

Proud member of



INDEPENDENT CHOICE

December 2022

"It seems like everything sleeps in winter, but it's really a time of renewal and reflection."

-Elizabeth Camden



Dr. Bronner's Organic Chocolate Bar

\$3.29

2.93 oz



Organic Valley Organic Heavy Whipping Cream

\$4.79

16 oz

St. Dalfour French Fruit Spread (selected varieties)

2/\$7

10 oz



Enjoy Life Foods Chocolate Chips (selected varieties)

\$4.79

9-10 oz



Siete Mexican Cookies (selected varieties)

\$3.29

4.5 oz



Kettle Potato Chips (selected varieties)

2/\$5

5 oz



Canyon Bakehouse Gluten-Free Bread

\$4.79

18 oz



Mary's Gone Crackers Organic Crackers (selected varieties)

\$3.79

5.5-6.5 oz



Lotus Foods Rice Ramen

\$1.79

2.8 oz



Pacific Foods Organic Soup (selected varieties)

\$4.29

32 oz



Traditional Medicinals Organic Echinacea Plus Elderberry

\$3.99

16 ct



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.



Bionaturae is the premier brand of organic foods from Italy. Our authentic Old World pasta & tomatoes are perfect for holiday meals that will please the whole family. 100% organic and certified glyphosate free. For delicious recipes, please visit bionaturae.com.



**Bionaturae
Organic Lasagne**

\$2⁷⁹

12 oz



**Bionaturae
Organic Tomato Paste**

\$1⁷⁹

7 oz

**Absolutely Gluten Free
Grain Free Flatbreads**

\$3⁷⁹

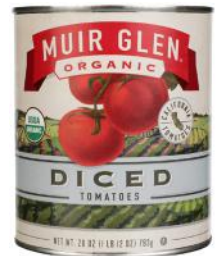
5.29 oz



**Muir Glen
Organic Tomatoes
(selected varieties)**

2/\$6

28 oz



**Spectrum
Organic Extra Virgin
Olive Oil**

\$11⁴⁹

25.4 oz



**Organic Valley
Organic Ghee**

\$12⁴⁹

13 oz



**Garden of Eatin'
Tortilla Chips
(selected varieties)**

\$4⁷⁹

16 oz



**Quinn
Peanut Butter Filled
Pretzel Nuggets**

\$3⁹⁹

7 oz



**Bonne Maman
Fruit Preserves
(selected varieties)**

\$4²⁹

13 oz



Charcuterie Wreath



- 20 pitted green olives
- 4 ounces sliced salami
- 12 ounces marinated artichokes, drained
- 1 pint cherry tomatoes
- 8 ounces Ciliegine mozzarella balls
- 20 6" bamboo skewers

1 Assemble skewers as follows, green olive, salami slice, folded into quarters, artichoke heart, cherry tomato, and mozzarella ball. Repeat with remaining skewers.

2 To assemble tray, place skewers in a circle on a round platter.

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.

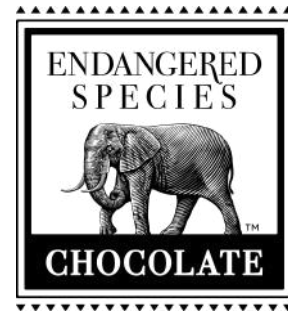
**Alter Eco
Organic Chocolate Bar**
(selected varieties)

2/\$6
2.82 oz



**Chocolove
Chocolate Bar**
(selected varieties)

2/\$5
2.9-3.2 oz



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

2/\$5
3 oz



**Lily's
Baking Chips**
(selected varieties)

\$6.29
9 oz



**Frontier Co-op
Organic Ground Cinnamon**

\$4.29
1.76 oz



**Bob's Red Mill
Old Fashioned Rolled Oats**
(selected varieties)

\$6.49
32 oz



Chocolate Mug Cake

- 1/4 cup all-purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons cane sugar
- 1/4 teaspoon baking powder
- 1/8 teaspoon grated nutmeg
- 6 tablespoons whole milk
- 1 tablespoon avocado oil
- 2 tablespoons chocolate, chopped

- 1 In a 12-ounce mug whisk together dry ingredients.
- 2 Add milk and oil and add to the dry ingredients. Stir until smooth and there are no lumps. Top with chopped chocolate.
- 3 Place mug in microwave and cook for 1 minute. Continue to cook in 10 second increments until cake has set. Allow cake to cool for 5-10 minutes before eating.



**Kite Hill
Ricotta Alternative**

\$6.79
8 oz

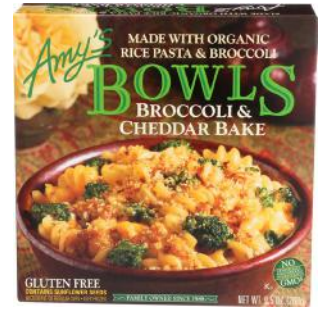


**Miyoko's
Organic Vegan Cream Cheese**
(selected varieties)

\$4.29
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 December.



