

Pacific  
 Organic Broth  
 (selected varieties)

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



Food For Life  
 Organic Ezekiel 4:9® Bread  
 (selected varieties)

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



Nature's Path  
 Organic  
 Heritage Flakes

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



Cascadian Farm Organic  
 Organic Potatoes

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



Mary's Gone Crackers  
 Organic Crackers

**\$4<sup>29</sup>**  
 5.5-6.5 oz



Lakewood  
 Organic Pure  
 Cranberry

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



Annie's Naturals  
 Organic Dressing  
 (selected varieties)

**2/\$7**  
 8 oz



Muir Glen  
 Organic  
 Tomatoes  
 (selected varieties)

**4/\$5**  
 14.5 oz



Coconut Bliss  
 Organic Non-Dairy Frozen  
 Dessert

**\$5<sup>29</sup>**  
 1 pt



Late July  
 Organic Restaurant  
 Style Tortilla Chips

**2/\$6**  
 10-11 oz



**Did you know...**  
 According to the USDA, a  
 teaspoon of healthy soil has  
 more microorganisms in it  
 than there are people on earth!





Go Veggie  
Vegan Grated  
Parmesan  
Style Topping

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

4 oz



Rising Moon  
Organic Ravioli

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

8 oz



Muir Glen  
Organic Pasta Sauce

**2/\$6**

25.5 oz



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

**2/\$5**

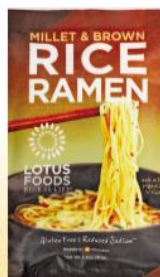
6 oz



Lotus Foods  
Rice Ramen

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

2.8 oz



San-J  
Asian  
Cooking Sauce

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

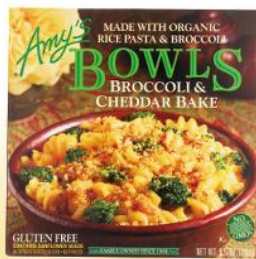
10 oz



Amy's  
Bowls  
(selected varieties)

**\$4<sup>59</sup>**

9.5 oz



Tasty Bite  
Rice  
(selected varieties)

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

8.8 oz



Jackson's Honest  
Potato Chips

**2/\$6**

5 oz



**JACKSON'S  
HONEST®**

Potato chips, tortilla chips and  
grain-free puffs you'll love  
made with the highest quality  
ingredients. Slow cooked in  
organic coconut oil to lock in  
flavors and preserve the  
nutritional integrity.

SNACK LIKE  IT MATTERS



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.



# Quinoa Patties

Makes 8-12

## Ingredients:

3 c cooked quinoa  
1 medium carrot, peeled & grated  
½ bunch scallion, thinly sliced  
3 large eggs  
¼ c sunflower oil  
1 T flaxseed

3 garlic cloves, minced  
½ tsp sea salt  
½ c organic cornmeal  
sour cream  
pickled shredded beets

## Instructions:

Add all ingredients except cornmeal into a bowl and mix well. Stir in cornmeal, adding more if necessary to form a firm mixture that will hold together. Form mixture into 8-12 patties and place on a parchment lined baking sheet. Bake in a 350°F oven for 15-20 minutes or until starting to brown. Serve warm with sour cream and pickled beets.



Montebello  
Organic  
Artisan Pasta

**\$3<sup>29</sup>**  
1 lb



Wild Planet  
Wild Sardines

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



Lucini Italia  
Organic  
Pasta Sauce

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



Sir Kensington's  
Mayonnaise

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



Tofurky  
Deli Slices  
(selected varieties)

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



Applegate Farms  
Chicken Nuggets

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



Sunshine Burgers  
Organic Veggie Burgers  
(selected varieties)

**\$4<sup>29</sup>**  
2-3 ct







REBBL  
Organic Elixir

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



INDULGE IN  
**SUPER HERB  
POWERED ELIXIRS**

- Ethical, impact sourcing of our all-organic ingredients to uplift communities around the world
- A celebration of ancient wisdom delivering full potency herbs, including adaptogens, to help the body de-stress and energize
- Soulfully Crafted with MCT-filled coconut-milk for healthy metabolism support
- 2.5% of net sales of each bottle sold goes back to Not For Sale



REBBL.CO

KeVita  
Organic Apple Cider  
Vinegar Tonic

**2/\$5**  
15.2 oz



Health-Ade  
Organic Kombucha

**2/\$6**  
16 oz



Organic Valley  
Organic Mozzarella  
Stringles

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



Larabar  
Fruit & Nut Bar  
(selected varieties)

