



Price Updates

September 30, 2018

Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

www.clnf.org

1-800-456-7694

Item No:	Item Description	Old Price	New Price
CAROB & CANDY			
272030	NUT BAR ALMOND DATE 12/1.4oz	\$18.00	\$11.40
272035	NUT BAR CASHEW/COCONUT 12/1.4oz	\$18.00	\$11.40
272045	NUT BAR CRAN/PUMPKIN 12/1.4oz	\$18.00	\$11.40
272040	NUT BAR W/SEA SALT 12/1.4oz	\$18.00	\$11.40
272012*	ALMOND BAR CRANBERRY 12/1.4oz	\$21.00	\$12.60*
272011*	ALMOND BAR 12/1.4oz	\$18.00	\$11.40*
	*New Case/Product Size		
GRANOLAS & DRY CEREAL			
010355	CHERRY ALMOND GRANOLA 3#	\$10.50	\$10.80
012055	CHERRY ALMOND GRANOLA 20#	\$60.00	\$62.00
012075	HONEY GONE NUTS GRANOLA 20#	\$55.00	\$57.00
NUTS			
030522	ALMOND MEAL, BLANCHED 5#	\$26.00	\$30.00
032522	ALMOND MEAL, BLANCHED 25#	\$110.00	\$125.00
030015	ALMONDS, SLICED, NATURAL 25#	\$120.00	\$125.00
120012	ALMONDS, SLIVERED BLANCHED 25#	\$120.00	\$130.00
030312	ALMONDS, SLIVERED, BLANCHED 3#	\$18.00	\$18.60
030205	ALMONDS, WHOLE 2#	\$13.75	\$13.00
031148	ALMONDS, WHOLE 5#	\$31.50	\$30.00
030005	ALMONDS, WHOLE 25#	\$140.00	\$132.50
030006	ALMONDS,WHOLE(NON-PAREIL) 50#	\$270.00	\$245.00
030325	BRAZIL NUTS, WHOLE 3#	\$34.50	\$24.00
030025	BRAZIL NUTS, WHOLE 44#	\$475.00	\$319.00
030125	BRAZIL NUTS, WHOLE 10 OZ	\$8.25	\$6.00
030346	CASHEWS, LARGE PIECES, OG 3#	\$24.60	\$23.25
032546	CASHEWS, LARGE PIECES, OG 25#	\$190.00	\$175.00
032577	CASHEWS, WHOLE 320'S OG 25#	\$225.00	\$210.00
030345	CASHEWS, WHOLE 320'S OG 3#	\$27.75	\$26.40
030267	MACADAMIAS, HALVES 2#	\$27.00	\$27.50

030165	WALNUTS, 1/2'S & PIECES 25#	\$122.50	\$105.00
030168	WALNUTS, 1/2'S & PIECES 10 OZ	\$4.25	\$3.50
030364	WALNUTS, 1/2s & PCS 3#	\$15.75	\$13.80
	DRIED FRUIT		
040113	APRICOTS, TURKISH, OG 1#	\$5.00	\$4.00
045513	APRICOTS, TURKISH, OG 5#	\$20.00	\$18.00
040013	APRICOTS, TURKISH, OG 28#	\$91.00	\$84.00
045516	FIGS, MISSION, X-CHOICE OG 5#	\$28.00	\$29.00
045316	PRUNES, PITTED, OG 5#	\$33.50	\$28.50
040316	PRUNES, PITTED, OG 30#	\$165.00	\$150.00
040548	RAISINS, BLACK FLAME LARGE 5#	\$14.50	\$14.00
040347	RAISINS, BLACK FLAME LARGE 30#	\$64.50	\$72.00
	SEEDS		
052510	FLAX SEEDS, GOLDEN 25#	\$23.75	\$26.25
	DAIRY SUBSTITUTES		
230419	VEGANEGG 4oz	\$6.25	\$6.50
230140	VEGENAISE, GRAPESEED OIL 1 GAL	\$29.00	\$31.00
233230	VEGENAISE, ORIGINAL 32oz	\$6.75	\$6.95
233260	VEGENAISE, SOY FREE 32oz	\$8.50	\$8.00
	OIL		
240030	SAFFLOWER OIL, VITAMIN E 1GAL	\$13.75	\$12.50
	ODDS & ENDS		
303280	APPLE CIDER VINEGAR, OG 32 oz	\$6.00	*See Note
	*Added 15% discount on case of 12		
230543	DIATOMACEOUS EARTH-PRESERV. 5#	\$12.50	\$13.00
300582	RUMFORD BAKING POWDER 5#	\$13.25	\$13.75
301074	RUMFORD BAKING POWDER 8.1 oz	\$2.25	\$2.65
	HERBS & SPICES		
330904	CINNAMON STICKS 9oz	\$3.95	\$4.75
	GEL & STARCHES		
360305	CORNSTARCH RUMFORD NON-GMO 3#	\$6.90	\$7.25
360139	GUAR GUM 1#	\$10.00	\$11.75
361605	UNFLAVORED JEL DESSERT 0.3oz	New Item!	\$2.25
	CRACKERS		
370080	SESAME STICKS SALT OG 2/7.5#	New Item!	\$36.00