

# Country Life Natural Foods

## PRODUCT CATALOG

JUNE 2020



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

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

**PHONE** 269-236-5011

**FAX** 269-236-8357

**ADDRESS** 641 52nd St. Pullman, MI 49450

# Country Life Natural Foods

Thank you for your interest in our products. Country Life Natural Foods has been a trusted source for natural food products and ingredients for over 50 years. As a non-profit organization, we are dedicated to improving the lives of those we serve. We buy directly from farmers and food manufacturers when we can, so you are as close to the source of your food as possible. Our desire to help people live better lives through diet is rooted in the ethos of our company. Founded by Seventh-day Adventists, who are known worldwide for their healthy lifestyles, longevity, and Blue Zone recognition, we are proud to run a business that is inspired by these health principles.

You may notice that our catalog lacks meat & dairy products. This is intentional. We believe a plant-based diet is better for our bodies and our environment. In 2019 we established the Lifestyle Medicine Program at Oak Haven Health (our parent organization) and operate a 10-day Lifestyle Immersion Program which is designed to arrest and even reverse most lifestyle-related chronic diseases. More information on this program can be found at [www.oakhavenhealth.com](http://www.oakhavenhealth.com). From our location in southwest Michigan, we supply our products to the local area through our retail outlet, deliver wholesale to 15 states by truck, and reach the rest of the country by UPS or USPS. With a selection of over 1400 quality products, we hope you find what you're looking for. We look forward to serving you!

## Location:

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

## Customer Service:

Manager	269-236-8353
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

## 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

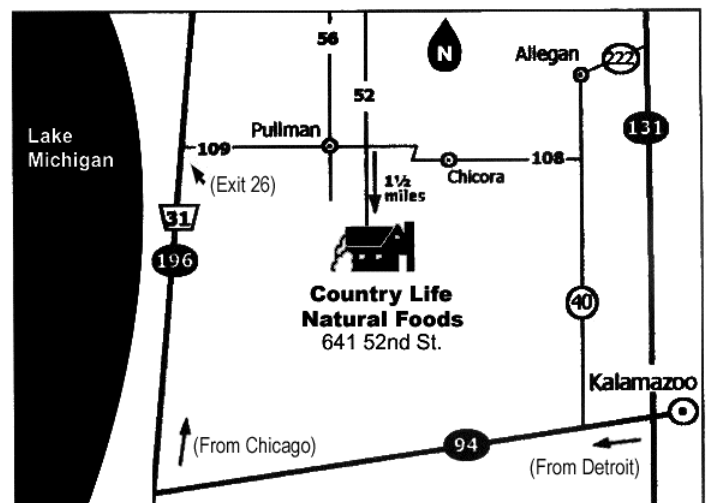
## Retail Store:

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



# Ordering Information

**PLACING ORDERS:** Orders may be placed online or by phone, fax, email, 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. Items from our retail store may be ordered as well; please contact the office for details..

**TERMS OF PAYMENT:** Payments may be made with the following credit cards: Mastercard, Visa, American Express, 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:** State and local sales tax will be charged on taxable items in the states where we make deliveries (see below). If you have a sales tax license, please notify our accounting department.

## Delivery Options

**COUNTRY LIFE TRUCKS:** We offer delivery by our trucks to established routes in the following states. Orders within \$50 of the minimum may be delivered with a \$20 surcharge. See back of catalog for your order deadline and delivery schedule.

<u>State</u>	<u>Minimum Order Amt</u>	<u>Delivery Fee</u>	<u>State</u>	<u>Minimum Order Amt</u>	<u>Delivery Fee</u>
AL	\$450	5%	MN	\$400	5%
AR	\$500	5%	MO	\$500	5%
GA	\$450	5%	NC	\$450	5%
IL	\$400	None	OH	\$450	5%
IN	\$400	None	OK	\$500	5%
IA	\$500	5%	TN	\$450	5%
KY	\$450	5%	WI	\$400	None
MI	\$400	None			

**OUR ORDER DEADLINE IS 4:00 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 the logistics of preparing your order for shipment, we cannot process any orders received after the 4:00 pm deadline.**

**POSTAL SERVICE AND UPS DELIVERY:** When your order is complete, a shipping charge will be added to your order total based on the shipping weight and destination. For web orders, this charge will be calculated and you can confirm it in your shopping cart as you check out. For phone orders, we will advise you of the shipping charge when you place your order. For COD packages, there is a \$12.00 additional charge. Unfortunately, certain items in our warehouse cannot be shipped by postal service or UPS. (These items are marked with a ‡ in our catalog.) Orders between 200 lbs. and 1000 lbs. can be delivered to commercial and residential addresses using the UPS Ground with Freight service. This service is often 20 -25% lower than regular UPS rates. Please call our office to obtain a shipping quote for this service.

**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.

**COMMON CARRIER:** For orders of 500 lbs. or more to areas outside our regular Country Life truck 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.

## Distributor for Northern Michigan

### NORTHERN NATURAL FOODS

Edmore, MI; (Brenton Rogers)

Phone: 989-427-1763 • Fax: 888-821-8544 • Email: orders@northernnaturalfoods.com

Please contact them for terms of sale, minimum orders, etc., for truck delivery in their area. 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 on shipping costs, especially if you are currently getting UPS deliveries.

## General Product Information

**Packaging makes a difference** in food quality! The bags used in our Country Life packaged items 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 certified organic by Global Organic Alliance, and is temperature controlled. Our nuts, dried fruits, trail mixes, granolas, and most other products are kept at 40°-45° F. Additional items are kept at 55°-60° F. Unlike many other food suppliers, we never fumigate our warehouse.

**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
GF . . . . .	Gluten Free	SW . . . . .	Sweetened
IMP . . . . .	Imported	UNS . . . . .	Unsweetened
LS . . . . .	Lightly Salted	UNSORB . . . . .	Unsorted
OG . . . . .	Organic	UNSUL . . . . .	Unsulphured
RS . . . . .	Roasted & Salted	‡ . . . .	Cannot Ship by UPS
RNS . . . . .	Roasted No Salt		

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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 010005	APPLE NATURAL SWISS STYLE .....	② 25#	④ 2.30/lb	57.50
010015	APPLE NATURAL SWISS STYLE .....	③ 12/12 oz	⑤ 2.30/ea	27.60
331069	OREGANO, WHOLE, MEXICAN .....	.5 oz	⑥ 3.40/ea	3.40
330250	OREGANO, WHOLE, MEXICAN .....	2#	8.60/lb	17.20
⑦ ‡140059	ORANGE JUICE, OG, LKWD .....	12/32 oz	3.55/ea	42.60
030162	CASHEWS, LARGE PIECES .....	10 oz	4.25/ea	4.25
	⑧ ► <b>Order 12 of this item (030162) and receive 15% case discount</b>			
030362	CASHEWS, LARGE PIECES .....	.3#	5.50/lb	16.50

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.

010102	ALMOND DELICIOUS . . . . .	1#	4.20/ea	4.20
	▶ Order 6 of this item (010102) and receive 25% case discount			
010303	ALMOND DELICIOUS . . . . .	3#	2.95/lb	8.85
010101	ALMOND DELICIOUS . . . . .	.25#	2.60/lb	65.00
	<b>Ingredients:</b> Rolled oats, honey, sunflower oil, almonds, coconut, sunflower seeds, sesame seeds, pure-vanilla, almond extract, salt, coconut oil.			
010015	APPLE NATURAL SWISS STYLE . . . . .	12 oz	2.60/ea	2.60
	▶ Order 6 of this item (010015) and receive 25% case discount			
014010	APPLE NATURAL SWISS STYLE . . . . .	40 oz	2.30/lb	5.75
010005	APPLE NATURAL SWISS STYLE . . . . .	.25#	1.90lb	47.50
	<b>Muesli-Style Cereal.</b>			
	<b>Ingredients:</b> Rolled oats, sunflower seeds, raisins, coconut, oat bran, cane juice crystals, dates, apple dices, almonds, honey, and filberts.			
010030	CASHEW DATE DELIGHT . . . . .	1#	3.80/ea	3.80
	▶ Order 6 of this item (010030) and receive 25% case discount			
010325	CASHEW DATE DELIGHT . . . . .	.3#	2.65/lb	7.95
010020	CASHEW DATE DELIGHT . . . . .	.25#	2.20/lb	55.00
	<b>Ingredients:</b> Rolled oats, corn barley malt syrup, date paste, sunflower oil, cashews, coconut, sunflower seeds, vanilla, salt, coconut oil.			
011010	TIGER NUT GRANOLA, BLUEBERRY . . . . .	.8 oz	6.95/ea	6.95
	<b>Ingredients:</b> Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, freeze-dried blueberries, turmeric, salt.			
011030	TIGER NUT GRANOLA, CHOCOLATE CHERRY . . . . .	.8 oz	6.95/ea	6.95
	<b>Ingredients:</b> Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, dried cherries, date paste, puffed millet, cocoa nibs, cinnamon, salt.			
011020	TIGER NUT GRANOLA, CINNAMON . . . . .	.8 oz	6.95/ea	6.95
	<b>Ingredients:</b> Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, cinnamon, salt.			

## ONE DEGREE ORGANICS CEREALS

011220	ANCIENT MAIZE FLAKES, OG, Veganic Sprouted . . . . .	12 oz	4.10/ea	4.10
	▶ Order 6 of this item (011220) and receive 5% case discount			
	<b>Ingredients:</b> 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
	▶ Order 6 of this item (011040) and receive 5% case discount			
	<b>Ingredients:</b> 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
	▶ Order 6 of this item (010810) and receive 5% case discount			
	<b>Ingredients:</b> 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
	▶ Order 6 of this item (011050) and receive 5% case discount			
	<b>Ingredients:</b> 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

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Ingredient lists provided for reference purposes and may vary slightly

+S = Salted  
NS = No Salt

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CEREALS &amp; GRANOLAS, CONTINUED</b>				
011065	SPROUTED CACAO O'S ▶Order 6 of this item (011065) and receive 5% case discount Ingredients: Organic sprouted whole grain oats, organic cane sugar, organic raw cacao, organic sprouted garbanzos, organic tapioca starch, organic sunflower oil, unrefined salt, organic cacao extract, organic vanilla extract, tocopherols (Vitamin E), organic sunflower lecithin.	.10 oz	4.108ea	4.10
011235	SPROUTED CORN FLAKES ▶Order 6 of this item (011235) and receive 5% case discount Ingredients: Organic sprouted whole grain corn, organic cane sugar, organic brown rice syrup, unrefined salt, organic molasses.	.12 oz	4.10/ea	4.10
010830	SPROUTED OAT O'S, OG ▶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).	.8 oz	4.10/ea	4.10

## 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 ▶Order 12 of this item (020219) and receive 5% case discount	.16 oz	10.00/ea	10.00
020919	ALMOND BUTTER, CREAMY, NS	.9#	9.10/lb	81.90
020217	ALMOND BUTTER, CRUNCHY, NS ▶Order 12 of this item (020217) and receive 5% case discount	.16 oz	10.00/ea	10.00
020917	ALMOND BUTTER, CRUNCHY, NS	.9#	9.10/lb	81.90
021632	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, NS ▶Order 12 of this item (021632) and receive 5% case discount	.16 oz	10.00/ea	10.00
021680	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, OG, NS ▶Order 12 of this item (021680) and receive 5% case discount	.16 oz	14.25/ea	14.25
021674	ALMOND BUTTER, CREAMY, OG NS ▶Order 12 of this item (021674) and receive 5% case discount	.16 oz	14.25/ea	14.25
021600	CASHEW BUTTER, CREAMY, NS ▶Order 12 of this item (021600) and receive 5% case discount Ingredients: Dry roasted cashews, expeller-pressed safflower oil or organic high oleic sunflower oil.	.16 oz	9.85/ea	9.85
021665	CASHEW BUTTER, CREAMY, OG, NS ▶Order 12 of this item (021665) and receive 5% case discount Ingredients: Organic cashews, organic sunflower oil.	.16 oz	11.50/ea	11.50
020047	PEANUT BUTTER, CREAMY, +S ▶Order 12 of this item (020047) and receive 5% case discount	.16 oz	3.85/ea	3.85
020947	PEANUT BUTTER, CREAMY, +S	.9#	3.30/lb	29.70
020105	PEANUT BUTTER, CREAMY, +S	.35#	3.00/lb	105.00
020045	PEANUT BUTTER, CREAMY, NS ▶Order 12 of this item (020045) and receive 5% case discount	.16 oz	3.95/ea	3.95
020945	PEANUT BUTTER, CREAMY, NS	.9#	3.30/lb	29.70
020115	PEANUT BUTTER, CREAMY, NS	.35#	3.00/lb	105.00



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>NUT &amp; SEED BUTTERS, CONTINUED</u></b>				
020042	PEANUT BUTTER, CRUNCHY, +S	.16 oz	3.85/ea	3.85
	▶Order 12 of this item (020042) and receive 5% case discount			
020942	PEANUT BUTTER, CRUNCHY, +S	.9#	3.30/lb	29.70
020100	PEANUT BUTTER, CRUNCHY, +S	.35#	3.00/lb	105.00
020150	PEANUT BUTTER, OG, CREAMY, +S	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020150) and receive 5% case discount			
020950	PEANUT BUTTER, OG, CREAMY, +S	.9#	5.00/lb	45.00
020134	PEANUT BUTTER, OG, CREAMY, NS	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020134) and receive 5% case discount			
020141	PEANUT BUTTER, OG, CRUNCHY, +S	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020141) and receive 5% case discount			
020941	PEANUT BUTTER, OG, CRUNCHY, +S	.9#	5.00/lb	45.00
020122	PEANUT BUTTER, OG, CRUNCHY, NS	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020122) and receive 5% case discount			
370027	SESAME TAHINI, CREAMY, NS	.15 oz	5.50/ea	5.50
	▶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	5.10/ea	5.10
	▶Order 12 of this item (021660) and receive 5% case discount			
	<b>Ingredients:</b> Dry Roasted sunflower seeds, evaporated cane juice, sunflower oil, salt.			
021690	SUNFLOWER BUTTER, OG, NS	.16 oz	5.10/ea	5.10
	▶Order 12 of this item (021690) and receive 5% case discount			
	<b>Ingredients:</b> Dry Roasted sunflower seeds, sunflower oil.			

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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.

030522	ALMOND MEAL, BLANCHED	.5#	6.20/lb	31.00
032522	ALMOND MEAL, BLANCHED	.25#	5.20/lb	130.00
031121	ALMOND MEAL, NATURAL	.5#	6.20/lb	31.00
032520	ALMOND MEAL, NATURAL	.25#	5.20/lb	130.00
030316	ALMONDS, SLICED, BLANCHED	.3#	6.20/lb	18.60
120014	ALMONDS, SLICED, BLANCHED	.25#	5.30/lb	132.50
030314	ALMONDS, SLICED, NATURAL	.3#	6.50/lb	19.50
030015	ALMONDS, SLICED, NATURAL	.25#	5.20/lb	130.00
030312	ALMONDS, SLIVERED, BLANCHED	.3#	6.20/lb	18.60
120012	ALMONDS, SLIVERED, BLANCHED	.25#	5.30/lb	132.50

	PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE	
Regrettably our prices are subject to change without notice.	<b><u>NUTS, CONTINUED</u></b>					
		030205	ALMONDS, WHOLE	.2#	6.50/lb	13.00
		031148	ALMONDS, WHOLE	.5#	6.00/lb	30.00
		030005	ALMONDS, WHOLE	.25#	5.30/lb	132.50
		030006	ALMONDS, WHOLE	.50#	4.90/lb	245.00
		030100	ALMONDS, WHOLE, OG	.1#	12.00/lb	12.00
		030300	ALMONDS, WHOLE, OG	.3#	11.00/lb	33.00
		032500	ALMONDS, WHOLE, OG	.25#	9.60/lb	240.00
	Ingredient lists provided for reference purposes and may vary slightly	030125	BRAZIL NUTS, WHOLE	.10 oz	4.75/ea	4.75
		<b>►Order 12 of this item (030125) and receive 15% case discount</b>				
		030325	BRAZIL NUTS, WHOLE	.3#	5.90lb	17.70
		030025	BRAZIL NUTS, WHOLE	.44#	5.00/lb	220.00
	RS=Roasted, Salted	030123	BRAZIL NUTS, WHOLE, OG	.1#	9.75/lb	9.75
		030323	BRAZIL NUTS, WHOLE, OG	.3#	8.00/lb	24.00
		034425	BRAZIL NUTS, WHOLE, OG	.44#	6.80/lb	299.20
RNS=Roasted, No Salt	030162	CASHEWS, LARGE PIECES	.10 oz	4.00/ea	4.00	
	<b>►Order 12 of this item (030162) and receive 15% case discount</b>					
	030362	CASHEWS, LARGE PIECES	.3#	5.30/lb	15.90	
	030030	CASHEWS, LARGE PIECES	.25#	4.80/lb	120.00	
	030346	CASHEWS, LARGE PIECES, OG	.3#	7.75/lb	23.25	
	032546	CASHEWS, LARGE PIECES, OG	.25#	7.00/lb	175.00	
	030151	CASHEWS, WHOLE LARGE, 320's	.10 oz	5.40/ea	5.40	
	<b>►Order 12 of this item (030151) and receive 15% case discount</b>					
	030350	CASHEWS, WHOLE LARGE, 320's	.3#	7.25/lb	21.75	
	030050	CASHEWS, WHOLE LARGE, 320's	.25#	6.40/lb	160.00	
	030345	CASHEWS, WHOLE, OG	.3#	8.50/lb	25.50	
	032577	CASHEWS, WHOLE, OG	.25#	7.20/lb	180.00	
	030248	CASHEWS, WHOLE RNS	.2#	9.75/lb	19.50	
	030343	CASHEWS, WHOLE LARGE, RS	.3#	9.50/lb	28.50	
	030040	CASHEWS, WHOLE LARGE, RS	.25#	8.40/lb	210.00	
030365	FILBERTS, WHOLE	.3#	8.00/lb	24.00		
030065	FILBERTS, WHOLE	.25#	7.60/lb	190.00		
030155	FILBERTS, WHOLE, OG	.1#	12.00/lb	12.00		
030355	FILBERTS, WHOLE, OG	.3#	10.00/lb	30.00		
032568	FILBERTS, WHOLE, OG	.25#	7.00/lb	175.00		
030267	MACADAMIA, RAW, HALVES	.2#	13.75/lb	27.50		
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.					
030185	MIXED NUTS DELUXE, RAW, OG	.1#	13.50/lb	13.50		
030385	MIXED NUTS DELUXE, RAW, OG	.3#	11.50/lb	34.50		
	<b>Ingredients:</b> Organic nuts: Almonds, Brazil nuts, walnuts, pecans, cashews, filberts.					

