



MOUNTAIN VALLEY FOODS

Est. 1989

October 2016

25 Commons Way, Kalispell

Phone: (406) 756-1422

Web: <http://mountainvalleyfoods.com>

Crofter's
Organic Family Size Berry Spreads

\$4⁴⁹

16.5 oz



Angie's
BoomChickaPop Popcorn

\$2⁵⁹

4.5-7 oz



Hilary's
Organic Veggie
Burgers

\$2⁷⁹

6.4 oz



Follow Your Heart
Soy Free
Vegenaise

\$4⁶⁹

16 oz



Amy's
Organic Lentil Soup
(other varieties
also on sale)

\$2⁶⁹

14.5 oz



Mary's Gone Crackers
Organic
Crackers

\$3⁹⁹

6.5 oz



Late July
Organic
Multigrain
Tortilla Chips

\$2²⁹

5.5-6 oz



Eden
Organic Black Beans
(other varieties
also on sale)

\$2¹⁹

15 oz



Dr. Bronner's
Organic Virgin
Coconut Oil

\$8²⁹

14 oz



Nature's Path
Organic Mesa
Sunrise Eco Pac

\$5⁹⁹

26.4 oz



Did you know...
there are now over 2,500 brands,
representing 36,000 products
bearing the Non-GMO Project
Verified seal?



WHAT DOES THE BUTTERFLY MEAN?
 The best way to know you are avoiding GMOs is to look for the **Non-GMO Project Verified** seal. When you reach for the Butterfly, you know independent, third-party verification ensures your food has followed industry best practices for GMO avoidance, including the testing of all major high-risk ingredients.
 The Non-GMO Project is a non-profit organization committed to preserving and building the non-GMO food supply, educating consumers, and providing verified non-GMO choices.

Find out more at: www.nongmoproject.org

Hail Merry
 Chocolate Almond
 Butter Miracle
 Tarts
\$3¹⁹
 3 oz

Annie's Homegrown
 Organic Bunny Fruit
 Snacks
\$3²⁹
 4 oz

C2O
 100% Pure
 Coconut Water
\$1⁷⁹
 17.5 oz

Beanfields
 Bean & Rice
 Chips
\$2⁷⁹
 5.5-6 oz

Barbara's
 Puffins
 Cereal
\$3⁶⁹
 10-11 oz

ProBar
 Base 20g Protein Bar
\$2²⁹
 2.46 oz

Purely Elizabeth
 Organic
 Ancient Grain
 Granola
\$4⁹⁹
 12 oz

Endangered Species
 Chocolate
 Bar
\$2²⁹
 3 oz

Bragg
 Organic Apple
 Cider Vinegar
\$4⁹⁹
 32 oz

Numi Tea
 Organic
 Green Teas
\$5²⁹
 16-18 ct

The Ginger People
 Gin Gins
 Original Chewy
 Ginger Candy
\$1⁸⁹
 3 oz

Kettle Brand
 Baked
 Potato Chips
\$2¹⁹
 4 oz



Ancient Harvest
Organic Gluten Free
Supergrain Pasta

\$2⁶⁹

8 oz



Muir Glen
Organic Diced
Tomatoes

2/\$3

14.5 oz



San-J
Tamari Lite 50%
Less Sodium, Gluten
Free Soy Sauce

\$2⁹⁹

10 oz



Way Better Snacks
Tortilla Chips

\$2²⁹

5.5 oz



Alexia
Organic Yukon
Select Fries

\$2⁷⁹

15 oz



Explore Cuisine
Organic
Bean Pasta

\$3⁴⁹

8 oz



Alter Eco
Organic
Chocolate Bar

\$2⁸⁹

2.82 oz



Zevia
Zero Calorie Soda

\$4²⁹

6/12 oz



Traditional Medicinals
Organic Nighty Night
(other varieties
also on sale)

\$3⁹⁹

16 ct



America's first **Non-GMO Project Verified** herbal tea company is now offering Non-GMO Project Verified tea bags and strings.



Because people have a right to know what's steeping in their cup.

*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.

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 October.





Nature's Path
Organic Sunrise
Crunchy Maple
Cereal

\$3.49

10.6 oz



So Delicious
Coconut
Milk

\$2.49

32 oz



Temple Turmeric
Organic Elixirs

\$3.79

12 oz



R.W. Knudsen
Organic Cranberry
Pomegranate
Juice

\$3.69

32 oz



Erewhon
Organic
Cereal

\$3.99

10 oz



GoodBelly
Probiotic
Juice Drink

\$3.19

32 oz



Amy & Brian
Coconut Water

\$2.29

17.5 oz



Guayaki
Organic
Traditional
Yerba Mate

\$5.29

25 bag



SweetLeaf
Stevia
Sweetener
Packets

\$2.69

35 ct



R.W. Knudsen Family® takes great pride in offering innovative products that are made with high-quality ingredients and is proud to be an official participant in the Non-GMO Project.

