

December 2016

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

Web: http://mountainvalleyfoods.com

Kettle

Organic Cultured Pasture Butter



Organic Potato Chips

2/\$5

5 oz

FEFFE

BRAND

POTATO CHIPS

Organic

SEA SALT

great taste...naturally

net welgnt 5 oz (145 g)

Wholesome! Organic Molasses

\$479

16 oz



Spectrum
Organic Shortening

\$6²⁹

24 oz



Mary's Gone Crackers
Organic Original
Crackers

\$399

5.5-6.5 o

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



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



Silk Almondmilk





The Greek Gods Greek Style Yogurt

\$3²⁹



Organic Valley Organic French Vanilla Half and Half

\$2⁷⁹

16 oz



Immaculate Organic Cinnamon Rolls

\$**4**⁶⁹

5 ct

Chocolove Chocolate Bar

\$2¹⁹





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

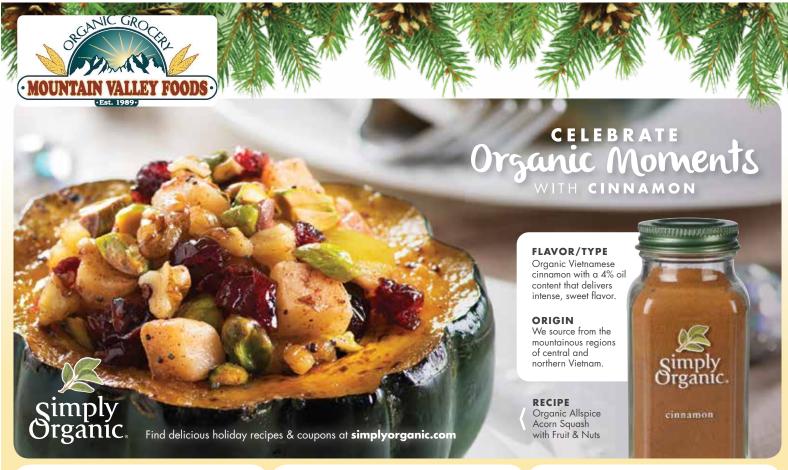
DIRECTIONS

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.





Simply Organic Organic Ground Cinnamon

\$399

2.45.07



Daiya Dairy-Free Shreds

\$369

8 o



Muir Glen Organic Pasta Sauce

2/\$6





Jackson's Honest Sweet Potato Chips

2/\$6

4.5-5 oz



Annie's Homegrown

Organic Mac & Cheese

2/\$5



Wild Planet Wild Sardines

\$199

4.375 oz



Cascadian Farm Organic Potatoes

2/\$5





Food Should Taste Good

Tortilla Chips

\$719

5.5 oz



Sir Kensington's Classic Mayonnaise

\$449



Numi Organic Puerh Tea



Pacific Organic Soup



San Pellegrino Sparkling Water





Annie's Homegrown

Organic Graham Crackers



Graham Cracker 'Gingerbread' House

Ingredients

- 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

Decorațions (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!



Endangered Species

Chocolate Bar



Q Drinks Tonic Water

\$499

750 m



OCHO Candy Organic Candy Bar

2/\$3



Spry Chewing Gum

\$599



Good Health Avocado Oil Potato Chips

\$269

5 oz



Castor & Pollux Good Buddy Beef Jerky Dog Treats

\$359

3.07





den 'EGG' NOG

- · 2 cups unsweetened cashew milk
- ½ cup full fat coconut milk or coconut cream
- 1/3 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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Organic India Organic Whole Husk Psyllium

12 oz



Vibrant Health Green Vibrance 30 Day Supply



Oregon's Wild Harvest **Turmeric**

MegaFood Blood Builder

\$1199 30 tab



Boiron Oscillococcinum



Jarrow Jarro-Dophilus **EPS**

\$1499

60 vcap



Garden of Life **RAW Probiotics Women**



Herb Pharm Super Echinacea







Dr. Bronner's Pure-Castile Bar Soap



Nature's Gate Shampoo (selected varieties)



Giovanni

2chic Conditioner

(other 2chic hair care items also on sale)



derma e

Anti-Wrinkle Vitamin A Retinyl Palmitate Crème



Aura Cacia

Peppermint Essential Oil

(other Aura Cacia essential oils also on sale)

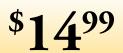


Andalou Naturals Shampoo (selected varieties)





Natural Factors Organic Oil of Oregano





Preserve Toothbrush in Travel Case

\$289



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:

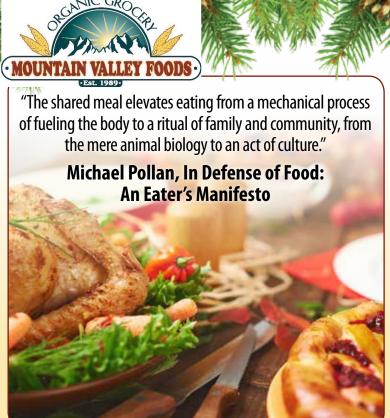
- 1. In roll-on bottle, measure oils and top off with jojoba, replace cap and shake until well blended.
- 2. To use, apply 3 to 4 swipes to each temple and massage with finger tips. Reapply as needed.





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





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