



MOUNTAIN VALLEY FOODS

Est. 1989

February 2017

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

Web <http://mountainvalleyfoods.com>

Lakewood
Organic Pure Cranberry

\$8⁹⁹

32 oz



Endangered Species
Chocolate Bar

\$2⁴⁹

3 oz



Nature's Path
Organic Love
Crunch Granola

\$3⁴⁹

11.5 oz



Organic Valley
Organic Butter
(selected varieties)

\$5⁶⁹

1 lb



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4⁹⁹

1 pt



So Delicious
Organic
Coconutmilk

\$2⁹⁹

64 oz



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

2/\$5

5.5-6 oz



Yogi
Teas
(selected varieties)

2/\$7

16 ct



Dr. Bronner's
Organic Virgin
Coconut Oil

\$8⁷⁹

14 oz



Muir Glen
Organic
Tomatoes
(selected varieties)

2/\$4

28 oz



Did you know...

Over \$1 billion worth of
chocolate is purchased for
Valentine's Day in the U.S.



Rising Moon
Organic
Ravioli



\$3⁹⁹

8 oz

Muir Glen
Organic
Pasta Sauce



2/\$6

25.5 oz

Organic Valley
Organic Mozzarella Cheese



\$4⁹⁹

8 oz

Chocolove
Chocolate Bar



\$2¹⁹

2.9-3.2 oz

Cascadian Farm Organic
Organic
Potatoes



2/\$5

16 oz

Amy's
Cheese
Pizza



\$6⁴⁹

13 oz

Crofter's
Organic
Premium Spread
(selected varieties)



\$4⁴⁹

16.5 oz

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



\$4⁶⁹

24 oz

Bubbies
Sauerkraut



\$5⁷⁹

25 oz

FROM SOURCE TO SPREAD

To us, making jam is more than just adding some fruit and sugar to a kettle. From the time the fruit is harvested, to the time you spread it on your toast, Crofter's Organic makes every effort to provide you with the best tasting, sustainably grown and manufactured fruit spread.

Discover these recipes & more ideas on our blog
CROFTERSORGANIC.COM



30 CALORIES
PER SERVING
1/3 LESS SUGAR THAN A PRESERVE



Late July
Clasico
Tortilla Chips



2/\$5

5.5 oz

Hope Foods
Organic Hummus



\$3²⁹

8 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 February.



R.W. Knudsen
Organic
Tomato Juice



\$2⁹⁹
32 oz

Late July
Organic Classic
Crackers



2/\$6
6 oz

Pacific
Organic Soup



\$3⁴⁹
32 oz

Daiya
Dairy-Free
Cheese
Alternative



\$3⁶⁹
7.1-8 oz

Lundberg
Rice Chips



\$2⁶⁹
6 oz

Erewhon



• Simple, Wholesome Cereals •
Free From Gluten, Dairy, and Soy



Organic Valley
Organic Milk
(selected varieties)



\$4²⁹
64 oz

Erewhon
Organic
Cereal



\$3⁹⁹
10-11 oz

Kettle
Potato Chips



2/\$5
4.2-5 oz

REBBL
Organic Super
Herb Elixir



\$3²⁹
12 oz

Angie's
BoomChickaPop
Popcorn



\$2⁶⁹
4.8-7 oz

Green & Black's
Organic
Chocolate Bar



\$3¹⁹
3.5 oz

NATURAL HYDRATION
FAT FREE
NON-GMO

NEVER FROM CONCENTRATE
NEUTRAL pH
GLUTEN FREE
UNSWEETENED

www.c2o-cocowater.com / @c2ococowater *live rejuvenated!*

Silk
Almondmilk

\$3.89
64 oz



Nature's Path
Organic
Crunchy Maple
Sunrise Cereal

\$3.49
10.6 oz



Arrowhead Mills
Buttermilk
Pancake Mix

\$3.79
26 oz



C2O
Coconut Water

\$1.79
17.5 oz



Vega
Protein
Smoothie

\$14.99
8.9-9.9 oz



ProBar
Meal Bar

\$2.49
3 oz



Alter Eco
Organic
Chocolate Bar

\$2.79
2.82 oz



Good Health
Avocado Oil
Potato Chips

\$2.69
5 oz



Glee Gum
Chewing Gum

99¢
16 ct





So Delicious
Coconut
Creamer



\$1⁹⁹
16 oz

Chobani
Non-fat Greek
Yogurt



4/\$5
5.3 oz

Brown Cow
Cream Top
Yogurt



\$2⁹⁹
32 oz

Theo
Organic
Chocolate Bar



\$2⁵⁹
3 oz

Good Karma
Flaxmilk
(selected varieties)



