



horizon
organic + natural

autumn
ORGANIC + NATURAL | 2014

T 604.524.6610 1.800.663.1838 WWW.HORIZONDISTRIBUTORS.COM



ECOLOGICALLY SUSTAINABLE PAPER PRODUCTS
 Made from bamboo & sugarcane



- Saves trees and protects forests
- Made from renewable resources
- Ultra soft & strong
- Whitened without chlorine bleach
- Septic safe & biodegradable



Globally 27,000 trees are cut down daily just for toilet paper. Caboo paper products are made from 100% bamboo and sugarcane. Sugarcane and bamboo are grasses, not hardwoods. Unlike trees, which can take 30 years to grow back, our bamboo and sugarcane grasses are harvested within two years and grow back without replanting. Not only is Caboo sustainable, it is soft too! The plant fibers used to make Caboo paper produce an ultra soft product.

Products



Caboo Bathroom Tissue
 Single Roll - Case of 40
 550 2-ply sheets per roll

Case weight: 8.5kg
 Unit weight: 192g
 UPC#: 6 27843 20274 5



Caboo Bathroom Tissue
 4 pack - Case of 10
 300 2-ply sheets per roll

Case weight: 4.8kg
 Unit weight: 436g
 UPC#: 6 27843 20273 8



Caboo Bathroom Tissue
 12 pack - Case of 6
 300 2-ply sheets per roll

Case weight: 8.6kg
 Unit weight: 1340g
 UPC#: 6 27843 20277 6



Caboo Facial Tissue
 Cube Box - Case of 30
 90 2-ply sheets per box

Case weight: 5.6kg
 Unit weight: 160g
 UPC#: 6 27843 20278 3



Caboo Facial Tissue
 Flat Box - Case of 24
 184 2-ply sheets per box

Case weight: 7.7kg
 Unit weight: 320g
 UPC: 6 27843 34783 5



Caboo Pocket Facial Tissue
 8 pack - Case of 30
 12 2-ply sheets per pack

Case weight: 4.4kg
 Unit weight: 141g
 UPC#: 6 27843 20282 0
 Single Pack UPC#: 6 27843 20280 6



Caboo Kitchen Roll Towel
 2 pack - Case of 20
 115 2-ply sheets per roll

Case weight: 11.4kg
 Unit weight: 520g
 UPC#: 6 27843 20279 0



Caboo Table Napkins
 Single - Case of 16
 250 1-ply sheets per pack

Case weight: 6.5kg
 Unit weight: 400g
 UPC#: 6 27843 20281 3

Caboo Paper Products Inc

112-2323 Boundary Road Vancouver, B.C. Canada

Tel: 604-299-1193 Ext 2 E-mail: info@caboopaper.com Website: caboopaper.com



info | contents

Ordering Information.....	3
Shipping + Delivery Information.....	4
Beverage Container Recycling Programs.....	5
New Products Index.....	6
Supplier Website Index.....	8
Product Profiles.....	11
Supplier Index.....	199

chill | contents

Beverages • Juices (Fresh).....	14
Beverages • Milk + Non-dairy Alternatives (Fresh).....	14
Milk + Cream.....	14
Soy, Nut + Grain Beverages (Milk + Cream Alternatives).....	14
Beverages • Sports Nutrition + Supplemental (Fresh).....	16
Juice Beverages.....	16
Protein Beverages.....	16
Ready-To-Drink Teas.....	16
Butter + Alternatives (Fresh).....	17
Cheese + Alternatives (Fresh).....	17
Cheese Alternatives.....	17
Cheeses.....	18
Condiments + Dressings (Fresh).....	20
Condiments.....	20
Dressings (Bottled).....	21
Dried Fruits + Vegetables (Fresh).....	21
Eggs (Fresh).....	21
Flours (Fresh).....	21
Global Cuisine (Fresh).....	21
Condiments + Ingredients.....	21
Meat Alternatives + Entrées.....	22
Noodles + Pastas.....	22
Meat Alternatives (Fresh).....	22
Nuts + Seeds • Packaged Snacks + Bulk (Fresh).....	23
Nuts.....	23
Seeds.....	23
Nutritional Supplements (Fresh).....	24
Nutritional Oils.....	24
Oils • Culinary (Fresh).....	24
Prepared Foods (Fresh).....	24
Entrées.....	24
Salsas, Dips + Spreads (Fresh).....	25
Pâtés + Spreads.....	25
Salsas + Dips.....	25
Soups + Meal Cups (Fresh).....	25
Soy + Tofu (Fresh).....	26
Yogurts, Sour Cream + Alternatives (Fresh).....	26

frozen | contents

Baby + Kids' Foods (Freezer).....	30
Baked Goods • Breads, Pastries + Waffles (Freezer).....	30
Frozen Breads.....	30
Frozen Pastries.....	34
Frozen Pastry Dough.....	35
Frozen Pizza Shells.....	35
Frozen Toaster Waffles + Pancakes.....	35
Beverages • Functional + Supplemental (Freezer).....	36
Butter (Freezer).....	36
Desserts + Novelties • Dairy + Non-dairy Alternatives (Freezer).....	36
Fruits, Vegetables + Legumes (Freezer).....	39
Global Cuisine (Freezer).....	41
Frozen Entrées.....	41
Meat Alternatives (Freezer).....	41
Meat + Seafood (Freezer).....	43
Nutritional Supplements (Freezer).....	43
Prepared Foods (Freezer).....	43
Frozen Entrées.....	43
Frozen Pizzas.....	46

frozen | contents

Soy + Tofu (Freezer).....	47
Sweet Snacks (Freezer).....	47

dry | contents

Baby Foods.....	50
Baby + Toddler Foods.....	50
Baked Goods • Breads + Pastries.....	51
Shelf Stable Breads.....	51
Shelf Stable Cakes + Pastries.....	51
Shelf Stable Pizza Crusts.....	51
Baking • Mixes, Supplies + Ingredients.....	51
Baking Accessories.....	51
Baking Supplies + Mixes.....	52
Beans + Legumes • Canned + Dry.....	56
Bulk + Packaged Dry Beans.....	56
Canned Beans (Whole).....	57
Canned Chilies + Flavoured Beans.....	57
Canned + Packaged Refried Beans.....	58
Beverages • Functional + Supplemental.....	58
Instant Mixes.....	58
Ready-To-Drink Protein + Isotonic.....	59
Beverages • Juices, Carbonated Drinks + Water.....	60
Culinary Juices.....	60
De-Alcoholized Beer.....	60
Juices.....	60
Sodas + Carbonated Beverages.....	63
Waters.....	65
Beverages • Dairy + Non-dairy Alternatives.....	65
Instant Mixes.....	65
Soy, Nut + Grain Beverages (Shelf Stable Dairy Alternatives).....	66
Canned Fruits + Vegetables.....	68
Cereals + Grains.....	72
Cold Cereals.....	72
Hot Cereals.....	76
Ingredients.....	78
Chips + Savoury Snacks.....	80
Popping Corn.....	80
Prepared Snacks.....	80
Coffees, Teas + Alternatives.....	88
Coffee + Tea Alternatives.....	88
Coffee + Tea Filters.....	89
Coffees • Ready-To-Drink.....	89
Coffees.....	89
Teas • Filterbags, Loose + Concentrates.....	90
Teas + Alternatives • Ready-To-Drink.....	95
Condiments, Croutons + Dressings.....	96
Condiments.....	96
Cooking Sauces + Marinades.....	99
Croutons.....	99
Dressings (Bottled).....	99
Dressings + Sauces (Dry Mixes).....	100
Cookies, Bars + Cones.....	100
Cereal + Breakfast Bars.....	100
Cookies.....	102
Cones.....	106
Crackers + Rice Cakes.....	107
Crackers + Bread Sticks.....	107
Rice Cakes.....	109
Dried Fruits + Vegetables.....	110
Flours.....	114
Global Cuisine.....	117
Condiments + Ingredients.....	117
Cooking Sauces + Dressings.....	119
Dry Soups.....	120
Noodles + Pastas.....	121
Prepared Meals + Side Dishes.....	121
Sea Vegetables.....	122



dry | contents

Herbs, Spices + Seasonings	124
Nut Butters, Jams + Sweet Spreads	128
Butter Alternatives.....	128
Chocolate + Sweet Spreads	128
Fruit Spreads + Jams.....	128
Nut + Seed Butters	129
Nuts + Seeds • Packaged Snacks + Bulk	130
Nuts.....	130
Nut Snacks.....	131
Seeds.....	132
Seed Snacks	134
Oils • Culinary.....	134
Pasta + Noodles	136
Pet Foods + Care.....	140
Pet Care	140
Pet Foods	140
Prepared Foods	140
Rice	142
Salsas, Dips + Spreads.....	143
Sauces • Prepared Sweet + Savoury.....	144
Savoury Sauces • Pasta + Gravy	144
Sweet Sauces.....	144
Soups, Broths + Meal Cups	145
Dry Soups	145
Prepared Soups (Shelf Stable).....	145
Soy + Tofu.....	148
Dry Soy	148
Silken Tofu	148
Sweet Snacks • Chocolate Bars, Candy + Puddings.....	148
Candy Confections	148
Chocolate Bars	150
Prepared Desserts & Puddings.....	154
Sweeteners + Syrups.....	154
Sweeteners.....	154
Syrups	157

nutritional supplements | contents

Chill

Beverages • Functional + Supplemental (Fresh)	160
Protein Beverages.....	160
Ready-To-Drink Teas.....	160
Nutritional Oils (Fresh).....	160

Frozen

Beverages • Functional + Supplemental (Freezer).....	161
Nutritional Supplements (Freezer).....	161

Dry

Beverages • Functional + Supplemental	161
Instant Mixes	161
Ready-To-Drink Protein + Isotonic.....	161
Ready-To-Drink Teas + Alternatives.....	163
Nutritional Bars + Snacks.....	163
Nutritional Capsules, Formulas + Powders	168
Nutritional Oils	169
Nutritional Seeds.....	169
Nutritional Yeasts.....	170

household | contents

Bathroom Tissue, Napkins + Paper Towels	172
Cleaning Systems + Trash Bags	173
Household Cleaners	174
Laundry Products.....	176
Reusable Containers + Packaging Materials	178

personal care | contents

Baby Care.....	180
Body + Hair Care	180
Feminine Care.....	181

bulk + food service | contents

Chill

Butter + Alternatives (Fresh).....	184
Cheese + Alternatives (Fresh)	184
Cheese Alternatives	184
Cheeses	184
Condiments (Fresh)	184
Dried Fruits + Vegetables (Fresh).....	184
Global Cuisine (Fresh)	184
Nuts + Seeds (Fresh).....	184
Bulk Nuts.....	184
Bulk Seeds	184
Oils • Culinary (Fresh)	185
Soy + Tofu (Fresh).....	185
Yogurts, Sour Cream + Alternatives (Fresh)	185

Frozen

Baked Goods (Freezer).....	185
Frozen Pastries	185
Desserts + Novelties • Dairy + Non-dairy Alternatives (Freezer) ..	185
Fruits, Vegetables + Legumes (Freezer).....	185
Meat Alternatives (Freezer).....	186

