

Proud member of



INDEPENDENT CHOICE

March 2021

"Good food is the foundation of genuine happiness."
— Auguste Escoffier



**Pacific Foods
Organic Broth**
(selected varieties)

\$2⁹⁹
32 oz



**Back to Nature
Crackers**
(selected varieties)

\$2⁷⁹
4-8.5 oz

**Muir Glen
Organic Tomatoes**
(selected varieties)

5/\$5
14.5 oz



**Bubbies
Kosher Dill Pickles**

\$5⁴⁹
33 oz



**Lundberg Family Farms
Organic Rice Cakes**
(selected varieties)

\$2⁷⁹
8.5-10 oz



**Organic Valley
Organic Ghee**

\$7⁷⁹
7.5 oz



**Wholesome
Organic Brown Sugar**

\$3⁷⁹
24 oz



**Enjoy Life Foods
Chocolate Chips**

\$3⁹⁹
9-10 oz



**Late July
Organic Restaurant
Style Tortilla Chips**

2/\$6
11 oz



**The Mountain Valley
Spring Water**

\$1⁷⁹
1 lt



**Yogi
Tea**
(selected varieties)

\$3²⁹
16 ct



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 March.



Wild Planet
Albacore Wild Tuna

\$3⁴⁹
5 oz



Wild Planet
Wild Sardines

\$1⁸⁹
4.4 oz

At Wild Planet, we believe that how we fish today determines if there will be fish to catch tomorrow. So, we partner with small-scale fishermen who share this passion and whose fishing methods preserve the marine ecosystem for future generations. Seafood you'll savor; oceans you'll sustain.

Crown Prince Natural
Smoked Oysters in Pure
Olive Oil



\$2⁴⁹
3 oz

Annie's
Mac & Cheese
(selected varieties)



5/\$5
5.25-6 oz

Koyo
Ramen
(selected varieties)



5/\$5
2-2.1 oz

Lotus Foods
Rice Ramen



\$1⁴⁹
2.8 oz

Imagine
Organic Broth
(selected varieties)



\$2⁴⁹
32 oz

Napa Valley Naturals
Organic Extra Virgin
Olive Oil



\$8⁷⁹
25.4 oz

Annie's
Organic Dressing
(selected varieties)



2/\$6
8 oz

Organicville
Organic Ketchup



\$2⁷⁹
24 oz

Green Mountain Gringo
Salsa
(selected varieties)



\$4²⁹
16 oz

Food Should Taste Good
Tortilla Chips



2/\$4
5.5 oz

Good Health
Avocado Oil
Potato Chips



\$2²⁹
5 oz

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**From The Ground Up
Cauliflower Crackers**

2/\$6

4.0 oz



**Larabar
Fruit & Nut Bar
(selected varieties)**

5/\$5

1.6-1.8 oz



**Clif Bar
Energy Bar
(selected varieties)**

5/\$5

2.4 oz



**Peter Rabbit Organics
Organic Baby
Food Pouch
(selected varieties)**

2/\$3

4-4.4 oz



**Made in Nature
Organic Dried Fruit
(selected varieties)**

\$3²⁹

3-8 oz



**Purely Elizabeth
Granola**

\$4⁹⁹

12 oz



**St. Dalfour
Traditional French
Fruit Spread
(selected varieties)**

\$3⁴⁹

10 oz



**Once Again Nut Butter
Organic Sunflower
Seed Butter**

\$5²⁹

16 oz



**Pamela's
Baking & Pancake Mix**

\$12⁹⁹

4 lb



matcha pancakes

Yields 6 pancakes

- 1 c all-purpose flour
- 1 T matcha powder
- 2 tsp baking powder
- ¼ tsp salt
- 1 c milk of choice
- 1 egg
- 2 T neutral oil
- 1 tsp vanilla extract

Whisk together flour, matcha, baking powder and salt in a medium bowl. In a separate bowl, combine milk, egg, oil and vanilla extract. Make a well in the center of the dry ingredients, pour wet ingredients into well. Whisk batter until just combined. It's okay if some small clumps of flour remain. Grease a small saucepan lightly; heat over medium-low heat. Pour ¼ cup of batter into the center of the pan, spreading as necessary. Cook until small bubbles rise to the surface and burst, about 1 minute. Flip and cook until edges are golden brown, about 1 additional minute. Serve with your topping of choice.



