

Order Online
www.clnf.org

2019 Delivery Schedule, pp. 61-64



Country Life Natural Foods, 641 52nd St., Pullman MI, 49450

Online Orders/Website: www.clnf.org

E-mail: mail@clnf.org

Orders: 1-800-456-7694 **Fax:** 269-236-8357

Orders or Inquiry: 269-236-5011

Retail Store: 269-236-8359 (See map inside back cover.)

Country Life Natural Foods

Thank you for considering our products. We want to provide the service and quality you desire. Thank you for your comments and suggestions. We are committed to offering those "hard-to-find" products that many of you have requested. It is our wish at Country Life that many people will be helped by our services--not only by receiving the finest quality foods, but also by receiving help in implementing meaningful lifestyle principles into everyday life. We strive for continued growth in all areas of life, just as Jesus grew, both in body and in wisdom, gaining favor with God and men (Luke 2:52).

Country Life Natural Foods, a division of Oak Haven, Inc., is a wholesale and retail distributor of natural, organic, and vegetarian foods as well as a resource for physical and spiritual health. Most of our customers are health food stores and food co-ops here in Michigan and across the Midwest. We use Country Life Natural Foods to provide training in business, food manufacturing and warehousing, office practice, and retail store operation. But Country Life is more than a business. We are seeking to learn how to know Jesus as a personal friend, and we want to serve our customers in a way that will help them to live a fuller life here on this earth and have the opportunity to know Christ as their Savior and ultimately experience the eternal life only He can offer.

General Information

Location:

Country Life Natural Foods
641 52nd St
Pullman, MI 49450

Customer Service:

Manager	269-236-8353
Orders or Inquiry	269-236-5011
Product Information	269-236-8355
Accounts Receivable	269-236-8356
Returns and Credits	269-236-8356

Website/Online Orders:

www.clnf.org

E-mail:

mail@clnf.org

Phone Orders:

1-800-456-7694
269-236-5011

Fax Orders:

269-236-8357

Office Hours:

Monday --Thursday
9:00 a.m. - 5:00 p.m. Eastern time
Sunday and Friday
9:00 a.m. - 1:00 p.m.
Saturday
Closed for the Sabbath

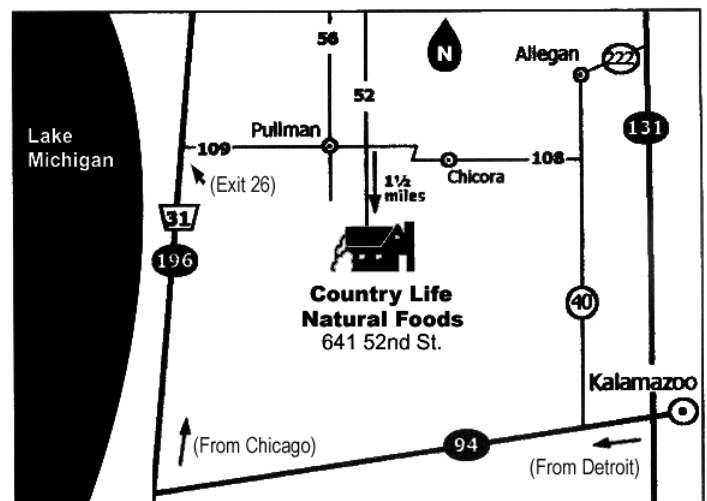
Retail Store:

269-236-8359

Manager: 269-236-8358

Retail Store Hours:

Sunday	9:00 a.m. - 5:00 p.m.
Monday	9:00 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 5:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 7:00 p.m.
Friday	9:00 a.m. - 1:00 p.m.
Saturday	Closed for the Sabbath



Ordering Information

PLACING ORDERS: Orders may be placed online or by phone, fax, email, or mail. Please have your customer number available, and indicate how and where you want your order shipped (see Delivery Options below). For co-ops, please coordinate your orders, add-ons, and returns through one person and pay with one check. Regrettably, we are not able to backorder products; if your order contains any out of stock items, please order them on a future order. Items from our retail store may be ordered as well; please contact the office for details..

TERMS OF PAYMENT: Payments may be made with the following credit cards: Mastercard, Visa, American Express, or Discover. Payments by personal check, or money order are due upon receipt of your order, unless credit terms have been pre-arranged. Past due accounts will not receive additional orders without special arrangements. Unpaid account balances over 30 days past due are subject to finance charges of 1.5% per month (18% per annum, with a minimum of \$1.00). Regrettably, checks returned for any reason will receive a \$20.00 charge.

RETURNS AND CREDITS: Since natural foods with no preservatives store best in cool, dry conditions, our warehouses are refrigerated and we guarantee quality at the time of delivery. Unfortunately, we cannot guarantee quality beyond 7 days of delivery due to the variable conditions possible in your location. When calling to request a return authorization, please have your customer number, order number, and the product number of the item(s) you wish to return. No returns or exchanges will be processed after 30 days from delivery.

Restocking Fee: Up to four dollars per item unless merchandise is substandard or delivered by our error.

Product Condition: Items must be in original undamaged container. Please do not write comments on container.

Credit will be given on substandard products or products delivered by our error (when requested within 30 days of delivery). Credit will be applied to your next order or a refund check will be sent. If the order was paid by credit card, a credit will be applied to your credit card.

SALES TAX: State and local sales tax will be charged on taxable items in the states where we make deliveries (see below). If you have a sales tax license, please notify our accounting department.

Delivery Options

COUNTRY LIFE TRUCKS: We offer delivery by our trucks to established routes in the following states. Orders within \$50 of the minimum may be delivered with a \$20 surcharge. See back of catalog for your order deadline and delivery schedule.

<u>State</u>	<u>Minimum Order Amt</u>	<u>Delivery Fee</u>	<u>State</u>	<u>Minimum Order Amt</u>	<u>Delivery Fee</u>
AL	\$450	5%	MN	\$400	None
AR	\$500	None	MO	\$500	None
GA	\$450	5%	NC	\$450	5%
IL	\$400	None	OH	\$450	5%
IN	\$400	None	OK	\$500	None
IA	\$500	None	TN	\$450	5%
KY	\$450	5%	WI	\$400	None
MI	\$400	None			

OUR ORDER DEADLINE IS 5:00 PM EASTERN TIME on the day of your deadline. We must receive your complete order, including adjustments and add-ons, by that time.

Regrettably, due to the logistics of preparing your order for shipment, we cannot process any orders received after the 5:00 pm deadline.

POSTAL SERVICE AND UPS DELIVERY: When your order is complete, a shipping charge will be added to your order total based on the shipping weight and destination. For web orders, this charge will be calculated and you can confirm it in your shopping cart as you check out. For phone orders, we will advise you of the shipping charge when you place your order. For COD packages, there is a \$12.00 additional charge. Unfortunately, certain items in our warehouse cannot be shipped by postal service or UPS. (These items are marked with a ‡ in our catalog.) Orders between 200 lbs. and 1000 lbs. can be delivered to commercial and residential addresses using the UPS Ground with Freight service. This service is often 20 -25% lower than regular UPS rates. Please call our office to obtain a shipping quote for this service.

APO AND OTHER ORDERS: All APO and other orders outside the 48 contiguous states will be sent priority rate through the U.S. Postal Service. All such orders are at customers risk ONLY. If there is any damage or loss to the order no credit will be given. A handling charge of \$3.00 will be added to boxes requiring customs declarations.

COMMON CARRIER: For orders of 500 lbs. or more to areas outside our regular Country Life truck delivery routes, common carrier shipment may be the most economical if a commercial loading dock or fork lift is available. Please ask for details.

CUSTOMER PICK-UPS: Warehouse orders may be picked up at our retail store during normal store hours. We ask that you place your order 24 hours in advance of expected pick up. This will allow us to prepare your order and minimize the waiting time you experience when you arrive.

Distributor for Northern Michigan

NORTHERN NATURAL FOODS

Edmore, MI; (Brenton Rogers)

Phone: 989-427-1763 • Fax: 888-821-8544 • Email: orders@northernnaturalfoods.com

Please contact them for terms of sale, minimum orders, etc., for truck delivery in their area. Also note that since they deliver to many co-ops along their routes, they are often able to link you with a co-op or buying club near you. This can save on shipping costs, especially if you are currently getting UPS deliveries.

General Product Information

Packaging makes a difference in food quality! The bags used in our Country Life packaged items are special non-breathing films that are odor and residue free. These crystal clear bags are also reusable if you have a bag sealer. The bags are great for storage in your freezer as they resist freezer burn. You can cut them open, use a portion, then reseal and put the product back in the freezer, refrigerator, or on your shelf.

Country Life's warehouse is certified organic by Global Organic Alliance, and is temperature controlled. Our nuts, dried fruits, trail mixes, granolas, and most other products are kept at 40°-45° F. Additional items are kept at 55°-60° F. Unlike many other food suppliers, we never fumigate our warehouse.

A Note About Ingredients: The ingredients of items listed in our catalog may change from time to time without always being updated in the catalog. If you should note a difference, please let us know so we can make the change for future catalogs.

Allergy Alert: Items that are repackaged here at Country Life are handled in a facility that also processes nuts, peanuts, soy, and wheat. Please call if you have any questions.

Non-GMO Products: We strive always to find sources for products that do not contain genetically modified organisms (non-GMO). Currently, the best way to assure that a product is non-GMO is to buy Organic products. All certified organic products must be free of GMO's and the certification process is very strict in tracking the 'paper trail' of these products. Our facilities at Country Life are certified by Global Organic Alliance for both distribution and repackaging of organic products. For any further information, please call our office.

Abbreviations

Used throughout this catalog

CCF	Certified Chemical Free	SORB	Sorbate
C.L.	Country Life Label	SULPH	Sulphured
GF	Gluten Free	SW	Sweetened
IMP	Imported	UNS	Unsweetened
LS	Lightly Salted	UNSORB	Unsorted
OG	Organic	UNSUL	Unsulphured
RS	Roasted & Salted	‡	Cannot Ship by UPS
RNS	Roasted No Salt		

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How to Use Our Catalog

(Items below for illustration purposes only, not for ordering)

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
① 010005	APPLE NATURAL SWISS STYLE	② 25#	④ 2.30/lb	57.50
010015	APPLE NATURAL SWISS STYLE	③ 12/12 oz	⑤ 2.30/ea	27.60
331069	OREGANO, WHOLE, MEXICAN5 oz	⑥ 3.40/ea	3.40
330250	OREGANO, WHOLE, MEXICAN	2#	8.60/lb	17.20
⑦ ‡140059	ORANGE JUICE, OG, LKWD	12/32 oz	3.55/ea	42.60
030162	CASHEWS, LARGE PIECES	10 oz	4.25/ea	4.25
	⑧ ▶ Order 12 of this item (030162) and receive 15% case discount			
030362	CASHEWS, LARGE PIECES3#	5.50/lb	16.50

① **Product Number/Item Number:** All of our item numbers are six (6) digits. When an order is faxed or emailed to us, the item number as written down is what we will enter when placing your order. So if you intend to order item number 271242, Carob Bridge Mix 12/12 oz, but you write down the number for the 5# size (270542), you will end up with the 5# size, even if you write down 12/12 oz in the description. We cannot take responsibility for numbers which may have been written incorrectly.

②, ③ **Packaged Size:** The item comes packaged in the size indicated here. ② The 5# above indicates that this will come in a five-pound container. (Throughout this catalog the # symbol in the packaged size column is for pounds.) Items are not available in unit price measurements unless it is the same as the packaged size. ③ When the packaged size is indicated as 12/12 oz (or something similar), the item is for one full case of 12/12 oz.

④, ⑤, ⑥ **Unit Price:** This is for comparison of price per pound or unit. ④ When the packaged size is in pounds (# symbol), the unit price is the amount per pound. ⑤ When the packaged size is a case, the unit price is the amount per item in the case. So in the case of the Carob Bridge Mix 12/12 oz case, the unit price indicates that each 12 oz bag costs \$3.10. ⑥ When the packaged size is in ounces or other measurements, the unit price is typically the same as the packaged size, unless the item comes in a larger size.

⑦ ‡ Symbol indicating that we do not ship by UPS or postal service. This is because the item comes in glass, or in a size that is impractical to ship.

⑧ Indication that a case price discount is available for this item. To receive the case discount, be sure to enter the quantity noted (12 in this example). If you enter a quantity of 1, expecting to get one case, you will receive only one unit.

PRODUCT
NUMBER

PRODUCT DESCRIPTION

PACKAGED
SIZE

UNIT
PRICE

PACKAGED
PRICE

CEREALS AND GRANOLAS

READY-TO-EAT

• Our cereals and granolas contain no sulphured ingredients.

010303	ALMOND DELICIOUS	3#	2.95/lb	8.85
010101	ALMOND DELICIOUS25#	2.60/lb	65.00
010102	ALMOND DELICIOUS12/1#	3.15/ea	37.80

Ingredients: Rolled oats, honey, sunflower oil, almonds, coconut, sunflower seeds, sesame seeds, pure-vanilla, almond extract, salt, coconut oil.

014010	APPLE NATURAL SWISS STYLE40 oz	2.30/lb	5.75
010005	APPLE NATURAL SWISS STYLE25#	1.90lb	47.50
010015	APPLE NATURAL SWISS STYLE12/12 oz	2.00/ea	24.00

Muesli-Style Cereal.

Ingredients: Rolled oats, sunflower seeds, raisins, coconut, oat bran, date pieces in oat flour, cane juice crystals, apple dices, almonds, honey, and filberts.

010325	CASHEW DATE DELIGHT3#	2.55/lb	7.65
010020	CASHEW DATE DELIGHT25#	2.20/lb	55.00
010030	CASHEW DATE DELIGHT12/1#	2.75/ea	33.00

Ingredients: Rolled oats, corn barley malt syrup, date paste, sunflower oil, cashews, coconut, sunflower seeds, vanilla, salt, coconut oil.

010355	CHERRY ALMOND GRANOLA3#	3.60/lb	10.80
012055	CHERRY ALMOND GRANOLA20#	3.10/lb	62.00

Ingredients: Rolled oats, honey, canola oil, dried cherries (cherries, sugar, sunflower oil), almonds, coconut, water, natural cherry flavor, spices.

010277	CORN FLAKES2#	3.40/lb	6.80
010722	CORN FLAKES7#	2.50/lb	17.50

Ingredients: Yellow cornmeal, dried cane syrup, malt syrup (corn syrup, barley malt extract), salt.

010375	HONEY GONE NUTS GRANOLA3#	3.50/lb	10.50
012075	HONEY GONE NUTS GRANOLA20#	2.85/lb	57.00

Ingredients: Rolled ats, honey, canola oil, almonds, coconut, sunflower seeds, molasses, walnuts (walnuts, sunflower oil), sesame seeds, cashews (cashews, sunflower oil), salt, natural vanilla flavor.

011010	TIGER NUT GRANOLA, BLUEBERRY8 oz	5.60/ea	5.60
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Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, freeze-dried blueberries, turmeric, salt.

011030	TIGER NUT GRANOLA, CHOCOLATE CHERRY8 oz	5.60/ea	5.60
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Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, dried cherries, date paste, puffed millet, cocoa nibs, cinnamon, salt.

011020	TIGER NUT GRANOLA, CINNAMON8 oz	5.60/ea	5.60
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Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, cinnamon, salt.

ONE DEGREE ORGANICS CEREALS

011220	ANCIENT MAIZE FLAKES, OG, Veganic Sprouted12 oz	4.10/ea	4.10
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►Order 6 of this item (011220) and receive 5% case discount

Ingredients: Organic maize, organic coconut palm sugar, organic buckwheat, organic amaranth, unrefined salt, tocopherols (vitamin E)

011040	BROWN RICE CACAO CRISPS, OG, Veganic Sprouted10 oz	4.10/ea	4.10
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►Order 6 of this item (011040) and receive 5% case discount

Ingredients: Organic brown rice, organic coconut palm sugar, organic cacao, organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (vitamin E).

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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Ingredient lists provided for reference purposes and may vary slightly

+S = Salted
NS = No Salt

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CEREALS & GRANOLAS, CONTINUED				
010810	BROWN RICE CRISPS, OG, Veganic Sprouted ▶Order 6 of this item (010810) and receive 5% case discount Ingredients: Organic brown rice, organic coconut palm sugar, unrefined salt, tocopherols (vitamin E).	.8 oz	4.10/ea	4.10
011151	CINNAMON FLAX GRANOLA, OG, Veganic Sprouted Ingredients: Organic oats, organic coconut palm sugar, organic flax, organic sunflower oil, organic cinnamon, unrefined salt, tocopherols (vitamin E). (To Be Discontinued.)	.11 oz	4.95/ea	4.95
011050	HONEY OAT O'S. OG, Veganic Sprouted ▶Order 6 of this item (011050) and receive 5% case discount Ingredients: Organic sprouted gluten-free oats, organic sprouted brown rice, organic honey, organic coconut palm sugar, organic sprouted lentils, organic sprouted garbanzos, organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (Vitamin E).	.8 oz	4.10/ea	4.10
011153	QUINOA CACAO GRANOLA, OG, Veganic Sprouted Ingredients: Organic oats, organic coconut palm sugar, organic brown rice syrup, organic quinoa, organic cacao, organic brown rice, organic sunflower oil, unrefined salt, tocopherols (vitamin E). (To be Discon)	.11 oz	4.95/ea	4.95
010830	SPROUTED OAT O'S, OG ▶Order 6 of this item (010830) and receive 5% case discount Ingredients: Organic sprouted gluten-free oats, organic sprouted rice, organic sprouted lentils, organic sprouted garbanzos, organic coconut palm sugar, unrefined salt, tocopherols (Vitamin E).	.8 oz	4.10/ea	4.10

NUT AND SEED BUTTERS

- Our nut & seed butters are lightly roasted unless noted otherwise.
- Our nut and seed butters may contain trace amounts of other nuts, peanuts, and seeds. Salt is added only where indicated. No hydrogenated oil or preservatives are added.

020219	ALMOND BUTTER, CREAMY, NS ▶Order 12 of this item (020219) and receive 5% case discount	.16 oz	10.00/ea	10.00
020919	ALMOND BUTTER, CREAMY, NS	.9#	9.10/lb	81.90
020217	ALMOND BUTTER, CRUNCHY, NS ▶Order 12 of this item (020217) and receive 5% case discount	.16 oz	10.00/ea	10.00
020917	ALMOND BUTTER, CRUNCHY, NS	.9#	9.10/lb	81.90
021632	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, NS ▶Order 12 of this item (021632) and receive 5% case discount	.16 oz	10.00/ea	10.00
021680	ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, OG, NS ▶Order 12 of this item (021680) and receive 5% case discount	.16 oz	14.25/ea	14.25
021674	ALMOND BUTTER, CREAMY, OG NS ▶Order 12 of this item (021674) and receive 5% case discount	.16 oz	14.25/ea	14.25
021600	CASHEW BUTTER, CREAMY, NS ▶Order 12 of this item (021600) and receive 5% case discount Ingredients: Dry roasted cashews, expeller-pressed safflower oil or organic high oleic sunflower oil.	.16 oz	9.85/ea	9.85
020047	PEANUT BUTTER, CREAMY, +S ▶Order 12 of this item (020047) and receive 5% case discount	.16 oz	3.85/ea	3.85
020947	PEANUT BUTTER, CREAMY, +S	.9#	3.30/lb	29.70
020105	PEANUT BUTTER, CREAMY, +S	.35#	3.00/lb	105.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUT & SEED BUTTERS, CONTINUED</u>				
020045	PEANUT BUTTER, CREAMY, NS	.16 oz	3.95/ea	3.95
	▶Order 12 of this item (020045) and receive 5% case discount			
020945	PEANUT BUTTER, CREAMY, NS	.9#	3.30/lb	29.70
020115	PEANUT BUTTER, CREAMY, NS	.35#	3.00/lb	105.00
020042	PEANUT BUTTER, CRUNCHY, +S	.16 oz	3.85/ea	3.85
	▶Order 12 of this item (020042) and receive 5% case discount			
020942	PEANUT BUTTER, CRUNCHY, +S	.9#	3.30/lb	29.70
020100	PEANUT BUTTER, CRUNCHY, +S	.35#	3.00/lb	105.00
020150	PEANUT BUTTER, OG, CREAMY, +S	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020150) and receive 5% case discount			
020950	PEANUT BUTTER, OG, CREAMY, +S	.9#	5.00/lb	45.00
020134	PEANUT BUTTER, OG, CREAMY, NS	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020134) and receive 5% case discount			
020141	PEANUT BUTTER, OG, CRUNCHY, +S	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020141) and receive 5% case discount			
020941	PEANUT BUTTER, OG, CRUNCHY, +S	.9#	5.00/lb	45.00
020122	PEANUT BUTTER, OG, CRUNCHY, NS	.16 oz	5.65/ea	5.65
	▶Order 12 of this item (020122) and receive 5% case discount			
370027	SESAME TAHINI, CREAMY, NS	.15 oz	5.25/ea	5.25
	▶Order 12 of this item (370027) and receive 5% case discount			
	A creamy butter made from ground hulled sesame seeds.			
021660	SUNFLOWER BUTTER, OG, +S	.16 oz	5.10/ea	5.10
	▶Order 12 of this item (021660) and receive 5% case discount			
	Ingredients: Dry Roasted sunflower seeds, evaporated cane juice, sunflower oil, salt.			
021690	SUNFLOWER BUTTER, OG, NS	.16 oz	5.10/ea	5.10
	▶Order 12 of this item (021690) and receive 5% case discount			
	Ingredients: Dry Roasted sunflower seeds, sunflower oil.			

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Ingredient lists provided for reference purposes and may vary slightly

NUTS

- Nuts are raw unless otherwise stated. Please refrigerate your nuts after purchase.
- Almonds are pastuerized as required by the Almond Board of California and the USDA.

030522	ALMOND MEAL, BLANCHED	.5#	6.00/lb	30.00
032522	ALMOND MEAL, BLANCHED	.25#	5.00/lb	125.00
031121	ALMOND MEAL, NATURAL	.5#	5.60/lb	28.00
032520	ALMOND MEAL, NATURAL	.25#	4.80/lb	120.00
030316	ALMONDS, SLICED, BLANCHED	.3#	6.00/lb	18.00
120014	ALMONDS, SLICED, BLANCHED	.25#	4.80/lb	120.00
030314	ALMONDS, SLICED, NATURAL	.3#	6.00/lb	18.00
030015	ALMONDS, SLICED, NATURAL	.25#	5.00/lb	125.00

Orders - Information
Current Prices
1-800-456-7694
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RS=Roasted,
Salted

RNS=
Roasted, No
Salt

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUTS, CONTINUED</u>				
030312	ALMONDS, SLIVERED, BLANCHED	.3#	6.20/lb	18.60
120012	ALMONDS, SLIVERED, BLANCHED	.25#	5.20/lb	130.00
030205	ALMONDS, WHOLE	.2#	6.50/lb	13.00
031148	ALMONDS, WHOLE	.5#	6.00/lb	30.00
030005	ALMONDS, WHOLE	.25#	5.30/lb	132.50
030006	ALMONDS, WHOLE	.50#	4.90/lb	245.00
030100	ALMONDS, WHOLE, OG	.1#	12.00/lb	12.00
030300	ALMONDS, WHOLE, OG	.3#	11.00/lb	33.00
032500	ALMONDS, WHOLE, OG	.25#	10.00/lb	250.00
030125	BRAZIL NUTS, WHOLE	.10 oz	6.00/ea	6.00
	►Order 12 of this item (030125) and receive 15% case discount			
030325	BRAZIL NUTS, WHOLE	.3#	8.00/lb	24.00
030025	BRAZIL NUTS, WHOLE, VAC PAC	.44#	7.25/lb	319.00
030123	BRAZIL NUTS, WHOLE, OG	.1#	13.25/lb	13.25
030323	BRAZIL NUTS, WHOLE, OG	.3#	12.60/lb	37.80
034425	BRAZIL NUTS, WHOLE, OG	.44#	11.25/lb	495.00
030162	CASHEWS, LARGE PIECES	.10 oz	4.60/ea	4.60
	►Order 12 of this item (030162) and receive 15% case discount			
030362	CASHEWS, LARGE PIECES	.3#	6.75/lb	20.25
030030	CASHEWS, LARGE PIECES	.25#	6.00/lb	150.00
030346	CASHEWS, LARGE PIECES, OG	.3#	7.75/lb	23.25
032546	CASHEWS, LARGE PIECES, OG	.25#	7.00/lb	175.00
030151	CASHEWS, WHOLE LARGE, 320's	.10 oz	5.40/ea	5.40
	►Order 12 of this item (030151) and receive 15% case discount			
030350	CASHEWS, WHOLE LARGE, 320's	.3#	7.25/lb	21.75
030050	CASHEWS, WHOLE LARGE, 320's	.25#	7.00/lb	175.00
030345	CASHEWS, WHOLE, OG	.3#	8.80/lb	26.40
032577	CASHEWS, WHOLE, OG	.25#	8.40/lb	210.00
030248	CASHEWS, WHOLE RNS	.2#	9.75/lb	19.50
030343	CASHEWS, WHOLE LARGE, RS	.3#	10.20/lb	30.60
030040	CASHEWS, WHOLE LARGE, RS	.25#	9.20/lb	230.00
030365	FILBERTS, WHOLE	.3#	8.00/lb	24.00
030065	FILBERTS, WHOLE	.25#	7.60/lb	190.00
030155	FILBERTS, WHOLE, OG	.1#	13.00/lb	13.00
030355	FILBERTS, WHOLE, OG	.3#	12.00/lb	36.00
032568	FILBERTS, WHOLE, OG	.25#	11.20/lb	280.00
030267	MACADAMIA, RAW, HALVES	.2#	13.75/lb	27.50
160380	MIXED NUTS DELUXE, RAW	.3#	7.50/lb	22.50
162580	MIXED NUTS DELUXE, RAW	.25#	7.00/lb	175.00

Ingredients: Almonds, Brazil nuts, walnuts, pecans, cashews, filberts.

