

INDEPENDENT Choice™

March 2017

Organic Valley
Organic Raw Sharp Cheddar Cheese

\$4⁹⁹

8 oz



Mary's Gone Crackers

Organic Crackers

(selected varieties)

\$3⁶⁹

5.5-6.5 oz



Ancient Harvest
Organic Pasta



2/\$5

8 oz

Muir Glen
Organic
Tomatoes



4/\$5

14.5 oz

GT's
Organic
Enlightened
Kombucha



\$2⁶⁹

16 oz

Napa Valley Naturals
Organic Extra
Virgin Olive Oil



\$8⁹⁹

25.4 oz

Eden
Organic Beans
(selected varieties)



\$1⁷⁹

15 oz

Nutiva
Organic
Coconut Manna



\$7⁹⁹

15 oz

Annie's Naturals
Organic Dressing



\$2⁷⁹

8 oz

Organic Valley
Organic Cream Cheese Bar



\$2⁸⁹

8 oz

Did you know...

The odds of finding a four-leaf clover are approximately 1 in 10,000.

Traditional Medicinals



Bitter is the better way to get your digestive juices flowing, improving your body's digestive process.* Some of our best and bitter (in a good way) dandelion roots are **sustainably harvested from the wild meadows** of Poland. Dug up, separated, washed and dried, the **roots are then roasted** whole before being cut up to be used in this tea. Learn more about Roasted Dandelion Root and other great medicinal tea information: Visit <http://www.traditionalmedicinals.com/articles/peek-inside-roasted-dandelion-root/>



All of Traditional Medicinals teas are Non-GMO Project Verified



Plant power for a better you!

*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.



Organic Valley Organic Pasture Butter



\$3¹⁹

8 oz

Pamela's Baking & Pancake Mix



\$5⁹⁹

24 oz

Enjoy Life Baking Chocolate



\$3⁹⁹

9-10 oz

Traditional Medicinals Organic Teas (selected varieties)



\$3⁹⁹

16 ct

Nature's Path Organic Toaster Pastries



\$2⁷⁹

11 oz

Barbara's Puffins Cereal



2/\$6

10-11 oz

Cascadian Farm Organic Organic Cereal



2/\$7

8.6-14.6 oz

R.W. Knudsen Just Cranberry Juice



\$5⁹⁹

32 oz

Newman's Own Fig Newmans



\$3²⁹

10 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 March.

Stonyfield
Organic Yogurt



2/\$6
32 oz

Justin's
Single Squeeze
Almond Butter



5/\$5
1.15 oz

Almond Breeze
Almondmilk



\$3.49
64 oz

Shamrock Green Smoothie

Make it your lucky day with a green smoothie!

Ingredients:

- 1 Cup milk of choice
- 1/2 Cup yogurt of choice
- 1 banana
- 1/2 Cup mangos
- 1 Cup spinach
- 1 Cup kale
- 1 avocado

Instructions:

Add milk, yogurt and fruit to a blender and mix together. Add greens to liquid and blend until smooth. Add more milk or water for right consistency. Optional: add 1 tsp coconut oil.



St. Patrick's Day Word Scramble

1. c p n i a s h _____

2. d o v c a a o _____

3. l p a i n u r s i _____

4. l k e a _____

5. r n l o i t c a _____

6. c l o b c o r i _____

7. g s p a s a a u r _____

8. w i i k _____

9. e r a g s p _____

10. g a u r u a l _____

Answer Key: 1- Spinach, 2- Avocado, 3- Spirulina, 4- Kale, 5- Cilantro, 6- Broccoli, 7- Asparagus, 8- Kiwi, 9- Grapes, 10- Arugula



BECAUSE YOU BELIEVE IN BETTER.™

We Take Pride in The Quality of Our Organic Products

Our organic bases are made with real meat and vegetables, certified USDA Organic by Quality Assurance International.

Better Than Bouillon offers more varieties to enhance the flavor of your favorite entrées, salads and sides. Perfect for simple everyday meals.

For this and other recipes visit BetterThanBouillon.com



Grilled Chicken Gyro

© 2017 Southeastern Mills, Inc.

Better Than Bouillon Organic Base



\$4²⁹

8 oz

Lundberg Family Farms Organic Rice (selected varieties)



\$4⁹⁹

2 lb

Wild Planet Wild Albacore Tuna



\$3¹⁹

5 oz

Spectrum Naturals Organic Extra Virgin Olive Oil



\$11⁹⁹

25.4 oz

Koyo Ramen



79¢

2-2.1 oz

Back to Nature Crackers (selected varieties)



\$2⁵⁹

3.5-8.5 oz

Bragg Organic Apple Cider Vinegar



\$4⁹⁹

32 oz

Pacific Organic Chicken Soups



\$2⁷⁹

17.6 oz

Bob's Red Mill Organic Flaxseed Meal (selected varieties)



\$2⁹⁹

16 oz

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Happy Baby
Organic
Superfood Puffs



2/\$5

2.1 oz

Annie's Homegrown
Organic
Graham
Crackers



\$3⁴⁹

14.4 oz

Numi Tea
Organic
Pu-erh Tea



\$5²⁹

16 ct

Annie's Homegrown
Natural Mac
& Cheese



2/\$3

5.5-6 oz

The Ginger People
Organic
Ginger Juice



\$3²⁹

5 oz

Jackson's Honest
Potato Chips



2/\$6

5 oz

Crown Prince Natural
Skinless & Boneless
Sardines in Olive Oil



\$2¹⁹

3.75 oz

SeaSnax
Grab&Go Roasted
Seaweed Snacks



89¢

.18 oz

California Olive Ranch
Everyday Extra
Virgin Olive Oil



\$7⁷⁹

16.9 oz



*Wild Caught Fish & Sustainably Harvested Shellfish
Third Party Certified Sustainable Harvests
Committed to The Non-GMO Project*

Crown Prince Natural is the only canned seafood line in the Natural product industry that can supply a comprehensive line of products. From anchovies to herring, sardines to tuna we provide the seas finest. Sustainably harvested, uncomplicated seafood.

