

Nature's Path
Organic Love Crunch

2/\$7

11.5 oz



Green & Black's
Organic Chocolate Bar

\$2.79

3.5 oz



Chobani
Greek Yogurt

5/\$5

5.3 oz



So Delicious
Coconut Creamer

\$2.19

16 oz



Justin's
Organic Peanut Butter Cups

\$1.49

1.4 oz



R.W. Knudsen
Organic Very Veggie Juice

(other R.W. Knudsen Organic Juices also on sale)

\$2.99

32 oz



Food For Life
Organic English Muffins

(select varieties)

\$3.49

16 oz



Luna & Larry's
Coconut Bliss Organic Non-Dairy Frozen Dessert

\$4.79

16 oz



Bragg
Organic Apple Cider Vinegar

\$4.49

32 oz



Spectrum
Organic Canola Oil

\$8.59

32 oz



Did you know...

it's true that laughter is sometimes the best medicine! A good old belly laugh can increase your blood flow by 20%, reducing stress.



Enjoy these Delicious, Nutritious,
Heart-Healthy Favorites!



INFRA Feb. 2013 Ad

BOB'S RED MILL NATURAL FOODS, INC.

13521 S.E. Pheasant Court • Milwaukie, OR 97222 • (503) 654-3215 • FAX (503) 653-1339 • www.bobsredmill.com

Bob's Red Mill
10 Grain Cereal
*(other select Bob's
hot cereals also on sale)*



\$2¹⁹

25 oz

Happy Baby
Organic Stage 2
Simple Combos
*(other select Happy Baby
items also on sale)*



\$1¹⁹

3.5 oz

Silk
Pure Almond
Almondmilk



\$3²⁹

64 oz

Dr. Bronner's
Organic
Coconut Oil



\$7²⁹

14 oz

Chocolove
Chocolate Bar



\$2¹⁹

3.2 oz

Pure Bar
Organic Bar



\$1⁵⁹

1.7 oz

Clif Crunch
Granola
Bars



\$2⁹⁹

7.4 oz

Pamela's
Gluten Free Cookies



\$2⁹⁹

7.25 oz

Kettle
Potato Chips



2/\$4

5 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 February.

Go Veggie
Parmesan
Flavor Cheese
Alternative
\$3¹⁹

4 oz



Organic Valley
Organic
Feta Cheese

\$4⁷⁹

8 oz



Wildwood
Organic Tofu

\$2⁶⁹

20 oz



Wallaby
Organic
Yogurt

89¢

6 oz



Daiya
Non-Dairy
Slices

\$3⁷⁹

7.8 oz



Wild Planet
Wild Albacore Tuna

\$3⁴⁹

5 oz



Crofter's
Organic Just
Fruit Spread

\$3³⁹

10 oz



Udi's
Gluten
Free Bread
(select varieties)

\$3⁸⁹

12 oz



Late July
Organic Classic
Rich Crackers

\$2⁷⁹

6 oz



CROFTER'S[®]
• ORGANIC •

Over the past 25 years Crofter's has become a trusted choice for families looking for nutritious, low sugar fruit spreads with all the great fruit taste that we all love!

Our Just Fruit Spreads contain no added cane sugar and are Non-GMO Project Verified, and of course certified Organic.

Spread some today!



Calories
30
PER SERVING



Hazelnut Heart Sandwich Cookies

2 cups organic all purpose flour
1/2 cup unsalted butter, softened
1/2 cup organic cane sugar
1/3 cup ground hazelnuts
Crofter's Organic Raspberry Just Fruit Spread
(as much needed to assemble cookies)
Sugar Topping
1 tsp. vanilla sugar
1 tsp. organic cane sugar

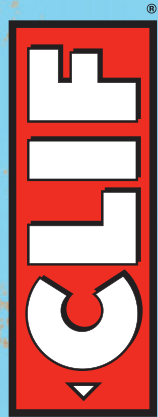


- Preheat oven to about 350°F and prepare a baking sheet lined with parchment paper.
- Mix flour, softened butter, cane sugar and ground hazelnuts and work into a smooth dough. If mixture is too crumbly, add a bit more softened butter.
- Roll dough out on a smooth surface and cut out hearts with a cookie cutter.
- Place hearts on baking sheet and bake until golden.
- Let hearts cool down so you can handle them, and spread raspberry spread on one cookie and place another on top.
- Mix the vanilla sugar with the cane sugar for topping and dip hearts in sugar mixture while still warm.

Learn more at www.croftersorganic.com



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Celebrating



YEARS of organic

330 MILLION POUNDS OF organic ingredients USED

CROWING ORGANIC AT CLIF BAR & COMPANY

CLIF® Bar became our first brand made with organic ingredients in 2003.

71.5% of the ingredients we purchase are organic.

105 organic ingredients are used in our food and drinks.

