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[www.clnf.org](http://www.clnf.org)

2015 Delivery Schedule, pp. 58-60



*Country Life Natural Foods, 641 52nd St., Pullman MI, 49450*

*Online Orders/Website: [www.clnf.org](http://www.clnf.org)*

*E-mail: [mail@clnf.org](mailto:mail@clnf.org)*

*Orders: 1-800-456-7694 Fax: 269-236-8357 or 269-236-8347*

*Orders or Inquiry: 269-236-5011*

*Retail Store: 269-236-8359 (See map inside back cover.)*

# Country Life Natural Foods

Thank you for considering our products. We want to provide the service and quality you desire. Thank you for your comments and suggestions. We are committed to offering those "hard-to-find" products that many of you have requested. It is our wish at Country Life that many people will be helped by our services--not only by receiving the finest quality foods, but also by receiving help in implementing meaningful lifestyle principles into everyday life. We strive for continued growth in all areas of life, just as Jesus grew, both in body and in wisdom, gaining favor with God and men (Luke 2:52).

Country Life Natural Foods, a division of Oak Haven, Inc., is a wholesale and retail distributor of natural, organic, and vegetarian foods as well as a resource for physical and spiritual health. Most of our customers are health food stores and food co-ops here in Michigan and across the Midwest. We use Country Life Natural Foods to provide training in business, food manufacturing and warehousing, office practice, and retail store operation. But Country Life is more than a business. We are seeking to learn how to know Jesus as a personal friend, and we want to serve our customers in a way that will help them to live a fuller life here on this earth and have the opportunity to know Christ as their Savior and ultimately experience the eternal life only He can offer.

## General Information

### Location:

Country Life Natural Foods  
641 52nd St  
Pullman, MI 49450

### Customer Service:

Manager	269-236-8351
Orders or Inquiry	269-236-5011
Product Information	269-236-8355
Accounts Receivable	269-236-8356
Returns and Credits	269-236-8356

### Website/Online Orders:

[www.clnf.org](http://www.clnf.org)

### E-mail:

[mail@clnf.org](mailto:mail@clnf.org)

### Phone Orders:

1-800-456-7694  
269-236-5011

### Fax Orders:

269-236-8357  
269-236-8347

### Office Hours:

*Monday --Thursday*  
9:00 a.m. - 5:00 p.m. Eastern time  
*Sunday and Friday*  
9:00 a.m. - 1:00 p.m.  
*Saturday*  
Closed for the Sabbath

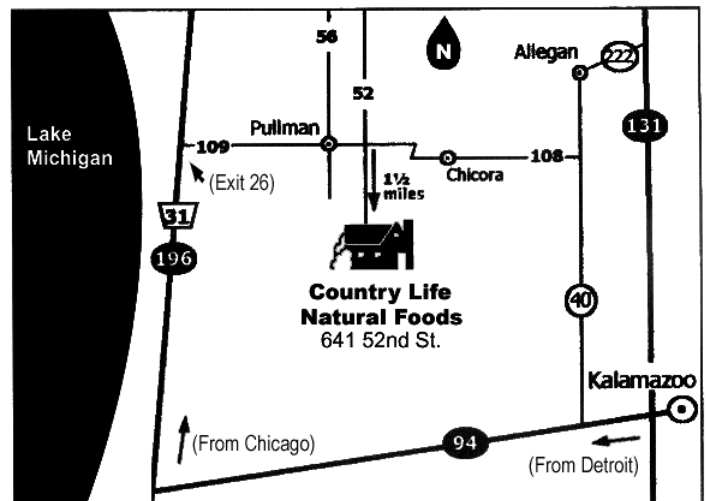
### Retail Store:

269-236-8359

Manager: 269-236-8358

### Retail Store Hours:

Sunday	9:00 a.m. - 5:00 p.m.
Monday	9:00 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 5:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 7:00 p.m.
Friday	9:00 a.m. - 1:00 p.m.
Saturday	Closed for the Sabbath



# Ordering Information

**PLACING ORDERS:** Orders may be placed online or by phone, fax, or mail. Please have your customer number available, and indicate how and where you want your order shipped (see Delivery Options below). For co-ops, please coordinate your orders, add-ons, and returns through one person and pay with one check. Regrettably, we are not able to backorder products; if your order contains any out of stock items, please order them on a future order. We cannot deliver items from our retail store.

**TERMS OF PAYMENT:** Payments may be made with the following credit cards: Mastercard, Visa, or Discover. Payments by personal check, or money order are due upon receipt of your order, unless credit terms have been pre-arranged. Past due accounts will not receive additional orders without special arrangements. Unpaid account balances over 30 days past due are subject to finance charges of 1.5% per month (18% per annum, with a minimum of \$1.00). Regrettably, checks returned for any reason will receive a \$20.00 charge.

**RETURNS AND CREDITS:** Since natural foods with no preservatives store best in cool, dry conditions, our warehouses are refrigerated and we guarantee quality at the time of delivery. Unfortunately, we cannot guarantee quality beyond 7 days of delivery due to the variable conditions possible in your location. When calling to request a return authorization, please have your customer number, order number, and the product number of the item(s) you wish to return. No returns or exchanges will be processed after 30 days from delivery.

**Restocking Fee:** Up to four dollars per item unless merchandise is substandard or delivered by our error.

**Product Condition:** Items must be in original undamaged container. Please do not write comments on container.

Credit will be given on substandard products or products delivered by our error (when requested within 30 days of delivery). Credit will be applied to your next order or a refund check will be sent. If the order was paid by credit card, a credit will be applied to your credit card.

**SALES TAX:** Non-food items sold to Michigan residents are taxable. If you have a sales tax license, please notify our accounting department.

## Delivery Options

**COUNTRY LIFE TRUCKS:** We offer **free delivery** on our trucks to established routes in Michigan, Northwest Indiana, Illinois, Wisconsin, Minnesota, Iowa, Missouri, Oklahoma, and Arkansas. See back of catalog for delivery schedule.

**MINIMUM ORDER REQUIREMENTS:** There is a \$400.00 minimum order (\$500.00 for certain routes where indicated). Special arrangements for orders of \$350.00 (or \$450.00 for designated routes) can be made but will be charged a \$20.00 surcharge. Orders smaller than \$350.00 (\$450.00) cannot be delivered by our trucks.

**OUR ORDER DEADLINE IS 5:00 PM EASTERN TIME** on the day of your deadline. We must receive your complete order, including adjustments and add-ons, by that time.

**Regrettably, due to logistics of preparing your order for shipment, we cannot process any orders received after the 5:00 pm deadline.**

**POSTAL SERVICE AND UPS DELIVERY:** Customer pays shipping and handling charges, which will be added to your order based on the shipping weight and destination. For C.O.D. packages there is an \$11.00 additional charge. Unfortunately, items marked ‡ in our catalog or items from our retail store cannot be shipped by postal service or UPS. Orders received by 5:00 pm (Eastern Time), ship on the next businessday.

Orders over 200 lbs delivered to one address will usually be shipped by UPS 'hundredweight' service, and is usually 10-15% lower than their regular ground service. These orders will have the shipping charges added after the order is processed to allow for the lower rates to be billed. For online orders, this means that the order total you see when you check out is not the final total since the shipping charges are added after the order is processed.

**APO AND OTHER ORDERS:** All APO and other orders outside the 48 contiguous states will be sent priority rate through the U.S. Postal Service. All such orders are at customers risk ONLY. If there is any damage or loss to the order no credit will be given. A handling charge of \$3.00 will be added to boxes requiring customs declarations.

**DELIVERY OPTIONS, Continued**

**COMMON CARRIER:** For orders of 500 lbs. or more to areas outside our regular delivery routes, common carrier shipment may be the most economical if a commercial loading dock or fork lift is available. Please ask for details.

**CUSTOMER PICK-UPS:** Warehouse orders may be picked up at our retail store during normal store hours. We ask that you place your order 24 hours in advance of expected pick up. This will allow us to prepare your order and minimize the waiting time you experience when you arrive.

## Distributors

Please call the distributor below for terms of sale, minimum orders, etc., for truck deliveries in the areas indicated. Also note that since they deliver to many co-ops along their routes, they are often able to link you with a co-op or buying club near you. This can save you on shipping costs, especially if you are currently getting UPS deliveries.

### **SOMETHING BETTER NATURAL FOODS**

Battle Creek, MI; (Tim Healey)

Phone: 269-965-1199 • Fax: 269-965-8500 • [www.somethingbetternaturalfoods.com](http://www.somethingbetternaturalfoods.com)

*Delivers to Indiana, Ohio, Kentucky, Tennessee, North & South Carolina, Georgia, Alabama, and West Virginia.*

### **NORTHERN NATURAL FOODS**

Edmore, MI; (Brenton Rogers)

Phone: 989-427-1763 • Fax: 888-821-8544

*Delivers to Northern Michigan.*

## General Product Information

**Packaging makes a difference** in food quality! The bags used in our 5# line and pre-paks are special non-breathing films that are odor and residue free. These crystal clear bags are also reusable if you have a bag sealer. The bags are great for storage in your freezer as they resist freezer burn. You can cut them open, use a portion, then reseal and put the product back in the freezer, refrigerator, or on your shelf.

**Country Life's warehouse** is temperature controlled. Unlike many other food suppliers, we never fumigate our warehouse. Nuts, fruits, and most grains are kept at 40°-45° F. Granola, whole grains, pasta, beans, and oils are kept at 55°-60° F.

**A Note About Ingredients:** The ingredients of items listed in our catalog may change from time to time without always being updated in the catalog. If you should note a difference, please let us know so we can make the change for future catalogs.

**Allergy Alert:** Items that are repackaged here at Country Life are handled in a facility that also processes nuts, peanuts, soy, and wheat. Please call if you have any questions.

**Non-GMO Products:** We strive always to find sources for products that do not contain genetically modified organisms (non-GMO). Currently, the best way to assure that a product is non-GMO is to buy Organic products. All certified organic products must be free of GMO's and the certification process is very strict in tracking the 'paper trail' of these products. Our facilities at Country Life are certified by Global Organic Alliance for both distribution and repackaging of organic products. For any further information, please call our office.

## Abbreviations

Used throughout this catalog

CCF . . . . . Certified Chemical Free	SORB . . . . . Sorbate
C.L. . . . . Country Life Label	SULPH . . . . . Sulphured
IMP . . . . . Imported	SW . . . . . Sweetened
LS . . . . . Lightly Salted	UNS . . . . . Unsweetened
OG . . . . . Organic	UNSORB . . . . . Unsorbated
RS . . . . . Roasted & Salted	UNSUL . . . . . Unsulphured
RNS . . . . . Roasted No Salt	‡ . . . . Cannot Ship by UPS

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### **Newly Added Products**

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All of the products from One Degree Organics are Veganic & Non-GMO. Using the scannable QR barcode or alphanumeric identifier on each One Degree package, you can track exactly where your ingredients came from and how they were grown.

Apple Fruit Leather .....15  
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# How to Use Our Catalog

*(Items below for illustration purposes only, not for ordering)*

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
① 270542	CAROB BRIDGE MIX .....	② 5#	④ 3.40/lb	17.00
271242	CAROB BRIDGE MIX .....	③ 12/12 oz	⑤ 3.10/ea	37.20
331092	SAVORY, GROUND .....	12 oz	⑥ 3.65/ea	3.65
330554	SAVORY, GROUND .....	.4 #	3.89/lb	15.55
020917	ALMOND BUTTER, CRUNCHY, NS .....	.9#	6.25/lb	56.25
⑦ ‡020217	ALMOND BUTTER, CRUNCHY, NS .....	.16 oz	6.95/ea	6.95
031148	ALMONDS, WHOLE .....	.5#	4.35/lb	21.75
030105	ALMONDS, WHOLE .....	.16 oz	5.25/ea	5.25
⑧ ▶Order 12 of this item (030105) and receive 15% case discount				

① **Product Number/Item Number:** All of our item numbers are six (6) digits. When an order is faxed or emailed to us, the item number as written down is what we will enter when placing your order. So if you intend to order item number 271242, Carob Bridge Mix 12/12 oz, but you write down the number for the 5# size (270542), you will end up with the 5# size, even if you write down 12/12 oz in the description. We cannot take responsibility for numbers which may have been written incorrectly.

②, ③ **Packaged Size:** The item comes packaged in the size indicated here. ② The 5# above indicates that this will come in a five-pound container. (Throughout this catalog the # symbol in the packaged size column is for pounds.) Items are not available in unit price measurements unless it is the same as the packaged size. ③ When the packaged size is indicated as 12/12 oz (or something similar), the item is for one full case of 12/12 oz.

④, ⑤, ⑥ **Unit Price:** This is for comparison of price per pound or unit. ④ When the packaged size is in pounds (# symbol), the unit price is the amount per pound. ⑤ When the packaged size is a case, the unit price is the amount per item in the case. So in the case of the Carob Bridge Mix 12/12 oz case, the unit price indicates that each 12 oz bag costs \$3.10. ⑥ When the packaged size is in ounces or other measurements, the unit price is typically the same as the packaged size, unless the item comes in a larger size.

⑦ ‡ Symbol indicating that we do not ship by UPS or postal service. This is because the item comes in glass, or in a size that is impractical to ship.

⑧ Indication that a case price discount is available for this item. To receive the case discount, be sure to enter the quantity noted (12 in this example). If you enter a quantity of 1, expecting to get one case, you will receive only one unit.



PRODUCT  
NUMBER

PRODUCT DESCRIPTION

PACKAGED  
SIZE

UNIT  
PRICE

PACKAGED  
PRICE

# CEREALS AND GRANOLAS

## READY-TO-EAT

• Our cereals and granolas contain no sulphured ingredients.

010303	ALMOND DELICIOUS . . . . .	3#	2.85/lb	8.55
010101	ALMOND DELICIOUS . . . . .	.25#	2.50/lb	62.50
010102	ALMOND DELICIOUS . . . . .	.12/1#	3.05/ea	36.60

**Ingredients:** Rolled oats, honey, sunflower oil, almonds, coconut, sunflower seeds, sesame seeds, pure-vanilla, almond extract, salt, coconut oil.

014010	APPLE NATURAL SWISS STYLE . . . . .	.40 oz	2.70/lb	6.75
010005	APPLE NATURAL SWISS STYLE . . . . .	.25#	2.30lb	57.50
010015	APPLE NATURAL SWISS STYLE . . . . .	.12/12 oz	2.30/ea	27.60

**Muesli-Style Cereal.**

**Ingredients:** Rolled oats, sunflower seeds, raisins, coconut, oat bran, date pieces in oat flour, cane juice crystals, apple dices, almonds, honey, and filberts.

010325	CASHEW DATE DELIGHT . . . . .	.3#	2.30/lb	6.90
010020	CASHEW DATE DELIGHT . . . . .	.25#	1.95/lb	48.75
010030	CASHEW DATE DELIGHT . . . . .	.12/1#	2.50/ea	30.00

**Ingredients:** Rolled oats, corn barley malt syrup, date paste, sunflower oil, cashews, coconut, sunflower seeds, vanilla, salt, coconut oil.

010355	CHERRY ALMOND GRANOLA . . . . .	.3#	3.50/lb	10.50
012055	CHERRY ALMOND GRANOLA . . . . .	.20#	3.00/lb	60.00

**Ingredients:** Rolled oats, coconut, almonds, honey, soy oil, cinnamon, cherry flavor, dried cherries.

010277	CORN FLAKES . . . . .	.2#	3.25/lb	6.50
010722	CORN FLAKES . . . . .	.7#	2.35/lb	16.45

**Ingredients:** Yellow cornmeal, dried cane syrup, malt syrup (corn syrup, barley malt extract), salt.

010365	GOLDEN MAPLE GRANOLA . . . . .	.3#	3.50/lb	10.50
012065	GOLDEN MAPLE GRANOLA . . . . .	.20#	2.75/lb	55.00

**Ingredients:** Oats, honey, canola oil, pecans, pure maple syrup, oat bran, sesame seeds, maple flavor (caramel color, corn syrup, natural flavors).

010375	HONEY GONE NUTS GRANOLA . . . . .	.3#	3.50/lb	10.50
012075	HONEY GONE NUTS GRANOLA . . . . .	.20#	2.75/lb	55.00

**Ingredients:** Rolled ats, honey, canola oil, almonds, coconut, sunflower seeds, molasses, walnuts, sesame seeds, cashews, salt, natural flavor.

## ONE DEGREE ORGANICS CEREALS

011220	ANCIENT MAIZE FLAKES, OG, Veganic Sprouted . . . . .	.12 oz	4.10/ea	4.10
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►Order 6 of this item (011220) and receive 5% case discount

**Ingredients:** Organic maize, organic coconut palm sugar, organic buckwheat, organic amaranth, unrefined salt, tocopherols (vitamin E)

011040	BROWN RICE CACAO CRISPS, OG, Veganic Sprouted . . . . .	.10 oz	4.10/ea	4.10
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►Order 6 of this item (011040) and receive 5% case discount

**Ingredients:** Organic brown rice, organic coconut palm sugar, organic cacao, organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (vitamin E).

010810	BROWN RICE CRISPS, OG, Veganic Sprouted . . . . .	.8 oz	4.10/ea	4.10
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►Order 6 of this item (010810) and receive 5% case discount

**Ingredients:** Organic brown rice, organic coconut palm sugar, unrefined salt, tocopherols (vitamin E).

011050	HONEY OAT O'S. OG, Veganic Sprouted . . . . .	.8 oz	4.10/ea	4.10
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►Order 6 of this item (011050) and receive 5% case discount

**Ingredients:** Organic sprouted gluten-free oats, organic sprouted brown rice, organic honey, organic coconut palm sugar, organic sprouted lentils, organic sprouted garbanzos. organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (Vitamin E).

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

Orders - Information  
Current Prices  
1-800-456-7694  
www.clnf.org

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

+S = Salted  
NS = No Salt

‡Cannot Ship by UPS

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CEREALS &amp; GRANOLAS, CONTINUED</b>				
010830	SPROUTED OAT O'S	.8 oz	4.10/ea	4.10
	▶Order 6 of this item (010830) and receive 5% case discount Ingredients: Organic sprouted gluten-free oats, organic sprouted rice, organic sprouted lentils, organic sprouted garbanzos, organic coconut palm sugar, unrefined salt, tocopherols (Vitamin E).			
011240	SPELT FLAKES, OG, Veganic Sprouted	.12 oz	4.10/ea	4.10
	▶Order 6 of this item (011240) and receive 5% case discount Ingredients: Organic sprouted spelt, organic coconut palm sugar, organic oats, unrefined salt, tocopherols (Vitamin E).			

## NUT AND SEED BUTTERS

- Our nut & seed butters are lightly roasted unless noted otherwise.
- Our nut and seed butters may contain trace amounts of other nuts, peanuts, and seeds. Salt is added only where indicated. No hydrogenated oil or preservatives are added.

‡020219	ALMOND BUTTER, CREAMY, NS	.16 oz	8.50/ea	8.50
	▶Order 12 of this item (020219) and receive 5% case discount			
‡020919	ALMOND BUTTER, CREAMY, NS	.9#	7.75/lb	69.75
‡020217	ALMOND BUTTER, CRUNCHY, NS	.16 oz	8.50/ea	8.50
	▶Order 12 of this item (020217) and receive 5% case discount			
‡020917	ALMOND BUTTER, CRUNCHY, NS	.9#	7.75/lb	69.75
‡021632	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, NS	.16 oz	8.50/ea	8.50
	Formerly Labeled RAW			
‡021680	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, OG, NS	.16 oz	12.75/ea	12.75
	Formerly Labeled RAW			
‡021674	ALMOND BUTTER, CREAMY, OG NS	.16 oz	12.75/ea	12.75
‡021600	CASHEW BUTTER, CREAMY, NS	.16 oz	7.00/ea	7.00
	Ingredients: Dry roasted cashews, expeller-pressed safflower oil or organic high oleic sunflower oil.			
020947	PEANUT BUTTER, CREAMY, +S	.9#	2.80/lb	25.20
020105	PEANUT BUTTER, CREAMY, +S	.35#	2.60/lb	91.00
‡020047	PEANUT BUTTER, CREAMY, +S	.12/16 oz	3.30/ea	39.60
020945	PEANUT BUTTER, CREAMY, NS	.9#	2.80/lb	25.20
020115	PEANUT BUTTER, CREAMY, NS	.35#	2.60/lb	91.00
‡020045	PEANUT BUTTER, CREAMY, NS	.12/16 oz	3.30/ea	39.60
020942	PEANUT BUTTER, CRUNCHY, +S	.9#	2.80/lb	25.20
020100	PEANUT BUTTER, CRUNCHY, +S	.35#	2.60/lb	91.00
‡020042	PEANUT BUTTER, CRUNCHY, +S	.12/16 oz	3.30/ea	39.60
‡020150	PEANUT BUTTER, OG, CREAMY, +S	.16 oz	5.50/ea	5.50
	▶Order 12 of this item (020150) and receive 5% case discount			
‡020134	PEANUT BUTTER, OG, CREAMY, NS	.16 oz	5.50/ea	5.50
	▶Order 12 of this item (020134) and receive 5% case discount			
‡020141	PEANUT BUTTER, OG, CRUNCHY, +S	.16 oz	5.50/ea	5.50
	▶Order 12 of this item (020141) and receive 5% case discount			
‡020122	PEANUT BUTTER, OG, CRUNCHY, NS	.16 oz	5.50/ea	5.50
	▶Order 12 of this item (020122) and receive 5% case discount			



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>NUT &amp; SEED BUTTERS, CONTINUED</b>				
370027	SESAME TAHINI, CREAMY, NS	.15 oz	5.25/ea	5.25
	▶Order 12 of this item (370027) and receive 5% case discount			
	A creamy butter made from ground hulled sesame seeds.			
‡021660	SUNFLOWER BUTTER, OG, +S	.16 oz	4.95/ea	4.95
	<b>Ingredients:</b> Dry Roasted sunflower seeds, evaporated cane juice, sunflower oil, salt.			
‡021690	SUNFLOWER BUTTER, OG, NS	.16 oz	4.95/ea	4.95
	<b>Ingredients:</b> Dry Roasted sunflower seeds, sunflower oil.			

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

## NUTS

- Nuts are raw unless otherwise stated. Please refrigerate your nuts after purchase.
- Almonds are pastuerized as required by the Almond Board of California and the USDA.

