

Country Life Natural Foods

PRODUCT CATALOG

JUNE 2020



WEBSITE www.clnf.org

E-MAIL mail@clnf.org

PHONE 269-236-5011

FAX 269-236-8357

ADDRESS 641 52nd St. Pullman, MI 49450

Country Life Natural Foods

Thank you for your interest in our products. Country Life Natural Foods has been a trusted source for natural food products and ingredients for over 50 years. As a non-profit organization, we are dedicated to improving the lives of those we serve. We buy directly from farmers and food manufacturers when we can, so you are as close to the source of your food as possible. Our desire to help people live better lives through diet is rooted in the ethos of our company. Founded by Seventh-day Adventists, who are known worldwide for their healthy lifestyles, longevity, and Blue Zone recognition, we are proud to run a business that is inspired by these health principles.

You may notice that our catalog lacks meat & dairy products. This is intentional. We believe a plant-based diet is better for our bodies and our environment. In 2019 we established the Lifestyle Medicine Program at Oak Haven Health (our parent organization) and operate a 10-day Lifestyle Immersion Program which is designed to arrest and even reverse most lifestyle-related chronic diseases. More information on this program can be found at www.oakhavenhealth.com. From our location in southwest Michigan, we supply our products to the local area through our retail outlet, deliver wholesale to 15 states by truck, and reach the rest of the country by UPS or USPS. With a selection of over 1400 quality products, we hope you find what you're looking for. We look forward to serving you!

Location:

Country Life Natural Foods
641 52nd St
Pullman, MI 49450

Customer Service:

| | |
|---------------------|--------------|
| Manager | 269-236-8353 |
| Orders or Inquiry | 269-236-5011 |
| Product Information | 269-236-8355 |
| Accounts Receivable | 269-236-8356 |
| Returns and Credits | 269-236-8356 |

Website/Online Orders:

www.clnf.org

E-mail:

mail@clnf.org

Phone Orders:

1-800-456-7694
269-236-5011

Fax Orders:

269-236-8357

Office Hours:

Monday --Thursday
9:00 a.m. - 5:00 p.m. Eastern time
Sunday and Friday
9:00 a.m. - 1:00 p.m.
Saturday
Closed

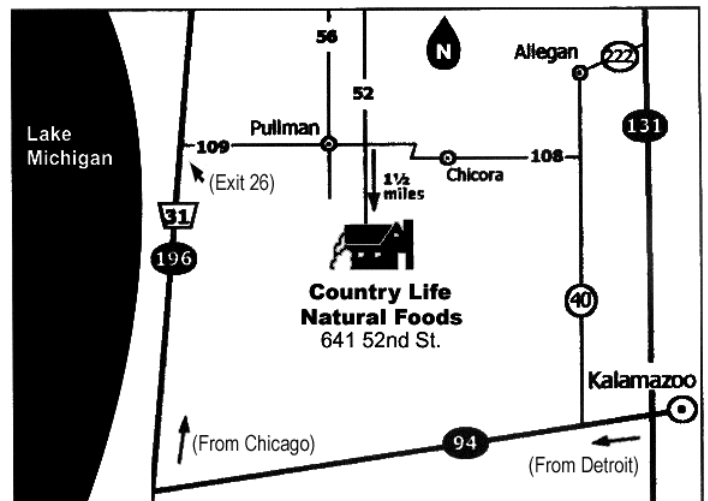
Retail Store:

269-236-8359

Manager: 269-236-8358

Retail Store Hours:

| | |
|-----------|-----------------------|
| Sunday | 9:00 a.m. - 5:00 p.m. |
| Monday | 9:00 a.m. - 5:00 p.m. |
| Tuesday | 9:00 a.m. - 5:00 p.m. |
| Wednesday | 9:00 a.m. - 5:00 p.m. |
| Thursday | 9:00 a.m. - 7:00 p.m. |
| Friday | 9:00 a.m. - 1:00 p.m. |
| Saturday | Closed |



Ordering Information

PLACING ORDERS: Orders may be placed online or by phone, fax, email, or mail. Please have your customer number available, and indicate how and where you want your order shipped (see Delivery Options below). For co-ops, please coordinate your orders, add-ons, and returns through one person and pay with one check. Regrettably, we are not able to backorder products; if your order contains any out of stock items, please order them on a future order. Items from our retail store may be ordered as well; please contact the office for details..

TERMS OF PAYMENT: Payments may be made with the following credit cards: Mastercard, Visa, American Express, or Discover. Payments by personal check, or money order are due upon receipt of your order, unless credit terms have been pre-arranged. Past due accounts will not receive additional orders without special arrangements. Unpaid account balances over 30 days past due are subject to finance charges of 1.5% per month (18% per annum, with a minimum of \$1.00). Regrettably, checks returned for any reason will receive a \$20.00 charge.

RETURNS AND CREDITS: Since natural foods with no preservatives store best in cool, dry conditions, our warehouses are refrigerated and we guarantee quality at the time of delivery. Unfortunately, we cannot guarantee quality beyond 7 days of delivery due to the variable conditions possible in your location. When calling to request a return authorization, please have your customer number, order number, and the product number of the item(s) you wish to return. No returns or exchanges will be processed after 30 days from delivery.

Restocking Fee: Up to four dollars per item unless merchandise is substandard or delivered by our error.

Product Condition: Items must be in original undamaged container. Please do not write comments on container.

Credit will be given on substandard products or products delivered by our error (when requested within 30 days of delivery). Credit will be applied to your next order or a refund check will be sent. If the order was paid by credit card, a credit will be applied to your credit card.

SALES TAX: State and local sales tax will be charged on taxable items in the states where we make deliveries (see below). If you have a sales tax license, please notify our accounting department.

Delivery Options

COUNTRY LIFE TRUCKS: We offer delivery by our trucks to established routes in the following states. Orders within \$50 of the minimum may be delivered with a \$20 surcharge. See back of catalog for your order deadline and delivery schedule.

| <u>State</u> | <u>Minimum Order Amt</u> | <u>Delivery Fee</u> | <u>State</u> | <u>Minimum Order Amt</u> | <u>Delivery Fee</u> |
|--------------|--------------------------|---------------------|--------------|--------------------------|---------------------|
| AL | \$450 | 5% | MN | \$400 | 5% |
| AR | \$500 | 5% | MO | \$500 | 5% |
| GA | \$450 | 5% | NC | \$450 | 5% |
| IL | \$400 | None | OH | \$450 | 5% |
| IN | \$400 | None | OK | \$500 | 5% |
| IA | \$500 | 5% | TN | \$450 | 5% |
| KY | \$450 | 5% | WI | \$400 | None |
| MI | \$400 | None | | | |

OUR ORDER DEADLINE IS 4:00 PM EASTERN TIME on the day of your deadline. We must receive your complete order, including adjustments and add-ons, by that time.

Regrettably, due to the logistics of preparing your order for shipment, we cannot process any orders received after the 4:00 pm deadline.

POSTAL SERVICE AND UPS DELIVERY: When your order is complete, a shipping charge will be added to your order total based on the shipping weight and destination. For web orders, this charge will be calculated and you can confirm it in your shopping cart as you check out. For phone orders, we will advise you of the shipping charge when you place your order. For COD packages, there is a \$12.00 additional charge. Unfortunately, certain items in our warehouse cannot be shipped by postal service or UPS. (These items are marked with a ‡ in our catalog.) Orders between 200 lbs. and 1000 lbs. can be delivered to commercial and residential addresses using the UPS Ground with Freight service. This service is often 20 -25% lower than regular UPS rates. Please call our office to obtain a shipping quote for this service.

APO AND OTHER ORDERS: All APO and other orders outside the 48 contiguous states will be sent priority rate through the U.S. Postal Service. All such orders are at customers risk ONLY. If there is any damage or loss to the order no credit will be given. A handling charge of \$3.00 will be added to boxes requiring customs declarations.

COMMON CARRIER: For orders of 500 lbs. or more to areas outside our regular Country Life truck delivery routes, common carrier shipment may be the most economical if a commercial loading dock or fork lift is available. Please ask for details.

CUSTOMER PICK-UPS: Warehouse orders may be picked up at our retail store during normal store hours. We ask that you place your order 24 hours in advance of expected pick up. This will allow us to prepare your order and minimize the waiting time you experience when you arrive.

Distributor for Northern Michigan

NORTHERN NATURAL FOODS

Edmore, MI; (Brenton Rogers)

Phone: 989-427-1763 • Fax: 888-821-8544 • Email: orders@northernnaturalfoods.com

Please contact them for terms of sale, minimum orders, etc., for truck delivery in their area. Also note that since they deliver to many co-ops along their routes, they are often able to link you with a co-op or buying club near you. This can save on shipping costs, especially if you are currently getting UPS deliveries.

General Product Information

Packaging makes a difference in food quality! The bags used in our Country Life packaged items are special non-breathing films that are odor and residue free. These crystal clear bags are also reusable if you have a bag sealer. The bags are great for storage in your freezer as they resist freezer burn. You can cut them open, use a portion, then reseal and put the product back in the freezer, refrigerator, or on your shelf.

Country Life's warehouse is certified organic by Global Organic Alliance, and is temperature controlled. Our nuts, dried fruits, trail mixes, granolas, and most other products are kept at 40°-45° F. Additional items are kept at 55°-60° F. Unlike many other food suppliers, we never fumigate our warehouse.

A Note About Ingredients: The ingredients of items listed in our catalog may change from time to time without always being updated in the catalog. If you should note a difference, please let us know so we can make the change for future catalogs.

Allergy Alert: Items that are repackaged here at Country Life are handled in a facility that also processes nuts, peanuts, soy, and wheat. Please call if you have any questions.

Non-GMO Products: We strive always to find sources for products that do not contain genetically modified organisms (non-GMO). Currently, the best way to assure that a product is non-GMO is to buy Organic products. All certified organic products must be free of GMO's and the certification process is very strict in tracking the 'paper trail' of these products. Our facilities at Country Life are certified by Global Organic Alliance for both distribution and repackaging of organic products. For any further information, please call our office.

Abbreviations

Used throughout this catalog

| | | | |
|---------------|-------------------------|------------------|--------------------|
| CCF | Certified Chemical Free | SORB | Sorbate |
| C.L. | Country Life Label | SULPH | Sulphured |
| GF | Gluten Free | SW | Sweetened |
| IMP | Imported | UNS | Unsweetened |
| LS | Lightly Salted | UNSORB | Unsorted |
| OG | Organic | UNSUL | Unsulphured |
| RS | Roasted & Salted | ‡ | Cannot Ship by UPS |
| RNS | Roasted No Salt | | |

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How to Use Our Catalog

(Items below for illustration purposes only, not for ordering)

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|----------------|---|---------------|------------|----------------|
| ① 010005 | APPLE NATURAL SWISS STYLE | ② 25# | ④ 2.30/lb | 57.50 |
| 010015 | APPLE NATURAL SWISS STYLE | ③ 12/12 oz | ⑤ 2.30/ea | 27.60 |
| 331069 | OREGANO, WHOLE, MEXICAN | .5 oz | ⑥ 3.40/ea | 3.40 |
| 330250 | OREGANO, WHOLE, MEXICAN | 2# | 8.60/lb | 17.20 |
| ⑦ ‡140059 | ORANGE JUICE, OG, LKWD | 12/32 oz | 3.55/ea | 42.60 |
| 030162 | CASHEWS, LARGE PIECES | 10 oz | 4.25/ea | 4.25 |
| | ⑧ ▶ Order 12 of this item (030162) and receive 15% case discount | | | |
| 030362 | CASHEWS, LARGE PIECES | .3# | 5.50/lb | 16.50 |

① **Product Number/Item Number:** All of our item numbers are six (6) digits. When an order is faxed or emailed to us, the item number as written down is what we will enter when placing your order. So if you intend to order item number 271242, Carob Bridge Mix 12/12 oz, but you write down the number for the 5# size (270542), you will end up with the 5# size, even if you write down 12/12 oz in the description. We cannot take responsibility for numbers which may have been written incorrectly.

②, ③ **Packaged Size:** The item comes packaged in the size indicated here. ② The 5# above indicates that this will come in a five-pound container. (Throughout this catalog the # symbol in the packaged size column is for pounds.) Items are not available in unit price measurements unless it is the same as the packaged size. ③ When the packaged size is indicated as 12/12 oz (or something similar), the item is for one full case of 12/12 oz.

④, ⑤, ⑥ **Unit Price:** This is for comparison of price per pound or unit. ④ When the packaged size is in pounds (# symbol), the unit price is the amount per pound. ⑤ When the packaged size is a case, the unit price is the amount per item in the case. So in the case of the Carob Bridge Mix 12/12 oz case, the unit price indicates that each 12 oz bag costs \$3.10. ⑥ When the packaged size is in ounces or other measurements, the unit price is typically the same as the packaged size, unless the item comes in a larger size.

⑦ ‡ Symbol indicating that we do not ship by UPS or postal service. This is because the item comes in glass, or in a size that is impractical to ship.

⑧ Indication that a case price discount is available for this item. To receive the case discount, be sure to enter the quantity noted (12 in this example). If you enter a quantity of 1, expecting to get one case, you will receive only one unit.

PRODUCT
NUMBER

PRODUCT DESCRIPTION

PACKAGED
SIZE

UNIT
PRICE

PACKAGED
PRICE

CEREALS AND GRANOLAS

READY-TO-EAT

• Our cereals and granolas contain no sulphured ingredients.

010102 ALMOND DELICIOUS1# 4.20/ea 4.20

▶ Order 6 of this item (010102) and receive 25% case discount

010303 ALMOND DELICIOUS3# 2.95/lb 8.85

010101 ALMOND DELICIOUS25# 2.60/lb 65.00

Ingredients: Rolled oats, honey, sunflower oil, almonds, coconut, sunflower seeds, sesame seeds, pure-vanilla, almond extract, salt, coconut oil.

010015 APPLE NATURAL SWISS STYLE12 oz 2.60/ea 2.60

▶ Order 6 of this item (010015) and receive 25% case discount

014010 APPLE NATURAL SWISS STYLE40 oz 2.30/lb 5.75

010005 APPLE NATURAL SWISS STYLE25# 1.90lb 47.50

Muesli-Style Cereal.

Ingredients: Rolled oats, sunflower seeds, raisins, coconut, oat bran, cane juice crystals, dates, apple dices, almonds, honey, and filberts.

010030 CASHEW DATE DELIGHT1# 3.80/ea 3.80

▶ Order 6 of this item (010030) and receive 25% case discount

010325 CASHEW DATE DELIGHT3# 2.65/lb 7.95

010020 CASHEW DATE DELIGHT25# 2.20/lb 55.00

Ingredients: Rolled oats, corn barley malt syrup, date paste, sunflower oil, cashews, coconut, sunflower seeds, vanilla, salt, coconut oil.

011010 TIGER NUT GRANOLA, BLUEBERRY8 oz 6.95/ea 6.95

Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, freeze-dried blueberries, turmeric, salt.

011030 TIGER NUT GRANOLA, CHOCOLATE CHERRY8 oz 6.95/ea 6.95

Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, dried cherries, date paste, puffed millet, cocoa nibs, cinnamon, salt.

011020 TIGER NUT GRANOLA, CINNAMON8 oz 6.95/ea 6.95

Ingredients: Tiger nut flour, sunflower seed oil, brown rice syrup, quiona, date paste, puffed millet, cinnamon, salt.

ONE DEGREE ORGANICS CEREALS

011220 ANCIENT MAIZE FLAKES, OG, Veganic Sprouted12 oz 4.10/ea 4.10

▶ Order 6 of this item (011220) and receive 5% case discount

Ingredients: Organic maize, organic coconut palm sugar, organic buckwheat, organic amaranth, unrefined salt, tocopherols (vitamin E)

011040 BROWN RICE CACAO CRISPS, OG, Veganic Sprouted10 oz 4.10/ea 4.10

▶ Order 6 of this item (011040) and receive 5% case discount

Ingredients: Organic brown rice, organic coconut palm sugar, organic cacao, organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (vitamin E).

010810 BROWN RICE CRISPS, OG, Veganic Sprouted8 oz 4.10/ea 4.10

▶ Order 6 of this item (010810) and receive 5% case discount

Ingredients: Organic brown rice, organic coconut palm sugar, unrefined salt, tocopherols (vitamin E).

011050 HONEY OAT O'S. OG, Veganic Sprouted8 oz 4.10/ea 4.10

▶ Order 6 of this item (011050) and receive 5% case discount

Ingredients: Organic sprouted gluten-free oats, organic sprouted brown rice, organic honey, organic coconut palm sugar, organic sprouted lentils, organic sprouted garbanzos, organic sunflower oil, organic sunflower lecithin, unrefined salt, tocopherols (Vitamin E).

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

+S = Salted
NS = No Salt

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| CEREALS & GRANOLAS, CONTINUED | | | | |
| 011065 | SPROUTED CACAO O'S ▶Order 6 of this item (011065) and receive 5% case discount Ingredients: Organic sprouted whole grain oats, organic cane sugar, organic raw cacao, organic sprouted garbanzos, organic tapioca starch, organic sunflower oil, unrefined salt, organic cacao extract, organic vanilla extract, tocopherols (Vitamin E), organic sunflower lecithin. | .10 oz | 4.108ea | 4.10 |
| 011235 | SPROUTED CORN FLAKES ▶Order 6 of this item (011235) and receive 5% case discount Ingredients: Organic sprouted whole grain corn, organic cane sugar, organic brown rice syrup, unrefined salt, organic molasses. | .12 oz | 4.10/ea | 4.10 |
| 010830 | SPROUTED OAT O'S, OG ▶Order 6 of this item (010830) and receive 5% case discount Ingredients: Organic sprouted gluten-free oats, organic sprouted rice, organic sprouted lentils, organic sprouted garbanzos, organic coconut palm sugar, unrefined salt, tocopherols (Vitamin E). | .8 oz | 4.10/ea | 4.10 |

NUT AND SEED BUTTERS

- Our nut & seed butters are lightly roasted unless noted otherwise.
- Our nut and seed butters may contain trace amounts of other nuts, peanuts, and seeds. Salt is added only where indicated. No hydrogenated oil or preservatives are added.

| | | | | |
|--------|--|--------|----------|--------|
| 020219 | ALMOND BUTTER, CREAMY, NS ▶Order 12 of this item (020219) and receive 5% case discount | .16 oz | 10.00/ea | 10.00 |
| 020919 | ALMOND BUTTER, CREAMY, NS | .9# | 9.10/lb | 81.90 |
| 020217 | ALMOND BUTTER, CRUNCHY, NS ▶Order 12 of this item (020217) and receive 5% case discount | .16 oz | 10.00/ea | 10.00 |
| 020917 | ALMOND BUTTER, CRUNCHY, NS | .9# | 9.10/lb | 81.90 |
| 021632 | ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, NS ▶Order 12 of this item (021632) and receive 5% case discount | .16 oz | 10.00/ea | 10.00 |
| 021680 | ALMOND BUTTER, LIGHTLY TOASTED, CREAMY, OG, NS ▶Order 12 of this item (021680) and receive 5% case discount | .16 oz | 14.25/ea | 14.25 |
| 021674 | ALMOND BUTTER, CREAMY, OG NS ▶Order 12 of this item (021674) and receive 5% case discount | .16 oz | 14.25/ea | 14.25 |
| 021600 | CASHEW BUTTER, CREAMY, NS ▶Order 12 of this item (021600) and receive 5% case discount Ingredients: Dry roasted cashews, expeller-pressed safflower oil or organic high oleic sunflower oil. | .16 oz | 9.85/ea | 9.85 |
| 021665 | CASHEW BUTTER, CREAMY, OG, NS ▶Order 12 of this item (021665) and receive 5% case discount Ingredients: Organic cashews, organic sunflower oil. | .16 oz | 11.50/ea | 11.50 |
| 020047 | PEANUT BUTTER, CREAMY, +S ▶Order 12 of this item (020047) and receive 5% case discount | .16 oz | 3.85/ea | 3.85 |
| 020947 | PEANUT BUTTER, CREAMY, +S | .9# | 3.30/lb | 29.70 |
| 020105 | PEANUT BUTTER, CREAMY, +S | .35# | 3.00/lb | 105.00 |
| 020045 | PEANUT BUTTER, CREAMY, NS ▶Order 12 of this item (020045) and receive 5% case discount | .16 oz | 3.95/ea | 3.95 |
| 020945 | PEANUT BUTTER, CREAMY, NS | .9# | 3.30/lb | 29.70 |
| 020115 | PEANUT BUTTER, CREAMY, NS | .35# | 3.00/lb | 105.00 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|--|---------------|------------|----------------|
| <u>NUT & SEED BUTTERS, CONTINUED</u> | | | | |
| 020042 | PEANUT BUTTER, CRUNCHY, +S | 16 oz | 3.85/ea | 3.85 |
| | ▶Order 12 of this item (020042) and receive 5% case discount | | | |
| 020942 | PEANUT BUTTER, CRUNCHY, +S | .9# | 3.30/lb | 29.70 |
| 020100 | PEANUT BUTTER, CRUNCHY, +S | .35# | 3.00/lb | 105.00 |
| 020150 | PEANUT BUTTER, OG, CREAMY, +S | 16 oz | 5.65/ea | 5.65 |
| | ▶Order 12 of this item (020150) and receive 5% case discount | | | |
| 020950 | PEANUT BUTTER, OG, CREAMY, +S | .9# | 5.00/lb | 45.00 |
| 020134 | PEANUT BUTTER, OG, CREAMY, NS | 16 oz | 5.65/ea | 5.65 |
| | ▶Order 12 of this item (020134) and receive 5% case discount | | | |
| 020141 | PEANUT BUTTER, OG, CRUNCHY, +S | 16 oz | 5.65/ea | 5.65 |
| | ▶Order 12 of this item (020141) and receive 5% case discount | | | |
| 020941 | PEANUT BUTTER, OG, CRUNCHY, +S | .9# | 5.00/lb | 45.00 |
| 020122 | PEANUT BUTTER, OG, CRUNCHY, NS | 16 oz | 5.65/ea | 5.65 |
| | ▶Order 12 of this item (020122) and receive 5% case discount | | | |
| 370027 | SESAME TAHINI, CREAMY, NS | 15 oz | 5.50/ea | 5.50 |
| | ▶Order 12 of this item (370027) and receive 5% case discount | | | |
| | A creamy butter made from ground hulled sesame seeds. | | | |
| 021660 | SUNFLOWER BUTTER, OG, +S | 16 oz | 5.10/ea | 5.10 |
| | ▶Order 12 of this item (021660) and receive 5% case discount | | | |
| | Ingredients: Dry Roasted sunflower seeds, evaporated cane juice, sunflower oil, salt. | | | |
| 021690 | SUNFLOWER BUTTER, OG, NS | 16 oz | 5.10/ea | 5.10 |
| | ▶Order 12 of this item (021690) and receive 5% case discount | | | |
| | Ingredients: Dry Roasted sunflower seeds, sunflower oil. | | | |

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

NUTS

- Nuts are raw unless otherwise stated. Please refrigerate your nuts after purchase.
- Almonds are pastuerized as required by the Almond Board of California and the USDA.

| | | | | |
|--------|-----------------------------------|------|---------|--------|
| 030522 | ALMOND MEAL, BLANCHED | .5# | 6.20/lb | 31.00 |
| 032522 | ALMOND MEAL, BLANCHED | .25# | 5.20/lb | 130.00 |
| 031121 | ALMOND MEAL, NATURAL | .5# | 6.20/lb | 31.00 |
| 032520 | ALMOND MEAL, NATURAL | .25# | 5.20/lb | 130.00 |
| 030316 | ALMONDS, SLICED, BLANCHED | .3# | 6.20/lb | 18.60 |
| 120014 | ALMONDS, SLICED, BLANCHED | .25# | 5.30/lb | 132.50 |
| 030314 | ALMONDS, SLICED, NATURAL | .3# | 6.50/lb | 19.50 |
| 030015 | ALMONDS, SLICED, NATURAL | .25# | 5.20/lb | 130.00 |
| 030312 | ALMONDS, SLIVERED, BLANCHED | .3# | 6.20/lb | 18.60 |
| 120012 | ALMONDS, SLIVERED, BLANCHED | .25# | 5.30/lb | 132.50 |

| | PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE | |
|--|---|--|------------------------|------------|----------------|--------|
| Regrettably our prices are subject to change without notice. | <u>NUTS, CONTINUED</u> | | | | | |
| | | 030205 | ALMONDS, WHOLE | .2# | 6.50/lb | 13.00 |
| | | 031148 | ALMONDS, WHOLE | .5# | 6.00/lb | 30.00 |
| | | 030005 | ALMONDS, WHOLE | .25# | 5.30/lb | 132.50 |
| | | 030006 | ALMONDS, WHOLE | .50# | 4.90/lb | 245.00 |
| | | 030100 | ALMONDS, WHOLE, OG | .1# | 12.00/lb | 12.00 |
| | | 030300 | ALMONDS, WHOLE, OG | .3# | 11.00/lb | 33.00 |
| | | 032500 | ALMONDS, WHOLE, OG | .25# | 9.60/lb | 240.00 |
| | Ingredient lists provided for reference purposes and may vary slightly | 030125 | BRAZIL NUTS, WHOLE | .10 oz | 4.75/ea | 4.75 |
| | | ►Order 12 of this item (030125) and receive 15% case discount | | | | |
| | | 030325 | BRAZIL NUTS, WHOLE | .3# | 5.90lb | 17.70 |
| | | 030025 | BRAZIL NUTS, WHOLE | .44# | 5.00/lb | 220.00 |
| | RS=Roasted, Salted | 030123 | BRAZIL NUTS, WHOLE, OG | .1# | 9.75/lb | 9.75 |
| | | 030323 | BRAZIL NUTS, WHOLE, OG | .3# | 8.00/lb | 24.00 |
| | | 034425 | BRAZIL NUTS, WHOLE, OG | .44# | 6.80/lb | 299.20 |
| RNS=Roasted, No Salt | 030162 | CASHEWS, LARGE PIECES | .10 oz | 4.00/ea | 4.00 | |
| | ►Order 12 of this item (030162) and receive 15% case discount | | | | | |
| | 030362 | CASHEWS, LARGE PIECES | .3# | 5.30/lb | 15.90 | |
| | 030030 | CASHEWS, LARGE PIECES | .25# | 4.80/lb | 120.00 | |
| | 030346 | CASHEWS, LARGE PIECES, OG | .3# | 7.75/lb | 23.25 | |
| | 032546 | CASHEWS, LARGE PIECES, OG | .25# | 7.00/lb | 175.00 | |
| | 030151 | CASHEWS, WHOLE LARGE, 320's | .10 oz | 5.40/ea | 5.40 | |
| | ►Order 12 of this item (030151) and receive 15% case discount | | | | | |
| | 030350 | CASHEWS, WHOLE LARGE, 320's | .3# | 7.25/lb | 21.75 | |
| | 030050 | CASHEWS, WHOLE LARGE, 320's | .25# | 6.40/lb | 160.00 | |
| | 030345 | CASHEWS, WHOLE, OG | .3# | 8.50/lb | 25.50 | |
| | 032577 | CASHEWS, WHOLE, OG | .25# | 7.20/lb | 180.00 | |
| | 030248 | CASHEWS, WHOLE RNS | .2# | 9.75/lb | 19.50 | |
| | 030343 | CASHEWS, WHOLE LARGE, RS | .3# | 9.50/lb | 28.50 | |
| | 030040 | CASHEWS, WHOLE LARGE, RS | .25# | 8.40/lb | 210.00 | |
| 030365 | FILBERTS, WHOLE | .3# | 8.00/lb | 24.00 | | |
| 030065 | FILBERTS, WHOLE | .25# | 7.60/lb | 190.00 | | |
| 030155 | FILBERTS, WHOLE, OG | .1# | 12.00/lb | 12.00 | | |
| 030355 | FILBERTS, WHOLE, OG | .3# | 10.00/lb | 30.00 | | |
| 032568 | FILBERTS, WHOLE, OG | .25# | 7.00/lb | 175.00 | | |
| 030267 | MACADAMIA, RAW, HALVES | .2# | 13.75/lb | 27.50 | | |
| 160380 | MIXED NUTS DELUXE, RAW | .3# | 7.50/lb | 22.50 | | |
| 162580 | MIXED NUTS DELUXE, RAW | .25# | 7.00/lb | 175.00 | | |
| | Ingredients: Almonds, Brazil nuts, walnuts, pecans, cashews, filberts. | | | | | |
| 030185 | MIXED NUTS DELUXE, RAW, OG | .1# | 13.50/lb | 13.50 | | |
| 030385 | MIXED NUTS DELUXE, RAW, OG | .3# | 11.50/lb | 34.50 | | |
| | Ingredients: Organic nuts: Almonds, Brazil nuts, walnuts, pecans, cashews, filberts. | | | | | |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------------|--|---------------|------------|----------------|
| <u>NUTS, CONTINUED</u> | | | | |
| 030247 | MIXED NUTS FANCY, RS | .2# | 10.85/lb | 21.70 |
| 032560 | MIXED NUTS FANCY, RS | .25# | 9.00/lb | 225.00 |
| | Ingredients: Cashews , almonds, pecans, filberts, peanut oil, salt. | | | |
| 030268 | MIXED NUTS, 50% PEANUTS, RS | .2# | 7.08/lb | 14.15 |
| 030250 | MIXED NUTS, 50% PEANUTS, RS | .25# | 5.45/lb | 136.25 |
| | Ingredients: Peanuts, almonds, cashews, filberts, pecans, peanut oil, and salt. | | | |
| 030597 | PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter | .5# | 2.00/lb | 10.00 |
| 030095 | PEANUTS, 1/2's, DRY ROAST, NS, Good for peanut butter | .30# | 1.50/lb | 45.00 |
| 030565 | PEANUTS, 1/2's, DRY ROAST, NS, OG | .5# | 4.00/lb | 20.00 |
| 033065 | PEANUTS, 1/2's, DRY ROAST, NS, OG | .30# | 3.30/lb | 99.00 |
| 030575 | PEANUTS, REDSKIN, RAW | .5# | 2.65/lb | 13.25 |
| 030070 | PEANUTS, REDSKIN, RAW | .30# | 2.17/lb | 65.00 |
| 030593 | PEANUTS, SPANISH, RAW | .5# | 2.90/lb | 14.50 |
| 030072 | PEANUTS, SPANISH, RAW | .30# | 2.40/lb | 72.00 |
| 030536 | PEANUTS, SPANISH, RS | .5# | 3.00/lb | 15.00 |
| 030037 | PEANUTS, SPANISH, RS | .25# | 2.60/lb | 65.00 |
| 030583 | PEANUTS, WHOLE, BLANCHED, RNS | .5# | 3.00/lb | 15.00 |
| 030085 | PEANUTS, WHOLE, BLANCHED, RNS | .25# | 2.60/lb | 65.00 |
| 030577 | PEANUTS, WHOLE, BLANCHED, RS | .5# | 3.00/lb | 15.00 |
| 030080 | PEANUTS, WHOLE, BLANCHED, RS | .25# | 2.60lb | 65.00 |
| 030236 | PECAN MEAL, FANCY | .2# | 3.50/lb | 7.00 |
| 031136 | PECAN MEAL, FANCY | .5# | 3.20/lb | 16.00 |
| 030135 | PECAN MEAL, FANCY | .30# | 2.40/lb | 72.00 |
| 030224 | PECANS, 1/2's, JUMBO, FANCY | .2# | 8.50/lb | 17.00 |
| 030524 | PECANS, 1/2's, JUMBO, FANCY | .5# | 8.00/lb | 40.00 |
| 032808 | PECANS, 1/2's, JUMBO, FANCY | .30# | 7.50/lb | 225.00 |
| 030230 | PECANS, LARGE PIECES, FANCY | .2# | 8.45/lb | 16.90 |
| 030530 | PECANS, LARGE PIECES, FANCY | .5# | 7.70/lb | 38.50 |
| 030130 | PECANS, LARGE PIECES, FANCY | .30# | 6.50/lb | 195.00 |
| 031604 | PECANS, 1/2's, OG | .1# | 13.50/lb | 13.50 |
| 030204 | PECANS, 1/2's, OG | .2# | 11.50/lb | 23.00 |
| 030832 | PINE NUTS, LARGE, CHINESE | .8 oz | 11.00/ea | 11.00 |
| 030232 | PINE NUTS, LARGE, CHINESE | .2# | 20.00/lb | 40.00 |
| 030138 | PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted) | .10 oz | 6.00/ea | 6.00 |
| | ►Order 12 of this item (030138) and receive 15% case discount | | | |
| 030338 | PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted) | .3# | 8.00/lb | 24.00 |
| 030140 | PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted) | .25# | 7.20/lb | 180.00 |
| 030244 | PISTACHIOS, SHELLED, RAW | .2# | 13.50/lb | 27.00 |
| 032243 | PISTACHIOS, SHELLED, RAW | .25# | 12.00/lb | 300.00 |
| 030243 | PISTACHIOS, SHELLED, RS | .2# | 14.00/lb | 28.00 |
| 030143 | PISTACHIOS, SHELLED, RS | .25# | 13.00/lb | 325.00 |