At Amy's, we cook meals with love, care, and craft put into every ingredient. 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)

\$3⁹⁹

14.7 oz

Amy's Burrito
(selected varieties)

2/\$6

5.5-6 oz

Amy's Bowl
(selected varieties)

\$5⁴⁹

8.25-9.5 oz

Organic Valley Organic Raw Cheese
(selected varieties)

\$4⁹⁹

8 oz



Youtheory Collagen

\$12⁹⁹

160 tab



Natural Factors Apple Cider Vinegar 500mg

\$11⁹⁹

180 cap



Natural Vitality Calm Gummies

\$20⁹⁹

120 ct



Rainbow Light Women's One Multivitamin

\$15⁴⁹

60 tab



Garden of Life Dr. Formulated Once Daily Women's & Men's Probiotics

\$31⁹⁹

30 cap



Boiron ColdCalm

\$9⁴⁹

60 tab



MegaFood Blood Builder

\$12⁴⁹

30 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 December.

Natural Factors
Organic Oil of Oregano

\$12⁹⁹

1 oz



Aura Cacia
Lavender Essential Oil

\$7⁹⁹

.5 oz



Weleda
Skin Food

\$13⁹⁹

2.5 oz



DERMA E
Anti-Wrinkle Renewal
Cream

\$15⁴⁹

4 oz



Avalon Organics
Shampoo or Conditioner
(selected varieties)

\$7⁷⁹

11 oz



Ginger Wellness Shot

4 large navel oranges
6-8 ounces fresh ginger root
1-2 tablespoons water

- 1 Peel oranges and ginger.
- 2 Blend ingredients in blender, adding 1-2 tablespoons water.
- 3 Pour mixture through fine mesh strainer or nut milk bag and enjoy.



Dr. Bronner's
Organic Pure-Castile Bar Soap

\$3⁴⁹

5 oz



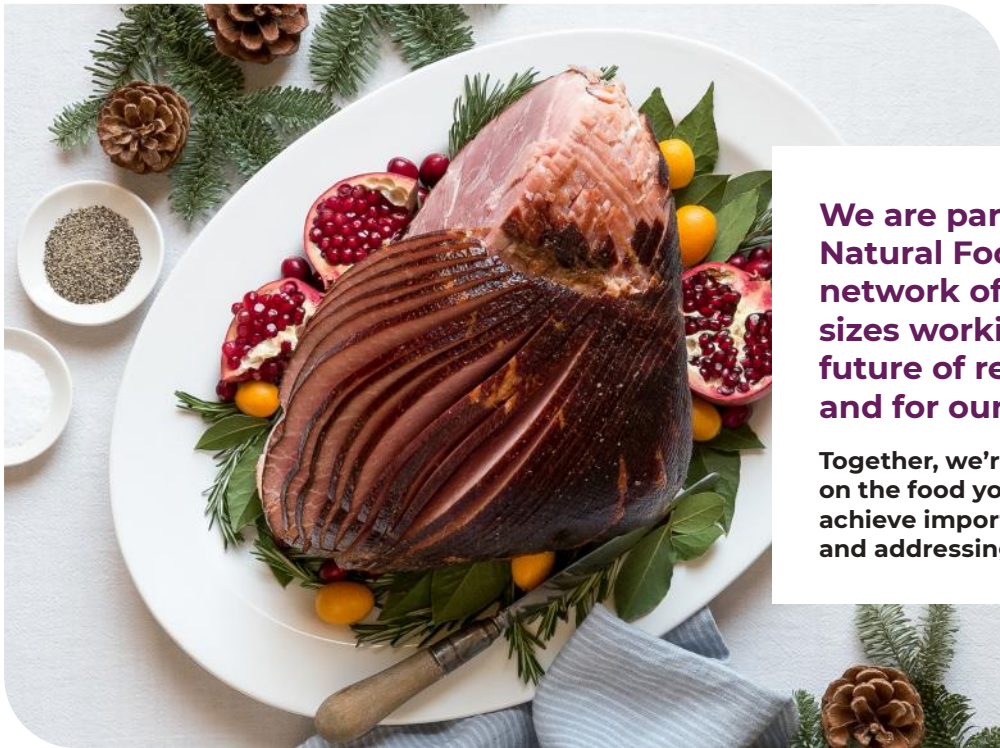
EO
Organic Lavender Hand
Sanitizer Spray

\$3²⁹

2 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 INFRA (Independent Natural Food Retailers Association), 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.

FLORIDA

- Abby's Health & Nutrition
- Date & Thyme
- Debbie's Health Foods
- DeLand Natural Market
- Diane's Natural Market
- Food for Thought
- Get Healthy
- Grassroots Natural Market
- The Green Apple Health Foods
- Nassau Health Foods
- Native Sun Natural Foods Market
- Nature's Food Patch
- Nutrition Smart
- Nutrition World
- Peggy's Natural Foods
- Wright's Natural Market

GEORGIA

- Brighter Day Natural Foods
- Candler Park Market
- Farmer's Natural Foods
- Grant Park Market
- Good Nutrition
- Nature's Corner Market
- Nature's Pick Market
- Nuts 'n Berries Healthy Market
- Westview Corner Grocery

NORTH CAROLINA

- Apple Crate Natural Market
- Food Matters Market
- Harmony Farms Natural Foods
- Living Well Down East
- Lovey's Market
- Nature's Own
- Organic Marketplace
- West Village Market & Deli

PUERTO RICO

- Freshmart

SOUTH CAROLINA

- 14 Carrot Whole Foods
- Bay Naturals
- Belue Farms Natural Foods Market
- Rosewood Market & Deli
- Swamp Rabbit Cafe & Grocery

