Earth Balance
Organic Vegan Whipped Buttery Spread
$3.79
13 oz

Wild Planet
Skipjack Wild Tuna
2/$5
5 oz

Muir Glen
Organic Tomatoes
(selected varieties)
5/$5
14.5 oz

Lundberg Family Farms
Organic Rice Cakes
(selected varieties)
$2.79
8.5-10 oz

Honest Tea
Organic Iced Tea
(selected varieties)
4/$5
16 oz

Organic Valley
Organic Ghee
$8.49
7.5 oz

Lotus Foods
Rice Ramen
2/$3
2.8 oz

Lakewood
Organic Pure Pineapple
$4.99
32 oz

Late July
Organic Restaurant Style Tortilla Chips
( selected varieties)
2/$6
11 oz

Traditional Medicinals
Organic Tea
( selected varieties)
$3.29
16 ct

Hope
Organic Hummus
( selected varieties)
2/$6
8 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 March.
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ancient Harvest Organic Supergrain Pasta</td>
<td>2/$5</td>
<td>8-9.6 oz</td>
</tr>
<tr>
<td>Pacific Foods Organic Soup (selected varieties)</td>
<td>$2.79</td>
<td>17-17.6 oz</td>
</tr>
<tr>
<td>Annie's Organic Dressing (selected varieties)</td>
<td>2/$6</td>
<td>8 oz</td>
</tr>
<tr>
<td>Koyo Ramen (selected varieties)</td>
<td>5/$5</td>
<td>2-2.1 oz</td>
</tr>
<tr>
<td>Annie's Mac &amp; Cheese (selected varieties)</td>
<td>5/$5</td>
<td>5.25-6 oz</td>
</tr>
<tr>
<td>Food Should Taste Good Tortilla Chips (selected varieties)</td>
<td>2/$4</td>
<td>5.5 oz</td>
</tr>
<tr>
<td>Crown Prince Natural Skinless &amp; Boneless Sardines in Olive Oil</td>
<td>$2.29</td>
<td>3.75 oz</td>
</tr>
<tr>
<td>Good Health Avocado Oil Potato Chips</td>
<td>2/$5</td>
<td>5 oz</td>
</tr>
<tr>
<td>Annie's Organic Snack Mix (selected varieties)</td>
<td>2/$7</td>
<td>9 oz</td>
</tr>
</tbody>
</table>

**Remedy for corned beef and cabbage on St. Paddy’s Day: Seafood.**

The Irish enjoy their delicious wild caught and sustainably harvested world famous seafood and shellfish throughout the year. This is the tradition of freshness and sustainability captured in Crown Prince Natural seafood.

We harvest and pack the seas’ finest seafood from around the world within hours of landing. March is the time to try our Brisling Sardines sourced in the Irish Sea off the coast of Scotland. The Irish would approve.

