

Your Family Still Matters

175 W. 900 S. #14 St. George, Ut 84770 (435) 628-7042

CURRENT AS OF 01/03/2009. **PRICES AND CAN WEIGHTS SUBJECT TO CHANGE WITHOUT NOTICE**

#10 Size Cans

ID #	PRODUCT	\$ EA.	ID#	PRODUCT	\$ EA.
15-252	6 GRAIN 48 OZ.	\$ 7.29	13-172	DRINK MIX APPLE-SPICED	\$ 12.99
15-250	9 GRAIN 64 OZ.	\$ 8.49	15-278	DRINK MIX APPLE 100 OZ.	\$ 15.99
15-126	ALFALFA SPROUTING SEEDS	\$ 25.99	15-279	DRINK MIX ORANGE 100 OZ.	\$ 15.99
15-378	AMARANTH 88 OZ.	\$ 18.99	15-280	DRINK MIX PEACH 100 OZ.	\$ 15.99
16-209	APPLE CINNAMON SLICES F.D.	\$ 17.99	13-199	EGG WHITES	\$ 29.99
15-223	APPLE FLAKES PEACH FLAVOR 40 OZ.	\$ 22.99	15-228	EGGS WHOLE 48 OZ.	\$ 21.99
15-224	APPLE FLAKES Strawberry FLAVOR 40 OZ.	\$ 22.99	15-376	FLAX 76 OZ.	\$ 7.69
16-207	APPLE NUGGETS RASPBERRY FLAVOR	\$ 22.99	15-375	FLAX GOLDEN 76 oz.	\$ 8.99
01-15	APPLE(PUFFED)CINNAMON SLICES	\$ 14.99	15-238	FLOUR ALL PURPOSE 64 OZ.	\$ 6.99
16-214	APPLE NUGGETS STRAWBERRY	\$ 24.99	15-364	FRICASSEE BEEF 64 OZ.	\$ 10.59
13-176	APPLES GRANNY SMITH F.D.	\$ 17.99	15-363	FRICASSEE CHICKEN 64 OZ.	\$ 10.59
15-220	APPLE SLICES 21 OZ	\$ 14.29	15-383	FRUIT GALAXY 44 OZ.	\$ 39.99
15-221	APPLESAUCE 46 OZ.	\$ 27.99	13-207	GELATIN LIME	\$ 19.99
13-117	APRICOTS FD	\$ 19.99	13-206	GELATIN RASPBERRY	\$ 19.99
16-100	ASPARAGUS 6 OZ.	\$ 14.99	15-271	GELATIN STRAWBERRY 96 OZ.	\$ 19.99
13-171	BAKING SODA 116 OZ.	\$ 9.99	15-256	GERMADE 76 OZ	\$ 6.99
15-283	BAKING POWDER RUMFORD 80 OZ.	\$ 13.99	13-168	GRAVY MIX ,CREAMY ,BEEF	\$ 12.99
15-222	BANANA SLICES 36 OZ.	\$ 7.99	13-169	GRAVY MIX. CREAMY, CHICKEN	\$ 12.99
15-295	BARLEY, PEARL 92 OZ.	\$ 6.99	15-207	GREEN BEANS 24 OZ.	\$ 16.99
15-289	BEAN ANASAZI 84 OZ.	\$ 15.99	15-359	HERSHEY'S BAKING COCOA 48 OZ.	\$ 21.99
15-241	BEAN 16 MIX 84 OZ	\$ 11.99	16-157	HONEY POWDER	\$ 13.99
15-287	BEAN BLACK TURTLE 90 OZ.	\$ 10.99	15-379	KAMUT 85 OZ.	\$ 11.99
15-272	BEAN GREAT NORTHERN	\$ 10.69	15-229	MARGARINE POWDER 48 OZ.	\$ 11.99
15-243	BEAN KIDNEY 76 OZ	\$ 10.69	16-180	MILK COUNTRY CREAM	\$ 14.99
15-291	BEAN LIMA BABY 88 OZ.	\$ 11.29	16-607	MILK COUNTRY CREAM CHOC	\$ 14.99
15-242	BEAN LENTILS 88 OZ.	\$ 8.99	13-165	MILK COUNTRY FRESH FARMS	\$ 10.99
15-244	BEAN PINTO 84 OZ	\$ 8.59	13-528	MILK MORNING MOO 4 LB.	\$ 12.99
15-246	BEAN RED SMALL 90 OZ	\$ 9.79	13-529	MILK MORNING MOO CHOC 4 LB.	\$ 12.99