Dry

Baking • Mixes, Supplies + Ingredients.....	186
Beans + Legumes • Canned + Dry	187
Bulk + Packaged Dry Beans.....	187
Canned + Packaged Refried Beans.....	187
Beverages • Juices, Carbonated Drinks + Water	187
Juices.....	187
Waters	187
Beverages • Dairy + Non-dairy Alternatives.....	187
Instant Mixes	187
Canned Fruits + Vegetables.....	188
Cereals + Grains	188
Cold Cereals	188
Hot Cereals.....	188
Ingredients	188
Coffees, Teas + Alternatives	189
Coffee + Tea Alternatives	189
Coffees	189
Condiments + Dressings.....	189
Dried Fruits + Vegetables	190
Flours	190
Global Cuisine.....	191
Condiments + Ingredients.....	191
Noodles + Pastas.....	191
Sea Vegetables.....	191
Herbs, Spices + Seasonings	191
Nut Butters, Jams + Sweet Spreads	193
Fruit Spreads + Jams.....	193
Nut + Seed Butters	193
Nuts + Seeds • Packaged Snacks + Bulk	193
Nuts.....	193
Nut Snacks.....	194
Seeds	194
Oils • Culinary.....	194
Pasta + Noodles	194
Pet Foods + Care	195
Pet Care	195
Pet Foods	195
Rice	195
Soups, Broths + Meal Cups	196
Sweet Snacks • Chocolate Bars + Candy Confections	196
Sweeteners + Syrups.....	197
Sweeteners.....	197
Syrups	197

Household

Household Cleaners	197
Laundry Products.....	198

Nutritional Supplements + Sports Nutrition

Nutritional Bars + Snacks.....	198
Nutritional Capsules, Formulas + Powders	198
Nutritional Seeds.....	198
Nutritional Yeasts.....	198

Business Hours

Monday–Friday**8:30AM–4:30PM (Pacific Time)**

Horizon is closed Saturday, Sunday and all British Columbia statutory holidays

Orders received after 4:30PM Pacific Time will be delayed to the next business day

Order Desk Contacts

Tel 604.524.6610 **Toll-Free** 1.800.663.1838

Outside toll-free, please call collect

Fax 604.524.9411 **Toll-Free** 1.877.219.1364**Mailing Address**

5589 Trapp Avenue Burnaby BC V3N 0B2

www.horizondistributors.com

Email Contacts

Orders only

orders@horizondistributors.com

Claims and refunds

claims@horizondistributors.com

General inquiries

generalinquiries@horizondistributors.com

Next Day Delivery and Shipping

Orders placed by 4:30PM Pacific Time will be delivered or shipped the next business day. Please do not leave orders in any voice mailbox.

Payment Options (New Customers)

We accept Visa and MasterCard as payment at the time of ordering by phone. Customers picking up orders can pay by Visa, MasterCard or Interac (debit card). In-house credit financing is available upon request of a credit application.

Claims

Claims requests must be reported to our Claims department (claims@horizondistributors.com) within two (2) business days of receipt of goods. Please quote the invoice number when making your claim and obtain approval before arranging a return. Horizon will not accept products returned to our warehouse without prior approval. Goods cannot be returned for credit after 30 days from delivery date. If returned goods are not Horizon's responsibility, freight charges for the return are at the customer's expense and a 10% restocking fee will apply. Please note that Horizon will not accept returned products with store labels or price tags affixed.

Freight Claims

When receiving your order from a carrier, **please check for damages and count the pieces.** For the purpose of freight claims, you must note any discrepancy (e.g. missing pieces, damaged goods, thawed frozen products) on the carrier's bill of lading and have the driver acknowledge it with a signature. Please notify our Claims department of any discrepancy by phone, fax or email to claims@horizondistributors.com within two business days of receipt of goods. **Ice cream and frozen novelties are shipped at consignee's risk beyond prepaid points.** Hidden damage must be reported by phone, fax or email to Horizon's Claims department and the freight company **within 24 hours** of receipt of goods (including weekends). **Horizon cannot make a freight claim on your behalf for freight-related problems that have been accepted as delivered without notation of shorts and damages on the bill of lading.**

Prices

Horizon will do our utmost to hold prices from catalogue to catalogue, but **all prices are subject to change without notice.** This is especially true during times of volatile currency exchange rates and changing tariffs. **We will fill orders regardless of price changes unless notified otherwise.**

Enclosures

We accept enclosures from other wholesalers at a surcharge of \$15 each per enclosure. No fee is charged for PSC Natural Foods or Discovery Organics enclosures. **Always** inform the Customer Service department about enclosures when placing your order. It is your responsibility to ensure that any enclosures are delivered to Horizon the business day before your order ships from our warehouse. Please note that Horizon does not subsidize freight on enclosures. We do not accept frozen items for enclosure.

Dry Ice

Dry ice is available free of charge to customers who pick up at our warehouse.

Out of Stock Items

Horizon is proud of our fill-rate but, nevertheless, out-of-stocks do happen. They are mostly due to supplier shorts when products are temporarily unavailable due to production delays. Please re-order out-of-stock items as Horizon does not process back orders. At your request, we can let you know which items are out-of-stock.

Split Cases

Horizon offers **split cases of selected products.** Please refer to the handy reference at the bottom of each catalogue page, which indicates that where noted, items are S (splittable), available in half cases or the fraction noted, or E (each), sold by the single unit. There is a charge of 5% of the case price of the S (split) items ordered to cover the cost of the labour and materials expended in repacking. **Please note that volume discount pricing does not apply to items ordered in split cases.** Items with an E (each) beside the description can be ordered individually without a repacking charge.

Out of Town Calls

We are happy to offer a toll-free line. Although it is free to our customers, we do pay regular charges, so we kindly ask for the cooperation of those using the 800 line in having orders or information ready when calling.

Canadian Listings

In this publication, "Canadian" refers to the origin of the company and does not serve as a guarantee that their listed products are manufactured and/or packaged in Canada.

Pick-up Orders and Collect Shipments

Order Pick-up Hours: 8:30AM–4:30PM (report to Reception)

Depot Pick-ups

All customers picking up orders at freight depots will be required to show two and valid pieces of identification.

Carrier Information

Truck delivery is limited to retail stores only from 9:00AM–5:00PM weekdays. **Please note that Horizon does not book delivery appointments.** We are pleased to offer free delivery or freight subsidy with the following conditions:

Destination	Prepaid Point	Minimum Order
Lower Mainland		
Vancouver, Richmond, Burnaby, Coquitlam, Port Moody, Port Coquitlam, New Westminster, North Shore		\$200
Fraser Valley: Delta, Surrey, Langley, Aldergrove, Maple Ridge, Mission, Abbotsford		\$300
Upper Fraser Valley	All points east of Abbotsford or Mission to Hope	\$500
Islands		
Vancouver Island	All direct service points along Hwy 14, Hwy 17 and 17A, Hwy 1, Hwy 19 and 19A north to Campbell River	\$750
Vancouver Island: Tofino	All direct service points along Hwy 4 to Tofino	\$1,500
Bowen Island	Direct	\$750
Salt Autumn Island	Direct	\$1,500
BC Outside Lower Mainland		
Whistler Corridor	All points along Hwy 99 north to Whistler	\$750
Sunshine Coast: Gibsons to Powell River	Hwy 101 to Powell River	\$1,000
Okanagan: BC Southern Interior	All points along Hwy 1 east to Revelstoke, Hwy 97 south to Penticton	\$1,000
Kootenays: East, West and Central	All points along Hwy 3 east to Cranbrook including Nelson and Kimberly	\$1,500
Central BC, Cariboo and Northern BC	All points along Hwy 1 east of Kamloops and Hwy 97 north of Cache Creek to Prince George	\$1,500
Outside BC		
Alberta	Direct to Calgary or Edmonton	\$1,200
Saskatchewan	Direct to Regina or Saskatoon	\$2,500
Manitoba	Direct to Winnipeg	\$2,500
Yukon	Direct to Whitehorse	\$2,500
Northwest Territories	Direct to Edmonton	\$1,200

Please note that GST or HST is applied to freight charges. Freight charges for orders which do not meet the required minimums noted above, or for those destined beyond the above prepaid points, will be billed collect regardless of order size. A \$10 fee will apply to Lower Mainland delivery orders that do not meet the minimum order. For those communities without scheduled delivery service, orders will be made available at the nearest freight depot. All customers picking up orders at carrier depots will be required to show two and valid pieces of identification. Prepaid orders will be shipped with the carrier of our choice. Residential freight deliveries are subject to additional charges at the freight company's discretion. These charges are the responsibility of the customer.

Warehouse Policy Notes

Children are not allowed in our warehouse for safety reasons. All customers must stay within the designated waiting area.

Provincial Beverage Container Recycling Programs: Effective February 1, 2014

A "U" notation after a product listing in our catalogue indicates that surcharges for recycling programs, which include any refundable deposits, will be added on invoice.

Container	BC			AB			SK		
	0-500ml	501ml-1L	>1L	0-500ml	501ml-1L	>1L	0-300ml	301ml-999ml	>1L
Aluminum	\$0.06	\$0.06		\$0.11	\$0.11	\$0.26	\$0.15	\$0.15	\$0.25
Bi-Metal	\$0.10	\$0.10	\$0.20	\$0.15	\$0.15	\$0.25	\$0.15	\$0.15	\$0.25
Plastic (PET)	\$0.08	\$0.08	\$0.25	\$0.11	\$0.11	\$0.32	\$0.16	\$0.16	\$0.26
Plastic (HDPE)	\$0.08	\$0.08	\$0.25	\$0.11	\$0.11	\$0.32	\$0.16	\$0.16	\$0.26
Drink Box/Tetrapak	\$0.07	\$0.12	\$0.20	\$0.10	\$0.10	\$0.31	\$0.08	\$0.08	\$0.08
Glass	\$0.15	\$0.15	\$0.50	\$0.16	\$0.16	\$0.33	\$0.17	\$0.27	\$0.47
Gable Top	\$0.05	\$0.05	\$0.26	\$0.10	\$0.10	\$0.31	\$0.08	\$0.08	\$0.08

Container	YK			NWT		
	0-500ml	501ml-1L	>1L	0-500ml	501ml-1L	>1L
Aluminum	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Bi-Metal	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Plastic (PET)	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Plastic (HDPE)	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Drink Box/Tetrapak	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Glass	\$0.10	\$0.10	\$0.35	\$0.20	\$0.20	\$0.20
Gable Top	\$0.10	\$0.10	\$0.35	\$0.15	\$0.15	\$0.20
Milk (Any)				\$0.15	\$0.15	\$0.35

Need organic produce?

Do you know about our co-shipping program with Discovery Organics?

In business since 1999, Discovery Organics is an independently owned, Canadian distributor of Certified Organic and Fair Trade produce serving hundreds of customers across Western Canada and the Canadian North.

Horizon is proud to partner with our friends at Discovery Organics!

