

Proud member of



# INDEPENDENT CHOICE

November 2020

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."  
- RANDY PAUSCH



Simply Organic  
Organic Cinnamon

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

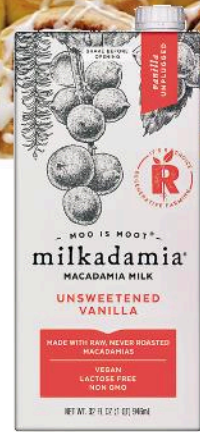
2.45 oz



Milkadamia  
Macadamia Milk  
(selected varieties)

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

32 oz



Farmer's Market  
Organic Pumpkin

**\$1<sup>79</sup>**

15 oz



Organic Valley  
Organic Cream  
Cheese Bar

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

8 oz



So Delicious  
Cocowhip

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

9 oz



Miyoko's  
Organic European Style  
Cultured Vegan Butter

**\$3<sup>99</sup>**

8 oz



Immaculate Baking  
Organic Flaky  
Biscuits

**2/\$5**

16 oz



Alden's Organic  
Organic Ice Cream

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

48 oz



Pacific Foods  
Organic Broth  
(selected varieties)

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

32 oz



Traditional Medicinals  
Organic Tea  
(selected varieties)

**2/\$7**

16 ct



Wholesome  
Organic Cane  
Sugar

**\$4<sup>79</sup>**

2 lb



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 November.



**Annie's  
Organic Mac & Cheese**  
(selected varieties)

**2/\$4**  
6 oz



**Dr. McDougall's  
Soup Cup**  
(selected varieties)

**\$1<sup>49</sup>**  
1-3.4 oz



**Maya Kaimal  
Organic Everyday Dal**

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



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

**5/\$5**  
14.5 oz



**Crown Prince Natural  
Smoked Oysters  
in Olive Oil**

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



**A. Vogel  
Organic Herbamare  
Sea Salt**

**\$4<sup>79</sup>**  
8.8 oz



**PRIMAL  
KITCHEN®**



**MAPLE ROASTED BUTTERNUT SQUASH**

**INGREDIENTS**

Primal Kitchen® Avocado Oil  
1-2 Tbsp pumpkin spice  
2 tsp. Himalayan salt  
1/2 cup chopped hazelnuts  
2 Tbsp maple syrup  
1 small butternut squash

**INSTRUCTIONS**

Preheat oven to 375°F. Cut the butternut squash in half, scoop out the seeds, and rub with Primal Kitchen Avocado Oil. Sprinkle on pumpkin spice and salt. Bake for an hour, or until completely soft all the way through. Drizzle with maple syrup, and top with chopped hazelnuts.

**TAKE TURKEY DAY TO NEW HEIGHTS WITH  
PRIMAL KITCHEN® AVOCADO OIL!**

Gather and gobble with a versatile, high-heat cooking oil that is Non-GMO Project Verified, Keto Certified, Certified Paleo and Whole30 Approved. Add a mix of savory and sweet to your Thanksgiving Day table, like this Maple Roasted Butternut Squash recipe made with Avocado Oil.



FOLLOW @PRIMALKITCHENFOODS  
FIND RECIPES PRIMALKITCHEN.COM/RECIPES

**Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil**

**\$9<sup>99</sup>**  
25.4 oz



**Dr. Bronner's  
Regenerative Organic  
Coconut Oil**

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



**Primal Kitchen  
Mayo with Avocado Oil**

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



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**Nutiva  
Organic Coconut Manna**

