

# INDEPENDENT Choice™

October 2015

Ancient Harvest  
Organic Gluten Free Pasta

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

8 oz



Follow Your Heart  
Grapeseed Oil Vegenaize

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

16 oz



Tofurky  
Italian Sausage

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

14 oz



Dr. Bronner's  
Organic Virgin  
Coconut Oil

**\$7<sup>69</sup>**

14 oz



So Delicious  
Organic Unsweetened  
Coconut Milk

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

32 oz



Lightlife  
Organic Smoky  
Tempeh Strips

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

6 oz



Traditional Medicinals  
Organic Roasted  
Dandelion  
Root Tea

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

16 ct



Nature's Path  
Organic Mesa  
Sunrise Flakes  
Eco-Pac

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

26.4 oz



Lundberg  
Family Farms  
Rice Chips

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

6 oz



Mary's Gone Crackers  
Organic Crackers

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

5.5-6.5 oz



## Did you know...

Scarecrows have been around since farms and birds existed, but the ones with which we are most familiar came from German immigrants in the 1800s and were called Bootzamon, later known as the Bogeyman?

**OCTOBER 2015**  
**CELEBRATE**  
 YOUR RIGHT TO CHOOSE NON-GMO  
 NON-GMO Project  
[www.nongmoproject.org](http://www.nongmoproject.org)

**WHAT DOES THE BUTTERFLY MEAN?**

The best way to know you are avoiding GMOs is to look for the Non-GMO Project Verified seal. When you reach for the Butterfly, you know independent, third-party verification ensures your food has followed industry best practices for GMO avoidance, including the testing of all major high-risk ingredients.

The Non-GMO Project is a non-profit organization committed to preserving and building the non-GMO food supply, educating consumers, and providing verified non-GMO choices.

Find out more at: [www.nongmoproject.org](http://www.nongmoproject.org)

GoMacro  
 Organic Macrobar

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

2-2.5 oz



Late July  
 Organic Multigrain  
 Snack Chips

**2/\$5**

5.5-6 oz



Nutiva  
 Organic Coconut  
 Manna

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

15 oz



Angie's  
 BoomChickaPop  
 Popcorn

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

3-7 oz



Annie's Homegrown  
 Organic Fruit Snacks

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

4 oz



Nature's Path  
 Organic Envirokidz  
 Cereal

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

10-14 oz



Larabar  
 Original Fruit &  
 Nut Bar

**4/\$5**

1.42-1.8 oz



KeVita  
 Organic Master  
 Brew Kombucha

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

15.2 oz



Guayaki  
 Organic Traditional  
 Yerba Mate  
 Tea Bags

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

25 ct



The Ginger People  
 Gin Gins  
 Ginger Candy

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

3 oz



ProBar  
 Meal Replacement Bar

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

3 oz



SeaSnax  
 Organic Roasted  
 Seaweed Snack

**99¢**

.18-.21 oz



Erewhon  
Organic  
Crispy Brown  
Rice Cereal  
**\$3.49**

10 oz



Crofter's Organic  
Just Fruit  
Spread  
**\$3.29**

10 oz




**CROFTER'S**  
• ORGANIC •



Calories  
**30**  
PER SERVING

Proudly supporting your right  
to know what's in your food.

Since we began 26 years ago families have  
trusted Crofter's as the brand of choice for  
organic, nutritious fruit spreads with great  
taste.

Our longstanding commitment to organic  
means every jar of Crofter's is free of GMO's  
and protects the health of our planet  
through sustainable agriculture, just  
as mother nature intended. 

As an early supporter of the Non-GMO Project  
and the basic right for you to know what is in  
your food we proudly display  
the butterfly on our jars.

