



MOUNTAIN VALLEY FOODS

Est. 1989

March 2017

25 Commons Way, Kalispell

Phone (406) 756-1422

Web <http://mountainvalleyfoods.com>

Organic Valley
Organic Raw Sharp Cheddar Cheese

\$5⁴⁹

8 oz



Mary's Gone Crackers

Organic Crackers

(selected varieties)

\$3⁹⁹

5.5-6.5 oz



Ancient Harvest
Organic Pasta



2/\$5

8 oz

Muir Glen
Organic
Tomatoes



4/\$5

14.5 oz

GT's
Organic
Enlightened
Kombucha



\$2⁶⁹

16 oz

Napa Valley Naturals
Organic Extra
Virgin Olive Oil



\$10⁴⁹

25.4 oz

Eden
Organic Beans
(selected varieties)



\$1⁹⁹

15 oz

Nutiva
Organic
Coconut Manna



\$8⁷⁹

15 oz

Annie's Naturals
Organic Dressing



\$3²⁹

8 oz

Organic Valley
Organic Cream Cheese Bar



\$3¹⁹

8 oz

Did you know...

The odds of finding a four-leaf clover are approximately 1 in 10,000.

Traditional Medicinals



Bitter is the better way to get your digestive juices flowing, improving your body's digestive process.* Some of our best and bitter (in a good way) dandelion roots are **sustainably harvested from the wild meadows** of Poland. Dug up, separated, washed and dried, the **roots are then roasted** whole before being cut up to be used in this tea. Learn more about Roasted Dandelion Root and other great medicinal tea information: Visit <http://www.traditionalmedicinals.com/articles/peek-inside-roasted-dandelion-root/>

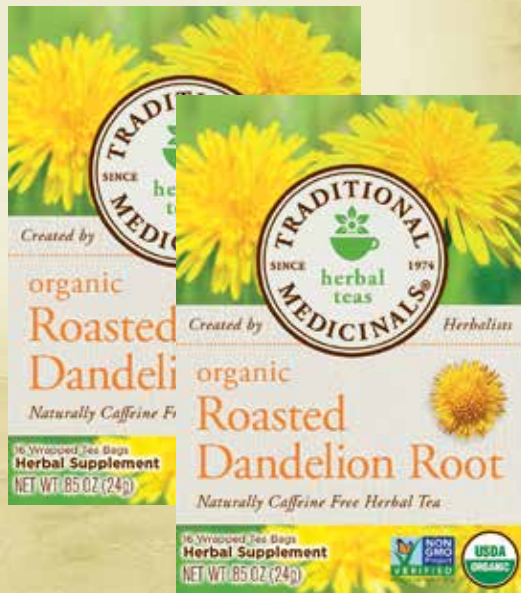


All of Traditional Medicinals teas are Non-GMO Project Verified



Plant power for a better you.™

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Organic Valley Organic Pasture Butter

\$3⁴⁹

8 oz



Pamela's Baking & Pancake Mix

\$5⁹⁹

24 oz



Enjoy Life Baking Chocolate

\$4⁴⁹

9-10 oz



Traditional Medicinals Organic Teas (selected varieties)

\$3⁹⁹

16 ct



Almond Breeze Almondmilk

\$3⁶⁹

64 oz



Barbara's Puffins Cereal

\$3⁶⁹

10-11 oz



Cascadian Farm Organic Organic Cereal

2/\$7

8.6-14.6 oz



R.W. Knudsen Just Cranberry Juice

\$6⁴⁹

32 oz



Nature's Path Organic Toaster Pastries

\$2⁹⁹

11 oz



The Greek Gods
 Greek Yogurt



\$3²⁹

24 oz

San Pellegrino
 Sparkling Water



\$1⁶⁹

750 ml

Larabar
 Fruit & Nut Bar
 (selected varieties)



5/\$5

1.6-1.8 oz

Nancy's
 Organic Whole
 Milk Yogurt



\$3⁹⁹

32 oz

DeLallo
 Organic Whole
 Wheat Pasta



2/\$5

1 lb

Three Twins
 Organic Ice Cream Cup



2/\$3

5 oz

Lilly's
 Hummus
 (selected varieties)



2/\$5

12 oz

Wallaby
 Organic Low Fat Yogurt



99¢

6 oz

Miso Master
 Organic White Miso



\$4⁴⁹

8 oz

Mori-Nu
 Tofu
 (selected varieties)



\$1⁵⁹

11.5-12.3 oz

Shamrock Green Smoothie

Make it your lucky day with a green smoothie!