Visit www.crownprince.com
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size/Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Napa Valley Naturals Organic Extra Virgin Olive Oil</td>
<td>$8.99</td>
<td>25.4 oz</td>
</tr>
<tr>
<td>Peter Rabbit Organics Organic Baby Food Pouch (selected varieties)</td>
<td>4/$5</td>
<td>4-4.4 oz</td>
</tr>
<tr>
<td>SweetLeaf Sweet Drops (selected varieties)</td>
<td>$5.49</td>
<td>2 oz</td>
</tr>
<tr>
<td>Birch Benders Organic Pancake &amp; Waffle Mix (selected varieties)</td>
<td>$3.49</td>
<td>16 oz</td>
</tr>
<tr>
<td>Enjoy Life Foods Chocolate Chips</td>
<td>$4.49</td>
<td>9-10 oz</td>
</tr>
<tr>
<td>Café Altura Organic Freeze Dried Instant Coffee</td>
<td>$6.99</td>
<td>16 oz</td>
</tr>
<tr>
<td>UNREAL Chocolate Gems</td>
<td>$3.99</td>
<td>5 oz</td>
</tr>
<tr>
<td>OCHO Candy Organic Candy Bar</td>
<td>2/$3</td>
<td>1.45-1.5 oz</td>
</tr>
<tr>
<td>Celestial Seasonings Tea (selected varieties)</td>
<td>2/$5</td>
<td>20 ct</td>
</tr>
<tr>
<td>Taste Nirvana Coconut Water (selected varieties)</td>
<td>$1.49</td>
<td>9.5 oz</td>
</tr>
<tr>
<td>Topo Chico Sparkling Mineral Water (selected varieties)</td>
<td>89¢</td>
<td>12 oz</td>
</tr>
<tr>
<td>R.W. Knudsen Organic Just Tart Cherry Juice</td>
<td>$5.49</td>
<td>32 oz</td>
</tr>
<tr>
<td>Zevia Zero Calorie Soda</td>
<td>$3.79</td>
<td>6 ct</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 March.
Larabar
Fruit & Nut Bar
(selected varieties)
5/$5
1.6-1.8 oz
Perfect Bar
Protein Bar
2/$4
2.2-2.5 oz
Organic Valley
Organic Flavored
Half & Half
(selected varieties)
$3.29
16 oz
Chameleon Cold-Brew
Organic Ready to Enjoy
Coffee
$2.79
10 oz
Uncle Matt's
Organic Orange Juice
(selected varieties)
$5.49
52 oz
Almond Breeze
Almondmilk
(selected varieties)
2/$7
64 oz
KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)
2/$5
15.2 oz
GT's
Organic Multi Serve
Kombucha
(selected varieties)
$6.79
48 oz
siggii's
Icelandic Yogurt
(selected varieties)
4/$5
4-5.3 oz
Maple Hill Organic
Organic Cream On Top Yogurt
$4.79
32 oz
Pop & Bottle
Organic Almond Milk
Latte
(selected varieties)
$2.79
11 oz

