

# Alison's Pantry Message Catalog No. 8 August 2000

Order by:

Distributor:

### **Breaded Chicken Tender Breast Strips**

This is our #1 Selling chicken item. Uncooked, perfect to bake or fry! Strips range from 1-3 oz. Dip in ranch or BBQ sauce.

10 lb. case

#1662.....\$23.99



### **Boneless**, Skinless **Breast Fillets**

**Just \$1.08 each!** 

5 lb. IQF (Approx. 6 oz. each) #4487.....\$13.99

Uncooked, bake or grill.

### Teriyaki Seasoned Boneless, **Skinless Breast Fillets**

**Just \$1.39 each!** 

5 lb. (Approx. 7-8 oz. each) IQF #1755.....\$13.99 Uncooked, bake or grill.





### #1 Precooked **Hickory Smoked Bacon Slices**

High quality 'center cut' bacon. Microwave, heat and serve.

300 slice case

#4835.....\$34.39



### Rib Eve Steaks Tenderized Cut from USDA

Beef. Marinated for consistent flavor and juiciness. 8/10 oz. cryo-vac'd.

#4943....\$30.99





### »NEW!« Holten Black Angus **Chuck Hamburger Patties**

80%/20% Lean to Fat ratio, 1/4 pound raw patties 10 lb. case/40 count #5161....\$28.99



### **Glacier Gold Sweet Potato French Fries**

6/2.5 lb. bags per 15 lb. case Nutritious and Delicious; coated Sweet Potato Fries, Grade A. Oven Bake or Deep Fry. #4979.....\$32.99



### Jubilee Cut Corn on the Cob

Supersweet Variety - more sugar than standard corn! 96/3 inch cobs

#4978.....\$23.99



# Alison's Pantry **IQF Peeled Shredded**

**Hash Browns** 6/2.5 lb bags/15 lb case

# 5024....\$11.99



### Mckayla and Grandma Ali

"Poor health has a way of humbling us like nothing else can. This past month has been difficult for my family and me because I was diagnosed with a blood clot in my kidney. It happened very suddenly and my body came to a grinding halt; my sense of health and well-being was interrupted so dramatically that I was left with the reality that I am not in charge. God is in charge and his power is ever present in our lives. He is mindful of each of his children (me!) and loves us beyond our ability to understand.

I have been comforted by his love and that of my family; friends and business associates have also reached out to console me. I cherish the life I have been given and feel deep gratitude that I am still here on earth. I plan to slow down a bit and live daily seeking more spiritual meaning; I also have plans to be the best grandma in the whole world and continue to love my incredible family."

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Effective with catalog #8, Alison's Pantry has decided to discontinue the Hidden Spoon Contest. We would like to thank all those that have participated in this contest the last 6 months. Thanks so much! Congrats to our last winners who found the spoon on page 31 in the Fruit & Nut Mix ad: Laura Hendricks, Big Piney WY; Brandi Hanson, Hettinger ND; Lili Halfpop, Gillette WY; Deb Schafer, Bismarck ND; Meagan Early, Milliken CO; Mandy Hoff, Bismarck ND; Brenda Marcum, Townsend MT; Kathy Allen, Bismarck ND; Tina Barnhart, Harlowton MT; Doug Elkins, Milliken CO; Ron Berg, Rock Springs WY; Christine Hale, Bountiful UT; Stacee Izatt, Nephi UT; Butch Merbs, Fallon NV; Cheri Kunz, Soda Springs ID; Mystie Berg, Soda Springs ID; Brixon Frazier, Rock Springs WY; Natalie Tholen, Layton UT; Yucca Hansen, Green River WY; Coralie Nelson, Beulah ND.

NOTE: TAX INCREASE! Please add 3% Sales Tax for all food items and 6.75% Sales Tax for non-food items, or specific rate for your state. Add 10% shipping to your order. We reserve the right to substitute items of equal value and quality.

Office Hours: M - F 8:00 - 5:00
'Store' Hours: M - F 10:00 - 6:00
Closed Saturday & Sunday
580 W. State Street, P.O. Box 1019,
Pleasant Grove, UT 84062.
Local: 1-801-796-6411
Toll Free: 1-866-5-Pantry

Fax: 801-796-9309

www.alisonspantry.com











# Alison's Pantry Doughs - Every Batch Scratch!

Sixty years of scratch baking experience is behind our new Alison's Pantry dough products, made by the original owners of the renowned Provo Bakery! We are pleased to pass along their experience in our new products. As always; 'Every Batch Scratch!'

# Alison's Pantry Best Cinnamon Roll Dough

# AliSON'S Pantry Incredible Bagel Dough Variety Pack

# Alison's Pantry Butter Flake Rolls Variety Pack

100 count ......#5086.....\$27.99

30-2 oz. Orange Rolls 30-2 oz. Raspberry Rolls 40-1.6 oz. Butter Flake rolls

Proof 'n bake plain Butterflake; place rolls on end in greased muffin tin. Allow to rise in warm area till double in size. Danish style orange or raspberry Butterflake rolls are made with fruit smeared over Danish dough and rolled into rolls. Place in muffin tin. Proof and bake; glaze or eat without icing.

# AliSON'S Panity Gourmet All Natural Cookie Dough

→ #5087 Chocolate Chunk

→ #5088 Raisin Oatmeal

⇒ #5089 Double Chocolate Chunk

♦ #5090 Snicker Doodle

"I have already sold a case of the snickerdoodles!!!! Thanks so much for the samples. I really appreciate receiving them! Love 'em!"

— Terrisa Berg of Soda Springs, ID

**\* #5091 M&M Chocolate Chip Cookies**, 1.5 oz. each/120 ct......**\$26.99** *The M&M cookies are made with real miniature M&M's!!* 

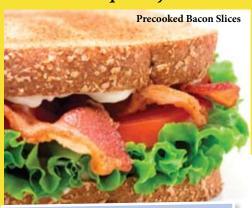
Be mindful of frozen dough to keep it frozen and out of the heat.

### Our Vision and Mission:

Alison's Pantry—Our name is our guarantee. Our mission is to provide restaurant quality food products with quality service and a personal touch.

Let us fill your Pantry!

### www.alisonspantry.com



"What is not to like about Daily's Precooked Bacon Slices (#4835)? I mean really! Who doesn't like to enjoy bacon in the morning without having a mess of oil? It is precooked and can be popped in the microwave for only a minute. You can use it in many other dishes as well. We love it - very versatile!" -Mandie Melton of Glendive, MT

www.dailysmeats.com

### Daily's® #1 Precooked **Hickory Smoked Bacon Slices**

High quality 'center cut' bacon. Microwave, heat and serve. Frozen shelf life: 6-9 months. Packaged as 2/150 ct. bags, layered on parchment. 300 slices per box.....#4835.....\$34.39



# **Pork Sausage Links**

'Big Buy' Bulk Bacon

Irregular slices, slab, raw full slices of bacon. Layered/shingled between wax paper sheets. Shipping frozen.

15 lb. bulk.....#3297.....\$27.59

### 'Center Cut' Bacon, Honey Cured

Restaurant #1 Quality. Shipping frozen. Shelf life: 90 days. 5 lb.....#3298.....\$18.99

Sugar Cured Bacon Bulk Ends & Pieces

Random ends and pieces of bacon, perfect for soups, Dutch oven cooking, and eggs—this is a camper's dream! Frozen shelf life: 90 days. 15 lb. bulk.....#2899.....\$18.99

Pork Sausage Links (raw) 1 oz. size The finest quality seasonings and USDA-inspected cuts of pork combine to make these delicious sausages.

12 lb. case.....#3386.....\$31.39

Daily's Pork Sausage Links, pre-cooked

The finest quality seasonings and USDA-inspected cuts of pork combine to make these delicious sausages. Just microwave and they're ready to eat in minutes. 240 ct., 0.8 oz. size 12 lb. case.....#4062.....\$36.79

Daily's Pork Sausage Patties, pre-cooked

The finest quality seasonings and USDA-inspected cuts of pork combine to make these delicious sausages. Just microwave and they're ready to eat in minutes. 96 ct., 2 oz. size 12 lb. case.....#4063.....\$34.09

Pork Sausage Patties (raw), 2 oz. size  $The \ finest \ quality \ seasonings \ and \ USDA-inspected$ cuts of pork combine to make these delicious sausages. 12 lb. case.....#3387.....\$30.99

'Bone In' Ham Steaks

Average weight of each Ham Steak is 6 oz. 10/6 oz. Steaks per package.....#4441.....\$15.99

# GLACIER SALES, INC.



"When I got my truck this morning, I immediately opened the box of Zesty Seasoned Waffle Cut French Fries (#4961) and made them for lunch. They were nice and big, not little pieces, and so good. I liked them better than any I've had at a restaurant!" Dixie R. Hanson of Hettinger, ND

### **Zesty Seasoned Waffle Cut French Fries**

6/4.5 lb. case ......#4961 ..... \$30.99 Wedges and Waffle Fries are Oven Ready or can be deep fried. All Grade A Product. Exciting flavors that you will love!

**Batter Coated Seasoned Zesty Potato Wedges** 6/5 lb. case.....#4960 ..... \$29.99

### **Glacier Gold Sweet Potato French Fries**

6/2.5 lb. bags/15 lb. case ......#4979 ..... \$32.99 Nutritious and Delicious; coated Sweet Potato Fries, Grade A. Oven Bake or Deep Fry. Best Buy! Regular price @ 38.99 SAVE 6.00 per case!

Twice Baked Potatoes - Microwave or Bake 24/5 oz. IW......\$21.69

#3333 Gourmet Style w/Cheddar Cheese 😘 #3334 Broccoli & Cheddar Cheese

Just 90¢ each for a beautiful side dish!

French Fries, 30 lb. case ......#4074 ..... \$22.39 3/8" straight cut Grade A Fries. 6/5 lb. case. **Just 69**¢ per pound! Deep fry.

### Hash Brown Patties (pre-formed)

240 count case/33.7 lb. ......#4963 ..... \$38.99 Pre-browned and ready to cook up for a hearty breakfast! Comes packaged in 24/10 count trays for ease of frozen storage and use. Only 16 cents each. Unbelievable price!

Potato Rounds, 6/5 lb. case ..... \$23.99 Bake or Fry. One quarter the size of our Tator Tots; easy to use in casseroles, soups, etc.

Tator Tots, 6/5 lb. case.....#3476 ..... \$20.39 Bake or Fry. Pre-browned; bakeable Tator Tots for a quick meal anytime!





### Golden Breaded Chicken Breast Patties

Mild & perfect for kids. Chopped & formed. Just 51¢ each! 60/3 oz. patties (11.25 lb.)....#3065...\$30.69

Golden Breast Chicken Nuggets—Mild Breading, oven bake or deep fry. 100% Breast nuggets. 184 ct./.87 oz. case. Super great pricing on these nuggets; we normally sell @ \$28.99 per case.

You save \$2.20 a case, or 8%! 10 lb. case......#2867...\$26.79

Par-Fried Breaded Chicken Gizzards—Bake or Fry.

90/2.5 oz., 2-5 lb. bags per case.....#4757...\$23.19

Tempura Battered Chicken Chunks—Ready-to-cook chicken breast chunks, all you add is veggies & sauce. Bag Yield: 20 - 4 oz. servings. Just \$1.14 per serving! 5 lb. bag ......#4276...\$22.79

Chicken Ring Nuggets—Fully Cooked, Shaped like a ring! *Kids love them!* 5 lb. bag.....#3943...\$16.09

Chicken Dinosaur Nuggets—(Shaped for kids!) Ready-to-cook. Formed from Breast and Thigh Meat. Par-fried. Oven Bake or fry. 5 lb. bag.....#3018...\$13.09

Marinated Basic Breast Fillets, IF\*—Marinated with a mild saline solution for added moisture and tenderness.

48/4 oz. case, 12 lb.....#2467...\$45.99

Basic Breast Fillets, IF\*—Just \$1.24 each!

16/5 oz. Bag/5 lb .....#2466...\$19.89

\*IF=individually frozen and Ice Glazed <u>www.piercechicken.com</u>



"I ordered a case of the Pilgrim's Pride Golden Breast Chicken Nuggets (#2867) and I couldn't keep my children out of them. They were so easy to cook up and tasted so good that I was even told by my kids that I had to order more."

— Teresa Gates of Salina, UT

### Golden Breaded Whole Muscle **Chicken Breast Fillets**

Uncooked, bake or fry. Approx. 20/4 oz. per bag. 5 lb.

#1237.....\$13.49







### USDA Choice Top Sirloin Coulotte Steaks\*

These steaks are cut from USDA Choice top sirloin beef. Seasoned for your grill.

Rib Eye Steak

"My husband loves steaks and we had to buy MEAT on this order. I ordered the Holten Rib Eye Steaks (#4943). They were so easy to thaw and were great tasting." - Emily Young

of Vernal, UT

Rib Eye Steaks, Tenderized\*

8/10 oz. cryo-vac'd, only \$3.87 each!.....#4943 ... \$30.99 Cut from USDA Beef, Marinated for consistent flavor and juiciness.

»NEW!« Holten Black Angus Chuck Hamburger Patties

10 lb. case/40 count .....#\_ 80%/20% Lean to Fat ratio, 1/4 pound raw patties, only 72 cents each!

### Country Fried Steak, Raw/Breaded

Bake or fry, 4 to the pound/10 lb. case.....#4613 .... \$44.79 Top quality USDA approved grain-fed beef. Battered, breaded and IQF to guarantee freshness and flavor.

### NY Strip Steaks, Tenderized\*

10/8 oz. cryo-vac'd .....#4618 .... \$30.79 Cut from USDA Beef. Marinated with a subtle seasoning solution to enhance and provide consistent flavor and juiciness. (This is Jesse's favorite steak!)

### Beef Strips - from Flat Iron USDA Choice Beef

5 lb. vacuum-packed bag ......#4918 .... \$29.99 Beef strips are great for stir fry, fajitas, stroganoff, omelets and sandwiches.

### Boneless Pork Loin Fritters, Raw, Breaded

4 to the pound/10 lb. case.....#4615 .... \$46.49 Top quality, whole muscle, boneless pork loins, these tasty pork cutlets are shaped, sliced, cubed and individually quick frozen to guarantee freshness and flavor. Lightly floured with our homestyle breading to make pork loin fritters.

\*All Holten\* Steaks come cryo-vac'd and individually packaged for ease of use and longer frozen life. <u>www.holtenmeat.com</u>





Brats (#5031) for a family BBQ. I boiled them in beer with some onion and brown sugar for about 30 minutes then we barbecued them up to get the casings crisp. We all loved them. Our friends' little girls were asking for them instead of hot dogs."

Tiffany Kendrick of Orem, UT

### Colosimo's Sausage 3 lb. tray packs ...\$10.29

- ❖ Maple Sage Sausage Links.....#5030 Traditional country style sausage with a sage foundation. We added the maple flavor to save you the trouble.
- → American Style Breakfast Sausage Links...........#5027 This is a traditional country style sausage with a sage foundation.
- → Bratwurst Sausage .....#5031 Traditional German style sausage with nutmeg and coriander. This is a mild but flavorful sausage.
- ❖ Cheddar Bratwurst Sausage .....#5032
  Same as bratwurst, but with cheddar cheese!
- → Mild Italian Sausage #5033 This is our foundation sausage. The one grandpa brought with him from Calabria. It is a mix of cayenne, salt and the sweet flavor of fennel.
- Hot Italian Sausage [for the brave only!] ............#5034 The hot is the same sweet fennel with the heat of cayenne and crushed chili peppers.

Note: All our products come frozen and raw; links are skinless; Bratwurst Sausage is made with natural casing.

www.colosimosausage.com



"We tried the Tampa Maid Butterfly Shrimp Gold Pack (#4181). These are BIG! The shrimp lovers are going to love these! They are yummy!"

—Terrisa Berg of Soda Springs, ID

### **Oriental Breaded Dinner Shrimp**

Deep fry only.
3 lb. (16-20 shrimp/lb)
#1813.....\$22.09

#1813.....\$22.09 Our Best Selling Shrimp!

### **Shrimp Poppers**

Tender baby shrimp, carefully breaded and ready to fry. Serve with your favorite dipping sauce. 2 lb.

