

INDEPENDENT Choice™

June 2017

Eden
Organic Black Beans

\$1⁶⁹

15 oz



Coconut Bliss
Non-Dairy Frozen Dessert

\$4⁴⁹

1 pt



Daiya
Dairy Free
Shreds

\$3¹⁹

7.1-8 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

2/\$5

6-8.1 oz



Annie's Homegrown
Organic
Fruit Snacks

2/\$7

4 oz



Harmless Harvest
Organic Harmless
Coconut Water

\$3⁷⁹

16 oz



GT's
Organic
Enlightened
Kombucha

\$2⁶⁹

16 oz



Mary's Gone Crackers
Organic Original Crackers

\$3⁷⁹

6.5 oz



Lakewood
Organic Pure
Cranberry Juice

\$7⁹⁹

32 oz



Happy Baby
Organic
Superfood Puffs

\$2⁷⁹

2.1 oz



Did you know...

All 50 U.S. States have
dairy farms.

It's Dairy Month!

With the theme "Keep Youthful - Drink Milk," National Milk Month was launched in 1937 by a group of chain stores to boost sales during peak production. Two years later, the National Dairy Council took the bull by the horns and changed the name to "June Dairy Month", running the event until 1955 when the American Dairy Association assumed the role. Each June we recognize and celebrate the nutritious contributions dairy production has made in our lives for roughly 10,000 years. That's right, humans domesticated the now extinct aurochs (pronounced OR-ox) about 10,000 years ago and have been benefitting from cows' milk and other dairy products ever since.

Now, there are about 300 varieties of cheese sold in the U.S., we eat over 300,000 tons of yogurt annually, and 99% of all U.S. households have milk in the refrigerator. Our dairy industry produces approximately 21 billion gallons of cows' milk each year leading the world in production.

Celebrate Dairy Month with a visit to a Dairy Farm, or make fancy grilled cheese and ice cream sundaes!



Organic Valley
Organic Whipping Cream

\$2⁹⁹

16 oz



Maple Hill Creamery
Organic
Yogurt

\$3⁵⁹

32 oz



Organic Valley
Mozzarella
Stringles

\$4²⁹

6 oz



Redwood Hill Farm
Organic
Traditional Kefir

\$5⁹⁹

32 oz



Organic Valley
Organic
Half & Half

\$3²⁹

32 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4²⁹

6/3.65 oz



Organic Valley
Whole Milk

\$3⁹⁹

64 oz



Brown Cow
Whole Milk Yogurt

79¢

5.3 oz



Essentia
Water

\$1⁹⁹

1.5 lt



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 June.

Beanitos
Bean Chips



\$2¹⁹

5.5-7 oz

Tofurky
Deli Slices



\$2⁹⁹

4-5.5 oz

Follow Your Heart
Original
Vegenaise



\$3⁶⁹

16 oz

Hail Merry
Miracle Tarts



\$2⁸⁹

3 oz

Lotus Foods
Rice Ramen
with Miso Soup



\$1²⁹

2.8 oz

California Olive Ranch
Extra Virgin
Olive Oil



\$7⁹⁹

16.9 oz

R. W. Knudsen
Organic
Tomato Juice



\$2⁶⁹

32 oz

Annie's Homegrown
Organic Bunny
Snack Mix



\$2⁹⁹

9 oz

Back to Nature
Organic
Crackers



2/\$5

6 oz

San Pellegrino
Sparkling Water



2/\$3

750 ml

Jackson's Honest
Potato Chips



2/\$6

5 oz

Barbara's
Cheese Puffs



2/\$4

5.5-7 oz

Lundberg Family Farms
Organic
Rice Cakes



\$2⁹⁹

8.5-10 oz

Glee Gum
Chewing Gum



99¢

16 ct

Late July
Clasico
Tortilla Chips



\$2¹⁹

5.5 oz

Clif Bar
Builder's Bar

4/\$5
2.4 oz



KeVita
Organic Sparkling
Probiotic Drink

2/\$5
15.2 oz



ProBar
Base Bar

\$1.99
2.46 oz



Q Drinks
Tonic Water

\$4.49
750 ml



Garden of Life
Organic
Plant Protein

\$21.99
226 - 276 gm



MegaFood
Daily Turmeric

\$15.99
59.1 g



Silk
Almondmilk

\$3.39
64 oz



Strawberry Shortcake Smoothie

Recipe

- 3 cups Frozen Strawberries
- 1 1/4 cups Vanilla Almond Milk
- 1/4 cup Cashew Butter
- 5-7 Medjool Dates
- 1 tsp Cinnamon
- 1/3 cup Hemp Hearts

Place all ingredients in a blender and pulse until smooth and creamy. Add more liquid if it's too thick. Pour into a glass and enjoy!



