



January 2018

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

Organic Valley
Organic Ghee



\$6⁴⁹
7.5 oz

Santa Cruz Organic
Organic Pure Lemon Juice



\$3⁹⁹
16 oz

Ancient Harvest
Organic Supergrain Pasta

\$2⁶⁹
8 oz



Harmless Harvest
Organic Harmless
Coconut Water

\$4²⁹
16 oz



GoMacro
Organic Macrobar

\$2¹⁹
2-2.5 oz



Muir Glen
Organic Tomatoes
(selected varieties)

4/\$5
14.5 oz



So Delicious
Organic
Coconut Milk

\$2⁴⁹
32 oz



Maple Hill Creamery
Organic Yogurt

5/\$5
6 oz



Napa Valley Naturals
Organic Cold Pressed
Extra Virgin Olive Oil

\$10⁴⁹
25.4 oz



Annie's Naturals
Organic Dressing

2/\$6
8 oz



Did you know...

Hot chocolate contains more
antioxidants than wine and tea,
reducing the risk of heart 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 January.

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Organic Valley
Organic Shredded Cheese

\$4²⁹
6 oz



Field Roast
Sausage

\$4²⁹
12.95 oz



Amy's
Cheese Pizza

\$6⁴⁹
12-14 oz



Mediterranean Organic
Organic Capers

\$2⁶⁹
3.5 oz



Sunshine Burgers
Organic Veggie Burgers

\$3⁷⁹
3/2.67 oz



Alexia
Organic Fries
(selected varieties)

\$2⁶⁹
15-16 oz



Spectrum Naturals
Organic Mediterranean
Olive Oil

\$11⁹⁹
33.8 oz



Gardein
Seven Grain Crispy
Tenders

\$3⁹⁹
9 oz



Annie's Homegrown
Classic Mac &
Cheese

4/\$5
6 oz



Organicville
Organic Sriracha
Sauce

\$5⁹⁹
18.5 oz



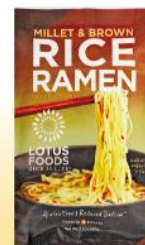
Lightlife
Organic Tempeh

\$2⁵⁹
8 oz



Lotus Foods
Rice Ramen with
Miso Soup

\$1⁴⁹
2.8 oz



Tasty Bite
Indian Entree

\$2⁶⁹
10 oz



Tofurky
Italian Sausage

\$3⁹⁹
14 oz



Montebello
Organic Artisan Pasta

\$3¹⁹
1 lb



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Uncle Matt's
Organic Orange
Juice

\$6⁴⁹
59 oz



Nature's Path
Organic Mesa
Sunrise Flakes

\$6²⁹
26.4 oz



Van's
Waffles

\$2⁵⁹
8-9 oz



Bob's Red Mill
Gluten Free Rolled Oats

\$5²⁹
32 oz



Cascadian Farm Organic
Organic Cereal

2/\$6
8.6-12.5 oz



Woodstock
Organic Wild Blueberries

\$4²⁹
10 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$3⁹⁹
16 ct



Purely Elizabeth
Granola

\$5⁶⁹
12 oz



Stonyfield
Organic Yogurt

\$3²⁹
32 oz



Seasonal teas for Winter Wellness

Lovingly created by herbalists and rigorously tested for quality by botanical experts, our herbal teas help you soothe, relax and restore your way through any day. Serving people, plants and planet since 1974.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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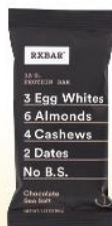
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RXBAR
Protein Bar

2/\$4

1.83 oz



RXBAR®

**Real.
Delicious.**

12g Protein | 5g Fiber | No B.S.



Clif Bar
Builder's Bar

\$1.69

2.4 oz



Chameleon Cold-Brew
Organic Coffee

2/\$6

10 oz



EPIC
Meat Bar

\$2.29

1.3 oz



SeaSnax
Organic Grab&Go
Seaweed Snack

\$1.19

.18 oz



Santa Cruz Organic
Organic Peanut Butter

\$4.99

16 oz



PROBAR
Base 20g Protein Bar

\$2.29

2.46 oz



Crunchmaster
Multi-Seed Crackers

\$2.79

4.5 oz



Way Better Snacks
Tortilla Chips

2/\$5

5.5 oz



Late July
Organic Restaurant Style
Tortilla Chips

2/\$6

10-11 oz



Angie's
BoomChickaPop Popcorn
(selected varieties)

\$2.59

4.4-7 oz



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Perfect Bar
Bar

2/\$5

2.5 oz



Annie's Homegrown
Organic Fruit Snacks

2/\$6

4 oz



Glutino
Gluten Free Pretzels

\$4²⁹

14.1 oz



Larabar
Fruit & Nut Food Bar

5/\$5

1.7 oz



Santa Cruz Organic
Organic Apple Sauce

\$3⁶⁹

6/4 oz



Justin's Nut Butter
Almond Butter Squeeze

\$1¹⁹

1.15 oz



Garden of Eatin'
Blue Tortilla Chips

\$3⁹⁹

16 oz



Barbara's
Cheese Puffs

\$2²⁹

5.5-7 oz



Annie's Homegrown
Cheddar Bunnies

2/\$5

7.5 oz



The Second 1st Day of School

It's January and the second **First Day of School** is here. It's time to return to the routines of the fall... or is it? Who says we have to jump in where we left off? The New Year is a great time to switch things up a bit.