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUTS, CONTINUED</u>				
030185	MIXED NUTS DELUXE, RAW, OG	.1#	13.50/lb	13.50
030385	MIXED NUTS DELUXE, RAW, OG	.3#	11.50/lb	34.50
	Ingredients: Organic nuts: Almonds, Brazil nuts, walnuts, pecans, cashews, filberts.			
030247	MIXED NUTS FANCY, RS	.2#	10.50/lb	21.00
032560	MIXED NUTS FANCY, RS	.25#	9.00/lb	225.00
	Ingredients: Cashews 240's, almonds, Brazil nuts, filberts, pecans, peanut oil, salt.			
030268	MIXED NUTS, 50% PEANUTS, RS	.2#	6.60/lb	13.20
030250	MIXED NUTS, 50% PEANUTS, RS	.25#	5.80/lb	145.00
	Ingredients: Peanuts, almonds, Brazil nuts, cashews, filberts, pecans, peanut oil, and salt.			
030597	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.5#	2.00/lb	10.00
030095	PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter	.30#	1.50/lb	45.00
030565	PEANUTS, 1/2's, DRY ROAST, NS, OG	.5#	4.00/lb	20.00
033065	PEANUTS, 1/2's, DRY ROAST, NS, OG	.30#	3.30/lb	99.00
030575	PEANUTS, REDSKIN, RAW	.5#	2.65/lb	13.25
030070	PEANUTS, REDSKIN, RAW	.30#	2.20/lb	66.00
030593	PEANUTS, SPANISH, RAW	.5#	3.00/lb	15.00
030072	PEANUTS, SPANISH, RAW	.30#	2.70/lb	81.00
030536	PEANUTS, SPANISH, RS	.5#	3.30/lb	16.50
030037	PEANUTS, SPANISH, RS	.25#	2.90/lb	72.50
030583	PEANUTS, WHOLE, BLANCHED, RNS	.5#	3.25/lb	16.25
030085	PEANUTS, WHOLE, BLANCHED, RNS	.25#	2.80/lb	70.00
030577	PEANUTS, WHOLE, BLANCHED, RS	.5#	3.25/lb	16.25
030080	PEANUTS, WHOLE, BLANCHED, RS	.25#	2.75/lb	68.75
030236	PECAN MEAL, FANCY	.2#	5.50/lb	11.00
031136	PECAN MEAL, FANCY	.5#	5.00/lb	25.00
030135	PECAN MEAL, FANCY	.30#	4.70/lb	141.00
030224	PECANS, 1/2's, JUMBO, FANCY	.2#	9.75/lb	19.50
030524	PECANS, 1/2's, JUMBO, FANCY	.5#	9.20/lb	46.00
032808	PECANS, 1/2's, JUMBO, FANCY	.30#	8.67/lb	260.00
030230	PECANS, LARGE PIECES, FANCY	.2#	9.50/lb	19.00
030530	PECANS, LARGE PIECES, FANCY	.5#	8.70/lb	43.50
030130	PECANS, LARGE PIECES, FANCY	.30#	8.40/lb	252.00
031604	PECANS, 1/2's, OG	.1#	14.00/lb	14.00
030204	PECANS, 1/2's, OG	.2#	13.00/lb	26.00
030832	PINE NUTS, LARGE, CHINESE	.8 oz	9.50/ea	9.50
030232	PINE NUTS, LARGE, CHINESE	.2#	17.00/lb	34.00
030138	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.10 oz	6.00/ea	6.00
	►Order 12 of this item (030138) and receive 15% case discount			
030338	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.3#	8.00/lb	24.00
030140	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.25#	7.20/lb	180.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUTS, CONTINUED</u>				
030244	PISTACHIOS, SHELLED, RAW	.2#	13.00/lb	26.00
032243	PISTACHIOS, SHELLED, RAW	.25#	11.60/lb	290.00
030243	PISTACHIOS, SHELLED, RS	.2#	14.00/lb	28.00
030143	PISTACHIOS, SHELLED, RS	.25#	12.00/lb	300.00
030576	WALNUTS, BLACK FANCY, LARGE PIECES	.5#	9.50/lb	47.50
030168	WALNUTS, HALVES & PIECES	.10oz	3.50/ea	3.50
	►Order 12 of this item (030168) and receive 15% case discount			
030364	WALNUTS, HALVES & PIECES	.3#	4.60/lb	13.80
030165	WALNUTS, HALVES & PIECES	.25#	4.20/lb	105.00
030190	WALNUTS, HALVES & PIECES, OG	.1#	13.00/lb	13.00
030390	WALNUTS, HALVES & PIECES, OG	.3#	11.50/lb	34.50
032590	WALNUTS, HALVES & PIECES, OG	.25#	9.80/lb	245.00

DRIED FRUIT

- All of our fruit is unsulphured unless otherwise noted.
- We are often asked, "Do your organic dried fruits contain sulphur?" The answer is that any food designated *organic* cannot contain sulphur. *Organic* fruit is always *unsulphured*.
- During the drying process our imported tropical fruit, including pineapple and papaya, is dipped into a sugar solution. It is labeled as "low sugar" by industry standards.

040507	APPLES, DICES, NATURAL	.5#	5.00/lb	25.00
040206	APPLES, DICES, NATURAL	.25#	4.00/lb	100.00
040537	APPLE DICES, OG	.5#	7.00/lb	35.00
042537	APPLE DICES, OG	.25#	6.40/lb	160.00
130135	APPLES, RINGS, NATURAL	.5#	5.50/lb	27.50
040010	APPLES, RINGS, NATURAL	.25#	5.00/lb	125.00
040535	APPLES, RINGS, OG	.5#	8.00/lb	40.00
040513	APRICOTS, 1/2's, SULPHURED, FANCY	.5#	10.00/lb	50.00
041130	APRICOTS, 1/2's, NATURAL	.5#	10.25/lb	51.25
040030	APRICOTS, 1/2's, NATURAL	.25#	9.60/lb	240.00
040113	APRICOTS, TURKISH, OG	.16 oz	4.00/ea	4.00
	►Order 12 of this item (040113) and receive 15% case discount			
045513	APRICOTS, TURKISH, OG	.5#	3.60/lb	18.00
040013	APRICOTS, TURKISH, OG	.28#	3.00/lb	84.00
130105	APRICOTS, TURKISH, SULPHURED	.16oz	4.75/ea	4.75
	►Order 12 of this item (130105) and receive 15% case discount			
040539	APRICOTS, TURKISH, SULPHURED	.5#	3.80/lb	19.00
040015	APRICOTS, TURKISH, SULPHURED	.28#	2.84/lb	79.50
040280	BANANA CHIPS, SWEETENED, IMP, OG	.2#	2.95/lb	5.90
041470	BANANA CHIPS, SWEETENED, IMP, OG	.14#	2.40/lb	33.60
	Ingredients: Organic bananas, organic coconut oil, sugar.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>DRIED FRUITS, CONTINUED</u>				
130012	BANANA CHIPS, SWEETENED, IMP	.2#	2.70/lb	5.40
040035	BANANA CHIPS, SWEETENED, IMP Ingredients: Bananas, vegetable (coconut) oil, sugar, banana flavor.	.14#	1.90/lb	26.60
130220	BANANA CHIPS, UNSWEETENED, IMP	.2#	2.60/lb	5.20
040048	BANANA CHIPS, UNSWEETENED, IMP Ingredients: Bananas, coconut oil.	.14#	1.95/lb	27.30
040116	BANANA SPLITS, NATURAL, NO SUGAR, IMP	.1#	7.00/lb	7.00
046616	BANANA SPLITS, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.6.6#	6.25/lb	41.25
040108	BLUEBERRIES, JUICE SWEETENED	.1#	10.00/lb	10.00
040508	BLUEBERRIES, JUICE SWEETENED	.5#	8.00/lb	40.00
042508	BLUEBERRIES, JUICE SWEETENED	.25#	7.00/lb	175.00
040166	CHERRIES, SWEET (BING), UNSWEETENED, MI	.1#	9.00/lb	9.00
040110	CHERRIES, TART, JUICE SWEETENED Ingredients: Cherries, apple juice concentrate, sunflower oil.	.1#	9.00/lb	9.00
040560	CHERRIES, TART, SUGAR SWEETENED	.5#	8.00/lb	40.00
040168	CHERRIES, TART, UNSWEETENED	.1#	19.50/lb	19.50
040233	CHERRIES, TART, UNSWEETENED	.10#	18.25/lb	182.50
040367	COCONUT, CHIPS, IMP (Unsweetened)	.3#	3.00/lb	9.00
040065	COCONUT, CHIPS, IMP (Unsweetened) Coconut chips are shaved. Most commonly used in nut and seed mixes.	.25#	2.40/lb	60.00
040365	COCONUT, CHIPS, OG	.3#	3.60/lb	10.80
042565	COCONUT, CHIPS, OG	.25#	2.70/lb	67.50
040540	COCONUT, MACAROON, IMP (Unsweetened)	.5#	3.00/lb	15.00
040050	COCONUT, MACAROON, IMP (Unsweetened) Coconut macaroon is very fine grated, dessicated (dehydrated) coconut.	.25#	2.20/lb	55.00
041155	COCONUT, MEDIUM, IMP (Unsweetened)	.5#	3.00/lb	15.00
040055	COCONUT, MEDIUM, IMP (Unsweetened) Coconut medium is small shredded pieces of dessicated (dehydrated) coconut.	.25#	2.20/lb	55.00
040575	COCONUT, MEDIUM, OG	.5#	3.20/lb	16.00
042575	COCONUT, MEDIUM, OG	.25#	2.40/lb	60.00
040133	CRANBERRIES, JUICE SWEETENED	.1#	4.70/lb	4.70
040533	CRANBERRIES, JUICE SWEETENED	.5#	4.20/lb	21.00
042533	CRANBERRIES, JUICE SWEETENED	.25#	4.00/lb	100.00
040525	CRANBERRIES, SUGAR SWEETENED	.5#	3.40/lb	17.00
042545	CRANBERRIES, SUGAR SWEETENED Ingredients: Cranberries, sugar, sunflower oil.	.25#	2.65/lb	66.25
040165	CRANBERRIES, SUGAR SWEETENED, OG	.1#	6.75/lb	6.75
040565	CRANBERRIES, SUGAR SWEETENED, OG	.5#	5.50/lb	27.50
041065	CRANBERRIES, SUGAR SWEETENED, OG Ingredients: Organic cranberries, organic sugar, organic sunflower oil.	.10#	5.20/lb	52.00
040582	CURRANTS, ZANTE, OG	.5#	3.70/lb	18.50
040337	CURRANTS, ZANTE, OG Zante currants come from a small, seedless variety of grape; not related to the currant berry.	30#	3.00/lb	90.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>DRIED FRUITS, CONTINUED</u>				
• All of our California dates are hydrated before shipping to make them soft and moist.				
040585	DATE ALMOND COCONUT ROLLS, OG	.5#	4.65/lb	23.25
040125	DATE ALMOND COCONUT ROLLS, OG	.18#	4.15/lb	74.70
040587	DATE COCONUT ROLLS, OG	.5#	4.10/lb	20.50
040087	DATE COCONUT ROLLS, OG	.15#	3.80/lb	57.00
040801	DATE PECAN LOGS, OG	.12 oz	5.50/ea	5.50
040523	DATE PIECES IN OAT FLOUR	.5#	2.65/lb	13.25
030035	DATE PIECES IN OAT FLOUR	.30#	2.00/lb	60.00
040520	DATE PIECES IN OAT FLOUR, OG	.5#	4.50/lb	22.50
040120	DATE PIECES IN OAT FLOUR, OG	.30#	3.50/lb	105.00
The oat flour used on the organic date pieces is organic.				
040579	DATE PASTE	.5#	2.70/lb	13.50
040515	DATES, CHOPPED, WITH RICE FLOUR	.5#	2.75/lb	13.75
042715	DATES, CHOPPED, WITH RICE FLOUR	.27.5#	2.10/lb	57.75
040581	DATES, DEGLET NOOR, PITTED	.5#	3.00/lb	15.00
040081	DATES, DEGLET NOOR, PITTED	.15#	2.75/lb	41.25
040505	DATES, DEGLET NOOR, PITTED, OG	.5#	4.65/lb	23.25
040105	DATES, DEGLET NOOR, PITTED, OG	.15#	4.25/lb	63.75
040083	DATES, DEGLET NOOR, WITH PIT	.15#	2.35/lb	35.25
040501	DATES, HARD PACK, PITTED, IMP	.5#	3.50/lb	17.50
042200	DATES, HARD PACK, PITTED, IMP	.15#	2.25/lb	33.75
Imported dates are not hydrated, therefore they are very dry, but nice and sweet.				
040091	DATES, HALAWI, W/PIT, OG	.15#	2.95/lb	44.25
040090	DATES, KHADRAWI, W/PIT, OG	.15#	2.75/lb	41.25
040584	DATES, MEDJOO, CHOICE, W/PIT, OG	.5#	5.00/lb	25.00
040084	DATES, MEDJOO, CHOICE, W/PIT, OG	.15#	4.20/lb	63.00
041575	DATES, ZAHIDI, OG	.15#	2.75/lb	41.25
040531	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.5#	5.00/lb	25.00
040135	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.30#	4.67/lb	140.00
045516	FIGS, BLACK MISSION, X-CHOICE, OG	.5#	5.80/lb	29.00
040516	FIGS, BLACK MISSION, X-CHOICE, OG	.30#	5.20/lb	156.00
040578	FIGS, GOLDEN, OG	.5#	5.60/lb	28.00
043078	FIGS, GOLDEN, OG	.30#	5.20/lb	156.00
040543	FIGS, TURKISH, OG	.5#	5.00/lb	25.00
040143	FIGS, TURKISH, OG	.28#	4.50/lb	126.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
041154	FRUIT MEDLEY, SULPHURED Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples, sulphur.	5#	6.40/lb	32.00
041151	FRUIT MEDLEY, NATURAL	5#	6.00/lb	30.00
040153	FRUIT MEDLEY, NATURAL Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples.	.25#	5.60/lb	140.00
040129	GINGER SLICES, LOW SUGAR, IMP.	1#	5.00/lb	5.00
040529	GINGER SLICES, LOW SUGAR, IMP. Ingredients: Ginger, cane sugar, citric acid. (Sulphur less than 10 ppm.)	.5#	3.80/lb	19.00
040217	MANGO CHUNKS, LOW SUGAR, IMP. Ingredients: Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.50/lb	17.50
043586	MANGO SLICES, LOW SUGAR, IMP. Ingredients: Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.50/lb	17.50
040544	MANGO SLICES, NATURAL, NO SUGAR, IMP	.5#	8.00/lb	40.00
041141	MIXED FRUIT, SULPHURED Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots, sulphur.	5#	6.00/lb	30.00
041148	MIXED FRUIT, NATURAL	5#	6.50/lb	32.50
040160	MIXED FRUIT, NATURAL Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots.	.25#	5.40/lb	135.00
041144	NECTARINES, X-FANCY, SULPHURED	5#	7.75/lb	38.75
045295	PAPAYA CHUNKS, LOW SUGAR, IMP Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.5#	3.25/lb	16.25
045319	PAPAYA DICES, LOW SUGAR, IMP	.5#	3.25/lb	16.25
041619	PAPAYA DICES, LOW SUGAR, IMP ►Order 12 of this item (041619) and receive 15% case discount Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.16oz	4.25/ea	4.25
040590	PAPAYA SPEARS, LOW SUGAR, IMP	.5#	3.25/lb	16.25
041690	PAPAYA SPEARS, LOW SUGAR, IMP ►Order 12 of this item (041690) and receive 15% case discount Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.)	.16oz	4.25/ea	4.25
041146	PEACHES, X-FANCY, SULPHURED	5#	7.75/lb	38.75
041190	PEACHES, NATURAL	.5#	8.50/lb	42.50
040180	PEACHES, NATURAL	.25#	7.80/lb	195.00
040550	PEACHES, NATURAL, DICED	.5#	8.50/lb	42.50
042570	PEACHES, NATURAL, DICED	.25#	7.80/lb	195.00
041147	PEARS, X-FANCY, SULPHURED	5#	7.40/lb	37.00
041149	PEARS, NATURAL	.5#	8.00/lb	40.00
040190	PEARS, NATURAL	.25#	7.60/lb	190.00
045213	PINEAPPLE DICES, LOW SUGAR, IMP	.5#	3.25/lb	16.25
041605	PINEAPPLE DICES, LOW SUGAR, IMP ►Order 12 of this item (041605) and receive 15% case discount Ingredients: Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.)	.16oz	4.25/ea	4.25

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Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
040591	PINEAPPLE RINGS, LOW SUGAR, IMP	.5#	3.25/lb	16.25
041691	PINEAPPLE RINGS, LOW SUGAR, IMP	.16oz	4.25/lb	4.25
	▶Order 12 of this item (041691) and receive 15% case discount Ingredients: Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.)			
040412	PINEAPPLE SLICES, NATURAL, NO SUGAR, IMP	.4#	8.75/lb	35.00
	100% tropical; product of Costa Rica.			
045212	PINEAPPLE WEDGES, LOW SUGAR, IMP	.5#	3.25/lb	16.25
	Ingredients: Pineapple, sugar, citric acid. (Sulphur less than 10 ppm.)			
045316	PRUNES, PITTED, OG	.5#	5.70/lb	28.50
040316	PRUNES, PITTED, OG	.30#	5.00/lb	150.00
130167	PRUNES, PITTED, UNSORBATED	.5#	4.75/lb	23.75
040415	PRUNES, PITTED, UNSORBATED	.30#	3.75/lb	112.50
040548	RAISINS, BLACK FLAME, LARGE	.5#	2.80/lb	14.00
040347	RAISINS, BLACK FLAME, LARGE	.30#	2.40/lb	72.00
040545	RAISINS, CRIMSON JUMBO	.5#	2.50/lb	12.50
043055	RAISINS, CRIMSON JUMBO	.30#	2.20/lb	66.00
040519	RAISINS, GOLDEN, SULPHURED	.5#	3.00/lb	15.00
040318	RAISINS, GOLDEN, SULPHURED	.30#	2.65/lb	79.50
130322	RAISINS, THOMPSON	.16oz	3.25/ea	3.25
	▶Order 12 of this item (130322) and receive 15% case discount			
041320	RAISINS, THOMPSON	.5#	2.85/lb	14.25
040320	RAISINS, THOMPSON	.30#	2.50/lb	75.00
130344	RAISINS, THOMPSON, OG	.16oz	4.30/ea	4.30
	▶Order 12 of this item (130344) and receive 15% case discount			
130140	RAISINS, THOMPSON, OG	.5#	4.00/lb	20.00
040325	RAISINS, THOMPSON, OG	.30#	3.30/lb	99.00
040124	RAISINS, THOMPSON, JUMBO	.16 oz	3.40/ea	3.40
	▶Order 12 of this item (040124) and receive 15% case discount			
040524	RAISINS, THOMPSON, JUMBO	.5#	2.65/lb	13.25
040324	RAISINS, THOMPSON, JUMBO	.30#	2.20/lb	66.00
040127	RAISINS, THOMPSON, JUMBO, OG	.16 oz	4.70/ea	4.70
	▶Order 12 of this item (040127) and receive 15% case discount			
040527	RAISINS, THOMPSON, JUMBO, OG	.5#	3.70/lb	18.50
043010	RAISINS, THOMPSON, JUMBO, OG	.30#	2.67/lb	80.00

STRETCH ISLAND FRUIT LEATHER

040434	APPLE	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apple puree concentrate, natural lemon juice concentrate, natural apple flavor.			
040422	APRICOT	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, apricots, pears, lemon juice.			
040432	CHERRY	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, cherries, orange puree, natural flavors.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>STRETCH ISLAND FRUIT LEATHER, CONTINUED</u>				
040426	GRAPE Ingredients: Apples, grapes, pears.	.30/0.5 oz	0.50/ea	15.00
040423	MIXED FLAVORS Mixed flavors contain 5 each of the following: apple, apricot, cherry, grape, raspberry, strawberry.	.30/.5 oz	0.60/ea	18.00
040430	RASPBERRY Ingredients: Apples, pears, raspberries, lemon juice.	.30/0.5 oz	0.50/ea	15.00
040425	STRAWBERRY Ingredients: Apples, pears, strawberries, natural flavors, lemon juice.	.30/0.5 oz	0.50/ea	15.00

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SEEDS

- Many of these seeds can be sprouted and put in salads.

051607	ALFALFA SEEDS, OG	.16oz	10.00/ea	10.00
050514	ALFALFA SEEDS, OG	.5#	9.00/lb	45.00
050006	ALFALFA SEEDS, OG	.25#	8.25/lb	206.25
050521	AMARANTH SEEDS, OG	.5#	2.45/lb	12.25
052513	AMARANTH SEEDS, OG	.25#	1.85/lb	46.25
051699	BROCCOLI SEEDS, OG (For sprouting)	.16 oz	12.25/ea	12.25
050394	BROCCOLI SEEDS, OG (For sprouting)	.3#	11.50/lb	34.50
050104	CHIA SEEDS, OG	.1#	3.50/lb	3.50
050504	CHIA SEEDS, OG	.5#	2.85/lb	14.25
050181	CLOVER SEEDS, RED, OG	.16 oz	7.75/ea	7.75
050534	CLOVER SEEDS, RED, OG	.5#	6.75/lb	33.75
050270	FENUGREEK SEEDS	.2#	4.25/lb	8.50
050518	FENUGREEK SEEDS	.5#	3.85/lb	19.25
050517	FLAX SEEDS, BROWN, OG	.5#	2.00/lb	10.00
050015	FLAX SEEDS, BROWN, OG	.25#	1.50/lb	37.50
050510	FLAX SEEDS, GOLDEN	.5#	1.45/lb	7.25
052510	FLAX SEEDS, GOLDEN	.25#	1.05/lb	26.25
051518	FLAX SEEDS, GOLDEN, OG	.5#	2.00/lb	10.00
052518	FLAX SEEDS, GOLDEN, OG	.25#	1.50/lb	37.50
050170	HEMP SEEDS, HULLED	.1#	8.50/lb	8.50
050370	HEMP SEEDS, HULLED	.3#	7.75/lb	23.25
050180	HEMP SEEDS, HULLED, OG	.1#	14.95/lb	14.95
050380	HEMP SEEDS, HULLED, OG	.3#	14.00/lb	42.00
050125	PEPITAS, PUMPKIN SEEDS, MEXICAN ▶ Order 12 of this item (050125) and receive 15% case discount	.10 oz	5.00/ea	5.00
050525	PEPITAS, PUMPKIN SEEDS, MEXICAN	.5#	6.50/lb	32.50
050025	PEPITAS, PUMPKIN SEEDS, MEXICAN	.25#	5.50/lb	137.50
050592	PEPITAS, PUMPKIN SEEDS, CHINA, OG	.5#	5.20/lb	26.00
052786	PEPITAS, PUMPKIN SEEDS, CHINA, OG	.27.5#	4.30/lb	118.25

RS =
Roasted
Salted
RNS =
Roasted No
Salt

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
SEEDS, CONTINUED				
330575	POPPY SEEDS, BLUE	5#	2.95/lb	14.75
050169	RADISH SEEDS, OG	16 oz	8.75/ea	8.75
050569	RADISH SEEDS, OG	5#	7.75/lb	38.75
051163	SESAME SEEDS, HULLED (WHITE)	5#	2.00/lb	10.00
050040	SESAME SEEDS, HULLED (WHITE)	.50#	1.40/lb	70.00
050540	SESAME SEEDS, HULLED (WHITE), OG	5#	3.25/lb	16.25
052539	SESAME SEEDS, HULLED (WHITE), OG	.25#	2.75/lb	68.75
050666	SESAME SEEDS, HULLED (WHITE), OG	6/16oz	3.50/ea	21.00
051167	SESAME SEEDS, NATURAL	5#	1.80/lb	9.00
050035	SESAME SEEDS, NATURAL	.50#	1.30/lb	65.00
050530	SESAME SEEDS, NATURAL, OG	5#	3.25/lb	16.25
055235	SESAME SEEDS, NATURAL, OG	.25#	2.75/lb	68.75
050664	SESAME SEEDS, NATURAL, OG	6/16oz	3.50/ea	21.00
050520	SESAME SEEDS, NATURAL, BLACK	5#	2.40/lb	12.00
<ul style="list-style-type: none"> All of our sunflower seeds are shelled. Roasted sunflower seeds are roasted in peanut oil. 				
050547	SUNFLOWER SEEDS (Raw)	5#	1.75/lb	8.75
050045	SUNFLOWER SEEDS (Raw)	.50#	1.30/lb	65.00
120080	SUNFLOWER SEEDS (Raw)	12/10 oz	1.38/ea	16.50
050573	SUNFLOWER SEEDS, OG (Raw)	5#	2.80/lb	14.00
050075	SUNFLOWER SEEDS, OG (Raw)	.25#	2.40/lb	60.00
120110	SUNFLOWER SEEDS, OG (Raw)	12/10oz	2.05/ea	24.60
050563	SUNFLOWER SEEDS, RNS	5#	3.40/lb	17.00
050065	SUNFLOWER SEEDS, RNS	.25#	2.94/lb	73.50
120090	SUNFLOWER SEEDS, RNS	12/10 oz	2.38/ea	28.50
051158	SUNFLOWER SEEDS, RS	5#	3.40/lb	17.00
050055	SUNFLOWER SEEDS, RS	.25#	2.94/lb	73.50
120085	SUNFLOWER SEEDS, RS	12/10 oz	2.38/ea	28.50

BEANS

- Many of our beans can be sprouted.
- Beans store very well in a cool, dry environment.