‡Cannot Ship by UPS

030522	ALMOND MEAL, BLANCHED	.5#	7.75/lb	38.75
032522	ALMOND MEAL, BLANCHED	.25#	6.75/lb	168.75
031121	ALMOND MEAL, FINE GROUND	.5#	7.00/lb	35.00
032520	ALMOND MEAL, FINE GROUND	.25#	6.00/lb	150.00
030316	ALMONDS, SLICED, BLANCHED	.3#	8.00/lb	24.00
120014	ALMONDS, SLICED, BLANCHED	.25#	7.00/lb	175.00
030314	ALMONDS, SLICED, NATURAL	.3#	8.00/lb	24.00
030015	ALMONDS, SLICED, NATURAL	.25#	7.00/lb	175.00
030312	ALMONDS, SLIVERED, BLANCHED	.3#	8.00/lb	24.00
120012	ALMONDS, SLIVERED, BLANCHED	.25#	7.00/lb	175.00
030205	ALMONDS, WHOLE	.2#	7.25/lb	14.50
031148	ALMONDS, WHOLE	.5#	6.85/lb	34.25
030005	ALMONDS, WHOLE	.25#	6.50/lb	162.50
030006	ALMONDS, WHOLE	.50#	6.30/lb	315.00
030300	ALMONDS, WHOLE, OG	.3#	11.50/lb	34.50
032500	ALMONDS, WHOLE, OG	.25#	10.50/lb	262.50
030125	BRAZIL NUTS, WHOLE	.10 oz	6.50/ea	6.50
	▶Order 12 of this item (030125) and receive 15% case discount			
030325	BRAZIL NUTS, WHOLE	.3#	7.50/lb	22.50
030025	BRAZIL NUTS, WHOLE, VAC PAC	.44#	6.75/lb	297.00
030323	BRAZIL NUTS, WHOLE, OG	.3#	8.00/lb	24.00
034425	BRAZIL NUTS, WHOLE, OG	.44#	7.25/lb	319.00
030162	CASHEWS, LARGE PIECES	.10 oz	4.25/ea	4.25
	▶Order 12 of this item (030162) and receive 15% case discount			
030362	CASHEWS, LARGE PIECES	.3#	5.50/lb	16.50
030030	CASHEWS, LARGE PIECES	.25#	4.90/lb	122.50
030346	CASHEWS, LARGE PIECES, OG	.3#	7.25/lb	21.75
032546	CASHEWS, LARGE PIECES, OG	.25#	6.75/lb	168.75

Orders - Information  
Current Prices  
1-800-456-7694  
www.clnf.org

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

RS=Roasted, Salted

RNS=Roasted, No Salt

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>NUTS, CONTINUED</b>				
030151	CASHEWS, WHOLE LARGE, 320's	.10 oz	6.00/ea	6.00
	▶Order 12 of this item (030151) and receive 15% case discount			
030350	CASHEWS, WHOLE LARGE, 320's	.3#	6.75/lb	20.25
030050	CASHEWS, WHOLE LARGE, 320's	.25#	6.25/lb	156.25
030345	CASHEWS, WHOLE, OG	.3#	8.00/lb	24.00
032577	CASHEWS, WHOLE, OG	.25#	7.50/lb	187.50
030248	CASHEWS, WHOLE RNS	.2#	7.75/lb	15.50
030343	CASHEWS, WHOLE LARGE, RS	.3#	7.75/lb	23.25
030040	CASHEWS, WHOLE LARGE, RS	.25#	7.00/lb	175.00
030365	FILBERTS, WHOLE	.3#	9.50/lb	28.50
030065	FILBERTS, WHOLE	.25#	8.50/lb	212.50
030267	MACADAMIA, RAW, HALVES	.2#	12.25/lb	24.50
160380	MIXED NUTS DELUXE, RAW	.3#	7.50/lb	22.50
162580	MIXED NUTS DELUXE, RAW	.25#	7.00/lb	175.00
	<b>Ingredients:</b> Almonds, Brazil nuts, walnuts, pecans, cashews, filberts.			
030247	MIXED NUTS FANCY, RS	.2#	9.25/lb	18.50
032560	MIXED NUTS FANCY, RS	.25#	8.75/lb	218.75
	<b>Ingredients:</b> Cashews 240's, almonds, Brazil nuts, filberts, pecans, peanut oil, salt.			
030268	MIXED NUTS, 50% PEANUTS, RS	.2#	6.25/lb	12.50
030250	MIXED NUTS, 50% PEANUTS, RS	.25#	5.50/lb	137.50
	<b>Ingredients:</b> Peanuts, almonds, Brazil nuts, cashews, filberts, pecans, peanut oil, and salt.			
030597	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.5#	2.60/lb	13.00
030095	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.30#	2.25/lb	67.50
030575	PEANUTS, REDSKIN, RAW	.5#	2.65/lb	13.25
030070	PEANUTS, REDSKIN, RAW	.30#	2.25/lb	67.50
030593	PEANUTS, SPANISH, RAW	.5#	2.60/lb	13.00
030072	PEANUTS, SPANISH, RAW	.30#	2.10/lb	63.00
030536	PEANUTS, SPANISH, RS	.5#	3.00/lb	15.00
030037	PEANUTS, SPANISH, RS	.25#	2.50/lb	62.50
030583	PEANUTS, WHOLE, BLANCHED, RNS	.5#	3.25/lb	16.25
030085	PEANUTS, WHOLE, BLANCHED, RNS	.25#	2.75/lb	68.75
030577	PEANUTS, WHOLE, BLANCHED, RS	.5#	3.25/lb	16.25
030080	PEANUTS, WHOLE, BLANCHED, RS	.25#	2.75/lb	68.75
030236	PECAN MEAL, FANCY	.2#	5.75/lb	11.50
031136	PECAN MEAL, FANCY	.5#	5.50/lb	27.50
030135	PECAN MEAL, FANCY	.30#	4.50/lb	135.00
030224	PECANS, 1/2's, JUMBO, FANCY	.2#	9.25/lb	18.50
030524	PECANS, 1/2's, JUMBO, FANCY	.5#	8.75/lb	43.75
032808	PECANS, 1/2's, JUMBO, FANCY	.30#	8.00/lb	240.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>NUTS, CONTINUED</b>				
030230	PECANS, LARGE PIECES, FANCY	.2#	8.25/lb	16.50
030530	PECANS, LARGE PIECES, FANCY	.5#	7.75/lb	38.75
030130	PECANS, LARGE PIECES, FANCY	.30#	7.00/lb	210.00
030204	PECANS, 1/2's, OG	.2#	12.50/lb	25.00
030232	PINE NUTS, LARGE, CHINESE	.2#	18.00/lb	36.00
030138	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.10 oz	8.00/ea	8.00
▶Order 12 of this item (030138) and receive 15% case discount				
030338	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.3#	9.00/lb	27.00
030140	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.25#	8.00/lb	200.00
030244	PISTACHIOS, SHELLLED, RAW	.2#	14.50/lb	29.00
032243	PISTACHIOS, SHELLLED, RAW	.25#	13.50/lb	337.50
030243	PISTACHIOS, SHELLLED, RS	.2#	14.50/lb	29.00
030143	PISTACHIOS, SHELLLED, RS	.25#	13.50/lb	337.50
030576	WALNUTS, BLACK FANCY, LARGE PIECES	.5#	9.50/lb	47.50
030168	WALNUTS, HALVES & PIECES	.10oz	6.25/ea	6.25
▶Order 12 of this item (030168) and receive 15% case discount				
030364	WALNUTS, HALVES & PIECES	.3#	6.50/lb	19.50
030165	WALNUTS, HALVES & PIECES	.25#	5.75/lb	143.75
030390	WALNUTS, HALVES & PIECES, OG	.3#	13.00/lb	39.00
032590	WALNUTS, HALVES & PIECES, OG	.25#	12.00/lb	300.00

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Ingredient lists provided for reference purposes and may vary slightly

## **DRIED FRUIT**

- All of our fruit is unsulphured unless otherwise noted.
- We are often asked, "Do your organic dried fruits contain sulphur?" The answer is that any food designated *organic* cannot contain sulphur. *Organic* fruit is always *unsulphured*.
- During the drying process our imported tropical fruit, including pineapple and papaya, is dipped into a sugar solution. It is labeled as "low sugar" by industry standards.

040507	APPLES, DICES, NATURAL, NY	.5#	5.00/lb	25.00
040206	APPLES, DICES, NATURAL, NY	.25#	4.00/lb	100.00
130135	APPLES, RINGS, NATURAL, NY	.5#	5.50/lb	27.50
040010	APPLES, RINGS, NATURAL, NY	.25#	5.00/lb	125.00
040535	APPLES, RINGS, OG, NY	.5#	8.00/lb	40.00
040513	APRICOTS, 1/2's, SULPHURED, FANCY	.5#	8.50/lb	42.50
041130	APRICOTS, 1/2's, NATURAL	.5#	9.50/lb	47.50
040030	APRICOTS, 1/2's, NATURAL	.25#	8.50/lb	212.50
040113	APRICOTS, TURKISH, OG	.16 oz	9.00ea	9.00
▶Order 12 of this item (040113) and receive 15% case discount				
045513	APRICOTS, TURKISH, OG	.5#	8.25/lb	41.25
040013	APRICOTS, TURKISH, OG	.28#	7.25/lb	203.00

Orders - Information  
Current Prices  
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
130105	APRICOTS, TURKISH, SULPHURED . . . . .	16oz	8.00/ea	8.00
	▶Order 12 of this item (130105) and receive 15% case discount			
040539	APRICOTS, TURKISH, SULPHURED . . . . .	5#	6.25/lb	31.25
040015	APRICOTS, TURKISH, SULPHURED . . . . .	.28#	5.25/lb	147.00
040280	BANANA CHIPS, SWEETENED, IMP, OG . . . . .	.2#	3.00/lb	6.00
041470	BANANA CHIPS, SWEETENED, IMP, OG . . . . .	.14#	2.25/lb	31.50
	<b>Ingredients:</b> Organic bananas, organic coconut oil, sugar.			
130012	BANANA CHIPS, SWEETENED, IMP . . . . .	.2#	2.60/lb	5.20
040035	BANANA CHIPS, SWEETENED, IMP . . . . .	.14#	1.80/lb	25.20
	<b>Ingredients:</b> Bananas, vegetable (coconut) oil, sugar, banana flavor.			
130220	BANANA CHIPS, UNSWEETENED, IMP . . . . .	.2#	2.60/lb	5.20
040048	BANANA CHIPS, UNSWEETENED, IMP . . . . .	.14#	1.80/lb	25.20
	<b>Ingredients:</b> Bananas, coconut oil.			
046616	BANANA SPLITS, NATURAL, NO SUGAR, IMP . . . . .	.6.6#	5.75/lb	37.95
	100% tropical; product of Costa Rica.			
040166	CHERRIES, SWEET (BING), UNSWEETENED, MI . . . . .	.1#	9.00/lb	9.00
040110	CHERRIES, TART, JUICE SWEETENED . . . . .	.1#	11.00/lb	11.00
	<b>Ingredients:</b> Cherries, apple juice concentrate, sunflower oil.			
040560	CHERRIES, TART, SUGAR SWEETENED . . . . .	.5#	8.00/lb	40.00
040168	CHERRIES, TART, UNSWEETENED . . . . .	.1#	19.50/lb	19.50
040233	CHERRIES, TART, UNSWEETENED . . . . .	.10#	18.25/lb	182.50
040367	COCONUT, CHIP, IMP . . . . .	.3#	3.90/lb	11.70
040065	COCONUT, CHIP, IMP . . . . .	.25#	2.90/lb	72.50
	Coconut chips are shaved. Most commonly used in nut and seed mixes.			
040540	COCONUT, MACAROON, IMP . . . . .	.5#	3.90/lb	19.50
040050	COCONUT, MACAROON, IMP . . . . .	.25#	2.90/lb	72.50
	Coconut macaroon is very fine grated, dessicated (dehydrated) coconut.			
041155	COCONUT, MEDIUM, IMP . . . . .	.5#	3.90/lb	19.50
040055	COCONUT, MEDIUM, IMP . . . . .	.25#	2.90/lb	72.50
	Coconut medium is small shredded pieces of dessicated (dehydrated) coconut.			
040525	CRANBERRIES, SUGAR SWEETENED . . . . .	.5#	3.50/lb	17.50
042545	CRANBERRIES, SUGAR SWEETENED . . . . .	.25#	2.75/lb	68.75
	<b>Ingredients:</b> Cranberries, sugar, sunflower oil.			
040165	CRANBERRIES, SUGAR SWEETENED, OG . . . . .	.1#	6.50/lb	6.50
040565	CRANBERRIES, SUGAR SWEETENED, OG . . . . .	.5#	5.50/lb	27.50
041065	CRANBERRIES, SUGAR SWEETENED, OG . . . . .	.10#	5.00/lb	50.00
	<b>Ingredients:</b> Organic cranberries, organic sugar, organic sunflower oil.			
040582	CURRANTS, ZANTE, OG . . . . .	.5#	3.50/lb	17.50
040337	CURRANTS, ZANTE, OG . . . . .	30#	3.00/lb	90.00
	Zante currants come from a small, seedless variety of grape; not related to the currant berry.			
	• All of our California dates are hydrated before shipping to make them soft and moist.			
040585	DATE ALMOND COCONUT ROLLS, OG . . . . .	.5#	4.65/lb	23.25
040125	DATE ALMOND COCONUT ROLLS, OG . . . . .	.18#	4.15/lb	74.70

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
040587	DATE COCONUT ROLLS, OG	.5#	4.10/lb	20.50
040087	DATE COCONUT ROLLS, OG	.15#	3.80/lb	57.00
040801	DATE PECAN LOGS, OG	12 oz	5.50/ea	5.50
040523	DATE PIECES IN OAT FLOUR	.5#	2.65/lb	13.25
030035	DATE PIECES IN OAT FLOUR	.30#	2.00/lb	60.00
040520	DATE PIECES IN OAT FLOUR, OG	.5#	4.50/lb	22.50
040120	DATE PIECES IN OAT FLOUR, OG The oat flour used on the organic date pieces is organic.	.30#	3.50/lb	105.00
040579	DATE PASTE	.5#	2.70/lb	13.50
040515	DATES, CHOPPED, WITH RICE FLOUR	.5#	2.75/lb	13.75
042215	DATES, CHOPPED, WITH RICE FLOUR	.22#	2.10/lb	46.20
040581	DATES, DEGLET NOOR, PITTED	.5#	3.00/lb	15.00
040081	DATES, DEGLET NOOR, PITTED	.15#	2.75/lb	41.25
040505	DATES, DEGLET NOOR, PITTED, OG	.5#	4.65/lb	23.25
040105	DATES, DEGLET NOOR, PITTED, OG	.15#	4.25/lb	63.75
040083	DATES, DEGLET NOOR, WITH PIT	.15#	2.35/lb	35.25
040501	DATES, HARD PACK, PITTED, IMP	.5#	3.50/lb	17.50
042200	DATES, HARD PACK, PITTED, IMP Imported dates are not hydrated, therefore they are very dry, but nice and sweet.	.15#	2.25/lb	33.75
040091	DATES, HALAWI, W/PIT, OG	.15#	2.95/lb	44.25
040090	DATES, KHADRAWI, W/PIT, OG	.15#	2.75/lb	41.25
040584	DATES, MEDJOOOL, CHOICE, W/PIT, OG	.5#	5.00/lb	25.00
040084	DATES, MEDJOOOL, CHOICE, W/PIT, OG	.15#	4.20/lb	63.00
040531	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.5#	4.25/lb	21.25
040135	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.30#	3.75/lb	112.50
045516	FIGS, BLACK MISSION, X-CHOICE, OG	.5#	5.00/lb	25.00
040516	FIGS, BLACK MISSION, X-CHOICE, OG	.30#	4.40/lb	132.00
040578	FIGS, GOLDEN, OG	.5#	5.10/lb	25.50
043078	FIGS, GOLDEN, OG	.30#	4.65/lb	139.50
040543	FIGS, TURKISH, OG	.5#	5.50/lb	27.50
042543	FIGS, TURKISH, OG	.25#	4.50/lb	112.50
041154	FRUIT MEDLEY, SULPHURED <b>Ingredients:</b> Raisins, diced peaches, diced pears, diced apricots, and diced apples, sulphur.	.5#	6.00/lb	30.00
041151	FRUIT MEDLEY, NATURAL	.5#	6.00/lb	30.00
040153	FRUIT MEDLEY, NATURAL <b>Ingredients:</b> Raisins, diced peaches, diced pears, diced apricots, and diced apples.	.25#	5.00/lb	125.00
040529	GINGER SLICES, LOW SUGAR, IMP. <b>Ingredients:</b> Ginger, cane sugar, citric acid. (Sulphur less than 10 ppm.)	.5#	4.00/lb	20.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
040217	MANGO CHUNKS, LOW SUGAR, IMP. ....	.5#	3.25/lb	16.25
	<b>Ingredients:</b> Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)			
043586	MANGO SLICES, LOW SUGAR, IMP. ....	.5#	3.25/lb	16.25
	<b>Ingredients:</b> Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)			
040544	MANGO SLICES, NATURAL, NO SUGAR, IMP .....	.5#	7.50/lb	37.50
	100% tropical.			
041141	MIXED FRUIT, SULPHURED .....	.5#	6.00/lb	30.00
	<b>Ingredients:</b> Pear halves, peach halves, prunes, apple pieces, whole apricots, sulphur.			
041148	MIXED FRUIT, NATURAL .....	.5#	6.00/lb	30.00
040160	MIXED FRUIT, NATURAL .....	.25#	5.00/lb	125.00
	<b>Ingredients:</b> Pear halves, peach halves, prunes, apple pieces, whole apricots.			
041144	NECTARINES, X-FANCY, SULPHURED .....	.5#	6.50/lb	32.50
041145	NECTARINES, NATURAL .....	.5#	Call for Availability	
040162	NECTARINES, NATURAL .....	.25#	Call for Availability	
045295	PAPAYA CHUNKS, LOW SUGAR, IMP .....	.5#	3.25/lb	16.25
	<b>Ingredients:</b> Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)			
045319	PAPAYA DICES, LOW SUGAR, IMP .....	.5#	3.25/lb	16.25
041619	PAPAYA DICES, LOW SUGAR, IMP .....	.16oz	4.75/ea	4.75
	▶ <b>Order 12 of this item (041619) and receive 15% case discount</b>			
	<b>Ingredients:</b> Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)			
040590	PAPAYA SPEARS, LOW SUGAR, IMP .....	.5#	3.25/lb	16.25
041690	PAPAYA SPEARS, LOW SUGAR, IMP .....	.16oz	4.75/ea	4.75
	▶ <b>Order 12 of this item (041690) and receive 15% case discount</b>			
	<b>Ingredients:</b> Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)			
041146	PEACHES, X-FANCY, SULPHURED .....	.5#	6.25/lb	31.25
041190	PEACHES, NATURAL .....	.5#	8.00/lb	40.00
040180	PEACHES, NATURAL .....	.25#	7.00/lb	175.00
040550	PEACHES, NATURAL, DICED .....	.5#	8.00/lb	40.00
042570	PEACHES, NATURAL, DICED .....	.25#	7.00/lb	175.00
041147	PEARS, X-FANCY, SULPHURED .....	.5#	6.50/lb	32.50
041149	PEARS, NATURAL .....	.5#	7.00/lb	35.00
040190	PEARS, NATURAL .....	.25#	6.00/lb	150.00
045213	PINEAPPLE DICES, LOW SUGAR, IMP .....	.5#	3.25/lb	16.25
041605	PINEAPPLE DICES, LOW SUGAR, IMP .....	.16oz	4.25/ea	4.25
	▶ <b>Order 12 of this item (041605) and receive 15% case discount</b>			
	<b>Ingredients:</b> Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.)			
040591	PINEAPPLE RINGS, LOW SUGAR, IMP .....	.5#	3.25/lb	16.25
041691	PINEAPPLE RINGS, LOW SUGAR, IMP .....	.16oz	4.25/lb	4.25
	▶ <b>Order 12 of this item (041691) and receive 15% case discount</b>			
	<b>Ingredients:</b> Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.)			
044412	PINEAPPLE SLICES, NATURAL, NO SUGAR, IMP .....	.4.4#	8.25/lb	36.30
	100% tropical; product of Costa Rica.			



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
045212	PINEAPPLE WEDGES, LOW SUGAR, IMP <b>Ingredients:</b> Pineapple, sugar, citric acid. (Sulphur less than 10 ppm.)	.5#	3.25/lb	16.25
045316	PRUNES, PITTED, OG	.5#	5.75/lb	28.75
040316	PRUNES, PITTED, OG	.30#	4.75/lb	142.50
130167	PRUNES, PITTED, UNSORBATED	.5#	4.75/lb	23.75
040415	PRUNES, PITTED, UNSORBATED	.30#	3.75/lb	112.50
040548	RAISINS, BLACK FLAME, LARGE	.5#	2.50/lb	12.50
040347	RAISINS, BLACK FLAME, LARGE	.30#	1.80/lb	54.00
040519	RAISINS, GOLDEN, SULPHURED	.5#	2.90/lb	14.50
040318	RAISINS, GOLDEN, SULPHURED	.30#	2.45/lb	73.50
041320	RAISINS, THOMPSON	.5#	2.25/lb	11.25
040320	RAISINS, THOMPSON	.30#	1.85/lb	55.50
130322	RAISINS, THOMPSON	.12/16oz	3.00/ea	36.00
130140	RAISINS, THOMPSON, OG	.5#	3.50/lb	17.50
040325	RAISINS, THOMPSON, OG	.30#	3.15/lb	94.50
130344	RAISINS, THOMPSON, OG	.12/16oz	3.60/ea	43.20
040524	RAISINS, THOMPSON, JUMBO	.5#	2.50/lb	12.50
040324	RAISINS, THOMPSON, JUMBO	.30#	2.00/lb	60.00
040527	RAISINS, THOMPSON, JUMBO, OG	.5#	3.75/lb	18.75
043010	RAISINS, THOMPSON, JUMBO, OG	.30#	3.30/lb	99.00

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## **STRETCH ISLAND FRUIT LEATHER**

040434	APPLE <b>Ingredients:</b> Apple puree concentrate, natural lemon juice concentrate, natural apple flavor.	.30/0.5 oz	0.50/ea	15.00
040422	APRICOT <b>Ingredients:</b> Apples, apricots, pears, lemon juice.	.30/0.5 oz	0.50/ea	15.00
040432	CHERRY <b>Ingredients:</b> Apples, cherries, orange puree, natural flavors.	.30/0.5 oz	0.50/ea	15.00
040426	GRAPE <b>Ingredients:</b> Apples, grapes, pears.	.30/0.5 oz	0.50/ea	15.00
040423	MIXED FLAVORS Mixed flavors contain 6 each of the following: apricot, cherry, grape, raspberry, strawberry.	.30/.5 oz	0.60/ea	18.00
040430	RASPBERRY <b>Ingredients:</b> Apples, pears, raspberries, lemon juice.	.30/0.5 oz	0.50/ea	15.00
040425	STRAWBERRY <b>Ingredients:</b> Apples, pears, strawberries, natural flavors, lemon juice.	.30/0.5 oz	0.50/ea	15.00

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Current Prices  
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>SEEDS</b>				
• Many of these seeds can be sprouted and put in salads.				
051607	ALFALFA SEEDS, OG	.16oz	8.00/ea	8.00
050514	ALFALFA SEEDS, OG	.5#	7.00/lb	35.00
050006	ALFALFA SEEDS, OG	.25#	6.50/lb	162.50
050521	AMARANTH SEEDS, OG	.5#	2.15/lb	10.75
052513	AMARANTH SEEDS, OG	.25#	1.50/lb	37.50
051699	BROCCOLI SEEDS, OG (For sprouting)	.16 oz	12.25/ea	12.25
050394	BROCCOLI SEEDS, OG (For sprouting)	.3#	11.50/lb	34.50
051400	CHIA SEEDS, OG	.12 oz	9.50/ea	9.50
050504	CHIA SEEDS, OG	.5#	9.25/lb	46.25
050181	CLOVER SEEDS, RED, OG	.16 oz	7.75/ea	7.75
050534	CLOVER SEEDS, RED, OG	.5#	6.75/lb	33.75
050270	FENUGREEK SEEDS	.2#	4.25/lb	8.50
050518	FENUGREEK SEEDS	.5#	3.85/lb	19.25
050517	FLAX SEEDS, BROWN, OG	.5#	2.00/lb	10.00
050015	FLAX SEEDS, BROWN, OG	.25#	1.50/lb	37.50
050510	FLAX SEEDS, GOLDEN	.5#	1.45/lb	7.25
052510	FLAX SEEDS, GOLDEN	.25#	0.95/lb	23.75
051518	FLAX SEEDS, GOLDEN, OG	.5#	2.00/lb	10.00
052518	FLAX SEEDS, GOLDEN, OG	.25#	1.60/lb	40.00
050125	PEPITAS, PUMPKIN SEEDS, MEXICAN	.10 oz	6.75/ea	6.75
▶Order 12 of this item (050125) and receive 15% case discount				
050525	PEPITAS, PUMPKIN SEEDS, MEXICAN	.5#	8.00/lb	40.00
050025	PEPITAS, PUMPKIN SEEDS, MEXICAN	.25#	7.25/lb	181.25
050592	PEPITAS, PUMPKIN SEEDS, CHINA, OG	.5#	5.25/lb	26.25
052586	PEPITAS, PUMPKIN SEEDS, CHINA, OG	.27.5#	4.50/lb	123.75
330575	POPPY SEEDS, BLUE	.5#	2.50/lb	12.50
050569	RADISH SEEDS, OG	.5#	5.25/lb	26.25
051163	SESAME SEEDS, HULLED (WHITE)	.5#	2.50/lb	12.50
*050040	SESAME SEEDS, HULLED (WHITE)	.50#	1.90/lb	95.00
050540	SESAME SEEDS, HULLED (WHITE), OG	.5#	4.35/lb	21.75
052539	SESAME SEEDS, HULLED (WHITE), OG	.25#	3.60/lb	90.00
050666	SESAME SEEDS, HULLED (WHITE), OG	.6/16oz	4.60/ea	27.60
051167	SESAME SEEDS, NATURAL	.5#	2.20/lb	11.00
*050035	SESAME SEEDS, NATURAL	.50#	1.65/lb	82.50
050530	SESAME SEEDS, NATURAL, OG	.5#	3.25/lb	16.25
055235	SESAME SEEDS, NATURAL, OG	.25#	2.75/lb	68.75
050664	SESAME SEEDS, NATURAL, OG	.6/16oz	3.50/ea	21.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>SEEDS, CONTINUED</b>				
050520	SESAME SEEDS, NATURAL, BLACK	5#	3.00/lb	15.00
	• All of our sunflower seeds are shelled. Roasted sunflower seeds are roasted in peanut oil.			
050547	SUNFLOWER SEEDS (Raw)	.5#	1.75/lb	8.75
*050045	SUNFLOWER SEEDS (Raw)	.50#	1.35/lb	67.50
120080	SUNFLOWER SEEDS (Raw)	.12/10 oz	1.70/ea	20.40
050573	SUNFLOWER SEEDS, OG (Raw)	.5#	2.90/lb	14.50
050075	SUNFLOWER SEEDS, OG (Raw)	.25#	2.50/lb	62.50
120110	SUNFLOWER SEEDS, OG (Raw)	.12/10oz	2.10/ea	25.20
050563	SUNFLOWER SEEDS, RNS	.5#	2.55/lb	12.75
050065	SUNFLOWER SEEDS, RNS	.25#	2.15/lb	53.75
120090	SUNFLOWER SEEDS, RNS	.12/10 oz	2.25/ea	27.00
051158	SUNFLOWER SEEDS, RS	.5#	2.55/lb	12.75
050055	SUNFLOWER SEEDS, RS	.25#	2.15/lb	53.75
120085	SUNFLOWER SEEDS, RS	.12/10 oz	2.25/ea	27.00

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Ingredient lists provided for reference purposes and may vary slightly

RS =  
Roasted  
Salted  
RNS =  
Roasted No  
Salt

## BEANS

- Many of our beans can be sprouted.
- Beans store very well in a cool, dry environment.