#4180.....\$8.39



### **⋄** Oven Ready Butterfly Shrimp

### **⋄** Bake 'R Fry Shrimp Fries

### **⋄** Italian Breaded Calamari Rings, *IQF*

2 lb.......#4179.....\$12.59
We coat each tender calamari ring in a crunchy
breadcrumb seasoned with oregano, cheese, garlic
and other delicious seasonings. They fry up crisp,
crunchy, and delicious in minutes. Perfect choice
for an easy appetizer served with marinara sauce.

### **⋄** Jalapeño & Cheese Shrimp Jammers

www.tampamaid.com

- BIG! Butterfly Shrimp Gold Pack 2.5 lb......#4181..... \$25.99 15 shrimp per pound! Lightly breaded, fries to a golden brown.
- **Coconut Shrimp, Round Breaded** 2.5 lb., tail on, 16-20/lb..... #3859...... \$30.19
- **⋄** Breaded Scallops 3 lb. 30-40/lb. ...... #3856...... \$30.49



# Price Reduction! Deluxe Stir Fry Vegetable Blend

A colorful, delicious blend with big cuts and portions of broccoli, carrots, water chestnuts, Chinese pea pods, mushrooms, celery, baby cob corn, onions, red peppers and yellow carrots. 4 lb.

> #1175.....<del>\$8.09</del> **SPECIAL \$7.29**

"We had an Alison's Pantry supper tonight! I prepared brown rice (#1464) and used it for a bed on the plate. Then I added a layer of the Pierce Tempura Battered Chicken Breast Chunks (#4276). I topped all of that with a nice helping of the Flav-R-Pac Deluxe Stir Fry Mix of veggies (#1175). I then topped the entire creation with Kikkoman Plum Sauce "Sweet & Tangy" (#4781) that had been warmed in the microwave. The entire meal took 25 minutes to prepare!"

— Chef Beth of Zortman, MT



# www.norpac.com



# www.alisonspantry.com

# Connoisseur

Connoisseur Collection.....2 lb......\$5.99

#4674 Carrots and Sweet Potatoes with Glaze

Sweet Potatoes, Carrots and Brown Sugar Glaze.

#4676 Vegetables with Lemon Dill Butter Sauce

Green Beans, Broccoli & Carrots w/Lemon Dill Sauce.

#4675 Vegetables with Asiago Cream
Broccoli Florets, Large Diced Orange and Yellow Carrots
with a creamy, spiced Asiago cheese sauce.

### **Pantry Pointer**

Summer time is the right time for eating more vegetables! When you are eating light, vegetables really pack a powerful nutritional punch.



### Grande Classics® Maui Blend

Broccoli, Pineapple, Sugar Snap Peas, Carrots, Onions, Red Peppers 4 lb.....#2959.....\$9.49



Grande Classics®
Key West Blend
Whole Green Beans,
Bias Sliced Carrots,
Bias Sliced Yellow Carrots,
Red Pepper Strips
4 lb......#2556.....\$6.29



Asparagus Spears Medium IQF 2.5 lb #3127.....\$11.29



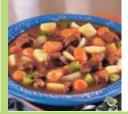
Whole Wax Beans, Whole Baby Carrots 4 lb.....#2557.....\$6.99





Grande Classics\*
Nantucket Blend
Broccoli, Carrots,
Sugar Snap Peas,

Sugar Snap Peas,
Red Peppers, Cranberries
4 lb.....#2958....\$9.09



Soup 'n Stew Vegetable Blend

IQF Diced Potatoes, Sliced Carrots, Small Whole Onions, 1/2" Sliced Celery 5 lb.....#3219.....\$6.09



Add the sweet taste of home to your breakfast table.
2 lb.....#3216....\$3.19





Grande Classics\* Gourmet Caribbean Blend Whole Broccoli, Yellow

Carrots, Green Beans, Bright Red Peppers 4 lb.....#3782....\$7.19

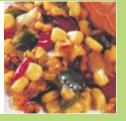


Fajita Blend

Onion Strips, Red, Green and Yellow Pepper Strips. Simple and delicious! 2 lb.....#2069.....\$3.49

Flame Roasted Sweet Corn, Peppers & Onions Lightly seasoned— it's

"Supergood!"
2.5 lb.
#2742....\$6.89





Grande Classics®
Normandy Blend

Broccoli, Cauliflower, Sliced Carrots, Zucchini, Yellow Squash

4 lb.....#1266.....\$6.99

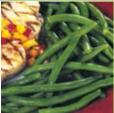


Green Peas with Buttery Flavored Sauce

Serve as a sweet, delicious side. 2 lb....#3217....\$3.29



Beautiful whole beans to add a wholesome touch to your meals. 4 lb.....#3781....\$5.99





Grande Classics\*
Cozumel Blend
Sugar Snap Peas,

Mango, Red Peppers, Asparagus, Onions 4 lb.....#2960....\$9.29



Whole Kernel Corn with Sauce Whole Kernel Corn

Whole Kernel Corn with a delicious, rich buttery flavored sauce. 2 lb....#4664....\$3.29

Glazed Whole Baby Carrots in Maple Flavored Sauce Beautiful, delicious, and good for you too!

2 lb...#3218...\$3.29









LES, INC.) Vegetables by the case!
Grade A, IQF, nothing added.

Jubilee Cut Corn on the Cob - Supersweet
Variety - more sugar than standard corn!
96/3 inch cobs......#4978 ..... \$23.99

Carrots, Diced

20 lb. case .....#4986 .... \$14.99

Corn, Super Sweet Cut IQF

20 lb. case ......#4987 ..... \$20.99

Mixed Vegetables 5-way IQF

Carrots, peas, corn, lima beans and green beans 20 lb. case ......#4988 ..... \$19.99

Peas IOF

20 lb. case ......#4989 ..... \$21.99

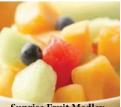
**Whole Green Beans** 

15 lb. case ......#4990 ..... \$24.99

IQF = individually quick frozen



Fiesta Blend



**Sunrise Fruit Medley** 

# FLAV-R-PAC

### **Delicious Fruit Mixes**

#### Fiesta Blend

A tropical party for your taste buds! Mango, Papaya, Pineapple and Strawberries

5 lb. bag..... #4983....\$11.49

### **Oregon Berry Mix**

IQF berry favorites from the great North West: Strawberries, Marion Blackberries, Blueberries and Raspberries

10 lb. case .. #4984....\$37.99

### **Sunrise Fruit Medley**

Start your day right with Peaches, Strawberries, Honeydew, Pineapple and Blueberries

5 lb. bag..... #4985....\$13.39

"The Flav-R-Pac Triple Berry Topping (#3779) makes a great quick and easy dessert when you thaw it and put it over angel food cake. The three berries mixed together is a wonderful taste in your mouth! This is a great dessert for the summer months, or busy nights when you don't have time to bake a dessert."

— Cheryl Ferrero of Bayard, NE

# Strawberry, Sliced

Triple Berry



### Fruit Toppings (sugar added)

### Strawberry, Sliced

### **Triple Berry**

Strawberries, Marionberries & Raspberries: three great berries combined to create a distinctively delicious topping. 2 lb. bag ......#3779 ........\$6.09

### Apples, Diced

Great as an ingredient for baked goods or on a breakfast bar. 2 lb. bag ..........#4980........\$3.99

### Peacl

Peach topping is sensational on crepes, French Toast and warm with ice cream.

### Blueberry



"Flav-R-Pac Pasta Perfect Bowties with Vegetables (#2558) – Wow! What a Great Combo! Easy to make and smother with cheese. Perfect meal for the whole family!"

— Darcie Shannon of Ashley, ND



### Pasta & Vegetable Mixes

Run product under hot water to thaw. 2 lb bags

### Rotini with Vegetables

White pasta spirals with broccoli, carrots, kidney beans, small white beans, garbanzo beans, Italian type green beans and red peppers.

#2740 ..... \$3.99 .... SALE \$3.59

### **Bowties with Vegetables**

A colorful blend of Bowtie white pasta with broccoli, Italian beans, kidney beans, garbanzo beans and red peppers.

#2558 ..... \$3.99 ..... SALE \$3.59

### Gemelli with Vegetables

Long, twisted white pasta in a complementary blend of sliced carrots, sugar snap peas, broccoli and diced red peppers.

#2741 ..... \$3.99.....SALE \$3.59



### Heartland Chicken Noodle Soup

Thick home-style noodles with chicken. Very hearty. 42 oz./106 oz. yield #3302......\$12.19



# Baked Potato Chowder w/Bacon

A great tasting chowder with pork and bacon flavors 64 oz./128 oz. yield #1974......\$16.69



### **Cream of Potato**

Premium potatoes, onions, celery, carrots and a bit of bacon for flavor.
52 oz./116 oz. yield



#1179......\$13.59

A touch of Parmesan cheese gives this soup a rich flavor. 54 oz./106 oz. yield #1178......\$14.19



### New England Clam Chowder

Made in a traditional creamy base. A superb chowder! 52 oz./116 oz. yield

#1180......\$15.19



### Fiesta Tortilla Soup with Chicken

Made with corn tortillas. A celebration of lively flavors. 58 oz./122 oz. yield

#2204.....\$14.99



Strawberries, Whole\* 5 lb. pouch #2028.....\$10.29 Hand picked & quick frozen, to keep peak season goodness.



Mixed Melons\*
Cantaloupe &
Honeydew
5 lb. pouch
#2036.....\$13.59
Mix of the finest fresh
frozen melons.



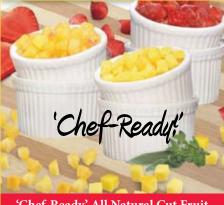
Pineapple Chunks\*
5 lb. pouch
#3069.....\$9.59
Naturally sweeter
& juicier than
regular pineapple.



Mango Chunks\*
5 lb. pouch
#2837.....\$11.59
Tropical flavor with
a host of nutrients to
make healthy eating a
delightful experience.

### **Pantry Pointer**

Serve kids Dole\* Fruit right from the bag; kids love to nibble on frozen berries in the summer. A bit messy but they love it!



'Chef-Ready' All Natural Cut Fruit Picked ripe, fancy grade, 100% real fruit, washed and ready for your recipes! Pineapple and Peaches are cut to 3/8" cubes, Mango and Strawberries cut to 1/2" cubes.

2 year shelf life and handy re-sealable bag. All varieties are IQF. 5 lb.

- **S** Pineapple Cubes ......#4763...\$11.19
- **S** Diced Strawberries ... #4766... \$11.89
- **☞** Diced Peaches......#4765...\$12.69
- **■** Mango Cubes.....#4764...\$13.99



Blueberries\*
5 lb. pouch
#2030.....\$\frac{\$20.99}{\$20.99}\$..... SALE \$18.89

Research labs across the world demonstrate that there is growing evidence proving blueberries are an important part of a healthy diet. They help in the prevention of everything from aging to bacterial infections to cancer! Among all fruits and vegetables, blueberries rank among the highest in antioxidant levels.

"I love the Dole Blueberries (#2030). Not only do they taste good but they are so very good for you. After trying some blueberry lemonade at one of my favorite restaurants in our town and LOVING it, now I fix it at home all the time. I just fix some lemonade from frozen concentrate and add some of the frozen Dole Blueberries. When the blueberries have defrosted some in the lemonade, I take a fork and smash them a little to bring more of the juices, flavor and color out into the lemonade. MMMM! It makes a wonderful refreshing drink!"

— Charise Strand of Cedar City, UT



Mixed Fruit\*
Peaches, strawberries,
pineapple, honeydew
melons and
red seedless grapes
5 lb. Pouch
#2032.....\$11.29



Whole pitted\*
5 lb. pouch
#2037.....\$16.39
Sour or tart flavor, ideal
for baked goods, topping
or mixes.

\*Re-sealable, no sugar added
• IQF = Individually quick frozen.

www.dole.com

## www.alisonspantry.com



Mixed Berries\*
5 lb. pouch
#2034.....\$16.89
Strawberries,
Red Raspberries,
Blackberries, and
Blueberries.



Raspberries,
Whole\*
5 lb. pouch
#2031.....\$27.99
Picked at the peak of
ripeness & quick frozen
for best quality.



Blackberries, Whole\* 5 lb. pouch #2029.....\$12.69 Blackberries add superb taste & color to a range of dishes.



Strawberry Bits & Pieces IQF
2/5 lb. bags/10 lb
#2633.....\$15.99
A great way to save on berries if you don't need them to be whole!
Best Buy Item!



California Sliced
Peaches\*
5 lb. pouch
#2033.....\$10.99
Grown in prime peach
regions, ensuring the
highest quality.



Raspberry Crumbles IQF 4/2.5 lb. bags/10 lb. #2632.....\$45.59 \$26.99 Best Buy Item!



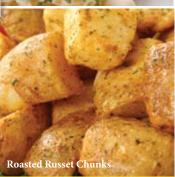
#3955 Strawberry/Banana #3957 Mixed Berry #3956 Mango/Peach/Banana

Frozen
Smoothie
Starters™
Eat healthy the
easy way! Have
a delicious
Smoothie that
is equal to two
servings of fruit!
24/7 oz.
packets
\$31.59

Just \$1.25 for a smoothie!

"We loved the Breakfast Blend Potatoes (#5026) that we took home. I made a breakfast skillet out of them this morning. I just heated them in the pan with some chopped up precooked bacon, scrambled eggs and cheese. It took only 10 minutes so I had time to make a hearty breakfast before work. There were leftovers so I put it in a tortilla and made a burrito for lunch. It was so yummy." - Tiffany Kendrick of Orem, UT







Our potato products are the highest quality available and incredibly priced, too. They are produced in Fruitland, ID in the heart of the Treasure Valley; recognized internationally for quality and best taste. We guarantee that you will be pleased or we will double your money

back! Packed 6/2.5 lb. bags per case; a perfect size for your family. 15 lbs is a friendly pack size; buy a case and you will agree that the flavor, pack size and cost are just what you have been looking for!

Alison's Pantry IOF Peeled 3/8" Diced Potatoes—Alison's Pantry now offers a 3/8" diced russet potato that completes every breakfast. Great as a breakfast side dish, add your favorite vegetables, or mix with scrambled eggs. These can be used in potato casseroles, potato salads, or even mashed potatoes. 

Alison's Pantry Alison's Breakfast Blend—We started with fire roasted russet potato chunks, and added home-style pieces of Onions, and Green and Red Peppers. Lightly seasoned; this blend is an excellent side dish by itself, or add scrambled eggs to create the perfect skillet breakfast. Also perfect in breakfast burritos and casseroles.

Alison's Pantry Savory Seasoned Roasted Russet Chunks—Fire Roasted to perfection, our Russet potato chunks are seasoned with Salt, Pepper, Onion, and Garlic to provide the perfect balance for any meal. An excellent breakfast dish, or can accompany any dinner menu. Your family will keep coming back for more!



Give your choosy Cheese Eaters a Cheese Lover's Delight with our Cheesiest Pizzas Ever! All come individually wrapped.

**Cheese Pizza Slices** 

15/5.43 oz

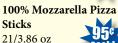
#4861....\$16.99

Pepperoni & Cheese Pizza Slices

**OUR BEST SELLER!** 

15/5.49 oz

#4862....\$16.99



#4863....\$19.99

2 Pizza Sticks per package = 42 sticks. Baked not fried. Cooks in 10 minutes.



"My family loves the Chicken Broccoli Alfredo (#3115). Beautiful veggies, never any leftovers."

- Lorri Glasgow of Winnemucca, NV





◆ Pepperoni Pizza Sticks, 48/3 oz.....#2277 .... \$27.69

**Hand Fulls Stuffed Sandwiches** — *Made with Ultragrain*\* *crust, 0 trans fat,* 6 grams of fiber and has less than 300 calories! All individually wrapped.

- ◆ Cheeseburger Hand Fulls, 25/4.60 oz. .....#3210 .... \$24.49
- ◆ Pepperoni Pizza Hand Fulls, 25/4.60 oz. .....#3211 .... \$24.49
- ◆ Bacon, Egg & Cheese Hand Fulls, 32/3.5 oz. ......#2278 .... \$23.99
- ◆ Sausage, Egg & Cheese Hand Fulls, 32/3.5 oz. ........#2279 .... \$23.99



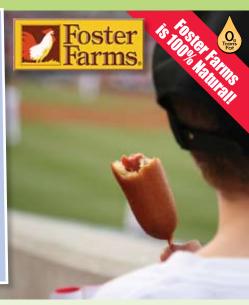
- ❖ Chicken & Broccoli Alfredo, 32 oz. IQF pouch Sliced chicken breasts with broccoli, carrots, red pepper strips, and peas in a creamy Alfredo Sauce Just heat & serve over pasta!.....#3115 .......\$9.39
- **♦ Meat Lasagna,** 96 oz. tray

\$1.65 a serving! #3113 ..... \$19.79

**⋄ Salisbury Steak in Gravy,** 69 oz. tray (12 per tray)........\$16.29

"Foster Farms Maple Pancake w/Pork Sausage (#1406) is a quick and easy breakfast. We pop it in the microwave for 80 seconds and have a nice hot breakfast. It is a favorite of our 'entire family' especially our dog Penny!