061108	ADZUKI BEANS, OG	5#	3.00/lb	15.00
060007	ADZUKI BEANS, OG	.25#	2.75/lb	68.75
060108	BEAN SOUP MIX, C.L., OG	16oz	3.60/ea	3.60
<p>►Order 12 of this item (060108) and receive 15% case discount</p>				
060508	BEAN SOUP MIX, C.L., OG	5#	3.00/lb	15.00
<p>Ingredients: Great northern, adzuki, pinto, black turtle, kidney, red lentils, barley.</p>				
068756	BLACK BEANS REFRIED, OG INSTANT	.6 oz	3.25/ea	3.25
061064	BLACK BEANS REFRIED, OG INSTANT	.10#	6.80/lb	68.00
<p>Ingredients: Precooked black beans, sea salt.</p>				

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
BEANS, CONTINUED				
060199	BLACK BEAN SOUP, OG (Dry mix)	1#	7.25/lb	7.25
	Ingredients: Organic precooked black beans, sea salt, organic spices, organic rice vinegar.			
061113	BLACK TURTLE BEANS, OG	5#	2.00/lb	10.00
060015	BLACK TURTLE BEANS, OG25#	1.75/lb	43.75
060596	BLACK-EYED PEAS, OG	5#	2.20/lb	11.00
060990	BLACK-EYED PEAS, OG25#	1.90/lb	47.50
061510	BUSH'S BEST BLACK BEANS, OG (Canned)	15 oz	1.75/ea	1.75
	►Order 12 of this item (061510) and receive 15% case discount			
	Ingredients: Prepared organic black beans, water, sea salt.			
061520	BUSH'S BEST GARBANZO BEANS, OG (Canned)	15 oz	1.75/ea	1.75
	►Order 12 of this item (061520) and receive 15% case discount			
	Ingredients: Prepared organic garbanzo beans, water, sea salt, calcium chloride (firming agent).			
061530	BUSH'S BEST KIDNEY BEANS, DARK RED, OG (Canned)	15 oz	1.75/ea	1.75
	►Order 12 of this item (061530) and receive 15% case discount			
	Ingredients: Prepared organic kidney beans, water, sea salt, calcium chloride (firming agent).			
061640	BUSH'S BEST PINTO BEANS, OG (Canned)	15 oz	1.75/ea	1.75
	►Order 12 of this item (061540) and receive 15% case discount			
	Ingredients: Prepared organic pinto beans, water, sea salt.			
060513	CANNELLINI BEANS, WHITE KIDNEY	5#	2.30/lb	11.50
062513	CANNELLINI BEANS, WHITE KIDNEY25#	2.00/lb	50.00
060581	CRANBERRY BEANS, OG	5#	2.45/lb	12.25
060087	CRANBERRY BEANS, OG25#	2.15/lb	53.75
060538	FAVA BEANS, OG	5#	1.95/lb	9.75
065527	GARBANZO, CHICKPEAS, OG	5#	1.85/lb	9.25
060027	GARBANZO, CHICKPEAS, OG25#	1.55/lb	38.75
060530	GREAT NORTHERN BEANS, OG	5#	2.20/lb	11.00
060030	GREAT NORTHERN BEANS, OG25#	1.90/lb	47.50
061133	KIDNEY BEANS, DARK RED, OG	5#	2.85/lb	14.25
060035	KIDNEY BEANS, DARK RED, OG25#	2.50/lb	62.50
060541	KIDNEY BEANS, LIGHT RED	5#	1.85/lb	9.25
060040	KIDNEY BEANS, LIGHT RED25#	1.55/lb	38.75
060539	KIDNEY BEANS, LIGHT RED, OG	5#	2.20/lb	11.00
062539	KIDNEY BEANS, LIGHT RED, OG25#	1.90/lb	47.50
060576	LENTILS, FRENCH, OG	5#	2.00/lb	10.00
062574	LENTILS, FRENCH, OG25#	1.70/lb	42.50
060544	LENTILS, GREEN	5#	1.40/lb	7.00
060045	LENTILS, GREEN25#	1.20/lb	30.00
060546	LENTILS, GREEN, OG	5#	2.00/lb	10.00
060047	LENTILS, GREEN, OG25#	1.70/lb	42.50
060548	LENTILS, RED	5#	1.75/lb	8.75
060049	LENTILS, RED25#	1.45/lb	36.25

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
BEANS, CONTINUED				
060549	LENTILS, RED, OG	.5#	2.20/lb	11.00
062549	LENTILS, RED, OG	.25#	1.90/lb	47.50
060557	LIMA BEANS, BABY, OG	.5#	2.20/lb	11.00
060051	LIMA BEANS, BABY, OG	.25#	1.90/lb	47.50
061155	MUNG BEANS, OG	.5#	1.90/lb	9.50
060055	MUNG BEANS, OG	.25#	1.70/lb	42.50
061167	NAVY BEANS, OG	.5#	1.75/lb	8.75
060060	NAVY BEANS, OG	.25#	1.50/lb	37.60
060571	PEAS, GREEN SPLIT	.5#	1.25/lb	6.25
060070	PEAS, GREEN SPLIT	.25#	0.95/lb	23.75
061174	PEAS, GREEN SPLIT, OG	.5#	1.40/lb	7.00
060072	PEAS, GREEN SPLIT, OG	.25#	1.15/lb	28.75
060593	PEAS, GREEN WHOLE, OG	.5#	1.20/lb	6.00
060076	PEAS, GREEN WHOLE, OG	.25#	0.90/lb	22.50
060574	PEAS, YELLOW SPLIT, OG	.5#	1.45/lb	7.25
060077	PEAS, YELLOW SPLIT, OG	.25#	1.15/lb	28.75
061183	PINTO BEANS, OG	.5#	1.90/lb	9.50
060080	PINTO BEANS, OG	.25#	1.60/lb	40.00
068752	PINTO BEANS REFRIED, OG, INSTANT	.6 oz	3.25/ea	3.25
061070	PINTO BEANS REFRIED, OG, INSTANT	.10#	6.80/lb	68.00
Ingredients: Precooked pinto beans, sea salt.				
060589	SMALL RED BEANS, OG	.5#	1.95/lb	9.75
060089	SMALL RED BEANS, OG	.25#	1.70/lb	42.50
061197	SOY BEANS, OG	.5#	1.80/lb	9.00
060095	SOY BEANS, OG	.25#	1.50/lb	37.50

GRAINS AND HOT CEREALS

080510	4-GRAIN FLAKES	.5#	1.20/lb	6.00
082510	4-GRAIN FLAKES	.25#	0.85/lb	21.25
Ingredients: Barley rolled flakes, rolled oats, rye rolled flakes, wheat rolled flakes, sunflower seeds.				
070800	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	1.6#	2.00/lb	3.20
075001	7-GRAIN CEREAL (FLAKES) WITH FLAX SEED	.50#	0.95/lb	47.50
Ingredients: Hard red wheat, oat groats, triticale, barley, rye, soft white wheat, spelt, flax seed.				
070213	7-GRAIN CEREAL, OG	.2#	2.75/lb	5.50
070513	7-GRAIN CEREAL, OG	.5#	2.25/lb	11.25
072513	7-GRAIN CEREAL, OG	.25#	2.00/lb	50.00
Ingredients: Cracked wheat, rye grits, barley grits, millet, cornmeal, flax, and steel cut oats.				
<i>Cooking Instructions:</i> Use 1 part cereal to 4 parts boiling water & simmer 20-40 minutes (or cook overnight in a crockpot).				
071110	BARLEY, HULLED, OG	.5#	1.00/lb	5.00
070004	BARLEY, HULLED, OG	.25#	0.65/lb	16.25
Hulled barley is similar to pearled barley, but is less refined.				

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
GRAINS AND HOT CEREALS, CONTINUED				
080504	BARLEY, ROLLED FLAKES	.5#	0.80/lb	4.00
080004	BARLEY, ROLLED FLAKES	.50#	0.40/lb	20.00
080519	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.5#	3.25/lb	16.25
082505	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.25#	2.75/lb	68.75
080525	BUCKWHEAT, HULLED WHITE, OG	.5#	2.80/lb	14.00
082520	BUCKWHEAT, HULLED WHITE, OG	.25#	2.30/lb	57.50
080521	BUCKWHEAT, UNHULLED, OG (For Sprouting)	.5#	1.75/lb	8.75
080501	BULGUR WHEAT, CRACKED, COARSE GRIND	.5#	0.80/lb	4.00
080030	BULGUR WHEAT, CRACKED, COARSE GRIND	.50#	0.50/lb	25.00
Our bulgur is made from hard red winter wheat. It is cooked, then cracked, and considered a coarse grind.				
070520	CORN GRITS, YELLOW, OG	.5#	1.10/lb	5.50
072520	CORN GRITS, YELLOW, OG	.25#	0.80/lb	20.00
070512	CORN, WHOLE, YELLOW, OG	.5#	1.00/lb	5.00
070012	CORN, WHOLE, YELLOW, OG	.50#	0.70/lb	35.00
080534	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.5#	1.00/lb	5.00
080033	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.25#	0.80/lb	20.00
080554	COUSCOUS, SEMOLINA	.5#	1.65/lb	8.25
080044	COUSCOUS, SEMOLINA	.50#	1.35/lb	67.50
080565	COUSCOUS, SEMOLINA, OG	.5#	2.05/lb	10.25
080064	COUSCOUS, SEMOLINA, OG	.50#	1.75/lb	87.50
080574	COUSCOUS, WHOLE WHEAT	.5#	1.65/lb	8.25
085574	COUSCOUS, WHOLE WHEAT	.50#	1.35/lb	67.50
070084	COUSCOUS, WHOLE WHEAT, OG	.5#	2.05/lb	10.25
075084	COUSCOUS, WHOLE WHEAT, OG	.50#	1.75/lb	87.50
080513	KAMUT KHORASAN WHEAT, OG	.5#	1.45/lb	7.25
082515	KAMUT KHORASAN WHEAT, OG	.25#	1.05/lb	26.25
Kamut® is a registered trademark of Kamut, International Ltd.				
071116	MILLET, HULLED, OG	.5#	1.40/lb	7.00
070014	MILLET, HULLED, OG	.25#	1.15/lb	28.75
070620	MILLET, HULLED, OG	.6/16oz	1.65/ea	9.90
072500	OAT BRAN	.25#	1.00/lb	25.00
085000	OAT BRAN	.50#	0.75/lb	37.50
080544	OAT BRAN, OG	.4.5#	1.90/lb	8.55
080142	OAT BRAN, OG	.25#	1.40/lb	35.00
085042	OAT BRAN, OG	.50#	1.25/lb	62.50
080559	OAT GROATS, STEEL CUT	.5#	1.00/lb	5.00
080157	OAT GROATS, STEEL CUT	.25#	0.70/lb	17.50
085057	OAT GROATS, STEEL CUT	.50#	0.50/lb	25.00

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GRAINS AND HOT CEREALS, CONTINUED				
070547	OAT GROATS, STEEL CUT, OG	.5#	1.30/lb	6.50
072539	OAT GROATS, STEEL CUT, OG	.25#	1.10/lb	27.50
075039	OAT GROATS, STEEL CUT, OG	.50#	0.95/lb	47.50
070534	OAT GROATS, WHOLE	.5#	1.00/lb	5.00
070125	OAT GROATS, WHOLE	.25#	0.70/lb	17.50
075025	OAT GROATS, WHOLE	.50#	0.50/lb	25.00
070582	OAT GROATS, WHOLE, OG	.5#	1.30/lb	6.50
080159	OAT GROATS, WHOLE, OG	.25#	1.10/lb	27.50
075059	OAT GROATS, WHOLE, OG	.50#	0.95/lb	47.50
<ul style="list-style-type: none"> • All rolled oats are processed in a similar manner; the difference is in the thickness of the cut. 				
080537	OATS, QUICK ROLLED	.5#	0.85/lb	4.25
080137	OATS, QUICK ROLLED	.25#	0.55/lb	13.75
080037	OATS, QUICK ROLLED	.50#	0.45/lb	22.50
080556	OATS, QUICK ROLLED, OG	.5#	1.25/lb	6.25
080056	OATS, QUICK ROLLED, OG	.25#	1.00/lb	25.00
080055	OATS, QUICK ROLLED, OG	.50#	0.95/lb	47.50
080540	OATS, REGULAR ROLLED	.5#	0.85/lb	4.25
080139	OATS, REGULAR ROLLED	.25#	0.55/lb	13.75
080040	OATS, REGULAR ROLLED	.50#	0.45/lb	22.50
080552	OATS, REGULAR ROLLED, OG	.5#	1.25/lb	6.25
082552	OATS, REGULAR ROLLED, OG	.25#	1.00/lb	25.00
080052	OATS, REGULAR ROLLED, OG	.50#	0.95/lb	47.50
080550	OATS, THICK ROLLED	.5#	0.85/lb	4.25
080050	OATS, THICK ROLLED	.50#	0.45/lb	22.50
080558	OATS, THICK ROLLED, OG	.5#	1.25/lb	6.25
085058	OATS, THICK ROLLED, OG	.50#	0.95/lb	47.50
070538	POPCORN, WHITE (Non-GMO)	.5#	1.10/lb	5.50
070035	POPCORN, WHITE (Non-GMO)	.50#	0.80/lb	40.00
070533	POPCORN, YELLOW (Non-GMO)	.5#	1.10/lb	5.50
070030	POPCORN, YELLOW (Non-GMO)	.50#	0.80/lb	40.00
070560	POPCORN, YELLOW, OG.	.5 #	1.50/lb	7.50
075063	POPCORN, YELLOW, OG.	.50#	1.15/lb	57.50
073206	POPCORN, YELLOW, OG.	.6/32 oz	3.50/ea	21.00
201212	POPCORN, YELLOW, CAMEL (non-GMO)	.5#	1.20/lb	6.00
075058	POPCORN, YELLOW, CAMEL (non-GMO)	.50#	0.90/lb	45.00
"Caramel" popcorn is an extra large, slightly tougher, popcorn used for commercial caramel corn.				
080562	QUINOA, OG, Pronounced "Keen-wa"	.5#	2.85/lb	14.25
082564	QUINOA, OG, Pronounced "Keen-wa"	.25#	2.40/lb	60.00
081606	QUINOA, OG, Pronounced "Keen-wa"	.16oz	3.75/ea	3.75

When cooking quinoa, use 2 parts water to 1 part grain.

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<p>• All of our rice is brown unless it is stated otherwise.</p>				
070568	RICE, BASMATI, LUNDBERG	5#	1.70/lb	8.50
070064	RICE, BASMATI, LUNDBERG	.25#	1.45/lb	36.25
072564	RICE, BASMATI, LUNDBERG, OG	.25#	2.15/lb	53.75
070564	RICE, BASMATI, OG	5#	2.40/lb	12.00
075082	RICE, BASMATI, OG	.50#	2.10/lb	105.00
070561	RICE, BASMATI, WHITE, LUNDBERG	5#	1.85/lb	9.25
070063	RICE, BASMATI, WHITE, LUNDBERG	.25#	1.60/lb	40.00
072565	RICE, BASMATI, WHITE, LUNDBERG, OG	.25#	2.40/lb	60.00
070565	RICE, BASMATI, WHITE, OG	5#	2.65/lb	13.25
075086	RICE, BASMATI, WHITE, OG	.50#	2.25/lb	112.50
070290	RICE, BLACK JAPONICA, LUNDBERG	.2#	2.60/lb	5.20
072590	RICE, BLACK JAPONICA, LUNDBERG	.25#	2.20/lb	55.00
070556	RICE, LONG, LUNDBERG	5#	1.55/lb	7.75
070054	RICE, LONG, LUNDBERG	.25#	1.25/lb	31.25
072547	RICE, LONG, LUNDBERG, OG	.25#	1.90/lb	47.50
070583	RICE, LONG, OG	5#	1.65/lb	8.25
070047	RICE, LONG, OG	.50#	1.35/lb	67.50
070537	RICE, SHORT, LUNDBERG	5#	1.45/lb	7.25
070059	RICE, SHORT, LUNDBERG	.25#	1.15/lb	28.75
072552	RICE, SHORT, LUNDBERG, OG	.25#	1.65/lb	41.25
070581	RICE, SHORT, OG	5#	1.90/lb	9.50
070052	RICE, SHORT, OG	.50#	1.65/lb	82.50
070061	RICE, SWEET, LUNDBERG	.25#	1.30/lb	32.50
070514	RICE, SWEET, LUNDBERG, OG	5#	2.05/lb	10.25
072562	RICE, SWEET, LUNDBERG, OG	.25#	1.89/lb	47.25
070250	RICE, WEHANI AROMATIC, LUNDBERG	.2#	2.70/lb	5.40
072550	RICE, WEHANI AROMATIC, LUNDBERG	.25#	2.28/lb	57.00
080582	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	5#	1.60/lb	8.00
075061	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.50#	1.20/lb	60.00
070155	RICE, WILD, EXTRA FANCY	1#	6.00/lb	6.00
070156	RICE, WILD, OG	1#	9.25/lb	9.25
080586	RICE, WILD, QUICK, 10 MINUTE	1#	8.00/lb	8.00
070280	RICE, WILD BLEND, LUNDBERG	.2#	3.50/lb	7.00
072580	RICE, WILD BLEND, LUNDBERG	.25#	3.00/lb	75.00

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Ingredient lists provided for reference purposes and may vary slightly

Ingredients: Long grain brown rice, sweet brown rice, wehani, black japonica, and wild rice pieces.

Orders - Information
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
GRAINS AND HOT CEREALS, CONTINUED				
070567	RYE BERRIES, OG	.5#	0.90/lb	4.50
070065	RYE BERRIES, OG	.25#	0.80/lb	20.00
080527	RYE, ROLLED FLAKES	.5#	0.95/lb	4.75
080027	RYE, ROLLED FLAKES	.50#	0.49/lb	24.50
080569	SOY GRITS, (Toasted)	.5#	1.30/lb	6.50
085065	SOY GRITS, (Toasted)	.50#	0.90/lb	45.00
070592	SPELT BERRIES, OG	.5#	2.00/lb	10.00
070095	SPELT BERRIES, OG	.25#	1.50/lb	37.50
<ul style="list-style-type: none"> • Our hard wheat berries are spring wheat (unless indicated otherwise), and are the wheat of choice when baking bread. Hard spring wheat has a high protein content essential for gluten development. Soft wheat berries (also called pastry wheat), have a lower protein content and are recommended for cookies, pie crusts, and lighter baked products. 				
071022	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.10#	0.70/lb	7.00
075070	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.50#	0.45/lb	22.50
072570	WHEAT BERRIES, BRONZE CHIEF (RED), OG	.25#	1.00/lb	25.00
070068	WHEAT BERRIES, HARD RED, OG	.25#	0.85/lb	21.25
075088	WHEAT BERRIES, HARD RED WINTER WHEAT, CCF	.50#	0.45/lb	22.50
070080	WHEAT BERRIES, HARD WHITE, OG	.25#	0.94/lb	23.50
071026	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.10#	0.75/lb	7.50
075085	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.50#	0.50/lb	25.00
072585	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.25#	1.20/lb	30.00
075090	WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG	.50#	1.05/lb	52.50
070572	WHEAT BERRIES, SOFT, WHITE, OG	.5#	1.10/lb	5.50
070072	WHEAT BERRIES, SOFT, WHITE, OG	.25#	0.75/lb	18.75
080524	WHEAT BRAN, OG	.2#	0.70/lb	1.40
080010	WHEAT BRAN, OG	.30#	0.40/lb	12.00
900561	WHEAT GERM, RAW	.5#	0.95/lb	4.75
900060	WHEAT GERM, RAW	.25#	0.55/lb	13.75
110041	WHEAT, CRACKED, OG (Labeled as "Wheat Cereal")	.2#	1.40/lb	2.80
080567	WHEAT, CRACKED, OG	4.5#	1.10/lb	4.95
080068	WHEAT, CRACKED, OG	.25#	0.95/lb	23.75
080270	WHEAT, CREAM OF, OG	.2#	1.50/lb	3.00
080570	WHEAT, CREAM OF, OG	.4#	1.25/lb	5.00
080070	WHEAT, CREAM OF, OG	.25#	1.05/lb	26.25
Cooking instructions: Bring one cup water with 1/4 to 1/3 cup cereal to a boil. Cook until it thickens.				
080523	WHEAT, WHITE, ROLLED FLAKES	.5#	0.70/lb	3.50
080125	WHEAT, WHITE, ROLLED FLAKES	.50#	0.45/lb	22.50

FLOUR

• We believe that whole grain breads are an essential part of a healthy physical body, and that Jesus Christ is the bread of life for a healthy spiritual life.

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092588	6-GRAIN FLOUR, OG (Whole Grain)25#	1.40/lb	35.00
	Ingredients: Wheat, rye, barley, corn, millet, buckwheat.			
090517	BARLEY FLOUR, OG5#	1.25/lb	6.25
090017	BARLEY FLOUR, OG25#	0.90/lb	22.50
090520	BUCKWHEAT FLOUR, OG5#	1.85/lb	9.25
090019	BUCKWHEAT FLOUR, OG25#	1.35/lb	33.75
090518	CORN FLOUR, YELLOW, OG5#	1.25/lb	6.25
092518	CORN FLOUR, YELLOW, OG25#	0.95/lb	23.75
092404	CORN FLOUR, SPROUTED, OG24 oz	3.40/ea	3.40
860230	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)2#	3.00/lb	6.00
091123	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)5#	2.50/lb	12.50
095024	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)50#	1.75/lb	87.50
092515	KAMUT KHORASAN FLOUR, OG25#	1.35/lb	33.75
093201	KHORASAN FLOUR, SPROUTED, OG2#	2.25/lb	4.50
090521	MILLET FLOUR, OG5#	1.50/lb	7.50
090504	OAT FLOUR, OG5#	1.30/lb	6.50
092504	OAT FLOUR, OG25#	1.05/lb	26.25
030572	POTATO FLOUR5#	2.10/lb	10.50
093202	RED RIFE FLOUR, SPROUTED, OG2#	2.13/lb	4.25
090508	RICE FLOUR, BROWN, OG5#	1.60/lb	8.00
092508	RICE FLOUR, BROWN, OG25#	1.35/lb	33.75
092405	RICE FLOUR, SPROUTED, OG (Gluten Free)24 oz	3.95/ea	3.95
090510	RYE FLOUR, DARK, OG5#	1.00/lb	5.00
090010	RYE FLOUR, DARK, OG25#	0.75/lb	18.75
093203	RYE FLOUR, SPROUTED, OG2#	2.13/lb	4.25
090516	SOY FLOUR, FULL FAT, OG4#	2.00/lb	8.00
092055	SOY FLOUR, FULL FAT, OG25#	1.65/lb	41.25
091160	SPELT FLOUR, OG5#	1.90/lb	9.50
090060	SPELT FLOUR, OG25#	1.60/lb	40.00
090570	SPELT FLOUR, SPROUTED, OG5#	2.60/lb	13.00
091165	SPELT FLOUR, WHITE, OG5#	2.25/lb	11.25
092565	SPELT FLOUR, WHITE, OG25#	1.85/lb	46.25

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
FLOUR, CONTINUED				
091006	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.10#	0.80/lb	8.00
095064	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED	.50#	0.60/lb	30.00
	Ingredients: Unbleached white flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid.			
110046	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.5#	1.35/lb	6.75
090020	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.25#	1.10/lb	27.50
090025	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)	.50#	1.05/lb	52.50
090550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE)	.5#	1.25/lb	6.25
092550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE)	.25#	0.95/lb	23.75
091000	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries)	.10#	0.70/lb	7.00
095068	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries)	.50#	0.50/lb	25.00
091002	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.10#	0.75/lb	7.50
095062	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries)	.50#	0.55/lb	27.50
095066	WHOLE WHEAT FLOUR, PRAIRIE GOLD, OG	.50#	1.10/lb	55.00
090132	WHOLE WHEAT FLOUR, OG	.5#	1.25/lb	6.25
090030	WHOLE WHEAT FLOUR, OG	.25#	1.00/lb	25.00
090035	WHOLE WHEAT FLOUR, OG	.50#	0.95/lb	47.50
090575	WHOLE WHEAT FLOUR, SPROUTED, OG	.5#	1.70/lb	8.50
090039	WHOLE WHEAT PASTRY FLOUR, OG	.5#	1.10/lb	5.50
090038	WHOLE WHEAT PASTRY FLOUR, OG	.25#	0.85/lb	21.25
090040	WHOLE WHEAT PASTRY FLOUR, OG	.50#	0.80/lb	40.00

PASTA

SEMOLINA PASTA

Durum is a type of wheat flour especially adapted to pasta because of its light texture. Semolina is made from partially refined Durum wheat. Ours is enriched with ferrous sulfate, niacin, thiamine, mononitrate, and riboflavin.