061108	ADZUKI BEANS, OG	.5#	2.85/lb	14.25
060007	ADZUKI BEANS, OG	.25#	2.50/lb	62.50
060108	BEAN SOUP MIX, C.L., OG	.16oz	3.15/ea	3.15
	►Order 12 of this item (060108) and receive 15% case discount			
060508	BEAN SOUP MIX, C.L., OG	.5#	2.60/lb	13.00
	<b>Ingredients:</b> Great northern, adzuki, pinto, black turtle, kidney, red lentils, barley.			
068754	BLACK BEANS REFRIED, INSTANT	.8.75 oz	3.00/ea	3.00
061062	BLACK BEANS REFRIED, INSTANT	.10#	4.25/lb	42.50
	<b>Ingredients:</b> Precooked black beans, sea salt.			
060197	BLACK BEAN SOUP (Dry mix)	.1#	5.25/ea	5.25
	<b>Ingredients:</b> Precooked black beans, sea salt, mild red pepper, garlic, herbs, spices, rice vinegar.			
061113	BLACK TURTLE BEANS, OG	.5#	2.10/lb	10.50
060015	BLACK TURTLE BEANS, OG	.25#	1.80/lb	45.00
060596	BLACK-EYED PEAS, OG	.5#	2.20/lb	11.00
060990	BLACK-EYED PEAS, OG	.25#	1.90/lb	47.50
060513	CANNELLINI BEANS, WHITE KIDNEY	.5#	2.30/lb	11.50
062513	CANNELLINI BEANS, WHITE KIDNEY	.25#	2.00/lb	50.00
060581	CRANBERRY BEANS, OG	.5#	2.25/lb	11.25
060087	CRANBERRY BEANS, OG	.25#	1.95/lb	48.75
060538	FAVA BEANS, OG	.5#	1.95/lb	9.75
065527	GARBANZO, CHICKPEAS, OG	.5#	1.85/lb	9.25
060027	GARBANZO, CHICKPEAS, OG	.25#	1.50/lb	37.50

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slightly

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BEANS, CONTINUED</b>				
060530	GREAT NORTHERN BEANS, OG	.5#	2.10/lb	10.50
060030	GREAT NORTHERN BEANS, OG	.25#	1.80/lb	45.00
061133	KIDNEY BEANS, DARK RED, OG	.5#	2.95/lb	14.75
060035	KIDNEY BEANS, DARK RED, OG	.25#	2.60/lb	65.00
060541	KIDNEY BEANS, LIGHT RED	.5#	1.85/lb	9.25
060040	KIDNEY BEANS, LIGHT RED	.25#	1.55/lb	38.75
060539	KIDNEY BEANS, LIGHT RED, OG	.5#	2.20/lb	11.00
062539	KIDNEY BEANS, LIGHT RED, OG	.25#	1.90/lb	47.50
060576	LENTILS, FRENCH, OG	.5#	2.00/lb	10.00
062574	LENTILS, FRENCH, OG	.25#	1.70/lb	42.50
060544	LENTILS, GREEN	.5#	1.40/lb	7.00
060045	LENTILS, GREEN	.25#	1.10/lb	27.50
060546	LENTILS, GREEN, OG	.5#	1.90/lb	9.50
060047	LENTILS, GREEN, OG	.25#	1.60/lb	40.00
060548	LENTILS, RED	.5#	1.75/lb	8.75
060049	LENTILS, RED	.25#	1.45/lb	36.25
060549	LENTILS, RED, OG	.5#	2.10/lb	10.50
062549	LENTILS, RED, OG	.25#	1.75/lb	43.75
060557	LIMA BEANS, BABY, OG	.5#	2.20/lb	11.00
060051	LIMA BEANS, BABY, OG	.25#	1.90/lb	47.50
061155	MUNG BEANS, OG	.5#	2.50/lb	12.50
060055	MUNG BEANS, OG	.25#	2.05/lb	51.25
061167	NAVY BEANS, OG	.5#	2.30/lb	11.50
060060	NAVY BEANS, OG	.25#	2.00/lb	50.00
060571	PEAS, GREEN SPLIT	.5#	1.25/lb	6.25
060070	PEAS, GREEN SPLIT	.25#	0.95/lb	23.75
061174	PEAS, GREEN SPLIT, OG	.5#	1.40/lb	7.00
060072	PEAS, GREEN SPLIT, OG	.25#	1.15/lb	28.75
060593	PEAS, GREEN WHOLE, OG	.5#	1.25/lb	6.25
060076	PEAS, GREEN WHOLE, OG	.25#	0.95/lb	23.75
060577	PEAS, YELLOW SPLIT	.5#	1.25/lb	6.25
060574	PEAS, YELLOW SPLIT, OG	.5#	1.45/lb	7.25
060077	PEAS, YELLOW SPLIT, OG	.25#	1.15/lb	28.75
061183	PINTO BEANS, OG	.5#	2.25/lb	11.25
060080	PINTO BEANS, OG	.25#	1.95/lb	48.75
068750	PINTO BEANS REFRIED, INSTANT	.8.75 oz	3.00/ea	3.00
061068	PINTO BEANS REFRIED, INSTANT	.10#	4.25/lb	42.50

**Ingredients:** Precooked pinto beans, sea salt.

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BEANS, CONTINUED</b>				
060589	SMALL RED BEANS, OG	.5#	1.95/lb	9.75
060089	SMALL RED BEANS, OG	.25#	1.70/lb	42.50
061197	SOY BEANS, OG	.5#	2.00/lb	10.00
060095	SOY BEANS, OG	.25#	1.65/lb	41.25

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## GRAINS AND HOT CEREALS

080510	4-GRAIN FLAKES	.5#	1.20/lb	6.00
082510	4-GRAIN FLAKES	.25#	0.85/lb	21.25
<b>Ingredients:</b> Barley rolled flakes, rolled oats, rye rolled flakes, wheat rolled flakes, sunflower seeds.				
070800	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	1.6#	2.19/lb	3.50
*075001	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	.50#	0.95/lb	47.50
<b>Ingredients:</b> Hard red wheat, oat groats, triticale, barley, rye, soft white wheat, spelt, flax seed.				
070213	7-GRAIN CEREAL, OG	.2#	2.50/lb	5.00
070513	7-GRAIN CEREAL, OG	.5#	2.25/lb	11.25
072513	7-GRAIN CEREAL, OG	.25#	2.00/lb	50.00
<b>Ingredients:</b> Cracked wheat, rye grits, barley grits, millet, cornmeal, flax, and steel cut oats.				
<i>Cooking Instructions:</i> Use 1 part cereal to 4 parts boiling water & simmer 20-40 minutes (or cook overnight in a crockpot).				
071110	BARLEY, HULLED, OG	.5#	1.00/lb	5.00
070004	BARLEY, HULLED, OG	.25#	0.70/lb	17.50
Hulled barley is similar to pearled barley, but is less refined.				
080504	BARLEY, ROLLED FLAKES	.5#	0.80/lb	4.00
*080004	BARLEY, ROLLED FLAKES	.50#	0.45/lb	22.50
080519	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.5#	3.25/lb	16.25
082505	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.25#	2.75/lb	68.75
080525	BUCKWHEAT, HULLED WHITE, OG	.5#	2.90/lb	14.50
082520	BUCKWHEAT, HULLED WHITE, OG	.25#	2.40/lb	60.00
080521	BUCKWHEAT, UNHULLED, OG (For Sprouting)	.5#	1.50/lb	7.50
080501	BULGUR WHEAT, CRACKED, COARSE GRIND	.5#	0.85/lb	4.25
*080030	BULGUR WHEAT, CRACKED, COARSE GRIND	.50#	0.55/lb	27.50
Our bulgur is made from hard red winter wheat. It is cooked, then cracked, and considered a coarse grind.				
070520	CORN GRITS, YELLOW, OG	.5#	1.25/lb	6.25
072520	CORN GRITS, YELLOW, OG	.25#	0.95/lb	23.75
070512	CORN, WHOLE, YELLOW, OG	.5#	1.10/lb	5.50
*070012	CORN, WHOLE, YELLOW, OG	.50#	0.80/lb	40.00
080534	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.5#	1.10/lb	5.50
080033	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.25#	0.90/lb	22.50
080554	COUSCOUS, SEMOLINA	.5#	1.65/lb	8.25
*080044	COUSCOUS, SEMOLINA	.50#	1.35/lb	67.50
080565	COUSCOUS, SEMOLINA, OG	.5#	2.05/lb	10.25
*080064	COUSCOUS, SEMOLINA, OG	.50#	1.75/lb	87.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
080574	COUSCOUS, WHOLE WHEAT	.5#	1.65/lb	8.25
*085574	COUSCOUS, WHOLE WHEAT	.50#	1.35/lb	67.50
070084	COUSCOUS, WHOLE WHEAT, OG	.5#	2.05/lb	10.25
*075084	COUSCOUS, WHOLE WHEAT, OG	.50#	1.75/lb	87.50
080513	KAMUT KHORASAN WHEAT, OG	.5#	1.45/lb	7.25
082515	KAMUT KHORASAN WHEAT, OG	.25#	1.05/lb	26.25
Kamut® is a registered trademark of Kamut, International Ltd.				
070522	MILLET, HULLED	.5#	1.10/lb	5.50
*070020	MILLET, HULLED	.50#	0.80/lb	40.00
071116	MILLET, HULLED, OG	.5#	1.50/lb	7.50
070014	MILLET, HULLED, OG	.25#	1.25/lb	31.25
070620	MILLET, HULLED, OG	.6/16oz	1.75/ea	10.50
072500	OAT BRAN	.25#	1.00/lb	25.00
*085000	OAT BRAN	.50#	0.75/lb	37.50
080544	OAT BRAN, OG	.4.5#	1.90/lb	8.55
080142	OAT BRAN, OG	.25#	1.40/lb	35.00
*085042	OAT BRAN, OG	.50#	1.25/lb	62.50
080559	OAT GROATS, STEEL CUT	.5#	1.00/lb	5.00
080157	OAT GROATS, STEEL CUT	.25#	0.70/lb	17.50
*085057	OAT GROATS, STEEL CUT	.50#	0.50/lb	25.00
070547	OAT GROATS, STEEL CUT, OG	.5#	1.30/lb	6.50
072539	OAT GROATS, STEEL CUT, OG	.25#	1.10/lb	27.50
*075039	OAT GROATS, STEEL CUT, OG	.50#	0.95/lb	47.50
070534	OAT GROATS, WHOLE	.5#	1.00/lb	5.00
070125	OAT GROATS, WHOLE	.25#	0.70/lb	17.50
*075025	OAT GROATS, WHOLE	.50#	0.50/lb	25.00
070582	OAT GROATS, WHOLE, OG	.5#	1.30/lb	6.50
080159	OAT GROATS, WHOLE, OG	.25#	1.10/lb	27.50
*075059	OAT GROATS, WHOLE, OG	.50#	0.95/lb	47.50
<ul style="list-style-type: none"> <li>• All rolled oats are processed in a similar manner; the difference is in the thickness of the cut.</li> </ul>				
080537	OATS, QUICK ROLLED	.5#	0.85/lb	4.25
080137	OATS, QUICK ROLLED	.25#	0.55/lb	13.75
*080037	OATS, QUICK ROLLED	.50#	0.45/lb	22.50
080556	OATS, QUICK ROLLED, OG	.5#	1.25/lb	6.25
080056	OATS, QUICK ROLLED, OG	.25#	1.00/lb	25.00
*080055	OATS, QUICK ROLLED, OG	.50#	0.95/lb	47.50
080540	OATS, REGULAR ROLLED	.5#	0.85/lb	4.25
080139	OATS, REGULAR ROLLED	.25#	0.55/lb	13.75
*080040	OATS, REGULAR ROLLED	.50#	0.45/lb	22.50

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<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
080552	OATS, REGULAR ROLLED, OG	.5#	1.25/lb	6.25
082552	OATS, REGULAR ROLLED, OG	.25#	1.00/lb	25.00
*080052	OATS, REGULAR ROLLED, OG	.50#	0.95/lb	47.50
080550	OATS, THICK ROLLED	.5#	0.85/lb	4.25
*080050	OATS, THICK ROLLED	.50#	0.45/lb	22.50
080558	OATS, THICK ROLLED, OG	.5#	1.25/lb	6.25
*085058	OATS, THICK ROLLED, OG	.50#	0.95/lb	47.50
070538	POPCORN, WHITE (Non-GMO)	.5#	1.10/lb	5.50
*070035	POPCORN, WHITE (Non-GMO)	.50#	0.80/lb	40.00
071033	POPCORN, YELLOW (Non-GMO)	.10#	1.10/lb	11.00
*070030	POPCORN, YELLOW (Non-GMO)	.50#	0.80/lb	40.00
070560	POPCORN, YELLOW, OG.	.5 #	1.55/lb	7.75
*075063	POPCORN, YELLOW, OG.	.50#	1.25/lb	62.50
073206	POPCORN, YELLOW, OG.	.6/32 oz	3.50/ea	21.00
201212	POPCORN, YELLOW, CARAMEL (non-GMO)	.5#	1.10/lb	5.50
*075058	POPCORN, YELLOW, CARAMEL (non-GMO) "Caramel" popcorn is an extra large, slightly tougher, popcorn used for commercial caramel corn.	.50#	0.80/lb	40.00
080562	QUINOA, OG, Pronounced "Keen-wa"	.5#	6.00/lb	30.00
082564	QUINOA, OG, Pronounced "Keen-wa"	.25#	5.50/lb	137.50
081606	QUINOA, OG, Pronounced "Keen-wa" When cooking quinoa, use 2 parts water to 1 part grain.	.6/16oz	6.75/ea	40.50
<ul style="list-style-type: none"> <li>• All of our rice is brown unless it is stated otherwise.</li> </ul>				
070568	RICE, BASMATI, LUNDBERG	.5#	1.70/lb	8.50
070064	RICE, BASMATI, LUNDBERG	.25#	1.45/lb	36.25
072564	RICE, BASMATI, LUNDBERG, OG	.25#	2.15/lb	53.75
070564	RICE, BASMATI, OG	.5#	2.30/lb	11.50
*075082	RICE, BASMATI, OG	.50#	1.10/lb	55.00
070561	RICE, BASMATI, WHITE, LUNDBERG	.5#	1.85/lb	9.25
070063	RICE, BASMATI, WHITE, LUNDBERG	.25#	1.60/lb	40.00
072565	RICE, BASMATI, WHITE, LUNDBERG, OG	.25#	2.40/lb	60.00
070565	RICE, BASMATI, WHITE, OG	.5#	2.65/lb	13.25
*075086	RICE, BASMATI, WHITE, OG	.50#	1.45/lb	72.50
070290	RICE, BLACK JAPONICA, LUNDBERG	.2#	2.60/lb	5.20
072590	RICE, BLACK JAPONICA, LUNDBERG	.25#	2.20/lb	55.00
070556	RICE, LONG, LUNDBERG	.5#	1.55/lb	7.75
070054	RICE, LONG, LUNDBERG	.25#	1.25/lb	31.25
072547	RICE, LONG, LUNDBERG, OG	.25#	1.90/lb	47.50
070583	RICE, LONG, OG	.5#	1.35/lb	6.75
*070047	RICE, LONG, OG	.50#	1.00/lb	50.00

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<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
070537	RICE, SHORT, LUNDBERG	.5#	1.45/lb	7.25
070059	RICE, SHORT, LUNDBERG	.25#	1.15/lb	28.75
072552	RICE, SHORT, LUNDBERG, OG	.25#	1.65/lb	41.25
070581	RICE, SHORT, OG	.5#	1.50/lb	7.50
*070052	RICE, SHORT, OG	.50#	1.15/lb	57.50
070061	RICE, SWEET, LUNDBERG	.25#	1.30/lb	32.50
070514	RICE, SWEET, LUNDBERG, OG	.5#	2.00/lb	10.00
072562	RICE, SWEET, LUNDBERG, OG	.25#	1.85/lb	46.25
070250	RICE, WEHANI AROMATIC, LUNDBERG	.2#	2.60/lb	5.20
072550	RICE, WEHANI AROMATIC, LUNDBERG	.25#	2.20/lb	55.00
080582	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.5#	1.85/lb	9.25
*075061	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.50#	1.55/lb	77.50
070155	RICE, WILD, EXTRA FANCY	.1#	5.00/lb	5.00
070156	RICE, WILD, OG	.1#	9.25/lb	9.25
080586	RICE, WILD, QUICK, 10 MINUTE	.1#	8.00/lb	8.00
070280	RICE, WILD BLEND, LUNDBERG	.2#	3.35/lb	6.70
072580	RICE, WILD BLEND, LUNDBERG	.25#	2.85/lb	71.25
<b>Ingredients:</b> Long grain brown rice, sweet brown rice, wehani, black japonica, and wild rice pieces.				
070567	RYE BERRIES, OG	.5#	1.00/lb	5.00
070065	RYE BERRIES, OG	.25#	0.70/lb	17.50
080527	RYE, ROLLED FLAKES	.5#	0.80/lb	4.00
*080027	RYE, ROLLED FLAKES	.50#	0.45/lb	22.50
080569	SOY GRITS, (Toasted)	.5#	1.30/lb	6.50
*085065	SOY GRITS, (Toasted)	.50#	0.90/lb	45.00
070592	SPELT BERRIES, OG	.5#	2.55/lb	12.75
070095	SPELT BERRIES, OG	.25#	2.25/lb	56.25
<ul style="list-style-type: none"> <li>• Our hard wheat berries are spring wheat (unless indicated otherwise), and are the wheat of choice when baking bread. Hard spring wheat has a high protein content essential for gluten development. Soft wheat berries (also called pastry wheat), have a lower protein content and are recommended for cookies, pie crusts, and lighter baked products.</li> </ul>				
071022	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.10#	0.75/lb	7.50
*075070	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.50#	0.50/lb	25.00
072570	WHEAT BERRIES, BRONZE CHIEF (RED), OG	.25#	1.00/lb	25.00
070068	WHEAT BERRIES, HARD RED, OG	.25#	0.85/lb	21.25
*075088	WHEAT BERRIES, HARD RED WINTER WHEAT, CCF	.50#	0.50/lb	25.00
070080	WHEAT BERRIES, HARD WHITE, OG	.25#	0.75/lb	18.75

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
071026	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.10#	0.80/lb	8.00
*075085	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.50#	0.55/lb	27.50
072585	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.25#	1.20/lb	30.00
*075090	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.50#	1.05/lb	52.50
070525	WHEAT BERRIES, SOFT, RED, OG	.5#	1.10/lb	5.50
*075024	WHEAT BERRIES, SOFT, RED, OG	.50#	0.80/lb	40.00
070572	WHEAT BERRIES, SOFT, WHITE, OG	.5#	1.10/lb	5.50
070072	WHEAT BERRIES, SOFT, WHITE, OG	.25#	0.75/lb	18.75
080524	WHEAT BRAN, OG	.2#	0.70/lb	1.40
080010	WHEAT BRAN, OG	.30#	0.40/lb	12.00
900561	WHEAT GERM, RAW	.5#	0.95/lb	4.75
900060	WHEAT GERM, RAW	.25#	0.55/lb	13.75
110041	WHEAT, CRACKED, OG (Labeled as "Wheat Cereal")	.2#	1.40/lb	2.80
080567	WHEAT, CRACKED, OG	4.5#	1.10/lb	4.95
080068	WHEAT, CRACKED, OG	.25#	0.95/lb	23.75
080270	WHEAT, CREAM OF, OG	.2#	1.50/lb	3.00
080570	WHEAT, CREAM OF, OG	.4#	1.25/lb	5.00
080070	WHEAT, CREAM OF, OG	.25#	1.05/lb	26.25
Cooking instructions: Bring one cup water with 1/4 to 1/3 cup cereal to a boil. Cook until it thickens.				
080523	WHEAT, WHITE, ROLLED FLAKES	.5#	0.70/lb	3.50
*080125	WHEAT, WHITE, ROLLED FLAKES	.50#	0.45/lb	22.50

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

\*\$1.00 additional handling charge for UPS shipment.

## **FLOUR**

• We believe that whole grain breads are an essential part of a healthy physical body, and that Jesus Christ is the bread of life for a healthy spiritual life.

092588	6-GRAIN FLOUR, OG (Whole Grain)	.25#	1.45/lb	36.25
<b>Ingredients:</b> Wheat, rye, barley, corn, millet, buckwheat.				
090517	BARLEY FLOUR, OG	.5#	1.25/lb	6.25
090017	BARLEY FLOUR, OG	.25#	0.90/lb	22.50
090520	BUCKWHEAT FLOUR, OG	.5#	1.75/lb	8.75
090019	BUCKWHEAT FLOUR, OG	.25#	1.35/lb	33.75
090518	CORN FLOUR, YELLOW, OG	.5#	1.25/lb	6.25
092518	CORN FLOUR, YELLOW, OG	.25#	0.95/lb	23.75
860230	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)	.2#	3.00/lb	6.00
091123	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)	.5#	2.50/lb	12.50
*095024	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)	.50#	1.75/lb	87.50
090521	MILLET FLOUR, OG	.5#	1.85/lb	9.25
090504	OAT FLOUR, OG	.5#	1.30/lb	6.50
092504	OAT FLOUR, OG	.25#	1.05/lb	26.25
030572	POTATO FLOUR	.5#	2.10/lb	10.50

Orders - Information  
Current Prices  
**1-800-456-7694**  
[www.clnf.org](http://www.clnf.org)

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>FLOUR, CONTINUED</b>				
090508	RICE FLOUR, BROWN, OG	.5#	1.60/lb	8.00
092508	RICE FLOUR, BROWN, OG	.25#	1.35/lb	33.75
090510	RYE FLOUR, DARK, OG	.5#	1.00/lb	5.00
090010	RYE FLOUR, DARK, OG	.25#	0.75/lb	18.75
090516	SOY FLOUR, FULL FAT, OG	.4#	2.00/lb	8.00
092055	SOY FLOUR, FULL FAT, OG	.25#	1.65/lb	41.25
091160	SPELT FLOUR, OG	.5#	2.75/lb	13.75
090060	SPELT FLOUR, OG	.25#	2.30/lb	57.50
090560	SPELT FLOUR, OG, One Degree	.5#	2.40/lb	12.00
090570	SPELT FLOUR, SPROUTED, OG	.5#	2.60/lb	13.00
091165	SPELT FLOUR, WHITE, OG	.5#	3.35/lb	16.75
092565	SPELT FLOUR, WHITE, OG	.25#	2.95/lb	73.75
091006	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.10#	0.85/lb	8.50
*095064	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.50#	0.65/lb	32.50
	<b>Ingredients:</b> Unbleached white flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid.			
110046	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.5#	1.35/lb	6.75
090020	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.25#	1.10/lb	27.50
*090025	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.50#	1.05/lb	52.50
090550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE)	.5#	1.25/lb	6.25
092550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE)	.25#	0.95/lb	23.75
091000	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries)	.10#	0.70/lb	7.00
*095068	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries)	.50#	0.53/lb	26.50
091002	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.10#	0.80/lb	8.00
*095062	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.50#	0.60/lb	30.00
*095066	WHOLE WHEAT FLOUR, PRAIRIE GOLD, OG	.50#	1.10/lb	55.00
090132	WHOLE WHEAT FLOUR, OG	.5#	1.25/lb	6.25
090030	WHOLE WHEAT FLOUR, OG	.25#	1.00/lb	25.00
*090035	WHOLE WHEAT FLOUR, OG	.50#	0.95/lb	47.50
090039	WHOLE WHEAT PASTRY FLOUR, OG	.5#	1.10/lb	5.50
090038	WHOLE WHEAT PASTRY FLOUR, OG	.25#	0.85/lb	21.25
*090040	WHOLE WHEAT PASTRY FLOUR, OG	.50#	0.80/lb	40.00

# PASTA

## SEMOLINA PASTA

Durum is a type of wheat flour especially adapted to pasta because of its light texture. Semolina is made from partially refined Durum wheat. Ours is enriched with ferrous sulfate, niacin, thiamine, mononitrate, and riboflavin.

