



Price Updates

January 12, 2020

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
	GRANOLAS & DRY		
011010	TIGER NUT GRANOLA BLUEBERRY 8oz	\$5.60	\$6.95
011030	TIGER NUT GRANOLA CHOC CHERY 8oz	\$5.60	\$6.95
011020	TIGER NUT GRANOLA CINNAMON 8oz	\$5.60	\$6.95
010277	CORN FLAKES 2#	Discontinued	
010722	CORN FLAKES 7#	Discontinued	
	NUT & SEED BUTTERS		
021665	CASHEW BUTTER, CREAMY OG NS 16oz*	New Item!	\$11.50
	*5% case discount, case of 12		
	NUTS		
031121	ALMOND MEAL, NATURAL 5#	\$26.00	\$31.00
032520	ALMOND MEAL, NATURAL 25#	\$110.00	\$130.00
120014	ALMONDS, SLICED, BLANCHED 25#	\$125.00	\$132.50
120012	ALMONDS, SLIVERED BLANCHED 25#	\$125.00	\$132.50
032500	ALMONDS, WHOLE OG 25#	\$245.00	\$240.00
034425	BRAZIL NUTS, WHOLE OG 44#	\$319.00	\$299.20
030362	CASHEWS, LARGE PIECES 3#	\$17.25	\$15.90
030030	CASHEWS, LARGE PIECES 25#	\$125.00	\$120.00
032568	FILBERTS, WHOLE OG 25#	\$280.00	\$175.00
030155	FILBERTS, WHOLE, OG 1#	\$13.00	\$12.00
030355	FILBERTS, WHOLE, OG 3#	\$36.00	\$30.00
030204	PECANS, 1/2s, OG 2#	\$25.00	\$23.00
032243	PISTACHIOS, SHELLED 25#	Replaced by 032543 (22lb)	
032543	PISTACHIOS, SHELLED 30#	New Size!	\$340.00
032290	WALNUTS, OG 22#	New Size!	\$176.00
032590	WALNUTS, OG sub 032290	Replaced by 032290 (22lb)	
	DRIED FRUIT		
040113	APRICOTS, TURKISH, OG 1#	\$4.00	\$5.00
045513	APRICOTS, TURKISH, OG 5#	\$18.00	\$20.00
040013	APRICOTS, TURKISH, OG 28#	\$84.00	\$91.00

040280	BANANA CHIPS, OG SWEETENED 2#	\$5.90	\$6.50
041470	BANANA CHIPS, OG SWEETENED 14#	\$33.60	\$35.00
040365	COCONUT, CHIPS OG 3#	\$10.80	\$10.20
042565	COCONUT, CHIPS OG 25#	\$65.00	\$60.00
040578	FIGS, GOLDEN, OG 5#	\$28.00	\$29.00
045516	FIGS, MISSION, X-CHOICE OG 5#	\$29.00	\$30.00
040217	MANGO CHUNKS 5#	\$17.50	\$18.00
043586	MANGO SLICES 5#	\$17.50	\$18.00
040550	PEACHES, NATURAL DICED 5#	\$42.50	\$39.00
042570	PEACHES, NATURAL DICED 25#	\$195.00	\$170.00
	SEEDS		
050514	ALFALFA SEEDS, OG 5#	\$45.00	\$48.00
050006	ALFALFA SEEDS, OG 25#	\$206.25	\$225.00
051607	ALFALFA SEEDS, OG 16 oz.	\$10.00	\$10.50
050270	FENUGREEK SEEDS 2#	\$8.50	\$10.00
050518	FENUGREEK SEEDS 5#	\$19.25	\$22.00
	BEANS		
061167	NAVY BEANS, OG 5#	\$8.75	\$12.50
060060	NAVY BEANS, OG 25#	\$37.60	\$55.00
	GRAINS		
072585	WHEAT BERRIES PRAIRE GOLD OG 25#	\$30.00	\$31.25
	FLOUR		
092055	SOY FLOUR, FULL FAT OG 25#	\$41.25	\$35.00
095066	WW FLOUR PRAIRIE GOLD OG 50#	\$55.00	\$57.50
	PASTA		
100510	QUINOA ELBOWS, OG GF 5#	New Item!	\$27.00
100520	QUINOA FUSILLI, OG GF 5#	New Item!	\$27.00
100530	QUINOA PENNE, OG GF 5#	New Item!	\$27.00
100540	QUINOA SPAGHETTI, OG GF 5#	New Item!	\$27.00
	JUICE		
143201	FR GAR SUMMER GOLD OG 32oz	Discontinued by Manufacturer	
	MEAT SUBSTITUTES		
180570	LL TUNO SPRING WATER 5oz	\$1.40	\$1.70
185030	TVP CHUNKS NO COLR & FLAVR 45#	\$63.00	\$72.00
180567	TVP CHUNKS NO FLAVR & COLOR 4#	\$7.50	\$8.60