Ingredients:

- 1 Cup milk of choice
- 1/2 Cup yogurt of choice
- 1 banana
- 1/2 Cup mangos
- 1 Cup spinach
- 1 Cup kale
- 1 avocado

Instructions:

Add milk, yogurt and fruit to a blender and mix together. Add greens to liquid and blend until smooth. Add more milk or water for right consistency. Optional: add 1 tsp coconut oil.



BETTER THAN BOUILLON
 FOOD BASES

BECAUSE YOU BELIEVE IN BETTER.™

**We Take Pride in
 The Quality of
 Our Organic Products**

Our organic bases are made with real meat and vegetables, certified USDA 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.

For this and other recipes visit BetterThanBouillon.com



Grilled Chicken Gyro
 © 2017 Southeastern Mills, Inc.

Better Than Bouillon
 Organic Base



\$4⁹⁹
 8 oz

Lundberg Family Farms
 Organic Rice
 (selected varieties)



\$4⁹⁹
 2 lb

Wild Planet
 Wild Albacore Tuna



\$3⁴⁹
 5 oz

Spectrum Naturals
 Organic Extra
 Virgin Olive Oil



\$12⁹⁹
 25.4 oz

Koyo
 Ramen



89¢
 2-2.1 oz

Back to Nature
 Crackers
 (selected varieties)



\$2⁹⁹
 3.5-8.5 oz

Bragg
 Organic Apple
 Cider Vinegar



\$5¹⁹
 32 oz

Pacific
 Organic
 Chicken Soups



\$2⁹⁹
 17.6 oz

Bob's Red Mill
 Organic
 Flaxseed Meal
 (selected varieties)



\$3²⁹
 16 oz



Happy Baby
Organic
Superfood Puffs



\$2⁷⁹

2.1 oz

Annie's Homegrown
Organic
Graham
Crackers



\$3⁹⁹

14.4 oz

Numi Tea
Organic
Pu-erh Tea



\$5⁹⁹

16 ct

Annie's Homegrown
Natural Mac
& Cheese



\$1⁶⁹

5.5-6 oz

The Ginger People
Organic
Ginger Juice



\$3³⁹

5 oz

Jackson's Honest
Potato Chips



2/\$6

5 oz

Crown Prince Natural
Skinless & Boneless
Sardines in Olive Oil



\$2⁵⁹

3.75 oz

SeaSnax
Grab&Go Roasted
Seaweed Snacks



\$1¹⁹

.18 oz

California Olive Ranch
Everyday Extra
Virgin Olive Oil



\$8⁴⁹

16.9 oz



*Wild Caught Fish & Sustainably Harvested Shellfish
Third Party Certified Sustainable Harvests
Committed to The Non-GMO Project*

Crown Prince Natural is the only canned seafood line in the Natural product industry that can supply a comprehensive line of products. From anchovies to herring, sardines to tuna we provide the seas finest. Sustainably harvested, uncomplicated seafood.

Visit www.crownprince.com for more information and great recipes.

Crown Prince Natural.

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 March.

Justin's
 Single Squeeze
 Almond Butter



4/\$5
 1.15 oz

Hail Merry
 Miracle Tarts
 (selected varieties)



\$3¹⁹
 3 oz

Alden's
 Organic Ice Cream



\$6²⁹
 48 oz

Late July
 Organic
 Multigrain
 Tortilla Chips



2/\$5
 5.5-6 oz

OCHO
 Organic Candy Bar



2/\$3
 1.4 -1.5 oz

Zevia
 Zero Calorie Soda



\$4²⁹
 6/12 oz

Organic India
 Organic Tulsi Tea
 (selected varieties)



\$3⁷⁹
 18 ct

Guayaki
 Organic Yerba
 Mate Cans



2/\$4
 15.5 oz

Crunchmaster
 Multi-Seed
 Crackers



\$2⁷⁹
 4.5 oz



ORGANIC INDIA

Tulsi HOLY BASIL

SWEET ROSE

Stress-Relieving & Magical

CAFFEINE FREE

Tulsi - Holy Basil is an herb with healing properties

CERTIFIED ORGANIC - HERBAL SUPPLEMENT

NET WT 1.01 OZ (28.8g)

