

November 2016

25 Commons Way: Kalispell Phone: (406) 756-1422

Web: http://mountainvalleyfoods.com

Pacific Foods

Organic Vegetable Broth





Wholly Wholesome

Organic Traditional 9" Pie Shell

\$429

14 oz



Organic Valley
Organic Cream
Cheese Bar

\$319

8 0



Arrowhead Mills
Organic
Savory Herb
Stuffing Mix
\$299

\$299

10 o



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.



For delicious holiday recipes, please visit www.organicvalley.coop. Organic Valley Organic Butter



Earth Balance Organic Whipped **Buttery Spread**



Green & Black's Organic Chocolate Bar



KeVita Organic Probiotic Drink



So Delicious Coconutmilk Creamer



Califia Farms Almondmilk (Holiday Nog priced separately)



Yogi Tea





One Degree Organic Foods Organic Veganic Sprouted

Brown Rice Cacao Crisps

\$429



Nature's Path Organic Flax Plus Raisin Bran



Annie's Homegrown

Organic Snack Mix







If You Care Parchment Paper



\$449

70 sq ft Pamela's Gluten-Free

Baking & Pancake Mix



Bob's Red Mill

Almond Flour

Rolls

Immaculate Baking

Organic Cinnamon



So Delicious CocoWhip

\$499

1 pt

Coconut Bliss

Frozen Dessert

Luna & Larry's Organic

Organic Non-Dairy



Enjoy Life Foods Baking Chocolate

9-10 oz



Frontier Organic Ground Cinnamon

1.9 oz



Woodstock Organic Wild

Blueberries





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



delicious food for all





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

\$759

8 07



Late July Organic Classic Rich Crackers

\$279

6 07



Mediterranean Organic

Organic Wild Capers

\$269

3.5 oz



Better Than Bouillon Organic Base

\$499

8 07



Tofurky

Holiday Vegetarian

Roast

\$999

26 oz



\$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







Udi's Gluten Free Whole Grain Bread

\$449

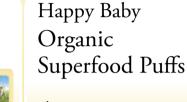


So Delicious Organic Coconutmilk

\$299



Organic Valley Organic Raw Sharp Cheddar Cheese





Epic Bone Broth





Back To Nature

Crackers (Saltines priced separately)



R.W. Knudsen Organic Just Tart Cherry Juice



Annie's Homegrown

Natural Mac & Cheese



Kettle Potato Chips



Nature's Path Organic Pumpkin Flax Granola



Crunchmaster

Multi-Seed Crackers



4.5 oz



Barbara's Bakery Shredded Wheat Cereal

(other Barbara's cereals also on sale)



Theo Organic Classic Chocolate Bar





Traditional Medicinals
Organic Throat Coat



R.W. Knudsen Simply Nutritious Juice

2/\$6



Garden of Life Organic Plant Protein

\$19⁹⁹



Vega Sport Electrolyte Hydrator

69¢

Nutrex Hawaii Hawaiian Spirulina Pacifica Powder

\$14⁹⁹

5 02



Boiron Sinusalia

\$849



Natural Factors Stress-Relax® Tranquil Sleep

\$22⁹⁹

60 tab



MegaFood Daily Turmeric

\$15⁹⁹



Nature's Way Umcka Cold Care

\$12²⁹

4 oz

60 cap



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



Bluebonnet Liquid Calcium Magnesium Citrate Plus Vitamin D3

\$999

16 oz



New Chapter Wholemega[™] Whole Fish Oil

\$21⁹⁹



Acure

Day Cream



\$13⁴⁹

Weleda Skin Food



\$13⁷⁹

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.



Funite HER

Desert Essence Toothpaste





6.25 oz

ShiKai Moisturizing Shower Gel





Thayers Witch Hazel



Nature's Answer **PerioBrite** Mouthwash





Kiss My Face Moisture Shave



Ecover

Automatic Dishwasher

Tablets





Jarrow Formulas Bone-Up





Biokleen Bac-Out Stain + Odor Remover

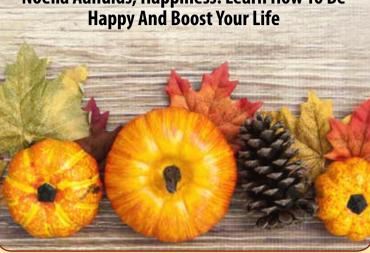






"Practicing gratitude is a very powerful tool to shift your attention on the things you don't have to the things you do have and this alone will make you feel better."

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