**Birch Benders
Organic Pancake
& Waffle Mix
(selected varieties)**

\$3²⁹

16 oz



**Arrowhead Mills
Pancake & Waffle Mix
(selected varieties)**

\$3⁷⁹

26 oz



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Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁷⁹

16 ct



San Pellegrino
Sparkling Natural
Mineral Water

\$1⁵⁹

750 ml



Topo Chico
Sparkling
Mineral Water

99¢

12 oz



Nixie
Organic Sparkling Water

\$4⁴⁹

8 ct



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁴⁹

32 oz



Lakewood
Organic Pure Lime Juice

\$2⁷⁹

12.5 oz



Honest Tea
Organic Iced Tea
(selected varieties)

4/\$5

16 oz



Harmless Harvest
Organic Coconut Water

\$3⁷⁹

16 oz



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



Almond Breeze
Almondmilk
(selected varieties)

\$3⁴⁹

64 oz



Uncle Matt's Organic
Organic Orange Juice
(selected varieties)

\$5⁴⁹

52 oz



GT's
Organic Multi
Serve Kombucha
(selected varieties)

\$5⁹⁹

48 oz



a2 Milk
Milk
(selected varieties)

\$3⁴⁹

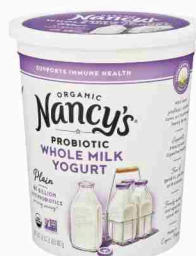
59 oz



Nancy's
Organic Probiotic Yogurt

\$3⁴⁹

32 oz



Wallaby
Organic Aussie
Greek Style Yogurt
(selected varieties)

\$5⁹⁹

32 oz



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Maple Hill Organic
Organic Greek Yogurt

\$4⁷⁹

16 oz



Forager Project
Organic Dairy-Free
Cashewmilk Yogurt
(selected varieties)

\$1⁵⁹

5.3 oz



Perfect Bar
Protein Bar
(selected varieties)

2/\$4

2.2-2.5 oz



Tofurky
Plant-Based Deli Slices

\$2⁴⁹

5.5 oz



Stahlbush Island Farms
Frozen Vegetables
(selected varieties)

\$1⁸⁹

10 oz



Rising Moon
Organic Ravioli
(selected varieties)

\$3⁹⁹

8 oz



Gardein
Meatless Meat
(selected varieties)

\$3²⁹

8.1-14.1 oz



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

\$4²⁹

24 oz



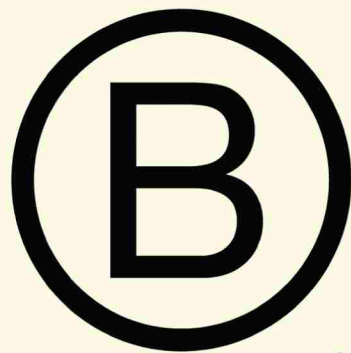
Canyon Bakehouse
Gluten-Free Bread

\$4²⁹

18 oz



Certified



Corporation

March is B Corp Month!

B Corps™, or certified B Corporations™, are businesses that meet the highest verified standards of social and environmental performance, transparency, and accountability. Shop B Corp at your local, independent grocer and know you are part of a global movement of people using business as a force for good.



Coconut Bliss is a frozen dessert producer creating 100% plant-based frozen desserts. USDA Certified Organic and Non-GMO Project verified, every Coconut Bliss product is also certified vegan and gluten-free. All of Coconut Bliss' ice cream pints, bars, cookie sandwiches and soft-serve mix are also made with ethically produced ingredients of the highest quality.



Coconut Bliss
Organic Plant-Based &
Dairy-Free Frozen Dessert
(selected varieties)

\$4⁴⁹

1 pt

Cadia
Organic Frozen Blueberries

\$2⁹⁹

10 oz



Alden's Organic
Organic Ice Cream

\$5⁹⁹

48 oz



Bonafide Provisions
Bone Broth

\$6⁴⁹

24 oz



NeoCell
Unflavored Super
Collagen

\$11⁹⁹

7 oz



Vibrant Health
Green Vibrance

\$42⁹⁹

11.92 oz



Yerba Prima
Psyllium Husks Powder

\$9⁷⁹

12 oz



Garden of Life
mykind Organics
Vegan D3
Organic Spray

\$17⁴⁹

2 oz



Heritage Store
Black Seed Oil

\$18⁴⁹

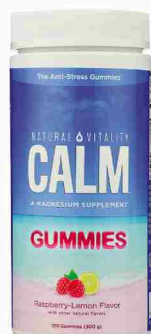
8 oz



Natural Vitality
Calm Gummies

\$17⁹⁹

120 ct



American Health
Original Papaya
Enzyme Chewable

\$5⁷⁹

250 tab



MegaFood
Balanced B Complex

\$12⁹⁹

30 tab



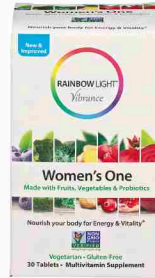
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**American Health
Ester-C® 1000 mg with
Citrus Bioflavonoids**



