

INDEPENDENT Choice™

May 2018

Harmless Harvest
Organic Harmless Coconut Water

\$4²⁹
16 oz



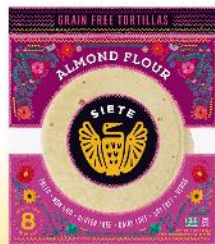
Late July
Organic Restaurant Style
Tortilla Chips

2/\$6
11 oz



Siete
Grain Free
Tortillas
(selected varieties)

\$7⁴⁹
8 ct



Organic Valley
Organic Sour
Cream

\$3²⁹
16 oz



Amy's
Organic
Refried Beans

\$2⁷⁹
15.4 oz



GT's
Organic
Kombucha
(selected varieties)

\$2⁷⁹
16 oz



GoMacro
Organic MacroBar

\$2¹⁹
2.5 oz



Hope
Organic Hummus

2/\$7
8 oz



So Delicious
Organic
Coconutmilk
(selected varieties)

\$2⁴⁹
32 oz



Annie's Naturals
Organic Dressing
(selected varieties)

2/\$6
8 oz



Did you know...
Americans consume up to 81
million pounds of avocados on
Cinco de Mayo every year.

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 May.

333330 5/1/2018 1

Wild Planet
Wild Sardines
(selected varieties)

\$2¹⁹
4.375 oz



Tofurky
Sausage
(selected varieties)

\$3⁹⁹
14 oz



C2O
Coconut Water

\$1⁶⁹
17.5 oz



Henry & Lisa's Natural
Seafood
Wild Alaskan Salmon Burgers

\$6⁴⁹
12.8 oz



Food For Life
Sprouted Corn
Tortillas

\$3²⁹
10 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

\$3⁹⁹
16 oz



Sunshine Burgers
Organic Burgers

\$3⁷⁹
3 ct



Spectrum
Organic Refined
Coconut Oil

\$5⁴⁹
14 oz



Organic Valley
Organic
Half & Half

\$2²⁹
16 oz



Beyond Meat
Beast Burger

\$4⁴⁹
8 oz



California Olive Ranch
Extra Virgin
Olive Oil

\$9⁴⁹
16.9 oz



Daiya
Dairy Free
Shreds
(selected varieties)

\$3⁶⁹
8 oz



Gardein
Crispy
Tenders

\$3⁹⁹
9 oz



Dr. Bronner's
Organic Virgin
Coconut Oil

\$8⁴⁹
14 oz



Organic Valley
Organic Mozzarella
Cheese

\$4⁷⁹
8 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 May.

Crofter's Organic
Organic
Premium Spread
(selected varieties)

\$4²⁹
16.5 oz



CROFTER'S[®] ORGANIC

Our Premium Spreads are sweetened with organic Fair Trade cane sugar from the Green Cane Project in Brazil.

A new standard in sustainable farming, the Green Cane Project has developed impressive social and economic programs to improve the quality of life of their employees and surrounding community while integrating ancient human knowledge in organic stewardship of the land to improve soil quality and biodiversity - proving that large scale regenerative agriculture is possible.

MADE WITH FAIR TRADE CANE SUGAR

Perfectly Sweetened[®] with Fair Trade Cane Sugar

✓ GREAT FRUIT TASTE
✓ CLEAN INGREDIENTS
✓ GLUTEN FREE ✓ VEGAN

33% LESS SUGAR
THAN A PRESERVE
30 CALORIES PER SERVING

CROFTERSORGANIC.COM

USDA ORGANIC NON GMO Project VERIFIED

NET WT. 16.5oz (1lb. 0.5oz) (468g)

Justin's
Nut Butter
(selected varieties)

\$9⁹⁹
16 oz



Udi's Gluten Free
Bread
(selected varieties)

\$4⁴⁹
12 oz



Rudis Organic Bakery
Organic 100% Whole
Wheat Bread

\$3⁹⁹
22 oz



Doctor in the Kitchen
Organic Flackers

\$4¹⁹
5 oz



Simple Mills
Crackers

\$3⁹⁹
4.25 oz



SeaSnax
Grab & Go Roasted
Seaweed Snack
(selected varieties)

4/\$5
.18 oz



Jackson's Honest
Potato Chips

2/\$6
5 oz



Glutino
Gluten Free
Pretzels

\$4²⁹
14.1 oz



Crunchmaster
Multi-Seed
Cracker
(selected varieties)

\$2⁴⁹
4.5 oz



Good Health
Avocado Oil
Potato Chips
(selected varieties)

\$2²⁹
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 May.

