July 2020
Do what you can, with what you have, where you are.
- Theodore Roosevelt

Beyond Meat
Beyond Burger
$4.29
8 oz

Coconut Bliss
Organic Non-Dairy Frozen Dessert
(selected varieties)
$4.49
16 oz

Organic Valley
Organic Raw Sharp Cheddar Cheese
$4.79
8 oz

Miyoko's
Organic Fresh Vegan Mozzarella
$5.49
8 oz

Alden's Organic
Organic Ice Cream
$5.99
48 oz

Bragg
Liquid Aminos
$4.79
32 oz

Bubbies
Sauerkraut
$4.99
25 oz

Harmless Harvest
Organic Harmless Coconut Water
$3.49
16 oz

So Delicious
Organic Coconutmilk
$3.99
64 oz

The Mountain Valley
Spring Water
$1.69
1 lt

Santa Cruz Organic
Organic Lemonade
$1.79
32 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 July.
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**Late July Organic Restaurant Style Tortilla Chips**

- **2/$6**
  - 11 oz

**Angie’s BoomChickaPop Popcorn**

- **$2.29**
  - 4.4-7 oz

**The Real Coconut Organic Grain Free Tortilla Chips**

- **$2.99**
  - 5.5 oz

**Quinn Snacks Peanut Butter Filled Pretzel Nuggets**

- **2/$7**
  - 6.5-7 oz

**Annie’s Organic Dressing**

- **2/$6**
  - 8 oz

**California Olive Ranch Everyday Extra Virgin Olive Oil**

- **$6.49**
  - 16.9 oz

**Woodstock Organic Kosher Dill Pickles**

- **$3.99**
  - 24 oz

**Annie’s Organic Ketchup**

- **2/$5**
  - 24 oz

**Spectrum Organic Canola Oil**

- **$6.79**
  - 32 oz

**Tasty Bite Indian Entrée**

- **2/$5**
  - 10 oz
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Larabar Fruit &amp; Nut Bar (selected varieties)</td>
<td>5/$5</td>
<td>1.6-1.8 oz</td>
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<tr>
<td>RXBAR Protein Bar (selected varieties)</td>
<td>$1.79</td>
<td>1.83 oz</td>
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<tr>
<td>KIND Nuts &amp; Spices Bar</td>
<td>5/$5</td>
<td>1.4 oz</td>
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<tr>
<td>Endangered Species Chocolate Bar</td>
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<tr>
<td>Annie's Organic Honey Graham Crackers</td>
<td>$3.49</td>
<td>14.1 oz</td>
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<tr>
<td>Dandies Vegan Marshmallows</td>
<td>$2.99</td>
<td>10 oz</td>
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<tr>
<td>Chocolove Chocolate Bar (selected varieties)</td>
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<td>3 oz</td>
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<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Navitas Organic Cacao Powder</td>
<td>$5.99</td>
<td>8 oz</td>
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<tr>
<td>Iconic Protein Protein Drink</td>
<td>$2.49</td>
<td>11.5 oz</td>
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<tr>
<td>Almond Breeze Almondmilk (selected varieties)</td>
<td>$2/4</td>
<td>32 oz</td>
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<tr>
<td>Waterloo Sparkling Water</td>
<td>$4.29</td>
<td>12 ct</td>
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<tr>
<td>Taste Nirvana Coconut Water (selected varieties)</td>
<td>2/3</td>
<td>9.5 oz</td>
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<tr>
<td>C2O Coconut Water (selected varieties)</td>
<td>2/3</td>
<td>17.5 oz</td>
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<tr>
<td>Eternal Naturally Alkaline Spring Water</td>
<td>$1.79</td>
<td>1.5 lt</td>
</tr>
<tr>
<td>R.W. Knudsen Organic Just Tart Cherry Juice</td>
<td>$5.49</td>
<td>32 oz</td>
</tr>
<tr>
<td>Lakewood Organic Pure Pineapple</td>
<td>$4.99</td>
<td>32 oz</td>
</tr>
<tr>
<td>Product</td>
<td>Pricing</td>
<td>Additional Information</td>
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<tr>
<td>-----------------------------------------------------------------------</td>
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<td>-------------------------------------------------------------</td>
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<tr>
<td>Kicking Horse Coffee Organic Coffee (selected varieties)</td>
<td>$7.99</td>
<td>10 oz</td>
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<tr>
<td>Chameleon Cold-Brew Organic Cold Brew On-The-Go</td>
<td>$2.79</td>
<td>10 oz</td>
</tr>
<tr>
<td>Almond Breeze Almondmilk (selected varieties)</td>
<td>2/$7</td>
<td>64 oz</td>
</tr>
<tr>
<td>Health-Ade Organic Kombucha (selected varieties)</td>
<td>2/$5</td>
<td>16 oz</td>
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<tr>
<td>REBBL Organic Super Herb Elixir (selected varieties)</td>
<td>2/$5</td>
<td>12 oz</td>
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<tr>
<td>Silk Almondmilk (selected varieties)</td>
<td>$3.79</td>
<td>64 oz</td>
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<tr>
<td>Vital Farms Pasture-Raised Large Eggs</td>
<td>$3.99</td>
<td>12 ct</td>
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<tr>
<td>Forager Organic Cashewmilk Yogurt</td>
<td>2/$3</td>
<td>5.3 oz</td>
</tr>
<tr>
<td>GoodBelly Organic Probiotic Drink (selected varieties)</td>
<td>2/$5</td>
<td>32 oz</td>
</tr>
<tr>
<td>Bitchin' Sauce</td>
<td>$3.99</td>
<td>8 oz</td>
</tr>
<tr>
<td>Organic Valley Organic Shredded Cheese (selected varieties)</td>
<td>$3.79</td>
<td>6 oz</td>
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<tr>
<td>Field Roast Frankfurters</td>
<td>$3.99</td>
<td>1 lb</td>
</tr>
<tr>
<td>Lightlife Organic Tempeh</td>
<td>$2.49</td>
<td>8 oz</td>
</tr>
<tr>
<td>Sunshine Burgers Organic Veggie Burgers</td>
<td>$3.79</td>
<td>8 oz</td>
</tr>
<tr>
<td>Canyon Bakehouse Gluten Free Bread</td>
<td>$4.29</td>
<td>18 oz</td>
</tr>
<tr>
<td>Sambazon Organic Superfruit Packs</td>
<td>$4.49</td>
<td>4/100 g</td>
</tr>
<tr>
<td>So Delicious Frozen Novelties</td>
<td>$4.79</td>
<td>4-8 ct</td>
</tr>
</tbody>
</table>

