



May 2018

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

Harmless Harvest
Organic Harmless Coconut Water

\$4²⁹
16 oz



Late July
Organic Restaurant Style
Tortilla Chips

\$3¹⁹
11 oz



Siete
Grain Free
Tortillas

\$7⁴⁹
8 ct



Organic Valley
Organic Sour
Cream

\$3²⁹
16 oz



Amy's
Organic
Refried Beans

\$2⁷⁹
15.4 oz



GT's
Organic
Kombucha
(selected varieties)

\$2⁶⁹
16 oz



GoMacro
Organic MacroBar

\$2¹⁹
2.5 oz



Hope
Organic Hummus

2/\$7
8 oz



So Delicious
Organic
Coconutmilk
(selected varieties)

\$2⁴⁹
32 oz



Annie's Naturals
Organic Dressing
(selected varieties)

2/\$6
8 oz



Did you know...

Americans consume up to 81 million pounds of avocados on Cinco de Mayo every year.

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.

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Wild Planet
Wild Sardines
(selected varieties)

\$2¹⁹
4.375 oz



Tofurky
Sausage
(selected varieties)

\$3⁹⁹
14 oz



Frontera
Salsa

\$3⁴⁹
16 oz



Henry & Lisa's Natural
Seafood
Wild Alaskan Salmon Burgers

\$5⁷⁹
12.8 oz



Food For Life
Sprouted Corn
Tortillas

\$3²⁹
10 oz



Garden of Eatin'
Tortilla Chips
(selected varieties)

\$3⁹⁹
16 oz



Sunshine Burgers
Organic Burgers

\$3⁷⁹
3 ct



Spectrum
Organic Refined
Coconut Oil

\$5⁷⁹
14 oz



Organic Valley
Organic
Half & Half

\$2²⁹
16 oz



Beyond Meat
Beast Burger

\$4⁴⁹
8 oz



California Olive Ranch
Extra Virgin
Olive Oil

\$8⁹⁹
16.9 oz



Daiya
Dairy Free
Shreds

\$3⁷⁹
8 oz



Gardein
Crispy
Tenders

\$3⁹⁹
9 oz



Dr. Bronner's
Organic Virgin
Coconut Oil

\$8⁷⁹
14 oz



Organic Valley
Organic Mozzarella
Cheese

\$4⁷⁹
8 oz



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Crofter's Organic
Organic
Premium Spread
(selected varieties)

\$4⁴⁹
16.5 oz



CROFTER'S[®] ORGANIC

Our Premium Spreads are sweetened with organic Fair Trade cane sugar from the Green Cane Project in Brazil.

A new standard in sustainable farming, the Green Cane Project has developed impressive social and economic programs to improve the quality of life of their employees and surrounding community while integrating ancient human knowledge in organic stewardship of the land to improve soil quality and biodiversity - proving that large scale regenerative agriculture is possible.

MADE WITH FAIR TRADE CANE SUGAR

Perfectly Sweetened[®] with Fair Trade Cane Sugar

✓ GREAT FRUIT TASTE
✓ CLEAN INGREDIENTS
✓ GLUTEN FREE ✓ VEGAN

33% LESS SUGAR
THAN A PRESERVE
30 CALORIES PER SERVING

CROFTERSORGANIC.COM

USDA ORGANIC NON-GMO VERIFIED

Justin's
Nut Butter

\$9⁹⁹
16 oz



Udi's Gluten Free
Bread
(selected varieties)

\$4⁴⁹
12 oz



Rudis Organic Bakery
Organic 100% Whole
Wheat Bread

\$3⁹⁹
22 oz



Ozery Bakery
Morning Rounds

\$2⁷⁹
12.7 oz



Simple Mills
Crackers

\$3⁹⁹
4.25 oz



Peter Rabbit Organics
Organic Baby Food
Pouch

2/\$3
4 oz



Wallaby Organic
Organic Aussie
Smooth Yogurt

99¢
6 oz



Glutino
Gluten Free
Pretzels

\$4²⁹
14.1 oz



Crunchmaster
Multi-Seed
Cracker
(selected varieties)

\$2⁷⁹
4.5 oz



Divine Chocolate
Chocolate Bar

2/\$6
3.5 oz



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endangered species
Chocolate

WHEN IT COMES TO CRAFTING
PREMIUM CHOCOLATE,
TASTE MATTERS
WHEN YOU'VE DEDICATED YOUR
PURPOSE TO THE
COMPELLING MISSION
OF SUPPORTING WILDLIFE
ACROSS THE WORLD,
THE SAME PRINCIPLE STANDS.

