

Eden
 Organic Black Beans

\$2¹⁹
 15 oz



Mary's Gone Crackers
 Organic Original Seed Crackers

\$3⁹⁹
 6.5 oz



Lundberg Family Farms
 Organic Rice Cakes
 (selected varieties)

\$3²⁹
 8.5 oz



Honest Tea
 Organic Iced Tea
 (selected varieties)

3/\$4
 16 oz



Julie's Organic
 Organic Ice Cream
 Sandwiches

\$5⁴⁹
 6-8 ct



Garden of Eatin'
 Red Hot Blues

\$2⁷⁹
 8.1 oz



Spectrum
 Organic Unrefined
 Extra Virgin Olive Oil

\$10⁷⁹
 25.4 oz



Annie's Homegrown
 Organic
 Fruit Snacks

2/\$6
 4 oz



Organic Valley
 Organic Raw Sharp
 Cheddar Cheese

\$5²⁹
 8 oz



Muir Glen
 Organic Canned
 Tomatoes

4/\$5
 14.5 oz



Did you know...

A cow produces an average of 6.3 gallons of milk each day adding up to more than 2,300 gallons each year.



Made in Ireland with milk from grass-fed cows,
 it's a taste that says a thousand words.

KerrygoldUSA.com



Kerrygold
 Pure Irish Butter
 (selected varieties)

\$3⁴⁹
 8 oz



Organic Valley
 Organic
 Half & Half

\$3⁹⁹
 32 oz



Califia Farms
 Better Half
 Creamer

\$2⁹⁹
 16.9 oz



Maple Hill
 Organic 100%
 Grassfed Kefir
 (selected varieties)

\$4²⁹
 32 oz



Redwood Hill Farm
 Plain Cultured Goat
 Milk Kefir

\$5⁹⁹
 32 oz



Barbara's
 Shredded Wheat
 Cereal

\$3⁴⁹
 13 oz



Organic Valley
 Organic Mozzarella
 Stringles

\$4²⁹
 6 oz



For over 80 years, **June** has been celebrated as **National Dairy Month**, and for good reason. Dairy products including ice cream, milk, cheese and yogurt are produced throughout the US. According to the International Dairy Foods Association, the dairy industry employs over 975,000 people and provides over \$39 billion in wages nationally. That's worth celebrating!

Lucini Italia
 Organic Tomato
 Sauce

\$6²⁹
 25.5 oz



Essentia
 Alkaline Water

2/\$4

1.5 lt



Crown Prince Natural
 Skinless & Boneless
 Sardines in Olive Oil

\$2⁷⁹
 3.75 oz



Doctor Kracker
 Organic
 Crispbreads

\$3¹⁹
 7 oz



ProBar
 Base 20g Protein Bar

\$2/5

1.86-2.46 oz



Redmond
 Real Salt Pouch

\$6⁷⁹
 26 oz



Beanitos
 Bean Chips
 (selected varieties)

\$2⁴⁹
 5.5-7 oz



Canyon Bakehouse
 Gluten Free Bread
 (selected varieties)

\$4⁷⁹
 18 oz



Primal Kitchen
 Mayo with
 Avocado Oil

\$7⁴⁹
 12 oz



Late July
 Clasico Tortilla
 Chips

2/\$5
 5.5 oz



Terra Chips
 Sweet Potato
 Chips
 (selected varieties)

\$2⁷⁹
 5.5-6 oz



PRIMAL KITCHEN
HOLD THE CANOLA

BESTSELLING MAYO & RANCH DRESSING
 DAIRY-FREE & GLUTEN-FREE

Made with 100% Pure Avocado Oil

PRIMAL KITCHEN MAYO
 REAL MAYONNAISE MADE WITH AVOCADO OIL

PRIMAL KITCHEN RANCH
 DRESSING WITH AVOCADO OIL

CAGE FREE EGGS | SUGAR FREE | SOY & CANOLA FREE | CERTIFIED P | GLUTEN FREE | WHOLE 30 approved | KETO

To get to the
Cream
TOP,
 you just have to
DIG IN.



Our original cream top yogurt is the perfect mix of smooth, rich, indulgent flavor and the wholesome goodness that comes from quality ingredients, like milk from happy cows.

BrownCow.com

@browncowyogurt

Brown Cow
 Cream Top Whole
 Milk Yogurt
 (selected varieties)

5/\$4

5.3 oz



So Delicious
 CoconutMilk Bars
 (selected varieties)

\$4²⁹

4 ct



Hail Merry
 Tart

\$3²⁹

3 oz



Dang
 Coconut Chips

\$3²⁹

2.82-3.17 oz



Kashi
 Organic Cereal
 (selected varieties)

\$3⁷⁹

9.5-16.3 oz



Bellwether Farms
 Sheep Milk Yogurt
 (selected varieties)

\$1⁹⁹

6 oz



Late July
 Organic
 Cantina Dippers

2/\$6

8 oz



Food Should Taste Good
 Tortilla Chips

2/\$4

5.5 oz



Peace Cereal
 Cereal
 (selected varieties)

2/\$7

10-14 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 June.

KEVITA

ALIVE LIKE YOU™

KeVita® is a leader in fermented probiotic and kombucha beverages with three refreshingly accessible product lines –

- Sparkling Probiotic Drink
- Master Brew Kombucha®
- Apple Cider Vinegar Tonic

– with billions of live probiotics in every bottle.