For more information, please contact your Horizon customer service representative.

www.discoveryorganics.ca



new products

Arayuma Fair Trade Organic Coconut Milk	118
Boulder Canyon Natural Foods Snack Chips	82
Cascadian Farm Organic Cereals & Granolas	72
Central Roast Dried Fruit & Nut Snacks	112,131
Central Roast Dried Fruit Snacks	110
Central Roast Dry Roasted Nuts	131
Central Roast Raw Nuts	131
Central Roast Raw Pumpkin Seeds	133
Cloud 9 Specialty Bakery Gluten Free Baking Mixes	53
Cream-Nut Natural Peanut Butters	129
Donia Farms Kefir Smoothies	26
Earth's Choice Organic Peanut Butters	129
Filsinger's Organic Foods Apple Cider Vinegar	96,189
FreeYumm Allergen Friendly Oat Bars	50,101
FreeYumm Frozen Allergen Friendly Mini Cakes & Brownies	30,34
Good Karma Flax Delight Non-dairy Beverages	67
Good Karma Flax Delight Refrigerated Non-dairy Beverages	15
Grandma Nunweiler's Organic Pancake & Waffle Mixes	54
Limonitz Organic Sparkling Lemonades	64
Mackellar Farms Frozen Edamame	40
Nunweiler's Organic Flours	117
SIP Natural Craft Sodas	65
Steaz Fair Trade Organic Energy Drinks	60,162
Steaz Fair Trade Iced Green Tea Beverages	95
Three Farmers Camelina Oils	136
Wildbrine Probiotic Fermented Raw Vegetables	20
Zimt Artisan Raw Organic Chocolate Bars	154

line extensions

Amy's Frozen Entrées	43
Ancient Harvest Organic Quinoa	78
Ancient Harvest Organic Quinoa Pasta & Cheese Dinners	140
Ancient Harvest Organic Pastas	136
Annie's Homegrown Cheddar Bunnies Baked Snack Crackers	107
Annie's Homegrown Pasta & Cheese Dinners	140
Beanfields Bean & Rice Chips	80
Belvoir Fruit Farms Pressé Beverages	64
Blue Diamond Nut-Thins Nut & Rice Snack Crackers	107
Blue Monkey Baked Coconut Chips	110
Blue Monkey Coconut Water	59,161
Bob's Red Mill Baking Mixes	53
Bob's Red Mill Cereals & Grains	79
Bob's Red Mill Flours	115
Bounce Natural Energy Balls	163
Bragg Dressings & Marinades	99
Bremner's Frozen Blueberries	185
Bremner's Frozen Fruits	39
Búcha Organic Live Kombucha Beverages	16,160
Caboo Ecologically Sustainable Tissue	172
Clif Mojo Trail Mix Bars	101
Clif Shot Bloks Organic Energy Chews	164
Dream Non-dairy Beverages	66
Earth Balance Vegan Popcorn Snacks	82
Earth Island Vegan Gourmet Refrigerated Cheese Alternatives	17
Eco-Max Laundry Products	177
Ecos Pure Coconut Water	59,162
Ecover Household Cleaners	175
Ecover Laundry Products	177
Eden Organic Apple Sauce	144
Eden Organic Whole Grain Muesli	72
Elevate Me Instant Hot Oatmeals	77
Elevate Me Protein & Fruit Energy Bars	164
Emergen-C Vitamin & Mineral Supplement Drink Mixes	168
Ener-C Vitamin & Mineral Supplement Drink Mixes	168
Enjoy Life Dairy, Soy & Gluten Free Baking Chocolate	54
Field Roast Grain Meat Co. Frozen Meat Alternatives	41
Fourmi Bionique Gourmet Granola Bars	101
Four O'Clock Organic Teas	92
Frontier Bulk Herbs & Spices	125,192
Fruit d'Or Dried Berries	112
Gardein Frozen Meat Alternatives	42

line extensions

Gerolsteiner Mineral Water	65
GimMe Roasted Seaweed Snacks	122
Glee Gum Natural Chewing Gum	149
Glutino Frozen Gluten Free Breads & Buns	32
Glutino Gluten Free Cookies	104
Glutino Gluten Free Pretzels	82
Greek Gods Greek Style Yogurts	27
Happy Planet Refrigerated Gourmet Soups	25
Happy Planet Refrigerated Juices	14
House Foods Refrigerated Shirataki Pastas	22
Hubert's Lemonade	61
Kashi Cereals	73
Kettle Brand Krinkle Cut Potato Chips	84
Kettle Brand Popcorn	83
Kettle Brand Potato Chips	83
King Island Coconut Water	59,162
KonaRed Hawaiian Superfruit Antioxidant Juice	62
L'Ancêtre Organic Cheeses	18
LäraBar Fruit & Nut Food Bars	165
Mackie's of Scotland Potato Crisps	84
Maisie Jane's Nut Butters	129
Maison Orphée Oils	134
Maison Orphée Vinegars	96
Manitoba Harvest Hemp Protein Powder	168
Mapleton's Organic Frozen Ice Cream	38
Mapleton's Organic Frozen Ice Cream Sandwiches	38
Marukan Rice Vinegars	98
Monkey Toast Fruit Crisps	51,108
Naam Cooking Sauces & Dressings	99,120
Nature's Bakery Whole Wheat Fig Bars	104
Nature's Path Organic Granola Bars	101
Nature's Path Organic Instant Hot Oatmeals	77
Newman's Own Most Wanted BBQ Sauces	99
Nuts To You Nut & Seed Butters	129
One Degree Organic Foods Sprouted Grain Cereals	76
One Degree Organic Sprouted Grain Flours	117,190
Pamela's Baking Mixes	186
Pamela's Figgies & Jammies Gluten Free Fig Bars	106
Pamela's Pancake Mix	56,186
Pamela's Wheat Free Artisan Flour Blend	117,191
Pamela's Wheat Free Baking Mixes	55
Plum-M-Good Organic Gluten Free Breading Crumbs	56
Prana Organic Dried Fruits	113
Prana Organic Packaged Nut Snacks	132,194
Probar Nutritional Food Bars	165
Que Pasa Salsas	143
RawFoodz Cheesauce Organic Vegan Sauces & Spreads	20,25
Sambazon Frozen Rio Style Organic Açai Sorbet	39,185
Santa Cruz Organic Juices	63
SeaSnax Chomperz Crunchy Seaweed Chips	86
SeaSnax Stix Crispy Seaweed Strips	124
Seventh Generation Household Cleaners	176
Seventh Generation Napkins	173
Silk Refrigerated Non-dairy Beverages	15
Simply Organic (Frontier) Organic Extracts	56
So Nice Refrigerated Non-dairy Beverages	16
So Nice Soy Creamer (For Coffee)	68
Stahlbush Island Farms Frozen Fruits	40
Surf Sweets Gummy Bears & Worms	150
Sweet Ella's Organic Peanut Butters	130
Tasty Bite Entrées	122
Teecino Herbal Coffee Alternatives	89
Tinkyada Rice Pastas	139,195
Udi's Gluten Free Frozen Pizzas	47
Veggie-Go's Organic Chewy Fruit & Veggie Snacks	114
Way Better Snacks Sprouted Tortilla Chips	88
Wholesome Sweeteners	156,197
Wholesome Sweeteners Organic Syrups	157
WOW Baking Company Gluten Free Cake Mixes	56
WOW Baking Company Gluten Free Cookies	106
Yves Veggie Cuisine Frozen Meat Alternatives	42
Zazubean Fair Trade Organic Chocolate Bars	152



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 Traditional Medicinals www.ca.traditionalmedicinals.com
 Tutti Gourmet www.tuttigourmet.com
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Donia Farms | Kefir Smoothies (Cooler)

In July, three Horizon staff visited Donia Farms, a third generation dairy farm founded in 1955 by the Van Keulen family, who came to Canada from the Netherlands to settle in Surrey, BC, where they created an environment that promotes the health, comfort, and happiness of dairy cows. The farm's milk is used to produce mouth-watering Kefir Smoothies, its 99% lactose free, probiotic rich drinks made with a complex collection of cultures and simple, natural ingredients.

www.doniafarms.com | **Page 26**



Zazubean | Fair Trade Organic Coconut Milk Chocolate Bars

Vancouver's own Zazubean introduces three dairy, soy and gluten free varieties, which are sweetened with coconut sugar, to its line of fair trade, organic superfood chocolate: Sassy (Pomegranate & Hazelnut), a 55% cacao bar made with coconut milk; Saltry (Sea Salt & Almonds), a 65% cacao dark chocolate bar; and Nudie (Extra Dark), an 80% cacao Panama dark chocolate bar.

www.zazubean.com | **Page 152**



WOW Baking Company | Gluten Free Cookies

WOW Baking is dedicated to creating great tasting, all natural, wheat and gluten free baked goods using quality ingredients, such as products grown from non-GMO seeds, unsulfured dried fruits, fair trade chocolate and crystallized, pure cane sugar. Conveniently packed in resealable bags, gluten free mini cookies—including new Butter Toffee, Key Lime and Maple Squares—are moist, chewy and packed with rich, delicious flavour.

www.wowbaking.com | **Page 106**



Dream | Sprouted Rice Dream Non-dairy Beverage (Shelf Stable)

New this edition, unsweetened Sprouted Rice Dream beverage is allergy friendly and easy for the body to digest. Made with 100% sprouted brown rice, which supports the absorption of the beverage's enhanced nutrients, it is dairy, gluten, cholesterol and soy free, and an excellent source of calcium, and vitamins D and B12.

www.tastethedream.ca | **Page 66**



ProBar | Chocolate Coconut Nutritional Food Bar

QAI certified organic, Non-GMO Project verified, plant based ProBar Meal Bars are whole food bars that offer good sources of fibre, protein, and omega-3 and -6. New Chocolate Coconut is a whole food, meal replacement bar that combines whole grains, chunky nuts, seeds and delicious fruit with smooth coconut flavours and crispy crunch to complement the light chocolate taste that's perfectly balanced in this healthy but seemingly decadent bar.

www.theprobar.com | **Page 165**



Cloud 9 Specialty Bakery | Gluten Free Baking Mixes

BC owned and operated, Cloud 9 got its start in the gluten free trade as a small retail bakery in New Westminster. Its wildly popular All Purpose Baking Mix is the foundation of its line of dry baking mixes, which are formulated to the highest standards of quality and uncompromisingly gluten free.

www.cloud9specialtybakery.com | **Page 53**



Way Better Snacks | Corn Tortilla Chips

Gluten free, non-GMO, stone ground corn tortilla chips, in new Sriracha and Mustard & Onion varieties, contain premium ingredients like organic chia seed, organic flax seed, organic quinoa, and either organic kale seed or organic mustard seeds, all of which are sprouted to enhance the absorption of nutrients and aid in digestion. Oh, and they're yummy too.

www.gowaybetter.com | Page 88



Naam | Cooking Sauces + Vinaigrette

Vancouver's famous Naam Restaurant introduces five flavourful sauces that bring its classic vegetarian fare home. Established in 1968, the Naam is the city's oldest, natural foods restaurant, which continues to celebrate its global influences and cooking traditions today. Made in Canada from domestic and imported ingredients, each sauce variety offers a perfectly balanced blend of sweet and tangy or rich and savoury flavours that enable home cooks to recreate Naam favourites or invent their own specialities.

www.thenaam.com | Page 99



Cream-Nut + Sweet Ella's (Koeze) | Peanut Butters

The Koeze family has handcrafted natural and organic peanut butter varieties for more than 80 years. Small batches of selected peanuts are carefully roasted to a rich, dark colour, then ground to perfection. Each variety is preservative free with no added sugar, oils or hydrogenated anything. The only thing that's added is a pinch of salt.

www.koeze.com | Page 129 + 130



Four O'Clock | Organic Loose Leaf Teas (Canisters)

Four O'Clock experts travel the world to bring home tasty and innovative tea varieties and herbal teas. Committed to carefully selecting ingredients in their countries of origin and blending them expertly, Four O'Clock delivers original, bold and intense experiences in every cup. Trans-Herbe, a Canadian company founded in 1992, is committed to purchasing top quality organic and fairtrade raw materials and biodegradable packaging.

www.transherbe.com | Page 92



Zimt | Artisan Raw Organic Chocolate Bars

Vancouver's own Zimt creates certified organic, raw chocolate bars made with minimally processed, vegan ingredients and sweetened with coconut sugar. Each variety is free of gluten, nuts, soy, dairy, grains and cane sugar so nearly everyone can enjoy them. A member of 1% for the Planet, Zimt donates 1% of its sales to environmental concerns.

www.zimt.ca | Page 154



Ancient Harvest | Organic Quinoa, Pastas + Mac & Cheese

Ancient Harvest creates organic, non-GMO, gluten free quinoa and ancient grain products that are full of enticing flavour and stellar nutrition. Supergrain Pastas offer the taste and texture of regular pasta without any of the gluten. Ooey-goody-good Supergrain Mac & Cheese varieties are easy to prepare and sure to please kids of all ages. Perfect as a wholesome side or the foundation of a main dish, distinctive Quinoa Grains provide a rainbow of cooking versatility.

www.ancientharvest.com | Pages 78, 136, 140

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beverages • juices (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

