

Traditional Medicinals
 Organic Throat Coat

\$3⁹⁹
 16 ct



Annie's Naturals
 Organic Dressing

2/\$6
 8 oz



Simple Mills
 Almond Flour Crackers

\$3⁹⁹
 4.25 oz



Amy's
 Organic Lentil Soup

\$2⁷⁹
 14.5 oz



Pacific
 Organic Free Range Chicken Broth

\$3⁴⁹
 32 oz



Organic Valley
 Organic Cream Cheese

\$3¹⁹
 8 oz



Ancient Harvest
 Organic Supergrain Pasta

\$2⁶⁹
 8 oz



Muir Glen
 Organic Tomatoes
 (selected varieties)

4/\$5
 14.5 oz



Annie's Homegrown
 Cheddar Bunnies

2/\$5
 7.5 oz



Better Than Bouillon
 Organic Base

\$4⁹⁹
 8 oz



Did you know...

Corned beef derives its name from the large-grained rock salt, or corns, used to cure the meat.



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

\$2¹⁹
6 oz



Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

\$10⁴⁹
25.4 oz



Hail Merry
Tart

\$3¹⁹
3 oz



Lundberg Family Farms
Wild Blend Rice

\$3⁷⁹
1 lb



Spectrum
Organic Refined
Canola Oil

\$7⁹⁹
32 oz



Maple Hill Creamery
Organic Cream On Top Yogurt
(selected varieties)

5/\$5
6 oz



Koyo
Ramen
(selected varieties)

89¢
2.1 oz



Annie's Homegrown
Organic Snack Mix
(selected varieties)

\$3⁶⁹
9 oz



Miyoko's Creamery
Organic Double Cream
Vegan Cheese

\$7⁴⁹
6.5 oz



Tofurky
Veggie Roast

\$10⁹⁹
26 oz



Beanfields
Bean & Rice
Chips

\$2⁶⁹
5.5 oz



Organic Valley
Organic Feta Cheese

\$5⁴⁹
8 oz



Crown Prince Natural
Skinless & Boneless
Sardines in Olive Oil

\$2⁷⁹
3.75 oz



Late July
Organic Cantina
Dippers

2/\$6
8 oz



Westbrae
Organic Beans
(selected varieties)

\$1⁸⁹
15 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 March.



Create a sustainable future, one bite at a time.

**GOOD
FROM THE
GROUND UP**



ORGANIC FARMING FOR HEALTHY SOIL & PLANET

AT CASCADIAN FARM, WE'RE DEDICATED TO PRODUCING FOOD YOU CAN FEEL GOOD ABOUT EATING. AND IT ALL STARTS WITH THE SOIL WE GROW IN.

TAKING CARE OF THE SOIL YIELDS REAL WORLD RESULTS WE'D LOVE TO SHARE. VISIT **CASCADIANFARM.COM** TO LEARN MORE.

Late July
Organic Multigrain
Tortilla Chips

2/\$5

6 oz



Crunchmaster
Multi-Seed Crackers
(selected varieties)

\$2⁹⁹

4.5 oz



Cascadian Farm Organic
Organic Potatoes

2/\$5

16 oz



Alden's Organic
Organic Ice Cream
(selected varieties)

\$6⁹⁹

48 oz



Honest Tea
Organic Iced Tea

2/\$3

16 oz



Organic Valley
Organic Mozzarella
Stringles

\$4²⁹

6 oz



Justin's
Almond Butter

\$9⁹⁹

16 oz



KIND
Clusters
(selected varieties)

\$4⁴⁹

11 oz



California Olive Ranch
Everyday Extra Virgin
Olive Oil

\$8⁹⁹

16.9 oz



Spectrum
Organic Unrefined
Olive Oil

\$10⁷⁹

25.4 oz



Nature's Path
Organic Hot Oatmeal
(selected varieties)

\$3²⁹

14 oz



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333330 3/1/2018 3

Cascadian Farm Organic
 Organic Cinnamon
 Crunch Cereal

2/\$6

9.2 oz



Almond Breeze
 Almondmilk
 (selected varieties)

\$3⁶⁹

64 oz



Uncle Matt's
 Organic Orange Juice
 (selected varieties)

\$6⁴⁹

59 oz



Nature's Path
 Organic Crunchy Maple
 Sunrise Cereal

\$3⁷⁹

10.6 oz



Enjoy Life Foods
 Semi-Sweet Chocolate

\$4⁴⁹

10 oz



BANANA YOGURT OVERNIGHT OATS

Serves 2

- 1 cup rolled oats
- 1 teaspoon chia seeds
- ¼ teaspoon ground cinnamon
- 1 ½ cups milk
- ½ cup yogurt
- 1 large banana
- honey, to taste

1. Combine oats, chia seeds and cinnamon in a sealable container.
2. To this mixture, add milk and yogurt. Stir to combine.
3. Cover and place in the refrigerator for 8 hours or overnight.