Silk  
Almondmilk  
**\$3.49**

64 oz



R.W. Knudsen  
Simply Nutritious  
Morning Blend  
**\$2.79**

32 oz



Wholesome!  
Organic Raw  
Blue Agave  
**\$5.99**

23.5 oz



Numi  
Organic  
Jasmine  
Green Tea  
**\$4.69**

18 ct



GoodBelly  
Organic Probiotic  
Fruit Drink  
**\$3.19**

32 oz



Food Should Taste Good  
Tortilla Chips  
**2/\$5**

5.5 oz



Purely Elizabeth  
Ancient  
Grain Granola  
**\$5.49**

12 oz



Wonderfully Raw  
Organic  
Coco-Roons  
**\$5.99**

6.2 oz



ORGANIC  
**26 Years**  
1989-2015

Perfectly  
Sweetened®  
WITH  
FRUIT JUICE  
CONCENTRATE  
NO ADDED  
CANE SUGAR

**GREAT TASTE**  
from  
SOURCE TO SPREAD



croftersorganic.com  

Muir Glen  
Organic  
Tomatoes

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

28 oz



Hilary's Eat Well  
Organic  
Veggie Burger

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

6.4 oz



Woodstock  
Organic  
Ketchup

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

20 oz



Explore Asian  
Organic Black  
Bean Spaghetti

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

7.05 oz



Wildwood  
Organic  
Sprout Tofu  
Baked Tofu

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

5.5-6 oz



Alexia  
Organic Yukon  
Select Fries

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

15 oz



R.W. Knudsen  
Organic  
Tomato Juice

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

32 oz



Beanfields  
Bean & Rice  
Chips

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

6 oz



Crown Prince Natural  
Skinless & Boneless  
Sardines in  
Olive Oil

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

3.75 oz



gimMe  
Organic  
Seaweed Snacks

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

.35 oz



Zevia  
Zero Calorie  
Soda

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

6/12 oz



R.W. Knudsen Family® 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.



Non-GMO Project is a registered trademark of The Non-GMO Project, Inc.



endangered species **Chocolate** +



Did you know that about 40% of the land on our planet is used for agriculture? Imagine the impact it would have if every single bit of that land was farmed ethically and sustainably.

Choosing foods that **honor farmers** and wildlife translates into wide-reaching benefits for species, habitats, and humanity. That's why Endangered Species Chocolate uses ingredients that are **Fairtrade Certified** and Non-GMO Project Verified. It's a delicious way we can all indulge in cause.



Learn More At [ChocolateBar.com](http://ChocolateBar.com)

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Imagine Organic Soup



\$3<sup>49</sup>

32 oz



Pirate Brands Aged White Cheddar Pirate's Booty



\$2<sup>29</sup>

4 oz



Endangered Species Chocolate Bar



\$2<sup>29</sup>

3 oz



Good Health Avocado Oil Potato Chips



\$2<sup>19</sup>

5 oz



Health Warrior Chia Bar



4/\$5

.88 oz



One Degree Organics Organic Cereal



\$3<sup>99</sup>

8-12 oz



Green Valley Organics Organic Lactose Free Kefir



\$3<sup>99</sup>

32 oz

Organic Valley Organic Feta Cheese



\$5<sup>49</sup>

8 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 October.



Justin's Nut Butter  
Organic Peanut  
Butter Cups



**\$1.39**

1.4 oz

Food For Life  
Organic Ezekiel 4:9  
English Muffins



**\$3.99**

16 oz

Pacific Foods  
Organic Chicken  
Bone Broth



**\$3.99**

32 oz

Harmless Harvest  
Organic 100% Raw  
Coconut Water



**\$2.59**

8 oz

Udi's Gluten Free  
Pizza Crust



**\$4.49**

8 oz

Daiya  
Dairy Free  
Shreds



**\$3.49**

8 oz

Cascadian Farm  
Frozen Potatoes



**2/\$5**

16 oz

Rising Moon  
Organic  
Ravioli



**\$3.29**

8 oz

Maple Hill Creamery  
Organic Grass-Fed  
Creamline  
Yogurt



**5/\$5**

6 oz

Blake's  
Chicken Pot Pie Made  
with Organic  
Vegetables



**\$4.29**

8 oz

Amy's  
Cheese  
Pizza



**\$6.29**

13 oz



MAPLEHILLCREAMERY.COM

THE ONLY CERTIFIED  
**100% GRASS-FED DAIRY**  
IN THE NATION



CREATED BY  
FARMERS,  
FOR CONSCIOUS  
CONSUMERS.

