INDEPENDENT
CHOICE
April 2020

“Now is no time to think of what you do not have. Think of what you can do with what there is.”
– Ernest Hemingway

Wild Planet Wild Sardines (selected varieties)
$1.79
4.4 oz

Seventh Generation Dish Liquid (selected varieties)
$2.99
22-25 oz

Hilary's Organic Veggie Burgers
2/$5
6.4 oz

GT’s Organic Enlightened Kombucha
$2.79
16 oz

Dr. Bronner’s Organic Pure-Castile Bar Soap
$3.29
5 oz

Mary’s Gone Crackers Organic Original Crackers
$3.79
5.5-6.5 oz

Yogi Tea (selected varieties)
2/$6
16 ct

R.W. Knudsen Organic Very Veggie Juice (selected varieties)
$2.79
32 oz

So Delicious Organic Coconutmilk
$3.99
64 oz

Pacific Foods Organic Plant-Based Beverage (selected varieties)
$2.49
32 oz

Farmhouse Culture Organic Gut Shot
$4.99
16 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 April.
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daiya Deluxe Cheezy Mac</td>
<td>$3.29</td>
<td>10.6-10.9 oz</td>
</tr>
<tr>
<td>Annie's Organic Mac &amp; Cheese (selected varieties)</td>
<td>2/$4</td>
<td>6 oz</td>
</tr>
<tr>
<td>Tasty Bite Indian Entrée (selected varieties)</td>
<td>2/$5</td>
<td>10 oz</td>
</tr>
<tr>
<td>Wolfgang Puck Organic Soup (selected varieties)</td>
<td>$1.99</td>
<td>14.5 oz</td>
</tr>
<tr>
<td>Dr. McDougall's Soup Cup (selected varieties)</td>
<td>$1.39</td>
<td>1.3-3.4 oz</td>
</tr>
<tr>
<td>Mike's Mighty Good Craft Ramen</td>
<td>2/$3</td>
<td>1.6-2.4 oz</td>
</tr>
<tr>
<td>Jovial Organic Gluten Free Egg Tagliatelle Pasta</td>
<td>$3.49</td>
<td>9 oz</td>
</tr>
<tr>
<td>Muir Glen Organic Tomatoes (selected varieties)</td>
<td>2/$4</td>
<td>28 oz</td>
</tr>
<tr>
<td>Kettle &amp; Fire Bone Broth</td>
<td>$4.99</td>
<td>16.2-16.9 oz</td>
</tr>
<tr>
<td>Muir Glen Organic Pasta Sauce (selected varieties)</td>
<td>2/$5</td>
<td>25.5 oz</td>
</tr>
<tr>
<td>Organicville Organic Ketchup</td>
<td>$3.49</td>
<td>24 oz</td>
</tr>
<tr>
<td>Pacific Organic Broth (selected varieties)</td>
<td>$2.99</td>
<td>32 oz</td>
</tr>
<tr>
<td>California Olive Ranch Everyday Extra Virgin Olive Oil</td>
<td>$6.49</td>
<td>16.9 oz</td>
</tr>
<tr>
<td>R.W. Knudsen Organic Tomato Juice (selected varieties)</td>
<td>$2.79</td>
<td>32 oz</td>
</tr>
<tr>
<td>Annie's Organic Cheddar Bunnies</td>
<td>2/$5</td>
<td>7.5 oz</td>
</tr>
</tbody>
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<tr>
<th>Product</th>
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<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kettle Organic Potato Chips</td>
<td>2/$5</td>
<td>5 oz</td>
</tr>
<tr>
<td>Angie's BoomChickaPop Popcorn (selected varieties)</td>
<td>2/$5</td>
<td>4.4-7 oz</td>
</tr>
<tr>
<td>Barnana Organic Plantain Chips</td>
<td>2/$6</td>
<td>5 oz</td>
</tr>
<tr>
<td>Quinn Snacks Pretzels</td>
<td>2/$7</td>
<td>7 oz</td>
</tr>
<tr>
<td>Garden of Eatin' Tortilla Chips (selected varieties)</td>
<td>2/$5</td>
<td>8.1 oz</td>
</tr>
<tr>
<td>Annie's Organic Fruit Snacks (selected varieties)</td>
<td>2/$5</td>
<td>4 oz</td>
</tr>
<tr>
<td>Luna Bar (selected varieties)</td>
<td>5/$5</td>
<td>1.69 oz</td>
</tr>
<tr>
<td>Bobo's Oat Bar (selected varieties)</td>
<td>2/$4</td>
<td>3 oz</td>
</tr>
<tr>
<td>One Degree Organics Organic Sprouted Cereal (selected varieties)</td>
<td>$3.99</td>
<td>8-12 oz</td>
</tr>
<tr>
<td>Living Intentions Organic Superfood Cereal (selected varieties)</td>
<td>$5.49</td>
<td>9 oz</td>
</tr>
<tr>
<td>Cascadian Farm Organic Organic Cereal (selected varieties)</td>
<td>2/$5</td>
<td>8.6-14.6 oz</td>
</tr>
</tbody>
</table>
Keto Bar

PRIMAL KITCHEN

When I’m hungry and on the go, I want something I can rely on for fuel — a bar made with clean, quality ingredients. I developed Primal Kitchen bars to deliver uncompromisingly delicious taste and satisfaction.

