

Proud member of



INDEPENDENT CHOICE

December 2021

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."
-Hal Borland



Immaculate Organic Cinnamon Rolls

2/\$6

17.5 oz



Traditional Medicinals Organic Tea (selected varieties)

\$3⁷⁹

16 ct



Mary's Gone Crackers Organic Crackers (selected varieties)

\$3⁴⁹

5-6.5 oz



Garden of Eatin' Tortilla Chips (selected varieties)

\$3⁹⁹

16 oz



Kettle Organic Potato Chips (selected varieties)

\$2⁷⁹

5 oz



Pacific Foods Organic Soup (selected varieties)

\$3⁴⁹

32 oz



Organic Valley Organic Raw Cheese (selected varieties)

\$4⁷⁹

8 oz



Choice Organic Teas Organic Tea (selected varieties)

\$3²⁹

16 ct



Lily's Baking Chips (selected varieties)

\$5²⁹

9 oz



Chocolove Chocolate Bar (selected varieties)

\$2²⁹

2.9-3.2 oz



Annie's Organic Graham Crackers

2/\$7

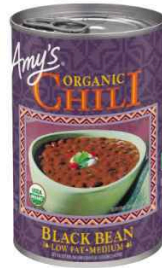
14.4 oz



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.



At Amy's, we love to cook for you. For us, 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)

2/\$6

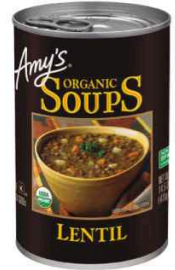
14.7 oz



Amy's Pizza
(selected varieties)

\$6⁹⁹

10.2-14 oz



Amy's Organic Soup
(selected varieties)

2/\$4

13.8-14.7 oz

Quinn Peanut Butter Filled Pretzel Nuggets



\$3⁴⁹

6.5-7 oz

Cadia Organic Maple Sandwich Cookies



\$3²⁹

11.4 oz

Bob's Red Mill Organic Old Fashioned Rolled Oats



\$3⁷⁹

32 oz



Bionaturae Organic Tomato Paste

\$1⁷⁹

7 oz



Bionaturae Organic Pasta
(selected varieties)

\$1⁸⁹

16 oz



Bionaturae Organic Strained Tomatoes

\$2²⁹

24 oz



At bionaturae, we offer you organic tomatoes kissed by Italian sunshine and pastas carefully made in the Old World tradition. Cook like an Italian! Nurture - with good food, tastes, and textures that are rich and satisfying.

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**Madhava
Organic Coconut Sugar**

\$4²⁹

16 oz



**Organic Valley
Organic Ghee**

\$8⁴⁹

7.5 oz



We obsessively vet every ingredient to unite unbeatable taste with unmatched simplicity. Get back to human with Hu.



**Hu
Grain-Free Crackers**

\$4²⁹

4.25 oz



**Hu
Chocolate Bar
(selected varieties)**

\$3⁷⁹

2.1 oz

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

\$2⁷⁹

2.65-2.82 oz



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

2/\$4

3 oz



**Celestial Seasonings
Tea
(selected varieties)**

\$2⁷⁹

20 ct



**Tony's Chocolonely
Chocolate Bar
(selected varieties)**

\$3²⁹

6.35 oz



**Lakewood
Organic Pure
Aloe Juice**

\$5⁷⁹

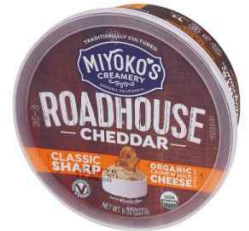
32 oz



**Miyoko's Creamery
Organic Vegan Roadhouse
Cheese Spread**

\$4⁷⁹

8 oz



**So Delicious
Cocowhip**

\$3²⁹

9 oz



**Vibrant Health
Green Vibrance**

\$42⁹⁹

11.92 oz



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**Renew Life
3-Day Cleanse**