Visit www.nongmoproject.org for more information about the Non-GMO Project or to view our entire list of verified products to date.



NON-GMO PROJECT VERIFIED IS A REGISTERED TRADEMARK OF THE NON-GMO PROJECT, INC.

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 October.



Organic Valley
Organic Cultured
Pasture Butter

\$3⁴⁹

8 oz



Green Valley Organics
Organic Lactose
Free Kefir

\$4⁷⁹

32 oz



Maple Hill Creamery
Organic 100%
Grassfed Cream
on Top Yogurt

5/\$5

6 oz



Organic Valley
Organic
Mozzarella
Cheese

\$4⁹⁹

8 oz



Annie's Homegrown
Organic
Grass Fed
Mac & Cheese

\$2⁶⁹

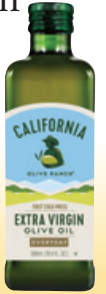
6 oz



California Olive Ranch
Everyday Extra
Virgin Olive Oil

\$8⁴⁹

16.9 oz



Epic
Bites

\$5²⁹

2.5 oz



Cascadian Farm
Organic Potatoes

\$2⁴⁹

16 oz



Blake's
Chicken Pot Pie Made
with Organic
Vegetables

\$4¹⁹

8 oz



Gluten-Free Corn-Free Baked Tortilla Chips

(submitted by the Non-GMO Project)

Treat yourself to some homemade gluten-free corn-free tortilla chips. Forget deep fried and leave out the GMOs with this delicious recipe made with brown rice tortillas.

Serves: 4 Prep Time: 10 minutes Total Time: 20 minutes

Ingredients:

- *Non-GMO Verified promotional item
- 3 large gluten-free brown rice tortillas
- 1 Tablespoon unrefined, *Dr. Bronner's OG Coconut Oil Virgin Whole Kernel, warmed to liquid
- Zest from 1 lime (about 2 tsp)
- 1/2 teaspoon ground coriander
- 1/4 teaspoon chili powder
- 1/4 teaspoon fine-ground sea salt

You will need:

- 2 baking sheets (or bake in batches using 1 sheet)
- Unbleached parchment paper
- Chef's knife
- Large glass bowl



Instructions:

Pre-heat oven to 350°F and prepare lime zest. Stack tortillas and cut into the chip shapes that you want. Try a cookie cutter for fun shapes like stars and hearts. In a bowl, mix together all ingredients except tortillas.

Now add tortillas, and massage in the spices with your hands so all chips are coated. If you don't like to get dirty, use a pastry brush to coat both sides of your chips. Add more seasoning and oil if you want—pastry brushes tend to suck up a lot of seasoning so you may need to double the ingredient amounts of you go this route.

Lay out chips on a parchment-lined baking sheets. Bake for 8 to 10 minutes—no longer because they can burn quickly. Remove from oven and allow to cool. Enjoy!



Brown Cow
Cream Top Yogurt

79¢
6 oz



Organic Valley
Organic Cream Cheese
Tubs

\$3¹⁹
8 oz



Canyon Bakehouse
Gluten Free
Sliced Bread

\$4⁷⁹
18 oz



Organic India
Organic
Tulsi Tea

\$3⁹⁹
18 ct



Cascadian Farm
Organic Cinnamon
Crunch Cereal

(other varieties also on sale)
\$3²⁹
9.2 oz



Honest Tea
Organic
Ready To Drink
Bottled Iced Tea

\$1³⁹
16 oz



Healthy Conscious Living



Tulsi HOLY BASIL

Stress Relieving, Energizing
and Delicious Teas
Non GMO Verified

ORGANIC INDIA™

CERTIFIED ORGANIC
SUSTAINABLY & ETHICALLY GROWN
GLUTEN FREE • KOSHER
VEGETARIAN

organicindia.com



ORGANIC INDIA is committed to be a Living Embodiment of Love & Consciousness in Action.

Justin's Nut Butter
Organic Peanut
Butter Cups

2/\$3
1.4 oz



Glutino
Gluten Free
Pretzel Twists,
Sharing Size

\$4⁴⁹
14.1 oz



Alive & Radiant
Kale Krunch
(selected varieties)

\$4¹⁹
2.2 oz



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 October.

Apple Pie Smoothie

Recipe

- 3 tbsp Oats
- 3 tbsp Hemp Hearts
- 1/2 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1 tbsp Almond Butter
- 1 Apple
- 1 cup Unsweetened Coconut Milk
- 1 tbsp Ice Cubes

Place all ingredients in a blender and pulse until smooth and creamy.

