



## Price Updates

January 26, 2020

### 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>GRANOLAS &amp; DRY CEREAL</b>		
010102	ALMOND DELICIOUS GRANOLA 12/1#	\$37.80	
	Now sold individually, with 25% discount for a case of 12		\$4.20
010015	APPLE NATURAL SWISS 12/12oz	\$24.00	
	Now sold individually, with 25% discount for a case of 12		\$2.60
010325	CASHEW DATE DELIGHT 3#	\$7.65	\$7.95
010030	CASHEW DATE DELIGHT 12/1#	\$33.00	
	Now sold individually, with 25% discount for a case of 12		\$3.80
	<b>NUTS</b>		
030325	BRAZIL NUTS, WHOLE 3#	\$20.25	\$17.70
030025	BRAZIL NUTS, WHOLE 44#	\$264.00	\$235.40
030125	BRAZIL NUTS, WHOLE 10 OZ	\$5.50	\$4.75
030050	CASHEWS, WHOLE 320'S 25#	\$175.00	\$160.00
032577	CASHEWS, WHOLE 320'S OG 25#	\$190.00	\$180.00
030268	MIXED NUTS, 50% PEANUTS, RS 2#	\$12.80	\$14.15
030250	MIXED NUTS, 50% PNUTS, RS 25#	\$130.00	\$136.25
030247	MIXED NUTS, FANCY RS 2#	\$19.80	\$21.70
032560	MIXED NUTS, FANCY, RS 25#	\$200.00	\$225.00
030070	PEANUTS, REDSKIN 30#	\$66.00	\$65.00
030536	PEANUTS, SPANISH, RS 5#	\$16.50	\$15.00
030037	PEANUTS, SPANISH, RS 25#	\$72.50	\$65.00
030583	PEANUTS, WHOLE BLANCH, RNS 5#	\$16.25	\$15.00
030085	PEANUTS, WHOLE BLANCH, RNS 25#	\$70.00	\$65.00
030577	PEANUTS, WHOLE BLANCH, RS 5#	\$16.25	\$15.00
030080	PEANUTS, WHOLE BLANCH, RS 25#	\$68.75	\$65.00
	<b>DRIED FRUIT</b>		
040135	FIGS MISSION X-CHOICE SORB 30#	\$140.00	\$150.00
040578	FIGS, GOLDEN, OG 5#	\$28.00	\$29.00
045516	FIGS, MISSION, X-CHOICE OG 5#	\$29.00	\$30.00
040516	FIGS, MISSION, X-CHOICE OG 30#	\$156.00	\$175.00
040347	RAISINS, BLACK FLAME LARGE 30#	\$72.00	\$60.00

040519	RAISINS, GOLDEN, SULPH 5#	\$15.00	\$16.00
041320	RAISINS, THOMPSON 5#	\$14.25	\$14.50
040320	RAISINS, THOMPSON 30#	\$72.00	\$60.00
130140	RAISINS, THOMPSON, OG 5#	\$19.00	\$17.00
040325	RAISINS, THOMPSON, OG 30#	\$94.50	\$85.50
	<b>SEEDS</b>		
050510	FLAX SEEDS, GOLDEN 5#	\$8.00	\$8.50
052510	FLAX SEEDS, GOLDEN 25#	\$31.25	\$33.75
050666	SESAME SEEDS, HULLED OG 6/16oz	\$21.00	
	Now sold individually, with 15% discount for a case of 6		\$4.00
050664	SESAME SEEDS, NAT, OG 6/16oz	\$21.00	
	Now sold individually, with 15% discount for a case of 6		\$4.00
120090	SUNFLOWER SDS NO 1 RNS 12/10oz	\$28.50	
	Now sold individually, with 15% discount for a case of 12		\$2.50
120085	SUNFLOWER SDS NO.1 RS 12/10oz	\$28.50	
	Now sold individually, with 15% discount for a case of 12		\$2.80
050563	SUNFLOWER SDS, NO.1, RNS 5#	\$17.00	\$15.00
050065	SUNFLOWER SDS, NO.1, RNS 25#	\$73.50	\$50.00
120080	SUNFLOWER SEEDS, NO.1 12/10oz	\$16.50	
	Now sold individually, with 15% discount for a case of 12		\$1.60
120110	SUNFLOWER SEEDS, OG 12/10oz	\$21.00	
	Now sold individually, with 15% discount for a case of 12		\$2.00
	<b>BEANS</b>		
060514	BLACK TURTLE BEANS 5#	\$5.50	\$6.25
065021	BLACK TURTLE BEANS 50#	\$37.50	\$45.00
060545	KIDNEY BEANS, DARK RED 5#	\$6.50	\$7.50
065063	KIDNEY BEANS, DARK RED 50#	\$45.00	\$55.00
060551	MAYOCOBA BEANS 5#	\$7.75	\$8.50
065050	MAYOCOBA BEANS 50#	\$57.50	\$65.00
060563	NAVY BEANS 5#	\$5.50	\$6.25
065018	NAVY BEANS 50#	\$37.50	\$45.00
060587	PINTO BEANS 5#	\$5.50	\$7.50
065042	PINTO BEANS 50#	\$37.50	\$55.00
060080	PINTO BEANS, OG 25#	\$40.00	\$45.00
	<b>GRAINS</b>		
070620	MILLET, HULLED OG 6/16 oz.	\$9.90	
	Now sold individually, with 15% discount for a case of 6		\$2.00
070556	RICE, LONG 5#	\$7.75	\$8.50
070054	RICE, LONG, LUNDBERG 25#	\$31.25	\$34.00

070537	RICE, SHORT 5#	\$7.25	\$7.75
070059	RICE, SHORT, LUNDBERG 25#	\$28.75	\$31.25
	<b>FLAKED GRAINS</b>		
080552	OATS, REGULAR ROLLED OG 5#	\$6.25	\$6.50
082552	OATS, REGULAR ROLLED, OG 25#	\$25.00	\$25.50
	<b>FLOUR</b>		
090060	SPELT FLOUR OG 25#	\$40.00	\$41.25
	<b>PASTA</b>		
101287	BROWN RICE PENNE, OG 12/12 oz	\$38.40	\$44.40
101288	BROWN RICE ROTINI, OG 12/10 oz	\$38.40	\$44.40
101289	BRWN RICE SPAGHETTI OG 12/10oz	\$38.40	\$44.40
	<b>OTHER SWEETENERS</b>		
210055	MOLASSES, BLACKSTRAP 32oz	\$3.50	\$3.60
210021	RICE SYRUP LUNDBERG 21oz	\$4.00	\$4.75
	<b>OIL</b>		
240060	COCONUT OIL, REFINED 50#	\$67.50	\$75.00
	<b>ODDS &amp; ENDS</b>		
414245	PAIL, WHITE 5 GALLON, LID	\$5.50	\$5.70
230180	YEAST, SAF-INSTANT RED 1#	\$3.50	\$3.60
	<b>HERBS &amp; SPICES</b>		
330505	McKAY'S CHICKEN NO WHEY 5#	\$18.50	\$19.00
	<b>CRACKERS</b>		
370640	RICE CAKES LNDBRG +S, 8.5oz	Now Sold Individually	\$3.10
370645	RICE CAKES LNDBRG NS, 8.5oz		\$3.10
370639	RICE CAKES LNDBRG OG +S 8.5 oz		\$3.50
370642	RICE CAKES LNDBRG OG NS 8.5 oz		\$3.50
	Above rice cakes, case discount of 5%, case of 6.		