\$5⁹⁹

12 ct



**ChildLife Essentials
Multi Vitamin & Mineral**

\$10⁴⁹

8 fl oz



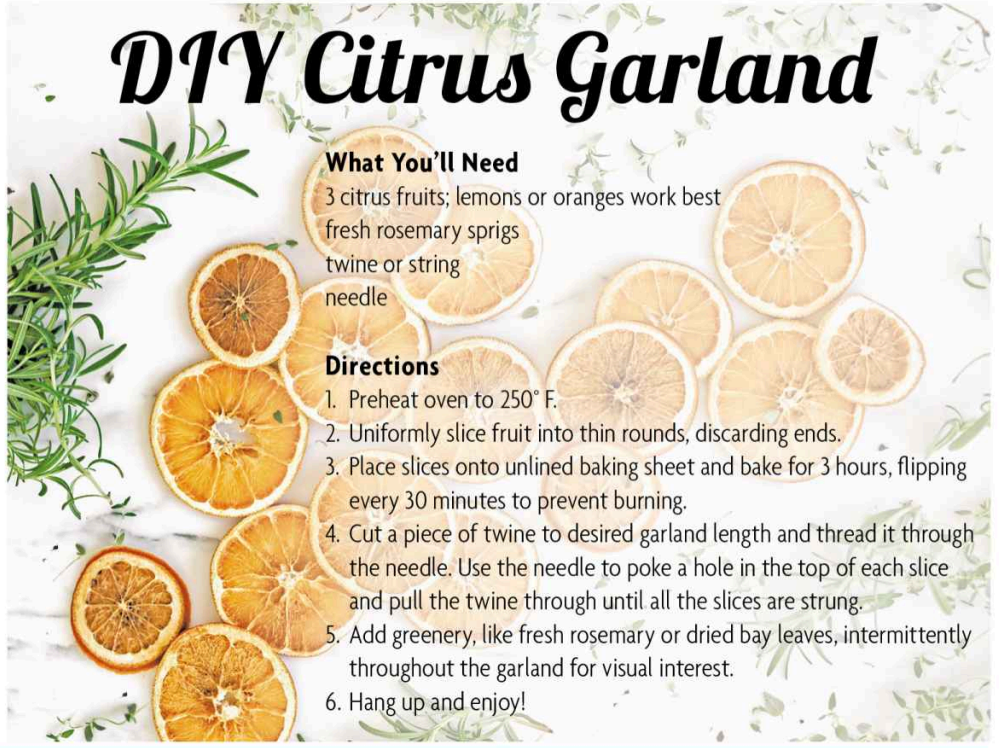
DIY Citrus Garland

What You'll Need

3 citrus fruits; lemons or oranges work best
fresh rosemary sprigs
twine or string
needle

Directions

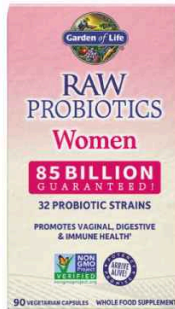
1. Preheat oven to 250° F.
2. Uniformly slice fruit into thin rounds, discarding ends.
3. Place slices onto unlined baking sheet and bake for 3 hours, flipping every 30 minutes to prevent burning.
4. Cut a piece of twine to desired garland length and thread it through the needle. Use the needle to poke a hole in the top of each slice and pull the twine through until all the slices are strung.
5. Add greenery, like fresh rosemary or dried bay leaves, intermittently throughout the garland for visual interest.
6. Hang up and enjoy!



**Garden of Life
Raw Probiotics
Women**

\$41⁹⁹

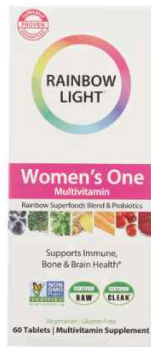
90 ct cap



**Rainbow Light
Women's One
Multivitamin**

\$15³⁹

60 tab



**MegaFood
Multi for Women 55+**

\$21⁹⁹

60 tab



**Natural Factors
Stress-Relax® Tranquil Sleep
Chewable**

\$22⁹⁹

60 tab



**Oregon's Wild Harvest
Organic Ashwagandha**

\$17⁹⁹

90 ct



**Jarrow Formulas
BoneUp**

\$17⁹⁹

240 cap



**Natural Vitality
Calm Gummies**

\$17⁴⁹

120 ct



**CV Sciences
+PlusCBD Extra Strength Formula
CBD Balm**

\$18⁴⁹

1.3 oz



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**Aura Cacia
Lavender Essential Oil**