**4/\$5**  
1.6-1.8 oz



Hope  
Organic Hummus

**2/\$7**  
8 oz



Canyon Bakehouse  
Gluten Free Bread  
(selected varieties)

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



ProBar  
Meal Replacement Bar

**2/\$5**  
3 oz



Garden of Eatin'  
Blue  
Tortilla Chips

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



Annie's Homegrown  
Organic  
Snack Mix

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



Peace Cereal  
Cereal

**2/\$7**  
10-12 oz



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Navitas  
 Organic  
 Cacao Powder

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



Chameleon Cold-Brew  
 Organic Ready-To-Drink Coffee

**2/\$6**  
 10 oz



Organic Valley  
 Organic Flavored  
 Half & Half

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



Chocolove  
 Chocolate Bar

**\$2<sup>39</sup>**  
 3.2 oz



Wallaby Organic  
 Organic Aussie  
 Smooth Yogurt

**99¢**  
 6 oz



Maple Hill Creamery  
 Organic Grassfed Cream on  
 Top Yogurt

**5/\$5**  
 6 oz



Organic Valley  
 Organic Sour Cream

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



Redwood Hill Farm  
 Plain Goat  
 Milk Yogurt

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



Califia Farms  
 Almondmilk  
 (selected varieties)

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



Annie's Homegrown  
 Organic Honey  
 Graham Crackers

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



Happy Baby  
 Organic Simple  
 Combos Baby Food

**2/\$3**  
 4 oz



Van's  
 Waffles  
 (selected varieties)



**\$2<sup>59</sup>**  
 8-9 oz

Napa Valley Naturals  
 Organic Extra Virgin  
 Olive Oil

**\$10<sup>99</sup>**  
 25.4 oz



Spectrum  
 Organic Refined  
 Coconut Oil

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







Green & Black's  
Organic  
Chocolate Bar

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



Theo  
Organic  
Chocolate Bar  
(selected varieties)

**2/\$5**  
3 oz



So Delicious  
CoconutMilk  
Bars  
(selected varieties)

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



Alden's  
Organic Ice Cream

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



OCHO Candy  
Organic Candy Bar  
(selected varieties)

**3/\$4**  
1.5 oz



Panda  
Licorice

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



Harmless Harvest  
Organic Harmless  
Coconut Water

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



*What do you think of  
when you think of organic?*

Some folks think of wholesome foods farmed without pesticides, or the fresh flavor of organic, or perhaps livestock humanely raised and free of hormones. But how many of us think of dirt? Well, we should, because the soil of an organic farm impacts far more than our food.

Soil is an amazing medium teeming with life. According to the USDA, a teaspoon of healthy soil has more microorganisms in it than there are people on earth! Organic farming practices, like low/no tillage, cover crops, and crop rotation, support the biodiversity of the soil. Why is this important? Healthy soil absorbs and retains water better, helping crops withstand periods of drought and minimizing run-off and erosion. It keeps minerals and organic matter in the soil supporting both microbial life and supplying food for healthy plants. Keeping fields covered with diverse crops helps crowd out weeds, reduces the chances of disease, improves air quality by pulling carbon, and provides food and shelter for a variety of wildlife. Organic supports healthy soil and a healthy earth.

September is Organic Month and we should take a moment to consider the importance of healthy soil, and stop treating it like dirt.

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Bluebonnet Nutrition  
 Liquid Calcium  
 Magnesium Citrate

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

16 oz



Guayaki  
 Organic Sparkling  
 Yerba Mate

**2/\$4**

12 oz



Essentia  
 Alkaline Water

**99¢**

20 oz



C2O  
 Coconut Water

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

17.5 oz



Zevia  
 Zero Calorie Soda

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

6 ct



R.W. Knudsen  
 Organic Just  
 Tart Cherry Juice

**\$6<sup>49</sup>**

32 oz



PUR  
 Gum

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

9 ct



Fire Cider  
 Organic Apple Cider  
 Vinegar Tonic

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

8 oz



Choice Organic Teas  
 Organic Tea  
 (selected varieties)

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

16 ct



Organic India  
 Organic Whole  
 Husk Psyllium

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

12 oz



Yerba Prima  
 Great Plains  
 Bentonite

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

16 oz



Celestial Seasonings  
 Tea  
 (selected varieties)

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

20 ct



Garden of Life  
 Organic Plant-  
 Based Protein

**\$35<sup>99</sup>**

806 g - 840 g



NeoCell  
 Super Collagen

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

7 oz





Sovereign Silver  
Bio-Active Silver  
Hydrosol Dropper-  
Top 10 ppm  
**\$19<sup>19</sup>**  
4 oz



