

Proud member of



INDEPENDENT CHOICE

December 2022

"It seems like everything sleeps in winter, but it's really a time of renewal and reflection."

-Elizabeth Camden



Dr. Bronner's Organic Chocolate Bar

\$3.29

2.93 oz



Organic Valley Organic Heavy Whipping Cream

\$4.79

16 oz



St. Dalfour French Fruit Spread (selected varieties)

2/\$7

10 oz



Enjoy Life Foods Chocolate Chips (selected varieties)

\$3.99

9-10 oz



Siete Mexican Cookies (selected varieties)

\$3.29

4.5 oz



Kettle Potato Chips (selected varieties)

2/\$5

5 oz



Canyon Bakehouse Gluten-Free Bread

\$4.79

18 oz



Mary's Gone Crackers Organic Crackers (selected varieties)

\$3.79

5.5-6.5 oz



Lotus Foods Rice Ramen

\$1.79

2.8 oz



Pacific Foods Organic Soup (selected varieties)

\$4.29

32 oz



Traditional Medicinals Organic Echinacea Plus Elderberry

\$3.99

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 December.



Bionaturae is the premier brand of organic foods from Italy. Our authentic Old World pasta & tomatoes are perfect for holiday meals that will please the whole family. 100% organic and certified glyphosate free. For delicious recipes, please visit bionaturae.com.



Bionaturae Organic Lasagne

\$2⁷⁹

12 oz



Bionaturae Organic Tomato Paste

\$1⁷⁹

7 oz

Mediterranean Organic Organic Capers

\$2⁷⁹

3.5 oz



Muir Glen Organic Tomatoes (selected varieties)

2/\$5

28 oz



Spectrum Organic Extra Virgin Olive Oil

\$11⁴⁹

25.4 oz



EPIC Bone Broth

\$4⁷⁹

14 oz



Rao's Homemade Pasta Sauce

\$5⁷⁹

24 oz



Organic Valley Organic Ghee

\$12⁴⁹

13 oz



Garden of Eatin' Tortilla Chips (selected varieties)

\$4⁷⁹

16 oz



Charcuterie Wreath



- 20 pitted green olives
- 4 ounces sliced salami
- 12 ounces marinated artichokes, drained
- 1 pint cherry tomatoes
- 8 ounces Ciliegine mozzarella balls
- 20 6" bamboo skewers

1 Assemble skewers as follows, green olive, salami slice, folded into quarters, artichoke heart, cherry tomato, and mozzarella ball. Repeat with remaining skewers.

2 To assemble tray, place skewers in a circle on a round platter.

**Quinn
Peanut Butter Filled
Pretzel Nuggets**

\$3.99

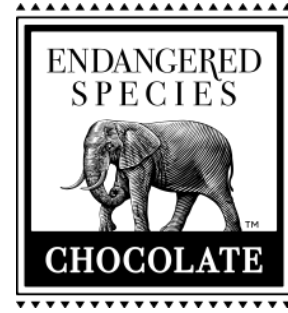
7 oz



**Bob's Red Mill
Old Fashioned Rolled Oats
(selected varieties)**

\$6.29

32 oz



**Endangered Species
Chocolate Bar
(selected varieties)**

2/\$5

3 oz



**Lily's
Baking Chips
(selected varieties)**

\$6.29

9 oz



**Frontier Co-op
Organic Vanilla Extract**

\$14.49

4 oz



**Alter Eco
Organic Chocolate Bar
(selected varieties)**

2/\$6

2.82 oz



Chocolate Mug Cake

- 1/4 cup all-purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons cane sugar
- 1/4 teaspoon baking powder
- 1/8 teaspoon grated nutmeg
- 6 tablespoons whole milk
- 1 tablespoon avocado oil
- 2 tablespoons chocolate, chopped

- 1 In a 12-ounce mug whisk together dry ingredients.
- 2 Add milk and oil and add to the dry ingredients. Stir until smooth and there are no lumps. Top with chopped chocolate.
- 3 Place mug in microwave and cook for 1 minute. Continue to cook in 10 second increments until cake has set. Allow cake to cool for 5-10 minutes before eating.



**Chocolove
Chocolate Bar
(selected varieties)**

2/\$5

2.9-3.2 oz



**Choice Organic Teas
Organic Tea**

2/\$6

16 ct



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At Amy's, we cook meals with love, care, and craft put into every ingredient. That means carefully sourcing high-quality, organic ingredients and spending countless hours in our kitchens so that you can enjoy authentic, great-tasting food in minutes.

