



## Price Updates

May 3, 2020

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### Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

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

1-800-456-7694

Item No:	Item Description	Old Price	New Price
	<b>DRIED FRUIT</b>		
042200	DATES, HARDPACK IMP 15#	\$33.00	\$34.50
040501	DATES, HARDPACK, IMP 5#	\$14.75	\$15.00
	<b>SEEDS</b>		
052786	PEPITA PMPKN SD OG CHINA 27.5#	\$110.00	\$115.50
050592	PEPITAS PUMPKN SD OG CHINA 5#	\$23.50	\$24.00
	<b>BEANS</b>		
061113	BLACK TURTLE BEANS, OG 5#	\$10.00	\$12.50
060015	BLACK TURTLE BEANS, OG 25#	\$43.75	\$50.00
061167	NAVY BEANS, OG 5#	\$12.50	\$13.00
061183	PINTO BEANS, OG 5#	\$9.50	\$13.50
060080	PINTO BEANS, OG 25#	\$45.00	\$52.50
	<b>GRAINS</b>		
070513	7-GRAIN CEREAL, OG 5#	\$11.25	\$12.00
	<b>FLOUR</b>		
090518	CORN FLOUR, YELLOW OG 5#	\$6.25	\$6.75
092550	WHITE WHEAT PASTRY FL. OG 25#	\$23.75	\$27.50
090550	WHITE WHEAT PASTRY FLOUR OG 5#	\$6.25	\$9.50
090039	WHOLE WHEAT PASTR FLR, OG 5#	\$5.50	\$6.00
090038	WHOLE WHEAT PASTR FLR, OG 25#	\$21.25	\$25.00
090040	WHOLE WHEAT PASTR FLR, OG 50#	\$40.00	\$45.00
	<b>MEAT SUBSTITUTES</b>		
181200	CHILI, CHILI-MAN VEG 12/15 oz.	\$19.80	\$21.00
	<b>OTHER SWEETENERS</b>		
330843	STEVIA, CUT/SIFTED 8oz	\$8.00	\$8.75

	<b>DAIRY SUBSTITUTES</b>		
231475	COCONUT CREAM (THAI) 13.66oz	\$3.25	\$3.60
231412	COCONUT MILK (THAI) 13.66oz	\$2.10	\$2.30
232575	COCONUT MILK (THAI) 25.36oz (Aseptic)	New Item!	\$3.95
	<b>BOOKS</b>		
250110	30 DAYS TO NAT BLOOD PRESSURE	New Item!	\$18.95
250120	METHUSELAH FACTOR	New Item!	\$17.95
	<b>CAROB &amp; CANDY</b>		
272016	CAROB COATED ALMONDS 20#	\$66.00	\$76.00
273018	CAROB COATED RAISINS 30#	\$81.00	\$90.00
	<b>ODDS &amp; ENDS</b>		
306124	RICE NOODLES GARLIC/VEG 12/1.6	\$9.00	\$12.00
306128	RICE NOODLES, ONION 12/1.6 oz.	\$9.00	\$12.00
235015	YEAST FLAKES, RED STAR OG 50#	New Item!	\$1000.00
230180	YEAST, SAF-INSTANT RED 1#	\$3.60	\$4.25
230081	YEAST, SAF-INSTANT RED 50#	\$165.00	\$170.00
	<b>HERBS &amp; SPICES</b>		
330282	PSYLLIUM HUSKS, WHOLE 2#	\$18.00	\$20.00
330582	PSYLLIUM HUSKS, WHOLE 5#	\$42.50	\$47.00