



November 2016

25 Commons Way, Kalispell
 Phone: (406) 756-1422
 Web: <http://mountainvalleyfoods.com>

Organic Pumpkin

\$1⁹⁹

15 oz



Pacific Foods

Organic Vegetable Broth

\$2⁹⁹

32 oz



Wholly Wholesome
 Organic
 Traditional
 9" Pie Shell

\$4²⁹

14 oz



Organic Valley
 Organic Cream
 Cheese Bar

\$3¹⁹

8 oz



Arrowhead Mills
 Organic
 Savory Herb
 Stuffing Mix

\$2⁹⁹

10 oz



Wholesome!
 Organic Light
 Brown Sugar

\$4⁴⁹

24 oz



Let's Do Organic
 Organic
 Coconut
 Flakes

\$2⁷⁹

7 oz



Field Roast
 Celebration
 Roast

\$5⁴⁹

1 lb



Alden's Organic
 Organic Ice Cream

\$6²⁹

48 oz



Lakewood
 Organic Pure
 Cranberry

\$8⁷⁹

32 oz



Did you know...

the National Turkey Federation estimated that 46 million turkeys—one fifth of the annual total of 235 million consumed in the United States—were eaten at Thanksgiving?



Get ready to put all those re-pinned recipes to the test. The holidays are your time to shine! You know that quality starts at the source and Organic Valley butter is second to none. Made with milk from pasture-raised cows and slow-churned in small batches, it's your secret ingredient for the most delicious time of year.

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For delicious holiday recipes, please visit www.organicvalley.coop.

Organic Valley
 Organic Butter

\$5⁶⁹
 1 lb



Earth Balance
 Organic Whipped
 Buttery Spread

\$3⁹⁹
 13 oz



Green & Black's
 Organic
 Chocolate Bar

\$3¹⁹
 3.5 oz



KeVita
 Organic
 Probiotic Drink

2/\$5
 15.2 oz



So Delicious
 Coconutmilk
 Creamer

\$2¹⁹
 16 oz



Califia Farms
 Almondmilk
 (Holiday Nog priced separately)

\$3⁹⁹
 48 oz



Yogi
 Tea

2/\$7
 16 ct



One Degree Organic Foods
 Organic Veganic Sprouted
 Brown Rice
 Cacao Crisps

\$4²⁹
 10 oz



Nature's Path
 Organic
 Flax Plus
 Raisin Bran

\$3⁴⁹
 14 oz



Annie's Homegrown
 Organic
 Snack Mix

\$3⁷⁹
 9 oz



If You Care
 Parchment Paper



\$4.49

70 sq ft

Immaculate Baking
 Organic Cinnamon
 Rolls



\$3.49

17.5 oz

Luna & Larry's Organic
 Coconut Bliss
 Organic Non-Dairy
 Frozen Dessert



\$4.99

1 pt

Pamela's
 Gluten-Free
 Baking &
 Pancake Mix



\$5.99

24 oz

Bob's Red Mill
 Almond Flour



\$9.79

16 oz

So Delicious
 CocoWhip



\$3.19

9 oz

Enjoy Life Foods
 Baking Chocolate



\$4.29

9-10 oz

Frontier
 Organic Ground
 Cinnamon



\$4.29

1.9 oz

Woodstock
 Organic Wild
 Blueberries



\$4.29

10 oz



delicious food **for all**

At Enjoy Life Foods, our mission is to provide food without stress, worry, or fear of ingredients. Food that tastes so good, you won't believe it's allergy-friendly!

With Enjoy Life, you can indulge in all the foods you love, knowing that your body will love them too.

You can trust that you're feeding you and your family the safest food possible. And you can eat delicious food without holding back.

So go ahead - snack fearlessly, bake deliciously and eat freely!

our products contain no artificial ingredients, trans fats or GMOs.

ALWAYS FREE-FROM:
 gluten, wheat, dairy, peanuts,
 tree nuts, egg, soy, fish & shellfish



find us in the
GLUTEN-FREE
 aisle

enjoylifefoods.com
#bakefreely



Melt **Enjoy Life Mini Chips** to drizzle on top of your finished brownies.





Annie's Homegrown
Bunny
Crackers



\$2⁷⁹
7-7.5 oz

Imagine
Organic Broth



\$2⁸⁹
32 oz

Napa Valley Naturals
Organic Extra
Virgin Olive Oil



\$10⁴⁹
25.4 oz

Lightlife
Organic Original
Soy Tempeh



\$2⁵⁹
8 oz

Late July
Organic
Classic Rich
Crackers



\$2⁷⁹
6 oz

Mediterranean Organic
Organic
Wild Capers



\$2⁶⁹
3.5 oz

Better Than Bouillon
Organic Base



\$4⁹⁹
8 oz

Tofurky
Holiday Vegetarian
Roast



\$9⁹⁹
26 oz

Lundberg
Wild Blend
Rice



\$3⁷⁹
1 lb



Easy Holiday Entertaining with Better Than Bouillon®

We take pride in the quality of our organic products, made with real meat and vegetables. Our organic bases are USDA certified organic by Quality Assurance International.

Better Than Bouillon offers more varieties to enhance the flavor of your favorite entrées, salads and sides. Perfect for simple everyday meals or upcoming holidays.

For this and other recipes visit BetterThanBouillon.com



Croissant Dressing

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Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of November.