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

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>NUTS, CONTINUED</u></b>				
030247	MIXED NUTS FANCY, RS	.2#	10.85/lb	21.70
032560	MIXED NUTS FANCY, RS	.25#	9.00/lb	225.00
	<b>Ingredients:</b> Cashews , almonds, pecans, filberts, peanut oil, salt.			
030268	MIXED NUTS, 50% PEANUTS, RS	.2#	7.08/lb	14.15
030250	MIXED NUTS, 50% PEANUTS, RS	.25#	5.45/lb	136.25
	<b>Ingredients:</b> Peanuts, almonds, cashews, filberts, pecans, peanut oil, and salt.			
030597	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.5#	2.00/lb	10.00
030095	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.30#	1.50/lb	45.00
030565	PEANUTS, 1/2's, DRY ROAST, NS, OG	.5#	4.00/lb	20.00
033065	PEANUTS, 1/2's, DRY ROAST, NS, OG	.30#	3.30/lb	99.00
030575	PEANUTS, REDSKIN, RAW	.5#	2.65/lb	13.25
030070	PEANUTS, REDSKIN, RAW	.30#	2.17/lb	65.00
030593	PEANUTS, SPANISH, RAW	.5#	2.90/lb	14.50
030072	PEANUTS, SPANISH, RAW	.30#	2.40/lb	72.00
030536	PEANUTS, SPANISH, RS	.5#	3.00/lb	15.00
030037	PEANUTS, SPANISH, RS	.25#	2.60/lb	65.00
030583	PEANUTS, WHOLE, BLANCHED, RNS	.5#	3.00/lb	15.00
030085	PEANUTS, WHOLE, BLANCHED, RNS	.25#	2.60/lb	65.00
030577	PEANUTS, WHOLE, BLANCHED, RS	.5#	3.00/lb	15.00
030080	PEANUTS, WHOLE, BLANCHED, RS	.25#	2.60lb	65.00
030236	PECAN MEAL, FANCY	.2#	3.50/lb	7.00
031136	PECAN MEAL, FANCY	.5#	3.20/lb	16.00
030135	PECAN MEAL, FANCY	.30#	2.40/lb	72.00
030224	PECANS, 1/2's, JUMBO, FANCY	.2#	8.50/lb	17.00
030524	PECANS, 1/2's, JUMBO, FANCY	.5#	8.00/lb	40.00
032808	PECANS, 1/2's, JUMBO, FANCY	.30#	7.50/lb	225.00
030230	PECANS, LARGE PIECES, FANCY	.2#	8.45/lb	16.90
030530	PECANS, LARGE PIECES, FANCY	.5#	7.70/lb	38.50
030130	PECANS, LARGE PIECES, FANCY	.30#	6.50/lb	195.00
031604	PECANS, 1/2's, OG	.1#	13.50/lb	13.50
030204	PECANS, 1/2's, OG	.2#	11.50/lb	23.00
030832	PINE NUTS, LARGE, CHINESE	.8 oz	11.00/ea	11.00
030232	PINE NUTS, LARGE, CHINESE	.2#	20.00/lb	40.00
030138	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.10 oz	6.00/ea	6.00
	►Order 12 of this item (030138) and receive 15% case discount			
030338	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.3#	8.00/lb	24.00
030140	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.25#	7.20/lb	180.00
030244	PISTACHIOS, SHELLED, RAW	.2#	13.50/lb	27.00
032243	PISTACHIOS, SHELLED, RAW	.25#	12.00/lb	300.00
030243	PISTACHIOS, SHELLED, RS	.2#	14.00/lb	28.00
030143	PISTACHIOS, SHELLED, RS	.25#	13.00/lb	325.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>NUTS, CONTINUED</u></b>				
030576	WALNUTS, BLACK FANCY, LARGE PIECES . . . . .	5#	9.50/lb	47.50
030168	WALNUTS, HALVES & PIECES . . . . .	10oz	3.50/ea	3.50
	▶Order 12 of this item (030168) and receive 15% case discount			
030364	WALNUTS, HALVES & PIECES . . . . .	3#	4.30/lb	12.90
030165	WALNUTS, HALVES & PIECES . . . . .	.25#	3.80/lb	95.00
030190	WALNUTS, HALVES & PIECES, OG . . . . .	1#	11.00/lb	11.00
030390	WALNUTS, HALVES & PIECES, OG . . . . .	.3#	10.00/lb	30.00
032590	WALNUTS, HALVES & PIECES, OG . . . . .	.25#	8.40/lb	210.00

## **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 . . . . .	5#	4.50/lb	22.50
040206	APPLES, DICES, NATURAL . . . . .	.25#	4.10/lb	102.50
040537	APPLE DICES, OG . . . . .	5#	7.00/lb	35.00
042537	APPLE DICES, OG . . . . .	.25#	6.40/lb	160.00
130135	APPLES, RINGS, NATURAL . . . . .	5#	5.60/lb	28.00
040010	APPLES, RINGS, NATURAL . . . . .	.25#	5.15/lb	128.75
040535	APPLES, RINGS, OG . . . . .	5#	8.00/lb	40.00
040513	APRICOTS, 1/2's, SULPHURED, FANCY . . . . .	5#	10.00/lb	50.00
041130	APRICOTS, 1/2's, NATURAL . . . . .	5#	10.25/lb	51.25
040030	APRICOTS, 1/2's, NATURAL . . . . .	.25#	9.60/lb	240.00
040113	APRICOTS, TURKISH, OG . . . . .	16 oz	5.00/ea	5.00
	▶Order 12 of this item (040113) and receive 15% case discount			
045513	APRICOTS, TURKISH, OG . . . . .	5#	4.10/lb	20.50
040013	APRICOTS, TURKISH, OG . . . . .	.28#	3.30/lb	92.40
130105	APRICOTS, TURKISH, SULPHURED . . . . .	16oz	4.75/ea	4.75
	▶Order 12 of this item (130105) and receive 15% case discount			
040539	APRICOTS, TURKISH, SULPHURED . . . . .	5#	3.80/lb	19.00
040015	APRICOTS, TURKISH, SULPHURED . . . . .	.28#	2.84/lb	79.50
040280	BANANA CHIPS, SWEETENED, IMP, OG . . . . .	.2#	3.25/lb	6.50
041470	BANANA CHIPS, SWEETENED, IMP, OG . . . . .	.14#	2.50/lb	35.00
	<b>Ingredients:</b> Organic bananas, organic coconut oil, sugar.			
130012	BANANA CHIPS, SWEETENED, IMP . . . . .	.2#	2.90/lb	5.80
040035	BANANA CHIPS, SWEETENED, IMP . . . . .	.14#	2.00/lb	28.00
	<b>Ingredients:</b> Bananas, vegetable (coconut) oil, sugar, banana flavor.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
130220	BANANA CHIPS, UNSWEETENED, IMP	.2#	2.90/lb	5.80
040048	BANANA CHIPS, UNSWEETENED, IMP <b>Ingredients:</b> Bananas, coconut oil.	.14#	2.00/lb	28.60
040116	BANANA SPLITS, NATURAL, NO SUGAR, IMP	.1#	7.00/lb	7.00
046616	BANANA SPLITS, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.6#	6.25/lb	41.25
040108	BLUEBERRIES, JUICE SWEETENED	.1#	10.00/lb	10.00
040508	BLUEBERRIES, JUICE SWEETENED	.5#	8.00/lb	40.00
042508	BLUEBERRIES, JUICE SWEETENED	.25#	7.60/lb	190.00
040166	CHERRIES, SWEET (BING), UNSWEETENED, MI	.1#	9.00/lb	9.00
040110	CHERRIES, TART, JUICE SWEETENED <b>Ingredients:</b> Cherries, apple juice concentrate, sunflower oil.	.1#	9.00/lb	9.00
040560	CHERRIES, TART, SUGAR SWEETENED	.5#	8.00/lb	40.00
040168	CHERRIES, TART, UNSWEETENED	.1#	15.00/lb	15.00
040233	CHERRIES, TART, UNSWEETENED	.10#	13.50/lb	135.00
040367	COCONUT, CHIPS, IMP (Unsweetened)	.3#	2.80/lb	8.40
040065	COCONUT, CHIPS, IMP (Unsweetened) Coconut chips are shaved. Most commonly used in nut and seed mixes.	.25#	2.25/lb	56.25
040365	COCONUT, CHIPS, OG	.3#	3.40/lb	10.20
042565	COCONUT, CHIPS, OG	.25#	2.40/lb	60.00
040540	COCONUT, MACAROON, IMP (Unsweetened)	.5#	2.40/lb	12.00
040050	COCONUT, MACAROON, IMP (Unsweetened) Coconut macaroon is very fine grated, dessicated (dehydrated) coconut.	.25#	2.10/lb	52.50
041155	COCONUT, MEDIUM, IMP (Unsweetened)	.5#	2.60/lb	13.00
040055	COCONUT, MEDIUM, IMP (Unsweetened) Coconut medium is small shredded pieces of dessicated (dehydrated) coconut.	.25#	2.20/lb	55.00
040575	COCONUT, MEDIUM, OG	.5#	3.10/lb	15.50
042575	COCONUT, MEDIUM, OG	.25#	2.25/lb	56.25
040133	CRANBERRIES, JUICE SWEETENED	.1#	5.25/lb	5.25
040533	CRANBERRIES, JUICE SWEETENED	.5#	4.50/lb	22.50
042533	CRANBERRIES, JUICE SWEETENED <b>Ingredients:</b> Cranberries, apple juice concentrate, sunflower oil.	.25#	4.20/lb	105.00
040525	CRANBERRIES, SUGAR SWEETENED	.5#	3.40/lb	17.00
042545	CRANBERRIES, SUGAR SWEETENED <b>Ingredients:</b> Cranberries, sugar, sunflower oil.	.25#	2.65/lb	66.25
040165	CRANBERRIES, SUGAR SWEETENED, OG	.1#	6.75/lb	6.75
040565	CRANBERRIES, SUGAR SWEETENED, OG	.5#	5.50/lb	27.50
041065	CRANBERRIES, SUGAR SWEETENED, OG <b>Ingredients: Organic</b> cranberries, organic sugar, organic sunflower oil.	.10#	5.20/lb	52.00
040582	CURRANTS, ZANTE, OG	.5#	4.40/lb	22.00
042582	CURRANTS, ZANTE, OG 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.	.25#	3.50/lb	87.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>DRIED FRUITS, CONTINUED</u></b>				
040585	DATE ALMOND COCONUT ROLLS, OG	.5#	4.65/lb	23.25
040125	DATE ALMOND COCONUT ROLLS, OG	.18#	4.15/lb	74.70
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	.30#	3.50/lb	105.00
	The oat flour used on the organic date pieces is organic.			
040579	DATE PASTE	.5#	2.70/lb	13.50
040515	DATES, CHOPPED, WITH RICE FLOUR	.5#	2.50/lb	12.50
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#	3.00/lb	15.00
042200	DATES, HARD PACK, PITTED, IMP	.15#	2.30/lb	34.50
	Imported dates are not hydrated, therefore they are very dry, but nice and sweet.			
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
041575	DATES, ZAHIDI, OG	.15#	2.75/lb	41.25
040531	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.5#	5.00/lb	25.00
040135	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.30#	5.00/lb	150.00
045516	FIGS, BLACK MISSION, X-CHOICE, OG	.5#	6.00/lb	30.00
040516	FIGS, BLACK MISSION, X-CHOICE, OG	.30#	5.83/lb	175.00
040578	FIGS, GOLDEN, OG	.5#	5.80/lb	29.00
043078	FIGS, GOLDEN, OG	.30#	5.20/lb	156.00
040543	FIGS, TURKISH, OG	.5#	5.00/lb	25.00
040143	FIGS, TURKISH, OG	.28#	4.25/lb	119.00
041154	FRUIT MEDLEY, SULPHURED	.5#	6.40/lb	32.00
	<b>Ingredients:</b> Raisins, diced peaches, diced pears, diced apricots, and diced apples, sulphur.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
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#	5.60/lb	140.00
040129	GINGER SLICES, LOW SUGAR, IMP. . . . .	.1#	5.00/lb	5.00
040529	GINGER SLICES, LOW SUGAR, IMP. . . . . <b>Ingredients:</b> Ginger, cane sugar, citric acid. (Sulphur less than 10 ppm.)	.5#	3.80/lb	19.00
040217	MANGO CHUNKS, LOW SUGAR, IMP. . . . . <b>Ingredients:</b> Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.60/lb	18.00
043586	MANGO SLICES, LOW SUGAR, IMP. . . . . <b>Ingredients:</b> Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.60/lb	18.00
040544	MANGO SLICES, NATURAL, NO SUGAR, IMP . . . . .	.5#	8.00/lb	40.00
041141	MIXED FRUIT, SULPHURED . . . . . <b>Ingredients:</b> Pear halves, peach halves, prunes, apple pieces, whole apricots, sulphur.	5#	6.00/lb	30.00
041148	MIXED FRUIT, NATURAL . . . . .	5#	6.50/lb	32.50
040160	MIXED FRUIT, NATURAL . . . . . <b>Ingredients:</b> Pear halves, peach halves, prunes, apple pieces, whole apricots.	.25#	5.40/lb	135.00
041144	NECTARINES, X-FANCY, SULPHURED . . . . .	5#	7.75/lb	38.75
045295	PAPAYA CHUNKS, LOW SUGAR, IMP . . . . . <b>Ingredients:</b> Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.25/lb	16.25
045319	PAPAYA DICES, LOW SUGAR, IMP . . . . .	.5#	3.25/lb	16.25
041619	PAPAYA DICES, LOW SUGAR, IMP . . . . . <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.)	.16oz	4.25/ea	4.25
040590	PAPAYA SPEARS, LOW SUGAR, IMP . . . . .	.5#	3.25/lb	16.25
041690	PAPAYA SPEARS, LOW SUGAR, IMP . . . . . <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.)	.16oz	4.25/ea	4.25
041146	PEACHES, X-FANCY, SULPHURED . . . . .	5#	7.75/lb	38.75
041190	PEACHES, NATURAL . . . . .	.5#	7.90/lb	39.50
040180	PEACHES, NATURAL . . . . .	.25#	7.00/lb	175.00
040550	PEACHES, NATURAL, DICED . . . . .	.5#	7.80/lb	39.00
042570	PEACHES, NATURAL, DICED . . . . .	.25#	6.80/lb	170.00
041147	PEARS, X-FANCY, SULPHURED . . . . .	5#	7.40/lb	37.00
041149	PEARS, NATURAL . . . . .	.5#	7.30/lb	36.50
040190	PEARS, NATURAL . . . . .	.25#	6.75/lb	168.75
045213	PINEAPPLE DICES, LOW SUGAR, IMP . . . . .	.5#	3.25/lb	16.25
041605	PINEAPPLE DICES, LOW SUGAR, IMP . . . . . <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.)	.16oz	4.25/ea	4.25
040591	PINEAPPLE RINGS, LOW SUGAR, IMP . . . . .	.5#	3.25/lb	16.25
041691	PINEAPPLE RINGS, LOW SUGAR, IMP . . . . . <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.)	.16oz	4.25/lb	4.25

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

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DRIED FRUITS, CONTINUED</b>				
040412	PINEAPPLE SLICES, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.4#	8.75/lb	35.00
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#	5.70/lb	28.50
040316	PRUNES, PITTED, OG	.30#	5.00/lb	150.00
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#	2.90/lb	14.50
040347	RAISINS, BLACK FLAME, LARGE	.30#	2.00/lb	60.00
040519	RAISINS, GOLDEN, SULPHURED	.5#	3.20/lb	16.00
040318	RAISINS, GOLDEN, SULPHURED	.30#	2.65/lb	79.50
130322	RAISINS, THOMPSON ▶Order 12 of this item (130322) and receive 15% case discount	.16oz	3.50/ea	3.50
041320	RAISINS, THOMPSON	.5#	3.00/lb	15.00
040320	RAISINS, THOMPSON	.30#	2.10/lb	63.00
130344	RAISINS, THOMPSON, OG ▶Order 12 of this item (130344) and receive 15% case discount	.16oz	4.30/ea	4.30
130140	RAISINS, THOMPSON, OG	.5#	3.60/lb	18.00
040325	RAISINS, THOMPSON, OG	.30#	2.85/lb	85.50
040124	RAISINS, THOMPSON, JUMBO ▶Order 12 of this item (040124) and receive 15% case discount	.16 oz	3.40/ea	3.40
040524	RAISINS, THOMPSON, JUMBO	.5#	2.65/lb	13.25
040324	RAISINS, THOMPSON, JUMBO	.30#	2.20/lb	66.00
040127	RAISINS, THOMPSON, JUMBO, OG ▶Order 12 of this item (040127) and receive 15% case discount	.16 oz	4.70/ea	4.70
040527	RAISINS, THOMPSON, JUMBO, OG	.5#	3.70/lb	18.50
043010	RAISINS, THOMPSON, JUMBO, OG	.30#	2.75/lb	82.50

## 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 5 each of the following: apple, apricot, cherry, grape, raspberry, strawberry.	.30/.5 oz	0.60/ea	18.00



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>STRETCH ISLAND FRUIT LEATHER, CONTINUED</u></b>				
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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## **SEEDS**

• Many of these seeds can be sprouted and put in salads.

Ingredient lists provided for reference purposes and may vary slightly

051607	ALFALFA SEEDS, OG . . . . .	.16oz	10.50/ea	10.50
050514	ALFALFA SEEDS, OG . . . . .	5#	9.60/lb	48.00
050006	ALFALFA SEEDS, OG . . . . .	.25#	9.00/lb	225.00
050521	AMARANTH SEEDS, OG . . . . .	5#	2.45/lb	12.25
052513	AMARANTH SEEDS, OG . . . . .	.25#	1.85/lb	46.25
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
050104	CHIA SEEDS, OG . . . . .	.1#	3.50/lb	3.50
050504	CHIA SEEDS, OG . . . . .	.5#	2.85/lb	14.25
052504	CHIA SEEDS, OG . . . . .	.25#	2.60/lb	65.00
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#	5.00/lb	10.00
050518	FENUGREEK SEEDS . . . . .	.5#	4.40/lb	22.00
050517	FLAX SEEDS, BROWN, OG . . . . .	.5#	2.05/lb	10.25
050015	FLAX SEEDS, BROWN, OG . . . . .	.25#	1.60/lb	40.00
050510	FLAX SEEDS, GOLDEN . . . . .	.5#	1.70/lb	8.50
052510	FLAX SEEDS, GOLDEN . . . . .	.25#	1.35/lb	33.75
051518	FLAX SEEDS, GOLDEN, OG . . . . .	.5#	2.25/lb	11.25
052518	FLAX SEEDS, GOLDEN, OG . . . . .	.25#	1.70/lb	42.50
050170	HEMP SEEDS, HULLED . . . . .	.1#	7.50/lb	7.50
050370	HEMP SEEDS, HULLED . . . . .	.3#	7.00/lb	21.00
050180	HEMP SEEDS, HULLED, OG . . . . .	.1#	13.00/lb	13.00
050380	HEMP SEEDS, HULLED, OG . . . . .	.3#	12.00/lb	36.00
050125	PEPITAS, PUMPKIN SEEDS, MEXICAN . . . . . ▶ <b>Order 12 of this item (050125) and receive 15% case discount</b>	.10 oz	5.50/ea	5.50
050525	PEPITAS, PUMPKIN SEEDS, MEXICAN . . . . .	5#	7.00/lb	35.00
050025	PEPITAS, PUMPKIN SEEDS, MEXICAN . . . . .	.25#	6.00/lb	150.00
050592	PEPITAS, PUMPKIN SEEDS, CHINA, OG . . . . .	.5#	4.80/lb	24.00
052786	PEPITAS, PUMPKIN SEEDS, CHINA, OG . . . . .	.27.5#	4.20/lb	115.50
330575	POPPY SEEDS, BLUE . . . . .	5#	3.50/lb	17.50
050169	RADISH SEEDS, OG . . . . .	.16 oz	8.75/ea	8.75
050569	RADISH SEEDS, OG . . . . .	.5#	7.75/lb	38.75

RS =  
Roasted  
Salted  
RNS =  
Roasted No  
Salt

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>SEEDS, CONTINUED</b>				
051163	SESAME SEEDS, HULLED (WHITE)	.5#	2.20/lb	11.00
050040	SESAME SEEDS, HULLED (WHITE)	.50#	1.90/lb	95.00
050666	SESAME SEEDS, HULLED (WHITE), OG	.16oz	4.00/ea	4.00
	▶Order 6 of this item (050666) and receive 15% case discount			
050540	SESAME SEEDS, HULLED (WHITE), OG	.5#	3.25/lb	16.25
052539	SESAME SEEDS, HULLED (WHITE), OG	.25#	2.75/lb	68.75
051167	SESAME SEEDS, NATURAL	.5#	2.00/lb	10.00
050035	SESAME SEEDS, NATURAL	.50#	1.70/lb	85.00
050664	SESAME SEEDS, NATURAL, OG	.16oz	4.00/ea	4.00
	▶Order 6 of this item (050664) and receive 15% case discount			
050530	SESAME SEEDS, NATURAL, OG	.5#	3.25/lb	16.25
055235	SESAME SEEDS, NATURAL, OG	.25#	2.75/lb	68.75
050520	SESAME SEEDS, NATURAL, BLACK	.5#	2.40/lb	12.00
	• All of our sunflower seeds are shelled. Roasted sunflower seeds are roasted in peanut oil.			
120080	SUNFLOWER SEEDS (Raw)	.10 oz	1.60/ea	1.60
	▶Order 12 of this item (120080) and receive 15% case discount			
050547	SUNFLOWER SEEDS (Raw)	.5#	1.75/lb	8.75
050045	SUNFLOWER SEEDS (Raw)	.50#	1.30/lb	65.00
120110	SUNFLOWER SEEDS, OG (Raw)	.10oz	2.00/ea	2.00
	▶Order 12 of this item (120110) and receive 15% case discount			
050573	SUNFLOWER SEEDS, OG (Raw)	.5#	2.60/lb	13.00
050075	SUNFLOWER SEEDS, OG (Raw)	.25#	2.20/lb	55.00
120090	SUNFLOWER SEEDS, RNS	.10 oz	2.50/ea	2.50
	▶Order 12 of this item (120090) and receive 15% case discount			
050563	SUNFLOWER SEEDS, RNS	.5#	3.00/lb	15.00
050065	SUNFLOWER SEEDS, RNS	.25#	2.00/lb	50.00
120085	SUNFLOWER SEEDS, RS	.10 oz	2.80/ea	2.80
	▶Order 12 of this item (120085) and receive 15% case discount			
051158	SUNFLOWER SEEDS, RS	.5#	3.40/lb	17.00
050055	SUNFLOWER SEEDS, RS	.25#	2.94/lb	73.50