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

100120	ARTICHOKE ELBOWS .....	.10#	2.75/lb	27.50
100125	ARTICHOKE FLATS .....	.10#	2.75/lb	27.50
100141	ARTICHOKE SPAGHETTI .....	.10#	2.50/lb	25.00
	<b>Artichoke Pasta Ingredients:</b> Semolina flour (enriched), Jerusalem artichoke powder, water.			
101052	ELBOWS, OG .....	.10#	2.50/lb	25.00
101048	ROTINI (SPIRAL), OG .....	.10#	2.50/lb	25.00
101050	SHELLS, OG .....	.10#	2.50/lb	25.00
101046	SPAGHETTI, OG .....	.10#	2.60/lb	26.00
	<b>Organic Semolina Ingredients:</b> Organic semolina flour.			
100085	SOY FLATS .....	.10#	2.50/lb	25.00
	<b>Soy Pasta Ingredients:</b> Semolina flour (enriched), defatted soy flour, water.			
100300	STUFFING SHELLS .....	.10#	2.50/lb	25.00
	<b>Ingredients:</b> Semolina flour (enriched), water.			
100101	TOMATO BASIL LINGUINI .....	.10#	2.50/lb	25.00
	<b>Ingredients:</b> Semolina flour (enriched), tomato powder, whole basil, water.			
101054	VEGGIE ROTINI (SPIRAL), OG .....	.10#	2.90/lb	29.00
	<b>Veggie Pasta Ingredients:</b> Semolina flour (enriched), tomato, spinach, beet powder, water.			

## WHEAT FREE PASTA

101287	BROWN RICE PENNE, OG (Lundberg) .....	.12/12 oz	3.20/ea	38.40
101288	BROWN RICE ROTINI (SPIRAL), OG (Lundberg) .....	.12/10 oz	3.20/ea	38.40
101289	BROWN RICE SPAGHETTI, OG (Lundberg) .....	.12/10 oz	3.20/ea	38.40
	<b>Brown Rice Pasta Ingredients (Lundberg):</b> Organic brown rice flour.			
101251	BROWN RICE ELBOWS, OG (Tinkyada) .....	.12/12 oz	3.15/ea	37.80
101252	BROWN RICE LASAGNA, OG (Tinkyada) .....	.12/10 oz	3.15/ea	37.80
101253	BROWN RICE PENNE, OG (Tinkyada) .....	.12/12 oz	2.90/ea	34.80
101254	BROWN RICE SPAGHETTI, OG (Tinkyada) .....	.12/12 oz	2.90/ea	34.80
101255	BROWN RICE SPIRAL, OG (Tinkyada) .....	.12/12 oz	2.90/ea	34.80
	<b>Brown Rice Pasta Ingredients (Tinkyada):</b> Stone-ground organic brown rice.			
101256	BROWN RICE VEGGIE SPIRAL (Tinkyada) .....	.12/12 oz	2.90/ea	34.80
	<b>Ingredients:</b> Stone-ground brown rice, carrot powder, tomato powder, spinach powder.			
100801	MULTI-GRAIN PENNE .....	.8 oz	3.00/ea	3.00
	<b>Ingredients:</b> Whole grain brown rice flour, white rice flour, rice bran, organic amaranth flour, organic quinoa flour, vitamin and mineral mix (niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid).			

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Ingredient lists provided for reference purposes and may vary slightly

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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**PASTAS, CONTINUED**

**SPELT PASTA**

100320	SPELT ELBOWS, OG	.10#	3.80/lb	38.00
100350	SPELT ROTINI (SPIRAL), OG	.10#	3.80/lb	38.00
100340	SPELT SPAGHETTI, OG	.10#	3.80/lb	38.00

**Spelt Pasta Ingredients:** Organic spelt wheat flour, water.

101030	SPELT WHITE ELBOWS OG	.10#	3.80/lb	38.00
101020	SPELT WHITE ROTINI OG	.10#	3.80/lb	38.00
101010	SPELT WHITE SPAGHETTI OG	.10#	3.80/lb	38.00

**White Spelt Pasta Ingredients:** White spelt wheat flour, water.

**WHOLE WHEAT PASTA**

- All of our whole wheat pastas are organic.

100140	ARTICHOKE SPAGHETTI, OG	.10#	2.10/lb	21.00
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**Ingredients:** Organic whole durum flour, Jerusalem artichoke powder, water.

100110	ELBOWS, OG	.10#	2.50/lb	25.00
100020	FLATS, OG	.10#	2.50/lb	25.00
100075	ROTINI (SPIRAL), OG	.10#	2.50/lb	25.00
100035	SHELLS, OG	.10#	2.50/lb	25.00
100154	SPAGHETTI, OG	.10#	2.60/lb	26.00
100097	STUFFING SHELLS, OG	.10#	2.00/lb	20.00

**Organic Whole Wheat Pasta Ingredients:** Organic whole durum flour, water.

100190	VEGGIE ROTINI (SPIRAL), OG	.10#	3.30/lb	33.00
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**Veggie Pasta Ingredients:** Organic whole durum flour, tomato, spinach, beet powder, water.

**JUICE**

- **Juice Manufacturers:** LKWD=Lakewood Juices.

- All of our juices are packaged in glass bottles. We cannot ship them by UPS.

‡140020	APPLE JUICE, OG, LKWD (UNFILTERED)	.12/32 oz	3.25/ea	39.00
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**Ingredient:** Fresh pressed juice and puree from whole ripe certified organic apples.

‡140696	APPLE JUICE, OG, KNUDSEN (UNFILTERED)	.6/96 oz	8.95/ea	53.70
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**Ingredients:** Juice from organic apples, ascorbic acid.

‡140060	BLACK CHERRY JUICE, LKWD	.12/32 oz	4.60/ea	55.20
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**Ingredient:** Juice from whole ripe black cherries (dark sweet cherries).

‡140188	BLACK CHERRY JUICE CONCENTRATE, OG	.12.5 oz	6.00/ea	6.00
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Makes 1.5 qts when reconstituted.

‡140022	BLUEBERRY BLEND, OG, LKWD	.12/32 oz	3.95/ea	47.40
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**Ingredients:** Fresh pressed juice and puree from whole ripe certified organic apples, organic blueberries, organic concord grapes.

143212	CHERRY JUICE CONCENTRATE (TART)	.32 oz	21.50/ea	21.50
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Montmorency Variety (Not in glass; can be sent UPS)

‡140187	CRANBERRY JUICE CONCENTRATE, OG	.12.5 oz	8.50/ea	8.50
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► **Order 12 of this item (140187) and receive 5% case discount**

Makes 1.5 qt (48 oz).

‡Cannot Ship by UPS



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>JUICE, CONTINUED</b>				
‡140071	CRANBERRY, PURE, LKWD. . . . . <b>Ingredient:</b> Fresh pressed juice from whole ripe cranberries. <i>Pure cranberry juice is 100% juice, not a concentrate. For best results, the label recommends diluting with 3-5 parts water or other fruit juice.</i>	12/32 oz	6.75/ea	81.00
‡140072	CRANBERRY LEMONADE, OG, LKWD . . . . . <b>Ingredients:</b> Pure water, fresh pressed organic lemon juice, organic agave, organic grape juice, organic cranberry juice.	12/32 oz	2.50/ea	30.00
‡143203	FRUIT GARDEN PURPLE HARMONY, OG, LKWD . . . . . <b>Ingredients:</b> Organic fruit juices (organic concord grape, organic pomegranate, organic apple, organic blackberry, organic blueberry, organic black cherry, organic raspberry, organic lemon juice and organic acerola cherry from concentrate); organic vegetable juices (organic purple carrot, organic beet, organic red leaf lettuce, organic celery, organic purple cabbage, organic spinach, organic watercress and organic parsley); organic grape seed puree.	12/32 oz	3.90/ea	46.80
‡143202	FRUIT GARDEN RED POMEGRANATE, OG, LKWD . . . . . <b>Ingredients:</b> Organic fruit juices (organic red pomegranate, organic red grape, organic apple, organic red cranberry, organic red raspberry, organic red tart cherry and organic acerola cherry from concentrate); organic vegetable juices (organic red carrot, organic red cabbage, organic red tomato, organic red leaf lettuce, organic celery, organic red beet, organic spinach, organic broccoli, organic kale, organic watercress, organic parsley, and organic red peppers).	12/32 oz	3.90/ea	46.80
‡143201	FRUIT GARDEN SUMMER GOLD, OG, LKWD . . . . . <b>Ingredients:</b> Organic fruit juices (organic orange, organic pineapple, organic grape, organic passion fruit, organic banana, organic papaya, organic peach, organic goji berry, organic lemon juice and organic acerola cherry from concentrate); organic vegetable juices (organic carrot, organic cabbage, organic green leaf lettuce, organic squash, organic celery, organic parsley, organic watercress and organic sweet peppers).	12/32 oz	3.90/ea	46.80
‡143270	FRUIT PUNCH, PURE, OG . . . . . <b>Ingredients:</b> Organic juice blend (pineapple, apple, grape, orange, passion fruit, strawberry, cherry, papaya, peach, lemon and acerola cherry from concentrate); pure water, fruit flavor, carrot extract, rose hips, grape seed.	12/32 oz	2.00/ea	24.00
‡140024	GRAPE, CONCORD, OG, LKWD . . . . . <b>Ingredient:</b> Fresh pressed certified organic concord grape juice.	12/32 oz	5.30/ea	63.60
‡140058	GRAPEFRUIT JUICE, OG, LKWD . . . . . <b>Ingredient:</b> Fresh pressed juice and puree from whole ripe certified organic grapefruit.	12/32 oz	3.55/ea	42.60
‡141270	KOKOMO FRUIT PUNCH, PURE, OG . . . . . <b>Ingredients:</b> Organic juice blend (pineapple, apple, pear, orange, passion fruit, cherry, strawberry, papaya, lemon from concentrate); pure water, fruit flavor, carrot extract.	12/12.5	1.65/ea	19.80
‡143282	LEMON/GINGER/ECHINACEA, LKWD, OG . . . . . <b>Ingredients:</b> Pure water, certified organic fruit juices (organic white grape juice, organic apple juice from concentrate, organic lemon juice, organic acerola cherry); organic honey, organic ginger root; organic echinacea (400mg).	12/32 oz	3.55/ea	42.60
‡141208	LEMON JUICE, 100% PURE, OG (Culinary) . . . . .	12/12.5 oz	2.85/ea	34.20
‡143208	LEMON JUICE, 100% PURE, OG (Culinary) . . . . .	12/32 oz	5.75/ea	69.00
‡140021	LEMONADE, OG, LKWD . . . . . <b>Ingredients:</b> Pure water, fresh pressed organic lemon juice, organic agave, organic white grape juice.	12/32 oz	3.35/ea	40.20

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>JUICES, CONTINUED</b>				
‡141217	LIME JUICE, 100% PURE, OG (Culinary) . . . . .	12/12.5 oz	2.85/ea	34.20
‡141222	ORANGE-CARROT, OG, LKWD . . . . . <b>Ingredients:</b> Fresh pressed juice from certified organic oranges and carrots.	12/12.5 oz	2.00/ea	24.00
‡140059	ORANGE JUICE, OG, LKWD . . . . . <b>Ingredients:</b> Fresh pressed juice and puree from whole ripe certified organic Florida oranges.	12/32 oz	3.55/ea	42.60
‡141609	ORANGE JUICE, MR. PURE (100% juice from concentrate) .	12/16 oz	1.10/ea	13.20
‡141258	PINEAPPLE, LKWD, OG . . . . .	12/12.5 oz	2.15/ea	25.80
‡140029	PINEAPPLE, LKWD, OG . . . . . <b>Ingredients:</b> Fresh pressed juice from whole ripe certified organic pineapples.	12/32 oz	4.50/ea	54.00
‡141286	POMEGRANATE BLEND, LKWD, OG . . . . . <b>Ingredients:</b> Organic fruit juices (organic pomegranate, organic apple, organic concord grape, organic grape, organic red tart cherry, organic dark sweet cherry, organic blackberry, organic blueberry, and organic acerola cherry from concentrate); organic rose hips; organic grape seed.	12/12.5 oz	2.00/ea	24.00
‡141255	POMEGRANATE/BLUEBERRY, OG, LKWD . . . . . <b>Ingredients:</b> Certified organic fruit juices (organic pomegranate, organic blueberry; organic cherry, organic apple, organic grape and organic acerola cherry from concentrate); organic aloe vera juice, organic grape seed.	12/12.5 oz	2.00/ea	24.00
‡140056	POMEGRANATE LEMONADE, OG, LKWD . . . . . <b>Ingredients:</b> Pure water, fresh pressed organic lemon juice, organic grape juice, organic agave from concentrate, and organic pomegranate juice.	12/32 oz	3.25/ea	39.00
‡140081	POMEGRANATE, PURE, LKWD . . . . . <b>Ingredients:</b> Fresh pressed pomegranate juice, vitamin C (ascorbic acid).	12/32 oz	6.75/ea	81.00
142407	SWITCH CARBONATED JUICE, APPLE . . . . . <b>Ingredients:</b> 100% juice (apple and acerola juice concentrates), natural flavor, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142401	SWITCH CARBONATED JUICE, BLACK CHERRY . . . . . <b>Ingredients:</b> 100% juice (apple, grape, acerola, and cherry juice concentrates), natural flavors, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142402	SWITCH CARBONATED JUICE, FRUIT PUNCH . . . . . <b>Ingredients:</b> 100% juice (grape, apple, lemon, cherry, pineapple, orange and acerola juice concentrates), natural flavors and colors, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142403	SWITCH CARBONATED JUICE, GRAPE . . . . . <b>Ingredients:</b> 100% juice (apple, concord grape, white grape and acerola juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142404	SWITCH CARBONATED JUICE, KIWI BERRY . . . . . <b>Ingredients:</b> 100% juice (apple, grape, kiwi, acerola, raspberry and strawberry juice concentrates), natural flavors, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142408	SWITCH CARBONATED JUICE, LEMON LIME . . . . . <b>Ingredients:</b> 100% juice (apple, grape, lemon, and acerola juice concentrates), natural flavor, ascorbic acid (vitamin C), gum acacia.	.24/8 oz	1.10/ea	26.40
142405	SWITCH CARBONATED JUICE, ORANGE TANGERINE . . . . . <b>Ingredients:</b> 100% juice (apple, grape, tangerine, orange and acerola juice concentrates), gum acacia, natural flavors and colors, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40
142406	SWITCH CARBONATED JUICE, WATERMELON STRAWBERRY . . . . . <b>Ingredients:</b> 100% juice (grape, apple, acerola, strawberry and watermelon juice concentrates), natural flavors, ascorbic acid (vitamin C).	.24/8 oz	1.10/ea	26.40

# NUT AND SEED MIXES

Regrettably our prices are subject to change without notice.

- The tropical fruits in our nut and seed mixes are the low sugar type. Nuts used are raw, unless stated otherwise.
- All of our fruit, nut and seed mixes are blended in our factory using fresh nuts, seeds and dried fruits from our own refrigerated warehouse.

Ingredient lists provided for reference purposes and may vary slightly

160115	APPLE CRUNCH LUNCH . . . . .	.9 oz	3.20/ea	3.20	
	<b>►Order 12 of this item (160115) and receive 15% case discount</b>				
160510	APPLE CRUNCH LUNCH . . . . .	.5#	4.40/lb	22.00	
162510	APPLE CRUNCH LUNCH . . . . .	.25#	4.00/lb	100.00	
	<b>Ingredients:</b> Raisins, diced dried apples, dates in oat flour, walnuts, organic soynuts (roasted in partially hydrogenated vegetable oil), pecans, dry roasted peanuts, cashews, coconut, raw sunflower seeds.				
160112	BANANA NUT SUNDAE . . . . .	.9 oz	2.40/ea	2.40	
	<b>►Order 12 of this item (160112) and receive 15% case discount</b>				
160516	BANANA NUT SUNDAE . . . . .	5#	2.90/lb	14.50	
	<b>Ingredients:</b> Sweetened banana chips (banana, vegetable oil, sugar), peanuts (peanut oil, salt), carob chips (sugar, partially hydrogenated vegetable oil, carob, lecithin).				
160145	CALIFORNIA MIX . . . . .	.9 oz	3.50/ea	3.50	
	<b>►Order 12 of this item (160145) and receive 15% case discount</b>				
160548	CALIFORNIA MIX . . . . .	5#	4.90/lb	24.50	
160049	CALIFORNIA MIX . . . . .	.25#	4.40/lb	110.00	
	<b>Ingredients:</b> Raisins, Brazil nuts, unsulphured turkish apricots, sweetened banana chips (banana, vegetable oil, sugar), almonds, walnuts, coconut, raw sunflower seeds, pineapple, pecans, dates in oat flour, papaya.				
160120	CHERRY SUPREME . . . . .	.8 oz	4.00/ea	4.00	
	<b>►Order 12 of this item (160120) and receive 15% case discount</b>				
160520	CHERRY SUPREME . . . . .	.5#	6.25/lb	31.25	
162530	CHERRY SUPREME . . . . .	.25#	5.75/lb	143.75	
	<b>20% Cherries! Ingredients:</b> Sweetened tart cherries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.				
160530	CRANBERRY SUPREME . . . . .	.5#	5.50/lb	27.50	
	<b>20% Cranberries! Ingredients:</b> Sweetened cranberries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.				
160165	FRUIT NUT 'N SEED . . . . .	.8.5 oz	3.40/ea	3.40	
	<b>►Order 12 of this item (160165) and receive 15% case discount</b>				
160570	FRUIT NUT 'N SEED . . . . .	.5#	5.00/lb	25.00	
160069	FRUIT NUT 'N SEED . . . . .	.25#	4.50/lb	112.50	
	<b>Ingredients:</b> Raw sunflower seeds, walnuts, raisins, pecans, dates in oat flour, pepitas, almonds, apple dices, cashews.				
160195	RAISIN NUT CRUNCH . . . . .	.9 oz	2.85/ea	2.85	
	<b>►Order 12 of this item (160195) and receive 15% case discount</b>				
160500	RAISIN NUT CRUNCH . . . . .	5#	3.90/lb	19.50	
162520	RAISIN NUT CRUNCH . . . . .	.25#	3.40/lb	85.00	
	<b>Ingredients:</b> Raisins, raw sunflower seeds, unsalted roasted organic soynuts, Brazil nuts, almonds, walnuts, and pepitas.				
160106	TROPICAL FRUIT & NUT . . . . .	.9 oz	3.25/ea	3.25	
	<b>►Order 12 of this item (160106) and receive 15% case discount</b>				
160511	TROPICAL FRUIT & NUT . . . . .	.5#	4.50/lb	22.50	
162513	TROPICAL FRUIT & NUT . . . . .	.25#	4.00/lb	100.00	
	<b>Ingredients:</b> Raisins, pineapple (with sugar), raw sunflower seeds, almonds, dates in oat flour, Brazil nuts, chipped coconut, papaya (with sugar), pepitas, walnuts, and cashews.				

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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**NUT AND SEED MIXES, CONTINUED**

Regrettably our prices are subject to change without notice.

160154	TROPICANA FRUIT MIX . . . . .	.9 oz	2.65/ea	2.65
	▶Order 12 of this item (160154) and receive 15% case discount			
160506	TROPICANA FRUIT MIX . . . . .	.5#	3.60/lb	18.00
	Ingredients: Papaya (with sugar), pineapple (with sugar), raisins, date pieces in oat flour, coconut.			

**MEAT SUBSTITUTES**

• Soy Sauce used in Meat Substitutes is **unfermented**.

Ingredient lists provided for reference purposes and may vary slightly

182045	CEDAR LAKE CHIK'N STRIPS, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (182045) and receive 5% case discount			
	Ingredients: Water, wheat gluten, soy protein isolate, whole wheat flour, hydrolyzed soy protein, corn oil, natural (vegetable) flavors, onion powder, garlic powder, calcium, vitamins (niacinamide, thiamine, vitamin B6, Riboflavin, Vitamin B12).			
180040	CEDAR LAKE CHOPS, Vegan . . . . .	.19 oz	5.25/ea	5.25
	▶Order 12 of this item (180040) and receive 5% case discount			
	Fat Free. Ingredients: water, wheat gluten, wheat flour, and soy protein isolate. Broth Ingredients: Water, soy sauce, vegetable seasonings, salt, onion powder.			
180020	CEDAR LAKE TASTY LINKS, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (180020) and receive 5% case discount			
	Ingredients: Wheat gluten, soy protein isolate, corn oil, torula yeast, soy protein concentrate, caramel color, natural (vegetable) and artificial flavors, hydrolyzed soy protein lecithin, lysine, onion powder, smoke flavor, garlic powder. Broth contains: Water and salt.			
182015	CEDAR LAKE TERKETTES, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (182015) and receive 5% case discount			
	Ingredients: Water, wheat gluten, whole wheat flour. Broth:, Vegetable seasoning (dextrose, salt, hydrolyzed vegetable protein, onion powder, and spice extractives of turmeric and celery).			
180160	CEDAR LAKE THREE GRAIN PECAN PATTY, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (180160) and receive 5% case discount			
	Low fat. Ingredients: Water, wheat gluten, wheat flour, barley flour, rye flour, and pecan meal. Broth contains: Water, barley malt, sea salt, soy sauce (water, wheat, soy beans, and salt), celery, nutritional yeast, garlic.			
182040	CEDAR LAKE TOFU LINKS, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (182040) and receive 5% case discount			
	Ingredients: Water, wheat gluten, soy protein isolate, tofu (water, soy beans, magnesium chloride), corn starch, corn oil, natural (vegetable) and artificial flavors, hydrolyzed soy protein, onion powder, garlic powder, caramel color, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color. Broth: Water and salt.			
180100	CEDAR LAKE VEGEBURGER, Vegan . . . . .	.19 oz	5.25/ea	5.25
	▶Order 12 of this item (180100) and receive 5% case discount			
	Ingredients: Water, wheat gluten, cornmeal, soy flour, soy sauce , oatmeal, soy oil, vegetable seasoning, salt.			
180030	CEDAR LAKE VEGI-FRANKS, Vegan . . . . .	.20 oz	5.25/ea	5.25
	▶Order 12 of this item (180030) and receive 5% case discount			
	Ingredients: Wheat gluten, corn oil, soy protein concentrate, food yeast, soy flour, artificial and natural (vegetable) flavors, wheat germ, onion, garlic, salt, lecithin, caramel color, lysine, and spice. Broth contains: Water and salt.			
181200	CHILI MAN CHILI, VEGETARIAN . . . . .	.12/15 oz	1.45/ea	17.40
	Ingredients: Water, beans, textured soy protein (soy flour, caramel color), spices, tomato paste, modified food starch, salt, onion powder, yeast extract, sugar, corn flour, garlic powder.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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**MEAT SUBSTITUTES, CONTINUED**

182031	LOMA LINDA BIG FRANKS . . . . .	.20 oz	5.65/ea	5.65
	<p>► <b>Order 12 of this item (182031) and receive 5% case discount</b>  <b>Ingredients:</b> FRANKS: textured vegetable protein (wheat gluten, soy protein concentrate, water for hydration), corn oil, water, torula yeast, defatted wheat germ, defatted soy flour, dried onion, mono- and diglycerides from soybean oil, salt, hydrolyzed soy protein, garlic powder, autolyzed yeast extract, hydrolyzed corn protein, soy lecithin, caramel color, natural smoke flavor, L-lysine monohydrochloride, spices, concentrated onion juice, natural flavors from non-meat sources, vitamins (niacinimide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), propylene glycol, soybean oil, red #3 for color. BRINE: water, salt.</p>			
180550	SESAME OATBURGER MIX . . . . .	.5#	2.00/lb	10.00
	<p><b>WHEAT FREE!</b> Delicious, nutritious and easy to prepare. Comes with instructions.  <b>Ingredients:</b> Rolled oats, soy granules, sesame seeds, sunflower seeds, nutritional yeast flakes, onion, dill, garlic, parsley, kelp, basil, oregano.</p> <p>• Soy Curls are 100% whole soy! They have all the health benefits of the soybean. Quick cooking, versatile and easy to use like TVP. Recipes available.</p>			
180800	SOY CURLS, CCF, NON-GMO . . . . .	.8 oz	3.25/ea	3.25
180613	SOY CURLS, CCF, NON-GMO . . . . .	.3#	5.50/lb	16.50
180612	SOY CURLS, CCF, NON-GMO . . . . .	.12#	4.70/lb	56.40
	<p><b>Ingredients:</b> 100% delicately textured soy bean.</p> <p>• TVP (Textured Vegetable Protein) is excellent in casseroles, pasta dishes, and chili.</p>			
180110	TVP BACON BITS (IMITATION) . . . . .	.1#	3.25/lb	3.25
182510	TVP BACON BITS (IMITATION) . . . . .	.25#	2.25/lb	56.25
	<p><b>Ingredients:</b> Textured vegetable protein (soy flour, caramel color), soybean oil, salt, natural flavoring.</p>			
180330	TVP BEEF BITS (IMITATION) . . . . .	.3#	3.00/lb	9.00
182530	TVP BEEF BITS (IMITATION) . . . . .	.25#	2.25/lb	56.25
	<p><b>Ingredients:</b> Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast.</p>			
180350	TVP CHICKEN CHUNKS (IMITATION) . . . . .	.3#	3.00/lb	9.00
182550	TVP CHICKEN CHUNKS (IMITATION) . . . . .	.25#	2.25/lb	56.25
	<p><b>Ingredients:</b> Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.</p>			
180567	TVP CHUNKS, NO COLOR OR FLAVOR . . . . .	.4#	2.00/lb	8.00
*185030	TVP CHUNKS, NO COLOR OR FLAVOR . . . . .	.45#	1.35/lb	67.50
	<p><b>Ingredient:</b> Soy flour.</p>			
180540	TVP MINCED, CAMEL COLOR . . . . .	.5#	1.45/lb	7.25
185040	TVP MINCED, CAMEL COLOR . . . . .	.50#	1.05/lb	52.50
	<p><b>Ingredients:</b> Soy flour, caramel color.</p>			
180562	TVP MINCED, NO COLOR OR FLAVOR . . . . .	.5#	1.60/lb	8.00
*185020	TVP MINCED, NO COLOR OR FLAVOR . . . . .	.50#	1.05/lb	52.50
	<p><b>Ingredients:</b> Soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12).</p>			
180360	TVP SAUSAGE CRUMBLES (IMITATION) . . . . .	.3#	3.25/lb	9.75
182560	TVP SAUSAGE CRUMBLES (IMITATION) . . . . .	.25#	2.50/lb	62.50
	<p><b>Ingredients:</b> Textured vegetable protein (soy flour, caramel color), soybean oil, water, salt, sugar, hydrolyzed corn-soy-wheat protein, natural flavorings.</p>			

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

\*\$1.00 additional handling charge for UPS shipment.