MARK SISSON
Founder

PRIMALKITCHEN.COM

Santa Cruz Organic
Organic Apple Sauce Cups

$3.29
6-4 oz

EPIC
Meat Bar

2/$4
1.3-1.5 oz

Primal Kitchen
Protein Bar
(selected varieties)

2/$3
1.7 oz

Heritage Store
Black Seed Oil

$15.99
8 oz

Eternal
Naturally Alkaline
Spring Water

$1.29
1 lt

Iconic Protein
Protein Drink

$2.29
11.5 oz

Wedderspoon
Organic Manuka Honey Drops
(selected varieties)

$6.99
120g/4oz

Good Day Chocolate
Chocolate Supplement

$2.29
8 ct

Almond Breeze
Almondmilk

2/$4
32 oz

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<tr>
<th>Product</th>
<th>Price</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teeccino Organic Herbal Coffee</td>
<td>$7.99</td>
<td>11 oz</td>
</tr>
<tr>
<td>Cocomels Organic Coconut Milk Caramels</td>
<td>2/$7</td>
<td>3-3.5 oz</td>
</tr>
<tr>
<td>Endangered Species Chocolate Bar</td>
<td>2/$4</td>
<td>3 oz</td>
</tr>
<tr>
<td>Tazo Organic Chai Tea</td>
<td>$3.49</td>
<td>20 ct</td>
</tr>
<tr>
<td>Simply Organic Organic Cinnamon</td>
<td>$3.49</td>
<td>2.45 oz</td>
</tr>
<tr>
<td>Lily's Sweets Baking Chips</td>
<td>$4.99</td>
<td>9 oz</td>
</tr>
<tr>
<td>Wholesome Organic Sugar</td>
<td>$4.49</td>
<td>2 lb</td>
</tr>
<tr>
<td>Coombs Family Farms Organic Grade A Dark Robust Maple Syrup</td>
<td>$8.99</td>
<td>12 oz</td>
</tr>
<tr>
<td>Equal Exchange Organic Baking Cocoa</td>
<td>$5.49</td>
<td>8 oz</td>
</tr>
<tr>
<td>Bob's Red Mill Almond Flour</td>
<td>$7.99</td>
<td>16 oz</td>
</tr>
<tr>
<td>If You Care Fsc Certified Parchment Baking Paper</td>
<td>$4.49</td>
<td>70 sq ft</td>
</tr>
<tr>
<td>Organic Cacao Powder and Nibs</td>
<td>$5.99</td>
<td>8 oz</td>
</tr>
<tr>
<td>Organic Cacao Butter</td>
<td>$6.79</td>
<td>8 oz</td>
</tr>
</tbody>
</table>

**NAVITAS ORGANICS**

Cacao is one of nature's most powerful superfoods. Our single origin, Fairtrade Cacao is minimally processed to retain its vital nutrients—delivering unique antioxidants, essential minerals and fiber in addition to its rich chocolatey taste!

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<tbody>
<tr>
<td>Nutpods Dairy-Free Creamer (selected varieties)</td>
<td>$2.29</td>
<td>11.2 oz</td>
</tr>
<tr>
<td>Madhava Organic Agave (selected varieties)</td>
<td>$3.79</td>
<td>11.75 oz</td>
</tr>
<tr>
<td>KOR Shots Shot</td>
<td>2/$4</td>
<td>1.7 oz</td>
</tr>
<tr>
<td>REBBL Organic Super Herb Elixir (selected varieties)</td>
<td>$2.79</td>
<td>12 oz</td>
</tr>
<tr>
<td>Koia Plant-Based Protein Shake (selected varieties)</td>
<td>$2.79</td>
<td>12 oz</td>
</tr>
<tr>
<td>Brown Cow Cream Top Whole Milk Yogurt</td>
<td>$0.89</td>
<td>5.3 oz</td>
</tr>
<tr>
<td>So Delicious Coconutmilk Yogurt Alternative</td>
<td>$4.79</td>
<td>24 oz</td>
</tr>
<tr>
<td>Forager Organic Cashewmilk Yogurt</td>
<td>$4.29</td>
<td>24 oz</td>
</tr>
<tr>
<td>Bellwether Farms Sheep Milk Yogurt</td>
<td>$1.79</td>
<td>6 oz</td>
</tr>
<tr>
<td>Califia Farms Plant Milk (selected varieties)</td>
<td>2/$6</td>
<td>48 oz</td>
</tr>
<tr>
<td>Three Trees Organic Nutmilk</td>
<td>$4.79</td>
<td>28 oz</td>
</tr>
<tr>
<td>Melt Organic Rich &amp; Creamy Spread</td>
<td>$2.79</td>
<td>13 oz</td>
</tr>
<tr>
<td>Milkadamia Macadamia Creamer</td>
<td>$2.79</td>
<td>16 oz</td>
</tr>
<tr>
<td>So Delicious Organic Coconutmilk Creamer</td>
<td>$2.29</td>
<td>16 oz</td>
</tr>
</tbody>
</table>