## BEANS

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

061108	ADZUKI BEANS, OG	.5#	3.00/lb	15.00
060007	ADZUKI BEANS, OG	.25#	2.75/lb	68.75
060108	BEAN SOUP MIX, C.L., OG	.16oz	3.60/ea	3.60
	▶Order 12 of this item (060108) and receive 15% case discount			
060508	BEAN SOUP MIX, C.L., OG	.5#	3.00/lb	15.00
	<b>Ingredients (Organic):</b> Dark red kidney beans, hulled barley, pinto beans, black turtle beans, adzuki beans, gret northern beans, red lentils.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BEANS, CONTINUED</b>				
068756	BLACK BEANS REFRIED, OG INSTANT	.6 oz	3.25/ea	3.25
061064	BLACK BEANS REFRIED, OG INSTANT	.10#	6.80/lb	68.00
	<b>Ingredients:</b> Precooked black beans, sea salt.			
060199	BLACK BEAN SOUP, OG (Dry mix)	.1#	7.25/lb	7.25
	<b>Ingredients:</b> Organic precooked black beans, sea salt, organic spices, organic rice vinegar.			
060514	BLACK TURTLE BEANS	.5#	1.25/lb	6.25
065021	BLACK TURTLE BEANS	.50#	0.90/lb	45.00
061113	BLACK TURTLE BEANS, OG	.5#	2.50/lb	12.50
060015	BLACK TURTLE BEANS, OG	.25#	2.00/lb	50.00
060596	BLACK-EYED PEAS, OG	.5#	2.20/lb	11.00
060990	BLACK-EYED PEAS, OG	.25#	1.90/lb	47.50
061510	BUSH'S BEST BLACK BEANS, OG (Canned)	.15 oz	1.50/ea	1.50
	▶Order 12 of this item (061510) and receive 5% case discount			
	<b>Ingredients:</b> Prepared organic black beans, water, sea salt.			
061520	BUSH'S BEST GARBANZO BEANS, OG (Canned)	.15 oz	1.50/ea	1.50
	▶Order 12 of this item (061520) and receive 5% case discount			
	<b>Ingredients:</b> Prepared organic garbanzo beans, water, sea salt, calcium chloride (firming agent).			
061530	BUSH'S BEST KIDNEY BEANS, DARK RED, OG (Canned)	.15 oz	1.50/ea	1.50
	▶Order 12 of this item (061530) and receive 5% case discount			
	<b>Ingredients:</b> Prepared organic kidney beans, water, sea salt, calcium chloride (firming agent).			
061640	BUSH'S BEST PINTO BEANS, OG (Canned)	.15 oz	1.50/ea	1.50
	▶Order 12 of this item (061640) and receive 5% case discount			
	<b>Ingredients:</b> Prepared organic pinto beans, water, sea salt.			
060513	CANNELLINI BEANS, WHITE KIDNEY	.5#	2.30/lb	11.50
065088	CANNELLINI BEANS, WHITE KIDNEY	.50#	1.00/lb	50.00
060567	CRANBERRY BEANS	.5#	1.50/lb	7.50
065032	CRANBERRY BEANS	.50#	1.10/lb	55.00
060581	CRANBERRY BEANS, OG	.5#	2.45/lb	12.25
060087	CRANBERRY BEANS, OG	.25#	2.15/lb	53.75
060538	FAVA BEANS, OG	.5#	1.95/lb	9.75
065527	GARBANZO, CHICKPEAS, OG	.5#	2.00/lb	10.00
060027	GARBANZO, CHICKPEAS, OG	.25#	1.65/lb	41.25
060530	GREAT NORTHERN BEANS, OG	.5#	2.20/lb	11.00
060030	GREAT NORTHERN BEANS, OG	.25#	1.90/lb	47.50
060545	KIDNEY BEANS, DARK RED	.5#	1.50/lb	7.50
065063	KIDNEY BEANS, DARK RED	.50#	1.10/lb	55.00
061133	KIDNEY BEANS, DARK RED, OG	.5#	2.50/lb	12.50
060035	KIDNEY BEANS, DARK RED, OG	.25#	2.20/lb	55.00
060541	KIDNEY BEANS, LIGHT RED	.5#	1.85/lb	9.25
060040	KIDNEY BEANS, LIGHT RED	.25#	1.55/lb	38.75

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BEANS, CONTINUED</b>				
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#	1.20/lb	30.00
060546	LENTILS, GREEN, OG	.5#	2.10/lb	10.50
060047	LENTILS, GREEN, OG	.25#	1.80/lb	45.00
060548	LENTILS, RED	.5#	1.75/lb	8.75
060049	LENTILS, RED	.25#	1.45/lb	36.25
060549	LENTILS, RED, OG	.5#	2.20/lb	11.00
062549	LENTILS, RED, OG	.25#	1.90/lb	47.50
060557	LIMA BEANS, BABY, OG	.5#	2.20/lb	11.00
060051	LIMA BEANS, BABY, OG	.25#	1.90/lb	47.50
060551	MAYOCOBA BEANS	.5#	1.70/lb	8.50
065050	MAYOCOBA BEANS	.50#	1.30/lb	65.00
061155	MUNG BEANS, OG	.5#	1.90/lb	9.50
060055	MUNG BEANS, OG	.25#	1.70/lb	42.50
060563	NAVY BEANS	.5#	1.25/lb	6.25
065018	NAVY BEANS	.50#	0.90/lb	45.00
061167	NAVY BEANS, OG	.5#	2.60/lb	13.00
060060	NAVY BEANS, OG	.25#	2.20/lb	55.00
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#	1.50/lb	7.50
060072	PEAS, GREEN SPLIT, OG	.25#	1.25/lb	31.25
060593	PEAS, GREEN WHOLE, OG	.5#	1.25/lb	6.25
060076	PEAS, GREEN WHOLE, OG	.25#	1.06/lb	26.50
060574	PEAS, YELLOW SPLIT, OG	.5#	1.45/lb	7.25
060077	PEAS, YELLOW SPLIT, OG	.25#	1.15/lb	28.75
060587	PINTO BEANS	.5#	1.50/lb	7.50
065042	PINTO BEANS	.50#	1.10/lb	55.00
061183	PINTO BEANS, OG	.5#	2.60/lb	13.00
060080	PINTO BEANS, OG	.25#	2.10/lb	52.50
068752	PINTO BEANS REFRIED, OG, INSTANT	.6 oz	3.25/ea	3.25
061070	PINTO BEANS REFRIED, OG, INSTANT	.10#	6.80/lb	68.00
	<b>Ingredients:</b> Precooked pinto beans, sea salt.			
060589	SMALL RED BEANS, OG	.5#	1.95/lb	9.75
060089	SMALL RED BEANS, OG	.25#	1.70/lb	42.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>BEANS, CONTINUED</b>				
061197	SOY BEANS, OG	.5#	1.80/lb	9.00
060095	SOY BEANS, OG	.25#	1.50/lb	37.50

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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.				
080291	4-GRAIN CEREAL, HEARTY	.2#	1.75/lb	3.50
<b>Ingredients:</b> Spelt berries, kamut grain, whole oat groats, hulled barley.				
070800	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	1.6#	2.06/lb	3.30
075001	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	.50#	1.00/lb	50.00
<b>Ingredients:</b> Hard red wheat, oat groats, triticale, barley, rye, soft white wheat, spelt, flax seed.				
070213	7-GRAIN CEREAL, OG	.2#	2.75/lb	5.50
070513	7-GRAIN CEREAL, OG	.5#	2.40/lb	12.00
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#	0.65/lb	16.25
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#	0.40/lb	20.00
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#	3.00/lb	15.00
082520	BUCKWHEAT, HULLED WHITE, OG	.25#	2.65/lb	66.25
080521	BUCKWHEAT, UNHULLED, OG (For Sprouting)	.5#	1.75/lb	8.75
080501	BULGUR WHEAT, CRACKED, COARSE GRIND	.5#	0.95/lb	4.75
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#	1.10/lb	5.50
072520	CORN GRITS, YELLOW, OG	.25#	0.80/lb	20.00
070512	CORN, WHOLE, YELLOW, OG	.5#	1.00/lb	5.00
070012	CORN, WHOLE, YELLOW, OG	.50#	0.70/lb	35.00
080534	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.5#	1.00/lb	5.00
080033	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.25#	0.80/lb	20.00
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
072515	EINKORN BERRIES, OG	.25#	3.00/lb	75.00
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.			
070620	MILLET, HULLED, OG	.16oz	2.00/ea	2.00
	▶Order 6 of this item (070620) and receive 15% case discount			
071116	MILLET, HULLED, OG	.5#	1.40/lb	7.00
070014	MILLET, HULLED, OG	.25#	1.15/lb	28.75
072500	OAT BRAN	.25#	1.00/lb	25.00
085000	OAT BRAN	.50#	0.80/lb	40.00
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#	0.97/lb	48.50
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
	• All rolled oats are processed in a similar manner; the difference is in the thickness of the cut.			
080537	OATS, QUICK ROLLED	.5#	0.85/lb	4.25
080137	OATS, QUICK ROLLED	.25#	0.60/lb	15.00
080037	OATS, QUICK ROLLED	.50#	0.47/lb	23.50
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#	0.97/lb	48.50
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#	0.47/lb	23.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
080552	OATS, REGULAR ROLLED, OG	.5#	1.30/lb	6.50
082552	OATS, REGULAR ROLLED, OG	.25#	1.02/lb	25.50
080052	OATS, REGULAR ROLLED, OG	.50#	0.97/lb	48.50
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#	0.97/lb	48.50
070538	POPCORN, WHITE (Non-GMO)	.5#	1.10/lb	5.50
070035	POPCORN, WHITE (Non-GMO)	.50#	0.80/lb	40.00
070533	POPCORN, YELLOW (Non-GMO)	.5#	1.10/lb	5.50
070030	POPCORN, YELLOW (Non-GMO)	.50#	0.80/lb	40.00
070560	POPCORN, YELLOW, OG.	.5 #	1.50/lb	7.50
075063	POPCORN, YELLOW, OG.	.50#	1.15/lb	57.50
073206	POPCORN, YELLOW, OG.	.32 oz	1.75/lb	3.50
201212	POPCORN, YELLOW, CARAMEL (non-GMO)	.5#	1.20/lb	6.00
075058	POPCORN, YELLOW, CARAMEL (non-GMO)	.50#	0.90/lb	45.00
"Caramel" popcorn is an extra large, slightly tougher, popcorn used for commercial caramel corn.				
081606	QUINOA, OG, Pronounced "Keen-wa"	.16oz	3.95/ea	3.95
080562	QUINOA, OG, Pronounced "Keen-wa"	.5#	3.30/lb	16.50
082564	QUINOA, OG, Pronounced "Keen-wa"	.25#	3.00/lb	75.00
When cooking quinoa, use 2 parts water to 1 part grain.				
• All of our rice is brown unless it is stated otherwise.				
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#	2.40/lb	12.00
075082	RICE, BASMATI, OG	.50#	2.10/lb	105.00
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#	2.25/lb	112.50
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#	1.70/lb	8.50
070054	RICE, LONG, LUNDBERG	.25#	1.36/lb	34.00
072547	RICE, LONG, LUNDBERG, OG	.25#	1.90/lb	47.50
070583	RICE, LONG, OG	.5#	1.65/lb	8.25
070047	RICE, LONG, OG	.50#	1.35/lb	67.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>GRAINS AND HOT CEREALS, CONTINUED</b>				
070250	RICE, RED AROMATIC, LUNDBERG	.2#	2.70/lb	5.40
072550	RICE, RED AROMATIC, LUNDBERG	.25#	2.28/lb	57.00
070537	RICE, SHORT, LUNDBERG	.5#	1.55/lb	7.75
070059	RICE, SHORT, LUNDBERG	.25#	1.25/lb	31.25
072552	RICE, SHORT, LUNDBERG, OG	.25#	1.65/lb	41.25
070581	RICE, SHORT, OG	.5#	1.90/lb	9.50
070052	RICE, SHORT, OG	.50#	1.65/lb	82.50
070061	RICE, SWEET, LUNDBERG	.25#	1.30/lb	32.50
070514	RICE, SWEET, LUNDBERG, OG	.5#	2.05/lb	10.25
072562	RICE, SWEET, LUNDBERG, OG	.25#	1.89/lb	47.25
080582	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.5#	1.80/lb	9.00
075061	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.50#	1.35/lb	67.50
070155	RICE, WILD, EXTRA FANCY	.1#	6.00/lb	6.00
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#	3.50/lb	7.00
072580	RICE, WILD BLEND, LUNDBERG	.25#	3.00/lb	75.00
<b>Ingredients:</b> Long grain brown rice, sweet brown rice, wehani, black japonica, and wild rice pieces.				
070567	RYE BERRIES, OG	.5#	0.90/lb	4.50
070065	RYE BERRIES, OG	.25#	0.80/lb	20.00
080527	RYE, ROLLED FLAKES	.5#	0.95/lb	4.75
080027	RYE, ROLLED FLAKES	.50#	0.49/lb	24.50
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#	2.00/lb	10.00
070095	SPELT BERRIES, OG	.25#	1.50/lb	37.50
<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#	0.70/lb	7.00
075070	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.50#	0.45/lb	22.50
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#	0.45/lb	22.50
070080	WHEAT BERRIES, HARD WHITE, OG	.25#	0.94/lb	23.50



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#	0.75/lb	7.50
075085	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.50#	0.52/lb	26.00
072585	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.25#	1.25/lb	31.25
075090	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.50#	1.08/lb	54.00
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

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## **FLOUR**

092588	6-GRAIN FLOUR, OG (Whole Grain)	.25#	1.40/lb	35.00
<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#	1.85/lb	9.25
090019	BUCKWHEAT FLOUR, OG	.25#	1.35/lb	33.75
090518	CORN FLOUR, YELLOW, OG	.5#	1.35/lb	6.75
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
092515	KAMUT KHORASAN FLOUR, OG	.25#	1.35/lb	33.75
093201	KHORASAN FLOUR, SPROUTED, OG	.2#	2.25/lb	4.50
090521	MILLET FLOUR, OG	.5#	1.50/lb	7.50
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
093202	RED RIFE FLOUR, SPROUTED, OG	.2#	2.13/lb	4.25

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><u>FLOUR, CONTINUED</u></b>				
090508	RICE FLOUR, BROWN, OG	.5#	1.60/lb	8.00
092508	RICE FLOUR, BROWN, OG	.25#	1.35/lb	33.75
092405	RICE FLOUR, SPROUTED, OG (Gluten Free)	.24 oz	3.95/ea	3.95
090510	RYE FLOUR, DARK, OG	.5#	1.00/lb	5.00
090010	RYE FLOUR, DARK, OG	.25#	0.75/lb	18.75
093203	RYE FLOUR, SPROUTED, OG	.2#	2.13/lb	4.25
090516	SOY FLOUR, FULL FAT, OG	.4#	2.00/lb	8.00
092055	SOY FLOUR, FULL FAT, OG	.25#	1.40/lb	35.00
091160	SPELT FLOUR, OG	.5#	1.90/lb	9.50
090060	SPELT FLOUR, OG	.25#	1.65/lb	41.25
090570	SPELT FLOUR, SPROUTED, OG	.5#	2.60/lb	13.00
091165	SPELT FLOUR, WHITE, OG	.5#	2.25/lb	11.25
092565	SPELT FLOUR, WHITE, OG	.25#	1.85/lb	46.25
091006	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.10#	0.80/lb	8.00
095064	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.50#	0.62/lb	31.00
	<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#	1.90/lb	9.50
092550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE)	.25#	1.10/lb	27.50
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#	0.50/lb	25.00
091002	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.10#	0.75/lb	7.50
095062	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.50#	0.55/lb	27.50
095066	WHOLE WHEAT FLOUR, PRAIRIE GOLD, OG	.50#	1.15/lb	57.50
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
090575	WHOLE WHEAT FLOUR, SPROUTED, OG	.5#	1.70/lb	8.50
090039	WHOLE WHEAT PASTRY FLOUR, OG	.5#	1.20/lb	6.00
090038	WHOLE WHEAT PASTRY FLOUR, OG	.25#	1.00/lb	25.00
090040	WHOLE WHEAT PASTRY FLOUR, OG	.50#	0.90/lb	45.00

# 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.

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101601	ANGEL HAIR, OG .....1# ▶Order 20 of this item (101601) and receive 10% case discount	1.60/lb	1.60
101602	ELBOWS, OG .....1# ▶Order 12 of this item (101602) and receive 10% case discount	1.60/lb	1.60
101603	FARFALLE, OG .....1# ▶Order 12 of this item (101603) and receive 10% case discount	1.60/lb	1.60
101604	FETTUCINE, OG .....1# ▶Order 20 of this item (101604) and receive 10% case discount	1.60/lb	1.60
101605	LINGUINI, OG .....1# ▶Order 20 of this item (101605) and receive 10% case discount	1.60/lb	1.60
101606	PENNE RIGATE, OG .....1# ▶Order 12 of this item (101606) and receive 10% case discount	1.60/lb	1.60
101607	RIGATONI, OG .....1# ▶Order 12 of this item (101607) and receive 10% case discount	1.60/lb	1.60
101608	SHELLS, OG (Medium) .....1# ▶Order 12 of this item (101608) and receive 10% case discount	1.60/lb	1.60
101609	SPAGHETTI, OG .....1# ▶Order 20 of this item (101609) and receive 10% case discount	1.60/lb	1.60
101610	SPIRALE, OG .....1# ▶Order 12 of this item (101610) and receive 10% case discount	1.60/lb	1.60

Ingredient lists provided for reference purposes and may vary slightly

**Organic Semolina Ingredients:** Organic semolina flour.

## WHEAT FREE PASTA

101287	BROWN RICE PENNE, OG (Lundberg) .....12/12 oz	3.70/ea	44.40
101288	BROWN RICE ROTINI (SPIRAL), OG (Lundberg) .....12/10 oz	3.70/ea	44.40
101289	BROWN RICE SPAGHETTI, OG (Lundberg) .....12/10 oz <b>Brown Rice Pasta Ingredients (Lundberg):</b> Organic brown rice flour.	3.70/ea	44.40
101251	BROWN RICE ELBOWS, OG (Tinkyada) .....12 oz	3.00/ea	3.00
101252	BROWN RICE LASAGNA, OG (Tinkyada) .....10 oz	3.15/ea	3.15
101253	BROWN RICE PENNE, OG (Tinkyada) .....12 oz	3.00/ea	3.00
101254	BROWN RICE SPAGHETTI, OG (Tinkyada) .....12 oz	3.95/ea	3.95
101255	BROWN RICE SPIRAL, OG (Tinkyada) .....12 oz <b>Brown Rice Pasta Ingredients (Tinkyada):</b> Stone-ground organic brown rice.	3.95/ea	3.95
101256	BROWN RICE VEGGIE SPIRAL (Tinkyada) .....12 oz <b>Ingredients:</b> Stone-ground brown rice, carrot powder, tomato powder, spinach powder.	3.00/ea	3.00
100510	QUINOA ELBOWS, OG (Gluten Free) .....5#	5.40/lb	27.00
100520	QUINOA FUSILLI, OG (Gluten Free) .....5#	5.40/lb	27.00
100530	QUINOA PENNE, OG (Gluten Free) .....5#	5.40/lb	27.00
100540	QUINOA SPAGHETTI, OG (Gluten Free) .....5# <b>Ingredients:</b> Organic white rice, organic quinoa, organic amaranth.	5.40/lb	27.00

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**PASTAS, CONTINUED**

**WHOLE WHEAT PASTA**

- All of our whole wheat pastas are organic.

101620	LINGUINI, OG . . . . .	1#	1.60/lb	1.60
	▶Order 20 of this item (101620) and receive 10% case discount			
101621	PENNE RIGATE, OG . . . . .	1#	1.60/lb	1.60
	▶Order 12 of this item (101621) and receive 10% case discount			
101622	RIGATONI, OG . . . . .	1#	1.60/lb	1.60
	▶Order 12 of this item (101622) and receive 10% case discount			
101623	SHELLS, OG . . . . .	1#	1.60/lb	1.60
	▶Order 12 of this item (101623) and receive 10% case discount			
101624	SPAGHETTI, OG . . . . .	1#	1.60/lb	1.60
	▶Order 20 of this item (101624) and receive 10% case discount			
101625	SPIRALI, OG . . . . .	1#	1.60/lb	1.60
	▶Order 12 of this item (101625) and receive 10% case discount			

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

**JUICE**

- **Juice Manufacturers:** LKWD=Lakewood Juices.
- All of our juices are packaged in glass bottles. We cannot ship them by UPS.

