



MOUNTAIN VALLEY FOODS
Est. 1989

December 2016

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

Organic Valley
Organic Cultured Pasture Butter

\$3⁴⁹

8 oz



Kettle
Organic Potato Chips

2/\$5

5 oz



Wholesome!
Organic
Molasses

\$4⁷⁹

16 oz



Spectrum
Organic Shortening

\$6²⁹

24 oz



Mary's Gone Crackers
Organic Original
Crackers

\$3⁹⁹

5.5-6.5 oz



Alter Eco
Organic
Chocolate Bar

\$2⁹⁹

2.82 oz



Nature's Path
Organic
Hot Cereal
(selected varieties)

\$2⁹⁹

14 oz



Sunspire
Organic Chocolate
Chips

\$4⁶⁹

9 oz



Late July
Organic
Restaurant Style
Tortilla Chips

2/\$6

10-11 oz



Mountain Valley
Spring Water

\$1⁸⁹

1 ltr



Did you know...

Poinsettias were first introduced to this country in 1828 by the US ambassador to Mexico, Joel Roberts Poinsett?



Nature's Path
Organic Waffles



2/\$5
7.4 oz

Silk
Almondmilk



\$3⁸⁹
64 oz

The Greek Gods
Greek Style
Yogurt



\$3²⁹
24 oz

Organic Valley
Organic
French Vanilla
Half and Half



\$2⁷⁹
16 oz

Immaculate
Organic Cinnamon
Rolls



\$4⁶⁹
5 ct

Chocolove
Chocolate Bar



\$2¹⁹
2.9-3.2 oz



Ready.
Set.
Recipe.

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.

PORTLAND MARKET PUMPKIN BUTTER

INGREDIENTS

- 1 lb (4 sticks) **Organic Valley Pasture Butter**, softened
- 1/4 c pumpkin puree
- 1/4 c brown sugar
- 2 tsp pumpkin pie spice
- 1/4 tsp salt

DIRECTIONS

Blend ingredients thoroughly in a food processor. Alternatively, melt butter slowly in a saucepan over low heat, stir in sugar, salt, spices, and pumpkin, and stir together with a wooden spoon until consistency is smooth; remove from heat and serve warm.



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



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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 December.

CELEBRATE
Organic Moments
 WITH CINNAMON



FLAVOR/TYPE
 Organic Vietnamese cinnamon with a 4% oil content that delivers intense, sweet flavor.

ORIGIN
 We source from the mountainous regions of central and northern Vietnam.

RECIPE
 Organic Allspice Acorn Squash with Fruit & Nuts


Simply Organic
 Find delicious holiday recipes & coupons at simplyorganic.com

Simply Organic
 Organic Ground
 Cinnamon



\$3⁹⁹
 2.45 oz

Daiya
 Dairy-Free
 Shreds



\$3⁶⁹
 8 oz

Muir Glen
 Organic
 Pasta Sauce



2/\$6
 25.5 oz



Jackson's Honest
 Sweet Potato
 Chips



2/\$6
 4.5-5 oz

Annie's Homegrown
 Organic
 Mac & Cheese



2/\$5
 5.5-6 oz

Wild Planet
 Wild Sardines



\$1⁹⁹
 4.375 oz

Cascadian Farm
 Organic Potatoes



2/\$5
 16 oz



Food Should Taste Good
Tortilla Chips



\$2¹⁹

5.5 oz

Sir Kensington's
Classic
Mayonnaise



\$4⁴⁹

10 oz

Numi
Organic
Puerh Tea



\$5⁹⁹

16 ct

Pacific
Organic Soup
(selected varieties)



\$3²⁹

32 oz

San Pellegrino
Sparkling Water



\$1⁶⁹

750 ml

Annie's Homegrown
Organic
Graham
Crackers



\$3⁹⁹

14.4 oz



Graham Cracker 'Gingerbread' House

Ingredients

House:

- 1 package Annie's Organic Honey Graham Crackers
- 1 cup confectioners' sugar
- 2 teaspoons milk or water
- 2 teaspoons light corn syrup
- 1/4 teaspoon almond extract or clear vanilla extract

Decorations (as desired):

- chocolate chips or chocolate bars
- Annie's Organic Fruit Snacks
- flaked coconut
- sliced almonds
- dried cranberries
- other natural or organic candies as desired

Instructions

1. In a small bowl, stir together confectioners' sugar and milk until smooth.
2. Add extract and corn syrup – icing should be a smooth consistency.
3. Use icing and Organic Honey Graham Crackers to build your gingerbread house and let set for approximately 20 mins.
4. Decorate the house, using the icing as 'glue', with your choice of various natural and organic items, such as Annie's Berry Patch Organic Bunny Fruit Snacks, nuts, candy canes, chocolate, etc.
5. Be creative and have fun!





