



Price Updates

April 28, 2019

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
	DRIED FRUIT		
040507	APPLE DICES, NATURAL 5#	\$25.00	\$22.50
040206	APPLE DICES, NATURAL 25#	\$100.00	\$102.50
130135	APPLE RINGS, NATURAL 5#	\$27.50	\$28.00
040010	APPLE RINGS, NATURAL 25#	\$125.00	\$128.75
042508	BLUEBERRIES, JUICE SWEET 25#	\$175.00	\$190.00
040133	CRANBERRIES, JUICE SWEET 1#	\$4.70	\$5.25
040533	CRANBERRIES, JUICE SWEET 5#	\$21.00	\$22.50
042533	CRANBERRIES, JUICE SWEET 25#	\$100.00	\$105.00
040515	DATES CHOPPED W/RICE FLOUR 5#	\$13.75	\$12.50
042200	DATES, HARDPACK IMP 15#	\$33.75	\$30.00
040501	DATES, HARDPACK, IMP 5#	\$17.50	\$13.75
040143	FIGS, TURKISH, OG 28#	\$126.00	\$119.00
	SEEDS		
052504	CHIA SEEDS, OG 25#	New Size!	\$65.00
	BEANS		
061510	BLACK BEANS OG 15oz	\$1.75	\$1.50*
061520	GARBANZO BEANS OG 15oz	\$1.75	\$1.50*
065527	GARBANZO, CHICK PEAS, OG 5#	\$9.25	\$10.00
060027	GARBANZO, CHICK PEAS, OG 25#	\$38.75	\$41.25
061530	KIDNEY BEANS, DK RED OG 15oz	\$1.75	\$1.50*
060546	LENTILS, GREEN, OG 5#	\$10.00	\$10.50
060047	LENTILS, GREEN, OG 25#	\$42.50	\$45.00
061174	PEAS, GREEN SPLIT, OG 5#	\$7.00	\$7.50
060072	PEAS, GREEN SPLIT, OG 25#	\$28.75	\$31.25
061640	PINTO BEANS, OG 16oz	\$1.75	\$1.50*
	*Case discount changed to 5%		
	GRAINS		
075085	WHEAT BERRIES PRAIRIE GOLD 50#	\$25.00	\$26.00
075090	WHEAT BERRY PRAIRE GOLD OG 50#	\$52.50	\$54.00

	FLAKED GRAIN		
075001	7 GR CEREAL FLAKES W/FLAX 50#	\$47.50	\$50.00
070800	7-GR CEREAL FLAKE W/FLAX 1.6#	\$3.20	\$3.30
	FLOUR		
095064	WHITE FLOUR, NATURAL PREM 50#	\$30.00	\$31.00
	PASTA		
101251	BR RICE ELBOW OG 12/12oz	\$43.20	\$36.00
101252	BR RICE LASAGNA OG 12/10oz	\$42.00	\$37.80
101253	BR RICE PENNE OG 12/12oz	\$43.20	\$36.00
101254	BR RICE SPAGHETTI OG 12/12oz	\$43.20	\$36.00
101255	BR RICE SPIRAL OG 12/12oz	\$43.20	\$36.00
101256	BR RICE VEG SPIRALS 12/12oz	\$43.20	\$36.00
	OTHER SWEETENERS		
210155	XYLITOL 1#	\$6.00	\$6.75
210355	XYLITOL 3#	\$16.95	\$18.50
	DAIRY SUBSTITUT		
330112	PARMA ZAN SEASONING 16oz	\$9.50	\$10.25
	CAROB & CANDY		
271616	CAROB COATED ALMONDS 1#	New Item!	\$5.25
272016	CAROB COATED ALMONDS 20#	New Item!	\$66.00
271617	CAROB COATED PEANUTS 1#	New Item!	\$4.25
273017	CAROB COATED PEANUTS 30#	New Item!	\$75.00
271618	CAROB COATED RAISINS 1#	New Item!	\$4.50
273018	CAROB COATED RAISINS 30#	New Item!	\$81.00
	These items are now sweetened with sugar rather than malt sweetened. The malt sweetened products have been discontinued by the manufacturer.		
	ODDS & ENDS		
301298	TOFU EX-FIRM MORI-NU 12/12.3 o	\$18.60	\$19.80
301235	TOFU LITE FIRM MORI-NU 12/12.3	\$18.60	\$19.80
301284	TOFU, FIRM MORI-NU 12/12.3 oz.	\$18.60	\$19.80
301267	TOFU, OG MORI-NU 12/12.0oz	New Item!*	\$21.60
301271	TOFU, SOFT MORI-NU 12/12.0 oz.	\$18.60	\$19.80
	* Replaces item 301257		
	HERBS & SPICES		
330241	BASIL LEAVES, OG .75oz	\$2.80	\$2.40

330240	BAY LEAVES, WHOLE, OG .15oz	\$2.80	\$2.40
331258	BEEF-LIKE SEASONING 13.1 oz.	\$5.25	\$6.15
330259	CELERY SEED, OG 2oz	\$2.80	\$2.40
330252	CINNAMON, GROUND, OG 2oz	\$2.80	\$2.40
330243	CUMIN, GROUND OG 2oz	\$2.80	\$2.40
331264	GREEK ISLE SEASONING 3oz	\$3.95	\$4.30
330258	MUSTARD POWDER, OG 2oz	\$2.80	\$2.40
330266	ONION POWDER, OG 1.75oz	\$2.80	\$2.40
330256	OREGANO WHOLE, OG 0.75oz	\$2.80	\$2.40
330245	PAPRIKA, OG 2oz	\$2.80	\$2.40
330262	PEPPER, CAYENNE, GRD OG 1.75oz	\$2.80	\$2.40
330246	PEPPER, CRUSHED RED, OG 1.25oz	\$2.80	\$2.40
330270	ROSEMARY LEAVES, OG 1oz	\$2.80	\$2.40
331877	SAUCY RANCH SEASONING 18oz	\$12.95	\$13.50
330268	THYME LEAVES, OG .75oz	\$2.80	\$2.40
330254	TURMERIC, GROUND, OG 2oz	\$2.80	\$2.40
331216	VEGGIE CHICK SEASONING 6oz	\$4.75	\$5.10
	GEL & STARCHES		
331005	ARROWROOT POWDER 24oz	\$3.15	\$3.85
330522	ARROWROOT POWDER 4.5#	\$8.55	\$11.25