HAPPY PLANET REFRIGERATED JUICES • CANADIAN

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779172 41719	06260	☉*✱	Organic Juice, Mango & Peach, Organic (gable carton)	6/1.75L	3.94ea	23.64	U
779172 41736	06506	☉*✱	Organic Juice, Pomegranate & Blueberry, Organic (gable carton)	6/1.75L	3.94ea	23.64	U
779172 41718	06259	☉*✱	Organic Juice, Strawberry & Banana, Organic (gable carton)	6/1.75L	3.94ea	23.64	U
779172 41702	06258	☉*✱	Organic Juice, Valencia Orange, Organic (gable carton)	6/1.75L	4.63ea	27.78	U
779172 31521	06829	☉*✱	Lemonade, Organic (jug)	6/1.5L	3.65ea	21.90	TU
779172 31357	05881	☉*✱	SEASONAL Raspberry Lemonade, Organic (jug)	6/1.5L	3.65ea	21.90	TU
779172 12101	06266	☉*✱	Juice, Orange (plastic bottle)	6/325ml	2.16ea	12.96	U
779172 22164	01312	☉*✱	Smoothie, Blackberry, Boysenberry & Black Currant (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 22166	01340	☉*✱	NEW Smoothie, Coconut & Pineapple (plastic bottle)	6/325ml	1.96ea	11.76	U
Fresh from the tropics—a laid-back blend of juicy pineapple and creamy coconut is blended smooth, flash pasteurized and minimally processed.							
779172 23161	01308	☉*✱	Smoothie, Extreme C w/Camu Camu (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 23162	01309	☉*✱	Smoothie, Extreme Energy w/Yerba Maté (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 23110	06237	☉*✱	Smoothie, Extreme Green w/Spirulina (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 22163	01310	☉*✱	Smoothie, Mango & Passionfruit (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 22165	01311	☉*✱	Smoothie, Raspberry & Cherry (plastic bottle)	6/325ml	1.96ea	11.76	U
779172 22364	01306	☉*✱	Smoothie, Blackberry, Boysenberry & Black Currant (plastic bottle)	6/900ml	3.77ea	22.62	U
779172 22366	01305	☉*✱	Smoothie, Coconut & Pineapple (plastic bottle)	6/900ml	3.77ea	22.62	U
779172 23361	01302	☉*✱	Smoothie, Extreme C w/Camu Camu (plastic bottle)	6/900ml	3.77ea	22.62	U
779172 23362	01303	☉*✱	Smoothie, Extreme Energy w/Yerba Maté (plastic bottle)	6/900ml	3.77ea	22.62	U
779172 23310	01301	☉*✱	Smoothie, Extreme Green w/Spirulina (plastic bottle) (replaces Code 06238)	6/900ml	3.77ea	22.62	U
779172 22363	01304	☉*✱	Smoothie, Mango & Passionfruit (plastic bottle)	6/900ml	3.77ea	22.62	U
779172 22328	01307	☉*✱	Protein Smoothie, Chocolate Banana (plastic bottle) (replaces Code 05880)	6/900ml	3.77ea	22.62	U

SAMBAZON REFRIGERATED AÇAÍ JUICE BLENDS • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Sambazon fresh beverages from our warehouse.

818411 00037	05173	☉*✱	Açaí Juice, Original, Organic (Fair Trade) (plastic bottle)	6/310ml	3.27ea	19.62	U
818411 00043	05174	☉*✱	Açaí Juice Blend, Blueberry & Pomegranate, Organic (Fair Trade) (plastic bottle)	6/310ml	3.27ea	19.62	U
818411 00044	05199	☉*✱	Energy, Açai Juice Blend, Yerba Maté & Guarana, Organic (Fair Trade) (plastic bottle)	6/310ml	3.27ea	19.62	U
818411 00300	05216	☉*✱	Açaí Juice, Original, Organic (Fair Trade) (tetrapak) (replaces Code 05172)	8/1L	7.35ea	58.80	U
818411 00301	05217	☉*✱	Açaí Juice Blend, Blueberry & Pomegranate, Organic (FT) (tetrapak) (replaces Code 05193)	8/1L	7.35ea	58.80	U
818411 00003	05218	☉*✱	Energy, Açai Juice Blend, Yerba Maté & Guarana, Organic (FT) (tetrapak) (replaces Code 05200)	8/1L	7.35ea	58.80	U

beverages • milk + non-dairy alternatives (fresh)

Milk + Cream

AVALON VALLEY PRIDE ORGANIC MILK & CREAM • CANADIAN • ORGANIC

We guarantee best before dates of 10 days from the date of shipping Avalon Valley Pride fresh dairy products from our warehouse.

066184 00103	06116	☉*✱	Cream, Half & Half, Organic (carton)	6/1L	4.08ea	24.48	U
066184 00107	06104	☉*✱	Cream, Half & Half, Organic (carton)	12/500ml	2.30ea	27.60	U
066184 00106	06121	☉*✱	Cream, Whipping, Organic (carton)	12/500ml	3.44ea	41.28	U
066184 00102	06079	☉*✱	Milk, Skim, Organic (carton)	6/1L	2.69ea	16.14	U
066184 00109	06123	☉*✱	Milk, 1%, Organic (carton)	6/1L	2.81ea	16.86	U
066184 00101	06111	☉*✱	Milk, 2%, Organic (carton)	6/1L	2.87ea	17.22	U
066184 00100	06115	☉*✱	Milk, Homogenized, Organic (carton)	6/1L	2.93ea	17.58	U
066184 00117	07131	☉*✱	Chocolate Milk, 3.25%, Organic (carton)	12/500ml	2.61ea	31.32	U

EARTH'S OWN AMORÉ REFRIGERATED ALMONDS & DAIRY MILK • CANADIAN

We guarantee best before dates of 17 days from the date of shipping Earth's Own Amoré milks from our warehouse.

626027 80001	07211	☉*✱	Amoré, Almonds & Dairy, Original (carton)	6/1.75L	4.69ea	28.14	U
626027 80002	07212	☉*✱	Amoré, Almonds & Dairy, Vanilla (carton)	6/1.75L	4.69ea	28.14	U

Soy, Nut + Grain Beverages (Milk + Cream Alternatives)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BLUE DIAMOND ALMOND BREEZE REFRIGERATED NON-DAIRY BEVERAGES

We guarantee best before dates of 17 days from the date of shipping Blue Diamond Almond Breeze fresh beverages from our warehouse.

041570 10917	07220	☉	Almond, Original (gable carton)	6/1.89L	4.06ea	24.36	U
041570 10918	07221	☉	Almond, Original, Unsweetened (gable carton)	6/1.89L	4.06ea	24.36	U
041570 10915	07222	☉	Almond, Vanilla (gable carton)	6/1.89L	4.06ea	24.36	U
041570 10916	07223	☉	Almond, Vanilla, Unsweetened (gable carton)	6/1.89L	4.06ea	24.36	U

upc code	order code			case size	ea price	cs price	
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EARTH'S OWN ALMOND FRESH REFRIGERATED NON-DAIRY ALMOND BEVERAGES • CANADIAN

We guarantee best before dates of 17 days from the date of shipping Earth's Own fresh beverages from our warehouse.

626027 70001	06901	☉*	Almond, Fortified, Original (carton)	6/1.89L	4.06ea	24.36	U
626027 70004	07054	☉*	Almond, Fortified, Chocolate (carton)	6/1.89L	4.06ea	24.36	U
626027 70005	07135	☉*	Almond, Fortified, Coconut (carton)	6/1.89L	4.06ea	24.36	TU
626027 70003	06905	☉*	Almond, Fortified, Unsweetened (carton)	6/1.89L	4.06ea	24.36	U
626027 70002	06903	☉*	Almond, Fortified, Vanilla (carton)	6/1.89L	4.06ea	24.36	U

GOOD KARMA FLAX DELIGHT REFRIGERATED NON-DAIRY BEVERAGES

We guarantee best before dates of 14 days from the date of shipping Good Karma fresh beverages from our warehouse.

Creamy and delicious and a source of omega-3 polyunsaturates, Good Karma Original, Unsweetened and Vanilla fortified flax beverages are made from the finest ingredients like cold pressed, unrefined flax seed oil.

829462 00218	05704	☉	NEW Flax, Fortified, Original (carton)	6/1.89L	3.91ea	23.46	U
829462 00217	05705	☉	NEW Flax, Fortified, Original, Unsweetened (carton)	6/1.89L	3.91ea	23.46	U
829462 00219	05703	☉	NEW Flax, Fortified, Vanilla (carton)	6/1.89L	3.91ea	23.46	U

GREEN CUISINE AMAZAKE REFRIGERATED RICE BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Green Cuisine fresh beverages from our warehouse.

068532 00517	06316	☉*	Amazake, Almond, Organic	12/460ml	2.78ea	33.36	
068532 00518	06317	☉*	Amazake, Hazelnut, Organic	12/460ml	2.78ea	33.36	

RICE DREAM REFRIGERATED RICE BEVERAGES

We guarantee best before dates of 14 days from the date of shipping Rice Dream fresh beverages from our warehouse.

084253 27170	06803	☉	Rice, Fortified, Original (carton)	6/1.89L	4.27ea	25.62	U
084253 27171	06804	☉	Rice, Fortified, Vanilla (carton)	6/1.89L	4.27ea	25.62	U

SILK REFRIGERATED NON-DAIRY BEVERAGES

We guarantee best before dates of 14 days from the date of shipping Silk fresh beverages from our warehouse (30 days for Code 07157).

025293 60071	06529	☉*	Soy milk, Plain, Organic (carton)	6/1.89L	4.43ea	26.58	U
025293 60075	06530	☉	Soy milk, Chocolate (carton)	6/1.89L	4.43ea	26.58	U
025293 00073	06617	☉*	Soy milk, Unsweetened, Organic (carton)	6/1.89L	4.43ea	26.58	U
025293 60073	06528	☉*	Soy milk, Vanilla, Organic (carton)	6/1.89L	4.43ea	26.58	U
		◆	Volume Price: 5 asstd cs (Silk Soy 1.89L varieties; open stock not on deal; no other discounts apply)		4.28ea	25.70	
		◆	Volume Price: 10 asstd cs (Silk Soy 1.89L varieties; open stock not on deal; no other discounts apply)		4.22ea	25.34	
		◆	Volume Price: 15 asstd cs (Silk Soy 1.89L varieties; open stock not on deal; no other discounts apply)		4.14ea	24.81	
025293 00100	06850	☉	Almond, Fortified (carton)	6/1.89L	4.43ea	26.58	U
025293 00135	06899	☉	Almond, Fortified, Dark Chocolate (carton)	6/1.89L	4.43ea	26.58	U
025293 00150	07055	☉	Almond, Fortified, Unsweetened (carton)	6/1.89L	4.43ea	26.58	U
025293 00188	07154	☉	Almond, Fortified, Unsweetened, Vanilla (carton)	6/1.89L	4.43ea	26.58	U
025293 00168	07123	☉	Almond, Fortified, Vanilla (carton)	6/1.89L	4.43ea	26.58	U
		◆	Volume Price: 5 asstd cs (Silk Almond 1.89L varieties; open stock not on deal; no other discounts apply)		4.28ea	25.70	
		◆	Volume Price: 10 asstd cs (Silk Almond 1.89L varieties; open stock not on deal; no other discounts apply)		4.22ea	25.34	
		◆	Volume Price: 15 asstd cs (Silk Almond 1.89L varieties; open stock not on deal; no other discounts apply)		4.14ea	24.81	
025293 00152	07157	☉	Coconut, Fortified (carton)	6/1.89L	4.43ea	26.58	U
025293 00244	07134	☉	Coconut, Fortified, Unsweetened (carton)	6/1.89L	4.43ea	26.58	U
		◆	Volume Price: 5 assorted cases (Silk Coconut; open stock not on deal; no other discounts apply)		4.28ea	25.70	
		◆	Volume Price: 10 assorted cases (Silk Coconut; open stock not on deal; no other discounts apply)		4.22ea	25.34	
		◆	Volume Price: 15 assorted cases (Silk Coconut; open stock not on deal; no other discounts apply)		4.14ea	24.81	
025293 00297	07247	☉	NEW Creamy Cashew, Fortified, Original (tetrapak)	6/1.89L	4.43ea	26.58	U
			Dairy, gluten, cholesterol and soy free, Non-GMO Project verified Silk Creamy Cashew has a smooth, mild taste that's delightfully drinkable and only 60 calories per 250ml serving.				
025293 00250	07105	☉	Almond Coconut Blend, Fortified, Unsweetened (carton)	6/1.89L	4.43ea	26.58	

SILK REFRIGERATED SOY CREAMERS (FOR COFFEE)

We guarantee best before dates of 14 days from the date of shipping Silk creamers from our warehouse.