141242	ALOE JUICE, PURE, OG . . . . .	12.5 oz	3.00/ea	3.00
	▶Order 12 of this item (141242) and receive 15% case discount			
143242	ALOE JUICE, PURE, OG . . . . .	.32 oz	6.00/ea	6.00
	▶Order 6 of this item (143242) and receive 15% case discount			
	Ingredients: Organic aloe vera juice, contains less than 1% of organic lemon juice.			
140020	APPLE JUICE, OG, LKWD (UNFILTERED) . . . . .	.32 oz	4.40/ea	4.40
	▶Order 6 of this item (140020) and receive 15% case discount			
	Ingredient: Fresh pressed juice and puree from whole ripe certified organic apples.			
143210	BEET/GINGER/TURMERIC JUICE BLEND, OG . . . . .	.32 oz	5.60/ea	5.60
	▶Order 6 of this item (143210) and receive 15% case discount			
	Ingredients: Organic beetroot juice, organic lemon juice, organic ginger, organic turmeric .			
140185	BEET JUICE CONCENTRATE, OG . . . . .	12.5 oz	5.50/ea	5.50
	Ingredients: Organic beetroot juice concentrate, organic lemon juice (2%).			
143240	BEET JUICE, PURE, OG . . . . .	.32 oz	5.80/ea	5.80
	▶Order 6 of this item (143240) and receive 15% case discount			
	Ingredients: Organic beetroot juice, organic lemon juice (1%).			
140060	BLACK CHERRY JUICE, LKWD . . . . .	.32 oz	5.80/ea	5.80
	▶Order 6 of this item (140060) and receive 15% case discount			
	Ingredient: Juice from whole ripe black cherries (dark sweet cherries).			
140188	BLACK CHERRY JUICE CONCENTRATE, OG . . . . .	12.5 oz	6.25/ea	6.25
	▶Order 12 of this item (140188) and receive 5% case discount . . . . .			
	Makes 1.5 qts when reconstituted.			
143212	CHERRY JUICE CONCENTRATE (TART) . . . . .	.32 oz	21.50/ea	21.50
	Montmorency Variety (Not in glass; can be sent UPS)			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>JUICES, CONTINUED</b>				
141266	CRANBERRY FUSION, OG ▶Order 12 of this item (141266) and receive 15% case discount Ingredients: Organic juice from whole ripe apples, cranberries, concord grapes, acerola cherry, rose hips and hibiscus extract.	12.5 oz	3.00/ea	3.00
140187	CRANBERRY JUICE CONCENTRATE, OG ▶Order 12 of this item (140187) and receive 5% case discount Makes 1.5 qt (48 oz).	12.5 oz	9.50/ea	9.50
140071	CRANBERRY, PURE, LKWD. ▶Order 6 of this item (140071) and receive 15% case discount Ingredient: 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>	.32 oz	8.00/ea	8.00
140024	GRAPE, CONCORD, OG, LKWD ▶Order 6 of this item (140024) and receive 15% case discount Ingredient: Fresh pressed certified organic concord grape juice.	.32 oz	6.40/ea	6.40
140058	GRAPEFRUIT (PINK) JUICE, OG, LKWD ▶Order 6 of this item (140058) and receive 15% case discount Ingredient: Fresh pressed juice and puree from whole ripe certified organic grapefruit.	.32 oz	4.80/ea	4.80
143282	LEMON/GINGER/ECHINACEA, LKWD, OG ▶Order 6 of this item (143282) and receive 15% case discount Ingredients: Certified organic fruit juices (organic white grape juice and organic apple juice from concentrate, organic lemon juice, organic acerola cherry); pure water, organic honey, organic ginger root; organic rose hips (excellent source of natural vitamin c), organic echinacea (700mg).	.32 oz	4.40/ea	4.40
141208	LEMON JUICE, 100% PURE, OG (Culinary) ▶Order 12 of this item (141208) and receive 15% case discount	12.5 oz	3.80/ea	3.80
143208	LEMON JUICE, 100% PURE, OG (Culinary) ▶Order 6 of this item (143208) and receive 15% case discount Ingredients: Organic juice and organic pulp from whole ripe organic lemons.	.32 oz	7.00/ea	7.00
141217	LIME JUICE, 100% PURE, OG (Culinary) ▶Order 12 of this item (141217) and receive 15% case discount Ingredients: Organic juice and organic pulp from whole ripe organic limes.	12.5 oz	3.80/ea	3.80
141222	ORANGE-CARROT, OG, LKWD ▶Order 12 of this item (141222) and receive 15% case discount Ingredients: Fresh pressed juice from certified organic oranges and carrots.	12.5 oz	2.80/ea	2.80
140059	ORANGE JUICE, OG, LKWD ▶Order 6 of this item (140059) and receive 15% case discount Ingredients: Fresh pressed juice and puree from whole ripe certified organic Florida oranges.	.32 oz	4.80/ea	4.80
141609	ORANGE JUICE, MR. PURE (100% juice from concentrate)	.12/16 oz	1.10/ea	13.20
141261	ORANGE MANGO, OG ▶Order 12 of this item (141261) and receive 15% case discount Ingredients: Organic juice and puree (fiber) from whole ripe oranges and mangos.	12.5 oz	2.80/ea	2.80
141258	PINEAPPLE, LKWD, OG ▶Order 12 of this item (140060) and receive 15% case discount	12.5 oz	2.80/ea	2.80
140029	PINEAPPLE, LKWD, OG ▶Order 6 of this item (140029) and receive 15% case discount Ingredients: Fresh pressed juice from whole ripe certified organic pineapples.	.32 oz	7.00/ea	7.00

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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>JUICES, CONTINUED</b>				
143215	PINEAPPLE/GINGER BLEND, OG . . . . .	.32 oz	6.10/ea	6.10
	▶Order 6 of this item (143215) and receive 15% case discount Ingredients: Organic pineapple juice, organic ginger.			
140186	POMEGRANATE CONCENTRATE, OG . . . . .	12.5 oz	8.75/ea	8.75
	Ingredient: Organic pomegranate juice concentrate.			
140081	POMEGRANATE, PURE, LKWD . . . . .	.32 oz	8.00/ea	8.00
	▶Order 6 of this item (140081) and receive 15% case discount Ingredients: Juice pressed from whole ripe pomegranates.			
143260	SUPER KALE, OG . . . . .	.32oz	8.20/ea	8.20
	▶Order 12 of this item (143260) and receive 15% case discount Ingredients: Organic juice and organic puree (fiber) from green leaf vegetables (kale, celery, green leaf lettuce, spinach, parsley), apple, orange, beet and lemon.			
142401	SWITCH CARBONATED JUICE, BLACK CHERRY . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, acerola, and cherry juice concentrates), natural flavors, ascorbic acid (vitamin C).			
142402	SWITCH CARBONATED JUICE, FRUIT PUNCH . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (grape, apple, lemon, cherry, pineapple, orange and acerola juice concentrates), natural flavors and colors, ascorbic acid (vitamin C).			
142403	SWITCH CARBONATED JUICE, GRAPE . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, concord grape, white grape and acerola juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin C).			
142404	SWITCH CARBONATED JUICE, KIWI BERRY . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, kiwi, acerola, raspberry and strawberry juice concentrates), natural flavors, ascorbic acid (vitamin C).			
142405	SWITCH CARBONATED JUICE, ORANGE TANGERINE . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, tangerine, orange and acerola juice concentrates), gum acacia, natural flavors and colors, ascorbic acid (vitamin C).			
142406	SWITCH CARBONATED JUICE, WATERMELON STRAWBERRY . . . . .	.24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (grape, apple, acerola, strawberry and watermelon juice concentrates), natural flavors, ascorbic acid (vitamin C).			

## **NUT AND SEED MIXES**

- 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.

160115	APPLE CRUNCH LUNCH . . . . .	.9 oz	3.20/ea	3.20
	▶Order 12 of this item (160115) and receive 15% case discount			
160510	APPLE CRUNCH LUNCH . . . . .	.5#	4.40/lb	22.00
162510	APPLE CRUNCH LUNCH . . . . .	.25#	4.00/lb	100.00
	Ingredients: Raisins (oil treated in sunflower oil), diced dried apples, dates in oat flour, organic soynuts (dry roasted and salted), walnuts, pecans, dry roasted peanuts, cashews, coconut chips, raw sunflower seeds.			
160112	BANANA NUT SUNDAE . . . . .	.9 oz	2.40/ea	2.40
	▶Order 12 of this item (160112) and receive 15% case discount			
160516	BANANA NUT SUNDAE . . . . .	.5#	2.90/lb	14.50
	Ingredients: Peanuts (peanut oil, salt), sweetened banana chips (banana, coconut oil, sugar, natural banana flavor), carob chips (sugar, hydrogenated palm kernel oil, carob powder, soy lecithin).			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
160145	CALIFORNIA MIX . . . . .	.9 oz	3.25/ea	3.25
	<b>►Order 12 of this item (160145) and receive 15% case discount</b>			
160548	CALIFORNIA MIX . . . . .	.5#	4.50/lb	22.50
160049	CALIFORNIA MIX . . . . .	.25#	4.00/lb	100.00
	<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> Raisins (oil treated with sunflower oil), pecans, sweetened tart cherries (cherries, sugar, sunflower oil), apples, sweetened banana chips, (banana, coconut oil, sugar, natural banana flavor), coconut.			
160530	CRANBERRY SUPREME . . . . .	.5#	5.50/lb	27.50
	<b>20% Cranberries! Ingredients:</b> Raisins (oil treated with sunflower oil), pecans, sweetened cranberries (cranberries, sugar, sunflower oil), apple dices, sweetened banana chips, (banana, coconut oil, sugar, natural banana flavor), 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> Raisins (oil treated with sunflower oil), raw sunflower seeds, walnuts, 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 (treated with sunflower oil), pineapple (with cane sugar), papaya (with cane sugar), dates in oat flour, almonds, walnuts, raw sunflower seeds, Brazil nuts, coconut chips, pepitas, cashews.			
160154	TROPICANA FRUIT MIX . . . . .	.9 oz	2.65/ea	2.65
	<b>►Order 12 of this item (160154) and receive 15% case discount</b>			
160506	TROPICANA FRUIT MIX . . . . .	.5#	3.60/lb	18.00
	<b>Ingredients:</b> Date pieces in oat flour, raisins (treated with sunflower oil), papaya (with cane sugar), pineapple (with cane sugar), coconut chips.			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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# MEAT SUBSTITUTES

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

181200	CHILLI MAN CHILI, VEGETARIAN . . . . .	12/15 oz	1.75/ea	21.00
	<b>Ingredients:</b> 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.			
182031	LOMA LINDA BIG FRANKS . . . . .	.20 oz	6.30/ea	6.30
189631	LOMA LINDA BIG FRANKS . . . . .	.96 oz	19.75/ea	19.75
	<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.			
182025	LOMA LINDA CHILI . . . . .	.20 oz	3.95/ea	3.95
	<b>Ingredients:</b> Water, red beans, wheat gluten, tomato paste (tomatoes, salt), soybean oil, salt, modified corn starch, dried onion, hydrolyzed soy protein, corn protein, wheat gluten, monosodium glutamate, sugar, caramel color, autolyzed yeast extract, garlic powder, corn syrup, dextrose, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), paprika extract, corn oil, spices, disodium inosinate, disodium guanylate.			
182065	LOMA LINDA CHOPLETS . . . . .	.20 oz	5.60/ea	5.60
	<b>Ingredients:</b> Texturized vegetable protein (wheat gluten, soy protein concentrate, water for hydration), caramel color. Broth: water, hydrolyzed soy, corn and wheat protein, autolyzed yeast extract, salt, dextrose, corn oil, caramel color, disodium inosinate, disodium guanylate, soybean oil.t			
181601	LOMA LINDA FIVE BEAN CHILI . . . . .	.15 oz	3.95/ea	3.95
	<b>Ingredients:</b> Water, diced tomatoes, non-gmo textured soy protein concentrate, water for hydration, red beans, black beans, navy beans, pinto beans, kidney beans, tomato puree (water, tomato paste), soybean oil, corn starch, brown sugar, dehydrated onion, dehydrated garlic, salt, red pepper, paprika, soy sauce (water, soybeans, salt), molasses, spices, natural smoke.			
181251	LOMA LINDA FRI-CHIK . . . . .	12.5 oz	4.95/ea	4.95
184201	LOMA LINDA FRI-CHIK . . . . .	.42 oz	11.75/ea	11.75
	<b>►Order 12 of this item (184201) and receive 5% case discount</b>			
	<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.			
182080	LOMA LINDA LINKETTS . . . . .	.20 oz	5.60/ea	5.60
	<b>Ingredients:</b> Textured vegetable protein (wheat gluten, soy protein concentrate, water for hydration), corn oil, water, torula yeast, mono- and diglycerides from soybean oil, defatted soy flour, soy lecithin, hydrolyzed soy protein, L-lysine monohydrochloride, hydrolyzed corn protein, onion powder, caramel color, natural smoke flavor, garlic powder, corn syrup, propylene glycol, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin)), red #3 for color, yellow #6 for color. Brine: water, salt.			



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

181975	LOMA LINDA LITTLE LINKS . . . . .	.19 oz	5.60/ea	5.60
	<b>Ingredients:</b> Water, wheat gluten, corn oil, defatted wheat germ, torula yeast, rice flour, defatted soy flour, potato flakes, onion powder, hydrolyzed soy protein, salt, oat flour, caramel color, soy lecithin, wheat flour, garlic powder, L-lysine monohydrochloride, soy protein isolate, spices, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]) natural smoke flavor. Brine: Water, salt.			
180515	LOMA LINDA NEAT ORIGINAL MIX . . . . .	.5.5 oz	3.50/ea	3.50
	<b>Ingredients:</b> Pecans, garbanzo beans, gluten-free whole grain oats, neat egg (chia seeds, garbanzo beans), spices, onion, garlic, sea salt, parsley.			
181401	LOMA LINDA NUTMEAT . . . . .	.14.6 oz	5.60/ea	5.60
	<b>Ingredients:</b> Water, wheat gluten. peanuts, contains 2% or less of onion, salt, minerals (zinc, iron), vitamin B12.			
182075	LOMA LINDA SIMPLE FRANKS . . . . .	.20 oz	5.60/ea	5.60
	<b>Ingredients:</b> Water, wheat gluten, corn oil, torula yeast, soy protein concentrate, fruit and vegetable juice for color, defatted wheat germ, defatted soy flour, onion minced, yeast extract, soy lecithin, garlic powder, salt, L-lysine monohydrochloride, paprika powder, maltodextrin, tapioca dextrin, chili powder, vitamin premix (niacinamide, iron, vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B12), natural flavor from non-meat sources, natural smoke flavor.			
181301	LOMA LINDA SWISS STAKE WITH GRAVY . . . . .	.13 oz	4.95/ea	4.95
	<b>Ingredients:</b> Prime stakes: textured vegetable protein (wheat gluten, soy protein isolate, soy protein concentrate, water for hydration), water, corn oil, soybean oil, potato flour, egg whites, salt, hydrolyzed soy protein, wheat gluten, corn gluten, sodium caseinate, oat flour, modified tapioca starch, dextrose, caramel color, dried onion, autolyzed yeast extract, corn starch, spices, modified corn starch, guar gum, onion powder, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavini, vitamin B12 [cyanocobalamin]), natural flavors from non-meat sources, carrageenan, wheat fiber. gravy: water, modified corn starch, wheat flour, hydrolyzed corn gluten, soy protein, wheat gluten, salt, autolyzed yeast extract, caramel color.			
181010	LOMA LINDA THAI GREEN CURRY . . . . .	.10 oz	3.50/ea	3.50
	<b>Ingredients:</b> Water, coconut cream, brown rice, non-GMO textured soy protein, sliced carrots, sliced green peppers, sliced red peppers, green curry paste (chili, lemongrass, salt, garlic, shallots, galangal, kaffir lime peel, coriander root, cumin powder, turmeric powder), sugar, soybean oil, corn starch, salt, kaffir lime, xanthan gum, coriander powder.t			
181015	LOMA LINDA TIKKA MASALA . . . . .	.10 oz	3.50/ea	3.50
	<b>Ingredients:</b> Water, non-GMO textured soy protein, diced tomato, onion, tomato paste, black rice, brown rice, diced potatoes, soybean oil, coriander, salt, corn starch, sugar, cumin ground, turmeric powder, paprika, vegetable broth, chili powder, spices, peppermint powder.			
180570	LOMA LINDA TUNO IN SPRING WATER . . . . .	.5 oz	1.70/ea	1.70
	<b>Ingredients:</b> Water, non-GMO textured soy protein, yeast extract, maltodextrin, arabic gum, sunflower oil, natural flavor from non-meat sources, sea salt, seaweed, potassium chloride.			
181931	LOMA LINDA VEJA-LINKS . . . . .	.19 oz	5.60/ea	5.60
	<b>►Order 12 of this item (181931) and receive 5% case discount</b> <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, hydrolized soy protein, natural smoke flavor, caramel color, red #3 for color.			

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"To everything there is a season, A time for every purpose under heaven." Ecc 3:1

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>MEAT SUBSTITUTES, CONTINUED</b>				
181435	LOMA LINDA VEGE BURGER (Low Fat) . . . . .	19 oz	5.60/ea	5.60
	<b>Ingredients:</b> Textured wheat gluten, water for hydration, water, defatted soy flour, oat flour, wheat flour, caramel color, salt, yeast extract, soy protein isolate, dextrose, onion powder, L-lysine monohydrochloride, hydrolyzed soy protein, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), celery extract, parsley extract.			
182060	LOMA LINDA VEGETABLE SKALLOPS . . . . .	20 oz	5.60/ea	5.60
	<b>Ingredients:</b> Scallops: texturized vegetable protein (wheat gluten, soy protein concentrate, water for hydration). Broth: water, salt, monosodium glutamate, L-lysine monohydrochloride.			
182085	LOMA LINDA VEGETARIAN BURGER . . . . .	20 oz	5.60/ea	5.60
	<b>Ingredients:</b> Textured vegetable protein (wheat gluten, soy protein concentrate, soy protein concentrate, water for hydration), water, corn starch, soybean oil, yeast extract, hydrolyzed corn protein, soy protein, wheat gluten, salt, dried onion, caramel color, disodium inosinate, disodium guanylate, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]).			
180172	PRIMAL STRIPS, HICKORY SMOKE . . . . .	1 oz	1.20/ea	1.20
	<b>►Order 24 of this item (180172) and receive 15% case discount</b> <b>Ingredients:</b> Non-GMO isolated high fiber soy protein, water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated cane juice, yeast, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added.			
180174	PRIMAL STRIPS, MESQUITE LIME . . . . .	1 oz	1.20/ea	1.20
	<b>►Order 24 of this item (180174) and receive 15% case discount</b> <b>Ingredients:</b> Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, fresh lime juice, diced dill pickles, citric acid, chili, sea salt, natural vegetarian spices. No MSG added.			
180173	PRIMAL STRIPS, THAI PEANUT . . . . .	1 oz	1.20/ea	1.20
	<b>►Order 24 of this item (180173) and receive 15% case discount</b> <b>Ingredients:</b> Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, peanut butter, vinegar, fresh thai basil, sea salt, natural vegetarian spices. No MSG added.			
180171	PRIMAL STRIPS, TERIYAKI . . . . .	1 oz	1.20/ea	1.20
	<b>►Order 24 of this item (180171) and receive 15% case discount</b> <b>Ingredients:</b> NonGMO vital gluten (wheat protein), water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated can juice, sea salt, natural vegetarian spices. No MSG added.			
180175	PRIMAL STRIPS, TEXAS BBQ . . . . .	1 oz	1.20/ea	1.20
	<b>►Order 24 of this item (180175) and receive 15% case discount</b> <b>Ingredients:</b> Non-GMO isolated soy protein, water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), vinegar, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added.			
180550	SESAME OATBURGER MIX . . . . .	.5#	2.00/lb	10.00
	<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, garlic, dill, parsley, kelp, basil, oregano.			
	<ul style="list-style-type: none"> <li>• 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.</li> </ul>			
180800	SOY CURLS, CCF, NON-GMO . . . . .	.8 oz	3.25/ea	3.25
180613	SOY CURLS, CCF, NON-GMO . . . . .	.3#	5.60/lb	16.80
180612	SOY CURLS, CCF, NON-GMO . . . . .	.12#	4.80/lb	57.60
	<b>Ingredients:</b> 100% delicately textured soy bean.			

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

# 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
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     AmExp     Prepaid Check     COD     Established Terms

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

# 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
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     AmExp     Prepaid Check     COD     Established Terms

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

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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
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Special Instructions/Signature:	<b>TOTAL:</b>
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Method of Payment:    MC     Visa     Discover     AmExp     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**

• TVP (Textured Vegetable Protein) is excellent in casseroles, pasta dishes, and chili.

180110	TVP BACON BITS (IMITATION) . . . . .	.1#	3.25/lb	3.25
182510	TVP BACON BITS (IMITATION) . . . . .	.25#	2.25/lb	56.25

**Ingredients:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, natural flavoring.

180350	TVP CHICKEN CHUNKS (IMITATION) . . . . .	.3#	3.00/lb	9.00
182550	TVP CHICKEN CHUNKS (IMITATION) . . . . .	.25#	2.40/lb	60.00

**Ingredients:** Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

180130	TVP CHUNKS, BEEF LIKE (Non-GMO) . . . . .	.1#	3.25/lb	3.25
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►Order 5 of this item (180130) and receive 15% case discount

182530	TVP CHUNKS, BEEF LIKE (Non-GMO) . . . . .	.25#	2.25/lb	56.25
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**Ingredients:** Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than 0.2% potassium sorbate (to preserve freshness).

180195	TVP CHUNKS, CAMEL COLOR (Non-GMO) . . . . .	.1#	2.95/lb	2.95
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►Order 5 of this item (180195) and receive 15% case discount

182595	TVP CHUNKS, CAMEL COLOR (Non-GMO) . . . . .	.25#	2.15/lb	53.75
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**Ingredients:** Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).

180157	TVP CHUNKS, CHICKEN-LIKE (Non-GMO) . . . . .	.1#	3.25/lb	3.25
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►Order 5 of this item (180157) and receive 15% case discount

182557	TVP CHUNKS, CHICKEN-LIKE (Non-GMO) . . . . .	.25#	2.25/lb	56.25
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**Ingredients:** Soy flour, maltodextrin, salt, flavoring, silicon dioxide, less than 0.2% potassium sorbate (to preserve freshness).

180567	TVP CHUNKS, NO COLOR OR FLAVOR . . . . .	.4#	2.15/lb	8.60
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185030	TVP CHUNKS, NO COLOR OR FLAVOR . . . . .	.45#	1.60/lb	72.00
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**Ingredient:** Soy flour.

180190	TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) . . . . .	.1#	2.95/lb	2.95
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►Order 5 of this item (180190) and receive 15% case discount

182590	TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) . . . . .	.25#	2.15/lb	53.75
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**Ingredients:** Soy flour, less than .2% potassium sorbate (to preserve freshness).

180185	TVP FLAKES, CAMEL COLOR (Non-GMO) . . . . .	.1#	2.95/lb	2.95
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►Order 5 of this item (180185) and receive 15% case discount

182585	TVP FLAKES, CAMEL COLOR (Non-GMO) . . . . .	.25#	1.95/lb	48.75
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**Ingredients:** Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness)

180180	TVP FLAKES, NO COLOR OR FLAVOR, (Non-GMO) . . . . .	.1#	2.95/lb	2.95
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►Order 5 of this item (180180) and receive 15% case discount

182580	TVP FLAKES, NO COLOR OR FLAVOR (Non-GMO) . . . . .	.25#	1.95/lb	48.75
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**Ingredients:** Soy flour, less than 0.2% potassium sorbate (to preserve freshness).