\$3²⁹
64 oz

GoodBelly
Organic Probiotic
Juice Drink
(selected varieties)



\$3¹⁹
32 oz

Talenti
Gelato



\$4⁴⁹
16 oz

Food Should Taste Good
Tortilla Chips



2/\$5
5.5 oz

Maya Kaimal
Indian Simmer
Sauce



\$3⁹⁹
12.5 oz

Tazo
Organic Tea
(selected varieties)



\$3⁴⁹
20 ct

Frontera
Salsa



\$3⁴⁹
16 oz

Way Better Snacks
Tortilla Chips



2/\$5
5.5 oz

VerMints
Organic Mints



2/\$5
1.41 oz

Castor & Pollux
Organic Organix
Adult Dog Food



\$14⁷⁹
5.25 lb

Earth Friendly
Ecos All Purpose
Cleaner



\$2⁹⁹
22 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 February.



Giovanni
Tea Tree Triple
Treat Shampoo
and Conditioner

\$6⁴⁹

8.5 oz



WHY CHOOSE NATURAL FACTORS?

Natural Factors is a family-owned, fully integrated company, controlling every aspect of the product line to ensure that each and every product is safe and effective. For more than 50 years, Natural Factors has been an industry leader in organic farming, sourcing and development of raw materials, research and development, and quality assurance.

- Third-party certified by ISURA™, guaranteeing our products are non-GMO, safe, pure, and potent
- Own over 1,000 acres of organic farms
- We make sure to choose true “species” non-GMO seeds

Acure
Shampoo and
Conditioner

\$7⁹⁹

8 oz



Nature's Gate
Shampoo and
Conditioner
(selected varieties)

\$5⁷⁹

18 oz



Learn more at
naturalfactors.com



Factors Farms, Okanagan, BC



Thayers
Witch Hazel
(selected varieties)

\$7⁹⁹

12 oz



Redmond
Earthpaste
Toothpaste

\$4⁹⁹

4 oz



Natural Factors
Stress Relax®
Tranquil Sleep

\$23⁹⁹

60 tab



ShiKai
Borage Therapy
Original Dry
Skin Lotion

\$9⁹⁹

8 oz



Essential Oxygen
Organic Peppermint
Brushing Rinse

\$9⁷⁹

16 oz



Sovereign Silver
Bio-Active
Silver Hydrosol
Dropper 10 Ppm

\$19⁹⁹

4 oz





Boiron
Oscillococcinum



\$10⁹⁹

6 dose

Jarrow Formulas
Jarro-Dophilus
EPS



\$14⁹⁹

60 vcap

Garden of Life
Dr. Formulated
Probiotics
Once Daily



\$19⁹⁹

30 tab

Herb Pharm
Rapid Immune
Boost



\$9²⁹

1 oz

MegaFood
Daily Turmeric



\$15⁹⁹

59.1 g

Oregon's Wild Harvest
Organic
Milk Thistle



\$17⁹⁹

90 ct

Natural Vitality
Natural Calm
(selected varieties)



\$15⁹⁹

8 oz

Vibrant Health
Green Vibrance
30 day



\$37⁹⁹

12.8 oz

Nordic Naturals
Ultimate
Omega Lemon



\$21⁹⁹

60 ct

Organic India
Organic Whole
Husk Psyllium



\$10⁹⁹

12 oz

Irwin Naturals
Ginkgo Smart Maximum
Focus & Memory



\$16⁹⁹

60 ct

LOVE YOUR



- + Supports a Healthy Heart*
- + Supports Circulation*
- + Supports Healthy Triglyceride Levels*

We all need omega-3s to stay heart healthy. But most of us don't get enough. Fish oil is a great source of these essential fats. Show your heart the love it deserves by getting the omega-3s you need from the #1 fish oil in the U.S.†

* Based on SPINS Scan Data

† 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.



800.662.2544 | nordicnaturals.com

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**"You can't blame gravity for falling in love."
Albert Einstein**



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