Learn More At
ChocolateBar.com

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Coconut Bliss
Organic Frozen
Dessert Bars

\$4⁷⁹
3/3 oz



Alden's Organic
Organic Ice Cream

\$6⁹⁹
48 oz



Endangered Species
Chocolate Bar

\$2²⁹
3 oz



Chocolove
Chocolate Bar

\$2³⁹
3.2 oz



Good Karma
Flax Milk
(selected varieties)

\$2⁷⁹
64 oz



Theo
Organic
Chocolate Bar
(selected varieties)

2/\$5
3 oz



WOW Baking Company
Bagged Cookies

\$4¹⁹
8 oz



Stonyfield
Organic Whole
Milk Yogurt

2/\$7
32 oz



Green & Black's
Organic
Chocolate Bar

\$3¹⁹
3.5 oz



Alter Eco
Organic
Chocolate Bar

\$2⁸⁹
2.82 oz



The Greek Gods
Greek-Style Yogurt
(selected varieties)

2/\$7
24 oz





Almond Breeze
Almondmilk
(selected varieties)

\$3⁶⁹
64 oz



Chameleon Cold-Brew
Organic Ready To
Drink Coffee

2/\$6
10 oz



Nature's Bakery
Fig Bar

4/\$3
2 oz



Silk
Almondmilk
(selected varieties)

\$3⁸⁹
64 oz



Uncle Matt's
Organic Orange Juice
(selected varieties)

\$6⁴⁹
59 oz



Stretch Island
Fruit Leather

2/\$1
.5 oz



Maple Hill Creamery
Organic Greek Yogurt

5/\$5
6 oz



Pamela's Products
Baking &
Pancake Mix

\$14⁴⁹
4 lb



Perfect Bar
Bar

\$2²⁹
2.5 oz



Immaculate
Organic Cinnamon Rolls

\$3⁹⁹
17.5 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$6
9.2 oz



Erewhon
Organic Cereal
(selected varieties)

\$3⁷⁹
10 oz



Van's
Waffles

\$2⁵⁹
9 oz



Organic India
Organic Whole
Husk Psyllium

\$11⁴⁹
12 oz



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GoodBelly
Organic Probiotic
Drink

\$3²⁹
32 oz



C2O
Coconut Water

\$1⁷⁹
17.5 oz



Stand with Small-Scale Farmers
WORLD FAIR TRADE DAY

CELEBRATE WORLD FAIR TRADE DAY

FAIR FOR FARMERS

MAY 12, 2018

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

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

ALAFFIA ALTER EGO ALL-ONE! FARMAL YERBA MATE

Learn more at: FairWorldProject.org



Essentia
Alkaline Water

\$1⁶⁹
1 lt



Amy & Brian
Coconut Water

\$2¹⁹
17.5 oz



Taste Nirvana
Coconut Water
(selected varieties)

\$1⁹⁹
9.5 oz



Farmhouse Culture
Organic Gut Shots

\$4⁹⁹
16 oz



inner-eco
Probiotic Coconut
Water

\$15⁹⁹
15 oz



Larabar
Fruit & Nut Bar

5/\$5
1.7 oz



Zevia
Zero Calorie Soda

2/\$7
6/12 oz



Lakewood
Organic Pure
Cranberry

\$8⁹⁹
32 oz



ProBar
Meal Bar

2/\$5
3 oz



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Napa Valley Naturals
Organic Extra Virgin
Olive Oil