Since 1998 we have been putting our hearts into growing the hemp food industry in North America. It's almost 20 years later, and hemp is still all we do.

We are involved at every level of hemp food production - from seed to shelf.

We are dedicated to delivering a product that not only tastes great, and is easy to use, but is also nutritious too!

DREAM
Organic Enriched
Rice Drink

\$3.99
64 oz



www.manitobaharvest.com





Breaking Ground for Health and Sustainability

Regenerate your health, the health of our soil and local economies by adding hemp to your daily routine!

- ★ High in protein with all nine Essential Fatty Acids
- ★ High in Omega-3 (SDA) and omega-6 (GLA) fatty acids
- ★ No gluten and no known allergens
- ★ Helps prevent erosion and rapidly sequesters carbon from the atmosphere
- ★ Yields high profits for farmers, and stimulates local processing and manufacturing



DR. BRONNER'S ALL-ONE!



nutiva NURTURE VITALITY™



Manitoba Harvest Hemp Hearts

\$5⁹⁹

8 oz



Dr. Bronner's Organic Castile Bar Soap

\$3²⁹

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 June.

Natural Vitality
Calm
(selected varieties)



\$14⁷⁹

8 oz

Nutrex Hawaii
Spirulina Powder



\$12⁹⁹

5 oz

derma e
Retinyl Palmitate Crème



\$9⁹⁹

4 oz

Natural Factors
Stress-Relax®
GABA Chewables



\$20⁹⁹

60 tab

Solgar
Full Spectrum
Curcumin



\$17⁹⁹

30 ct

Xlear
Spry Toothpaste



\$3⁹⁹

5 oz

VIBRANCY

— is in our nature —



Discover Turmeric Force™ from New Chapter®

- ✓ Heart, Brain & Healthy Inflammation Support*
- ✓ Whole-Herb Approach for Optimal Absorption
- ✓ Pure & Potent with Curcumin & Turmerones



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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NEWCHAPTER
MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

Renew Life
Ultimate Flora Extra Care
50 Billion



\$31⁹⁹

30 cap

Oregon's Wild Harvest
Organic
Milk Thistle



\$19⁹⁹

90 ct

New Chapter
Turmeric Force™



\$22⁹⁹

60 cap

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Acure
Ultra-Hydrating
Body Lotion



\$6⁴⁹

8 oz

Kiss My Face
Olive Oil
Bar Soap



\$2⁴⁹

8 oz

ShiKai
Everyday Shampoo
& Conditioner



\$5⁹⁹

12 oz

Andalou Naturals
Body Lotion



\$6²⁹

8 oz

Badger
Sunscreen
(selected varieties)



\$10⁴⁹

2.9 oz

Quantum Health
Buzz Away Extreme
Spray



\$6⁴⁹

4 oz

Boiron
Calendula
Ointment



\$5⁴⁹

1 oz

ECOS
Dishmate



\$2²⁹

25 oz

Ecover
Dish Tablets



\$4⁶⁹

25 ct

ACURE

FOR YOUR SKIN | FOR THE PLANET

it's not enough
to be natural...
**it also has
to work.**

ACURE is a family owned and operated company founded on sustainable principles to provide the highest **quality natural and organic personal care.**



“Man’s heart away from nature becomes hard.”
Standing Bear



CONNECTICUT

- Chamomille Natural Foods**
58-60 Newtown Rd, Danbury
- It's Only Natural Market**
575 Main St, Middletown
- Nature's Temptations**
32 Prospect St, Ridgefield
- New Morning Market**
129 Main St, Woodbury
- Super Natural Market & Deli**
430 N Main St, Bristol

DELAWARE

- Harvest Market**
7417 Lancaster Pike, Hockessin

DISTRICT OF COLUMBIA

- Yes! Organic Market**
2123 14th St NW, Washington
- 1825 Columbia Rd NW, Washington
- 3809 12th St NE, Washington
- 3425 Connecticut Ave NW, Washington
- 4100 Georgia Ave NW, Washington
- 410 8th St SE, Washington

