Proud member of

infra

INDEPENDENT CHOICE

November 2022

"Forever on Thanksgiving Day, the heart will find the pathway home."
-Wilbur D. Nesbit

So Delicious Cocowhip

$3.49

9 oz

Farmer's Market Organic Pumpkin Pie Mix

$3.29

15 oz

Lily's Chocolate Baking Chips
(selected varieties)

$6.29

9 oz

Wholly Wholesome Gluten Free Pie Shells

$5.49

14 oz

CADIA Organic Cranberry Sauce

2/$5

14 oz

Muir Glen Organic Diced Tomatoes
(selected varieties)

2/$3

14.5 oz

Pacific Foods Organic Broth
(selected varieties)

$3.79

32 oz

Bragg Organic Apple Cider Vinegar

$5.29

32 oz

Cascadian Farm Organic Organic Potatoes
(selected varieties)

$3.79

16 oz

Yogi Tea
(selected varieties)

$3.29

16 ct

Milkadamia Macadamia Milk
(selected varieties)

$4.49

32 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 November.

Maya Kaimal
Organic Everyday Dal

2/$7

10 oz

Lundberg Family Farms
Organic Rice Pouches
(selected varieties)

$7.99

2 lb

Mike's Mighty Good
Craft Ramen
(selected varieties)

$1.79

1.6-1.9 oz

Late July
Organic Tortilla Chips
(selected varieties)

$3.29

7.4-10.1 oz

Siete
Kettle Cooked
Potato Chips
(selected varieties)

2/$6

5.5 oz

Barnana
Organic Plantain Chips

2/$7

4-5 oz

Three Sisters Stew

3 tablespoons sunflower oil
1 medium yellow onion, chopped
2 large garlic cloves, minced
4 cups chicken or vegetable stock
1 ½ pounds winter squash, cubed
3 sprigs fresh savory or 1 teaspoon dried savory
½ teaspoon ground black pepper
1 pound russet potatoes, peeled and cubed
⅓ pound green beans or heirloom variety, cut into ½" pieces
1 30-ounce can of hominy corn kernels, drained
¾ cup crushed tomatoes
1 ½ teaspoons sea salt
3 tablespoons minced parsley (optional)

1 Heat oil in a 6-quart stockpot over medium heat. Add onion and sauté until translucent then add garlic and cook for one minute.

2 Add stock, winter squash, savory, and black pepper. Bring to a simmer and cook for five minutes.

3 Add potatoes, hominy, tomato, and salt. Return soup to a simmer and cook until potatoes are tender.

4 Add green beans and simmer until tender, five more minutes. Remove savory sprigs if using and stir in parsley. Adjust seasoning to taste and serve.

Vegan Rob's
Puffs
(selected varieties)

$2.99

3.5 oz

Back to Nature
Organic Crackers
(selected varieties)

2/$6

6 oz

Simply Organic
Organic Gravy Mix

$1.19

.85 oz

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Spectrum
Organic Shortening

$8.29

24 oz

Once Again Nut Butter
Organic Tahini

$6.99

16 oz

Dr. Bronner's
Organic Virgin Coconut Oil

$7.79

14 oz

Primal Kitchen
Avocado Oil

$9.49

16.9 oz

California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)

$7.49

16.9 oz

Jovial
Organic Einkorn Flour
(selected varieties)

$4.99

32 oz

Arrowhead Mills
Pancake & Waffle Mix
(selected varieties)

$4.49

26 oz

Pamela's
Pancake & Baking Mix

$5.99

24 oz

Bob's Red Mill®
To Your Good Health®
AN EMPLOYEE-OWNED COMPANY

Inspiring Joy with Wholesome Foods

Bob's Red Mill
Nut Flour
(selected varieties)

$7.99

16 oz

Bob's Red Mill
Baking Soda

$2.79

16 oz

Bob's Red Mill
Baking Powder

$3.29

14 oz

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Sparkling Spiced Cider

1 gallon apple cider
1 ½ cups pear juice
1 bottle prosecco or sparkling pear juice
4 oranges, sliced, divided
6 cinnamon sticks
6 cloves
2 star anise
2 honey crisp apples, cored and sliced, for garnish
A few sprigs of fresh thyme, for garnish

1 In a 6-quart stockpot, bring apple cider, pear juice, half of the orange slices, cinnamon sticks, cloves, and star anise to just under a simmer and cook for 15 minutes.

2 Remove from heat and carefully strain into a large serving vessel, top with prosecco or sparkling pear juice. Serve warm, garnish with remaining orange slices, apple slices, and fresh thyme sprigs.