- Shirley Hardy of Battle Mountain, NV



### Foster Farms® Corn Dogs

are plump franks in exclusive honey crunch batters made with a Southern Dixie corn meal and high quality Pillsbury® Batter. And these franks are plump, with a generous 50/50 meat-to-batter ratio. They're fried in only 100% vegetable oil and contain ZERO grams trans fat per serving.

All Meat Premium Corn Dogs\*, 60/2.67 oz.....#1182.......\$26.49

Chicken Mini Corn Dogs, Mini chicken franks wrapped in Honey Crunch batter. 5 lb. bag (Approx. 120/.67 oz. corn dogs) ..#1581.......\$16.79

Cheese & Jalapeno Corn Dogs, Mild Jalapeno cheddar flavor. 36/4 oz.....#1932.....\$23.79

Turkey Franks, Grill 'em up for a great bite and healthy too! 6" franks, 80 per case. Naturally smoked for best flavor.

Maple Pancake with Pork Sausage\* Pancakes and Sausage, wrapped to go, on a stick for fun eating! 56/2.85 oz.....#1406......#28.59

Maple Blueberry Pancake with Pork Sausage

10 lb. case of delicious breakfast or snack pancake wraps. Just 57¢ each! 56/2.85 oz. .....#4926......\$31.99

### Sliced Fully Cooked Lunch Meat Combo Pack

4 lb. of each: Hickory Smoked Turkey, Salami, and Bologna. 1/2 oz. slices. Each type of meat comes in 2/2 lb. packages. 

Just \$2.47 per pound for healthy, top quality lunch meat.

### Gold Coast Wings with Honey BBQ Sauce, Fully cooked.

Sweet and tangy, these meaty wings are fully cooked and coated in delicious honey BBQ sauce. Just heat and serve. Great for parties! 

### Buffalo West Wings, Fully Cooked

100-140 count, 5 lb......#1933......\$22.79

### Oven Roasted Fully Cooked Chicken Wings

Mild Italian flavor, bake in oven. 10-14 wings/lb. 

www.fosterfarms.com



Individually wrapped. Thaw 'n eat! 6 each of: Peanut Butter & Grape Jelly, Peanut Butter & Strawberry Jam, and Peanut Butter & Honey Spread on Wheat. 18 ct. /2.8 oz.

#3306.....\$13.49



www.smuckers.com

PB & Grape Jelly on 100% Whole Wheat Bread

18/2.8 oz. #4604 \$13.49

Grillable Cheese Sandwich Uncrustables®

18/2 oz......#3122......\$14.79



Smucker's® Snack'n Waffles™ Variety Pack - Now made with Whole Grain! Pre-sweetened and fully baked with gourmet flavor. Ready to eat—at home, school, work or on-the-go! Contains no Trans Fat. 6 each of flavor: Maple, Cinnamon and Blueberry.

18 ct. /2.2 oz. IW #4216.....\$9.99



### **Tasty Bake Pizza Crusts**

www.tastybake.com

Our crusts come Par-baked; all you have to do is spread with sauce, add some Cache Valley\* Mozzarella Shredded Cheese and toppings of your choice, and bake for a quick and delicious homemade pizza taste!

'Original' 8" Thin Crusts

'Original' 8" Thick Crusts

'Original' 12" Thick Crusts

'Italia' Hand Stretched 8" Crusts

This crust is made with seasoned dough containing garlic, parmesan cheese, and olive oil. It is a hand stretched product and is not uniform in size and thickness. It is topped with a coating of olive oil and a sprinkle of shredded mozzarella cheese.

**Garlic Bread Sticks** 

Mildly seasoned dough with a sprinkle of spices and mozzarella cheese. Just heat and serve. SIZE: 1"x8"









»NEW« Superpretzel® Cheddar Cheese Filled Pretzels\* 50 ct.....**#5166....\$27.39** 

»NEW« Superpretzel® Cinnamon Raisin Pretzels\* 50 ct.....**#5165....\$27.39** 

\*Individually wrapped; perfect for lunches and snacks. Thaw to eat or microwave

Superpretzel® Soft Baked

**Pretzels** – Delicious plain, salted or topped with mustard. Comes with 1/2 lb. of Cinnamon Sugar. 20 ct. box....#1472....\$14.39

CinnaPretzel® with Creamy **Icing** – A perfect treat for breakfast or lunch your kids will love! IW, each

with 1.5 oz. icing. 12/6 oz......#2222....\$27.99

Tio Pepe's Churros - Slightly crispy exterior and warm moist center. Enjoyed by children and adults alike. 10" churros come with 1/2 lb. of Cinnamon Sugar.

25 ct. box....#1473....\$10.59

www.jjsnack.com

The Funnel Cake Factory® Frozen Funnel Cake - Excellent Breakfast or Dessert!

48/3 oz. (5")..#2046....\$28.99

»NEW SIZE!« Minute Maid® **Soft Frozen Lemonade Cups** 12/12 oz. cups......\$16.99

- **№** #5163 Lemon
- ₩ #5164 Strawberry

Minute Maid® Soft Frozen Lemonade

- ₩ #1786 Strawberry
- ₺ #5038 Lemon

Luigi's® Real Italian Ice - Made with Real Fruit Juice. Fat Free, 100% RDA of Vitamin C. 24/4 oz. tubes......\$16.99

- 5 #2631 Mango
- ₩ #5039 Cherry
- ₹5040 Strawberry

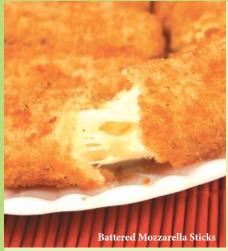
»NEW SIZE!« Barq's® Frozen Root Beer Floats, 12/12oz. cups #5162.....\$18.99

Barq's® Frozen Root Beer Floats 24/4 oz. tubes, only \$.79 each! #1787.....\$18.99











**Beer Battered Whole Button Mushrooms** Bake or Fry, 3 lb. .....#3467 ......\$13.39



Cheddar Cheese Fry, 3 lb	#3463	\$19.79
Potato Breaded Jalape Cream Cheese	no Stuffed w	ith
Fry, 3 lb	#3462	\$19.79
Pub Style Beer Battere Onion Rings	ed Steak Cut	5/8"
Bake or Fry, 2.5 lb	#3466	\$8.69
Bake or Fry 2.5 lb		\$8.09

Potato Breaded Jalapeno Stuffed with

www.appetizer.com

(#3473) make a great breakfast, lunch or dinner idea. They take only a few minutes to throw in the oven and they are a great wholesome product. Enjoy them with a side dish of eggs or fruit for a delicious quick meal. - Mandie Melton of Glendive, MT



Trends Touce Strend
Wahoo!™ Cinnamon Flavored French Toast Sticks - Microwaveable. 5/2 lb. bags for easy storage in freezer. 4 ounce serving size. 10 lb. case
Breaded 3/4" Onion Rings Bake or Fry, 2.5 lb
Beer Battered Zucchini Slices – Crinkle Cut Bake or Fry, 3 lb#3468\$10.09
Bacon & Cheddar Stuffed Potato Shells Bake or Microwave, 2 lb. 12–14 ct./bag#4358\$13.49



Healthy Choice® Cinnamon Bakes™ Whole Grain Pies

Whole Grain Cinnamon Bakes™ from Healthy Choice®

are great for breakfast or snack. Bake able. 72/3 oz. pies......\$27.19

#4859 Strawberry Cinnamon Whole Grain Pies

#4860 Apple Cinnamon Whole Grain Pies

www.healthychoice.com



Our bubbly pastries are made with the sweetest, mouth-watering fruit and dessert fillings. Sweet and satisfying for your whole family. \*Deep fry @ 360°

**Sweet Apple Turnovers,\*** *Sweet and tart apple chunks smothered in a cinnamon sauce.* 72/2.5 oz. case......#4057........#20.09

Serving suggestion



### Alison's Pantry Gourmet Cookie Dough

7 "50" Gournet Cookle Dough	
Wonderful White Chocolate	
Macadamia Nut#3136\$7.29	
Soft Oatmeal Raisin	
Fantastic Pumpkin Chocolate Chip#3137\$5.99	
Scrumptious Chocolate Chip#3134\$5.99	
Marvelous Macaroon	
w/Milk Chocolate Chips#3138\$7.29	
Pumpkin Chocolate Cookie Dough 2/3 lb #3368\$11.49	
<b>ነው Chocolate Chip Cookie Dough</b> 2/3 lb.* #3367 \$11.49	
3 lb. tubs Yield: approx. 48 – 1 oz. cookies per tub.	

### America's #1 Snack Pie Manufacturer brings you Cutie Pies!

Whole wheat crust, zero trans fat, and nice size for kids' lunches and for anytime snacks.

60/2 oz. Pies .....\$16.99

- \$ #4945 Apple
- 3 #4946 Berry
- **№** #4947 Lemon
- #4948 Cherry
- ₩ #4949 Chocolate







### Ne-Mo's\* Fine Bakery Products Homemade goodness... away from Home\*

Store in freezer until ready to use; thaws in 1 hour. Shelf life: 9 months frozen, 21 days at room temperature or refrigerated. Wholesome ingredients!

All individually wrapped.

Specialty Bundt Cakes, 12/4 oz.....\$13.99

- ₩ #4950 Chocolate
- **№** #4952 Orange Dream Swirl

- \* #4956 Lemon Pound Cake
- په #4957 Carrot Cake
- **№** #4959 All Butter Pound Cake

www.nemosbakery.com



### Pot Pies

Microwave in 7 minutes!

Chicken Pot Pie 8 pies/10 oz. ea.\*

#2393......\$15.59

Turkey Pot Pie 12 pies/10 oz. ea

#2171.....\$32.89



- #3951 Steak, Egg & Cheese عد
- په #3953 Bacon, Egg & Cheese
- په #3104 Cheesy Pepper Jack
- \$ #3105 French Toast & Sausage
- په #2928 Ranchero Beef Steak & Cheese
- > #3952 Shredded Beef
- \$\psi #2927 Apple Cinnamon
- #3106 Cheese & Pepperoni
- #2925 Southwestern Chicken
- ه #2926 Sausage, Egg & Cheese

# Refrigerated Foods/Cheese



### String Cheese Low Fat Mozzarella

WOW! Only 25 cents each! 4 for \$1.00 is the best deal you will ever find for String Cheese! 36 ct. IW.....#5050

\$8.99



# **KRAFT**

# REAL Kraft® Fresh Grated

Very fine; what you find in the Green cans in the grocery store. Use as a pizza topping or as an ingredient when you don't want too much texture. Sprinkle on salads, casseroles and sandwiches. Shelf life is 5 months refrigerated.

1 lb. bulk bag

#1683.....\$7.99

www.kraftfoods.com

# **Our #1 Best Selling Cheese!**



100% Natural Cheese 2 lb. re-sealable blocks

#5042 Mild Cheddar #5043 Medium Cheddar #5044 Sharp Cheddar #5045 Monterey Jack #5046 Colby/Jack (Marbled)



Kraft<sup>®</sup> Grated REAL Parmesan retail cost @ \$10.99 per lb. VS our cost @ \$7.99! SAVE 27% on our 1 lb. bulk bag!

Kim's Pomegranate Jelly

Combine pomegranate and lemon juices with sugar in a large, stainless

steel saucepan. Bring to boil over high heat, and stir in liquid pectin all

at once. Bring to full rolling boil for exactly one minute. Remove from

of top. Seal and process in a boiling water canner for 5 minutes, or use

heat and skim off foam. Ladle into hot sterilized jars to about 1/4 inch



4 cups POM pomegranate juice (#4733)

1 (6 fluid ounce) package liquid pectin

7 1/2 cups white sugar

2 lemons, juiced

**Serving Suggestion** 

"My favorite use for POM is to make Pomegranate *Jelly* which my family loves. We've used the plain pomegranate juice and the cherry and blueberry blends. All have been delicious. This jelly is delicious on toast, but can be served with turkey instead of cranberry sauce, and is great on pancakes. It's one of my favorites."

– Kim Henke of AllAboutFoodStorage.com

### **Fancy Shredded** 100% Natural Cheese 2 lb. re-sealable bags #5047 Mild Cheddar #5048 Mozzarella #5049 Colby & Monterey Jack

\$7.69

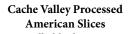


### **Processed Cheddar & Swiss** Sliced Cheese

Variety case of 6 packages each of Cheddar and Swiss. Cost per package is only \$1.75! 12/8 oz. pkg/case......#5051

\$20.99

www.pomwonderful.com



120 ct/5 lb. block.....#5152 \$16.89

100% Natural Sliced Cheese 24 oz. pkg. #5052 Mild Cheddar #5053 Provolone \$5.29

www.cachevalleydairy.com



### Makes 11 - 8 oz. jars

### POM 100% Pomegranate Juice\*

Pomegranate Juice, 8/8 oz. plastic bottles

Save 30% off retail!

inversion method.

#4733.....\$18.09

### Pomegranate Juice and Blends

6/16 oz. plastic bottles.....\$23.99

- № #4734 Pomegranate Juice
- **№** #4736 Pomegranate Tangerine Juice
- ₩ #4737 Pomegranate Blueberry Juice
- ₩ #4738 Pomegranate Cherry Juice

\*Product must be refrigerated. We ship refrigerated.

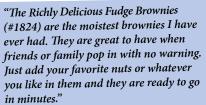


# Alison's Pantry™ Gourmet Mixes

### **Golden Cake Donut Mix**

### Old Fashioned Raised Donut Mix

**Donut Cutter,** *Cuts* 3-1/2" *donuts,* 1-3/4" *high, stainless steel.* #4915 ......\$3.49



— Irene Weber of Rock Springs, WY



"I always make sure that Mom orders the Soft 'n Chewy Pretzel Mix (#1900). My dad uses it to make homemade pizza dough. It tastes way better than Pizza Hut! It makes yummy pretzels too!

– Devyn Sanderson, Harrison, NE (age 9)





### Luscious Éclair and Crème Puff Mix

Just add hot water! Scoop dough onto pan for crème puffs, or pipe dough into strips for éclairs. Simply let cool and fill with whipped cream, pudding, fruit filling, or even chicken salad. 4 lb. re-sealable bag. Yield per bag: approx. 42 crème puffs.

#4914.....\$16.99



SWEET SNACKS & DESSERTS—

### Classic Crème Cake & Muffin Mix

One mix does it all! Makes multiple treats, from cakes to cookies. Add your favorite fillings, toppings, or stir-ins.

Yield per bag: approx. 48/2 oz. muffins. #1823 ....... \$7.69

### **Supreme Sweet Roll Mix**

Simple, delicious and oh so yummy! This is a perfect addition to your pantry.
Yield per bag: approx. 40 rolls.
#1833.......\$6.99

### Richly Delicious Fudge Brownie Mix

Moist, chocolatey—guaranteed to please even the pickiest!

Yield per bag: approx. 72/2" x 2" brownies. #1824 ....... \$7.69

SALE \$6.99

### **Heavenly Angel Food Cake**

Yield per bag: approx. 5/18 oz. cakes. #2815 ....... \$10.99

### Chocolate Crème Cake & Muffin Mix

The chocolate counterpart to our Classic Crème Cake, and just as versatile. Out of this world! Yield per bag: approx. 48/2 oz. muffins.

#1834...... \$7.69

### Soft 'n Chewy Pretzel Mix

The perfect after school snack. (Add yeast and water.)

Yield per bag: approx. 32 pretzels.

#1900 ...... \$7.69

**SALE \$6.99** 

# **Chunky Pretzel Salt** 1 lb. bag #1901 ....... \$1.99

MARVELOUS MUFFINS—

### **Scrumptious Raspberry Muffin Mix**

For just 18¢ each you can make meals or snack time special.

Yield per bag: approx. 45/2 oz. muffins. #2309 ....... \$8.19

### **Delectable Blueberry Muffin Mix**

These scrumptious muffins are sure to draw rave reviews from everyone in your family.