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Ingredient lists provided for reference purposes and may vary slightly

\*\$1.00 additional handling charge for UPS shipment.

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>MEAT SUBSTITUTES, CONTINUED</b>				
180566	TVP STRIPS, CARAMEL COLOR . . . . .	.5#	1.75/lb	8.75
*180167	TVP STRIPS, CARAMEL COLOR . . . . . <b>Ingredients:</b> Soy flour, caramel color.	.50#	1.25/lb	62.50
181906	VIBRANT LIFE 7-GRAIN CUTLET, Vegan . . . . . <b>►Order 12 of this item (181906) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, whole wheat flour, oat flour, corn flour, rye flour, barley flour, millet flour, rice flour, vegetable seasonings, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). <b>Broth:</b> Water, sea salt, soy sauce, yeast extract, onion powder, vegetable seasonings, celery powder, garlic powder.	.20 oz	5.75/ea	5.75
181903	VIBRANT LIFE NUT-LOAF, Vegan . . . . . <b>►Order 12 of this item (181903) and receive 5% case discount</b> <b>Ingredients:</b> Water, peanuts, soy flour, soy protein isolate, corn flour, dextrose, hydrolyzed soy protein, salt, celery, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12).	.19 oz	5.75/ea	5.75
181907	VIBRANT LIFE SUPER FRANK, Vegan . . . . . <b>►Order 12 of this item (181907) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, textured vegetable protein (soy protein concentrate), dried yeast, corn oil, soy protein isolate, defatted wheat germ, yeast extract, natural (vegetable) flavors from non-meat sources, soy flour, onion, salt, garlic powder, dextrose, hydrolyzed soy protein, calcium, lysine, lecithin, paprika, spices, natural smoke flavor, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color.	.20 oz	5.75/ea	5.75
181905	VIBRANT LIFE VEGE-FRANKS, Vegan . . . . . <b>►Order 12 of this item (181905) and receive 5% case discount</b> <b>Ingredients:</b> Water, soy protein isolate, wheat gluten, food yeast, wheat germ, natural (vegetable) and artificial flavors, onion, hydrolyzed vegetable protein, garlic powder, salt, calcium, natural smoke flavor, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color. <b>Broth:</b> Water, salt.	.20 oz	5.75/ea	5.75
181909	VIBRANT LIFE VEGE-SCALLOPS, Vegan . . . . . <b>►Order 12 of this item (181909) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, soy protein isolate, soy protein concentrate, ascorbic acid. <b>Broth:</b> Water, salt, disodium inosinate, disodium guanylate, lysine (an essential amino acid).	.19 oz	5.75/ea	5.75
181908	VIBRANT LIFE VEGE-STEAK, Vegan . . . . . <b>►Order 12 of this item (181908) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, soy protein isolate, corn oil, natural (vegetable) and artificial flavors from non-meat sources, caramel color, salt, hydrolyzed soy protein, onion powder, garlic powder, yeast extract, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). <b>Broth:</b> Water, salt, soy sauce, caramel color.	.19 oz	5.75/ea	5.75
181904	VIBRANT LIFE VEGEBURGER, Vegan . . . . . <b>►Order 12 of this item (181904) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, textured vegetable protein (soy protein concentrate), soy protein isolate, white flour, corn oil, soy sauce, natural (vegetable) and artificial flavors from non-meat sources, corn starch, yeast extract, caramel color, salt, onion powder, garlic powder, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12).	.19 oz	5.75/ea	5.75
181901	VIBRANT LIFE VEGETETS, Vegan . . . . . <b>►Order 12 of this item (181901) and receive 5% case discount</b> <b>Ingredients:</b> Water, wheat gluten, whole wheat flour, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). <b>Sauce:</b> Water, vegetable seasonings (dextrose, salt, hydrolyzed vegetable protein, soy oil, onion powder, spice extractives of turmeric and celery), salt.	.19 oz	5.75/ea	5.75



# Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via:     Our Truck (\$400.00/\$500.00 Min.)     UPS/Postal     Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price	
1	1	100000	Fax, Mail, or e-mail Discount (per order)	- \$1.00	- \$1.00
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     Prepaid Check     COD     Established Terms

Credit Card #    \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Exp Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_    CID Code \_\_\_\_\_

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Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via:     Our Truck (\$400.00/\$500.00 Min.)     UPS/Postal     Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price
1	1	100000	Fax, Mail, or e-mail Discount (per order)	- \$1.00
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     Prepaid Check     COD     Established Terms

Credit Card #    \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Exp Date: \_\_\_\_ / \_\_\_\_    CID Code \_\_\_\_\_

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Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via:     Our Truck (\$400.00/\$500.00 Min.)     UPS/Postal     Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price
1	1	100000	Fax, Mail, or e-mail Discount (per order)	- \$1.00
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Method of Payment:    MC     Visa     Discover     Prepaid Check     COD     Established Terms

Credit Card #    \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Exp Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_    CID Code \_\_\_\_\_

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Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via:     Our Truck (\$400.00/\$500.00 Min.)     UPS/Postal     Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price
1	1	100000	Fax, Mail, or e-mail Discount (per order)	- \$1.00
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     Prepaid Check     COD     Established Terms

Credit Card #    \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Exp Date: \_\_\_\_ / \_\_\_\_    CID Code \_\_\_\_\_

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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**MEAT SUBSTITUTES, CONTINUED**

184201	<p>WORTHINGTON FRI-CHIK . . . . .42 oz</p> <p>►Order 12 of this item (184201) and receive 5% case discount</p> <p><b>Ingredients:</b> FriChik:Textured vegetable protein (soy protein isolate, soy protein concentrate, wheat gluten, water for hydration), water, soybean oil, egg whites, corn oil, dextrose, corn starch, potassium chloride, disodium inosinate, phosphoric acid, hydrolyzed soy protein, modified corn starch, guar gu, baking powder(corn starch, sodium aluminum phosphate, sodium bicarbonate, monocalcium phosphate), onion powder, carrageenan, vitamins and minerals (niacinimide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), natural flavors from non-meat sources, wheat fiber, nonfat dry milk. Broth: Water, modified corn starch, hydrolyzed wheat gluten, corn gluten, and soy protein, salt, phosphoric acid.</p>	12.75/ea	12.75
181931	<p>WORTHINGTON VEJA-LINKS . . . . .19 oz</p> <p>►Order 12 of this item (181931) and receive 5% case discount</p> <p><b>Ingredient:</b> LINKS: water, egg whites, textured vegetable protein (soy protein isolate, vital wheat gluten), soybean oil, corn syrup solids, salt, oat flour, corn starch, guar gum, yeast extract, sodium alginate, spices, disodium inosinate, natural smoke flavor, paprika, caramel color, sugar, dextrose, garlic powder, natural flavorings from non-meat sources, carrageenan, disodium guanylate, hydrolyzed soy protein, spice extractives, vitamins and minerals (niacinamide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), wheat fiber, red #3 for color, nonfat dry milk. BROTH: water, salt, hydrolyzed soy protein, natural smoke flavor, caramel color, red #3 for color.</p>	5.85/ea	5.85

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

“For the earth is the Lord’s and the fullness thereof.”  
1 Cor. 10:26

**APPLE PRODUCTS**

‡191202	<p>APPLE BUTTER . . . . .12/12 oz</p> <p><b>Ingredients:</b> Apples, cider and/or concentrate.</p>	2.65/ea	31.80
‡190005	<p>APPLE SAUCE, C.L. . . . .12/25 oz</p> <p>Made from sweet, sound, fresh apples, mostly Golden Delicious. Mellow flavor, golden color, no sugar.</p> <p><b>Ingredients:</b> Apples, water, ascorbic acid.</p>	1.50/ea	18.00
‡192576	<p>APPLE SAUCE, OG . . . . .12/25 oz</p> <p><b>Ingredient:</b> Fresh, ripe, whole organic apples, water.</p>	2.75/ea	33.00

**HONEY**

‡Cannot Ship by UPS

- Our honey is RAW and unfiltered, heated only slightly to allow pumping into containers.
- If your honey crystallizes, you can heat it to return to normal consistency.

200003	HONEY BEARS . . . . . 12/12 oz (9#)	4.00/ea	48.00
200910	HONEY STIX . . . . . 100	0.14/ea	13.50
200202	HONEY, MICHIGAN LIGHT (Plastic Container) . . . . . .2#	4.13/lb	8.25
‡200005	HONEY, MICHIGAN LIGHT . . . . .12/2 lb	8.00/ea	96.00
‡200511	HONEY, MICHIGAN LIGHT . . . . . .6/5lb	19.50/ea	117.00
020270	HONEY, MICHIGAN LIGHT, Approx. 12# . . . . . .1 gal	40.50/gal	40.50
*200015	HONEY, MICHIGAN LIGHT, 60# . . . . . .5 gal	37.50/gal	187.50

## **OTHER SWEETENERS**

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

‡Cannot Ship by UPS

\*\$1.00 additional handling charge for UPS shipment.

“A friend loveth at all times.”  
Prov. 17:17

‡Cannot Ship by UPS

212302	AGAVE NECTAR, 100% PURE, AMBER, OG	23.5 oz	7.50/ea	7.50
210102	AGAVE NECTAR, 100% PURE, AMBER, OG	.11#	3.90/lb	42.90
212301	AGAVE NECTAR, 100% PURE, LIGHT, OG	23.5 oz	7.50/ea	7.50
210101	AGAVE NECTAR, 100% PURE, LIGHT, OG	.11#	3.90/lb	42.90
211102	AGAVE NECTAR, BLUEBERRY, OG <b>Ingredients:</b> Organic agave nectar, organic natural flavor, natural color, citric acid.	11.75 oz	4.75/ea	4.75
211101	AGAVE NECTAR, HAZELNUT, OG <b>Ingredients:</b> Organic agave nectar, organic natural flavoring.	11.75 oz	4.75/ea	4.75
211104	AGAVE NECTAR, MAPLE, OG <b>Ingredients:</b> Organic agave nectar, organic natural flavor.	11.75 oz	4.75/ea	4.75
211103	AGAVE NECTAR, RASPBERRY, OG <b>Ingredients:</b> Organic agave nectar, organic natural flavor, natural color, citric acid.	11.75 oz	4.75/ea	4.75
212303	AGAVE NECTAR, RAW, OG	24.7 oz	6.00/ea	6.00
210103	AGAVE NECTAR, RAW, OG	.11.5#	3.00/lb	34.50
210512	BARLEY MALT POWDER	.5#	2.75/lb	13.75
210532	CANE JUICE CRYSTALS, OG	.5#	1.95/lb	9.75
*215532	CANE JUICE CRYSTALS, OG	.55#	1.40/lb	77.00
211609	COCONUT SUGAR OG Granulated coconut nectar produced from flower buds of the coconut tree.	16 oz	5.50/ea	5.50
040574	DATE SUGAR	.5#	4.25/lb	21.25
040070	DATE SUGAR	.25#	3.30/lb	82.50
980596	FRUCTOSE CRYSTALS (From High Fructose Corn Syrup)	.5#	1.60/lb	8.00
*215095	FRUCTOSE CRYSTALS (From High Fructose Corn Syrup)	.50#	1.10/lb	55.00
*210015	MALT SYRUP (CORN BARLEY)	.5 gal	12.50/gal	62.50
213234	MAPLE SYRUP, GRADE A, MEDIUM AMBER	.1 qt	17.50/qt	17.50
210032	MAPLE SYRUP, GRADE A, MEDIUM AMBER	.1 gal	14.25/qt	57.00
210055	MOLASSES, BLACKSTRAP ►Order 6 of this item (210055) and receive 5% case discount	.1 qt	3.50/ea	3.50
210050	MOLASSES, BLACKSTRAP	.1 gal	9.50/ea	9.50
*216040	MOLASSES, BLACKSTRAP (Approx. 5 gals)	.60#	0.85/lb	51.00
‡211580	MOLASSES, BLACKSTRAP, OG	.15 oz	5.00/ea	5.00
210063	MOLASSES, GOLDEN	.1 gal	11.50/ea	11.50
*216063	MOLASSES, GOLDEN (Approx. 5 gals)	.60#	0.95/lb	57.00
‡210021	RICE SYRUP, LUNDBERG ►Order 12 of this item (210021) and receive 5% case discount <b>Ingredients:</b> Brown rice, water, natural enzymes (less than 1%).	.21 oz	4.00/ea	4.00



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>OTHER SWEETENERS, CONTINUED</b>				
210043	STEVIA EXTRACT POWDER, WHITE, OG	.2 oz	6.25/oz	12.50
210143	STEVIA EXTRACT POWDER, WHITE, OG	.12 oz	5.00/oz	60.00
210544	SUCANAT	.5#	2.25/lb	11.25
*215044	SUCANAT	.50#	1.70/lb	85.00
210155	XYLITOL CRYSTALS (From Hardwood Birch)	.1#	5.50/lb	5.50
210355	XYLITOL CRYSTALS (From Hardwood Birch)	.3#	5.00/lb	15.00

Regrettably our prices are subject to change without notice. Ingredient lists provided for reference purposes and may vary slightly

## CONSERVES

### SORRELL RIDGE JUICE SWEETENED CONSERVES

• Sweetened with pineapple juice concentrate, and/or white grape juice concentrate, and/or pear juice concentrate.

‡220087	APRICOT	.12/10 oz	2.65/ea	31.80
‡220090	BLACK CHERRY	.12/10 oz	2.65/ea	31.80
‡220107	BLACK RASPBERRY	.12/10 oz	2.65/ea	31.80
‡220109	BLACKBERRY	.12/10 oz	2.65/ea	31.80
‡220140	BLUEBERRY, WILD	.12/10 oz	2.65/ea	31.80
‡220112	BOYSENBERRY	.12/10 oz	2.65/ea	31.80
‡220115	GRAPE	.12/10 oz	2.65/ea	31.80
‡220120	ORANGE MARMALADE	.12/10 oz	2.65/ea	31.80
‡220122	PEACH	.12/10 oz	2.65/ea	31.80
‡220129	PLUM GOOD	.12/10 oz	2.65/ea	31.80
‡220130	RASPBERRY	.12/10 oz	2.65/ea	31.80
‡220132	RASPBERRY, SEEDLESS	.12/10 oz	2.65/ea	31.80
‡220135	STRAWBERRY	.12/10 oz	2.65/ea	31.80
‡220125	STRAWBERRY, SEEDLESS	.12/10 oz	2.65/ea	31.80
‡220080	STRAWBERRY-RHUBARB	.12/10 oz	2.65/ea	31.80
‡220160	SORRELL RIDGE VARIETY PACK	.12/10 oz	2.90/ea	34.80

‡Cannot Ship by UPS

\*\$1.00 additional handling charge for UPS shipment.

“Draw near to God, and He will draw near to you.” James 4:8

**Contains one each of the following flavors:** black raspberry, boysenberry, plum good, strawberry rhubarb, black cherry, grape, raspberry, wild blueberry, peach, seedless strawberry, apricot, and orange marmalade. (Flavors may vary slightly.)

# DAIRY SUBSTITUTES

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‡Cannot Ship by UPS

“For the earth is the Lord’s and the fullness thereof.”  
1 Cor. 10:26

\*\$1.00 additional handling charge for UPS shipment.

- Check out our cookbooks for more dairy and meat alternatives.
- General Mixing Instructions For Dairy Substitutes: 2/3 cup milk powder to 1 quart of water, then mix well. For richer flavor, add a little more powder.
- Fructo-oligosaccharides are naturally occurring sugars.

233520	BETTER THAN MILK RICE . . . . .	.21.4 oz	11.50/ea	11.50
	<b>►Order 6 of this item (233520) and receive 5% case discount</b>			
	<b>Ingredients:</b> Brown rice syrup solids, maltodextrin, organic evaporated cane juice, natural flavors, calcium carbonate, sea salt, rice flour, rice extract, xanthan gum, titanium dioxide (for color), guar gum, monoglycerides, fructooligosaccharides, vitamin C (ascorbic acid), vitamin E (d-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), folic acid, vitamin B12 (cyanocobalamin), rebiana (stevia extract).			
231520	BETTER THAN MILK RICE, VANILLA . . . . .	.21.4 oz	11.50/ea	11.50
	<b>►Order 6 of this item (231520) and receive 5% case discount</b>			
	<b>Ingredients:</b> Maltodextrin (from organic rice), sunflower oil, evaporated cane juice, maltodextrine (from corn), natural vanilla and other natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), xanthan gum, guar gum, monoglycerides, rice extract, fructo-oligosaccharides, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (acetate), folic acid, vitamin B-12 (cyanocobalamin).			
230520	BETTER THAN MILK SOY, ORIGINAL . . . . .	.5#	6.50/lb	32.50
232510	BETTER THAN MILK SOY, ORIGINAL . . . . .	.25#	5.50/lb	137.50
232125	BETTER THAN MILK SOY, ORIGINAL . . . . .	.25.9 oz	11.50/ea	11.50
	<b>►Order 6 of this item (232125) and receive 5% case discount</b>			
	<b>Ingredients:</b> Tofu (water, soy solids, calcium sulfate), maltodextrin (from corn), modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural flavors (no MSG, no dairy), sea salt, guar gum, xanthan gum, anatase titanium dioxide (a mineral for color), vegetable mono and diglycerides, vitamin B-12 (cyanocobalamin), vitamin E (mixed tocopherols).			
232302	BETTER THAN MILK SOY, VANILLA . . . . .	.22.4 oz	11.50/ea	11.50
230514	BETTER THAN MILK SOY, VANILLA . . . . .	.5#	7.00/lb	35.00
232514	BETTER THAN MILK SOY, VANILLA . . . . .	.25#	6.00/lb	150.00
	<b>Ingredients:</b> Tofu, (water, soy solids, calcium sulfate), maltodextrin, modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural vanilla flavor, natural flavors, sea salt, guar gum, xanthan gum, anatase titanium dioxide (for color), vegetable mono and diglycerides, vitamin B12 (cyanocobalamin), vitamin E (mixed tocopherols).			
231412	COCONUT MILK, THAI (Premium) . . . . .	.14 oz	2.10/ea	2.10
	<b>Ingredients:</b> Coconut, water, guar gum.			
231486	COCONUT MILK, THAI, LITE . . . . .	.14 oz	2.10/ea	2.10
	<b>Ingredients:</b> Water, coconut milk, guar gum.			
330612	PARMA ZAN SPRINKLES . . . . .	.6 oz	6.25/ea	6.25
330112	PARMA ZAN SPRINKLES . . . . .	.16 oz	9.50/ea	9.50
	<i>By Vegetarian Express.</i> <b>Ingredients:</b> Blanched almond meal, salt, nutritional yeast, dehydrated onion, citric acid.			
230632	SILK ALMOND MILK, ORIGINAL . . . . .	.6/32 oz	2.35/ea	14.10
	<b>Ingredients:</b> Filtered water and almonds, evaporated cane juice, calcium carbonate, sea salt, locust bean gum, sunflower lecithin, d-alpha-tocopherol (vitamin E), zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2.			
230636	SILK ALMOND MILK, UNSWEETENED . . . . .	.6/32 oz	2.35/ea	14.10
	<b>Ingredients:</b> Almondmilk (filtered water, almonds), sea salt, locust bean gum, sunflower lecithin, gellan gum, natural flavor, calcium carbonate, vitamin E acetate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
230614	SILK SOYMILK, PLAIN, LIQUID <b>Ingredients:</b> Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.	.6/32 oz	2.25/ea	13.50
230608	SILK SOYMILK, VERY VANILLA <b>Ingredients:</b> Filtered water, whole organic soybeans, organic evaporated cane juice, calcium carbonate, natural vanilla flavor, tricalcium phosphate, sea salt, carrageenan, sodium ascorbate (vitamin C), alpha-tocopherol (vitamin E), vitamin A, palmitate, vitamin D2, riboflavin (B2), vitamin B12.	.6/8 oz	1.10/ea	6.60
230616	SILK SOYMILK, UNSWEETENED, LIQUID, OG <b>Ingredients:</b> Filtered water, whole organic soybeans, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.	.6/32 oz	2.25/ea	13.50
230618	SILK SOYMILK, VANILLA, LIQUID <b>Ingredients:</b> Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, natural vanilla flavor, natural flavors, sea salt, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.	.6/32 oz	2.25/ea	13.50
230541	SOY SUPREME, REGULAR	5#	4.25/lb	21.25
*230150	SOY SUPREME, REGULAR <b>A spray dried product made from 100% soy beans.</b> <i>Soy Supreme Mixing Instructions:</i> ½ cup Soy Supreme, 1 cup water, vanilla & honey to taste, pinch of salt. Blend for 2-3 minutes, then add 2 ½ cups water. Makes 1 quart. Milk will settle, so stir before use.	.50#	3.60/lb	180.00
*233288	SUNRICH NATURALS SOYMILK, PLAIN, OG <b>Ingredients:</b> Organic soymilk (filtered water, whole organic soybeans), organic evaporated cane juice, calcium carbonate, natural vanilla flavor with other natural flavors, sodium citrate, sea salt, sodium bicarbonate, carrageenan, vitamin A palmitate, vitamin D2.	.12/32 oz	1.60/ea	19.20

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## OIL

‡240048	CANOLA OIL	4.5 gal	6.50/gal	29.25
240045	CANOLA OIL, VITAMIN E	.1 gal	7.25/gal	7.25
240155	CANOLA OIL, OG, Expeller Pressed	.1 gal	16.25/gal	16.25
242960	COCONUT OIL, VIRGIN, OG	.29 oz	16.25/ea	16.25
245460	COCONUT OIL, VIRGIN, OG	.54 oz	28.00/ea	28.00
240760	COCONUT OIL, VIRGIN, OG	.8#	9.25/lb	74.00
‡240060	COCONUT OIL	.50#	1.40/lb	70.00
240052	CORN OIL	.1 gal	8.00/gal	8.00
240150	GRAPE SEED OIL	.1 ltr	6.50/ltr	6.50
240350	GRAPE SEED OIL	.3 ltr	6.25/ltr	18.75
980590	LECITHIN, GRANULES	.5#	6.00/lb	30.00
‡241688	LECITHIN, LIQUID	.16 oz	4.50/ea	4.50
‡240116	LECITHIN, LIQUID	.32 oz	6.95/ea	6.95
240180	LECITHIN, LIQUID	.1 gal	14.25/gal	14.25
‡243380	OLIVE OIL, EXTRA VIRGIN, DELALLO	.33.8 oz	14.25/ea	14.25
‡241600	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	.16 oz	8.50/ea	8.50
241280	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	.1 gal	47.25/gal	47.25

‡Cannot Ship by UPS

Orders - Information  
Current Prices  
**1-800-456-7694**  
[www.clnf.org](http://www.clnf.org)

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‡Cannot Ship by UPS

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>OILS, CONTINUED</b>				
‡241690	OLIVE OIL, OG, EXTRA VIRGIN, (DeLallo) . . . . .	16.9 oz	8.50/ea	8.50
240114	OLIVE OIL, EXTRA VIRGIN, First Cold Pressing . . . . . This extra virgin olive oil is packaged in tin cans.	3 ltr	10.75/ltr	32.25
240381	OLIVE OIL, PURE . . . . . Packaged in tin cans.	3 litre	9.90/ltr	29.70
240030	SAFFLOWER OIL, Expeller Pressed with vitamin E . . . . .	1 gal	13.75/gal	13.75

## CAROB AND CANDY PRODUCTS

- Unfortunately, we are unable to ship carob products by UPS from May - September (except at customer risk). Carob tends to melt in shipping during these months (delivery by our trucks is still okay).

