Independent Choice™

May 2015

Honest Tea
Organic Ready to Drink Iced Tea

$1.29

16 oz

Sunshine Burger
Organic Veggie Burgers

$3.69

8 oz

Organic Valley
Organic Shredded Mozzarella Cheese

$4.49

6 oz

Napa Valley Naturals
Organic Extra Virgin Olive Oil

$9.99

25.4 oz

Annie's Homegrown
Organic Mac & Cheese

$2.29

6 oz

Late July
Organic Snack Chips

2/$5

5.5-6 oz

Nature's Path EnviroKidz
Organic Cereal

$3.49

10-14 oz

So Delicious
Organic Original Unsweetened Coconut Beverage

$3.19

64 oz

Green & Black's
Organic Chocolate Bar

$3.29

3.5 oz

R.W. Knudsen
Organic Just Tart Cherry

$5.99

32 oz

Did you know…

Sales of Gluten-free foods and beverages grew 15% between March 2014 and February 2015 to reach $13 Billion.

Source: SPINS 52 weeks ending 2/22/15

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 May.

Pamela's Products
Chocolate Brownie Mix

$4.49
16 oz

Glutino
Wafers

$3.49
4.6-7.1 oz

Wonderfully Raw
Organic Coco-Roons

$5.99
6.2 oz

Wholesome Sweeteners
Organic Light Brown Sugar

$3.79
24 oz

Justin's
Organic Peanut Butter Cups

$1.39
1.4 oz

Annie's Homegrown
Organic Fruit Snacks

$3.79
4 oz

WHOLESOME SWEETENERS has a NEW LOOK Same Great Product!

Wholesome!™
LIVE SWEETLY™

ORGANIC & NATURAL, FAIR TRADE SUGARS

Love, kindness and joy may not appear on our ingredient labels, but they're in our packages just the same. Each time you choose Wholesome!™ products, someone's life gets a little bit sweeter.

USDA ORGANIC · FAIR TRADE CERTIFIED · GF Gluten Free

CARE FOR YOU. CARE FOR OUR PLANET.™
WholesomeSweet.com

Naturally Vegan · Kosher Certified · NON GMO Project VERIFIED

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Udi's Whole Grain Bread

$4.49
12 oz

Bob's Red Mill Gluten Free Baking Flour

$3.19
22 oz

Daiya Dairy-Free Slices

$3.49
7.8 oz

Organic Valley Organic Sour Cream

$3.49
16 oz

Silk Almondmik

$3.69
64 oz

Nature's Path Organic Gluten Free Vanilla Sunrise Cereal

$4.29
10.6 oz

Annie's Homegrown Gluten Free Rice Pasta & Cheddar

$2.69
6 oz

Erewhon Organic Crispy Brown Rice Cereal

$3.49
10 oz

Lundberg Rice Chips

$2.29
6 oz

Glutino Family Size Pretzel Twists

$5.29
14.1 oz

Bob's Red Mill
An Employee-Owned Company
To Your Good Health
Bob Moore

FOR OVER 30 YEARS,

the Bob's Red Mill family has been committed to providing the very best in Gluten Free flours, cereals, baking mixes and grains for our friends on Gluten Free diets. So you could say we know a thing or two about what it takes to make a wide variety of the best products available. You see, we thoroughly batch test every Gluten Free product in our quality control laboratory upon delivery, during production and after packaging.

To assure the integrity of all of our Gluten Free products, we adhere to a standard of no more than 19 parts per million of gluten. We've even built a separate Gluten Free packaging division complete with specialized machinery to make sure that our products maintain their purity. By going to these lengths, we're able to ensure that folks with wheat allergies, celiac disease and gluten intolerance can trust that our products are safe to consume.

Visit bobsredmill.com for delicious gluten free recipes from Bob's Red Mill.

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STAND WITH SMALL-SCALE FARMERS: TOGETHER WE CAN COOL THE PLANET

JOIN US MAY 9 TO CELEBRATE WORLD FAIR TRADE DAY

When you choose fair trade products from fair trade brands committed to working with small-scale farmers, you help cool the planet by supporting product lines derived from regenerative, small-scale farming.