101601	ANGEL HAIR, OG	.1#	1.60/lb	1.60
	▶Order 20 of this item (101601) and receive 10% case discount			
101602	ELBOWS, OG	.1#	1.60/lb	1.60
	▶Order 12 of this item (101602) and receive 10% case discount			
101603	FARFALLE, OG	.1#	1.60/lb	1.60
	▶Order 12 of this item (101603) and receive 10% case discount			
101604	FETTUCINE, OG	.1#	1.60/lb	1.60
	▶Order 20 of this item (101604) and receive 10% case discount			
101605	LINGUINI, OG	.1#	1.60/lb	1.60
	▶Order 20 of this item (101605) and receive 10% case discount			
101606	PENNE RIGATE, OG	.1#	1.60/lb	1.60
	▶Order 12 of this item (101606) and receive 10% case discount			
101607	RIGATONI, OG	.1#	1.60/lb	1.60
	▶Order 12 of this item (101607) and receive 10% case discount			
101608	SHELLS, OG	.1#	1.60/lb	1.60
	▶Order 12 of this item (101608) and receive 10% case discount			
101609	SPAGHETTI, OG	.1#	1.60/lb	1.60
	▶Order 20 of this item (101609) and receive 10% case discount			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
PASTAS, CONTINUED				
101610	SPIRALE, OG1# ▶Order 12 of this item (101610) and receive 10% case discount Organic Semolina Ingredients: Organic semolina flour.		1.60/lb	1.60

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WHEAT FREE PASTA

101287	BROWN RICE PENNE, OG (Lundberg)12/12 oz		3.20/ea	38.40
101288	BROWN RICE ROTINI (SPIRAL), OG (Lundberg)12/10 oz		3.20/ea	38.40
101289	BROWN RICE SPAGHETTI, OG (Lundberg)12/10 oz Brown Rice Pasta Ingredients (Lundberg): Organic brown rice flour.		3.20/ea	38.40
101251	BROWN RICE ELBOWS, OG (Tinkyada)12/12 oz		3.60/ea	43.20
101252	BROWN RICE LASAGNA, OG (Tinkyada)12/10 oz		3.50/ea	42.00
101253	BROWN RICE PENNE, OG (Tinkyada)12/12 oz		3.60/ea	43.20
101254	BROWN RICE SPAGHETTI, OG (Tinkyada)12/12 oz		3.60/ea	43.20
101255	BROWN RICE SPIRAL, OG (Tinkyada)12/12 oz Brown Rice Pasta Ingredients (Tinkyada): Stone-ground organic brown rice.		3.60/ea	43.20
101256	BROWN RICE VEGGIE SPIRAL (Tinkyada)12/12 oz Ingredients: Stone-ground brown rice, carrot powder, tomato powder, spinach powder.		3.60/ea	43.20

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WHOLE WHEAT PASTA

- All of our whole wheat pastas are organic.

101620	LINGUINI, OG1# ▶Order 20 of this item (101620) and receive 10% case discount		1.60/lb	1.60
101621	PENNE RIGATE, OG1# ▶Order 12 of this item (101621) and receive 10% case discount		1.60/lb	1.60
101622	RIGATONI, OG1# ▶Order 12 of this item (101622) and receive 10% case discount		1.60/lb	1.60
101623	SHELLS, OG1# ▶Order 12 of this item (101623) and receive 10% case discount		1.60/lb	1.60
101624	SPAGHETTI, OG1# ▶Order 20 of this item (101624) and receive 10% case discount		1.60/lb	1.60
101625	SPIRALI, OG1# ▶Order 12 of this item (101625) and receive 10% case discount Organic Whole Wheat Pasta Ingredients: Organic whole durum flour, water.		1.60/lb	1.60

JUICE

- Juice Manufacturers: LKWD=Lakewood Juices.
- All of our juices are packaged in glass bottles. We cannot ship them by UPS.

141242	ALOE JUICE, PURE, OG12/12.5 oz		2.25/ea	27.00
143242	ALOE JUICE, PURE, OG12/32 oz Ingredients: Organic aloe vera juice, contains less than 1% of organic lemon juice.		5.25/ea	63.00
140020	APPLE JUICE, OG, LKWD (UNFILTERED)12/32 oz Ingredient: Fresh pressed juice and puree from whole ripe certified organic apples.		3.75/ea	45.00
140696	APPLE JUICE, OG, KNUDSEN (UNFILTERED)6/96 oz Ingredients: Juice from organic apples, ascorbic acid.		8.95/ea	53.70
140185	BEET JUICE CONCENTRATE, OG12.5 oz Ingredients: Organic beetroot juice concentrate, organic lemon juice (2%).		5.50/ea	5.50

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JUICES, CONTINUED				
143240	BEET JUICE, PURE, OG Ingredients: Organic beetroot juice, organic lemon juice (1%).	12/32 oz	5.00/ea	60.00
140060	BLACK CHERRY JUICE, LKWD Ingredient: Juice from whole ripe black cherries (dark sweet cherries).	12/32 oz	5.00/ea	60.00
140188	BLACK CHERRY JUICE CONCENTRATE, OG ►Order 12 of this item (140188) and receive 5% case discount Makes 1.5 qts when reconstituted.	12.5 oz	6.25/ea	6.25
143212	CHERRY JUICE CONCENTRATE (TART) Montmorency Variety (Not in glass; can be sent UPS)	.32 oz	21.50/ea	21.50
141266	CRANBERRY FUSION, OG Ingredients: Organic juice from whole ripe apples, cranberries, concord grapes, acerola cherry, rose hips and hibiscus extract.	12/12.5 oz	2.60/ea	31.20
140187	CRANBERRY JUICE CONCENTRATE, OG ►Order 12 of this item (140187) and receive 5% case discount Makes 1.5 qt (48 oz).	12.5 oz	9.50/ea	9.50
140072	CRANBERRY LEMONADE, OG, LKWD Ingredients: Certified organic fruit juice (organic pear, organic grape, organic lemon, organic pomegranate, and organic acerola cherry from concentrate); pure water, organic vegetable extract, organic hibiscus extract, organic rose hips and organic grape seed.	12/32 oz	2.60/ea	31.20
140071	CRANBERRY, PURE, LKWD. Ingredient: Fresh pressed juice from whole ripe cranberries. <i>Pure cranberry juice is 100% juice, not a concentrate. For best results, the label recommends diluting with 3-5 parts water or other fruit juice.</i>	12/32 oz	6.92/ea	83.00
143201	FRUIT GARDEN SUMMER GOLD, OG, LKWD Ingredients: Organic fruit juices (organic orange, organic pineapple, organic grape, organic apple, organic papaya, organic banana, organic passion fruit, organic peach, organic lemon and organic acerola cherry from concentrate); certified organic vegetable juices(organic carrot, organic celery, organic green leaf lettuce, organic cabbage, organic squash, organic sweet peppers, organic parsley and organic spinach).	12/32 oz	4.08/ea	49.00
143270	FRUIT PUNCH, PURE, OG Ingredients: Organic juice blend (pineapple, apple, pear, orange, cherry, passion fruit, dragon fruit, raspberry, strawberry, papaya, peach, lemon, grape, and acerola cherry from concentrate); pure water, fruit flavor, carrot extract, rose hips, and grape seed.	12/32 oz	2.40/ea	28.80
140024	GRAPE, CONCORD, OG, LKWD Ingredient: Fresh pressed certified organic concord grape juice.	12/32 oz	5.46/ea	65.50
140058	GRAPEFRUIT (PINK) JUICE, OG, LKWD Ingredient: Fresh pressed juice and puree from whole ripe certified organic grapefruit.	12/32 oz	4.08/ea	49.00
143282	LEMON/GINGER/ECHINACEA, LKWD, OG Ingredients: Certified organic fruit juices (organic white grape juice and organic apple juice from concentrate, organic lemon juice, organic acerola cherry); pure water, organic honey, organic ginger root; organic rose hips (excellent source of natural vitamin c), organic echinacea (700mg).	12/32 oz	3.75/ea	45.00
141208	LEMON JUICE, 100% PURE, OG (Culinary)	12/12.5 oz	3.17/ea	38.00
143208	LEMON JUICE, 100% PURE, OG (Culinary) Ingredients: Organic juice and organic pulp from whole ripe organic lemons.	12/32 oz	5.96/ea	71.50
140021	LEMONADE, OG, LKWD Ingredients: Certified organic fruit juice (organic pear, organic grape, organic lemon and organic acerola cherry from concentrate), pure water, and organic rose hips.	12/32 oz	2.50/ea	30.00

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JUICES, CONTINUED				
141217	LIME JUICE, 100% PURE, OG (Culinary)	12/12.5 oz	3.25/ea	39.00
	Ingredients: Organic juice and organic pulp from whole ripe organic limes.			
141222	ORANGE-CARROT, OG, LKWD	12/12.5 oz	2.40/ea	28.80
	Ingredients: Fresh pressed juice from certified organic oranges and carrots.			
140059	ORANGE JUICE, OG, LKWD	12/32 oz	4.08/ea	49.00
	Ingredients: Fresh pressed juice and puree from whole ripe certified organic Florida oranges.			
141609	ORANGE JUICE, MR. PURE (100% juice from concentrate) .	12/16 oz	1.10/ea	13.20
141261	ORANGE MANGO, OG	12/12.5 oz	2.50/ea	30.00
	Ingredients: Organic juice and puree (fiber) from whole ripe oranges and mangos.			
141262	ORANGE/STRAWBERRY/BANANA, OG	12/12.5 oz	2.50/ea	30.00
	Ingredients: Juice and puree (fiber) from whole ripe organic oranges, organic bananas, organic strawberries, carrot extract and organic hibiscus.			
141258	PINEAPPLE, LKWD, OG	12/12.5 oz	2.50/ea	30.00
140029	PINEAPPLE, LKWD, OG	12/32 oz	5.92/ea	71.00
	Ingredients: Fresh pressed juice from whole ripe certified organic pineapples.			
141286	POMEGRANATE BLEND, LKWD, OG	12/12.5 oz	2.60/ea	31.20
	Ingredients: Organic fruit juices (organic pomegranate, organic apple, organic concord grape, organic grape, organic red tart cherry, organic dark sweet cherry, organic blackberry, organic blueberry, and organic acerola cherry from concentrate); organic rose hips; organic grape seed.			
140186	POMEGRANATE CONCENTRATE, OG	12.5 oz	8.75/ea	8.75
	Ingredient: Organic pomegranate juice concentrate.			
140056	POMEGRANATE LEMONADE, OG, LKWD	12/32 oz	2.60/ea	31.20
	Ingredients: Certified organic fruit juice (organic pear, organic grape, organic lemon, organic pomegranate, and organic acerola cherry from concentrate), pure water, vegetable extract, organic hibiscus extract, organic rose hips, and organic grape seed.			
140081	POMEGRANATE, PURE, LKWD	12/32 oz	6.92/ea	83.00
	Ingredients: Organic juice pressed from whole ripe organic pomegranates.			
143260	SUPER KALE, OG	12/32oz	7.00/ea	84.00
	Ingredients: Organic juice and organic puree (fiber) from green leaf vegetables (kale, celery, green leaf lettuce, spinach, parsley), apple, orange, beet and lemon.			
142401	SWITCH CARBONATED JUICE, BLACK CHERRY24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, acerola, and cherry juice concentrates), natural flavors, ascorbic acid (vitamin C).			
142402	SWITCH CARBONATED JUICE, FRUIT PUNCH24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (grape, apple, lemon, cherry, pineapple, orange and acerola juice concentrates), natural flavors and colors, ascorbic acid (vitamin C).			
142403	SWITCH CARBONATED JUICE, GRAPE24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, concord grape, white grape and acerola juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin C).			
142404	SWITCH CARBONATED JUICE, KIWI BERRY24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, kiwi, acerola, raspberry and strawberry juice concentrates), natural flavors, ascorbic acid (vitamin C).			
142405	SWITCH CARBONATED JUICE, ORANGE TANGERINE24/8 oz	1.10/ea	26.40
	Ingredients: 100% juice (apple, grape, tangerine, orange and acerola juice concentrates), gum acacia, natural flavors and colors, ascorbic acid (vitamin C).			

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JUICES, CONTINUED

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142406	SWITCH CARBONATED JUICE, WATERMELON STRAWBERRY . .24/8 oz	1.10/ea	26.40	
	Ingredients: 100% juice (grape, apple, acerola, strawberry and watermelon juice concentrates), natural flavors, ascorbic acid (vitamin C).			
141265	TART CHERRY FUSION, OG12/12.5 oz	2.50/ea	30.00	
	Ingredients: Certified organic fruit juice (tart cherry, apple, blackberry, raspberry, lemon and acerola cherry).			
141264	WATERMELON LEMONADE, OG12/12.5 oz	2.00/ea	24.00	
	Ingredients: Organic fruit juices (organic pear, organic watermelon, organic lemon & organic acerola cherry from concentrate), pure water, organic fruit flavor, vegetable extract and organic rose hips.			

NUT AND SEED MIXES

- The tropical fruits in our nut and seed mixes are the low sugar type. Nuts used are raw, unless stated otherwise.
- All of our fruit, nut and seed mixes are blended in our factory using fresh nuts, seeds and dried fruits from our own refrigerated warehouse.

160115	APPLE CRUNCH LUNCH9 oz	3.20/ea	3.20	
	►Order 12 of this item (160115) and receive 15% case discount			
160510	APPLE CRUNCH LUNCH5#	4.40/lb	22.00	
162510	APPLE CRUNCH LUNCH25#	4.00/lb	100.00	
	Ingredients: Raisins, diced dried apples, dates in oat flour, walnuts, organic soynuts (roasted in partially hydrogenated vegetable oil), pecans, dry roasted peanuts, cashews, coconut, raw sunflower seeds.			
160112	BANANA NUT SUNDAE9 oz	2.40/ea	2.40	
	►Order 12 of this item (160112) and receive 15% case discount			
160516	BANANA NUT SUNDAE5#	2.90/lb	14.50	
	Ingredients: Sweetened banana chips (banana, vegetable oil, sugar), peanuts (peanut oil, salt), carob chips (sugar, partially hydrogenated vegetable oil, carob, soy lecithin).			
160145	CALIFORNIA MIX9 oz	3.25/ea	3.25	
	►Order 12 of this item (160145) and receive 15% case discount			
160548	CALIFORNIA MIX5#	4.50/lb	22.50	
160049	CALIFORNIA MIX25#	4.00/lb	100.00	
	Ingredients: Raisins, Brazil nuts, unsulphured turkish apricots, sweetened banana chips (banana, vegetable oil, sugar), almonds, walnuts, coconut, raw sunflower seeds, pineapple, pecans, dates in oat flour, papaya.			
160120	CHERRY SUPREME8 oz	4.00/ea	4.00	
	►Order 12 of this item (160120) and receive 15% case discount			
160520	CHERRY SUPREME5#	6.25/lb	31.25	
162530	CHERRY SUPREME25#	5.75/lb	143.75	
	20% Cherries! Ingredients: Sugar sweetened tart cherries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.			
160530	CRANBERRY SUPREME5#	5.50/lb	27.50	
	20% Cranberries! Ingredients: Sugar sweetened cranberries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.			
160165	FRUIT NUT 'N SEED8.5 oz	3.40/ea	3.40	
	►Order 12 of this item (160165) and receive 15% case discount			
160570	FRUIT NUT 'N SEED5#	5.00/lb	25.00	
160069	FRUIT NUT 'N SEED25#	4.50/lb	112.50	
	Ingredients: Raw sunflower seeds, walnuts, raisins, pecans, dates in oat flour, pepitas, almonds, apple dices, cashews.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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NUT AND SEED MIXES, CONTINUED

160195	RAISIN NUT CRUNCH9 oz	2.85/ea	2.85
	►Order 12 of this item (160195) and receive 15% case discount			
160500	RAISIN NUT CRUNCH5#	3.90/lb	19.50
162520	RAISIN NUT CRUNCH25#	3.40/lb	85.00
	Ingredients: Raisins, raw sunflower seeds, unsalted roasted organic soynuts, Brazil nuts, almonds, walnuts, and pepitas.			
160106	TROPICAL FRUIT & NUT9 oz	3.25/ea	3.25
	►Order 12 of this item (160106) and receive 15% case discount			
160511	TROPICAL FRUIT & NUT5#	4.50/lb	22.50
162513	TROPICAL FRUIT & NUT25#	4.00/lb	100.00
	Ingredients: Raisins, pineapple (with sugar), raw sunflower seeds, almonds, dates in oat flour, Brazil nuts, chipped coconut, papaya (with sugar), pepitas, walnuts, and cashews.			
160154	TROPICANA FRUIT MIX9 oz	2.65/ea	2.65
	►Order 12 of this item (160154) and receive 15% case discount			
160506	TROPICANA FRUIT MIX5#	3.60/lb	18.00
	Ingredients: Papaya (with sugar), pineapple (with sugar), raisins, date pieces in oat flour, coconut.			

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

MEAT SUBSTITUTES

• Soy Sauce used in Meat Substitutes is **unfermented**.

180040	CEDAR LAKE CHOPS, Vegan19 oz	5.20/ea	5.20
	►Order 12 of this item (180040) and receive 5% case discount			
	Fat Free. Ingredients: water, wheat gluten, wheat flour, and soy protein isolate.			
	Broth Ingredients: Water, soy sauce, vegetable seasonings, salt, onion powder.			
182050	CEDAR LAKE HOSTESS CUTS20 oz	5.20/ea	5.20
	Ingredients: Water, wheat gluten, whole wheat flour, soy sauce (water, wheat, soybeans, salt), vegetable seasoning, salt.			
181200	CHILI MAN CHILI, VEGETARIAN12/15 oz	1.45/ea	17.40
	Ingredients: Water, beans, textured soy protein (soy flour, caramel color), spices, tomato paste, modified food starch, salt, onion powder, yeast extract, sugar, corn flour, garlic powder.			
181950	HERITAGE DINNER CUTLETS19 oz	5.20/ea	5.20
	Ingredients: Cutlet: water, wheat gluten, soy protein concentrate, whole wheat flour, contains 2% or less of caramel color, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Broth: water, vegetable seasonings, dextrose, yeast extract, salt, soy sauce (water, wheat, soybeans, salt), onion powder, celery powder, succinic acid.			
181970	HERITAGE MINI LINKS19 oz	5.20/ea	5.20
	Ingredients: Links: water, wheat gluten, corn oil, rice flour, oat flour, inactive yeast, contains 2% or less of defatted soy flour, yeast extract, potato flakes, onion powder, hydrolyzed vegetable protein, salt, soy lecithin, caramel color, garlic powder, lysine, soy protein isolate, spices, smoke flavor, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Brine: water, salt.			
181940	HERITAGE VEGE-BURGER19 oz	5.20/ea	5.20
	Ingredients: Water, wheat gluten, textured vegetable protein (soy protein concentrate), contains 2% or less of soy protein isolate, white flour, corn oil, soy sauce (water, wheat, soybeans, salt), natural flavor from non-meat sources, corn starch, yeast extract, caramel color, salt, onion powder, garlic powder, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12).			
181930	HERITAGE VEGE-SCALLOPS19 oz	5.20/ea	5.20
	Ingredients: Scallops: water, wheat gluten, soy protein isolate, contains 2% or less of succinic acid. Broth: water, salt, disodium inosinate and guanylate, lysine (an essential amino acid).			

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
181920	HERITAGE VEGE-STEAKS19 oz	5.20/ea	5.20
	Ingredients: Steaks: water, wheat gluten, soy protein isolate, corn oil, contains 2% or less of natural flavor from non- meat sources, caramel color, salt, hydrolyzed vegetable protein, onion powder, garlic, yeast extract, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Broth: water, salt, soy sauce (water, wheat, soybeans, salt), caramel color.			
182031	LOMA LINDA BIG FRANKS20 oz	6.30/ea	6.30
	►Order 12 of this item (182031) and receive 5% case discount Ingredients: FRANKS: textured vegetable protein (wheat gluten, soy protein concentrate, water for hydration), corn oil, water, torula yeast, defatted wheat germ, defatted soy flour, dried onion, mono- and diglycerides from soybean oil, salt, hydrolyzed soy protein, garlic powder, autolyzed yeast extract, hydrolyzed corn protein, soy lecithin, caramel color, natural smoke flavor, L-lysine monohydrochloride, spices, concentrated onion juice, natural flavors from non-meat sources, vitamins (niacinimide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), propylene glycol, soybean oil, red #3 for color. BRINE: water, salt.			
181251	LOMA LINDA FRI-CHIK12.5 oz	5.50/ea	5.50
184201	LOMA LINDA FRI-CHIK42 oz	13.50/ea	13.50
	►Order 12 of this item (184201) and receive 5% case discount Ingredients: FriChik:Textured vegetable protein (soy protein isolate, soy protein concentrate, wheat gluten, water for hydration), water, soybean oil, egg whites, corn oil, dextrose, corn starch, potassium chloride, disodium inosinate, phosphoric acid, hydrolyzed soy protein, modified corn starch, guar gu, baking powder(corn starch, sodium aluminum phosphate, sodium bicarbonate, monocalcium phosphate), onion powder, carrageenan, vitamins and minerals (niacinimide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), natural flavors from non-meat sources, wheat fiber, nonfat dry milk. Broth: Water, modified corn starch, hydrolyzed wheat gluten, corn gluten, and soy protein, salt, phosphoric acid.			
181931	LOMA LINDA VEJA-LINKS19 oz	6.20/ea	6.20
	►Order 12 of this item (181931) and receive 5% case discount Ingredient: LINKS: water, egg whites, textured vegetable protein (soy protein isolate, vital wheat gluten), soybean oil, corn syrup solids, salt, oat flour, corn starch, guar gum, yeast extract, sodium alginate, spices, disodium inosinate, natural smoke flavor, paprika, caramel color, sugar, dextrose, garlic powder, natural flavorings from non-meat sources, carrageenan, disodium guanylate, hydrolyzed soy protein, spice extractives, vitamins and minerals (niacinamide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), wheat fiber, red #3 for color, nonfat dry milk. BROTH: water, salt, hydrolized soy protein, natural smoke flavor, caramel color, red #3 for color.			
180172	PRIMAL STRIPS, HICKORY SMOKE1 oz	1.20/ea	1.20
	►Order 24 of this item (180172) and receive 15% case discount Ingredients: Non-GMO isolated high fiber soy protein, water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated cane juice, yeast, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added.			
180174	PRIMAL STRIPS, MESQUITE LIME1 oz	1.20/ea	1.20
	►Order 24 of this item (180174) and receive 15% case discount Ingredients: Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, fresh lime juice, diced dill pickles, citric acid, chili, sea salt, natural vegetarian spices. No MSG added.			
180173	PRIMAL STRIPS, THAI PEANUT1 oz	1.20/ea	1.20
	►Order 24 of this item (180173) and receive 15% case discount Ingredients: Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, peanut butter, vinegar, fresh thai basil, sea salt, natural vegetarian spices. No MSG added.			
180171	PRIMAL STRIPS, TERIYAKI1 oz	1.20/ea	1.20
	►Order 24 of this item (180171) and receive 15% case discount Ingredients: NonGMO vital gluten (wheat protein), water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated can juice, sea salt, natural vegetarian spices. No MSG added.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
180175	PRIMAL STRIPS, TEXAS BBQ ▶Order 24 of this item (180175) and receive 15% case discount Ingredients: Non-GMO isolated soy protein, water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), vinegar, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added.	1 oz	1.20/ea	1.20
180550	SESAME OATBURGER MIX WHEAT FREE! Delicious, nutritious and easy to prepare. Comes with instructions. Ingredients: Rolled oats, soy granules, sesame seeds, sunflower seeds, nutritional yeast flakes, onion, dill, garlic, parsley, kelp, basil, oregano. • Soy Curls are 100% whole soy! They have all the health benefits of the soybean. Quick cooking, versatile and easy to use like TVP. Recipes available.	5#	2.00/lb	10.00
180800	SOY CURLS, CCF, NON-GMO	8 oz	3.25/ea	3.25
180613	SOY CURLS, CCF, NON-GMO	3#	5.50/lb	16.50
180612	SOY CURLS, CCF, NON-GMO Ingredients: 100% delicately textured soy bean. • TVP (Textured Vegetable Protein) is excellent in casseroles, pasta dishes, and chili.	12#	4.70/lb	56.40
180110	TVP BACON BITS (IMITATION)	1#	3.25/lb	3.25
182510	TVP BACON BITS (IMITATION) Ingredients: Textured vegetable protein (soy flour, caramel color), soybean oil, salt, natural flavoring.	.25#	2.25/lb	56.25
180350	TVP CHICKEN CHUNKS (IMITATION)	3#	3.00/lb	9.00
182550	TVP CHICKEN CHUNKS (IMITATION) Ingredients: Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.	.25#	2.40/lb	60.00
180130	TVP CHUNKS, BEEF LIKE (Non-GMO) ▶Order 5 of this item (180130) and receive 15% case discount	1#	3.25/lb	3.25
182530	TVP CHUNKS, BEEF LIKE (Non-GMO) Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than 0.2% potassium sorbate (to preserve freshness).	.25#	2.25/lb	56.25
180195	TVP CHUNKS, CARAMEL COLOR (Non-GMO) ▶Order 5 of this item (180195) and receive 15% case discount	1#	2.95/lb	2.95
182595	TVP CHUNKS, CARAMEL COLOR (Non-GMO) Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).	.25#	2.15/lb	53.75
180157	TVP CHUNKS, CHICKEN-LIKE (Non-GMO) ▶Order 5 of this item (180157) and receive 15% case discount	1#	3.25/lb	3.25
182557	TVP CHUNKS, CHICKEN-LIKE (Non-GMO) Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide, less than 0.2% potassium sorbate (to preserve freshness).	.25#	2.25/lb	56.25
180567	TVP CHUNKS, NO COLOR OR FLAVOR	4#	1.88/lb	7.50
185030	TVP CHUNKS, NO COLOR OR FLAVOR Ingredient: Soy flour.	.45#	1.40/lb	63.00
180190	TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) ▶Order 5 of this item (180190) and receive 15% case discount	1#	2.95/lb	2.95
182590	TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) Ingredients: Soy flour, less than .2% potassium sorbate (to preserve freshness).	.25#	2.15/lb	53.75

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Ingredient lists provided for reference purposes and may vary slightly

“For the earth is the Lord’s and the fullness thereof.”
1 Cor. 10:26

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“A friend loveth at all times.”
Prov. 17:17

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
180185	TVP FLAKES, CARAMEL COLOR (Non-GMO)	1#	2.95/lb	2.95
	▶Order 5 of this item (180185) and receive 15% case discount			
182585	TVP FLAKES, CARAMEL COLOR (Non-GMO)25#	1.95/lb	48.75
	Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness)			
180180	TVP FLAKES, NO COLOR OR FLAVOR, (Non-GMO)	1#	2.95/lb	2.95
	▶Order 5 of this item (180180) and receive 15% case discount			
182580	TVP FLAKES, NO COLOR OR FLAVOR (Non-GMO)25#	1.95/lb	48.75
	Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness).			
180135	TVP MINCED, BEEF-LIKE (Non-GMO)	1#	3.25/lb	3.25
	▶Order 5 of this item (180135) and receive 15% case discount			
182535	TVP MINCED, BEEF-LIKE (Non-GMO)25#	1.90/lb	47.50
	Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than .2% potassium sorbate (to preserve freshness).			
180540	TVP MINCED, CARAMEL COLOR5#	1.45/lb	7.25
185040	TVP MINCED, CARAMEL COLOR50#	1.05/lb	52.50
	Ingredients: Soy flour, caramel color.			
180140	TVP MINCED, CARAMEL COLOR (Non-GMO)	1#	2.95/lb	2.95
	▶Order 5 of this item (180140) and receive 15% case discount			
182540	TVP MINCED, CARAMEL COLOR (Non-GMO)25#	1.80/lb	45.00
	Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).			
180155	TVP MINCED, CHICKEN-LIKE (Non-GMO)	1#	3.25/lb	3.25
	▶Order 5 of this item (180155) and receive 15% case discount			
182555	TVP MINCED, CHICKEN-LIKE (Non-GMO)25#	1.90/lb	47.50
	Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), less than 0.2% potassium sorbate (to preserve freshness).			
180562	TVP MINCED, NO COLOR OR FLAVOR5#	1.60/lb	8.00
185020	TVP MINCED, NO COLOR OR FLAVOR50#	1.05/lb	52.50
	Ingredients: Soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12).			
180120	TVP MINCED, NO COLOR OR FLAVOR (Non-GMO)	1#	2.95/lb	2.95
	▶Order 5 of this item (180120) and receive 15% case discount			
182520	TVP MINCED, NO COLOR OR FLAVOR (Non-GMO)25#	1.80/lb	45.00
	Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness).			
180165	TVP STEAK, CARAMEL COLOR (Non-GMO)	1#	3.45/lb	3.45
	▶Order 5 of this item (180165) and receive 15% case discount			
182575	TVP STEAK, CARAMEL COLOR (Non-GMO)25#	2.20/lb	55.00
	Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness).			
180170	TVP STEAK, NO COLOR OR FLAVOR (Non-GMO)	1#	3.45/lb	3.45
	▶Order 5 of this item (180170) and receive 15% case discount			
182570	TVP STEAK, NO COLOR OR FLAVOR (Non-GMO)25#	2.20/lb	55.00
	Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness).			
180566	TVP STRIPS, CARAMEL COLOR5#	1.90/lb	9.50
180167	TVP STRIPS, CARAMEL COLOR50#	1.40/lb	70.00
	Ingredients: Soy flour, caramel color.			

