

Traditional Medicinals
 Detox Teas

\$3.79

16 ct



Bob's Red Mill
 Organic Flaxseed Meal

\$3.29

16 oz



Nature's Path
 Organic Mesa
 Sunrise Eco Pac

\$6.29

26.4 oz



Lundberg
 Organic
 Rice Cakes

\$3.29

8.5-10 oz



Harmless Harvest
 Organic Harmless
 Coconut Water

\$4.29

16 oz



Hilary's Eat Well
 Organic Burger

\$2.89

6.4 oz



Organic Valley
 Organic
 Shredded
 Cheese

\$4.29

6 oz



Late July
 Organic
 Multigrain
 Tortilla Chips

2/\$5

5.5-6 oz



Annie's Naturals
 Organic Salad
 Dressing

\$3.29

8 oz



Ancient Harvest
 Organic Gluten Free
 Supergrain Pasta

2/\$5

8 oz



Did you know...

January is National Soup Month? Americans eat more than 10 billion bowls of soup each year.



Earth Balance
Coconut &
Peanut Spread

\$4²⁹

16 oz



Crunchmaster
Multi-Seed
Crackers

\$2⁷⁹

4.5 oz



Santa Cruz Organic
Organic Apple
Sauce Cups

\$3⁴⁹

6/4 oz



Barbara's
Shredded
Cereal

\$3⁴⁹

13-14 oz



Purely Elizabeth
Ancient Grain
Granola

\$5⁴⁹

12 oz



Peeled Snacks
Organic
Peas Please
Baked Snacks

\$2¹⁹

3.3 oz



KeVita
Organic Sparkling
Probiotic Drink

2/\$5

15.2 oz



Larabar
Original Fruit & Nut Bar

4/\$5

1.6-1.8 oz



Honest Tea
Organic Iced Tea

\$1²⁹

16 oz



* REVITALIZE YOUR CORE

* Whether it's an energizing Kombucha, refreshing Sparkling Probiotic, or Cleansing Tonic, we've got you covered.

* Live Probiotics * Certified Organic * Low Calorie Options



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 January.



MOUNTAIN VALLEY FOODS

Est. 1989

Maple Hill Creamery
Organic Grass-fed
Cream on
Top Yogurt

5/\$5
6 oz



Nature's Path
Organic
Granola
(selected varieties)

\$3.49

11.5-12.34 oz



Woodstock
Organic Wild
Blueberries

\$4.29

10 oz



One Degree Organics
Organic
Sprouted
Cereal

\$3.99

8-12 oz



Cascadian Farm
Organic
Cereals

\$3.29

8.6-14.6 oz



CERTIFIED

100%
GRASS-FED COWS
MADE WITH
WHOLE MILK

USDA ORGANIC

100% GrassFed

MADE WITH THE BEST INGREDIENTS
NO "NATURAL" FLAVORS
NO ADDED COLOR
NO ARTIFICIAL ANYTHING
UNIQUELY DELICIOUS

MAPLE HILL
CREAMERY

Van's
Waffles

\$2.79

7.5-9 oz



Lightlife
Organic Smoky
Tempeh Strips

\$3.79

6 oz



R.W. Knudsen
Organic
Just Tart
Cherry Juice

\$6.19

32 oz



Happy Baby
Organic
Superfood puffs

\$2.99

2.1 oz



Annie's Homegrown
Organic Fruit Snacks

2/\$7

3.15-4.5 oz



Celestial Seasonings
Tea
(selected varieties)

\$2.69

18-20 ct





Santa Cruz Organic
Organic
Peanut Butter



\$4⁹⁹

16 oz

Wallaby Yogurt
Organic
Greek Yogurt



\$5⁴⁹

32 oz

Orgain
Organic Vegan
Nutritional Shake



2/\$5

11 oz

Noosa
Yoghurt
(selected varieties)