Annie's
Organic Graham Crackers

2/$7
14.4 oz

Dandies
Vegan Marshmallows
(selected varieties)

$3.29
10 oz

Navitas
Organic Cacao Powder

$6.29
8 oz

Chatfield's
Carob Chips

$4.49
12 oz

Wholesome
Organic Brown Sugar

$3.99
24 oz

SweetLeaf
Liquid Stevia
(selected varieties)

$5.79
2 oz

Tony's Chocolonely
Chocolate Bar
(selected varieties)

$3.49
6.35 oz

Theo
Organic Chocolate Bar
(selected varieties)

2/$5
3 oz

Panda
Licorice
(selected varieties)

$2.99
7 oz

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Traditional Medicinals Organic Tea
(selected varieties)

$3.99
14-16 ct

Lakewood Organic Pure Cranberry Juice

$8.49
32 oz

Vita Coco Coconut Water
(selected varieties)

$3.99
1 lt

Califia Farms Oat Barista Blend

$4.79
32 oz

Vital Farms Butter
(selected varieties)

$3.49
8 oz

Earth Balance Vegan Buttery Sticks
(selected varieties)

$4.99
16 oz

Organic Valley Organic Raw Cheese
(selected varieties)

$4.99
8 oz

JUST Plant-Based Egg Scramble

2/$6
12 oz

Immaculate Organic Flaky Biscuits

$3.99
16 oz

daiya
deliciously dairy-free

Delight in Every Bite

From shredded cheeze to cheezecake, we've got plant-based covered. Explore dairy-free, allergen-free foods and ingredients that keep you coming back for more.

Daiya Dairy-Free Cheese Style Slices
(selected varieties)

$3.49
7.8 oz

Daiya Dairy-Free Cheese Style Shreds
(selected varieties)

$3.49
7.1 oz

Daiya Deluxe Mac & Cheese
(selected varieties)

$3.29
10.6-10.9 oz

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MIYOKO'S CREAMERY
SONOMA CALIFORNIA

Loved by chefs and foodies, Miyoko's European Style Cultured Butter is perfect for cooking and baking. There are buttery spreads and then there's Miyoko's. Miyoko's Creamery, based in Northern California's Wine Country, has humbly earned its reputation as "The world's finest plant milk creamery" with its legion of loyal fans.

Miyoko's Organic Cultured Vegan Butter

$4.49

8 oz

Miyoko's Organic Unsalted Cultured Vegan Butter

$4.49

8 oz

Alden's Organic Organic Ice Cream
(selected varieties)

$7.99

48 oz

Beyond Meat Beyond Beef

$6.99

16 oz

Field Roast Sage & Garlic Plant-Based Celebration Roast

$5.79

1 lb

Bonafide Provisions Bone Broth
(selected varieties)

$7.79

1.5 lb

Garden of Life Grass Fed Collagen Peptides Powder

$31.99

560 g

Barlean's Lignan Flax Oil

$10.99

8 oz

Bluebonnet Nutrition Liquid Calcium Magnesium Citrate Plus Vitamin D3

$12.99

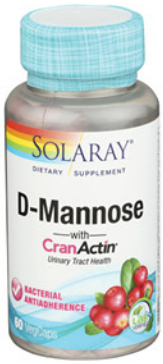
16 oz

MegaFood Zinc

$14.99

60 ct

Solaray D-Mannose w/ CranActin



$19.99

60 cap

Boiron Chestal Honey Cough Syrup

$8.99

6.7 oz

Gaia Herbs Black Elderberry Syrup

$13.49

3 oz

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ChildLife Essentials
Liquid Vitamin C

$5.49

4 fl oz

Natural Factors
Stress-Relax Tranquil Sleep Chewable

$22.99

60 tab

Nature's Way
Sambucus Elderberry Gummies

$15.49

60 ct

Nordic Naturals
Vitamin D3 Gummies

$10.99

60 ct

Himalaya
Toothpaste
(selected varieties)

2/$9

4-5.29 oz

Dr. Bronner's
Organic Toothpaste

$4.29

5 oz

EO
Everyone Soap
(selected varieties)

$7.99

32 oz

ShiKai
Shampoo or Conditioner
(selected varieties)

$7.29

8-12 oz

Herbatint
Permanent Hair Color Gel
(selected varieties)

$12.99

4.56 oz

Mrs. Meyer's Clean Day
Liquid Dish Soap
(selected varieties)

$3.79

16 oz

Seventh Generation
Bath Tissue

$9.29

12 ct

if you care
QUALITY WITH INTEGRITY

If You Care is the natural choice for holiday baking! Our Parchment Baking Paper is Certified Compostable and our Aluminum Foil is 100% recycled. So it's good for your family, your home, and the planet!

If You Care
Aluminum Foil

$4.49

50 sq ft

If You Care
Parchment Baking Paper

$4.49

70 sq ft

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