10 INFUSION BAGS

Tulsi for STRESS RELIEF*






organicindia.com

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ORGANIC INDIA™

Organic whole herb solutions for Healthy Conscious Living

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KeVita
 Organic Sparkling
 Probiotic Drink



2/\$5

15.2 oz

Health Warrior
 Chia Bar



\$1.19

.88 oz

Lily of the Desert
 Organic Aloe Vera
 Whole Leaf Juice



\$7.99

32 oz

Nutrex Hawaii
 Spirulina Pacifica
 Powder



\$14.49

5 oz

tera'swhey
 Organic
 Whey Protein



\$25.99

12 oz

Vega
 Sport Protein



\$39.99

28.3-29.5 oz

Bluebonnet
 Liquid Calcium
 Magnesium
 Citrate



\$9.99

16 oz

Yerba Prima
 Psyllium
 Whole Husks



\$9.99

12 oz

REVITALIZE YOUR CORE

KeVita® Apple Cider Vinegar Tonics and Sparkling Probiotic Drinks are refreshing, delicious, and are packed with live probiotics!



* Live Probiotics* Certified Organic* Low Calorie Options



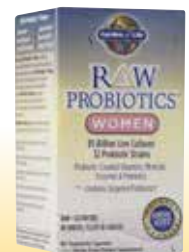
Natural Factors
 Organic Oil
 of Oregano



\$14.99

1 oz

Garden of Life
 RAW Probiotics
 Women



\$36.99

90 tab

NeoCell
 Super Collagen



\$10.99

7 oz

New Chapter
 Bone Strength
 Take Care™

\$38⁹⁹

120 tab



Boiron
 Sinusalia

\$8⁴⁹

60 tab



Smarty Pants
 Prenatal Gummy
 Vitamins

\$25⁹⁹

180 ct



Bach
 Rescue Remedy
 Drops

\$11⁴⁹

10 ml



Desert Essence
 Shampoo and
 Conditioner

\$6²⁹

8 oz



MegaFood
 Blood Builder

\$11⁹⁹

30 tab



Hyland's
 Calms Forté

\$7⁴⁹

100 tab



Nubian Heritage
 Bar Soap

\$3⁶⁹

5 oz



Topricin
 Pain Relief Cream

\$11⁹⁹

2 oz



Schmidt's Deodorant
 Deodorant Stick
 (selected varieties)

\$7⁴⁹

3.25 oz



South of France
 Bar Soap

\$3¹⁹

6 oz



NEWCHAPTER
 MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

plant-sourced calcium
 reduces the risk of osteoporosis†

- Bone Strength Support* ✓
- Joint Flexibility Support* ✓
- Heart Health Support* ✓
- Wild-Crafted from Iceland ✓
- Vitamins K2 & D3 + Magnesium ✓

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

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100% VEGETARIAN
 NON GMO Project VERIFIED

Andalou Naturals
 Argan Oil & Shea
 Shampoo &
 Conditioner

\$7²⁹

11.5 oz



Grandpa Soap Co.
 Pine Tar
 Bar Soap

\$3²⁹

3.25 oz



derma • e
 Anti-Wrinkle Renewal
 Cream

\$10⁴⁹

4 oz



Alaffia
 EveryDay Shea
 Body Lotion

\$9²⁹

32 oz



EO
 Everyone
 3 in 1 Soap

\$7⁴⁹

32 oz



Weleda
 Skin Food

\$13⁷⁹

2.5 oz



Nature's Gate
 Crème
 Toothpaste

\$4²⁹

6 oz



Kiss My Face
 Olive Oil
 Bar Soap

\$2⁹⁹

8 oz



Aura Cacia
 Lavender
 Essential Oil

\$8⁹⁹

.5 oz



Crystal
 Roll On
 Deodorant

\$3¹⁹

2.25 oz



Ecover
 Dish Tablets

\$5²⁹

25 ct



Earth Friendly
 ECOS Dishmate
 Dish Liquid

\$2⁷⁹

25 oz



All Terrain
 Assorted Fabric
 Bandages

\$3⁶⁹

30 ct



Biokleen
 Bac-Out Stain
 + Odor Remover

\$6²⁹

32 oz



“The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.”
Henry Van Dyke



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