



MOUNTAIN VALLEY FOODS

Est. 1989

September 2016

25 Commons Way, Kalispell

Phone: (406) 756-1422

Web: <http://mountainvalleyfoods.com>

Napa Valley Naturals

Organic Extra Virgin Olive Oil

\$10⁴⁹

25.4 oz



Muir Glen

Organic Tomatoes

(selected varieties)

2/\$5

28 oz



Yogi

Organic Ginger Tea

(other varieties also on sale)

2/\$7

16 ct



Earth Balance

Organic Coconut Spread

\$4¹⁹

10 oz



Organic Valley

Organic Mozzarella Stringles

\$4⁶⁹

6 oz



Nature's Path

Organic Love Crunch

\$3⁴⁹

11.5 oz



Harmless Harvest

Organic Coconut Water

\$4²⁹

16 oz



KeVita

Organic Sparkling Probiotic Drink

\$2⁴⁹

15.2 oz



Green & Black's

Organic Chocolate Bar

\$3¹⁹

3.5 oz



Alden's

Organic Ice Cream

\$6²⁹

48 oz



Did you know...

Organic Sales account for over 4 percent of total U.S. food sales, according to recent industry statistics?

-USDA Economic Research Service, 2014



Muir Glen
Organic
Pasta Sauce

2/\$6
25.5 oz



Rising Moon
Organic
Ravioli

\$3²⁹
8 oz



Spectrum
Organic
Unrefined Extra
Virgin Olive Oil

\$12⁹⁹
25.4 oz



Annie's Homegrown
Organic
Mac & Cheese
(selected varieties)

\$2¹⁹
5.5-6 oz



Hope
Organic Hummus

\$3¹⁹
8 oz



Late July
Organic
Restaurant Style
Tortilla Chips

2/\$6
10-11 oz



Nutiva
Organic Shortening

\$4⁷⁹
15 oz



Food For Life
Organic Ezekiel 4:9
Sprouted Whole
Grain Bread

\$4⁶⁹
24 oz



Runa
Organic Ready to
Drink Guayusa

\$1⁵⁹
14 oz



Wholesome!
Organic Raw
Blue Agave

\$6⁷⁹
23.5 oz



Theo
Organic
Chocolate Bar
(selected varieties)

2/\$5
3 oz



Nutiva® partners with Natural Habitats™ to support sustainable farming in Ecuador. Our red palm products are sustainably sourced on family farms, with absolutely no deforestation or habitat destruction. A proprietary cold-filtration process results in a delicious buttery culinary oil, high in antioxidant vitamins A & E.



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 September.

Kettle
 Organic
 Potato Chips



2/\$5
 5 oz



Nature's Path
 Organic
 Granola Bars



\$3²⁹
 6.2-7.05 oz



Ocho
 Organic Candy Bar



2/\$3
 1.4 oz



Coconut Bliss
 Organic Non-Dairy
 Ice Cream



\$4⁹⁹
 1 pint



Numi
 Organic
 Chocolate
 Puerh Tea



\$5⁹⁹
 16 ct



Navitas
 Organic
 Cacao Powder



\$6⁴⁹
 8 oz



Organic Valley
 Organic Fuel
 Protein Shake



\$3²⁹
 11 oz



Choice
 Organic Teas
 (selected varieties)



\$3⁴⁹
 16 ct



Wallaby
 Organic Yogurt



5/\$5
 6 oz



Annie's Homegrown
 Organic
 Bunny
 Snack Mix



\$3⁷⁹
 9 oz



True or False: Foods with less than 95% organic ingredients may not display the organic seal?

Answer: True

You may find yourself asking the question, "what is organic?" as you go up and down the aisles shopping for groceries. It was in the 1940s, with the introduction of synthetic pesticides and herbicides, that the demand for food to be processed more "naturally" started. In the 1970s, laws were passed and certification standards and processes were put in place by the western leaders of the organic movement. The first national legislation, the Organic Foods Production Act (OFPA), was passed in 1990, creating the National Organic Program (NOP). By 2000 the USDA issued its final organic regulations, which became effective October 21, 2002, and the USDA Organic Seal was created to appear on products that were certified to meet the national regulations and standards.

Today, when you are shopping, you can look for the USDA organic symbol to ensure you are getting produce and packaged goods that are "organic".

Look for this image to ensure you are getting an organic product:





Daiya
Dairy-Free
Shreds

\$3⁶⁹

8 oz



Field Roast
Vegetarian Grain Meat
Sausage

\$4²⁹

12.95 oz



Redwood Hill Farm
Plain Cultured
Goat Milk Kefir

\$5⁷⁹

32 oz



Tofurky
Deli Slices

\$2⁴⁹

4-5.5 oz



Amy's
Burritos
(selected varieties)

