

Organic India  
 Organic Tulsi Tea

**\$3<sup>79</sup>**  
 18 ct





Muir Glen  
 Organic Tomatoes

**2/\$4**  
 28 oz





So Delicious  
 Organic  
 Coconut Milk

**\$2<sup>49</sup>**  
 32 oz




Ancient Harvest  
 Organic  
 Supergrain Pasta

**2/\$5**  
 8 oz




Eden  
 Organic  
 Black Beans

**\$1<sup>99</sup>**  
 15 oz




Lightlife  
 Organic Tempeh

**\$2<sup>59</sup>**  
 8 oz




Spectrum Naturals  
 Organic Mediterranean  
 Olive Oil

**\$11<sup>79</sup>**  
 33.8 oz




Organic Valley  
 Organic  
 Shredded Cheese

**\$4<sup>29</sup>**  
 6 oz



Lundberg  
 Family Farms  
 Organic Rice Cakes

**\$3<sup>29</sup>**  
 8.5-9 oz




Bragg  
 Liquid Aminos

**\$6<sup>29</sup>**  
 32 oz




**Did you know...**  
 October is National Chili Month? It's one of many things celebrated in the month of October besides Columbus Day and Halloween.

Mori Nu  
 Organic Firm Tofu

**\$1<sup>89</sup>**  
 12.3 oz



Farmhouse Culture  
 Organic Kraut

**\$5<sup>49</sup>**  
 16 oz



Numi Tea  
 Organic Chocolate  
 Puerh Tea

**\$5<sup>99</sup>**  
 16 ct



Crown Prince Natural  
 Sardines In Olive Oil

**\$2<sup>69</sup>**  
 3.75 oz



Garden of Eatin'  
 Blue Tortilla Chips

**\$2<sup>69</sup>**  
 8.1 oz



Califia Farms  
 Better Half Creamer

**\$2<sup>99</sup>**  
 16.9 oz



Explore Cuisine  
 Organic Black  
 Bean Spaghetti

**\$3<sup>49</sup>**  
 8 oz



GoMacro  
 Organic Macrobar

**\$2<sup>19</sup>**  
 2-2.5 oz



Brown Cow  
 Cream Top Yogurt

**89¢**  
 5.3 oz



Late July  
 Organic  
 Multigrain Chips

**2/\$5**  
 5.5 oz



Nature's Bakery  
 Gluten Free Fig Bar

**79¢**  
 2 oz



Yumearth  
 Gluten Free Licorice

**2/\$6**  
 5 oz



Glee Gum  
 Chewing Gum

**99¢**  
 16 ct



Happy Baby  
 Organic Stage 2  
 Simple Combos

**\$1<sup>49</sup>**  
 3.5 oz



Barnana  
 Organic Banana Bites

**\$3<sup>99</sup>**  
 3.5 oz



# October is Non-GMO Month!

Together we can preserve and protect a safe, healthy non-GMO food supply for future generations. Celebrate your right to choose non-GMO food and products this October!

EVERYONE HAS A RIGHT TO KNOW WHAT'S IN THEIR FOOD.



**NON GMO Project VERIFIED**  
[nongmoproject.org](http://nongmoproject.org)

VOTE NON-GMO EVERY TIME YOU SHOP!

Learn more at [livingnongmo.org](http://livingnongmo.org)

Hail Merry Tarts

**\$3<sup>19</sup>**  
3 oz



Endangered Species Chocolate Bar

**\$2<sup>29</sup>**  
3 oz



Silk AlmondMilk

**\$3<sup>89</sup>**  
64 oz



Cascadian Farm Organic Organic Cereals

**2/\$6**  
8.6-12.5 oz



Crofter's Organic Organic Premium Spread (Selected Varieties)

**\$4<sup>49</sup>**  
16.5



Yogi Ginger Tea

**\$3<sup>49</sup>**  
16 ct



Sambazon Organic Açai Smoothie Packs

**\$5<sup>79</sup>**  
4/100 g



Simple Mills Almond Flour Crackers

**\$3<sup>99</sup>**  
4.25 oz



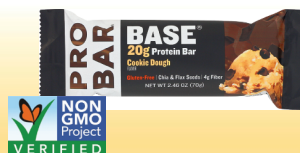
The Ginger People Gin Gins® Ginger Candy

**\$1<sup>89</sup>**  
3 oz



ProBar Base 20g Protein Bar

**\$2<sup>29</sup>**  
2.46 oz



Beanfields Bean & Rice Chips

**\$2<sup>79</sup>**  
6 oz



# Peanut Butter Pretzel Bars

[makes 15 bars]

- 6 oz unsalted butter (1 ½ sticks)
- 16 oz marshmallows
- 4 cups Erewhon crispy brown rice cereal
- 3 cups Barbara's Puffins peanut butter
- 4 cups Glutino's pretzels, roughly chopped
- 1 cup skin-on whole roasted peanuts
- 7 oz Justin's peanut butter cups, cut into pieces (5 packages)

1. Grease a 9" x 13" pan with butter.
2. Melt butter in a large pot over medium heat. Add marshmallows, stirring frequently until almost melted.
3. Remove from heat and fold in crispy rice, puffins, pretzels and peanuts.
4. Pour mixture promptly into prepared dish and distribute peanut butter cups.
5. Press to even out mixture. Cool completely then cut into pieces and serve.