180135	TVP MINCED, BEEF-LIKE (Non-GMO) . . . . .	.1#	3.25/lb	3.25
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►Order 5 of this item (180135) and receive 15% case discount

182535	TVP MINCED, BEEF-LIKE (Non-GMO) . . . . .	.25#	1.90/lb	47.50
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**Ingredients:** Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than .2% potassium sorbate (to preserve freshness).

180540	TVP MINCED, CAMEL COLOR . . . . .	.5#	1.45/lb	7.25
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185040	TVP MINCED, CAMEL COLOR . . . . .	.50#	1.05/lb	52.50
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**Ingredients:** Soy flour, caramel color.

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

“A gentle answer turns away wrath, but a harsh word stirs up anger.”  
Prov. 15:1

‡Cannot Ship by UPS

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“Anxiety weighs down the heart, but a kind word cheers it up.” Prov. 12:25

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>MEAT SUBSTITUTES, CONTINUED</b>				
180140	TVP MINCED, CARAMEL COLOR (Non-GMO) . . . . .	1#	2.95/lb	2.95
	<b>►Order 5 of this item (180140) and receive 15% case discount</b>			
182540	TVP MINCED, CARAMEL COLOR (Non-GMO) . . . . .	.25#	1.80/lb	45.00
	<b>Ingredients:</b> Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).			
180155	TVP MINCED, CHICKEN-LIKE (Non-GMO) . . . . .	1#	3.25/lb	3.25
	<b>►Order 5 of this item (180155) and receive 15% case discount</b>			
182555	TVP MINCED, CHICKEN-LIKE (Non-GMO) . . . . .	.25#	1.90/lb	47.50
	<b>Ingredients:</b> Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), less than 0.2% potassium sorbate (to preserve freshness).			
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
	<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).			
180120	TVP MINCED, NO COLOR OR FLAVOR (Non-GMO) . . . . .	1#	2.95/lb	2.95
	<b>►Order 5 of this item (180120) and receive 15% case discount</b>			
182520	TVP MINCED, NO COLOR OR FLAVOR (Non-GMO) . . . . .	.25#	1.80/lb	45.00
	<b>Ingredients:</b> Soy flour, less than 0.2% potassium sorbate (to preserve freshness).			
180165	TVP STEAK, CARAMEL COLOR (Non-GMO) . . . . .	1#	3.45/lb	3.45
	<b>►Order 5 of this item (180165) and receive 15% case discount</b>			
182575	TVP STEAK, CARAMEL COLOR (Non-GMO) . . . . .	.25#	2.20/lb	55.00
	<b>Ingredients:</b> Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).			
180170	TVP STEAK, NO COLOR OR FLAVOR (Non-GMO) . . . . .	1#	3.45/lb	3.45
	<b>►Order 5 of this item (180170) and receive 15% case discount</b>			
182570	TVP STEAK, NO COLOR OR FLAVOR (Non-GMO) . . . . .	.25#	2.20/lb	55.00
	<b>Ingredients:</b> Soy flour, less than 0.2% potassium sorbate (to preserve freshness).			
180566	TVP STRIPS, CARAMEL COLOR . . . . .	.5#	2.50/lb	12.50
180167	TVP STRIPS, CARAMEL COLOR . . . . .	.50#	2.00/lb	100.00
	<b>Ingredients:</b> Soy flour, caramel color.			

## APPLE PRODUCTS

191202	APPLE BUTTER . . . . .	12 oz	3.10/ea	3.10
	<b>►Order 12 of this item (191202) and receive 15% case discount</b>			
	<b>Ingredients:</b> Apples, cider and/or concentrate.			
190015	APPLE CIDER SYRUP . . . . .	.8 oz	7.50/ea	7.50
190005	APPLE SAUCE, C.L. . . . .	12/23 oz	1.50/ea	18.00
	Made from sweet, sound, fresh apples, mostly Golden Delicious. Mellow flavor, golden color, no sugar.			
	<b>Ingredients:</b> Apples, water, ascorbic acid.			
192576	APPLE SAUCE, OG . . . . .	12/23 oz	2.75/ea	33.00
	<b>Ingredient:</b> Fresh, ripe, whole organic apples, water.			



# HONEY

- 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 oz	4.25/ea	4.25
200910	HONEY STIX	100	0.155/ea	15.50
200202	HONEY, MICHIGAN LIGHT (Plastic Container)	.2#	4.25/lb	8.50
‡200005	HONEY, MICHIGAN LIGHT (Glass)	.2 lb	4.90/lb	9.80
<b>▶Order 12 of this item (200005) and receive 15% case discount</b>				
‡200511	HONEY, MICHIGAN LIGHT	.5lb	4.80/lb	24.00
<b>▶Order 6 of this item (200511) and receive 15% case discount</b>				
020270	HONEY, MICHIGAN LIGHT, Approx. 12#	.1 gal	45.00/gal	45.00
200015	HONEY, MICHIGAN LIGHT, 60#	.5 gal	40.60/gal	203.00
200127	HONEY, ORGANIC RAW (naturally crystalized)	.16 oz	7.80/ea	7.80
200128	HONEY, ORGANIC RAW (naturally crystalized)	.32 oz	13.20/ea	13.20

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# OTHER SWEETENERS

212302	AGAVE NECTAR, 100% PURE, AMBER RAW, OG	.23.5 oz	7.25/ea	7.25
210102	AGAVE NECTAR, 100% PURE, AMBER RAW, OG	.11#	3.82/lb	42.00
212301	AGAVE NECTAR, 100% PURE, LIGHT, OG	.23.5 oz	7.25/ea	7.25
210101	AGAVE NECTAR, 100% PURE, LIGHT, OG	.11#	3.82/lb	42.00
210512	BARLEY MALT POWDER	.5#	2.75/lb	13.75
210532	CANE JUICE CRYSTALS, OG	.5#	1.65/lb	8.25
215032	CANE JUICE CRYSTALS, OG	.50#	1.10/lb	55.00
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
043070	DATE SUGAR	.30#	3.30/lb	99.00
210015	MALT SYRUP (CORN BARLEY)	.5 gal	14.00/gal	70.00
213234	MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG	.1 qt	16.50/qt	16.50
210032	MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG	.1 gal	13.75/qt	55.00
<ul style="list-style-type: none"> <li>• All of our molasses is un sulphured.</li> </ul>				
210055	MOLASSES, BLACKSTRAP	.1 qt	3.60/ea	3.60
<b>▶Order 6 of this item (210055) and receive 5% case discount</b>				
210050	MOLASSES, BLACKSTRAP	.1 gal	9.50/ea	9.50
216040	MOLASSES, BLACKSTRAP (Approx. 5 gals)	.60#	0.85/lb	51.00
211675	MOLASSES, BLACKSTRAP, OG	.16 oz	5.00/ea	5.00
210063	MOLASSES, GOLDEN	.1 gal	13.50/ea	13.50
216063	MOLASSES, GOLDEN (Approx. 5 gals)	.60#	0.95/lb	57.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>OTHER SWEETENERS, CONTINUED</u></b>				
210021	RICE SYRUP, LUNDBERG	.21 oz	4.75/ea	4.75
	▶Order 12 of this item (210021) and receive 5% case discount Ingredients: Brown rice, water, natural enzymes (less than 1%).			
210875	SORGHUM SYRUP	.8 oz	6.00/ea	6.00
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
330843	STEVIA, CUT AND SIFTED	.8 oz	8.75/ea	8.75
210544	SUCANAT	.5#	2.25/lb	11.25
215044	SUCANAT	.50#	1.70/lb	85.00
210155	XYLITOL CRYSTALS (From Hardwood Birch)	.1#	6.75/lb	6.75
210355	XYLITOL CRYSTALS (From Hardwood Birch)	.3#	6.17/lb	18.50

## **CONSERVES**

221102	CHIA BLACKBERRY SPREAD	.11.3 oz	4.25/ea	4.25
	Ingredients: Blackberries, cane sugar, chia seeds, lime juice.			
221103	CHIA RASPBERRY SPREAD	.11.3 oz	4.25/ea	4.25
	Ingredients: Raspberries, cane sugar, chia seeds, lime juice.			
221101	CHIA STRAWBERRY SPREAD	.11.3 oz	4.25/ea	4.25
	Ingredients: Strawberries, cane sugar, chia seeds, lime juice.			

## **POLANER SPREADS**

- Polaner All Fruit spreads made with non-GMO ingredients.

221020	APRICOT	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), apricots, citric acid, fruit pectin, natural flavor.			
221050	BLACKBERRY SEEDLESS	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), blackberries, water, fruit pectin, citric acid, natural flavor.			
221035	BLUEBERRY	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), blueberries, fruit pectin, citric acid, natural flavor.			
221030	CHERRY	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), cherries, fruit pectin, citric acid, natural flavor.			
221040	GRAPE	.10 oz	3.00/ea	3.00
221540	GRAPE	.15.25 oz	4.00/ea	4.00
	Ingredients: Juice concentrates (pear, grape, pineapple), concord grape puree concentrate (water, concord grape juice, concord grapes), fruit pectin, citric acid.			
221025	ORANGE	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), orange peel, water, orange juice concentrate, citric acid, fruit pectin.			
221015	RASPBERRY, RED	.10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), raspberries, water, fruit pectin, citric acid, natural flavor.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CONSERVES, CONTINUED</b>				
221045	RASPBERRY, RED, SEEDLESS	.10 oz	3.00/ea	3.00
221545	RASPBERRY, RED, SEEDLESS	.15.25 oz	4.00/ea	4.00
	<b>Ingredients:</b> Juice concentrates (pear, grape, pineapple), raspberries, water, citric acid, fruit pectin, natural flavor.			
221010	STRAWBERRY	.10 oz	3.00/ea	3.00
221510	STRAWBERRY	.15.25 oz	4.00/ea	4.00
	<b>Ingredients:</b> Juice concentrates (pear, grape, pineapple), strawberries, citric acid, fruit pectin, natural flavor.			
221060	STRAWBERRY, SEEDLESS	.10 oz	3.00/ea	3.00
	<b>Ingredients:</b> Juice concentrates (pear, grape, pineapple), strawberries, citric acid, water, fruit pectin, natural flavor.			

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## DAIRY SUBSTITUTES

- 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.

“As water reflects the face, so one’s life reflects the heart.”  
Prov. 27:19

233520	BETTER THAN MILK RICE (Powder)	.21.4 oz	14.00/ea	14.00
	<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 (Powder)	.21.4 oz	12.25/ea	12.25
	<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 (Powder)	.5#	7.40/lb	37.00
232510	BETTER THAN MILK SOY, ORIGINAL (Powder)	.25#	6.60/lb	165.00
232125	BETTER THAN MILK SOY, ORIGINAL (Powder)	.25.9 oz	13.50/ea	13.50
	<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).			
230514	BETTER THAN MILK SOY, VANILLA (Powder)	.5#	7.60/lb	38.00
232514	BETTER THAN MILK SOY, VANILLA (Powder)	.25#	7.00/lb	175.00
	<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).			
231475	COCONUT CREAM, THAI	.13.66 oz	3.60/ea	3.60
	<b>Ingredients:</b> Coconut, water, guar gum.			

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>DAIRY SUBSTITUTES, CONTINUED</b>				
231412	COCONUT MILK, THAI (Premium)	13.66 oz	2.30/ea	2.30
232575	COCONUT MILK, THAI (Premium) <b>Ingredients:</b> Coconut, water, guar gum.	25.36 oz	3.95/ea	3.95
231470	COCONUT MILK, THAI, OG <b>Ingredients:</b> Organic coconut, water, guar gum.	13.66 oz	2.95/ea	2.95
231486	COCONUT MILK, THAI, LITE <b>Ingredients:</b> Water, coconut milk, guar gum.	13.66 oz	2.10/ea	2.10
230084	ENER-G EGG REPLACER <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.	16 oz	5.50/ea	5.50
300520	NEAT EGG SUBSTITUTE, Loma Linda <b>Ingredients:</b> Chia seeds, garbanzo beans.	4.5 oz	4.25/ea	4.25
330612	PARMA ZAAAN SEASONING	.6 oz	6.95/ea	6.95
330112	PARMA ZAAAN SEASONING <i>By Vegetarian Express.</i> <b>Ingredients:</b> Blanched almond meal, salt, nutritional yeast, dehydrated onion, citric acid.	16 oz	10.25/ea	10.25
230632	SILK ALMOND MILK, ORIGINAL (Liquid) <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.	.6/32 oz	2.50/ea	15.00
230636	SILK ALMOND MILK, UNSWEETENED (Liquid) <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.	.6/32 oz	2.50/ea	15.00
230541	SOY SUPREME, REGULAR, OG (Powder)	5#	4.25/lb	21.25
230150	SOY SUPREME, REGULAR, OG (Powder) <b>A spray dried product made from 100% soy beans. Non-GMO.</b> <i>Soy Supreme Mixing Instructions:</i> 1/2 cup Soy Supreme, 1 cup water, vanilla & honey to taste, pinch of salt. Blend for 2-3 minutes, then add 2 1/2 cups water. Makes 1 quart. Milk will settle, so stir before use.	.50#	3.60/lb	180.00
233285	SUNRICH COCONUT MILK <b>Ingredients:</b> Filtered water, coconut cream, cane sugar, natural flavors, gellan gum, sodium bicarbonate, sea salt, guar gum, xanthan gum.	12/32 oz	2.15/ea	25.80
233288	SUNRICH NATURALS SOYMILK, PLAIN, OG (Liquid) <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	1.85/ea	22.20
230419	VEGANEGG <b>Ingredients:</b> Organic soybean powder, modified cellulose, gellan gum, cellulose, calcium lactate (plant source), carrageenan, natural flavors (black salt, herbs), nutritional yeast, beta carotene for color.	.4 oz	6.50/ea	6.50
233240	VEGENAISE, GRAPSEED OIL <b>Ingredients:</b> Grapeseed oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate.	.32 oz	8.50/ea	8.50
233270	VEGENAISE, OG <b>Ingredients:</b> Organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic mustard flour, organic lemon juice concentrate.	.32 oz	8.00/ea	8.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>DAIRY SUBSTITUTES, CONTINUED</b>				
231630	VEGENAISE, ORIGINAL	.16 oz	4.50/ea	4.50
233230	VEGENAISE, ORIGINAL	.32 oz	6.95/ea	6.95
230130	VEGENAISE, ORIGINAL	.1 gal.	23.00/ea	23.00
	<b>Ingredients:</b> Expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate.			
233260	VEGENAISE, SOY FREE	.32 oz	8.00/ea	8.00
	<b>Ingredients:</b> Expeller-pressed high-oleic safflower oil, filtered water, brown rice syrup, apple cider vinegar, pea protein, sea salt, mustard flour, lemon juice concentrate.			
<b><u>OIL</u></b>				
240048	CANOLA OIL	4.5 gal	6.22/gal	28.00
240045	CANOLA OIL, VITAMIN E	.1 gal	7.80/gal	7.80
240155	CANOLA OIL, OG, Expeller Pressed	.1 gal	14.00/gal	14.00
241570	COCONUT OIL, VIRGIN, OG (Beveri Brand)	.15 oz	9.95/ea	9.95
245470	COCONUT OIL, VIRGIN, OG (Beveri Brand)	.54 oz	23.00/ea	23.00
240170	COCONUT OIL, VIRGIN, OG (Tresomega Brand)	.128 oz	65.00/ea	65.00
243060	COCONUT OIL, Refined	.30 oz	5.00/ea	5.00
240160	COCONUT OIL, Refined	.1 gal.	12.95/ea	12.95
‡240060	COCONUT OIL, Refined	.50#	1.50/lb	75.00
240150	GRAPE SEED OIL	.1 ltr	6.00/ltr	6.00
240350	GRAPE SEED OIL	.3 ltr	5.50/ltr	16.50
240175	LECITHIN POWDER, SOY	.1#	4.50/lb	4.50
240575	LECITHIN POWDER, SOY	.5#	3.70/lb	18.50
241688	LECITHIN, LIQUID, SOY	.16 oz	4.50/ea	4.50
240116	LECITHIN, LIQUID, SOY	.32 oz	6.95/ea	6.95
240180	LECITHIN, LIQUID, SOY	.1 gal	16.50/gal	16.50
240110	LECITHIN POWDER, SOY (Non-GMO)	.1#	10.00/lb	10.00
243380	OLIVE OIL, EXTRA VIRGIN, DELALLO	.33.8 oz	16.50/ea	16.50
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
241690	OLIVE OIL, OG, EXTRA VIRGIN, (DeLallo)	.16.9 oz	9.50/ea	9.50
240114	OLIVE OIL, EXTRA VIRGIN, First Cold Pressing	3 ltr	13.75/ltr	41.25
	This extra virgin olive oil is packaged in tin cans.			
240030	SAFFLOWER OIL, Expeller Pressed with vitamin E	1 gal	12.80/gal	12.80

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# CAROB AND CANDY PRODUCTS

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- 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.

270343	AUSSIE SHARKBAR, ALMOND, OG . . . . .	.3 oz	4.95/ea	4.95	<b>Ingredients:</b> Australian carob powder, palm kernel stearin, coconut sugar, almonds, sunflower lecithin, sunflower oil, vanilla oil (vanilla stabilized with sunflower oil), Himalayan pink salt.
270363	AUSSIE SHARKBAR, MINT, OG . . . . .	.3 oz	4.95/ea	4.95	<b>Ingredients:</b> Australian carob powder, palm kernel stearin, coconut sugar, organic sunflower lecithin, peppermint oil, Himalayan pink salt.
270325	AUSSIE SHARKBAR, ORIGINAL, OG . . . . .	.3 oz	4.95/ea	4.95	<b>Ingredients:</b> Australian carob powder, palm kernel stearin, coconut sugar, sunflower lecithin, sunflower oil, vanilla oil (vanilla stabilized with sunflower oil), Himalayan pink salt.
270332	AUSSIE SHARKBAR, UNSWEETENED, OG . . . . .	.3 oz	4.95/ea	4.95	<b>Ingredients:</b> Australian carob powder, palm kernel stearin, inulin (agave fiber), sunflower lecithin, Himalayan pink salt.
271242	CAROB BRIDGE MIX . . . . .	12 oz	6.75/ea	6.75	►Order 12 of this item (271242) and receive 15% case discount
270542	CAROB BRIDGE MIX . . . . .	.5#	6.90/lb	34.50	<b>Ingredients:</b> Carob coated almonds with sugar, carob coated peanuts with sugar, carob coated raisins with sugar. See ingredients below.
270125	CAROB CHIPS, AUSTRALIAN, OG . . . . .	.1#	13.50/lb	13.50	
270525	CAROB CHIPS, AUSTRALIAN, OG . . . . .	.5#	11.50/lb	57.50	
272525	CAROB CHIPS, AUSTRALIAN, OG . . . . .	.25#	11.00/lb	275.00	<b>Ingredients:</b> Australian carob powder, palm kernel stearin, coconut sugar, sunflower lecithin, sunflower oil, vanilla oil, Himalayan pink salt.
271298	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	12 oz	5.50/ea	5.50	
270588	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	.5#	5.60/lb	28.00	
272509	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	.25#	5.20/lb	130.00	<b>Ingredients:</b> Barley malt (malt, corn), fractionated palm kernel oil, carob powder, soy lecithin.
270515	CAROB CHIPS, SUGAR SWEETENED . . . . .	.5#	2.65/lb	13.25	
270005	CAROB CHIPS, SUGAR SWEETENED . . . . .	.25#	2.15/lb	53.75	<b>Ingredients:</b> Sugar, hydrogenated palm kernel oil, carob powder, sunflower lecithin (an emulsifier)..
270513	CAROB CHIPS, UNSWEETENED . . . . .	.5#	2.90/lb	14.50	
270003	CAROB CHIPS, UNSWEETENED . . . . .	.25#	2.40/lb	60.00	<b>Ingredients:</b> Carob powder, hydrogenated palm kernel oil, sunflower lecithin (an emulsifier).
271616	CAROB COATED ALMONDS (With Sugar) . . . . .	.1#	5.25/lb	5.25	
272016	CAROB COATED ALMONDS (With Sugar) . . . . .	.20#	3.80/lb	76.00	<b>Ingredients:</b> Carob coating (sugar (sugar, cornstarch), hydrogenated palm kernel oil, carob powder, soy lecithin (an emulsifier), salt, natural vanilla flavor), almonds, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil).
271617	CAROB COATED PEANUTS (With Sugar) . . . . .	.1#	4.25/lb	4.25	
273017	CAROB COATED PEANUTS (With Sugar) . . . . .	.30#	2.50/lb	75.00	<b>Ingredients:</b> Carob coating (sugar [sugar, cornstarch], hydrogenated palm kernel oil, carob powder, soy lecithin [an emulsifier], salt, natural vanilla flavor), peanuts, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil).

