



August 2018

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

Organic Valley
Organic Shredded Cheese
(selected varieties)

\$4²⁹
6 oz



One Degree Organics
Organic Sprouted Brown Rice
Crisps Cereal

\$3⁹⁹
8-10 oz



GoMacro
Organic Macrobar

\$2¹⁹
2-2.5 oz



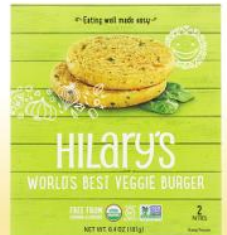
Late July
Organic Bite
Size Sandwich
Crackers

\$3²⁹
5 oz



Hilary's
Organic
Veggie Burger

\$2⁷⁹
6.4 oz



GT's
Organic Enlightened
Kombucha

\$2⁶⁹
16 oz



Peeled Snacks
Organic Peas
Please Baked
Snacks

2/\$5
3.3 oz



Follow Your Heart
Soy-Free
Vegenaise

\$4⁹⁹
16 oz



Lakewood
Organic Pure
Pineapple Juice

\$5⁹⁹
32 oz



Lundberg Family Farms
Organic
Rice Cakes

\$2⁸⁹
8.5-10 oz



Did you know...

The month of August has been referred to as the "dog days of summer" - a period marked by hot, sultry weather and lethargy, but it is not named after over-heated pets. It is actually the period of time (July 3 - August 11) when the star Sirius, the dog star, rises with the sun.

Organic Valley
Organic Pasture Butter

\$4²⁹
8 oz



Justin's
Almond Butter
Squeeze

4/\$5

1.15 oz



Perfect Bar
Bar

2/\$4

2.5 oz



Annie's Homegrown
Classic
Mac & Cheese

4/\$5

6 oz



Spectrum
Organic Unrefined
Extra Virgin Olive Oil

\$10⁹⁹

25.4 oz



Terra Chips
Sweet Potato
Chips
(selected varieties)

2/\$6

5.5-6 oz



Amy's
Burrito
(selected varieties)

2/\$5

5.5-6 oz



Udi's Gluten Free
Gluten Free
Multigrain Bread

\$4⁴⁹

12 oz



Maya Kaimal
Indian Simmer
Sauce

2/\$8

12.5 oz



Gardein
Crispy
Tenders

\$3⁹⁹

9 oz



Wild Planet
Wild Albacore Tuna

\$3⁴⁹

5 oz



Primal Kitchen
Mayo with
Avocado Oil

\$7⁴⁹

12 oz



Koyo
Ramen
(selected varieties)

89¢

2.1 oz



Good Health
Avocado Oil
Potato Chips
(selected varieties)

2/\$5

5 oz



Farmhouse Culture
Organic
Kraut Krisps

\$2⁹⁹

5 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 August.



Happy Baby
Organic Superfood
Puffs

(selected varieties)

2/\$6

2.1 oz



Wallaby
Organic Aussie
Greek Whole
Milk Yogurt

\$5⁹⁹

32 oz



Brown Cow
Cream Top Whole
Milk Yogurt

79¢

5.3 oz



Stretch Island
Fruit Leather

2/\$1

.5 oz



Barbara's
Puffins Cereal

\$3⁴⁹

10-11 oz



Cascadian Farm Organic
Organic Cereal
(selected varieties)