Yield per bag: approx. 45/2 oz. muffins #2308 ....... \$7.99

GOURMET COOKIES—

### **Pumpkin Chocolate Chip Cookie Mix**

An old-fashioned favorite with children. Just add oil and canned pumpkin.

Yield per bag: approx. 92 cookies.

#1966 ......\$7.69

### Marvelous 'n Chewy Macaroon Mix

Dip them in melted chocolate or drizzle with chocolate for an elegant touch.

Yield per bag: approx. 60 cookies.

#1965 ......\$10.39

### Alison's Chocolate Chip Cookie Mix

Yield per bag: approx. 96/2" cookies. #2569 ....... \$7.99

BREADS & BISCUITS-

### Country Style White Bread Mix

Knead it by hand the traditional way, or use it in bread

Yield per bag: approx. 3 loaves.

#2091 ...... \$5.69

### Wonderful Wheat Bread

Fragrant, delicious, and healthful loaves, either in a bread machine or by hand. Make easy rolls!

Yield per bag: 3 loaves.

#1964......\$5**.**69

### Flaky Buttermilk Biscuit Mix

Golden brown, with a balanced flavor and a touch of sweetness

Yield per bag: approx. 40 – 48/2" biscuits.

#2093 ...... \$7.69

BREAKFAST FARE—

### Old Fashioned Buttermilk Pancake Mix

Tasty, old fashioned, fluffy pancakes & wonderful waffles. Yield per bag: approx. 96/4" pancakes

#1822 ...... \$5.99

BULK (25 lb bag:) Save \$9.51!

#2128 ...... \$27.99

### 'Down Home' Cornbread Mix

Slightly sweet, with a fresh corn taste. Yield per bag: approx. 43/2 oz. muffins or 3/9"x13" pans. #2094......\$7.99

### **Sweet Potato Pancake & Waffle Mix**

Delicious in pancakes and waffles or can sweeten up your favorite recipes.

Yield per bag: approx. 48/4" pancakes.

#1967.....\$10.99

# Alison's Pantry™ Gourmet Mixes



### Delisheries® Natural Gourmet Baking Mixes - Enjoy fresh homemade cookies warm from the oven with our new gourmet mixes. Each 37 oz. re-usable tub yields 3 pounds of

*delicious cookies.*All cookie mixes yield 48 cookies

### ♣ #5092 Oatmeal Raisin Cookie Mix

Old-to-new-again favorite oatmeal cookie combining the natural sweetness of dark raisins with brown sugar and cinnamon.

\*5093 Jezebels Cookie Mix (Triple Chocolate Chip)

- The ultimate chocolate chip cookie with three, count 'em,
three kinds of chocolate chips in the mix.

### \$ #5094 Snickerdoodle Cookie Mix

Grandma's classic: a whimsical, simply delicious cinnamonsugar cookie. Best by the fistful for the child in each of us.

#### په #5095 Sugar Cookie Mix

A classic roll, cut, and decorate cookie that family members of all ages will enjoy. Red and green sprinkles are included for decorating your tasty creations.

\*5096 Chocolate Charlies Cookie Mix (Double Chocolate Chip) - This doubly delicious chocolate cookie is loaded with white and dark chocolate chips to satisfy your chocolate cravings.

#### **№** #5097 Chocolate Chunk Cookie Mix

A taste-tingling chocolate chunk cookie, chewy with brown sugar and vanilla, chunked with semi-sweet chocolate... so incredibly delicious you'll want to have more and more.

### ು #5098 Cranberry Chippers Cookie Mix

A unique white chocolate chip cookie with tart bites of tangy dried cranberries and chewy oatmeal.

### په #5099 Mississippi Muddles Brownie Mix

Moist, fudgy brownies, super dark from Dutch processed cocoa, with white and milk chocolate chips.
Yield: 2-9"x9" pans.

Delisheries Cookie Dough Mixes are made with simple, wholesome ingredients. Each mix has an alternative lower fat preparation instruction.



Purchase 3 of our Delisheries Gourmet Baking Mixes on page 15 and receive **ABSOLUTELY FREE** a Child's Apron Set – including: Child-sized Apron, Chef's Hat, and 2 Oven Mitts (Valued at \$9.99!). Use Item #4669.

### FUNDRAISER OPPORTUNITY

These new Gourmet Cookie Mixes are a perfect fundraiser opportunity for your organization! Colorful brochures are available @ 15¢ each.

The suggested sale price of tubs: \$15.00.

Please call your Distributor for more details.



























### **Heart Healthy Mixes**

- > No Preservatives Added
- Low in Total Fat
- Se Excellent Source of Dietary Fiber
- ১**⋄** 0g Trans Fat
- Se Excellent Source of Calcium
- ১**৯** Just add water!
- № 900 mg Omega 3/serving



Made with Organic Whole Wheat Flour www.lehirollermill.com

### Whole Grain Heart Healthy Hotcakes

5 lb. box, Just add water ..... #4160 ...... \$12.99

### Heart Healthy Multigrain Muffin Mix

4-1/2 lb. box, Just add water.........#4966......\$12.99

### Heart Healthy Oatmeal Cookie Mix

4-1/2 lb. box, Just add water........#4967......\$12.99

### Whole Grain Heart Healthy Hotcakes

20 oz. box, Just add water ..... #4159 ...... \$3.29



### 

- ₩ #4195 Cinnamon Spice
- په #4196 Lehi Pride
- ₩ #4194 Blueberry Buttermilk

### Barbara's Country White Bread Mix\*

### Barbara's Cracked Wheat Bread Mix\*

5 lb. bag ...... #4193...... \$4.99

\*For use in bread machines or 'by hand'. Add water and yeast.



Mrs. Wilson's\* Funnel Cake Mix – Make your own funnel cakes just like at the State Fair!
5 lb. box.....#5037....\$8.29

# Alison's Pantry™ Fresh Bulk Spices



Roasted Garlic and Red Pepper Bread Dip 1 lb. bag #2751....\$6.29 SPECIAL \$5.39

### All spices come in 1lb bags unless otherwise noted.

•	Ba	king	Basics	-e
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Allspice, Ground #1000 \$8.59
Allspice, Whole #1431 \$7.89
Apple Pie Spice#1001 \$4.89
Caraway Seeds, Whole#1002 \$5.19
Saigon Ground Cinnamon #3626 \$6.99
Cinnamon, Ground Korintji #1005 \$3.79
Cloves, Ground #1006 \$10.69
Cloves, Whole#1007 \$9.19
Cream of Tartar#1008 \$8.39
Ginger, Crystallized, ½ lb #1434 \$4.99
Ginger, Ground #1420 \$5.49
Nutmeg, Ground#1010\$11.89
Nutmeg, Whole, ½ lb#3441\$13.89
Orange Zest Granules, ¼ lb #1669 \$5.89
Poppy Seeds#1011 \$8.39
Pumpkin Pie Spice#1012 \$6.19
Sesame Seeds, White, Hulled #1034 \$5.39
Zesty Lemon Zest, 1/4 lb #1433 \$5.89

### ← Marinades & Rubs →

### Cracked Peppercorn Herb

Roasting Rub	#3627	\$6.49
Roasted Garlic & Bell Pepper		
Seasoning	#3628	\$6.59
Barbecue Spice Blend	#1440	\$3.89

Spicy Confetti BBQ #1895 \$6.19
Herbs d' Provence, ½ lb #2750 \$4.69
Honey Mustard Rub#2747 \$4.89
Lemon Rosemary Rub #2748 \$4.89
Montreal Herb Seasoning #1437 \$4.89
Montreal Steels Seconding #1022 \$4.70

Montreal Steak Seasoning	#1023 \$4.79
SPECIAL SALE PRICE	E \$4.09
Pulled Pork Rub	#2749 <b>\$4.69</b>

Roasted Garlic and Red Pepper	
Bread Dip	#2751 <del>\$6.29</del>
SPECIAL SALE PRICE \$5.39	

Seafood Blend	. #2591 \$6.19
Seasoning Salt	. #1033 <b>\$2.89</b>
Southwest Mesquite	. #1897 <del>\$5.39</del>
CDECIAL CALE DDIC	E 64 50

SPECIAL SALE PRICE	E \$4.59
Teriyaki	. #1896 <b>\$4.79</b>

### ← Canning Spices →

0 1	
Alum Powder#1439	<b>\$5.69</b>
Celery Seed, Whole #1429	\$4.99
Cumin, Ground#1442	<b>\$7.09</b>
Cumin Seed, Whole #1855	\$6.59
Dill Seed, Whole #1530	\$4.39
Dill Weed, ½ lb#1856	\$9.79
Mustard Seed, Whole Yellow #1857	\$3.69

Pickling Spice Blend...... #1853..... \$5.09

### - Menu Essentials -

Basil, Imported, Cut/sifted	#1443	\$5.09
Bay Leaves, ½ lb	#1753	\$8.49
Bell Peppers, Dried, 1/2 lb bag		
Green	#2683	\$5.39
Red	#2682	\$5.39
Cayenne Pepper	#1418	\$4.89
Celery, Diced, ½ lb	#3232	\$5.89
Celery Salt	#1427	\$2.59
Chili Powder, Mild	#1014	\$5.89
Red Hot Chili's [dried]	#3539	\$5.49
Chives, ½ lb. bag	#3436	\$9.29
Curry Powder, Mild	#1419	\$4.49
Garlic Granules	#1948	\$5.89
Garlic, Minced	#1020	\$5.89
Garlic Pepper	#1018	\$6.49
Garlic Pepper, Coarse grind	#3629	\$6.69
Garlic Powder	#1021	\$5.69
Garlic Salt, Classic Blend	#1019	\$2.39
Garlic Supreme	#2592	\$5.79
Italian 'n' Pizza Seasoning	#1432	\$5.99
Leah's Lemon Pepper	#1022	\$4.49
Meat Tenderizer,		
Unseasoned	#1438	\$3.09

Unseasoned #1438 \$3.09
Mustard Seed Powder #1428 \$4.89
Onion, Chopped#1026 \$5.29
Onion Salt, Classic Blend #1024 \$2.79
Onion Powder #1027 \$5.09
Oregano, Mediterranean#1445 \$12.89
Paprika, Mild#1697 \$5.49
Parsley Flakes, ½ lb#1426 \$5.99
Pepper, Black#1029 \$7.59
Pepper, Black, Coarse Grind #1028 \$7.59
Pepper, White, Table Grind #3437 \$9.29
Peppercorns, Whole, Black#1030 \$7.59
Peppercorns, 5 Blend, ½ lb #3438 \$9.19
Poultry Seasoning, Ground #1031 \$5.39

# → Dips & Dressings → Coleslaw Seasoning Blend ........ #1699...... \$3.29

Sage, Ground......#1752..... \$8.29

Thyme, ½ lb., Cut & sifted ...... #1444..... \$4.79

Turmeric, Ground......#1832..... \$4.99

Dilly Dill Dip Mix	#1421	\$6.09
Guacamole Seasoning, ½ lb	#2588	\$3.89
SPECIAL SALE PRICE	E \$3.39	
Hearty Vegetable Dip Mix	#1422	\$6.69
Italian Salad Dressing Seas	#1698	\$5.29

ricarty vegetable Dip with	π1422	ψ0.02
Italian Salad Dressing Seas	#1698	\$5.29
Lip Smackin' Chipotle Ranch Di	ip	
½ lb. bag	#2589	\$5.39
		<b>.</b>

Onion Soup & Dip Mix	#1025	<b>\$4.49</b>
Popeye's Spinach Dip Mix	#1423	\$7 <b>.</b> 89
Potato Salad Seasoning	#1820	\$5 <b>.</b> 79
Rosie's Ranch Buttermilk		

Dressing	#1032	\$6.49
alsa Seasoning	#1898	<del>\$5.39</del>
SPECIAL SALE PRICE	£ <b>\$4.59</b>	

### Tasty Tomato Herb Dip,

½ lb. bag	#2590	\$3.99
Tuna Salad Seasoning	#1700	\$4.99

### ← Meal Musts →

Cajun Seasoning#1417 \$4	1.69
Chili Seasoning Mix#1015 \$4	1.59
Emma's Enchilada Seas. Mix #1016 \$4	1.09
Fabulous Fajita Seasoning#1017 \$4	1.89
Hearty Bean Seasoning#1670 \$4	1.99
Mom's Meatloaf Seasoning #1535 \$6	5.29
Mucho! Mexican Seasoning #2816 \$4	1.69
Mushroom Soup/Strog. Mix #1672 \$7	7.39
Olé Taco Seasoning #1037 \$4	1.69
Savory Stew Seasoning #1540 \$3	3.79
Sloppy Joe Seasoning Mix#1035 \$3	3.49
Spanish Rice Seasoning#2105 \$5	5.69
Superb Spaghetti Seas. Mix #1036 \$3	
Tony's Pizza Top. Blend #3234 \$6	5.69

### Sprinkles for Every Table 🗢

#3233	. \$6.49
#1701	. \$5.39
#1013	. \$4.79
#1441	. \$4.19
	#1701 #1013

Toast Sugar ...... #1536..... \$3.09

#### Miscellaneous

Cinnamon, 10" Sticks	#1003	\$5.99
Cinnamon, 2¾" Sticks	#1004	\$4.19
Cozy Mulling Spice	#1009	\$6.09
Orange Peel, Dried	#2424	\$5.39
Tropical Seasoning	#2818	\$6.49
Royal Mulling Spice	#3716	\$8.19

# Savory Stew Seasoning 1 lb. bag....#1540....\$3.79

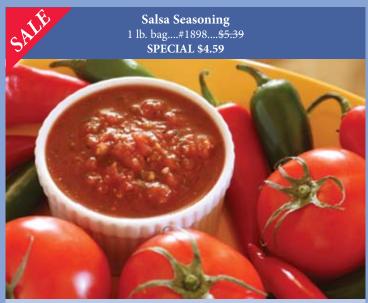
"I threw together a quick crock pot stew on Sunday and tried a new seasoning blend that I think is great for flavoring food storage basics. Savory Stew Seasoning (#1540) from Alison's Pantry is a flavorful blend of oregano, thyme, rosemary and garlic that seasons a soup or stew in one step. I love spice blends for this reason... no guesswork. It's great in traditional stew, or perfect for upgrading a combination of dehydrated veggies and tomato products for an easy emergency meal. I think it would also work well to season gravies or stroganoff. Here's the simple recipe for the stew I made in my crock pot: Place 1 lb. of stew meat in crock pot. Add

about 4-5 cups of chopped potatoes, carrots, celery and onion. Stir together 1 can cream of mushroom soup, 1 soup can of water, 1 small can tomato sauce, and 2-3 Tbsp. Savory Stew Seasoning and pour over meat and vegetables. Cook for 8 hours on low."

 $-{\rm Kim\ Henke\ of} \\ All About Food Storage.com$ 

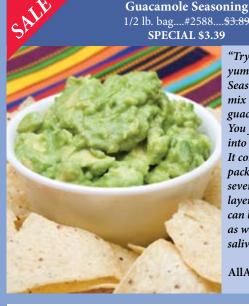


# Alison's Pantry™ Fresh Bulk Spices



"We can whip up speedy salsa using our canned tomatoes with Salsa Seasoning (#1898) from Alison's Pantry. It's a complete spice blend that can be added to fresh or canned tomatoes for instant salsa. You can leave it as-is or dress it up with avocado (my favorite), diced peaches, diced mango, or pineapple tidbits. I love this spice blend for enhancing my food storage. I think stocking basic foods and plenty of spices give me a lot of options. I can give my bottled tomatoes lots of different flavors with a variety of seasonings. If I don't have salsa on hand, I can still stir some up in seconds."

—Kim Henke of AllAboutFoodStorage.com



"Try Alison's Pantry yummy Guacamole Seasoning (#2588) to mix up a fresh batch of guacamole this summer. You just stir the seasoning into 2 mashed avocados. It comes in an 8 ounce package that will make several batches. (Sevenlayer bean dip cravings can be satisfied this way as well!) I'm trying not to salivate as I type..."

—Kim Henke of AllAboutFoodStorage.com



"Montreal Steak Seasoning (#1023) is so good; we use this peppery blend every time we grill steaks. We douse the steaks in Worcestershire sauce and then sprinkle on the Montreal Steak Seasoning. Sometimes we freeze the meat in this mixture so the steaks are marinated and ready to grill when they thaw. It's also great mixed into ground beef for flavorful hamburgers. Sprinkled over roasts, it makes drippings pre-seasoned for gravy."