The organic oats and soy we purchased in 2011 alone enabled 18,000 acres to be farmed organically.¹

Our use of organic oats and soy for 10 years has prevented the application of more than 6 million pounds of chemical fertilizers and pesticides.²

Our use of organic rather than conventional ingredients created 16% more jobs in the U.S. economy in 2010.³

CROWING THE ORGANIC MOVEMENT

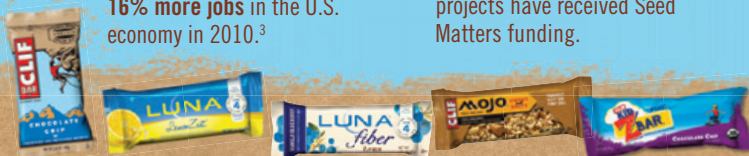
95 nonprofits that support organic food and farming received \$650,000 from the Clif Bar Family Foundation in 2012.

Clif Bar Family Foundation granted \$240,000 to Washington State University for organic food and farming research.

Clif Bar Family Foundation and 8 visionary partners have committed \$1.3 million to Seed Matters to improve and protect organic seed.

Seed Matters has awarded \$625,000 to 5 graduate students for organic plant breeding fellowships.

17 organic crop breeding projects have received Seed Matters funding.



1. Data on pesticides, fertilizers and acres of land required assessed in collaboration with Charles Benbrook, Ph.D., Director, Measure to Manage Program; Farm and Food Diagnostics for Sustainability and Health, Center for Sustaining Agriculture and Natural Resources, Washington State University, Pullman. 2. Ibid. 3. Research conducted by economist Allen Rosenfield, Ph.D. ©2013 Clif Bar and Company. All rights reserved. CBC13.1305

Kit's Organic Organic Fruit & Nut Bar

\$1.49

1.62-1.76 oz



Equal Exchange Organic Chocolate Bar

\$3.19

3.5 oz



Annie's Homegrown Deluxe Gluten Free Pasta Dinner

(other Annie's Deluxe dinners also on sale)

\$3.69

11 oz



Pacific Foods Organic Broth

\$2.49

4/8 oz



Lundberg Rice Chips

2/\$5

6 oz



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Vega
Sport Performance
Protein

(other Vega Sport items also on sale)

\$2⁵⁹



1.2-1.3 oz

CHANGE THE GAME
WITH THE VEGA SPORT SYSTEM

Vega Sport is the first, complete, all-natural, plant-based sport performance system specifically developed to help athletes perform at their best – before, during and after training and competition.

THE VEGA SPORT PERFORMANCE SYSTEM WAS FORMULATED IN THREE STAGES:

- **PREPARE** – Get in the zone with energy to burn
- **SUSTAIN** – Push harder, last longer, take it to the next level
- **RECOVER** – Recharge and repair so you can do it all again, sooner

vega
SPORT

PREPARE | SUSTAIN | RECOVER



vegasport.com

Lakewood
Organic Smart
Healthy Juice

(select varieties)

\$3⁵⁹

32 oz



Nature's Path
Organic
Hot Cereal

\$2⁹⁹

11.2-14 oz



Spectrum Essentials
Organic Ground
Flaxseed

(other Spectrum Essentials items also on sale)

\$5⁶⁹

14 oz



The Heart of the Matter for Health

The heart is given an electrical impulse that provides continuous circulation through the cardiac cycle and is a vital organ in the human body. Randomized controlled trials found that in addition to diet and exercise, emotional and physiological components also affect heart health in humans. Dr. Dean Ornish, in his book, "Love and Survival: 8 Pathways to Intimacy and Health", attributes the following to also increase heart health.

- Rediscovering inner sources of peace, joy and well-being
- Creating a healthy community of family and friends
- Developing more compassion and empathy for themselves and others
- Learning how to communicate in ways that enhance love
- Developing more compassion and empathy for themselves and others

Submitted by Cheryl Rosselle, Nature's Food Patch Marketing Director and written by John W. Gow, Nature's Food Patch Wellness Team Member. Nature's Food Patch is a member of the Independent Natural Foods Retailers Association - The full article can be found at www.naturesfoodpatch.com

NATURE'S     FOOD PATCH
Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703
www.naturesfoodpatch.com

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Theo Chocolate
Organic
Chocolate Bar

2/\$5

3 oz



San-J
Brown Rice Crackers

\$2⁴⁹

2.8-3.7 oz



Natural Sea
Premium Alaskan
Pink Salmon

\$2⁹⁹

7.5 oz



Enjoy Life
Cookies

\$3¹⁹

6-7 oz



Annie's Homegrown
Organic
Snack Mix

\$3⁹⁹

9 oz



Boiron
Oscillococcinum

\$9⁹⁹

6 dose



Endangered Species
Organic
Bug Bites

49¢

.35 oz



The Ginger People
Gin Gins

\$1⁵⁹

3 oz



Crunchmaster
Multi-seed
Crackers

\$2⁶⁹

4.5 oz



BOIRON®
World Leader in Homeopathic Medicines



Boiron, world leader in homeopathic medicines, is an independent family pharmaceutical laboratory dedicated to providing quality health solutions. With 4,000 employees, 18 subsidiaries, and distribution in 60 countries, our mission is to develop the role of homeopathy around the world. Boiron has a strong sense of obligation to the environment, and we continuously strive to improve our environmental stewardship by focusing on four areas: cultivating fair trade practices; minimizing environmental impact; ensuring quality ingredients; and creating responsible packaging.

