Late July
Organic Restaurant Style
Tortilla Chips

2/$6
11 oz

Sunshine Burgers
Organic Veggie Burgers
(selected varieties)

$3.79
8 oz

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

$4.49
24 oz

Health-Ade
Organic Kombucha
(selected varieties)

2/$5
16 oz

Organic Valley
Organic Cheese
(selected varieties)

$4.49
8 oz

Once Again Nut Butter
Organic Sunflower Seed Butter

$4.49
16 oz

Farmer's Market
Organic Pumpkin

$2.29
15 oz

Annie's
Organic Ketchup

$2.79
24 oz

Hope
Organic Hummus
(selected varieties)

2/$6
8 oz

Coconut Bliss
Organic Non-Dairy Frozen Dessert

$4.79
1 pt

Muir Glen
Organic Tomatoes
(selected varieties)

$5.00
14.5 oz

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same day in the month of September.
Napa Valley Naturals
Organic Cold Pressed Extra Virgin Olive Oil

$9.49
25.4 oz

Muir Glen
Organic Pasta Sauce

2/$5
25.5 oz

Rising Moon
Organic Ravioli (selected varieties)

$4.29
8 oz

Lundberg Family Farms
Organic Brown Short Grain Rice

$4.49
2 lb

Annie’s
Organic Dressing (selected varieties)

2/$6
8 oz

Organic Valley
Organic Cream Cheese Tub

$3.29
8 oz

Nancy’s
Organic Lowfat Cottage Cheese

$3.79
16 oz

Jovial
Organic Gluten Free Egg Tagliatelle

$3.29
9 oz

Cascadian Farm Organic
Organic Frozen Vegetables (selected varieties)

2/$5
12 oz

Creamy Tomato Pasta Sauce

2 T Olive Oil
1 T Butter
1 Onion, chopped
1-26 oz Jar Tomato Pasta Sauce
1-15 oz Can Diced Tomatoes
1-8 oz Package Cream Cheese

1. Add olive oil and butter to a frying pan and cook chopped onion until edges start to brown, 5-6 minutes.
2. Pour pasta sauce over onion mixture and add tomatoes. Stir to combine.
3. Bring sauce to a simmer, stirring frequently.
4. Add cream cheese to sauce and stir with whisk until combined and creamy.
5. Serve over your favorite pasta or use for dipping bread. Enjoy!
Fact

Organic reduces health risks by minimizing exposure to toxic and persistent chemicals and pesticides.