15-270	BEAN REFRIED 40 OZ.	\$ 11.59	13-112	MILK SOY	\$ 13.99
15-219	BEAN SOY 84 OZ.	\$ 6.99	15-208	MUSHROOM SLICES 9 OZ.	\$ 12.99
15-245	BEAN WHITE SM. 94 OZ	\$ 10.99	15-377	OAT BRAN 76 OZ.	\$ 7.79
16-206	BLACKBERRIES FD	\$ 29.99	15-249	OAT GROATS 85 OZ	\$ 7.49
16-114	BLUEBERRIES FD 8 OZ.	\$ 29.99	15-253	OATS ROLLED QUICK 40 OZ.	\$ 6.29
15-274	BOUILLON BEEF 116 OZ.	\$ 22.59	15-254	OATS ROLLED REG 40 OZ.	\$ 6.29
15-275	BOUILLON CHICKEN 116 OZ.	\$ 22.59	15-209	ONION CHOPPED 49 OZ.	\$ 12.19
15-284	BREAD MIX, BISCUIT add yeast	\$ 9.29	16-216	ORANGES F.D.	\$ 26.99
15-367	BREAD MIX HONEY WHITE add yeast	\$ 10.49	15-232	PASTA EGG NOODLE	\$ 8.59
15-203	BROCCOLI 20 OZ.	\$ 18.99	01-12	PASTA LINGUINE	\$ 8.99
13-838	BROTH VEGETARIAN IMIT. BEEF 48 OZ.	\$ 20.99	15-257	PASTA MACARONI	\$ 9.99
13-839	BROTH VEGETARIAN IMIT. CHICKEN 48 OZ.	\$ 20.99	15-380	PASTA MACARONI WHOLE WHEAT	\$ 12.99
15-288	BROWNIE MIX 84 OZ.	\$ 12.99	15-258	PASTA SPAGHETTI	\$ 9.99
15-372	BUCKWHEAT HULLED 85 OZ.	\$ 14.99	15-381	PASTA SPAGHETTI WHOLE WHEAT	\$ 14.99
16-190	BUTTER BUDS	\$ 15.99	15-382	PEACHES DEHYDRATED 52 OZ.	\$ 39.99
15-225	BUTTER POWDER 56 OZ.	\$ 24.99	13-116	PEACHES FD	\$ 19.99
15-230	BUTTERMILK POWDER 56 OZ.	\$ 22.99	15-276	PEANUT BUTTER POWDER 48 OZ.	\$ 17.29
15-216	CABBAGE 20 OZ	\$ 12.99	15-247	PEAS SPLIT GREEN 98 OZ.	\$ 7.79
15-204	CARROT DICES 36 OZ.	\$ 15.69	15-206	PEAS SWEET GARDEN 49 OZ.	\$ 21.59
16-134	CAULIFLOWER	\$ 15.99	15-217	PEPPERS RED AND GREEN 20 OZ.	\$ 12.29
15-215	CELERY SLICED 18 OZ.	\$ 9.79	13-194	PINEAPPLE F.D.	\$ 24.99
15-227	CHEESE CHEDDAR 51 OZ	\$ 29.99	15-298	POPCORN 96 OZ.	\$ 7.69
15-226	CHEESE POWDER 64 OZ.	\$ 24.99	15-210	POTATO DICES 36 OZ.	\$ 8.69
16-185	CHEESE ROMANO	\$ 17.99	15-296	POTATO COMPLETELY SUPREME 50 OZ.	\$ 12.99
15-236	COCOA MIX 90 OZ.	\$ 16.29	15-211	POTATO GRANULES 88 OZ.	\$ 11.99
15-304	COCONUT SHREDS 40 OZ	\$ 9.19	15-371	POTATO HASHBROWNS 27 OZ.	\$ 7.69
15-255	CORN MEAL 72 OZ.	\$ 6.49	15-212	POTATO SLICES 20 OZ.	\$ 6.59
15-360	CORN STARCH 68 OZ.	\$ 6.69	15-290	POTATO SWEET DICED 44 OZ.	\$ 15.59
15-205	CORN SPR SWEET 38 OZ.	\$ 18.49	15-358	PUDDING, BANANA 80 OZ.	\$ 22.99
15-362	CORN SYRUP SOLIDS 68 OZ.	\$ 7.29	15-286	PUDDING, CHOCOLATE 76 OZ.	\$ 22.99
16-115	CRANBERRIES FD 8 OZ.	\$ 24.99	15-259	PUDDING, TAPIOCA 72 OZ.	\$ 15.79
16-116	CREAM CHEESE POWDER 40 OZ.	\$ 27.99	15-285	PUDDING, VANILLA 76 OZ.	\$ 22.99