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</tr>
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<tbody>
<tr>
<td>Organic Valley Organic Mozzarella Stringles</td>
<td>$3.99</td>
<td>6 oz</td>
</tr>
<tr>
<td>Miyoko's Organic European Style Cultured Vegan Butter</td>
<td>$4.29</td>
<td>8 oz</td>
</tr>
<tr>
<td>Applegate Farms Chicken Nuggets (selected varieties)</td>
<td>$4.79</td>
<td>8 oz</td>
</tr>
<tr>
<td>Gardein Meatless Meat (selected varieties)</td>
<td>$3.29</td>
<td>8.8-14.1 oz</td>
</tr>
<tr>
<td>Beyond Meat Beyond Beef Crumbles (selected varieties)</td>
<td>$3.79</td>
<td>10 oz</td>
</tr>
<tr>
<td>Quorn Meat Alternative (selected varieties)</td>
<td>$3.29</td>
<td>7.05-12 oz</td>
</tr>
<tr>
<td>Amy's Bowls (selected varieties)</td>
<td>$3.79</td>
<td>8-10 oz</td>
</tr>
<tr>
<td>Canyon Bakehouse Gluten Free Bread</td>
<td>$4.29</td>
<td>18 oz</td>
</tr>
<tr>
<td>Alden's Organic Organic Ice Cream (selected varieties)</td>
<td>$5.99</td>
<td>48 oz</td>
</tr>
<tr>
<td>Bonafide Provisions Bone Broth (selected varieties)</td>
<td>$5.99</td>
<td>24 oz</td>
</tr>
<tr>
<td>NeoCell Super Collagen</td>
<td>$12.79</td>
<td>7 oz</td>
</tr>
<tr>
<td>Yerba Prima Great Plains Bentonite</td>
<td>$9.99</td>
<td>16 oz</td>
</tr>
<tr>
<td>Organic India Organic Whole Husk Psyllium</td>
<td>$9.79</td>
<td>12 oz</td>
</tr>
<tr>
<td>Vega Sport Premium Protein</td>
<td>$37.99</td>
<td>28.3-29.5 oz</td>
</tr>
<tr>
<td>Natural Factors CurcuminRich® Theracurmin® 30 mg</td>
<td>$19.99</td>
<td>60 vcap</td>
</tr>
</tbody>
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<tr>
<td>Natural Factors DGL 400 mg Chewable</td>
<td>$10.49</td>
<td>90 tab</td>
</tr>
<tr>
<td>Sovereign Silver Bio-Active Silver Hydrosol Dropper</td>
<td>$28.99</td>
<td>8 oz</td>
</tr>
<tr>
<td>NOW Foods Peppermint Essential Oil</td>
<td>$5.49</td>
<td>1 oz</td>
</tr>
<tr>
<td>Rainbow Light Vibrance Women's One</td>
<td>$7.99</td>
<td>30 ct</td>
</tr>
<tr>
<td>Nature's Way DIM-plus™</td>
<td>$13.99</td>
<td>60 vcap</td>
</tr>
<tr>
<td>Garden of Life mykind Organics B-12 Organic Spray</td>
<td>$13.99</td>
<td>2 oz</td>
</tr>
<tr>
<td>Renew Life Ultimate Flora Extra Care Probiotic 50 Billion</td>
<td>$29.99</td>
<td>30 ct</td>
</tr>
<tr>
<td>PlusCBD Oil Extra Strength CBD Oil Balm</td>
<td>$31.99</td>
<td>1.3 oz</td>
</tr>
<tr>
<td>Life-flo Pure Magnesium Oil</td>
<td>$6.99</td>
<td>8 oz</td>
</tr>
<tr>
<td>Jarrow Formulas Saccharomyces Boulardii + MOS</td>
<td>$18.99</td>
<td>90 vcap</td>
</tr>
<tr>
<td>Ricola Cough Drops (selected varieties)</td>
<td>$2/$4</td>
<td>19-24 ct</td>
</tr>
</tbody>
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<tbody>
<tr>
<td>DERMA E Anti-Wrinkle Renewal Cream</td>
<td>$11.99</td>
<td>4 oz</td>
</tr>
<tr>
<td>Lily of the Desert Aloe Vera Gelly</td>
<td>$6.49</td>
<td>12 oz</td>
</tr>
<tr>
<td>Thayers Witch Hazel Facial Toner</td>
<td>$6.79</td>
<td>12 oz</td>
</tr>
<tr>
<td>Andalou Naturals 1000 Roses Cleansing Foam</td>
<td>$8.99</td>
<td>5.5 oz</td>
</tr>
<tr>
<td>Giovanni Shampoo or Conditioner (selected varieties)</td>
<td>$5.99</td>
<td>8.5 oz</td>
</tr>
<tr>
<td>Ecover Dishwasher Tablets</td>
<td>$4.49</td>
<td>17.6 oz</td>
</tr>
<tr>
<td>Dr. Bronner’s Organic Baby Unscented Pure-Castile Bar Soap</td>
<td>$3.29</td>
<td>5 oz</td>
</tr>
<tr>
<td>Mrs. Meyer’s Clean Day Liquid Dish Soap (selected varieties)</td>
<td>$3.29</td>
<td>16 oz</td>
</tr>
<tr>
<td>Biokleen Laundry Liquid</td>
<td>$8.99</td>
<td>128 loads</td>
</tr>
</tbody>
</table>

Spring clean and save some green

3x concentrated with plant-based cleaning power delivers low-cost per load

Learn how we Clean for Good at www.biokleenhome.com/CleanforGood

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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.

**CALIFORNIA**
Alameda Natural Grocery
Berryvale Grocery
Bi-Rite Market
Canyon Market
Chautauqua Natural Foods
Community Market
Dahlia & Sage
Community Market
Frazier Farms Market
Gather Natural Market
Good Earth Natural Foods
Jimbo’s...Naturally!
Lassen’s Natural Foods & Vitamins #1
Mission Square Market

**COLORADO**
Alfalfa’s Market

**HAWAII**
Down To Earth Organic & Natural
HealthGo Market
Hoku Foods Natural Market
Papaya’s Natural Foods & Cafe

**The Market**
Mother Truckers
Natural Selection
The Natural Grocery Company
New Earth Market
New Frontiers
Natural Marketplace
New Moon Natural Foods
Rainbow Acres
Ramona Family Naturals
Sheri’s Sonshine
Nutrition Center
Staff of Life
Wild Roots Market
Wildberries Marketplace
The Whole Wheatery