MegaFood  
Turmeric Strength  
for Whole Body  
**\$20<sup>99</sup>**  
60 tab



Renew Life  
Ultimate Flora Extra Care  
Probiotic 50 Billion  
**\$29<sup>99</sup>**  
30 cap



Nature's Way  
Activated  
Charcoal  
**\$7<sup>49</sup>**  
100 cap



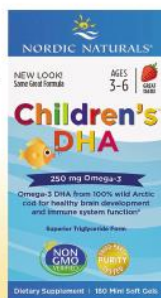
Natural Factors  
C 500 mg 100%  
Natural Fruit Chew  
**\$9<sup>99</sup>**  
90 tab



KAL  
Magnesium  
Glycinate 400  
**\$11<sup>49</sup>**  
90 tab



Nordic Naturals  
Children's DHA  
**\$19<sup>99</sup>**  
180 ct



Herbs, Etc.  
Deep Sleep®  
**\$21<sup>79</sup>**  
60 sgel



Vega  
Organic Vega One  
Chocolate All-In-  
One Shake  
**\$49<sup>99</sup>**  
25 oz



## Vega One® IS ALL IN FOR ORGANIC



With real plant-based ingredients, Vega One® Organic All-in-One Shake harnesses the power of plants to help you supercharge your day, deliciously. Enjoy 20 grams plant-based protein, vitamins and minerals, fiber, Omega-3 ALA, antioxidant vitamins A and C, and probiotics (*bacillus coagulans*) in each serving. Start your day strong with delicious French Vanilla, Chocolate, Plain Unsweetened, Mocha, Coconut Almond, Berry and Chocolate Mint flavors.

PLANT-BASED  
vega



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Topricin  
 Pain Relief Cream

**\$12<sup>99</sup>**  
 2 oz



Boiron  
 Children's Chestal  
 Cold & Cough

**\$8<sup>29</sup>**  
 6.7 oz



Mineral Fusion  
 Volumizing  
 Jet Mascara

**\$12<sup>99</sup>**  
 .57 oz



Dr. Bronner's  
 Peppermint  
 Pure-Castile  
 Liquid Soap  
**\$8<sup>49</sup>**  
 16 oz



DERMA E  
 Anti-Wrinkle Renewal  
 Cream

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



Redmond  
 Earthpaste  
 Toothpaste  
**\$5<sup>99</sup>**  
 4 oz



Weleda  
 Skin Food

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



Nature's Gate  
 Crème Toothpaste

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



Essential Oxygen  
 Organic  
 Brushing Rinse

**\$10<sup>49</sup>**  
 16 oz



Alaffia  
 Everyday Coconut  
 Body Lotion

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



ShiKai  
 Everyday Shampoo  
 & Conditioner

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



Andalou Naturals  
 1000 Roses  
 Cleansing Foam

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



Castor & Pollux  
 Good Buddy Beef  
 Jerky Dog Treats

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

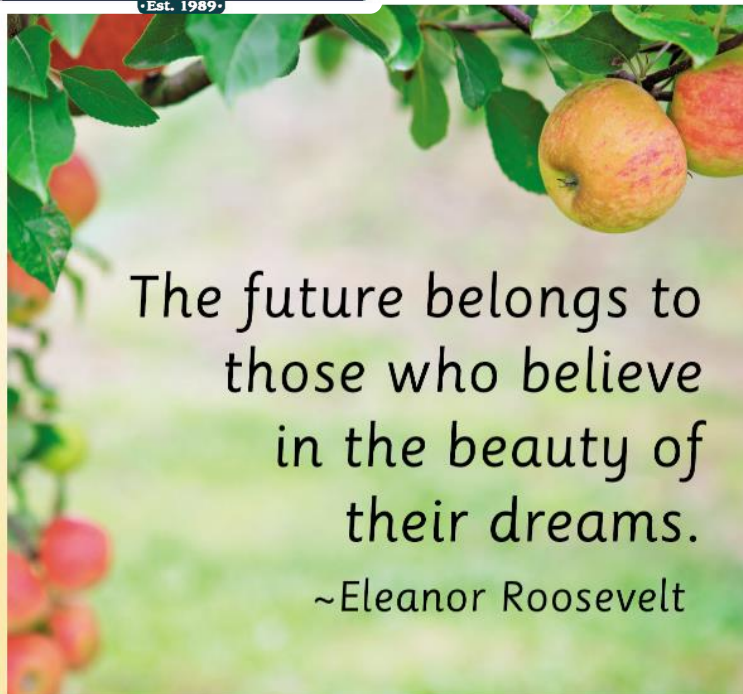


Biokleen  
 Bac-Out Stain +  
 Odor Eliminator

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







**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