#Organic @OrganicTrade

OTA.com

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 September.
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>KeVita Organic Sparkling Probiotic Drink</td>
<td>2/$5</td>
<td>15.2 oz</td>
<td>15.2 oz</td>
</tr>
<tr>
<td>C2O Coconut Water</td>
<td>2/$3</td>
<td>17.5 oz</td>
<td>17.5 oz</td>
</tr>
<tr>
<td>Pukka Organic Tea (selected varieties)</td>
<td>$3.79</td>
<td></td>
<td>20 ct</td>
</tr>
<tr>
<td>Vermont Smoke &amp; Cure Meat Stick (selected varieties)</td>
<td>4/$5</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Food Should Taste Good Tortilla Chips</td>
<td>2/$4</td>
<td>5.5 oz</td>
<td>5.5 oz</td>
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<tr>
<td>Good Health Avocado Oil Potato Chips</td>
<td>$2.29</td>
<td>5 oz</td>
<td>5 oz</td>
</tr>
<tr>
<td>Panda Licorice</td>
<td>2/$5</td>
<td>7 oz</td>
<td>7 oz</td>
</tr>
<tr>
<td>Alden's Organic Organic Old School Vanilla Ice Cream Sandwich</td>
<td>$4.79</td>
<td>6 ct</td>
<td>6 ct</td>
</tr>
<tr>
<td>Enjoy Life Foods Soft Baked Cookies</td>
<td>$3.29</td>
<td></td>
<td>6 oz</td>
</tr>
<tr>
<td>Product</td>
<td>Price</td>
<td>Size</td>
<td></td>
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<tr>
<td>--------------------------------------------</td>
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<tr>
<td>Califia Farms Better Half Creamer</td>
<td>$2.79</td>
<td>16.9 oz</td>
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<tr>
<td>Barbara's Puffins Cereal</td>
<td>$2/7</td>
<td>10-11 oz</td>
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<tr>
<td>Almond Breeze Almondmilk (selected varieties)</td>
<td>$3.29</td>
<td>64 oz</td>
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<tr>
<td>siggi's Icelandic Yogurt (selected varieties)</td>
<td>$4/5</td>
<td>4.0-5.3 oz</td>
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<tr>
<td>Coombs Family Farms Organic Grade A Dark Robust Maple Syrup</td>
<td>$7.99</td>
<td>12 oz</td>
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<tr>
<td>Bob's Red Mill Organic Old Fashioned Rolled Oats</td>
<td>$3.69</td>
<td>32 oz</td>
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<tr>
<td>Organic Valley Organic Flavored Half &amp; Half</td>
<td>$3.29</td>
<td>16 oz</td>
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<tr>
<td>Teeccino Organic Dandelion Dark Roast Herbal Tea</td>
<td>$4.49</td>
<td>10 ct</td>
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<tr>
<td>Milkadamia Macadamia Milk</td>
<td>$3.49</td>
<td>32 oz</td>
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<tr>
<td>Celestial Seasonings Tea (selected varieties)</td>
<td>$2/5</td>
<td>20 ct</td>
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<tr>
<td>Kite Hill Almond Milk Yogurt (selected varieties)</td>
<td>$2/3</td>
<td>5.3 oz</td>
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<tr>
<td>Green Valley Creamery Organic Lowfat Plain Lactose Free Kefir</td>
<td>$4.49</td>
<td>32 oz</td>
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<tr>
<td>RXBAR Protein Bar (selected varieties)</td>
<td>$1.69</td>
<td>1.83 oz</td>
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<tr>
<td>nutpods Dairy-Free Creamer (selected varieties)</td>
<td>$2/5</td>
<td>11.2 oz</td>
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<tr>
<td>KIND Nuts &amp; Spices Bar</td>
<td>$4/5</td>
<td>1.4 oz</td>
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<tr>
<td>Product</td>
<td>Price</td>
<td>Details</td>
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<tr>
<td>------------------------------------------------------</td>
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<tr>
<td>Amy's Bowl</td>
<td>$3.99</td>
<td>8.4-10 oz</td>
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<tr>
<td>Garden of Eatin' Blue Corn Tortilla Chips</td>
<td>$2/7</td>
<td>16 oz</td>
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<tr>
<td>Field Roast Grain Meat Sausage</td>
<td>$4.29</td>
<td>12.95 oz</td>
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<tr>
<td>Annie's Organic Mac &amp; Cheese</td>
<td>$2/5</td>
<td>6 oz</td>
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<tr>
<td>Applegate Farms Chicken Nuggets</td>
<td>$4.99</td>
<td>8 oz</td>
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<tr>
<td>Sir Kensington's Avocado Oil Mayonnaise</td>
<td>$5.99</td>
<td>16 oz</td>
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<tr>
<td>Alexia Potatoes</td>
<td>$2.49</td>
<td>15-16 oz</td>
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<tr>
<td>Terra Chips Sweet Potato Chips</td>
<td>$2/5</td>
<td>6 oz</td>
<td></td>
</tr>
<tr>
<td>Back To Nature Crackers</td>
<td>$2/5</td>
<td>6-8.5 oz</td>
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<tr>
<td>Zevia Zero Calorie Soda</td>
<td>$3.79</td>
<td>6 ct</td>
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<tr>
<td>Beanfields Bean Chips</td>
<td>$2/5</td>
<td>5.5 oz</td>
<td></td>
</tr>
<tr>
<td>Maya Kaimal Organic Everyday Dal</td>
<td>$2/7</td>
<td>10 oz</td>
<td></td>
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<tr>
<td>So Delicious Coconutmilk Frozen Dessert Novelties</td>
<td>$4.49</td>
<td>4-8 ct</td>
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<tr>
<td>Chocolove Chocolate Bar</td>
<td>$2/4</td>
<td>2.9-3.2 oz</td>
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<tr>
<td>Eternal Naturally Alkaline Spring Water</td>
<td>$4/5</td>
<td>1 lt</td>
<td></td>
</tr>
</tbody>
</table>

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 September.
### Organic Foods

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
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<tbody>
<tr>
<td>ProBar Meal Bar</td>
<td>$2/4</td>
<td>3 oz</td>
</tr>
<tr>
<td>Green &amp; Black's Organic Chocolate Bar</td>
<td>$2.79</td>
<td>3.17 oz</td>
</tr>
<tr>
<td>UNREAL Chocolate Gems</td>
<td>$2.99</td>
<td>5 oz</td>
</tr>
<tr>
<td>Penta Ultra-Purified Water</td>
<td>$2/3</td>
<td>1 lt</td>
</tr>
<tr>
<td>Garden of Life mykind Organics Organic Elderberry Gummy</td>
<td>$24.99</td>
<td>120 ct</td>
</tr>
<tr>
<td>Vibrant Health Green Vibrance</td>
<td>$39.99</td>
<td>12.5 oz</td>
</tr>
<tr>
<td>Yerba Prima Great Plains Bentonite</td>
<td>$8.99</td>
<td>16 oz</td>
</tr>
<tr>
<td>Vega Organic Vega One All-In-One-Shake</td>
<td>$49.99</td>
<td>24.3-26.9 oz</td>
</tr>
<tr>
<td>Sovereign Silver Bio-Active Silver Hydrosol Dropper</td>
<td>$19.99</td>
<td>4 oz</td>
</tr>
</tbody>
</table>