-Kim Henke of AllAboutFoodStorage.com



"Tonight we tried a new spice blend, Southwest Mesquite Seasoning (#1897) Per the package instructions, I added 1 cup water to 1/4 c. of the marinade

mix and poured it over a whole chicken. When I do this again, I will make sure I pour some of the marinade under the chicken skin as well...wish I wouldn't have been in such a hurry or I would have thought of it! You can also use this spice blend as a rub. The marinade gave the chicken a nice southwestern flavor without being overpowering. It also made the chicken skin golden and crispy, which my husband loved. You'll have to forgive my immodest chicken. Like I said, I was in a hurry, so I didn't tie up the legs. Anyway, I admit the presentation lacks a little...class, but the flavor was first rate. I only recently learned how easy it is to roast a whole chicken."

-Kim Henke of AllAboutFoodStorage.com

Bacon Bits, Imitation, 10 oz#4228	\$5.99
Chili Seasoning Mix, 1.25 lb#3902	\$7.69
Cinnamon, Ground, 1 lb#1844	\$6.19
Cinnamon Vanilla French Toast Sug	gar
28 oz#3894	\$6.49
French Fry Seas., 1.5 lb#4229	\$7.19
Garlic Salt, Classic, 21/2 lb#1851	\$6.29
Italian 'n Pizza Seasoning	
10 oz#3904	\$6.89

### Spices in Containers → Mom's Meatloaf Seasoning

Monis Meadoal Seasoning		
1.25 lb	#3903	\$8.79
Montreal Steak Seas., 1.5 lb	#4227	\$7.59
Olé Taco Seasoning, 1 lb	#1846	\$5.89
Onion Soup & Dip, 1½ lb	#1845	\$8.99
Onions, Chopped, 14 oz	#1847	\$6.19
Onions, Minced, 1 lb	#1848	\$6.49
Pepper, Black Table Grind.	#1843	\$8.59
Poppy Seeds, 20 oz	#1852	\$11.59

Rosie's Ranch Buttermilk Dressing	3
24 oz#3893	\$9.99
Saigon Ground Cinnamon	
14 oz#3892	\$8.79
Salad Sprinkles Supreme	
1.25 lb#4230	\$6.49
Seasoning Salt, 13/4 lb#1849	\$5.99
Sesame Seeds, 1 lb#4508	\$6.99
Spaghetti Seas. Mix, 11/4 lb#1850	\$5.89
Whole Caraway Seeds, 1 lb#4507	\$6.29
1 0	

# **Best Baking Products**



# Alison's Pantry Powdered Flavorings

Formerly available to bakeries only, these flavorings have NO Alcohol, NO Preservatives and won't bake out! Use in place of liquid flavorings. 1-year shelf life.



- Sweet Vanilla Powder Artificial Flavoring 4 oz.....#1534.....\$4.99
- > Old Fashioned Almond Powdered Natural Flavoring, 4 oz.....#1829.....\$6.99
- Luscious Lemon Natural & Artificial Flavoring Powder, 4 oz. ...#3636...... \$5.99
- Sassy Strawberry Natural & Artificial Flavoring Powder, 4 oz. .... #3635...... \$5.99
- Sweet Vanilla Powder Artificial Flavoring 3-Pack, Save \$1.98!

3-4 oz. jars .....#1325....\$12.99

- Fruity Powdered Flavoring Variety Pack Contains: Sassy Strawberry, Luscious Lemon and Sweet Vanilla Powders. Save \$2.00! 3-4 oz. jars .....#4235....\$14.99
- > Powdered Flavoring Combination Pack Contains: Sweet Vanilla, Old Fashioned Almond and Luscious Lemon Powders. Save \$3.98! 3-4 oz. jars.....#1831....\$13.99
- AP Powdered Flavoring Recipe Booklet Full of delicious recipes using our powdered flavorings .......#4357......\$.50

FREE Recipe Booklet included with each Variety Pack!

"We use SAF Instant Yeast (#2446) because it freezes easily and is vacuum fresh from the company. We have had excellent results for over 10 years now."

Stephen and Robin Keith of St. George, UT



SAF\* is the world's best selling yeast. It is the preferred yeast of professional bakers. Freeze for best freshness, and use right from freezer—no thawing necessary.

### SAF® Instant Yeast

No proofing, mix directly with dry ingredients. 1 lb. ..... #2446 .... \$3.49



(Must re-hydrate) 1 lb.....#2400 .... \$3.29

## **Double Acting Baking Powder**

(Aluminum FREE) 5 lb.

Plastic E-Z Open Container ... #1205 .. \$12.89 www.safyeast.com

### Arrezzio Extra Virgin Olive Oil

Imported from Italy. 18 month shelf life if kept in cool, dark place. One Gallon Tin.....#5150 \$26.09



Pantry Pointer Baking Soda has been used for decades as a wonderful toothpaste! Remember when we brushed our teeth as kids with Baking Soda?





Clabber Girl has been producing baking powder for over 120 years! Our decades of research and refinement ensure that you will receive a high quality baking powder that can be depended on for uniform, consistent performance in your kitchen.

Clabber Girl® Baking Powder, 5 lb. tub ......#2847 ......\$8.89 Clabber Girl® Baking Soda, 5 lb. tub ......#2848 .....\$4.49 Clabber Girl® Cornstarch, 3.5 lb. tub ............#2849 ............\$3.99

Baking Powder [Aluminum Free]

www.clabbergirl.com

"Vegalene (#1212) is probably the overall most popular product with my customers in my nearly seven years with Alison's Pantry. It works the same as the wellknown non stick spray most of us are familiar with - but does not have the offensive odor it has. It is also much less expensive to use as Vegalene comes in a 21 ounce can instead of a 7-8 ounce one! Almost without exception, the ladies I recommend it to that try it like it so well that they continue using it. It's the one product that I keep on hand for customers who panic when they run out between orders." — Marty Ellis of Blackfoot, ID



Serving Suggestion

### Vegalene® Pan and Grill Spray

All natural, trans-fat free. 21 oz	#1212	<del>\$/.19</del>
SPECIAL \$6.49		
Vegalene® Canola Pan Coating, 16.5 oz	#1949	\$6.39
Waffle Off®, 14 oz.	#1575	\$5.49
Bak-Klene® All Purpose Spray 13 oz	#1213	\$5.19
Bak-Klene® No Stick Bread Pan Coating, 14 oz	#2127	\$5.39
Buttery Delite®, 13 oz.	#1576	\$5.49
Garlic Mist*, 13 oz	#1577	\$5.49
Olive Mist*, 13 oz	#1578	\$6.09
Puricit® Citrus Air Freshener, 6 oz	#1579	\$4.29

www.parway.com

# **Best Baking Products**



### **Decorating Sprinkles** 8 oz. tub......\$2.49 § Rainbow ......#4069

§ Lavender.....#4070

§ Pink .....#4073 § Spring Mix ...#4072

SAVE 66% or \$4.70 per 8 oz. tub compared to retail WOW!

### **Dawn Fillings**

Ready to use 2 lb. bagged fruit filling, perfect for topping your desserts, making them not only beautiful but incredibly delicious.

§ Royal Apricot .... #3821 .... \$5.19 & Bavarian Cream .....#1638 ....\$2.39 § Cream Cheese...#1639 ....\$3.69 § Apple .....#1640 ....\$3.59 § Blueberry ......#1641 ....\$2.89 § Cherry .....#1642 ....\$2.79 § Lemon .....#1643 ....\$1.99

§ Strawberry......#1645 ....\$3.09 www.dawnfoods.com

§ Raspberry ......#1644 ....\$3.79

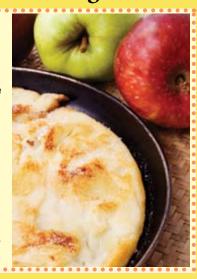
### Oven Baked Apple Pancakes

4 cups Dawn Apple Pie Filling (#1640) 2 Tbsp butter

1 tsp ground cinnamon (#1005)

1/2 cup milk 1/2 cup all-purpose flour 1 Tbsp sour cream 1 tsp lemon zest (#**1433**) 1/4 tsp salt Spiff-E-Whip topping (#1679)

Preheat oven to 350 degrees F. In a 10-inch cast iron skillet, warm the apple pie filling, butter, cinnamon. In a bowl, beat the eggs until frothy. Add the milk, flour, sour cream, lemon zest, and salt. Beat just until batter is smooth. Pour over the hot apple mixture in the skillet, and immediately put the pan in the oven. Bake for 20 to 25 minutes, or until the pancake is puffed up and golden brown; top with Spiff-E-Whip topping. Serve warm. Thanks to Kimberly Grant of Winfield, WV.





"You can prolong the life of powdered items like powdered buttermilk, powdered sugar or baking soda using a vacuum sealer. Just place a plastic bag into the jar (Alison's Pantry Bread Bags (#1647) are perfect for this), fill the bag with the product, twist the bag closed and press down into the jar. Then seal the canning lid to the top of the jar. This prevents the Food Saver Vacuum Sealer from sucking the fine powder into itself which can gum up the machine and damage it."

Kim Henke of AllAboutFoodStorage.com

Bakery Bread Bags - For just 6¢ each, you can bag up your bread, muffins, and cookies just as professional bakeries do. Poly .001 mil bags. 15" length. 100 ct.....#1647......\$5.59

> COMPARE Catalog Sales at \$18.95/100 bags VS ours at \$6.49/100 - SAVE an amazing 71%!

Bakery Bags for Dinner Rolls - 8" x 4" x 18" length. Poly .001 mil bags, perfect size for dinner rolls and hoagies; a bit longer than our Bread bags and priced just right! What a deal @ just 5¢ per bag! 

> COMPARE Catalog Sales at \$15.95/100 bags VS ours at \$4.99/100 - SAVE an amazing 69%!

**Garlic Foil Bags**, 25 per order......#4910......\$4.99 Just 25¢ each! These are just like the stores give when you buy a fresh loaf of garlic bread at the bakery or cash register. Enjoy fresh baked Garlic Bread at home the easy and more economical way.

Bread Bag Twist Ties - white, 3¾" long. 2000 ct... #2057.......\$4.99 **Baking Cups,** 2" bottom, 4½" circle, 1¼" side wall, for muffins or cupcakes. 500 ct. paper ......#1646......\$4.89

Mini Baking Cups, 11/2" bottom, 31/2" circle, 1" side wall. For Mini Muffin Pan (#1556), candy, nut cups, etc. 500 ct......#2058.......\$3.79

Gerken's® Mini Cinnamon Drops, 2 lb. bag....... #2776.......\$5.99 Blueberry Flavored Bits, 1.5 lb. bag

Add to muffins, pancake batter, cookies and breads. Designed specifically for baking. Store in dry place for up to one year.....#2775......\$4.99

Home Brand® Light Corn Syrup, 1 gallon ...... #1862..... \$10.79 Thompson Seedless Raisins, 10 lb.

Add to breads and muffins for rich flavor. ..... #1137 ..... \$17.89



### **Heavenly Cinnamon Chip Bread**

3 Thsp SAF instant yeast (#2446)

1 c liquid eggs, like Egg Beaters [or, 4 whole eggs; or, 1/4 c. dehydrated egg powder + 1/2 c. water] 3-3/4 c. warm water

3 Tbsp canola oil (or grapeseed)

2-1/2 c Gerken's Mini Cinnamon Drops (#2776)

10-12 cups flour (I used about 4 cups hard white wheat flour and 6 cups allpurpose white flour)

In mixing bowl, combine 4 cups flour, yeast, and sugar. Add water, eggs, and oil. Beat well until combined. Stir in salt, cinnamon drops, and more flour until dough pulls away from sides of bowl. Knead with mixer for about 5 minutes. Place dough in greased bowl, cover, and let rise for 1 hour. Shape dough into 4 loaves, and let rise again until doubled (about an hour) in pans. Bake at 375 degrees for about 30 minutes. From Ken Henke of AllAboutFoodStorage.com.



# **Pantry Basics**

### **Pantry Pointer**

Doctors and dietitians everywhere recommend that we eat more whole grains and more fiber every day. A great way to get those extra grams of fiber is to switch to whole wheat pasta. In the past, whole wheat pastas were very strong tasting, and usually gummy too. Today's whole wheat pastas are completely different. They are mild tasting and nicely firm and are enjoyed by adults and kids alike!





Whole Wheat Elbow Macaroni***			R&
12/13.25 oz. packages	#4106	<del>\$17.29</del>	Sh
SPECIAL \$15.59			re
Whole Wheat Rotini			R&
12/13.25 oz. pkgs	#4603	\$17.29	Co
Excellent source of Whole Grain; 56 grams/svg. 5	grams of fi	ber/svg	ho
Whole Wheat Spaghetti, 20 lb. case	#4274	\$32.29	Mo
Hearland Whole Wheat Penne Pasta***			20
12/13.25 oz. packages	#4107	\$17.29	Mo
R&F* Rainbow Bowties*, 10 lb. case	#4098	\$15.69	Mo
R&F* Acini Di Pepe, 10 lb. case	#4099	\$17.79	Mo
R&F* Medium Egg Noodles* 10 lb. case	#4096	\$15.69	Mo
R&F° Extra Wide Egg Noodles*, 10 lb. case	#4097	\$15.69	
		•. (	. ,

R&F® Orzo Pasta, 20 lb. case	#4726	\$27.49
Shaped like grains of rice, this cut has a variety of replacement for rice.	f uses in sou	ps or as a
R&F* Cavatappi Pasta, 20 lb. case	#4725	\$25.09
Corkscrews; a great shape that both children and hollow spirals are best used for meat and cheese s		these
Montalcino® Elbow Macaroni**		
20 lb. case	#4103	\$25.09
Montalcino <sup>®</sup> Spaghetti 10" length** 20 lb. case	#4100	\$29.29
Montalcino <sup>®</sup> Lasagna [pkg as 12/1 lb.] 12 lb. case	#4105	\$18.99
Montalcino <sup>®</sup> Fettuccine 10" length** 20 lb. case.	#4101	\$20.99
Montalcino* Medium Shells**, 20 lb. case	#4104	\$20.99
*packaged as 2/5 lb. **packaged as 2. ***Case weight is 9.94 lb. Cost is \$1.65		

www.aipcfoodservice.com

# Honeyville

Quick Coo	king Oats	
25 lb	#1067	\$14.19
5 lb	#1882	\$3.49
Old Fashio	ned Reg. Coo	king Oats
25 lb	#1068	\$14.19
5 lb	#1881	\$3.49
25 lb	#1068	\$14.19



Rolled 6-Grain Mix, 50 lb	.#1065\$28.99
Contains: red wheat, white wheat,	barley, oats, rye, sunflower
seeds. Unbaked mix, perfect for de	elicious homemade granola.

9-Grain Mix, 50 lb	#1066	\$28.99
Contains: spring wheat, red w	vinter wheat, soft w	vhite wheat.
flax, rye, corn, barley, oats, m		
just, 1 ye, com, ouncy, outs, m	met. I me mem, m	or or junce.

Cornmeal, Yellow, 50 lb#1637	\$23.99
Instant Clear Jel, 2 lb#2888	\$4.99
Basic Freezer Jam: Mix 3 Tbsp. Clear Jel with 2 cups s	ugar and
5 cups frozen mashed fruit. Add 1/2 cup of corn syrup	o. Mix
well, put in containers & freeze.	
Vital Wheat Gluten, 2 lb#4837	\$4.99

Use 1/2 cup per 4 loaf batch of b	read for lighter to	exture.
Whole Grain Rye, 2.5 lb.*	#4246	\$5.19
Whole Oat Groats, 2.2 lb.*	#4247	\$4.39
Hulled Millet, 2.5 lb.*	#4248	\$5.69
Whole Caraway Seeds		

<u>honeyvillegrain.com</u>

### **Pantry Pointer**

Vital wheat gluten occurs naturally in all wheat and wheat-derived white flours.

Adding dry vital wheat gluten powder to your doughs helps improve the rise and texture of bread.

Bakers use it to give the yeast a boost because it contains a high amount of glutenforming proteins.

Use it in heavier breads that rise slowly, such as whole grains, rye, or ones loaded with sugar, dried fruit and nuts.

Use 1 teaspoon per cup of all-purpose flour or up to 3 teaspoons for every cup of whole grain or rye flours. Or for every loaf of bread, add one tablespoon.

Thanks to Kim Henke of AllAboutFoodStorage.com.



