



May 2017

25 Commons Way, Kalispell
Phone (406) 756-1422
Web <http://mountainvalleyfoods.com>

Ancient Harvest
Organic Supergrain Gluten Free Pasta

2/\$5

8 oz



Annie's Naturals
Organic Salad Dressing

\$2.79

8 oz



Muir Glen
Organic
Pasta Sauce

2/\$6

25.5 oz



Honest Tea
Organic
Iced Tea

\$1.29

16 oz



Nutiva
Organic
Coconut
Manna

\$8.79

15 oz



Napa Valley Naturals
Organic Extra
Virgin Olive Oil

\$10.99

25.4 oz



Bragg
Organic
Apple Cider
Vinegar

\$3.19

16 oz



Green & Black's
Organic
Chocolate Bar

\$3.19

3.5 oz



Organic Valley
Organic Raw Sharp
Cheddar Cheese

\$5.49

8 oz



Better Than Bouillon
Organic Base

\$4.99

8 oz



Did you know...

Approximately one quarter of all flowers purchased for holidays are for Mother's Day. The most popular flowers are carnations.

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 May.



Lundberg Family Farms
Rice Chips

\$2⁵⁹

6 oz



Alden's
Organic Ice Cream

\$6²⁹

48 oz



Califia Farms
Almondmilk

\$3⁹⁹

48 oz



Terra Chips
Sweet Potato
Chips

2/\$6

5.5-6 oz



Pamela's
Gluten Free Cookies

\$3²⁹

7.25 oz



Erewhon
Organic Cereal

\$3⁹⁹

10-11 oz



OCHO Candy
Organic Candy Bar

2/\$3

1.5 oz



Good Health
Avocado Oil
Potato Chips

2/\$5

5 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$6⁴⁹

32 oz



Chocolove
Chocolate Bar

2/\$5

2.9-3.4 oz



Three Twins
Organic Ice Cream Cup

2/\$3

5 oz



Larabar
Fruit & Nut Bar

5/\$5

1.6-1.8 oz



Wallaby
Organic
Lowfat Yogurt

99¢

6 oz



Annie's Homegrown
Organic
Graham
Crackers

\$3⁹⁹

14.4 oz



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Celebrate World Fair Trade Month!

Our fruit spreads are sweetened with organic Fair Trade Cane Sugar from the Green Cane Project in Brazil.

The Green Cane Project is one of the largest sustainable agriculture projects in the world and has developed impressive social and economic programs that improve the quality of life of their employees and the surrounding community.




Crofter's Organic
 Organic
 Premium Spread
 (selected varieties)

\$4⁴⁹

16.5 oz



Justin's
 Almond
 Butter

\$10⁹⁹

16 oz



C2O
 Coconut Water

\$1⁷⁹

17.5 oz



Cascadian Farm Organic
 Organic Cereal
 (selected varieties)

2/\$6

9.2 oz



Udi's
 Whole
 Grain Bread

\$4²⁹

12 oz



Santa Cruz
 Organic
 Lemonade

\$2²⁹

32 oz



So Delicious
 Organic
 Coconut Milk

\$2⁴⁹

32 oz



Simple Mills
 Almond Flour
 Crackers

\$3⁹⁹

4.25 oz



ProBar
 Meal Bar

\$2⁴⁹

3 oz



The Greek Gods
 Greek Yogurt

\$3²⁹

24 oz



Barbara's
 Puffins Cereal

\$3⁶⁹

10 - 11 oz



Muir Glen
Organic
Tomatoes

4/\$5
14.5 oz



Late July
Organic Restaurant
Style Tortilla Chips

2/\$6
10-11 oz



Alive & Well Olives
Organic Probiotic Olives

\$5⁹⁹
12.5 oz



Amy's
Organic
Refried Beans

\$2⁵⁹
15.4 oz



Organic Valley
Organic Sour Cream

\$3⁴⁹
16 oz



Hope Foods
Organic Hummus

\$3²⁹
8 oz



Woodstock
Organic Pickles
(selected varieties)

\$4⁶⁹
24 oz



Miso Master
Organic Chickpea Miso

\$7⁴⁹
1 lb



Glutino
Gluten Free
Pretzels

\$4²⁹
14.1 oz



Annie's Natural
Organic Ketchup

\$2⁷⁹
24 oz



Frontera
Salsa

\$3⁴⁹
16 oz



Crunchmaster
Multi-Seed
Crackers

\$2⁷⁹
4.5 oz



Sir Kensington's
Mayonnaise

\$4⁴⁹
10 oz



Way Better Snacks
Tortilla Chips

2/\$5
5.5 oz



Zevia
Zero Calorie
Soda

\$4²⁹
6/12 oz





San J
Gluten Free
Cooking Sauce

\$2⁹⁹

10 oz



Maya Kaimal
Simmer Sauce

\$3⁹⁹

12.5 oz



From the farms of Thailand to your refreshed lips, Amy & Brian has been providing premium coconut water since 2001. Named after the founder's children, at Amy & Brian, it's all about family. That means we care about your well-being as a loving family would and only provide what's good for you.