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Ingredient lists provided for reference purposes and may vary slightly

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|-------------------------------|---|---------------|------------|----------------|
| <u>NUTS, CONTINUED</u> | | | | |
| 030576 | WALNUTS, BLACK FANCY, LARGE PIECES | 5# | 9.50/lb | 47.50 |
| 030168 | WALNUTS, HALVES & PIECES | 10oz | 3.50/ea | 3.50 |
| | ▶Order 12 of this item (030168) and receive 15% case discount | | | |
| 030364 | WALNUTS, HALVES & PIECES | 3# | 4.30/lb | 12.90 |
| 030165 | WALNUTS, HALVES & PIECES | .25# | 3.80/lb | 95.00 |
| 030190 | WALNUTS, HALVES & PIECES, OG | .1# | 11.00/lb | 11.00 |
| 030390 | WALNUTS, HALVES & PIECES, OG | .3# | 10.00/lb | 30.00 |
| 032590 | WALNUTS, HALVES & PIECES, OG | .25# | 8.40/lb | 210.00 |

DRIED FRUIT

- All of our fruit is unsulphured unless otherwise noted.
- We are often asked, "Do your organic dried fruits contain sulphur?" The answer is that any food designated *organic* cannot contain sulphur. *Organic* fruit is always *unsulphured*.
- During the drying process our imported tropical fruit, including pineapple and papaya, is dipped into a sugar solution. It is labeled as "low sugar" by industry standards.

| | | | | |
|--------|---|--------|----------|--------|
| 040507 | APPLES, DICES, NATURAL | .5# | 4.50/lb | 22.50 |
| 040206 | APPLES, DICES, NATURAL | .25# | 4.10/lb | 102.50 |
| 040537 | APPLE DICES, OG | .5# | 7.00/lb | 35.00 |
| 042537 | APPLE DICES, OG | .25# | 6.40/lb | 160.00 |
| 130135 | APPLES, RINGS, NATURAL | .5# | 5.60/lb | 28.00 |
| 040010 | APPLES, RINGS, NATURAL | .25# | 5.15/lb | 128.75 |
| 040535 | APPLES, RINGS, OG | .5# | 8.00/lb | 40.00 |
| 040513 | APRICOTS, 1/2's, SULPHURED, FANCY | 5# | 10.00/lb | 50.00 |
| 041130 | APRICOTS, 1/2's, NATURAL | .5# | 10.25/lb | 51.25 |
| 040030 | APRICOTS, 1/2's, NATURAL | .25# | 9.60/lb | 240.00 |
| 040113 | APRICOTS, TURKISH, OG | .16 oz | 5.00/ea | 5.00 |
| | ▶Order 12 of this item (040113) and receive 15% case discount | | | |
| 045513 | APRICOTS, TURKISH, OG | .5# | 4.10/lb | 20.50 |
| 040013 | APRICOTS, TURKISH, OG | .28# | 3.30/lb | 92.40 |
| 130105 | APRICOTS, TURKISH, SULPHURED | .16oz | 4.75/ea | 4.75 |
| | ▶Order 12 of this item (130105) and receive 15% case discount | | | |
| 040539 | APRICOTS, TURKISH, SULPHURED | .5# | 3.80/lb | 19.00 |
| 040015 | APRICOTS, TURKISH, SULPHURED | .28# | 2.84/lb | 79.50 |
| 040280 | BANANA CHIPS, SWEETENED, IMP, OG | .2# | 3.25/lb | 6.50 |
| 041470 | BANANA CHIPS, SWEETENED, IMP, OG | .14# | 2.50/lb | 35.00 |
| | Ingredients: Organic bananas, organic coconut oil, sugar. | | | |
| 130012 | BANANA CHIPS, SWEETENED, IMP | .2# | 2.90/lb | 5.80 |
| 040035 | BANANA CHIPS, SWEETENED, IMP | .14# | 2.00/lb | 28.00 |
| | Ingredients: Bananas, vegetable (coconut) oil, sugar, banana flavor. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---------------------------------------|--|---------------|------------|----------------|
| <u>DRIED FRUITS, CONTINUED</u> | | | | |
| 130220 | BANANA CHIPS, UNSWEETENED, IMP | .2# | 2.90/lb | 5.80 |
| 040048 | BANANA CHIPS, UNSWEETENED, IMP Ingredients: Bananas, coconut oil. | .14# | 2.00/lb | 28.60 |
| 040116 | BANANA SPLITS, NATURAL, NO SUGAR, IMP | .1# | 7.00/lb | 7.00 |
| 046616 | BANANA SPLITS, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica. | .6# | 6.25/lb | 41.25 |
| 040108 | BLUEBERRIES, JUICE SWEETENED | .1# | 10.00/lb | 10.00 |
| 040508 | BLUEBERRIES, JUICE SWEETENED | .5# | 8.00/lb | 40.00 |
| 042508 | BLUEBERRIES, JUICE SWEETENED | .25# | 7.60/lb | 190.00 |
| 040166 | CHERRIES, SWEET (BING), UNSWEETENED, MI | .1# | 9.00/lb | 9.00 |
| 040110 | CHERRIES, TART, JUICE SWEETENED Ingredients: Cherries, apple juice concentrate, sunflower oil. | .1# | 9.00/lb | 9.00 |
| 040560 | CHERRIES, TART, SUGAR SWEETENED | .5# | 8.00/lb | 40.00 |
| 040168 | CHERRIES, TART, UNSWEETENED | .1# | 15.00/lb | 15.00 |
| 040233 | CHERRIES, TART, UNSWEETENED | .10# | 13.50/lb | 135.00 |
| 040367 | COCONUT, CHIPS, IMP (Unsweetened) | .3# | 2.80/lb | 8.40 |
| 040065 | COCONUT, CHIPS, IMP (Unsweetened) Coconut chips are shaved. Most commonly used in nut and seed mixes. | .25# | 2.25/lb | 56.25 |
| 040365 | COCONUT, CHIPS, OG | .3# | 3.40/lb | 10.20 |
| 042565 | COCONUT, CHIPS, OG | .25# | 2.40/lb | 60.00 |
| 040540 | COCONUT, MACAROON, IMP (Unsweetened) | .5# | 2.40/lb | 12.00 |
| 040050 | COCONUT, MACAROON, IMP (Unsweetened) Coconut macaroon is very fine grated, dessicated (dehydrated) coconut. | .25# | 2.10/lb | 52.50 |
| 041155 | COCONUT, MEDIUM, IMP (Unsweetened) | .5# | 2.60/lb | 13.00 |
| 040055 | COCONUT, MEDIUM, IMP (Unsweetened) Coconut medium is small shredded pieces of dessicated (dehydrated) coconut. | .25# | 2.20/lb | 55.00 |
| 040575 | COCONUT, MEDIUM, OG | .5# | 3.10/lb | 15.50 |
| 042575 | COCONUT, MEDIUM, OG | .25# | 2.25/lb | 56.25 |
| 040133 | CRANBERRIES, JUICE SWEETENED | .1# | 5.25/lb | 5.25 |
| 040533 | CRANBERRIES, JUICE SWEETENED | .5# | 4.50/lb | 22.50 |
| 042533 | CRANBERRIES, JUICE SWEETENED Ingredients: Cranberries, apple juice concentrate, sunflower oil. | .25# | 4.20/lb | 105.00 |
| 040525 | CRANBERRIES, SUGAR SWEETENED | .5# | 3.40/lb | 17.00 |
| 042545 | CRANBERRIES, SUGAR SWEETENED Ingredients: Cranberries, sugar, sunflower oil. | .25# | 2.65/lb | 66.25 |
| 040165 | CRANBERRIES, SUGAR SWEETENED, OG | .1# | 6.75/lb | 6.75 |
| 040565 | CRANBERRIES, SUGAR SWEETENED, OG | .5# | 5.50/lb | 27.50 |
| 041065 | CRANBERRIES, SUGAR SWEETENED, OG Ingredients: Organic cranberries, organic sugar, organic sunflower oil. | .10# | 5.20/lb | 52.00 |
| 040582 | CURRANTS, ZANTE, OG | .5# | 4.40/lb | 22.00 |
| 042582 | CURRANTS, ZANTE, OG Zante currants come from a small, seedless variety of grape; not related to the currant berry. • All of our California dates are hydrated before shipping to make them soft and moist. | .25# | 3.50/lb | 87.50 |

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|---------------------------------------|---|---------------|------------|----------------|
| <u>DRIED FRUITS, CONTINUED</u> | | | | |
| 040585 | DATE ALMOND COCONUT ROLLS, OG | .5# | 4.65/lb | 23.25 |
| 040125 | DATE ALMOND COCONUT ROLLS, OG | .18# | 4.15/lb | 74.70 |
| 040587 | DATE COCONUT ROLLS, OG | .5# | 4.10/lb | 20.50 |
| 040087 | DATE COCONUT ROLLS, OG | .15# | 3.80/lb | 57.00 |
| 040801 | DATE PECAN LOGS, OG | 12 oz | 5.50/ea | 5.50 |
| 040523 | DATE PIECES IN OAT FLOUR | .5# | 2.65/lb | 13.25 |
| 030035 | DATE PIECES IN OAT FLOUR | .30# | 2.00/lb | 60.00 |
| 040520 | DATE PIECES IN OAT FLOUR, OG | .5# | 4.50/lb | 22.50 |
| 040120 | DATE PIECES IN OAT FLOUR, OG | .30# | 3.50/lb | 105.00 |
| | The oat flour used on the organic date pieces is organic. | | | |
| 040579 | DATE PASTE | .5# | 2.70/lb | 13.50 |
| 040515 | DATES, CHOPPED, WITH RICE FLOUR | .5# | 2.50/lb | 12.50 |
| 042215 | DATES, CHOPPED, WITH RICE FLOUR | .22# | 2.10/lb | 46.20 |
| 040581 | DATES, DEGLET NOOR, PITTED | .5# | 3.00/lb | 15.00 |
| 040081 | DATES, DEGLET NOOR, PITTED | .15# | 2.75/lb | 41.25 |
| 040505 | DATES, DEGLET NOOR, PITTED, OG | .5# | 4.65/lb | 23.25 |
| 040105 | DATES, DEGLET NOOR, PITTED, OG | .15# | 4.25/lb | 63.75 |
| 040083 | DATES, DEGLET NOOR, WITH PIT | .15# | 2.35/lb | 35.25 |
| 040501 | DATES, HARD PACK, PITTED, IMP | .5# | 3.00/lb | 15.00 |
| 042200 | DATES, HARD PACK, PITTED, IMP | .15# | 2.30/lb | 34.50 |
| | Imported dates are not hydrated, therefore they are very dry, but nice and sweet. | | | |
| 040091 | DATES, HALAWI, W/PIT, OG | .15# | 2.95/lb | 44.25 |
| 040090 | DATES, KHADRAWI, W/PIT, OG | .15# | 2.75/lb | 41.25 |
| 040584 | DATES, MEDJOL, CHOICE, W/PIT, OG | .5# | 5.00/lb | 25.00 |
| 040084 | DATES, MEDJOL, CHOICE, W/PIT, OG | .15# | 4.20/lb | 63.00 |
| 041575 | DATES, ZAHIDI, OG | .15# | 2.75/lb | 41.25 |
| 040531 | FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE | .5# | 5.00/lb | 25.00 |
| 040135 | FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE | .30# | 5.00/lb | 150.00 |
| 045516 | FIGS, BLACK MISSION, X-CHOICE, OG | .5# | 6.00/lb | 30.00 |
| 040516 | FIGS, BLACK MISSION, X-CHOICE, OG | .30# | 5.83/lb | 175.00 |
| 040578 | FIGS, GOLDEN, OG | .5# | 5.80/lb | 29.00 |
| 043078 | FIGS, GOLDEN, OG | .30# | 5.20/lb | 156.00 |
| 040543 | FIGS, TURKISH, OG | .5# | 5.00/lb | 25.00 |
| 040143 | FIGS, TURKISH, OG | .28# | 4.25/lb | 119.00 |
| 041154 | FRUIT MEDLEY, SULPHURED | .5# | 6.40/lb | 32.00 |
| | Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples, sulphur. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--------------------------------|--|---------------|------------|----------------|
| DRIED FRUITS, CONTINUED | | | | |
| 041151 | FRUIT MEDLEY, NATURAL | 5# | 6.00/lb | 30.00 |
| 040153 | FRUIT MEDLEY, NATURAL Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples. | .25# | 5.60/lb | 140.00 |
| 040129 | GINGER SLICES, LOW SUGAR, IMP. | .1# | 5.00/lb | 5.00 |
| 040529 | GINGER SLICES, LOW SUGAR, IMP. Ingredients: Ginger, cane sugar, citric acid. (Sulphur less than 10 ppm.) | .5# | 3.80/lb | 19.00 |
| 040217 | MANGO CHUNKS, LOW SUGAR, IMP. Ingredients: Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.) | .5# | 3.60/lb | 18.00 |
| 043586 | MANGO SLICES, LOW SUGAR, IMP. Ingredients: Mango, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.) | .5# | 3.60/lb | 18.00 |
| 040544 | MANGO SLICES, NATURAL, NO SUGAR, IMP | .5# | 8.00/lb | 40.00 |
| 041141 | MIXED FRUIT, SULPHURED Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots, sulphur. | 5# | 6.00/lb | 30.00 |
| 041148 | MIXED FRUIT, NATURAL | 5# | 6.50/lb | 32.50 |
| 040160 | MIXED FRUIT, NATURAL Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots. | .25# | 5.40/lb | 135.00 |
| 041144 | NECTARINES, X-FANCY, SULPHURED | 5# | 7.75/lb | 38.75 |
| 045295 | PAPAYA CHUNKS, LOW SUGAR, IMP Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.) | .5# | 3.25/lb | 16.25 |
| 045319 | PAPAYA DICES, LOW SUGAR, IMP | .5# | 3.25/lb | 16.25 |
| 041619 | PAPAYA DICES, LOW SUGAR, IMP ►Order 12 of this item (041619) and receive 15% case discount Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.) | .16oz | 4.25/ea | 4.25 |
| 040590 | PAPAYA SPEARS, LOW SUGAR, IMP | .5# | 3.25/lb | 16.25 |
| 041690 | PAPAYA SPEARS, LOW SUGAR, IMP ►Order 12 of this item (041690) and receive 15% case discount Ingredients: Papaya, cane sugar, calcium, citric acid. (Sulphur less than 10 ppm.) | .16oz | 4.25/ea | 4.25 |
| 041146 | PEACHES, X-FANCY, SULPHURED | 5# | 7.75/lb | 38.75 |
| 041190 | PEACHES, NATURAL | .5# | 7.90/lb | 39.50 |
| 040180 | PEACHES, NATURAL | .25# | 7.00/lb | 175.00 |
| 040550 | PEACHES, NATURAL, DICED | .5# | 7.80/lb | 39.00 |
| 042570 | PEACHES, NATURAL, DICED | .25# | 6.80/lb | 170.00 |
| 041147 | PEARS, X-FANCY, SULPHURED | 5# | 7.40/lb | 37.00 |
| 041149 | PEARS, NATURAL | .5# | 7.30/lb | 36.50 |
| 040190 | PEARS, NATURAL | .25# | 6.75/lb | 168.75 |
| 045213 | PINEAPPLE DICES, LOW SUGAR, IMP | .5# | 3.25/lb | 16.25 |
| 041605 | PINEAPPLE DICES, LOW SUGAR, IMP ►Order 12 of this item (041605) and receive 15% case discount Ingredients: Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.) | .16oz | 4.25/ea | 4.25 |
| 040591 | PINEAPPLE RINGS, LOW SUGAR, IMP | .5# | 3.25/lb | 16.25 |
| 041691 | PINEAPPLE RINGS, LOW SUGAR, IMP ►Order 12 of this item (041691) and receive 15% case discount Ingredients: Pineapple, cane sugar, citric acid. (Sulphur less than 10 ppm.) | .16oz | 4.25/lb | 4.25 |

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Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
3 John 2

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--------------------------------|--|---------------|------------|----------------|
| DRIED FRUITS, CONTINUED | | | | |
| 040412 | PINEAPPLE SLICES, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica. | .4# | 8.75/lb | 35.00 |
| 045212 | PINEAPPLE WEDGES, LOW SUGAR, IMP Ingredients: Pineapple, sugar, citric acid. (Sulphur less than 10 ppm.) | .5# | 3.25/lb | 16.25 |
| 045316 | PRUNES, PITTED, OG | .5# | 5.70/lb | 28.50 |
| 040316 | PRUNES, PITTED, OG | .30# | 5.00/lb | 150.00 |
| 130167 | PRUNES, PITTED, UNSORBATED | .5# | 4.75/lb | 23.75 |
| 040415 | PRUNES, PITTED, UNSORBATED | .30# | 3.75/lb | 112.50 |
| 040548 | RAISINS, BLACK FLAME, LARGE | .5# | 2.90/lb | 14.50 |
| 040347 | RAISINS, BLACK FLAME, LARGE | .30# | 2.00/lb | 60.00 |
| 040519 | RAISINS, GOLDEN, SULPHURED | .5# | 3.20/lb | 16.00 |
| 040318 | RAISINS, GOLDEN, SULPHURED | .30# | 2.65/lb | 79.50 |
| 130322 | RAISINS, THOMPSON ►Order 12 of this item (130322) and receive 15% case discount | .16oz | 3.50/ea | 3.50 |
| 041320 | RAISINS, THOMPSON | .5# | 3.00/lb | 15.00 |
| 040320 | RAISINS, THOMPSON | .30# | 2.10/lb | 63.00 |
| 130344 | RAISINS, THOMPSON, OG ►Order 12 of this item (130344) and receive 15% case discount | .16oz | 4.30/ea | 4.30 |
| 130140 | RAISINS, THOMPSON, OG | .5# | 3.60/lb | 18.00 |
| 040325 | RAISINS, THOMPSON, OG | .30# | 2.85/lb | 85.50 |
| 040124 | RAISINS, THOMPSON, JUMBO ►Order 12 of this item (040124) and receive 15% case discount | .16 oz | 3.40/ea | 3.40 |
| 040524 | RAISINS, THOMPSON, JUMBO | .5# | 2.65/lb | 13.25 |
| 040324 | RAISINS, THOMPSON, JUMBO | .30# | 2.20/lb | 66.00 |
| 040127 | RAISINS, THOMPSON, JUMBO, OG ►Order 12 of this item (040127) and receive 15% case discount | .16 oz | 4.70/ea | 4.70 |
| 040527 | RAISINS, THOMPSON, JUMBO, OG | .5# | 3.70/lb | 18.50 |
| 043010 | RAISINS, THOMPSON, JUMBO, OG | .30# | 2.75/lb | 82.50 |

STRETCH ISLAND FRUIT LEATHER

| | | | | |
|--------|---|------------|---------|-------|
| 040434 | APPLE Ingredients: Apple puree concentrate, natural lemon juice concentrate, natural apple flavor. | .30/0.5 oz | 0.50/ea | 15.00 |
| 040422 | APRICOT Ingredients: Apples, apricots, pears, lemon juice. | .30/0.5 oz | 0.50/ea | 15.00 |
| 040432 | CHERRY Ingredients: Apples, cherries, orange puree, natural flavors. | .30/0.5 oz | 0.50/ea | 15.00 |
| 040426 | GRAPE Ingredients: Apples, grapes, pears. | .30/0.5 oz | 0.50/ea | 15.00 |
| 040423 | MIXED FLAVORS Mixed flavors contain 5 each of the following: apple, apricot, cherry, grape, raspberry, strawberry. | .30/.5 oz | 0.60/ea | 18.00 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|--|---------------|------------|----------------|
| <u>STRETCH ISLAND FRUIT LEATHER, CONTINUED</u> | | | | |
| 040430 | RASPBERRY | 30/0.5 oz | 0.50/ea | 15.00 |
| | Ingredients: Apples, pears, raspberries, lemon juice. | | | |
| 040425 | STRAWBERRY | 30/0.5 oz | 0.50/ea | 15.00 |
| | Ingredients: Apples, pears, strawberries, natural flavors, lemon juice. | | | |

Regrettably our prices are subject to change without notice.

SEEDS

• Many of these seeds can be sprouted and put in salads.

Ingredient lists provided for reference purposes and may vary slightly

| | | | | |
|--------|--|--------|----------|--------|
| 051607 | ALFALFA SEEDS, OG | .16oz | 10.50/ea | 10.50 |
| 050514 | ALFALFA SEEDS, OG | .5# | 9.60/lb | 48.00 |
| 050006 | ALFALFA SEEDS, OG | .25# | 9.00/lb | 225.00 |
| 050521 | AMARANTH SEEDS, OG | .5# | 2.45/lb | 12.25 |
| 052513 | AMARANTH SEEDS, OG | .25# | 1.85/lb | 46.25 |
| 051699 | BROCCOLI SEEDS, OG (For sprouting) | .16 oz | 12.25/ea | 12.25 |
| 050394 | BROCCOLI SEEDS, OG (For sprouting) | .3# | 11.50/lb | 34.50 |
| 050104 | CHIA SEEDS, OG | .1# | 3.50/lb | 3.50 |
| 050504 | CHIA SEEDS, OG | .5# | 2.85/lb | 14.25 |
| 052504 | CHIA SEEDS, OG | .25# | 2.60/lb | 65.00 |
| 050181 | CLOVER SEEDS, RED, OG | .16 oz | 7.75/ea | 7.75 |
| 050534 | CLOVER SEEDS, RED, OG | .5# | 6.75/lb | 33.75 |
| 050270 | FENUGREEK SEEDS | .2# | 5.00/lb | 10.00 |
| 050518 | FENUGREEK SEEDS | .5# | 4.40/lb | 22.00 |
| 050517 | FLAX SEEDS, BROWN, OG | .5# | 2.05/lb | 10.25 |
| 050015 | FLAX SEEDS, BROWN, OG | .25# | 1.60/lb | 40.00 |
| 050510 | FLAX SEEDS, GOLDEN | .5# | 1.70/lb | 8.50 |
| 052510 | FLAX SEEDS, GOLDEN | .25# | 1.35/lb | 33.75 |
| 051518 | FLAX SEEDS, GOLDEN, OG | .5# | 2.25/lb | 11.25 |
| 052518 | FLAX SEEDS, GOLDEN, OG | .25# | 1.70/lb | 42.50 |
| 050170 | HEMP SEEDS, HULLED | .1# | 7.50/lb | 7.50 |
| 050370 | HEMP SEEDS, HULLED | .3# | 7.00/lb | 21.00 |
| 050180 | HEMP SEEDS, HULLED, OG | .1# | 13.00/lb | 13.00 |
| 050380 | HEMP SEEDS, HULLED, OG | .3# | 12.00/lb | 36.00 |
| 050125 | PEPITAS, PUMPKIN SEEDS, MEXICAN | .10 oz | 5.50/ea | 5.50 |
| | ►Order 12 of this item (050125) and receive 15% case discount | | | |
| 050525 | PEPITAS, PUMPKIN SEEDS, MEXICAN | .5# | 7.00/lb | 35.00 |
| 050025 | PEPITAS, PUMPKIN SEEDS, MEXICAN | .25# | 6.00/lb | 150.00 |
| 050592 | PEPITAS, PUMPKIN SEEDS, CHINA, OG | .5# | 4.80/lb | 24.00 |
| 052786 | PEPITAS, PUMPKIN SEEDS, CHINA, OG | .27.5# | 4.20/lb | 115.50 |
| 330575 | POPPY SEEDS, BLUE | .5# | 3.50/lb | 17.50 |
| 050169 | RADISH SEEDS, OG | .16 oz | 8.75/ea | 8.75 |
| 050569 | RADISH SEEDS, OG | .5# | 7.75/lb | 38.75 |

RS =
Roasted
Salted
RNS =
Roasted No
Salt

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------|--|---------------|------------|----------------|
| SEEDS, CONTINUED | | | | |
| 051163 | SESAME SEEDS, HULLED (WHITE) | .5# | 2.20/lb | 11.00 |
| 050040 | SESAME SEEDS, HULLED (WHITE) | .50# | 1.90/lb | 95.00 |
| 050666 | SESAME SEEDS, HULLED (WHITE), OG | .16oz | 4.00/ea | 4.00 |
| | ▶Order 6 of this item (050666) and receive 15% case discount | | | |
| 050540 | SESAME SEEDS, HULLED (WHITE), OG | .5# | 3.25/lb | 16.25 |
| 052539 | SESAME SEEDS, HULLED (WHITE), OG | .25# | 2.75/lb | 68.75 |
| 051167 | SESAME SEEDS, NATURAL | .5# | 2.00/lb | 10.00 |
| 050035 | SESAME SEEDS, NATURAL | .50# | 1.70/lb | 85.00 |
| 050664 | SESAME SEEDS, NATURAL, OG | .16oz | 4.00/ea | 4.00 |
| | ▶Order 6 of this item (050664) and receive 15% case discount | | | |
| 050530 | SESAME SEEDS, NATURAL, OG | .5# | 3.25/lb | 16.25 |
| 055235 | SESAME SEEDS, NATURAL, OG | .25# | 2.75/lb | 68.75 |
| 050520 | SESAME SEEDS, NATURAL, BLACK | .5# | 2.40/lb | 12.00 |
| | • All of our sunflower seeds are shelled. Roasted sunflower seeds are roasted in peanut oil. | | | |
| 120080 | SUNFLOWER SEEDS (Raw) | .10 oz | 1.60/ea | 1.60 |
| | ▶Order 12 of this item (120080) and receive 15% case discount | | | |
| 050547 | SUNFLOWER SEEDS (Raw) | .5# | 1.75/lb | 8.75 |
| 050045 | SUNFLOWER SEEDS (Raw) | .50# | 1.30/lb | 65.00 |
| 120110 | SUNFLOWER SEEDS, OG (Raw) | .10oz | 2.00/ea | 2.00 |
| | ▶Order 12 of this item (120110) and receive 15% case discount | | | |
| 050573 | SUNFLOWER SEEDS, OG (Raw) | .5# | 2.60/lb | 13.00 |
| 050075 | SUNFLOWER SEEDS, OG (Raw) | .25# | 2.20/lb | 55.00 |
| 120090 | SUNFLOWER SEEDS, RNS | .10 oz | 2.50/ea | 2.50 |
| | ▶Order 12 of this item (120090) and receive 15% case discount | | | |
| 050563 | SUNFLOWER SEEDS, RNS | .5# | 3.00/lb | 15.00 |
| 050065 | SUNFLOWER SEEDS, RNS | .25# | 2.00/lb | 50.00 |
| 120085 | SUNFLOWER SEEDS, RS | .10 oz | 2.80/ea | 2.80 |
| | ▶Order 12 of this item (120085) and receive 15% case discount | | | |
| 051158 | SUNFLOWER SEEDS, RS | .5# | 3.40/lb | 17.00 |
| 050055 | SUNFLOWER SEEDS, RS | .25# | 2.94/lb | 73.50 |

BEANS

- Many of our beans can be sprouted.
- Beans store very well in a cool, dry environment.