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CAROB AND CANDY PRODUCTS, CONTINUED</b>				
271618	CAROB COATED RAISINS (With Sugar)	.1#	4.50/lb	4.50
273018	CAROB COATED RAISINS (With Sugar)	.30#	3.00/lb	90.00
	<b>Ingredients:</b> Carob coating (sugar [sugar, cornstarch], hydrogenated palm kernel oil, carob powder, soy lecithin [an emulsifier], salt, natural vanilla flavor), raisins (raisins, sunflower oil), water, gum arabic, confect-ioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil).			
271674	CAROB POWDER, CHATFIELD'S	.16 oz	5.50/ea	5.50
270725	CAROB POWDER, LIGHTLY ROASTED, OG	.7.05 oz	5.95/ea	5.95
260523	CAROB POWDER, MEDIUM ROAST	4#	2.13/lb	8.50
275534	CAROB POWDER, MEDIUM ROAST	.55#	1.00/lb	55.00
272435	CAROB POWDER, MEDIUM ROAST, OG	.24 oz	7.00/ea	7.00
272535	CAROB POWDER, MEDIUM ROAST, OG	.50#	3.50/lb	175.00
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 blue- berry 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.			
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, brown rice syrup, crisp rice, brown sugar, evaporated cane juice syrup, olive oil, 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, brown sugar, evaporated cane juice syrup, sea salt.			
270802	MAPLE ALMONDS	.8 oz	6.75/ea	6.75
	<b>Ingredients:</b> Dry roasted almonds, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.			
270801	MAPLE PECANS	.8 oz	8.00/ea	8.00
	<b>Ingredients:</b> Pecans, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.			
271035	MARSHMALLOW VEGAN MINI, DANDIES	.10 oz	3.95/ea	3.95
271030	MARSHMALLOW VEGAN REGULAR, DANDIES	.10 oz	3.95/ea	3.95
	<b>Ingredients:</b> Tapioca syrup, cane sugar, filtered water, tapioca starch, carrageenan, soy protein, natural vanilla flavor.			

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<b>CAROB AND CANDY PRODUCTS, CONTINUED</b>				
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).			
271714	OMEGA-3 UPLIFT BARS, ALMOND CAROB . . . . .	12/1.7 oz	1.13/ea	13.50
	<b>Ingredients:</b> Flax seed meal, almond butter, brown rice syrup, granola (rolled oats, brown sugar, canola oil, water, sea salt), evaporated cane juice syrup, sesame seeds, carob powder, crisp rice, sunflower seeds, pumpkin seeds, chopped almonds, sea salt, folic acid, vitamin B-12, vitamin E.			
270155	SESAME HONEY CRUNCH . . . . .	.1#	4.50/lb	4.50
270055	SESAME HONEY CRUNCH . . . . .	.5#	3.75/lb	18.75
270050	SESAME HONEY CRUNCH . . . . .	.20#	3.15/lb	63.00
	<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	12.25/ea	12.25
	<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	7.25/ea	7.25
	<b>Ingredients:</b> Water, propylene glycol, artificial flavors, caramel color.			
281216	VANILLA FLAVOR, PURE . . . . .	.16 oz	1.81/oz	29.00
280140	VANILLA FLAVOR, PURE . . . . .	.1 gal	210.00/ea	210.00
	<b>Ingredients:</b> Glycerine, water, vanilla extractives.			

## HERBS AND SEASONINGS

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

331501	ADOBO SEASONING, No Pepper . . . . .	.15 oz	2.60/ea	2.60
	<b>Ingredients:</b> Salt, garlic powder, sugar, spices including turmeric, citric acid, silicon dioxide.			
331201	ALL-PURPOSE VEGGIE SEASONING . . . . .	.5.4 oz	6.75/ea	6.75
	<b>Ingredients:</b> Dehydrated green and red bell peppers, spices, (cayenne), paprika, dehydrated garlic, onion, parsley.			
331655	ALLSPICE, GROUND . . . . .	.16 oz	7.50/ea	7.50
331003	ANISE, WHOLE . . . . .	.16 oz	6.75/ea	6.75
330488	BAKON HICKORY SMOKE . . . . .	.3.5 oz	6.50/ea	6.50
	<b>Ingredient:</b> Smoked torula yeast.			
331006	BASIL, GROUND . . . . .	.12 oz	5.10/ea	5.10
331007	BASIL, WHOLE . . . . .	.6 oz	3.20/ea	3.20
332401	BASIL, WHOLE . . . . .	.1.5#	5.47/lb	8.20
330241	BASIL LEAVES, OG . . . . .	.0.75 oz	2.40/ea	2.40



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
331010	BAY LEAVES, WHOLE . . . . .	.2 oz	2.75/ea	2.75
331210	BAY LEAVES, WHOLE . . . . .	.10 oz	8.50/ea	8.50
330240	BAY LEAVES, WHOLE, OG . . . . .	.0.15 oz	2.40/ea	2.40
330527	BEAF SEASONING, BILL'S BEST . . . . .	.9.5 oz	7.008ea	7.00
330600	BEAF SEASONING, BILL'S BEST . . . . . <b>NO OIL! Ingredients:</b> Soy flour, food yeast, fermented soy sauce, onion, kelp, celery, garlic, plus a blend of vegetables and herbs.	.5.25#	9.20/lb	48.30
331258	BEEF-LIKE SEASONING . . . . . <i>By Vegetarian Express. Ingredients:</i> Potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, spices.	.13.1 oz	6.50/ea	6.50
331114	BEEF STYLE SEASONING, C.L. . . . . <b>NO SALT OR SUGAR ADDED! Ingredients:</b> Hydrolyzed soy protein, potato flour, spices, herbs, silicone dioxide.	.12 oz	5.50/ea	5.50
331214	BEEF STYLE SEASONING, C.L. . . . . <b>Ingredients:</b> Salt, hydrolyzed corn and soy protein, dextrose, potato flour, caramel color, partially hydrogenated soy oil, spices, herbs.	.11 oz	4.50/ea	4.50
331288	BEEF STYLE SEASONING, McKAY'S (Non-GMO) . . . . .	.12 oz	6.75/ea	6.75
330208	BEEF STYLE SEASONING, McKAY'S (Non-GMO) . . . . .	.2#	6.50/lb	13.00
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
330214	CARAWAY SEED, WHOLE . . . . .	.2#	2.30/lb	4.60
330244	CARDAMOM, GROUND, OG . . . . .	.2.5 oz	5.80/ea	5.80
330279	CARDAMOM, WHOLE, OG . . . . .	.1.75 oz	4.80/ea	4.80
330220	CELERY SALT . . . . . <b>Ingredients:</b> Salt, ground celery seed.	.2#	3.50/lb	7.00
331018	CELERY SEED, GROUND . . . . .	.16 oz	5.50/ea	5.50
331619	CELERY SEED, WHOLE . . . . .	.16 oz	4.50/ea	4.50
330259	CELERY SEED, WHOLE, OG . . . . .	.2 oz	2.40/ea	2.40
331075	CHIK-STYLE SEASONING, BUTLER FOODS . . . . . <b>Ingredients:</b> Hydrolyzed soy protein, organic evaporated cane juice, dried soy sauce (wheat, soybeans, sea salt, maltodextrin), maltodextrin, salt, onion, garlic, celery seed, turmeric, basil, cayenne.	.10.75 oz	6.00/ea	6.00
330109	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.	.11.5 oz	4.35/ea	4.35
331244	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) . . . . .	.12 oz	6.00/ea	6.00
330205	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) . . . . .	.2#	5.50/lb	11.00
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, herbs, sucrose.	.5#	3.80/lb	19.00

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"A friend loveth at all times." Prov. 17:17

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<b>HERBS AND SEASONINGS, CONTINUED</b>				
330525	CHIK'NISH, BILL'S BEST	.11 oz	5.25/ea	5.25
	▶Order 12 of this item (330525) and receive 5% case discount			
330700	CHIK'NISH, BILL'S BEST	.5.5#	6.91/lb	38.00
	<b>NO OIL! Ingredients:</b> Soy flour, salt (solar evaporated sea salt), nutritional yeast, onion, garlic, parsley, celery, and a unique blend of spices.			
330901	CHILI POWDER	.9 oz	5.50/ea	5.50
	<b>Ingredients:</b> Chili pepper, salt, paprika, canola oil, ground cumin, garlic powder, ground oregano, silicon dioxide.			
330290	CHIPOTLE, GROUND	.2.5 oz	2.75/ea	2.75
331223	CHIVES, CHOPPED	.6 oz	16.25/ea	16.25
330223	CHIVES, DEHYDRATED	.2.5 oz	4.50/ea	4.50
331025	CILANTRO FLAKES, DOMESTIC	.3 oz	3.20/ea	3.20
331225	CILANTRO FLAKES, DOMESTIC	.1#	13.90/ea	13.90
331614	CINNAMON, GROUND, Non-irradiated	.16 oz	5.50/ea	5.50
330252	CINNAMON, GROUND, OG	.2 oz	2.40/ea	2.40
330904	CINNAMON STICKS	.9 oz	4.75/ea	4.75
331638	CLOVES, GROUND	.16 oz	16.30/ea	16.30
331627	CLOVES, WHOLE	12 oz	10.75/ea	10.75
331429	CORIANDER, GROUND	.14 oz	4.10/ea	4.10
331240	CORIANDER SEED, WHOLE	12 oz	4.00/ea	4.00
331634	CUMIN, GROUND	.16 oz	5.80/ea	5.80
330243	CUMIN, GROUND, OG	.2 oz	2.40/ea	2.40
331635	CUMIN SEED, WHOLE	.16 oz	5.80/ea	5.80
331675	CURRY POWDER	.16 oz	6.50/ea	6.50
	<b>Ingredients:</b> Spices including turmeric, salt, dehydrated onion.			
330524	CURRY POWDER, BILL'S BEST	.4 oz	4.25/ea	4.25
	<b>NO OIL! Ingredients:</b> Turmeric, cumin, garlic, onion, ginger root, cayenne, and a unique blend of spices.			
331039	DILL SEED, WHOLE	.12 oz	4.50/ea	4.50
330440	DILL WEED, WHOLE, DOMESTIC	.4 oz	3.75/ea	3.75
330547	DILL WEED, WHOLE, DOMESTIC	.2#	9.25/lb	18.50
331445	FENNEL, WHOLE, INDIAN, LIGHT	.14 oz	3.85/ea	3.85
333254	GARLIC SALT	.2#	2.50/ea	5.00
	<b>Ingredients:</b> Salt, dehydrated garlic.			
338250	GARLIC SALT, OG (Real Salt Brand)	.8.25 oz	Call for Price	
	<b>Ingredients:</b> Sea salt and organic garlic.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
331550	GARLIC, GRANULATED	1.5#	6.17/ea	9.25
330558	GARLIC, GRANULATED	5.5#	4.70/lb	25.85
331547	GARLIC, MINCED	1.5#	5.83/lb	8.75
332049	GARLIC, POWDER, DOMESTIC	16 oz	6.00/ea	6.00
330435	GARLIC, POWDER, DOMESTIC	4#	5.50/lb	22.00
330264	GARLIC, POWDER, OG	.3 oz	3.00/ea	3.00
330124	G. WASHINGTON SEASONING & BROTH, GOLDEN	1 oz	1.75/ea	1.75
	▶Order 24 of this item (330124) and receive 5% case discount			
	<b>Ingredients:</b> Salt, monosodium glutamate (MSG), maltodextrin, onion powder, spices, disodium guanylate, disodium inosinate, caramel color. (Contains 8 individual packets.)			
330128	G. WASHINGTON SEASONING & BROTH, RICH BROWN	1 oz	1.75/ea	1.75
	▶Order 24 of this item (330128) and receive 5% case discount			
	<b>Ingredients:</b> Salt, monosodium glutamate (MSG), maltodextrin, onion powder, caramel color, spices, disodium guanylate, disodium inosinate.. (Contains 8 individual packets.)			
331206	GINGER, GROUND	12 oz	5.45/ea	5.45
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	.3 oz	4.90/ea	4.90
331964	GREEK ISLE SEASONING	19 oz	15.95/ea	15.95
	<i>By Vegetarian Express. Ingredients:</i> Salt, onion, spices.			
330855	HERBS DE PROVENCE	.8 oz	6.00/ea	6.00
	<b>Ingredients:</b> Savory, basil, lavender, fennel.			
330561	ITALIAN SEASONING	.5 oz	5.00/ea	5.00
	<b>Ingredients:</b> Marjoram, oregano, thyme, rosemary, savory, basil, sage.			
330274	ITALIAN SEASONING, OG	.075 oz	2.80/ea	2.80
	<b>Ingredients:</b> Organic basil, organic oregano, organic marjoram, organic rosemary.			
330248	KELP, POWDER	.2#	6.75/lb	13.50
330548	KELP, POWDER	.5#	6.25/lb	31.25
331265	LEMONY DILL SEASONING	4.95 oz	5.50/ea	5.50
	<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	4.40/ea	4.40
331653	MUSTARD, DRY GROUND	16 oz	4.60/ea	4.60
330258	MUSTARD POWDER, OG	.2 oz	2.40/ea	2.40
331059	MUSTARD SEED, WHOLE	26 oz	7.40/ea	7.40

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	PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
Regrettably our prices are subject to change without notice.	<b>HERBS AND SEASONINGS, CONTINUED</b>				
	331261	ONION, DICED 1/4 IN	3.25#	6.23/lb	20.25
	332063	ONION, GRANULATED	1.25#	5.20/lb	6.50
	330445	ONION, GRANULATED	4#	4.25/lb	17.00
Ingredient lists provided for reference purposes and may vary slightly	330540	ONION, GRANULATED	6.2#	5.32/lb	33.00
	331463	ONION FLAKES	14 oz	4.80/ea	4.80
	330355	ONION FLAKES (CHOPPED)	.3#	4.50/lb	13.50
	331275	ONION POWDER	14 oz	4.60/ea	4.60
LS - Lightly salted	330266	ONION POWDER, OG	1.75 oz	2.40/ea	2.40
	338252	ONION SALT, OG (Real Salt Brand) <b>Ingredients:</b> Sea salt, organic onion.	.825 oz	Call for Price	
RNS - Roasted No Salt	331270	OREGANO, GROUND	12 oz	4.20/ea	4.20
	330669	OREGANO, WHOLE	.55 oz	2.50/ea	2.50
RS - Roasted Salted	330260	OREGANO, WHOLE	1.35#	6.30/lb	8.50
	330256	OREGANO, WHOLE, OG	.075 oz	2.40/ea	2.40
	331672	PAPRIKA	16 oz	6.00/ea	6.00
	330245	PAPRIKA, OG	.2 oz	2.40/ea	2.40
	331682	PAPRIKA, SMOKED, GROUND	16 oz	6.25/ea	6.25
	331076	PARSLEY FLAKES	.2 oz	2.00/ea	2.00
	331280	PARSLEY FLAKES	12 oz	9.00/ea	9.00
	331080	PEPPER, CAYENNE, RED, GROUND, 25K HU <i>HU is the measure of heat units.</i>	.16 oz	6.50/ea	6.50
	330262	PEPPER, CAYENNE, GROUND, OG	1.75 oz	2.40/ea	2.40
	331078	PEPPER, GREEN BELL, DRIED	.85 oz	5.50/ea	5.50
	331229	PEPPER, GREEN BELL, DRIED	1.5#	10.63/lb	15.95
	331079	PEPPER, RED BELL, DRIED	.9 oz	6.30/ea	6.30
	330246	PEPPER, RED CRUSHED, OG	1.25 oz	2.40/ea	2.40
	331290	PEPPER-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic, spices, dehydrated lemon peel, salt.	.42 oz	4.95/ea	4.95
	330272	PSYLLIUM HUSK, GROUND	.2#	8.75/lb	17.50
	330572	PSYLLIUM HUSK, GROUND	.5#	8.30/lb	41.50
	330282	PSYLLIUM HUSK, WHOLE	.2#	10.00/lb	20.00
	330582	PSYLLIUM HUSK, WHOLE	.5#	9.40/lb	47.00
Orders - Information Current Prices 1-800-456-7694 www.clnf.org	330589	ROASTED GARLIC & RED BELL PEPPER ZIP	.2 oz	4.25/ea	4.25
	332489	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.	.24 oz	24.75/ea	24.75

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>HERBS AND SEASONINGS, CONTINUED</b>				
331084	ROSEMARY, GROUND	.9 oz	4.00/ea	4.00
330885	ROSEMARY LEAVES	.8 oz	3.40/ea	3.40
330270	ROSEMARY LEAVES, OG	.1 oz	2.40/ea	2.40
330410	SAFFRON	.0.4 g	3.25/ea	3.25
331088	SAGE, RUBBED	.8 oz	4.20/ea	4.20
331277	SAUCY RANCH SEASONING	.2.4 oz	3.95/ea	3.95
331877	SAUCY RANCH SEASONING	.18 oz	14.25/ea	14.25
	<i>By Vegetarian Express. <b>Ingredients:</b> Dehydrated onion, garlic, red bell peppers, parsley, sea salt, herbs.</i>			
331602	SEASONED SALT	.16 oz	2.80/ea	2.80
	<b>Ingredients:</b> Salt, spices including paprika and turmeric, sugar, dehydrated garlic, extractives of paprika.			
330179	SLIPPERY ELM, POWDERED	.1#	28.00/ea	28.00
332140	TACO SEASONING	.21 oz	6.50/ea	6.50
	<b>Ingredients:</b> Dehydrated garlic and onion, spices including chili pepper, salt, tricalcium			
331097	THYME, GROUND	.13 oz	6.50/ea	6.50
330268	THYME LEAVES, OG	.0.75 oz	2.40/ea	2.40
330898	THYME LEAVES, WHOLE	.8 oz	3.80/ea	3.80
331610	TURMERIC, GROUND	.16 oz	7.60/ea	7.60
330254	TURMERIC, GROUND, OG	.2 oz	2.40/ea	2.40
331216	VEGGIE CHICK SEASONING	.6 oz	5.40/ea	5.40
332616	VEGGIE CHICK SEASONING	.26 oz	13.10/ea	13.10
	<i>By Vegetarian Express. <b>Ingredients:</b> Onion, garlic, sea salt, herbs, paprika, turmeric, parsley.</i>			

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## TOMATO PRODUCTS

351651	SALSA, CILANTRO LIME	.16 oz	3.75/ea	3.75
	<b>►Order 6 of this item (351651) and receive 15% case discount</b>			
	<b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder.			
351656	SALSA, GARLIC CHIPOTLE LIME	.16 oz	3.75/ea	3.75
	<b>►Order 6 of this item (351656) and receive 15% case discount</b>			
	<b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), garlic, lime juice, sea salt, spice, chipotle pepper.			
351658	SALSA, HOT MESS	.16 oz	3.75/ea	3.75
	<b>►Order 6 of this item (351658) and receive 15% case discount</b>			
	<b>Ingredients:</b> Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, garlic, habanero pepper, sea salt, lime juice powder, ghost chili pepper, scorpion chili pepper.			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>TOMATO PRODUCTS, CONTINUED</u></b>				
351654	SALSA, MANGO ▶Order 6 of this item (351654) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
351655	SALSA, MANGO HABANERO ▶Order 6 of this item (351655) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
351652	SALSA, MILDLY DELICIOUS ▶Order 6 of this item (351652) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green pepper, garlic, evaporated cane juice, sea salt, lime juice powder, spice.	.16 oz	3.75/ea	3.75
351657	SALSA, WICKEDLY DELICIOUS ▶Order 6 of this item (351657) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, evaporate cane juice, garlic, habanero chili pepper, sea salt, lime juice powder, ghost chili pepper, scorpion pepper.	.16 oz	3.75/ea	3.75
351653	SALSA, WILDLY DELICIOUS ▶Order 6 of this item (351653) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
352603	SPAGHETTI SAUCE, MARINARA, FAT FREE ▶Order 12 of this item (352603) and receive 5% case discount Ingredients: 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	3.00/ea	3.00
352605	SPAGHETTI SAUCE, MUSHROOM ▶Order 12 of this item (352605) and receive 5% case discount Ingredients: 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	3.00/ea	3.00
352602	SPAGHETTI SAUCE, ROASTED GARLIC ▶Order 12 of this item (352602) and receive 5% case discount Ingredients: 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	3.00/ea	3.00
352604	SPAGHETTI SAUCE, TOMATO BASIL ▶Order 12 of this item (352604) and receive 5% case discount Ingredients: 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.	.24 oz	3.00/ea	3.00
352601	SPAGHETTI SAUCE, TRADITIONAL ▶Order 12 of this item (352601) and receive 5% case discount Ingredients: 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.	.24 oz	3.00/ea	3.00
352955	TOMATO PUREE, DeLallo Ingredients: Tomatoes, citric acid.	.12/29 oz	2.25/ea	27.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>TOMATO PRODUCTS, CONTINUED</u></b>				
352401	TOMATO PUREE RICH PASSATA . . . . .	.24 oz	2.25/ea	2.25
	▶Order 12 of this item (352401) and receive 5% case discount Ingredients: Tomatoes, citric acid.			
352960	TOMATO SAUCE, DeLallo . . . . .	.12/.29 oz	1.65/ea	19.80
	Ingredients: Tomato concentrate, salt, corn syrup, citric acid, natural flavoring.			
352800	TOMATOES, CRUSHED, IMP . . . . .	.12/.28 oz	2.00/ea	24.00
	Ingredients: Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil.			
352850	TOMATOES, DICED, OG . . . . .	.28 oz	2.80/ea	2.80
	▶Order 12 of this item (352850) and receive 5% case discount Ingredients: Organic peeled diced tomatoes, organic tomato juice.			