Gifts

THAT GIVE BACK

This holiday season, indulge in a cause. Endangered Species Chocolate combines premium chocolate with a promise to help at-risk species rebound and thrive. Thanks to the company's 10% GiveBack, every bar purchased helps support the species-saving programs of Rainforest Trust, Wildlife Conservation Network, African Wildlife Foundation, and many more.



Learn More At ChocolateBar.com

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Endangered Species
 Chocolate Bar



2/\$5
 3 oz

Q Drinks
 Tonic Water



\$4⁹⁹
 750 ml

OCHO Candy
 Organic Candy Bar



2/\$3
 1.4 oz

Spry
 Chewing Gum



\$5⁹⁹
 100 ct

Good Health
 Avocado Oil
 Potato Chips



\$2⁶⁹
 5 oz

Castor & Pollux
 Good Buddy
 Beef Jerky
 Dog Treats



\$3⁵⁹
 3 oz

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Golden 'EGG' NOG

- 2 cups unsweetened cashew milk
- ½ cup full fat coconut milk or coconut cream
- ½ cup cashews
- 5 dates
- 1 tsp vanilla extract (or 1 tbsp Kahlua)
- Pinch of cinnamon
- Pinch of cloves
- Pinch of sea salt
- 1 tsp freshly ground nutmeg
- **2 SCOOPS MEGAFOOD DAILY TURMERIC**



Blend all ingredients and garnish with freshly ground nutmeg... its worth grinding fresh!

NOTE: For creamier nog, soak cashews in boiled water for 30 minutes

For more booster recipes, visit megafood.com/boost

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MegaFood
 Fresh From Farm To Powder™

MegaFood
 Blood Builder

\$11⁹⁹

30 tab



Boiron
 Oscillococcinum

\$17⁹⁹

12 dose



Jarrow
 Jarro-Dophilus
 EPS

\$14⁹⁹

60 vcap



Organic India
 Organic Whole
 Husk Psyllium

\$11⁴⁹

12 oz



Vibrant Health
 Green Vibrance
 30 Day Supply

\$37⁹⁹

12.8 oz



Garden of Life
 RAW Probiotics Women

(other Garden of Life probiotic items also on sale)

\$36⁹⁹

90 ct



Herb Pharm
 Super Echinacea

\$9⁹⁹

1 oz



Oregon's Wild Harvest
 Turmeric

\$19⁹⁹

60 ct





Dr. Bronner's
Pure-Castile Bar Soap

\$3³⁹

5 oz



Nature's Gate
Shampoo
(selected varieties)

\$5⁹⁹

18 oz



Giovanni
2chic Conditioner
(other 2chic hair care items also on sale)

\$6⁴⁹

8.5 oz



derma e
Anti-Wrinkle Vitamin A
Retinyl Palmitate Crème

\$10¹⁹

4 oz



Aura Cacia
Peppermint Essential Oil
(other Aura Cacia essential oils also on sale)

\$6⁴⁹

0.5 oz



Andalou Naturals
Shampoo
(selected varieties)

\$6⁹⁹

11.5 oz



Natural Factors
Organic
Oil of Oregano

\$14⁹⁹

1 oz



Preserve
Toothbrush in
Travel Case

\$2⁸⁹

1 ct



BE INSPIRED THIS HOLIDAY SEASON

Celebrate the holiday season with creative gifts made from top-quality Aura Cacia essential oils, skin care oils and other simple ingredients. Visit auracacia.com for more recipes and tips.

HOLIDAY ROLL-ON

Ingredients:

- 2 teaspoons Aura Cacia Jojoba Skin Care Oil
- 7 drops Aura Cacia Frankincense Precious Essentials®
- 2 drops Aura Cacia Peppermint Essential Oil
- 1 drop Aura Cacia Lavender Essential Oil
- .31-ounce Aura Cacia Amber Roll-On Bottle

Directions:

1. In roll-on bottle, measure oils and top off with jojoba, replace cap and shake until well blended.
2. To use, apply 3 to 4 swipes to each temple and massage with finger tips. Reapply as needed.



Each time you purchase one of our products, you support organizations that help women transform their lives. Together, we can spread positive change.

WWW.AURACACIA.COM

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"The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture."

**Michael Pollan, In Defense of Food:
 An Eater's Manifesto**



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 E 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

Good Health Market
 1821 S Sheridan Ave, Sheridan