**Homemade Ice Cream Sandwiches**

**What you’ll need:**
your favorite recipe for chewy cookies, doubled your ice cream of choice sprinkles, chocolate chips, or other topping of choice wax paper

Bake a double batch of cookies, leaving them slightly underdone. Cool them completely. Meanwhile, remove ice cream from freezer and allow to soften a bit. Once cookies are cool, flip over half of them and place a generous scoop of ice cream on the overturned cookie face. Top each scoop with the other half of the cookies. Press the cookies together and scrape off any excess ice cream that escapes from the sides. You have yourself an ice cream sandwich! Roll the exposed ice cream edge in the toppings. To best keep, wrap in wax paper individually and freeze.

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### Prices & Varieties

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### Garden of Life

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Plant-Based Performance Protein Bar</td>
<td>2.5-2.7 oz</td>
<td>$5</td>
<td>2/$5</td>
</tr>
<tr>
<td>Bulletproof Brain Octane Oil</td>
<td>16 oz</td>
<td>$17.99</td>
<td></td>
</tr>
</tbody>
</table>

### Amazing Grass

- **Green Superfood**
  - 7.4-8.5 oz
  - $21.99

### Vital Proteins

- **Collagen Peptides**
  - 10 oz
  - $19.99

### Garden of Life

- **Organic myKind Organics Ashwagandha**
  - 60 ct
  - $18.99

### Gaia Herbs

- **Turmeric Supreme Extra Strength**
  - 120 ct
  - $28.99

### Natural Factors

- **BioSil® Hair, Skin, Nails**
  - 60 vcap
  - $24.99

### Solaray

- **Mycrobiome Probiotic Women's Formula**
  - 30 cap
  - $24.99

### Jarrow Formulas

- **Jarro-Dophilus EPS 5 Billion**
  - 60 vcap
  - $15.99

### New Chapter

- **Every Woman™’s One Daily 40+ Multivitamin**
  - 48 tab
  - $30.99

### Andalou Naturals

- **CannaCell® Happy Day Cream**
  - 1.7 oz
  - $12.99

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**DIY Face Mask**

**What you'll need:**

- ½ c oats
- ½ cucumber
- Blender

**In a blender,** finely grind the oats. Cut cucumber in small chunks and add to the blender. Blend until smooth. Add more oats, if necessary, to achieve desired texture. Apply to face for 15 to 20 minutes. Rinse with warm water when finished.
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).

### 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 Organic & Natural Foods
- Jimbo’s...Naturally!
- Mission Square Market
- 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 Market
- Sheri’s Sonshine Nutrition Center
- Staff of Life
- Wild Roots Market
- Wildberries Marketplace
- The Whole Wheatery

### Colorado
- Alfalfa's Market

### Hawaii
- Down To Earth Organic & Natural
- HealthGo Market
- Hoku Foods Natural Market
- Papaya’s Natural Foods & Cafe

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.