| | | | | |
|--------|--|-------|---------|-------|
| 061108 | ADZUKI BEANS, OG | .5# | 3.00/lb | 15.00 |
| 060007 | ADZUKI BEANS, OG | .25# | 2.75/lb | 68.75 |
| 060108 | BEAN SOUP MIX, C.L., OG | .16oz | 3.60/ea | 3.60 |
| | ▶Order 12 of this item (060108) and receive 15% case discount | | | |
| 060508 | BEAN SOUP MIX, C.L., OG | .5# | 3.00/lb | 15.00 |
| | Ingredients (Organic): Dark red kidney beans, hulled barley, pinto beans, black turtle beans, adzuki beans, gret northern beans, red lentils. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------|---|---------------|------------|----------------|
| BEANS, CONTINUED | | | | |
| 068756 | BLACK BEANS REFRIED, OG INSTANT | .6 oz | 3.25/ea | 3.25 |
| 061064 | BLACK BEANS REFRIED, OG INSTANT | .10# | 6.80/lb | 68.00 |
| | Ingredients: Precooked black beans, sea salt. | | | |
| 060199 | BLACK BEAN SOUP, OG (Dry mix) | .1# | 7.25/lb | 7.25 |
| | Ingredients: Organic precooked black beans, sea salt, organic spices, organic rice vinegar. | | | |
| 060514 | BLACK TURTLE BEANS | .5# | 1.25/lb | 6.25 |
| 065021 | BLACK TURTLE BEANS | .50# | 0.90/lb | 45.00 |
| 061113 | BLACK TURTLE BEANS, OG | .5# | 2.50/lb | 12.50 |
| 060015 | BLACK TURTLE BEANS, OG | .25# | 2.00/lb | 50.00 |
| 060596 | BLACK-EYED PEAS, OG | .5# | 2.20/lb | 11.00 |
| 060990 | BLACK-EYED PEAS, OG | .25# | 1.90/lb | 47.50 |
| 061510 | BUSH'S BEST BLACK BEANS, OG (Canned) | .15 oz | 1.50/ea | 1.50 |
| | ▶Order 12 of this item (061510) and receive 5% case discount | | | |
| | Ingredients: Prepared organic black beans, water, sea salt. | | | |
| 061520 | BUSH'S BEST GARBANZO BEANS, OG (Canned) | .15 oz | 1.50/ea | 1.50 |
| | ▶Order 12 of this item (061520) and receive 5% case discount | | | |
| | Ingredients: Prepared organic garbanzo beans, water, sea salt, calcium chloride (firming agent). | | | |
| 061530 | BUSH'S BEST KIDNEY BEANS, DARK RED, OG (Canned) | .15 oz | 1.50/ea | 1.50 |
| | ▶Order 12 of this item (061530) and receive 5% case discount | | | |
| | Ingredients: Prepared organic kidney beans, water, sea salt, calcium chloride (firming agent). | | | |
| 061640 | BUSH'S BEST PINTO BEANS, OG (Canned) | .15 oz | 1.50/ea | 1.50 |
| | ▶Order 12 of this item (061640) and receive 5% case discount | | | |
| | Ingredients: Prepared organic pinto beans, water, sea salt. | | | |
| 060513 | CANNELLINI BEANS, WHITE KIDNEY | .5# | 2.30/lb | 11.50 |
| 065088 | CANNELLINI BEANS, WHITE KIDNEY | .50# | 1.00/lb | 50.00 |
| 060567 | CRANBERRY BEANS | .5# | 1.50/lb | 7.50 |
| 065032 | CRANBERRY BEANS | .50# | 1.10/lb | 55.00 |
| 060581 | CRANBERRY BEANS, OG | .5# | 2.45/lb | 12.25 |
| 060087 | CRANBERRY BEANS, OG | .25# | 2.15/lb | 53.75 |
| 060538 | FAVA BEANS, OG | .5# | 1.95/lb | 9.75 |
| 065527 | GARBANZO, CHICKPEAS, OG | .5# | 2.00/lb | 10.00 |
| 060027 | GARBANZO, CHICKPEAS, OG | .25# | 1.65/lb | 41.25 |
| 060530 | GREAT NORTHERN BEANS, OG | .5# | 2.20/lb | 11.00 |
| 060030 | GREAT NORTHERN BEANS, OG | .25# | 1.90/lb | 47.50 |
| 060545 | KIDNEY BEANS, DARK RED | .5# | 1.50/lb | 7.50 |
| 065063 | KIDNEY BEANS, DARK RED | .50# | 1.10/lb | 55.00 |
| 061133 | KIDNEY BEANS, DARK RED, OG | .5# | 2.50/lb | 12.50 |
| 060035 | KIDNEY BEANS, DARK RED, OG | .25# | 2.20/lb | 55.00 |
| 060541 | KIDNEY BEANS, LIGHT RED | .5# | 1.85/lb | 9.25 |
| 060040 | KIDNEY BEANS, LIGHT RED | .25# | 1.55/lb | 38.75 |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------|--|---------------|------------|----------------|
| BEANS, CONTINUED | | | | |
| 060539 | KIDNEY BEANS, LIGHT RED, OG | .5# | 2.20/lb | 11.00 |
| 062539 | KIDNEY BEANS, LIGHT RED, OG | .25# | 1.90/lb | 47.50 |
| 060576 | LENTILS, FRENCH, OG | .5# | 2.00/lb | 10.00 |
| 062574 | LENTILS, FRENCH, OG | .25# | 1.70/lb | 42.50 |
| 060544 | LENTILS, GREEN | .5# | 1.40/lb | 7.00 |
| 060045 | LENTILS, GREEN | .25# | 1.20/lb | 30.00 |
| 060546 | LENTILS, GREEN, OG | .5# | 2.10/lb | 10.50 |
| 060047 | LENTILS, GREEN, OG | .25# | 1.80/lb | 45.00 |
| 060548 | LENTILS, RED | .5# | 1.75/lb | 8.75 |
| 060049 | LENTILS, RED | .25# | 1.45/lb | 36.25 |
| 060549 | LENTILS, RED, OG | .5# | 2.20/lb | 11.00 |
| 062549 | LENTILS, RED, OG | .25# | 1.90/lb | 47.50 |
| 060557 | LIMA BEANS, BABY, OG | .5# | 2.20/lb | 11.00 |
| 060051 | LIMA BEANS, BABY, OG | .25# | 1.90/lb | 47.50 |
| 060551 | MAYOCOBA BEANS | .5# | 1.70/lb | 8.50 |
| 065050 | MAYOCOBA BEANS | .50# | 1.30/lb | 65.00 |
| 061155 | MUNG BEANS, OG | .5# | 1.90/lb | 9.50 |
| 060055 | MUNG BEANS, OG | .25# | 1.70/lb | 42.50 |
| 060563 | NAVY BEANS | .5# | 1.25/lb | 6.25 |
| 065018 | NAVY BEANS | .50# | 0.90/lb | 45.00 |
| 061167 | NAVY BEANS, OG | .5# | 2.60/lb | 13.00 |
| 060060 | NAVY BEANS, OG | .25# | 2.20/lb | 55.00 |
| 060571 | PEAS, GREEN SPLIT | .5# | 1.25/lb | 6.25 |
| 060070 | PEAS, GREEN SPLIT | .25# | 0.95/lb | 23.75 |
| 061174 | PEAS, GREEN SPLIT, OG | .5# | 1.50/lb | 7.50 |
| 060072 | PEAS, GREEN SPLIT, OG | .25# | 1.25/lb | 31.25 |
| 060593 | PEAS, GREEN WHOLE, OG | .5# | 1.25/lb | 6.25 |
| 060076 | PEAS, GREEN WHOLE, OG | .25# | 1.06/lb | 26.50 |
| 060574 | PEAS, YELLOW SPLIT, OG | .5# | 1.45/lb | 7.25 |
| 060077 | PEAS, YELLOW SPLIT, OG | .25# | 1.15/lb | 28.75 |
| 060587 | PINTO BEANS | .5# | 1.50/lb | 7.50 |
| 065042 | PINTO BEANS | .50# | 1.10/lb | 55.00 |
| 061183 | PINTO BEANS, OG | .5# | 2.60/lb | 13.00 |
| 060080 | PINTO BEANS, OG | .25# | 2.10/lb | 52.50 |
| 068752 | PINTO BEANS REFRIED, OG, INSTANT | .6 oz | 3.25/ea | 3.25 |
| 061070 | PINTO BEANS REFRIED, OG, INSTANT | .10# | 6.80/lb | 68.00 |
| | Ingredients: Precooked pinto beans, sea salt. | | | |
| 060589 | SMALL RED BEANS, OG | .5# | 1.95/lb | 9.75 |
| 060089 | SMALL RED BEANS, OG | .25# | 1.70/lb | 42.50 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------|---------------------|---------------|------------|----------------|
| BEANS, CONTINUED | | | | |
| 061197 | SOY BEANS, OG | .5# | 1.80/lb | 9.00 |
| 060095 | SOY BEANS, OG | .25# | 1.50/lb | 37.50 |

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GRAINS AND HOT CEREALS

| | | | | |
|---|--|------|---------|-------|
| 080510 | 4-GRAIN FLAKES | .5# | 1.20/lb | 6.00 |
| 082510 | 4-GRAIN FLAKES | .25# | 0.85/lb | 21.25 |
| Ingredients: Barley rolled flakes, rolled oats, rye rolled flakes, wheat rolled flakes, sunflower seeds. | | | | |
| 080291 | 4-GRAIN CEREAL, HEARTY | .2# | 1.75/lb | 3.50 |
| Ingredients: Spelt berries, kamut grain, whole oat groats, hulled barley. | | | | |
| 070800 | 7-GRAIN CEREAL (FLAKES) WITH FLAX SEED | 1.6# | 2.06/lb | 3.30 |
| 075001 | 7-GRAIN CEREAL (FLAKES) WITH FLAX SEED | .50# | 1.00/lb | 50.00 |
| Ingredients: Hard red wheat, oat groats, triticale, barley, rye, soft white wheat, spelt, flax seed. | | | | |
| 070213 | 7-GRAIN CEREAL, OG | .2# | 2.75/lb | 5.50 |
| 070513 | 7-GRAIN CEREAL, OG | .5# | 2.40/lb | 12.00 |
| 072513 | 7-GRAIN CEREAL, OG | .25# | 2.00/lb | 50.00 |
| Ingredients: Cracked wheat, rye grits, barley grits, millet, cornmeal, flax, and steel cut oats. | | | | |
| <i>Cooking Instructions:</i> Use 1 part cereal to 4 parts boiling water & simmer 20-40 minutes (or cook overnight in a crockpot). | | | | |
| 071110 | BARLEY, HULLED, OG | .5# | 1.00/lb | 5.00 |
| 070004 | BARLEY, HULLED, OG | .25# | 0.65/lb | 16.25 |
| Hulled barley is similar to pearled barley, but is less refined. | | | | |
| 080504 | BARLEY, ROLLED FLAKES | .5# | 0.80/lb | 4.00 |
| 080004 | BARLEY, ROLLED FLAKES | .50# | 0.40/lb | 20.00 |
| 080519 | BUCKWHEAT, BROWN ROASTED (KASHA), OG | .5# | 3.25/lb | 16.25 |
| 082505 | BUCKWHEAT, BROWN ROASTED (KASHA), OG | .25# | 2.75/lb | 68.75 |
| 080525 | BUCKWHEAT, HULLED WHITE, OG | .5# | 3.00/lb | 15.00 |
| 082520 | BUCKWHEAT, HULLED WHITE, OG | .25# | 2.65/lb | 66.25 |
| 080521 | BUCKWHEAT, UNHULLED, OG (For Sprouting) | .5# | 1.75/lb | 8.75 |
| 080501 | BULGUR WHEAT, CRACKED, COARSE GRIND | .5# | 0.95/lb | 4.75 |
| 080030 | BULGUR WHEAT, CRACKED, COARSE GRIND | .50# | 0.55/lb | 27.50 |
| Our bulgur is made from hard red winter wheat. It is cooked, then cracked, and considered a coarse grind. | | | | |
| 070520 | CORN GRITS, YELLOW, OG | .5# | 1.10/lb | 5.50 |
| 072520 | CORN GRITS, YELLOW, OG | .25# | 0.80/lb | 20.00 |
| 070512 | CORN, WHOLE, YELLOW, OG | .5# | 1.00/lb | 5.00 |
| 070012 | CORN, WHOLE, YELLOW, OG | .50# | 0.70/lb | 35.00 |
| 080534 | CORNMEAL, YELLOW, OG (Whole Grain with Germ) | .5# | 1.00/lb | 5.00 |
| 080033 | CORNMEAL, YELLOW, OG (Whole Grain with Germ) | .25# | 0.80/lb | 20.00 |
| 080554 | COUSCOUS, SEMOLINA | .5# | 1.65/lb | 8.25 |
| 080044 | COUSCOUS, SEMOLINA | .50# | 1.35/lb | 67.50 |
| 080565 | COUSCOUS, SEMOLINA, OG | .5# | 2.05/lb | 10.25 |
| 080064 | COUSCOUS, SEMOLINA, OG | .50# | 1.75/lb | 87.50 |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| GRAINS AND HOT CEREALS, CONTINUED | | | | |
| 080574 | COUSCOUS, WHOLE WHEAT | .5# | 1.65/lb | 8.25 |
| 085574 | COUSCOUS, WHOLE WHEAT | .50# | 1.35/lb | 67.50 |
| 070084 | COUSCOUS, WHOLE WHEAT, OG | .5# | 2.05/lb | 10.25 |
| 075084 | COUSCOUS, WHOLE WHEAT, OG | .50# | 1.75/lb | 87.50 |
| 072515 | EINKORN BERRIES, OG | .25# | 3.00/lb | 75.00 |
| 080513 | KAMUT KHORASAN WHEAT, OG | .5# | 1.45/lb | 7.25 |
| 082515 | KAMUT KHORASAN WHEAT, OG | .25# | 1.05/lb | 26.25 |
| | Kamut® is a registered trademark of Kamut, International Ltd. | | | |
| 070620 | MILLET, HULLED, OG | .16oz | 2.00/ea | 2.00 |
| | ►Order 6 of this item (070620) and receive 15% case discount | | | |
| 071116 | MILLET, HULLED, OG | .5# | 1.40/lb | 7.00 |
| 070014 | MILLET, HULLED, OG | .25# | 1.15/lb | 28.75 |
| 072500 | OAT BRAN | .25# | 1.00/lb | 25.00 |
| 085000 | OAT BRAN | .50# | 0.80/lb | 40.00 |
| 080544 | OAT BRAN, OG | .4.5# | 1.90/lb | 8.55 |
| 080142 | OAT BRAN, OG | .25# | 1.40/lb | 35.00 |
| 085042 | OAT BRAN, OG | .50# | 1.25/lb | 62.50 |
| 080559 | OAT GROATS, STEEL CUT | .5# | 1.00/lb | 5.00 |
| 080157 | OAT GROATS, STEEL CUT | .25# | 0.70/lb | 17.50 |
| 085057 | OAT GROATS, STEEL CUT | .50# | 0.50/lb | 25.00 |
| 070547 | OAT GROATS, STEEL CUT, OG | .5# | 1.30/lb | 6.50 |
| 072539 | OAT GROATS, STEEL CUT, OG | .25# | 1.10/lb | 27.50 |
| 075039 | OAT GROATS, STEEL CUT, OG | .50# | 0.97/lb | 48.50 |
| 070534 | OAT GROATS, WHOLE | .5# | 1.00/lb | 5.00 |
| 070125 | OAT GROATS, WHOLE | .25# | 0.70/lb | 17.50 |
| 075025 | OAT GROATS, WHOLE | .50# | 0.50/lb | 25.00 |
| 070582 | OAT GROATS, WHOLE, OG | .5# | 1.30/lb | 6.50 |
| 080159 | OAT GROATS, WHOLE, OG | .25# | 1.10/lb | 27.50 |
| 075059 | OAT GROATS, WHOLE, OG | .50# | 0.95/lb | 47.50 |
| | • All rolled oats are processed in a similar manner; the difference is in the thickness of the cut. | | | |
| 080537 | OATS, QUICK ROLLED | .5# | 0.85/lb | 4.25 |
| 080137 | OATS, QUICK ROLLED | .25# | 0.60/lb | 15.00 |
| 080037 | OATS, QUICK ROLLED | .50# | 0.47/lb | 23.50 |
| 080556 | OATS, QUICK ROLLED, OG | .5# | 1.25/lb | 6.25 |
| 080056 | OATS, QUICK ROLLED, OG | .25# | 1.00/lb | 25.00 |
| 080055 | OATS, QUICK ROLLED, OG | .50# | 0.97/lb | 48.50 |
| 080540 | OATS, REGULAR ROLLED | .5# | 0.85/lb | 4.25 |
| 080139 | OATS, REGULAR ROLLED | .25# | 0.55/lb | 13.75 |
| 080040 | OATS, REGULAR ROLLED | .50# | 0.47/lb | 23.50 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|------------------------------------|---------------|------------|----------------|
| GRAINS AND HOT CEREALS, CONTINUED | | | | |
| 080552 | OATS, REGULAR ROLLED, OG | .5# | 1.30/lb | 6.50 |
| 082552 | OATS, REGULAR ROLLED, OG | .25# | 1.02/lb | 25.50 |
| 080052 | OATS, REGULAR ROLLED, OG | .50# | 0.97/lb | 48.50 |
| 080550 | OATS, THICK ROLLED | .5# | 0.85/lb | 4.25 |
| 080050 | OATS, THICK ROLLED | .50# | 0.45/lb | 22.50 |
| 080558 | OATS, THICK ROLLED, OG | .5# | 1.25/lb | 6.25 |
| 085058 | OATS, THICK ROLLED, OG | .50# | 0.97/lb | 48.50 |
| 070538 | POPCORN, WHITE (Non-GMO) | .5# | 1.10/lb | 5.50 |
| 070035 | POPCORN, WHITE (Non-GMO) | .50# | 0.80/lb | 40.00 |
| 070533 | POPCORN, YELLOW (Non-GMO) | .5# | 1.10/lb | 5.50 |
| 070030 | POPCORN, YELLOW (Non-GMO) | .50# | 0.80/lb | 40.00 |
| 070560 | POPCORN, YELLOW, OG. | .5 # | 1.50/lb | 7.50 |
| 075063 | POPCORN, YELLOW, OG. | .50# | 1.15/lb | 57.50 |
| 073206 | POPCORN, YELLOW, OG. | .32 oz | 1.75/lb | 3.50 |
| 201212 | POPCORN, YELLOW, CARAMEL (non-GMO) | .5# | 1.20/lb | 6.00 |
| 075058 | POPCORN, YELLOW, CARAMEL (non-GMO) | .50# | 0.90/lb | 45.00 |
| "Caramel" popcorn is an extra large, slightly tougher, popcorn used for commercial caramel corn. | | | | |
| 081606 | QUINOA, OG, Pronounced "Keen-wa" | .16oz | 3.95/ea | 3.95 |
| 080562 | QUINOA, OG, Pronounced "Keen-wa" | .5# | 3.30/lb | 16.50 |
| 082564 | QUINOA, OG, Pronounced "Keen-wa" | .25# | 3.00/lb | 75.00 |
| When cooking quinoa, use 2 parts water to 1 part grain. | | | | |
| • All of our rice is brown unless it is stated otherwise. | | | | |
| 070568 | RICE, BASMATI, LUNDBERG | .5# | 1.70/lb | 8.50 |
| 070064 | RICE, BASMATI, LUNDBERG | .25# | 1.45/lb | 36.25 |
| 072564 | RICE, BASMATI, LUNDBERG, OG | .25# | 2.15/lb | 53.75 |
| 070564 | RICE, BASMATI, OG | .5# | 2.40/lb | 12.00 |
| 075082 | RICE, BASMATI, OG | .50# | 2.10/lb | 105.00 |
| 070561 | RICE, BASMATI, WHITE, LUNDBERG | .5# | 1.85/lb | 9.25 |
| 070063 | RICE, BASMATI, WHITE, LUNDBERG | .25# | 1.60/lb | 40.00 |
| 072565 | RICE, BASMATI, WHITE, LUNDBERG, OG | .25# | 2.40/lb | 60.00 |
| 070565 | RICE, BASMATI, WHITE, OG | .5# | 2.65/lb | 13.25 |
| 075086 | RICE, BASMATI, WHITE, OG | .50# | 2.25/lb | 112.50 |
| 070290 | RICE, BLACK JAPONICA, LUNDBERG | .2# | 2.60/lb | 5.20 |
| 072590 | RICE, BLACK JAPONICA, LUNDBERG | .25# | 2.20/lb | 55.00 |
| 070556 | RICE, LONG, LUNDBERG | .5# | 1.70/lb | 8.50 |
| 070054 | RICE, LONG, LUNDBERG | .25# | 1.36/lb | 34.00 |
| 072547 | RICE, LONG, LUNDBERG, OG | .25# | 1.90/lb | 47.50 |
| 070583 | RICE, LONG, OG | .5# | 1.65/lb | 8.25 |
| 070047 | RICE, LONG, OG | .50# | 1.35/lb | 67.50 |

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| GRAINS AND HOT CEREALS, CONTINUED | | | | |
| 070250 | RICE, RED AROMATIC, LUNDBERG | .2# | 2.70/lb | 5.40 |
| 072550 | RICE, RED AROMATIC, LUNDBERG | .25# | 2.28/lb | 57.00 |
| 070537 | RICE, SHORT, LUNDBERG | .5# | 1.55/lb | 7.75 |
| 070059 | RICE, SHORT, LUNDBERG | .25# | 1.25/lb | 31.25 |
| 072552 | RICE, SHORT, LUNDBERG, OG | .25# | 1.65/lb | 41.25 |
| 070581 | RICE, SHORT, OG | .5# | 1.90/lb | 9.50 |
| 070052 | RICE, SHORT, OG | .50# | 1.65/lb | 82.50 |
| 070061 | RICE, SWEET, LUNDBERG | .25# | 1.30/lb | 32.50 |
| 070514 | RICE, SWEET, LUNDBERG, OG | .5# | 2.05/lb | 10.25 |
| 072562 | RICE, SWEET, LUNDBERG, OG | .25# | 1.89/lb | 47.25 |
| 080582 | RICE, WHOLE BROWN, QUICK COOKING (8 MIN.) | .5# | 1.80/lb | 9.00 |
| 075061 | RICE, WHOLE BROWN, QUICK COOKING (8 MIN.) | .50# | 1.35/lb | 67.50 |
| 070155 | RICE, WILD, EXTRA FANCY | .1# | 6.00/lb | 6.00 |
| 070156 | RICE, WILD, OG | .1# | 9.25/lb | 9.25 |
| 080586 | RICE, WILD, QUICK, 10 MINUTE | .1# | 8.00/lb | 8.00 |
| 070280 | RICE, WILD BLEND, LUNDBERG | .2# | 3.50/lb | 7.00 |
| 072580 | RICE, WILD BLEND, LUNDBERG | .25# | 3.00/lb | 75.00 |
| Ingredients: Long grain brown rice, sweet brown rice, wehani, black japonica, and wild rice pieces. | | | | |
| 070567 | RYE BERRIES, OG | .5# | 0.90/lb | 4.50 |
| 070065 | RYE BERRIES, OG | .25# | 0.80/lb | 20.00 |
| 080527 | RYE, ROLLED FLAKES | .5# | 0.95/lb | 4.75 |
| 080027 | RYE, ROLLED FLAKES | .50# | 0.49/lb | 24.50 |
| 080569 | SOY GRITS, (Toasted) | .5# | 1.30/lb | 6.50 |
| 085065 | SOY GRITS, (Toasted) | .50# | 0.90/lb | 45.00 |
| 070592 | SPELT BERRIES, OG | .5# | 2.00/lb | 10.00 |
| 070095 | SPELT BERRIES, OG | .25# | 1.50/lb | 37.50 |
| <ul style="list-style-type: none"> • Our hard wheat berries are spring wheat (unless indicated otherwise), and are the wheat of choice when baking bread. Hard spring wheat has a high protein content essential for gluten development. Soft wheat berries (also called pastry wheat), have a lower protein content and are recommended for cookies, pie crusts, and lighter baked products. | | | | |
| 071022 | WHEAT BERRIES, BRONZE CHIEF (RED), CCF | .10# | 0.70/lb | 7.00 |
| 075070 | WHEAT BERRIES, BRONZE CHIEF (RED), CCF | .50# | 0.45/lb | 22.50 |
| 072570 | WHEAT BERRIES, BRONZE CHIEF (RED), OG | .25# | 1.00/lb | 25.00 |
| 070068 | WHEAT BERRIES, HARD RED, OG | .25# | 0.85/lb | 21.25 |
| 075088 | WHEAT BERRIES, HARD RED WINTER WHEAT, CCF | .50# | 0.45/lb | 22.50 |
| 070080 | WHEAT BERRIES, HARD WHITE, OG | .25# | 0.94/lb | 23.50 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|--|---------------|------------|----------------|
| GRAINS AND HOT CEREALS, CONTINUED | | | | |
| 071026 | WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF | .10# | 0.75/lb | 7.50 |
| 075085 | WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF | .50# | 0.52/lb | 26.00 |
| 072585 | WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG | .25# | 1.25/lb | 31.25 |
| 075090 | WHEAT BERRIES, PRAIRIE GOLD (WHITE), OG | .50# | 1.08/lb | 54.00 |
| 070572 | WHEAT BERRIES, SOFT, WHITE, OG | .5# | 1.10/lb | 5.50 |
| 070072 | WHEAT BERRIES, SOFT, WHITE, OG | .25# | 0.75/lb | 18.75 |
| 080524 | WHEAT BRAN, OG | .2# | 0.70/lb | 1.40 |
| 080010 | WHEAT BRAN, OG | .30# | 0.40/lb | 12.00 |
| 900561 | WHEAT GERM, RAW | .5# | 0.95/lb | 4.75 |
| 900060 | WHEAT GERM, RAW | .25# | 0.55/lb | 13.75 |
| 110041 | WHEAT, CRACKED, OG (Labeled as "Wheat Cereal") | .2# | 1.40/lb | 2.80 |
| 080567 | WHEAT, CRACKED, OG | 4.5# | 1.10/lb | 4.95 |
| 080068 | WHEAT, CRACKED, OG | .25# | 0.95/lb | 23.75 |
| 080270 | WHEAT, CREAM OF, OG | .2# | 1.50/lb | 3.00 |
| 080570 | WHEAT, CREAM OF, OG | .4# | 1.25/lb | 5.00 |
| 080070 | WHEAT, CREAM OF, OG | .25# | 1.05/lb | 26.25 |
| Cooking instructions: Bring one cup water with 1/4 to 1/3 cup cereal to a boil. Cook until it thickens. | | | | |
| 080523 | WHEAT, WHITE, ROLLED FLAKES | .5# | 0.70/lb | 3.50 |
| 080125 | WHEAT, WHITE, ROLLED FLAKES | .50# | 0.45/lb | 22.50 |

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Ingredient lists provided for reference purposes and may vary slightly

FLOUR

| | | | | |
|--|--|------|---------|-------|
| 092588 | 6-GRAIN FLOUR, OG (Whole Grain) | .25# | 1.40/lb | 35.00 |
| Ingredients: Wheat, rye, barley, corn, millet, buckwheat. | | | | |
| 090517 | BARLEY FLOUR, OG | .5# | 1.25/lb | 6.25 |
| 090017 | BARLEY FLOUR, OG | .25# | 0.90/lb | 22.50 |
| 090520 | BUCKWHEAT FLOUR, OG | .5# | 1.85/lb | 9.25 |
| 090019 | BUCKWHEAT FLOUR, OG | .25# | 1.35/lb | 33.75 |
| 090518 | CORN FLOUR, YELLOW, OG | .5# | 1.35/lb | 6.75 |
| 092518 | CORN FLOUR, YELLOW, OG | .25# | 0.95/lb | 23.75 |
| 860230 | GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten) | .2# | 3.00/lb | 6.00 |
| 091123 | GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten) | .5# | 2.50/lb | 12.50 |
| 095024 | GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten) | .50# | 1.75/lb | 87.50 |
| 092515 | KAMUT KHORASAN FLOUR, OG | .25# | 1.35/lb | 33.75 |
| 093201 | KHORASAN FLOUR, SPROUTED, OG | .2# | 2.25/lb | 4.50 |
| 090521 | MILLET FLOUR, OG | .5# | 1.50/lb | 7.50 |
| 090504 | OAT FLOUR, OG | .5# | 1.30/lb | 6.50 |
| 092504 | OAT FLOUR, OG | .25# | 1.05/lb | 26.25 |
| 030572 | POTATO FLOUR | .5# | 2.10/lb | 10.50 |
| 093202 | RED RIFE FLOUR, SPROUTED, OG | .2# | 2.13/lb | 4.25 |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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slightly

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|--------------------------------|---|---------------|------------|----------------|
| <u>FLOUR, CONTINUED</u> | | | | |
| 090508 | RICE FLOUR, BROWN, OG | .5# | 1.60/lb | 8.00 |
| 092508 | RICE FLOUR, BROWN, OG | .25# | 1.35/lb | 33.75 |
| 092405 | RICE FLOUR, SPROUTED, OG (Gluten Free) | .24 oz | 3.95/ea | 3.95 |
| 090510 | RYE FLOUR, DARK, OG | .5# | 1.00/lb | 5.00 |
| 090010 | RYE FLOUR, DARK, OG | .25# | 0.75/lb | 18.75 |
| 093203 | RYE FLOUR, SPROUTED, OG | .2# | 2.13/lb | 4.25 |
| 090516 | SOY FLOUR, FULL FAT, OG | .4# | 2.00/lb | 8.00 |
| 092055 | SOY FLOUR, FULL FAT, OG | .25# | 1.40/lb | 35.00 |
| 091160 | SPELT FLOUR, OG | .5# | 1.90/lb | 9.50 |
| 090060 | SPELT FLOUR, OG | .25# | 1.65/lb | 41.25 |
| 090570 | SPELT FLOUR, SPROUTED, OG | .5# | 2.60/lb | 13.00 |
| 091165 | SPELT FLOUR, WHITE, OG | .5# | 2.25/lb | 11.25 |
| 092565 | SPELT FLOUR, WHITE, OG | .25# | 1.85/lb | 46.25 |
| 091006 | WHITE FLOUR, NATURAL PREMIUM UNBLEACHED | .10# | 0.80/lb | 8.00 |
| 095064 | WHITE FLOUR, NATURAL PREMIUM UNBLEACHED | .50# | 0.62/lb | 31.00 |
| | Ingredients: Unbleached white flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid. | | | |
| 110046 | WHITE FLOUR, W/GERM, OG (GOLD N WHITE) | .5# | 1.35/lb | 6.75 |
| 090020 | WHITE FLOUR, W/GERM, OG (GOLD N WHITE) | .25# | 1.10/lb | 27.50 |
| 090025 | WHITE FLOUR, W/GERM, OG (GOLD N WHITE) | .50# | 1.05/lb | 52.50 |
| 090550 | WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE) | .5# | 1.90/lb | 9.50 |
| 092550 | WHITE PASTRY FLOUR, W/GERM, OG (GOLD N LITE) | .25# | 1.10/lb | 27.50 |
| 091000 | WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries) | .10# | 0.70/lb | 7.00 |
| 095068 | WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries) | .50# | 0.50/lb | 25.00 |
| 091002 | WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries) | .10# | 0.75/lb | 7.50 |
| 095062 | WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries) | .50# | 0.55/lb | 27.50 |
| 095066 | WHOLE WHEAT FLOUR, PRAIRIE GOLD, OG | .50# | 1.15/lb | 57.50 |
| 090132 | WHOLE WHEAT FLOUR, OG | .5# | 1.25/lb | 6.25 |
| 090030 | WHOLE WHEAT FLOUR, OG | .25# | 1.00/lb | 25.00 |
| 090035 | WHOLE WHEAT FLOUR, OG | .50# | 0.95/lb | 47.50 |
| 090575 | WHOLE WHEAT FLOUR, SPROUTED, OG | .5# | 1.70/lb | 8.50 |
| 090039 | WHOLE WHEAT PASTRY FLOUR, OG | .5# | 1.20/lb | 6.00 |
| 090038 | WHOLE WHEAT PASTRY FLOUR, OG | .25# | 1.00/lb | 25.00 |
| 090040 | WHOLE WHEAT PASTRY FLOUR, OG | .50# | 0.90/lb | 45.00 |

PASTA

SEMOLINA PASTA

Durum is a type of wheat flour especially adapted to pasta because of its light texture. Semolina is made from partially refined Durum wheat. Ours is enriched with ferrous sulfate, niacin, thiamine, mononitrate, and riboflavin.