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**Good Culture**
Organic Whole Milk Classic Cottage Cheese

$3.79
16 oz

**Immaculate Baking**
Organic Cinnamon Rolls

2/$8
17.5 oz

**Lightlife**
Organic Smoky Tempeh Strips

$3.49
6 oz

**Organic Valley**
Organic Raw Cheddar Cheese

$4.79
8 oz

**Amy’s Burrito**
(selected varieties)

2/$5
5.5-6 oz

**Alexia Potatoes**
(selected varieties)

$2.79
15-16 oz

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

2/$5
12-16 oz

**Rising Moon**
Organic Ravioli
(selected varieties)

$3.99
8 oz

**So Delicious Cashewmilk**
Frozen Dessert
(selected varieties)

$4.79
16 oz

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**ONE MILLION ACRES**
OF REGENERATIVE AGRICULTURE

**WHAT IS IT:**
Regenerative agriculture is a set of farming practices that works with nature to help pull carbon from the air and store it in the soil.

**WHY IT MATTERS:**
Regenerative agriculture practices can help address climate change, support water quality, and can improve farm resilience.

**YOUR FOOD CHOICES CAN MAKE A DIFFERENCE:**
With the help of eaters like you, General Mills is advancing regenerative agriculture on ONE MILLION ACRES of farmland by 2030. To learn more, visit generalmills.com/regenag

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<tbody>
<tr>
<td>New Chapter Zyflamend™ Whole Body</td>
<td>$26.99</td>
<td>60 vcap</td>
</tr>
<tr>
<td>Gaia Herbs Adrenal Health Daily Support</td>
<td>$17.99</td>
<td>60 ct</td>
</tr>
<tr>
<td>Rainbow Light Vibrance Prenatal One</td>
<td>$9.29</td>
<td>30 tab</td>
</tr>
<tr>
<td>Garden of Life Dr. Formulated Once Daily Men's &amp; Women's Probiotics</td>
<td>$31.99</td>
<td>30 ct</td>
</tr>
<tr>
<td>Jarrow Formulas Bone-Up</td>
<td>$17.49</td>
<td>240 cap</td>
</tr>
<tr>
<td>MegaFood Blood Builder</td>
<td>$13.49</td>
<td>30 tab</td>
</tr>
<tr>
<td>Renew Life 3-Day Cleanse</td>
<td>$5.99</td>
<td>12 ct</td>
</tr>
<tr>
<td>Bluebonnet Nutrition Liquid Calcium Magnesium Citrate</td>
<td>$12.29</td>
<td>16 oz</td>
</tr>
<tr>
<td>Carlson The Very Finest Fish Oil</td>
<td>$17.99</td>
<td>200 ml</td>
</tr>
<tr>
<td>Charlotte's Web Hemp Extract-Infused Gummies</td>
<td>$43.99</td>
<td>60 ct</td>
</tr>
<tr>
<td>Manitoba Harvest Organic Hemp Hearts</td>
<td>$9.79</td>
<td>12 oz</td>
</tr>
</tbody>
</table>

ALL MANITOBA HARVEST PRODUCTS ON SALE!

Featuring Hemp Hearts
Add to your favorite salads, cereals and smoothies

10g plant-powered protein
12g combined omegas

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Natural Factors
Organic Oil Of Oregano
$12.99
1 oz

Dr. Tung's
Activated Charcoal Floss
2/$5
30 yds

JASON
Toothpaste
(selected varieties)
$3.29
4.2-6 oz

EO
Everyone Soap
(selected varieties)
$6.79
32 oz

Desert Essence
Thoroughly Clean
Face Wash
$6.99
8.5 oz

Tom's of Maine
Wild Lavender Long
Lasting Deodorant
$5.49
2.25 oz

Castor & Pollux
ORGANIX Organic Chicken
Dog Cookies
$3.99
12 oz

Biokleen
Bac-Out Stain + Odor
Remover
$5.99
32 oz

ECOS
Laundry Detergent
(selected varieties)
$9.49
100 oz

Manufactured using Zero Waste guidelines in family owned and operated plants powered by 100% renewable energy.

ecos.com

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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!
- 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