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**Organic True Wellness Products for Healthy Living & a GMO Free World**

**Love & Consciousness in Action**

- We work with & empower small family farmers in India cultivating regenerative organic farmland.
- We ethically purchase herbs from farmers giving them the respect and dignity they deserve.
- By purchasing ORGANIC INDIA products you are actively participating in our mission to create a healthy & sustainable global environment.



**ORGANIC INDIA™**

OrganicIndiaUSA.com



Natural Vitality  
Natural Calm

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

8 oz



Amazing Grass  
Organic Wheat Grass

**\$18<sup>89</sup>**

8.5 oz



Organic India  
Organic Whole Husk Psyllium

**\$10<sup>79</sup>**

12 oz



Amy & Brian  
Coconut Water

**2/\$4**

17.5 oz



Lily of the Desert  
Organic Whole Leaf Aloe Vera Juice

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

32 oz



Seventh Generation  
Dish Liquid

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

25 oz



Chocolove  
Chocolate Bar

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

3.2 oz



Glutino  
Pretzel Twists

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

14.1 oz



Earth Friendly Products  
Ecos Liquid Laundry Detergent

**\$10<sup>19</sup>**

100 oz



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# Discover a Whole New Chapter in Calcium

Bone Strength *Take Care* delivers  
**whole-food** Calcium, *not* limestone

Most Calcium supplements are derived from limestone rock. Bone Strength *Take Care*™ delivers plant-sourced Calcium within the complexities of whole food. Our easy-to-swallow slim tablets offer a slow, steady release for the body's consistent nourishment.\* Added Vitamin K2 directs Calcium to bones where you need it.\*



The First Vitamin & Supplement Line  
to be Non-GMO Project Verified



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## NEWCHAPTER®

Learn more at  
[newchapter.com](http://newchapter.com)

Vega  
Protein  
Smoothie

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

9.9 oz



Boiron  
Coldcalm

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

60 tab



New Chapter  
Bone Strength  
Take Care

**\$44<sup>99</sup>**

120 tab



Nordic Naturals  
Ultimate  
Omega

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

60 ct



Nutrition Now  
PB 8® Probiotic  
Acidophilus  
For Life™

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

120 ct



MegaFood  
Blood Builder

**\$11<sup>59</sup>**

30 ct



Jarrow  
Bone-Up

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

240 ct



Natural Factors  
Whey Factors

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

12 oz



Garden of Life  
Perfect Food  
Alkalizer &  
Detoxifier

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

258 g



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EO  
Everyone Soap

\$6<sup>79</sup>

32 oz



Dr. Bronner's  
Pure-Castile  
Liquid Soap

\$12<sup>99</sup>

32 oz



Biokleen  
Liquid Laundry  
Detergent

\$9<sup>99</sup>

64 oz



Kiss My Face  
Olive Oil  
Bar Soap

\$2<sup>59</sup>

8 oz



ShiKai  
Borage Therapy  
Dry Skin Lotion

\$8<sup>99</sup>

8 oz



Nature's Gate  
Herbal Daily  
Cleanse Shampoo

\$5<sup>59</sup>

18 oz



Andalou  
Shampoo

\$6<sup>59</sup>

11.5 oz



Aura Cacia  
Lavender  
Essential Oil

\$7<sup>99</sup>

.5 oz



Crystal  
Body Deodorant  
Roll-On

\$2<sup>79</sup>

2.25 oz



Beauty  
IS  
You

ANDALOU  
naturals  
FRUIT STEM CELL SCIENCE®

Foster good  
things in the  
world one  
responsible  
product at  
a time.



andalou.com | beautyisyou.com \*Founders Stacey Kelly Egide, CEO and Mark Egide, President

A PATH OF LIGHT  
Be the difference. Be the light.