YOUR PURCHASE HAS POWER

Learn which of your favorite products are fair trade
Choose them with pride on World Fair Trade Day and throughout the year.

ALAFFIA · ALTER ECO · Camano Fair Trade · ALL-ONE! · EQUAL EXCHANGE · FARMER DIRECT · GUAYAKI YERBA MATE · RUNA · Matter

Alter Eco Organic Chocolate Bar

$2.69

2.82 oz

Equal Exchange Organic Chocolate Bar

$3.29

3.5 oz

Guayaki Organic Ready to Drink Yerba Mate

$1.69

16 oz

Dr. Bronner's Organic Whole Kernel Virgin Coconut Oil

$8.79

14 fl oz

Alaffia Liquid African Black Soap

$6.29

16 oz

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Andalou Naturals Kukui Cocoa Body Butter

$8.99

8 oz

Nature's Gate Herbal Daily Shampoo

$5.79

18 oz

Weleda Calendula Diaper Rash Cream

$8.99

2.8 oz

Nubian Heritage Bar Soap

2/$6

5 oz

Kiss My Face Triple Action Gel Toothpaste

$3.99

4.5 oz

Xlear Nasal Spray

$12.79

1.5 oz

RAW SHEA COLLECTION

Anti-Aging, Revitalizing & Protecting

First cultivated in western and central Africa, Shea Butter is a natural humectant that is rich in the antioxidant Vitamins A and E. Raw Shea Butter helps to soften, moisturize and sooth the skin while making the skin look healthier.

We invest in women's Shea Butter cooperatives in Africa, helping them become self-sustaining businesses through training and infrastructure development. As the cooperatives evolve from creating only raw, handcrafted Shea Butter to creating superior, high-value finished skincare products, the women shift from being suppliers to full business partners. As their businesses mature, the women's incomes rise, as do their health, access to education, and empowerment.

THIS IS OUR PASSION. THIS IS OUR CAUSE.

No Parabens, No Phthalates, No Paraffin, No Gluten, No Propylene Glycol, No Mineral Oil, No Silicones, No Artificial Fragrance, No Synthetic Color, No PABA, No DEA, No Sulfates. NEVER.

Visit www.NubianHeritage.com and Follow Us On:

Boiron Sinusalia

$8.29

60 tab

Hyland's Leg Cramps PM

$7.99

50 tab

Herb Pharm Kava

$9.99

1 oz

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Nutrition Now
PB 8® Pro-Biotic Acidophilus

$13.99
120 ct

Rainbow Light
Women's One Multivitamin

$19.99
90 ct

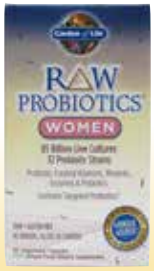
Clif
Luna Bar

3/$3
1.59-1.7 oz

Natural Factors
BioSil

$16.99
30 vcap

Garden of Life
RAW Probiotics Women

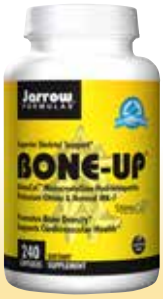


$36.99
90 ct

ProBar
Meal Replacement Bar

$2.19
3 oz

Jarrow Formulas
Bone-Up



$17.99
240 ct

MegaFood
MegaFlora

$15.99
30 ct

Vega One
Nutritional Shake

$2.69
1.4-1.6 oz

Jarrow FORMULAS®

2%-4% of your skeleton is "rebuilt" every year as calcium and minerals leave the bone and must be replaced.

BETTER BONES BY DESIGN

Jarrow Formulas® Presents . . . A Complete Multi-Nutrient Bone Health System!