Regrettably our prices are subject to change without notice.

| | | | |
|--------|--|---------|------|
| 101601 | ANGEL HAIR, OG1# ▶Order 20 of this item (101601) and receive 10% case discount | 1.60/lb | 1.60 |
| 101602 | ELBOWS, OG1# ▶Order 12 of this item (101602) and receive 10% case discount | 1.60/lb | 1.60 |
| 101603 | FARFALLE, OG1# ▶Order 12 of this item (101603) and receive 10% case discount | 1.60/lb | 1.60 |
| 101604 | FETTUCINE, OG1# ▶Order 20 of this item (101604) and receive 10% case discount | 1.60/lb | 1.60 |
| 101605 | LINGUINI, OG1# ▶Order 20 of this item (101605) and receive 10% case discount | 1.60/lb | 1.60 |
| 101606 | PENNE RIGATE, OG1# ▶Order 12 of this item (101606) and receive 10% case discount | 1.60/lb | 1.60 |
| 101607 | RIGATONI, OG1# ▶Order 12 of this item (101607) and receive 10% case discount | 1.60/lb | 1.60 |
| 101608 | SHELLS, OG (Medium)1# ▶Order 12 of this item (101608) and receive 10% case discount | 1.60/lb | 1.60 |
| 101609 | SPAGHETTI, OG1# ▶Order 20 of this item (101609) and receive 10% case discount | 1.60/lb | 1.60 |
| 101610 | SPIRALE, OG1# ▶Order 12 of this item (101610) and receive 10% case discount | 1.60/lb | 1.60 |

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Organic Semolina Ingredients: Organic semolina flour.

WHEAT FREE PASTA

| | | | |
|--------|--|---------|-------|
| 101287 | BROWN RICE PENNE, OG (Lundberg)12/12 oz | 3.70/ea | 44.40 |
| 101288 | BROWN RICE ROTINI (SPIRAL), OG (Lundberg)12/10 oz | 3.70/ea | 44.40 |
| 101289 | BROWN RICE SPAGHETTI, OG (Lundberg)12/10 oz Brown Rice Pasta Ingredients (Lundberg): Organic brown rice flour. | 3.70/ea | 44.40 |
| 101251 | BROWN RICE ELBOWS, OG (Tinkyada)12 oz | 3.00/ea | 3.00 |
| 101252 | BROWN RICE LASAGNA, OG (Tinkyada)10 oz | 3.15/ea | 3.15 |
| 101253 | BROWN RICE PENNE, OG (Tinkyada)12 oz | 3.00/ea | 3.00 |
| 101254 | BROWN RICE SPAGHETTI, OG (Tinkyada)12 oz | 3.95/ea | 3.95 |
| 101255 | BROWN RICE SPIRAL, OG (Tinkyada)12 oz Brown Rice Pasta Ingredients (Tinkyada): Stone-ground organic brown rice. | 3.95/ea | 3.95 |
| 101256 | BROWN RICE VEGGIE SPIRAL (Tinkyada)12 oz Ingredients: Stone-ground brown rice, carrot powder, tomato powder, spinach powder. | 3.00/ea | 3.00 |
| 100510 | QUINOA ELBOWS, OG (Gluten Free)5# | 5.40/lb | 27.00 |
| 100520 | QUINOA FUSILLI, OG (Gluten Free)5# | 5.40/lb | 27.00 |
| 100530 | QUINOA PENNE, OG (Gluten Free)5# | 5.40/lb | 27.00 |
| 100540 | QUINOA SPAGHETTI, OG (Gluten Free)5# Ingredients: Organic white rice, organic quinoa, organic amaranth. | 5.40/lb | 27.00 |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|----------------|---------------------|---------------|------------|----------------|
|----------------|---------------------|---------------|------------|----------------|

PASTAS, CONTINUED

WHOLE WHEAT PASTA

- All of our whole wheat pastas are organic.

| | | | |
|--------|---|---------|------|
| 101620 | LINGUINI, OG1# ▶Order 20 of this item (101620) and receive 10% case discount | 1.60/lb | 1.60 |
| 101621 | PENNE RIGATE, OG1# ▶Order 12 of this item (101621) and receive 10% case discount | 1.60/lb | 1.60 |
| 101622 | RIGATONI, OG1# ▶Order 12 of this item (101622) and receive 10% case discount | 1.60/lb | 1.60 |
| 101623 | SHELLS, OG1# ▶Order 12 of this item (101623) and receive 10% case discount | 1.60/lb | 1.60 |
| 101624 | SPAGHETTI, OG1# ▶Order 20 of this item (101624) and receive 10% case discount | 1.60/lb | 1.60 |
| 101625 | SPIRALI, OG1# ▶Order 12 of this item (101625) and receive 10% case discount | 1.60/lb | 1.60 |

Organic Whole Wheat Pasta Ingredients: Organic whole durum flour, water.

JUICE

- **Juice Manufacturers:** LKWD=Lakewood Juices.
- All of our juices are packaged in glass bottles. We cannot ship them by UPS.

| | | | |
|--------|--|----------|-------|
| 141242 | ALOE JUICE, PURE, OG12.5 oz ▶Order 12 of this item (141242) and receive 15% case discount | 3.00/ea | 3.00 |
| 143242 | ALOE JUICE, PURE, OG32 oz ▶Order 6 of this item (143242) and receive 15% case discount Ingredients: Organic aloe vera juice, contains less than 1% of organic lemon juice. | 6.00/ea | 6.00 |
| 140020 | APPLE JUICE, OG, LKWD (UNFILTERED)32 oz ▶Order 6 of this item (140020) and receive 15% case discount Ingredient: Fresh pressed juice and puree from whole ripe certified organic apples. | 4.40/ea | 4.40 |
| 143210 | BEEET/GINGER/TURMERIC JUICE BLEND, OG32 oz ▶Order 6 of this item (143210) and receive 15% case discount Ingredients: Organic beetroot juice, organic lemon juice, organic ginger, organic turmeric . | 5.60/ea | 5.60 |
| 140185 | BEEET JUICE CONCENTRATE, OG12.5 oz Ingredients: Organic beetroot juice concentrate, organic lemon juice (2%). | 5.50/ea | 5.50 |
| 143240 | BEEET JUICE, PURE, OG32 oz ▶Order 6 of this item (143240) and receive 15% case discount Ingredients: Organic beetroot juice, organic lemon juice (1%). | 5.80/ea | 5.80 |
| 140060 | BLACK CHERRY JUICE, LKWD32 oz ▶Order 6 of this item (140060) and receive 15% case discount Ingredient: Juice from whole ripe black cherries (dark sweet cherries). | 5.80/ea | 5.80 |
| 140188 | BLACK CHERRY JUICE CONCENTRATE, OG12.5 oz ▶Order 12 of this item (140188) and receive 5% case discount Makes 1.5 qts when reconstituted. | 6.25/ea | 6.25 |
| 143212 | CHERRY JUICE CONCENTRATE (TART)32 oz Montmorency Variety (Not in glass; can be sent UPS) | 21.50/ea | 21.50 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--------------------------|--|---------------|------------|----------------|
| JUICES, CONTINUED | | | | |
| 141266 | CRANBERRY FUSION, OG ▶Order 12 of this item (141266) and receive 15% case discount Ingredients: Organic juice from whole ripe apples, cranberries, concord grapes, acerola cherry, rose hips and hibiscus extract. | 12.5 oz | 3.00/ea | 3.00 |
| 140187 | CRANBERRY JUICE CONCENTRATE, OG ▶Order 12 of this item (140187) and receive 5% case discount Makes 1.5 qt (48 oz). | 12.5 oz | 9.50/ea | 9.50 |
| 140071 | CRANBERRY, PURE, LKWD. ▶Order 6 of this item (140071) and receive 15% case discount Ingredient: Fresh pressed juice from whole ripe cranberries. <i>Pure cranberry juice is 100% juice, not a concentrate. For best results, the label recommends diluting with 3-5 parts water or other fruit juice.</i> | .32 oz | 8.00/ea | 8.00 |
| 140024 | GRAPE, CONCORD, OG, LKWD ▶Order 6 of this item (140024) and receive 15% case discount Ingredient: Fresh pressed certified organic concord grape juice. | .32 oz | 6.40/ea | 6.40 |
| 140058 | GRAPEFRUIT (PINK) JUICE, OG, LKWD ▶Order 6 of this item (140058) and receive 15% case discount Ingredient: Fresh pressed juice and puree from whole ripe certified organic grapefruit. | .32 oz | 4.80/ea | 4.80 |
| 143282 | LEMON/GINGER/ECHINACEA, LKWD, OG ▶Order 6 of this item (143282) and receive 15% case discount Ingredients: Certified organic fruit juices (organic white grape juice and organic apple juice from concentrate, organic lemon juice, organic acerola cherry); pure water, organic honey, organic ginger root; organic rose hips (excellent source of natural vitamin c), organic echinacea (700mg). | .32 oz | 4.40/ea | 4.40 |
| 141208 | LEMON JUICE, 100% PURE, OG (Culinary) ▶Order 12 of this item (141208) and receive 15% case discount | 12.5 oz | 3.80/ea | 3.80 |
| 143208 | LEMON JUICE, 100% PURE, OG (Culinary) ▶Order 6 of this item (143208) and receive 15% case discount Ingredients: Organic juice and organic pulp from whole ripe organic lemons. | .32 oz | 7.00/ea | 7.00 |
| 141217 | LIME JUICE, 100% PURE, OG (Culinary) ▶Order 12 of this item (141217) and receive 15% case discount Ingredients: Organic juice and organic pulp from whole ripe organic limes. | 12.5 oz | 3.80/ea | 3.80 |
| 141222 | ORANGE-CARROT, OG, LKWD ▶Order 12 of this item (141222) and receive 15% case discount Ingredients: Fresh pressed juice from certified organic oranges and carrots. | 12.5 oz | 2.80/ea | 2.80 |
| 140059 | ORANGE JUICE, OG, LKWD ▶Order 6 of this item (140059) and receive 15% case discount Ingredients: Fresh pressed juice and puree from whole ripe certified organic Florida oranges. | .32 oz | 4.80/ea | 4.80 |
| 141609 | ORANGE JUICE, MR. PURE (100% juice from concentrate) | .12/16 oz | 1.10/ea | 13.20 |
| 141261 | ORANGE MANGO, OG ▶Order 12 of this item (141261) and receive 15% case discount Ingredients: Organic juice and puree (fiber) from whole ripe oranges and mangos. | 12.5 oz | 2.80/ea | 2.80 |
| 141258 | PINEAPPLE, LKWD, OG ▶Order 12 of this item (140060) and receive 15% case discount | 12.5 oz | 2.80/ea | 2.80 |
| 140029 | PINEAPPLE, LKWD, OG ▶Order 6 of this item (140029) and receive 15% case discount Ingredients: Fresh pressed juice from whole ripe certified organic pineapples. | .32 oz | 7.00/ea | 7.00 |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--------------------------|---|---------------|------------|----------------|
| JUICES, CONTINUED | | | | |
| 143215 | PINEAPPLE/GINGER BLEND, OG ▶Order 6 of this item (143215) and receive 15% case discount Ingredients: Organic pineapple juice, organic ginger. | .32 oz | 6.10/ea | 6.10 |
| 140186 | POMEGRANATE CONCENTRATE, OG Ingredient: Organic pomegranate juice concentrate. | .12.5 oz | 8.75/ea | 8.75 |
| 140081 | POMEGRANATE, PURE, LKWD ▶Order 6 of this item (140081) and receive 15% case discount Ingredients: Juice pressed from whole ripe pomegranates. | .32 oz | 8.00/ea | 8.00 |
| 143260 | SUPER KALE, OG ▶Order 12 of this item (143260) and receive 15% case discount Ingredients: Organic juice and organic puree (fiber) from green leaf vegetables (kale, celery, green leaf lettuce, spinach, parsley), apple, orange, beet and lemon. | .32oz | 8.20/ea | 8.20 |
| 142401 | SWITCH CARBONATED JUICE, BLACK CHERRY Ingredients: 100% juice (apple, grape, acerola, and cherry juice concentrates), natural flavors, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |
| 142402 | SWITCH CARBONATED JUICE, FRUIT PUNCH Ingredients: 100% juice (grape, apple, lemon, cherry, pineapple, orange and acerola juice concentrates), natural flavors and colors, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |
| 142403 | SWITCH CARBONATED JUICE, GRAPE Ingredients: 100% juice (apple, concord grape, white grape and acerola juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |
| 142404 | SWITCH CARBONATED JUICE, KIWI BERRY Ingredients: 100% juice (apple, grape, kiwi, acerola, raspberry and strawberry juice concentrates), natural flavors, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |
| 142405 | SWITCH CARBONATED JUICE, ORANGE TANGERINE Ingredients: 100% juice (apple, grape, tangerine, orange and acerola juice concentrates), gum acacia, natural flavors and colors, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |
| 142406 | SWITCH CARBONATED JUICE, WATERMELON STRAWBERRY Ingredients: 100% juice (grape, apple, acerola, strawberry and watermelon juice concentrates), natural flavors, ascorbic acid (vitamin C). | .24/8 oz | 1.10/ea | 26.40 |

NUT AND SEED MIXES

- The tropical fruits in our nut and seed mixes are the low sugar type. Nuts used are raw, unless stated otherwise.
- All of our fruit, nut and seed mixes are blended in our factory using fresh nuts, seeds and dried fruits from our own refrigerated warehouse.

| | | | | |
|--------|---|-------|---------|--------|
| 160115 | APPLE CRUNCH LUNCH ▶Order 12 of this item (160115) and receive 15% case discount | .9 oz | 3.20/ea | 3.20 |
| 160510 | APPLE CRUNCH LUNCH | .5# | 4.40/lb | 22.00 |
| 162510 | APPLE CRUNCH LUNCH Ingredients: Raisins (oil treated in sunflower oil), diced dried apples, dates in oat flour, organic soynuts (dry roasted and salted), walnuts, pecans, dry roasted peanuts, cashews, coconut chips, raw sunflower seeds. | .25# | 4.00/lb | 100.00 |
| 160112 | BANANA NUT SUNDAE ▶Order 12 of this item (160112) and receive 15% case discount | .9 oz | 2.40/ea | 2.40 |
| 160516 | BANANA NUT SUNDAE Ingredients: Peanuts (peanut oil, salt), sweetened banana chips (banana, coconut oil, sugar, natural banana flavor), carob chips (sugar, hydrogenated palm kernel oil, carob powder, soy lecithin). | .5# | 2.90/lb | 14.50 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|--|---------------|------------|----------------|
| <u>NUT AND SEED MIXES, CONTINUED</u> | | | | |
| 160145 | CALIFORNIA MIX | .9 oz | 3.25/ea | 3.25 |
| | ►Order 12 of this item (160145) and receive 15% case discount | | | |
| 160548 | CALIFORNIA MIX | .5# | 4.50/lb | 22.50 |
| 160049 | CALIFORNIA MIX | .25# | 4.00/lb | 100.00 |
| | Ingredients: Raisins, Brazil nuts, unsulphured turkish apricots, sweetened banana chips (banana, vegetable oil, sugar), almonds, walnuts, coconut, raw sunflower seeds, pineapple, pecans, dates in oat flour, papaya. | | | |
| 160120 | CHERRY SUPREME | .8 oz | 4.00/ea | 4.00 |
| | ►Order 12 of this item (160120) and receive 15% case discount | | | |
| 160520 | CHERRY SUPREME | .5# | 6.25/lb | 31.25 |
| 162530 | CHERRY SUPREME | .25# | 5.75/lb | 143.75 |
| | 20% Cherries! Ingredients: Raisins (oil treated with sunflower oil), pecans, sweetened tart cherries (cherries, sugar, sunflower oil), apples, sweetened banana chips, (banana, coconut oil, sugar, natural banana flavor), coconut. | | | |
| 160530 | CRANBERRY SUPREME | .5# | 5.50/lb | 27.50 |
| | 20% Cranberries! Ingredients: Raisins (oil treated with sunflower oil), pecans, sweetened cranberries (cranberries, sugar, sunflower oil), apple dices, sweetened banana chips, (banana, coconut oil, sugar, natural banana flavor), coconut. | | | |
| 160165 | FRUIT NUT 'N SEED | .8.5 oz | 3.40/ea | 3.40 |
| | ►Order 12 of this item (160165) and receive 15% case discount | | | |
| 160570 | FRUIT NUT 'N SEED | .5# | 5.00/lb | 25.00 |
| 160069 | FRUIT NUT 'N SEED | .25# | 4.50/lb | 112.50 |
| | Ingredients: Raisins (oil treated with sunflower oil), raw sunflower seeds, walnuts, pecans, dates in oat flour, pepitas, almonds, apple dices, cashews. | | | |
| 160195 | RAISIN NUT CRUNCH | .9 oz | 2.85/ea | 2.85 |
| | ►Order 12 of this item (160195) and receive 15% case discount | | | |
| 160500 | RAISIN NUT CRUNCH | .5# | 3.90/lb | 19.50 |
| 162520 | RAISIN NUT CRUNCH | .25# | 3.40/lb | 85.00 |
| | Ingredients: Raisins, raw sunflower seeds, unsalted roasted organic soynuts, Brazil nuts, almonds, walnuts, and pepitas. | | | |
| 160106 | TROPICAL FRUIT & NUT | .9 oz | 3.25/ea | 3.25 |
| | ►Order 12 of this item (160106) and receive 15% case discount | | | |
| 160511 | TROPICAL FRUIT & NUT | .5# | 4.50/lb | 22.50 |
| 162513 | TROPICAL FRUIT & NUT | .25# | 4.00/lb | 100.00 |
| | Ingredients: Raisins (treated with sunflower oil), pineapple (with cane sugar), papaya (with cane sugar), dates in oat flour, almonds, walnuts, raw sunflower seeds, Brazil nuts, coconut chips, pepitas, cashews. | | | |
| 160154 | TROPICANA FRUIT MIX | .9 oz | 2.65/ea | 2.65 |
| | ►Order 12 of this item (160154) and receive 15% case discount | | | |
| 160506 | TROPICANA FRUIT MIX | .5# | 3.60/lb | 18.00 |
| | Ingredients: Date pieces in oat flour, raisins (treated with sunflower oil), papaya (with cane sugar), pineapple (with cane sugar), coconut chips. | | | |

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|--|--|---------------|------------|----------------|
| <u>MEAT SUBSTITUTES</u> | | | | |
| • Soy Sauce used in Meat Substitutes is unfermented . | | | | |
| 181200 | CHILLI MAN CHILI, VEGETARIAN | 12/15 oz | 1.75/ea | 21.00 |
| | Ingredients: Water, beans, textured soy protein (soy flour, caramel color), spices, tomato paste, modified food starch, salt, onion powder, yeast extract, sugar, corn flour, garlic powder. | | | |
| 182031 | LOMA LINDA BIG FRANKS | .20 oz | 6.30/ea | 6.30 |
| 189631 | LOMA LINDA BIG FRANKS | .96 oz | 19.75/ea | 19.75 |
| | ►Order 12 of this item (182031) and receive 5% case discount | | | |
| | Ingredients: FRANKS: textured vegetable protein (wheat gluten, soy protein concentrate, water for hydration), corn oil, water, torula yeast, defatted wheat germ, defatted soy flour, dried onion, mono- and diglycerides from soybean oil, salt, hydrolyzed soy protein, garlic powder, autolyzed yeast extract, hydrolyzed corn protein, soy lecithin, caramel color, natural smoke flavor, L-lysine monohydrochloride, spices, concentrated onion juice, natural flavors from non-meat sources, vitamins (niacinimide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), propylene glycol, soybean oil, red #3 for color. BRINE: water, salt. | | | |
| 182025 | LOMA LINDA CHILI | .20 oz | 3.95/ea | 3.95 |
| | Ingredients: Water, red beans, wheat gluten, tomato paste (tomatoes, salt), soybean oil, salt, modified corn starch, dried onion, hydrolyzed soy protein, corn protein, wheat gluten, monosodium glutamate, sugar, caramel color, autolyzed yeast extract, garlic powder, corn syrup, dextrose, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), paprika extract, corn oil, spices, disodium inosinate, disodium guanylate. | | | |
| 182065 | LOMA LINDA CHOPLETS | .20 oz | 5.60/ea | 5.60 |
| | Ingredients: Texturized vegetable protein (wheat gluten, soy protein concentrate, water for hydration), caramel color. Broth: water, hydrolyzed soy, corn and wheat protein, autolyzed yeast extract, salt, dextrose, corn oil, caramel color, disodium inosinate, disodium guanylate, soybean oil.t | | | |
| 181601 | LOMA LINDA FIVE BEAN CHILI | .15 oz | 3.95/ea | 3.95 |
| | Ingredients: Water, diced tomatoes, non-gmo textured soy protein concentrate, water for hydration, red beans, black beans, navy beans, pinto beans, kidney beans, tomato puree (water, tomato paste), soybean oil, corn starch, brown sugar, dehydrated onion, dehydrated garlic, salt, red pepper, paprika, soy sauce (water, soybeans, salt), molasses, spices, natural smoke. | | | |
| 181251 | LOMA LINDA FRI-CHIK | 12.5 oz | 4.95/ea | 4.95 |
| 184201 | LOMA LINDA FRI-CHIK | .42 oz | 11.75/ea | 11.75 |
| | ►Order 12 of this item (184201) and receive 5% case discount | | | |
| | Ingredients: FriChik: Textured vegetable protein (soy protein isolate, soy protein concentrate, wheat gluten, water for hydration), water, soybean oil, egg whites, corn oil, dextrose, corn starch, potassium chloride, disodium inosinate, phosphoric acid, hydrolyzed soy protein, modified corn starch, guar gu, baking powder(corn starch, sodium aluminum phosphate, sodium bicarbonate, monocalcium phosphate), onion powder, carrageenan, vitamins and minerals (niacinimide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), natural flavors from non-meat sources, wheat fiber, nonfat dry milk. Broth: Water, modified corn starch, hydrolyzed wheat gluten, corn gluten, and soy protein, salt, phosphoric acid. | | | |
| 182080 | LOMA LINDA LINKETTS | .20 oz | 5.60/ea | 5.60 |
| | Ingredients: Textured vegetable protein (wheat gluten, soy protein concentrate, water for hydration), corn oil, water, torula yeast, mono- and diglycerides from soybean oil, defatted soy flour, soy lecithin, hydrolyzed soy protein, L-lysine monohydrochloride, hydrolyzed corn protein, onion powder, caramel color, natural smoke flavor, garlic powder, corn syrup, propylene glycol, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin)), red #3 for color, yellow #6 for color. Brine: water, salt. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
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MEAT SUBSTITUTES, CONTINUED

| | | | | |
|--------|--|----------|---------|------|
| 181975 | LOMA LINDA LITTLE LINKS | .19 oz | 5.60/ea | 5.60 |
| | Ingredients: Water, wheat gluten, corn oil, defatted wheat germ, torula yeast, rice flour, defatted soy flour, potato flakes, onion powder, hydrolyzed soy protein, salt, oat flour, caramel color, soy lecithin, wheat flour, garlic powder, L-lysine monohydrochloride, soy protein isolate, spices, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]) natural smoke flavor. Brine: Water, salt. | | | |
| 180515 | LOMA LINDA NEAT ORIGINAL MIX | .5.5 oz | 3.50/ea | 3.50 |
| | Ingredients: Pecans, garbanzo beans, gluten-free whole grain oats, neat egg (chia seeds, garbanzo beans), spices, onion, garlic, sea salt, parsley. | | | |
| 181401 | LOMA LINDA NUTMEAT | .14.6 oz | 5.60/ea | 5.60 |
| | Ingredients: Water, wheat gluten. peanuts, contains 2% or less of onion, salt, minerals (zinc, iron), vitamin B12. | | | |
| 182075 | LOMA LINDA SIMPLE FRANKS | .20 oz | 5.60/ea | 5.60 |
| | Ingredients: Water, wheat gluten, corn oil, torula yeast, soy protein concentrate, fruit and vegetable juice for color, defatted wheat germ, defatted soy flour, onion minced, yeast extract, soy lecithin, garlic powder, salt, L-lysine monohydrochloride, paprika powder, maltodextrin, tapioca dextrin, chili powder, vitamin premix (niacinamide, iron, vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B12), natural flavor from non-meat sources, natural smoke flavor. | | | |
| 181301 | LOMA LINDA SWISS STAKE WITH GRAVY | .13 oz | 4.95/ea | 4.95 |
| | Ingredients: Prime stakes: textured vegetable protein (wheat gluten, soy protein isolate, soy protein concentrate, water for hydration), water, corn oil, soybean oil, potato flour, egg whites, salt, hydrolyzed soy protein, wheat gluten, corn gluten, sodium caseinate, oat flour, modified tapioca starch, dextrose, caramel color, dried onion, autolyzed yeast extract, corn starch, spices, modified corn starch, guar gum, onion powder, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavini, vitamin B12 [cyanocobalamin]), natural flavors from non-meat sources, carrageenan, wheat fiber. gravy: water, modified corn starch, wheat flour, hydrolyzed corn gluten, soy protein, wheat gluten, salt, autolyzed yeast extract, caramel color. | | | |
| 181010 | LOMA LINDA THAI GREEN CURRY | .10 oz | 3.50/ea | 3.50 |
| | Ingredients: Water, coconut cream, brown rice, non-GMO textured soy protein, sliced carrots, sliced green peppers, sliced red peppers, green curry paste (chili, lemongrass, salt, garlic, shallots, galangal, kaffir lime peel, coriander root, cumin powder, turmeric powder), sugar, soybean oil, corn starch, salt, kaffir lime, xanthan gum, coriander powder.t | | | |
| 181015 | LOMA LINDA TIKKA MASALA | .10 oz | 3.50/ea | 3.50 |
| | Ingredients: Water, non-GMO textured soy protein, diced tomato, onion, tomato paste, black rice, brown rice, diced potatoes, soybean oil, coriander, salt, corn starch, sugar, cumin ground, turmeric powder, paprika, vegetable broth, chili powder, spices, peppermint powder. | | | |
| 180570 | LOMA LINDA TUNO IN SPRING WATER | .5 oz | 1.70/ea | 1.70 |
| | Ingredients: Water, non-GMO textured soy protein, yeast extract, maltodextrin, arabic gum, sunflower oil, natural flavor from non-meat sources, sea salt, seaweed, potassium chloride. | | | |
| 181931 | LOMA LINDA VEJA-LINKS | .19 oz | 5.60/ea | 5.60 |
| | ▶ Order 12 of this item (181931) and receive 5% case discount Ingredient: LINKS: water, egg whites, textured vegetable protein (soy protein isolate, vital wheat gluten), soybean oil, corn syrup solids, salt, oat flour, corn starch, guar gum, yeast extract, sodium alginate, spices, disodium inosinate, natural smoke flavor, paprika, caramel color, sugar, dextrose, garlic powder, natural flavorings from non-meat sources, carrageenan, disodium guanylate, hydrolyzed soy protein, spice extractives, vitamins and minerals (niacinamide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), wheat fiber, red #3 for color, nonfat dry milk. BROTH: water, salt, hydrolized soy protein, natural smoke flavor, caramel color, red #3 for color. | | | |

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"To everything there is a season, A time for every purpose under heaven." Ecc 3:1