Sunspire  
 Organic Chocolate Chips

**\$4<sup>69</sup>**  
 9 oz



Alter Eco  
 Organic  
 Chocolate Bar

**2/\$6**  
 2.65-2.82



Erewhon  
 Organic Cereal

**\$3<sup>99</sup>**  
 10-11 oz



Angie's  
 Boomchickapop  
 Popcorn

**\$2<sup>59</sup>**  
 4.8-7 oz



Barbara's  
 Puffins Cereal  
 (Selected Varieties)

**\$3<sup>69</sup>**  
 11 oz



Annie's Homegrown  
 Cheddar Bunnies

**2/\$5**  
 7.5 oz



Glutino  
 Gluten Free  
 Pretzel Twists

**\$4<sup>29</sup>**  
 14.1 oz



Kettle  
 Baked  
 Potato Chips

**2/\$5**  
 4 oz



Justin's  
 Organic Peanut  
 Butter Cups

**2/\$3**  
 1.4 oz



KIND  
 Nuts & Spices Bar

**\$1<sup>49</sup>**  
 1.4 oz





Lotus Foods  
Ramen With  
Miso Soup

**2/\$3**

2.8 oz



Food Should Taste Good  
Tortilla Chips

**\$1<sup>79</sup>**

5.5 oz



Honest Tea  
Organic Bottled  
Iced Tea

**\$1<sup>29</sup>**

16 oz



Organicville  
Organic  
Sriracha Sauce

**\$5<sup>99</sup>**

18.5 oz



Lakewood  
Organic  
Pure Cranberry

**\$8<sup>79</sup>**

32 oz



Essentia  
Alkaline Water

**\$2<sup>19</sup>**

1.5 lt



Organic Valley  
Organic Pasture Butter

**\$3<sup>49</sup>**

8 oz



Mary's Gone Crackers  
Organic Original  
Crackers

**\$3<sup>99</sup>**

5.5-6.5 oz



R.W. Knudsen  
Organic  
Tomato Juice

**\$2<sup>99</sup>**

32 oz



Udi's  
Whole Grain Bread

**\$4<sup>29</sup>**

12 oz



Pur  
Chewing Gum

**\$1<sup>29</sup>**

9 ct



## R.W. Knudsen Family<sup>®</sup> products are Non-GMO Project<sup>®</sup> Verified

With 'Family' in our name and a heritage of making juices since 1961, we're a brand you and your family can trust.

R.W. Knudsen Family<sup>®</sup> takes great pride in offering innovative products that are made with high-quality ingredients and is proud to be an official participant in the Non-GMO Project.

Visit [www.nongmoproject.org](http://www.nongmoproject.org) for more information about the Non-GMO Project or to view our entire list of verified products to date.



[www.rwknudsenfamily.com](http://www.rwknudsenfamily.com) | Non-GMO Project Verified is a registered trademark of The Non-GMO Project, Inc.

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 October.

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Amy's  
 Bowls (Selected Varieties)

**\$4<sup>49</sup>**  
 9.5 oz



Organic Valley  
 Organic Sour Cream

**\$3<sup>49</sup>**  
 16 oz



GT's  
 Organic Enlightened  
 Kombucha

**\$2<sup>69</sup>**  
 16.2 oz



Rudi's Bakery  
 Organic 100%  
 Whole Wheat Bread

**\$3<sup>99</sup>**  
 22 oz



Annie's Homegrown  
 Classic  
 Mac & Cheese

**\$1<sup>69</sup>**  
 6 oz



REBBL  
 Organic Elixir

**\$3<sup>29</sup>**  
 12 oz



Beyond Meat  
 Beast Burger

**\$4<sup>49</sup>**  
 8 oz



Arrowhead Mills  
 Buttermilk  
 Pancake Mix

**\$3<sup>79</sup>**  
 26 oz



Redwood Hill Farm  
 Yogurt

**\$1<sup>69</sup>**  
 6 oz



Annie's Homegrown  
 Organic Fruit Snacks

**2/\$6**  
 4 oz



Canyon Bakehouse  
 Gluten Free Bread  
 (Selected Varieties)

**\$4<sup>79</sup>**  
 18 oz



Green Valley Organics  
 Organic Kefir  
 (Selected Varieties)