2/\$6

8.6-16 oz



Santa Cruz Organic
Organic Apple Sauce

\$3⁷⁹

6/4 oz



Annie's Homegrown
Organic
Fruit Snacks

2/\$6

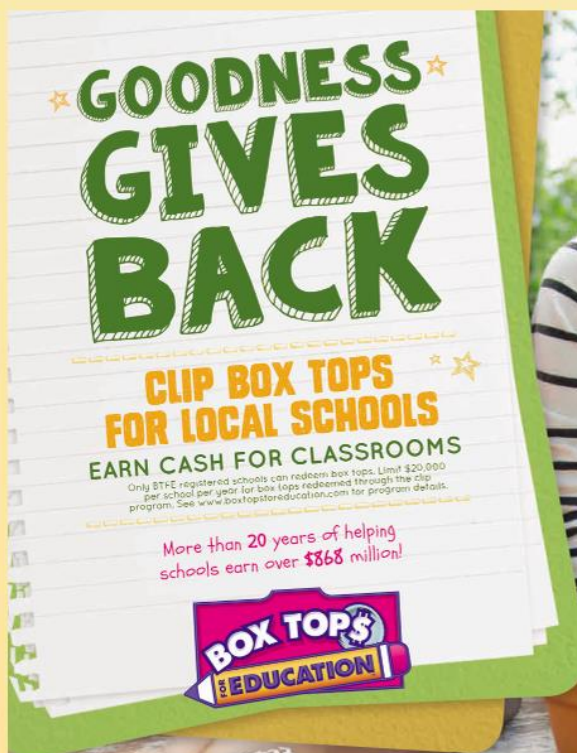
4 oz



Munk Pack
Oatmeal Fruit
Squeeze

3/\$5

4.2 oz



Our school has a garden where our class plants flowers and veggies. Our teacher says the Box Tops we clip help the plants in our garden grow. I can't wait to feed a carrot to our bunny!

MSO-3179

Annie's
HOMEGROWN



© General Mills

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 August.

333330 8/1/2018 3



Santa Cruz Organic
Organic
Peanut Butter

\$4⁹⁹
16 oz



Siete
Grain Free
Tortilla Chips

\$3⁹⁹
5 oz



Late July
Clasico
Tortilla Chips

2/\$5
5.5 oz



Annie's Homegrown
Cheddar Bunnies

2/\$5
7.5 oz



Glutino
Gluten Free
Pretzels

\$4²⁹
14.1 oz



Garden of Eatin'
Red Hot Blues

2/\$6
8.1 oz



Peter Rabbit Organics
Organic
Baby Food Pouch

2/\$3
4-4.4 oz



Hail Merry
Tart

\$3²⁹
3 oz



KeVita
Organic Sparkling
Probiotic Drink
(selected varieties)

2/\$5
15.2 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$5⁴⁹
6-8 ct



Coconut Bliss
Organic Frozen
Dessert Bars

(selected varieties)
\$4⁹⁹
3/3 oz



SweetLeaf
Sweet Drops
(selected varieties)

\$9⁴⁹
2 oz



Nature's Bakery
Fig Bar

69¢
2 oz



Clif Bar
Energy Bar

4/\$5
2.4 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 August.

Arrowhead Mills
 Buttermilk
 Pancake Mix

\$3⁹⁹
 26 oz



Back to School Pancakes

Ingredients:

- 1 c pancake mix
- 1 T sunflower oil
- 1 c whole milk or water

Toppings:

- 2-3 bananas, peeled & sliced
- 1/2 pint blueberries
- maple syrup
- butter, room temperature

1. Whisk together mix, oil and liquid until smooth.
2. Pour approx. 1/4 cup batter amounts onto a preheated (350° F) oiled griddle, flipping when bubbles appear on surface and edges are beginning to brown. Continue to cook for about 2 minutes.
3. Serve immediately with prepared toppings.



Pamela's
 Baking &
 Pancake Mix

\$5⁹⁹
 24 oz



Crofter's Organic
 Organic
 Premium Spread
 (selected varieties)

\$4⁴⁹
 16.5 oz



Redwood Hill Farm
 Plain Cultured
 Goat Milk Kefir

\$5⁹⁹
 32 oz



Purely Elizabeth
 Granola

\$5⁶⁹
 12 oz



Nature's Path
 Organic Heritage
 Flakes Cereal

\$7⁴⁹
 32 oz



The Greek Gods
 Yogurt
 (selected varieties)

2/\$7
 24 oz



Bob's Red Mill
 Muesli

\$3²⁹
 18 oz



Erewhon
 Organic Cereal
 (selected varieties)

\$3⁷⁹
 10 oz



Vita Coco
 Pure
 Coconut Water

2/\$7

1 lt



Taste Nirvana
 Coconut Water
 (selected varieties)

\$1⁹⁹

9.5 oz



Honest Tea
 Organic Iced Tea
 (selected varieties)

