



Price Updates

May 12, 2019

Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

www.clnf.org

1-800-456-7694

Item No:	Item Description	Old Price	New Price
NUTS			
030362	CASHEWS, LARGE PIECES 3#	\$19.80	\$17.25
030030	CASHEWS, LARGE PIECES 25#	\$140.00	\$125.00
030162	CASHEWS, LARGE PIECES 10 OZ	\$4.60	\$4.00
DRIED FRUIT			
040367	COCONUT, CHIPS 3#	\$9.00	\$8.00
040065	COCONUT, CHIPS 25#	\$60.00	\$52.50
040540	COCONUT, MACAROON 5#	\$15.00	\$12.00
040050	COCONUT, MACAROON 25#	\$55.00	\$52.50
041155	COCONUT, MEDIUM 5#	\$15.00	\$12.00
040055	COCONUT, MEDIUM 25#	\$55.00	\$52.50
040575	COCONUT, MEDIUM OG 5#	\$16.00	\$15.00
042575	COCONUT, MEDIUM OG 25#	\$60.00	\$55.00
SEEDS			
050517	FLAX SEEDS, BROWN, OG 5#	\$11.25	\$10.00
050015	FLAX SEEDS, BROWN, OG 25#	\$43.75	\$38.75
050510	FLAX SEEDS, GOLDEN 5#	\$7.25	\$8.00
052510	FLAX SEEDS, GOLDEN 25#	\$26.25	\$31.25
051518	FLAXSEEDS, GOLDEN OG 5#	\$12.00	\$11.00
052518	FLAXSEEDS, GOLDEN OG 25#	\$47.50	\$41.25
050573	SUNFLOWER SEEDS, OG 5#	\$14.00	\$12.00
050075	SUNFLOWER SEEDS, OG 25#	\$60.00	\$50.00
120110	SUNFLOWER SEEDS, OG 12/10oz	\$24.60	\$21.00
BEANS			
061133	KIDNEY BEANS, DARK RED, OG 5#	\$14.25	\$12.50
060035	KIDNEY BEANS, DARK RED, OG 25#	\$62.50	\$55.00
060593	PEAS, GREEN WHOLE, OG 5#	\$6.00	\$6.25
060076	PEAS, GREEN WHOLE, OG 25#	\$22.50	\$26.50

	HERBS & SPICES		
330179	SLIPPERY ELM POWDER 1#	\$20.00	\$25.00
	TOMATO PRODUCTS		
351240	TOMATO PASTE DeLallo 24/12 oz.	\$30.00	\$34.80
352875	TOMATOES DICED, IN JUICE 12/28	\$22.80	\$24.00
352800	TOMATOES IMP CRUSHED 12/28 oz.	\$28.80	\$24.00
352810	TOMATOES WHOLE, IN JUICE 12/28	\$22.20	\$24.00