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00/\$500.00 Min.) UPS/Postal Customer Pick-up

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

Country Life Natural Foods

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Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00/\$500.00 Min.) UPS/Postal Customer Pick-up

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ / ____ CID Code _____

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Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00/\$500.00 Min.) UPS/Postal Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price
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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00/\$500.00 Min.) UPS/Postal Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price
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Special Instructions/Signature:	TOTAL:
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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

APPLE PRODUCTS

191202	APPLE BUTTER	12 oz	3.00/ea	3.00
	▶Order 12 of this item (191202) and receive 15% case discount			
	Ingredients: Apples, cider and/or concentrate.			
190015	APPLE CIDER SYRUP8 oz	7.50/ea	7.50
190005	APPLE SAUCE, C.L.	12/25 oz	1.50/ea	18.00
	Made from sweet, sound, fresh apples, mostly Golden Delicious. Mellow flavor, golden color, no sugar.			
	Ingredients: Apples, water, ascorbic acid.			
192576	APPLE SAUCE, OG	12/25 oz	2.75/ea	33.00
	Ingredient: Fresh, ripe, whole organic apples, water.			

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HONEY

- Our honey is RAW and unfiltered, heated only slightly to allow pumping into containers.
- If your honey crystallizes, you can heat it to return to normal consistency.

200003	HONEY BEARS	12 oz	4.25/ea	4.25
200910	HONEY STIX	100	0.155/ea	15.50
200202	HONEY, MICHIGAN LIGHT (Plastic Container)2#	4.25/lb	8.50
‡200005	HONEY, MICHIGAN LIGHT (Glass)2 lb	4.90/lb	9.80
	▶Order 12 of this item (200005) and receive 15% case discount			
‡200511	HONEY, MICHIGAN LIGHT5lb	4.80/lb	24.00
	▶Order 6 of this item (200511) and receive 15% case discount			
020270	HONEY, MICHIGAN LIGHT, Approx. 12#1 gal	45.00/gal	45.00
200015	HONEY, MICHIGAN LIGHT, 60#5 gal	40.60/gal	203.00

“Draw near to God, and He will draw near to you.” James 4:8

OTHER SWEETENERS

212302	AGAVE NECTAR, 100% PURE, AMBER RAW, OG	23.5 oz	7.25/ea	7.25
210102	AGAVE NECTAR, 100% PURE, AMBER RAW, OG11#	3.82/lb	42.00
212301	AGAVE NECTAR, 100% PURE, LIGHT, OG	23.5 oz	7.25/ea	7.25
210101	AGAVE NECTAR, 100% PURE, LIGHT, OG11#	3.82/lb	42.00
211105	AGAVE NECTAR VANILLA, OG	11.75 oz	4.60/ea	4.60
	Ingredients: Organic blue agave, natural vanilla flavor.			
210512	BARLEY MALT POWDER5#	2.75/lb	13.75
210532	CANE JUICE CRYSTALS, OG5#	1.65/lb	8.25
215032	CANE JUICE CRYSTALS, OG50#	1.10/lb	55.00
211609	COCONUT SUGAR OG	16 oz	5.50/ea	5.50
	Granulated coconut nectar produced from flower buds of the coconut tree.			
040574	DATE SUGAR5#	4.25/lb	21.25
040070	DATE SUGAR25#	3.30/lb	82.50

‡Cannot Ship by UPS

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“For the earth is the Lord’s and the fullness thereof.”
1 Cor. 10:26

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>OTHER SWEETENERS, CONTINUED</u>				
980596	FRUCTOSE CRYSTALS (From High Fructose Corn Syrup)	5#	1.70/lb	8.50
215095	FRUCTOSE CRYSTALS (From High Fructose Corn Syrup)50#	1.20/lb	60.00
210015	MALT SYRUP (CORN BARLEY)5 gal	14.00/gal	70.00
213234	MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG1 qt	17.50/qt	17.50
210032	MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG1 gal	14.25/qt	57.00
	• All of our molasses is un sulphured.			
210055	MOLASSES, BLACKSTRAP1 qt	3.50/ea	3.50
	▶Order 6 of this item (210055) and receive 5% case discount			
210050	MOLASSES, BLACKSTRAP1 gal	9.50/ea	9.50
216040	MOLASSES, BLACKSTRAP (Approx. 5 gals)60#	0.85/lb	51.00
211675	MOLASSES, BLACKSTRAP, OG16 oz	5.00/ea	5.00
210063	MOLASSES, GOLDEN1 gal	11.50/ea	11.50
216063	MOLASSES, GOLDEN (Approx. 5 gals)60#	0.95/lb	57.00
210021	RICE SYRUP, LUNDBERG21 oz	4.00/ea	4.00
	▶Order 12 of this item (210021) and receive 5% case discount			
	Ingredients: Brown rice, water, natural enzymes (less than 1%).			
210875	SORGHUM SYRUP8 oz	6.00/ea	6.00
210043	STEVIA EXTRACT POWDER, WHITE, OG2 oz	6.25/oz	12.50
210143	STEVIA EXTRACT POWDER, WHITE, OG12 oz	5.00/oz	60.00
330843	STEVIA, CUT AND SIFTED8 oz	8.00/ea	8.00
210544	SUCANAT5#	2.25/lb	11.25
215044	SUCANAT50#	1.70/lb	85.00
210155	XYLITOL CRYSTALS (From Hardwood Birch)1#	6.00/lb	6.00
210355	XYLITOL CRYSTALS (From Hardwood Birch)3#	5.65/lb	16.95

CONSERVES

221102	CHIA BLACKBERRY SPREAD11.3 oz	4.25/ea	4.25
	Ingredients: Blackberries, cane sugar, chia seeds, lime juice.			
221103	CHIA RASPBERRY SPREAD11.3 oz	4.25/ea	4.25
	Ingredients: Raspberries, cane sugar, chia seeds, lime juice.			
221101	CHIA STRAWBERRY SPREAD11.3 oz	4.25/ea	4.25
	Ingredients: Strawberries, cane sugar, chia seeds, lime juice.			

POLANER SPREADS

- Polaner All Fruit spreads made with non-GMO ingredients.

221020	APRICOT10 oz	3.00/ea	3.00
221520	APRICOT15.25 oz	4.00/ea	4.00
	Ingredients: Juice concentrates (pear, grape, pineapple), apricots, citric acid, fruit pectin, natural flavor.			
221050	BLACKBERRY SEEDLESS10 oz	3.00/ea	3.00
	Ingredients: Juice concentrates (pear, grape, pineapple), blackberries, water, fruit pectin, citric acid, natural flavor.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CONSERVES, CONTINUED				
221035	BLUEBERRY Ingredients: Juice concentrates (pear, grape, pineapple), blueberries, fruit pectin, citric acid, natural flavor.	.10 oz	3.00/ea	3.00
221030	CHERRY Ingredients: Juice concentrates (pear, grape, pineapple), cherries, fruit pectin, citric acid, natural flavor.	.10 oz	3.00/ea	3.00
221040	GRAPE	.10 oz	3.00/ea	3.00
221540	GRAPE Ingredients: Juice concentrates (pear, grape, pineapple), concord grape puree concentrate (water, concord grape juice, concord grapes), fruit pectin, citric acid.	.15.25 oz	4.00/ea	4.00
221025	ORANGE Ingredients: Juice concentrates (pear, grape, pineapple), orange peel, water, orange juice concentrate, citric acid, fruit pectin.	.10 oz	3.00/ea	3.00
221055	PEACH Ingredients: Juice concentrates (pear, grape, pineapple), peaches, citric acid, fruit pectin, water, natural flavor.	.10 oz	3.00/ea	3.00
221015	RASPBERRY, RED Ingredients: Juice concentrates (pear, grape, pineapple), raspberries, water, fruit pectin, citric acid, natural flavor.	.10 oz	3.00/ea	3.00
221045	RASPBERRY, RED, SEEDLESS	.10 oz	3.00/ea	3.00
221545	RASPBERRY, RED, SEEDLESS Ingredients: Juice concentrates (pear, grape, pineapple), raspberries, water, citric acid, fruit pectin, natural flavor.	.15.25 oz	4.00/ea	4.00
221010	STRAWBERRY	.10 oz	3.00/ea	3.00
221510	STRAWBERRY Ingredients: Juice concentrates (pear, grape, pineapple), strawberries, citric acid, fruit pectin, natural flavor.	.15.25 oz	4.00/ea	4.00
221060	STRAWBERRY, SEEDLESS Ingredients: Juice concentrates (pear, grape, pineapple), strawberries, citric acid, water, fruit pectin, natural flavor.	.10 oz	3.00/ea	3.00

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DAIRY SUBSTITUTES

- Check out our cookbooks for more dairy and meat alternatives.
- General Mixing Instructions For Dairy Substitutes: 2/3 cup milk powder to 1 quart of water, then mix well. For richer flavor, add a little more powder.
- Fructo-oligosaccharides are naturally occurring sugars.

233520	BETTER THAN MILK RICE (Powder) ►Order 6 of this item (233520) and receive 5% case discount Ingredients: Brown rice syrup solids, maltodextrin, organic evaporated cane juice, natural flavors, calcium carbonate, sea salt, rice flour, rice extract, xanthan gum, titanium dioxide (for color), guar gum, monoglycerides, fructooligosaccharides, vitamin C (ascorbic acid), vitamin E (d-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), folic acid, vitamin B12 (cyanocobalamin), rebiana (stevia extract).	.21.4 oz	12.25/ea	12.25
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DAIRY SUBSTITUTES, CONTINUED				
231520	BETTER THAN MILK RICE, VANILLA (Powder)21.4 oz	12.25/ea	12.25
	▶ Order 6 of this item (231520) and receive 5% case discount			
	Ingredients: Maltodextrin (from organic rice), sunflower oil, evaporated cane juice, maltodextrine (from corn), natural vanilla and other natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), xanthan gum, guar gum, monoglycerides, rice extract, fructo-oligosaccharides, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (acetate), folic acid, vitamin B-12 (cyanocobalamin).			
230520	BETTER THAN MILK SOY, ORIGINAL (Powder)5#	7.20/lb	36.00
232510	BETTER THAN MILK SOY, ORIGINAL (Powder)25#	6.40/lb	160.00
232125	BETTER THAN MILK SOY, ORIGINAL (Powder)25.9 oz	13.25/ea	13.25
	▶ Order 6 of this item (232125) and receive 5% case discount			
	Ingredients: Tofu (water, soy solids, calcium sulfate), maltodextrin (from corn), modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural flavors (no MSG, no dairy), sea salt, guar gum, xanthan gum, anatase titanium dioxide (a mineral for color), vegetable mono and diglycerides, vitamin B-12 (cyanocobalamin), vitamin E (mixed tocopherols).			
230514	BETTER THAN MILK SOY, VANILLA (Powder)5#	7.60/lb	38.00
232514	BETTER THAN MILK SOY, VANILLA (Powder)25#	7.00/lb	175.00
	Ingredients: Tofu, (water, soy solids, calcium sulfate), maltodextrin, modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural vanilla flavor, natural flavors, sea salt, guar gum, xanthan gum, anatase titanium dioxide (for color), vegetable mono and diglycerides, vitamin B12 (cyanocobalamin), vitamin E (mixed tocopherols).			
231475	COCONUT CREAM, THAI13.66 oz	3.25/ea	3.25
	Ingredients: Coconut, water, guar gum.			
231412	COCONUT MILK, THAI (Premium)13.66 oz	2.10/ea	2.10
	Ingredients: Coconut, water, guar gum.			
231470	COCONUT MILK, THAI, OG13.66 oz	2.65/ea	2.65
	Ingredients: Organic coconut, water, guar gum.			
231486	COCONUT MILK, THAI, LITE13.66 oz	2.10/ea	2.10
	Ingredients: Water, coconut milk, guar gum.			
330612	PARMA ZAAAN SEASONING6 oz	6.25/ea	6.25
330112	PARMA ZAAAN SEASONING16 oz	9.50/ea	9.50
	<i>By Vegetarian Express.</i> Ingredients: Blanched almond meal, salt, nutritional yeast, dehydrated onion, citric acid.			
230632	SILK ALMOND MILK, ORIGINAL (Liquid)6/32 oz	2.50/ea	15.00
	Ingredients: Filtered water and almonds, evaporated cane juice, calcium carbonate, sea salt, locust bean gum, sunflower lecithin, d-alpha-tocopherol (vitamin E), zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2.			
230636	SILK ALMOND MILK, UNSWEETENED (Liquid)6/32 oz	2.50/ea	15.00
	Ingredients: Almondmilk (filtered water, almonds), sea salt, locust bean gum, sunflower lecithin, gellan gum, natural flavor, calcium carbonate, vitamin E acetate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2.			
230614	SILK SOYMILK, PLAIN, (Liquid)6/32 oz	2.50/ea	15.00
	Ingredients: Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			
230616	SILK SOYMILK, UNSWEETENED, OG (Liquid)6/32 oz	2.50/ea	15.00
	Ingredients: Filtered water, whole organic soybeans, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			

PRODUCT NUMBER PRODUCT DESCRIPTION PACKAGED SIZE UNIT PRICE PACKAGED PRICE
DAIRY SUBSTITUTES, CONTINUED

230618	SILK SOYMILK, VANILLA, (Liquid)6/32 oz	2.50/ea	15.00
	Ingredients: Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, natural vanilla flavor, natural flavors, sea salt, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			
230541	SOY SUPREME, REGULAR, OG (Powder)	5#	4.25/lb	21.25
230150	SOY SUPREME, REGULAR, OG (Powder)50#	3.60/lb	180.00
	A spray dried product made from 100% soy beans. Non-GMO. <i>Soy Supreme Mixing Instructions:</i> ½ cup Soy Supreme, 1 cup water, vanilla & honey to taste, pinch of salt. Blend for 2-3 minutes, then add 2 ½ cups water. Makes 1 quart. Milk will settle, so stir before use.			
233288	SUNRICH NATURALS SOYMILK, PLAIN, OG (Liquid)12/32 oz	1.60/ea	19.20
	Ingredients: Organic soymilk (filtered water, whole organic soybeans), organic evaporated cane juice, calcium carbonate, natural vanilla flavor with other natural flavors, sodium citrate, sea salt, sodium bicarbonate, carrageenan, vitamin A palmitate, vitamin D2.			
230419	VEGANEGG4 oz	6.50/ea	6.50
	Ingredients: Organic soybean powder, modified cellulose, gellan gum, cellulose, calcium lactate (plant source), carrageenan, natural flavors (black salt, herbs), nutritional yeast, beta carotene for color.			
233240	VEGENAISE, GRAPSEED OIL32 oz	8.50/ea	8.50
230140	VEGENAISE, GRAPSEED OIL1 gal	31.00/ea	31.00
	Ingredients: Grapeseed oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate.			
233270	VEGENAISE, OG32 oz	8.00/ea	8.00
	Ingredients: Organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic mustard flour, organic lemon juice concentrate.			
231630	VEGENAISE, ORIGINAL16 oz	4.50/ea	4.50
233230	VEGENAISE, ORIGINAL32 oz	6.95/ea	6.95
230130	VEGENAISE, ORIGINAL1 gal.	23.00/ea	23.00
	Ingredients: Expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate.			
233260	VEGENAISE, SOY FREE32 oz	8.00/ea	8.00
	Ingredients: Expeller-pressed high-oleic safflower oil, filtered water, brown rice syrup, apple cider vinegar, pea protein, sea salt, mustard flour, lemon juice concentrate.			

OIL

240048	CANOLA OIL	4.5 gal	6.22/gal	28.00
240045	CANOLA OIL, VITAMIN E1 gal	7.50/gal	7.50
240155	CANOLA OIL, OG, Expeller Pressed1 gal	14.00/gal	14.00
242960	COCONUT OIL, VIRGIN, OG (Nutiva Brand)29 oz	16.25/ea	16.25
245460	COCONUT OIL, VIRGIN, OG (Nutiva Brand)54 oz	31.00/ea	31.00
240760	COCONUT OIL, VIRGIN, OG (Nutiva Brand)8#	9.25/lb	74.00
241570	COCONUT OIL, VIRGIN, OG (Tresomega Brand)15 oz	8.00/ea	8.00
242970	COCONUT OIL, VIRGIN, OG (Tresomega Brand)29 oz	14.50/ea	14.50
245470	COCONUT OIL, VIRGIN, OG (Tresomega Brand)54 oz	23.00/ea	23.00
240170	COCONUT OIL, VIRGIN, OG (Tresomega Brand)128 oz	52.00/ea	52.00

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“Thy kingdom come, Thy will be done.”
Matt. 6:10

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
OILS, CONTINUED				
243060	COCONUT OIL, Refined	.30 oz	5.00/ea	5.00
240160	COCONUT OIL, Refined	.1 gal.	12.95/ea	12.95
‡240060	COCONUT OIL, Refined	.50#	1.35/lb	67.50
240052	CORN OIL	.1 gal	8.50/gal	8.50
240150	GRAPE SEED OIL	.1 ltr	6.00/ltr	6.00
240350	GRAPE SEED OIL	.3 ltr	5.50/ltr	16.50
240175	LECITHIN POWDER, SOY	.1#	4.50/lb	4.50
240575	LECITHIN POWDER, SOY	.5#	3.70/lb	18.50
241688	LECITHIN, LIQUID, SOY	.16 oz	4.50/ea	4.50
240116	LECITHIN, LIQUID, SOY	.32 oz	6.95/ea	6.95
240180	LECITHIN, LIQUID, SOY	.1 gal	16.50/gal	16.50
240110	LECITHIN POWDER, SOY (Non-GMO)	.1#	10.00/lb	10.00
243380	OLIVE OIL, EXTRA VIRGIN, DELALLO	.33.8 oz	16.50/ea	16.50
241600	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	.16 oz	8.50/ea	8.50
241280	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	.1 gal	47.25/gal	47.25
241690	OLIVE OIL, OG, EXTRA VIRGIN, (DeLallo)	.16.9 oz	9.50/ea	9.50
240114	OLIVE OIL, EXTRA VIRGIN, First Cold Pressing This extra virgin olive oil is packaged in tin cans.	3 ltr	13.75/ltr	41.25
240030	SAFFLOWER OIL, Expeller Pressed with vitamin E	1 gal	12.50/gal	12.50

CAROB AND CANDY PRODUCTS

- Unfortunately, we are unable to ship carob products by UPS from May - September (except at customer risk). Carob tends to melt in shipping during these months (delivery by our trucks is still okay).

- Confectioners Glaze is a mixture of guar gum and beeswax.

272011	ALMOND BAR Ingredients: Almonds, rice syrup, rice crisp, honey.	.12/1.4 oz	0.95/ea	11.40
272012	ALMOND BAR, CRANBERRY Ingredients: Rice syrup, almonds, cranberries, rice crisp.	.12/1.4 oz	1.05/ea	12.60
270542	CAROB BRIDGE MIX	.5#	6.90/lb	34.50
271242	CAROB BRIDGE MIX ▶ Order 12 of this item (271242) and receive 15% case discount Ingredients: Mix of carob coated almonds, carob coated peanuts, carob coated raisins. Ingredients listed below.	.12 oz	6.75/ea	6.75
271298	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	12 oz	5.50/ea	5.50
270588	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	.5#	5.60/lb	28.00
272509	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED Ingredients: Barley malt (malt, corn), fractionated palm kernel oil, carob powder, soy lecithin.	.25#	5.20/lb	130.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CAROB AND CANDY PRODUCTS, CONTINUED				
270515	CAROB CHIPS, SUGAR SWEETENED	.5#	2.40/lb	12.00
270005	CAROB CHIPS, SUGAR SWEETENED	.25#	2.00/lb	50.00
	Ingredients: Sugar, partially hydrogenated palm kernel oil, carob powder, sorbitan monostearate (an emulsifier), soy lecithin.			
270513	CAROB CHIPS, UNSWEETENED	.5#	2.70/lb	13.50
270003	CAROB CHIPS, UNSWEETENED	.25#	2.30/lb	57.50
	Ingredients: Carob powder, partially hydrogenated palm kernel oil, sorbitan monostearate (an emulsifier), soy lecithin.			
271670	CAROB CLUSTERS, ALMOND	.16 oz	9.00/ea	9.00
271070	CAROB CLUSTERS, ALMOND	.10#	7.10/lb	71.00
	Ingredients: Carob coating (barley malt [malt, corn], palm kernel oil, carob powder, soy lecithin), almonds.			
271680	CAROB CLUSTERS, COCONUT	.16 oz	7.00/ea	7.00
271080	CAROB CLUSTERS, COCONUT	.10#	5.80/lb	58.00
	Ingredients: Carob coating (barley malt [malt, corn], palm kernel oil, carob powder, soy lecithin), coconut.			
270016	CAROB COATED ALMONDS	.10#	7.80/lb	78.00
271207	CAROB COATED ALMONDS	.12 oz	7.80/ea	7.80
	►Order 12 of this item (271207) and receive 15% case discount			
	Ingredients: Carob coating (barley malt [malt, corn], palm kernel oil, carob powder, soy lecithin), almonds, water, gum arabic, modified starch (tapioca), confectioners glaze, vegetable oil (coconut oil, canola oil).			
270017	CAROB COATED PEANUTS	.10#	5.80/lb	58.00
271208	CAROB COATED PEANUTS	.12 oz	5.75/ea	5.75
	►Order 12 of this item (271208) and receive 15% case discount			
	Ingredients: Carob coating (barley malt [malt, corn], palm kernel oil, carob powder, soy lecithin), peanuts, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil).			
270018	CAROB COATED RAISINS	.10#	5.80/lb	58.00
271209	CAROB COATED RAISINS	.12 oz	5.75/ea	5.75
	►Order 12 of this item (271209) and receive 15% case discount			
	Ingredients: Carob coating (barley malt [malt, corn], palm kernel oil, carob powder, soy lecithin), raisins, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil).			
271674	CAROB POWDER, CHATFIELD'S	.16 oz	4.25/ea	4.25
260523	CAROB POWDER, MEDIUM ROAST	.4#	1.75/lb	7.00
270134	CAROB POWDER, MEDIUM ROAST	.25#	1.50/lb	37.50
272535	CAROB POWDER, MEDIUM ROAST, OG	.50#	3.50/lb	175.00
270101	CHEWELS, BLUEBERRY DATE	.12/2 oz	1.10/ea	13.20
	Ingredients: Blueberries (blueberries, sugar, sunflower oil), brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), date pieces, coconut, natural blueberry flavor, sea salt.			
270102	CHEWELS, CHERRY	.12/2 oz	1.10/ea	13.20
	Ingredients: Dried tart cherries (cherries, sugar, sunflower oil), brown rice syrup, crisp rice, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, organic raisins, unsweetened coconut, natural cherry flavor, sea salt.			
270104	CHEWELS, CRANBERRY	.12/2 oz	1.10/ea	13.20
	Ingredients: Dried cranberries (cranberries, sugar, sunflower oil), brown rice syrup, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, crisp rice, organic raisins, unsweetened coconut, natural cranberry flavor, sea salt.			
270117	CHEWELS, ORANGE DATE	.12/2 oz	1.10/ea	13.20
	Ingredients: Date pieces, brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), coconut, natural orange flavor, sea salt.			

