



MOUNTAIN VALLEY FOODS

Est. 1989

June 2017

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

Eden
Organic Black Beans

\$1⁹⁹

15 oz



Coconut Bliss
Non-Dairy Frozen Dessert

\$4⁹⁹

1 pt



Daiya
Dairy Free
Shreds

\$3⁶⁹

7.1-8 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

\$2⁷⁹

6-8.1 oz



Annie's Homegrown
Organic
Fruit Snacks

2/\$7

4 oz



Harmless Harvest
Organic Harmless
Coconut Water

\$4²⁹

16 oz



GT's
Organic
Enlightened
Kombucha

\$2⁶⁹

16 oz



Mary's Gone Crackers
Organic Original Crackers

\$3⁹⁹

6.5 oz



Lakewood
Organic Pure
Cranberry Juice

\$8⁹⁹

32 oz



Happy Baby
Organic
Superfood Puffs

\$2⁹⁹

2.1 oz



Did you know...

All 50 U.S. States have
dairy farms.

It's Dairy Month!

There are about 300 varieties of cheese sold in the U.S., we eat over 300,000 tons of yogurt annually, and 99% of all U.S. households have milk in the refrigerator. Our dairy industry produces approximately 21 billion gallons of cows' milk each year leading the world in production.

Celebrate Dairy Month with a visit to a dairy farm, or make fancy grilled cheese and ice cream sundaes!



Maple Hill Creamery
 Organic
 Yogurt

\$4¹⁹

32 oz



Organic Valley
 Organic
 Half & Half

\$3⁵⁹

32 oz



Organic Valley
 Whole Milk

\$4²⁹

64 oz



Chobani
 Non-Fat Greek Yogurt

4/\$5

5.3 oz



Julie's Organic
 Organic Ice Cream
 Sandwiches

\$4⁷⁹

6/3.65 oz



Organic Valley
 Organic Whipping Cream

\$3²⁹

16 oz



Redwood Hill Farm
 Organic
 Traditional Kefir

\$5⁶⁹

32 oz



Organic Valley
 Mozzarella
 Stringles

\$4⁴⁹

6 oz



Brown Cow
 Whole Milk Yogurt

79¢

5.3 oz



Kashi
 Organic
 Cereal
 (selected varieties)