15-373	QUINOA 88 OZ.	\$ 24.99	15-354	BAKING SODA	\$ 4.69
15-303	RAISINS, GOLDEN 48 OZ.	\$ 28.99	15-327	BANANA SLICES	\$ 4.49
13-903	RASPBERRIES FD 8 OZ.	\$ 24.99	15-315	BROCCOLI	\$ 7.59
15-251	RICE WHITE 88 OZ.	\$ 8.79	15-305	BOUILLON BEEF	\$ 7.99
15-118	RYE	\$ 7.99	15-306	BOUILLON, CHICKEN 29 OZ.	\$ 7.99
15-292	SALT IODIZED 128 OZ.	\$ 6.99	15-307	BUTTER POWDER 14 OZ.	\$ 10.79
15-235	SHORTENING POWDER 48 OZ.	\$ 10.99	15-313	BUTTERMILK POWDER 17 OZ.	\$ 6.89
13-907	SOUP, CREAMY BROCCOLI 56 OZ.	\$ 13.99	15-323	CABBAGE 4 OZ.	\$ 4.69
13-164	SOUP CREAMY CORN CHOWDER	\$ 12.99	15-316	CARROTS 11 OZ.	\$ 6.29
13-118	SOUP, CREAMY POTATO	\$ 12.99	15-322	CELERY 4 OZ.	\$ 4.59
13-166	SOUP, CHEESY BROCCOLI	\$ 16.99	15-309	CHEESE BLEND 16 OZ.	\$ 8.59
13-167	SOUP, CHEESY POTATO	\$ 16.99	15-310	CHEDDAR CHEESE 13 OZ.	\$ 10.99
13-163	SOUP, CREAMY MUSHROOM	\$ 11.99	15-314	COCOA, HOT 24 OZ.	\$ 7.69
13-200	SOUP, CREAMY CHICKEN	\$ 13.99	15-317	CORN, SWEET 11 OZ.	\$ 6.99
13-201	SOUP, CREAMY VEGETABLE	\$ 12.99	15-353	CUSTARD VANILLA 20 OZ.	\$ 7.79
15-248	SOUP MIX ABC 84 OZ.	\$ 8.99	15-336	DRINK MIX APPLE 25 OZ.	\$ 7.99
15-258	SPAGHETTI 54 OZ.	\$ 9.99	15-337	DRINK MIX ORANGE 25 OZ.	\$ 7.99
15-381	SPAGHETTI WHOLE WHEAT 54 OZ.	\$ 14.99	15-338	DRINK MIX PEACH 25 OZ.	\$ 7.99
15-374	SPELT 85 OZ.	\$ 14.99	15-312	EGGS, WHOLE 13 OZ.	\$ 7.99
15-231	SPLICE STROGANOFF GRAVY MIX 48 OZ.	\$ 17.89	15-357	GARLIC GRANULES	\$ 5.99
15-218	SPINACH FLAKES 20 OZ.	\$ 7.99	15-366	GELATIN STRAWBERRY	\$ 9.99
16-104	STEW BLEND, VEGETABLE 33 OZ.	\$ 15.89	15-319	GREEN BEANS 6 OZ.	\$ 6.99
13-119	STRAWBERRIES FD 8 OZ.	\$ 21.99	15-355	HERSHEY'S BAKING COCOA	\$ 9.69
15-300	SUGAR, BROWN 67 OZ.	\$ 9.79	15-308	MARGARINE POWDER 14 OZ.	\$ 6.59
15-239	SUGAR, POWDERED 60 OZ.	\$ 9.29	15-334	MILK REGULAR 16 OZ.	\$ 5.99
15-240	SUGAR, WHITE 94 OZ.	\$ 8.99	15-320	ONIONS 11 OZ.	\$ 5.59
16-118	TOMATO FLAKES 24 OZ.	\$ 12.99	15-341	PEANUT BUTTER PDR. 13 OZ.	\$ 5.99
15-213	TOMATO POWDER 56 OZ.	\$ 21.99	15-318	PEAS, SWEET 13 OZ.	\$ 6.99
15-261	TVP BACON 36 OZ.	\$ 8.49	15-324	PEPPERS RED/ GREEN 5 OZ.	\$ 5.99
15-299	TVP BARBEQUE 52 OZ.	\$ 17.99	15-326	POTATO DICES 8 OZ.	\$ 4.29
15-263	TVP BEEF 40 OZ.	\$ 9.49	15-365	PUDDING BANANA 22 OZ.	\$ 8.99
15-264	TVP CHICKEN 33 OZ.	\$ 8.69	15-351	PUDDING CHOCOLATE 22 OZ.	\$ 8.49
15-262	TVP HAM 36 OZ.	\$ 11.49	15-352	PUDDING VANILLA 22 OZ.	\$ 8.49
15-384	TVP ITALIAN SAUSAGE 40 OZ.	\$ 8.99	15-332	RAISINS, GOLDEN 11 OZ.	\$ 8.59
16-145	TVP JERKY	\$ 12.99	15-340	SALT, IODIZED 32 OZ.	\$ 3.89
15-268	TVP PEPPERONI 52 OZ.	\$ 13.49	15-333	SHORTENING PDR. 14 OZ.	\$ 5.69
15-266	TVP SAUSAGE 40 OZ.	\$ 9.99	15-401	SPICES CHILI POWDER BLEND 16 OZ.	\$ 12.29
15-027	TVP SLOPPY JOE 52 OZ.	\$ 13.99	15-386	SPICE CINNAMON POWDER 16 OZ.	\$ 9.99
15-265	TVP TACO 56 OZ.	\$ 12.99	15-391	SPICE PEPPER BLACK 16 OZ.	\$ 10.99
15-201	WHEAT, HARD RED	\$ 5.99	15-387	SPICE PIZZA SEASONING 11 OZ.	\$ 9.99
15-202	WHEAT, HARD WHITE	\$ 5.99	15-388	SPICE SPAGHETTI SEASONING 22 OZ.	\$ 10.99
			15-389	SPICE TACO SEASONING 16 OZ.	\$ 12.99
			15-390	SPICE STROGANOFF GRAVY MIX 11 OZ.	\$ 6.49
			15-321	TOMATO PDR. 18 OZ.	\$ 9.79
			15-342	TVP BACON 11 OZ.	\$ 4.99
			15-394	TVP BAKON CRUMBLES 11 OZ.	\$ 4.89
			15-348	TVP BARBEQUE 10 OZ.	\$ 5.79
			15-343	TVP BEEF 10 OZ.	\$ 4.29
			15-344	TVP CHICKEN 11 OZ.	\$ 4.49
			15-347	TVP HAM 12 OZ.	\$ 5.49
			15-395	TVP ITALIAN SAUSAGE	\$ 5.29
			15-349	TVP PEPPERONI 10 OZ.	\$ 4.79
			15-346	TVP SAUSAGE 10 OZ.	\$ 4.49
			15-350	TVP SLOPPY JOE 10 OZ.	\$ 5.49
			15-345	TVP TACO 12 OZ.	\$ 8.49
			15-335	WHIPPED TOPPING 22 OZ.	\$ 7.99
			13-068	YEAST SAF 1LB. VACUUM SEALED BAG	\$ 3.99