Bone-Up® is an effective addition to any bone health regimen.* It features vitamins and minerals that synergistically support healthy bone density and overall bone health,* including:

- **Stimucal™ Ossein Microcrystalline Hydroxyapatite (MCHA)** to promote calcium balance.*
- **Vitamin D_3** converts to calcitriol in the body to enhance calcium absorption.*
- **MK-7,** the more bioavailable form of Vitamin K_2, which is needed for building bone matrix and proper calcium distribution.*
- **Boron,** a trace mineral important in calcium retention.*
- **Manganese, Copper and Zinc,** essential trace minerals involved in the formation of bone.*

For more information visit us at
www.Jarrow.com

* 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.

© 2015 Jarrow FORMULAS®

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Essentia
Water

$1.59
1 ltr

Good Belly
Organic Probiotic
Fruit Drink

$3.29
32 oz

Green Valley Organics
Organic Lactose
Free Kefir

$4.49
32 oz

Go Macro
Organic Bar

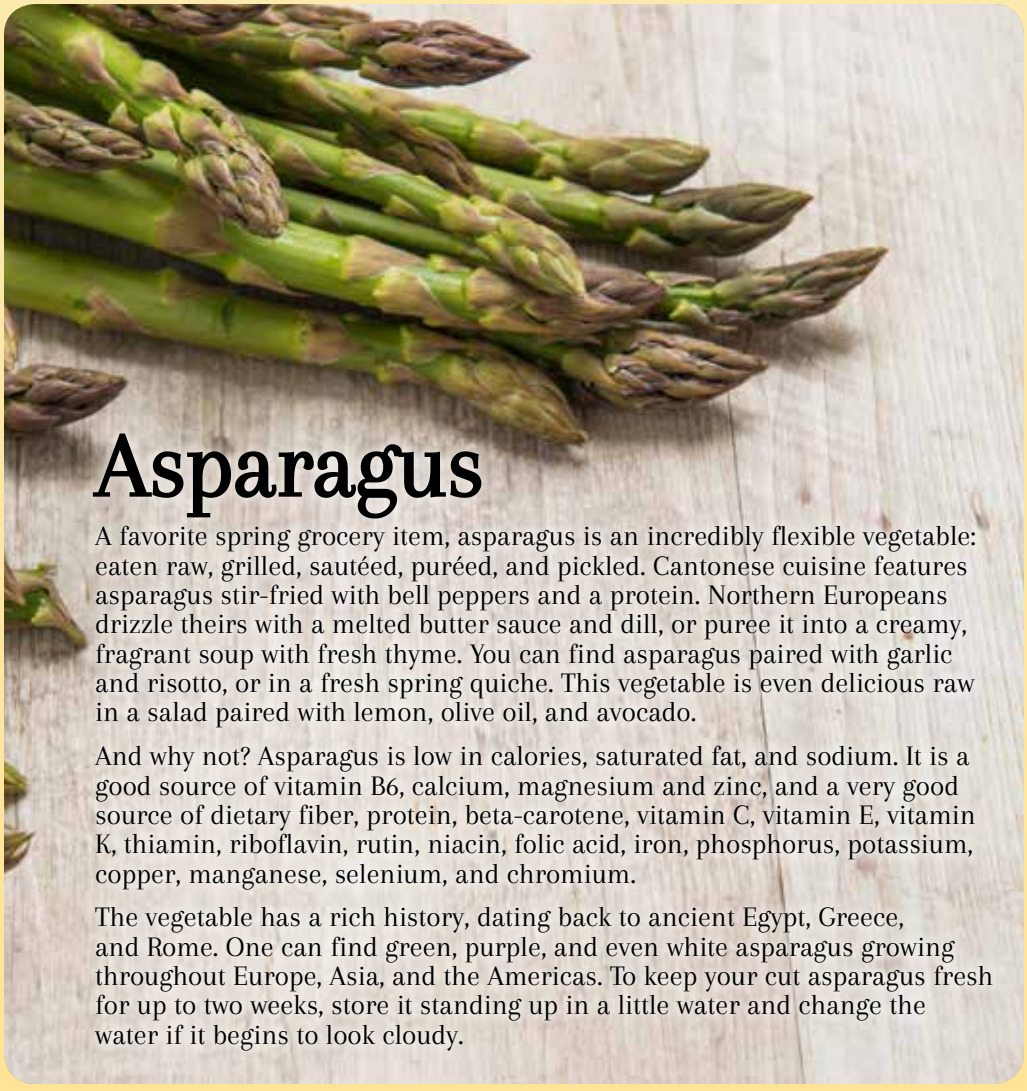
$1.99
2-2.5 oz

C2O
Coconut Water

$1.69
17.5 oz

Wallaby
Organic
Lowfat Yogurt

4/$5
6 oz



Asparagus

A favorite spring grocery item, asparagus is an incredibly flexible vegetable: eaten raw, grilled, sautéed, puréed, and pickled. Cantonese cuisine features asparagus stir-fried with bell peppers and a protein. Northern Europeans drizzle theirs with a melted butter sauce and dill, or puree it into a creamy, fragrant soup with fresh thyme. You can find asparagus paired with garlic and risotto, or in a fresh spring quiche. This vegetable is even delicious raw in a salad paired with lemon, olive oil, and avocado.

And why not? Asparagus is low in calories, saturated fat, and sodium. It is a good source of vitamin B6, calcium, magnesium and zinc, and a very good source of dietary fiber, protein, beta-carotene, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese, selenium, and chromium.

The vegetable has a rich history, dating back to ancient Egypt, Greece, and Rome. One can find green, purple, and even white asparagus growing throughout Europe, Asia, and the Americas. To keep your cut asparagus fresh for up to two weeks, store it standing up in a little water and change the water if it begins to look cloudy.