Willose Willeat Librar		
Milled from the entire	wheatberry. All na	tural, no
preservatives. 25 lb	#2284	.\$13.99
•		<b>-</b>
Strong Baking Flour, U	Inbleached	
25 lb., Reg	#2285	.\$13.99
•		<b></b>
Germade, 25 lb.		
Plain	#2281	.\$17.99
Strawberry & Cream	#2282	.\$23.99

 Strawberry & Cream
 #2282
 \$23.99

 Maple Brown Sugar
 #2283
 \$23.99

Cracked Wheat Cereal 25 lb......#2280 ....\$23.99

### Turkey Brand® Wheat in Bucket

#2248 Hard White Wheat

#2249 Hard Red Wheat

# www.waltonfeed.com #10 Tin Dehydrated Foods

# Rainy Day Foods

- Oxygen Absorber packet in each can to preserve freshness.
- Cans are enamel coated to prolong shelf life.
- Suggested shelf life: 5–7 years minimum in cool temperatures.

	yield (svgs.) item	# price
& Baking Ingredients —	yield (ovgo.) item	<u>price</u>
Powdered Whole Eggs, 3 lb.	100(1Thon) #111	1 \$10.00 \$10.60
Margarine Powder, 44 oz		
Buttermilk Powder, 68 oz		
Spiff-E-Whip™ Topping, 71		
Sour Cream Powder, 48 oz.		
*This product is designed		
Shortening Powder, 44 oz		
Butter Powder, 44 oz		6\$24.19
Cheese Blend Powder (no N		- ****
65 oz		
100% Egg White Solids, 3 lb		
Dough Enhancer, 20 oz. car		
Golden Flaxseed, 5 lb. bag		
Nonfat Dry Milk (Instant), 60		
Nonfat Dry Milk (Reg.), 64 o		
Lecithin Powder, 2 lb. bag	#111	9\$10.99
•		•
♦ Vegetables—		
Dehydrated Celery	40(½oz.)	#4381\$15.39
Corn, Super Sweet, 38 oz		
Carrot Dices, 38 oz		
Mushroom Slices, 9 oz		
Chopped Onions, 40 oz		
Potato Slices, 20 oz		
Tomato Powder, 68 oz		
Vegetable Stew Blend, 33 oz		
Creamy Potato Soup, 56 oz.		
22 <b>4411)</b> 1 2 <b>441</b> 2 22 <b>42</b> , 22 22.		277 2 420127
- 10 P · 1		•
> Textured Soy Protein—		
Bacon Flavored TVP, 36 oz		
Beef Flavored TVP, 40 oz		
Chicken Flavored TVP, 33		
Taco Flavored TVP, 56 oz	56(½ cup)	#1116\$13.19
•		•
Fruit—		
Apple Slices, 21 oz		
Applesauce, 46 oz		
Banana Slices, 36 oz	36(½ cup dry)	#1959 \$7.59
- D. I. ( 130% 0.1		• 11
Dehydrated Milk Substitut	es— <u>1</u>	<u>vww.moosmilk.com</u>

### Liquid Lecithin

Regular Milk, #10 tin (4lb./22 quarts) ......#1121...... \$15.99

Chocolate Milk, #10 tin (5.5 lb./20 quarts).....#1122......\$16.99

Morning Moo's™ Whey-Based Milk Substitute



# Morning Moo's is a delicious milk alternative fortified with vitamins & minerals!

- Grade A sweet dairy whey, dairy solids and nondairy solids
- ◆ Contains Vitamins A & D
- ◆ Low lactose level 9% lactose vs. 20% in regular milk
- ◆ Low-fat 2 grams of fat per 8 oz serving
- → Good source of calcium
- ❖ Tastes just like regular milk no weird powdered milk flavor.
- → #10 Can (4 lb of product) stored at 55 degrees F will keep 10+ yrs
- ❖ Already mixed, refrigerated Morning Moo's will keep 5 7 days
- ◆ Comes in a convenient powdered form
- → Easily blended with warm tap water
- ❖ Amazing adaptability:
  - Light or half strength makes a great skim milk substitute
  - Full strength is great when used in place of milk
  - Double strength makes an excellent substitute for light cream
  - Triple strength makes a great condensed milk substitute
  - 1 tsp dry Morning Moo's makes an excellent coffee creamer





### Blender Bottle



# A new sweetener that is delicious and low-glycemic!

18 oz. bottle	#5014	\$7.99
36 oz. bottle	#5015	\$13.49
1 gal. bottle	#5016	\$38.99
Cookbook	#5017	\$21.99



www.xagave.com

"Xagave is a HUGE hit in Colorado! We sampled it right out of the bottle so people could taste how good it is straight. Everyone commented on how it tastes a lot like honey. Then we showed them the Xagave cookbook. Wow! Talk about impressive! It is a must have cookbook! We are so excited about this new product. Even our 8 year old son has tossed out the sugar and only wants Xagave. He loves it and he even made Kool-aid with it! A child giving up sugar on his own? Now that's a miracle. Thanks Alison for always keeping us on the cutting edge with such great tasting quality products!"

— Scott, Connie & Tyler Ferguson of Collbran, CO



Small Batch instructions for Gelatin: 2 cups boiling water, ¾ cup plus 1 Tbsp. Royal Gelatin, 2 cups cold water. Dissolve Gelatin in boiling water completely. Add cold water and chill until firm.

Small Batch instructions for Instant Pudding: 2 cups cold milk, ½ cup plus 1 Tbsp. Instant Pudding. Add pudding to milk. Blend 2 minutes. Chill until set.

### **Royal Gelatin & Puddings**

We are offering unbelievable pricing on Royal\* Gelatin and Puddings; this is a perfect time to stock up for summer salads and your pantry needs. Gelatin has a long shelf life and is an important part of your family's food storage.

### Citrus Gelatin Asst. \$2.06/bag!

12/24 oz. bags.......#5100 ......\$24.69 4 each: Lemon, Lime & Orange

### Red Gelatin Asst. \$2.06/bag!

12/24 oz. bags......#5101 ......\$24.69 4 each: Strawberry, Cherry & Raspberry

### Royal® Strawberry Gelatin

24 oz. bag ......#5102 ...... \$2.19

### Royal® Orange Gelatin

24 oz. bag......#5103......\$2.19

Yield: 34/4 oz. servings per 24 oz. bag



Compare to Jell-O\* Brand @ 2.89 per 24 oz. bulk bag! When you buy a case of Royal\* Gelatin; you save 9.99 per case! Now that is HUGE savings!

### Royal® Instant Pudding & Pie Filling

28 oz. bag ......\$2.99

- → #5104 Vanilla
- ◆ #5105 Chocolate
- → #5106 Coconut Cream
- ⇒ #5107 Pistachio
- ◆ #5108 Banana Cream

Yield: 36/4 oz. servings per 28 oz. bag



Compare to Jell-O° Brand @ 5.69 per bulk bag! SAVE 49%; it's like receiving a bag FREE with each bag you purchase!

### Royal® Cooked Pudding & Pie Filling

- 4.5 lb. bag ......\$11.59
- ♦ #5109 Chocolate

Yield: 36/4 oz. servings per 4.5 lb. bag



### Compare to Jell-O® Brand @ 14.19 per bulk bag! SAVE 18%

### Royal® Strawberry Mousse

12.5 oz. bag .........#5112 ....... \$7.59 Yield: 3 quarts, 25 (1/2 cup) servings, 3 (10-inch) pies

### Royal® Chocolate Mousse

### Royal® Cheesecake Mix

4 lb. bag ......#5114 ..... \$15.39 Yield: 23 cups Cheesecake Filling, 6 (9-inch) pies



### Honeyville Fruit Smoothie Mix

All you add is ice and water! 15 oz. can.

Yield: 15-8 oz. smoothies.....\$4.69

- → #4382 Peaches and Cream
- ⇒ #4384 Strawberry Kiwi
- ◆ #4385 Wild Berry

### Honeyville Freeze Dried Fruit

- **⋄ Apples**, 2.12 oz. can. Yield: 8 1/4 cup svgs.....#4376...... \$5.99
- **◆ Peaches,** 4.58 oz. can. Yield: 10-1/4 cup svgs. .....#4378.... \$13.99
- **∼ Raspberries,** 3 oz. can. Yield: 12-1/4 cup svgs......#4379.... \$13.19
- **❖ Blueberries,** 2.82 oz. can. Yield: 11-1/4 cup svgs. ..... #4377 .... \$10.99



"I tried the Basic American Potato Pearls" Golden Extra Rich Mashed Potatoes (#4743) and they are wonderful. My family would complain whenever I would serve instant mashed potatoes. No complaints here. These taste like real potatoes and are really smooth. Yum!" — Karen Iwan of Philip, SD

Tunt.
Potato Pearls* Golden Extra Rich Mashed Potatoes 3.7 lb. carton#4743\$10.69
Potato Pearls® EXCEL® Mashed Potatoes 28 oz. pouch
Potato Pearls® EXCEL® Mashed Potatoes Creamy Butter with Skins 28.2 oz. pouch
WHIPP* Complete Instant Mashed Potatoes with Vitamin C 85 oz./#10 Tin \$10.39
Instant Potato Flakes, 5 lb. bag #4746 \$13.39
Redi-Shred® Hashbrown Potatoes, 2.5 lb. crtn #4747\$8.09
Classic Casserole® Au Gratin Potatoes 2.25 lb. carton#4748\$10.49
Classic Casserole® Scalloped Potatoes 2.25 lb. carton#4749\$10.29
Quick-Start* Home Style Chili, 20.8 oz. pouch #4753\$6.79
Santiago® Seasoned Vegetarian Refried Beans 30.9 oz. pouch
Santiago* Vegetarian Refried Beans with Whole Beans 29.77 oz. pouch
<u>www.baf.com</u>

# AP Bases and Pantry Basics



"I tried the Peach Sugar Free Preserves yesterday and it was delicious. We had a peach tree growing up and it reminded me of the fresh jam we would make from those fresh peaches."

— Tiffany Kendrick of Orem, UT

# Alison's Pantry Gourmet Jams & Salsas

Our Gourmet Jam is hand made here in Utah; stirred in a big Stainless Steel pot and hand dipped to fill our jars... just like Grandma's!

- #3789 Raspberry
- **s** #3790 Strawberry
- \* #3792 Cinnamon Peach
- #3793 Marion Berry
- #3794 Winter Berry Strawberry, Raspberry, Cranberry
- #3791 4 Berry Raspberry, Strawberry, Blackberry, Blueberry

#4584 Black Bean and Olive #4585 "This is the Salsa!"

New Nature's Hollow Sugar Free Preserves, 10 oz. jar ......\$3.99 Nature's Hollow Preserves are made with Xylitol® and are perfect for diabetics or those who want to cut their sugar intake. Each batch is made with delicious berries and fruit from scratch; hand made in the same

»NEW! « #5167 Mountain Berry (Raspberries, Strawberries, Blackberries, Blueberries)

»NEW!« #5168 Peach

Peter Pan® Peanut Butter.

www.peterpanpb.com

40 oz. container

#2481.....\$6.79

kitchen as our Alison's Pantry Jams.

Peter Pan® Creamy Peanut Butter You'll love the delicious, smooth taste of

»NEW!« #5169 Raspberry



Rosarita® Nacho Cheese Sauce, #10 Tin/106 oz. .... #2613 ..... \$10.59 Make some summer fun with homemade nachos!

Please see www.alisonspantry.com for preparation instructions.



### Hunt's Ketchup A blend of red, ripe

tomatoes with choice seasonings and spices that everyone in the family will enjoy.

12/14 oz. plastic bottles #4993.....\$18.69

www.huntsketchup.com

### Libby's Original Vienna Sausage

Libby's Vienna sausages are plump and ready to eat as a snack, main dish, or tasty and unique addition to casseroles and soup 24/5 oz. cans per case

#4994.....\$21.39





### www.wessonoil.com

### Wesson® Vegetable Oil

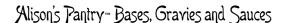
1 gal. jug......#2842... \$13.99

Wesson® 100% Corn Oil

1 gal. jug.....#3571... \$15.99

Wesson® 100% Canola Oil

1 gal. jug.....#4995... \$15.99



### Alison's Pantry Gourmet Real Meat Bases NO MSG

8 oz. Jars Yield: 2 ½ gallons.

- \* Real Pork ......#3698 ...\$3.89 \* Real Chicken .....#3680 ...\$3.39
- Real Vegetable ...#3699 ...\$4.49 Real Ham ......#3697 ...\$3.39

Bases

- **Second Paste**, 8 oz., Yield: 2 ½ gallons......#3684 ......\$2.99 **French Onion**, 7 oz. Jar, Yield: 2 ½ gallons......#3685 ......\$3.39
- **☞ Cream Soup Bases**, 24 oz. Bag, Yield: 1 gallon ......**#3688** ......**\$7.09**

### Flavored Bases (salt is the first ingredient)

8 oz. Jars Yield: 2 ½ gallons......\$2.99 each # #3683 Old Smoky Ham # #3686 Chicken Flavored

#3687 Beef Flavored

### **Real Gourmet Gravies**

NO MSG Added • Must keep refrigerated Yield per jar: 1 quart homemade gravy

6.8 oz. jar.....\$4.09

**s** #3786 Beef Gravy Base

**★** #3788 Turkey Gravy Base



### Gravies and Sauces Yield 1 gallon • No MSG Added!

- Peppered Old Fashioned Biscuit Gravy, 24 oz. bag .... #3692 .. \$4.39 Old Fashioned Biscuit Gravy, 24 oz. bag ......#3693 .. \$4.39 Country Gravy, 24 oz. bag ......#3694 .. \$4.39
  - **SPECIAL SALE PRICE \$3.89**

<b>s Superb Brown Gravy,</b> 16 oz. bag	#3689\$4.69
s Superb Chicken Gravy, 16 oz. bag	#3690\$4.69
Superb Pork Gravy, 16 oz. bag	#3691\$4.99
<b>☞ Instant Cheddar Cheese Sauce,</b> 24 oz. bag	#3695\$8.79
<b>☞ Instant Nacho Cheese Sauce</b> , 24 oz. bag	#3696\$8.79
* Alfredo Sauce, 24 oz. bag	#3883\$9.99

Please see our website, www.alisonspantry.com for ingredient and nutrition information.

# Containers and Emergency Items



The double-seal construction makes a completely air-tight seal that keeps your long-term storage items fresh and dry. Use Gamma Lids for boating, camping, pet foods, paint, hardware, dry foods, or anything else you want a water-tight seal on.

• #1232 White

• #2772 Red

• #2774 Blue

• #3923 Black • #

• #2773 Yellow • #3922 Orange

**Opaque White Plastic Buckets** 

2 gallon size with white Gamma lid.......#4779.....\$7.89 Comes as a set. 2 gallon bucket will hold approximately 15 lb. of dense product. The perfect size for campers and long term storage in cupboards; Gamma lid gives an airtight seal and easy opening.

c. E-Z Store Bucket with Hinged Lid (handle not included) - Natural buckets for your pantry shelves. Hinged lid allows easy access. Not for long term storage, but perfect for flour and sugar in the pantry!

Clear 5 Liter/Gallon + Size.....#4436.....\$5.39

Clear 1 Gallon Tall ......#4437....\$4.69

White 2 gal. (9¾ H x 8 W x 9¾ D; stores ~ 15 lbs.) .....#4130.....\$4.29

White 3 gal. (10 H x 10½ W x 12 D; stores ~22.5 lbs.) .#4131.....\$7.49

Spray Bottle with Graduated Markings
24 oz. bottle.....#4499......\$1.99

Plastic Pail Opener Green .......#1541......\$1.99

g. Water Container Square with clear view stripe.
5 gallon, blue with spigot .....#1233.... \$11.79

h. Slim Line Water Container with Spigot - Perfect water container to take camping and nice for summer days when kids want something cold to drink. It's so handy with the spigot; all ready to pour. Slim line makes this easy to store several in a tight space in your fridge. You can also freeze liquid to keep coolers frozen too.

1 gallon size.......#5127......\$8.49

Clear Plastic Spice Jars with Shaker Flip Lid

'By the Case' jars! - Save when you purchase our 16 oz. and 32 oz. Spice Jars by the case! On our 16 oz. size you save \$5.50 and on our 32 oz. size you save \$3.09 per case!