**\$6<sup>99</sup>**

15 oz



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

**\$4<sup>79</sup>**

16 oz



**Crofter's Organic  
Organic Premium Spread  
(selected varieties)**

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

16.5 oz



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

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

6-8.5 oz



**Late July  
Organic Crackers  
(selected varieties)**

**2/\$5**

6 oz



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

**5/\$5**

1.6-1.8 oz



**Beanitos  
Bean Chips  
(selected varieties)**

**2/\$6**

4.5-5 oz



**Siete  
Tortilla Chips  
(selected varieties)**

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

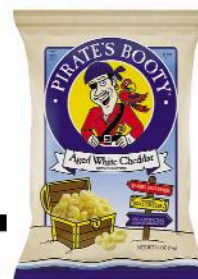
5 oz



**Pirate's Booty  
Rice & Corn Puffs  
(selected varieties)**

**2/\$4**

4 oz



# creamed spinach

Serves 2-4

- ½ c diced onion
- 2 cloves minced garlic
- ½ c heavy cream
- 1 T butter
- 2 T flour
- 1 c milk
- 10 oz pkg frozen spinach,  
thawed & pressed dry
- 1 t lemon zest
- 2 T parmesan

8 oz cream cheese brick

**For crumb topping:**

- ⅔ c coarsely  
crumbled crackers
- 1 T melted butter
- 1 T olive oil

Preheat oven to 425° F degrees. Coat a two cup baking dish with non-stick spray. Sauté onion and garlic in butter until soft. Add flour and stir to coat. Cook one minute. Gradually whisk milk and cream into onion mixture, stirring constantly to prevent lumps. Simmer one minute. Stir in cream cheese, a bit at a time, until melted and smooth. Add spinach, parmesan and lemon zest. Season with salt and pepper to taste. Transfer spinach mixture to prepared baking dish. In small bowl, combine cracker crumbs, butter, olive oil and season with salt and pepper to taste. Top spinach mixture with crumbs, pressing to adhere. Place on baking sheet. Bake until crumbs are golden and sauce is bubbly.



**Birch Benders  
Paleo Pancake  
& Waffle Mix**

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

12 oz



**Dandies  
Vegan Marshmallows**

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

10 oz



**Coombs Family Farms  
Organic Grade A Dark  
Robust Maple Syrup**

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

12 oz



**Swerve  
Sugar Replacement**

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

12 oz



**Enjoy Life Foods  
Chocolate Chips**

**\$3<sup>99</sup>**

9-10 oz



**Bob's Red Mill  
Almond Flour**

**\$7<sup>99</sup>**

16 oz



**OCHO Candy  
Organic Candy Bar**



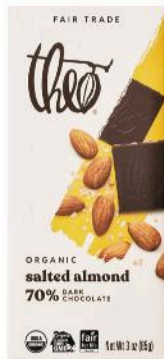
**2/\$3**

1.45-1.5 oz

**Theo  
Organic  
Chocolate Bar  
(selected varieties)**

**2/\$4**

3 oz



**Yogi  
Tea  
(selected varieties)**

**2/\$7**

16 ct



**HOMEMADE FOR THE HOLIDAYS**



**NEW  
Resealable  
Packaging!**



The holidays may be a little quieter this year, but if you're like us, you're looking forward to avoiding the hustle and bustle and savoring time at home. Explore our selection of non-GMO and gluten free flours to make something special with those you cherish. Not just cookies and cakes, rolls and bread. Memories. Love.

Find recipes at [bobsredmill.com](http://bobsredmill.com)



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# Sparkling Pink Punch

Serves 16

2- 1 qt pomegranate juice  
1 qt pineapple juice  
2 c chilled ginger ale  
2 c chilled seltzer water

In a large punch bowl, combine all ingredients. To keep chilled, add ice. Garnish with pomegranate seeds and enjoy!