2/\$4

8 oz

Miyoko's Creamery
Double Cream
Garlic Herb Cultured
Nut Product



\$6⁹⁹

6.5 oz

Peace Cereal
Cereals



\$3⁶⁹

11 oz

Montebello
Organic Pasta



\$3¹⁹

1 lb

Tasty Bite
Indian
Entrées



\$2⁶⁹

10 oz

Miso Master
Organic Chickpea Miso



\$7⁴⁹

1 lb

Muir Glen
Organic
Tomatoes



4/\$5

14.5 oz

Organic Valley
Organic Raw Sharp
Cheddar
Cheese



\$5⁴⁹

8 oz

Tofurky
Original Sausage



\$3⁶⁹

14 oz

Napa Valley Naturals
Organic Extra
Virgin Olive Oil



\$10⁴⁹

25.4 oz

Udi's
Gluten Free
Whole Grain
Bread



\$4²⁹

12 oz

Kettle
Baked
Potato Chips



2/\$5

4 oz

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Alexia
Organic Fries
(selected varieties)



\$2⁷⁹
15-16 oz

Field Roast
Grain Meat Sausages



\$4²⁹
12.95 oz

Mediterranean Organic
Organic Sundried
Tomatoes



\$5⁴⁹
8.3 oz

Beyond Meat
Beyond Beef
Crumbles



\$3⁹⁹
11 oz

Follow Your Heart
Reduced Fat
Vegenaise



\$3⁹⁹
16 oz

Pacific
Organic Chicken
Noodle Soup



\$2⁹⁹
17.6 oz

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



\$1⁶⁹
5.5-6 oz

Organic Valley
Organic Shredded
Parmesan



\$4²⁹
4 oz

Epic
Meat Bars



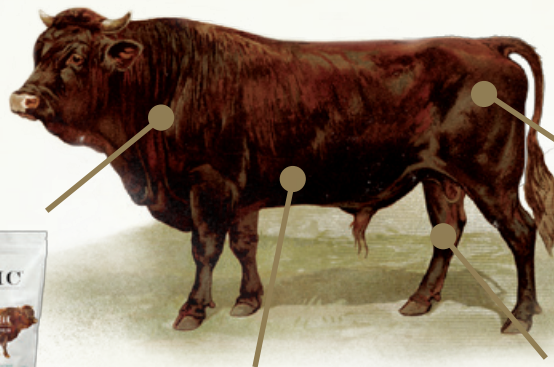
\$2²⁹
1.5 oz

Farmhouse Culture
Organic Kraut



\$5⁴⁹
16 oz

WE ARE COMMITTED TO UTILIZING THE WHOLE ANIMAL
CONSISTENT WITH OUR COMPANY VALUES OF DOING MORE WITH LESS AND HONORING NATURE, WE ARE CHANGING THE NARRATIVE ON NOSE TO TAIL EATING.



[BITES]



[BARS]



[TALLOW]



[BONES]

Glutino
Gluten Free
Pretzels



\$4²⁹
14.1 oz



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CHOCOLATE DREAM SMOOTHIE

- 2 Tbsp Navitas Naturals® Cacao Powder
- 2 Tsp Navitas Naturals® Raw Maca Powder
- 1 Tbsp Navitas Naturals® Cacao Nibs
- 1½ Cups Ice
- ¼ Cup Brazil Nuts
- 3 Large Medjool Dates
- 2 Cups Plain Almond Milk

Blend and enjoy! Makes 2 servings.



Navitas Organic Cacao Powder

\$6⁹⁹

8 oz



Essentia Water

2/\$4

1.5 ltr



Nutiva Organic Coconut Manna

\$8⁷⁹

15 oz



Organic Valley Organic Mozzarella Stringles

\$4⁶⁹

6 oz



GoMacro Organic MacroBar

\$2¹⁹

2-2.5 oz



Annie's Homegrown Bunny Crackers

2/\$6

7-7.5 oz



Spectrum Naturals Organic Mediterranean Olive Oil

\$13⁹⁹

33.8 oz



Garden of Eatin' Tortilla Chips (selected varieties)

\$2⁷⁹

7.5-8.1 oz



Alive & Radiant Kale Krunch (selected varieties)