MAINE

- Bath Natural Market**
36 Centre St, Bath
- Lois' Natural Marketplace**
152 U.S. Rte 1, Scarborough
- 47 India St, Portland
- Morning Glory Natural Foods**
60 Maine St, Brunswick
- New Morning Natural Foods**
3 York St, Kennebunk
- 230 Main St, Biddeford
- Royal River Natural Foods**
443 US Rte 1, Freeport
- Uncle Dean's Good Groceries**
80 Grove St, Waterville

MARYLAND

- Chestertown Natural Foods**
303 Cannon St, Chestertown
- Dawson's Market**
255 N Washington St, Rockville

- David's Natural Market**
5410 Lynx Lane, Columbia
- 1523-E Rock Spring Rd, Forest Hill
- 871 Annapolis Rd, Gambrills

- The Good Earth Natural Foods Company**
41675 Park Ave, Leonardtown
- Yes! Organic Market**
5331 Baltimore Ave, Hyattsville

MASSACHUSETTS

- The Alternative Market**
33 North Washington St, North Attleboro
- Cambridge Natural Foods**
23 White St, Cambridge
- Organic Market**
1218 Main St, Chatham
- 640 Main St, Dennisport
- 31 Market St, Mashpee
- City Feed and Supply**
672 Centre St, Jamaica Plain
- 66A Boylston St, Jamaica Plain
- Common Crow Natural Market**
200 Eastern Ave, Gloucester
- Cornucopia Foods**
150 Main St, Ste 8, Northampton
- Debra's Natural Gourmet**
98 Commonwealth Ave, Concord
- Down to Earth Natural Foods**
751 Kempton St, New Bedford
- The Good Seed Natural Food Market**
138 Central Ave, Seekonk
- Guido's Fresh Marketplace**
1020 South St, Pittsfield
- 760 S. Main St, Great Barrington
- Nantucket Greengrocer**
8C Amelia Dr, Nantucket
- The Natural Grocer**
334 High St, Newburyport
- Roots Natural Foods**
100 Crawford St, Leominster

NEW HAMPSHIRE

- Maggie's Market**
14 Main St, Peterborough
- Nature's Green Grocer**
374 Union St, Peterborough
- Portsmouth Health Food Center**
151 Congress St, Portsmouth

NEW JERSEY

- A1 Nutrition Store**
210 Main Ave, Passaic
- Back to Nature Health Food Store**
231 Rte 206 S, Chester
- Basil Bandwagon Natural Market**
38 Old Hwy 22, Clinton
- 276 U.S. Hwy 202/31, Flemington
- Big Bear Natural Foods**
239 N Union St, Lambertville
- 21 Arctic Parkway, Ewing
- 9 Rte 31, Pennington
- Dean's Natural Food Market**
1119 Hwy 35, Ocean
- 490 Broad St, South Shrewsbury
- 25 Mountainview Blvd, Basking Ridge
- 270 Rte 206, Chester
- Green Acres Health Food Store**
1297 Centennial Ave, Piscataway
- Green Life Market**
1388 Rte 23N, Butler
- 238 Newton Sparta Rd, Newton
- 66 Morris St, Morristown
- Green Street Market**
3156 Rte 9 S, Rio Grande
- Healthfair Natural and Organic Market**
625 Branch Ave, Little Silver
- Healthway Natural Foods**
35 Riveredge Rd, Tenafly
- Healthy Thymes Market**
265 Rte 94, Vernon
- Nature's Corner Natural Market**
2407 State Rte 71, Spring Lake Heights
- Nature's Nutrition**
383 Brick Blvd, Brick

Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

- Nature's Pavilion**
564 Rte 23 N, Pompton Plains

- Pangaea Naturals**
657 E Bay Ave, Manahawkin

- Whole Earth Center**
360 Nassau St, Princeton

NEW YORK

- A Matter of Health**
138 Rockland Plaza, Nanuet
- 1347 1st Ave, New York
- 1478 1st Ave, New York
- 275 S Central Ave, Hartsdale

- Cornucopia Natural Foods**
39 N Main St, Sayville

- Down to Earth Whole Foods**
305 Grant Ave, Endicott

- Downtown Natural Market**
1701 Church Ave, Brooklyn
- 51 Willoughby St, Brooklyn
- 8401 37th Ave, Jackson Heights
- 285 Broadway St, Brooklyn