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## **JELS AND STARCHES**

360803	AGAR POWDER . . . . .	.4 oz	8.75/ea	8.75
331005	ARROWROOT POWDER . . . . .	.24 oz	3.85/ea	3.85
330522	ARROWROOT POWDER . . . . .	.4.5#	2.50/lb	11.25
360126	CLEAR JEL . . . . .	.1#	4.00/ea	4.00
	Ingredient: Modified waxy maize food starch. Non-instant; for cooking.			
360127	CLEAR JEL, INSTANT . . . . .	.1#	4.00/ea	4.00
	Ingredient: Pre-cooked modified waxy maize starch.			
361205	CORN STARCH, RUMFORD, NATURAL (Non-GMO) . . . . .	.12 oz	2.00/ea	2.00
360305	CORN STARCH, RUMFORD, NATURAL (Non-GMO) . . . . .	.3#	2.42/lb	7.25
361601	DESSERT JEL, ORANGE . . . . .	.0.7 oz	2.25/ea	2.25
	Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (orange), natural color (beta carotene, beet).			
361602	DESSERT JEL, PEACH . . . . .	.0.7 oz	2.25/ea	2.25
	Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (peach), natural color (beta carotene, beet).			
361603	DESSERT JEL, RASPBERRY . . . . .	.0.7 oz	2.25/ea	2.25
	Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (raspberry), natural color (beta carotene, beet).			
361604	DESSERT JEL, STRAWBERRY . . . . .	.0.7 oz	2.25/ea	2.25
	Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (strawberry), natural color (beta carotene, beet).			
361605	DESSERT JEL, UNFLAVORED . . . . .	.0.3 oz	2.25/ea	2.25
	Ingredients: Carrageenan, citric acid, potassium citrate, erythritol, stevia extract.			
360139	GUAR GUM . . . . .	.1#	11.75/ea	11.75
230100	PECTIN, POMONA'S UNIVERSAL . . . . .	.1 oz	4.25/ea	4.25
	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

Orders - Information  
Current Prices  
**1-800-456-7694**  
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>JELS AND STARCHES, CONTINUED</b>				
330180	TAPIOCA, FLOUR	.24 oz	2.10/ea	2.10
330580	TAPIOCA, FLOUR	4.5#	1.50/lb	6.75
360195	TAPIOCA, GRANULATED	.16 oz	4.00/ea	4.00
330595	TAPIOCA, GRANULATED	.5#	3.25/lb	16.25
360194	TAPIOCA, SMALL PEARL	.16 oz	4.75/ea	4.75
330594	TAPIOCA, SMALL PEARL	.5#	3.65/lb	18.25

## **CRACKERS AND SNACKS**

370824	PUMPKIES, HOT	.8 oz	4.50/ea	4.50
	<b>Ingredients:</b> Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic, cayenne pepper.			
370828	PUMPKIES, ORIGINAL	.8 oz	4.50/ea	4.50
	<b>Ingredients:</b> Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic.			
370645	RICE CAKES, LUNDBERG, NS	.8.5 oz	3.10/ea	3.10
	▶Order 6 of this item (370645) and receive 5% case discount			
370640	RICE CAKES, LUNDBERG, +S	.8.5 oz	3.10/ea	3.10
	▶Order 6 of this item (370640) and receive 5% case discount			
370642	RICE CAKES, LUNDBERG, NS, OG	.8.5 oz	3.50/ea	3.50
	▶Order 6 of this item (370642) and receive 5% case discount			
370639	RICE CAKES, LUNDBERG, +S, OG	.8.5 oz	3.50/ea	3.50
	▶Order 6 of this item (370639) and receive 5% case discount			
370614	RICE CHIPS, SANTA FE BARBEQUE	.6 oz	2.80/ea	2.80
	▶Order 12 of this item (370614) and receive 15% case discount			
	<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	.6 oz	2.80/ea	2.80
	▶Order 12 of this item (370618) and receive 15% case discount			
	<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	.6 oz	2.80/ea	2.80
	▶Order 12 of this item (370620) and receive 15% case discount			
	<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	2.30/ea	27.60
	<b>Ingredients:</b> Brown rice, safflower oil, salt, soybean tocopherols.			
370087	RICE THINS, SESAME	.12/4.25	2.30/ea	27.60
	<b>Ingredients:</b> Rice flour, sesame seed, sesame flour, tamari soy sauce powder [tamari soy sauce (soy-beans, salt), maltodextrin], salt, and garlic.			



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>CRACKERS AND SNACKS, CONTINUED</b>				
370176	SESAME STICKS, EVERYTHING	.1#	3.40/lb	3.40
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 bulgur wheat, poppy seeds, salt, garlic powder, minced onion, turmeric, beet powder.			
370178	SESAME STICKS, GARLIC	.1#	3.40/lb	3.40
370078	SESAME STICKS, GARLIC	.2/7.5 lb	2.20/lb	33.00
	<b>Ingredients:</b> Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgur wheat, salt, garlic powder, beet powder, turmeric.			
370175	SESAME STICKS, OAT BRAN	.1#	3.40/lb	3.40
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), bulgur wheat, sesame seeds, oat bran, salt, turmeric, beet powder.			
370174	SESAME STICKS, SALTED	.1#	3.40/lb	3.40
370074	SESAME STICKS, SALTED	.2/7.5 lb	2.20/lb	33.00
	<b>Ingredients:</b> Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), sesame seeds, bulgur wheat, salt, beet powder, turmeric.			
370180	SESAME STICKS, SALTED. OG	.1#	3.50/lb	3.50
370080	SESAME STICKS, SALTED. OG	.2/7.5 lb	2.40/lb	36.00
	<b>Ingredients:</b> Wheat flour (wheat flour, niacin, reduced iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), expeller pressed soybean oil, sesame seeds, bulgur wheat, salt turmeric. (All organic.)			
370560	SOYNUTS, DRY ROAST, OG, LS	.5#	2.75/lb	13.75
373057	SOYNUTS, DRY ROAST, OG, LS	.30#	2.30/lb	69.00
	<b>Ingredients:</b> Organic soybeans, salt, soybean oil (less than 0.05%).			
370561	SOYNUTS, DRY ROAST, OG, NS	.5#	2.75/lb	13.75
373058	SOYNUTS, DRY ROAST, OG, NS	.30#	2.30/lb	69.00
	<b>Ingredient:</b> Organic soybeans.			
371470	TORTILLA CHIPS, BLUE, OG, WHOLE GRAIN	.14 oz	4.25/ea	4.25
	▶ <b>Order 12 of this item (371470) and receive 5% case discount</b>			
	<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.			
371103	TORTILLA CHIPS, SEA SALT/LIME, OG	.11 oz	3.25/ea	3.25
	<b>Ingredients:</b> Organic whole ground corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, sea salt, organic lime oil.			
370510	TORTILLA CHIPS, SWEET POTATO, OG	.5.5 oz	2.50/ea	2.50
	<b>Ingredients:</b> Organic ground whole white corn, organic ground whole yellow corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, organic sweet potato, organic brown rice, organic evaporated cane juice, organic chia seeds, sea salt.			
371601	TORTILLA CHIPS, YELLOW, OG, WHOLE GRAIN	.16 oz	4.25/ea	4.25
	▶ <b>Order 12 of this item (371601) and receive 5% case discount</b>			
	<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.			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<p>• Certified Gluten Free. From Bob's Red Mill, except 50# oats.</p>				
390502	1 TO 1 BAKING FLOUR, GF	.4#	2.95/lb	11.80
392502	1 TO 1 BAKING FLOUR, GF	.25#	2.40/lb	60.00
<p><b>Ingredients:</b> Sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum.</p>				
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	8.25/ea	8.25
392501	FLOUR, ALL PURPOSE	.25#	2.20/lb	55.00
<p><b>Ingredients:</b> Garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour .</p>				
391670	GARBANZO BEAN FLOUR	.16 oz	2.50/ea	2.50
392570	GARBANZO BEAN FLOUR	.25#	1.80/lb	45.00
395030	OAT GROATS, STEEL CUT, GF (Grain Millers)	.50#	1.00/lb	50.00
392860	OATS, QUICK ROLLED, GF	.28 oz	2.98/lb	5.95
392560	OATS, QUICK ROLLED, GF	.25#	2.20/lb	55.00
395020	OATS, QUICK ROLLED, GF (Grain Millers)	.50#	1.40/lb	70.00
393280	OATS, QUICK ROLLED, GF, OG	.32 oz	3.63/lb	7.25
392580	OATS, QUICK ROLLED, GF, OG	.25#	2.40/lb	60.00
393220	OATS, REGULAR ROLLED,GF	.32 oz	3.38lb	6.75
392520	OATS, REGULAR ROLLED,GF	.25#	2.20/lb	55.00
395010	OATS, REGULAR ROLLED,GF (Grain Millers)	.50#	1.40/lb	70.00
393290	OATS, REGULAR ROLLED,GF, OG	.32 oz	3.63/lb	7.25
392590	OATS, REGULAR ROLLED,GF, OG	.25#	2.40/lb	60.00
392415	PANCAKE MIX	.24 oz	4.90/ea	4.90
<p><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.</p>				
392505	RICE FLOUR, BROWN, OG	.25#	2.00/lb	50.00
392402	RICE FLOUR, WHITE	.24 oz	3.40/ea	3.40
392230	SORGHUM FLOUR, WHITE	.22 oz	3.95/ea	3.95
392530	SORGHUM FLOUR, WHITE	.25#	1.80/lb	45.00
391604	TAPIOCA FLOUR	.16 oz	3.25/ea	3.25
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

# ESSENTIAL OILS

## From Now Solutions

450400	ALMOND OIL	.4 fl oz	0.91/oz	3.65
450101	BERGAMOT OIL	.1 fl oz	11.50/ea	11.50
450130	BUG BAN OIL	.1 fl oz	8.15/ea	8.15
450119	CEDARWOOD OIL	.1 fl oz	4.25/ea	4.25
450118	CHEER UP BUTTERCUP OIL	.1 fl oz	9.55/ea	9.55
450124	CITRONELLA OIL	.1 fl oz	3.95/ea	3.95
450102	CLOVE OIL	.1 fl oz	4.85/ea	4.85
450103	EUCALYPTUS OIL	.1 fl oz	3.55/ea	3.55
450105	FRANKINCENSE OIL, 20%	.1 fl oz	7.25/ea	7.25
450104	FRANKINCENSE OIL, PURE	.1 fl oz	16.95/ea	16.95
450122	GERANIUM OIL	.1 fl oz	11.85//ea	11.85
450126	GINGER OIL	.1 fl oz	7.25/ea	7.25
450117	GRAPEFRUIT OIL	.1 fl oz	7.65/ea	7.65
450106	JASMINE OIL BLEND	.1 fl oz	5.80/ea	5.80
450107	LAVENDER OIL	.1 fl oz	7.95/ea	7.95
450407	LAVENDER OIL	.4 fl oz	6.94/oz	27.75
450128	LAVENDER TEA TREE OIL	.1 fl oz	8.90/ea	8.90
450108	LEMON OIL	.1 fl oz	4.65/ea	4.65
450109	LEMONGRASS OIL	.1 fl oz	4.35/ea	4.35
450125	MENTAL FOCUS OIL	.1 fl oz	8.50/ea	8.50
450123	MYRRH OIL BLEND	.1 fl oz	8.20/ea	8.20
450115	NATURE'S SHIELD OIL BLEND	.1 fl oz	13.95/ea	13.95
450121	NEEM OIL	.1 fl oz	6.25/ea	6.25
450110	ORANGE OIL	.1 fl oz	3.15//ea	3.15
450111	OREGANO OIL	.1 fl oz	12.15/ea	12.15
450116	PATCHOULI OIL	.1 fl oz	11.65/ea	11.65
450112	PEPPERMINT OIL	.1 fl oz	5.65/ea	5.65
450412	PEPPERMINT OIL	.4 fl oz	3.69/oz	14.75
450127	PINE NEEDLE OIL	.1 fl oz	6.95/ea	6.95
450113	ROSE ABSOLUTE OIL 5%	.1 fl oz	10.95/ea	10.95
450120	ROSEMARY OIL	.1 fl oz	5.80/ea	5.80
450114	TEA TREE OIL	.1 fl oz	5.95/ea	5.95
450414	TEA TREE OIL	.4 fl oz	4.24/oz	16.95
450001	ULTRASONIC OIL DIFFUSER		44.95/EA	44.95

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‡Cannot Ship by UPS

# VITAMINS AND SUPPLEMENTS

482932	ACIDOPHILUS+BIFIDUS	.120 VCAPS		17.85
484603	ASHWAGANDHA 450mg	.90VCAPS		10.10
480474	BIOTIN 5000mcg	.120 VCAPS		10.70
481272	CALCIUM+MAGNESIUM	.250 TABS		15.30
483686	CLINICAL OPC 300mg	.60 CAPS		32.00
483212	CoQ10 100mg	.90VCAPS		21.40
483230	CRANBERRY CAPS 700mg	.100 VCAPS		10.80

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><u>VITAMINS AND SUPPLEMENTS, CONTINUED</u></b>				
483646	CURAMED BCM-95 500mg	.60 CAPS		44.80
483602	CURAMIN EX STR	.120 TABS		67.20
484662	ECHINACEA 400mg	.250 VCAPS		15.30
483130	GLUCOSAMINE+MSM	120 VCAPS		13.10
484692	GOLDENSEAL ROOT 500mg	.100VCAPS		19.10
480806	HEMP 25 CLASSIC TINCTURE	.1 FI Oz		56.00
480836	HEMP 50 CLASSIC TINCTURE	.1 FI Oz		98.00
480808	HEMP 25 PEPPERMINT TINCTURE	.1 FI Oz		56.00
483603	HEMP SELECT LIQUID	.1 FI Oz		28.80
480102	LYSINE 500mg	.250 TABS		10.70
481290	MAGNESIUM CIT. 200mg	.100 TABS		8.90
483257	MELATONIN 3mg	.180 VCAPS		8.90
483846	MULTIFOOD MULTIVITAMIN	.90 TABS		19.10
484722	OLIVE LEAF EXT 500mg	.120 VCAPS		13.10
482926	PROBIOTIC-10 25 BILL.	.50 VCAPS		17.85
484754	RHODIOLA 500mg EXT 3%	.60 VCAPS		12.75
481486	SELENIUM 200mcg	.180 VCAPS		11.30
484753	SILYMARIN 300mg	.200 VCAPS		26.20
483110	TURMERIC+BROMELAIN	.90 VCAPS		17.85
484771	VALERIAN ROOT 500mg	.250VCAPS		11.90
480459	VIT B-12 2000mcg-	.100 LOZENGES		8.90
480452	VIT B-12 LIQUID	.4 FL OZ		9.50
480992	VIT K-2 (MK7) 100mcg	.60 VCAPS		11.90
480682	VITAMIN C 1000mg	.250 TABS		14.70
480368	VITAMIN D 1000iu VEG	.120 VCAPS		5.95

## **ODDS AND ENDS**

303250	APPLE CIDER VINEGAR CLEANSE CONCENTRATE . . . . .	.32 oz	14.95/ea	14.95
	<b>Ingredients:</b> Organic apple cider vinegar, organic honey, purified water and organic cayenne pepper, organic lemon juice concentrate.			
303280	APPLE CIDER VINEGAR, OG (Bragg's) . . . . .	.32 oz	5.45/ea	5.45
	<b>►Order 12 of this item (303280) and receive 15% case discount</b>			
300180	APPLE CIDER VINEGAR, OG (Bragg's) . . . . .	.1 gal	18.75/ea	18.75
300182	APPLE CIDER VINEGAR, OG (Not Bragg's Brand) . . . . .	.1 gal	14.25/ea	14.25
	<b>►Order 4 of this item (300182) and receive 5% case discount</b>			
	Made from 100% organic apples.			
230082	BAKING POWDER, ENER-G (Aluminum-free) . . . . .	.7.05 oz	5.25/ea	5.25
	<b>Ingredients:</b> Calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid.			
301074	BAKING POWDER, RUMFORD (Aluminum-free) . . . . .	.8.1 oz	2.65/ea	2.65
300582	BAKING POWDER, RUMFORD (Aluminum-free) . . . . .	.5#	2.75/lb	13.75
	<b>Ingredients</b> Calcium acid phosphate, bicarbonate of soda, cornstarch.			
300140	BEE POLLEN, GRANULES . . . . .	.16 oz	9.50/lb	9.50
231085	BRAGG'S COCONUT LIQUID AMINOS, OG . . . . .	.10 oz	5.50/ea	5.50
	<b>Ingredients:</b> Coconut tree sap, distilled water, sea salt, apple cider vinegar.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>ODDS AND ENDS, CONTINUED</b>				
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 . . . . .	.32 oz	6.50/ea	6.50
	▶Order 12 of this item (231045) and receive 5% case discount . . . . .			
301286	BRAGG'S LIQUID AMINOS . . . . .	.1 gal	23.25/ea	23.25
	<b>Unfermented! Ingredients:</b> Soybeans, purified water.			
300702	BUENO COFFEE SUBSTITUTE, HAZELNUT . . . . .	.7 oz	5.25/ea	5.25
	<b>For brewing; not instant. Ingredients:</b> Garbanzo beans, natural hazelnut flavor.			
300701	BUENO COFFEE SUBSTITUTE, ORIGINAL . . . . .	.7 oz	5.25/ea	5.25
	<b>For brewing; not instant. Ingredient:</b> Garbanzo beans.			
300703	BUENO COFFEE SUBSTITUTE, PECAN PRALINE . . . . .	.7 oz	5.25/ea	5.25
	<b>For brewing; not instant. Ingredients:</b> Garbanzo beans, natural pecan flavor.			
150210	CAFIX CRYSTALS BEVERAGE . . . . .	.7 oz	5.95/ea	5.95
	▶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.			
230026	CHARCOAL CAPSULES, ACTIVATED . . . . .	.125 ct	11.50/ea	11.50
	<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	12.25/ea	12.25
232423	CHARCOAL POWDER, ACTIVATED . . . . .	.24 oz	21.00/ea	21.00
300622	CHARCOAL POWDER, ACTIVATED, USP (Food Grade) . . . . .	.6 oz	19.25/ea	19.25
231016	CHARCOAL TABLETS, ACTIVATED (Sugar Free) . . . . .	.130 ct	11.25/ea	11.25
230030	CHARCOAL TABLETS, ACTIVATED (Sugar Free) . . . . .	.360 ct	22.00/ea	22.00
	<b>USP Grade. Ingredients:</b> Charcoal, acacia gum, microcrystalline cellulose, stearic acid, magnesium stearate.			
300150	CITRIC ACID . . . . .	.1#	7.50/lb	7.50
230543	DIATOMACEOUS EARTH, PRESERVATIVE . . . . .	.5#	2.60/lb	13.00
300045	EASY BUCKET OPENER (Plastic) . . . . .	.each	2.95/ea	2.95
302017	EASY BUCKET OPENER, HEAVY DUTY (Aluminum) . . . . .	.each	11.75/ea	11.75
309508	GRAVY MIX, CREAMY WHITE . . . . .	.9.5 oz	5.75/ea	5.75
	<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	5.75/ea	5.75
	<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	23.00/ea	23.00
308080	JUST BARLEY® - GREEN POWDER, OG . . . . .	.80 servings (80 grams)	22.00/ea	22.00
	<b>100% pure green barley juice extract.</b>			

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<b>ODDS AND ENDS, CONTINUED</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	2.25/ea	27.00
	<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	5.70/ea	5.70
309918	PARCHMENT PAPER 15" (123 Sq Ft) . . . . .		6.30/ea	6.30
304418	PARCHMENT PAPER, NATURAL (41 Sq Ft) . . . . .	15"X33'	2.95/ea	2.95
301020	PARCHMENT PAPER BAGS, 8"x3.25"x14" (For Oven Cooking)	10 count	0.33 ea	3.25
301640	PICKLE DISCS, PA'S . . . . .	16 oz	4.50/ea	4.50
	<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.			
301660	PICKLE RELISH, PA'S . . . . .	16 oz	4.50/ea	4.50
	<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.			
301680	PICKLE SPEARS, PA'S . . . . .	16 oz	4.50/ea	4.50
	<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.			
302824	PIMIENTOS, UNPEELED, DICED . . . . .	.28 oz	3.50/ea	3.50
	<b>Ingredients:</b> Pimientos, water, citric acid.			
170530	POHONKA'S WAFFLE & PANCAKE MIX . . . . .	.5#	1.85/lb	9.25
	<b>Ingredients:</b> Wheat, buckwheat, barley, oats and soy flour, crystallized cane juice, Rumford baking powder, salt.			
306064	RICE NOODLE BOWL, SPRING ONION . . . . .	.6/2.4 oz	1.40/ea	8.40
	<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.			
306124	RICE NOODLES, GARLIC & VEGETABLE . . . . .	12/1.6 oz	1.00/ea	12.00
	<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).			
306128	RICE NOODLES, SPRING ONION . . . . .	12/1.6 oz	1.00/ea	12.00
	<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).			
300700	ROMA (Coffee Substitute) . . . . .	.7 oz	7.50/ea	7.50
	<b>Ingredients:</b> Roasted barley, roasted malt barley, roasted chicory, roasted rye.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b>ODDS AND ENDS, CONTINUED</b>				
230924	SALT, EARTH, 'REAL SALT'™ SHAKER	.10 oz	Call for Price	
232663	SALT, EARTH, 'REAL SALT'™ Now labeled as "Sea Salt" on package	.26oz	Call for Price	
232563	SALT, EARTH, 'REAL SALT'™	.25 #	Call for Price	
304059	SALT, PINK HIMALAYAN	.40 oz	5.65/ea	5.65
301673	SALT, REAL, COARSE	.16 oz	Call for Price	
301683	SALT, REAL, KOSHER	.16 oz	Call for Price	
300500	SALT, SEA, (Contains Iodine)	.5#	0.75/lb	3.75
235510	SALT, SEA, (Contains Iodine) <b>Ingredients:</b> Sea salt, magnesium carbonate, dextrose, potassium iodide, sodium bicarbonate.	.55#	0.45/lb	25.00
230519	SALT, SEA (Does NOT contain Iodine)	.5#	0.75/lb	3.75
235519	SALT, SEA (Does NOT contain Iodine) <b>Ingredients:</b> Sea salt, magnesium carbonate.	.55#	0.45/lb	25.00
170515	SESAME CORN OAT WAFFLE MIX <b>Ingredients:</b> Rolled oats, cornmeal (organic), hulled sesame seeds, barley malt powder.	5#	1.50/lb	7.50
	<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	1.65/ea	19.80
301284	TOFU, MORI-NU, FIRM	.12/12.3oz	1.65/ea	19.80
301235	TOFU, MORI-NU, LITE, FIRM <b>Ingredients:</b> Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.	.12/12.3oz	1.65/ea	19.80
301271	TOFU, MORI-NU, SOFT <b>Ingredients:</b> Water, soybeans, gluconolactone, calcium chloride.	.12/12 oz	1.65/ea	19.80
301267	TOFU, OG <b>Ingredients:</b> Soymilk (filtered water and organic soybeans), glucono-delta-lactone, calcium chloride.	.12/12 oz	1.80/ea	21.60
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#	4.25/lb	4.25
230081	YEAST, SAF--INSTANT RED (BAKING)	.50#	3.40/lb	170.00
300506	YEAST FLAKES, NUTRITIONAL, SHAKER, W/B-12, RED STAR® <b>Ingredients:</b> Inactive dry yeast, niacin, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, vitamin B12.	5 oz	4.95/ea	4.95
230115	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.1#	8.95/lb	8.95
230350	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.3#	7.60/lb	22.80
231215	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.10#	6.35/lb	63.50
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#	5.70/lb	285.00
235015	YEAST FLAKES, NUTRITIONAL, OG RED STAR®	.50#	20.00/lb	1000.00

Regrettably our prices are subject to change without notice.

