### December 2020

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” - Edith Sitwell

<table>
<thead>
<tr>
<th><strong>Lily's Sweets Baking Chips</strong></th>
<th><strong>$4.99</strong></th>
<th>9 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Earth Balance Organic Vegan Whipped Buttery Spread</strong></td>
<td><strong>$3.79</strong></td>
<td>13 oz</td>
</tr>
<tr>
<td><strong>Endangered Species Chocolate Bar</strong></td>
<td><strong>2/$5</strong></td>
<td>3 oz</td>
</tr>
<tr>
<td><strong>Mount Hagen Organic Instant Coffee</strong></td>
<td><strong>$7.79</strong></td>
<td>3.53 oz</td>
</tr>
<tr>
<td><strong>Immaculate Baking Organic Cinnamon Rolls</strong></td>
<td><strong>2/$6</strong></td>
<td>17.5 oz</td>
</tr>
<tr>
<td><strong>Annie's Organic Graham Crackers (selected varieties)</strong></td>
<td><strong>$3.49</strong></td>
<td>14.1 oz</td>
</tr>
<tr>
<td><strong>Organic Valley Organic Shredded Cheese (selected varieties)</strong></td>
<td><strong>$3.79</strong></td>
<td>6 oz</td>
</tr>
<tr>
<td><strong>Miyoko's Organic Vegan Roadhouse Cheese Spread</strong></td>
<td><strong>$3.99</strong></td>
<td>8 oz</td>
</tr>
<tr>
<td><strong>Amy's Organic Soup (selected varieties)</strong></td>
<td><strong>2/$5</strong></td>
<td>14.1-14.5 oz</td>
</tr>
<tr>
<td><strong>Muir Glen Organic Pasta Sauce</strong></td>
<td><strong>2/$5</strong></td>
<td>25.5 oz</td>
</tr>
<tr>
<td><strong>Good Health Avocado Oil Potato Chips</strong></td>
<td><strong>2/$5</strong></td>
<td>5 oz</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 December.**
Beet Hummus

Serves 4-6

- 2 small, cooked beets, chopped (approx. ½ c)
- 1¾ oz chickpeas, drained and rinsed
- ¼ lemon, juiced

Combine beets, chickpeas, lemon juice, tahini, olive oil, garlic and salt in the bowl of a food processor; pulse until pureed. Add in water, a tablespoon at a time while processor is running, until smooth and creamy. Place hummus in a serving bowl and serve with your favorite chips or crackers.

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kettle Organic Potato Chips</td>
<td>2/$5</td>
<td>5 oz</td>
</tr>
<tr>
<td>Late July Clásico Tortilla Chips (selected varieties)</td>
<td>2/$5</td>
<td>5.5 oz</td>
</tr>
<tr>
<td>Sesmark Rice Thins (selected varieties)</td>
<td>2/$2.99</td>
<td>3.5-4.25 oz</td>
</tr>
<tr>
<td>Bob's Red Mill Organic Old Fashioned Rolled Oats</td>
<td>$5.29</td>
<td>32 oz</td>
</tr>
<tr>
<td>Happy Baby Organic Superfood Puffs</td>
<td>$2.49</td>
<td>2.1 oz</td>
</tr>
<tr>
<td>Equal Exchange Organic Baking Cocoa</td>
<td>$5.99</td>
<td>8 oz</td>
</tr>
<tr>
<td>Maxine's Heavenly Cookies</td>
<td>$3.99</td>
<td>7.2 oz</td>
</tr>
<tr>
<td>Mary's Gone Crackers Organic Super Seed Crackers</td>
<td>$3.49</td>
<td>5-5.5 oz</td>
</tr>
</tbody>
</table>

Lotus Foods Rice Ramen

- 2/3/$3
- 2.8 oz
- Pacific Foods Organic Soup (selected varieties)
- $2.79
- 17-17.6 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 December.
Homemade Hot Chocolate

Serves 2

2 c whole milk
2 T cane sugar
4 oz bittersweet chocolate, finely chopped

pinch of ground cinnamon
mini marshmallows
freshly grated nutmeg

Combine milk and sugar in a small saucepan. Heat milk over medium-low heat, whisking frequently until hot. Do not boil. Add chopped chocolate and cinnamon, whisking briskly until incorporated. Pour into serving mugs, sprinkle mini marshmallows and grated nutmeg on top. Serve immediately.

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.
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unico Matt's Organic Orange Juice (selected varieties)</td>
<td>$5.49</td>
<td>52 oz</td>
</tr>
<tr>
<td>Honey Mama's Cacao-Nectar Bar</td>
<td>$3.29</td>
<td>2.5 oz</td>
</tr>
<tr>
<td>Hail Merry Tart</td>
<td>$4.29</td>
<td>3.0 oz</td>
</tr>
<tr>
<td>Vibrant Health Green Vibrance</td>
<td>$41.99</td>
<td>11.92 oz</td>
</tr>
<tr>
<td>NOW Foods Peppermint Essential Oil</td>
<td>$5.49</td>
<td>1 oz</td>
</tr>
<tr>
<td>Aura Cacia Lavender Essential Oil</td>
<td>$7.99</td>
<td>.5 oz</td>
</tr>
<tr>
<td>Yerba Prima Psyllium Whole Husks</td>
<td>$9.99</td>
<td>12 oz</td>
</tr>
<tr>
<td>Jarrow Formulas Bone-Up</td>
<td>$17.49</td>
<td>240 cap</td>
</tr>
<tr>
<td>Natural Factors Whole Earth &amp; Sea™ Men's &amp; Women's Multivitamin &amp; Mineral (selected varieties)</td>
<td>$27.99</td>
<td>60 tab</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 December.
Garden of Life Raw Probiotics

$41.99
90 ct

Renew Life Ultimate Flora Extra Care Probiotic 50 Billion

$29.99
30 ct

Natural Factors CurcuminRich® Theracurmin® 30 mg

$19.49
60 vcap

Oregon’s Wild Harvest Organic Astragalus

$11.49
90 ct

Dr. Bronner’s Organic Pure-Castile Bar Soap

$3.29
5 oz

ACURE Brightening Facial Scrub

$6.29
4 oz

Boiron SleepCalm

$9.99
60 tab

JASON Powersmile Whitening Powerful Peppermint Toothpaste

$3.29
6 oz

Andalou Naturals Shampoo or Conditioner (selected varieties)

$6.49
11.5 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 December.
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
- Castro Valley Natural Grocery
- 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 Natural Food
- Ramona Family
  - Naturals Market
- Sheri's Sonshine
  - Nutrition Center
- Staff of Life
- Stehly Farms Market
- Wild Roots Market
- Wildberries Marketplace
- The Whole Wheatery

**COLORADO**
- Alfalfa's Market
- Zuma Natural Foods

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

**NEVADA**
- Dixie Nutrition

**UTAH**
- Dixie Nutrition