180566	TVP STRIPS CARMEL COLOR 5#	\$9.50	\$12.50
180167	TVP STRIPS CARMEL COLOR 50#	\$70.00	\$100.00
	OTHER SWEETENERS		
210032	MAPLE SYRUP, GRADE A, OG 1gal	\$57.00	\$55.00
213234	MAPLE SYRUP, GRADE A, OG 32 oz	\$17.50	\$16.50
210063	MOLASSES, GOLDEN #10 1 GAL	\$11.50	\$13.50
	DAIRY SUBSTITUTES		
300520	LL NEAT EGG REPLACER 4.5oz	\$3.50	\$4.25
330612	PARMA ZAN SEASONING 6 oz.	\$6.25	\$6.95
	OIL		
241570	COCONUT OIL, VIRGIN OG 15oz	\$8.00	\$9.95
240170	COCONUT OIL, VIRGIN OG 128oz	\$52.00	\$65.00
	ODDS & ENDS		
300150	CITRIC ACID 1#	\$7.00	\$7.25
309508	GRAVY MIX, CREAMY WHITE 9.5 oz	\$4.25	\$5.75
	HERBS & SPICES		
331010	BAY LEAVES, WHOLE 2oz	\$1.90	\$2.75
331258	BEEF-LIKE SEASONING 13.1 oz.	\$6.15	\$6.50
330223	CHIVES, DEHYDRATED 2.5oz	\$4.50	\$4.50
331264	GREEK ISLE SEASONING 3oz	\$4.30	\$4.90
331265	LEMONY DILL SEASONING 4.95oz	\$5.15	\$5.50
330540	ONION, GRANULATED 6.2#	\$28.00	\$33.00
330272	PSYLLIUM HUSKS, GROUND 2#	\$16.00	\$16.50
330572	PSYLLIUM HUSKS, GROUND 5#	\$37.50	\$39.00
330179	SLIPPERY ELM POWDER 1#	\$25.00	\$28.00
331216	VEGGIE CHICK SEASONING 6oz	\$5.10	\$5.40
331201	ALL-PURPOSE VEGGIE SEAS. 5.4oz	\$5.50	\$6.50
331964	GREEK ISLE SEASONING 19 oz	\$10.95	\$15.95
332489	RED BELL PEPPER RST GARLIC 24oz	\$15.90	\$24.75
	GEL & STARCHES		
360194	TAPIOCA, SMALL PEARL 1#	\$4.00	\$4.75
330594	TAPIOCA, SMALL PEARL 5#	\$16.25	\$18.25
	GLUTEN FREE		
390502	1 TO 1 BAKING FLOUR, GF 5#	\$14.00	\$14.50
392860	OATS, QUICK ROLLED GF 28oz	New Size!	\$5.95

393260	OATS, QUICK ROLLED GF 32oz	\$6.75	Discontinued
391604	TAPIOCA FLOUR, GF 16oz	New Size!	\$3.25
	ESSENTIAL OILS		
450104	FRANKINCENSE OIL 100% 1 FL OZ	\$15.95	\$16.95
450126	GINGER OIL 1 FL OZ	\$6.95	\$7.25
450407	LAVENDER OIL 4 FL OZ	\$23.50	\$27.75
450414	TEA TREE OIL 4 FL OZ	\$18.10	\$16.95
	DISCONTINUED ITEMS		
330123	*CHIVES 1oz DISCONTINUED	Replaced by 330223 (2.5oz)	
143265	*CRANBERRY JUICE OG DISCONT.	Discontinued by Manufacturer	
143270	*FR PUNCH OG DISCONTINUED	Discontinued by Manufacturer	
392004	*TAPIOCA FLOUR 20oz DISCONT.	Replaced by 391604 (16oz)	
143266	*TART CHERRY JUICE OG DISCONT.	Discontinued by Manufacturer	
250716	*THY WORD TEN COMM DISCONTINUE	Discontinued	