We inspire you to live passionately while following your dreams, embracing community and striving to **Be Better** in all that you are and do.

amy & brian

family owned and operated since 2001

www.amyandbriannaturals.com

Montebello
Organic Pasta

\$3¹⁹

1 lb



Beyond Meat
Beef-Free Crumble

\$3⁹⁹

11 oz



Amy & Brian
Coconut Water

\$2¹⁹

17.5 oz



Tasty Bite
Rice

\$1⁸⁹

8.8 oz



Gardein
7 Grain Crispy
Tenders

\$3⁷⁹

9 oz



Beanfields
Bean & Rice
Chips

\$2⁷⁹

5.5-6 oz



Explore Cuisine
Organic
Bean Pasta

\$3⁴⁹

8 oz



Annie's Homegrown
Natural
Mac & Cheese

\$1⁸⁹

5.25-6 oz



Quorn
Chik'n Nuggets

\$3⁹⁹

10.6 oz



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CELEBRATE WORLD FAIR TRADE DAY

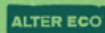
FAIR FOR FARMERS

MAY 13, 2017

Choose products from fair trade brands committed to working with small-scale farmers.

Fair trade relationships empower farmers to organize and tend to what matters the most: their families, community, and the environment.

Your purchase benefits farmers, the soil they cultivate, and communities around the globe.



Learn more at FairWorldProject.org



RASMEY CHANEM, OLIVE FARMER, BURQIN, CANAAN FAIR TRADE



Dr. Bronner's
Organic
Coconut Oil

\$8⁷⁹

14 oz



Alter Eco
Organic
Chocolate Bar

2/\$6

2.82 oz



Guayaki
Organic
Yerba Mate

\$1⁹⁹

15.5 oz



Alaffia
Everyday
Coconut
Body Lotion

\$9⁹⁹

32 oz

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Theo
Organic
Chocolate Bar

\$2⁵⁹

3 oz



Dang
Coconut Chips

\$3²⁹

3.17 oz



Clif Bar
Energy Bars

\$1¹⁹

2.4 oz



VerMints
Organic Breath Mints

2/\$5

1.41 oz



YumEarth
Gluten Free
Licorice

2/\$6

5 oz



Taste Nirvana
Coconut Water

\$1⁷⁹

9.5 oz



PUR
Gum

\$1²⁹

9 ct



Essentia
Water

\$1⁷⁹

1 lt



GoMacro
Organic
MacroBar

\$2¹⁹

2-2.5 oz



Vega
Vega One
Nutritional
Shake

\$49⁹⁹

29.2-30.9 oz



Bluebonnet
Liquid Calcium
Magnesium
Citrate

\$9⁹⁹

16 oz



tera'swhey
Organic
Whey Protein

\$25⁹⁹

12 oz



Organic India
Organic Whole
Husk Psyllium

\$11⁴⁹

12 oz



Garden of Life
Vanilla RAW
Organic Meal

\$43⁹⁹

969 g



Nature's Plus
Spiru-tein
(selected varieties)

\$19⁹⁹

19.2 oz



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Genesis Today
Garcinia
Cambogia

\$14⁷⁹

90 ct



Carlson
Lemon
Cod Liver Oil

\$19⁹⁹

8.4 oz



Sovereign Silver
Bio-Active
Silver Hydrosol
10 Ppm Dropper

\$19⁹⁹

4 oz



New Chapter
Every Woman's™
One Daily 40+

\$41⁹⁹

72 tab



Nutrition Now
PB 8®
Pro-Biotic

\$16⁹⁹

120 ct



Herbs, Etc.
Alcohol Free
ChlorOxygen®

\$9⁹⁹

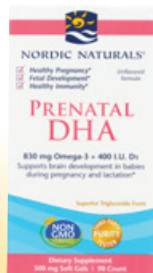
1 oz



Nordic Naturals
Prenatal DHA

\$22⁹⁹

90 ct



Natural Factors
BioSil® Skin,
Hair, Nails

\$26⁹⁹

60 vcap



MegaFood
Balanced
B Complex

\$12⁴⁹

30 tab



**A healthy mom
is a happy mom.**

Nordic Naturals is committed to delivering the world's safest, most effective nutrients essential to health. When our specialized products for mom go on sale, everyone knows best. So stock up and live life better.

Jarrow Formulas
Fem-Dophilus

\$15⁹⁹

30 cap



Country Life
Maxi - Hair®
Plus

\$15⁹⁹

120 vcap



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Nature's Gate
Herbal Shampoo
& Conditioner

\$5⁷⁹

18 oz



Andalou Naturals
1000 Roses
Cleansing Foam

\$9⁴⁹

5.5 fl oz



Boiron
Arnicare Gel

\$5⁴⁹

1.5 oz



Mineral Fusion
Nail Polish
Remover

\$5⁹⁹

6 oz



Nubian
African Black Soap
Body Wash

\$8⁴⁹

13 oz



Lily of the Desert
Aloe Vera Gelly

\$3²⁹

4 oz



EO
Everyone
Hand Soap

\$3⁹⁹

12.75 oz



Aura Cacia
Aromatherapy
Body Mist
(selected varieties)

\$5⁷⁹

4 oz



Goddess Garden
Continuous
Spray Sunscreen

\$13⁷⁹

6 oz



Giovanni
2chic Brazilian
Keratin & Argan Oil
Ultra-Sleek Shampoo

\$6⁴⁹

8.5 oz



Kiss My Face
Triple Action
Gel Toothpaste

\$4²⁹

4.5 oz



Desert Essence
Tea Tree Oil
Dental Floss

\$2⁷⁹

50 yd



B&T
Arniflora
Arnica gel

\$9⁴⁹

2.75 oz.



All Terrain
Assorted
Bandages

\$3⁵⁹

30 ct



Weleda
Calendula
Diaper Rash
Cream

\$9⁹⁹

2.8 oz



"Don't judge each day by the harvest you reap but by the seeds that you plant."

Robert Louis Stevenson



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