To Serve: Stir mixture and place in two cereal bowls. Top with sliced banana and drizzle with honey.



Pamela's Products
 Baking & Pancake
 Mix

\$5⁹⁹

24 oz



Wholesome!
 Organic Light Brown
 Sugar

\$4⁴⁹

24 oz



Immaculate Baking
 Organic Cinnamon Rolls

\$4⁶⁹

17.5 oz



Simply Organic
 Organic Ground
 Cinnamon

\$4⁴⁹

2.45 oz



So Delicious
 Coconut Creamer

\$2¹⁹

16 oz



Brown Cow
 Cream Top Whole Milk
 Yogurt

89¢

5.3 oz



KeVita
Organic Master Brew
Kombucha

2/\$5

15.2 oz



Larabar
Fruit & Nut Bar
(selected varieties)

5/\$5

1.7 oz



Dang
Coconut Chips

\$3²⁹

3.17 oz



The Ginger People
Organic Ginger Juice

\$3⁴⁹

5 oz



Clif Bar
Builder's Bar

3/\$4

2.4 oz



Wallaby Organic
Organic Aussie Smooth
Yogurt

(selected varieties)

99¢

6 oz



R.W. Knudsen
Just Cranberry Juice

\$6⁴⁹

32 oz



tera'swhey
Organic Whey Protein

\$26⁹⁹

12 oz



Bellwether Farms
Sheep Milk Yogurt
(selected varieties)

\$1⁸⁹

6 oz



Q Drinks
Tonic Water

\$4⁹⁹

750 ml



Annie's Homegrown
Organic Fruit Snacks

2/\$6

4 oz



Lakewood
Organic Pure Beet Juice

\$5⁴⁹

32 oz



Zevia
Zero Calorie Soda

\$4²⁹

6/12 oz



Montebello
Organic Artisan
Pasta

\$3¹⁹

1 lb



Xlear
 Nasal Spray

\$8⁹⁹
 1.5 oz



Bach
 Rescue Pastilles

\$6⁷⁹
 50 g



MegaFood
 Blood Builder

\$11⁹⁹
 30 tab



Boiron
 Sabadil

\$8⁴⁹
 60 tab



Nutrition Now
 PB 8® Pro-Biotic

\$16⁹⁹
 120 cap



Renew Life
 Ultimate Flora Probiotic
 50 Billion

\$29⁹⁹
 30 cap



American Health
 Ester-C® 500 mg

\$13⁷⁹
 120 cap



Amazing Grass
 Green SuperFood Original

\$20⁹⁹
 8.5 oz



Organic India
 Organic Whole Husk
 Psyllium

\$11⁴⁹
 12 oz



Natural Factors
 Suntheanine

\$18⁹⁹
 60 tab



Hyland's
 Calms Forté

\$7⁹⁹
 100 tab



*Regenerative
 Organic Agriculture*

- REGENERATES SOIL HEALTH AND FERTILITY
- IMPROVING WATER CYCLES AND SEQUESTERING CARBON
- RESTORING VIBRANT HEALTH TO THE ENVIRONMENT

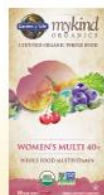
ORGANIC INDIA

Moringa
 ESSENTIAL NUTRITION
 Certified Organic
 HERBAL SUPPLEMENT - 90 VEG CAPS

USDA ORGANIC
 NON-GMO VERIFIED
 Certified Corporation
organicindia.com

Garden of Life
myKind Organics Multi

\$35⁹⁹
60 tab



EO
Everyone Soap

\$6⁹⁹
32 oz



Biokleen
Bac-Out Stain &
Odor Eliminator

\$6²⁹
32 oz



Nature's Way
Activated Charcoal

\$6⁹⁹
100 cap



Desert Essence
Organic Coconut
Conditioner

\$6⁴⁹
8.5 oz



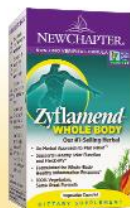
ECOS
Dishmate

\$2⁸⁹
25 oz



New Chapter
Zyflamend™ Whole
Body

\$27⁹⁹
60 vcap



Andalou Naturals
Argan & Shea Moisture
Rich Shampoo

\$7²⁹
11.5 oz



ecover
Toilet Cleaner

\$3⁷⁹
25 oz



Topricin
Pain Relief Cream

\$12²⁹
2 oz



Giovanni
2chic Ultra-Moist
Shampoo

\$6⁴⁹
8.5 oz



KISS MY FACE
Liquid Rock
Deodorant

\$4²⁹
3 oz



Lily of the Desert
Aloe Vera Gelly

\$6⁷⁹
12 oz



DERMA E
Firming DMAE
Moisturizer

\$16⁹⁹
2 oz



Alaffia
EveryDay Shea
Body Wash

\$9⁴⁹
32 oz



"May you always have... Walls for the winds, A roof for the rain, Tea beside the fire, Laughter to cheer you, Those you love near you, And all your heart might desire." ~Irish Blessing



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

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 Organic Market
 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