Amy's Organic Chili
(selected varieties)

\$3⁹⁹

14.7 oz

Amy's Burrito
(selected varieties)

2/\$6

5.5-6 oz

Amy's Bowl
(selected varieties)

\$5⁴⁹

8.25-9.5 oz

Kite Hill Ricotta Alternative

\$6⁴⁹

8 oz



Miyoko's Organic Vegan Cream Cheese
(selected varieties)

\$3⁹⁹

8 oz



Organic Valley Organic Raw Cheese
(selected varieties)

\$4⁹⁹

8 oz



Garden of Life Dr. Formulated Once Daily Women's & Men's Probiotics

\$31⁹⁹

30 cap



Renew Life Ultimate Flora Women's Care Probiotic 90 Billion

\$35⁹⁹

30 cap



Rainbow Light Women's One Multivitamin

\$15⁴⁹

60 tab



MegaFood Blood Builder

\$12⁴⁹

30 tab



Natural Vitality Calm Gummies

\$20⁹⁹

120 ct



Boiron ColdCalm

\$9⁴⁹

60 tab



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Natural Factors
Organic Oil of Oregano

\$12⁹⁹

1 oz



Aura Cacia
Lavender Essential Oil

\$7⁹⁹

.5 oz



Weleda
Skin Food

\$13⁹⁹

2.5 oz



DERMA E
Anti-Wrinkle Renewal
Cream

\$15⁴⁹

4 oz



Avalon Organics
Shampoo or Conditioner
(selected varieties)

\$7⁷⁹

11 oz



Ginger Wellness Shot

4 large navel oranges
6-8 ounces fresh ginger root
1-2 tablespoons water

- 1 Peel oranges and ginger.
- 2 Blend ingredients in blender, adding 1-2 tablespoons water.
- 3 Pour mixture through fine mesh strainer or nut milk bag and enjoy.



Dr. Bronner's
Organic Pure-Castile Bar Soap

\$3⁴⁹

5 oz



EO
Organic Lavender Hand
Sanitizer Spray

\$3²⁹

2 oz



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We are part of INFRA (Independent Natural Food Retailers Association), 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.com.

CONNECTICUT

- Chamomille Natural Foods
- The Common Bond Market
- It's Only Natural Market
- Nature's Temptations
- New Morning Market
- Rooted Market
- Thyme & Season

DELAWARE

- Good News Natural Foods
- Harvest Market Natural Foods

DISTRICT OF COLUMBIA

- Dawson's Market
- Yes! Organic Market

MAINE

- Bath Natural Market
- Lois' Natural Marketplace
- Morning Glory Natural Foods
- New Morning Natural Foods
- Rosemont Market & Bakery
- Royal River Natural Foods
- Uncle Dean's Natural Market

MARYLAND

- Chestertown Natural Foods
- David's Natural Market
- Dawson's Market
- The Good Earth Natural Foods Co
- Good Foods Market
- Roots Market
- Yes! Organic Market

MASSACHUSETTS

- Better Life Whole Foods
- Cambridge Naturals
- City Feed & Supply
- Common Crow Natural Market
- Cornucopia Natural Wellness Market
- Debra's Natural Gourmet
- Down to Earth Natural Foods
- The Good Seed Natural Food Market
- Guido's Fresh Marketplace
- Neighborhood Produce
- Roots Natural Foods
- Rory's Market

NEW HAMPSHIRE

- Granite State Natural Foods
- Maggie's Market
- Nature's Green Grocer
- Sunflower Natural Foods

NEW JERSEY

- A-1 Nutrition Store
- Back to Nature
- Basil Bandwagon Natural Market
- Green Acres Health Food Store
- Green Life Market
- Green Street Market
- Healthfair Natural & Organic Food Market
- Healthway Natural Food Center
- Healthy Thymes Market
- Nature's Corner Natural Market
- Nature's Nutrition
- Nature's Pavilion
- Olive May Health
- Pangaea Naturals
- Whole Earth Center

NEW YORK

- A Matter of Health
- Agata & Valentina
- Cornucopia Natural Foods
- Down to Earth Whole Foods
- Downtown Natural Market
- Earnest Foods
- Feel Rite Fresh Markets
- Four Seasons Natural Foods
- Good N' Natural
- Good Roots Natural Market
- Green Earth Health Market
- Green Planet Grocery
- Greene Grape Provisions
- Hawthorne Valley Farm Store
- Health Beat Natural Foods
- Kaaterskill Farm Natural Storehouse
- LifeThyme Natural Market
- The Local Food Market
- Lori's Natural Food Center
- Nature's Harvest
- Nature's Pantry
- Rising Tide Natural Foods
- Sunflower Natural Foods Market
- Uncle Sam's Good & Natural Products

PENNSYLVANIA

- Bloom Naturally
- Earthlight Natural Foods
- Everything Natural
- Everything Natural Under the Sun
- Frey's Better Foods
- Health Hut
- JoRob's Naturals
- Kimberton Whole Foods
- Leg Up Farmers Market
- Lemon Street Market
- Martindale's Natural Market
- Nature's Harvest
- Nature's Pantry
- Nature's Way Easton
- Nature's Way Market
- Organnons Natural Market
- Queen's Nutritional Products
- Sonnenwald Natural Foods
- Soulberry Natural Market

RHODE ISLAND

- Nature's Goodness
- The Green Grocer
- Rory's Market

VERMONT

- Natural Provisions

VIRGINIA

- Eats Natural Foods
- Ellwood Thompson's
- Good Foods Grocery
- Health Nut Nutrition
- Health Trail Natural Foods
- Organic Food Depot
- Rebecca's Natural Foods
- Yes! Organic Market

WEST VIRGINIA

- Community Garden Market
- Good Natured Market & Vegetarian Cafe
- Mother Earth Foods
- The Public Market

