

Proud member of



INDEPENDENT CHOICE

July 2020

Do what you can, with what
you have, where you are.
- Theodore Roosevelt



**Beyond Meat
Beyond Burger**

\$4²⁹

8 oz



**Coconut Bliss
Organic Non-Dairy
Frozen Dessert
(selected varieties)**

\$4⁴⁹

16 oz



**Organic Valley
Organic Raw Sharp
Cheddar Cheese**

\$4⁷⁹

8 oz



**Miyoko's
Organic Fresh Vegan
Mozzarella**

\$5⁹⁹

8 oz



**Alden's Organic
Organic Ice Cream**

\$5⁹⁹

48 oz



**Bragg
Liquid Aminos**

\$4⁹⁹

32 oz



**Bubbies
Sauerkraut**

\$5²⁹

25 oz



**Harmless Harvest
Organic Harmless
Coconut Water**

\$3⁹⁹

16 oz



**So Delicious
Organic Coconutmilk**

\$3⁹⁹

64 oz



**The Mountain Valley
Spring Water**

\$1⁶⁹

1 lt



**Santa Cruz Organic
Organic Lemonade**

\$1⁷⁹

32 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 July.



Late July
Organic Restaurant Style Tortilla Chips

2/\$6
11 oz

Kettle
Organic
Potato Chips

2/\$5
5 oz



Angie's
BoomChickaPop
Popcorn
(selected varieties)

\$2²⁹
4.4-7 oz



California Olive Ranch
Everyday Extra Virgin
Olive Oil

\$6⁹⁹
16.9 oz



Annie's
Organic Dressing
(selected varieties)

2/\$6
8 oz



Quinn Snacks
Peanut Butter Filled
Pretzel Nuggets

2/\$7
6.5-7 oz



Spectrum
Organic Canola Oil

\$6⁷⁹
32 oz



Annie's
Organic Ketchup

2/\$5
24 oz



Woodstock
Organic Kosher
Dill Pickles
(selected varieties)

\$3⁹⁹
24 oz



Tasty Bite
Indian Entrée

2/\$5
10 oz



A. Vogel
Organic
Herbamare
Sea Salt

\$5⁴⁹
8.8 oz



PetGuard
Cat Food
(selected varieties)

\$1³⁹
5.5 oz



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KIND
Nuts & Spices Bar



5/\$5

1.4 oz

RXBAR
Protein Bar
(selected varieties)



\$1.79

1.83 oz

Larabar
Fruit & Nut Bar
(selected varieties)



5/\$5

1.6-1.8 oz

Chocolove
Chocolate Bar
(selected varieties)



2/\$4

3.1-3.2 oz

Lily's Sweets
Chocolate Bar



2/\$6

2.8-3 oz

Theo
Organic
Chocolate Bar
(selected varieties)



2/\$4

3 oz

Endangered Species
Chocolate Bar



2/\$4

3 oz

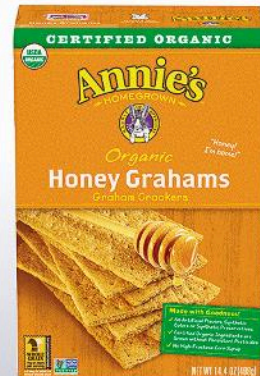
Dandies
Vegan Marshmallows



\$2.99

10 oz

Annie's
Organic Honey Graham Crackers



\$3.49

14.1 oz

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Navitas
Organic
Cacao Powder

\$5⁹⁹

8 oz



Lakewood
Organic
Pure Pineapple

\$4⁹⁹

32 oz



Almond Breeze
Almondmilk
(selected varieties)

2/\$4

32 oz



Eternal
Naturally Alkaline
Spring Water

\$1⁷⁹

1.5 lt



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$5⁴⁹

32 oz



C2O
Coconut Water
(selected varieties)

2/\$3

17.5 oz



Waterloo
Sparkling Water

\$4²⁹

12 ct



Taste Nirvana
Coconut Water
(selected varieties)

\$1⁵⁹

9.5 oz



Health-Ade
Organic Kombucha
(selected varieties)

2/\$5

16 oz



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Chameleon Cold-Brew
Organic Cold Brew
On-The-Go



\$2⁷⁹

10 oz

Almond Breeze
Almondmilk
(selected varieties)



2/\$7

64 oz

Silk
Almondmilk
(selected varieties)