**16 oz. Jars** 12/16 oz......#5128.....#5129....**SALE** \$11.19 **i. 32 oz. Jars** 12/32 oz....#5129......#5129.....\$15.99











"I really like the Clear Plastic 16 oz. Spice Jars with Shaker Flip Lid (#5128). They have been really fun to fill them up with bulk spices and send them with my college students and friends."

— Sheri Rothlisberger of Randolph, UT

### SAVE LIVES BY BEING PREPARED

Combo First Aid Emergency Preparedness Kit...#4534 ...\$69.99

Perfect blend of emergency preparedness and first aid supplies; ideal for the auto or office! Please visit our website at <a href="https://www.alisonspantry.com">www.alisonspantry.com</a> for kit contents.



"Real" Basic First Aid Kit

#4273.....\$44.99

Ambulances use this very kit; so you can be assured of its quality. It's a big step beyond regular first aid kits. Please visit our website at <u>www.alisonspantry.com</u> for contents. All bandages are Latex FREE!

Emergency Shears ......#4535 .....\$3.99
A perfect addition to your preparedness supplies.

Gas Shut-off & Pry Bar ......#4536 .....\$9.19

Designed for search and rescue applications. Strong, lightweight and fits nicely in hand as you navigate any situation.

### **Emergency Supplies**

We suggest stocking your vehicles with our Emergency items.

**150 Hour Emergency Candle** - Burns efficiently for light, heat, cooking. Heavy duty re-sealable can. For 72 Hour Kits, camping, or storage.

Emergency Ration Food Bar - 2400 calories, 100% vitamins and minerals. Delicious and nutritious! Tastes like shortbread!

18 oz. bar......#1756......\$3.59

Emergency Thermal Blanket - Silver, 84" x 52"..... #1757.......\$1.49

AM/FM Radio w/Lantern & Blinking Light - Four way power: normal battery, solar, manual crank & AC/DC......#1759..... \$24.99

# Canning and Supplies



»NEW!« Ball® Blue Book of Preserving #5135......\$6.19 Complete guide to home canning and preserving. A must for beginners!

### FREE OFFER!

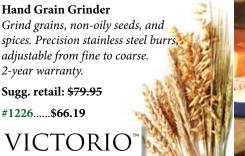
Purchase a Victorio® Stainless Steel Combo Canner (#5018) and receive absolutely FREE a Victorio®

5 Piece Canning Kit (a \$9.99 value)

Use item code #5160



Hand Grain Grinder







Dun Cuming jurs and mas jor your ousy, apcor	ming seus	oui.
Regular Mouth Quart Jars case* of 12	#5130	\$11.29
Wide Mouth Quart Jars case* of 12	#5131	\$12.59
Regular Mouth Pint Jars case* of 12	#5132	\$9.59
Wide Mouth Pint Jars case* of 12	#5133	\$10.89
Regular Mouth 1/2 Pint Jars case* of 12		
*Note: Case of Jars contains Jars, lids and bands.		

while: Case of jurs contains jurs, thas and band	15.	
Ball® Brand Canning Jar Lids, 36 lids per order		
→ Wide Mouth Lids	#1761	.\$8.29
→ Regular Lids	#1760	.\$5.49
•		

### VICTORIO<sup>™</sup> Kitchen Crop Sprouter

The easy way to produce fresh, high-quality sprouts in your own kitchen in just 2-4 days! The three trays make it possible to grow three crops at once. 8.25 inches high.

#4815.....\$9.99

**Organic Alfalfa Seeds** 

4 oz. bag......#4440.....\$3.09





# FOOD STRAINER

### VICTORIO® Food Strainer & Sauce Maker

#4026.....\$62.79

This multi-use strainer forces food through a stainless steel screen, automatically separating juice and pulp from the seeds, skins and stems. Perfect for purées, creamed soups, baby foods, pie fillings, juices, jams and more.

### **Food Strainer Accessories**

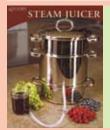
Berry Screen	.#4027	\$15.19
Pumpkin Screen-Coarse		
Grape Spiral Screen	.#4029	\$8.49
Salsa Screen-Extra Coarse		

### VICTORIO" 5-pc Home Canning Kit #5006......\$9.99

All the essential tools for the home canner. Handy tools for canning season. Burned fingers and messy preserves will be a



thing of the past. No longer struggle with tough jar opening or dropped lids. Kit includes a canning funnel, jar lid wrench, jar lifter, jar brush and lid wand.



### VICTORIO™ Stainless Steel Steam Juicer #5005.....\$134.99

This multi-functional set is great for steam juicing and steaming vegetables. Simply boil water in the bottom pan and place fruit in the top container. The fruit juice drips into the center pan where it is extracted through a heat-resistant tube.

# OOD DEHYDRATOR

### VICTORIO<sup>™</sup> Digital Food Dehydrator

530 Watts. Digitally controlled temperature from 86°F - 176°F and a timer (up to 72 hours) that automatically shuts the dehydrator off. Includes 6 Drying Trays, expandable up to 20. Includes instruction / recipe booklet.

### VICTORIO<sup>™</sup> Electric Food Dehydrator #4824.....\$53.89

250 watts. Apply the power of heat and air circulation to quickly dry fruits, vegetables, and meats. Includes 5 adjustable Drying Trays with room for 9 total, and instruction / recipe booklet.



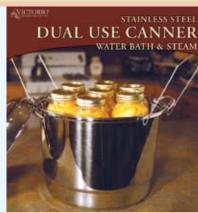
### VICTORIO<sup>™</sup> Cherry Stoner #5136.....\$21.59

Feeds and separates pits from the fruit with no loss of juice. Suction base secures to any smooth surface. Sturdy, chromed plunger.

### VICTORIO™ Stainless Steel Combo Canner

(combination steam or water bath canner) 4 gal. capacity #5018.....\$74.99 Stainless steel with double sided wire rack allows this canner to be

used as either a steam or water bath canner. Indicator on lid tells exactly when to start processing time. Can steam 9 pint, 8 quart, or 4 half gallon jars. Can water bath 8 pint, 7 quart, or 4 half gallon jars. Reg. Price: \$99.99





### VICTORIO<sup>™</sup> **Apple Peeler** (Suction Base) #4025.....\$21.69

The Apple Peeler helps families enjoy preparing and preserving nature's harvest. The suction base can be set up on any smooth counter top or table.

## Cleaners and Kitchen Utensils



"The Honey Almond Hand Soap (#1055) has been a staple at our house. It is just GREAT! My son uses it for not only cleaning his hands, but for cleaning up in the garage after working on his pickup. He said that it works great for cleaning the oil and grease from his hands."

- Carol Mitchell of Bismarck, ND

The state of the s	
Honey Almond Hand Soap, 1 gal#1055\$10.69	
Soft 'n Natural Water Softener Powder, 10 lb#1062\$11.49	
Sparklene™ Degreaser, 1 gallon#2767\$8.89	
'Clear 'n Clean' Liquid Laundry Detergent, 1 gal#1056\$7.99	
HE approved; just add 1/2 normal amount to your	
front loading washer for bright, clean clothes.	
Ultra Blue Total Laundry Detergent, 10 lb#1060\$9.29	
Ultra Blue Total Laundry Detergent, 25 lb#1061\$22.09	
Contains: Prespot, All Fabric Bleach and Softener.	
Ali's All Purpose Cleaner, 1 gal#1057 \$7.59	
'Fresh as a Daisy' All Fabric Bleach, 10 lb#1053\$13.09	
Mom's Preferred Pre-spot, 1 gal#1058\$9.79	
'Slick as a Whistle' Tub, Tile & Shower Cleaner, 1 gal#1059\$10.09	
Sparklene™ Dishwasher Detergent, 10 lb#1054\$13.49	
Sparklene™ Fabric Softener, 1 gallon#2766\$4.59	
Sparklene™ Window Cleaner, 1 gallon#2771\$6.59	
Spray Bottle w/Graduated Markings, 24 oz#4499\$1.99	
Sample Size Soaps, 6/4 oz. bottles, No limit. (Pre Spot, Ali's All	
Purpose Cleaner, Liquid Hand Soap, Tile & Shower Cleaner, Ultra Laundry	
Detergent, Liquid Laundry Detergent)#1677\$4.79	

### SYSCO Multi-Purpose "Blue" Concentrate Cleaner

1/2 gallon container ...... #5054..... \$14.29

Yields: 32 gallons of product after diluting. This is a wonderful multi-purpose Eco-Friendly cleaner used in restaurants, care facilities, hospitals and homes. Cleans aluminum, plastic, porcelain, tile, steel, fiberglass, vinyl, machinery, kitchen equipment, counter tops, wood floors, cars, restrooms, etc.





# **SYSCO**

### **Clear Plastic Food Film**

12" x 3000'\* with Cutter Edge

#5056.....\$26.99

\*You read it correctly; three thousand feet of plastic food film! You may not need to buy another case of our food film for years; but this price is a super duper deal!



You save 50%! Our same 3000 would cost over \$52.00 in little boxes at the retail store!





### BACK AGAIN! Trash Bags by Heritage!

Our Heavy Duty Outdoor Garbage Bags are the perfect solution for your yard waste needs. Our 1.2 mil black 33 gal. plastic bags will ensure your trash will stay in the bag!

NEW SIZE! Heavy Duty Outdoor Garbage Bags with Draw Tape 50 ct./Black 44 gallon size/1.2 mil, 50¢ each! ..... #5170 ...... \$24.99

Heavy Duty Outdoor Garbage Bags with Draw Tape 50 ct./Black 33 gallon size/1.2 mil, 43¢ each! ..... #4257 ..... \$21.69

Heavy Duty Tall Kitchen Garbage Bags with Draw Tape

75 ct./Black 8-10 gallon size/.95 mil, 19¢ each! ...... #4256 ...... \$14.19



**Stainless Steel Stovetop** Popcorn Popper #4088.....\$46.19



**Stainless Steel 4 Piece Measuring Scoops** Sizes: 1/8 cup, 1/4 cup, 1/3 cup, 1/2 cup...#4822...\$9.59



### Lindy's Heavy Stainless Steel Covered Cake Pan

10" x 13" x 3"

#5008.....\$35.89

This pan is DEEP! Snap on, high quality lid that will not ruin your frosting or pull off your lasagna cheese! Heavy 18/20 stainless steel that stays beautifully clean and shiny. This pan is simply beautiful!



24
Parchment Paper,
Fits Commercial Cookie Sheet, 100 ct#1153\$6.19
Commercial Cookie Sheet (Bun Pan)
13" x 18" Aluminum – This is not a Wearever <sup>®</sup> Cookie Sheet, however,
it is the same quality and product you have come to know and love
from Alison's Pantry. We found another source and we are passing
along the savings to you! #4020 \$9.49
Cookie Sheet Cover, fits commercial cookie sheet
Perfect for taking cookies to school functions, cakes to church parties, and
desserts to family reunions. It covers the entire sheet and keeps your goodies
fresh!

Cookie Scoop, thumb squeeze, .89 oz. stainless .... #1157...... \$8.99

### Mott's for Tots® 100% Juices\*

Sure, Mott's for Tots tastes great to kids. But there are many other benefits moms like!

- Convenient pre-diluted juices, made of 100% juice and purified water
- 3 40% less sugar than regular juices
- > No artificial sweeteners
- № 100% vitamin C

27/6.75 oz. juice boxes.....\$12.19

- ₩ #3074 100% Apple Juice
- > #3026 100% Fruit Punch
- \$ #3027 100% Apple White Grape Juice
- ୬ #3077 100% Strawberry Banana
- ★ #3028 100% Apple Strawberry Juice



### Mott's Beverages

<b>№ 100% Apple Juice</b> 24/10 oz. p	lastic bottles	#1288	\$18.99
<b>№ 100% Tomato Juice</b> 24/11.5 o	z. cans	#4315	\$16.19

> Yoo-Ho Chocolate Flavored Drink

32/6.5 oz. drink boxes ......#2109 .... \$12.09

Who said carbonated beverages have to be filled with junk and offer no nutritional value? All natural and made with pure fruit juice and sparkling water. It's the "new school" of carbonated drinks. Made with 70% Juice.

Natural Vitamin C. 100 Calories per serving.



### Fizz Ed™ Pure Fruit Juice & Sparkling Water

24/8.4 oz. cans..... .....\$21.99

- **№** #4340 Pomegranate Cherry
- ₩ #4342 Green Apple
- ₩ #4341 Orange Mango
- ₩ #4343 Red Raspberry





Tang\* Sport\* Sugar Free and electrolyte supplement for the men and kids who play hard! Add to your 20 oz. water bottle and GET CHARGED!

Tang Sport\* Orange, 30/0.2 oz. ..... #3650 ...... \$9.59 Tang Sport® Lemon Lime

30/0.15 oz.....#**3651** .....**\$9.59** Tang Sport® Fruit Punch

30/0.15 oz.....#3652 .....\$9.59

Orange Tang Energy, 30/0.2 oz. Contains 60 mg caffeine per serving with energy-releasing

B vitamins too! ......#4255 .....\$9.59

### Sugar Free Soft Drink Mix Just add to your 20 oz water bottle for instant refreshment! 30/.17 oz....\$9.49 ₩ #1488 Peach Tea ₩ #1489 Raspberry Ice ₩ #1487 Lemonade **№** #2205 Sunrise Orange **₩** #3195 Raspberry Lemonade >> #3515 Raspberry Green Tea **№** #3516 Cherry Pomegranate \* #4254 Wild Strawberry Energy 6 serving w/B vitamins



- **⋄** #2712 Extreme Peach
- ◆ #2714 Mango Mania
- ⇒ #2715 Wildberry Blast

Give your taste buds the full flavored adventure they've been waiting for!

Why mess with chopping fruit or measuring out dry powders? Jet Smoothies all-in-one liquid mix is made with all natural, fresh ingredients.



These dairy-free, fat-free and preservative free mixes ensure you're getting a natural, flavorful beverage. 12 month shelf life, unopened. Just refrigerate after opening for up to 4 weeks. Yield per carton: 8 - 16 oz. Smoothies. Just \$1.46 each!



# Refreshing Powdered Drink Mix

Vitamin C Added.

Packet (2 gal. yield).....\$1.79

- ⇒ #1653 Pink Lemonade
- #1654 Peach
- ⇒ #1656 Fruit Punch

V8 100% juices aren't just delicious—they are an excellent source of vegetable nutrition that's essential to your well-being. Make good nutrition a daily habit!







'Traditional Style' Beef Jerky - made from solid slices of the finest steak available, marinated with the highest quality spices, and then slowly smoked with natural hardwood.

3.65 oz. bag......\$3.99

- #4692 BBQ Beef
- #4690 Peppered
- #4689 Old Fashioned

### Double Eagle Silver Dollar Jerky,

- 2 1/2" round jerky, Jar is 15 oz. of meat
- 80 ct. Jar.....\$13.49
- #4696 Spicy
- #4694 Peppered
- #4693 Old Fashioned

### Beef Sticks.

20 ct./12" sticks, 1.3 oz. each ...... \$14.99 SPECIAL SALE PRICE! \$13.49

- #4698 Peppered
- #4697 Old Fashioned
- #4699 Teriyaki

### Kippered Beef Steak

20 ct./1 oz. Indiv. Wrapped ...... \$19.99

- #4700 Old Fashioned



www.oldtrapper.com





Beef Jerky is a great snack for your summer camping and fishing trips!



»NEW!« Jumbo Jerky Works Gun &

Love jerky but not the high price? Make it cheap and healthy with your own Jerky gun

and spices! Makes jerky from any ground

meat. Use turkey for extra healthy jerky! Gun holds one pound of ground meat, so less

◆ 9-inch jerky gun with three attachments for making strips, double strips, and sticks!

◆ Quick and easy: jerky finished in about

· Five delicious spice packets and five jerky-

reloading.

four hours!

cure packets included!

◆ Use with any food dehydrator!

Spices Kit ......#5157 ...... \$16.99

Flavor Trail® Beef Jerky in Plastic Jar

60/.2 oz.....#1390.....\$13.99 60/.2 oz. IW......#1391.....\$15.99

IW = Individually Wrapped





### Snacks you know your kids will eat!

Handi-Snacks® Cheese & Crackers

Just 37¢ each! 25/.95 oz. packages......#3196 ..........\$9.39

Planter's® Cheese & Peanut Butter Filled Crackers

Just 26¢ each! 6 ct. per pkg. 30/1.4 oz. pkgs.....#4415 ......\$7.69

Planter's® Peanut Butter Filled Crackers

Just 26¢ each! 6 ct. per pkg. 30/1.4 oz. pkgs.....#4416 ......\$7.69

Single Serve Goldfish make a tasty addition to your children's school lunches!