025293 60076	06543	☉	Soy Creamer (for Coffee) (carton)	12/473ml	1.93ea	23.16	U
025293 00074	06783	☉	Soy Creamer, Vanilla (for Coffee) (carton)	12/473ml	1.93ea	23.16	U
		◆	Volume Price: 5 assorted cases (Silk Creamers; open stock not on deal; no other discounts apply)		1.87ea	22.41	
		◆	Volume Price: 10 assorted cases (Silk Creamers; open stock not on deal; no other discounts apply)		1.84ea	22.11	
		◆	Volume Price: 15 assorted cases (Silk Creamers; open stock not on deal; no other discounts apply)		1.80ea	21.65	

SO DELICIOUS REFRIGERATED COCONUT CREAMERS (FOR COFFEE)

We guarantee best before dates of 14 days from the date of shipping So Delicious creamers from our warehouse.

744473 29410	03001	☉	Coconut Creamer, Original (gluten free) (carton)	12/473ml	2.17ea	26.04	
744473 29404	03000	☉	Coconut Creamer, French Vanilla (gluten free) (carton)	12/473ml	2.17ea	26.04	

SO DELICIOUS REFRIGERATED COCONUT MILK BEVERAGES

We guarantee best before dates of 14 days from the date of shipping So Delicious fresh beverages from our warehouse.

744473 29310	06913	☉*	Coconut Milk Beverage, Original, Organic (gluten free)	6/1.89L	3.99ea	23.94	U
744473 29305	06912	☉*	Coconut Milk Beverage, Unsweetened, Organic (gluten free)	6/1.89L	3.99ea	23.94	U
744473 29304	06911	☉	Coconut Milk Beverage, Vanilla (gluten free)	6/1.89L	3.99ea	23.94	U

upc code	order code			case size	ea price	cs price	
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SO NICE REFRIGERATED NON-DAIRY BEVERAGES • CANADIAN

We guarantee best before dates of 17 days from the date of shipping So Nice fresh beverages from our warehouse.

626027 08780	07232	☉*	NEW Almond, Fortified, Original (gable carton).....	6/1.75L	4.06ea	24.36	U
626027 08781	07233	☉*	NEW Almond, Fortified, Unsweetened (gable carton).....	6/1.75L	4.06ea	24.36	U
Canada's only fresh, refrigerated, fortified organic Almond beverage is available in Original (60 calories per serving) and Unsweetened (30 calories per serving) varieties. Made with certified organic, non-GMO almonds, they're dairy, soy, lactose and gluten free and excellent sources of calcium and vitamin D.							
057864 08703	06451	☉**	Soy, Fortified, Original, Organic (carton).....	6/1.89L	3.82ea	22.92	U
057864 10007	06452	☉**	Soy, Fortified, Chocolate, Organic (carton).....	6/1.89L	3.82ea	22.92	U
626027 08730	06433	☉**	Soy, Fortified, Unsweetened, Low Carb, Organic (carton).....	6/1.89L	3.82ea	22.92	U
057864 08713	06450	☉**	Soy, Fortified, Vanilla, Organic (carton).....	6/1.89L	3.82ea	22.92	U

SUNRISE REFRIGERATED SOY BEVERAGE • CANADIAN • ORGANIC

We guarantee best before dates of 10 days from the date of shipping Sunrise fresh beverages from our warehouse.

057864 10016	06682	☉**	Soya Beverage, Unsweetened, Organic (jug).....	6/1.9L	3.18ea	19.08	U
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beverages • sports nutrition + supplemental (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

Juice Beverages**MAMMA CHIA REFRIGERATED VITALITY BEVERAGES • ORGANIC**

We guarantee best before dates of 30 days from the date of shipping Mamma Chia fresh beverages from our warehouse.

856516 00203	07371	☉*	Blackberry Hibiscus, Organic (gluten free/vegan).....	12/296ml	3.02ea	36.24	TU
856516 00201	07372	☉*	Cherry Lime, Organic (gluten free/vegan).....	12/296ml	3.02ea	36.24	TU
856516 00206	07373	☉*	Guava Mamma, Organic (gluten free/vegan).....	12/296ml	3.02ea	36.24	TU
856516 00200	07370	☉*	Raspberry Passion, Organic (gluten free/vegan).....	12/296ml	3.02ea	36.24	TU

Protein Beverages**HAPPY PLANET REFRIGERATED READY-TO-DRINK PROTEIN SMOOTHIE • CANADIAN**

We guarantee best before dates of 14 days from the date of shipping Happy Planet fresh shakes from our warehouse.

779172 22328	01307	☉*	Protein Smoothie, Chocolate Banana (plastic bottle) (replaces Code 05880).....	6/900ml	3.77ea	22.62	U
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SAMBAZON REFRIGERATED AÇAÍ PROTEIN SMOOTHIES • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Sambazon fresh protein beverages from our warehouse.

818411 00048	05185	☉**	Protein, Superfood Smoothie, Açai Berry & Vanilla, Organic (Fair Trade) (plastic bottle).....	6/310ml	3.27ea	19.62	U
818411 00053	05192	☉**	Protein, Superfood Smoothie, Açai Berry, Chocolate, Almond & Coconut Milk, Organic (FT).....	6/310ml	3.27ea	19.62	U

Ready-To-Drink Teas**BÚCHA LIVE KOMBUCHA BEVERAGES • ORGANIC**

We guarantee best before dates of 21 days from the date of shipping Búcha fresh beverages from our warehouse.

853874 00402	04042	☉*	Kombucha, Blood Orange, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU
853874 00400	04041	☉*	Kombucha, Grapefruit Sage, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU
853874 00401	04047	☉*	Kombucha, Guava Mango, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU
853874 00403	04040	☉*	Kombucha, Lemongrass Ginger, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU
853874 00404	04043	☉*	Kombucha, Raspberry Pomegranate, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU
853874 00417	04050	☉*	NEW Kombucha, Yuzu Lemon, Organic (glass bottle).....	12/473ml	2.72ea	32.64	TU

The whole kombucha package: goodness, taste and style. Organic raw kombucha combined with organic and natural herbs, fruit extracts and teas, Búcha offers a great tasting, smart alternative that weighs in at only 47 calories per serving. New Yuzu Lemon, made with the zesty, aromatic, East Asian yuzu fruit, is the ultimate kombucha lemonade.

GT'S ORGANIC RAW KOMBUCHA BEVERAGES • ORGANIC

We guarantee best before dates of 21 days from the date of shipping GT's Organic fresh beverages from our warehouse.

722430 00017	05134	☉*	Kombucha, Original, Organic.....	12/480ml	3.06ea	36.72	TU
722430 10017	05180	☉*	Kombucha, Citrus, Organic.....	12/480ml	3.06ea	36.72	TU
722430 20017	05135	☉*	Kombucha, Gingerade, Organic.....	12/480ml	3.06ea	36.72	TU
722430 14017	05136	☉*	Kombucha, Multi-Green, Organic.....	12/480ml	3.06ea	36.72	TU
722430 23017	05181	☉*	Kombucha, Third Eye Chai, Organic.....	12/480ml	3.06ea	36.72	TU

GT'S SYNERGY ORGANIC RAW KOMBUCHA & JUICE BEVERAGES • ORGANIC (continued on Page 17)

We guarantee best before dates of 21 days from the date of shipping GT's Organic fresh beverages from our warehouse (14 days for Codes 05210 and 05211).

722430 02317	05211	☉*	Kombucha, Black Chia, Organic.....	12/480ml	3.06ea	36.72	TU
722430 30017	05138	☉*	Kombucha, Cosmic Cranberry, Organic.....	12/480ml	3.06ea	36.72	TU
722430 80017	05137	☉*	Kombucha, Divine Grape, Organic.....	12/480ml	3.06ea	36.72	TU
722430 60017	05182	☉*	Kombucha, Gingerberry, Organic.....	12/480ml	3.06ea	36.72	TU
722430 90017	05215	☉*	Kombucha, Guava Goddess, Organic.....	12/480ml	3.06ea	36.72	TU

VEGAN GOURMET® Shreds

New Formula!
Nouvelle Formule!

Non-Dairy Cheese Shreds / Copeaux de fromage sans lait



- ♥ Soy Free/Sans Soja
- ♥ Dairy Free/Sans Produits Laitiers
- ♥ Gluten Free/Sans Gluten
- ♥ Casein Free/Sans Caséine
- ♥ Non-GMO/Non-OGM
- ♥ Kosher Prave/Cacher Parvé
- ♥ Lactose Free/Sans Lactose
- ♥ No Preservatives/Aucun agent de Conservation



Earth Island®

VEGAN GOURMET®

Non-Dairy Cheese Shreds Copeaux de fromage sans lait



MOZZARELLA FLAVOUR / SAVEUR MOZZARELLA Shreds

(vegan, gluten-free, dairy-free, non-gmo, soy-free) INGREDIENTS: filtered water, organic palm fruit oil, modified food starch, natural flavours (plant sources), less than 2% of: pea fibre, pea starch, bamboo fibre, calcium phosphate, rice flour, palm glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan (seaweed), calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate.

(végétalien, sans gluten, sans produits laitiers, sans ogn, sans soja) INGREDIENTS: eau filtrée, huile de fruits du palmier biologique, amidon alimentaire modifié, arômes naturels (sources végétales), moins que 2% de: fibres de pois, amidon de pois, fibre de bambou, phosphate de calcium, farine de riz, glycérine de palmier, lécithine de tournesol, sel de mer, huile de tournesol, carraghénane (algue), sulfate de calcium, acide citrique, enzyme microbienne, gomme de xanthane, phosphate disodique, citrate de sodium.

Nutrition Facts Valeur nutritive		Fat / Lipides 7g	11%	Sugars / Sucres 0g
1/4 cup (30 g) pour 1/4 tasse (30 g)		Saturated / saturés 3.5g + Trans / trans 0g	18%	Protein / Protéines 0.1g
Amount		Cholesterol / Cholestérol 0mg		Vitamin A / Vitamine A 0%
%Daily Value Teneur % valeur quotidienne		Sodium / Sodium 280mg	12%	Vitamin C / Vitamine C 0%
Calories / Calories 80		Carbohydrates / Glucides 7g	2%	Calcium / Calcium 10%
		Fibre / Fibres 0g	0%	Iron / Fer 0%



CHEDDAR FLAVOUR / SAVEUR CHEDDAR Shreds

(vegan, gluten-free, dairy-free, non-gmo, soy-free) INGREDIENTS: filtered water, organic palm fruit oil, modified food starch, natural flavours (plant sources), less than 2% of: pea fibre, pea starch, bamboo fibre, nutritional yeast, calcium phosphate, rice flour, palm glycerin, sunflower lecithin, sea salt, sunflower oil, lactic acid (from beets), carrageenan (from seaweed), calcium sulfate, citric acid, microbial enzymes, annatto (for colour), xanthan gum, disodium phosphate, sodium citrate.