4/\$5

16 oz



Mountain Valley
 Spring Water

2/\$4

1 lt



Guayaki
 Organic
 Yerba Mate

2/\$5

15.5 oz



Eternal
 Naturally
 Alkaline Water

2/\$3

1 lt



Essentia
 Alkaline Water

3/\$5

1 lt



Rainbow Light
 Men's One
 Multivitamin

\$25⁹⁹

90 ct



MegaFood
 Balanced
 B Complex

\$12⁹⁹

30 tab



Natural Factors
 Stress Relax®
 Pharma GABA
 100mg Chewable

\$20⁹⁹

60 tab



Nordic Naturals
 Nordic Berries

\$19⁹⁹

120 ct



tera'swhey
 Organic
 Whey Protein

\$26⁹⁹

12 oz



Natural Vitality
 Natural Calm
 Plus Calcium

\$18⁹⁹

8 oz



Reserveage Nutrition
 Collagen Replenish Powder

\$15⁹⁹

2.75 oz



Hyland's
 4 Kids
 Calm 'n Restful

\$6⁷⁹
 125 tab



Jarrow Formulas
 Jarro-Dophilus
 EPS 5 Billion

\$15⁹⁹
 60 vcap



Garden of Life
 myKind Organics
 Organic B-12 Spray

\$12⁴⁹
 2 oz



Desert Essence
 Toothpaste
 (selected varieties)

\$4⁹⁹
 6.25 oz



Boiron
 Arnicare Gel

\$8⁴⁹
 2.6 oz



CleanWell
 Natural Hand
 Sanitizer Spray

\$2⁷⁹
 1 oz



Dr. Bronner's
 Toothpaste

\$4⁹⁹
 5 oz



Andalou Naturals
 Argan Oil & Shea Moisture
 Rich Shampoo
 & Conditioner

\$7⁴⁹
 11.5 oz



Thayers
 Witch Hazel
 (selected varieties)

\$7⁹⁹
 12 oz



Nature's Gate
 Shampoo &
 Conditioner
 (selected varieties)

\$5⁴⁹
 18 oz



ACURE
 Mega Moisture
 Shampoo &
 Conditioner

\$7⁴⁹
 12 oz



EO
 Everyone Soap

\$7⁹⁹
 32 oz



Castor & Pollux
 Organic Organix
 Butcher &
 Bushel Dog Food

\$2²⁹
 12.7 oz



Mrs. Meyer's Clean Day
 Dish Soap

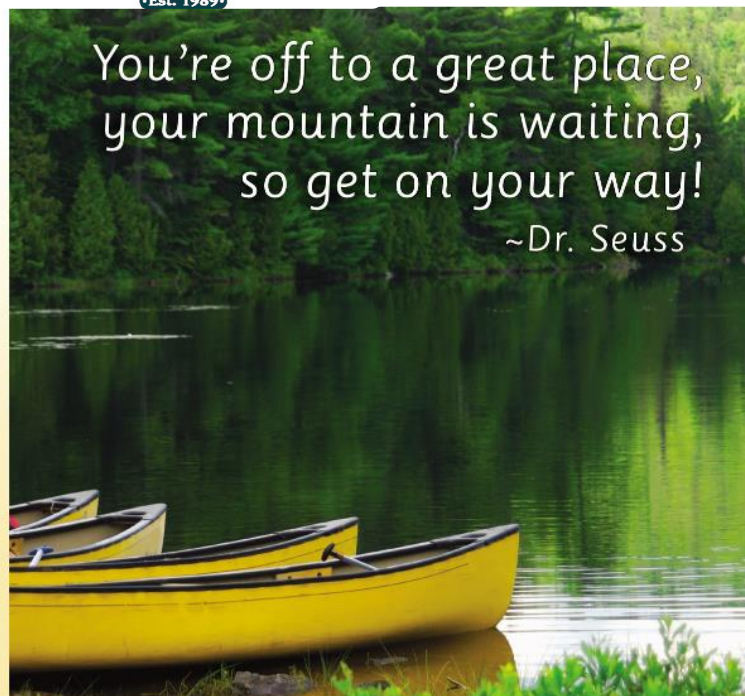
\$3⁷⁹
 16 oz



Seventh Generation
 Dish Liquid

\$3⁴⁹
 25 oz





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