Udi's Gluten Free
 Whole Grain
 Bread



\$4⁴⁹

12 oz

So Delicious
 Organic
 Coconutmilk



\$2⁹⁹

64 oz

Organic Valley
 Organic Raw Sharp
 Cheddar Cheese



\$5⁴⁹

8 oz

Happy Baby
 Organic
 Superfood Puffs



\$2⁷⁹

2.1 oz

Epic
 Bone Broth



\$5⁴⁹

14 oz

Back To Nature
 Crackers
 (Saltines priced
 separately)



\$2⁷⁹

6 oz

R.W. Knudsen
 Organic Just Tart
 Cherry Juice



\$6⁴⁹

32 oz

Annie's Homegrown
 Natural
 Mac & Cheese



2/\$4

5.25-6 oz

Kettle
 Potato Chips



2/\$5

5 oz

Nature's Path
 Organic
 Pumpkin Flax
 Granola



\$3⁴⁹

11.5 oz

Crunchmaster
 Multi-Seed
 Crackers



\$2⁹⁹

4.5 oz

Barbara's Bakery
 Shredded Wheat Cereal
 (other Barbara's
 cereals also on sale)



\$3⁹⁹

13 oz

Theo
 Organic Classic
 Chocolate Bar



\$2⁴⁹

3 oz

Traditional Medicinals
 Organic Throat Coat

\$3⁹⁹
 16 ct



R.W. Knudsen
 Simply
 Nutritious Juice

2/\$6
 32 oz



Garden of Life
 Organic
 Plant Protein

\$19⁹⁹
 226-260 g



Vega Sport
 Electrolyte Hydrator

69¢
 0.13 oz



Nutrex Hawaii
 Hawaiian
 Spirulina
 Pacifica Powder

\$14⁹⁹
 5 oz



Boiron
 Sinusalia

\$8⁴⁹
 60 tab



Natural Factors
 Stress-Relax[®]
 Tranquil Sleep

\$22⁹⁹
 60 tab



MegaFood
 Daily Turmeric

\$15⁹⁹
 59.1 g



Nature's Way
 Umcka
 Cold Care

\$12²⁹
 4 oz



Hyland's
 4 Kids
 Calm 'n Restful

\$6²⁹
 125 tab



Nutrition Now
 PB 8[®] Pro-Biotic
 Supplement

\$16⁹⁹
 120 ct



Gaia Herbs
 Turmeric
 Supreme Extra
 Strength

\$17⁹⁹
 60 cap



Bluebonnet
 Liquid Calcium
 Magnesium Citrate
 Plus Vitamin D3

\$9⁹⁹
 16 oz



New Chapter
 Wholemega[™] Whole
 Fish Oil

\$21⁹⁹
 60 g



Acure
 Day Cream

\$13⁴⁹

1.75 oz



Unite for HER's mission is to make a positive difference in the lives of women and girls by supporting and providing breast cancer and wellness programs that educate, empower and restore. For more information, visit www.uniteforher.org

10 cents for every Day Cream and Night Cream sold supports Unite for HER's efforts.



ACURE
 FOR YOUR SKIN | FOR THE PLANET

Weleda
 Skin Food

\$13⁷⁹

2.5 oz



Unite **for** HER
 Helping to Empower & Restore.

Desert Essence
 Toothpaste

\$4⁹⁹

6.25 oz



ShiKai
 Moisturizing
 Shower Gel

\$6⁷⁹

12 oz



Thayers
 Witch Hazel

\$7⁹⁹

12 oz



Nature's Answer
 PerioBrite
 Mouthwash

\$7⁹⁹

16 oz



Kiss My Face
 Moisture Shave

\$5⁷⁹

11 oz



Ecover
 Automatic Dishwasher
 Tablets

\$5²⁹

25 ct



Jarrow Formulas
 Bone-Up

\$17⁹⁹

240 cap



Biokleen
 Bac-Out Stain +
 Odor Remover

\$6⁴⁹

32 oz



“Practicing gratitude is a very powerful tool to shift your attention on the things you don’t have to the things you do have and this alone will make you feel better.”

Noelia Aanulds, Happiness: Learn How To Be Happy And Boost Your Life



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

- ALASKA**
Natural Pantry
 3680 Barrow St, Anchorage
- Rainbow Foods**
 224 4th St, Juneau
- COLORADO**
The Crunchy Grocer
 1461 E. Eisenhower, Loveland
- IDAHO**
Pilgrim’s Market
 1316 N 4th St, Coeur d’ Alene
- Wealth of Health Natural Market**
 120 S Woodruff Ave, Idaho Falls

- Winter Ridge Natural Foods Market**
 703 W Lake St, Sandpoint
- MONTANA**
2J’s Fresh Market
 105 Smelter Ave NE, Great Falls
- Camas Food Store**
 300 Main St, Hot Springs
- Good Food Store**
 1600 S 3rd St W, Missoula
- Heaven’s Peak Organics**
 355 Hwy 93 N, Eureka
- Hennessy Market**
 32 East Granite St, Butte
- Mission Mountain Natural Foods**
 319 Main St, Polson

- Mountain Valley Foods**
 25 Commons Way, Kalispell
- Real Food Market & Deli**
 1096 Helena Ave, Helena
- Third Street Market**
 244 Spokane Ave, Whitefish
- OREGON**
LifeSource Natural Foods
 2649 Commercial St SE, Salem
- Nature’s Pantry Natural Foods**
 1907 4th St, La Grande
- Oregon Natural Market**
 373 SW 1st St, Ontario
- Sundance Natural Foods**
 748 E 24th Ave, Eugene

- WASHINGTON**
Bear Foods Natural Market
 125 E Woodin Ave, Chelan
- Blossom Grocery**
 295 Village Rd, Lopez Island
- Farm Fresh Market**
 2010 Black Lake Blvd SW, Olympia
- Meyers Falls Market**
 160 E Third St, Kettle Falls
- Rocket Market**
 726 E 43rd, Spokane
- The Woolley Market**
 829 Metcalf St, Sedro-Woolley
- WYOMING**
Jackson Whole Grocer
 1155 S Hwy 89, Jackson