Sambazon
Organic Açaí Smoothie
Pack

$5.29
14.1 oz

Happy Baby
Organic Stage 2
Simple Combos
Pouch

2/$3
3.5 oz

Gimme
Organic
Seaweed Snacks

$1.49
.17 oz

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Gluten-Free Grains for Life

It's been more than 30 years since we became the first brand to bring quinoa to the U.S., and our commitment to responsible sourcing is now stronger than ever. Sustainably grown to sustain your love for organic, gluten-free foods—that's Ancient Harvest™.

Ancient Grains for Healthier Living

Supergrain Pastas® and Mac & Cheese
Quinoa Grains
Culinary Ancient Grains
Hot Cereal
Polentas and More

Discover gluten-free products and tasty recipes at AncientHarvest.com.

Ancient Harvest Organic Gluten Free Pasta

$2.49
8 oz

Tofurky Italian Sausage

$4.29
14 oz

Bearitos Organic Original Refried Beans

2/$5
16 oz

Hope Foods Organic Hummus

2/$7
8 oz

Udi's Plain Bagels

$4.49
4 ct

Beanitos Bean Chips

$2.49
6 oz

Earth Balance Coconut & Peanut Spread

$3.99
16 oz

Stonyfield Organic Non-Fat Frozen Yogurt

$2.99
16 oz

Chocolove Chocolate Bar

$2.29
3.1-3.2 oz

Hail Merry Miracle Tart

$3.19
3 oz

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Rudi's
Organic Wheat
Hot Dog Rolls

$3.29
6 pk

Organicville
Organic
Vinaigrette

$2.99
8 oz

Spectrum Naturals
Organic Extra
Virgin Olive Oil

$11.99
25.4 oz

Lightlife Foods
Smart Dogs

$2.99
12 oz

Annie's Naturals
Organic Ketchup

$2.79
24 oz

Woodstock
Organic
Pickles

$4.29
24 oz

Annie's Homegrown
Bunny
Crackers

$2.99
7-7.5 oz

Quick & Easy Picnic Skewers

With the cookout and picnic season just beginning for most of us, everyone needs a quick and easy appetizer recipe. A Caprese Salad is a great dish for its fresh, clean flavor and for its versatility. Sliced, diced, tossed or skewered, it makes for an easy and refreshing treat. You can add olives, or replace the mozzarella with artichoke hearts, or change it completely to watermelon or honey dew, feta cheese and mint (or arugula, for that matter). Fresh ingredients, no cooking, and as many variations as you can dream up!