- Confectioners Glaze is a mixture of guar gum and beeswax.

272011	ALMOND BAR . . . . . <b>Ingredients:</b> Almonds, rice syrup, rice crisp, honey.	.20/1.9 oz	1.05/ea	21.00
272012	ALMOND BAR, CRANBERRY . . . . . <b>Ingredients:</b> Rice syrup, almonds, cranberries, rice crisp.	.20/1.9 oz	1.05/ea	21.00
270542	CAROB BRIDGE MIX . . . . .	.5#	6.90/lb	34.50
271242	CAROB BRIDGE MIX . . . . . <b>Ingredients:</b> Mix of carob coated almonds, carob coated peanuts, carob coated raisins. Ingredients listed below.	12/12 oz	6.00/ea	72.00
271298	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	12 oz	4.80/ea	4.80
270588	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED . .	.5#	4.40/lb	22.00
272509	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED . .	.25#	3.90/lb	97.50
	<b>Ingredients:</b> Barley malt (malt, corn), fractionated palm kernel oil, carob powder, soy lecithin.			
270515	CAROB CHIPS, SUGAR SWEETENED . . . . .	.5#	2.10/lb	10.50
270005	CAROB CHIPS, SUGAR SWEETENED . . . . . <b>Ingredients:</b> Sugar, partially hydrogenated palm kernel oil, carob powder, sorbitan monostearate (an emulsifier), soy lecithin.	.25#	1.65/lb	41.25
270513	CAROB CHIPS, UNSWEETENED . . . . .	.5#	2.50/lb	12.50
270003	CAROB CHIPS, UNSWEETENED . . . . . <b>Ingredients:</b> Carob powder, partially hydrogenated palm kernel oil, sorbitan monostearate (an emulsifier), soy lecithin.	.25#	2.00/lb	50.00
271070	CAROB CLUSTERS, ALMOND . . . . . <b>Ingredients:</b> Carob coating (barley malt [malt, corn], fractionated palm kernel oil, carob powder, soy lecithin), almonds.	.10#	6.65/lb	66.50
271080	CAROB CLUSTERS, COCONUT . . . . . <b>Ingredients:</b> Carob coating (barley malt [malt, corn], fractionated palm kernel oil, carob powder, soy lecithin), coconut.	.10#	5.50/lb	55.00
270016	CAROB COATED ALMONDS . . . . .	.10#	6.10/lb	61.00
271207	CAROB COATED ALMONDS . . . . . <b>Ingredients:</b> Carob coating (barley malt [malt, corn], fractionated palm kernel oil, carob powder, soy lecithin), almonds, water, gum arabic, modified starch (tapioca), confectioners glaze, coconut oil.	12/12 oz	5.25/ea	63.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CAROB AND CANDY PRODUCTS, CONTINUED</b>				
271203	CAROB COATED CASHEWS . . . . .	12/12 oz	4.45/ea	53.40
	<b>Ingredients:</b> Carob coating (brown rice syrup solids, palm kernel & palm oils, carob powder, whey powder [milk], soy lecithin [emulsifier]), cashews and confectioners glaze.			
270017	CAROB COATED PEANUTS . . . . .	10#	5.00/lb	50.00
271208	CAROB COATED PEANUTS . . . . .	12/12 oz	4.50/ea	54.00
	<b>Ingredients:</b> Carob coating (barley malt [malt, corn], fractionated palm kernel oil, carob powder, soy lecithin), peanuts, water, gum arabic, confectioners glaze, modified starch (tapioca), coconut oil.			
270018	CAROB COATED RAISINS . . . . .	10#	5.20/lb	52.00
271209	CAROB COATED RAISINS . . . . .	12/12 oz	4.65/ea	55.80
	<b>Ingredients:</b> Carob coating (barley malt [malt, corn], fractionated palm kernel oil, carob powder, soy lecithin), raisins, water, gum arabic, confectioners glaze, modified starch (tapioca), coconut oil.			
271674	CAROB POWDER, CHATFIELD'S . . . . .	16 oz	4.25/ea	4.25
260523	CAROB POWDER, MEDIUM ROAST . . . . .	4#	1.75/lb	7.00
270134	CAROB POWDER, MEDIUM ROAST . . . . .	.25#	1.15/lb	28.75
272002	CASHEW/CRANBERRY BAR . . . . .	.20/1.9 oz	1.05/ea	21.00
	<b>Ingredients:</b> Rice syrup, cashews, cranberries, rice crisp.			
270101	CHEWELS, BLUEBERRY DATE . . . . .	12/2 oz	1.10/ea	13.20
	<b>Ingredients:</b> Blueberries (blueberries, sugar, sunflower oil), brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), date pieces, coconut, natural blueberry flavor, sea salt.			
270102	CHEWELS, CHERRY . . . . .	12/2 oz	1.10/ea	13.20
	<b>Ingredients:</b> Dried tart cherries (cherries, sugar, sunflower oil), brown rice syrup, crisp rice, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, organic raisins, unsweetened coconut, natural cherry flavor, sea salt.			
270104	CHEWELS, CRANBERRY . . . . .	12/2 oz	1.10/ea	13.20
	<b>Ingredients:</b> Dried cranberries (cranberries, sugar, sunflower oil), brown rice syrup, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, crisp rice, organic raisins, unsweetened coconut, natural cranberry flavor, sea salt.			
270117	CHEWELS, ORANGE DATE . . . . .	12/2 oz	1.10/ea	13.20
	<b>Ingredients:</b> Date pieces, brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), coconut, natural orange flavor, sea salt.			
271812	COCONUT BAR, ALMOND . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup, almonds.			
271814	COCONUT BAR, CHERRY . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup, cherry concentrate.			
271820	COCONUT BAR, MANGO . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup, and mango.			
271810	COCONUT BAR, ORIGINAL . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup.			
271816	COCONUT BAR, PINEAPPLE . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup, and pineapple.			
271818	COCONUT BAR, STRAWBERRY . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Coconut, brown rice syrup, and strawberry concentrate.			
271521	FLAX SEED BAR . . . . .	.20/1.5 oz	1.05/ea	21.00
	<b>Ingredients:</b> Rice syrup, flax seeds, sesame seeds, rice crisps.			

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Ingredient lists provided for reference purposes and may vary slightly

“Thy kingdom come, Thy will be done.”  
Matt. 6:10

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Ingredient lists provided for reference purposes and may vary slightly

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CAROB AND CANDY PRODUCTS, CONTINUED</b>				
271221	KRINKLE BARS, ALMOND BUTTER . . . . .	12/1.7 oz	1.00/ea	12.00
	<b>Ingredients:</b> Almond butter, brown rice syrup, crisp rice, evaporated cane juice syrup, acacia powder, sea salt.			
271232	KRINKLE BARS, CASHEW BUTTER . . . . .	12/1.7 oz	1.00/ea	12.00
	<b>Ingredients:</b> Cashew butter, crisp rice, brown rice syrup, evaporated cane juice syrup, virgin olive oil, acacia powder, sea salt.			
271230	KRINKLE BARS, KAROB . . . . .	12/1.7 oz	1.00/ea	12.00
	<b>Ingredients:</b> Peanut butter, crisp rice, brown rice syrup, evaporated cane juice syrup, carob powder, sea salt, natural vanilla.			
271228	KRINKLE BARS, PEANUT BUTTER . . . . .	12/1.7 oz	1.00/ea	12.00
	<b>Ingredients:</b> Peanut butter, brown rice syrup, crisp rice, evaporated cane juice syrup, acacia powder, sea salt.			
270802	MAPLE ALMONDS . . . . .	.8 oz	5.50/ea	5.50
	<b>Ingredients:</b> Dry roasted almonds, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.			
270801	MAPLE PECANS . . . . .	.8 oz	6.25/ea	6.25
	<b>Ingredients:</b> Pecans, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.			
271912	OMEGA 3 LOW CARB BAR . . . . .	12/1.91 oz	1.35/ea	16.20
	<b>Ingredients:</b> Flax seed meal, maltitol, cashews, soy nuggets, acacia powder, sesame seeds, almonds, pumpkin seeds, walnuts, sunflower seeds, coconut oil and/or safflower oil, natural plant based flavor, sea salt, lo han fruit juice concentrate, folic acid, vitamin B-12, vitamin E (D-alpha tocopheryl).			
272212	OMEGA 3 UPLIFT BARS . . . . .	12/2.25 oz	1.25/ea	15.00
	<b>Ingredients:</b> Flax seed meal, brown rice syrup, peanuts, crisp brown rice, granola (rolled oats, brown sugar, canola oil, water, tapioca syrup, sea salt), sesame seeds, brown sugar, almonds, pumpkin seeds, sunflower seeds, walnuts, natural flavor, sea salt, folic acid, vitamin B-12, vitamin E (D-alpha tocopheryl).			
272001	PECAN BAR . . . . .	.20/1.9 oz	1.05/ea	21.00
	<b>Ingredients:</b> Pecans, rice syrup, raisins, walnuts, rice crisp.			
271809	QUINOA BAR . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Rice syrup, sesame seeds, quinoa, date syrup.			
271807	SESAME BARS, DATE SYRUP . . . . .	.20/1.9 oz	0.90/ea	18.00
	<b>Ingredients:</b> Sesame seeds, date syrup, brown rice syrup.			
270055	SESAME HONEY CRUNCH . . . . .	.5#	3.35/lb	16.75
270050	SESAME HONEY CRUNCH . . . . .	.20#	2.75/lb	55.00
	<b>Ingredients:</b> Sesame seeds, corn syrup, sugar, honey.			



# FLAVORINGS

- Our flavorings are all natural, non-alcoholic, and use a vegetable based carrier.
- Glycerine is made from the fatty acids of palm kernel or coconut oil.

280115	MAPLE FLAVOR . . . . .	.16 oz	7.25/ea	7.25
	<b>Ingredients:</b> Glycerine, water, caramel color (contains sulfites), natural flavors (including vanilla bean extractives).			
283220	VANILLA FLAVOR, IMITATION . . . . .	.32 oz	2.50/ea	2.50
280150	VANILLA FLAVOR, IMITATION . . . . .	.1 gal	6.50/ea	6.50
	<b>Ingredients:</b> Water, propylene glycol, artificial flavors, caramel color.			
281216	VANILLA FLAVOR, PURE . . . . .	.16 oz	0.75/oz	12.00
280140	VANILLA FLAVOR, PURE . . . . .	.1 gal	60.00/ea	60.00
	<b>Ingredients:</b> Glycerine, water, vanilla extractives.			

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# HERBS AND SEASONINGS

- Our seasonings are imported unless otherwise noted, and most are irradiated. They are packaged in a heat sealed container for your convenience.

331200	ALL-PURPOSE VEGGIE SALT . . . . .	.5.4 oz	3.75/ea	3.75
	<i>By Vegetarian Express.</i> <b>Ingredients:</b> Salt, dehydrated onion and garlic, spices, paprika, silicon dioxide.			
331003	ANISE, WHOLE . . . . .	.16 oz	5.50/ea	5.50
330488	BAKON HICKORY SMOKE . . . . .	.4.75 oz	5.50/ea	5.50
	<b>Ingredient:</b> Smoked torula yeast.			
331006	BASIL, GROUND . . . . .	.12 oz	4.25/ea	4.25
331007	BASIL, WHOLE . . . . .	.6 oz	2.50/ea	2.50
330201	BASIL, WHOLE . . . . .	.2#	5.10/lb	10.20
331010	BAY LEAVES, WHOLE . . . . .	.2 oz	1.70/ea	1.70
331210	BAY LEAVES, WHOLE . . . . .	.10 oz	5.75/ea	5.75
330527	BEAF SEASONING, BILL'S BEST . . . . .	.9 oz	6.00/ea	6.00
	▶ <b>Order 12 of this item (330527) and receive 5% case discount</b>			
330600	BEAF SEASONING, BILL'S BEST . . . . .	.5.25#	8.20/lb	43.05
	<b>NO OIL! Ingredients:</b> Soy flour, food yeast, fermented soy sauce, onion, kelp, celery, garlic, plus a blend of vegetables and herbs.			
331258	BEEF-LIKE SEASONING . . . . .	.13.1 oz	5.25/ea	5.25
	<i>By Vegetarian Express.</i> <b>Ingredients:</b> Potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, spices.			
331114	BEEF STYLE SEASONING, C.L. . . . .	.12 oz	5.25/ea	5.25
	<b>NO SALT OR SUGAR ADDED! Ingredients:</b> Hydrolyzed soy protein, potato flour, spices, herbs, silicone dioxide.			
331214	BEEF STYLE SEASONING, C.L. . . . .	.11 oz	4.25/ea	4.25
	<b>Ingredients:</b> Salt, hydrolyzed corn and soy protein, dextrose, potato flour, caramel color, partially hydrogenated soy oil, spices, herbs.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
‡331288	BEEF STYLE SEASONING, McKAY'S (Non-GMO)	.12 oz	6.75/ea	6.75
330508	BEEF STYLE SEASONING, McKAY'S (Non-GMO) <b>NO WHEY OR MSG. Ingredients:</b> Dextrose, salt, autolyzed yeast, potato flour, pure vegetable oil (sunflower), caramel powder, celery, turmeric, onion powder, garlic powder, spices, disodium inosinate, disodium guanylate.	.5#	4.30/lb	21.50
331014	CARAWAY SEED, WHOLE	.16 oz	5.10/ea	5.10
330532	CARAWAY SEED, WHOLE	.5#	2.00/lb	10.00
331020	CELERY SALT <b>Ingredients:</b> Salt, ground celery seed.	.36 oz	8.70/ea	8.70
331018	CELERY SEED, GROUND	.16 oz	4.70/ea	4.70
331019	CELERY SEED, WHOLE	.16 oz	4.50/ea	4.50
331109	CHICKEN STYLE SEASONING, C.L.	.8 oz	4.75/ea	4.75
332209	CHICKEN STYLE SEASONING, C.L. <b>NO SALT ADDED! Ingredients:</b> Partially hydrogenated soybean and/or cottonseed oil, natural flavor (autolyzed yeast extract, dextrose), onion powder, modified food starch, spices and herbs (including turmeric and parsley), soy lecithin, less than 2% silicon dioxide (added to prevent caking).	.3.2#	8.25/lb	26.40
330109	CHICKEN STYLE SEASONING, C.L.	.8 oz	3.25/ea	3.25
330509	CHICKEN STYLE SEASONING, C.L. <b>Ingredients:</b> Salt, dextrose, shortening (partially hydrogenated soybean/cottonseed oils), yeast extract, modified corn starch, onion powder, spices, herbs, and lecithin.	.4.3#	3.65/lb	15.70
‡331244	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO)	.12 oz	6.00/ea	6.00
330505	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) <b>NO WHEY OR MSG. Ingredients:</b> Dextrose, salt, potato flour, pure vegetable oil (sunflower seed oil), celery, turmeric, onion powder, garlic powder, sunflower lecithin, spices, disodium inosinate, disodium guanylate.	.5#	3.70/lb	18.50
330525	CHIK'NISH, BILL'S BEST ►Order 12 of this item (330525) and receive 5% case discount	.11 oz	5.75/ea	5.75
330700	CHIK'NISH, BILL'S BEST <b>NO OIL! Ingredients:</b> Soy flour, salt (solar evaporated sea salt), nutritional yeast, onion, garlic, parsley, celery, and a unique blend of spices.	.5.5#	7.30/lb	40.15
331023	CHIVES, CHOPPED, DOMESTIC	.1 oz	4.00/ea	4.00
331223	CHIVES, CHOPPED, DOMESTIC	.6 oz	15.00/ea	15.00
331025	CILANTRO FLAKES, DOMESTIC	.3 oz	2.90/ea	2.90
331225	CILANTRO FLAKES, DOMESTIC	.1#	13.90/ea	13.90
331604	CINNAMON, GROUND	.16 oz	3.25/ea	3.25
331628	CLOVES, GROUND	.16 oz	16.30/ea	16.30
331027	CLOVES, WHOLE	11 oz	11.50/ea	11.50
331029	CORIANDER, GROUND	.14 oz	4.10/ea	4.10
331030	CORIANDER, WHOLE	9 oz	2.85/ea	2.85
331034	CUMIN, GROUND	.16 oz	6.10/ea	6.10
331035	CUMIN, WHOLE	.16 oz	5.95/ea	5.95

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<b>HERBS AND SEASONINGS, CONTINUED</b>				
330524	CURRY, BILL'S BEST . . . . .	.4 oz	4.75/ea	4.75
	<b>NO OIL! Ingredients:</b> Turmeric, cumin, garlic, onion, ginger root, cayenne, and a unique blend of spices.			
331039	DILL SEED, WHOLE . . . . .	.12 oz	3.95/ea	3.95
331040	DILL WEED, WHOLE, DOMESTIC . . . . .	.5 oz	3.85/ea	3.85
330547	DILL WEED, WHOLE, DOMESTIC . . . . .	.2#	10.25/lb	20.50
331045	FENNEL, WHOLE, INDIAN, LIGHT . . . . .	.12 oz	3.85/ea	3.85
331254	GARLIC SALT . . . . .	.36 oz	8.75/ea	8.75
	<b>Ingredients:</b> Salt, dehydrated garlic.			
338250	GARLIC SALT, OG (Real Salt Brand) . . . . .	.8.25 oz	5.75/ea	5.75
	<b>Ingredients:</b> Sea salt and organic garlic.			
331050	GARLIC, GRANULATED, DOMESTIC . . . . .	.22 oz	8.80/ea	8.80
331246	GARLIC, GRANULATED, DOMESTIC . . . . .	.7#	5.60/lb	39.20
331047	GARLIC, MINCED, DOMESTIC . . . . .	.23 oz	9.00/ea	9.00
331049	GARLIC, POWDER, DOMESTIC . . . . .	.17 oz	7.00/ea	7.00
330535	GARLIC, POWDER, DOMESTIC . . . . .	5.5#	5.60/lb	30.80
330124	G. WASHINGTON SEASONING & BROTH, GOLDEN . . . . .	.1 oz	1.75/ea	1.75
	<b>►Order 24 of this item (330124) and receive 5% case discount</b>			
	<b>Ingredients:</b> Salt, monosodium glutamate (MSG), maltodextrin, onion powder, spices, disodium guanylate, disodium inosinate, caramel color.			
330128	G. WASHINGTON SEASONING & BROTH, RICH BROWN . . . . .	.1 oz	1.75/ea	1.75
	<b>►Order 24 of this item (330128) and receive 5% case discount</b>			
	<b>Ingredients:</b> Salt, monosodium glutamate (MSG), maltodextrin, onion powder, caramel color, spices, disodium guanylate, disodium inosinate.			
331267	GOLDEN BROTH SEASONING . . . . .	.13 oz	5.95/ea	5.95
	<i>By Vegetarian Express. Ingredients:</i> Potato flour, sea salt, onion powder, garlic powder, evaporated cane juice, herbs.			
331264	GREEK ISLE SEASONING . . . . .	.5 oz	3.95/ea	3.95
	<i>By Vegetarian Express. Ingredients:</i> Salt, onion, spices.			
330548	KELP, POWDER . . . . .	.5#	6.00/lb	30.00
330412	LEMON POWDER, BILL'S BEST . . . . .	.4 oz	5.40/ea	5.40
	<b>Ingredients:</b> Lemon juice, 2% or less dextrose.			
331265	LEMONY DILL SEASONING . . . . .	4.95 oz	5.15/ea	5.15
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic and onion, salt, dehydrated lemon peel, citric acid, dill weed, potato flour, seasonings, paprika, tumeric, dehydrated chives, celery salt, evaporated cane juice, parsley.			
331054	MARJORAM, GROUND . . . . .	.10 oz	4.00/ea	4.00
331053	MUSTARD FLOUR . . . . .	.15 oz	4.40/ea	4.40
331059	MUSTARD SEED, WHOLE . . . . .	.26 oz	7.10/ea	7.10

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
331261	ONION, DICED 1/4 IN., DOMESTIC	3.25#	5.15/lb	16.75
331063	ONION, GRANULATED, DOMESTIC	.20 oz	6.50/ea	6.50
330540	ONION, GRANULATED, DOMESTIC	.6.2#	4.19/lb	26.00
331064	ONION, MINCED, DOMESTIC	.14 oz	4.80/ea	4.80
080024	ONION, MINCED, DOMESTIC	.5#	4.40/lb	22.00
331065	ONION, POWDER, DOMESTIC	.18 oz	5.90/ea	5.90
330545	ONION, POWDER, DOMESTIC	.6#	4.30/lb	25.80
338252	ONION SALT, OG (Real Salt Brand) <b>Ingredients:</b> Sea salt, organic onion.	.8.25 oz	5.75/ea	5.75
331070	OREGANO, GROUND	.11 oz	3.90/ea	3.90
331069	OREGANO, WHOLE, MEXICAN	.5 oz	3.40/ea	3.40
330250	OREGANO, WHOLE, MEXICAN	.2#	8.60/lb	17.20
331072	PAPRIKA, DOMESTIC, 120 ASTA <i>ASTA is a measure of color concentration.</i>	.18 oz	6.75/ea	6.75
331076	PARSLEY FLAKES, DOMESTIC	.2 oz	2.00/ea	2.00
331260	PARSLEY FLAKES, DOMESTIC	.12 oz	7.75/ea	7.75
331080	PEPPER, CAYENNE, RED, GROUND, 25K HU	.16 oz	5.90/ea	5.90
330581	PEPPER, CAYENNE, RED, GROUND, 25K HU <i>HU is the measure of heat units.</i>	.4.87#	5.00/lb	24.35
331078	PEPPER, GREEN BELL, DRIED	.8.5 oz	5.75/ea	5.75
331229	PEPPER, GREEN BELL, DRIED	.1.5#	10.20/lb	15.30
331079	PEPPER, RED BELL, DRIED	.9 oz	6.10/ea	6.10
331279	PEPPER, RED BELL, DRIED	.1.75#	10.40/lb	18.20
331290	PEPPER-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic, spices, dehydrated lemon peel, salt.	.4.2 oz	3.65/ea	3.65
330572	PSYLLIUM HUSK, GROUND	.5#	7.50/lb	37.50
330582	PSYLLIUM HUSK, WHOLE	.5#	8.50/lb	42.50
330589	ROASTED GARLIC & RED BELL PEPPER ZIP <i>By Vegetarian Express. Ingredients:</i> Garlic, red bell pepper, salt, natural flavors, spice, citric acid, extract of turmeric, annatto seed, silicone dioxide.	.5 oz	5.25/ea	5.25
331084	ROSEMARY, GROUND	.9 oz	3.10/ea	3.10
331085	ROSEMARY, WHOLE	.6 oz	2.55/ea	2.55
331088	SAGE, RUBBED	.8 oz	3.50/ea	3.50
331277	SAUCY RANCH SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated onion, garlic, red bell peppers, parsley, sea salt, herbs.	.3.6 oz	3.75/ea	3.75
331092	SAVORY, GROUND	.12 oz	4.70/ea	4.70