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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## Books

### COOKBOOKS

250099	7 SECRETS COOKBOOK, By Brackett .....		11.25/ea	11.25
250038	KIDS IN THE KITCHEN, By Rogers .....		15.95/ea	15.95
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.			

### HEALTH BOOKS

250110	30 DAYS TO NATURAL BLOOD PRESSURE .....		18.95/ea	18.95
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
250120	METHUSELAH FACTOR .....		17.95/ea	17.95
250052	RX: CHARCOAL, By Thrash .....		4.95/ea	4.95
	Startling facts about the world's most powerful clinical adsorbent.			

### 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.			
250748	THY WORD, ISAIAH 53, KJV (CD) .....		11.75/ea	11.75
250759	THY WORD, PSALM 139, NKJV (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
250717	THY WORD, TEMPTATIONS OF JESUS/PSALM 91 Teen/Adult (CD)		11.75/ea	11.75



PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<b><u>BOOKS, CONTINUED</u></b>				
<b><u>BAGS AND TIES</u></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 -2020**

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 - \$500 (see page 3).

**Reminder:** Order deadlines are **WEDNESDAYS**. (Or **Tuesday** when noted) **4:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Wisconsin--- Route Code: "WI"</b>	
May 6, 2020 .....	May 11 - May 14, 2020
May 20, 2020 .....	May 25 - May 28, 2020
Jun 3, 2020 .....	Jun 8 - Jun 11, 2020
Jun 17, 2020 .....	Jun 22 - Jun 25, 2020
Jul 1, 2020 .....	Jul 6 - Jul 9, 2020
Jul 15, 2020 .....	Jul 20 - Jul 23, 2020
Jul 29, 2020 .....	Aug 3 - Aug 6, 2020
Aug 12, 2020 .....	Aug 17 - Aug 20, 2020
Aug 26, 2020 .....	Aug 31 - Sep 3, 2020
Sep 9, 2020 .....	Sep 14 - Sep 17, 2020
Sep 23, 2020 .....	Sep 28 - Oct 1, 2020
Oct 7, 2020 .....	Oct 12 - Oct 15, 2020
Oct 21, 2020 .....	Oct 26 - Oct 29, 2020
Nov 4, 2020 .....	Nov 9 - Nov 12, 2020
Nov 17, 2020 .....	Nov 23 - Nov 26, 2020
Dec 2, 2020 .....	Dec 7 - Dec 10, 2020
Dec 16, 2020 .....	Dec 21 - Dec 24, 2020
Dec 30, 2020 .....	Jan 4 - Jan 7, 2021

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Wisconsin North--- Route Code "WN"</b>	
May 6, 2020 .....	May 11 - May 14, 2020
Jun 3, 2020 .....	Jun 8 - Jun 11, 2020
Jul 1, 2020 .....	Jul 6 - Jul 9, 2020
Jul 29, 2020 .....	Aug 3 - Aug 6, 2020
Aug 26, 2020 .....	Aug 31 - Sep 3, 2020
Sep 23, 2020 .....	Sep 28 - Oct 1, 2020
Oct 21, 2020 .....	Oct 26 - Oct 29, 2020
Nov 17, 2020 .....	Nov 23 - Nov 26, 2020
Dec 16, 2020 .....	Dec 21 - Dec 24, 2020
<b>Duluth--- Route Code: "DU"</b>	
Jun 3, 2020 .....	Jun 8 - Jun 11, 2020
Jul 29, 2020 .....	Aug 3 - Aug 6, 2020
Sep 23, 2020 .....	Sep 28 - Oct 1, 2020
Nov 17, 2020 .....	Nov 23 - Nov 26, 2020
<b>Minneapolis/St. Paul--Route Code: "MSP"</b>	
May 6, 2020 .....	May 11 - May 14, 2020
Jul 1, 2020 .....	Jul 6 - Aug 1, 2019
Aug 26, 2020 .....	Aug 31 - Sep 3, 2020
Oct 21, 2020 .....	Oct 26 - Oct 29, 2020
Dec 16, 2020 .....	Dec 21 - Dec 24, 2020

**ORDER AND DELIVERY SCHEDULE - 2020**

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 - \$500 (see page 3).

**Reminder:** Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **4:00pm 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>	
May 13, 2020 .....	May 18 - May 21, 2020
May 27, 2020 .....	Jun 1 - Jun 4, 2020
Jun 9, 2020 .....	Jun 15 - Jun 18, 2020
Jun 24, 2020 .....	Jun 29 - Jul 2, 2020
Jul 8, 2020 .....	Jul 13 - Jul 16, 2020
Jul 22, 2020 .....	Jul 27 Jul 30, 2020
Aug 5, 2020 .....	Aug 10 Aug 13, 2020
Aug 19, 2020 .....	Aug 24 Aug 27, 2020
Sep 2, 2020 .....	Sep 7 Sep 10, 2020
Sep 16, 2020 .....	Sep 21 Sep 24, 2020
Sep 30, 2020 .....	Oct 5 Oct 8, 2020
Oct 14, 2020 .....	Oct 19 Oct 22, 2020
Oct 28, 2020 .....	Nov 2 Nov 5, 2020
Nov 11, 2020 .....	Nov 16 Nov 19, 2020
Nov 24, 2020 .....	Nov 30 Dec 3, 2020
Dec 9, 2020 .....	Dec 14 Dec 17, 2020
Dec 22, 2020 .....	Dec 28 Dec 31, 2020

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Chicago South---Route Code: "CS"</b>	
<b>Detroit Metro---Route Code: "DM"</b>	
May 27, 2020 .....	Jun 1 - Jun 4, 2020
Jun 24, 2020 .....	Jun 29 - Jul 2, 2020
Jul 22, 2020 .....	Jul 27 - Jul 30, 2020
Aug 19, 2020 .....	Aug 24 - Aug 27, 2020
Sep 16, 2020 .....	Sep 21 - Sep 24, 2020
Oct 14, 2020 .....	Oct 19 - Oct 22, 2020
Nov 11, 2020 .....	Nov 16 - Nov 19, 2020
Dec 9, 2020 .....	Dec 14 - Dec 17, 2020
<b>Chicago Metro---Route Code: "CM"</b>	
<b>Detroit North---Route Code: "DN"</b>	
<b>Grand Rapids North---Route Code: "GN"</b>	
May 13, 2020 .....	May 18 - May 21, 2020
Jun 9, 2020 .....	Jun 15 - Jun 18, 2020
Jul 8, 2020 .....	Jul 13 - Jul 16, 2020
Aug 5, 2020 .....	Aug 10 - Aug 13, 2020
Sep 2, 2020 .....	Sep 7 - Sep 10, 2020
Sep 30, 2020 .....	Oct 5 - Oct 8, 2020
Oct 28, 2020 .....	Nov 2 - Nov 5, 2020
Nov 24, 2020 .....	Nov 30 - Dec 3, 2020
Dec 22, 2020 .....	Dec 28 - Dec 31, 2020

**ORDER AND DELIVERY SCHEDULE - 2020**

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 - \$500 (see page 3).

**Reminder:** Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **4:00pm EASTERN TIME**

<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>	
May 20, 2020 .....	May 25 - May 28, 2020
Jun 17, 2020 .....	Jun 22 - Jun 25, 2020
Jul 15, 2020 .....	Jul 20 - Jul 23, 2020
Aug 12, 2020 .....	Aug 17 - Aug 20, 2020
Sep 9, 2020 .....	Sep 14 - Sep 17, 2020
Oct 7, 2020 .....	Oct 12 - Oct 15, 2020
Nov 4, 2020 .....	Nov 9 - Nov 12, 2020
Dec 2, 2020 .....	Dec 7 - Dec 10, 2020
Dec 30, 2020 .....	Jan 4 - Jan 7, 2021

<u>Order Deadline</u>	<u>Delivery Week</u>
<b>Oklahoma---Route Code "OK" (\$500.00 minimum)</b>	
May 20, 2020 .....	May 25 - May 28, 2020
Jul 15, 2020 .....	Jul 20 - Jul 23, 2020
Sep 9, 2020 .....	Sep 14 - Sep 17, 2020
Nov 4, 2020 .....	Nov 9 - Nov 12, 2020
Dec 30, 2020 .....	Jan 4 - Jan 7, 2021

<b>Arkansas--- Route Code "AR" (\$500.00 minimum)</b>	
<b>Iowa--- Route Code "IA" (\$500.00 minimum)</b>	
Jun 17, 2020 .....	Jun 22 - Jun 25, 2020
Aug 12, 2020 .....	Aug 17 - Aug 20, 2020
Oct 7, 2020 .....	Oct 12 - Oct 15, 2020
Dec 2, 2020 .....	Dec 7 - Dec 10, 2020

**ORDER AND DELIVERY SCHEDULE - 2019 (South-East Routes)**

These routes have a **Tuesday** 4:00 pm deadline. States on these routes,are subject to a 5% delivery fee (See page 3). 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 - \$500 (see page 3).

<u>Order Deadlines</u>	<u>Delivery Week</u>
<b>OHIO - Route 1A</b>	
May 19, 2020 May 25 .....	-May 29, 2020
Jul 14, 2020 Jul 20 .....	-Jul 24, 2020
Sep 8, 2020 Sep 14 .....	-Sep 18, 2020
Nov 3, 2020 Nov 9 .....	-Nov 13, 2020
Dec 29, 2020 Jan 4 .....	-Jan 8, 2021

<b>OHIO - Route 1B</b>	
Jun 16, 2020 .....	Jun 22 - Jun 26, 2020
Aug 11, 2020 .....	Aug 17 - Aug 21, 2020
Oct 6, 2020 .....	Oct 12 - Oct 16, 2020
Dec 1, 2020 .....	Dec 7 - Dec 11, 2020

<u>Order Deadlines</u>	<u>Delivery Week</u>
<b>OHIO - Route 1</b>	
May 19, 2020 .....	May 25 - May 29, 2020
Jun 16, 2020 .....	Jun 22 - Jun 26, 2020
Jul 14, 2020 .....	Jul 20 - Jul 24, 2020
Aug 11, 2020 .....	Aug 17 - Aug 21, 2020
Sep 8, 2020 .....	Sep 14 - Sep 18, 2020
Oct 6, 2020 .....	Oct 12 - Oct 16, 2020
Nov 3, 2020 .....	Nov 9 - Nov 13, 2020
Dec 1, 2020 .....	Dec 7 - Dec 11, 2020
Dec 29, 2020 .....	Jan 4 - Jan 8, 2021

## ORDER AND DELIVERY SCHEDULE - 2020 (South-East Routes)

These routes have a **Tuesday** 4:00 pm deadline. States on these routes, are subject to a 5% delivery fee (See page 3). 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 - \$500 (see page 3)..

### Order Deadlines

### Delivery Week

#### NC - Route 5

May 12, 2020 .....	May 18 - May 22, 2020
Jun 9, 2020 .....	Jun 15 - Jun 19, 2020
Jul 7, 2020 .....	Jul 13 - Jul 17, 2020
Aug 4, 2020 .....	Aug 10 - Aug 14, 2020
Sep 1, 2020 .....	Sep 7 - Sep 11, 2020
Sep 29, 2020 .....	Oct 5 - Oct 9, 2020
Oct 27, 2020 .....	Nov 2 - Nov 6, 2020
Nov 24, 2020 .....	Nov 30 - Dec 4, 2020
Dec 22, 2020 .....	Dec 28 - Jan 1, 2021

#### NC - Route 5A

Jun 9, 2020 .....	Jun 15 - Jun 19, 2020
Aug 4, 2020 .....	Aug 10 - Aug 14, 2020
Sep 29, 2020 .....	Oct 5 - Oct 9, 2020
Nov 24, 2020 .....	Nov 30 - Dec 4, 2020

#### NC - Route 5B

May 12, 2020 .....	May 18 - May 21, 2020
Jul 7, 2020 .....	Jul 13 - Jul 16, 2020
Sep 1, 2020 .....	Sep 7 - Sep 10, 2020
Oct 27, 2020 .....	Nov 2 - Nov 5, 2020
Dec 22, 2020 .....	Dec 28 - Dec 31, 2020

#### SOUTH - Route 2

May 26, 2020 .....	Jun 1 - Jun 5, 2020
Jun 23, 2020 .....	Jun 29 - Jul 3, 2020
Jul 21, 2020 .....	Jul 27 - Jul 31, 2020
Aug 18, 2020 .....	Aug 24 - Aug 28, 2020
Sep 15, 2020 .....	Sep 21 - Sep 25, 2020
Oct 13, 2020 .....	Oct 19 - Oct 23, 2020
Nov 10, 2020 .....	Nov 16 - Nov 20, 2020
Dec 8, 2020 .....	Dec 14 - Dec 18, 2020

### Order Deadlines

### Delivery Week

#### SOUTH - Route 2A

Jun 23, 2020 .....	Jun 29 - Jul 3, 2020
Aug 18, 2020 .....	Aug 24 - Aug 28, 2020
Oct 13, 2020 .....	Oct 19 - Oct 23, 2020
Dec 8, 2020 .....	Dec 14 - Dec 18, 2020

#### SOUTH - Route 2B

May 26, 2020 .....	Jun 1 - Jun 4, 2020
Jul 21, 2020 .....	Jul 27 - Jul 30, 2020
Sep 15, 2020 .....	Sep 21 - Sep 24, 2020
Nov 10, 2020 .....	Nov 16 - Nov 19, 2020

#### Nashville - Route 6

May 5, 2020 .....	May 11 - May 14, 2020
Jun 2, 2020 .....	Jun 8 - Jun 11, 2020
Jun 30, 2020 .....	Jul 6 - Jul 9, 2020
Jul 28, 2020 .....	Aug 3 - Aug 6, 2020
Aug 25, 2020 .....	Aug 31 - Sep 3, 2020
Sep 22, 2020 .....	Sep 28 - Oct 1, 2020
Oct 20, 2020 .....	Oct 26 - Oct 29, 2020
Nov 17, 2020 .....	Nov 23 - Nov 26, 2020
Dec 15, 2020 .....	Dec 21 - Dec 24, 2020

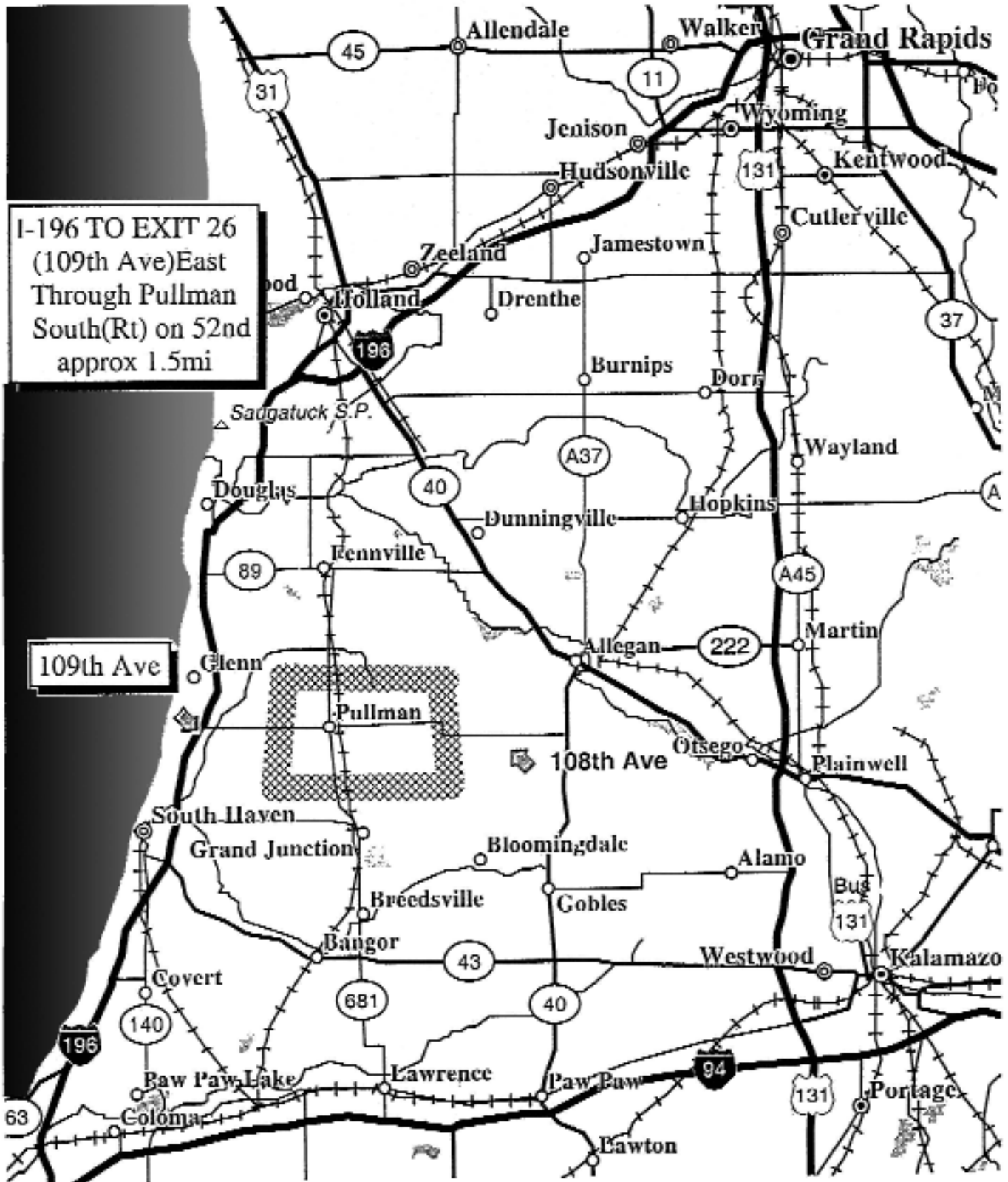


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One Degree Cereals	.7, 8	Rice Pastas	.27	Veggie Chick Seasoning	.49
Onion	.48	Rice Syrup	.38	Vinegar, Apple Cider	.56
Orange Juices	.29	Rice Thins	.52	Vitamin C Powder	.59
Oregano	.48	Roma (Coffee Substitute)	.58	Vitamins	.55, 56
Pails	.58	Rosemary	.49	Waffle Mix, Sesame Corn Oat	.59
Pancake Mix, Gluten Free	.54	Rye Berries & Flakes	.24	Walnuts	.12
Papaya, Dried	.15	Rye Flour	.26	Wheat Berries	.24, 25
Paprika	.48	Safflower Oil	.41	Wheat Bran	.25
Parchment Paper, Cooking	.58	Saffron	.49	Wheat Cereals/Flakes	.25
Parma Zaan Seasoning	.40	Sage	.49	Wheat Germ	.25
Parsley Flakes	.48	Salsa	.49, 50	White Flour	.26
Pasta	.27, 28	Salt	.59	Whole Wheat Flour	.26
Pastry Flour, WW	.26	Saucy Ranch Seasoning	.49	Whole Wheat Pastas	.28
Peaches, Dried	.15	Scripture Songbooks	.60	Xanthan Gum	.54
Peanut Butter	.8, 9	Seasoned Salt	.49	Xylitol	.38
Peanuts	.11	Seasonings	.44-49	Yeast Flakes	.59
Peanuts, Carob Coated	.42	Seeds	.17, 18	Yeast, Baking	.59
Pears, Dried	.15	Sesame Honey Crunch	.44		
Peas, Split	.20	Sesame Oatburger Mix	.34		
Pecan Meal	.11	Sesame Seeds	.18		
Pecans	.11	Sesame Sticks	.53		
Pectin	.51	Sesame Tahini	.9		



Thank you again for your interest in our products. We are excited to work with you and are thankful for your support! Our wish at Country Life Natural Foods 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 everyday life.

Please Note: All prices are subject to change as price adjustments are made between catalog printings. Please visit our website ([www.clnf.org](http://www.clnf.org)) for current pricing and product availability.

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