



Price Updates

March 18, 2018

Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

www.clnf.org

1-800-456-7694

Item No:	Item Description	Old Price	New Price
NUTS			
030325	BRAZIL NUTS, WHOLE 3#	\$36.00	\$34.50
030025	BRAZIL NUTS, WHOLE 44#	\$495.00	\$475.00
030125	BRAZIL NUTS, WHOLE 10 OZ	\$9.00	\$8.25
031604	PECANS, 1/2s OG 1#	New Size!	\$14.00
030230	PECANS, LARGE PIECES 2#	\$19.50	\$19.00
030530	PECANS, LARGE PIECES 5#	\$46.00	\$45.00
030130	PECANS, LARGE PIECES 30#	\$267.00	\$258.00
030165	WALNUTS, 1/2'S & PIECES 25#	\$115.00	\$122.50
030168	WALNUTS, 1/2'S & PIECES 10 OZ	\$4.00	\$4.25
030364	WALNUTS, 1/2s & PCS 3#	\$14.85	\$15.75
DRIED FRUIT			
040367	COCONUT, CHIPS 3#	\$9.60	\$9.00
040065	COCONUT, CHIPS 25#	\$60.00	\$55.00
041155	COCONUT, MEDIUM 5#	\$16.00	\$15.00
040055	COCONUT, MEDIUM 25#	\$60.00	\$55.00
MEAT SUBSTITUTES			
185030	TVP CHUNKS NO COLR & FLAVR 45#	\$52.50	\$63.00
180567	TVP CHUNKS NO FLAVR & COLOR 4#	\$7.00	\$7.50
OIL			
240155	CANOLA OIL Organic 1 GAL	\$13.50	\$14.00
241690	OLIVE OIL OG X-VIRG 16.9oz	\$8.50	\$9.50
240114	OLIVE OIL, EXTRA VIRGIN 3LTR	\$32.25	\$41.25
CAROB & CANDY			
271298	CAROB CHIP MLT SWT NH OIL 12oz	\$5.25	\$5.50
270588	CAROB CHIPS MALT SW N-H OIL 5#	\$25.45	\$28.00
272509	CAROB CHIPS MALT SW NH OIL 25#	\$114.50	\$130.00

	ODDS & ENDS			
300150	CITRIC ACID	1#	\$6.50	\$7.00
	HERBS & SPICES			
331655	ALLSPICE, GROUND	16oz	New Item!	\$7.50
330290	CHIPOTLE, GROUND	2.5oz	New Item!	\$2.75
330904	CINNAMON STICKS	9oz	New Item!	\$3.95
331627	CLOVES, WHOLE	12oz	\$13.00	\$10.75
331206	GINGER, GROUND	12oz	New Item!	\$5.45
331682	PAPRIKA, SMOKED GROUND	16OZ	New Item!	\$6.25
330410	SAFFRON	0.4g	New Item!	\$3.25