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|------------------------------------|--|---------------|------------|----------------|
| MEAT SUBSTITUTES, CONTINUED | | | | |
| 181435 | LOMA LINDA VEGE BURGER (Low Fat) | 19 oz | 5.60/ea | 5.60 |
| | Ingredients: Textured wheat gluten, water for hydration, water, defatted soy flour, oat flour, wheat flour, caramel color, salt, yeast extract, soy protein isolate, dextrose, onion powder, L-lysine monohydrochloride, hydrolyzed soy protein, vitamins (niacinamide, calcium pantothenate, vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), celery extract, parsley extract. | | | |
| 182060 | LOMA LINDA VEGETABLE SKALLOPS | 20 oz | 5.60/ea | 5.60 |
| | Ingredients: Scallops: texturized vegetable protein (wheat gluten, soy protein concentrate, water for hydration). Broth: water, salt, monosodium glutamate, L-lysine monohydrochloride. | | | |
| 182085 | LOMA LINDA VEGETARIAN BURGER | 20 oz | 5.60/ea | 5.60 |
| | Ingredients: Textured vegetable protein (wheat gluten, soy protein concentrate, soy protein concentrate, water for hydration), water, corn starch, soybean oil, yeast extract, hydrolyzed corn protein, soy protein, wheat gluten, salt, dried onion, caramel color, disodium inosinate, disodium guanylate, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]). | | | |
| 180172 | PRIMAL STRIPS, HICKORY SMOKE | 1 oz | 1.20/ea | 1.20 |
| | ▶ Order 24 of this item (180172) and receive 15% case discount Ingredients: Non-GMO isolated high fiber soy protein, water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated cane juice, yeast, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added. | | | |
| 180174 | PRIMAL STRIPS, MESQUITE LIME | 1 oz | 1.20/ea | 1.20 |
| | ▶ Order 24 of this item (180174) and receive 15% case discount Ingredients: Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, fresh lime juice, diced dill pickles, citric acid, chili, sea salt, natural vegetarian spices. No MSG added. | | | |
| 180173 | PRIMAL STRIPS, THAI PEANUT | 1 oz | 1.20/ea | 1.20 |
| | ▶ Order 24 of this item (180173) and receive 15% case discount Ingredients: Non-GMO vital gluten (wheat protein), water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, peanut butter, vinegar, fresh thai basil, sea salt, natural vegetarian spices. No MSG added. | | | |
| 180171 | PRIMAL STRIPS, TERIYAKI | 1 oz | 1.20/ea | 1.20 |
| | ▶ Order 24 of this item (180171) and receive 15% case discount Ingredients: NonGMO vital gluten (wheat protein), water, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), expeller pressed canola oil, licorice root, unrefined evaporated can juice, sea salt, natural vegetarian spices. No MSG added. | | | |
| 180175 | PRIMAL STRIPS, TEXAS BBQ | 1 oz | 1.20/ea | 1.20 |
| | ▶ Order 24 of this item (180175) and receive 15% case discount Ingredients: Non-GMO isolated soy protein, water, unrefined evaporated cane juice, naturally brewed soy sauce (water, non-gmo soybeans, sea salt), vinegar, sea salt, natural smoke flavoring, natural vegetarian spices. No MSG added. | | | |
| 180550 | SESAME OATBURGER MIX | .5# | 2.00/lb | 10.00 |
| | WHEAT FREE! Delicious, nutritious and easy to prepare. Comes with instructions. Ingredients: Rolled oats, soy granules, sesame seeds, sunflower seeds, nutritional yeast flakes, onion, garlic, dill, parsley, kelp, basil, oregano. | | | |
| | • Soy Curls are 100% whole soy! They have all the health benefits of the soybean. Quick cooking, versatile and easy to use like TVP. Recipes available. | | | |
| 180800 | SOY CURLS, CCF, NON-GMO | .8 oz | 3.25/ea | 3.25 |
| 180613 | SOY CURLS, CCF, NON-GMO | .3# | 5.60/lb | 16.80 |
| 180612 | SOY CURLS, CCF, NON-GMO | .12# | 4.80/lb | 57.60 |
| | Ingredients: 100% delicately textured soy bean. | | | |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

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Ship Via: Our Truck (\$400.00/\$500.00 Min.) UPS/Postal Customer Pick-up

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

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P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

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Method of Payment: MC Visa Discover AmExp Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|------------------------------------|---|---------------|------------|----------------|
| MEAT SUBSTITUTES, CONTINUED | | | | |
| | • TVP (Textured Vegetable Protein) is excellent in casseroles, pasta dishes, and chili. | | | |
| 180110 | TVP BACON BITS (IMITATION) | .1# | 3.25/lb | 3.25 |
| 182510 | TVP BACON BITS (IMITATION) | .25# | 2.25/lb | 56.25 |
| | Ingredients: Textured vegetable protein (soy flour, caramel color), soybean oil, salt, natural flavoring. | | | |
| 180350 | TVP CHICKEN CHUNKS (IMITATION) | .3# | 3.00/lb | 9.00 |
| 182550 | TVP CHICKEN CHUNKS (IMITATION) | .25# | 2.40/lb | 60.00 |
| | Ingredients: Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate. | | | |
| 180130 | TVP CHUNKS, BEEF LIKE (Non-GMO) | .1# | 3.25/lb | 3.25 |
| | ►Order 5 of this item (180130) and receive 15% case discount | | | |
| 182530 | TVP CHUNKS, BEEF LIKE (Non-GMO) | .25# | 2.25/lb | 56.25 |
| | Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180195 | TVP CHUNKS, CAMEL COLOR (Non-GMO) | .1# | 2.95/lb | 2.95 |
| | ►Order 5 of this item (180195) and receive 15% case discount | | | |
| 182595 | TVP CHUNKS, CAMEL COLOR (Non-GMO) | .25# | 2.15/lb | 53.75 |
| | Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180157 | TVP CHUNKS, CHICKEN-LIKE (Non-GMO) | .1# | 3.25/lb | 3.25 |
| | ►Order 5 of this item (180157) and receive 15% case discount | | | |
| 182557 | TVP CHUNKS, CHICKEN-LIKE (Non-GMO) | .25# | 2.25/lb | 56.25 |
| | Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180567 | TVP CHUNKS, NO COLOR OR FLAVOR | .4# | 2.15/lb | 8.60 |
| 185030 | TVP CHUNKS, NO COLOR OR FLAVOR | .45# | 1.60/lb | 72.00 |
| | Ingredient: Soy flour. | | | |
| 180190 | TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) | .1# | 2.95/lb | 2.95 |
| | ►Order 5 of this item (180190) and receive 15% case discount | | | |
| 182590 | TVP CHUNKS, NO COLOR OR FLAVOR (Non-GMO) | .25# | 2.15/lb | 53.75 |
| | Ingredients: Soy flour, less than .2% potassium sorbate (to preserve freshness). | | | |
| 180185 | TVP FLAKES, CAMEL COLOR (Non-GMO) | .1# | 2.95/lb | 2.95 |
| | ►Order 5 of this item (180185) and receive 15% case discount | | | |
| 182585 | TVP FLAKES, CAMEL COLOR (Non-GMO) | .25# | 1.95/lb | 48.75 |
| | Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness) | | | |
| 180180 | TVP FLAKES, NO COLOR OR FLAVOR, (Non-GMO) | .1# | 2.95/lb | 2.95 |
| | ►Order 5 of this item (180180) and receive 15% case discount | | | |
| 182580 | TVP FLAKES, NO COLOR OR FLAVOR (Non-GMO) | .25# | 1.95/lb | 48.75 |
| | Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180135 | TVP MINCED, BEEF-LIKE (Non-GMO) | .1# | 3.25/lb | 3.25 |
| | ►Order 5 of this item (180135) and receive 15% case discount | | | |
| 182535 | TVP MINCED, BEEF-LIKE (Non-GMO) | .25# | 1.90/lb | 47.50 |
| | Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), caramel color, less than .2% potassium sorbate (to preserve freshness). | | | |
| 180540 | TVP MINCED, CAMEL COLOR | .5# | 1.45/lb | 7.25 |
| 185040 | TVP MINCED, CAMEL COLOR | .50# | 1.05/lb | 52.50 |
| | Ingredients: Soy flour, caramel color. | | | |

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

“A gentle answer turns away wrath, but a harsh word stirs up anger.”
Prov. 15:1

‡Cannot Ship by UPS

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

“Anxiety weighs down the heart, but a kind word cheers it up.” Prov. 12:25

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|------------------------------------|--|---------------|------------|----------------|
| MEAT SUBSTITUTES, CONTINUED | | | | |
| 180140 | TVP MINCED, CARAMEL COLOR (Non-GMO) | 1# | 2.95/lb | 2.95 |
| | ▶Order 5 of this item (180140) and receive 15% case discount | | | |
| 182540 | TVP MINCED, CARAMEL COLOR (Non-GMO) | .25# | 1.80/lb | 45.00 |
| | Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180155 | TVP MINCED, CHICKEN-LIKE (Non-GMO) | 1# | 3.25/lb | 3.25 |
| | ▶Order 5 of this item (180155) and receive 15% case discount | | | |
| 182555 | TVP MINCED, CHICKEN-LIKE (Non-GMO) | .25# | 1.90/lb | 47.50 |
| | Ingredients: Soy flour, maltodextrin, salt, flavoring, silicon dioxide (anticaking agent), less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180562 | TVP MINCED, NO COLOR OR FLAVOR | .5# | 1.60/lb | 8.00 |
| 185020 | TVP MINCED, NO COLOR OR FLAVOR | .50# | 1.05/lb | 52.50 |
| | Ingredients: Soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12). | | | |
| 180120 | TVP MINCED, NO COLOR OR FLAVOR (Non-GMO) | 1# | 2.95/lb | 2.95 |
| | ▶Order 5 of this item (180120) and receive 15% case discount | | | |
| 182520 | TVP MINCED, NO COLOR OR FLAVOR (Non-GMO) | .25# | 1.80/lb | 45.00 |
| | Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180165 | TVP STEAK, CARAMEL COLOR (Non-GMO) | 1# | 3.45/lb | 3.45 |
| | ▶Order 5 of this item (180165) and receive 15% case discount | | | |
| 182575 | TVP STEAK, CARAMEL COLOR (Non-GMO) | .25# | 2.20/lb | 55.00 |
| | Ingredients: Soy flour, caramel color, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180170 | TVP STEAK, NO COLOR OR FLAVOR (Non-GMO) | 1# | 3.45/lb | 3.45 |
| | ▶Order 5 of this item (180170) and receive 15% case discount | | | |
| 182570 | TVP STEAK, NO COLOR OR FLAVOR (Non-GMO) | .25# | 2.20/lb | 55.00 |
| | Ingredients: Soy flour, less than 0.2% potassium sorbate (to preserve freshness). | | | |
| 180566 | TVP STRIPS, CARAMEL COLOR | .5# | 2.50/lb | 12.50 |
| 180167 | TVP STRIPS, CARAMEL COLOR | .50# | 2.00/lb | 100.00 |
| | Ingredients: Soy flour, caramel color. | | | |

APPLE PRODUCTS

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| 191202 | APPLE BUTTER | 12 oz | 3.10/ea | 3.10 |
| | ▶Order 12 of this item (191202) and receive 15% case discount | | | |
| | Ingredients: Apples, cider and/or concentrate. | | | |
| 190015 | APPLE CIDER SYRUP | .8 oz | 7.50/ea | 7.50 |
| 190005 | APPLE SAUCE, C.L. | 12/23 oz | 1.50/ea | 18.00 |
| | Made from sweet, sound, fresh apples, mostly Golden Delicious. Mellow flavor, golden color, no sugar. | | | |
| | Ingredients: Apples, water, ascorbic acid. | | | |
| 192576 | APPLE SAUCE, OG | 12/23 oz | 2.75/ea | 33.00 |
| | Ingredient: Fresh, ripe, whole organic apples, water. | | | |

HONEY

- Our honey is RAW and unfiltered, heated only slightly to allow pumping into containers.

- If your honey crystallizes, you can heat it to return to normal consistency.

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| 200003 | HONEY BEARS | .12 oz | 4.25/ea | 4.25 |
| 200910 | HONEY STIX | 100 | 0.155/ea | 15.50 |
| 200202 | HONEY, MICHIGAN LIGHT (Plastic Container) | .2# | 4.25/lb | 8.50 |
| ‡200005 | HONEY, MICHIGAN LIGHT (Glass) | .2 lb | 4.90/lb | 9.80 |
| ▶Order 12 of this item (200005) and receive 15% case discount | | | | |
| ‡200511 | HONEY, MICHIGAN LIGHT | .5lb | 4.80/lb | 24.00 |
| ▶Order 6 of this item (200511) and receive 15% case discount | | | | |
| 020270 | HONEY, MICHIGAN LIGHT, Approx. 12# | .1 gal | 45.00/gal | 45.00 |
| 200015 | HONEY, MICHIGAN LIGHT, 60# | .5 gal | 40.60/gal | 203.00 |
| 200127 | HONEY, ORGANIC RAW (naturally crystalized) | .16 oz | 7.80/ea | 7.80 |
| 200128 | HONEY, ORGANIC RAW (naturally crystalized) | .32 oz | 13.20/ea | 13.20 |

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Ingredient lists provided for reference purposes and may vary slightly

OTHER SWEETENERS

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|--|--|----------|-----------|-------|
| 212302 | AGAVE NECTAR, 100% PURE, AMBER RAW, OG | .23.5 oz | 7.25/ea | 7.25 |
| 210102 | AGAVE NECTAR, 100% PURE, AMBER RAW, OG | .11# | 3.82/lb | 42.00 |
| 212301 | AGAVE NECTAR, 100% PURE, LIGHT, OG | .23.5 oz | 7.25/ea | 7.25 |
| 210101 | AGAVE NECTAR, 100% PURE, LIGHT, OG | .11# | 3.82/lb | 42.00 |
| 210512 | BARLEY MALT POWDER | .5# | 2.75/lb | 13.75 |
| 210532 | CANE JUICE CRYSTALS, OG | .5# | 1.65/lb | 8.25 |
| 215032 | CANE JUICE CRYSTALS, OG | .50# | 1.10/lb | 55.00 |
| 211609 | COCONUT SUGAR OG Granulated coconut nectar produced from flower buds of the coconut tree. | .16 oz | 5.50/ea | 5.50 |
| 040574 | DATE SUGAR | .5# | 4.25/lb | 21.25 |
| 043070 | DATE SUGAR | .30# | 3.30/lb | 99.00 |
| 210015 | MALT SYRUP (CORN BARLEY) | .5 gal | 14.00/gal | 70.00 |
| 213234 | MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG | .1 qt | 16.50/qt | 16.50 |
| 210032 | MAPLE SYRUP, GRADE A, MEDIUM AMBER, OG | .1 gal | 13.75/qt | 55.00 |
| <ul style="list-style-type: none"> • All of our molasses is un sulphured. | | | | |
| 210055 | MOLASSES, BLACKSTRAP | .1 qt | 3.60/ea | 3.60 |
| ▶Order 6 of this item (210055) and receive 5% case discount | | | | |
| 210050 | MOLASSES, BLACKSTRAP | .1 gal | 9.50/ea | 9.50 |
| 216040 | MOLASSES, BLACKSTRAP (Approx. 5 gals) | .60# | 0.85/lb | 51.00 |
| 211675 | MOLASSES, BLACKSTRAP, OG | .16 oz | 5.00/ea | 5.00 |
| 210063 | MOLASSES, GOLDEN | .1 gal | 13.50/ea | 13.50 |
| 216063 | MOLASSES, GOLDEN (Approx. 5 gals) | .60# | 0.95/lb | 57.00 |

Orders - Information
Current Prices
1-800-456-7694
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Ingredient lists provided for reference purposes and may vary slightly

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|---|---------------|------------|----------------|
| <u>OTHER SWEETENERS, CONTINUED</u> | | | | |
| 210021 | RICE SYRUP, LUNDBERG | .21 oz | 4.75/ea | 4.75 |
| | ▶Order 12 of this item (210021) and receive 5% case discount Ingredients: Brown rice, water, natural enzymes (less than 1%). | | | |
| 210875 | SORGHUM SYRUP | .8 oz | 6.00/ea | 6.00 |
| 210043 | STEVIA EXTRACT POWDER, WHITE, OG | .2 oz | 6.25/oz | 12.50 |
| 210143 | STEVIA EXTRACT POWDER, WHITE, OG | .12 oz | 5.00/oz | 60.00 |
| 330843 | STEVIA, CUT AND SIFTED | .8 oz | 8.75/ea | 8.75 |
| 210544 | SUCANAT | .5# | 2.25/lb | 11.25 |
| 215044 | SUCANAT | .50# | 1.70/lb | 85.00 |
| 210155 | XYLITOL CRYSTALS (From Hardwood Birch) | .1# | 6.75/lb | 6.75 |
| 210355 | XYLITOL CRYSTALS (From Hardwood Birch) | .3# | 6.17/lb | 18.50 |

CONSERVES

| | | | | |
|--------|--|----------|---------|------|
| 221102 | CHIA BLACKBERRY SPREAD | .11.3 oz | 4.25/ea | 4.25 |
| | Ingredients: Blackberries, cane sugar, chia seeds, lime juice. | | | |
| 221103 | CHIA RASPBERRY SPREAD | .11.3 oz | 4.25/ea | 4.25 |
| | Ingredients: Raspberries, cane sugar, chia seeds, lime juice. | | | |
| 221101 | CHIA STRAWBERRY SPREAD | .11.3 oz | 4.25/ea | 4.25 |
| | Ingredients: Strawberries, cane sugar, chia seeds, lime juice. | | | |

POLANER SPREADS

- Polaner All Fruit spreads made with non-GMO ingredients.

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| 221020 | APRICOT | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), apricots, citric acid, fruit pectin, natural flavor. | | | |
| 221050 | BLACKBERRY SEEDLESS | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), blackberries, water, fruit pectin, citric acid, natural flavor. | | | |
| 221035 | BLUEBERRY | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), blueberries, fruit pectin, citric acid, natural flavor. | | | |
| 221030 | CHERRY | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), cherries, fruit pectin, citric acid, natural flavor. | | | |
| 221040 | GRAPE | .10 oz | 3.00/ea | 3.00 |
| 221540 | GRAPE | .15.25 oz | 4.00/ea | 4.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), concord grape puree concentrate (water, concord grape juice, concord grapes), fruit pectin, citric acid. | | | |
| 221025 | ORANGE | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), orange peel, water, orange juice concentrate, citric acid, fruit pectin. | | | |
| 221015 | RASPBERRY, RED | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), raspberries, water, fruit pectin, citric acid, natural flavor. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-----------------------------|--|---------------|------------|----------------|
| CONSERVES, CONTINUED | | | | |
| 221045 | RASPBERRY, RED, SEEDLESS | .10 oz | 3.00/ea | 3.00 |
| 221545 | RASPBERRY, RED, SEEDLESS | .15.25 oz | 4.00/ea | 4.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), raspberries, water, citric acid, fruit pectin, natural flavor. | | | |
| 221010 | STRAWBERRY | .10 oz | 3.00/ea | 3.00 |
| 221510 | STRAWBERRY | .15.25 oz | 4.00/ea | 4.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), strawberries, citric acid, fruit pectin, natural flavor. | | | |
| 221060 | STRAWBERRY, SEEDLESS | .10 oz | 3.00/ea | 3.00 |
| | Ingredients: Juice concentrates (pear, grape, pineapple), strawberries, citric acid, water, fruit pectin, natural flavor. | | | |

Regrettably our prices are subject to change without notice.

Ingredient lists provided for reference purposes and may vary slightly

DAIRY SUBSTITUTES

- Check out our cookbooks for more dairy and meat alternatives.
- General Mixing Instructions For Dairy Substitutes: 2/3 cup milk powder to 1 quart of water, then mix well. For richer flavor, add a little more powder.
- Fructo-oligosaccharides are naturally occurring sugars.

“As water reflects the face, so one’s life reflects the heart.”
Prov. 27:19

| | | | | |
|--------|---|-----------|----------|--------|
| 233520 | BETTER THAN MILK RICE (Powder) | .21.4 oz | 14.00/ea | 14.00 |
| | ►Order 6 of this item (233520) and receive 5% case discount | | | |
| | Ingredients: Brown rice syrup solids, maltodextrin, organic evaporated cane juice, natural flavors, calcium carbonate, sea salt, rice flour, rice extract, xanthan gum, titanium dioxide (for color), guar gum, monoglycerides, fructooligosaccharides, vitamin C (ascorbic acid), vitamin E (d-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (palmitate), folic acid, vitamin B12 (cyanocobalamin), rebiana (stevia extract). | | | |
| 231520 | BETTER THAN MILK RICE, VANILLA (Powder) | .21.4 oz | 12.25/ea | 12.25 |
| | ►Order 6 of this item (231520) and receive 5% case discount | | | |
| | Ingredients: Maltodextrin (from organic rice), sunflower oil, evaporated cane juice, maltodextrine (from corn), natural vanilla and other natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), xanthan gum, guar gum, monoglycerides, rice extract, fructo-oligosaccharides, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (acetate), folic acid, vitamin B-12 (cyanocobalamin). | | | |
| 230520 | BETTER THAN MILK SOY, ORIGINAL (Powder) | .5# | 7.40/lb | 37.00 |
| 232510 | BETTER THAN MILK SOY, ORIGINAL (Powder) | .25# | 6.60/lb | 165.00 |
| 232125 | BETTER THAN MILK SOY, ORIGINAL (Powder) | .25.9 oz | 13.50/ea | 13.50 |
| | ►Order 6 of this item (232125) and receive 5% case discount | | | |
| | Ingredients: Tofu (water, soy solids, calcium sulfate), maltodextrin (from corn), modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural flavors (no MSG, no dairy), sea salt, guar gum, xanthan gum, anatase titanium dioxide (a mineral for color), vegetable mono and diglycerides, vitamin B-12 (cyanocobalamin), vitamin E (mixed tocopherols). | | | |
| 230514 | BETTER THAN MILK SOY, VANILLA (Powder) | .5# | 7.60/lb | 38.00 |
| 232514 | BETTER THAN MILK SOY, VANILLA (Powder) | .25# | 7.00/lb | 175.00 |
| | Ingredients: Tofu, (water, soy solids, calcium sulfate), maltodextrin, modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural vanilla flavor, natural flavors, sea salt, guar gum, xanthan gum, anatase titanium dioxide (for color), vegetable mono and diglycerides, vitamin B12 (cyanocobalamin), vitamin E (mixed tocopherols). | | | |
| 231475 | COCONUT CREAM, THAI | .13.66 oz | 3.60/ea | 3.60 |
| | Ingredients: Coconut, water, guar gum. | | | |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------------------|---|---------------|------------|----------------|
| DAIRY SUBSTITUTES, CONTINUED | | | | |
| 231412 | COCONUT MILK, THAI (Premium) | 13.66 oz | 2.30/ea | 2.30 |
| 232575 | COCONUT MILK, THAI (Premium) Ingredients: Coconut, water, guar gum. | 25.36 oz | 3.95/ea | 3.95 |
| 231470 | COCONUT MILK, THAI, OG Ingredients: Organic coconut, water, guar gum. | 13.66 oz | 2.95/ea | 2.95 |
| 231486 | COCONUT MILK, THAI, LITE Ingredients: Water, coconut milk, guar gum. | 13.66 oz | 2.10/ea | 2.10 |
| 230084 | ENER-G EGG REPLACER Ingredients: Potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), carbohydrate gum. Calcium lactate is not dairy derived; it does not contain lactose. | 16 oz | 5.50/ea | 5.50 |
| 300520 | NEAT EGG SUBSTITUTE, Loma Linda Ingredients: Chia seeds, garbanzo beans. | 4.5 oz | 4.25/ea | 4.25 |
| 330612 | PARMA ZAAAN SEASONING | .6 oz | 6.95/ea | 6.95 |
| 330112 | PARMA ZAAAN SEASONING <i>By Vegetarian Express.</i> Ingredients: Blanched almond meal, salt, nutritional yeast, dehydrated onion, citric acid. | 16 oz | 10.25/ea | 10.25 |
| 230632 | SILK ALMOND MILK, ORIGINAL (Liquid) Ingredients: Filtered water and almonds, evaporated cane juice, calcium carbonate, sea salt, locust bean gum, sunflower lecithin, d-alpha-tocopherol (vitamin E, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2. | .6/32 oz | 2.50/ea | 15.00 |
| 230636 | SILK ALMOND MILK, UNSWEETENED (Liquid) Ingredients: Almondmilk (filtered water, almonds), sea salt, locust bean gum, sunflower lecithin, gellan gum, natural flavor, calcium carbonate, vitamin E acetate, zinc gluconate, vitamin A palmitate, riboflavin (B2), vitamin B12, vitamin D2. | .6/32 oz | 2.50/ea | 15.00 |
| 230541 | SOY SUPREME, REGULAR, OG (Powder) | 5# | 4.25/lb | 21.25 |
| 230150 | SOY SUPREME, REGULAR, OG (Powder) A spray dried product made from 100% soy beans. Non-GMO. <i>Soy Supreme Mixing Instructions:</i> 1/2 cup Soy Supreme, 1 cup water, vanilla & honey to taste, pinch of salt. Blend for 2-3 minutes, then add 2 1/2 cups water. Makes 1 quart. Milk will settle, so stir before use. | .50# | 3.60/lb | 180.00 |
| 233285 | SUNRICH COCONUT MILK Ingredients: Filtered water, coconut cream, cane sugar, natural flavors, gellan gum, sodium bicarbonate, sea salt, guar gum, xanthan gum. | 12/32 oz | 2.15/ea | 25.80 |
| 233288 | SUNRICH NATURALS SOYMILK, PLAIN, OG (Liquid) Ingredients: Organic soymilk (filtered water, whole organic soybeans), organic evaporated cane juice, calcium carbonate, natural vanilla flavor with other natural flavors, sodium citrate, sea salt, sodium bicarbonate, carrageenan, vitamin A palmitate, vitamin D2. | 12/32 oz | 1.85/ea | 22.20 |
| 230419 | VEGANEGG Ingredients: Organic soybean powder, modified cellulose, gellan gum, cellulose, calcium lactate (plant source), carrageenan, natural flavors (black salt, herbs), nutritional yeast, beta carotene for color. | .4 oz | 6.50/ea | 6.50 |
| 233240 | VEGENAISE, GRAPSEED OIL Ingredients: Grapeseed oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate. | .32 oz | 8.50/ea | 8.50 |
| 233270 | VEGENAISE, OG Ingredients: Organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic mustard flour, organic lemon juice concentrate. | .32 oz | 8.00/ea | 8.00 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|-------------------------------------|--|---------------|------------|----------------|
| DAIRY SUBSTITUTES, CONTINUED | | | | |
| 231630 | VEGENAISE, ORIGINAL | .16 oz | 4.50/ea | 4.50 |
| 233230 | VEGENAISE, ORIGINAL | .32 oz | 6.95/ea | 6.95 |
| 230130 | VEGENAISE, ORIGINAL | .1 gal. | 23.00/ea | 23.00 |
| | Ingredients: Expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate. | | | |
| 233260 | VEGENAISE, SOY FREE | .32 oz | 8.00/ea | 8.00 |
| | Ingredients: Expeller-pressed high-oleic safflower oil, filtered water, brown rice syrup, apple cider vinegar, pea protein, sea salt, mustard flour, lemon juice concentrate. | | | |
| <u>OIL</u> | | | | |
| 240048 | CANOLA OIL | 4.5 gal | 6.22/gal | 28.00 |
| 240045 | CANOLA OIL, VITAMIN E | .1 gal | 7.80/gal | 7.80 |
| 240155 | CANOLA OIL, OG, Expeller Pressed | .1 gal | 14.00/gal | 14.00 |
| 241570 | COCONUT OIL, VIRGIN, OG (Beveri Brand) | .15 oz | 9.95/ea | 9.95 |
| 245470 | COCONUT OIL, VIRGIN, OG (Beveri Brand) | .54 oz | 23.00/ea | 23.00 |
| 240170 | COCONUT OIL, VIRGIN, OG (Tresomega Brand) | .128 oz | 65.00/ea | 65.00 |
| 243060 | COCONUT OIL, Refined | .30 oz | 5.00/ea | 5.00 |
| 240160 | COCONUT OIL, Refined | .1 gal. | 12.95/ea | 12.95 |
| ‡240060 | COCONUT OIL, Refined | .50# | 1.50/lb | 75.00 |
| 240150 | GRAPE SEED OIL | .1 ltr | 6.00/ltr | 6.00 |
| 240350 | GRAPE SEED OIL | .3 ltr | 5.50/ltr | 16.50 |
| 240175 | LECITHIN POWDER, SOY | .1# | 4.50/lb | 4.50 |
| 240575 | LECITHIN POWDER, SOY | .5# | 3.70/lb | 18.50 |
| 241688 | LECITHIN, LIQUID, SOY | .16 oz | 4.50/ea | 4.50 |
| 240116 | LECITHIN, LIQUID, SOY | .32 oz | 6.95/ea | 6.95 |
| 240180 | LECITHIN, LIQUID, SOY | .1 gal | 16.50/gal | 16.50 |
| 240110 | LECITHIN POWDER, SOY (Non-GMO) | .1# | 10.00/lb | 10.00 |
| 243380 | OLIVE OIL, EXTRA VIRGIN, DELALLO | .33.8 oz | 16.50/ea | 16.50 |
| 241600 | OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's) | .16 oz | 8.50/ea | 8.50 |
| 241280 | OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's) | .1 gal | 47.25/gal | 47.25 |
| 241690 | OLIVE OIL, OG, EXTRA VIRGIN, (DeLallo) | .16.9 oz | 9.50/ea | 9.50 |
| 240114 | OLIVE OIL, EXTRA VIRGIN, First Cold Pressing | 3 ltr | 13.75/ltr | 41.25 |
| | This extra virgin olive oil is packaged in tin cans. | | | |
| 240030 | SAFFLOWER OIL, Expeller Pressed with vitamin E | 1 gal | 12.80/gal | 12.80 |

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CAROB AND CANDY PRODUCTS

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Ingredient lists provided for reference purposes and may vary slightly

- Unfortunately, we are unable to ship carob products by UPS from May - September (except at customer risk). Carob tends to melt in shipping during these months (delivery by our trucks is still okay).