A big part of getting back to school, is getting back to preparing lunches and snacks. Sure, the old stand-by items are there for you, but why not stretch the menu a bit? It's 2018, afterall. For fun, find a new item to include in your little learner's favorite lunch or add a fresh option to the after-school hunger intervention plan. A new twist can refresh an old routine.

What's that? A switch-a-roo surprise is not something your kids enjoy? That's fair. Challenge them to an afternoon of Snack Chef Showdown. Stage a sampling of a few items once a week and pick a winner. They may even want to write reviews or tally a scorecard of taste, texture, and presentation. It's a goofy way to tantalize their taste buds and expand their flavor horizons, not to mention being a fun activity on a chilly afternoon.

The second **First Day of School** does not have to be a repeat of the original. Students and parents alike can get a spring in their step from a simple switch in the routine. Put a twist in your shopping list and see what reviews come in. Enjoy the New in the New Year!



NAVITAS[®]
ORGANICS

Positive choices
made positively easy.



ORGANIC | PLANT-BASED | SUPERFOODS

Navitas
Organic Cacao Powder

\$6⁹⁹
8 oz



Celestial Seasonings
Tea
(selected varieties)

2/\$6
20 ct



Orgain
Organic Plant Based
Shake

\$2⁴⁹
11 oz



Terra Chips
Sweet Potato Chips

\$2⁷⁹
5.75-6 oz



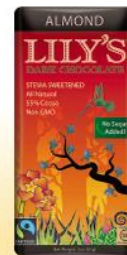
Native Forest
Organic Classic
Coconut Milk

\$2⁷⁹
13.5 oz



LILY'S
Chocolate Bar

\$3²⁹
2.8-3 oz



R.W. Knudsen
Organic Just Tart
Cherry Juice

\$6⁴⁹
32 oz



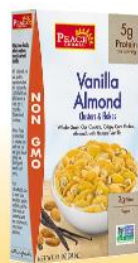
Halo Top Creamery
Ice Cream

\$4⁴⁹
1 pt



Peace Cereal
Cereal

\$3⁶⁹
10-12 oz



Spry
Chewing Gum

\$6²⁹
100 ct



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Udi's Gluten Free
Whole Grain Bread

\$4²⁹
12 oz



Cascadian Farm Organic
Organic Potatoes

2/\$5
16 oz



Farmhouse Culture
Organic Gut Shots

\$4⁹⁹
16 oz



Rudi's Bakery
Organic 100%
Whole Wheat Bread

\$3⁹⁹
22 oz



Organic Valley
Organic Sour Cream

\$3⁴⁹
16 oz



Health-Ade
Organic Kombucha

2/\$6
16 oz



Earth Balance
Coconut & Peanut
Spread

\$4²⁹
16 oz



Lundberg Family Farms
Organic Rice Cakes

\$3²⁹
8.5-10 oz



Green Valley Organics
Organic Kefir

\$4⁹⁹
32 oz



Simple Mills
Almond Flour Crackers

\$3⁹⁹
4.25 oz



Late July
Organic Restaurant Style
Cantina Dippers

2/\$6
8 oz



Sambazon
Organic Açai
Smoothie Packs

\$5⁴⁹
4/100 g



Beanitos
Black Bean Chips

2/\$5
5.5-6 oz



Zevia
Zero Calorie Cola

\$4²⁹
6/12 oz



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Emergen-C
Vitamin C Drink
Mix

\$11⁹⁹
30 ct



tera'swhey
Organic Whey
Protein

\$26⁹⁹
12 oz



MegaFood
MegaFlora

\$17⁹⁹
30 tab



Vega
Sport Performance
Protein

\$39⁹⁹
28.3-29.5 oz



Wallaby
Organic Greek Yogurt

\$5⁹⁹
32 oz



Gaia Herbs
Golden Milk

\$13⁹⁹
3.7 oz



vega

Carlson
Cod Liver Oil

\$32⁹⁹
16.8 oz



Manitoba Harvest
Hemp Hearts

\$6⁹⁹
8 oz



Bluebonnet Nutrition
Liquid Calcium
Magnesium Citrate

\$9⁹⁹
16 oz



PREMIUM PLANT-BASED NUTRITION

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Garden of Life
Probiotics Once
Daily Women's

\$28⁹⁹
30 vcap



Andalou Naturals
Resveratrol Q10 Night
Repair Cream

\$17⁹⁹
1.7 oz



Dr. Tung's
Snap-On Toothbrush
Sanitizer

\$4²⁹
2 ct



Rainbow Light
Women's One
Multivitamin

\$25⁹⁹
90 tab



Nature's Way
Alive!® Once Daily
Vitamins

\$14⁹⁹
60 tab



Dr. Bronner's
Toothpaste

\$4⁹⁹
5 oz



New Chapter
Perfect Prenatal™

\$29⁹⁹
96 tab



Natural Factors
Vitamin C 500mg
Fruit Chews

\$9⁹⁹
90 tab



Tom's of Maine
Children's Toothpaste

\$3⁹⁹
4.2 oz



Himalaya
Ashwagandha

\$14⁴⁹
60 cap



Alaffia
Everyday Coconut
Body Lotion

\$9⁹⁹
32 oz



T-Relief
Pain Ointment

\$8⁴⁹
50 g



Boiron
Coldcalm

\$8⁴⁹
60 tab



Seventh Generation
Dish Liquid

\$3²⁹
25 oz



Ecover
Fabric Softener

\$4⁷⁹
32 oz



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"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." ~John Boswell



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

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 3rd 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