\$4¹⁹

10.3-16.3 oz



Peace Cereal
 Cereal

\$3⁶⁹

10-11 oz



Betty Lou's
 Just Great Stuff Powdered
 Peanut Butter

\$7⁴⁹

6.35 oz



Beanitos
 Bean Chips



2/\$5
 5.5-7 oz

Tofurky
 Deli Slices



\$2⁵⁹
 4-5.5 oz

Follow Your Heart
 Original
 Vegenaise



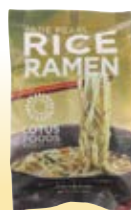
\$3⁹⁹
 16 oz

Essentia
 Water



\$1⁹⁹
 1.5 lt

Lotus Foods
 Rice Ramen
 with Miso Soup



\$1⁴⁹
 2.8 oz

California Olive Ranch
 Extra Virgin
 Olive Oil



\$8⁹⁹
 16.9 oz

R.W. Knudsen
 Organic
 Tomato Juice



\$2⁸⁹
 32 oz

Jackson's Honest
 Potato Chips



2/\$6
 5 oz

Back to Nature
 Organic
 Crackers



\$2⁷⁹
 6 oz

Annie's Homegrown
 Organic Bunny
 Snack Mix



\$3⁷⁹
 9 oz

Hail Merry
 Miracle Tarts



\$3¹⁹
 3 oz

Barbara's
 Cheese Puffs



\$2²⁹
 5.5-7 oz

Lundberg Family Farms
 Organic
 Rice Cakes



\$3²⁹
 8.5-10 oz

Glee Gum
 Chewing Gum

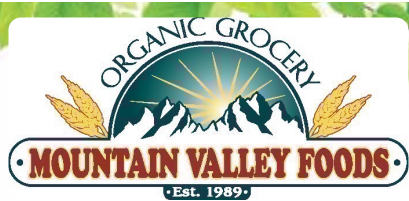


99¢
 16 ct

Late July
 Clasico
 Tortilla Chips



2/\$5
 5.5 oz



San Pellegrino
Sparkling Water



\$1⁶⁹

750 ml

KeVita
Organic Sparkling
Probiotic Drink



2/\$5

15.2 oz

ProBar
Base Bar



\$2²⁹

2.46 oz

Q Drinks
Tonic Water



\$4⁹⁹

750 ml

Clif Bar
Builder's Bar



\$1³⁹

2.4 oz

MegaFood
Daily Turmeric



\$15⁹⁹

59.1 g

Silk
Almondmilk



\$3⁸⁹

64 oz

Strawberry Shortcake Smoothie

Recipe

- 3 cups Frozen Strawberries
- 1 ¼ cups Vanilla Almond Milk
- ¼ cup Cashew Butter
- 5-7 Medjool Dates
- 1 tsp Cinnamon
- ⅓ cup Hemp Hearts

Place all ingredients in a blender and pulse until smooth and creamy. Add more liquid if it's too thick. Pour into a glass and enjoy!



Since 1998 we have been putting our hearts into growing the hemp food industry in North America. It's almost 20 years later, and hemp is still all we do.

We are involved at every level of hemp food production - from seed to shelf.

We are dedicated to delivering a product that not only tastes great, and is easy to use, but is also nutritious too!

DREAM
Organic Enriched
Rice Drink



\$4⁴⁹

64 oz



www.manitobaharvest.com



HEMP HISTORY WEEK

Breaking Ground for Health and Sustainability

Regenerate your health, the health of our soil and local economies by adding hemp to your daily routine!

- ★ High in protein with all nine Essential Fatty Acids
- ★ High in Omega-3 (SDA) and omega-6 (GLA) fatty acids
- ★ No gluten and no known allergens
- ★ Helps prevent erosion and rapidly sequesters carbon from the atmosphere
- ★ Yields high profits for farmers, and stimulates local processing and manufacturing



Manitoba Harvest
 Hemp Hearts

\$6⁷⁹

8 oz



Dr. Bronner's
 Organic
 Castile Bar Soap

\$3⁴⁹

5 oz

Natural Vitality
 Calm
 (selected varieties)



\$15⁹⁹

8 oz

Nutrex Hawaii
 Spirulina Powder



\$14⁴⁹

5 oz

derma e
 Retinyl Palmitate Crème



\$10⁹⁹

4 oz

Natural Factors
 Stress-Relax®
 GABA Chewables



\$20⁹⁹

60 tab

Garden of Life
 Organic
 Plant Protein



\$21⁹⁹

226-276 gm

Xlear
 Spry Toothpaste



\$4⁴⁹

5 oz

VIBRANCY

— is in our nature —



Discover Turmeric Force™ from New Chapter®

- ✓ Heart, Brain & Healthy Inflammation Support*
- ✓ Whole-Herb Approach for Optimal Absorption
- ✓ Pure & Potent with Curcumin & Turmerones



*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.

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NEWCHAPTER
 MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

Renew Life
 Ultimate Flora Extra Care
 50 Billion



\$31⁹⁹

30 cap

Oregon's Wild Harvest
 Organic
 Milk Thistle



\$19⁹⁹

90 ct

New Chapter
 Turmeric Force™



\$22⁹⁹

60 cap

Acure
 Ultra-Hydrating
 Body Lotion

\$7²⁹

8 oz



Kiss My Face
 Olive Oil
 Bar Soap

\$2⁹⁹

8 oz



ShiKai
 Everyday Shampoo
 & Conditioner

\$6²⁹

12 oz



Andalou Naturals
 Body Lotion

\$6⁹⁹

8 oz



Badger
 Sunscreen
 (selected varieties)

\$10⁴⁹

2.9 oz



Quantum Health
 Buzz Away Extreme
 Spray

\$7²⁹

4 oz



Boiron
 Calendula
 Ointment

\$5⁴⁹

1 oz



ECOS
 Dishmate

\$2⁷⁹

25 oz



Ecover
 Dish Tablets

\$5²⁹

25 ct



ACURE
 FOR YOUR SKIN | FOR THE PLANET

it's not enough
 to be natural...
**it also has
 to work.**

ACURE is a family owned and operated company founded on sustainable principles to provide the highest quality natural and organic personal care.

“Man’s heart away from nature becomes hard.”
Standing Bear



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