At Andalou Naturals we believe that beauty is a choice; it's about how you think, feel and behave. The word Andalou means, a path of light, and when we launched Andalou Naturals it was with the intention to create a sustainable source of revenue for socially responsible people and projects. 100% of the net proceeds from our A Path of Light Hand Creams support women's education, equality and empowerment—worldwide.

We CHAMPION label transparency and as the first 100% Non-GMO Project Verified Personal Care Brand, we take a stand on issues that matter to us. Define beauty one action at a time and feel empowered, radiant and true. Beauty is You™



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“We have not inherited the Earth  
from our fathers, we are borrowing  
it from our children.”

**Lester Brown**



**Independent Choice™** specials are available at members of the Independent Natural Food Retailers Association store locations:

**ALABAMA**

**Manna Grocery and Deli**  
2300 McFarland Blvd East, Tuscaloosa

**ARKANSAS**

**The Truck Patch Natural Market**  
1602 Hwy 62E, Mountain Home  
906 Southwest Dr, Jonesboro

**FLORIDA**

**Abby's Health & Nutrition**  
14374 N Dale Mabry, Tampa

**Get Healthy**  
1254 Broad St South, Brooksville  
11083 Spring Hill Dr, Spring Hill

**Healthy Living Organic & Natural Market**  
10671 Boardwalk Loop, Lakewood Ranch

**Nassau Health Foods**  
833 T J Courson Rd, Fernandina Beach

**Native Sun Natural Foods Market**  
11030 Baymeadows Rd, Jacksonville  
10000 San Jose Blvd, Jacksonville

**Nature's Food Patch**  
1225 Cleveland St, Clearwater

**Peggy's Natural Food Market**  
5839 SE Federal Hwy, Stuart

**Sunshine Natural Foods**  
4530 St Johns Ave, Jacksonville

**Tunie's**  
5651 Coral Ridge Dr, Coral Springs  
7170 Fairway Dr, Palm Beach Gardens  
900 N Federal Hwy, Fort Lauderdale