- Confectioners Glaze is a mixture of guar gum and beeswax.

| | | | | | |
|--------|---|-------|----------|--------|---|
| 270343 | AUSSIE SHARKBAR, ALMOND, OG | .3 oz | 4.95/ea | 4.95 | Ingredients: Australian carob powder, palm kernel stearin, coconut sugar, almonds, sunflower lecithin, sunflower oil, vanilla oil (vanilla stabilized with sunflower oil), Himalayan pink salt. |
| 270363 | AUSSIE SHARKBAR, MINT, OG | .3 oz | 4.95/ea | 4.95 | Ingredients: Australian carob powder, palm kernel stearin, coconut sugar, organic sunflower lecithin, peppermint oil, Himalayan pink salt. |
| 270325 | AUSSIE SHARKBAR, ORIGINAL, OG | .3 oz | 4.95/ea | 4.95 | Ingredients: Australian carob powder, palm kernel stearin, coconut sugar, sunflower lecithin, sunflower oil, vanilla oil (vanilla stabilized with sunflower oil), Himalayan pink salt. |
| 270332 | AUSSIE SHARKBAR, UNSWEETENED, OG | .3 oz | 4.95/ea | 4.95 | Ingredients: Australian carob powder, palm kernel stearin, inulin (agave fiber), sunflower lecithin, Himalayan pink salt. |
| 271242 | CAROB BRIDGE MIX | 12 oz | 6.75/ea | 6.75 | ►Order 12 of this item (271242) and receive 15% case discount |
| 270542 | CAROB BRIDGE MIX | .5# | 6.90/lb | 34.50 | Ingredients: Carob coated almonds with sugar, carob coated peanuts with sugar, carob coated raisins with sugar. See ingredients below. |
| 270125 | CAROB CHIPS, AUSTRALIAN, OG | .1# | 13.50/lb | 13.50 | Ingredients: Australian carob powder, palm kernel stearin, coconut sugar, sunflower lecithin, sunflower oil, vanilla oil, Himalayan pink salt. |
| 270525 | CAROB CHIPS, AUSTRALIAN, OG | .5# | 11.50/lb | 57.50 | |
| 272525 | CAROB CHIPS, AUSTRALIAN, OG | .25# | 11.00/lb | 275.00 | |
| 271298 | CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED | 12 oz | 5.50/ea | 5.50 | Ingredients: Barley malt (malt, corn), fractionated palm kernel oil, carob powder, soy lecithin. |
| 270588 | CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED | .5# | 5.60/lb | 28.00 | |
| 272509 | CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED | .25# | 5.20/lb | 130.00 | |
| 270515 | CAROB CHIPS, SUGAR SWEETENED | .5# | 2.65/lb | 13.25 | Ingredients: Sugar, hydrogenated palm kernel oil, carob powder, sunflower lecithin (an emulsifier).. |
| 270005 | CAROB CHIPS, SUGAR SWEETENED | .25# | 2.15/lb | 53.75 | |
| 270513 | CAROB CHIPS, UNSWEETENED | .5# | 2.90/lb | 14.50 | Ingredients: Carob powder, hydrogenated palm kernel oil, sunflower lecithin (an emulsifier). |
| 270003 | CAROB CHIPS, UNSWEETENED | .25# | 2.40/lb | 60.00 | |
| 271616 | CAROB COATED ALMONDS (With Sugar) | .1# | 5.25/lb | 5.25 | Ingredients: Carob coating (sugar (sugar, cornstarch), hydrogenated palm kernel oil, carob powder, soy lecithin (an emulsifier), salt, natural vanilla flavor), almonds, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil). |
| 272016 | CAROB COATED ALMONDS (With Sugar) | .20# | 3.80/lb | 76.00 | |
| 271617 | CAROB COATED PEANUTS (With Sugar) | .1# | 4.25/lb | 4.25 | Ingredients: Carob coating (sugar [sugar, cornstarch], hydrogenated palm kernel oil, carob powder, soy lecithin [an emulsifier], salt, natural vanilla flavor), peanuts, water, gum arabic, confectioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil). |
| 273017 | CAROB COATED PEANUTS (With Sugar) | .30# | 2.50/lb | 75.00 | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| CAROB AND CANDY PRODUCTS, CONTINUED | | | | |
| 271618 | CAROB COATED RAISINS (With Sugar) | .1# | 4.50/lb | 4.50 |
| 273018 | CAROB COATED RAISINS (With Sugar) | .30# | 3.00/lb | 90.00 |
| | Ingredients: Carob coating (sugar [sugar, cornstarch], hydrogenated palm kernel oil, carob powder, soy lecithin [an emulsifier], salt, natural vanilla flavor), raisins (raisins, sunflower oil), water, gum arabic, confect-ioners glaze, modified starch (tapioca), vegetable oil (coconut oil, canola oil). | | | |
| 271674 | CAROB POWDER, CHATFIELD'S | .16 oz | 5.50/ea | 5.50 |
| 270725 | CAROB POWDER, LIGHTLY ROASTED, OG | .7.05 oz | 5.95/ea | 5.95 |
| 260523 | CAROB POWDER, MEDIUM ROAST | 4# | 2.13/lb | 8.50 |
| 275534 | CAROB POWDER, MEDIUM ROAST | .55# | 1.00/lb | 55.00 |
| 272435 | CAROB POWDER, MEDIUM ROAST, OG | .24 oz | 7.00/ea | 7.00 |
| 272535 | CAROB POWDER, MEDIUM ROAST, OG | .50# | 3.50/lb | 175.00 |
| 270101 | CHEWELS, BLUEBERRY DATE | .12/2 oz | 1.10/ea | 13.20 |
| | Ingredients: Blueberries (blueberries, sugar, sunflower oil), brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), date pieces, coconut, natural blue- berry flavor, sea salt. | | | |
| 270102 | CHEWELS, CHERRY | .12/2 oz | 1.10/ea | 13.20 |
| | Ingredients: Dried tart cherries (cherries, sugar, sunflower oil), brown rice syrup, crisp rice, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, organic raisins, unsweetened coconut, natural cherry flavor, sea salt. | | | |
| 270104 | CHEWELS, CRANBERRY | .12/2 oz | 1.10/ea | 13.20 |
| | Ingredients: Dried cranberries (cranberries, sugar, sunflower oil), brown rice syrup, granola (rolled oats, brown sugar, canola oil, tapioca syrup, sea salt), tapioca syrup, crisp rice, organic raisins, unsweetened coconut, natural cranberry flavor, sea salt. | | | |
| 270117 | CHEWELS, ORANGE DATE | .12/2 oz | 1.10/ea | 13.20 |
| | Ingredients: Date pieces, brown rice syrup, crisp brown rice, granola (rolled oats, evaporated cane juice, sunflower oil, barley malt, sea salt), coconut, natural orange flavor, sea salt. | | | |
| 271221 | KRINKLE BARS, ALMOND BUTTER | .12/1.7 oz | 1.00/ea | 12.00 |
| | Ingredients: Almond butter, brown rice syrup, crisp rice, evaporated cane juice syrup, acacia powder, sea salt. | | | |
| 271232 | KRINKLE BARS, CASHEW BUTTER | .12/1.7 oz | 1.00/ea | 12.00 |
| | Ingredients: Cashew butter, brown rice syrup, crisp rice, brown sugar, evaporated cane juice syrup, olive oil, sea salt. | | | |
| 271230 | KRINKLE BARS, KAROB | .12/1.7 oz | 1.00/ea | 12.00 |
| | Ingredients: Peanut butter, crisp rice, brown rice syrup, evaporated cane juice syrup, carob powder, sea salt, natural vanilla. | | | |
| 271228 | KRINKLE BARS, PEANUT BUTTER | .12/1.7 oz | 1.00/ea | 12.00 |
| | Ingredients: Peanut butter, brown rice syrup, crisp rice, brown sugar, evaporated cane juice syrup, sea salt. | | | |
| 270802 | MAPLE ALMONDS | .8 oz | 6.75/ea | 6.75 |
| | Ingredients: Dry roasted almonds, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt. | | | |
| 270801 | MAPLE PECANS | .8 oz | 8.00/ea | 8.00 |
| | Ingredients: Pecans, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt. | | | |
| 271035 | MARSHMALLOW VEGAN MINI, DANDIES | .10 oz | 3.95/ea | 3.95 |
| 271030 | MARSHMALLOW VEGAN REGULAR, DANDIES | .10 oz | 3.95/ea | 3.95 |
| | Ingredients: Tapioca syrup, cane sugar, filtered water, tapioca starch, carrageenan, soy protein, natural vanilla flavor. | | | |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| CAROB AND CANDY PRODUCTS, CONTINUED | | | | |
| 272212 | OMEGA 3 UPLIFT BARS | 12/2.25 oz | 1.25/ea | 15.00 |
| | Ingredients: Flax seed meal, brown rice syrup, peanuts, crisp brown rice, granola (rolled oats, brown sugar, canola oil, water, tapioca syrup, sea salt), sesame seeds, brown sugar, almonds, pumpkin seeds, sunflower seeds, walnuts, natural flavor, sea salt, folic acid, vitamin B-12, vitamin E (D-alpha tocopheryl). | | | |
| 271714 | OMEGA-3 UPLIFT BARS, ALMOND CAROB | 12/1.7 oz | 1.13/ea | 13.50 |
| | Ingredients: Flax seed meal, almond butter, brown rice syrup, granola (rolled oats, brown sugar, canola oil, water, sea salt), evaporated cane juice syrup, sesame seeds, carob powder, crisp rice, sunflower seeds, pumpkin seeds, chopped almonds, sea salt, folic acid, vitamin B-12, vitamin E. | | | |
| 270155 | SESAME HONEY CRUNCH | .1# | 4.50/lb | 4.50 |
| 270055 | SESAME HONEY CRUNCH | .5# | 3.75/lb | 18.75 |
| 270050 | SESAME HONEY CRUNCH | .20# | 3.15/lb | 63.00 |
| | Ingredients: Sesame seeds, corn syrup, sugar, honey. | | | |

FLAVORINGS

- Our flavorings are all natural, non-alcoholic, and use a vegetable based carrier.
- Glycerine is made from the fatty acids of palm kernel or coconut oil.

| | | | | |
|--------|--|--------|-----------|--------|
| 280115 | MAPLE FLAVOR | .16 oz | 12.25/ea | 12.25 |
| | Ingredients: Glycerine, water, caramel color (contains sulfites), natural flavors (including vanilla bean extractives). | | | |
| 283220 | VANILLA FLAVOR, IMITATION | .32 oz | 2.50/ea | 2.50 |
| 280150 | VANILLA FLAVOR, IMITATION | .1 gal | 7.25/ea | 7.25 |
| | Ingredients: Water, propylene glycol, artificial flavors, caramel color. | | | |
| 281216 | VANILLA FLAVOR, PURE | .16 oz | 1.81/oz | 29.00 |
| 280140 | VANILLA FLAVOR, PURE | .1 gal | 210.00/ea | 210.00 |
| | Ingredients: Glycerine, water, vanilla extractives. | | | |

HERBS AND SEASONINGS

- Our seasonings are imported unless otherwise noted, and some are irradiated. They are packaged in a heat sealed container for your convenience.

| | | | | |
|--------|---|----------|---------|------|
| 331501 | ADOBO SEASONING, No Pepper | .15 oz | 2.60/ea | 2.60 |
| | Ingredients: Salt, garlic powder, sugar, spices including turmeric, citric acid, silicon dioxide. | | | |
| 331201 | ALL-PURPOSE VEGGIE SEASONING | .5.4 oz | 6.75/ea | 6.75 |
| | Ingredients: Dehydrated green and red bell peppers, spices, (cayenne), paprika, dehydrated garlic, onion, parsley. | | | |
| 331655 | ALLSPICE, GROUND | .16 oz | 7.50/ea | 7.50 |
| 331003 | ANISE, WHOLE | .16 oz | 6.75/ea | 6.75 |
| 330488 | BAKON HICKORY SMOKE | .3.5 oz | 6.50/ea | 6.50 |
| | Ingredient: Smoked torula yeast. | | | |
| 331006 | BASIL, GROUND | .12 oz | 5.10/ea | 5.10 |
| 331007 | BASIL, WHOLE | .6 oz | 3.20/ea | 3.20 |
| 332401 | BASIL, WHOLE | .1.5# | 5.47/lb | 8.20 |
| 330241 | BASIL LEAVES, OG | .0.75 oz | 2.40/ea | 2.40 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|--|---------------|------------|----------------|
| HERBS AND SEASONINGS, CONTINUED | | | | |
| 331010 | BAY LEAVES, WHOLE | .2 oz | 2.75/ea | 2.75 |
| 331210 | BAY LEAVES, WHOLE | .10 oz | 8.50/ea | 8.50 |
| 330240 | BAY LEAVES, WHOLE, OG | .0.15 oz | 2.40/ea | 2.40 |
| 330527 | BEAF SEASONING, BILL'S BEST | .9.5 oz | 7.008ea | 7.00 |
| 330600 | BEAF SEASONING, BILL'S BEST NO OIL! Ingredients: Soy flour, food yeast, fermented soy sauce, onion, kelp, celery, garlic, plus a blend of vegetables and herbs. | .5.25# | 9.20/lb | 48.30 |
| 331258 | BEEF-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, spices. | .13.1 oz | 6.50/ea | 6.50 |
| 331114 | BEEF STYLE SEASONING, C.L. NO SALT OR SUGAR ADDED! Ingredients: Hydrolyzed soy protein, potato flour, spices, herbs, silicone dioxide. | .12 oz | 5.50/ea | 5.50 |
| 331214 | BEEF STYLE SEASONING, C.L. Ingredients: Salt, hydrolyzed corn and soy protein, dextrose, potato flour, caramel color, partially hydrogenated soy oil, spices, herbs. | .11 oz | 4.50/ea | 4.50 |
| 331288 | BEEF STYLE SEASONING, McKAY'S (Non-GMO) | .12 oz | 6.75/ea | 6.75 |
| 330208 | BEEF STYLE SEASONING, McKAY'S (Non-GMO) | .2# | 6.50/lb | 13.00 |
| 330508 | BEEF STYLE SEASONING, McKAY'S (Non-GMO) NO WHEY OR MSG. Ingredients: Dextrose, salt, autolyzed yeast, potato flour, pure vegetable oil (sunflower), caramel powder, celery, turmeric, onion powder, garlic powder, spices, disodium inosinate, disodium guanylate. | .5# | 4.30/lb | 21.50 |
| 330214 | CARAWAY SEED, WHOLE | .2# | 2.30/lb | 4.60 |
| 330244 | CARDAMOM, GROUND, OG | .2.5 oz | 5.80/ea | 5.80 |
| 330279 | CARDAMOM, WHOLE, OG | .1.75 oz | 4.80/ea | 4.80 |
| 330220 | CELERY SALT Ingredients: Salt, ground celery seed. | .2# | 3.50/lb | 7.00 |
| 331018 | CELERY SEED, GROUND | .16 oz | 5.50/ea | 5.50 |
| 331619 | CELERY SEED, WHOLE | .16 oz | 4.50/ea | 4.50 |
| 330259 | CELERY SEED, WHOLE, OG | .2 oz | 2.40/ea | 2.40 |
| 331075 | CHIK-STYLE SEASONING, BUTLER FOODS Ingredients: Hydrolyzed soy protein, organic evaporated cane juice, dried soy sauce (wheat, soybeans, sea salt, maltodextrin), maltodextrin, salt, onion, garlic, celery seed, turmeric, basil, cayenne. | .10.75 oz | 6.00/ea | 6.00 |
| 330109 | CHICKEN STYLE SEASONING, C.L. Ingredients: Salt, dextrose, shortening (partially hydrogenated soybean/cottonseed oils), yeast extract, modified corn starch, onion powder, spices, herbs, and lecithin. | .11.5 oz | 4.35/ea | 4.35 |
| 331244 | CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) | .12 oz | 6.00/ea | 6.00 |
| 330205 | CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) | .2# | 5.50/lb | 11.00 |
| 330505 | CHICKEN STYLE SEASONING, McKAY'S (Non-GMO) NO WHEY OR MSG. Ingredients: Dextrose, salt, potato flour, pure vegetable oil (sunflower seed oil), celery, turmeric, onion powder, garlic powder, sunflower lecithin, herbs, sucrose. | .5# | 3.80/lb | 19.00 |

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Ingredient lists provided for reference purposes and may vary slightly

"A friend loveth at all times."
Prov. 17:17

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Ingredient lists provided for reference purposes and may vary slightly

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|----------------|----------------|
| HERBS AND SEASONINGS, CONTINUED | | | | |
| 330525 | CHIK'NISH, BILL'S BEST | .11 oz | 5.25/ea | 5.25 |
| | ▶Order 12 of this item (330525) and receive 5% case discount | | | |
| 330700 | CHIK'NISH, BILL'S BEST | .5.5# | 6.91/lb | 38.00 |
| | NO OIL! Ingredients: Soy flour, salt (solar evaporated sea salt), nutritional yeast, onion, garlic, parsley, celery, and a unique blend of spices. | | | |
| 330901 | CHILI POWDER | .9 oz | 5.50/ea | 5.50 |
| | Ingredients: Chili pepper, salt, paprika, canola oil, ground cumin, garlic powder, ground oregano, silicon dioxide. | | | |
| 330290 | CHIPOTLE, GROUND | .2.5 oz | 2.75/ea | 2.75 |
| 331223 | CHIVES, CHOPPED | .6 oz | 16.25/ea | 16.25 |
| 330223 | CHIVES, DEHYDRATED | .2.5 oz | 4.50/ea | 4.50 |
| 331025 | CILANTRO FLAKES, DOMESTIC | .3 oz | 3.20/ea | 3.20 |
| 331225 | CILANTRO FLAKES, DOMESTIC | .1# | 13.90/ea | 13.90 |
| 331614 | CINNAMON, GROUND, Non-irradiated | .16 oz | 5.50/ea | 5.50 |
| 330252 | CINNAMON, GROUND, OG | .2 oz | 2.40/ea | 2.40 |
| 330904 | CINNAMON STICKS | .9 oz | 4.75/ea | 4.75 |
| 331638 | CLOVES, GROUND | .16 oz | 16.30/ea | 16.30 |
| 331627 | CLOVES, WHOLE | 12 oz | 10.75/ea | 10.75 |
| 331429 | CORIANDER, GROUND | .14 oz | 4.10/ea | 4.10 |
| 331240 | CORIANDER SEED, WHOLE | 12 oz | 4.00/ea | 4.00 |
| 331634 | CUMIN, GROUND | .16 oz | 5.80/ea | 5.80 |
| 330243 | CUMIN, GROUND, OG | .2 oz | 2.40/ea | 2.40 |
| 331635 | CUMIN SEED, WHOLE | .16 oz | 5.80/ea | 5.80 |
| 331675 | CURRY POWDER | .16 oz | 6.50/ea | 6.50 |
| | Ingredients: Spices including turmeric, salt, dehydrated onion. | | | |
| 330524 | CURRY POWDER, BILL'S BEST | .4 oz | 4.25/ea | 4.25 |
| | NO OIL! Ingredients: Turmeric, cumin, garlic, onion, ginger root, cayenne, and a unique blend of spices. | | | |
| 331039 | DILL SEED, WHOLE | .12 oz | 4.50/ea | 4.50 |
| 330440 | DILL WEED, WHOLE, DOMESTIC | .4 oz | 3.75/ea | 3.75 |
| 330547 | DILL WEED, WHOLE, DOMESTIC | .2# | 9.25/lb | 18.50 |
| 331445 | FENNEL, WHOLE, INDIAN, LIGHT | .14 oz | 3.85/ea | 3.85 |
| 333254 | GARLIC SALT | .2# | 2.50/ea | 5.00 |
| | Ingredients: Salt, dehydrated garlic. | | | |
| 338250 | GARLIC SALT, OG (Real Salt Brand) | .8.25 oz | Call for Price | |
| | Ingredients: Sea salt and organic garlic. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|--|---------------|------------|----------------|
| HERBS AND SEASONINGS, CONTINUED | | | | |
| 331550 | GARLIC, GRANULATED | 1.5# | 6.17/ea | 9.25 |
| 330558 | GARLIC, GRANULATED | 5.5# | 4.70/lb | 25.85 |
| 331547 | GARLIC, MINCED | 1.5# | 5.83/lb | 8.75 |
| 332049 | GARLIC, POWDER, DOMESTIC | 16 oz | 6.00/ea | 6.00 |
| 330435 | GARLIC, POWDER, DOMESTIC | 4# | 5.50/lb | 22.00 |
| 330264 | GARLIC, POWDER, OG | .3 oz | 3.00/ea | 3.00 |
| 330124 | G. WASHINGTON SEASONING & BROTH, GOLDEN | 1 oz | 1.75/ea | 1.75 |
| | ▶Order 24 of this item (330124) and receive 5% case discount | | | |
| | Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, spices, disodium guanylate, disodium inosinate, caramel color. (Contains 8 individual packets.) | | | |
| 330128 | G. WASHINGTON SEASONING & BROTH, RICH BROWN | 1 oz | 1.75/ea | 1.75 |
| | ▶Order 24 of this item (330128) and receive 5% case discount | | | |
| | Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, caramel color, spices, disodium guanylate, disodium inosinate.. (Contains 8 individual packets.) | | | |
| 331206 | GINGER, GROUND | 12 oz | 5.45/ea | 5.45 |
| 331267 | GOLDEN BROTH SEASONING | 13 oz | 5.95/ea | 5.95 |
| | <i>By Vegetarian Express. Ingredients:</i> Potato flour, sea salt, onion powder, garlic powder, evaporated cane juice, herbs. | | | |
| 331264 | GREEK ISLE SEASONING | .3 oz | 4.90/ea | 4.90 |
| 331964 | GREEK ISLE SEASONING | 19 oz | 15.95/ea | 15.95 |
| | <i>By Vegetarian Express. Ingredients:</i> Salt, onion, spices. | | | |
| 330855 | HERBS DE PROVENCE | .8 oz | 6.00/ea | 6.00 |
| | Ingredients: Savory, basil, lavender, fennel. | | | |
| 330561 | ITALIAN SEASONING | .5 oz | 5.00/ea | 5.00 |
| | Ingredients: Marjoram, oregano, thyme, rosemary, savory, basil, sage. | | | |
| 330274 | ITALIAN SEASONING, OG | .075 oz | 2.80/ea | 2.80 |
| | Ingredients: Organic basil, organic oregano, organic marjoram, organic rosemary. | | | |
| 330248 | KELP, POWDER | .2# | 6.75/lb | 13.50 |
| 330548 | KELP, POWDER | .5# | 6.25/lb | 31.25 |
| 331265 | LEMONY DILL SEASONING | 4.95 oz | 5.50/ea | 5.50 |
| | <i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic and onion, salt, dehydrated lemon peel, citric acid, dill weed, potato flour, seasonings, paprika, tumeric, dehydrated chives, celery salt, evaporated cane juice, parsley. | | | |
| 331054 | MARJORAM, GROUND | 10 oz | 4.40/ea | 4.40 |
| 331653 | MUSTARD, DRY GROUND | 16 oz | 4.60/ea | 4.60 |
| 330258 | MUSTARD POWDER, OG | .2 oz | 2.40/ea | 2.40 |
| 331059 | MUSTARD SEED, WHOLE | 26 oz | 7.40/ea | 7.40 |

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| | PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|--|---|---------------|----------------|----------------|
| Regrettably our prices are subject to change without notice. | HERBS AND SEASONINGS, CONTINUED | | | | |
| | 331261 | ONION, DICED 1/4 IN | 3.25# | 6.23/lb | 20.25 |
| | 332063 | ONION, GRANULATED | 1.25# | 5.20/lb | 6.50 |
| | 330445 | ONION, GRANULATED | 4# | 4.25/lb | 17.00 |
| Ingredient lists provided for reference purposes and may vary slightly | 330540 | ONION, GRANULATED | 6.2# | 5.32/lb | 33.00 |
| | 331463 | ONION FLAKES | 14 oz | 4.80/ea | 4.80 |
| | 330355 | ONION FLAKES (CHOPPED) | .3# | 4.50/lb | 13.50 |
| | 331275 | ONION POWDER | 14 oz | 4.60/ea | 4.60 |
| LS - Lightly salted | 330266 | ONION POWDER, OG | 1.75 oz | 2.40/ea | 2.40 |
| | 338252 | ONION SALT, OG (Real Salt Brand) Ingredients: Sea salt, organic onion. | .825 oz | Call for Price | |
| RNS - Roasted No Salt | 331270 | OREGANO, GROUND | 12 oz | 4.20/ea | 4.20 |
| | 330669 | OREGANO, WHOLE | .55 oz | 2.50/ea | 2.50 |
| RS - Roasted Salted | 330260 | OREGANO, WHOLE | 1.35# | 6.30/lb | 8.50 |
| | 330256 | OREGANO, WHOLE, OG | .075 oz | 2.40/ea | 2.40 |
| | 331672 | PAPRIKA | 16 oz | 6.00/ea | 6.00 |
| | 330245 | PAPRIKA, OG | .2 oz | 2.40/ea | 2.40 |
| | 331682 | PAPRIKA, SMOKED, GROUND | 16 oz | 6.25/ea | 6.25 |
| | 331076 | PARSLEY FLAKES | .2 oz | 2.00/ea | 2.00 |
| | 331280 | PARSLEY FLAKES | 12 oz | 9.00/ea | 9.00 |
| | 331080 | PEPPER, CAYENNE, RED, GROUND, 25K HU <i>HU is the measure of heat units.</i> | .16 oz | 6.50/ea | 6.50 |
| | 330262 | PEPPER, CAYENNE, GROUND, OG | 1.75 oz | 2.40/ea | 2.40 |
| | 331078 | PEPPER, GREEN BELL, DRIED | .85 oz | 5.50/ea | 5.50 |
| | 331229 | PEPPER, GREEN BELL, DRIED | 1.5# | 10.63/lb | 15.95 |
| | 331079 | PEPPER, RED BELL, DRIED | .9 oz | 6.30/ea | 6.30 |
| | 330246 | PEPPER, RED CRUSHED, OG | 1.25 oz | 2.40/ea | 2.40 |
| | 331290 | PEPPER-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic, spices, dehydrated lemon peel, salt. | .42 oz | 4.95/ea | 4.95 |
| | 330272 | PSYLLIUM HUSK, GROUND | .2# | 8.75/lb | 17.50 |
| | 330572 | PSYLLIUM HUSK, GROUND | .5# | 8.30/lb | 41.50 |
| | 330282 | PSYLLIUM HUSK, WHOLE | .2# | 10.00/lb | 20.00 |
| | 330582 | PSYLLIUM HUSK, WHOLE | .5# | 9.40/lb | 47.00 |
| Orders - Information Current Prices 1-800-456-7694 www.clnf.org | 330589 | ROASTED GARLIC & RED BELL PEPPER ZIP | .2 oz | 4.25/ea | 4.25 |
| | 332489 | ROASTED GARLIC & RED BELL PEPPER ZIP <i>By Vegetarian Express. Ingredients:</i> Garlic, red bell pepper, salt, natural flavors, spice, citric acid, extract of turmeric, annatto seed, silicone dioxide. | .24 oz | 24.75/ea | 24.75 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| HERBS AND SEASONINGS, CONTINUED | | | | |
| 331084 | ROSEMARY, GROUND | .9 oz | 4.00/ea | 4.00 |
| 330885 | ROSEMARY LEAVES | .8 oz | 3.40/ea | 3.40 |
| 330270 | ROSEMARY LEAVES, OG | .1 oz | 2.40/ea | 2.40 |
| 330410 | SAFFRON | .0.4 g | 3.25/ea | 3.25 |
| 331088 | SAGE, RUBBED | .8 oz | 4.20/ea | 4.20 |
| 331277 | SAUCY RANCH SEASONING | .2.4 oz | 3.95/ea | 3.95 |
| 331877 | SAUCY RANCH SEASONING | .18 oz | 14.25/ea | 14.25 |
| | <i>By Vegetarian Express. Ingredients: Dehydrated onion, garlic, red bell peppers, parsley, sea salt, herbs.</i> | | | |
| 331602 | SEASONED SALT | .16 oz | 2.80/ea | 2.80 |
| | Ingredients: Salt, spices including paprika and turmeric, sugar, dehydrated garlic, extractives of paprika. | | | |
| 330179 | SLIPPERY ELM, POWDERED | .1# | 28.00/ea | 28.00 |
| 332140 | TACO SEASONING | .21 oz | 6.50/ea | 6.50 |
| | Ingredients: Dehydrated garlic and onion, spices including chili pepper, salt, tricalcium | | | |
| 331097 | THYME, GROUND | .13 oz | 6.50/ea | 6.50 |
| 330268 | THYME LEAVES, OG | .0.75 oz | 2.40/ea | 2.40 |
| 330898 | THYME LEAVES, WHOLE | .8 oz | 3.80/ea | 3.80 |
| 331610 | TURMERIC, GROUND | .16 oz | 7.60/ea | 7.60 |
| 330254 | TURMERIC, GROUND, OG | .2 oz | 2.40/ea | 2.40 |
| 331216 | VEGGIE CHICK SEASONING | .6 oz | 5.40/ea | 5.40 |
| 332616 | VEGGIE CHICK SEASONING | .26 oz | 13.10/ea | 13.10 |
| | <i>By Vegetarian Express. Ingredients: Onion, garlic, sea salt, herbs, paprika, turmeric, parsley.</i> | | | |

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Ingredient lists provided for reference purposes and may vary slightly

TOMATO PRODUCTS

| | | | | |
|--------|---|--------|---------|------|
| 351651 | SALSA, CILANTRO LIME | .16 oz | 3.75/ea | 3.75 |
| | ►Order 6 of this item (351651) and receive 15% case discount | | | |
| | Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder. | | | |
| 351656 | SALSA, GARLIC CHIPOTLE LIME | .16 oz | 3.75/ea | 3.75 |
| | ►Order 6 of this item (351656) and receive 15% case discount | | | |
| | Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), garlic, lime juice, sea salt, spice, chipotle pepper. | | | |
| 351658 | SALSA, HOT MESS | .16 oz | 3.75/ea | 3.75 |
| | ►Order 6 of this item (351658) and receive 15% case discount | | | |
| | Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, garlic, habanero pepper, sea salt, lime juice powder, ghost chili pepper, scorpion chili pepper. | | | |