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
330179	SLIPPERY ELM, POWDERED . . . . .	1#	20.00/ea	20.00
331057	SPEARMINT LEAVES, CRUSHED . . . . .	.6 oz	3.15/ea	3.15
331097	THYME, GROUND . . . . .	13 oz	5.50/ea	5.50
331098	THYME, WHOLE . . . . .	.7 oz	3.20/ea	3.20
331100	TURMERIC, GROUND . . . . .	16 oz	7.60/ea	7.60
331216	VEGGIE CHICK SEASONING . . . . . <i>By Vegetarian Express. <b>Ingredients:</b> Onion, garlic, sea salt, herbs, paprika, turmeric, parsley.</i>	.6 oz	4.75/ea	4.75

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## **TOMATO PRODUCTS**

‡351602	SALSA, BLACK BEAN & CORN (Mild) . . . . . <b>Ingredients:</b> Diced tomatoes, corn, black beans, onions, tomato paste, jalapeno peppers, spices, lime juice, salt.	16 oz	4.25/ea	4.25
‡351605	SALSA, FIRE ROASTED (Medium) . . . . . <b>Ingredients:</b> Fire roasted tomatoes, diced tomatoes, onions, jalapeno peppers, cilantro, lime juice, garlic, salt, spices.	16 oz	4.25/ea	4.25
‡351601	SALSA, GARDEN FRESH (Mild) . . . . . <b>Ingredients:</b> Diced tomatoes, onions, jalapeno peppers, lime juice, garlic, salt, spices.	16 oz	4.25/ea	4.25
‡351248	SALSA, GARLIC/ARTICHOKE (Mild) . . . . . <b>Ingredients:</b> Diced tomatoes, artichokes, onions, jalapeno peppers, cilantro, lime juice, garlic, salt, citric acid, calcium chloride.	16 oz	4.25/ea	4.25
‡351704	SALSA, MANGO (Mild) . . . . . <b>Ingredients:</b> Diced tomatoes, mangos, onions, jalapeno peppers, sugar, tomato paste, lime juice, garlic, spices.	17 oz	4.25/ea	4.25
‡351703	SALSA, PEACH (Mild) . . . . . <b>Ingredients:</b> Diced tomatoes, peaches, onions, jalapeno peppers, sugar, tomato paste, lime juice, citric acid, spices.	17 oz	4.25/ea	4.25
‡352603	SPAGHETTI SAUCE, MARINARA, FAT FREE . . . . . <b>►Order 12 of this item (352603) and receive 5% case discount</b> <b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.	.24 oz	3.50/ea	3.50
‡352605	SPAGHETTI SAUCE, MUSHROOM . . . . . <b>►Order 12 of this item (352605) and receive 5% case discount</b> <b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), tomato puree (water tomato paste), mushrooms, imported olive oil, salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.	.24 oz	3.50/ea	3.50
‡352602	SPAGHETTI SAUCE, ROASTED GARLIC . . . . . <b>►Order 12 of this item (352602) and receive 5% case discount</b> <b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), roasted garlic, salt, imported olive oil, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.	.24 oz	3.50/ea	3.50

“A friend loveth at all times.”  
Prov. 17:17

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Current Prices  
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<b>TOMATO PRODUCTS, CONTINUED</b>				
‡352604	SPAGHETTI SAUCE, TOMATO BASIL . . . . .	.24 oz	3.50/ea	3.50
	▶Order 12 of this item (352604) and receive 5% case discount <b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.			
‡352601	SPAGHETTI SAUCE, TRADITIONAL . . . . .	.24 oz	3.50/ea	3.50
	▶Order 12 of this item (352601) and receive 5% case discount <b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, roasted garlic, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.			
351240	TOMATO PASTE, DeLallo . . . . .	.24/12 oz	1.25/ea	30.00
352955	TOMATO PUREE, DeLallo . . . . .	.12/29 oz	1.85/ea	22.20
	<b>Ingredients:</b> Tomatoes, citric acid.			
‡352960	TOMATO SAUCE, DeLallo . . . . .	.12/29 oz	1.85/ea	22.20
	<b>Ingredients:</b> Tomato concentrate, salt, corn syrup, citric acid, natural flavoring.			
352800	TOMATOES, CRUSHED, IMP . . . . .	.12/28 oz	2.30/ea	27.60
	<b>Ingredients:</b> Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil.			
352875	TOMATOES, DICED (IN JUICE) . . . . .	.12/28 oz	1.85/ea	22.20
	<b>Ingredients:</b> Tomatoes, tomato juice, salt, calcium chloride, citric acid.			
352810	TOMATOES, WHOLE (IN JUICE) . . . . .	.12/28 oz	2.00/ea	24.00
	<b>Ingredients:</b> Tomatoes, tomato juice, salt, calcium chloride, citric acid.			

## **JELS AND STARCHES**

360803	AGAR POWDER . . . . .	.4 oz	8.75/ea	8.75
331005	ARROWROOT POWDER . . . . .	.24 oz	3.35/ea	3.35
330522	ARROWROOT POWDER . . . . .	.4.5#	2.30/lb	10.35
360126	CLEAR JEL . . . . .	.1#	4.00/ea	4.00
	<b>Ingredient:</b> Modified waxy maize food starch. Non-instant; for cooking.			
360127	CLEAR JEL, INSTANT . . . . .	.1#	4.00/ea	4.00
	<b>Ingredient:</b> Pre-cooked modified waxy maize starch.			
361205	CORN STARCH, RUMFORD, NATURAL . . . . .	.12 oz	2.00/ea	2.00
360505	CORN STARCH . . . . .	.3.5#	1.40/lb	4.90
360139	GUAR GUM . . . . .	.1#	10.00/ea	10.00
230100	PECTIN, POMONA'S UNIVERSAL . . . . .	.1 oz	3.75/ea	3.75
	One package of Pomona's Pectin makes 10 pints of jam.			
330170	POTATO STARCH . . . . .	.2#	2.50/lb	5.00
330570	POTATO STARCH . . . . .	.5#	2.05/lb	10.25
330180	TAPIOCA, FLOUR . . . . .	.24 oz	2.10/ea	2.10
330580	TAPIOCA, FLOUR . . . . .	.4.5#	1.50/lb	6.75

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>JELS AND STARCHES, CONTINUED</b>				
330595	TAPIOCA, GRANULATED	5#	3.25/lb	16.25
330594	TAPIOCA, SMALL PEARL	5#	3.25/lb	16.25

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## **CRACKERS AND SNACKS**

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• Our sesame sticks and our thin crackers are from Sesmark and contain no hydrogenated oil.

370824	PUMPKIES, HOT	.8 oz	4.00/ea	4.00
<b>Ingredients:</b> Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic, cayenne pepper.				
370828	PUMPKIES, ORIGINAL	.8 oz	4.00/ea	4.00
<b>Ingredients:</b> Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic.				
370045	RICE CAKES, LUNDBERG, NS	.12/8.5 oz	2.60/ea	31.20
370040	RICE CAKES, LUNDBERG, +S	.12/8.5 oz	2.60/ea	31.20
370042	RICE CAKES, LUNDBERG, NS, OG	.12/8.5 oz	3.10/ea	37.20
370039	RICE CAKES, LUNDBERG, +S, OG	.12/8.5 oz	3.10/ea	37.20
<b>Ingredient:</b> California brown rice.				
370612	RICE CHIPS, PICO DE GALLO (WITH BEANS)	.12/6 oz	2.45/ea	29.40
<b>Ingredients:</b> Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, dried black beans, organic sesame seeds, dehydrated vegetables (tomato powder, green bell pepper, onion, garlic, jalapeno pepper), sea salt, torula yeast, paprika extract, citric acid, lemon powder, natural smoke flavor, natural caramel color.				
370614	RICE CHIPS, SANTA FE BARBEQUE	.12/6 oz	2.45/ea	29.40
<b>Ingredients:</b> Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, evaporated cane juice, sea salt, dehydrated vegetables (onion, tomato, garlic), paprika, ginger, cayenne pepper, torula yeast, honey, yeast extract, citric acid, tricalcium phosphate, natural hickory smoke flavor, natural caramel color.				
370618	RICE CHIPS, SEA SALT	.12/6 oz	2.45/ea	29.40
<b>Ingredients:</b> Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, sea salt, natural caramel color.				
370620	RICE CHIPS, SESAME & SEAWEED	.12/6 oz	2.45/ea	29.40
<b>Ingredients:</b> Organic whole grain brown rice, organic rice flour (organic whole brown rice flour, organic rice flour), high oleic expeller-pressed safflower or sunflower oil, organic whole masa corn flour, organic sesame seeds, dried cane syrup, less than 2% of the following: salt, organic rice concentrate, garlic powder, sesame oil, onion powder, spices (ginger, red pepper), honey, citric acid, paprika, natural caramel color, and organic seaweed flakes.				
370085	RICE THINS, BROWN	.12/3.5oz	2.20/ea	26.40
<b>Ingredients:</b> Brown rice, safflower oil, salt, soybean tocopherols.				
370087	RICE THINS, SESAME	.12/4.25	2.20/ea	26.40
<b>Ingredients:</b> Rice flour, sesame seed, sesame flour, tamari soy sauce powder [tamari soy sauce (soybeans, salt), maltodextrin], salt, and garlic.				
370076	SESAME STICKS, EVERYTHING	.2/7.5 lb	2.10/lb	31.50
<b>Ingredients:</b> Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, ground bulgar wheat, poppy seeds, salt, garlic powder, minced onion, turmeric, beet powder.				
370078	SESAME STICKS, GARLIC	.2/7.5 lb	2.10/lb	31.50
<b>Ingredients:</b> Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgar wheat, salt, garlic powder, beet powder, turmeric.				

Orders - Information  
Current Prices  
1-800-456-7694  
www.clnf.org

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LS - Lightly salted

RNS - Roasted No Salt

RS - Roasted Salted

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CRACKERS AND SNACKS, CONTINUED</b>				
370075	SESAME STICKS, OAT BRAN	.2/7.5 lb	2.10/lb	31.50
	<b>Ingredients:</b> Unbleached white flour, (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), bulgar wheat, sesame seeds, oat bran, salt, turmeric, beet powder.			
370074	SESAME STICKS, SALTED	.2/7.5 lb	2.10/lb	31.50
	<b>Ingredients:</b> Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), sesame seed, bulgar wheat, salt, beet powder, turmeric.			
370560	SOYNUITS, DRY ROAST, OG, LS	.5#	2.75/lb	13.75
373057	SOYNUITS, DRY ROAST, OG, LS	.30#	2.30/lb	69.00
	<b>Ingredients:</b> Organic soybeans, salt, soybean oil (less than 0.05%).			
370561	SOYNUITS, DRY ROAST, OG, NS	.5#	2.75/lb	13.75
373058	SOYNUITS, DRY ROAST, OG, NS	.30#	2.30/lb	69.00
	<b>Ingredient:</b> Organic soybeans.			
370555	SOYNUITS, WHOLE, OG, RNS	.5#	2.25/lb	11.25
371555	SOYNUITS, WHOLE, OG, RNS	.15#	1.85/lb	27.75
	<b>Ingredients:</b> Organic soybeans, organic soybean oil.			
370557	SOYNUITS, WHOLE, OG, RS	.5#	2.25/lb	11.25
371559	SOYNUITS, WHOLE, OG, RS	.15#	1.85/lb	27.75
	<b>Ingredients:</b> Organic soybeans, organic soybean oil, organic salt.			
371470	TORTILLA CHIPS, BLUE, OG, WHOLE GRAIN	.14 oz	4.00/ea	4.00
	►Order 12 of this item (371470) and receive 5% case discount			
	<b>Non-hydrogenated, non-GMO. Ingredients:</b> Stone ground organically grown blue corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt, trace of lime.			
371102	TORTILLA CHIPS, CHIA & QUINOA, OG	.11 oz	3.25/ea	3.25
	<b>Ingredients:</b> Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, organic chia seeds, organic quinoa, sea salt.			
371101	TORTILLA CHIPS, SEA SALT, OG	.11 oz	3.25/ea	3.25
	<b>Ingredients:</b> Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, sea salt.			
371601	TORTILLA CHIPS, YELLOW, OG, WHOLE GRAIN	.16 oz	4.00/ea	4.00
	►Order 12 of this item (371601) and receive 5% case discount			
	<b>Non-hydrogenated, non-GMO. Ingredients:</b> Stone ground organically grown whole kernel hi-lysine corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt.			

## GLUTEN-FREE PRODUCTS

- Certified Gluten Free. From Bob's Red Mill.

391605	COCONUT FLOUR, OG	.16 oz	6.50/ea	6.50
393201	FLAXSEED MEAL, BROWN, OG	.32 oz	7.00/ea	7.00
394401	FLOUR, ALL PURPOSE	.44 oz	8.00/ea	8.00
392501	FLOUR, ALL PURPOSE	.25#	2.20/lb	55.00
	<b>Ingredients:</b> Garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour.			
392560	OATS, QUICK ROLLED	.25#	2.20/lb	55.00
393220	OATS, REGULAR ROLLED	.32 oz	6.75/ea	6.75
392520	OATS, REGULAR ROLLED	.25#	2.20/lb	55.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>GLUTEN-FREE PRODUCTS, CONTINUED</b>				
392215	PANCAKE MIX <b>Ingredients:</b> Potato starch, whole grain sweet white sorghum flour, tapioca flour, whole grain corn flour, evaporated cane juice, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, sea salt (magnesium carbonate as flowing agent), xanthan gum.	.22 oz	4.50/ea	4.50
394801	RICE FLOUR, BROWN	.48 oz	6.00/ea	6.00
394802	RICE FLOUR, WHITE	.48 oz	5.95/ea	5.95
392230	SORGHUM FLOUR	.22 oz	3.95/ea	3.95
392530	SORGHUM FLOUR	.25#	1.65/lb	41.25
392540	SORGHUM GRAIN	.25#	1.50/lb	37.50
392004	TAPIOCA FLOUR	.20 oz	3.95/ea	3.95
392504	TAPIOCA FLOUR	.25#	1.80/lb	45.00
392418	TEFF GRAIN	.24 oz	5.95/ea	5.95
390810	XANTHAN GUM	.8 oz	10.50/ea	10.50

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## **ODDS AND ENDS**

‡303280	APPLE CIDER VINEGAR, OG (Bragg's)	.32 oz	5.00/ea	5.00
300181	APPLE CIDER VINEGAR, OG Made from 100% organic apples.	.1 gal	15.75/ea	15.75
230082	BAKING POWDER, ENER-G (Aluminum-free) <b>Ingredients:</b> Calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid.	.7.05 oz	5.25/ea	5.25
301074	BAKING POWDER, RUMFORD (Aluminum-free)	.8.1 oz	2.25/ea	2.25
300582	BAKING POWDER, RUMFORD (Aluminum-free) <b>Ingredients:</b> Calcium acid phosphate, bicarbonate of soda, cornstarch.	.5#	2.65/lb	13.25
300140	BEE POLLEN, GRANULES	.16 oz	9.50/lb	9.50
230645	BRAGG'S LIQUID AMINOS (Spray Bottle)	.6oz	2.75/ea	2.75
231645	BRAGG'S LIQUID AMINOS	.16oz	3.75/ea	3.75
231045	BRAGG'S LIQUID AMINOS ►Order 12 of this item (231045) and receive 5% case discount	.32 oz	6.50/ea	6.50
301286	BRAGG'S LIQUID AMINOS <b>Unfermented! Ingredients:</b> Soybeans, purified water.	.1 gal	23.25/ea	23.25
300702	BUENO COFFEE SUBSTITUTE, HAZELNUT <b>For brewing; not instant. Ingredients:</b> Garbanzo beans, natural hazelnut flavor.	.7 oz	5.00/ea	5.00
300701	BUENO COFFEE SUBSTITUTE, ORIGINAL <b>For brewing; not instant. Ingredient:</b> Garbanzo beans.	.7 oz	5.00/ea	5.00
300703	BUENO COFFEE SUBSTITUTE, PECAN PRALINE <b>For brewing; not instant. Ingredients:</b> Garbanzo beans, natural pecan flavor.	.7 oz	5.00/ea	5.00
150210	CAFIX CRYSTALS BEVERAGE ►Order 12 of this item (150210) and receive 5% case discount Rich coffee-like flavor, but no caffeine. Instant. <b>Ingredients:</b> Roasted barley, rye, chicory, and beet roots.	.7 oz	4.95/ea	4.95

‡Cannot Ship by UPS

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‡Cannot Ship by UPS

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>ODDS AND ENDS, CONTINUED</b>				
230026	CHARCOAL CAPSULES, ACTIVATED . . . . .	125 ct	11.00/ea	11.00
	<b>USP Grade. Vegi-caps! Ingredients:</b> Charcoal, microcrystalline cellulose, maltodextrin, magnesium stearate, stearic acid, silica.			
300611	CHARCOAL C-PATCH PAD SMALL, 5.5"X4" (14X10 CM) . . .	.5-pack	1.10/ea	5.50
301011	CHARCOAL C-PATCH PAD MEDIUM, 5.5"X7.4" (14X19 CM) .	.8 pack	2.35/ea	18.80
301012	CHARCOAL C-PATCH PAD LARGE, 5.5"X15" (14X38 CM) . .	.8 pack	3.75/ea	30.00
230029	CHARCOAL POWDER, ACTIVATED . . . . .	.10 oz	11.50/ea	11.50
232423	CHARCOAL POWDER, ACTIVATED . . . . .	.24 oz	21.00/ea	21.00
300622	CHARCOAL POWDER, ACTIVATED, USP (Food Grade) . . . . .	.6 oz	16.75/ea	16.75
231016	CHARCOAL TABLETS, ACTIVATED (Sugar Free) . . . . .	.130 ct	10.00/ea	10.00
230030	CHARCOAL TABLETS, ACTIVATED (Sugar Free) . . . . .	.360 ct	20.50/ea	20.50
	<b>USP Grade. Ingredients:</b> Charcoal, acacia gum, microcrystalline cellulose, stearic acid, magnesium stearate.			
230543	DIATOMACEOUS EARTH, PRESERVATIVE . . . . .	.5#	2.25/lb	11.25
300045	EASY BUCKET OPENER (Plastic) . . . . .	each	2.75/ea	2.75
302017	EASY BUCKET OPENER, HEAVY DUTY (Aluminum) . . . . .	each	10.50/ea	10.50
230084	ENER-G EGG REPLACER . . . . .	.16 oz	5.50/ea	5.50
	<b>Ingredients:</b> Potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), carbohydrate gum. Calcium lactate is not dairy derived; it does not contain lactose.			
309508	GRAVY MIX, CREAMY WHITE . . . . .	.9.5 oz	4.25/ea	4.25
	<i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, dehydrated potato, cane juice, salt, dehydrated garlic and onion, herbs, dehydrated lemon peel, spice extract.			
301009	GRAVY MIX, RICH BROWN . . . . .	.9.7 oz	6.50/ea	6.50
	<i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, herbs.			
‡301800	JUST BARLEY® - GREEN CAPSULES (Vegetarian) . . .	.180 capsules	24.50/ea	24.50
‡308080	JUST BARLEY® - GREEN POWDER . . . . .	.80 servings (80 grams)	22.00/ea	22.00
	<b>100% pure green barley juice extract.</b>			
414246	LID, GAMMA SEAL (For 5-gallon size pail) . . . . .	each	5.95/ea	5.95
	Spin-on removable lid; reusable; airtight seal.			
230075	OLIVES, BLACK PITTED, Lindsay . . . . .	.12/6 oz	2.10/ea	25.20
	<b>Ingredients:</b> Ripe olives, water, sea salt.			
230070	OLIVES, GREEN PITTED, Lindsay . . . . .	.12/6 oz	2.25/ea	27.00
	<b>Ingredients:</b> California ripe olives, water, salt.			
414241	PAIL, WHITE, WITH LID, ONE-GALLON SIZE . . . . .	each	2.25/ea	2.25
‡414245	PAIL, WHITE, WITH LID, FIVE-GALLON SIZE . . . . .	each	5.50/ea	5.50
304418	PARCHMENT PAPER, NATURAL . . . . .	.15"X33'	3.25/ea	3.25
301020	PARCHMENT PAPER BAGS, 8"x3.25"x14" (For Oven Cooking)	10 count	0.30 ea	2.95

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>ODDS AND ENDS, CONTINUED</b>				
‡301640	PICKLE DISCS, PA'S . . . . .	.16 oz	4.50/ea	4.50
‡230820	PICKLE DISCS, PA'S (To Be Discontinued) . . . . . <b>HAMBURGER PICKLES WITH LEMON JUICE! Ingredients:</b> Cucumbers, Sugar, Water, Lemon juice from concentrate ((water, concentrated lemon juice), sodium benzoate, sodium metabisulfite, and sodium sulfite (preservatives), Lemon Oil), salt, citric acid, calcium chloride, natural and artificial flavor, turmeric and 1/10 of 1% benzoate of soda added as a preservative.	.32 oz	6.60/ea	6.60
‡301660	PICKLE SMACK (Relish), PA'S . . . . . <b>Ingredients:</b> Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda.	.16 oz	4.50/ea	4.50
301680	PICKLE SPEARS, PA'S . . . . . <b>Ingredients:</b> Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda.	.16 oz	4.50/ea	4.50
302824	PIMIENTOS, UNPEELED, DICED . . . . . <b>Ingredients:</b> Pimientos, water, citric acid.	.28 oz	2.75/ea	2.75
170530	POHONKA'S WAFFLE & PANCAKE MIX . . . . . <b>Ingredients:</b> Wheat, buckwheat, barley, oats and soy flour, crystallized cane juice, Rumford baking powder, salt.	.5#	1.85/lb	9.25
306068	RICE NOODLE BOWL, HOT & SOUR . . . . . <b>Ingredients:</b> Noodle: rice, water. Seasoning packet: sugar, salt, corn maltodextrin, hydrolyzed soy and mung bean protein, yeast extract, green onion, tamarind powder (corn maltodextrin, tamarind, caramel color), malic acid, chili pepper, lemongrass, citric acid, silicon dioxide (to make free flowing), kaffir lime leaf, galangal (Thai ginger). Oil Packet: fried chili oil (garlic, shallot, soybean oil), extractive of paprika. Vegetable packet: green onion, cilantro	.6/2.4 oz	1.40/ea	8.40
306070	RICE NOODLE BOWL, MUSHROOM . . . . . <b>Ingredients:</b> Noodle: Rice, water. Seasoning: salt, sugar, mushroom, corn maltodextrin, garlic, yeast extract, soy sauce (soybean, salt, water), green onion, spices, onion, and citric acid. Oil packet: soybean oil, garlic, and onion. Vegetable packet: shiitake mushroom.	.6/2.4 oz	1.40/ea	8.40
306060	RICE NOODLE BOWL, ROASTED GARLIC . . . . . <b>Ingredients:</b> Noodle: Rice, water. Seasoning: Sugar, salt, roasted garlic, fried garlic, natural flavor, hydrolyzed soy protein, shallot, corn maltodextrin, disodium inosinate and guanylate (flavor enhancers), spices, and onion. Oil Packet: Soybean oil, garlic, red chili pepper, onion. Vegetable packet: garlic, onion.	.6/2.4 oz	1.40/ea	8.40
306064	RICE NOODLE BOWL, SPRING ONION . . . . . <b>Ingredients:</b> Noodle : Rice, water. Seasoning: Sugar, sea salt, yeast extract, onion, fried shallot (shallot, palm oil), shallot, spice (including turmeric), garlic, silicon dioxide (to make free flowing), citric acid. Oil Packet: Soybean oil, garlic, red chili pepper, onion. Vegetable packet: spring onion.	.6/2.4 oz	1.40/ea	8.40
306120	RICE NOODLES, BANGKOK CURRY . . . . . <b>Ingredients:</b> Noodle: Rice, tapioca starch, water. Seasoning: salt, sugar, curry spice (including turmeric, red chili pepper), coconut milk (coconut milk, glucose, sodium caseinate {milk}), dairy creamer (corn syrup, palm oil, sodium caseinate{milk}, annatto {color}, natural flavor), hydrolyzed soy and mung bean protein, yeast extract, soybean oil. Oil packet: Soybean oil, red chili pepper, garlic, shallot, tocopherol (as an antioxidant).	.12/1.6 oz	0.80/ea	9.60
306124	RICE NOODLES, GARLIC & VEGETABLE . . . . . <b>Ingredients:</b> Rice, tapioca starch, water. Seasoning: sugar, salt, garlic, hydrolyzed soy and mung bean protein, yeast extract, spice (including red chili pepper), potassium chloride, corn maltodextrin, soybean oil, green onion, citric acid. Oil Packet: soybean oil, red chili pepper, garlic, shallot, tocopherol (as an antioxidant).	.12/1.6 oz	0.80/ea	9.60
306128	RICE NOODLES, SPRING ONION . . . . . <b>Ingredients:</b> Noodle: Rice, tapioca starch, water. Seasoning: sugar, salt, onion, hydrolyzed soy and mungbean protein, garlic, spices (including turmeric), yeast extract, potassium chloride, spring onion, soybean oil, citric acid. Oil packet: Soybean oil, red chili pepper, garlic shallot, tocopherol (anti oxidant).	.12/1.6 oz	0.80/ea	9.60