\$10⁹⁹
25.4 oz



Jackson's Honest
Potato Chips

2/\$6
5 oz



Annie's Naturals
Organic Ketchup

\$2⁶⁹
24 oz



Spectrum
Organic Extra Virgin
Mediterranean Olive
Oil

\$12⁴⁹
33.8 oz



Sir Kensington's
Mayonnaise

\$4⁴⁹
10 oz



Woodstock
Organic Sliced
Kosher Dill Pickles

\$4⁶⁹
24 oz



Montebello
Organic
Artisan Pasta

\$3¹⁹
1 lb



Annie's Homegrown
Organic Mac &
Cheese

(selected varieties)
2/\$5
6 oz



Sesmark
Rice Thins

\$2³⁹



Muir Glen
Organic Pasta Sauce
(selected varieties)

2/\$6
25.5 oz



Ancient Harvest
Organic Supergrain Pasta

\$2⁶⁹
8 oz



SeaSnax
Grab & Go Roasted
Seaweed Snack
(selected varieties)

4/\$5
.18 oz



San-J
Teriyaki Sauce

\$2⁹⁹
10 oz



Maya Kaimal
Indian Simmer
Sauce

\$4¹⁹
12.5 oz



Good Health
Avocado Oil
Potato Chips

\$2³⁹
5 oz



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Vega
Vanilla Sport Performance
Protein

\$39⁹⁹
29.2 oz



Badger
Sport Sunscreen
Cream SPF 35

\$10⁴⁹
2.9 oz



Aura Cacia
Aromatherapy Mist
(selected varieties)

\$5⁷⁹
4 oz



NeoCell
Super Collagen

\$12⁹⁹
7 oz



New Chapter
Every Woman™'s
One Daily

\$24⁹⁹
48 tab



Rainbow Light
Prenatal One
Multivitamin

\$25⁹⁹
90 ct



tera'swhey
Organic Bourbon
Vanilla Whey
Protein

\$26⁹⁹
12 oz



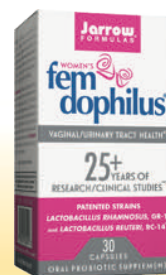
Natural Factors
BioSil® Skin, Hair,
Nails

\$14⁹⁹
30 vcap



Jarrow Formulas
Fem-Dophilus

\$15⁹⁹
30 cap



Oregon's Wild Harvest
Turmeric

\$19⁹⁹
60 ct



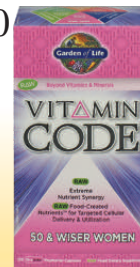
MegaFood
Balanced B
Complex

\$12⁷⁹
30 tab



Garden of Life
Vitamin Code® - 50
& Wiser Women
Multivitamin

\$31⁹⁹
120 ct



Nutrition Now
PB 8® Pro-Biotic
Acidophilus-Vegetarian

\$9⁹⁹
60 ct



Nordic Naturals
Children's DHA

\$19⁹⁹
180 ct



Boiron
Arnica
Tablets

\$8²⁹
60 tab



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Mineral Fusion
Volumizing Mascara

\$12⁴⁹
.57 oz



Desert Essence
Tea Tree Oil Floss

\$2⁸⁹
50 yd



My Magic Mud
Activated Charcoal
Toothpaste
(selected varieties)
\$6⁷⁹
4 oz



DERMA E
Anti-Wrinkle Renewal
Cream

\$11⁴⁹
4 oz



KISS MY FACE
Pure Olive Oil
Bar Soap

\$2⁶⁹
8 oz



Himalaya
Neem & Pomegranate
Toothpaste
\$4⁷⁹
200 g



Alaffia
Everyday Shea Body
Lotion

\$9⁹⁹
32 oz



Andalou Naturals
1000 Roses
Cleansing Foam

\$9⁴⁹
5.5 oz



Redmond
Earthpaste Toothpaste
\$5⁴⁹
4 oz



Weleda
Skin Food

\$13⁷⁹
2.5 oz



EO
Hand
Sanitizer Wipes

\$2⁷⁹
10 ct



Spry
Oral Rinse
\$5²⁹
16 oz



ShiKai
Everyday Shampoo
& Conditioner

\$6²⁹
12 oz



Nature's Gate
Tea Tree
Calming Shampoo

\$5⁴⁹
18 oz



Nature's Answer
PerioBrite
Mouthwash
\$8⁴⁹
16 oz



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"In the spring, at the end of
 the day, you should
 smell like dirt."
 ~Margaret Atwood



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 Organic Market
 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