

Food For Life
 Organic Ezekiel 4:9® Bread

\$4⁶⁹

24 oz



Pacific
 Organic Bone Broth

\$4⁷⁹

32 oz



Muir Glen
 Organic Tomatoes

4/\$5

14.5 oz



Annie's Naturals
 Organic Dressing

\$2⁷⁹

8 oz



Organic Valley
 Organic Cultured Butter

\$5⁶⁹

1 lb



Late July
 Organic Restaurant
 Style Tortilla Chips

2/\$6

10-11 oz



Organic Valley
 Organic Mozzarella
 Stringles

\$4²⁹

6 oz



Alden's
 Organic Ice Cream

\$6¹⁹

48 oz



Traditional Medicinals
 Organic Tea
 (selected varieties)

\$4²⁹

16 ct



Native Forest Organic
 Classic Coconut
 Milk

\$2⁷⁹

13.5 oz



Did you know...

According to a meta-analysis of 342 peer-reviewed studies, organic produce has antioxidant levels up to 69% higher than conventionally grown produce!
 – The Organic Center



Organic Valley
Organic Milk

\$4⁴⁹
64 oz



Nature's Path
Organic Cereal

\$3⁶⁹
10-11 oz



Stonyfield
Organic Smooth &
Creamy Yogurt

\$3⁴⁹
32 oz



Maple Hill Creamery
Organic Cream
On Top Yogurt

5/\$5
6 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$6⁴⁹
32 oz



Happy Baby
Organic
Superfood Puffs

\$2⁹⁹
2.1 oz



Green & Black's
Organic
Chocolate Bar

\$3¹⁹
3.5 oz



OCHO Candy
Organic Candy Bar

2/\$3
1.5 oz



Annie's Homegrown
Organic
Graham Crackers

\$3⁹⁹
14.4 oz



True or False? Less than 1% of farmland in the U.S. is certified organic? Answer: *True*

Even as consumer demand for organic food grows, the percentage of certified organic farmland in the United States stays below 1%. According to the USDA, the annual sales of organic foods has increased by double digits every year since the 1990s. This is great! However, this low supply/high demand dichotomy leaves farmers struggling to meet the needs of their customers. Transitioning to organic is a 3-year process that can often leave the farmer in an odd limbo between conventional and organic production, which could prove to be very costly. Larger farms have the resources, but many medium and small farms cannot afford the risk.

The Good News: A new program has recently launched to help mitigate the burden of farm transition. Leading organic certifier Quality Assurance International (QAI), part of NSF (National Sanitation Foundation) International, is working with industry partners to support farmers through the Certified Transitional program. By auditing and verifying each step of the 3-year process, the program assures consumers that they are supporting a farm through the challenging transition, and it provides farmers a way to continue to sell their crops as they convert their land to be eligible for organic certification. Programs on the local, state, and federal levels will still be needed to support farms in transition, but the Certified Transitional label will go a long way toward helping farmers join the organic movement.

For more information, visit the QAI website:

[HTTP://WWW.QAI-INC.COM/SERVICES/TRANSITIONAL_ORGANIC.ASP](http://www.qai-inc.com/services/transitional_organic.asp)





KeVita
Organic Master
Brew Kombucha



2/\$5

15.2 oz



Lundberg Family Farms
Organic Short Grain
Brown Rice Pouches



\$4⁹⁹

2 lb



Rising Moon
Organic Ravioli



\$3⁹⁹

8 oz



Uncle Matt's
Organic Orange Juice
(selected varieties)



\$6⁴⁹

59 oz



Cascadian Farm Organic
Organic Potatoes



2/\$5

16 oz



Muir Glen
Organic
Pasta Sauce



2/\$6

25.5 oz



Theo
Organic Dark
Chocolate Bar



\$2⁵⁹

3 oz



Annie's Homegrown
Organic
Mac & Cheese



2/\$4

6 oz



Tofurky
Deli Slices



2/\$5

4-5.5 oz

Annie's Homegrown
Organic Bunny
Snack Mix



\$3⁷⁹

9 oz



Sunshine Burgers
Organic
Veggie Burgers



\$3⁹⁹

3/2.67 oz



Organic Prairie
Organic Mighty Bar



\$2⁶⁹

1 oz



Back to Nature
Organic Crackers



2/\$6

6 oz



Kettle
Organic
Potato Chips



2/\$5

5 oz



Coconut Bliss
Organic Non-Dairy
Frozen Dessert



\$4⁹⁹

1 pt



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 September.