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Organic India Organic Ashwagandha $15.99 90 vcap
MegaFood Turmeric Strength for Whole Body $19.99 60 ct
New Chapter Wholemega™ Whole Fish Oil $19.99 60 sgel
Renew Life 3-Day Cleanse $5.99 12 cap
Terry Naturally Curamin Extra Strength $19.99 30 tab
PlusCBD Oil CBD Oil Softgels Gold Formula $15.99 10 ct
Natural Factors Vitamin C 500 Chewables $9.99 90 ct
Bluebonnet Nutrition Blueberry Liquid Calcium Magnesium Citrate $12.49 16 oz
Solaray Microbiome Probiotic Women's Formula $24.99 30 cap
Jarrow Formulas Saccharomyces Boulardii + MOS $17.99 90 vcap
Garden of Life Organic Lavender Essential Oil $13.49 0.5 oz

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<thead>
<tr>
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<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biokleen Oxygen Bleach Plus</td>
<td>$4.99</td>
<td>32 oz</td>
</tr>
<tr>
<td>ECOS Dishmate</td>
<td>$2.79</td>
<td>25 oz</td>
</tr>
<tr>
<td>Dr. Bronner's Organic Pure-Castile Liquid Soap (selected varieties)</td>
<td>$7.49</td>
<td>16 oz</td>
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<tr>
<td>Alaffia Coconut Reishi Deodorant</td>
<td>$4.49</td>
<td>2.65 oz</td>
</tr>
<tr>
<td>Andalou Naturals 1000 Roses Cleansing Foam</td>
<td>$8.99</td>
<td>5.5 oz</td>
</tr>
<tr>
<td>DERMA E Vitamin C Concentrated Serum</td>
<td>$19.49</td>
<td>2 oz</td>
</tr>
<tr>
<td>Essential Oxygen Organic Peppermint Brushing Rinse</td>
<td>$10.49</td>
<td>16 oz</td>
</tr>
<tr>
<td>Himalaya Whitening Complete Care</td>
<td>$4.99</td>
<td>5.29 oz</td>
</tr>
<tr>
<td>Boericke &amp; Tafel Arniflora Arnica Gel</td>
<td>$9.99</td>
<td>2.75 oz</td>
</tr>
<tr>
<td>Weleda Skin Food</td>
<td>$18.99</td>
<td>2.5 oz</td>
</tr>
<tr>
<td>Mineral Fusion Volumizing Mascara</td>
<td>$15.49</td>
<td>0.57 oz</td>
</tr>
</tbody>
</table>

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“Each moment of the year has its own beauty.”
~Ralph Waldo Emerson

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

CONNECTICUT
Chamomile Natural Foods
560 Newtown Rd, Danbury
It’s Only Natural Market
75 Main St, Middletown
Nature’s Temptations
32 Prospect St, Ridgefield
New Morning Market
129 Main St N, Woodbury

DELWARE
Harvest Market
7417 Lancaster Pl, Hodgesen

DISTRICT OF COLUMBIA
Glen’s Garden Market
2001 S St NW, Washington
Yes! Organic Market
2133 14th St NW, Washington
1825 Columbia Rd NW, Washington
8009 12th St NE, Washington
5425 Connecticut Ave NW, Washington
4100 Georgia Ave NW, Washington
410 8th St St, Washington

MAINE
Bath Natural Market
96 Centre St, Bath
Loki’s Natural Marketplace
152 US Rte 1, Scarborough
47 Indus St, Portland
Morning Glory Natural Foods
60 Maine St, Brunswick
New Morning Natural Foods
5 York St, Kennebunk
230 Main St, Biddeford
Royal River Natural Foods
465 US Rte 1, Freeport
Uncle Dan’s Good Groceries
80 Grove St, Waterville

MARYLAND
Chesmont Natural Foods
303 Canyon St, Chesmont
Community Garden Market
12824 Laney Run Rd, Big Pool
David’s Natural Market
5410 Lynx Ln, Columbia
1525 E Rock Spring Rd, Forest Hill
871 Annapolis Rd, Gambrills
Roots Market
16059 Georgia Ave, Olney
5805 Clarksville Square Dr, Clarksville
The Good Earth
Natural Foods Company
41675 Park Ave, Lorton
Yog Organic Market
5331 Baltimore Ave, Hyattsville