- Food For Health**
1653 Third Ave, New York

- Four Seasons Natural Foods**
120 Henry St, Saratoga Springs

- Good 'N Natural**
2173 White Plains Rd, Bronx

- Green Earth Health Market**
4 Market St, Oneonta

- Green Planet Grocery**
18 E Cayuga St, Oswego
- 3514 W Genesee St, Syracuse
- 6195 Rte 31, Cicero

- Hart's Local Grocers**
10 Winthrop St, Rochester

- Hawthorne Valley Farmstore**
327 Rte 21C, Ghent

- Health Beat Natural Foods**
214 Main St, Johnson City

- Health & Harmony**
470 Hudson St, New York

- Jason's Market**
1019 Fort Salonga Rd, Northport

- Jandi's Natural Market**
3000 Long Beach Rd, Oceanside

- Kaaterskill Farm Natural Storehouse**
173 Healy Blvd, Hudson
- 3 Boulevard Ave, Catskill

- LifeThyme Natural Market**
410 6th Ave, New York

- The Local Food Market**
37 N Main St, Cortland
- 8 Clinton St, Tully

- Lori's Natural Food Center**
900 Jefferson Rd, Rochester

- Mother Earth's Storehouse**
300 Kings Mall Ct, Kingston
- 1955 South Rd, Poughkeepsie
- 249 Main St, Saugerties

- Oh My Goodness Health Food Store**
1 N Main St, Homer

- Nature's Pantry**
1545 Rte 52, Fishkill
- 436 Bloomington Grove Tpk, New Windsor

- Rising Tide**
42 Forest Ave, Glen Cove

- Sunflower Natural Foods Market**
75 Mill Hill Rd, Woodstock
- 24 Garden St, Rhinebeck

- Uncle Sam's Good Natural Products**
77 4th St, Troy
- 644 Loudon Rd, Latham

PENNSYLVANIA

- Big Bear Natural Foods**
1246 E Lincoln Hwy, Langhorne
- 925 Old Lincoln Hwy, Morrisville

- Bloom Naturally**
307 Columbia Blvd, Bloomsburg
- 118 Walnut St, Danville

- Everything Natural Under the Sun**
3415 Pleasant Valley Blvd, Altoona

- Earthlight Natural Foods**
933 Ann St, Stroudsburg

- Everything Natural**
426 South State St, Clarks Summit

- Frey's Better Foods**
1575 Main St, Hellertown

- The Healthy Grocer**
3800 Trindle Rd, Camp Hill

- Leg Up Farmers Market**
3100 North George St, York

- Martindale's Natural Market**
1172 Baltimore Pike, Springfield

- Nature's Harvest**
101 E Moreland Rd, Willow Grove

- Kimberton Whole Foods**
2140 Kimberton Rd, Kimberton
- 150 E Pennsylvania Ave, Downingtown
- 1139 Ben Franklin Hwy E, Douglassville
- 239 Durham Rd, Ottsville
- 429 East King Road, Malvern

- Lemon Street Market**
241 W Lemon St, Lancaster

- Nature's Pantry**
2331 Commercial Blvd, State College

- Organnons Natural Market**
591 Durham Rd, Wrightstown

RHODE ISLAND

- The Green Grocer**
934 East Main Rd, Portsmouth

VERMONT

- Natural Provisions**
537 Railroad St, Saint Johnsbury
- Natural Provisions Market**
329 Harvest Lane, Suite 100, Williston

VIRGINIA

- Better Thymes Natural Foods**
417 South St, Front Royal

- Ellwood Thompson's**
4 N Thompson St, Richmond

- Good Foods Grocery**
3062 Stony Point Rd, Richmond

- Health Trail Natural Foods**
10848 Warwick Blvd, Newport News
- 4858 George Washington Memorial Hwy, Hayes

- HealthNut Nutrition**
1701 Enterprise Dr, Lynchburg

- Organic Food Depot**
4301 Commuter Dr, Virginia Beach
- 1912 Granby St, Norfolk

- Rebecca's Natural Foods**
1141 Emmet St, Charlottesville

WEST VIRGINIA

- Community Garden Market**
148 N Washington St, Berkeley Springs