333330 5/1/2018 3



endangered species
Chocolate

WHEN IT COMES TO CRAFTING
PREMIUM CHOCOLATE,
TASTE MATTERS
WHEN YOU'VE DEDICATED YOUR
PURPOSE TO THE
COMPELLING MISSION
OF SUPPORTING WILDLIFE
ACROSS THE WORLD,
THE SAME PRINCIPLE STANDS.

Learn More At
ChocolateBar.com

© 2018 All rights reserved. Endangered Species Chocolate is a Registered Trademark of Endangered Species Chocolate, LLC.

Coconut Bliss
Organic Frozen
Dessert Bars

\$4⁷⁹
3/3 oz



Alden's Organic
Organic Ice Cream

\$7²⁹
48 oz



Endangered Species
Chocolate Bar

\$2²⁹
3 oz



Chocolove
Chocolate Bar

\$2³⁹
3.2 oz



Good Karma
Unsweetened
Flaxmilk + Protein

\$3⁷⁹
64 oz



Theo
Organic
Chocolate Bar
(selected varieties)

2/\$5
3 oz



Taza
Organic Chocolate
Mexicano Discs

2/\$6
2.7 oz



Stonyfield
Organic Whole
Milk Yogurt

2/\$7
32 oz



Green & Black's
Organic
Chocolate Bar

\$3⁴⁹
3.5 oz



Alter Eco
Organic
Chocolate Bar

2/\$6
2.82 oz



The Greek Gods
Greek-Style Yogurt
(selected varieties)

2/\$7
24 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 May.

Almond Breeze
Almondmilk
(selected varieties)

\$3⁷⁹
64 oz



Chameleon Cold-Brew
Organic Ready To
Drink Coffee

2/\$6
10 oz



Against The Grain Gourmet
Sesame Bagels

\$5⁹⁹
14 oz



Silk
Almondmilk
(selected varieties)

\$3⁷⁹
64 oz



Uncle Matt's
Organic Orange Juice
(selected varieties)

\$6²⁹
59 oz



Stretch Island
Fruit Leather

2/\$1
.5 oz



Maple Hill Creamery
Organic Greek Yogurt

5/\$5
6 oz



Pamela's Products
Baking &
Pancake Mix

\$14⁴⁹
4 lb



Madhava
Organic
Coconut Sugar

\$4⁹⁹
16 oz



Immaculate
Organic Cinnamon Rolls

\$3⁹⁹
17.5 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$6
9.2 oz



Bakery On Main
Gluten-free
Granola

\$4⁴⁹
11 oz



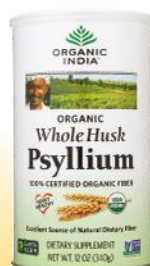
Van's
Waffles

\$2⁵⁹
9 oz



Organic India
Organic Whole
Husk Psyllium

\$11⁴⁹
12 oz



Erewhon
Organic Cereal
(selected varieties)

\$3⁷⁹
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 May.

333330 5/1/2018 5

Pure Planet
Spirulina

\$12⁷⁹
200 vcap



SmartyPants
Kids Complete and Fiber
Gummy Vitamins

\$22⁹⁹
120 ct



That's It.
Fruit Bar

4/\$5
1.2 oz



evamor
Alkaline Artisan
Water

\$1⁶⁹
64 oz



Larabar
Fruit & Nut Bar

5/\$5
1.7 oz



Perfect Bar
Bar

\$2²⁹
2.5 oz



Essentia
Alkaline Water

\$1⁶⁹
1 lt



ProBar
Meal Bar

2/\$5
3 oz



Nature's Bakery
Fig Bar

4/\$3
2 oz



Farmhouse Culture
Organic Gut Shots

\$4⁹⁹
16 oz



inner-eco
Probiotic Coconut
Water

\$15⁹⁹
15 oz



Amy & Brian
Coconut Water

\$2¹⁹
17.5 oz



Zevia
Zero Calorie Soda

\$4²⁹
6/12 oz



Lakewood
Organic Pure
Cranberry

\$8⁹⁹
32 oz



Taste Nirvana
Coconut Water
(selected varieties)

\$1⁹⁹
9.5 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 May.

Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$10⁹⁹
25.4 oz



Upton's Naturals
Jackfruit
(selected varieties)

\$4²⁹
10.6 oz



Annie's Naturals
Organic Ketchup

\$2⁶⁹
24 oz



Spectrum
Organic Extra Virgin
Mediterranean Olive
Oil

\$12⁴⁹
33.8 oz



Sir Kensington's
Mayonnaise

\$4⁴⁹
10 oz



Woodstock
Organic Sliced
Kosher Dill Pickles

\$4⁴⁹
24 oz



DeBoles
Pasta
(selected varieties)

2/\$5
8 oz



Annie's Homegrown
Organic Mac &
Cheese
(selected varieties)

2/\$5
6 oz



Maria & Ricardo's
Tortillas
(selected varieties)

\$2⁷⁹
8 ct



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$6
25.5 oz



Ancient Harvest
Organic Supergrain Pasta

\$2⁷⁹
8 oz



San-J
Teriyaki Sauce

\$2⁹⁹
10 oz



Frontera
Cooking Sauce

\$1⁹⁹
8 oz



~RASPBERRY~ PEACH SPRITZER

32 oz peach nectar
2-3 c club soda
2 ripe peaches, cut into wedges
1 c whole raspberries
6 mint sprigs

1. Mix to combine the juice and club soda in a pitcher.
2. Add the fruit and mix to combine.
3. Pour over ice to serve with mint sprigs.

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 May.

333330 5/1/2018 7

Vega
Vanilla Sport Performance
Protein

\$39⁹⁹
29.2 oz



Badger
Sport Sunscreen
Cream SPF 35

\$10⁴⁹
2.9 oz



Aura Cacia
Aromatherapy Mist
(selected varieties)

\$5⁷⁹
4 oz



NeoCell
Super Collagen

\$12⁹⁹
7 oz



New Chapter
Every Woman™'s
One Daily

\$24⁹⁹
48 tab



Rainbow Light
Prenatal One
Multivitamin

\$25⁹⁹
90 ct



tera'swhey
Organic Bourbon
Vanilla Whey
Protein

\$25⁹⁹
12 oz



Natural Factors
BioSil® Skin, Hair,
Nails

\$14⁹⁹
30 vcap



Jarrow Formulas
Fem-Dophilus

\$15⁹⁹
30 cap



Oregon's Wild Harvest
Turmeric

\$19⁹⁹
60 ct



MegaFood
Balanced B
Complex

\$12⁷⁹
30 tab



Garden of Life
Vitamin Code® - 50
& Wiser Women
Multivitamin

\$31⁹⁹
120 ct



Nutrition Now
PB 8® Pro-Biotic
Acidophilus-Vegetarian

\$9⁹⁹
60 cap



Nordic Naturals
Children's DHA

\$19⁹⁹
180 ct



Boiron
Arnicare
Tablets

\$8²⁹
60 tab



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 May.