Here are a few ideas:

Grape or Cherry Tomatoes
Bocconcini (mozzarella balls) or fresh mozzarella
Fresh Basil leaves
*
Watermelon
Feta Cheese
Fresh Mint leaves
*
Artichoke Hearts
Kalamata Olives (pitted)
Grape or Cherry Tomatoes
Arugula

What else you'll need:
Olive Oil
Balsamic Vinegar
Salt & Pepper
Toothpicks

Slice or cube the ingredients sized to fit the toothpick or other skewer. If you have kids, put them to work building the combinations, or serve the ingredients individually and let your guests decide. For presentation, criss-cross the Olive Oil and Balsamic Vinegar on the plate, place the skewers, and criss-cross again over the top of the skewers. Season with salt & pepper to taste.

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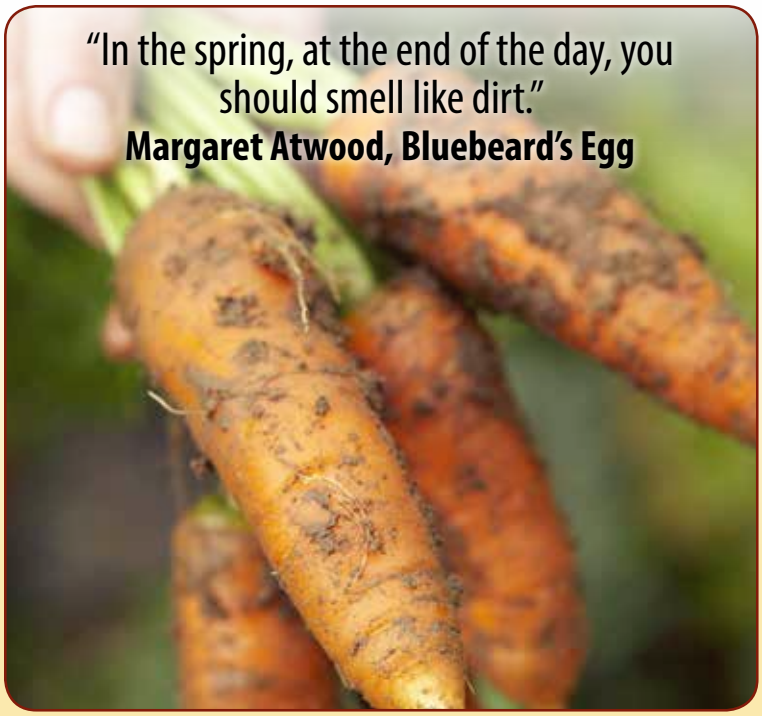

Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

Alabama

Manna Grocery and Deli
2300 McFarland Blvd East, Tuscaloosa

Arkansas

The Truck Patch Natural Market
1602 Hwy 62E, Mountain Home

Florida

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

Get Healthy
1254 Broad St South, Brooksville
1856 Hwy 44W, Inverness
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

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
6551 E Riverside Blvd, Rockford

Cornucopia Natural Food & Fine Cheese
89 Seminary St, Galesburg

Heritage Natural Foods
1317 6th Ave, Moline

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
1806 US Hwy 20, Michigan City
757 Indian Boundary Rd, Chesterton

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

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

Natural Health Center
4610 W Main St, Kalamazoo

Missouri

Nature's Own Health Food Market
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

Harmony Farms Natural Foods
5653 Creedmoor Rd, Raleigh

Healthy Home Market
1816-G Galleria Blvd, Charlotte
261 Griffith St, Davidson
5410 E Independence Blvd, Charlotte
1330 Central Ave, Charlotte

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

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

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

Virginia

Good Foods Grocery
3062 Stony Point Rd, Richmond
1312 Gaskins Rd, Richmond

Health Trail Natural Foods
10848 Warwick Blvd, Newport News

West Virginia

Mother Earth Foods
1638 19th St, Parkersburg

Wisconsin

The Free Market
734 W Wisconsin Ave, Appleton

Good Harvest Market
1850 Meadow Ln, Pewaukee

Greens N Grains
7821 Hwy 42, Egg Harbor