Sprouting

93-100	SPROUTING TRAYS 2 PK.	\$13.95
15-136	ADZUKI BEANS 1.5 LB.	\$ 8.99
15-127	ALFALFA SEED 5 LB.	\$ 21.99
15-130	ALFALFA SEED 1.5 LB.	\$ 9.99
15-137	BROCCOLI 1.5 LB.	\$ 14.99
15-135	LENTILS 1.5 LB.	\$ 5.99
15-153	MUNG BEANS 1.5 LB.	\$ 6.99
15-138	RADISH SEED 1.5 LB.	\$ 11.99
15-129	SPROUTING MIX 5 LB.	\$ 13.99
15-132	WHOLE GREEN PEA 1.5 LB.	\$ 5.99

Interesting Items

Global Sun Oven	\$239.99
Sun Oven Pan	\$ 10.99
Wheat Grinder (Hand, BtB)	\$ 69.99
Wheat Grinder (Hand, CL)	\$395.00
Wheat Grinder (Ele., K-Tec)	\$179.99
Oat Roller (Hand)	\$ 89.99

#2.5 Size Cans

15-330	APPLE FLAKES PEACH	\$ 7.99
15-331	APPLE FLAKES STRAWBERRY	\$ 7.99
15-328	APPLE SLICES	\$ 4.99
15-329	APPLE SAUCE	\$ 8.29
15-339	BAKING POWDER	\$ 5.69

Water & Buckets

19-527	55 GAL. BARREL	\$ 49.99	43.99
19-23	30 GAL. BARREL	\$ 46.99	
19-09	15 GAL. BARREL	\$ 29.99	42.99
19-512	5 GAL. JUG BLUE	\$ 11.49	
19-655	5 GAL. BUCKET W/O-RING LID	\$ 7.49	
19-654	6 GAL. BUCKET W/O-RING LID	\$ 7.75	
150-23	GAMMA LID	\$ 5.99	