\$3⁷⁹

64 oz

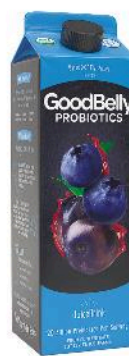
REBBL
Organic
Super Herb Elixir
(selected varieties)



2/\$5

12 oz

GoodBelly
Organic
Probiotic Drink
(selected varieties)



2/\$5

32 oz

Forager
Organic Cashewmilk Yogurt
(selected varieties)



2/\$3

5.3 oz

Vital Farms
Pasture-Raised Large Eggs



\$3⁹⁹

12 ct

Organic Valley
Organic
Shredded Cheese
(selected varieties)



\$3⁷⁹

6 oz

Bitchin'
Sauce



\$4²⁹

8 oz

**HELPING RE-BUILD
AMERICA**

One Main Street at a Time.

**INDEPENDENT
WE STAND**

Powered by **STIHL**

To join Independent We Stand, please visit www.IndependentWeStand.org.

Field Roast
Frankfurters



\$3⁹⁹

1 lb

Lightlife
Organic Tempeh



2/\$5

8 oz

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Sunshine Burgers
Organic Veggie Burgers
(selected varieties)

\$4²⁹

8 oz



Sambazon
Organic Superfruit Packs

\$4⁹⁹

4/100 g



So Delicious
Frozen Novelties
(selected varieties)

\$4⁷⁹

4-8 ct



Canyon Bakehouse
Gluten Free Bread

\$4²⁹

18 oz



Homemade Ice Cream Sandwiches

What you'll need:

your favorite recipe for chewy cookies, doubled
your ice cream of choice
sprinkles, chocolate chips, or other topping of choice
wax paper

Bake a double batch of cookies, leaving them slightly underdone. Cool them completely. Meanwhile, remove ice cream from freezer and allow to soften a bit. Once cookies are cool, flip over half of them and place a generous scoop of ice cream on the overturned cookie face. Top each scoop with the other half of the cookies. Press the cookies together and scrape off any excess ice cream that escapes from the sides. You have yourself an ice cream sandwich! Roll the exposed ice cream edge in the toppings. To best keep, wrap in wax paper individually and freeze.



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**Garden of Life
Organic Plant-Based
Performance Protein Bar**



2/\$5

2.5-2.7 oz

**Amazing Grass
Green Superfood**



\$21⁹⁹

7.4-8.5 oz

**Vital Proteins
Collagen Peptides**



\$19⁹⁹

10 oz

Hydrating DIY Face Mask

What you'll need: ½ c oats
½ cucumber
blender

In a blender, finely grind the oats. Cut cucumber in small chunks and add to the blender. Blend until smooth. Add more oats, if necessary, to achieve desired texture. Apply to face for 15 to 20 minutes. Rinse with warm water when finished.

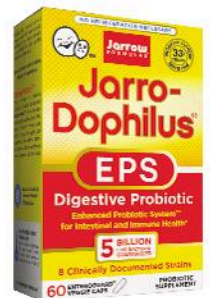
**Bulletproof
Brain Octane Oil**



\$17⁹⁹

16 oz

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



\$15⁹⁹

60 vcap

**Gaia Herbs
Turmeric Supreme
Extra Strength**



\$28⁹⁹

120 ct

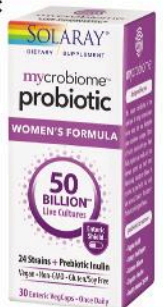
**New Chapter
Every Woman™'s
One Daily 40+
Multivitamin**



\$30⁹⁹

48 tab

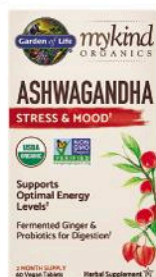
**Solaray
Microbiome Probiotic
Women's Formula**



\$24⁹⁹

30 cap

**Garden of Life
Organics myKind Organics
Ashwagandha**



\$18⁹⁹

60 ct

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



\$24⁹⁹

60 vcap

**Andalou Naturals
CannaCell®
Happy Day Cream**



\$12⁹⁹

1.7 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

Pilgrim's Market

Wealth of Health
Natural Market

Winter Ridge
Natural Foods Market

MONTANA

2J's Fresh Market

Camas Organic Market

Good Food Store

Heaven's Peak Organics

Mission Mountain
Natural Foods

Mountain Valley Foods

Real Food Market & Deli

Third Street Market

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

Highland Organic Market

Meyers Falls Market

Rocket Market

Sage Mountain Natural Foods

WYOMING

Good Health Market

Jackson Whole Grocer