Visit www.crownprince.com for more information and great recipes.

Crown Prince Natural.

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OCHO
Organic Candy Bar



2/\$3

1.4 -1.5 oz

Hail Merry
Miracle Tarts



\$2.99

3 oz

Alden's
Organic Ice Cream



\$5.79

48 oz

Late July
Organic
Multigrain
Tortilla Chips



2/\$5

5.5-6 oz

gimMe Organic
Roasted
Seaweed Snack



\$1.29

0.35 oz

Zevia
Zero Calorie Soda



2/\$7

6/12 oz

Organic India
Organic Tulsi Tea
(selected varieties)



\$3.49

18 ct

Guayaki
Organic Yerba
Mate Cans



\$2.19

15.5 oz

Crunchmaster
Multi-Seed
Crackers



\$2.19

4.5 oz

Tulsi for STRESS RELIEF*



organicindia.com

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Organic whole herb solutions for Healthy Conscious Living

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Larabar
Fruit & Nut Bar



5/\$5

1.6-1.8 oz

San Pellegrino
Sparkling Water



2/\$3

750 ml

Lily of the Desert
Organic Aloe Vera
Whole Leaf Juice



\$7⁴⁹

32 oz

Health Warrior
Chia Bar



79¢

.88 oz

**REVITALIZE
YOUR CORE**

KeVita® Apple Cider Vinegar Tonics and Sparkling Probiotic Drinks are refreshing, delicious, and are packed with live probiotics!

* Live Probiotics* Certified Organic* Low Calorie Options



KeVita
Organic Sparkling
Probiotic Drink



2/\$5

15.2 oz

Nutrex Hawaii
Spirulina Pacifica
Powder



\$12⁹⁹

5 oz

Bluebonnet
Liquid Calcium
Magnesium
Citrate



\$9⁹⁹

16 oz

Garden of Life
RAW Probiotics
Women



\$36⁹⁹

90 tab

tera'swhey
Organic
Whey Protein



\$21⁹⁹

12 oz

Yerba Prima
Psyllium
Whole Husks



\$8⁷⁹

12 oz

Vega
Sport Protein



\$39⁹⁹

28.3-29.5 oz

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New Chapter
Bone Strength
Take Care™

\$38⁹⁹

120 tab



Boiron
Sinusalia

\$8⁴⁹

60 tab



Natural Factors
Organic Oil
of Oregano

\$14⁹⁹

1 oz



Bach
Rescue Remedy
Drops

\$10⁷⁹

10 ml



Desert Essence
Shampoo and
Conditioner

\$5⁴⁹

8 oz



MegaFood
Blood Builder

\$11⁹⁹

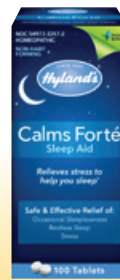
30 tab



Hyland's
Calms Forté

\$6⁴⁹

100 tab



Nubian Heritage
Bar Soap

\$3²⁹

5 oz



NeoCell
Super Collagen

\$9⁴⁹

7 oz



Topricin
Pain Relief Cream

\$10⁷⁹

2 oz



Crystal
Roll On
Deodorant

\$2⁷⁹

2.25 oz



NEWCHAPTER
MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

plant-sourced calcium
reduces the risk of osteoporosis[†]

- Bone Strength Support* ✓
- Joint Flexibility Support* ✓
- Heart Health Support* ✓
- Wild-Crafted from Iceland ✓
- Vitamins K2 & D3 + Magnesium ✓

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

[†]Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.
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derma • e
Anti-Wrinkle Renewal
Cream

\$9⁴⁹

4 oz



Grandpa Soap Co.
Pine Tar
Bar Soap

\$3¹⁹

3.25 oz



Andalou Naturals
Argan Oil & Shea
Shampoo &
Conditioner

\$6⁷⁹

11.5 oz



EO
Everyone
3 in 1 Soap

\$6⁴⁹

32 oz



Weleda
Skin Food

\$12⁴⁹

2.5 oz



Alaffia
EveryDay Shea
Body Lotion

\$9²⁹

32 oz



Kiss My Face
Olive Oil
Bar Soap

\$2⁶⁹

8 oz



Aura Cacia
Lavender
Essential Oil

\$7⁷⁹

.5 oz



Nature's Gate
Crème
Toothpaste

\$3⁷⁹

6 oz



Ecover
Dish Tablets

\$4⁶⁹

25 ct



Earth Friendly
ECOS Dishmate
Dish Liquid

\$2²⁹

25 oz



All Terrain
Assorted Fabric
Bandages

\$3¹⁹

30 ct



Biokleen
Bac-Out Stain
+ Odor Remover

\$6²⁹

32 oz



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"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."

Henry Van Dyke



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

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 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
28 Grandview Plaza, 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 Cr, 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

Sweetpea's Market
1 S Broadway, Nyack

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
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