\$2⁷⁹

5.5-6 oz



Silk
Almondmilk

\$3⁶⁹

64 oz



Udi's
Gluten Free
Bread

\$4⁴⁹

12-14.3 oz



R.W. Knudsen
Just Cranberry

\$6⁴⁹

32 oz



Clif Bar
Energy Bar

\$1¹⁹

2.4 oz



Epic
Meat Bar

2/\$5

1.3-1.5 oz



Pamela's
Gluten-Free Cookies

\$3¹⁹

7.25 oz



Probar
Meal Bar

2/\$5

3 oz



Crown Prince Natural
Skinless & Boneless
Sardines In Olive Oil

\$2⁶⁹

3.75 oz



Crunchmaster
Multi-Seed
Crackers

\$2⁸⁹

4.5 oz



Larabar
Fruit & Nut Food Bar

\$1¹⁹

1.6-1.8 oz



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Bluebonnet
Liquid Calcium
Magnesium
Citrate+ Vit D3

\$9⁹⁹

16 oz



Organic India
Organic Whole
Husk Psyllium

\$11⁴⁹

12 oz



Amazing Grass
Organic
Wheat Grass

\$18⁹⁹

8.5 oz



Vibrant Health
Green Vibrance
30 Day

\$37⁹⁹

12.8 oz



Yerba Prima
Great Plains
Bentonite

\$8⁷⁹

16 oz



Vega One
Nutritional
Shake

\$2⁴⁹

1.3-1.5 oz



Vega[®] recipe of the month! **Mocha Morning Kickstarter**

Warm up on this fall day with a Vega One[™] coffee shake.

- 1 serving Vega One Mocha
- ½ cup hot coffee
- 1 cup hot water
- 1 Tbsp coconut oil

Add all ingredients to blender and blend.
Serve warm and enjoy!



vega one

For more blendspiration visit our
recipe center at myvega.com/recipes



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ACURE

FOR YOUR HAIR | FOR THE PLANET

Our hair care products use cutting edge plant stem cell technology to address specific hair concerns at the root and follicle level. Salon tested for maximum performance, we use only the finest **natural, organic** ingredients available. Each product is paraben free, gluten free, sulfate free, sodium chloride free, vegan, phthalate free, and cruelty free.

IT'S NOT ENOUGH TO BE NATURAL...
IT ALSO HAS TO WORK.™



Desert Essence
 Thoroughly Clean
 Face Wash

\$7²⁹

8.5 oz



Derma E
 Anti-Wrinkle Vitamin A
 Retinyl Palmitate Crème

\$10⁷⁹

4 oz



Acure
 Repairing
 Shampoo



\$7⁹⁹

8 oz

Giovanni
 Tea Tree Triple
 Treat Shampoo



\$6⁴⁹

8.5 oz

Tom's Of Maine
 Peppermint Antiplaque
 & Whitening Toothpaste

\$4⁷⁹

5.5 oz



Alaffia
 Everyday Shea
 Body Lotion



\$9²⁹

32 oz

Tea Tree Therapy
 Tea Tree Toothpaste
 With Baking Soda



\$3⁹⁹

5 oz

Radius
 The Source
 Toothbrush



\$6⁴⁹

1 ct

Andalou Naturals
 Argan & Sweet
 Orange Moisture
 Rich Shampoo



\$6⁹⁹

11.5 oz

Dr. Bronner's
 Pure Castile
 Liquid Soap



\$7⁹⁹

16 oz

Biokleen
 Liquid Laundry



\$9⁴⁹

64 oz



Grandpa Brands
Pine Tar
Bar Soap

\$3²⁹

3.25 oz



Garden of Life
Vitamin Code 50 &
Wiser Women's
Multivitamin

\$29⁹⁹

120 ct



New Chapter
Bone Strength
Take Care™

\$43⁹⁹

120 tab



Topricin
Pain Relief Cream

\$12²⁹

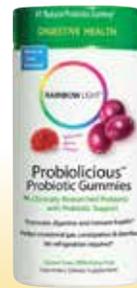
2 oz



Rainbow Light
Probiolicious
Probiotic
Gummies

\$13⁴⁹

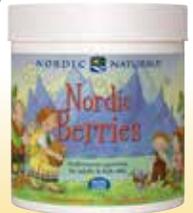
50 ct



Nordic Naturals
Nordic Berries

\$19⁹⁹

120 ct



MegaFood
MegaFlora

\$16⁹⁹

30 ct



Natural Factors
Vit C 500 mg
Natural
Fruit Chew

\$9⁹⁹

90 tab



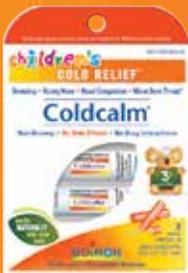
Boiron
Oscillococcinum

\$10⁹⁹

6 dose



Oscillococcinum® reduces the duration and severity of flu-like symptoms, such as body aches, headache, fever, chills and fatigue.* For everyone 2 and up.



Temporarily relieves cold symptoms at every stage of a cold.* For everyone 3 and up.

- Non-drowsy
- No known drug interactions
- Help your body the natural way

Be Prepared for Cough, Cold and Flu Season with Boiron's children's Medicines!



Temporarily relieves all types of common coughs.* For everyone 2 and up.



Temporarily relieves symptoms of the common cold such as nasal and chest congestion and a fitful cough.* For everyone 3 and up.

*These "Uses" have not been evaluated by the Food and Drug Administration.

**"You can't inspire someone by just talking."
 Will Allen**



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