Mineral Fusion
Volumizing Mascara

\$12⁴⁹
.57 oz



Desert Essence
Tea Tree Oil Floss

\$2⁷⁹
50 yd



My Magic Mud
Activated Charcoal
Toothpaste
(selected varieties)
\$6⁷⁹
4 oz



DERMA E
Anti-Wrinkle Renewal
Cream

\$11²⁹
4 oz



KISS MY FACE
Pure Olive Oil
Bar Soap

\$2⁶⁹
8 oz



Himalaya
Neem & Pomegranate
Toothpaste

\$4⁷⁹
200 g



Alaffia
Everyday Shea Body
Lotion

\$9⁹⁹
32 oz



Andalou Naturals
1000 Roses
Cleansing Foam

\$9²⁹
5.5 oz



Redmond
Earthpaste Toothpaste
\$5⁴⁹
4 oz



Weleda
Skin Food

\$13⁷⁹
2.5 oz



EO
Hand
Sanitizer Wipes

\$2⁷⁹
10 ct



Spry
Oral Rinse
\$5²⁹
16 oz



ShiKai
Everyday Shampoo
& Conditioner

\$6²⁹
12 oz



Nature's Gate
Tea Tree
Calming Shampoo

\$5⁷⁹
18 oz



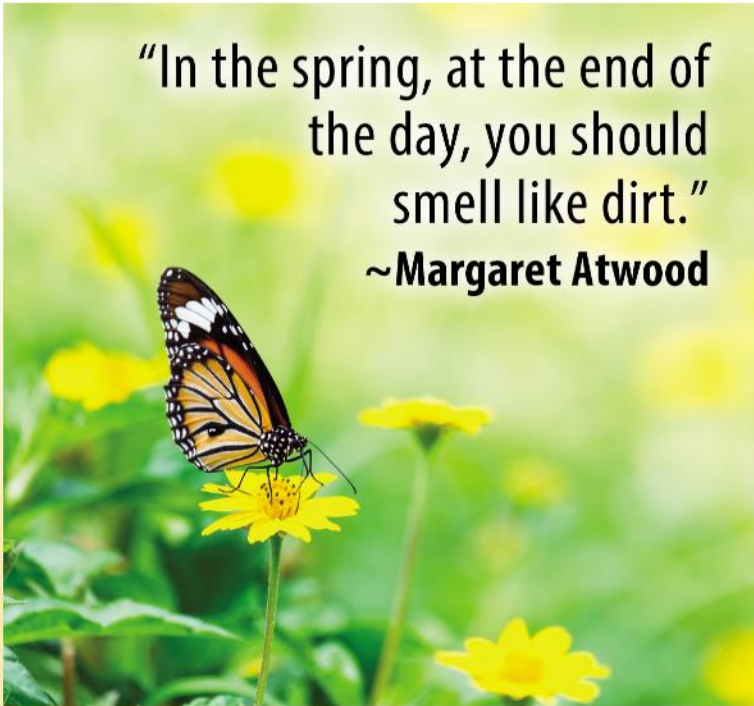
Nature's Answer
PerioBrite
Mouthwash

\$8²⁹
16 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 May.

333330 5/1/2018 9



**"In the spring, at the end of
the day, you should
smell like dirt."
~Margaret Atwood**



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

FLORIDA

Abby's Health & Nutrition
14374 N Dale Mabry, Tampa

Debbie's Health Foods
862 Saxon Blvd, Orange City
3850 S Nova Rd, Port Orange

Get Healthy
1254 Broad St South, Brooksville
11083 Spring Hill Dr, Spring Hill

Grassroots Natural Market II
1915 EW Pkwy, Fleming Island

**Healthy Living
Organic & Natural Market**
10671 Boardwalk Loop, Lakewood
Ranch

Nassau Health Foods
833 TJ Courson Rd, Fernandina
Beach

Native Sun Natural Foods Market
11030 Baymeadows Rd, Jacksonville
10000 San Jose Blvd, Jacksonville
1585 3rd St N, Jacksonville Beach

Nature's Food Patch
1225 Cleveland St, Clearwater

Nutrition Smart

16250 NW 57th Ave, Miami Lakes
4155 Northlake Blvd, Palm Beach
Gardens
10980 Pines Blvd, Pembroke Pines
464 SW Port St Lucie Blvd, Port St
Lucie
14847 N Dale Mabry Hwy, Tampa
12702 Race Track Rd, Tampa
1821 Bruce B Downs Blvd, Wesley
Chapel

Peggy's Natural Food Market
5839 SE Federal Hwy, Stuart

Tunie's
5651 Coral Ridge Dr, Coral Springs

GEORGIA

Brighter Day Natural Foods
1102 Bull St, Savannah

Farmer's Natural Foods
754 E G Miles Pkwy, Hinesville

Nature's Corner Market
3960 Mary Eliza Trace NW,
Marietta
200 Parkbrooke Dr, Woodstock

Savi Provisions
287 Elizabeth St NE, Atlanta
1388 Dresden Drive, Atlanta
988 Peachtree Street, Atlanta
180 W Ponce De Leon, Atlanta
308 Pharr Road, Buckhead

NORTH CAROLINA

Be Natural
273 Boone Heights Dr, Boone

The Apple Crate Natural Market
2711 Raeford Rd #110, Fayetteville
5430 Camden Rd #103, Fayetteville

Food Matters Market
1 Market St, Brevard
2310 N Center St, Hickory
210 Avery Ave, Morganton

Harmony Farms Natural Foods
5653 Creedmoor Rd, Raleigh

Living Well Down East
127 W Gordon St, Kinston

Lovey's Natural Food Market
1319 Military Cutoff Rd,
Wilmington

Nature's Own
195 Bell Ave, Southern Pines

Organic Marketplace
1012 S New Hope Rd, Gastonia

West Village Market & Deli
771 Haywood Rd, Asheville
303 Cannon St, Chestertown

SOUTH CAROLINA

14 Carrot Whole Foods
5300 Sunset Blvd, Lexington

Bay Naturals
7611 N Kings Hwy, Myrtle Beach
556 Hwy 17 N, North Myrtle Beach

**Belue Farms Natural Foods
Market**
3769 Parris Bridge Rd, Boiling
Springs

Bert's Market
202 E Ashley Ave, Folly Beach

Rosewood Market
2803 Rosewood Dr, Columbia

**TENNESSEE
Grubb's Grocery**
4 Jackson Walk Plaza, Jackson

Natural Foods Market
3211 Peoples St, Johnson City

Nutrition World
6201 Lee Hwy, Chattanooga

Tree of Life Market of Clarksville
30 Crossland Ave, Clarksville

The Turnip Truck
321 12th Ave S, Nashville
701 Woodland St, Nashville