**\$4<sup>99</sup>**  
 32 oz



Julie's Organic  
 Organic Ice Cream  
 Sandwiches

**\$4<sup>79</sup>**  
 6 ct



Celestial Seasonings  
 Bengal Spice Tea Bags

**\$2<sup>79</sup>**  
 20 ct



Manitoba Harvest  
 Hemp Hearts

**\$6<sup>99</sup>**  
 8 oz



Dr. Bronner's  
 Organic  
 Coconut Oil

**\$8<sup>79</sup>**  
 14 oz



Orgain  
 Organic Plant Based  
 Protein Shake

**\$2<sup>49</sup>**  
 11 oz



Vega  
 Protein Smoothie

**\$14<sup>99</sup>**  
 8.9-9.3 oz



Lily Of The Desert  
 Organic Whole Leaf  
 Aloe Vera Juice

**\$7<sup>99</sup>**  
 32 oz



Goodbelly  
 Organic  
 Probiotic Drink

**2/\$6**  
 32 oz



Vibrant Health  
 Green Vibrance

**\$37<sup>99</sup>**  
 12.8 oz



Inner-Eco  
 Probiotic  
 Coconut Water

**\$13<sup>99</sup>**  
 15 oz



Oregon's Wild Harvest  
 Turmeric

**\$19<sup>99</sup>**  
 60 ct



Megafood  
 Daily Turmeric

**\$15<sup>99</sup>**  
 59.1 g



Natural Factors  
 Organic  
 Oil Of Oregano

**\$14<sup>99</sup>**  
 1 oz



Natural Vitality  
 Calm

**\$15<sup>99</sup>**  
 8 oz



Lifefactory  
 Glass Bottle With  
 Active Flip Cap

**\$18<sup>99</sup>**  
 22 oz



Carlson  
 Lemon Cod Liver Oil

**\$19<sup>99</sup>**  
 8.4 oz



Bach  
 Rescue Remedy

**\$12<sup>29</sup>**  
 10 ml



Castor & Pollux  
 Good Buddy Beef  
 Jerky Dog Treats

**\$3<sup>59</sup>**  
 3.5 oz



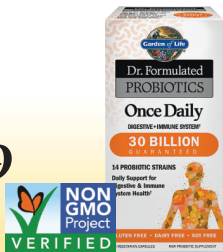
New Chapter  
 Every Woman's One  
 Daily 40+

**\$29<sup>99</sup>**  
 48 tab



Garden Of Life  
 Once Daily  
 Probiotics

**\$21<sup>99</sup>**  
 30 tab



NeoCell  
 Super Collagen

**\$11<sup>49</sup>**  
 7 oz



ANDALOU  
 NATURALS

The 1st beauty brand to be Non-GMO Project Verified.



Jarrow Formulas  
 Jarro-Dophilus EPS™

**\$14<sup>99</sup>**  
 60 vcap



Boiron  
 Oscilloccinum

**\$17<sup>99</sup>**  
 12 ct



Andalou Naturals  
 1000 Roses®  
 Cleansing Foam

**\$9<sup>49</sup>**  
 5.5 oz



Nordic Naturals  
 Omega-3

**\$19<sup>99</sup>**  
 8 oz



Quantum Health  
 Thera Zinc Lozenges

**\$1<sup>99</sup>**  
 12 ct



Gaia Herbs  
 Black Elderberry  
 Syrup

**\$12<sup>79</sup>**  
 3 oz





Shikai  
 Borage Therapy  
 Dry Skin Lotion

**\$9<sup>99</sup>**  
 8 oz



Acure  
 Day Cream

**\$12<sup>29</sup>**  
 1.7 oz



Crystal  
 Roll-On Deodorant

**\$3<sup>19</sup>**  
 2.25 oz



Dr. Bronner's  
 Pure Castile Soap

**\$13<sup>79</sup>**  
 32 oz



Nature's Gate  
 Herbal Daily  
 Cleanse Shampoo  
 & Conditioner

**\$5<sup>79</sup>**  
 18 oz



Kiss My Face  
 Liquid Rock Roll-On  
 Deodorant

**\$4<sup>29</sup>**  
 3 oz



Avalon  
 Nourishing Lavender  
 Shampoo &  
 Conditioner

**\$7<sup>99</sup>**  
 11 oz



EO  
 3-in-1 Everyone Soap

**\$7<sup>49</sup>**  
 32 oz



Biokleen  
 Laundry Liquid

**\$9<sup>99</sup>**  
 64 oz



Redmond  
 Earthpaste  
 Toothpaste

**\$5<sup>49</sup>**  
 4 oz



Himalaya  
 Neem & Pomegranate  
 Toothpaste

**\$3<sup>99</sup>**  
 200 g



ECOS  
 Laundry Detergent

**\$9<sup>79</sup>**  
 100 oz



Essential Oxygen  
 Organic  
 Brushing Rinse

**\$9<sup>79</sup>**  
 16 oz



Dr. Tung's  
 Smart Floss

**\$3<sup>49</sup>**  
 1 ct



Seventh Generation  
 Dish Liquid

**\$3<sup>29</sup>**  
 25 oz



“Listen! The wind is rising and the air is wild with leaves. We have had our summer evenings, now for October eves.” ~Humbert Wolfe



**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