MASSACHUSETTS
The Alternative Market
31 N Washington St, N Andover
Cambridge Naturals
23 White St, Cambridge
96 Queen St, Boston
City Feed & Supply
672 Centre St, Jamaica Plain
66A Boynton St, Jamaica Plain
Common Crew Natural Market
200 Eastern Ave, Gloucester
Concordia Natural Wellness Market
150 Main St, Northampton
Debra’s Natural Grocery
99 Commonwealth Ave, Concord
Down to Earth Natural Foods
75 Hampden St, New Bedford
The Good Seed
Natural Food Market
138 Central Ave, Seekonk

NEW JERSEY
A J Nutrition Store
210 Main Ave, Passaic
Back to Nature
231 Rte 206 S, Chester
Basil Bandwagon Natural Market
38 Old Huy 22, Clinton
276 US 202, 202/31, Flemington
Green Acres Health Food Store
1297 Centennial Ave, Piscataway
Green Life Market
1358 Rte 23 N, Butler
238 Newton Sparta Rd, Newton
66 Morris St, Montclair
Green Street Market
3156 Rte 9 S, Rutherford

NEW YORK
A Matter of Health
138 Rockland Plaza, Nanuet
1347 1st Ave, New York
1678 1st Ave, New York
Cornucopia Natural Foods
35 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
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, Ostia
Green Natural Market
273 S Cannon Ave, Harriman
Green Planet Grocery
250W Seneca St, Ste C, Ozone
3514 W Genesee St, Syracuse
Hawthorne Valley Farmstore
227 County Rte 21C, Chest
Health Beat Natural Foods
214 Main St, Johnson City
Jandie’s Natural Foods
3000 Long Beach Rd, Oceanside
Kastor’s Farm Natural Stonehouse
173 Heidi Blvd, Hudson
3 Bird Ave, Canad
LifeThyme Natural Market
410 6th Ave, New York
The Local Food Market
37 N Main St, Cortland
8 Clinton St, Tully
Loof’s Natural Food Center
908 Jefferson Rd, Rochester
Mother Earth’s Storehouse
30 Kings Mill Ct, Kingston
1935 S Rd, Poughkeepsie
249 Main St, Saugerties
Nature’s Pantry
1545 Rte 52, Fishkill
436 Blooming Grove Grove Tpk, New Windsor
Sunflower Natural Foods Market
75 Mill Hill Rd, Woodstock
24 Gains St, Whitehead
Uncle Sam’s Good Natural Products
77 4th St, Troy
644 New Loudon Rd, Latham

PENNSYLVANIA
Big Bear Natural Foods
925 Lincoln Hwy, Monroeville
Bloom Naturally
307 Columbia Blvd, Bloomsburg
118 Walnut St, Danville
Earthlight Natural Foods
933 Ann St , Scranton
Everything Natural
420 S State St, Clarion Summit
Everything Natural Under the Sun
3415 Pleasant Valley Blvd, Altoona
Frey’s Better Foods
1575 Main St, Hellertown
The Healthy Grocer
3800 Trimage Rd, Camp Hill
Health Hut
6167 3rd St, Beaver
110 McKinnon Ave, Beaver Falls
Kimberton Whole Foods
2100 Kimberton Rd, Kimberton
150 E PA Ave, Downingtown
1139 Renfrew Rd, Doylestown
4004 Durham Rd, Ottoville
420 E King Rd, Malvern
221 E Main St, Collingdale
Log Up Farmers Market
3100 N George St, York
Lemon Street Market
241 W Lemon St, Lancaster
Martindale’s Natural Market
1172 Baltimore Pk, Springfield
Nature’s Harvest
101 E Mooreland Rd, Willow Grove
Nature’s Pantry
2341 Commercial Rd, State College
Organic Natural Market
5015 Durham Rd, Wrightstown
Poppies Greengrocer
45 W Bridge St, New Hope
Sauers Natural Foods
8406 Lebanon Rd, Spring Grove
RHODE ISLAND
The Green Grocer
934 E Main Rd, Portsmouth
VERMONT
Natural Provisions
537 Railroad St, St Johnsburg
Natural Provisions Market & Deli
329 Harvest Ln, Williston
VIRGINIA
Better Thymes Natural Foods
417 S St, Front Royal
Elwood Thompson’s
8 N Thompson St, Richmond
Good Foods Grocery
3662 Stone Pl Rd, Richmond
Health Nut Nutrition
1752 Berryville Dr, Lynchburg
Health Trail Natural Foods
10848 Warwick Blvd, Newport News
4806 George Washington Hwy, Hayes
Organic Food Depot
4301 Commerce Dr, Virginia Beach
1912 Cranby Rd, Norfolk
Rebecca’s Natural Foods
1141 Emmet St, Charlottesville
WEST VIRGINIA
Community Garden Market
148 N Washington St, Berkeleyton
207 South Princess St, Shepherdstown
Good Natured Market & Vegetable Cafe
230 S Raleigh St, Martinsburg

10.61204.333330 9/1/2019