

The items on this list represent products we currently carry in our bulk department. Our bulk team is happy to research any products you don't see here. Please contact Seth at [grocery@springfieldfood.coop](mailto:grocery@springfieldfood.coop) All prices are subject to change!

Prices subject to change

Plu	Description	Quantity	Regular Price	Member Price
6987	Sliced Almonds	25#	212.25	186.78
6475	Milk Chocolate Covered Almonds	5#	36.9	32.47
9569	Dark Chocolate Covered Almonds	10#	104.85	92.27
6022	Conventional Almonds	50#	324.5	285.56
154	Organic Almonds	25#	349.75	307.78
140	Tamari Roasted Almonds	10#	74.9	65.91
9147	Slivered/Blanched Almonds	25#	222.25	195.58
214	Large Turkish Apricots	28#	167.72	147.6
6046	Pearled Barley	25#	39.75	34.98
6003	Garbanzo Beans	25#	57.25	50.38
6011	Pinto Beans	25#	57.25	50.38
6665	Brown Lentils	25#	57.75	48.18
6004	Dark Red Kidney Beans	25#	62.25	54.78
6002	Black Turtle Beans	25#	32.25	28.38
6117	Buckwheat Flour	25#	69.75	61.38
6049	Coarse Ground Bulgur	25#	47.25	41.58
6026	Roasted/Salted Cashews	25#	274.75	241.78
6525	Organic Whole Raw Cashews	25#	232.25	204.38
6442	7-Grain/Seed Cereal	25#	29.75	26.18
6078	Semisweet Chocolate Chips	50#	199.5	175.56
6013	Cornmeal	50#	64.50	56.76
6051	French Couscous	50#	109.45	96.32
6482	Sweetened Cranberries (No SO <sub>2</sub> )	25#	74.75	65.78
6381	Apple Juice Infused Cranberries	25#	137.25	120.78
436	Golden Flax Seeds	25#	49.75	43.78
6027	Brown Flax Seed	25#	44.75	39.38
6015	Whole Dark Rye Flour	50#	59.5	52.36
6014	King Arthur Special Unbleached Flour	50#	39.50	34.76
6020	Unbleached Flour w/ Germ	50#	74.50	65.56
6019	Whole Wheat Bread Flour	50#	69.5	61.16
6018	Whole Wheat Pastry Flour	50#	64.5	56.76
6466	Ginger People Ginger Chews	11#	73.59	64.76
9312	Crystalized Ginger Chunks	11#	69.19	60.89
6509	True North "Go Nuts" Granola	20#	179.8	158.22
6501	True North "Blues" Granola	20#	179.8	158.22

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Plu	Description	Quantity	Regular Price	Member Price
6510	Back Roads Granola	28#	251.77	221.51
8988	Back Roads Gluten Free Granola	28#	251.72	195.58
6142	French Vanilla Almond Granola	25#	94.75	83.38
2010	Grandy Oats Classic Granola	25#	157.25	138.38
2032	Grandy Oats Gluten Free Granola	25#	187.25	164.78
6076	Grandy Oats Swiss Muesli Granola	25#	149.75	131.78
6082	"Save the Forest" Granola	25#	117.25	103.18
6005	French Lentils	25#	57.25	50.38
6007	Red Lentils	25#	67.25	54.78
6006	Green Lentils	25#	52.25	45.98
6053	Hulled Millet	25#	37.25	32.78
6058	Quick Rolled Oats	50#	74.5	65.56
6057	Steel Cut Groat	50#	64.5	56.76
6103	Extra Virgin Olive Oil	35#	220.15	193.73
6028	Split Dry Roasted Peanuts	30#	128.7	113.26
6010	Green Split Peas	25#	42.255	37.18
6458	Yellow Split Peas	25#	39.75	34.98
6029	Conventional Pecans	30#	329.7	290.14
6574	Pecan Pieces	30#	269.7	237.34
6030	Roasted Pistachios (Salt Free)	25#	267.25	235.18
6660	Roasted/Salted Pistachios	25#	47.25	41.58
6059	Yellow Popcorn	50#	84.5	74.36
56	Milk Chocolate Covered Pretzels	10#	76.9	67.67
173	Raw Pumpkin Seeds	27#	105.03	92.43
6071	Tamari Pumpkin Seeds	15#	112.35	98.87
6061	White Quinoa	25#	74.75	66.66
24	Seedless Thompson Raisins	30#	119.7	105.34
6135	Yogurt Covered Raisins	30#	134.7	118.54
6037	White Basmati Rice	25#	124.5	109.56
2015	Brown Jasmine Rice	25#	57.25	50.38
6036	Brown Basmati Rice	25#	74.95	65.96
6039	Long Grain Brown Rice	25#	74.75	65.96
6041	Short Grain Brown Rice	25#	109.5	96.36
6042	White Jasmine Rice	25#	79.75	70.18
6043	Sushi Rice	25#	69.75	61.38
6044	Wild Rice Blend	25#	134.75	118.58

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Plu	Description	Quantity	Regular Price	Member Price
6138	Sea Salt	50#	34.5	30.36
6449	Cheddar Sesame Sticks	2/7.5#	44.85	39.47
6122	Garlic Sesame Sticks	2/7.5#	44.85	39.47
6748	Hot Cajun Sesame Sticks	2/7.5#	44.85	39.47
6125	Wide Sesame Sticks	2/7.5#	44.85	39.47
6016	Spelt Flour w/ Germ	25#	54.75	48.18
6128	Wild Rice Sticks	2/7.5#	52.35	46.07
6140	Turbinado Sugar	50#	94.50	83.16
6121	Cane Sugar	50#	79.50	69.96
6139	Fair Trade Cane Sugar	50#	99.50	87.566
6032	Sunflower Seeds	50#	149.5	131.56
6119	Vanilla Extract	1gal	152.32	134.04
6034	Conventional Walnuts	25#	144.75	127.38
254	Organic Walnuts	25#	324.75	285.78
				<b>updated 9/04/17</b>