(végétalien, sans gluten, sans produits laitiers, sans ogn, sans soja) INGREDIENTS: eau filtrée, huile de fruits du palmier biologique, amidon alimentaire modifié, arômes naturels (sources végétales), moins que 2% de: fibres de pois, amidon de pois, fibre de bambou, levure alimentaire, phosphate de calcium, farine de riz, glycérine de palmier, lécithine de tournesol, sel de mer, huile de tournesol, acide lactique (de betterave), carraghénane (de algue), sulfate de calcium, acide citrique, enzyme microbienne, annatto (la couleur), gomme de xanthane, phosphate disodique, citrate de sodium.

Nutrition Facts Valeur nutritive		Fat / Lipides 6g	9%	Sugars / Sucres 0g
1/4 cup (30 g) pour 1/4 tasse (30 g)		Saturated / saturés 3.5g + Trans / trans 0g	18%	Protein / Protéines 0.2g
Amount		Cholesterol / Cholestérol 0mg		Vitamin A / Vitamine A 0%
%Daily Value Teneur % valeur quotidienne		Sodium / Sodium 260mg	11%	Vitamin C / Vitamine C 0%
Calories / Calories 80		Carbohydrates / Glucides 7g	2%	Calcium / Calcium 15%
		Fibre / Fibres 0g	0%	Iron / Fer 0%



FIESTA BLEND / FÊTE MÉLANGE Shreds

(vegan, gluten-free, dairy-free, non-gmo, soy-free) INGREDIENTS: filtered water, organic palm fruit oil, modified food starch, natural flavours (plant sources), less than 2% of: pea fibre, pea starch, bamboo fibre, nutritional yeast, jalapeño peppers, red bell peppers, calcium phosphate, rice flour, vegetable palm glycerin, sunflower lecithin, sea salt, sunflower oil, lactic acid (from beets), carrageenan (from seaweed), calcium sulfate, citric acid, microbial enzymes, annatto (for colour), xanthan gum, disodium phosphate, sodium citrate.

(végétalien, sans gluten, sans produits laitiers, sans ogn, sans soja) INGREDIENTS: eau filtrée, huile de fruits du palmier biologique, amidon alimentaire modifié, arômes naturels (sources végétales), moins que 2% de: fibres de pois, amidon de pois, fibre de bambou, levure alimentaire, piments jalapeño, poivrons rouges, phosphate de calcium, farine de riz, glycérine de palmier, lécithine de tournesol, sel de mer, huile de tournesol, acide lactique (de betterave), carraghénane (de algue), sulfate de calcium, acide citrique, enzyme microbienne, annatto (la couleur), gomme de xanthane, phosphate disodique, citrate de sodium.

Nutrition Facts Valeur nutritive		Fat / Lipides 6g	9%	Sugars / Sucres 0g
1/4 cup (30 g) pour 1/4 tasse (30 g)		Saturated / saturés 3.5g + Trans / trans 0g	18%	Protein / Protéines 0.2g
Amount		Cholesterol / Cholestérol 0mg		Vitamin A / Vitamine A 0%
%Daily Value Teneur % valeur quotidienne		Sodium / Sodium 290mg	12%	Vitamin C / Vitamine C 2%
Calories / Calories 80		Carbohydrates / Glucides 7g	2%	Calcium / Calcium 15%
		Fibre / Fibres 0g	0%	Iron / Fer 0%



Environmental Commitment Engagement envers l'environnement

Earth Island® is a leader in environmentally sound business practices. Because of our commitment to the environment, it is important to us that our ingredient suppliers share this principle. We only use palm fruit oil that is sustainably grown and harvested in South America, which is not an orangutan habitat. We purchase palm oil exclusively from organic and Rainforest Alliance Certified™ farms that meet standards that improve the quality of life for farm families, protect wildlife and waterways, and conserve forests.

Earth Island® est un leader dans les pratiques commerciales respectueuses de l'environnement. En raison de notre engagement envers l'environnement, il est important pour nous que nos fournisseurs d'ingrédients partagent ce principe. Nous utilisons uniquement de l'huile de palme fruit qui est cultivé et récolté de façon durable en Amérique du Sud, qui n'est pas un habitat orang-outan. Nous achetons l'huile de palme exclusivement de l'agriculture biologique et Rainforest Alliance Certified™ qui répondent aux normes qui améliorent la qualité de vie des familles d'agriculteurs, à protéger la faune et les cours d'eau et la conservation des forêts.

Learn more at / Pour en savoir plus: www.followyourheart.com/palmoil



Product	Size	UPC Code	Unit Dimensions	GTIN	Case Dimensions	Gross Wt.	Pallet TxH	Cs/Pallet
VG Soy Free Shreds- Mozzarella	8/227 g.	0-49568-56227-8	16.51 cm x 22.86 cm x 3.18 cm	80-049568-56227-4	21.27 cm x 14.92 cm x 15.88 cm	2 kg	32 x 6	192
VG Soy Free Shreds- Cheddar	8/227 g.	0-49568-57227-7	16.51 cm x 22.86 cm x 3.18 cm	80-049568-57227-3	21.27 cm x 14.92 cm x 15.88 cm	2 kg	32 x 6	192
VG Soy Free Shreds- Fiesta Blend	8/227 g.	0-49568-58227-6	16.51 cm x 22.86 cm x 3.18 cm	80-049568-58227-2	21.27 cm x 14.92 cm x 15.88 cm	2 kg	32 x 6	192

Follow Your Heart®/Earth Island®
P.O. Box 9400 Canoga Park, CA 91309

www.EarthIsland.net
toll free 1-888-394-3949

ph. 1-818-725-2820
fax 1-818-725-2812

Earth Island®

upc code	order code			case size	ea price	cs price	
GT'S SYNERGY ORGANIC RAW KOMBUCHA & JUICE BEVERAGES • ORGANIC (continued on Page 16)							
722430 24017	05183	⊙*	Kombucha, Maqui Berry Mint, Organic.....	12/480ml	3.06ea	36.72	TU
722430 50017	05214	⊙*	Kombucha, Mystic Mango, Organic.....	12/480ml	3.06ea	36.72	TU
722430 22017	05210	⊙*	Kombucha, Rasperry Chia, Organic.....	12/480ml	3.06ea	36.72	TU
722430 11017	05139	⊙*	Kombucha, Trilogy, Organic (raspberry/lemon/ginger).....	12/480ml	3.06ea	36.72	TU

TONICA ORGANIC RAW KOMBUCHA BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Tonica fresh beverages from our warehouse.

627843 24001	07026	⊙*✱	Sparkling Kombucha, Ginger Rapture, Organic (glass bottle).....	12/355ml	2.88ea	34.56	U
627843 24004	07027	⊙*✱	Sparkling Kombucha, Green Tea Revival, Organic (glass bottle).....	12/355ml	2.88ea	34.56	U
627843 24006	07025	⊙*✱	Sparkling Kombucha, Nude Brew, Organic (glass bottle) (formerly OriginalTea).....	12/355ml	2.88ea	34.56	U
627843 24005	07028	⊙*✱	Sparkling Kombucha, Passion Mango, Organic (glass bottle).....	12/355ml	2.88ea	34.56	U
627843 24003	07029	⊙*✱	Sparkling Kombucha, Peach Resolution, Organic (glass bottle).....	12/355ml	2.88ea	34.56	U
627843 24002	07080	⊙*✱	Sparkling Kombucha, Vibrant Blueberry, Organic (glass bottle).....	12/355ml	2.88ea	34.56	U

butter + alternatives (fresh)

EARTH BALANCE SPREADS & STICKS

033776 01188	51102	⊙	Buttery Flavour Spread, Original (vegan).....	6/1276g	9.07ea	54.42	
033776 01172	42003	⊙	Buttery Flavour Spread, Original (vegan).....	12/425g	3.83ea	45.96	
033776 01184	51100	⊙*	Buttery Flavour Spread, Whipped, Organic (vegan).....	12/369g	4.13ea	49.56	
033776 01169	51104	⊙	Buttery Flavour Spread, Soy Free (vegan).....	12/425g	4.13ea	49.56	
033776 01182	42004	⊙	Buttery Flavour Stick (vegan).....	18/454g	3.77ea	67.86	
033776 01195	51107	⊙*	Coconut Flavour Spread, Organic (vegan).....	12/283g	4.49ea	53.88	
033776 04115	51105	⊙	Buttery Flavour Spread, Original (vegan).....	1/13.6kg	90.25ea	90.25	

EARTH BALANCE SHORTENING

033776 01183	51103	⊙	Shortening Stick (vegan).....	18/425g	3.78ea	68.04	
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RAWFOODZ ZEN BUDDA REFRIGERATED BUTTERY STYLE SPREADS • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping RawFoodz Zen Budda spreads from our warehouse.

798304 18483	32083	⊙*✱	Zen Budda, Buttery Style Spread, Organic.....	6/250ml	7.24ea	43.44	
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SPECTRUM PALM OIL SHORTENING • ORGANIC

022506 00270	28012	⊙*	Palm Oil Shortening, Organic.....	1/15kg	76.36ea	76.36	
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cheese + alternatives (fresh)

Cheese Alternatives

DAIYA CHEESE ALTERNATIVES • CANADIAN

We guarantee best before dates of 28 days from the date of shipping Daiya products from our warehouse.

871459 00102	50117	⊙✱	Shreds, Cheddar Style (soy free/vegan) (bag).....	12/227g	3.74ea	44.88	
871459 00101	50116	⊙✱	Shreds, Mozzarella Style (soy free/vegan) (bag).....	12/227g	3.74ea	44.88	
871459 00103	50127	⊙✱	Shreds, Pepperjack Style (soy free/vegan) (bag).....	12/227g	3.74ea	44.88	
871459 00032	50139	⊙✱	Slices, Cheddar Style (soy free/vegan).....	12/220g	3.74ea	44.88	
871459 00031	50140	⊙✱	Slices, Provolone Style (soy free/vegan).....	12/220g	3.74ea	44.88	
871459 00030	50138	⊙✱	Slices, Swiss Style (soy free/vegan).....	12/220g	3.74ea	44.88	
871459 00112	50134	⊙✱	Wedges, Cheddar Style (soy free/vegan).....	12/200g	3.74ea	44.88	
871459 00111	50133	⊙✱	Wedges, Jack Style (soy free/vegan).....	12/200g	3.74ea	44.88	
871459 00113	50135	⊙✱	Wedges, Jalapeño Garlic Havarti Style (soy free/vegan).....	12/200g	3.74ea	44.88	
111111 50114	50114	⊙✱	Shreds, Cheddar Style (soy free/vegan).....	3/2.26kg	27.75ea	83.25	
111111 50113	50113	⊙✱	Shreds, Mozzarella Style (soy free/vegan).....	3/2.26kg	27.75ea	83.25	
871459 00193	49999	⊙✱	Shreds, Pepperjack Style (soy free/vegan).....	3/2.26kg	27.75ea	83.25	

DAIYA CREAM CHEESE ALTERNATIVES • CANADIAN

We guarantee best before dates of 28 days from the date of shipping Daiya products from our warehouse.

871459 00117	50141	⊙✱	Cream Cheese Style Spread, Plain (soy free/vegan).....	6/227g	3.75ea	22.50	
871459 00119	50143	⊙✱	Cream Cheese Style Spread, Chive & Onion (soy free/vegan).....	6/227g	3.75ea	22.50	
871459 00118	50142	⊙✱	Cream Cheese Style Spread, Strawberry (soy free/vegan).....	6/227g	3.75ea	22.50	

EARTH ISLAND VEGAN GOURMET REFRIGERATED CHEESE ALTERNATIVES

We guarantee best before dates of 14 days from the date of shipping Earth Island Vegan Gourmet cheese alternatives from our warehouse.