**Pukka**  
**Organic Tea**  
(selected varieties)

**\$3<sup>79</sup>**  
20 ct



**nutpods**  
**Dairy-Free Creamer**  
(selected varieties)

**2/\$5**  
11.2 oz



**Lakewood**  
**Organic Pure**  
**Pineapple**

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



**San Pellegrino**  
**Sparkling Natural**  
**Mineral Water**

**\$1<sup>79</sup>**  
750 ml



**Topo Chico**  
**Sparkling Mineral Water**

**99¢**  
12 oz



**R.W. Knudsen**  
**Organic Very**  
**Veggie Juice**  
(selected varieties)

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



**Nixie**  
**Organic Sparkling Water**

**\$4<sup>49</sup>**  
8 ct



**Health-Ade**  
**Organic Kombucha**  
(selected varieties)

**2/\$5**  
16 oz



**KeVita**  
**Organic Sparkling**  
**Probiotic Drink**  
(selected varieties)

**2/\$5**  
15.2 oz



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**Miso Master  
Organic Mellow  
White Miso**



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

8 oz

**Bellwether Farms  
Sheep Milk Yogurt  
(selected varieties)**



**\$1<sup>79</sup>**

6 oz

**Nancy's  
Oatmilk Non-Dairy Yogurt  
(selected varieties)**



**4/\$5**

6 oz

**Daiya  
Dairy-Free Cheese  
Style Shreds  
(selected varieties)**



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

7.1-8 oz

**Earth Balance  
Organic Vegan Whipped  
Buttery Spread**



**\$3<sup>99</sup>**

13 oz

**Amy's  
Bowls  
(selected varieties)**



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

8-10 oz

**Field Roast  
Celebration Roast**



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

1 lb

**Alexia  
Potatoes  
(selected varieties)**



**2/\$6**

15-16 oz

**Cascadian Farm Organic  
Organic Potatoes  
(selected varieties)**



**2/\$5**

12-16 oz

**Woodstock  
Organic Cut Spinach**



**2/\$5**

10 oz

**Bonafide Provisions  
Bone Broth**



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

24 oz

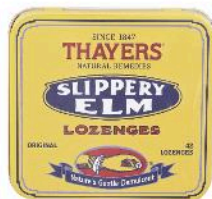
**Wholly Wholesome  
Gluten Free Pie Shells**



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

14.9 oz

**Thayers  
Slippery Elm  
Lozenges  
(selected varieties)**



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

42 ct

**Charlotte's Web  
Hemp Extract-  
Infused  
Gummies**



**\$35<sup>99</sup>**

60 ct

**Bach  
Rescue Remedy  
(selected varieties)**



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

20 ml

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**Bluebonnet Nutrition**  
Liquid Calcium  
Magnesium Citrate  
(selected varieties)



**\$12<sup>19</sup>**  
16 oz

**ChildLife Essentials**  
Multi Vitamin &  
Mineral



**\$10<sup>49</sup>**  
8 oz

**Natural Factors**  
DGL 400 mg  
Chewable



**\$9<sup>99</sup>**  
90 tab

**Boiron**  
ColdCalm



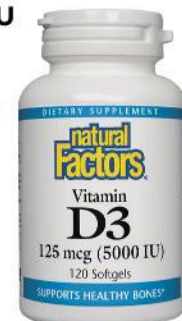
**\$9<sup>99</sup>**  
60 tab

**Garden of Life**  
myKind Organics Organic  
Extra Strength Turmeric



**\$22<sup>99</sup>**  
60 ct

**Natural Factors**  
Vitamin D3 5000 IU



**\$9<sup>99</sup>**  
120 sgel

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



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

**ShiKai**  
Everyday Shampoo or  
Conditioner



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

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



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



**The Quality Your Customer Wants. The Integrity Your Customer Needs.**



Chlorine Free • Compostable • Fair Trade • Sustainable • Non-GMO  
Non-Toxic • Gluten & Allergen Free • Vegan • Cruelty Free  
**ifyoucare.com**

**Ecover**  
Dishwasher Tablets



**\$4<sup>49</sup>**  
25 ct

**If You Care**  
Parchment Baking Paper



**\$4<sup>29</sup>**  
70 sq ft

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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](http://www.naturalfoodretailers.net).

#### ALASKA

Natural Pantry

Rainbow Foods

#### IDAHO

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

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

Highlands Organic Market

Meyers Falls Market

Rocket Market

Sage Mountain Natural Foods

#### WYOMING

Good Health Market

Jackson Whole Grocer