SweetLeaf
 Organic Stevia
 Sweetener

\$3¹⁹
 35 ct



Fire Cider
 Organic Apple Cider
 Vinegar Tonic

\$11²⁹
 8 oz



KeVita
 Organic Sparkling
 Probiotic Drink

2/\$5
 15.2 oz



Spry
 Chewing Gum

79¢
 10 ct



Q Drinks
 Tonic Water

\$4⁹⁹
 750 ml



Guayaki
 Organic Bottled
 Yerba Mate

2/\$5
 16 oz



R.W. Knudsen
 Organic Cranberry
 Pomegranate Juice

\$3⁷⁹
 32 oz



MegaFood
 Daily Turmeric

\$15⁹⁹
 59.1 g



Garden of Life
 Organic Plant-
 Based Protein

\$38⁹⁹
 806 g - 840 g



Hemp Hearts Super Salad

- 2 cups organic mixed greens
- 1 carrot, sliced
- 1/4 yellow bell pepper, chopped
- 1/2 avocado, sliced
- 1 tbsp. toasted cashews, chopped
- 3 tbsp. Manitoba Harvest Hemp Hearts

Add mixed greens to a bowl and top with all other ingredients. Sprinkle Hemp Hearts on top, drizzle with your favorite dressing, and enjoy!



www.manitobaharvest.com



Recipe & photo by @EatCleanWithChristine



Manitoba Harvest
 Hemp Hearts

\$6⁷⁹
 8 oz



PlusCBD Oil
 CBD Oil Spray
 100 mg

\$17⁹⁹
 1 oz



New Chapter
 Prostate 5LX™

\$22⁹⁹
 60 cap



Herbs, Etc.
 Alcohol Free
 ChlorOxygen®

\$10⁴⁹
 1 oz



Boiron
 Arnica Montana 30C

\$5⁴⁹
 80 ct



Jarrow Formulas
 Jarro-Dophilus
 EPS 5 Billion

\$15⁹⁹
 60 vcap



Natural Factors
 Stress Relax® Pharma
 GABA 100mg
 Chewable

\$20⁹⁹
 60 tab



Terry Naturally
 Curamin Extra Strength

\$31⁹⁹
 60 tab



Essential Oxygen
 Organic Peppermint
 Brushing Rinse

\$9⁷⁹
 16 oz



Bach
 Rescue Remedy

\$17⁴⁹
 20 ml



Renew Life
 Ultimate Flora Extra
 Care Probiotic 50
 Billion

\$29⁹⁹
 30 cap



Heritage Store
 Rosewater Spray
 with Atomizer

\$3⁹⁹
 4 oz



Tom's of Maine
 Long Lasting
 Deodorant

\$5²⁹
 2.25 oz



Radius
 The Source
 Toothbrush

\$6⁴⁹
 1 ct



Dr. Bronner's
 Pure-Castile
 Liquid Soap

\$8⁴⁹
 16 oz



Crystal
 Roll-On Unscented
 Deodorant

\$3¹⁹
 2.25 oz



ACURE
 Body Lotion

\$6⁴⁹
 12 oz



ECOS
 Dishmate
 Dish Soap

\$2⁸⁹
 25 oz



Ecover
 Dishwasher
 Tablets

\$5²⁹
 25 ct



Quantum Health
 Buzz Away
 Extreme Spray

\$7⁴⁹
 4 oz



ACURE

PURITY. PERFORMANCE. PLANT SCIENCE.



PURITY.

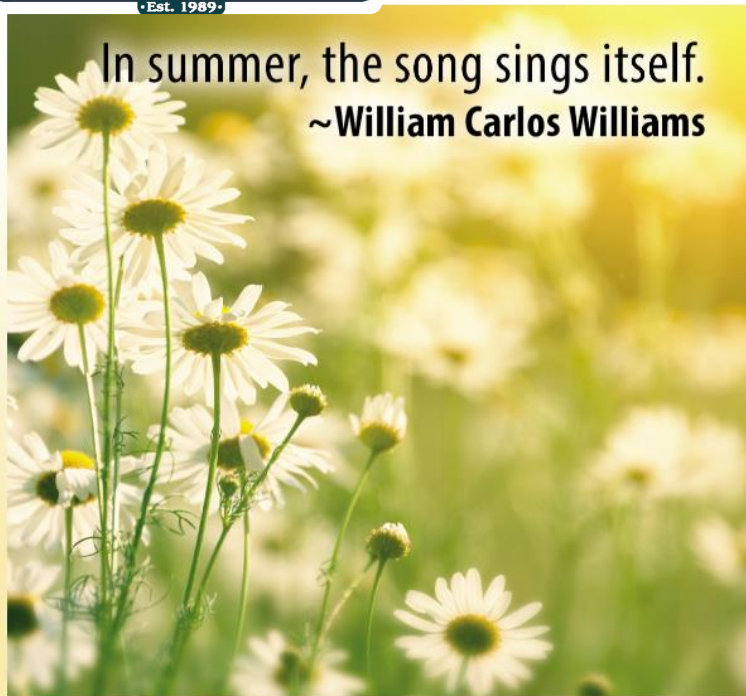
We believe that products should be pure, simple, and effective in order to help your skin and hair perform optimally. We are proud to make better-for-you beauty that everyone can enjoy. Vegan, Sulfate Free, Paraben Free, Phthalate Free, Mineral Oil Free, DEA Free, Formaldehyde Free, Petrolatum Free, Paraffin Free, No Animal Testing.

PERFORMANCE.

Many people believe that healthier products simply "don't work" when compared to conventional ones. We challenge this notion and have third-party clinical testing to support the benefits of many of our products. Healthy Ingredients + Performance = Skin Wellness.

PLANT SCIENCE.

We go beyond the basics. Just because you use plant-based ingredients doesn't mean you can't have cutting edge formulas. From plant stem cells to chlorella growth factor, from argan oil to blue tansy oil, we provide serious formulas with next-level plant based active ingredients (even if we don't take ourselves too seriously).



In summer, the song sings itself.
 ~William Carlos Williams



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