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Napa Valley Naturals
 Organic Cold Pressed
 Extra Virgin Olive Oil

\$10⁹⁹
 25.4 oz



Daiya
 Mozzarella-Style
 Shreds

\$3⁶⁹
 8 oz



Noosa
 Yogurt

2/\$4
 8 oz



Sir Kensington's
 Classic Gourmet
 Mayonnaise

\$4⁴⁹
 10 oz



Field Roast
 Sausage

\$4²⁹
 12.95 oz



Talenti
 Gelato

\$4⁴⁹
 1 pt



Wild Planet
 Wild Albacore Tuna

\$3⁴⁹
 5 oz



Montebello
 Organic
 Artisan Pasta

\$3¹⁹
 1 lb



Three Twins
 Organic
 Ice Cream

\$4¹⁹
 16 oz



Tuna Pasta Salad

[serves 6]

- 1 pound pasta, such as orecchiette
 - 2 - 5 oz. cans **Wild Planet Tuna**, drained
 - 5 ribs celery, thinly sliced
 - 1/2 pint cherry tomatoes, halved
 - 1/2 medium red onion, diced
 - Handful of parsley leaves, rough chopped
 - 1 1/2 cup **Sir Kensington's Classic Mayonnaise**
 - 1/4 cup **Napa Valley Organic Extra Virgin Olive Oil**
 - 1/3 cup red wine vinegar
 - 1 Tablespoon dried dill
 - 1 1/2 teaspoon sea salt
1. Cook pasta as directed on the package and rinse to cool.
 2. Whisk together mayonnaise, oil, vinegar, dill and sea salt until smooth.
 3. Prepare remaining ingredients as directed above and place in a large mixing bowl with pasta.
 4. Toss dressing with prepared ingredients and serve.

Beanitos
 Bean Chips

2/\$5
 5.5-6 oz



Wallaby
 Organic Yogurt

5/\$5
 6 oz



Garden Of Eatin'
 Blue
 Tortilla Chips

\$3⁹⁹
 16 oz



Peace Cereal
 Cereal

\$3⁶⁹
 10-12 oz



C2O
 Coconut Water

\$1⁷⁹
 17.5 oz



Califia Farms
 Unsweetened
 Almondmilk

\$3⁹⁹
 48 oz



Good Karma
 Flax Milk
 (selected varieties)

\$3¹⁹
 64 oz



Redwood Hill Farm
 Plain Goat
 Milk Yogurt

\$5⁶⁹
 32 oz



Zevia
 Zero Calorie Soda

\$4²⁹
 6/12 oz



Barbara's
 Shredded Wheat Cereal

2/\$7
 13 oz



Chocolove
 Chocolate Bar

2/\$5
 3.2 oz



ProBar
 Meal Replacement Bar

\$2⁴⁹
 3 oz



Bob's Red Mill
 Gluten Free
 Rolled Oats

\$5²⁹
 32 oz



Pamela's
 Gluten Free
 Cookies

\$3²⁹
 7.25 oz



Terra Chips
 Sweet Potato
 Chips

\$2⁹⁹
 6 oz



Navitas
Organic
Cacao Powder

\$6⁹⁹
8 oz



Chameleon Cold-Brew
Organic Ready To
Drink Coffee

\$2⁸⁹
10 oz



Choice Organic Teas
Original Tea

\$3⁶⁹
16 ct



Pascha
Chocolate Bar

\$3⁵⁹
3.5 oz



Spectrum Naturals
Organic Refined
Coconut Oil

\$5⁷⁹
14 oz



Garden of Life
Perfect Raw Food Alkalizer
& Detoxifier

\$31⁹⁹
285 g



Nancy's
Organic Whole
Milk Yogurt

\$3⁹⁹
32 oz



Yerba Prima
Psyllium
Whole Husks

\$9⁹⁹
12 oz



Amazing Grass
Organic Wheat Grass

\$18⁹⁹
8.5 oz



Amy & Brian
Coconut Water

\$2⁹⁹
17.5 oz



Larabar
Fruit & Nut Food Bar

5/\$5
1.7 oz



Bluebonnet
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 oz



Tanka
Meat Bar

\$2²⁹
1 oz



Clif Bar
Energy Bar

\$1¹⁹
2.4 oz



tera'swhey
Organic
Whey Protein

\$25⁹⁹
12 oz





Nutrex Hawaii
Spirulina Powder



\$14⁴⁹
5 oz

MegaFood
MegaFlora



\$17⁹⁹
30 tab

New Chapter
Wholemega™
Whole Fish Oil



\$19⁹⁹
60 sgel

Vega
Vega One
Nutritional Shake



\$48⁹⁹
29.4-30.8 oz

Country Life
Coenzyme
B-Complex



\$11⁹⁹
60 vcap

Nature's Way
Charcoal
Activated



\$6⁹⁹
100 cap

Back-to-Routine

GREEN SMOOTHIE

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

Blend, sip, enjoy!

