



## Price Updates

May 24, 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>NUTS</b>		
030025	BRAZIL NUTS, WHOLE 44#	\$235.40	\$220.00
030244	PISTACHIOS, SHELLED 2#	\$24.00	\$27.00
032243	PISTACHIOS, SHELLED 25#	\$250.00	\$300.00
	<b>DRIED FRUIT</b>		
045513	APRICOTS, TURKISH, OG 5#	\$20.00	\$20.50
040013	APRICOTS, TURKISH, OG 28#	\$91.00	\$92.40
130012	BANANA CHIPS, SWEETENED 2#	\$5.40	\$5.80
040035	BANANA CHIPS, SWEETENED 14#	\$26.60	\$28.00
130220	BANANA CHIPS, UNSWEETENED 2#	\$5.20	\$5.80
040048	BANANA CHIPS, UNSWEETENED 14#	\$26.60	\$28.00
040367	COCONUT, CHIPS 3#	\$8.00	\$8.40
040065	COCONUT, CHIPS 25#	\$52.50	\$56.25
041155	COCONUT, MEDIUM 5#	\$12.00	\$13.00
040055	COCONUT, MEDIUM 25#	\$52.50	\$55.00
040575	COCONUT, MEDIUM OG 5#	\$15.00	\$15.50
042575	COCONUT, MEDIUM OG 25#	\$55.00	\$56.25
041320	RAISINS, THOMPSON 5#	\$14.50	\$15.00
040320	RAISINS, THOMPSON 30#	\$60.00	\$63.00
130322	RAISINS, THOMPSON 16oz	\$3.25	\$3.50
130140	RAISINS, THOMPSON, OG 5#	\$17.00	\$18.00
	<b>SEEDS</b>		
050517	FLAX SEEDS, BROWN, OG 5#	\$10.00	\$10.25
050015	FLAX SEEDS, BROWN, OG 25#	\$38.75	\$40.00
051518	FLAXSEEDS, GOLDEN OG 5#	\$11.00	\$11.25
052518	FLAXSEEDS, GOLDEN OG 25#	\$41.25	\$42.50
050573	SUNFLOWER SEEDS, OG 5#	\$12.00	\$13.00
050075	SUNFLOWER SEEDS, OG 25#	\$50.00	\$55.00
	<b>GRAINS</b>		
080501	BULGUR WHEAT, CRACKED 5#	\$4.00	\$4.75

080030	BULGUR WHEAT, CRACKED 50#	\$25.00	\$27.50
	<b>FLAKED GRAIN</b>		
080137	OATS, QUICK ROLLED 25#	\$13.75	\$15.00
	<b>PASTA</b>		
101254	BR RICE SPAGHETTI OG 12oz	\$3.00	\$3.95
101255	BR RICE SPIRAL OG 12oz	\$3.00	\$3.95
	<b>OTHER SWEETENER</b>		
040070	DATE SUGAR 25#	\$82.50	Discontinued
043070	DATE SUGAR 30#	New Size	\$99.00
	<b>BOOKS</b>		
250038	KIDS IN THE KITCHEN COOKBOOK	\$12.95	\$15.95
	<b>CAROB &amp; CANDY</b>		
270515	CAROB CHIPS, SUGAR SWT 5#	\$12.00	\$13.25
270005	CAROB CHIPS, SUGAR SWT 25#	\$50.00	\$53.75
270513	CAROB CHIPS, UNSWEETENED 5#	\$13.50	\$14.50
270003	CAROB CHIPS, UNSWEETENED 25#	\$57.50	\$60.00
	<b>ODDS &amp; ENDS</b>		
150210	CAFIX CRYSTALS BEVERAGE 7.05oz	\$4.95	\$5.95
300150	CITRIC ACID 1#	\$7.25	\$7.50
301009	GRAVY MIX, RICH BROWN 9.5oz.	\$5.25	\$5.75
232563	SALT, EARTH 'REAL SALT' 25#	\$66.25	\$67.50
232663	SALT, EARTH, 'REAL SALT' 26 oz	\$6.95	\$7.25
231250	YEAST FLAKES, RED STAR 50#	\$280.00	\$285.00
	<b>HERBS &amp; SPICES</b>		
331201	ALL-PURPOSE VEGGIE SEASONING 5.4oz	\$6.50	\$6.75
331210	BAY LEAVES, WHOLE 10oz	\$6.25	\$8.50
331223	CHIVES, CHOPPED 6oz	\$15.00	\$16.25
338250	GARLIC SALT OG/REALSALT 8.25oz	\$6.65	\$6.95
330248	KELP POWDER 2#	\$13.00	\$13.50
330548	KELP POWDER 5#	\$30.00	\$31.25
338252	ONION SALT OG/REALSALT 8.25 oz	\$6.65	\$6.95
331078	PEPPER GREEN BELL DRIED 8.5 oz	\$5.00	\$5.50
331229	PEPPER, GREEN BELL DRIED 1.5#	\$15.30	\$15.95
331080	PEPPER, RED CAYENNE, GRD 16 oz	\$5.90	\$6.50
331290	PEPPER-LIKE SEASONING 4.2 oz.	\$3.65	\$4.95

330272	PSYLLIUM HUSKS, GROUND 2#	\$16.50	\$17.50
330572	PSYLLIUM HUSKS, GROUND 5#	\$39.00	\$41.50
331877	SAUCY RANCH SEASONING 18oz	\$13.50	\$14.25
331277	SAUCY RANCH SEASONING 3.25oz	\$3.75	\$3.95
	<b>CRACKERS</b>		
370176	SESAME STICK, EVERYTHING 1#	\$3.25	\$3.40
370178	SESAME STICKS, GARLIC 1#	\$3.25	\$3.40
370078	SESAME STICKS, GARLIC 2/7.5#	\$31.50	\$33.00
370175	SESAME STICKS, OAT BRAN 1#	\$3.25	\$3.40
370174	SESAME STICKS, SALTED 1#	\$3.25	\$3.40
370074	SESAME STICKS, SALTED 2/7.5#	\$31.50	\$33.00
	<b>ESSENTIAL OILS</b>		
450101	BERGAMOT OIL 1 FL OZ	\$9.85	\$11.50
450128	LAVENDER TEA TREE OIL 1 FL OZ	\$7.25	\$8.90