple Sauce

\$3²⁹
6/4 oz



Garden of Eatin'
Blue Tortilla Chips

\$3²⁹
16 oz



Glutino
Gluten Free
Pretzels

\$3⁷⁹
14.1 oz



Barbara's
Cheese Puffs

2/\$4
5.5-7 oz



Justin's Nut Butter
Almond Butter
Squeeze

99¢
1.15 oz



Terra Chips
Sweet Potato Chips

\$2¹⁹
5.75-6 oz



Annie's Homegrown
Cheddar Bunnies

2/\$5
7.5 oz



The Second 1st Day of School

It's January and the second **First Day of School** is here. It's time to return to the routines of the fall... or is it? Who says we have to jump in where we left off? The New Year is a great time to switch things up a bit.

A big part of getting back to school, is getting back to preparing lunches and snacks. Sure, the old stand-by items are there for you, but why not stretch the menu a bit? It's 2018, after all. For fun, find a new item to include in your little learner's favorite lunch or add a fresh option to the after-school hunger intervention plan. A new twist can refresh an old routine.

What's that? A switch-a-roo surprise is not something your kids enjoy? That's fair. Challenge them to an afternoon of Snack Chef Showdown. Stage a sampling of a few items once a week and pick a winner. They may even want to write reviews or tally a scorecard of taste, texture, and presentation. It's a goofy way to tantalize their taste buds and expand their flavor horizons, not to mention being a fun activity on a chilly afternoon.

The second **First Day of School** does not have to be a repeat of the original. Students and parents alike can get a spring in their step from a simple switch in the routine. Put a twist in your shopping list and see what reviews come in. Enjoy the New in the New Year!



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NAVITAS[®]
ORGANICS

Positive choices
made positively easy.



ORGANIC | PLANT-BASED | SUPERFOODS

Navitas
Organic Cacao Powder

\$5⁹⁹
8 oz



Celestial Seasonings
Tea
(selected varieties)

2/\$5
20 ct



Orgain
Organic Plant Based
Shake

\$1⁹⁹
11 oz



Health Warrior
Chia Bar

4/\$5
.88 oz



Native Forest
Organic Classic
Coconut Milk

\$2³⁹
13.5 oz



LILY'S
Chocolate Bar

\$2⁷⁹
2.8-3 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁶⁹
32 oz



Halo Top Creamery
Ice Cream

\$3⁹⁹
1 pt



Temple Turmeric
Organic Elixir

\$3⁴⁹
12 oz



Spry
Chewing Gum

\$5⁹⁹
100 ct



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Udi's Gluten Free
Whole Grain Bread

\$3⁶⁹
12 oz



Cascadian Farm Organic
Organic Potatoes

2/\$5
16 oz



Farmhouse Culture
Organic Gut Shots

\$4⁹⁹
16 oz



Rudi's Bakery
Organic 100%
Whole Wheat Bread

\$3⁴⁹
22 oz



Organic Valley
Organic Sour Cream

\$3¹⁹
16 oz



Health-Ade
Organic Kombucha

2/\$6
16 oz



Earth Balance
Coconut & Peanut
Spread

\$3⁷⁹
16 oz



Lundberg Family Farms
Organic Rice Cakes

\$3¹⁹
8.5-10 oz



Green Valley Organics
Organic Kefir

\$4⁹⁹
32 oz



Simple Mills
Almond Flour Crackers

\$3⁴⁹
4.25 oz



Late July
Organic Restaurant Style
Cantina Dippers

\$2⁷⁹
8 oz



Sambazon
Organic Açai Smoothie
Packs

\$5⁴⁹
4/100 g



Miso Master
Organic White Miso

\$4⁹⁹
8 oz



Beanitos
Black Bean Chips

\$2²⁹
5.5-6 oz



Zevia
Zero Calorie Soda

2/\$7
6/12 oz



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Emergen-C
Vitamin C Drink
Mix

\$10⁴⁹
30 ct



tera'swhey
Organic Whey
Protein

\$23⁹⁹
12 oz



MegaFood
MegaFlora

\$17⁹⁹
30 tab



Vega
Sport Performance
Protein

\$39⁹⁹
28.3-29.5 oz



PlantFusion
Complete Plant Protein

\$19⁹⁹
1 lb



Gaia Herbs
Golden Milk

\$13⁹⁹
3.7 oz



Carlson
Cod Liver Oil

\$32⁹⁹
16.8 oz



PREMIUM PLANT-BASED NUTRITION

Manitoba Harvest
Hemp Hearts

\$6⁴⁹
8 oz



Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 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 January.

Garden of Life
Probiotics Once
Daily Women's

\$28⁹⁹
30 vcap



Andalou Naturals
Resveratrol Q10 Night
Repair Cream

\$16⁹⁹
1.7 oz



Dr. Tung's
Snap-On Toothbrush
Sanitizer

\$3⁹⁹
2 ct



Rainbow Light
Women's One
Multivitamin

\$21⁹⁹
90 tab



Nature's Way
Alive!® Once Daily
Vitamins

\$14⁹⁹
60 tab



Dr. Bronner's
Toothpaste

\$4⁴⁹
5 oz



New Chapter
Perfect Prenatal™

\$29⁹⁹
96 tab



Natural Factors
Vitamin C 500mg
Fruit Chews

\$9⁹⁹
90 tab



Tom's of Maine
Children's Toothpaste

\$3⁴⁹
4.2 oz



Himalaya
Ashwagandha

\$14⁴⁹
60 cap



Alaffia
Everyday Coconut
Body Lotion

\$9⁹⁹
32 oz



T-Relief
Pain Ointment

\$7⁴⁹
50 g



Boiron
Coldcalm

\$8⁴⁹
60 tab



Seventh Generation
Dish Liquid

\$2⁷⁹
25 oz



Ecover
Fabric Softener

\$4²⁹
32 oz



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"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." ~John Boswell



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

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
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
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 Ln, Columbia
1523E 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 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
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
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
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 Pk, 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, Newbury
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