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CAROB AND CANDY PRODUCTS, CONTINUED				
271824	COCONUT BAR, DARK CHOCOLATE, OG Ingredients: Coconut, rice syrup, dark chocolate (pure chocolate, sugar, cocoa butter, soy lecithin, vanilla)	.20/1.9 oz	1.20/ea	24.00
271826	COCONUT BAR, DARK CHOCOLATE, ALMOND, OG Ingredients: Coconut, rice syrup, almonds, dark chocolate (chocolate mass, sugar, cocoa butter, soy lecithin, vanilla)	.20/1.9 oz	1.20/ea	24.00
271828	COCONUT BAR, DARK CHOCOLATE, CHERRY, OG Ingredients: Coconut, rice syrup, cherry, dark chocolate (chocolate mass, sugar, cocoa butter, soy lecithin, vanilla), apple juice.	.20/1.9 oz	1.20/ea	24.00
271830	COCONUT BAR, DARK CHOCOLATE, MINT, OG Ingredients: Coconut, rice syrup, dark chocolate (chocolate mass, sugar, cocoa butter, soy lecithin, vanilla), peppermint oil.	.20/1.9 oz	1.20/ea	24.00
271820	COCONUT BAR, MANGO, OG Ingredients: Coconut, brown rice syrup, and mango.	.20/1.9 oz	0.90/ea	18.00
271810	COCONUT BAR, ORIGINAL, OG Ingredients: Coconut, brown rice syrup.	.20/1.9 oz	0.90/ea	18.00
271816	COCONUT BAR, PINEAPPLE, OG Ingredients: Coconut, brown rice syrup, and pineapple.	.20/1.9 oz	0.90/ea	18.00
271221	KRINKLE BARS, ALMOND BUTTER Ingredients: Almond butter, brown rice syrup, crisp rice, evaporated cane juice syrup, acacia powder, sea salt.	.12/1.7 oz	1.00/ea	12.00
271232	KRINKLE BARS, CASHEW BUTTER Ingredients: Cashew butter, brown rice syrup, crisp rice, brown sugar, evaporated cane juice syrup, olive oil, sea salt.	.12/1.7 oz	1.00/ea	12.00
271230	KRINKLE BARS, KAROB Ingredients: Peanut butter, crisp rice, brown rice syrup, evaporated cane juice syrup, carob powder, sea salt, natural vanilla.	.12/1.7 oz	1.00/ea	12.00
271228	KRINKLE BARS, PEANUT BUTTER Ingredients: Peanut butter, brown rice syrup, crisp rice, brown sugar, evaporated cane juice syrup, sea salt.	.12/1.7 oz	1.00/ea	12.00
270802	MAPLE ALMONDS Ingredients: Dry roasted almonds, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.	.8 oz	6.75/ea	6.75
270801	MAPLE PECANS Ingredients: Pecans, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.	.8 oz	8.00/ea	8.00
272030	NUT BAR, ALMOND DATE Ingredients: Almonds, dates, rice syrup, rice crisp (rice flour, cane sugar, sunflower oil, sea salt).	.12/1.4 oz	0.95/ea	11.40
272035	NUT BAR, CASHEW/COCONUT Ingredients: Cashews, rice syrup, coconut, rice crisp (rice flour, cane sugar, sunflower oil, sea salt), dates.	.12/1.4 oz	0.95/ea	11.40
272045	NUT BAR, CRANBERRY/PUMPKIN SEED Ingredients: Pumpkin seeds, rolled oats, rice syrup, dried cranberries (cranberries, sugar, sunflower oil), date paste.	.12/1.4 oz	0.95/ea	11.40
272040	NUT BAR, NUTS & SEA SALT Ingredients: Almonds, peanuts, rice syrup, raisins, cashews, rice crisp (rice flour, cane sugar, sunflower oil, sea salt), dates, sea salt.	.12/1.4 oz	0.95/ea	11.40

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
271712	OMEGA 3 ALMOND CHIP BAR Ingredients: Flax seed meal, carob chips (corn and barley malt, fractionated palm kernel oil, carob powder, soy lecithin), evaporated cane juice syrup, chopped almonds, almond butter, granola (rolled oats, brown sugar, canola oil, water, tapioca syrup, sea salt), brown rice syrup, sesame seeds, sunflower seeds, pumpkin seeds, sea salt, folic acid, vitamin B12, vitamin E (D-alpha tocopheryl).	12/1.7 oz	1.13/ea	13.50
272212	OMEGA 3 UPLIFT BARS Ingredients: Flax seed meal, brown rice syrup, peanuts, crisp brown rice, granola (rolled oats, brown sugar, canola oil, water, tapioca syrup, sea salt), sesame seeds, brown sugar, almonds, pumpkin seeds, sunflower seeds, walnuts, natural flavor, sea salt, folic acid, vitamin B-12, vitamin E (D-alpha tocopheryl).	12/2.25 oz	1.25/ea	15.00
270155	SESAME HONEY CRUNCH	.1#	4.50/lb	4.50
270055	SESAME HONEY CRUNCH	.5#	3.60/lb	18.00
270050	SESAME HONEY CRUNCH Ingredients: Sesame seeds, corn syrup, sugar, honey.	.20#	3.00/lb	60.00

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FLAVORINGS

- Our flavorings are all natural, non-alcoholic, and use a vegetable based carrier.
- Glycerine is made from the fatty acids of palm kernel or coconut oil.

280115	MAPLE FLAVOR Ingredients: Glycerine, water, caramel color (contains sulfites), natural flavors (including vanilla bean extractives).	.16 oz	12.25/ea	12.25
283220	VANILLA FLAVOR, IMITATION	.32 oz	2.50/ea	2.50
280150	VANILLA FLAVOR, IMITATION Ingredients: Water, propylene glycol, artificial flavors, caramel color.	.1 gal	7.25/ea	7.25
281216	VANILLA FLAVOR, PURE	.16 oz	1.63/oz	26.00
280140	VANILLA FLAVOR, PURE Ingredients: Glycerine, water, vanilla extractives.	.1 gal	215.00/ea	215.00

HERBS AND SEASONINGS

- Our seasonings are imported unless otherwise noted, and many are irradiated. They are packaged in a heat sealed container for your convenience.

331501	ADOBO SEASONING, No Pepper Ingredients: Salt, garlic powder, sugar, spices including turmeric, citric acid, silicon dioxide.	.15 oz	2.60/ea	2.60
331201	ALL-PURPOSE VEGGIE SEASONING Ingredients: Dehydrated green and red bell peppers, spices, (cayenne), paprika, dehydrated garlic, onion, parsley.	.5.4 oz	5.50/ea	5.50
331655	ALLSPICE, GROUND	.16 oz	7.50/ea	7.50
331003	ANISE, WHOLE	.16 oz	6.75/ea	6.75
330488	BAKON HICKORY SMOKE Ingredient: Smoked torula yeast.	.4.75 oz	6.50/ea	6.50
331006	BASIL, GROUND	.12 oz	5.10/ea	5.10
331007	BASIL, WHOLE	.6 oz	3.20/ea	3.20
332401	BASIL, WHOLE	1.5#	5.47/lb	8.20
330241	BASIL LEAVES, OG	.0.75 oz	2.80/ea	2.80

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
331010	BAY LEAVES, WHOLE	.2 oz	1.90/ea	1.90
331210	BAY LEAVES, WHOLE	.10 oz	6.25/ea	6.25
330240	BAY LEAVES, WHOLE, OG	.0.15 oz	2.80/ea	2.80
330527	BEAF SEASONING, BILL'S BEST	.9.5 oz	7.008ea	7.00
330600	BEAF SEASONING, BILL'S BEST NO OIL! Ingredients: Soy flour, food yeast, fermented soy sauce, onion, kelp, celery, garlic, plus a blend of vegetables and herbs.	.5.25#	9.20/lb	48.30
331258	BEEF-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, spices.	.13.1 oz	5.25/ea	5.25
331114	BEEF STYLE SEASONING, C.L. NO SALT OR SUGAR ADDED! Ingredients: Hydrolyzed soy protein, potato flour, spices, herbs, silicone dioxide.	.12 oz	5.50/ea	5.50
331214	BEEF STYLE SEASONING, C.L. Ingredients: Salt, hydrolyzed corn and soy protein, dextrose, potato flour, caramel color, partially hydrogenated soy oil, spices, herbs.	.11 oz	4.50/ea	4.50
331288	BEEF STYLE SEASONING, McKAY'S (Non-GMO)	.12 oz	6.75/ea	6.75
330208	BEEF STYLE SEASONING, McKAY'S (Non-GMO)	.2#	6.50/lb	13.00
330508	BEEF STYLE SEASONING, McKAY'S (Non-GMO) NO WHEY OR MSG. Ingredients: Dextrose, salt, autolyzed yeast, potato flour, pure vegetable oil (sunflower), caramel powder, celery, turmeric, onion powder, garlic powder, spices, disodium inosinate, disodium guanylate.	.5#	4.30/lb	21.50
330214	CARAWAY SEED, WHOLE	.2#	2.30/lb	4.60
330244	CARDAMOM, GROUND, OG	.2 oz	5.80/ea	5.80
330279	CARDAMOM, WHOLE, OG	.1.75 oz	4.80/ea	4.80
330220	CELERY SALT Ingredients: Salt, ground celery seed.	.2#	3.50/lb	7.00
331018	CELERY SEED, GROUND	.16 oz	5.50/ea	5.50
331619	CELERY SEED, WHOLE	.16 oz	4.50/ea	4.50
330259	CELERY SEED, WHOLE, OG	.2 oz	2.80/ea	2.80
331109	CHICKEN SAUSAGE SEASONING, C.L. NO SALT ADDED! Ingredients: Partially hydrogenated soybean and/or cottonseed oil, natural flavor (autolyzed yeast extract, dextrose), onion powder, modified food starch, spices and herbs (including turmeric and parsley), soy lecithin, less than 2% silicon dioxide (added to prevent caking).	.8 oz	4.95/ea	4.95
330109	CHICKEN STYLE SEASONING, C.L. Ingredients: Salt, dextrose, shortening (partially hydrogenated soybean/cottonseed oils), yeast extract, modified corn starch, onion powder, spices, herbs, and lecithin.	.8 oz	4.25/ea	4.25
331244	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO)	.12 oz	6.00/ea	6.00
330205	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO)	.2#	5.50/lb	11.00
330505	CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) NO WHEY OR MSG. Ingredients: Dextrose, salt, potato flour, pure vegetable oil (sunflower seed oil), celery, turmeric, onion powder, garlic powder, sunflower lecithin, herbs, sucrose.	.5#	3.70/lb	18.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
330525	CHIK'NISH, BILL'S BEST	.11 oz	5.25/ea	5.25
	▶Order 12 of this item (330525) and receive 5% case discount			
330700	CHIK'NISH, BILL'S BEST	.5.5#	6.91/lb	38.00
	NO OIL! Ingredients: Soy flour, salt (solar evaporated sea salt), nutritional yeast, onion, garlic, parsley, celery, and a unique blend of spices.			
330901	CHILI POWDER	.9 oz	5.50/ea	5.50
	Ingredients: Chili pepper, salt, paprika, canola oil, ground cumin, garlic powder, ground oregano, silicon dioxide.			
330290	CHIPOTLE, GROUND	.2.5 oz	2.75/ea	2.75
331223	CHIVES, CHOPPED	.6 oz	15.00/ea	15.00
330123	CHIVES, DEHYDRATED	.1 oz	3.50/ea	3.50
331025	CILANTRO FLAKES, DOMESTIC	.3 oz	3.20/ea	3.20
331225	CILANTRO FLAKES, DOMESTIC	.1#	13.90/ea	13.90
331614	CINNAMON, GROUND, Non-irradiated	.16 oz	5.50/ea	5.50
330252	CINNAMON, GROUND, OG	.2 oz	2.80/ea	2.80
330904	CINNAMON STICKS	.9 oz	4.75/ea	4.75
331638	CLOVES, GROUND	.16 oz	16.30/ea	16.30
331627	CLOVES, WHOLE	12 oz	10.75/ea	10.75
331429	CORIANDER, GROUND	.14 oz	4.10/ea	4.10
331240	CORIANDER SEED, WHOLE	12 oz	4.00/ea	4.00
331634	CUMIN, GROUND	.16 oz	5.80/ea	5.80
330243	CUMIN, GROUND, OG	.2 oz	2.80/ea	2.80
331635	CUMIN SEED, WHOLE	.16 oz	5.80/ea	5.80
331675	CURRY POWDER	.16 oz	6.50/ea	6.50
	Ingredients: Spices including turmeric, salt, dehydrated onion.			
330524	CURRY POWDER, BILL'S BEST	.4 oz	4.25/ea	4.25
	NO OIL! Ingredients: Turmeric, cumin, garlic, onion, ginger root, cayenne, and a unique blend of spices.			
331039	DILL SEED, WHOLE	.12 oz	4.50/ea	4.50
330440	DILL WEED, WHOLE, DOMESTIC	.4 oz	3.75/ea	3.75
330547	DILL WEED, WHOLE, DOMESTIC	.2#	9.25/lb	18.50
331445	FENNEL, WHOLE, INDIAN, LIGHT	.14 oz	3.85/ea	3.85
333254	GARLIC SALT	.2#	2.50/ea	5.00
	Ingredients: Salt, dehydrated garlic.			
338250	GARLIC SALT, OG (Real Salt Brand)	.8.25 oz	6.65/ea	6.65
	Ingredients: Sea salt and organic garlic.			

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"A friend loveth at all times." Prov. 17:17

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HERBS AND SEASONINGS, CONTINUED				
331550	GARLIC, GRANULATED	1.5#	6.17/ea	9.25
330558	GARLIC, GRANULATED	5.5#	4.70/lb	25.85
331547	GARLIC, MINCED	1.5#	5.83/lb	8.75
332049	GARLIC, POWDER, DOMESTIC	16 oz	6.00/ea	6.00
330435	GARLIC, POWDER, DOMESTIC	4#	5.50/lb	22.00
330264	GARLIC, POWDER, OG	.3 oz	3.00/ea	3.00
330124	G. WASHINGTON SEASONING & BROTH, GOLDEN	1 oz	1.75/ea	1.75
	▶Order 24 of this item (330124) and receive 5% case discount			
	Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, spices, disodium guanylate, disodium inosinate, caramel color. (Contains 8 individual packets.)			
330128	G. WASHINGTON SEASONING & BROTH, RICH BROWN	1 oz	1.75/ea	1.75
	▶Order 24 of this item (330128) and receive 5% case discount			
	Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, caramel color, spices, disodium guanylate, disodium inosinate.. (Contains 8 individual packets.)			
331206	GINGER, GROUND	12 oz	5.45/ea	5.45
331267	GOLDEN BROTH SEASONING	13 oz	5.95/ea	5.95
	<i>By Vegetarian Express. Ingredients:</i> Potato flour, sea salt, onion powder, garlic powder, evaporated cane juice, herbs.			
331264	GREEK ISLE SEASONING	.4 oz	3.95/ea	3.95
330164	GREEK ISLE SEASONING	12.5 oz	9.65/ea	9.65
	<i>By Vegetarian Express. Ingredients:</i> Salt, onion, spices.			
330855	HERBS DE PROVENCE	.8 oz	6.00/ea	6.00
	Ingredients: Savory, basil, lavender, fennel.			
330561	ITALIAN SEASONING	.5 oz	5.00/ea	5.00
	Ingredients: Marjoram, oregano, thyme, rosemary, savory, basil, sage.			
330274	ITALIAN SEASONING, OG	.075 oz	2.80/ea	2.80
	Ingredients: Organic basil, organic oregano, organic marjoram, organic rosemary.			
330248	KELP, POWDER	.2#	6.50/lb	13.00
330548	KELP, POWDER	.5#	6.00/lb	30.00
331265	LEMONY DILL SEASONING	4.95 oz	5.15/ea	5.15
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic and onion, salt, dehydrated lemon peel, citric acid, dill weed, potato flour, seasonings, paprika, tumeric, dehydrated chives, celery salt, evaporated cane juice, parsley.			
331054	MARJORAM, GROUND	10 oz	4.40/ea	4.40
331653	MUSTARD, DRY GROUND	16 oz	4.60/ea	4.60
330258	MUSTARD POWDER, OG	.2 oz	2.80/ea	2.80
331059	MUSTARD SEED, WHOLE	26 oz	7.40/ea	7.40
331261	ONION, DICED 1/4 IN	3.25#	6.23/lb	20.25

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
332063	ONION, GRANULATED	1.25#	5.20/ea	6.50
330540	ONION, GRANULATED	6.2#	4.52/lb	28.00
331463	ONION FLAKES	14 oz	4.80/ea	4.80
330355	ONION FLAKES (CHOPPED)	.3#	4.50/lb	13.50
331275	ONION POWDER	14 oz	4.60/ea	4.60
330445	ONION POWDER	4#	4.25/lb	17.00
330266	ONION POWDER, OG	1.75 oz	2.80/ea	2.80
338252	ONION SALT, OG (Real Salt Brand)	.825 oz	6.65/ea	6.65
	Ingredients: Sea salt, organic onion.			
331270	OREGANO, GROUND	12 oz	4.20/ea	4.20
330669	OREGANO, WHOLE	.55 oz	2.50/ea	2.50
330260	OREGANO, WHOLE	1.35#	6.30/lb	8.50
330256	OREGANO, WHOLE, OG	.075 oz	2.80/ea	2.80
331672	PAPRIKA	16 oz	6.00/ea	6.00
330245	PAPRIKA, OG	.2 oz	2.80/ea	2.80
331682	PAPRIKA, SMOKED, GROUND	16 oz	6.25/ea	6.25
331076	PARSLEY FLAKES	.2 oz	2.00/ea	2.00
331280	PARSLEY FLAKES	12 oz	9.00/ea	9.00
331080	PEPPER, CAYENNE, RED, GROUND, 25K HU	16 oz	5.90/ea	5.90
	<i>HU is the measure of heat units.</i>			
330262	PEPPER, CAYENNE, GROUND, OG	1.75 oz	2.80/ea	2.80
331078	PEPPER, GREEN BELL, DRIED	.85 oz	5.00/ea	5.00
331229	PEPPER, GREEN BELL, DRIED	1.5#	10.20/lb	15.30
331079	PEPPER, RED BELL, DRIED	.9 oz	6.30/ea	6.30
330246	PEPPER, RED CRUSHED, OG	1.25 oz	2.80/ea	2.80
331290	PEPPER-LIKE SEASONING	4.2 oz	3.65/ea	3.65
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic, spices, dehydrated lemon peel, salt.			
330272	PSYLLIUM HUSK, GROUND	.2#	8.00/lb	16.00
330572	PSYLLIUM HUSK, GROUND	.5#	7.50/lb	37.50
330282	PSYLLIUM HUSK, WHOLE	.2#	9.00/lb	18.00
330582	PSYLLIUM HUSK, WHOLE	.5#	8.50/lb	42.50
330589	ROASTED GARLIC & RED BELL PEPPER ZIP	.5 oz	5.25/ea	5.25
332489	ROASTED GARLIC & RED BELL PEPPER ZIP	24 oz	15.90/ea	15.90
	<i>By Vegetarian Express. Ingredients:</i> Garlic, red bell pepper, salt, natural flavors, spice, citric acid, extract of turmeric, annatto seed, silicone dioxide.			

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LS - Lightly salted

RNS - Roasted No Salt

RS - Roasted Salted

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HERBS AND SEASONINGS, CONTINUED				
331084	ROSEMARY, GROUND	.9 oz	4.00/ea	4.00
330885	ROSEMARY LEAVES	.8 oz	3.40/ea	3.40
330270	ROSEMARY LEAVES, OG	.1 oz	2.80/ea	2.80
330410	SAFFRON	.04 g	3.25/ea	3.25
331088	SAGE, RUBBED	.8 oz	4.20/ea	4.20
331277	SAUCY RANCH SEASONING	.24 oz	3.75/ea	3.75
331877	SAUCY RANCH SEASONING	.18 oz	12.95/ea	12.95
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated onion, garlic, red bell peppers, parsley, sea salt, herbs.			
331092	SAVORY, GROUND	.12 oz	5.25/ea	5.25
331602	SEASONED SALT	.16 oz	2.80/ea	2.80
	Ingredients: Salt, spices including paprika and turmeric, sugar, dehydrated garlic, extractives of paprika.			
330179	SLIPPERY ELM, POWDERED	.1#	20.00/ea	20.00
332140	TACO SEASONING	.21 oz	6.50/ea	6.50
	Ingredients: Dehydrated garlic and onion, spices including chili pepper, salt, tricalcium			
331097	THYME, GROUND	.13 oz	6.50/ea	6.50
330268	THYME LEAVES, OG	.075 oz	2.80/ea	2.80
330898	THYME LEAVES, WHOLE	.8 oz	3.80/ea	3.80
331610	TURMERIC, GROUND	.16 oz	7.60/ea	7.60
330254	TURMERIC, GROUND, OG	.2 oz	2.80/ea	2.80
331216	VEGGIE CHICK SEASONING	.6 oz	4.75/ea	4.75
332616	VEGGIE CHICK SEASONING	.26 oz	13.10/ea	13.10
	<i>By Vegetarian Express. Ingredients:</i> Onion, garlic, sea salt, herbs, paprika, turmeric, parsley.			

TOMATO PRODUCTS

351651	SALSA, CILANTRO LIME	.16 oz	3.75/ea	3.75
	►Order 6 of this item (351651) and receive 15% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder.			
351601	SALSA, GARDEN FRESH (Mild)	.16 oz	4.75/ea	4.75
	Ingredients: Diced tomatoes, onions, jalapeno peppers, lime juice, garlic, salt, spices.			
351656	SALSA, GARLIC CHIPOTLE LIME	.16 oz	3.75/ea	3.75
	►Order 6 of this item (351656) and receive 15% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), garlic, lime juice, sea salt, spice, chipotle pepper.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>TOMATO PRODUCTS, CONTINUED</u>				
351658	SALSA, HOT MESS ▶Order 6 of this item (351658) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, garlic, habanero pepper, sea salt, lime juice powder, ghost chili pepper, scorpion chili pepper.	.16 oz	3.75/ea	3.75
351654	SALSA, MANGO ▶Order 6 of this item (351654) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
351655	SALSA, MANGO HABANERO ▶Order 6 of this item (351655) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
351652	SALSA, MILDLY DELICIOUS ▶Order 6 of this item (351652) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green pepper, garlic, evaporated cane juice, sea salt, lime juice powder, spice.	.16 oz	3.75/ea	3.75
351657	SALSA, WICKEDLY DELICIOUS ▶Order 6 of this item (351657) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, evaporate cane juice, garlic, habanero chili pepper, sea salt, lime juice powder, ghost chili pepper, scorpion pepper.	.16 oz	3.75/ea	3.75
351653	SALSA, WILDLY DELICIOUS ▶Order 6 of this item (351653) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder.	.16 oz	3.75/ea	3.75
352603	SPAGHETTI SAUCE, MARINARA, FAT FREE ▶Order 12 of this item (352603) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.	.24 oz	3.00/ea	3.00
352605	SPAGHETTI SAUCE, MUSHROOM ▶Order 12 of this item (352605) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), tomato puree (water tomato paste), mushrooms, imported olive oil, salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.	.24 oz	3.00/ea	3.00
352602	SPAGHETTI SAUCE, ROASTED GARLIC ▶Order 12 of this item (352602) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), roasted garlic, salt, imported olive oil, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.	.24 oz	3.00/ea	3.00
352604	SPAGHETTI SAUCE, TOMATO BASIL ▶Order 12 of this item (352604) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.	.24 oz	3.00/ea	3.00
352601	SPAGHETTI SAUCE, TRADITIONAL ▶Order 12 of this item (352601) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, roasted garlic, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.	.24 oz	3.00/ea	3.00

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>TOMATO PRODUCTS, CONTINUED</u>				
351240	TOMATO PASTE, DeLallo	.24/12 oz	1.25/ea	30.00
352955	TOMATO PUREE, DeLallo Ingredients: Tomatoes, citric acid.	.12/29 oz	2.25/ea	27.00
352401	TOMATO PUREE RICH PASSATA ►Order 12 of this item (352401) and receive 5% case discount Ingredients: Tomatoes, citric acid.	.24 oz	2.25/ea	2.25
352960	TOMATO SAUCE, DeLallo Ingredients: Tomato concentrate, salt, corn syrup, citric acid, natural flavoring.	.12/29 oz	1.65/ea	19.80
352800	TOMATOES, CRUSHED, IMP Ingredients: Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil.	.12/28 oz	2.40/ea	28.80
352855	TOMATOES, CRUSHED, OG ►Order 12 of this item (352855) and receive 5% case discount Ingredients: Organic peeled crushed tomatoes, organic tomato juice.	.28 oz	2.80/ea	2.80
352875	TOMATOES, DICED (IN JUICE) Ingredients: Tomatoes, tomato juice, salt, calcium chloride, citric acid.	.12/28 oz	1.90/ea	22.80
352850	TOMATOES, DICED, OG ►Order 12 of this item (352850) and receive 5% case discount Ingredients: Organic peeled diced tomatoes, organic tomato juice.	.28 oz	2.80/ea	2.80
352810	TOMATOES, WHOLE (IN JUICE) Ingredients: Tomatoes, tomato juice, salt, calcium chloride, citric acid.	.12/28 oz	1.85/ea	22.20

JELS AND STARCHES

360803	AGAR POWDER	.4 oz	8.75/ea	8.75
331005	ARROWROOT POWDER	.24 oz	3.15/ea	3.15
330522	ARROWROOT POWDER	.4.5#	1.90/lb	8.55
360126	CLEAR JEL Ingredient: Modified waxy maize food starch. Non-instant; for cooking.	.1#	4.00/ea	4.00
360127	CLEAR JEL, INSTANT Ingredient: Pre-cooked modified waxy maize starch.	.1#	4.00/ea	4.00
361205	CORN STARCH, RUMFORD, NATURAL (Non-GMO)	.12 oz	2.00/ea	2.00
360305	CORN STARCH, RUMFORD, NATURAL (Non-GMO)	.3#	2.42/lb	7.25
361601	DESSERT JEL, ORANGE Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (orange), natural color (beta carotene, beet).	.0.7 oz	2.25/ea	2.25
361602	DESSERT JEL, PEACH Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (peach), natural color (beta carotene, beet).	.0.7 oz	2.25/ea	2.25
361603	DESSERT JEL, RASPBERRY Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (raspberry), natural color (beta carotene, beet).	.0.7 oz	2.25/ea	2.25

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
JELS AND STARCHES, CONTINUED				
361604	DESSERT JEL, STRAWBERRY Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (strawberry), natural color (beta carotene, beet).	.0.7 oz	2.25/ea	2.25
361605	DESSERT JEL, UNFLAVORED Ingredients: Carrageenan, citric acid, potassium citrate, erythritol, stevia extract.	.0.3 oz	2.25/ea	2.25
360139	GUAR GUM	.1#	11.75/ea	11.75
230100	PECTIN, POMONA'S UNIVERSAL One package of Pomona's Pectin makes 10 pints of jam.	.1 oz	4.25/ea	4.25
330170	POTATO STARCH	.2#	2.50/lb	5.00
330570	POTATO STARCH	.5#	2.05/lb	10.25
330180	TAPIOCA, FLOUR	.24 oz	2.10/ea	2.10
330580	TAPIOCA, FLOUR	.4.5#	1.50/lb	6.75
360195	TAPIOCA, GRANULATED	.16 oz	4.00/ea	4.00
330595	TAPIOCA, GRANULATED	.5#	3.25/lb	16.25
360194	TAPIOCA, SMALL PEARL	.16 oz	4.00/ea	4.00
330594	TAPIOCA, SMALL PEARL	.5#	3.25/lb	16.25

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

CRACKERS AND SNACKS

• Our sesame sticks and our thin crackers are from Sesmark and contain no hydrogenated oil.