\$4¹⁹

2.2 oz

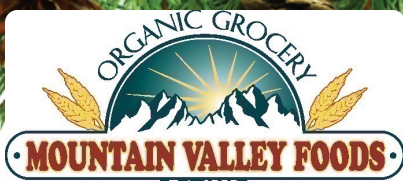


SeaSnax Organic Seaweed Snack

\$1¹⁹

.18 oz





Edward & Son's
Brown Rice Snaps
(selected varieties)

\$2⁹⁹

3.5 oz



Justin's Nut Butter
Natural Almond Butter
Squeeze Pack

4/\$5

1.15 oz



Zevia
Zero Calorie Soda

\$4²⁹

6/12 oz



R.W. Knudsen
Simply Nutritious
Juices

2/\$6

32 oz



ProBar
Base Bar

\$2²⁹

2.46 oz



Health Warrior
Chia Bar

4/\$5

.88 oz



Amy & Brian
Coconut Water

\$2¹⁹

17.5 oz



So Delicious
Coconut Milk

\$2⁴⁹

32 oz



Vega
Nutritional
Shake

\$48⁹⁹

29.4-30.9 oz



VEGA® RECIPE OF THE MONTH

Coconut Green Smoothie

- 1 scoop Vega One™ Vanilla
- 1 cup coconut water
- ½ avocado
- ½ cup spinach
- ½ cup of ice
- 2 Tbsp shredded coconut

Blend, sip, enjoy!



vega

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Andalou Naturals
1000 Roses Beautiful
Day Cream

\$17⁹⁹

1.7 oz



MyChelle Dermaceuticals
Perfect C Serum

\$34⁹⁹

0.5 oz



Boiron
Coldcalm

\$8⁴⁹

60 tab



Himalaya
Toothpaste

\$4⁷⁹

200 g



Alaffia
Shea Butter

\$9²⁹

11 oz



Xlear
Nasal Spray

\$11⁴⁹

1.5 oz



Dr. Bronner's
Baby Unscented Pure-
Castile Bar Soap

\$3⁴⁹

5 oz



Clean Well
Natural Hand
Sanitizer
Original Spray

\$2⁷⁹

1 oz



Natural Factors
Vitamin C
500mg Natural
Fruit Chew

\$8⁹⁹

90 tab



Seventh Generation
Dish Liquid

\$3²⁹

25 oz



Tom's of Maine
Antiplaque &
Whitening
Toothpaste

\$4⁴⁹

5.5 oz



Emergen-C
1000 mg
Vitamin C
(selected varieties)

\$11⁹⁹

30 ct



Ecover
Stain Remover

\$4¹⁹

6.8 oz



Amazing Grass
Organic
Wheat Grass

\$18⁹⁹

8.5 oz



Herbs, Etc.
Alcohol Free
ChlorOxygen®

\$9⁹⁹

1 oz



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Country Life
Maxi-Hair
Plus



\$17⁹⁹
120 tab

MegaFood
MegaFlora



\$16⁹⁹
30 tab

Garden of Life
Raw Organic
Protein



\$31⁹⁹
622-650 g

New Chapter
Every Woman™'s
One Daily
40+ Multi



\$32⁹⁹
48 tab

Jarrow
Saccharomyces
Boulardii +MOS



\$17⁹⁹
90 vcap

Nutrition Now
PB 8® Pro-Biotic
Acidophilus



\$16⁹⁹
120 cap

Nature's Plus
Spiru-tein
(selected varieties)



\$19⁹⁹
13.12-20.16 oz

Nordic Naturals
Ultimate
Omega-D3
Lemon



\$22⁹⁹
60 ct

tera'swhey
Organic
Bourbon Vanilla
Whey Protein



\$26⁹⁹
12 oz

Renew Life
Ultimate Flora Extra
Care Probiotic
50 Billion



\$31⁹⁹
30 cap



MegaFood®
Fresh From Farm To Tablet™

**WE'RE BESTIES
WITH FARMERS**

'CAUSE YOU DON'T BUY
500,000 LBS. OF WHOLE FOODS
FROM STRANGERS.