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| <u>TOMATO PRODUCTS, CONTINUED</u> | | | | |
| 351654 | SALSA, MANGO ▶Order 6 of this item (351654) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder. | .16 oz | 3.75/ea | 3.75 |
| 351655 | SALSA, MANGO HABANERO ▶Order 6 of this item (351655) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), mango, evaporated cane juice, sweet onion, green bell pepper, sea salt, lime juice powder. | .16 oz | 3.75/ea | 3.75 |
| 351652 | SALSA, MILDLY DELICIOUS ▶Order 6 of this item (351652) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green pepper, garlic, evaporated cane juice, sea salt, lime juice powder, spice. | .16 oz | 3.75/ea | 3.75 |
| 351657 | SALSA, WICKEDLY DELICIOUS ▶Order 6 of this item (351657) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, serrano pepper, evaporate cane juice, garlic, habanero chili pepper, sea salt, lime juice powder, ghost chili pepper, scorpion pepper. | .16 oz | 3.75/ea | 3.75 |
| 351653 | SALSA, WILDLY DELICIOUS ▶Order 6 of this item (351653) and receive 15% case discount Ingredients: Tomatoes (tomatoes, tomato juice, sea salt, naturally derived citric acid, calcium chloride), sweet onion, green bell pepper, cilantro, garlic, sea salt, lime juice powder. | .16 oz | 3.75/ea | 3.75 |
| 352603 | SPAGHETTI SAUCE, MARINARA, FAT FREE ▶Order 12 of this item (352603) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery. | .24 oz | 3.00/ea | 3.00 |
| 352605 | SPAGHETTI SAUCE, MUSHROOM ▶Order 12 of this item (352605) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), tomato puree (water tomato paste), mushrooms, imported olive oil, salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery. | .24 oz | 3.00/ea | 3.00 |
| 352602 | SPAGHETTI SAUCE, ROASTED GARLIC ▶Order 12 of this item (352602) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), roasted garlic, salt, imported olive oil, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices. | .24 oz | 3.00/ea | 3.00 |
| 352604 | SPAGHETTI SAUCE, TOMATO BASIL ▶Order 12 of this item (352604) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices. | .24 oz | 3.00/ea | 3.00 |
| 352601 | SPAGHETTI SAUCE, TRADITIONAL ▶Order 12 of this item (352601) and receive 5% case discount Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, roasted garlic, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices. | .24 oz | 3.00/ea | 3.00 |
| 352955 | TOMATO PUREE, DeLallo Ingredients: Tomatoes, citric acid. | .12/29 oz | 2.25/ea | 27.00 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| <u>TOMATO PRODUCTS, CONTINUED</u> | | | | |
| 352401 | TOMATO PUREE RICH PASSATA | .24 oz | 2.25/ea | 2.25 |
| | ▶Order 12 of this item (352401) and receive 5% case discount Ingredients: Tomatoes, citric acid. | | | |
| 352960 | TOMATO SAUCE, DeLallo | .12/29 oz | 1.65/ea | 19.80 |
| | Ingredients: Tomato concentrate, salt, corn syrup, citric acid, natural flavoring. | | | |
| 352800 | TOMATOES, CRUSHED, IMP | .12/28 oz | 2.00/ea | 24.00 |
| | Ingredients: Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil. | | | |
| 352850 | TOMATOES, DICED, OG | .28 oz | 2.80/ea | 2.80 |
| | ▶Order 12 of this item (352850) and receive 5% case discount Ingredients: Organic peeled diced tomatoes, organic tomato juice. | | | |

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JELS AND STARCHES

| | | | | |
|--------|---|---------|----------|-------|
| 360803 | AGAR POWDER | .4 oz | 8.75/ea | 8.75 |
| 331005 | ARROWROOT POWDER | .24 oz | 3.85/ea | 3.85 |
| 330522 | ARROWROOT POWDER | .4.5# | 2.50/lb | 11.25 |
| 360126 | CLEAR JEL | .1# | 4.00/ea | 4.00 |
| | Ingredient: Modified waxy maize food starch. Non-instant; for cooking. | | | |
| 360127 | CLEAR JEL, INSTANT | .1# | 4.00/ea | 4.00 |
| | Ingredient: Pre-cooked modified waxy maize starch. | | | |
| 361205 | CORN STARCH, RUMFORD, NATURAL (Non-GMO) | .12 oz | 2.00/ea | 2.00 |
| 360305 | CORN STARCH, RUMFORD, NATURAL (Non-GMO) | .3# | 2.42/lb | 7.25 |
| 361601 | DESSERT JEL, ORANGE | .0.7 oz | 2.25/ea | 2.25 |
| | Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (orange), natural color (beta carotene, beet). | | | |
| 361602 | DESSERT JEL, PEACH | .0.7 oz | 2.25/ea | 2.25 |
| | Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (peach), natural color (beta carotene, beet). | | | |
| 361603 | DESSERT JEL, RASPBERRY | .0.7 oz | 2.25/ea | 2.25 |
| | Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (raspberry), natural color (beta carotene, beet). | | | |
| 361604 | DESSERT JEL, STRAWBERRY | .0.7 oz | 2.25/ea | 2.25 |
| | Ingredients: Xylitol, isomalt, carrageenan, citric acid, potassium citrate, natural flavor (strawberry), natural color (beta carotene, beet). | | | |
| 361605 | DESSERT JEL, UNFLAVORED | .0.3 oz | 2.25/ea | 2.25 |
| | Ingredients: Carrageenan, citric acid, potassium citrate, erythritol, stevia extract. | | | |
| 360139 | GUAR GUM | .1# | 11.75/ea | 11.75 |
| 230100 | PECTIN, POMONA'S UNIVERSAL | .1 oz | 4.25/ea | 4.25 |
| | One package of Pomona's Pectin makes 10 pints of jam. | | | |
| 330170 | POTATO STARCH | .2# | 2.50/lb | 5.00 |
| 330570 | POTATO STARCH | .5# | 2.05/lb | 10.25 |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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|-------------------------------------|----------------------|---------------|------------|----------------|
| JELS AND STARCHES, CONTINUED | | | | |
| 330180 | TAPIOCA, FLOUR | .24 oz | 2.10/ea | 2.10 |
| 330580 | TAPIOCA, FLOUR | 4.5# | 1.50/lb | 6.75 |
| 360195 | TAPIOCA, GRANULATED | .16 oz | 4.00/ea | 4.00 |
| 330595 | TAPIOCA, GRANULATED | .5# | 3.25/lb | 16.25 |
| 360194 | TAPIOCA, SMALL PEARL | .16 oz | 4.75/ea | 4.75 |
| 330594 | TAPIOCA, SMALL PEARL | .5# | 3.65/lb | 18.25 |

CRACKERS AND SNACKS

| | | | | |
|--------|--|-----------|---------|-------|
| 370824 | PUMPKIES, HOT | .8 oz | 4.50/ea | 4.50 |
| | Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic, cayenne pepper. | | | |
| 370828 | PUMPKIES, ORIGINAL | .8 oz | 4.50/ea | 4.50 |
| | Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic. | | | |
| 370645 | RICE CAKES, LUNDBERG, NS | .8.5 oz | 3.10/ea | 3.10 |
| | ▶Order 6 of this item (370645) and receive 5% case discount | | | |
| 370640 | RICE CAKES, LUNDBERG, +S | .8.5 oz | 3.10/ea | 3.10 |
| | ▶Order 6 of this item (370640) and receive 5% case discount | | | |
| 370642 | RICE CAKES, LUNDBERG, NS, OG | .8.5 oz | 3.50/ea | 3.50 |
| | ▶Order 6 of this item (370642) and receive 5% case discount | | | |
| 370639 | RICE CAKES, LUNDBERG, +S, OG | .8.5 oz | 3.50/ea | 3.50 |
| | ▶Order 6 of this item (370639) and receive 5% case discount | | | |
| 370614 | RICE CHIPS, SANTA FE BARBEQUE | .6 oz | 2.80/ea | 2.80 |
| | ▶Order 12 of this item (370614) and receive 15% case discount | | | |
| | Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, evaporated cane juice, sea salt, dehydrated vegetables (onion, tomato, garlic), paprika, ginger, cayenne pepper, torula yeast, honey, yeast extract, citric acid, tricalcium phosphate, natural hickory smoke flavor, natural caramel color. | | | |
| 370618 | RICE CHIPS, SEA SALT | .6 oz | 2.80/ea | 2.80 |
| | ▶Order 12 of this item (370618) and receive 15% case discount | | | |
| | Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, sea salt, natural caramel color. | | | |
| 370620 | RICE CHIPS, SESAME & SEAWEED | .6 oz | 2.80/ea | 2.80 |
| | ▶Order 12 of this item (370620) and receive 15% case discount | | | |
| | Ingredients: Organic whole grain brown rice, organic rice flour (organic whole brown rice flour, organic rice flour), high oleic expeller-pressed safflower or sunflower oil, organic whole masa corn flour, organic sesame seeds, dried cane syrup, less than 2% of the following: salt, organic rice concentrate, garlic powder, sesame oil, onion powder, spices (ginger, red pepper), honey, citric acid, paprika, natural caramel color, and organic seaweed flakes. | | | |
| 370085 | RICE THINS, BROWN | .12/3.5oz | 2.30/ea | 27.60 |
| | Ingredients: Brown rice, safflower oil, salt, soybean tocopherols. | | | |
| 370087 | RICE THINS, SESAME | .12/4.25 | 2.30/ea | 27.60 |
| | Ingredients: Rice flour, sesame seed, sesame flour, tamari soy sauce powder [tamari soy sauce (soy-beans, salt), maltodextrin], salt, and garlic. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---------------------------------------|---|---------------|------------|----------------|
| CRACKERS AND SNACKS, CONTINUED | | | | |
| 370176 | SESAME STICKS, EVERYTHING | .1# | 3.40/lb | 3.40 |
| 370076 | SESAME STICKS, EVERYTHING | .2/7.5 lb | 2.10/lb | 31.50 |
| | Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, ground bulgur wheat, poppy seeds, salt, garlic powder, minced onion, turmeric, beet powder. | | | |
| 370178 | SESAME STICKS, GARLIC | .1# | 3.40/lb | 3.40 |
| 370078 | SESAME STICKS, GARLIC | .2/7.5 lb | 2.20/lb | 33.00 |
| | Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgur wheat, salt, garlic powder, beet powder, turmeric. | | | |
| 370175 | SESAME STICKS, OAT BRAN | .1# | 3.40/lb | 3.40 |
| 370075 | SESAME STICKS, OAT BRAN | .2/7.5 lb | 2.10/lb | 31.50 |
| | Ingredients: Unbleached white flour, (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), bulgur wheat, sesame seeds, oat bran, salt, turmeric, beet powder. | | | |
| 370174 | SESAME STICKS, SALTED | .1# | 3.40/lb | 3.40 |
| 370074 | SESAME STICKS, SALTED | .2/7.5 lb | 2.20/lb | 33.00 |
| | Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil (non-GMO), sesame seeds, bulgur wheat, salt, beet powder, turmeric. | | | |
| 370180 | SESAME STICKS, SALTED. OG | .1# | 3.50/lb | 3.50 |
| 370080 | SESAME STICKS, SALTED. OG | .2/7.5 lb | 2.40/lb | 36.00 |
| | Ingredients: Wheat flour (wheat flour, niacin, reduced iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), expeller pressed soybean oil, sesame seeds, bulgur wheat, salt turmeric. (All organic.) | | | |
| 370560 | SOYNUTS, DRY ROAST, OG, LS | .5# | 2.75/lb | 13.75 |
| 373057 | SOYNUTS, DRY ROAST, OG, LS | .30# | 2.30/lb | 69.00 |
| | Ingredients: Organic soybeans, salt, soybean oil (less than 0.05%). | | | |
| 370561 | SOYNUTS, DRY ROAST, OG, NS | .5# | 2.75/lb | 13.75 |
| 373058 | SOYNUTS, DRY ROAST, OG, NS | .30# | 2.30/lb | 69.00 |
| | Ingredient: Organic soybeans. | | | |
| 371470 | TORTILLA CHIPS, BLUE, OG, WHOLE GRAIN | .14 oz | 4.25/ea | 4.25 |
| | ▶ Order 12 of this item (371470) and receive 5% case discount | | | |
| | Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown blue corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt, trace of lime. | | | |
| 371102 | TORTILLA CHIPS, CHIA & QUINOA, OG | .11 oz | 3.25/ea | 3.25 |
| | Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, organic chia seeds, organic quinoa, sea salt. | | | |
| 371101 | TORTILLA CHIPS, SEA SALT, OG | .11 oz | 3.25/ea | 3.25 |
| | Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or safflower oil, sea salt. | | | |
| 371103 | TORTILLA CHIPS, SEA SALT/LIME, OG | .11 oz | 3.25/ea | 3.25 |
| | Ingredients: Organic whole ground corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, sea salt, organic lime oil. | | | |
| 370510 | TORTILLA CHIPS, SWEET POTATO, OG | .5.5 oz | 2.50/ea | 2.50 |
| | Ingredients: Organic ground whole white corn, organic ground whole yellow corn, organic expeller pressed sunflower oil and/or organic expeller pressed safflower oil, organic sweet potato, organic brown rice, organic evaporated cane juice, organic chia seeds, sea salt. | | | |
| 371601 | TORTILLA CHIPS, YELLOW, OG, WHOLE GRAIN | .16 oz | 4.25/ea | 4.25 |
| | ▶ Order 12 of this item (371601) and receive 5% case discount | | | |
| | Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown whole kernel hi-lysine corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt. | | | |

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Ingredient lists provided for reference purposes and may vary slightly

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--|---|---------------|------------|----------------|
| <p>• Certified Gluten Free. From Bob's Red Mill, except 50# oats.</p> | | | | |
| 390502 | 1 TO 1 BAKING FLOUR, GF | .4# | 2.95/lb | 11.80 |
| 392502 | 1 TO 1 BAKING FLOUR, GF | .25# | 2.40/lb | 60.00 |
| <p>Ingredients: Sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum.</p> | | | | |
| 391605 | COCONUT FLOUR, OG | .16 oz | 6.50/ea | 6.50 |
| 393201 | FLAXSEED MEAL, BROWN, OG | .32 oz | 7.00/ea | 7.00 |
| 394401 | FLOUR, ALL PURPOSE | .44 oz | 8.25/ea | 8.25 |
| 392501 | FLOUR, ALL PURPOSE | .25# | 2.20/lb | 55.00 |
| <p>Ingredients: Garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour .</p> | | | | |
| 391670 | GARBANZO BEAN FLOUR | .16 oz | 2.50/ea | 2.50 |
| 392570 | GARBANZO BEAN FLOUR | .25# | 1.80/lb | 45.00 |
| 395030 | OAT GROATS, STEEL CUT, GF (Grain Millers) | .50# | 1.00/lb | 50.00 |
| 392860 | OATS, QUICK ROLLED, GF | .28 oz | 2.98/lb | 5.95 |
| 392560 | OATS, QUICK ROLLED, GF | .25# | 2.20/lb | 55.00 |
| 395020 | OATS, QUICK ROLLED, GF (Grain Millers) | .50# | 1.40/lb | 70.00 |
| 393280 | OATS, QUICK ROLLED, GF, OG | .32 oz | 3.63/lb | 7.25 |
| 392580 | OATS, QUICK ROLLED, GF, OG | .25# | 2.40/lb | 60.00 |
| 393220 | OATS, REGULAR ROLLED,GF | .32 oz | 3.38lb | 6.75 |
| 392520 | OATS, REGULAR ROLLED,GF | .25# | 2.20/lb | 55.00 |
| 395010 | OATS, REGULAR ROLLED,GF (Grain Millers) | .50# | 1.40/lb | 70.00 |
| 393290 | OATS, REGULAR ROLLED,GF, OG | .32 oz | 3.63/lb | 7.25 |
| 392590 | OATS, REGULAR ROLLED,GF, OG | .25# | 2.40/lb | 60.00 |
| 392415 | PANCAKE MIX | .24 oz | 4.90/ea | 4.90 |
| <p>Ingredients: Potato starch, whole grain sweet white sorghum flour, tapioca flour, whole grain corn flour, evaporated cane juice, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, sea salt (magnesium carbonate as flowing agent), xanthan gum.</p> | | | | |
| 392505 | RICE FLOUR, BROWN, OG | .25# | 2.00/lb | 50.00 |
| 392402 | RICE FLOUR, WHITE | .24 oz | 3.40/ea | 3.40 |
| 392230 | SORGHUM FLOUR,. WHITE | .22 oz | 3.95/ea | 3.95 |
| 392530 | SORGHUM FLOUR, WHITE | .25# | 1.80/lb | 45.00 |
| 391604 | TAPIOCA FLOUR | .16 oz | 3.25/ea | 3.25 |
| 392504 | TAPIOCA FLOUR | .25# | 1.80/lb | 45.00 |
| 392418 | TEFF GRAIN | .24 oz | 5.95/ea | 5.95 |
| 390810 | XANTHAN GUM | .8 oz | 10.50/ea | 10.50 |

ESSENTIAL OILS

From Now Solutions

| | | | | |
|--------|---------------------------|----------|-----------|-------|
| 450400 | ALMOND OIL | .4 fl oz | 0.91/oz | 3.65 |
| 450101 | BERGAMOT OIL | .1 fl oz | 11.50/ea | 11.50 |
| 450130 | BUG BAN OIL | .1 fl oz | 8.15/ea | 8.15 |
| 450119 | CEDARWOOD OIL | .1 fl oz | 4.25/ea | 4.25 |
| 450118 | CHEER UP BUTTERCUP OIL | .1 fl oz | 9.55/ea | 9.55 |
| 450124 | CITRONELLA OIL | .1 fl oz | 3.95/ea | 3.95 |
| 450102 | CLOVE OIL | .1 fl oz | 4.85/ea | 4.85 |
| 450103 | EUCALYPTUS OIL | .1 fl oz | 3.55/ea | 3.55 |
| 450105 | FRANKINCENSE OIL, 20% | .1 fl oz | 7.25/ea | 7.25 |
| 450104 | FRANKINCENSE OIL, PURE | .1 fl oz | 16.95/ea | 16.95 |
| 450122 | GERANIUM OIL | .1 fl oz | 11.85//ea | 11.85 |
| 450126 | GINGER OIL | .1 fl oz | 7.25/ea | 7.25 |
| 450117 | GRAPEFRUIT OIL | .1 fl oz | 7.65/ea | 7.65 |
| 450106 | JASMINE OIL BLEND | .1 fl oz | 5.80/ea | 5.80 |
| 450107 | LAVENDER OIL | .1 fl oz | 7.95/ea | 7.95 |
| 450407 | LAVENDER OIL | .4 fl oz | 6.94/oz | 27.75 |
| 450128 | LAVENDER TEA TREE OIL | .1 fl oz | 8.90/ea | 8.90 |
| 450108 | LEMON OIL | .1 fl oz | 4.65/ea | 4.65 |
| 450109 | LEMONGRASS OIL | .1 fl oz | 4.35/ea | 4.35 |
| 450125 | MENTAL FOCUS OIL | .1 fl oz | 8.50/ea | 8.50 |
| 450123 | MYRRH OIL BLEND | .1 fl oz | 8.20/ea | 8.20 |
| 450115 | NATURE'S SHIELD OIL BLEND | .1 fl oz | 13.95/ea | 13.95 |
| 450121 | NEEM OIL | .1 fl oz | 6.25/ea | 6.25 |
| 450110 | ORANGE OIL | .1 fl oz | 3.15//ea | 3.15 |
| 450111 | OREGANO OIL | .1 fl oz | 12.15/ea | 12.15 |
| 450116 | PATCHOULI OIL | .1 fl oz | 11.65/ea | 11.65 |
| 450112 | PEPPERMINT OIL | .1 fl oz | 5.65/ea | 5.65 |
| 450412 | PEPPERMINT OIL | .4 fl oz | 3.69/oz | 14.75 |
| 450127 | PINE NEEDLE OIL | .1 fl oz | 6.95/ea | 6.95 |
| 450113 | ROSE ABSOLUTE OIL 5% | .1 fl oz | 10.95/ea | 10.95 |
| 450120 | ROSEMARY OIL | .1 fl oz | 5.80/ea | 5.80 |
| 450114 | TEA TREE OIL | .1 fl oz | 5.95/ea | 5.95 |
| 450414 | TEA TREE OIL | .4 fl oz | 4.24/oz | 16.95 |
| 450001 | ULTRASONIC OIL DIFFUSER | | 44.95/EA | 44.95 |

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‡Cannot Ship by UPS

VITAMINS AND SUPPLEMENTS

| | | | | |
|--------|----------------------|------------|--|-------|
| 482932 | ACIDOPHILUS+BIFIDUS | .120 VCAPS | | 17.85 |
| 484603 | ASHWAGANDHA 450mg | .90VCAPS | | 10.10 |
| 480474 | BIOTIN 5000mcg | .120 VCAPS | | 10.70 |
| 481272 | CALCIUM+MAGNESIUM | .250 TABS | | 15.30 |
| 483686 | CLINICAL OPC 300mg | .60 CAPS | | 32.00 |
| 483212 | CoQ10 100mg | .90VCAPS | | 21.40 |
| 483230 | CRANBERRY CAPS 700mg | .100 VCAPS | | 10.80 |

Orders - Information
Current Prices
1-800-456-7694
www.clnf.org

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---|-----------------------------|---------------|------------|----------------|
| <u>VITAMINS AND SUPPLEMENTS, CONTINUED</u> | | | | |
| 483646 | CURAMED BCM-95 500mg | .60 CAPS | | 44.80 |
| 483602 | CURAMIN EX STR | .120 TABS | | 67.20 |
| 484662 | ECHINACEA 400mg | .250 VCAPS | | 15.30 |
| 483130 | GLUCOSAMINE+MSM | 120 VCAPS | | 13.10 |
| 484692 | GOLDENSEAL ROOT 500mg | .100VCAPS | | 19.10 |
| 480806 | HEMP 25 CLASSIC TINCTURE | .1 FI Oz | | 56.00 |
| 480836 | HEMP 50 CLASSIC TINCTURE | .1 FI Oz | | 98.00 |
| 480808 | HEMP 25 PEPPERMINT TINCTURE | .1 FI Oz | | 56.00 |
| 483603 | HEMP SELECT LIQUID | .1 FI Oz | | 28.80 |
| 480102 | LYSINE 500mg | .250 TABS | | 10.70 |
| 481290 | MAGNESIUM CIT. 200mg | .100 TABS | | 8.90 |
| 483257 | MELATONIN 3mg | .180 VCAPS | | 8.90 |
| 483846 | MULTIFOOD MULTIVITAMIN | .90 TABS | | 19.10 |
| 484722 | OLIVE LEAF EXT 500mg | .120 VCAPS | | 13.10 |
| 482926 | PROBIOTIC-10 25 BILL. | .50 VCAPS | | 17.85 |
| 484754 | RHODIOLA 500mg EXT 3% | .60 VCAPS | | 12.75 |
| 481486 | SELENIUM 200mcg | .180 VCAPS | | 11.30 |
| 484753 | SILYMARIN 300mg | .200 VCAPS | | 26.20 |
| 483110 | TURMERIC+BROMELAIN | .90 VCAPS | | 17.85 |
| 484771 | VALERIAN ROOT 500mg | .250VCAPS | | 11.90 |
| 480459 | VIT B-12 2000mcg- | .100 LOZENGES | | 8.90 |
| 480452 | VIT B-12 LIQUID | .4 FL OZ | | 9.50 |
| 480992 | VIT K-2 (MK7) 100mcg | .60 VCAPS | | 11.90 |
| 480682 | VITAMIN C 1000mg | .250 TABS | | 14.70 |
| 480368 | VITAMIN D 1000iu VEG | .120 VCAPS | | 5.95 |

ODDS AND ENDS

| | | | | |
|--------|---|----------|----------|-------|
| 303250 | APPLE CIDER VINEGAR CLEANSE CONCENTRATE | .32 oz | 14.95/ea | 14.95 |
| | Ingredients: Organic apple cider vinegar, organic honey, purified water and organic cayenne pepper, organic lemon juice concentrate. | | | |
| 303280 | APPLE CIDER VINEGAR, OG (Bragg's) | .32 oz | 5.45/ea | 5.45 |
| | ►Order 12 of this item (303280) and receive 15% case discount | | | |
| 300180 | APPLE CIDER VINEGAR, OG (Bragg's) | .1 gal | 18.75/ea | 18.75 |
| 300182 | APPLE CIDER VINEGAR, OG (Not Bragg's Brand) | .1 gal | 14.25/ea | 14.25 |
| | ►Order 4 of this item (300182) and receive 5% case discount | | | |
| | Made from 100% organic apples. | | | |
| 230082 | BAKING POWDER, ENER-G (Aluminum-free) | .7.05 oz | 5.25/ea | 5.25 |
| | Ingredients: Calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid. | | | |
| 301074 | BAKING POWDER, RUMFORD (Aluminum-free) | .8.1 oz | 2.65/ea | 2.65 |
| 300582 | BAKING POWDER, RUMFORD (Aluminum-free) | .5# | 2.75/lb | 13.75 |
| | Ingredients Calcium acid phosphate, bicarbonate of soda, cornstarch. | | | |
| 300140 | BEE POLLEN, GRANULES | .16 oz | 9.50/lb | 9.50 |
| 231085 | BRAGG'S COCONUT LIQUID AMINOS, OG | .10 oz | 5.50/ea | 5.50 |
| | Ingredients: Coconut tree sap, distilled water, sea salt, apple cider vinegar. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---------------------------------|---|-------------------------|------------|----------------|
| ODDS AND ENDS, CONTINUED | | | | |
| 230645 | BRAGG'S LIQUID AMINOS (Spray Bottle) | .6oz | 2.75/ea | 2.75 |
| 231645 | BRAGG'S LIQUID AMINOS | .16oz | 3.75/ea | 3.75 |
| 231045 | BRAGG'S LIQUID AMINOS | .32 oz | 6.50/ea | 6.50 |
| | ▶Order 12 of this item (231045) and receive 5% case discount | | | |
| 301286 | BRAGG'S LIQUID AMINOS | .1 gal | 23.25/ea | 23.25 |
| | Unfermented! Ingredients: Soybeans, purified water. | | | |
| 300702 | BUENO COFFEE SUBSTITUTE, HAZELNUT | .7 oz | 5.25/ea | 5.25 |
| | For brewing; not instant. Ingredients: Garbanzo beans, natural hazelnut flavor. | | | |
| 300701 | BUENO COFFEE SUBSTITUTE, ORIGINAL | .7 oz | 5.25/ea | 5.25 |
| | For brewing; not instant. Ingredient: Garbanzo beans. | | | |
| 300703 | BUENO COFFEE SUBSTITUTE, PECAN PRALINE | .7 oz | 5.25/ea | 5.25 |
| | For brewing; not instant. Ingredients: Garbanzo beans, natural pecan flavor. | | | |
| 150210 | CAFIX CRYSTALS BEVERAGE | .7 oz | 5.95/ea | 5.95 |
| | ▶Order 12 of this item (150210) and receive 5% case discount | | | |
| | Rich coffee-like flavor, but no caffeine. Instant. | | | |
| | Ingredients: Roasted barley, rye, chicory, and beet roots. | | | |
| 230026 | CHARCOAL CAPSULES, ACTIVATED | .125 ct | 11.50/ea | 11.50 |
| | USP Grade. Vegi-caps! Ingredients: Charcoal, microcrystalline cellulose, maltodextrin, magnesium stearate, stearic acid, silica. | | | |
| 300611 | CHARCOAL C-PATCH PAD SMALL, 5.5"X4" (14X10 CM) | .5-pack | 1.10/ea | 5.50 |
| 301011 | CHARCOAL C-PATCH PAD MEDIUM, 5.5"X7.4" (14X19 CM) | .8 pack | 2.35/ea | 18.80 |
| 301012 | CHARCOAL C-PATCH PAD LARGE, 5.5"X15" (14X38 CM) | .8 pack | 3.75/ea | 30.00 |
| 230029 | CHARCOAL POWDER, ACTIVATED | .10 oz | 12.25/ea | 12.25 |
| 232423 | CHARCOAL POWDER, ACTIVATED | .24 oz | 21.00/ea | 21.00 |
| 300622 | CHARCOAL POWDER, ACTIVATED, USP (Food Grade) | .6 oz | 19.25/ea | 19.25 |
| 231016 | CHARCOAL TABLETS, ACTIVATED (Sugar Free) | .130 ct | 11.25/ea | 11.25 |
| 230030 | CHARCOAL TABLETS, ACTIVATED (Sugar Free) | .360 ct | 22.00/ea | 22.00 |
| | USP Grade. Ingredients: Charcoal, acacia gum, microcrystalline cellulose, stearic acid, magnesium stearate. | | | |
| 300150 | CITRIC ACID | .1# | 7.50/lb | 7.50 |
| 230543 | DIATOMACEOUS EARTH, PRESERVATIVE | .5# | 2.60/lb | 13.00 |
| 300045 | EASY BUCKET OPENER (Plastic) | .each | 2.95/ea | 2.95 |
| 302017 | EASY BUCKET OPENER, HEAVY DUTY (Aluminum) | .each | 11.75/ea | 11.75 |
| 309508 | GRAVY MIX, CREAMY WHITE | .9.5 oz | 5.75/ea | 5.75 |
| | <i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, dehydrated potato, cane juice, salt, dehydrated garlic and onion, herbs, dehydrated lemon peel, spice extract. | | | |
| 301009 | GRAVY MIX, RICH BROWN | .9.7 oz | 5.75/ea | 5.75 |
| | <i>By Vegetarian Express. Ingredients:</i> Unbleached wheat flour, potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, herbs. | | | |
| 301800 | JUST BARLEY® - GREEN CAPSULES (Vegetarian) | .180 capsules | 23.00/ea | 23.00 |
| 308080 | JUST BARLEY® - GREEN POWDER, OG | .80 servings (80 grams) | 22.00/ea | 22.00 |
| | 100% pure green barley juice extract. | | | |