370824	PUMPKIES, HOT Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic, cayenne pepper.	.8 oz	4.50/ea	4.50
370828	PUMPKIES, ORIGINAL Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic.	.8 oz	4.50/ea	4.50
370045	RICE CAKES, LUNDBERG, NS	.12/8.5 oz	2.60/ea	31.20
370040	RICE CAKES, LUNDBERG, +S	.12/8.5 oz	2.60/ea	31.20
370042	RICE CAKES, LUNDBERG, NS, OG	.12/8.5 oz	3.10/ea	37.20
370039	RICE CAKES, LUNDBERG, +S, OG Ingredient: California brown rice.	.12/8.5 oz	3.10/ea	37.20
370614	RICE CHIPS, SANTA FE BARBEQUE ►Order 12 of this item (370614) and receive 15% case discount Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, evaporated cane juice, sea salt, dehydrated vegetables (onion, tomato, garlic), paprika, ginger, cayenne pepper, torula yeast, honey, yeast extract, citric acid, tricalcium phosphate, natural hickory smoke flavor, natural caramel color.	.6 oz	2.80/ea	2.80
370618	RICE CHIPS, SEA SALT ►Order 12 of this item (370618) and receive 15% case discount Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, sea salt, natural caramel color.	.6 oz	2.80/ea	2.80

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CRACKERS AND SNACKS, CONTINUED				
370620	RICE CHIPS, SESAME & SEAWEED	.6 oz	2.80/ea	2.80
	▶Order 12 of this item (370620) and receive 15% case discount			
	Ingredients: Organic whole grain brown rice, organic rice flour (organic whole brown rice flour, organic rice flour), high oleic expeller-pressed safflower or sunflower oil, organic whole masa corn flour, organic sesame seeds, dried cane syrup, less than 2% of the following: salt, organic rice concentrate, garlic powder, sesame oil, onion powder, spices (ginger, red pepper), honey, citric acid, paprika, natural caramel color, and organic seaweed flakes.			
370085	RICE THINS, BROWN	.12/3.5oz	2.30/ea	27.60
	Ingredients: Brown rice, safflower oil, salt, soybean tocopherols.			
370087	RICE THINS, SESAME	.12/4.25	2.30/ea	27.60
	Ingredients: Rice flour, sesame seed, sesame flour, tamari soy sauce powder [tamari soy sauce (soybeans, salt), maltodextrin], salt, and garlic.			
370176	SESAME STICKS, EVERYTHING	.1#	3.25/lb	3.25
370076	SESAME STICKS, EVERYTHING	.2/7.5 lb	2.10/lb	31.50
	Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, ground bulgur wheat, poppy seeds, salt, garlic powder, minced onion, turmeric, beet powder.			
370178	SESAME STICKS, GARLIC	.1#	3.25/lb	3.25
370078	SESAME STICKS, GARLIC	.2/7.5 lb	2.10/lb	31.50
	Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgur wheat, salt, garlic powder, beet powder, turmeric.			
370175	SESAME STICKS, OAT BRAN	.1#	3.25/lb	3.25
370075	SESAME STICKS, OAT BRAN	.2/7.5 lb	2.10/lb	31.50
	Ingredients: Unbleached white flour, (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), bulgur wheat, sesame seeds, oat bran, salt, turmeric, beet powder.			
370174	SESAME STICKS, SALTED	.1#	3.25/lb	3.25
370074	SESAME STICKS, SALTED	.2/7.5 lb	2.10/lb	31.50
	Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), sesame seeds, bulgur wheat, salt, beet powder, turmeric.			
370180	SESAME STICKS, SALTED. OG	.1#	3.50/lb	3.50
370080	SESAME STICKS, SALTED. OG	.2/7.5 lb	2.40/lb	36.00
	Ingredients: Wheat flour (wheat flour, niacin, reduced iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), expeller pressed soybean oil, sesame seeds, bulgur wheat, salt turmeric. (All organic.)			
370560	SOYNUTS, DRY ROAST, OG, LS	.5#	2.75/lb	13.75
373057	SOYNUTS, DRY ROAST, OG, LS	.30#	2.30/lb	69.00
	Ingredients: Organic soybeans, salt, soybean oil (less than 0.05%).			
370561	SOYNUTS, DRY ROAST, OG, NS	.5#	2.75/lb	13.75
373058	SOYNUTS, DRY ROAST, OG, NS	.30#	2.30/lb	69.00
	Ingredient: Organic soybeans.			
371470	TORTILLA CHIPS, BLUE, OG, WHOLE GRAIN	.14 oz	4.25/ea	4.25
	▶Order 12 of this item (371470) and receive 5% case discount			
	Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown blue corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt, trace of lime.			
371102	TORTILLA CHIPS, CHIA & QUINOA, OG	.11 oz	3.25/ea	3.25
	Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, organic chia seeds, organic quinoa, sea salt.			
371104	TORTILLA CHIPS, PURPLE CORN, OG	.10 oz	3.25/ea	3.25
	Ingredients: Organic whole ground purple corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, sea salt.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CRACKERS AND SNACKS, CONTINUED				
371101	TORTILLA CHIPS, SEA SALT, OG	11 oz	3.25/ea	3.25
	Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, sea salt.			
371103	TORTILLA CHIPS, SEA SALT/LIME, OG	11 oz	3.25/ea	3.25
	Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, sea salt, organic lime oil.			
370510	TORTILLA CHIPS, SWEET POTATO, OG	5.5 oz	2.50/ea	2.50
	Ingredients: Organic ground whole white corn, organic ground whole yellow corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, organic sweet potato, organic brown rice, organic evaporated cane juice, organic chia seeds, sea salt.			
371601	TORTILLA CHIPS, YELLOW, OG, WHOLE GRAIN	16 oz	4.25/ea	4.25
	▶ Order 12 of this item (371601) and receive 5% case discount			
	Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown whole kernel hi-lysine corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt.			

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GLUTEN-FREE PRODUCTS

- Certified Gluten Free. From Bob's Red Mill, except 50# oats.

390502	1 TO 1 BAKING FLOUR, GF5#	2.80/lb	14.00
392502	1 TO 1 BAKING FLOUR, GF25#	2.40/lb	60.00
	Ingredients: Sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum.			
391605	COCONUT FLOUR, OG	16 oz	6.50/ea	6.50
393201	FLAXSEED MEAL, BROWN, OG32 oz	7.00/ea	7.00
394401	FLOUR, ALL PURPOSE44 oz	8.00/ea	8.00
392501	FLOUR, ALL PURPOSE25#	2.20/lb	55.00
	Ingredients: Garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour .			
391670	GARBANZO BEAN FLOUR	16 oz	2.50/ea	2.50
392570	GARBANZO BEAN FLOUR25#	1.75/lb	43.75
395030	OAT GROATS, STEEL CUT, GF (Grain Millers)50#	1.00/lb	50.00
393260	OATS, QUICK ROLLED, GF32 oz	3.38/lb	6.75
392560	OATS, QUICK ROLLED, GF25#	2.20/lb	55.00
395020	OATS, QUICK ROLLED, GF (Grain Millers)50#	1.40/lb	70.00
393280	OATS, QUICK ROLLED, GF, OG32 oz	3.63/lb	7.25
392580	OATS, QUICK ROLLED, GF, OG25#	2.40/lb	60.00
393220	OATS, REGULAR ROLLED,GF32 oz	3.38lb	6.75
392520	OATS, REGULAR ROLLED,GF25#	2.20/lb	55.00
395010	OATS, REGULAR ROLLED,GF (Grain Millers)50#	1.40/lb	70.00
393290	OATS, REGULAR ROLLED,GF, OG32 oz	3.63/lb	7.25
392590	OATS, REGULAR ROLLED,GF, OG25#	2.40/lb	60.00
392215	PANCAKE MIX22 oz	4.50/ea	4.50
	Ingredients: Potato starch, whole grain sweet white sorghum flour, tapioca flour, whole grain corn flour, evaporated cane juice, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, sea salt (magnesium carbonate as flowing agent), xanthan gum.			

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
GLUTEN-FREE PRODUCTS, CONTINUED				
392505	RICE FLOUR, BROWN, OG	.25#	1.80/lb	45.00
392402	RICE FLOUR, WHITE	.24 oz	3.40/ea	3.40
392230	SORGHUM FLOUR	.22 oz	3.95/ea	3.95
392530	SORGHUM FLOUR	.25#	1.65/lb	41.25
392540	SORGHUM GRAIN	.25#	1.50/lb	37.50
392004	TAPIOCA FLOUR	.20 oz	3.95/ea	3.95
392504	TAPIOCA FLOUR	.25#	1.80/lb	45.00
392418	TEFF GRAIN	.24 oz	5.95/ea	5.95
390810	XANTHAN GUM	.8 oz	10.50/ea	10.50

ESSENTIAL OILS

From Now Solutions

450400	ALMOND OIL	.4 fl oz	0.91/oz	3.65
450101	BERGAMOT OIL	.1 fl oz	9.85/ea	9.85
450130	BUG BAN OIL	.1 fl oz	8.15/ea	8.15
450119	CEDARWOOD OIL	.1 fl oz	4.25/ea	4.25
450118	CHEER UP BUTTERCUP OIL	.1 fl oz	9.55/ea	9.55
450124	CITRONELLA OIL	.1 fl oz	3.95/ea	3.95
450102	CLOVE OIL	.1 fl oz	4.85/ea	4.85
450103	EUCALYPTUS OIL	.1 fl oz	3.55/ea	3.55
450105	FRANKINCENSE OIL, 20%	.1 fl oz	7.25/ea	7.25
450104	FRANKINCENSE OIL, PURE	.1 fl oz	15.95/ea	15.95
450122	GERANIUM OIL	.1 fl oz	11.85//ea	11.85
450126	GINGER OIL	.1 fl oz	6.95/ea	6.95
450117	GRAPEFRUIT OIL	.1 fl oz	7.65/ea	7.65
450106	JASMINE OIL BLEND	.1 fl oz	5.80/ea	5.80
450107	LAVENDER OIL	.1 fl oz	7.95/ea	7.95
450407	LAVENDER OIL	.4 fl oz	5.88/oz	23.50
450128	LAVENDER TEE TREE OIL	.1 fl oz	7.25/ea	7.25
450108	LEMON OIL	.1 fl oz	4.65/ea	4.65
450109	LEMONGRASS OIL	.1 fl oz	4.35/ea	4.35
450125	MENTAL FOCUS OIL	.1 fl oz	8.50/ea	8.50
450123	MYRRH OIL BLEND	.1 fl oz	8.20/ea	8.20
450115	NATURE'S SHIELD OIL BLEND	.1 fl oz	13.95/ea	13.95
450121	NEEM OIL	.1 fl oz	6.25/ea	6.25
450110	ORANGE OIL	.1 fl oz	3.15//ea	3.15
450111	OREGANO OIL	.1 fl oz	12.15/ea	12.15
450116	PATCHOULI OIL	.1 fl oz	11.65/ea	11.65
450112	PEPPERMINT OIL	.1 fl oz	5.65/ea	5.65
450412	PEPPERMINT OIL	.4 fl oz	3.69/oz	14.75
450127	PINE NEEDLE OIL	.1 fl oz	6.95/ea	6.95
450113	ROSE ABSOLUTE OIL 5%	.1 fl oz	10.95/ea	10.95
450120	ROSEMARY OIL	.1 fl oz	5.80/ea	5.80

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
ESSENTIAL OILS, CONTINUED				
450114	TEA TREE OIL	1 fl oz	5.95/ea	5.95
450414	TEA TREE OIL	.4 fl oz	4.53/oz	18.10
450001	ULTRASONIC OIL DIFFUSER		44.95/EA	44.95

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ODDS AND ENDS

303250	APPLE CIDER VINEGAR CLEANSE CONCENTRATE	.32 oz	14.95/ea	14.95
Ingredients: Organic apple cider vinegar, organic honey, purified water and organic cayenne pepper, organic lemon juice concentrate.				
303280	APPLE CIDER VINEGAR, OG (Bragg's)	.32 oz	6.00/ea	6.00
►Order 12 of this item (303280) and receive 15% case discount				
300180	APPLE CIDER VINEGAR, OG (Bragg's)	1 gal	24.00/ea	24.00
300182	APPLE CIDER VINEGAR, OG (Not Bragg's Brand)	1 gal	14.25/ea	14.25
►Order 4 of this item (300182) and receive 5% case discount				
Made from 100% organic apples.				
230082	BAKING POWDER, ENER-G (Aluminum-free)	.7.05 oz	5.25/ea	5.25
Ingredients: Calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid.				
301074	BAKING POWDER, RUMFORD (Aluminum-free)	.8.1 oz	2.65/ea	2.65
300582	BAKING POWDER, RUMFORD (Aluminum-free)	.5#	2.75/lb	13.75
Ingredients: Calcium acid phosphate, bicarbonate of soda, cornstarch.				
300140	BEE POLLEN, GRANULES	.16 oz	9.50/lb	9.50
231085	BRAGG'S COCONUT LIQUID AMINOS, OG	.10 oz	5.50/ea	5.50
Ingredients: Coconut tree sap, distilled water, sea salt, apple cider vinegar.				
230645	BRAGG'S LIQUID AMINOS (Spray Bottle)	.6oz	2.75/ea	2.75
231645	BRAGG'S LIQUID AMINOS	.16oz	3.75/ea	3.75
231045	BRAGG'S LIQUID AMINOS	.32 oz	6.50/ea	6.50
►Order 12 of this item (231045) and receive 5% case discount				
301286	BRAGG'S LIQUID AMINOS	.1 gal	23.25/ea	23.25
Unfermented! Ingredients: Soybeans, purified water.				
300702	BUENO COFFEE SUBSTITUTE, HAZELNUT	.7 oz	5.00/ea	5.00
For brewing; not instant. Ingredients: Garbanzo beans, natural hazelnut flavor.				
300701	BUENO COFFEE SUBSTITUTE, ORIGINAL	.7 oz	5.00/ea	5.00
For brewing; not instant. Ingredient: Garbanzo beans.				
300703	BUENO COFFEE SUBSTITUTE, PECAN PRALINE	.7 oz	5.00/ea	5.00
For brewing; not instant. Ingredients: Garbanzo beans, natural pecan flavor.				
150210	CAFIX CRYSTALS BEVERAGE	.7 oz	4.95/ea	4.95
►Order 12 of this item (150210) and receive 5% case discount				
Rich coffee-like flavor, but no caffeine. Instant.				
Ingredients: Roasted barley, rye, chicory, and beet roots.				
230026	CHARCOAL CAPSULES, ACTIVATED	.125 ct	11.50/ea	11.50
USP Grade. Vegi-caps! Ingredients: Charcoal, microcrystalline cellulose, maltodextrin, magnesium stearate, stearic acid, silica.				
300611	CHARCOAL C-PATCH PAD SMALL, 5.5"X4" (14X10 CM)	.5-pack	1.10/ea	5.50
301011	CHARCOAL C-PATCH PAD MEDIUM, 5.5"X7.4" (14X19 CM)	.8 pack	2.35/ea	18.80
301012	CHARCOAL C-PATCH PAD LARGE, 5.5"X15" (14X38 CM)	.8 pack	3.75/ea	30.00

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‡Cannot Ship by UPS

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ODDS AND ENDS, CONTINUED				
230029	CHARCOAL POWDER, ACTIVATED	.10 oz	12.25/ea	12.25
232423	CHARCOAL POWDER, ACTIVATED	.24 oz	21.00/ea	21.00
300622	CHARCOAL POWDER, ACTIVATED, USP (Food Grade)	.6 oz	19.25/ea	19.25
231016	CHARCOAL TABLETS, ACTIVATED (Sugar Free)	.130 ct	11.25/ea	11.25
230030	CHARCOAL TABLETS, ACTIVATED (Sugar Free) USP Grade. Ingredients: Charcoal, acacia gum, microcrystalline cellulose, stearic acid, magnesium stearate.	.360 ct	22.00/ea	22.00
300150	CITRIC ACID	.1#	7.00/lb	7.00
230543	DIATOMACEOUS EARTH, PRESERVATIVE	.5#	2.60/lb	13.00
300045	EASY BUCKET OPENER (Plastic)	each	2.75/ea	2.75
302017	EASY BUCKET OPENER, HEAVY DUTY (Aluminum)	each	10.50/ea	10.50
230084	ENER-G EGG REPLACER Ingredients: Potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), carbohydrate gum. Calcium lactate is not dairy derived; it does not contain lactose.	.16 oz	5.50/ea	5.50
309508	GRAVY MIX, CREAMY WHITE <i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, dehydrated potato, cane juice, salt, dehydrated garlic and onion, herbs, dehydrated lemon peel, spice extract.	.9.5 oz	4.25/ea	4.25
301009	GRAVY MIX, RICH BROWN <i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, herbs.	.9.7 oz	5.25/ea	5.25
301800	JUST BARLEY® - GREEN CAPSULES (Vegetarian)	.180 capsules	23.00/ea	23.00
308080	JUST BARLEY® - GREEN POWDER, OG 100% pure green barley juice extract.	.80 servings (80 grams)	22.00/ea	22.00
414246	LID, GAMMA SEAL (For 5-gallon size pail) Spin-on removable lid; reusable; airtight seal.	each	5.95/ea	5.95
230075	OLIVES, BLACK PITTED, Lindsay Ingredients: Ripe olives, water, sea salt.	.12/6 oz	2.25/ea	27.00
230070	OLIVES, GREEN PITTED, Lindsay Ingredients: California ripe olives, water, salt.	.12/6 oz	2.25/ea	27.00
414241	PAIL, WHITE, WITH LID, ONE-GALLON SIZE	each	2.25/ea	2.25
‡414245	PAIL, WHITE, WITH LID, FIVE-GALLON SIZE	each	5.50/ea	5.50
304418	PARCHMENT PAPER, NATURAL	.15"X33'	2.95/ea	2.95
301020	PARCHMENT PAPER BAGS, 8"x3.25"x14" (For Oven Cooking)	10 count	0.33 ea	3.25
301640	PICKLE DISCS, PA'S HAMBURGER PICKLES WITH LEMON JUICE! Ingredients: Cucumbers, Sugar, Water, Lemon juice from concentrate ((water, concentrated lemon juice), sodium benzoate, sodium metabisulfite, and sodium sulfite (preservatives), Lemon Oil), salt, citric acid, calcium chloride, natural and artificial flavor, turmeric and 1/10 of 1% benzoate of soda added as a preservative.	.16 oz	4.50/ea	4.50
301660	PICKLE RELISH, PA'S Ingredients: Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda.	.16 oz	4.50/ea	4.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
ODDS AND ENDS, CONTINUED				
301680	PICKLE SPEARS, PA'S Ingredients: Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda.	16 oz	4.50/ea	4.50
302824	PIMIENTOS, UNPEELED, DICED Ingredients: Pimientos, water, citric acid.	.28 oz	3.10/ea	3.10
170530	POHONKA'S WAFFLE & PANCAKE MIX Ingredients: Wheat, buckwheat, barley, oats and soy flour, crystallized cane juice, Rumford baking powder, salt.	.5#	1.85/lb	9.25
306064	RICE NOODLE BOWL, SPRING ONION Ingredients: Noodle : Rice, water. Seasoning: Sugar, sea salt, yeast extract, onion, fried shallot (shallot, palm oil), shallot, spice (including turmeric), garlic, silicon dioxide (to make free flowing), citric acid. Oil Packet: Soybean oil, garlic, red chili pepper, onion. Vegetable packet: spring onion.	.6/2.4 oz	1.40/ea	8.40
306124	RICE NOODLES, GARLIC & VEGETABLE Ingredients: Rice, tapioca starch, water. Seasoning: sugar, salt, garlic, hydrolyzed soy and mung bean protein, yeast extract, spice (including red chili pepper), potassium chloride, corn maltodextrin, soybean oil, green onion, citric acid. Oil Packet: soybean oil, red chili pepper, garlic, shallot, tocopherol (as an antioxidant).	.12/1.6 oz	0.75/ea	9.00
306128	RICE NOODLES, SPRING ONION Ingredients: Noodle: Rice, tapioca starch, water. Seasoning: sugar, salt, onion, hydrolyzed soy and mungbean protein, garlic, spices (including turmeric), yeast extract, potassium chloride, spring onion, soybean oil, citric acid. Oil packet: Soybean oil, red chili pepper, garlic shallot, tocopherol (anti oxidant).	.12/1.6 oz	0.75/ea	9.00
300700	ROMA (Coffee Substitute) Ingredients: Roasted barley, roasted malt barley, roasted chicory, roasted rye.	.7 oz	8.25/ea	8.25
230924	SALT, EARTH, 'REAL SALT'™ SHAKER	.9 oz	Call for Price	
232663	SALT, EARTH, 'REAL SALT'™ Now labeled as "Sea Salt" on package	.26oz	Call for Price	
232563	SALT, EARTH, 'REAL SALT'™	.25 #	Call for Price	
301673	SALT, REAL, COARSE	.16 oz	Call for Price	
301683	SALT, REAL, KOSHER	.16 oz	Call for Price	
300500	SALT, SEA, (Contains Iodine)	.5#	0.75/lb	3.75
235500	SALT, SEA, (Contains Iodine) Ingredients: Sea salt, magnesium carbonate, dextrose, potassium iodide, sodium bicarbonate.	.50#	0.50/lb	25.00
230519	SALT, SEA (Does NOT contain Iodine)	.5#	0.75/lb	3.75
230119	SALT, SEA (Does NOT contain Iodine) Ingredients: Sea salt, magnesium carbonate.	.50#	0.50/lb	25.00
170515	SESAME CORN OAT WAFFLE MIX Ingredients: Rolled oats, cornmeal (organic), hulled sesame seeds, barley malt powder.	.5#	1.50/lb	7.50
	<ul style="list-style-type: none"> • Mori-Nu tofu needs no refrigeration, and is non-GMO. • Gluconolactone is a non-dairy coagulant derived from food starch. 			
301298	TOFU, MORI-NU, EX-FIRM	.12/12.3oz	1.55/ea	18.60
301284	TOFU, MORI-NU, FIRM	.12/12.3oz	1.55/ea	18.60
301235	TOFU, MORI-NU, LITE, FIRM Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.	.12/12.3oz	1.55/ea	18.60

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>ODDS AND ENDS, CONTINUED</u>				
301271	TOFU, MORI-NU, SOFT Ingredients: Water, soybeans, gluconolactone, calcium chloride.	.12/12 oz	1.55/ea	18.60
301257	TOFU, MORI-NU, FIRM, OG Ingredients: Filtered water, organic soybeans, isolated soy protein, gluconolactone, calcium chloride.	.12/12.3oz	1.80/ea	21.60
230568	VITAMIN C, POWDER ASCORBIC ACID, PURE 1/4 tsp.=980mg. Use for dough enhancer 1/4 tsp. for 5 loaves.	.1#	15.50/lb	15.50
230180	YEAST, SAF--INSTANT RED (BAKING)	.1#	3.50/lb	3.50
230081	YEAST, SAF--INSTANT RED (BAKING)	.50#	3.25/lb	162.50
300506	YEAST FLAKES, NUTRITIONAL, SHAKER, W/B-12, RED STAR® 5 oz Ingredients: Inactive dry yeast, niacin, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, vitamin B12.	5 oz	4.75/ea	4.75
230115	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.1#	8.75/lb	8.75
230350	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.3#	7.40/lb	22.20
231215	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®	.10#	6.20/lb	62.00
231250	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® <i>Not brewer's yeast. Nutritional yeast flakes has a toasted, nutty, cheesy flavor.</i> Vegetarian Formula Certified Candida Negative. Ingredients: Dried yeast, niacin, riboflavin (B-2), thiamin hydrochloride(B-1), pyridoxine hydrochloride(B-6), folic acid, cobalamin.	.50#	5.50/lb	275.00

BOOKS

COOKBOOKS

250099	7 SECRETS COOKBOOK, By Brackett		11.25/ea	11.25
250038	KIDS IN THE KITCHEN, By Rogers		12.95/ea	12.95
250055	OF THESE YOU MAY FREELY EAT, By Rachor Over 250 recipes. Cholesterol Free.		2.19/ea	2.19
250072	SLOW COOKER VEGETARIAN COOKBOOK, By Rachor Fast cooking in a slow cooker every day of the year.		9.95/ea	9.95
250075	TEN TALENTS, By Hurd New, updated, expanded, pictorial edition.		21.00/ea	21.00
250076	TEN TALENTS, SPANISH EDITION By Hurd New, updated, expanded, pictorial edition.		21.00/ea	21.00

HEALTH BOOKS

250037	CHARCOAL REMEDIES.COM, By Dinsley The complete handbook of medicinal charcoal and its applications.		14.50/ea	14.50
250010	COUNSELS ON DIET & FOODS, By White		6.95/ea	6.95
250052	RX: CHARCOAL, By Thrash Startling facts about the world's most powerful clinical adsorbent.		4.95/ea	4.95

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BOOKS, CONTINUED

SCRIPTURE SONGBOOKS

• Now your child can memorize scripture quickly and easily. See it, sing it, play it! Each 8 1/2 by 11 softcover book from Thy Word Creations is an illustrated Bible passage especially appropriate for young children. Comes with a CD of the contents set to music.