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	300700	ROMA (Coffee Substitute) . . . . .	.7 oz	7.25/ea	7.25
		<b>Ingredients:</b> Roasted barley, roasted malt barley, roasted chicory, roasted rye.			
	230924	SALT, EARTH, 'REAL SALT'™ SHAKER . . . . .	.9 oz	3.10/ea	3.10
	232663	SALT, EARTH, 'REAL SALT'™ . . . . .	.26oz	5.60/ea	5.60
		Now labeled as "Sea Salt" on package			
	232563	SALT, EARTH, 'REAL SALT'™ . . . . .	.25 #	2.25/lb	56.25
	300500	SALT, SEA, (Contains Iodine) . . . . .	.5#	0.85/lb	4.25
	*235500	SALT, SEA, (Contains Iodine) . . . . .	.50#	0.60/lb	30.00
		<b>Ingredients:</b> Sea salt, magnesium carbonate, dextrose, potassium iodide, sodium bicarbonate.			
	230519	SALT, SEA (Does NOT contain Iodine) . . . . .	.5#	0.85/lb	4.25
	*230119	SALT, SEA (Does NOT contain Iodine) . . . . .	.50#	0.60/lb	30.00
		<b>Ingredients:</b> Sea salt, magnesium carbonate.			
	170515	SESAME CORN OAT WAFFLE MIX . . . . .	5#	1.50/lb	7.50
		<b>Ingredients:</b> Rolled oats, cornmeal (organic), hulled sesame seeds, barley malt powder.			
303001	SUPERIOR GREENS (Dietary Supplement) . . . . .	12.57 oz (30 servings)	21.00/ea	21.00	
	<b>Ingredients:</b> Soy lecithin powder, spirulina, barley grass powder, oat beta glucans, fructooligosaccharides (FOS), carrot powder, bromelain, papain, red grape seed extract, chlorella-cracked cell powder, wheat grass powder, red raspberry powder, apple pectin, acerola berry juice powder, alfalfa powder, beet juice powder, cauliflower powder, flax seed meal, parsley juice powder, rose hips, spinach leaf powder, non-dairy probiotic culture, royal jelly, bee pollen, citrus bioflavonoids, blueberry powder, broccoli powder, cranberry juice powder, horsetail rush, bilberry extract, milk thistle, rosemary leaf powder, DMG HCl, grape seed extract, green tea extract, eleutherococcus senticosus (ginseng), aloe leaf powder, stevia, licorice glycomil.				
303003	SUPERIOR PURPLES (Phytonutrient drink mix) . . . . .	11.59 oz (30 servings)	21.00/ea	21.00	
	<b>Ingredients:</b> Fruit powder blend (blueberry, blackberry, black cherries, black raspberries, black currants, plums, elderberries, bilberries, figs, raisins), soluble fiber, vegetable powder blend (eggplant, purple carrots, purple cabbage, beets), acai fruit powder, camu camu fruit powder, mangosteen fruit extract, gogi berry powder, proprietary "brain" blend (L-carnosine, alpha GPC), pomegranate extract, stevia, natural raspberry, strawberry, cherry, vanilla, spearmint leaves, banana powder, cinnamon, citric acid.				
303002	SUPERIOR REDS (Antioxidant supplement) . . . . .	9.59 oz (30 serving)s	21.00/ea	21.00	
	<b>Ingredients:</b> Proprietary fruit powder blend (strawberries, cherries, red raspberries, acerola, pomegranates, cranberries, blackberries, blueberries, papayas, plums, peaches, pears, mangos, watermelon, red currants, nectarines, blood oranges), soluble fiber, carrot powder, ORAC proprietary blend (green tea extract, grape seed extract, apple, blueberry, broccoli, cranberry, kale, orange, prune, raspberry, spinach, and strawberry), flax seed, arabinogalactan (larch tree) extract, apple pectin, lecithin (from soy), inositol, DMG HCl, choline, L-glutathione, stevia, polygonum cuspidatum, bilberry extract, grape seed extract, acetyl-L-carnitine, phosphatidylserine, milk thistle extract, lycopene, lutein, astaxanthin. Contains lead.				
	<ul style="list-style-type: none"> <li>• Mori-Nu tofu needs no refrigeration, and is non-GMO.</li> <li>• Gluconolactone is a non-dairy coagulant derived from food starch.</li> </ul>				
301298	TOFU, MORI-NU, EX-FIRM . . . . .	12/12.3oz	1.55/ea	18.60	
301284	TOFU, MORI-NU, FIRM . . . . .	12/12.3oz	1.55/ea	18.60	
301235	TOFU, MORI-NU, LITE, FIRM . . . . .	12/12.3oz	1.55/ea	18.60	
	<b>Ingredients:</b> Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.				
301271	TOFU, MORI-NU, SOFT . . . . .	12/12 oz	1.55/ea	18.60	
	<b>Ingredients:</b> Water, soybeans, gluconolactone, calcium chloride.				
301257	TOFU, MORI-NU, FIRM, OG . . . . .	12/12.3oz	1.80/ea	21.60	
	<b>Ingredients:</b> Filtered water, organic soybeans, isolated soy protein, gluconolactone, calcium chloride.				



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<b>ODDS AND ENDS, CONTINUED</b>				
230568	VITAMIN C, POWDER ..... <b>ASCORBIC ACID</b> , PURE 1/4 tsp.=980mg. Use for dough enhancer 1/4 tsp. for 5 loaves.	.1#	15.50/lb	15.50
230180	YEAST, SAF--INSTANT RED (BAKING) .....	.1#	3.50/lb	3.50
*230081	YEAST, SAF--INSTANT RED (BAKING) .....	.50#	3.25/lb	162.50
300506	YEAST FLAKES, NUTRITIONAL, SHAKER, W/B-12, RED STAR® 5 oz <b>Ingredients:</b> Inactive dry yeast, niacin, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, vitamin B12.		4.25/ea	4.25
230350	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® .....	.3 #	6.95/lb	20.85
231215	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® .....	.10#	6.00/lb	60.00
231250	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® ..... <i>Not brewer's yeast. Nutritional yeast flakes has a toasted, nutty, cheesy flavor.</i> <b>Vegetarian Formula Certified Candida Negative. Ingredients:</b> Dried yeast, niacin, riboflavin (B-2), thiamin hydrochloride(B-1), pyridoxine hydrochloride(B-6), folic acid, cobalamin.	.50#	5.30/lb	265.00

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

## **BOOKS**

### **COOKBOOKS**

250099	7 SECRETS COOKBOOK, By Brackett .....		11.25/ea	11.25
250038	KIDS IN THE KITCHEN, By Rogers .....		10.95/ea	10.95
250032	NEWSTART LIFESTYLE COOKBOOK, From Weimar Institute ..... More than 260 heart-healthy recipes featuring whole plant foods.		15.99/ea	15.99
250055	OF THESE YOU MAY FREELY EAT, By Rachor .....		2.19/ea	2.19
	Over 250 recipes. Cholesterol Free.			
250072	SLOW COOKER VEGETARIAN COOKBOOK, By Rachor .....		9.95/ea	9.95
	Fast cooking in a slow cooker every day of the year.			
250075	TEN TALENTS, By Hurd .....		21.00/ea	21.00
	New, updated, expanded, pictorial edition.			
250076	TEN TALENTS, SPANISH EDITION By Hurd .....		21.00/ea	21.00
	New, updated, expanded, pictorial edition.			

\*\$1.00 additional handling charge for UPS shipment.

### **HEALTH BOOKS**

250037	CHARCOAL REMEDIES.COM, By Dinsley .....		14.50/ea	14.50
	The complete handbook of medicinal charcoal and its applications.			
250010	COUNSELS ON DIET & FOODS, By White .....		6.95/ea	6.95
250014	FATIGUE, By Austin/Thrash .....		3.23/ea	3.23
	Causes, treatment, and prevention of fatigue.			
250052	RX: CHARCOAL, By Thrash .....		4.95/ea	4.95
	Startling facts about the world's most powerful clinical adsorbent.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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**BOOKS, CONTINUED**

**SCRIPTURE SONGBOOKS**

• Now your child can memorize scripture quickly and easily. See it, sing it, play it! Each 8 1/2 by 11 softcover book from Thy Word Creations is an illustrated Bible passage especially appropriate for young children. Comes with a CD of the contents set to music.

250999	THY WORD, THREE BOOK DISCOUNT . . . . .		(4.80)	(4.80)
	Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.			
250753	THY WORD, 1 CORINTHIANS 13, NKJV (CD) . . . . .		11.75/ea	11.75
250740	THY WORD, CREATION, KJV (CD) . . . . .		11.75/ea	11.75
250748	THY WORD, ISAIAH 53, KJV (CD) . . . . .		11.75/ea	11.75
250730	THY WORD, PSALM 23, KJV (CD) . . . . .		11.75/ea	11.75
250755	THY WORD, PSALM 91, NKJV (CD) . . . . .		11.75/ea	11.75
250759	THY WORD, PSALM 139, NKJV (CD) . . . . .		11.75/ea	11.75
250744	THY WORD, TEN COMMANDMENTS, KJV (CD) . . . . .		11.75/ea	11.75
250737	THY WORD, THE BEATITUDES, KJV (CD) . . . . .		11.75/ea	11.75
250732	THY WORD, THE LORD'S PRAYER, KJV (CD) . . . . .		11.75/ea	11.75
250741	THY WORD, THE TEMPTATIONS OF JESUS, KJV (CD) . . . . .		11.75/ea	11.75

**TEEN/ADULT**

• Scripture books for teen/adults includes a song book and a CD.

250719	THY WORD, 1 CORINTHIANS 12 & 13, KJV Teen/Adult (CD) . . . . .		11.75/ea	11.75
250745	THY WORD, ALL ABOUT JESUS, KJV Teen/Adult (CD) . . . . .		11.75/ea	11.75
250717	THY WORD, TEMPTATIONS OF JESUS/PSALM 91 Teen/Adult (CD) . . . . .		11.75/ea	11.75
250716	THY WORD, TEN COMMANDMENTS/BEATITUDES, KJV (CD) . . . . .		11.75/ea	11.75
250999	THY WORD, THREE BOOK DISCOUNT . . . . .		(4.80)	(4.80)
	Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BAGS AND TIES</b>				
900040	BAG TIES, PAPER .....	.2000	2.95/box	2.95
900045	BAG TIES, PLASTIC .....	.2000	4.00/box	4.00
900020	BAGS, PLASTIC, 4x2x8, 2 mil. ....	.1000	20.00/box	20.00
900025	BAGS, PLASTIC, 4x2x12, 2 mil. ....	.1000	27.00/box	27.00
900032	BAGS, PLASTIC, 6x3x15, 2 mil. ....	.1000	52.00/box	52.00
900035	BAGS, PLASTIC, 8x4x18, 2 mil. ....	.1000	66.00/box	66.00
900014	ZIPLOCK BAGS, PLASTIC, 4x6, 2 mil. (Flat bags, no side seams) Not Sandwich Bags	.1000	15.00/box	15.00
230005	COUNTRY LIFE CATALOG .....		NO CHARGE	

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**ORDER AND DELIVERY SCHEDULE - 2015**

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400.00 (unless noted otherwise).

**Reminder:** Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **5:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Chicago---Route Code: "CH"</b>	
<b>Detroit Jackson---Route Code: "DJ"</b>	
<b>Grand Rapids---Route Code: "GR"</b>	
Jun 3, 2015 .....	Jun 8 - Jun 11, 2015
Next deadline in 3 weeks .....	
Jun 24, 2015 .....	Jun 29 - Jul 2, 2015
Jul 8, 2015 .....	Jul 13 - Jul 16, 2015
Jul 22, 2015 .....	Jul 27 - Jul 30, 2015
Aug 5, 2015 .....	Aug 10 - Aug 13, 2015
Aug 19, 2015 .....	Aug 24 - Aug 27, 2015
Sep 2, 2015 .....	Sep 7 - Sep 10, 2015
Sep 16, 2015 .....	Sep 21 - Sep 24, 2015
Sep 30, 2015 .....	Oct 5 - Oct 8, 2015
Oct 14, 2015 .....	Oct 19 - Oct 22, 2015
Oct 28, 2015 .....	Nov 2 - Nov 5, 2015
Nov 11, 2015 .....	Nov 16 - Nov 19, 2015
Nov 24, 2015, Tuesday .....	Nov 30 - Dec 3, 2015
Dec 9, 2015 .....	Dec 14 - Dec 17, 2015
Dec 22, 2015, Tuesday .....	Dec 28 - Dec 31, 2015

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Chicago South---Route Code: "CS"</b>	
<b>Detroit Metro---Route Code: "DM"</b>	
Jun 24, 2015 .....	Jun 29 - Jul 2, 2015
Jul 22, 2015 .....	Jul 27 - Jul 30, 2015
Aug 19, 2015 .....	Aug 24 - Aug 27, 2015
Sep 16, 2015 .....	Sep 21 - Sep 24, 2015
Oct 14, 2015 .....	Oct 19 - Oct 22, 2015
Nov 11, 2015 .....	Nov 16 - Nov 19, 2015
Dec 9, 2015 .....	Dec 14 - Dec 17, 2015

<b>Chicago Metro---Route Code: "CM"</b>	
<b>Detroit North---Route Code: "DN"</b>	
<b>Grand Rapids North---Route Code: "GN"</b>	
Jun 3, 2015 .....	Jun 8 - Jun 11, 2015
Next deadline in 5 weeks .....	
Jul 8, 2015 .....	Jul 13 - Jul 16, 2015
Aug 5, 2015 .....	Aug 10 - Aug 13, 2015
Sep 2, 2015 .....	Sep 7 - Sep 10, 2015
Sep 30, 2015 .....	Oct 5 - Oct 8, 2015
Oct 28, 2015 .....	Nov 2 - Nov 5, 2015
Nov 24, 2015, Tuesday .....	Nov 30 - Dec 3, 2015
Dec 22, 2015, Tuesday .....	Dec 28 - Dec 31, 2015

<b>Kalamazoo South---Route Code: "KS"</b>	
Jul 22, 2015 .....	Jul 27 - Jul 30, 2015
Sep 16, 2015 .....	Sep 21 - Sep 24, 2015
Nov 11, 2015 .....	Nov 16 - Nov 19, 2015

**Country Life Closed  
June 14-20, 2015**



**ORDER AND DELIVERY SCHEDULE - 2015**

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<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Missouri--- Route Code "MO" (\$500.00 minimum)</b>	
<b>And Wisconsin South---Route Code "WS"</b>	
Jun 10, 2015	Jun 22 - Jun 25, 2015
Delivery 1 week delay; next deadline in 5 weeks	
Jul 15, 2015	Jul 20 - Jul 23, 2015
Aug 12, 2015	Aug 17 - Aug 20, 2015
Sep 9, 2015	Sep 14 - Sep 17, 2015
Oct 7, 2015	Oct 12 - Oct 15, 2015
Nov 4, 2015	Nov 9 - Nov 12, 2015
Dec 2, 2015	Dec 7 - Dec 10, 2015
Dec 29, 2015, Tuesday	Jan 4 - Jan 7, 2016
<b>Oklahoma---Route Code "OK" (\$500.00 minimum)</b>	
Jul 15, 2015	Jul 20 - Jul 23, 2015
Sep 9, 2015	Sep 14 - Sep 17, 2015
Nov 4, 2015	Nov 9 - Nov 12, 2015
Dec 29, 2015, Tuesday	Jan 4 - Jan 7, 2016
<b>Arkansas--- Route Code "AR" (\$500.00 minimum)</b>	
<b>Iowa--- Route Code "IA" (\$500.00 minimum)</b>	
Jun 10, 2015	Jun 22 - Jun 25, 2015
Delivery 1 week delay; next deadline in 9 weeks	
Aug 12, 2015	Aug 17 - Aug 20, 2015
Oct 7, 2015	Oct 12 - Oct 15, 2015
Dec 2, 2015	Dec 7 - Dec 10, 2015

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Wisconsin--- Route Code: "WI"</b>	
Jun 10, 2015	Jun 22 - Jun 25, 2015
Delivery 1 week delay; next deadline in 3 weeks	
Jun 30, 2015, Tuesday	Jul 6 - Jul 9, 2015
Jul 15, 2015	Jul 20 - Jul 23, 2015
Jul 29, 2015	Aug 3 - Aug 6, 2015
Aug 12, 2015	Aug 17 - Aug 20, 2015
Aug 26, 2015	Aug 31 - Sep 3, 2015
Sep 9, 2015	Sep 14 - Sep 17, 2015
Sep 23, 2015	Sep 28 - Oct 1, 2015
Oct 7, 2015	Oct 12 - Oct 15, 2015
Oct 21, 2015	Oct 26 - Oct 29, 2015
Nov 4, 2015	Nov 9 - Nov 12, 2015
Nov 18, 2015	Nov 23 - Nov 25, 2015
Dec 2, 2015	Dec 7 - Dec 10, 2015
Dec 16, 2015	Dec 21 - Dec 24, 2015
Dec 29, 2015, Tuesday	Jan 4 - Jan 7, 2016

**Country Life Closed  
June 14-20, 2015**

**ORDER AND DELIVERY SCHEDULE - 2015**

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400.00 (unless noted otherwise).

**Reminder:** Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **5:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>	<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Wisconsin North--- Route Code "WN"</b>			
Jun 30, 2015, Tuesday	.....Jul 6 - Jul 9, 2015		
Jul 29, 2015	.....Aug 3 - Aug 6, 2015		
Aug 26, 2015	.....Aug 31 - Sep 3, 2015		
Sep 23, 2015	.....Sep 28 - Oct 1, 2015		
Oct 21, 2015	.....Oct 26 - Oct 29, 2015		
Nov 18, 2015	.....Nov 23 - Nov 25, 2015		
Dec 16, 2015	.....Dec 21 - Dec 24, 2015		
<b>Duluth--- Route Code: "DU"</b>			
Jul 29, 2015	.....Aug 3 - Aug 6, 2015		
Sep 23, 2015	.....Sep 28 - Oct 1, 2015		
Nov 18, 2015	.....Nov 23 - Nov 25, 2015		
<b>Minneapolis/St. Paul--Route Code: "MSP"</b>			
Jun 30, 2015, Tuesday	.....Jul 6 - Jul 9, 2015		
Aug 26, 2015	.....Aug 31 - Sep 3, 2015		
Oct 21, 2015	.....Oct 27 - Oct 30, 2015		
Dec 16, 2015	.....Dec 21 - Dec 24, 2015		

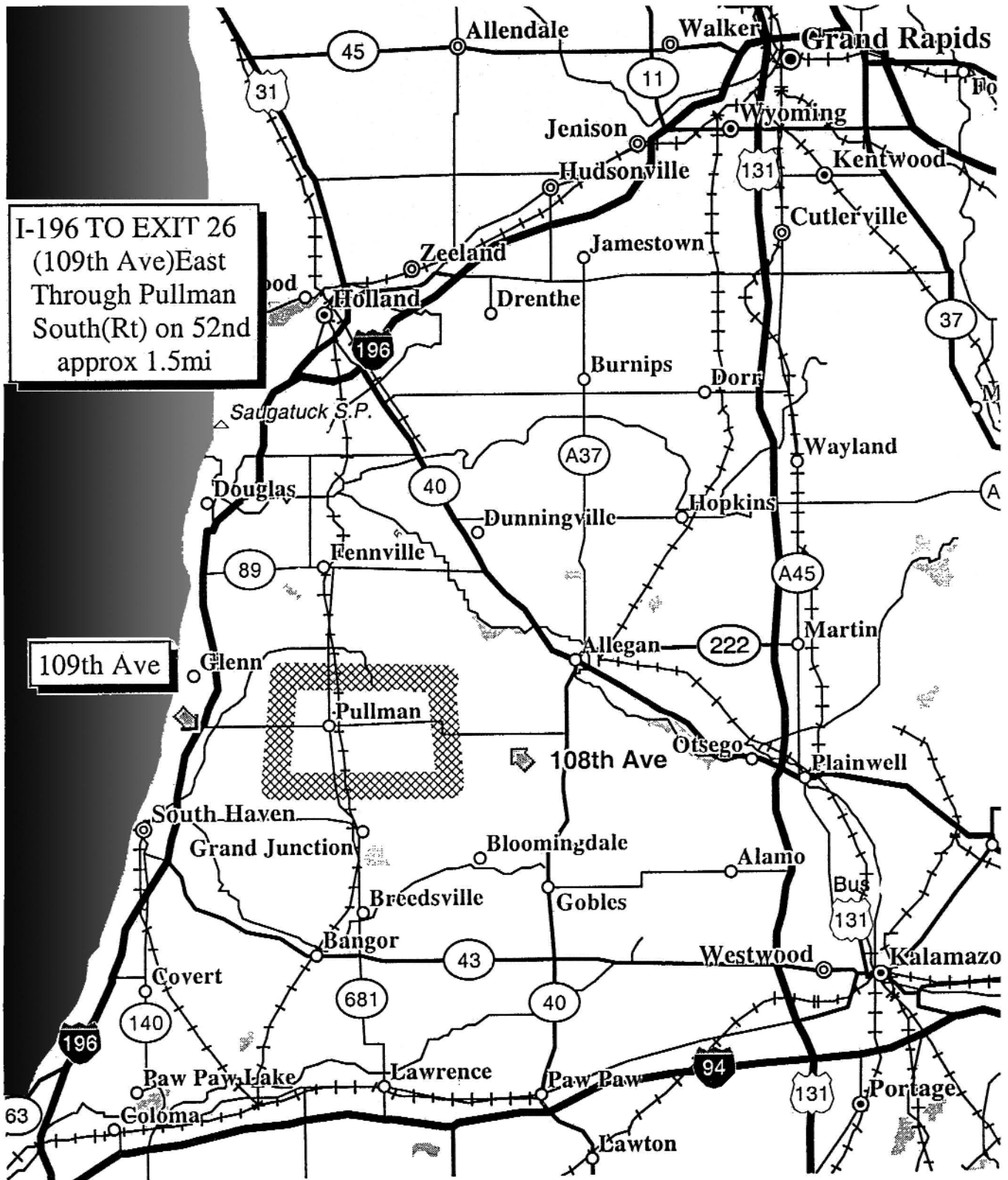
**Country Life Closed  
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I-196 TO EXIT 26  
 (109th Ave) East  
 Through Pullman  
 South (Rt) on 52nd  
 approx 1.5mi

109th Ave

Thank you for requesting our catalog and considering our products. We want to provide the service and quality you desire. Thank you also for your comments and appreciation of our services. We are committed to offering those hard to get products that many of you have requested.

Again, our wish at Country Life is that many people will be helped by our services; not only by receiving the finest quality natural foods, but also receiving help in implementing meaningful lifestyle principles into the everyday life. We desire continued growth in all areas of life, as Jesus grew; both in body and in wisdom, gaining favor with God and men. Luke 2:52

Beloved, I wish above all things that thou mayest prosper and be in health,  
 even as thy soul prospereth. 3 John 2





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