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|---------------------------------|--|---------------|------------|----------------|
| ODDS AND ENDS, CONTINUED | | | | |
| 414246 | LID, GAMMA SEAL (For 5-gallon size pail) | each | 5.95/ea | 5.95 |
| | Spin-on removable lid; reusable; airtight seal. | | | |
| 230075 | OLIVES, BLACK PITTED, Lindsay | 12/6 oz | 2.25/ea | 27.00 |
| | Ingredients: Ripe olives, water, sea salt. | | | |
| 230070 | OLIVES, GREEN PITTED, Lindsay | 12/6 oz | 2.25/ea | 27.00 |
| | Ingredients: California ripe olives, water, salt. | | | |
| 414241 | PAIL, WHITE, WITH LID, ONE-GALLON SIZE | each | 2.25/ea | 2.25 |
| ‡414245 | PAIL, WHITE, WITH LID, FIVE-GALLON SIZE | each | 5.70/ea | 5.70 |
| 309918 | PARCHMENT PAPER 15" (123 Sq Ft) | | 6.30/ea | 6.30 |
| 304418 | PARCHMENT PAPER, NATURAL (41 Sq Ft) | 15"X33' | 2.95/ea | 2.95 |
| 301020 | PARCHMENT PAPER BAGS, 8"x3.25"x14" (For Oven Cooking) | 10 count | 0.33 ea | 3.25 |
| 301640 | PICKLE DISCS, PA'S | 16 oz | 4.50/ea | 4.50 |
| | HAMBURGER PICKLES WITH LEMON JUICE! Ingredients: Cucumbers, Sugar, Water, Lemon juice from concentrate ((water, concentrated lemon juice), sodium benzoate, sodium metabisulfite, and sodium sulfite (preservatives), Lemon Oil), salt, citric acid, calcium chloride, natural and artificial flavor, turmeric and 1/10 of 1% benzoate of soda added as a preservative. | | | |
| 301660 | PICKLE RELISH, PA'S | 16 oz | 4.50/ea | 4.50 |
| | Ingredients: Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda. | | | |
| 301680 | PICKLE SPEARS, PA'S | 16 oz | 4.50/ea | 4.50 |
| | Ingredients: Cucumbers, sugar, water, lemon juice from concentrate, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil, salt, citric acid, calcium chloride, natural and artificial flavor, turmeric, benzoate of soda. | | | |
| 302824 | PIMIENTOS, UNPEELED, DICED | .28 oz | 3.50/ea | 3.50 |
| | Ingredients: Pimientos, water, citric acid. | | | |
| 170530 | POHONKA'S WAFFLE & PANCAKE MIX | .5# | 1.85/lb | 9.25 |
| | Ingredients: Wheat, buckwheat, barley, oats and soy flour, crystallized cane juice, Rumford baking powder, salt. | | | |
| 306064 | RICE NOODLE BOWL, SPRING ONION | .6/2.4 oz | 1.40/ea | 8.40 |
| | Ingredients: Noodle : Rice, water. Seasoning: Sugar, sea salt, yeast extract, onion, fried shallot (shallot, palm oil), shallot, spice (including turmeric), garlic, silicon dioxide (to make free flowing), citric acid. Oil Packet: Soybean oil, garlic, red chili pepper, onion. Vegetable packet: spring onion. | | | |
| 306124 | RICE NOODLES, GARLIC & VEGETABLE | 12/1.6 oz | 1.00/ea | 12.00 |
| | Ingredients: Rice, tapioca starch, water. Seasoning: sugar, salt, garlic, hydrolyzed soy and mung bean protein, yeast extract, spice (including red chili pepper), potassium chloride, corn maltodextrin, soybean oil, green onion, citric acid. Oil Packet: soybean oil, red chili pepper, garlic, shallot, tocopherol (as an antioxidant). | | | |
| 306128 | RICE NOODLES, SPRING ONION | 12/1.6 oz | 1.00/ea | 12.00 |
| | Ingredients: Noodle: Rice, tapioca starch, water. Seasoning: sugar, salt, onion, hydrolyzed soy and mungbean protein, garlic, spices (including turmeric), yeast extract, potassium chloride, spring onion, soybean oil, citric acid. Oil packet: Soybean oil, red chili pepper, garlic shallot, tocopherol (anti oxidant). | | | |
| 300700 | ROMA (Coffee Substitute) | .7 oz | 7.50/ea | 7.50 |
| | Ingredients: Roasted barley, roasted malt barley, roasted chicory, roasted rye. | | | |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|---------------------------------|---|---------------|----------------|----------------|
| ODDS AND ENDS, CONTINUED | | | | |
| 230924 | SALT, EARTH, 'REAL SALT'™ SHAKER | .10 oz | Call for Price | |
| 232663 | SALT, EARTH, 'REAL SALT'™ Now labeled as "Sea Salt" on package | .26oz | Call for Price | |
| 232563 | SALT, EARTH, 'REAL SALT'™ | .25 # | Call for Price | |
| 304059 | SALT,PINK HIMALAYAN | .40 oz | 5.65/ea | 5.65 |
| 301673 | SALT, REAL, COARSE | .16 oz | Call for Price | |
| 301683 | SALT, REAL, KOSHER | .16 oz | Call for Price | |
| 300500 | SALT, SEA, (Contains Iodine) | .5# | 0.75/lb | 3.75 |
| 235510 | SALT, SEA, (Contains Iodine) Ingredients: Sea salt, magnesium carbonate, dextrose, potassium iodide, sodium bicarbonate. | .55# | 0.45/lb | 25.00 |
| 230519 | SALT, SEA (Does NOT contain Iodine) | .5# | 0.75/lb | 3.75 |
| 235519 | SALT, SEA (Does NOT contain Iodine) Ingredients: Sea salt, magnesium carbonate. | .55# | 0.45/lb | 25.00 |
| 170515 | SESAME CORN OAT WAFFLE MIX Ingredients: Rolled oats, cornmeal (organic), hulled sesame seeds, barley malt powder. | 5# | 1.50/lb | 7.50 |
| | <ul style="list-style-type: none"> • Mori-Nu tofu needs no refrigeration, and is non-GMO. • Gluconolactone is a non-dairy coagulant derived from food starch. | | | |
| 301298 | TOFU, MORI-NU, EX-FIRM | .12/12.3oz | 1.65/ea | 19.80 |
| 301284 | TOFU, MORI-NU, FIRM | .12/12.3oz | 1.65/ea | 19.80 |
| 301235 | TOFU, MORI-NU, LITE, FIRM Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride. | .12/12.3oz | 1.65/ea | 19.80 |
| 301271 | TOFU, MORI-NU, SOFT Ingredients: Water, soybeans, gluconolactone, calcium chloride. | .12/12 oz | 1.65/ea | 19.80 |
| 301267 | TOFU, OG Ingredients: Soymilk (filtered water and organic soybeans), glucono-delta-lactone, calcium chloride. | .12/12 oz | 1.80/ea | 21.60 |
| 230568 | VITAMIN C, POWDER ASCORBIC ACID , PURE 1/4 tsp.=980mg. Use for dough enhancer 1/4 tsp. for 5 loaves. | .1# | 15.50/lb | 15.50 |
| 230180 | YEAST, SAF--INSTANT RED (BAKING) | .1# | 4.25/lb | 4.25 |
| 230081 | YEAST, SAF--INSTANT RED (BAKING) | .50# | 3.40/lb | 170.00 |
| 300506 | YEAST FLAKES, NUTRITIONAL, SHAKER, W/B-12, RED STAR® 5 oz Ingredients: Inactive dry yeast, niacin, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, vitamin B12. | 5 oz | 4.95/ea | 4.95 |
| 230115 | YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® | .1# | 8.95/lb | 8.95 |
| 230350 | YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® | .3# | 7.60/lb | 22.80 |
| 231215 | YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® | .10# | 6.35/lb | 63.50 |
| 231250 | YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR® <i>Not brewer's yeast. Nutritional yeast flakes has a toasted, nutty, cheesy flavor.</i> Vegetarian Formula Certified Candida Negative. Ingredients: Dried yeast, niacin, riboflavin (B-2), thiamin hydrochloride(B-1), pyridoxine hydrochloride(B-6), folic acid, cobalamin. | .50# | 5.70/lb | 285.00 |
| 235015 | YEAST FLAKES, NUTRITIONAL, OG RED STAR® | .50# | 20.00/lb | 1000.00 |

Regrettably our prices are subject to change without notice.

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| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|----------------|---------------------|---------------|------------|----------------|
|----------------|---------------------|---------------|------------|----------------|

Books

COOKBOOKS

| | | | | |
|--------|--|--|----------|-------|
| 250099 | 7 SECRETS COOKBOOK, By Brackett | | 11.25/ea | 11.25 |
| 250038 | KIDS IN THE KITCHEN, By Rogers | | 15.95/ea | 15.95 |
| 250055 | OF THESE YOU MAY FREELY EAT, By Rachor | | 2.19/ea | 2.19 |
| | Over 250 recipes. Cholesterol Free. | | | |
| 250072 | SLOW COOKER VEGETARIAN COOKBOOK, By Rachor | | 9.95/ea | 9.95 |
| | Fast cooking in a slow cooker every day of the year. | | | |
| 250075 | TEN TALENTS, By Hurd | | 21.00/ea | 21.00 |
| | New, updated, expanded, pictorial edition. | | | |
| 250076 | TEN TALENTS, SPANISH EDITION By Hurd | | 21.00/ea | 21.00 |
| | New, updated, expanded, pictorial edition. | | | |

HEALTH BOOKS

| | | | | |
|--------|---|--|----------|-------|
| 250110 | 30 DAYS TO NATURAL BLOOD PRESSURE | | 18.95/ea | 18.95 |
| 250037 | CHARCOAL REMEDIES.COM, By Dinsley | | 14.50/ea | 14.50 |
| | The complete handbook of medicinal charcoal and its applications. | | | |
| 250010 | COUNSELS ON DIET & FOODS, By White | | 6.95/ea | 6.95 |
| 250120 | METHUSELAH FACTOR | | 17.95/ea | 17.95 |
| 250052 | RX: CHARCOAL, By Thrash | | 4.95/ea | 4.95 |
| | Startling facts about the world's most powerful clinical adsorbent. | | | |

SCRIPTURE SONGBOOKS

• Now your child can memorize scripture quickly and easily. See it, sing it, play it! Each 8 1/2 by 11 softcover book from Thy Word Creations is an illustrated Bible passage especially appropriate for young children. Comes with a CD of the contents set to music.

| | | | | |
|--------|---|--|----------|--------|
| 250999 | THY WORD, THREE BOOK DISCOUNT | | (4.80) | (4.80) |
| | Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount. | | | |
| 250748 | THY WORD, ISAIAH 53, KJV (CD) | | 11.75/ea | 11.75 |
| 250759 | THY WORD, PSALM 139, NKJV (CD) | | 11.75/ea | 11.75 |
| 250737 | THY WORD, THE BEATITUDES, KJV (CD) | | 11.75/ea | 11.75 |
| 250732 | THY WORD, THE LORD'S PRAYER, KJV (CD) | | 11.75/ea | 11.75 |
| 250741 | THY WORD, THE TEMPTATIONS OF JESUS, KJV (CD) | | 11.75/ea | 11.75 |
| 250717 | THY WORD, TEMPTATIONS OF JESUS/PSALM 91 Teen/Adult (CD) | | 11.75/ea | 11.75 |

| PRODUCT NUMBER | PRODUCT DESCRIPTION | PACKAGED SIZE | UNIT PRICE | PACKAGED PRICE |
|--------------------------------|--|---------------|------------|----------------|
| <u>BOOKS, CONTINUED</u> | | | | |
| <u>BAGS AND TIES</u> | | | | |
| 900040 | BAG TIES, PAPER | .2000 | 2.95/box | 2.95 |
| 900045 | BAG TIES, PLASTIC | .2000 | 4.00/box | 4.00 |
| 900020 | BAGS, PLASTIC, 4x2x8, 2 mil. | .1000 | 20.00/box | 20.00 |
| 900025 | BAGS, PLASTIC, 4x2x12, 2 mil. | .1000 | 27.00/box | 27.00 |
| 900032 | BAGS, PLASTIC, 6x3x15, 2 mil. | .1000 | 52.00/box | 52.00 |
| 900035 | BAGS, PLASTIC, 8x4x18, 2 mil. | .1000 | 66.00/box | 66.00 |
| 900014 | ZIPLOCK BAGS, PLASTIC, 4x6, 2 mil. (Flat bags, no side seams) Not Sandwich Bags | .1000 | 15.00/box | 15.00 |
| 230005 | COUNTRY LIFE CATALOG | | NO CHARGE | |

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**PRODUCT
NUMBER**

PRODUCT DESCRIPTION

**PACKAGED
SIZE**

**UNIT
PRICE**

**PACKAGED
PRICE**

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ORDER AND DELIVERY SCHEDULE -2020

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are **WEDNESDAYS**. (Or **Tuesday** when noted) **4:00pm EASTERN TIME**

Order Deadline

Delivery Week

Wisconsin--- Route Code: "WI"

May 6, 2020May 11 - May 14, 2020
 May 20, 2020May 25 - May 28, 2020
 Jun 3, 2020Jun 8 - Jun 11, 2020
 Jun 17, 2020Jun 22 - Jun 25, 2020
 Jul 1, 2020Jul 6 - Jul 9, 2020
 Jul 15, 2020Jul 20 - Jul 23, 2020
 Jul 29, 2020Aug 3 - Aug 6, 2020
 Aug 12, 2020Aug 17 - Aug 20, 2020
 Aug 26, 2020Aug 31 - Sep 3, 2020
 Sep 9, 2020Sep 14 - Sep 17, 2020
 Sep 23, 2020Sep 28 - Oct 1, 2020
 Oct 7, 2020Oct 12 - Oct 15, 2020
 Oct 21, 2020Oct 26 - Oct 29, 2020
 Nov 4, 2020Nov 9 - Nov 12, 2020
 Nov 17, 2020Nov 23 - Nov 26, 2020
 Dec 2, 2020Dec 7 - Dec 10, 2020
 Dec 16, 2020Dec 21 - Dec 24, 2020
 Dec 30, 2020Jan 4 - Jan 7, 2021

Order Deadline

Delivery Week

Wisconsin North--- Route Code "WN"

May 6, 2020May 11 - May 14, 2020
 Jun 3, 2020Jun 8 - Jun 11, 2020
 Jul 1, 2020Jul 6 - Jul 9, 2020
 Jul 29, 2020Aug 3 - Aug 6, 2020
 Aug 26, 2020Aug 31 - Sep 3, 2020
 Sep 23, 2020Sep 28 - Oct 1, 2020
 Oct 21, 2020Oct 26 - Oct 29, 2020
 Nov 17, 2020Nov 23 - Nov 26, 2020
 Dec 16, 2020Dec 21 - Dec 24, 2020

Duluth--- Route Code: "DU"

Jun 3, 2020Jun 8 - Jun 11, 2020
 Jul 29, 2020Aug 3 - Aug 6, 2020
 Sep 23, 2020Sep 28 - Oct 1, 2020
 Nov 17, 2020Nov 23 - Nov 26, 2020

Minneapolis/St. Paul--Route Code: "MSP"

May 6, 2020May 11 - May 14, 2020
 Jul 1, 2020Jul 6 - Aug 1, 2019
 Aug 26, 2020Aug 31 - Sep 3, 2020
 Oct 21, 2020Oct 26 - Oct 29, 2020
 Dec 16, 2020Dec 21 - Dec 24, 2020

ORDER AND DELIVERY SCHEDULE - 2020

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are WEDNESDAYS. (Or **Tuesday** when noted) **4:00pm EASTERN TIME**

| <u>Order Deadline</u> | <u>Delivery Week</u> |
|---|-----------------------|
| Chicago---Route Code: "CH" | |
| Detroit Jackson---Route Code: "DJ" | |
| Grand Rapids---Route Code: "GR" | |
| May 13, 2020 | May 18 - May 21, 2020 |
| May 27, 2020 | Jun 1 - Jun 4, 2020 |
| Jun 9, 2020 | Jun 15 - Jun 18, 2020 |
| Jun 24, 2020 | Jun 29 - Jul 2, 2020 |
| Jul 8, 2020 | Jul 13 - Jul 16, 2020 |
| Jul 22, 2020 | Jul 27 Jul 30, 2020 |
| Aug 5, 2020 | Aug 10 Aug 13, 2020 |
| Aug 19, 2020 | Aug 24 Aug 27, 2020 |
| Sep 2, 2020 | Sep 7 Sep 10, 2020 |
| Sep 16, 2020 | Sep 21 Sep 24, 2020 |
| Sep 30, 2020 | Oct 5 Oct 8, 2020 |
| Oct 14, 2020 | Oct 19 Oct 22, 2020 |
| Oct 28, 2020 | Nov 2 Nov 5, 2020 |
| Nov 11, 2020 | Nov 16 Nov 19, 2020 |
| Nov 24, 2020 | Nov 30 Dec 3, 2020 |
| Dec 9, 2020 | Dec 14 Dec 17, 2020 |
| Dec 22, 2020 | Dec 28 Dec 31, 2020 |

| <u>Order Deadline</u> | <u>Delivery Week</u> |
|--|-----------------------|
| Chicago South---Route Code: "CS" | |
| Detroit Metro---Route Code: "DM" | |
| May 27, 2020 | Jun 1 - Jun 4, 2020 |
| Jun 24, 2020 | Jun 29 - Jul 2, 2020 |
| Jul 22, 2020 | Jul 27 - Jul 30, 2020 |
| Aug 19, 2020 | Aug 24 - Aug 27, 2020 |
| Sep 16, 2020 | Sep 21 - Sep 24, 2020 |
| Oct 14, 2020 | Oct 19 - Oct 22, 2020 |
| Nov 11, 2020 | Nov 16 - Nov 19, 2020 |
| Dec 9, 2020 | Dec 14 - Dec 17, 2020 |
| | |
| Chicago Metro---Route Code: "CM" | |
| Detroit North---Route Code: "DN" | |
| Grand Rapids North---Route Code: "GN" | |
| May 13, 2020 | May 18 - May 21, 2020 |
| Jun 9, 2020 | Jun 15 - Jun 18, 2020 |
| Jul 8, 2020 | Jul 13 - Jul 16, 2020 |
| Aug 5, 2020 | Aug 10 - Aug 13, 2020 |
| Sep 2, 2020 | Sep 7 - Sep 10, 2020 |
| Sep 30, 2020 | Oct 5 - Oct 8, 2020 |
| Oct 28, 2020 | Nov 2 - Nov 5, 2020 |
| Nov 24, 2020 | Nov 30 - Dec 3, 2020 |
| Dec 22, 2020 | Dec 28 - Dec 31, 2020 |

ORDER AND DELIVERY SCHEDULE - 2020

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

Reminder: Order deadlines are **WEDNESDAYS**. (Or **Tuesday** when noted) **4:00pm EASTERN TIME**

| <u>Order Deadline</u> | <u>Delivery Week</u> |
|---|-----------------------|
| Missouri--- Route Code "MO" (\$500.00 minimum) | |
| And Wisconsin South---Route Code "WS" | |
| May 20, 2020 | May 25 - May 28, 2020 |
| Jun 17, 2020 | Jun 22 - Jun 25, 2020 |
| Jul 15, 2020 | Jul 20 - Jul 23, 2020 |
| Aug 12, 2020 | Aug 17 - Aug 20, 2020 |
| Sep 9, 2020 | Sep 14 - Sep 17, 2020 |
| Oct 7, 2020 | Oct 12 - Oct 15, 2020 |
| Nov 4, 2020 | Nov 9 - Nov 12, 2020 |
| Dec 2, 2020 | Dec 7 - Dec 10, 2020 |
| Dec 30, 2020 | Jan 4 - Jan 7, 2021 |

| <u>Order Deadline</u> | <u>Delivery Week</u> |
|--|-----------------------|
| Oklahoma---Route Code "OK" (\$500.00 minimum) | |
| May 20, 2020 | May 25 - May 28, 2020 |
| Jul 15, 2020 | Jul 20 - Jul 23, 2020 |
| Sep 9, 2020 | Sep 14 - Sep 17, 2020 |
| Nov 4, 2020 | Nov 9 - Nov 12, 2020 |
| Dec 30, 2020 | Jan 4 - Jan 7, 2021 |

| | |
|---|-----------------------|
| Arkansas--- Route Code "AR" (\$500.00 minimum) | |
| Iowa--- Route Code "IA" (\$500.00 minimum) | |
| Jun 17, 2020 | Jun 22 - Jun 25, 2020 |
| Aug 12, 2020 | Aug 17 - Aug 20, 2020 |
| Oct 7, 2020 | Oct 12 - Oct 15, 2020 |
| Dec 2, 2020 | Dec 7 - Dec 10, 2020 |

ORDER AND DELIVERY SCHEDULE - 2019 (South-East Routes)

These routes have a **Tuesday** 4:00 pm deadline. States on these routes, are subject to a 5% delivery fee (See page 3). Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3).

| <u>Order Deadlines</u> | <u>Delivery Week</u> |
|-------------------------------|-----------------------|
| <u>OHIO - Route 1A</u> | |
| May 19, 2020 May 25 | May 29, 2020 |
| Jul 14, 2020 Jul 20 | Jul 24, 2020 |
| Sep 8, 2020 Sep 14 | Sep 18, 2020 |
| Nov 3, 2020 Nov 9 | Nov 13, 2020 |
| Dec 29, 2020 Jan 4 | Jan 8, 2021 |
| <u>OHIO - Route 1B</u> | |
| Jun 16, 2020 | Jun 22 - Jun 26, 2020 |
| Aug 11, 2020 | Aug 17 - Aug 21, 2020 |
| Oct 6, 2020 | Oct 12 - Oct 16, 2020 |
| Dec 1, 2020 | Dec 7 - Dec 11, 2020 |

| <u>Order Deadlines</u> | <u>Delivery Week</u> |
|------------------------------|-----------------------|
| <u>OHIO - Route 1</u> | |
| May 19, 2020 | May 25 - May 29, 2020 |
| Jun 16, 2020 | Jun 22 - Jun 26, 2020 |
| Jul 14, 2020 | Jul 20 - Jul 24, 2020 |
| Aug 11, 2020 | Aug 17 - Aug 21, 2020 |
| Sep 8, 2020 | Sep 14 - Sep 18, 2020 |
| Oct 6, 2020 | Oct 12 - Oct 16, 2020 |
| Nov 3, 2020 | Nov 9 - Nov 13, 2020 |
| Dec 1, 2020 | Dec 7 - Dec 11, 2020 |
| Dec 29, 2020 | Jan 4 - Jan 8, 2021 |

ORDER AND DELIVERY SCHEDULE - 2020 (South-East Routes)

These routes have a **Tuesday** 4:00 pm deadline. States on these routes, are subject to a 5% delivery fee (See page 3). Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400 - \$500 (see page 3)..

Order Deadlines

Delivery Week

NC - Route 5

| | | |
|--------------|-------|-----------------------|
| May 12, 2020 | | May 18 - May 22, 2020 |
| Jun 9, 2020 | | Jun 15 - Jun 19, 2020 |
| Jul 7, 2020 | | Jul 13 - Jul 17, 2020 |
| Aug 4, 2020 | | Aug 10 - Aug 14, 2020 |
| Sep 1, 2020 | | Sep 7 - Sep 11, 2020 |
| Sep 29, 2020 | | Oct 5 - Oct 9, 2020 |
| Oct 27, 2020 | | Nov 2 - Nov 6, 2020 |
| Nov 24, 2020 | | Nov 30 - Dec 4, 2020 |
| Dec 22, 2020 | | Dec 28 - Jan 1, 2021 |

NC - Route 5A

| | | |
|--------------|-------|-----------------------|
| Jun 9, 2020 | | Jun 15 - Jun 19, 2020 |
| Aug 4, 2020 | | Aug 10 - Aug 14, 2020 |
| Sep 29, 2020 | | Oct 5 - Oct 9, 2020 |
| Nov 24, 2020 | | Nov 30 - Dec 4, 2020 |

NC - Route 5B

| | | |
|--------------|-------|-----------------------|
| May 12, 2020 | | May 18 - May 21, 2020 |
| Jul 7, 2020 | | Jul 13 - Jul 16, 2020 |
| Sep 1, 2020 | | Sep 7 - Sep 10, 2020 |
| Oct 27, 2020 | | Nov 2 - Nov 5, 2020 |
| Dec 22, 2020 | | Dec 28 - Dec 31, 2020 |

SOUTH - Route 2

| | | |
|--------------|-------|-----------------------|
| May 26, 2020 | | Jun 1 - Jun 5, 2020 |
| Jun 23, 2020 | | Jun 29 - Jul 3, 2020 |
| Jul 21, 2020 | | Jul 27 - Jul 31, 2020 |
| Aug 18, 2020 | | Aug 24 - Aug 28, 2020 |
| Sep 15, 2020 | | Sep 21 - Sep 25, 2020 |
| Oct 13, 2020 | | Oct 19 - Oct 23, 2020 |
| Nov 10, 2020 | | Nov 16 - Nov 20, 2020 |
| Dec 8, 2020 | | Dec 14 - Dec 18, 2020 |

Order Deadlines

Delivery Week

SOUTH - Route 2A

| | | |
|--------------|-------|-----------------------|
| Jun 23, 2020 | | Jun 29 - Jul 3, 2020 |
| Aug 18, 2020 | | Aug 24 - Aug 28, 2020 |
| Oct 13, 2020 | | Oct 19 - Oct 23, 2020 |
| Dec 8, 2020 | | Dec 14 - Dec 18, 2020 |

SOUTH - Route 2B

| | | |
|--------------|-------|-----------------------|
| May 26, 2020 | | Jun 1 - Jun 4, 2020 |
| Jul 21, 2020 | | Jul 27 - Jul 30, 2020 |
| Sep 15, 2020 | | Sep 21 - Sep 24, 2020 |
| Nov 10, 2020 | | Nov 16 - Nov 19, 2020 |

Nashville - Route 6

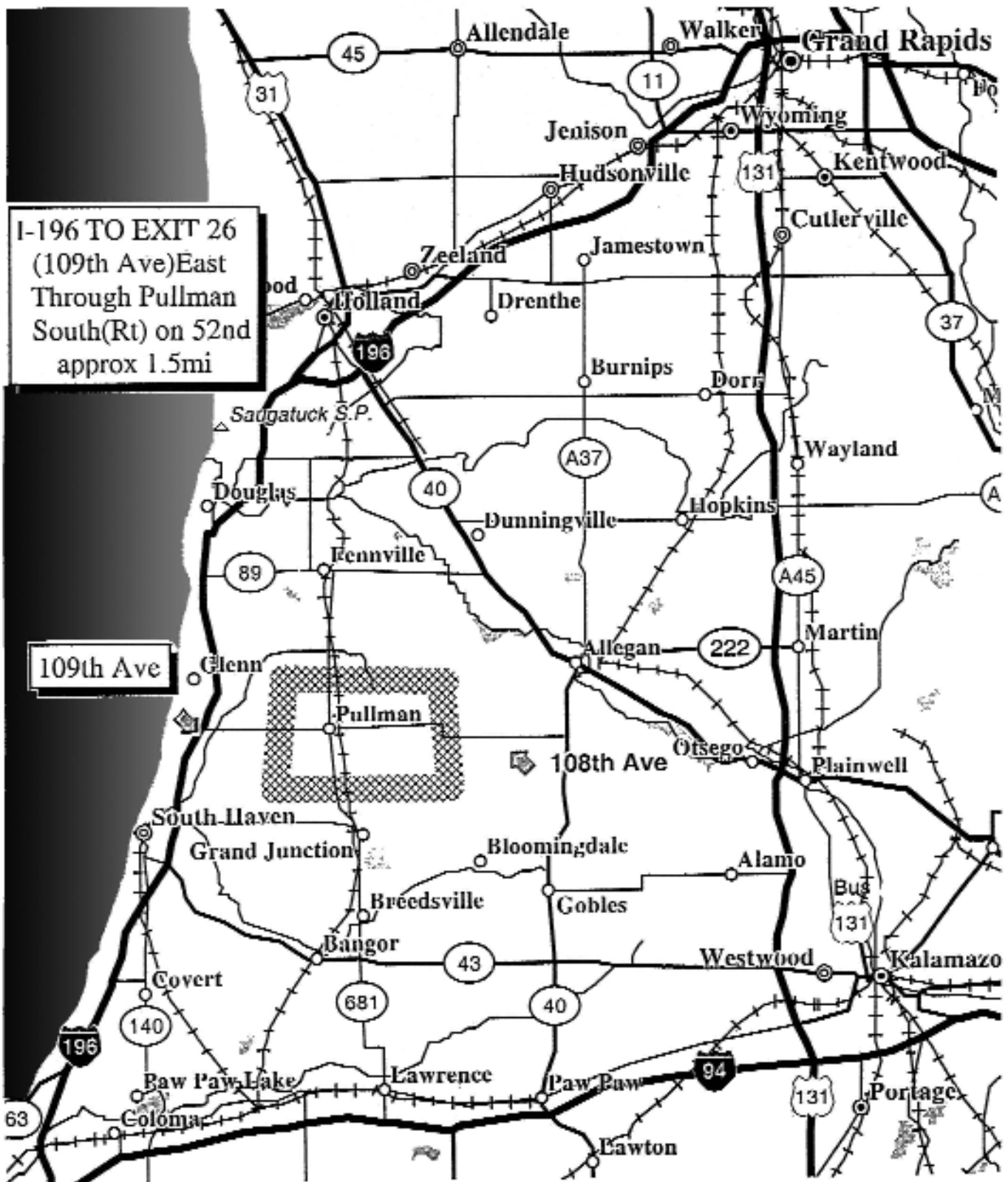
| | | |
|--------------|-------|-----------------------|
| May 5, 2020 | | May 11 - May 14, 2020 |
| Jun 2, 2020 | | Jun 8 - Jun 11, 2020 |
| Jun 30, 2020 | | Jul 6 - Jul 9, 2020 |
| Jul 28, 2020 | | Aug 3 - Aug 6, 2020 |
| Aug 25, 2020 | | Aug 31 - Sep 3, 2020 |
| Sep 22, 2020 | | Sep 28 - Oct 1, 2020 |
| Oct 20, 2020 | | Oct 26 - Oct 29, 2020 |
| Nov 17, 2020 | | Nov 23 - Nov 26, 2020 |
| Dec 15, 2020 | | Dec 21 - Dec 24, 2020 |

Index of Products

| | | | | | |
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| 7-Grain Cereal | .21 | Cafix | .57 | Date Paste | .14 |
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