LOVE YOUR HEART

with Nordic Naturals Omega-3s

Health policy advocates around the world, including the American Heart Association and the World Health Organization, agree that omega-3 essential fatty acids help maintain a healthy heart. Research shows that the most reliable source of omega-3s is a high-quality fish oil supplement. In fact, there is more scientific evidence behind the heart health benefits of fish oil than nearly any other nutritional supplement.

*Nordic Naturals omega-3 fish oils.
Exceptionally pure, fresh, and effective.*

- ♥ Supports circulation*
- ♥ Supports blood vessel function*
- ♥ Supports healthy triglyceride levels*



Committed to Delivering the World's Safest, Most Effective Omega Oils™
nordicnaturals.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.



Nordic Naturals
Ultimate
Omega

\$21⁹⁹

60 ct



Nutiva
Organic
Coconut Oil

\$7⁶⁹

15 oz



Kiss My Face
Natural
Moisturizer

\$8²⁹

16 oz



Natural Factors
Whey Factors
Drink Mix

(other select Natural Factors items also on sale)

\$18⁹⁹

12 oz



Garden of Life
Organic
Raw Meal

\$38⁹⁹

1134 g



Earth Friendly
ECOS 4X
Concentrated
Laundry Detergent

\$6⁵⁹

25 oz



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"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart."

Cesar Chavez



Independent Choice™ specials are available at these independent natural food grocers:

ALASKA

Rainbow Foods
224 4th St, Juneau

CALIFORNIA

Alameda Natural Grocery
1650 Park St, Alameda

Berryvale Grocery
305 S Mt. Shasta Blvd, Mt. Shasta

Bi-Rite Market
3639 18th St, San Francisco
550 Divisadero St, San Francisco

Driver's Market
200 Caledonia St, Sausalito

Good Earth Natural Foods
720 Center Blvd, Fairfax

Herbies Natural Foods
13310 East Whittier Blvd, Whittier

Jimbo's . . . Naturally!
12853 El Camino Real, San Diego
1633 S Centre City Pkwy, Escondido
1923 Calle Barcelona, Carlsbad
10511 4S Commons Dr, San Diego
92 Horton Plaza, San Diego

Lupines
301 Crescent St, Greenville

Mother Truckers
13224 Tyler Foote Rd, Nevada City

Natural Selection
589 E Main St, Grass Valley

The Natural Grocery Company
10367 San Pablo Ave, El Cerrito
1336 Gilman St, Berkeley

New Leaf Community Markets
1101 Fair Ave, Santa Cruz
1134 Pacific Ave, Santa Cruz
1210 41st Ave, Capitola
13159 Hwy 9, Boulder Creek
6240 Hwy 9, Felton
150 San Mateo Rd, Half Moon Bay
5667 Silver Creek Valley Rd, San Jose
3550 Bernal Rd, Suite 105, Pleasanton

New Moon Natural Foods
11357 Donner Pass Rd, Truckee
505 W Lake Blvd, Tahoe City

Rainbow Acres
13208 W Washington Blvd, Los Angeles

Real Food Company
2140 Polk St, San Francisco
3060 Filmore St, San Francisco

Santa Rosa Community Market
1899 Mendocino Ave, Santa Rosa
6762 Sebastopol Ave #100, Sebastopol

Wildberries Marketplace
747 13th St, Arcata

Whole Wheatery
44264 N 10th St W, Lancaster

COLORADO
Bamboo Market
1110 Yampa St, Steamboat Springs

The Crunchy Grocer
1461 E. Eisenhower, Loveland

HAWAII

Down To Earth
201 Hamakua Dr, Kailua
2525 S King St, Honolulu
98-129 Kaonohi St, Aiea
305 Dairy Rd, Kahului
4460 Kapolei Parkway, Kapolei

Kale's Natural Foods
377 Keahole St, Honolulu

IDAHO
Pilgrim's Market
1316 N 4th St, Coeur d' Alene

Winter Ridge Natural Foods Market
703 W Lake St, Sandpoint

MONTANA
2J's Fresh Market
105 Smelter Ave NE, Great Falls

Good Food Store
1600 S 3rd St W, Missoula

Heaven's Peak Organics
312 Dewey Ave, Eureka

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 General Store
1900 NE 3rd St, Bend

Nature's Pantry Natural Foods
1907 4th St, La Grande

Sundance Natural Foods
748 E 24th Ave, Eugene

WASHINGTON
Bear Foods Natural Market
125 E Woodin Ave, Chelan