



## Price Updates

November 4, 2018

### Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

[www.clnf.org](http://www.clnf.org)

1-800-456-7694

| Item No:                     | Item Description               | Old Price      | New Price |
|------------------------------|--------------------------------|----------------|-----------|
| <b>NUT &amp; SEED BUTTER</b> |                                |                |           |
| 020950                       | PEANUT BUTTER, OG CREAM +S 9#  | New Size!      | \$45.00   |
| 020941                       | PEANUT BUTTER, OG CRUNC +S 9#  | New Size!      | \$45.00   |
| <b>SEEDS</b>                 |                                |                |           |
| 50104                        | CHIA SEEDS, OG 1#              | \$7.25         | 3.50      |
| 50504                        | CHIA SEEDS, OG 5#              | \$32.00        | 14.25     |
| <b>FLOUR</b>                 |                                |                |           |
| 093201                       | KHORASAN FLOUR, SPROUT OG 2#   | New Item!      | \$4.50    |
| 093202                       | RED FIFE FLOUR, SPROUT OG 2#   | Coming Soon!   | \$4.25    |
| 093203                       | RYE FLOUR, SPROUT OG 2#        | New Item!      | \$4.25    |
| 092405                       | RICE FLOUR BRN SPR OG GF 24oz  | New Item!      | \$3.95    |
| 092404                       | CORN FLOUR, SPROUTED OG GF 2#  | New Item!      | \$3.40    |
| <b>MEAT SUBSTITUTES</b>      |                                |                |           |
| 182550                       | TVP CHICKEN CHUNK 25#          | Back in Stock! | \$60.00   |
| 180110                       | TVP, BACON BITS 1#             | Back in Stock! | \$3.25    |
| 182510                       | TVP, BACON BITS 25#            | Back in Stock! | \$56.25   |
| 180350                       | TVP, CHICKEN CHUNKS 3#         | Back in Stock! | \$9.00    |
| <b>OIL</b>                   |                                |                |           |
| 240175                       | LECITHIN POWDER, SOY 1#        | New Item!      | \$4.50    |
| 240575                       | LECITHIN POWDER, SOY 5#        | New Item!      | \$18.50   |
|                              | (Powder replaces garnules)     |                |           |
| 243380                       | OLIVE OIL X-VIRGN DeLallo 33.8 | \$13.00        | \$16.50   |
| <b>FLAVORINGS</b>            |                                |                |           |
| 280150                       | VANILLA FLAVOR, IMITATION 1GL  | \$7.00         | \$7.25    |
| 280140                       | VANILLA FLAVOR, PURE 1GL       | \$185.00       | \$215.00  |

|        |   |           |         |
|--------|---|-----------|---------|
|        | <b>TOMATO PRODUCTS</b>                                  |           |         |
| 351651 | SALSA, CILANTRO LIME 16oz                               | New Item! | \$3.75* |
| 351656 | SALSA, GAR CHIPOTLE LIME 16oz                           | New Item! | \$3.75* |
| 351654 | SALSA, MANGO 16oz                                       | New Item! | \$3.75* |
| 351655 | SALSA, MANGO HABANERO 16oz                              | New Item! | \$3.75* |
| 351652 | SALSA, MILDLY DELICIOUS 16oz                            | New Item! | \$3.75* |
| 351657 | SALSA, WICKEDLY DELICIOUS 16oz                          | New Item! | \$3.75* |
| 351658 | SALSA, HOT MESS 16oz                                    | New Item! | \$3.75* |
| 351653 | SALSA, WILDLY DELICIOUS 16oz                            | New Item! | \$3.75* |
|        | *15% Discount on case price of above salsas, 6 per case |           |         |
| 352955 | TOMATO PUREE DeLallo 12/29 oz.                          | \$23.40   | \$27.00 |
|        |   |           |         |
|        | <b>GLUTEN FREE</b>                                      |           |         |
| 392402 | RICE FLOUR, WHITE, GF 24oz                              | New Item! | \$3.40  |