What began in 1970 as a vegetarian market and restaurant has grown into today's Earth Island. Manufactured in a state-of-the-art, solar powered facility, Earth Island branded products, such as Vegenaise and Vegan Gourmet, answer the ever-increasing need for gluten free, non-GMO vegetarian and vegan products like salad dressings, mayo style spreads, dipping sauces and non-dairy alternatives to cheese, sour cream and cream cheese. Vegan Gourmet Shreds non-dairy cheese alternatives are soy, dairy, lactose, gluten, cholesterol and preservative free that offer creamy and authentic flavour, and dairy-like texture and "melt-ability."

049568 33010	52103	⊙	Vegan Gourmet, Cheese Alternative, Cheddar (gluten free/vegan).....	12/284g	4.37ea	52.44	
049568 32010	52102	⊙	Vegan Gourmet, Cheese Alternative, Mozzarella (gluten free/vegan).....	12/284g	4.37ea	52.44	
049568 57227	52116	⊙	NEW Vegan Gourmet Shreds, Cheese Alternative, Cheddar (gluten free/vegan).....	8/227g	4.44ea	35.52	
049568 58227	52117	⊙	NEW Vegan Gourmet Shreds, Cheese Alternative, Fiesta Blend (gluten free/vegan).....	8/227g	4.44ea	35.52	
049568 56227	52115	⊙	NEW Vegan Gourmet Shreds, Cheese Alternative, Mozzarella (gluten free/vegan).....	8/227g	4.44ea	35.52	

upc code order code case size ea price cs price

EARTH ISLAND VEGAN GOURMET REFRIGERATED CREAM CHEESE ALTERNATIVE

We guarantee best before dates of 17 days from the date of shipping Earth Island Vegan Gourmet cream cheese alternative from our warehouse.

049568 54227	52089	⊙	Vegan Gourmet, Cream Cheese (gluten free/vegan) (replaces Code 32177)	8/227g	3.66ea	29.28
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TOFURELLA CHEESE ALTERNATIVES

We guarantee best before dates of 28 days from the date of shipping Tofurella products from our warehouse.

037983 02000	50875	⊙	California Jack	6/227g	5.60ea	33.60
037983 01000	50865	⊙	Cheddar Style	6/227g	5.60ea	33.60
037983 03000	50870	⊙	Jalapeño Jack	6/227g	5.60ea	33.60
037983 04000	50880	⊙	Mozzarella Style	6/227g	5.60ea	33.60

VEGANRELLA CHEESE ALTERNATIVES

We guarantee best before dates of 28 days from the date of shipping Veganrella products from our warehouse.

037983 00025	50826	⊙	Cheddar Style	6/227g	5.60ea	33.60
037983 00026	50828	⊙	Mozzarella Style	6/227g	5.60ea	33.60

Cheeses

Please note that sizes of bulk cheeses may vary and that weights stated here are an approximation. Invoices will reflect the price based on the actual case weight multiplied by the price per kilogram. Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

L'ANCÊTRE CHEESES • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping most L'Ancêtre cheese products from our warehouse (14 days for Codes 50026 and 50119; 30 days for Code 50131).

778177 49980	50065	⊙*	Slices, Cheddar, Mild, Organic	12/180g	5.15ea	61.80
778177 49981	50081	⊙*	Slices, Emmental, Organic (raw milk)	12/180g	5.21ea	62.52
778177 49982	50077	⊙*	Slices, Mozzarella, Partly Skimmed, Organic (15% MF)	12/180g	5.07ea	60.84
778177 50930	50137	⊙*	Single Serve, Cheddar, Mild, Organic (raw milk) (8/pkg)	8/21g	6.72ea	53.76
778177 49937	50046	⊙*	Cheddar, 1 Year Aged, Organic (raw milk)	14/200g	5.31ea	74.34
778177 49938	50047	⊙*	Cheddar, 2 Year Aged, Organic (raw milk)	14/200g	5.61ea	78.54
778177 49939	50048	⊙*	Cheddar, 3 Year Aged, Organic (raw milk)	14/200g	5.91ea	82.74
778177 49941	50126	⊙*	Cheddar, 4 Year Aged, Organic (raw milk)	14/200g	6.49ea	90.86
778177 49940	50131	⊙*	Cheddar, 5 Year Aged, Organic (raw milk)	14/200g	6.79ea	95.06
778177 49934	50086	⊙*	Cheddar, Extra Sharp, Organic (raw milk)	14/200g	5.61ea	78.54
778177 49936	50016	⊙*	Cheddar, Marble, Mild, Organic	14/200g	5.16ea	72.24
778177 49932	50084	⊙*	Cheddar, Medium, Organic (raw milk)	14/200g	5.16ea	72.24
778177 49943	50152	⊙*	NEW Cheddar, Medium, Light (Partly Skimmed), Organic (18% MF) (raw milk)	14/200g	5.37ea	75.18
778177 49931	50083	⊙*	Cheddar, Mild, Organic (raw milk)	14/200g	5.11ea	71.54
778177 49942	50150	⊙*	Cheddar, Mild, Light (Partly Skimmed), Organic (18% MF) (raw milk)	14/200g	5.31ea	74.34
778177 49933	50085	⊙*	Cheddar, Old, Organic (raw milk)	14/200g	5.31ea	74.34
778177 49944	50153	⊙*	NEW Cheddar, Old, Light (Partly Skimmed), Organic (18% MF) (raw milk)	14/200g	5.48ea	76.72

Québec Vrai certified organic cheese, made with partially skimmed, raw organic milk from cows that have not received hormones, is preservative, lactose, animal rennet and GMO free. Organic Light Medium Cheddar and Organic Light Old Cheddar (both 18% MF) contain 40% less fat than regular L'Ancêtre cheddar.

778177 49960	50019	⊙*	Emmental, Organic (raw milk)	12/200g	5.31ea	63.72
778177 11196	50087	⊙*	Frugal, Skim Milk Cheese, Organic (7% MF)	14/200g	5.05ea	70.70
078177 49990	50119	⊙*	Goat Cheese, Unripened Soft Cheese, Organic	6/100g	5.15ea	30.90
778177 11297	50088	⊙*	Mozzarella, Partly Skimmed, Organic (15% MF)	14/200g	5.01ea	70.14
778177 11295	50017	⊙*	Mozzarella, Partly Skimmed, Organic (20% MF)	14/200g	4.76ea	66.64
778177 49972	50024	⊙*	Parmesan, Blocks, Organic (raw milk)	14/200g	6.43ea	90.02
778177 49970	50026	⊙*	Parmesan, Grated, Organic (raw milk)	14/125g	4.40ea	61.60
778177 14934	50041	⊙*	Cheddar, Extra Sharp, Organic (raw milk)	8/325g	8.91ea	71.28
778177 14936	50028	⊙*	Cheddar, Marble, Mild, Organic	8/325g	8.12ea	64.96
778177 14932	50035	⊙*	Cheddar, Medium, Organic (raw milk)	8/325g	8.12ea	64.96
778177 14931	50115	⊙*	Cheddar, Mild, Organic (raw milk)	8/325g	8.08ea	64.64
778177 14933	50038	⊙*	Cheddar, Old, Organic (raw milk)	8/325g	8.36ea	66.88
778177 14938	50042	⊙*	Mozzarella, Partly Skimmed, Organic (15% MF)	8/325g	7.97ea	63.76
778177 14939	50043	⊙*	Mozzarella, Partly Skimmed, Organic (20% MF)	8/325g	7.86ea	62.88
111111 50057	50057	⊙*	Cheddar, Medium, Organic (raw milk)	1/2kg	24.19/kg	48.38
111111 50058	50058	⊙*	Cheddar, Old, Organic (raw milk)	1/2kg	25.33/kg	50.66
111111 50059	50059	⊙*	Mozzarella, Partly Skimmed, Organic (15% MF)	1/2kg	23.42/kg	46.84

OLYMPIC ORGANIC CREAM CHEESE • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Olympic cream cheese from our warehouse.

059161 80251	52049	⊙*	Cream Cheese, Probiotic, Spreadable, Organic	6/250g	3.83ea	22.98
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WHOLESOME GOAT FRESH CHÈVRE SPREADABLE CHEESE • CANADIAN

We guarantee best before dates of 17 days from the date of shipping Wholesome Goat spreadable cheese from our warehouse.

062482 01406	50149	⊙*	Spreadable Chèvre, Big Kick Herb & Garlic (100% goat milk)	8/225g	3.66ea	29.28
062482 01405	50148	⊙*	Spreadable Chèvre, Plain 'N' Simple (100% goat milk)	8/225g	3.66ea	29.28



Authentically made organic cheese and butter



L'Ancêtre : Tradition At It's Best

Our cheesemakers live by a simple and time honoured philosophy: Offer the best tasting and finest quality organic cheese and butter available, while respecting Mother Nature. With any L'Ancêtre product, you can truly savour the authentic flavour and enjoy the nutritional benefits in every bite. It is with this passion, inspired by a love of traditional farming, that has made L'Ancêtre Cheese Factory products the #1 organic cheese and butter in Canada.

In 1992, a group of 10 dairy farmers had their own ideas about how to work the land. Their determination to return to traditional farming methods based on the ways of their ancestors with consideration for the environment, formed the foundation for L'Ancêtre. They believed that through these farming practices, they would be able to

offer the best quality milk that would result in genuine, wholesome and traditional flavour for their cheese and butter. That's how L'Ancêtre Cheese Factory began.

These visionary farmers also understood the importance of incorporating modern trends and technologies into their everyday farming routines. By fusing past and present, they are now able to provide products of the highest quality, made in an environment that adheres to the strictest of standards while respecting nature.



Certified Organic by: Québec Vrai



Product listing :

PRODUCT	UNIT SIZE	SHELF LIFE (DAYS)	M.F.	MOISTURE	AGING	LACTOSE	INGREDIENTS
Marbled Mild Cheddar	200g/325g/908g 1kg/2kg	180	31%	39%	N/A	Less than 0,5%	Organic pasteurized milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme, coloring (Annatto).
Sliced Mild Cheddar	180g	90	31%	39%	N/A	Less than 0,5%	Organic pasteurized milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme.
Mild Cheddar Snack size	21g/8x21g	90	31%	39%	3 months	Less than 0,5%	Organic unpasteurized milk, salt, microbial enzyme, bacterial culture.
Mild Cheddar	200g/325g 1kg/2kg	180	31%	39%	2 months	Less than 0,5%	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
Light Mild Cheddar	200g	180	18%	47%	3 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, bacterial culture, microbial enzyme.
Medium Cheddar	200g/325g/908g 1kg/2kg	180	31%	39%	6 months	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
Light Medium Cheddar (to come in March 2014)	200g	180	18%	47%	6 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, bacterial culture, microbial enzyme.
Old Cheddar	200g/325g 1kg/2kg	180	31%	39%	12 months	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
Light Old Cheddar (to come in August 2014)	200g	180	18%	47%	12 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, bacterial culture, microbial enzyme.
Extra Sharp Cheddar	200g/325g 1kg/2kg	180	31%	39%	24 months	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
1 Year Old Cheddar	200g 1kg/2kg	180	31%	39%	1 year	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
2 Years Old Cheddar	200g 1kg/2kg	180	31%	39%	2 years	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
3 Years Old Cheddar	200g 1kg/2kg	180	31%	39%	3 years	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
4 Years Old Cheddar	200g 1kg/2kg	180	31%	39%	4 years	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
5 Years Old Cheddar	200g 1kg/2kg	180	31%	39%	5 years	Lactose Free	Organic unpasteurized milk, salt, bacterial culture, microbial enzyme.
Frugal 7% mf (Low Fat Cheese)	200g/325g 1kg/2kg	180	7%	55%	N/A	Lactose Free	Organic pasteurized partially skimmed milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme.
Partially Skimmed Mozzarella 15% mf	180g sliced	120	15%	52%	N/A	Lactose Free	Organic pasteurized partially skimmed milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme.
	200g/325g/908g 1kg/2kg	180					
Mozzarella 20% mf	200g/325g 1kg/2kg	180	20%	52%	N/A	Lactose Free	Organic pasteurized partially skimmed milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme.
Shredded Cheddar & Mozzarella blend	200g 2kg/5kg	60	20%	45%	N/A	Less than 0,5%	Organic pasteurized partially skimmed milk, organic unpasteurized milk, organic buttermilk, salt, calcium chloride, bacterial culture, microbial enzyme.
	180g sliced	120					
Swiss-Emmental	200g/1kg/2kg	180	27%	40%	2 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, microbial enzyme, bacterial culture.
	200g shredded	60					
Parmesan Block	200g 1kg/2kg	180	30%	32%	12 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, bacterial culture, microbial enzyme, lipase.
Grated Parmesan	125g 2kg/5kg	90	30%	32%	12 months	Lactose Free	Organic unpasteurized partially skimmed milk, salt, bacterial culture, microbial enzyme, lipase.
Goat Cheese	100g	90	22%	58%	N/A	N/A	Pasteurized organic goat milk, bacterial culture, salt, microbial enzyme.
Salted Butter	250g/454g 12kg/25kg	180	80%	16%	N/A	1% of lactose	Organic cream (organic milk), salt.
Unsalted Butter	250g/454g 12kg/25kg	90	80%	16%	N/A	1% of lactose	Organic cream (organic milk).