### **Cheese Flavored Goldfish Snack Crackers**

31 oz. carton

#3097.....\$7.99



### Single Serve Cheddar Cheese Goldfish

Perfect size for daycare and after-school snacks @ only 18¢ each! 100/.5 oz. packets.....#3099....\$18.89





### Vogel® Brand Popcorn

12.5 lb. bag

#4338....\$7.79

Vogel<sup>®</sup> is the popcorn served by many major movie theaters!

Use our Stainless Steel Stovetop Popcorn Popper (#4088) found on page 26 to make your own healthy popcorn at home where you control the amount of butter!



# CAUTION: HIGHLY ADDICTIVE



Clodhoppers® The Original Graham Clusters Vanilla Fudge Clodhoppers 6/4 oz. bags ......#5171 ..... \$11.69

Clodhoppers® Cookies & Clodhoppers Clusters

6/4 oz. bags ......#5172.... \$11.69

Chocolate fudge graham wafer clusters with chocolate cookie bits

### **Clodhoppers**\* **Clodhopper Poppers**

6/4 oz. bags ......#5173 .... \$13.49 Chocolate fudge graham wafer clusters covered with milk chocolate. 1 Year

Brookside® Milk Chocolate Covered Almonds

6/4 oz. bags ......#5174..... \$11.69

www.clodhoppers.tv

"I am totally ADDICTED to these Milk Chocolate Almonds. No other brand compares to the quality in Brookside Almonds. I just need to buy a bag like every week to fulfill my cravings. Best almonds I have - Tasha Dionne of Ontario, CAN ever tasted by far!!"



### New! X-Treme Fruit™ Bites Great Tasting Naturally Bites

Unlike money, X-treme Fruit Bites do grow on trees! It's because they're made from the very best fruit that nature can muster. Using a method that is uniquely our own, we take that delicious fruit and combine it with only natural ingredients. Shelf life: 24 months; perfect for 72 hour kits and summer snacking!

24/.71 oz. bags......\$8.99

- **⋄** »NEW!« #2450 Lemon
- → »NEW!« #2451 Mango
- → »NEW!« #2452 Strawberry
- **⋄ »NEW!**« #2453 Grape

www.x-tremefruit.com







We are pleased to offer luscious caramels, heavenly Old Fashioned Fudge and Drizzled Popcorn for your summer munching pleasure! What an incredible product and we guarantee that you won't be able to stop at one bite or even પ્રાથમાં ઉપાણા 10! All the Caramels and Fudge are individually wrapped.

Soft 'n Chewy Caramels 36 count tub	\$8.09
#5120 Haavanky Vanilla Croom	

#5140 Heavenly Licorice

#5141 Heavenly Pecan

### **Old Fashioned Fudge Variety Pack**

18 count tub, Individually Wrapped......#5142 .....\$10.29 Contains: 6 Milk Chocolate, 6 Chocolate Walnut, 3 Vanilla, 3 Maple Nut

Cashew Nut Brittle - soooo good and priced so well!

### **Chocolate Drizzle Caramel Popcorn**

14 oz. tub ........\$5.09

### White Chocolate Drizzled Popcorn

8 oz. tub .......#5145 ......\$5.09

### Variety Case of all our Luscious Coated Popcorn

Case of 6 ......#5146 .....\$14.19 contains 2 bags each: 7 oz. Cashew Nut Brittle, 4 oz. White Chocolate Drizzled, 8 oz. Chocolate Drizzle Caramel Corn

### California® Chips Potato Chips Variety Pack

25/1.5 oz. bags

#5063 .....\$11.99

Variety of: 6- Sea Salt, 6- Honey BBQ, 6-Chipotle and 7-Earthquake Chips. Only 40¢ per bag!

Our chips have about half the salt of regular store potato chips. And our potatoes go from the field to the fryer in just 2 - 3 hours!

www.californiachips.com



'Dirty®' All Natural Potato Chips Variety Pack 25/2 oz. bags.....#5062.....\$17.99

Variety of: 7- Lightly Salted, 6-Mesquite BBQ, 6-Jalapeno and 6-Sour Cream and Onion. Only 71¢ per bag!

Dirty Potato Chips are all natural with no MSG, no preservatives, and no hydrogenated oils. Kettle cooked in a peanut oil blend, only 8 grams of fat per serving and no trans fat! We call them "Dirty" because they come from potatoes with the healthy peel still on!

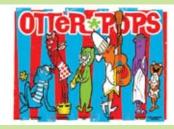
www.dirtys.com

### OTTER POPS

### Freezer Pops

36/5 oz. The only freezer bar brand with six zippy flavors and characters that you'll love! Which one is your kids' favorite?

#2672.....\$11.29



CornNuts® Salty Snacks, 12/4 oz. bags.....\$13.99

⇔ Ranch Flavor.....#3517

⇔ Original Flavor..#3518

⇔ BBQ Flavor.....#3519

→ Nacho Flavor.....#3520





### Fruit Snacks

Soft, chewy fruit snacks in fun shapes fortified with Vitamin C! Colorful, easy-open pouches featuring everyone's favorite little monkey! 50/.9 oz. packets

**#2486......\$8.99** 

Wow! — Buy in bulk and Save 33% compared to retail price!

### Alison's Pantry 'Ready to Eat Granola' All Natural

0g Trans Fat - High Fiber Our granola contains no preservatives and keeps best refrigerated after opening. Store in a cool, dry place before opening. 3 pounds of All Natural Granola

- 44905 Orig. Crunchy...\$6.99 \* #4906 Vanilla Maple .... \$6.99
  - (Our best seller!)
- \* #4907 Fruit & Nut ...... \$7.79 \* #4908 Almond Nut ..... \$7.79



"Try combining Mariani Dried Wild Blueberries (#4809) and Alison's Pantry Vanilla Maple Granola (#4906). These two are GREAT together hot or cold!"

— Dawn Ueckert of Beach, ND



Alison's Pantry Basic Nuts

Cashews, Whole Raw,16 oz. bag	#3967\$7.29
Whole Raw Almonds, 32 oz. bag	#3958 \$11.39
Almonds, Slivered Raw, 16 oz. bag	#3965\$6.19
Almonds, Sliced Natural, 16 oz. bag	#3966\$6.29
Pecan Halves, Raw, 20 oz. bag	#3972\$9.49
Macadamia Nuts, Whole Dry Roasted & Salted	
16 oz. bag	#4198\$8.79
Sunflower Seeds, Raw, 32 oz. bag	#3959\$2.99
0 0 1 000 00 1	

Sunflower Seeds R&S, 32 oz. bag ......#3960 ..... \$3.99 SPECIAL \$3.59 Dried Date Nuggets, dusted with flour, 32 oz. bag .....#3961 .....\$6.29

Walnuts, Halves & Pieces Raw, 24 oz. bag......#3973.. \$14.69

"The Roasted & Salted Sunflower Seeds (#3960) make a great snack during the day when I need something crunchy and salty, but not sweet. I also love using them when I make my own trail mixes.

Yummy!" — Becky Price of Rock Springs, WY



# Alison's Pantry Dried Fruits

Cramberries, uried & sweetened,	
sunflower oil added 16 oz. bag	#3981 \$5.49
Angel Flake Coconut, sweetened, 16 oz. bag	#4662\$3.99
Apple Rings, unsweetened, sulfur added, 16 oz. bag	#3979\$5.79
Banana Chips,	
sugar & coconut oil added, 16 oz. bag	#3980\$3.09
Cantaloupe, sugar & sulfur added, 16 oz. bag	#4591\$5.89
P 1 10 10 11 11 1 4 6 1	#4 <b>=0</b> 0

Peaches.	sulfur dioxide added, 16 oz. bag	#4593 <del>\$6.99</del>
SPECIAL \$6.29		

Nectarines, sultur added, 16 oz. bag	.#4592.	\$6.99
Pears, sulfur added, 16 oz. bag	.#4594.	\$6.99
Papaya Spears, sulfur dioxide added, 16 oz. bag	.#3984.	\$3.89
Pineapple Cubes,		

sulfur, sugar & citric acid added, 16 oz. bag.....#3985 ...\$3.59 Pineapple Rings,

sulfur, sugar & citric acid added, 16 oz. bag......#3986...\$3.59 Turkish Apricots, sulfur added, 16 oz. bag......#3978...\$4.99

"I love the Alison's Pantry Dried Peaches (#4593)! They are so big and soft and yummy. This is a much better snack than all those salty foods. And did I mention 'fresh?' Yum!"

— Terrisa Berg of Soda Springs, ID

"Here is a trail mix recipe that my sister makes that I absolutely LOVE! Mariani Dried Blueberries (#4809), Roasted Peanuts (#3975), bite sized Red Licorice, plain M & M's, and dried cranberries (#3981). There is no recipe, just add as much or as little of each item as you prefer!" — Charise Strand of Cedar City, UT



**Mariani** 

### Premium Dried Fruits ... the name that stands for quality.

www.marianifruit.com

Mixed Fruit, 8 oz. Clear Tub	#4888\$3.29
Contains: Pitted Dried Plums, Californ	nia Apricots, Peaches, Pears,
Apple Rings	

<b>Dried Plums (prunes),</b> 12 oz. Clear Tub#4889\$3.39
Whole Dried Cranberries, 9 oz. Clear Tub#4890\$4.49
Whole Pitted Dates, 10 oz. Clear Tub#4891\$2.39

Dried Wild Blueberries, 9 oz. Clear Tub	#4809	<del>\$8.29</del>
SPECIAL \$7.49		

es, 8 oz. Clear Tub\$4.49
---------------------------

Tropical Pineapple Chunks, dried & sweetened 10 oz. Clear Tub..........#4973 ........\$3.39

Mango Slices, dried & sweetened

10 oz. Clear Tub.......#4974 ......\$4.49

Cranberries, dried & sweetened (craisins)

Our new Value Pack Bags offer BIG savings with convenient re-sealable bags. It's healthy eating at a greater value.

### 100% Natural Raisins

### **Premium Pitted Dried Prunes**

### Ultimate Apricots

### Sun Ripened Mixed Fruit

SPECIAL \$9.79

### Sweetened Dried Cranberries



# Alison's Pantry Roasted Nuts

Honey Roasted Cashews 16 oz. bag Almonds, Whole Roasted & Salted, 16 oz. bag		
Almonds, Whole Smokehouse® Variety, 16 oz. bag		
Almonds, Yogurt Coated, 16 oz. bagSPECIAL \$6.09	#3994	<del>\$6.69</del>
Cashews, Splits Roasted & Salted,	# <b>2</b> 0.40	444.00
32 oz. bag	. #3969	\$13.09
Cashews, Whole, Roasted & Salted, 16 oz. bag	. #3968	\$7.79
Deluxe Mix Nuts, Roasted & Salted - Almonds,	Cashews, F	ilberts.
Brazils, Pecans. 16 oz. bag		
Pumpkin Seeds, Roasted & Salted		
( <b>Pepitas</b> ), 16 oz. bag	. #3974	\$3.99
Peanuts, Butter Toffee, 16 oz. bag		
Peanuts, French Burnt, 16 oz. bag	. #3998	\$2.99

"The Yogurt Coated Almonds (#3994) are a staple at our house.
What a perfect way to be actively taking care of your heart, blood pressure, and they are even good for people with Diabetes. They are the perfect snack!!"

— Carol Mitchell of Bismarck, ND

Peanuts, Roasted & Salted, 16 oz. bag......#3975......\$3.19

Pistachios, Natural, Roasted & Salted,



# Alison's Pantry Freshly Roasted and Ground Nut Butters

13 oz. Jars - Freshly ground is what we mean; Western Nut of SLC will grind our order fresh each month! If you don't like the texture of nuts in cooking, this will give the flavor without the "nut."

◆ Peanut Butter 13 oz	.#4996	\$4.89
♦ Honey Roasted Peanut Butter 13 oz	.#4997	\$4.89
◆ Almond Butter 13 oz.	.#4998	\$6.79
◆ Cashew Butter 13 oz.	.#4999	\$6.79

Ingredients are simple: Nuts, peanut oil, corn syrup and salt. [Honey Roasted has added honey and Xanthan gum.]



# Alison's Pantry Snack Mixes & Nuts

Fruit & Nut Mix 16 oz. bag	#3988	\$5.19
Raisins, Banana Chips, Diced Pineapple, Apr	ricots, Raw Alm	onds,
Pecan Halves, Walnut 1/2s & pieces, Chopped Dates, Diced		
Pineapple, Wide Ribbon Coconut, Raw Filbe	rts	
New England Blend, 16 oz. bag		\$8.99
Dried Cherries, Craisins, Raisins, Roasted Aln	nonds, Roasted	
Pistachio Kernels		

### For Pistachio Lovers Only!

Raw Filberts

16 OZ. Dag	#4900 \$12.19	
R/S Pistachio Kernels, R/S Almonds, R/S Cashews		
Energy Mix, 16 oz. bag	#3990\$5.09	
Raw Splits, Raisins, Raw Sunflower Seeds, Rav		

Fruit Nibbles Blend, 16 oz. bag.......#4902 .......\$3.89
Dried Craisins, Golden Raisins, Raisins, Bananas, Apricots, Apples,
Papaya, Pineapple

Nutritious Nut Blend, 16 oz. bag......#4903 ....... \$10.19 R/S Cashews, Dried R/S Macadamias, R/S Almonds

Chocolate Goodie Blend, 16 oz. bag ......#4904 .........\$4.99

R/S Cashew Pieces, Honey Roasted Sticks, R/S Blanched Peanuts,

R/S Almonds, Chocolate Pieces

New Orleans Mix, 16 oz. bag ......#4597 ..... \$3.49 SPECIAL \$3.19

Honey Roasted Peanuts, Honey Roasted Sesame Sticks, Cajun Pepitas, Cajun Sticks, Nacho Sticks

"The New Orleans Mix (#4597) just seems to disappear shortly after it's placed in the snack jar! Much too good."

— Judy Dalluge of Fallon, NV

### Whole Raw Almonds, 32 oz. bag ......#3958......\$11.39



- ► Almonds help prevent osteoporosis and they regulate blood pressure.
- ► Studies have shown links between almond consumption and lower risk of cancer, diabetes, Alzheimer's disease, and other chronic illnesses.
- ➤ Be good to your body and eat more almonds!

### HOT DEALS!! LIMITED QUANTITIES!!



There's nothing like a delicious Otis Spunkmeyer brownie to spread smiles. Our rich, decadent chocolate flavor is sure to please.....

### **Rich Indulgent Variety Case of Sliced Brownies**

4/40 oz. wrapped trays/10 lb. case......#5154......\$19.99
Variety of: Double Chocolate w/Snickers\* and Double Chocolate Walnut.
Pre-sliced for your convenience into 48 double-size brownies, easy to slice into 96\* for a cost of only 21¢ per brownie. Brownies are uniced.

HOT DEAL! Reg price \$65.99 Save a HUGE 70%!



Otis Spunkmeyer's Muffins are America's #1!
Our muffins are moist, crumbly and simply irresistible!

»NEW!« Variety Case of Luscious Muffins

96/2.25 oz.....**#5153.....\$20.99** 

Variety of 48 each: Lemon Poppy Seed and Strawberry Shortcake. Frozen. Individually wrapped; so they are perfect for breakfast and lunches.

HOT DEAL! Reg price \$57.99 Wow! Save 66%!

### Breaded Macaroni & Cheese Nuggets

HOT DEAL ITEM!

Oven, Microwave or Deep Fat Fry. Delicious meal for your family! Unique product-this is sure to please even the pickiest of eaters. 4/3 lb. bags case

#4610.....\$15.99

50¢ a svg.! 4486) are YUMMY! We love them!"

"Those Mac & Cheese Nuggets (#4486) are YUMMY! We love them!" — Mandie Melton of Glendive, MT



### **HOT DEAL ITEM!**

### Breaded Mozzarella Cheese Sticks

Bake or Fry! Regular cost per pound @ \$5.99 vs. ours @ \$2.99.

4 lb. bag

#5068.....\$11.99



# welchuch

### 'Gold 'n Spice' Breaded Chicken Breast Fillets

100% Full Muscle Breast Fillets! Fully cooked - fry, bake or microwave. Random size, some breading may be missing. Average size fillet 4 oz. 10 lb case.

#2700....\$22.99