vega

For more blendspiration
visit myvega.com



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Renew Life
 Cleanse More

\$14⁹⁹
 60 cap



Boiron
 Chestal Honey

\$8²⁹
 6.7 oz



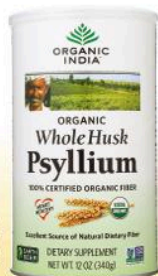
Natural Factors
 Vitamin C
 500mg Chews

\$9⁹⁹
 90 tab



Organic India
 Organic Whole
 Husk Psyllium

\$10⁹⁹
 12 oz



Rainbow Light
 Women's One
 Multivitamin

\$25⁹⁹
 90 tab



Nordic Naturals
 Nordic Berries

\$18⁹⁹
 120 ct



Love and Consciousness in Action

- WHOLE HERB SOLUTIONS FOR HEALTHY, CONSCIOUS LIVING
- GROWN ETHICALLY AND SUSTAINABLY BY SMALL FAMILY FARMERS
- BENEFITTING ALL, FROM SEED TO SHELF

Regenerative Organic Agriculture

- REGENERATES SOIL HEALTH AND FERTILITY
- BEYOND SUSTAINABLE AND ORGANIC
- RESTORING VIBRANT HEALTH TO THE ENVIRONMENT



organicindia.com

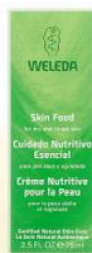
Nourish
Organic Stick
Deodorant

\$6⁹⁹
2.2 oz



Weleda
Skin Food

\$13⁷⁹
2.5 oz



Nubian Heritage
African Black Bar Soap

\$3⁵⁹
5 oz



Herbs, Etc.
Deep Sleep[®]

\$17⁹⁹
60 sgel



Alaffia
EveryDay Shea
Body Lotion

\$9⁹⁹
32 oz



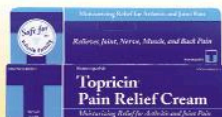
Dr. Bronner's
Pure-Castile
Liquid Soap

\$8²⁹
16 oz



Topricin
Pain Relief Cream

\$12²⁹
2 oz



Andalou Naturals
Argan & Shea Moisture
Rich Shampoo &
Conditioner

\$7¹⁹
11.5 oz



The Grandpa Soap Co.
Pine Tar
Bar Soap

\$3²⁹
3.25 oz



JASON
Body Wash

\$11²⁹
30 oz



Desert Essence
Thoroughly Clean
Face Wash

\$6⁷⁹
8.5 oz



ECOS
Dishmate

\$2⁶⁹
25 oz



Tea Tree Therapy
Tea Tree Toothpaste

\$3⁷⁹
5 oz



Tea Tree
TOOTHPASTE
with Baking Soda



derma e
Retinyl Palmitate
Crème

\$10⁴⁹
4 oz



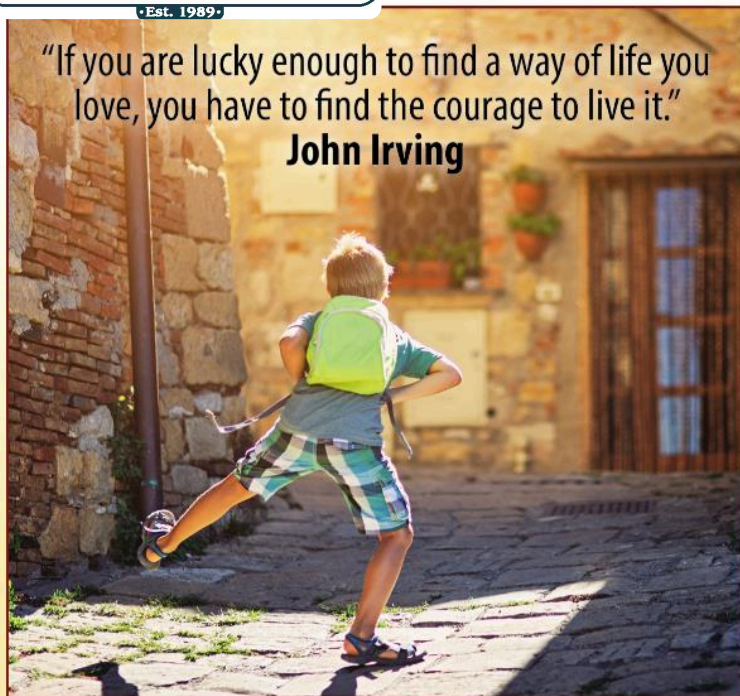
Biokleen
Bac-Out Stain &
Odor Eliminator

\$6⁴⁹
32 oz



"If you are lucky enough to find a way of life you love, you have to find the courage to live it."

John Irving



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 3rd 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