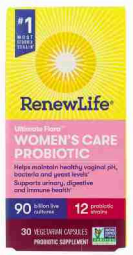
\$17⁴⁹
90 cap

**Rainbow Light
Vibrance Men's
or Women's One**



\$7⁷⁹
30 tab

**Renew Life
Ultimate Flora Women's
Care Probiotic 90 Billion**



\$36⁹⁹
30 ct

**Natural Factors
BioSil® Hair, Skin, Nails**



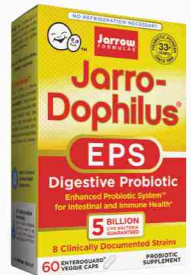
\$29⁹⁹
60 vcap

**Natural Factors
CurcuminRich®
Theracurmin® 30 mg**



\$20⁹⁹
60 vcap

**Jarrow Formulas
Jarro-Dophilus EPS 5 Billion**



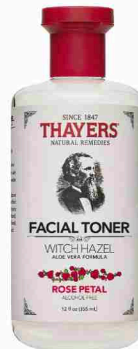
\$17⁴⁹
60 vcap

**Dr. Bronner's
Organic Baby Unscented
Pure-Castile Bar Soap**



\$3²⁹
5 oz

**Thayers
Witch Hazel
Facial Toner**



\$7²⁹
12 oz

**Andalou Naturals
1000 Roses
Cleansing Foam**



\$8⁹⁹
5.5 oz

**CV Sciences
+PlusCBD Extra
Strength Formula
CBD Balm**



\$22⁴⁹
1.3 oz

**Weleda
Skin Food**



\$13⁹⁹
2.5 oz

**Derma E
Vitamin C
Concentrated Serum**



\$16⁴⁹
2 oz

**Giovanni
L.A. Hold Hair Spritz**



\$5⁷⁹
5 oz

**Avalon Organics
Shampoo or
Conditioner
(selected varieties)**



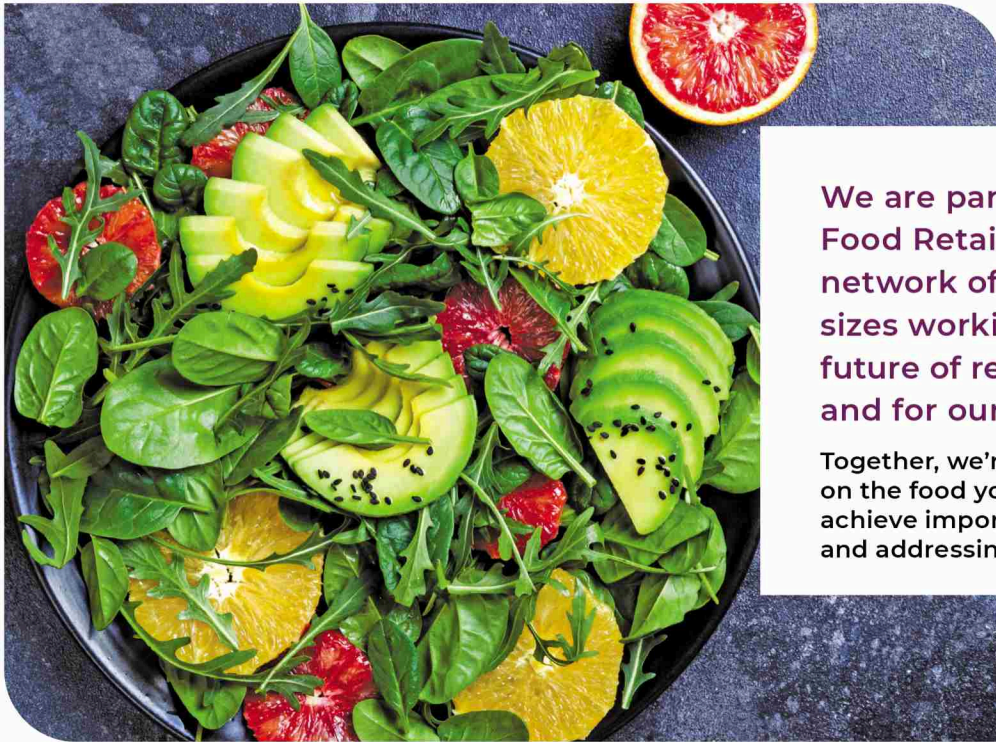
\$7²⁹
11 oz

**Mrs. Meyer's Clean Day
Liquid Dish Soap
(selected varieties)**



\$3²⁹
16 oz

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We are part of Independent Natural Food Retailers Association (INFRA), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.

Together, we're able to provide you with discounts on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

Independent Choice specials are available at Independent Natural Food Retailers Association member store locations. For more information and a complete listing, please visit www.naturalfoodretailers.net.

ALASKA

Natural Pantry

Rainbow Foods

IDAHO

Nature's Nook

Pilgrim's Market

Wealth of Health
Natural Market

Winter Ridge
Natural Foods

MONTANA

2J's Fresh Market

Camas Organic Market

Good Food Store

Mission Mountain
Natural Foods

Mountain Valley Foods

Real Food Market & Deli

OREGON

LifeSource Natural Foods

Nature's Pantry Natural Foods

Oregon Natural Market

Sundance Natural Foods

WASHINGTON

Bear Foods Natural Market

Blossom Grocery

Farm Fresh Market

Highlands Organic Market

Meyers Falls Market

Rocket Market

Sage Mountain Natural Foods

WYOMING

Good Health Market

Jackson Whole Grocer