250999	THY WORD, THREE BOOK DISCOUNT	(4.80)	(4.80)
Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.			
250753	THY WORD, 1 CORINTHIANS 13, NKJV (CD)	11.75/ea	11.75
250740	THY WORD, CREATION, KJV (CD)	11.75/ea	11.75
250748	THY WORD, ISAIAH 53, KJV (CD)	11.75/ea	11.75
250730	THY WORD, PSALM 23, KJV (CD)	11.75/ea	11.75
250755	THY WORD, PSALM 91, NKJV (CD)	11.75/ea	11.75
250759	THY WORD, PSALM 139, NKJV (CD)	11.75/ea	11.75
250744	THY WORD, TEN COMMANDMENTS, KJV (CD)	11.75/ea	11.75
250737	THY WORD, THE BEATITUDES, KJV (CD)	11.75/ea	11.75
250732	THY WORD, THE LORD'S PRAYER, KJV (CD)	11.75/ea	11.75
250741	THY WORD, THE TEMPTATIONS OF JESUS, KJV (CD)	11.75/ea	11.75

TEEN/ADULT

• Scripture books for teen/adults includes a song book and a CD.

250719	THY WORD, 1 CORINTHIANS 12 & 13, KJV Teen/Adult (CD)	11.75/ea	11.75
250745	THY WORD, ALL ABOUT JESUS, KJV Teen/Adult (CD)	11.75/ea	11.75
250717	THY WORD, TEMPTATIONS OF JESUS/PSALM 91 Teen/Adult (CD)	11.75/ea	11.75
250716	THY WORD, TEN COMMANDMENTS/BEATITUDES, KJV (CD)	11.75/ea	11.75
250999	THY WORD, THREE BOOK DISCOUNT	(4.80)	(4.80)
Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.			

BAGS AND TIES

900040	BAG TIES, PAPER2000	2.95/box	2.95
900045	BAG TIES, PLASTIC2000	4.00/box	4.00
900020	BAGS, PLASTIC, 4x2x8, 2 mil.1000	20.00/box	20.00
900025	BAGS, PLASTIC, 4x2x12, 2 mil.1000	27.00/box	27.00
900032	BAGS, PLASTIC, 6x3x15, 2 mil.1000	52.00/box	52.00
900035	BAGS, PLASTIC, 8x4x18, 2 mil.1000	66.00/box	66.00
900014	ZIPLOCK BAGS, PLASTIC, 4x6, 2 mil. (Flat bags, no side seams)	.1000	15.00/box	15.00
Not Sandwich Bags				
230005	COUNTRY LIFE CATALOG		NO CHARGE	

ORDER AND DELIVERY SCHEDULE -2019

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are WEDNESDAYS. (Or Tuesday when noted) **5:00pm EASTERN TIME**

Order Deadline

Delivery Week

Wisconsin--- Route Code: "WI"

Jan 9, 2019Jan 14 - Jan 17, 2019
 Jan 23, 2019Jan 28 - Jan 31, 2019
 Feb 6, 2019Feb 11 - Feb 14, 2019
 Feb 20, 2019Feb 25 - Feb 28, 2019
 Mar 6, 2019Mar 11 - Mar 14, 2019
 Mar 20, 2019Mar 25 - Mar 28, 2019
 Apr 3, 2019Apr 8 - Apr 11, 2019
 Apr 17, 2019Apr 22 - Apr 25, 2019
 May 1, 2019May 6 - May 9, 2019
 May 15, 2019May 20 - May 23, 2019
 May 29, 2019Jun 3 - Jun 6, 2019
 Tuesday, June 11, 2019Jun 17 - Jun 20,2019
 Jun 26, 2019Jul 1 - Jul 4, 2019
 Jul 10, 2019Jul 15 - Jul 18, 2019
 Jul 24, 2019Jul 29 - Aug 1, 2019
 Aug 7, 2019Aug 12 - Aug 15, 2019
 Aug 21, 2019Aug 26 - Aug 29, 2019
 Sep 4, 2019Sep 9 - Sep 12, 2019
 Sep 18, 2019Sep 23 - Sep 26, 2019
 Oct 2, 2019Oct 7 - Oct 10, 2019
 Oct 16, 2019Oct 21 - Oct 24, 2019
 Oct 30, 2019Nov 4 - Nov 7, 2019
 Nov 13, 2019Nov 18 - Nov 21, 2019
 Tuesday, November 26, 2019Dec 2 - Dec 5, 2019
 Dec 11, 2019Dec 16 - Dec 19, 2019
 Next Deadline in 3 Weeks
 Tuesday, December 31, 2019Jan 6 - Jan 9, 2020

Order Deadline

Delivery Week

Wisconsin North--- Route Code "WN"

Jan 9, 2019Jan 14 - Jan 17, 2019
 Feb 6, 2019Feb 11 - Feb 14, 2019
 Mar 6, 2019Mar 11 - Mar 14, 2019
 Apr 3, 2019Apr 8 - Apr 11, 2019
 May 1, 2019May 6 - May 9, 2019
 May 29, 2019Jun 3 - Jun 6, 2018
 Jun 26, 2019Jul 1 - Jul 4, 2019
 Jul 24, 2019Jul 29 - Aug 1, 2019
 Aug 21, 2019Aug 26 - Aug 29, 2019
 Sep 18, 2019Sep 23 - Sep 26, 2019
 Oct 16, 2019Oct 21 - Oct 24, 2019
 Nov 13, 2019Nov 18 - Nov 21, 2019
 Dec 11, 2019Dec 16 - Dec 19, 2019
 Next Deadline in 5 Weeks
 Jan 15, 2020Jan 20 - Jan 23, 2020

Duluth--- Route Code: "DU"

Jan 9, 2019Jan 14 - Jan 17, 2019
 Mar 6, 2019Mar 11 - Mar 14, 2019
 May 1, 2019May 6 - May 9, 2019
 Jun 26, 2019Jul 1 - Jul 4, 2019
 Aug 21, 2019Aug 26 - Aug 29, 2019
 Oct 16, 2019Oct 21 - Oct 24, 2019
 Dec 11, 2019Dec 16 - Dec 19, 2019
 Next Deadline in 9 Weeks

Minneapolis/St. Paul--Route Code: "MSP"

Feb 6, 2019Feb 11 - Feb 14, 2019
 Apr 3, 2019Apr 8 - Apr 11, 2019
 May 29, 2019Jun 3 - Jun 6, 2019
 Jul 24, 2019Jul 29 - Aug 1, 2019
 Sep 18, 2019Sep 23 - Sep 26, 2019
 Nov 13, 2019Nov 18 - Nov 21, 2019
 Next Deadline in 9 Weeks

ORDER AND DELIVERY SCHEDULE - 2019

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are **WEDNESDAYS**. (Or **Tuesday** when noted) **5:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>
Chicago---Route Code: "CH"	
Detroit Jackson---Route Code: "DJ"	
Grand Rapids---Route Code: "GR"	
Jan 2, 2019	Jan 7 - Jan 10, 2019
Jan 16, 2019	Jan 21 - Jan 24, 2019
Jan 30, 2019	Feb 4 - Feb 7, 2019
Feb 13, 2019	Feb 18 - Feb 21, 2019
Feb 27, 2019	Mar 4 - Mar 7, 2019
Mar 13, 2019	Mar 18 - Mar 21, 2019
Mar 27, 2019	Apr 1 - Apr 4, 2019
Apr 10, 2019	Apr 15 - Apr 18, 2019
Apr 24, 2019	Apr 29 - May 2, 2019
May 8, 2019	May 13 - May 16, 2019
May 22, 2019	May 27 - May 30, 2019
Jun 5, 2019	Jun 10 - Jun 13, 2019
Jun 19, 2019	Jun 24 - Jun 27, 2019
Tuesday, July 02, 2019	Jul 8 - Jul 11, 2018
Jul 17, 2019	Jul 22 - Jul 25, 2019
Jul 31, 2019	Aug 5 - Aug 8, 2019
Aug 14, 2019	Aug 19 - Aug 22, 2019
Aug 28, 2019	Sep 2 - Sep 5, 2019
Sep 11, 2019	Sep 16 - Sep 19, 2019
Sep 25, 2019	Sep 30 - Oct 3, 2019
Oct 9, 2019	Oct 14 - Oct 17, 2019
Oct 23, 2019	Oct 28 - Oct 31, 2019
Nov 6, 2019	Nov 11 - Nov 14, 2019
Nov 20, 2019	Nov 25 - Nov 27, 2019
Dec 4, 2019	Dec 9 - Dec 12, 2019
Dec 18, 2019	Dec 30 - Jan 2, 2020
Next Deadline in 3 Weeks	
Jan 8, 2020	Jan 13 - Jan 16, 2020

<u>Order Deadline</u>	<u>Delivery Week</u>
Chicago South---Route Code: "CS"	
Detroit Metro---Route Code: "DM"	
Jan 2, 2019	Jan 7 - Jan 10, 2019
Jan 30, 2019	Feb 4 - Feb 7, 2019
Feb 27, 2019	Mar 4 - Mar 7, 2019
Mar 27, 2019	Apr 1 - Apr 4, 2019
Apr 24, 2019	Apr 29 - May 2, 2019
May 22, 2019	May 27 - May 30, 2019
Jun 19, 2019	Jun 24 - Jun 27, 2019
Jul 17, 2019	Jul 22 - Jul 25, 2019
Aug 14, 2019	Aug 19 - Aug 22, 2019
Sep 11, 2019	Sep 16 - Sep 19, 2019
Oct 9, 2019	Oct 14 - Oct 17, 2019
Nov 6, 2019	Nov 11 - Nov 14, 2019
Dec 4, 2019	Dec 9 - Dec 12, 2019
Next Deadline in 5 Weeks	
Jan 8, 2020	Jan 13 - Jan 16, 2020

Chicago Metro---Route Code: "CM"	
Detroit North---Route Code: "DN"	
Grand Rapids North---Route Code: "GN"	
Jan 16, 2019	Jan 21 - Jan 24, 2019
Feb 13, 2019	Feb 18 - Feb 21, 2019
Mar 13, 2019	Mar 18 - Mar 21, 2019
Apr 10, 2019	Apr 15 - Apr 18, 2019
May 8, 2019	May 13 - May 16, 2019
Jun 5, 2019	Jun 10 - Jun 13, 2019
Tuesday, July 02, 2019	Jul 8 - Jul 11, 2018
Jul 31, 2019	Aug 5 - Aug 8, 2019
Aug 28, 2019	Sep 2 - Sep 5, 2019
Sep 25, 2019	Sep 30 - Oct 3, 2019
Oct 23, 2019	Oct 28 - Oct 31, 2019
Nov 20, 2019	Nov 25 - Nov 27, 2019
Dec 18, 2019	Dec 30 - Jan 2, 2019
Next Deadline in 5 Weeks	
Jan 15, 2020	Jan 20 - Jan 23, 2020

ORDER AND DELIVERY SCHEDULE - 2019

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **5:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>
Missouri--- Route Code "MO" (\$500.00 minimum)	
And Wisconsin South---Route Code "WS"	
Jan 23, 2019	Jan 28 - Jan 31, 2019
Feb 20, 2019	Feb 25 - Feb 28, 2019
Mar 20, 2019	Mar 25 - Mar 28, 2019
Apr 17, 2019	Apr 22 - Apr 25, 2019
May 15, 2019	May 20 - May 23, 2019
Tuesday, June 11, 2019	Jun 17 - Jun 20, 2019
Jul 10, 2019	Jul 15 - Jul 18, 2019
Aug 7, 2019	Aug 12 - Aug 15, 2019
Sep 4, 2019	Sep 9 - Sep 12, 2019
Oct 2, 2019	Oct 7 - Oct 10, 2019
Oct 30, 2019	Nov 4 - Nov 7, 2019
Tuesday, November 26, 2019	Dec 2 - Dec 5, 2019
Next Deadline in 5 Weeks	
Tuesday, December 31, 2019	Jan 6 - Jan 9, 2020

<u>Order Deadline</u>	<u>Delivery Week</u>
Oklahoma---Route Code "OK" (\$500.00 minimum)	
Feb 20, 2019	Feb 25 - Feb 28, 2019
Apr 17, 2019	Apr 22 - Apr 25, 2019
Tuesday, June 11, 2019	Jun 17 - Jun 20, 2019
Aug 7, 2019	Aug 12 - Aug 15, 2019
Oct 2, 2019	Oct 7 - Oct 10, 2019
Tuesday, November 26, 2019	Dec 2 - Dec 5, 2019
Next Deadline in 9 Weeks	

Arkansas--- Route Code "AR" (\$500.00 minimum)	
Iowa--- Route Code "IA" (\$500.00 minimum)	
Jan 23, 2019	Jan 28 - Jan 31, 2019
Mar 20, 2019	Mar 25 - Mar 28, 2019
May 15, 2019	May 20 - May 23, 2019
Jul 10, 2019	Jul 15 - Jul 18, 2019
Sep 4, 2019	Sep 9 - Sep 12, 2019
Oct 30, 2019	Nov 4 - Nov 7, 2019
Next Deadline in 9 Weeks	
Tuesday, December 31, 2019	Jan 6 - Jan 9, 2020

ORDER AND DELIVERY SCHEDULE - 2018 (South-East Routes)

These routes have a **Tuesday** 5:00 pm deadline. States on these routes, are subject to a 5% delivery fee (See page 3). Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

<u>Order Deadlines</u>	<u>Delivery Week</u>
OHIO - Route 1A	
Feb 19, 2019	Feb 25 - Feb 28, 2019
Apr 16, 2019	Apr 22 - Apr 25, 2019
Jun 11, 2019	Jun 17 - Jun 20, 2019
Aug 6, 2019	Aug 12 - Aug 15, 2019
Oct 1, 2019	Oct 7 - Oct 10, 2019
Nov 26, 2019	Dec 2 - Dec 5, 2019
Next Deadline in 9 Weeks	
OHIO - Route 1B	
Jan 22, 2019	Jan 28 - Jan 31, 2019
Mar 19, 2019	Mar 25 - Mar 28, 2019
May 14, 2019	May 20 - May 23, 2019
Jul 9, 2019	Jul 15 - Jul 18, 2019
Sep 3, 2019	Sep 9 - Sep 12, 2019
Oct 29, 2019	Nov 4 - Nov 7, 2019
Next Deadline in 9 Weeks	
Dec 31, 2019	Jan 6 - Jan 9, 2020

<u>Order Deadlines</u>	<u>Delivery Week</u>
OHIO - Route 1	
Jan 22, 2019	Jan 28 - Jan 31, 2019
Feb 19, 2019	Feb 25 - Feb 28, 2019
Mar 19, 2019	Mar 25 - Mar 28, 2019
Apr 16, 2019	Apr 22 - Apr 25, 2019
May 14, 2019	May 20 - May 23, 2019
Jun 11, 2019	Jun 17 - Jun 20, 2019
Jul 9, 2019	Jul 15 - Jul 18, 2019
Aug 6, 2019	Aug 12 - Aug 15, 2019
Sep 3, 2019	Sep 9 - Sep 12, 2019
Oct 1, 2019	Oct 7 - Oct 10, 2019
Oct 29, 2019	Nov 4 - Nov 7, 2019
Nov 26, 2019	Dec 2 - Dec 5, 2019
Next Deadline in 5 Weeks	
Dec 31, 2019	Jan 6 - Jan 9, 2020

ORDER AND DELIVERY SCHEDULE - 2019 (South-East Routes)

These routes have a **Tuesday** 5:00 pm deadline. States on these routes, are subject to a 5% delivery fee (See page 3). Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3)..

Order Deadlines

Delivery Week

NC - Route 5

Jan 15, 2019	Jan 21	-	Jan 24, 2019
Feb 12, 2019	Feb 18	-	Feb 21, 2019
Mar 12, 2019	Mar 18	-	Mar 21, 2019
Apr 9, 2019	Apr 15	-	Apr 18, 2019
May 7, 2019	May 13	-	May 16, 2019
Jun 4, 2019	Jun 10	-	Jun 13, 2019
Jul 2, 2019	Jul 8	-	Jul 11, 2019
Jul 30, 2019	Aug 5	-	Aug 8, 2019
Aug 27, 2019	Sep 2	-	Sep 5, 2019
Sep 24, 2019	Sep 30	-	Oct 3, 2019
Oct 22, 2019	Oct 28	-	Oct 31, 2019
Nov 19, 2019	Nov 25	-	Nov 27, 2019
Dec 17, 2019	Dec 30	-	Jan 2, 2020
Next Deadline in 5 Weeks			

NC - Route 5A

Jan 15, 2019	Jan 21	-	Jan 24, 2019
Mar 12, 2019	Mar 18	-	Mar 21, 2019
May 7, 2019	May 13	-	May 16, 2019
Jul 2, 2019	Jul 8	-	Jul 11, 2019
Aug 27, 2019	Sep 2	-	Sep 5, 2019
Oct 22, 2019	Oct 28	-	Oct 31, 2019
Dec 17, 2019	Dec 30	-	Jan 2, 2020
Next Deadline in 9 Weeks			

NC - Route 5B

Feb 12, 2019	Feb 18	-	Feb 21, 2019
Apr 9, 2019	Apr 15	-	Apr 18, 2019
Jun 4, 2019	Jun 10	-	Jun 13, 2019
Jul 30, 2019	Aug 5	-	Aug 8, 2019
Sep 24, 2019	Sep 30	-	Oct 3, 2019
Nov 19, 2019	Nov 25	-	Nov 27, 2019
Next Deadline in 9 Weeks			

SOUTH - Route 2

Dec 31, 2018	Jan 7	-	Jan 10, 2019
Jan 29, 2019	Feb 4	-	Feb 7, 2019
Feb 26, 2019	Mar 4	-	Mar 7, 2019
Mar 26, 2019	Apr 1	-	Apr 4, 2019
Apr 23, 2019	Apr 29	-	May 2, 2019
May 21, 2019	May 27	-	May 30, 2019
Jun 18, 2019	Jun 24	-	Jun 27, 2019
Jul 16, 2019	Jul 22	-	Jul 25, 2019
Aug 13, 2019	Aug 19	-	Aug 22, 2019
Sep 10, 2019	Sep 16	-	Sep 19, 2019

Order Deadlines

Delivery Week

SOUTH - Route 2, Cont.

Oct 8, 2019	Oct 14	-	Oct 17, 2019
Nov 5, 2019	Nov 11	-	Nov 14, 2019
Dec 3, 2019	Dec 9	-	Dec 12, 2019
Next Deadline in 5 Weeks			
Jan 7, 2020	Jan 13	-	Jan 16, 2020

SOUTH - Route 2A

Jan 29, 2019	Feb 4	-	Feb 7, 2019
Mar 26, 2019	Apr 1	-	Apr 4, 2019
May 21, 2019	May 27	-	May 30, 2019
Jul 16, 2019	Jul 22	-	Jul 25, 2019
Sep 10, 2019	Sep 16	-	Sep 19, 2019
Nov 5, 2019	Nov 11	-	Nov 14, 2019
Dec 31, 2019	Jan 6	-	Jan 9, 2020

SOUTH - Route 2B

Feb 26, 2019	Mar 4	-	Mar 7, 2019
Apr 23, 2019	Apr 29	-	May 2, 2019
Jun 18, 2019	Jun 24	-	Jun 27, 2019
Aug 13, 2019	Aug 19	-	Aug 22, 2019
Oct 8, 2019	Oct 14	-	Oct 17, 2019
Dec 3, 2019	Dec 9	-	Dec 12, 2019

Nashville - Route 6

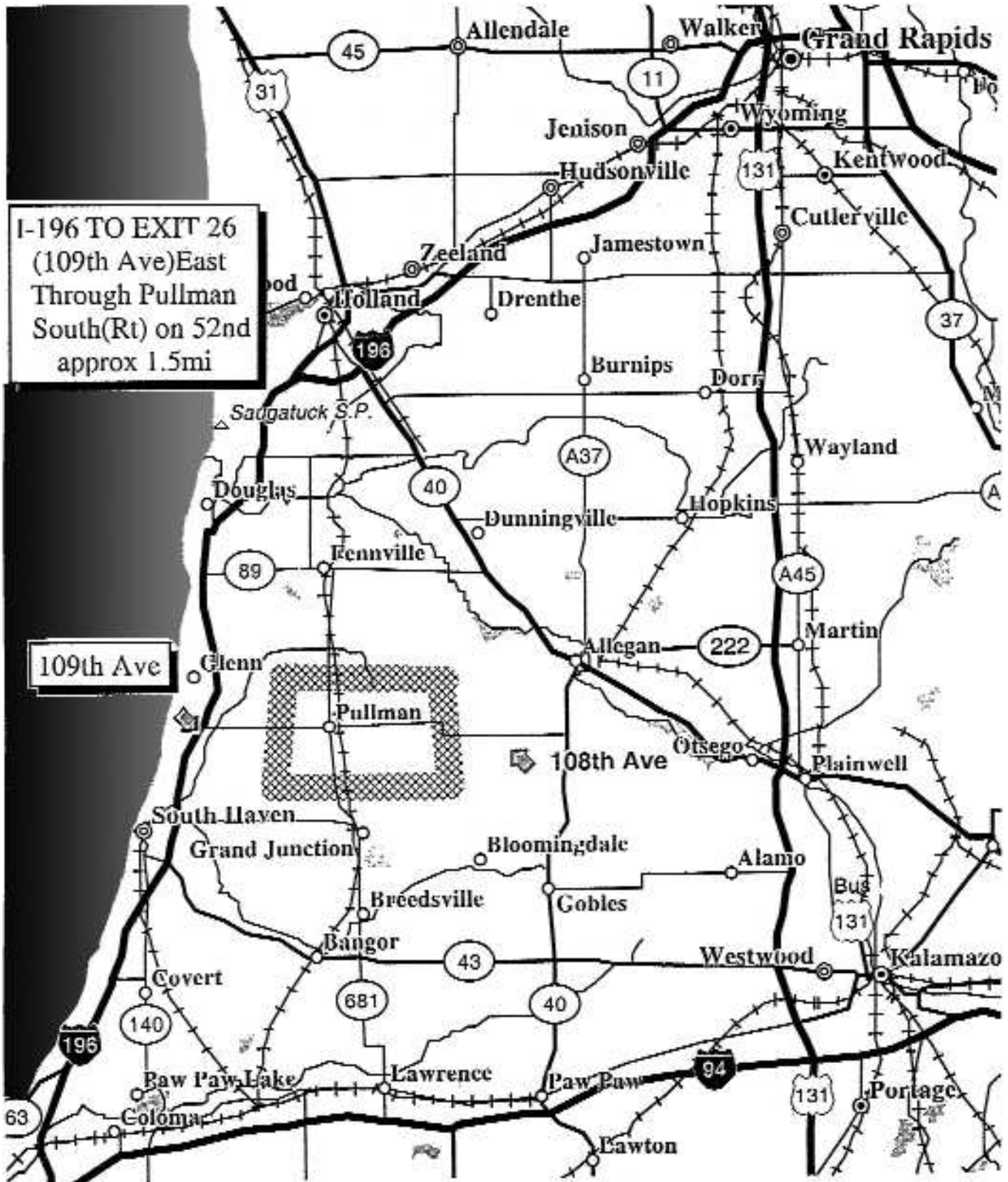
Jan 8, 2019	Jan 14	-	Jan 17, 2019
Feb 5, 2019	Feb 11	-	Feb 14, 2019
Mar 5, 2019	Mar 11	-	Mar 14, 2019
Apr 2, 2019	Apr 8	-	Apr 11, 2019
Apr 30, 2019	May 6	-	May 9, 2019
May 28, 2019	Jun 3	-	Jun 6, 2019
Jun 25, 2019	Jul 1	-	Jul 5, 2019
Jul 23, 2019	Jul 29	-	Aug 1, 2019
Aug 20, 2019	Aug 26	-	Aug 29, 2019
Sep 17, 2019	Sep 23	-	Sep 26, 2019
Oct 15, 2019	Oct 21	-	Oct 24, 2019
Nov 12, 2019	Nov 18	-	Nov 21, 2019
Dec 10, 2019	Dec 16	-	Dec 19, 2019
Next Deadline in 5 Weeks			

Index of Products

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6-Grain Flour	25	California Mix	30	Cumin	45
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Beloved, I wish above all things that thou mayest prosper and be in health,
 even as thy soul prospereth. 3 John 2



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