

INDEPENDENT Choice™

April 2018

Lakewood
Organic Pure Pineapple Juice

\$5²⁹

32 oz



Sambazon
Organic Açaí Superfruit Packs
(selected varieties)

\$4⁹⁹

4/100 g



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4⁹⁹

6 ct



Mary's Gone Crackers
Organic Super Seed
Crackers

\$3⁶⁹

5.5 oz



Organic India
Organic Tulsi Tea
(selected varieties)

\$3⁴⁹

18 ct



So Delicious
Organic
Coconut Milk

\$2⁹⁹

64 oz



Kettle
Organic
Potato Chips

\$2²⁹

5 oz



R.W. Knudsen
Organic Tomato
Juice

\$2⁶⁹

32 oz



Organic Valley
Organic
Shredded Cheese

\$3⁶⁹

6 oz



Did you know...

Each year, more than 1 billion people participate in Earth Day activities globally, making it the largest civic observance in the world.

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 April.

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Amy's
Burrito
(selected varieties)

2/\$5

6 oz



Bubbies
Kosher
Dill Pickles

\$5⁹⁹

33 oz



Organicville
Organic Ketchup

\$3³⁹

24 oz



Lightlife
Organic Tempeh

\$2⁶⁹

8 oz



Organic Valley
Organic Ghee

\$5⁹⁹

7.5 oz



Justin's
Squeeze Pack
(selected varieties)

5/\$5

1.15 oz



Field Roast
Vegan Chao Slices

\$4²⁹

7 oz



TruRoots
Organic
Sprouted Quinoa

\$4²⁹

12 oz



Santa Cruz Organic
Organic Apple Sauce

\$3²⁹

6/4 oz



Go Veggie
Vegan Grated Parmesan
Style Topping

\$2⁶⁹

4 oz



Pacific
Organic Soup
(selected varieties)

\$2⁹⁹

17.6 oz



Back To Nature
Cookies
(selected varieties)

\$3⁷⁹

6.4 oz



Earth Balance
Vegan Buttery Spread

\$3²⁹

15 oz



Beanitos
Bean Chips

\$2²⁹

6 oz



Garden of Eatin'
Red Hot Blues

\$2²⁹

8.1 oz



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Endangered Species Chocolate Bar

2/\$4

3 oz



SunSpire Organic Chocolate Chips (selected varieties)

\$4²⁹

9 oz



Lily's Sweets Chocolate Bar

\$2⁹⁹

3 oz



Green Valley Organics Organic Lowfat Kefir

\$4⁹⁹

32 oz



So Delicious CoconutMilk Yogurt

\$4⁹⁹

24 oz.



Califia Farms Almondmilk (selected varieties)

\$3⁶⁹

48 oz



Brown Cow Whole Milk Yogurt

2/\$6

32 oz



Black Forest Parfaits

Serves 2

16 oz plain **Brown Cow** yogurt
½ cup of your favorite granola
2 (3oz) chocolate bars, coarsely chopped
1 ½ cup frozen cherries, thawed
¼ cup honey

1. Layer a third of yogurt, granola, chocolate, cherries, honey into two serving glasses.

2. Repeat with remaining ingredients and serve.



Barbara's Puffins Cereal (selected varieties)

2/\$6

11 oz



Nature's Path Organic Cereal Eco Pac (selected varieties)

\$6⁹⁹

32 oz



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EPIC

Simple, honest protein
that's responsibly-sourced
and regeneratively-raised.

Nourish your body, preserve
our planet.

EPICBAR.COM

EPIC
Meat Bar



2/\$4

1.3 oz

Vermont Smoke & Cure
Meat Stick



4/\$5

1 oz

Health-Ade
Organic Kombucha

2/\$6

16 oz



Essentia
Alkaline Water

99¢

20 oz



RXBAR
Protein Bar

3/\$5

1.83 oz



Halo Top Creamery
Ice Cream

\$3.99

1 pt



KIND
Nuts & Spices Bar
(selected varieties)

4/\$5

1.4 oz



ProBar
Base 20g Protein Bar

2/\$4

2.46 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2.29

4.8 oz



Food Should Taste Good
Tortilla Chips

2/\$3

5.5 oz



Clif Bar
Organic Nut Butter
Filled Bar

4/\$5

1.76 oz



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Organic Valley
Organic Half & Half

\$2⁶⁹
16 oz



Guayaki
Organic
Yerba Mate

2/\$5
15.5 oz



Eternal
Naturally
Alkaline Water

2/\$3
1 lt



Yogi
Tea

2/\$6
16 ct



Temple Turmeric
Organic Pure
Prana Shot

\$3²⁹
3 oz



Orgain
Organic Vegan
Protein Shake

\$1⁹⁹
11 oz



yogi

Yogi Celebrates Earth Day

At Yogi it's not just about creating deliciously purposeful teas. With every ingredient we source, and every cup of tea we make, we strive to support quality, sustainability and social responsibility on a local, national and global level.

Feel Good. Be Good. Do Good.