**Wild Fields Marketplace**  
2900 W Bay Dr, Belleair Bluffs

**GEORGIA**  
**Brighter Day Natural Foods**  
1102 Bull St, Savannah

**Farmer's Natural Foods**  
754 E G Miles Pkwy, Hinesville

**Ocmulgee Traders**  
455 Poplar St, Macon

**ILLINOIS**

**Choices Natural Market**  
6718 Broadcast Parkway, Loves Park

**Cornucopia Natural Food & Fine Cheese**  
89 Seminary St, Galesburg

**Heritage Health Foods**  
411 W. 183rd St, Country Club Hills

**Heritage Natural Foods**  
1317 6th Ave, Moline

**Kankakee Natural Foods**  
1035 Mulligan Dr, Bradley

**Local Foods**  
1427 W Willow, Chicago

**Naturally Organic Grocery**  
112 W Main St, Rockton

**Polson's Natural Foods**  
960 Main St, Antioch

**Southtown Health Foods**  
2100 W 95th St, Chicago

**Sunrise Health Foods**  
17650 Torrence Ave, Lansing  
3203 Vollmer Rd, Flossmoor

**INDIANA**

**Down to Earth Natural Foods**  
14678 S.R. 23 East, Grainger

**Georgetown Market**  
4375 Georgetown Rd, Indianapolis

**The Good Earth Natural Food Co**  
6350 Guilford Ave, Indianapolis

**Natural Choices for Healthful Living**  
1825 Central Ave, Columbus

**Nature's Cupboard**  
757 Indian Boundary Rd, Chesterton  
340 Dunes Plaza, Michigan City

**Nature's Pharm**

3500 State Rd 38 East Suite 105, Lafayette  
5888 E 82nd St, Indianapolis  
8215 US 31 S, Indianapolis

**Sunrise Health Foods**  
1708 East Lincolnway, Valparaiso

**Rainbow Blossom**  
3003 Charlestown Crossing Way, New Albany

**IOWA**

**Campbell's Nutrition**  
4040 University Ave, Des Moines  
2749 100th St, Urbandale

**Everybody's Whole Foods Store**  
501 N 2nd St, Fairfield

**Heritage Natural Foods**  
3875 Elmore Ave, Davenport

**KANSAS**

**Kountry Kupboard**  
15750 SW 150th St, Rose Hill

**KENTUCKY**

**Rainbow Blossom**  
3738 Lexington Rd, Louisville  
3608 Springhurst Blvd, Louisville  
12232 Shelbyville Rd, Louisville  
3046 Bardstown Rd, Louisville

**MICHIGAN**

**Better Health Market**  
2420 E Stadium, Ann Arbor  
42875 Grand River, Novi  
10792 Belleville Rd, Belleville  
2053 S Telegraph, Bloomfield Hills  
1530 N Telegraph Rd, Dearborn  
305 N Clipper St, Lansing  
19850 Mack Ave, Grosse Pointe Woods  
20432 Farmington Rd, Livonia  
44427 W Ann Arbor Rd, Plymouth  
17606 W 13 Mile Rd, Beverly Hills  
33452 Van Dyke, Sterling Heights  
17825 Eureka Rd, Southgate  
6235 W Saginaw, Lansing  
14105 Hall Rd, Shelby Township

**Natural Health Center**  
4610 W Main St, Kalamazoo

**MISSOURI**

**Mama Jean's Natural Market**  
3503 E Sunshine, Springfield  
1727 S Campbell Ave, Springfield  
1110 E Republic Rd, Springfield

**Natural Health Organic Foods**  
135 S Broadview St, Cape Girardeau

**Nature's Own Health Food Market**  
1 Market St, Brevard  
4301 Main St, Kansas City

**NORTH CAROLINA**

**The Apple Crate Natural Market**  
2711 Raeford Rd #110, Fayetteville  
5430 Camden Rd #103, Fayetteville

**Bare Essentials Natural Market**  
273 Boone Heights Dr, Boone

**Food Matters Market**  
1 Market St, Brevard  
2310 North Center St, Hickory

**Harmony Farms Natural Foods**  
5653 Creedmoor Rd, Raleigh

**Healthy Home Market**  
1816-G Galleria Blvd, Charlotte  
261 Griffith St, Davidson  
1330 Central Ave, Charlotte

**Lovey's Natural Food Market**  
1319 Military Cutoff Rd, Wilmington

**West Village Market & Deli**  
771 Haywood Rd, Asheville

**OHIO**

**Nature's Food Market**  
4475 SR 39, Millersburg

**OKLAHOMA**

**Native Roots Market**  
131 NE 2nd St, Oklahoma City

**PENNSYLVANIA**

**Nature's Way Market**  
796 Highland Ave, Greenburg

**SOUTH CAROLINA**

**Bay Naturals**  
7611 N Kings Hwy, Myrtle Beach  
556 Hwy 17 N, North Myrtle Beach

**Bert's Market**  
202 E. Ashley Ave, Folly Beach

**Rosewood Market**  
2803 Rosewood Dr, Columbia

**TENNESSEE**

**Grubb's Grocery**  
4 Jackson Walk Plaza, Jackson

**Harvest Grocery**  
5414 Hixson Pike, Hixson

**Natural Foods Market**  
3211 Peoples St, Johnson City

**Tree of Life Market of Clarksville**  
30 Crossland Ave, Clarksville

**The Turnip Truck**  
970 Woodland St, Nashville  
321 12th Ave S, Nashville  
701 Woodland St, Nashville

**WEST VIRGINIA**

**Mother Earth Foods**  
1638 19th St, Parkersburg

**WISCONSIN**

**The Free Market**  
734 W Wisconsin Ave, Appleton

**Good Harvest Market**  
2205 Silvernail Rd, Pewaukee

**Greens N Grains**  
7821 Hwy 42, Egg Harbor