Pour into a glass and enjoy!



Proud Sponsors of Non-GMO Month!



www.manitobaharvest.com



Manitoba Harvest Hemp Hearts

\$6⁷⁹

8 oz



Vega Protein Smoothie

\$13⁹⁹

8.9-9.9 oz



Essentia Alkaline Water

2/\$4

1.5 Ltr



Garden of Life Organic RAW Fit

\$32⁹⁹

14.8-15.8 oz



Natural Vitality Raspberry-Lemon Natural Calm

\$15⁹⁹

8 oz



Orgain Organic Plant-Based Vegan Shake

\$2⁴⁹

11 oz



GoMacro Organic Macrobar

\$2¹⁹

2-2.5 oz



Bach Rescue Remedy Pastilles

\$6⁴⁹

50 g



Lily of the Desert Organic Whole Leaf Aloe Vera Juice

\$7⁹⁹

32 oz



Oregon's Wild Harvest Turmeric

\$19⁹⁹

60 ct



Aura Cacia Lavender Essential Oil

\$8⁹⁹

.5 oz





NON GMO Project
VERIFIED
 Head to Toe
NON GMO

LOOK GOOD AND FEEL GOOD

Andalou Naturals was the 1st beauty brand to be 100% Non-GMO Project Verified so that you can lavish your entire being with head to toe goodness.

ANDALOU
 NATURALS



Andalou Naturals Shampoo

\$6⁹⁹

11.5 oz



EO Everyone Soap

\$7⁴⁹

32 oz



Kiss My Face Pure Olive Oil Bar Soap

\$2⁸⁹

8 oz



Nature's Gate Crème Toothpaste

\$4¹⁹

6 oz



Alaffia Everyday Coconut Hydrating Body Lotion

\$8⁷⁹

32 oz



Dr. Bronner's Peppermint Pure-Castile Liquid Soap

\$12⁹⁹

32 oz



ShiKai Borage Therapy Dry Skin Lotion

\$9⁹⁹

8 oz



ECOS Liquid Laundry Detergent

\$9⁷⁹

100 oz



Ecover Toilet Cleaner

\$3¹⁹

25 oz



Himalaya
 Neem &
 Pomegranate
 Toothpaste
\$3⁹⁹

5.29 oz



Natural Factors
 Oil of Oregano

\$15⁹⁹

1 oz



Jarrow Formulas
 Jarro-Dophilus
 EPS

\$14⁹⁹

60 vcap



Avalon Organics
 Shampoo
 (selected varieties)

\$6⁷⁹

11 oz



Country Life
 Maxi-Hair Plus

\$17⁹⁹

120 vcap



Boiron
 Coldcalm

\$8⁴⁹

60 tab



New Chapter
 Zyflamend™
 Whole Body

\$29⁹⁹

60 vcap



MegaFood
 Women Over
 40 One Daily

\$27⁹⁹

60 tab



Nordic Naturals
 Omega-3
 Liquid

\$19⁹⁹

8 oz



NEWCHAPTER

MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

Zyflamend™

Discover an Herbal
 Approach to Pain Relief*†

10 PURE HERBS. ONE POTENT FORMULA.



*With Ginger for occasional pain relief after exercise

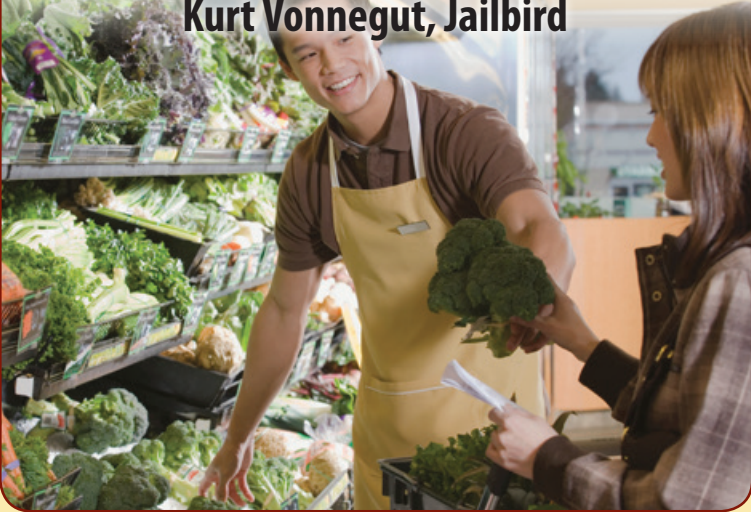
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

© 2016 New Chapter, Inc.

Learn more at newchapter.com

“You can’t just eat good food. You’ve got to talk about it too. And you’ve got to talk about it to somebody who understands that kind of food.”

Kurt Vonnegut, Jailbird



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