\$8²⁹
5 oz

**Schmidt's
Deodorant Stick
(selected varieties)**



\$7⁷⁹
3.25 oz

**Derma E
Vitamin C Concentrated
Serum**



\$19⁹⁹
2 oz



**Jason
Toothpaste
(selected varieties)**

\$3⁷⁹
4.2-6 oz



**Jason
Mouthwash**

\$7²⁹
16 oz

**Acure
Brightening Facial
Scrub**



\$6⁷⁹
4 oz

**Avalon Organics
Shampoo or Conditioner
(selected varieties)**



\$7⁷⁹
11 oz

**Dr. Bronner's
Organic Pure-Castile Bar Soap**



\$3²⁹
5 oz

**EO
French Lavender Hand
Sanitizer Gel**



\$5⁴⁹
8 oz

INVIGORATING GINGER LEMON BODY SCRUB

- ½ c coconut oil
- ⅛ c chopped ginger root
- 10 drops lemon essential oil
- ½ c sunflower oil
- 2 c Epsom salt

Melt coconut oil in a small pan. Add chopped ginger and cook for about 8-10 minutes, until the ginger smells strongly. Remove the ginger pieces using a strainer or slotted spoon. Remove from heat and mix in the sunflower oil. Let mixture cool to room temperature. Stir in the Epsom salt and lemon essential oil. Transfer to mason jar and enjoy!

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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.com.

ALABAMA

Manna Grocery & Deli

ARKANSAS

Good Measure Market
Natural Food Store
Nature's Wonders
Olde Fashioned Foods
The Eureka Market
The Truck Patch

ILLINOIS

Apple Valley Natural Foods
Choices Natural Market
Common Ground
Cornucopia Natural Market & Deli
Food Fantasies Naturally
Green Earth Grocery
Heritage Natural Foods
Highland Nutrition Center
Kankakee Natural Foods
Local Foods
Nature's Cornucopia
Pass Health Foods
Polson's Natural Foods
Southtown Health Foods
Sunrise Health Foods

INDIANA

Down to Earth Natural Foods
Georgetown Market
The Good Earth Natural Food Co
The Health Food Shoppe of Fort Wayne
Natural Choices for Healthful Living
Nature's Cupboard
Sunrise Health Foods
The Sunspot Natural Market

IOWA

Campbell's Nutrition
Everybody's Whole Foods

KANSAS

Kountry Kupboard

KENTUCKY

Happy Meadow Natural Foods
Rainbow Blossom

MICHIGAN

Apple Valley Natural Foods
BetterHealth Market
Dale's Natural Foods
Health Hutt
Natural Health Center
Nature's Gift Organic Market

Nature's Market
Sawall Health Foods
Western Market

MINNESOTA

A Clean Plate Local & Organic Grocery
Cloquet Natural Foods
Good Grocer
Meadow Farm Foods
Tailor Made Nutrition

MISSOURI

Clover's Natural Market
Jean's Healthway
MaMa Jean's Natural Market
Natural Health Organic Foods
Nature's Own Health Market
Nature's Wonders
Suzanne's Natural Foods

NEBRASKA

Red Clover Market

NORTH DAKOTA

Fresh Palate
Terry's Health Products

OHIO

Berry's Natural Food Market
Health Foods by Claudia
Kindred Market
Raisin Rack Natural Food Market

PENNSYLVANIA

Nature's Way Market

SOUTH DAKOTA

Pomegranate Market

TENNESSEE

Natural Foods Market
Nutrition World

TEXAS

Fresh Plus Markets
Harvest Natural Market
Natural Foods Market
Sunflower Shoppe

WEST VIRGINIA

Mother Earth Foods
The Public Market

WISCONSIN

Appleton Nutrition
B-Alive
Downtown Grocery
The Free Market
Good Harvest Market
The Grainery
Greens N Grains
Healthy Way Market
Nature's Best Market
NDC Natural Market
Nutrition Discount Center
Organic Valley Retail Stores
Plan-It Earth Health Center
Village Market
Wild Berry Market