Learn about our efforts to do good
at yogiproductions.com/doing-good

Navitas
Organic
Cacao Powder

\$5⁴⁹
8 oz



Vega
Organic Vega One
All-In-One Shake

\$52⁹⁹
24.3 oz



PlantFusion
Complete
Plant Protein

\$19⁹⁹
1 lb



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Garden of Life
Raw Organic
Protein Powder

\$32⁹⁹
22 oz



Rainbow Light
Women's One
Multivitamin

\$21⁹⁹
90 ct



New Chapter
Turmeric Force™

\$22⁹⁹
60 cap



Natural Vitality
Natural Calm
Plus Calcium

\$16⁹⁹
8 oz



MegaFood
Women Over 40™
One Daily

\$29⁹⁹
60 tab



Gaia Herbs
Turmeric Supreme
Extra Strength

\$17⁹⁹
60 cap



Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 oz



Vibrant Health
Green Vibrance

\$38⁹⁹
12.8 oz



Amazing Grass
Organic
Wheat Grass

\$17⁹⁹
8.5 oz



Carlson
Lemon
Cod Liver Oil

\$32⁹⁹
16.8 oz



Natural Factors
Organic
Oil of Oregano

\$15⁹⁹
1 oz



Farm Family Roots

For over three generations, we've organically grow the most nutrient-dense greens on our family farm in Kansas and craft them with the highest quality, plant-based ingredients curated from like-minded farmers around the world.

 **Amazing Grass®**



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Jarrow Formulas
Bone-Up

\$17⁹⁹
240 cap



Boiron
Arnicare Gel

\$10⁷⁹
2.6 oz



Biokleen
Oxygen
Bleach Plus

\$6²⁹
2 lb



Hyland's
Restful Legs

\$7⁹⁹
50 tab



Nordic Naturals
Ultimate Omega 2X Minis

\$27⁹⁹
60 ct



ECOS
Laundry Detergent
(selected varieties)

\$9⁴⁹
100 oz



Herbs Etc.
Deep Sleep[®]

\$17⁹⁹
60 sgel



Andalou Naturals
Age Defying Shampoo
& Conditioner

\$6⁷⁹
11.5 oz



Seventh Generation
Dish Liquid

\$2⁷⁹
25 oz



ACURE
Brilliantly Brightening
Day Cream

\$10⁴⁹
1.7 oz



Giovanni
Smooth As Silk Shampoo
& Conditioner

\$5⁹⁹
8.5 oz



Dr. Bronner's
Pure-Castile Liquid
Soap

\$10⁴⁹
32 oz



Tom's of Maine
Kids Toothpaste

\$3⁴⁹
4.2 oz



JASON
Toothpaste
(selected varieties)

\$3¹⁹
6.0 oz




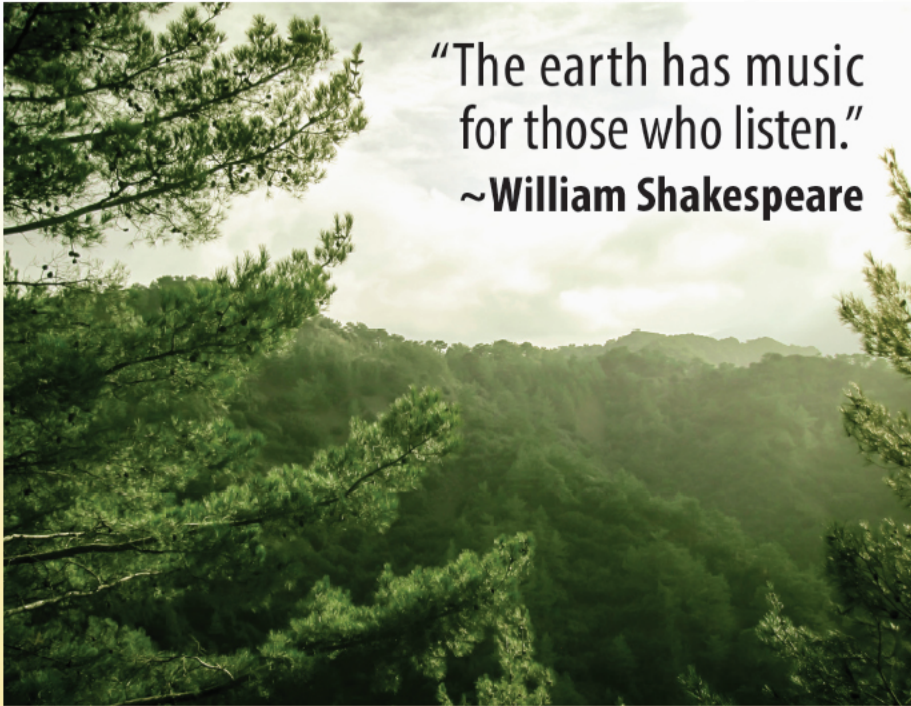
Preserve
Triple
Razor System

\$5⁷⁹
1 ct



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“The earth has music
for those who listen.”
~William Shakespeare

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 N, Woodbury

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

Bath Natural Market
36 Centre Street, 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
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
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
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
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 Organic Market
275 S Central Ave, Hartsdale
Green Planet Grocery
18 E Cayuga St, Oswego

3514 W Genesee St, Syracuse
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
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 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
Sonnewald 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
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
207 South Princess St, Shepherdstown
Good Natured Market
& Vegetarian Cafe
209 S Raleigh St, Martinsburg