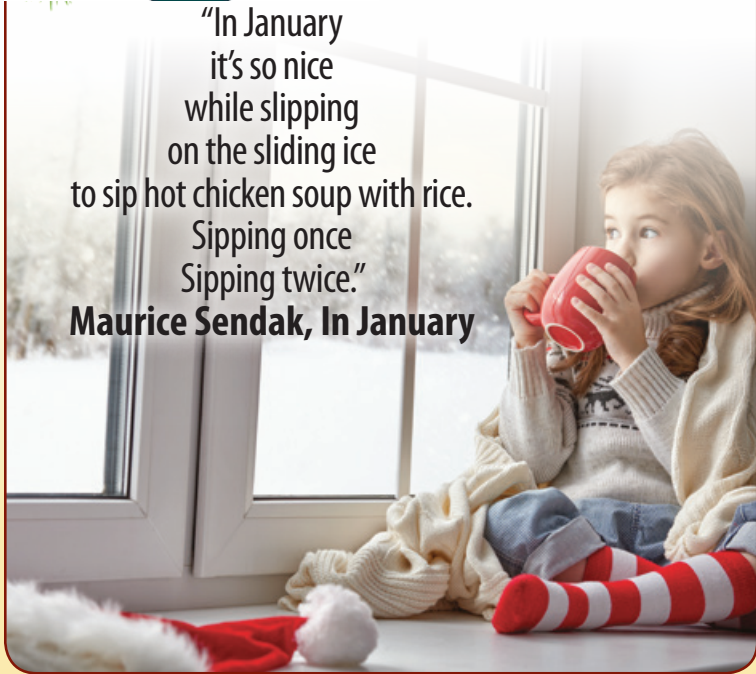
YOU'LL LIKE THE WAY REAL FEELS

Supplements made lovingly with
real food, for real energy and health.

What you do with that energy
and health is up to you.



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“In January
it’s so nice
while slipping
on the sliding ice
to sip hot chicken soup with rice.
Sipping once
Sipping twice.”
Maurice Sendak, In January

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

- ALASKA**
Natural Pantry
 3680 Barrow St, Anchorage
- Rainbow Foods**
 224 4th St, Juneau
- COLORADO**
The Crunchy Grocer
 1461 E. Eisenhower, Loveland
- IDAHO**
Pilgrim’s Market
 1316 N 4th St, Coeur d’ Alene
- Wealth of Health
 Natural Market**
 120 S Woodruff Ave, Idaho Falls

- Winter Ridge
 Natural Foods Market**
 703 W Lake St, Sandpoint
- MONTANA**
2J’s Fresh Market
 105 Smelter Ave NE, Great Falls
- Camas Food Store**
 300 Main St, Hot Springs
- Good Food Store**
 1600 S 3rd St W, Missoula
- Heaven’s Peak Organics**
 355 Hwy 93 N, Eureka
- Hennessy Market**
 32 E Granite St, Butte
- Mission Mountain
 Natural Foods**
 319 Main St, Polson

- Mountain Valley Foods**
 25 Commons Way, Kalispell
- Real Food Market & Deli**
 1096 Helena Ave, Helena
- Third Street Market**
 244 Spokane Ave, Whitefish
- OREGON**
LifeSource Natural Foods
 2649 Commercial St SE, Salem
- Nature’s Pantry
 Natural Foods**
 1907 4th St, La Grande
- Oregon Natural Market**
 373 SW 1st St, Ontario
- Sundance Natural Foods**
 748 E 24th Ave, Eugene

- WASHINGTON**
Bear Foods Natural Market
 125 E Woodin Ave, Chelan
- Blossom Grocery**
 295 Village Rd, Lopez Island
- Farm Fresh Market**
 2010 Black Lake Blvd SW, Olympia
- Meyers Falls Market**
 160 E Third St, Kettle Falls
- Rocket Market**
 726 E 43rd, Spokane
- The Woolley Market**
 829 Metcalf St, Sedro-Woolley
- WYOMING**
Good Health Market
 1821 S Sheridan Ave, Sheridan