**Delicious Salad Dressings,
Buttery-style Spreads & CheeSauces...
ALL FRESH, ORGANIC, RAW & VEGAN!**



Nut-free • Gluten-free • Soy-free



"Spread the health!"™

****NEW****

www.rawfoodz.com



upc code	order code		case size	ea price	cs price
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WOOLWICH DAIRY GOAT CHEESES • CANADIAN

Depending on the item, we guarantee best before dates of 17–45 days from the date of shipping Woolwich Dairy products from our warehouse. Please confirm when ordering.

062482 01619	50700	☉*	Brie (100% goat milk)	9/165g	4.40ea	39.60
062482 01600	50775	☉*	Brie, Triple Cream (100% goat milk)	9/180g	6.85ea	61.65
775768 50792	50792	☉*☙*	Cheddar, White (100% goat milk)	2/2.5kg	24.62/kg	123.10
062482 00417	50790	☉*	Cheddar, White (100% goat milk)	5/190g	6.33ea	31.65
062482 00002	50810	☉*	Feta (100% goat milk)	5/200g	5.08ea	25.40
062482 00217	50817	☉*	Mozzarella (100% goat milk)	5/190g	6.33ea	31.65
062482 00832	50751	☉*	Feta in Brine (100% goat milk)	8/113g	3.25ea	26.00
062482 00831	50752	☉*	Feta, Crumbled, Plain (100% goat milk)	8/113g	3.25ea	26.00
062482 00830	50750	☉*	Feta, Crumbled, Garlic & Herb (100% goat milk)	8/113g	3.25ea	26.00
062482 00602	50787	☉*	Chevreai Cream Cheese, Plain (18% BF)	8/113g	3.11ea	24.88
062482 00604	50785	☉*	Chevreai Cream Cheese, Roasted Garlic (18% BF)	8/113g	3.11ea	24.88
062482 00603	50786	☉*	Chevreai Cream Cheese, Fine Herb (18% BF)	8/113g	3.11ea	24.88
062482 00605	50788	☉*	Chevreai Cream Cheese, Peppercorn (18% BF)	8/113g	3.11ea	24.88
062482 00601	50782	☉*	Chevreai Cream Cheese, Original (18% BF)	12/300g	7.21ea	86.52

condiments + dressings (fresh)**Condiments**

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BULK OLIVES

062356 54244	14648	☉	Olives, Black, Kalamata	1/2kg	15.77ea	15.77
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EARTH ISLAND VEGENAISE REFRIGERATED DIPPING SAUCES & SPREADS

We guarantee best before dates of 45 days from the date of shipping Earth Island Vegenaïse fresh sauces and spreads from our warehouse (28 days for Codes 32212 and 32213).

049568 72355	32210	☉	Vegenaïse Gourmet, Chipotle (gluten free/vegan)	6/355ml	4.55ea	27.30
049568 73355	32211	☉	Vegenaïse Gourmet, Pesto (gluten free/vegan)	6/355ml	4.55ea	27.30
049568 70355	32209	☉	Vegenaïse Gourmet, Roasted Garlic (gluten free/vegan)	6/473ml	4.55ea	27.30
049568 74237	32212	☉	Vegenaïse, Horseradish Sauce (gluten free/vegan)	6/237ml	3.15ea	18.90
049568 75237	32213	☉	Vegenaïse, Tartar Sauce (gluten free/vegan)	6/237ml	3.15ea	18.90

EARTH ISLAND VEGENAISE REFRIGERATED DRESSINGS & SANDWICH SPREADS

We guarantee best before dates of 45 days from the date of shipping Earth Island Vegenaïse fresh sauces and spreads from our warehouse.

049568 28016	14119	☉*	Vegenaïse, Organic (gluten free/vegan) (replaces Code 32207)	6/473ml	5.31ea	31.86
049568 22016	15198	☉	Vegenaïse, Grapeseed Oil (gluten free/vegan) (replaces Code 32206)	6/473ml	5.60ea	33.60
049568 21016	14118	☉	Vegenaïse, Original (gluten free/vegan) (replaces Code 32204)	6/473ml	4.47ea	26.82
049568 24016	32205	☉	Vegenaïse, Reduced Fat (gluten free/vegan)	6/473ml	4.47ea	26.82
049568 26016	32208	☉	Vegenaïse, Soy Free (gluten free/vegan)	6/473ml	5.31ea	31.86

FIREFLY KITCHENS PROBIOTIC FERMENTED RAW VEGETABLES • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Firefly Kitchens products from our warehouse.

609722 95795	32116	☉*	Firefly Kimchi, Organic (glass jar)	6/510g	9.59ea	57.54
609722 95787	32113	☉*	Kraut, Classic, Organic (glass jar)	6/510g	7.71ea	46.26
608866 28257	32114	☉*	Kraut, Cortido, Organic (glass jar)	6/510g	9.32ea	55.92
700580 36470	32118	☉*	Kraut, Emerald City, Organic (glass jar)	6/510g	8.45ea	50.70
609722 95796	32115	☉*	Kraut, Ruby Red, Organic (glass jar)	6/510g	8.25ea	49.50
609722 17878	32117	☉*	Yin Yang Carrots, Organic (glass jar)	6/510g	8.25ea	49.50

RAWFOODZ CHEESAUCE VEGAN SAUCES & SPREADS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping RawFoodz CheeSauce from our warehouse.

Pour it, spread it, bake it or dip it. Raw, vegan CheeSauce is an organic sauce and spread that's great on cooked foods too. Original and Chipotle varieties are made in a nut and gluten free facility with cold pressed, extra virgin olive oil, hemp seeds, Red Star nutritional yeast, apple cider vinegar and spices.

798304 20679	32089	☉*☙*	NEW CheeSauce, Original, Organic (vegan)	6/266ml	6.13ea	36.78
798304 20680	32091	☉*☙*	NEW CheeSauce, Chipotle, Organic (vegan)	6/266ml	6.13ea	36.78

WILDBRINE PROBIOTIC FERMENTED RAW VEGETABLES

We guarantee best before dates of 30 days from the date of shipping Wildbrine products from our warehouse.

Wildbrine products are made with a new twist on the time-honoured process of brining or fermenting foods. Fermentation is a traditional method of preserving the harvest that maintains the health benefits of raw food and boosts its nutritional value. All Wildbrine products are wild-fermented without vinegar, raw, vegan, GMO free and naturally probiotic.

858159 00205	32156	☉	NEW Kimchi, Japanese	6/500ml	6.28ea	37.68
858159 00206	32157	☉	NEW Kimchi, Korean	6/500ml	6.28ea	37.68
858159 00207	32158	☉	NEW Kimchi, Thai	6/500ml	6.28ea	37.68
858159 00202	32152	☉	NEW Sauerkraut, Arame & Ginger	6/500ml	6.28ea	37.68
858159 00201	32151	☉	NEW Sauerkraut, Dill & Garlic	6/500ml	6.28ea	37.68
858159 00203	32153	☉	NEW Sauerkraut, Madras Curry & Cauliflower	6/500ml	6.28ea	37.68
858159 00204	32154	☉	NEW Sauerkraut, Red Beet & Red Cabbage	6/500ml	6.28ea	37.68

upc code order code

case size ea price cs price

Dressings (Bottled)

EARTH ISLAND REFRIGERATED DRESSINGS

We guarantee best before dates of 45 days from the date of shipping Earth Island fresh dressings from our warehouse.

049568 64355	32195	⊙*	Balsamic Vinaigrette, Organic (gluten free/vegan).....	6/355ml	3.97ea	23.82
049568 62355	32194	⊙*	Creamy Caesar, Organic (gluten free/vegetarian).....	6/355ml	3.97ea	23.82
049568 11355	32190	⊙	Low Fat Ranch (gluten free/vegetarian).....	6/355ml	3.56ea	21.36
049568 16355	32191	⊙	Spicy Southwestern Ranch (gluten free/vegetarian).....	6/355ml	3.56ea	21.36
049568 09355	32192	⊙	Vegan Honey Mustard (gluten free/vegan).....	6/355ml	3.56ea	21.36

RAWFOODZ REFRIGERATED DRESSINGS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping RawFoods fresh dressings from our warehouse.

798304 13789	32066	⊙*✱	Glorious Greek, Organic.....	6/250ml	6.13ea	36.78
798304 16721	32067	⊙*✱	Italian Idol, Organic.....	6/250ml	6.13ea	36.78
798304 16722	32069	⊙*✱	Japanese Joy, Organic.....	6/250ml	6.13ea	36.78
798304 13790	32071	⊙*✱	Purely Poppy, Organic.....	6/250ml	6.13ea	36.78
798304 20677	32073	⊙*✱	Ranch Revival, Organic.....	6/250ml	6.13ea	36.78
798304 13791	32075	⊙*✱	Sea-Zar Serenity, Organic.....	6/250ml	6.13ea	36.78

dried fruits + vegetables (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BULK DRIED FRUIT

111111 18040	18040	⊙*	Apricots, Turkish, Organic.....	1/12.7kg	268.65ea	268.65
775768 18080	18080	⊙*	Thompson Seedless Raisins, Organic (California) (w/sunflower oil).....	1/13.6kg	80.29ea	80.29

MADE IN NATURE RAISINS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Made In Nature snack packs from our warehouse.

720379 50115	18075	⊙*✱	Snack Packs, Raisins, Thompson Seedless, Organic (6 pack).....	24/6x42g	3.68ea	88.32
		⊙	Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal).....		3.50ea	83.92
		⊙	Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal).....		3.50ea	83.92

eggs (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

MAPLE HILL FARMS FREE RANGE EGGS • CANADIAN • ORGANIC

We guarantee best before dates of 14 days from the date of shipping Maple Hill Farms eggs from our warehouse.

830312 00007	06175	⊙*✱	Eggs, Large, Organic.....	15/1doz	6.21ea	93.15
830312 00008	06176	⊙*✱	Eggs, Extra Large, Organic.....	15/1doz	6.36ea	95.40

VITA EGGS FREE RUN EGGS • CANADIAN

We guarantee best before dates of 14 days from the date of shipping VitaEggs from our warehouse.

056526 00007	07133	⊙✱	Vita Eggs, Free Run, Large.....	15/1doz	4.15ea	62.25
056526 52002	07132	⊙*✱	Vita Eggs, Omega-3, Large, Organic.....	15/1doz	5.68ea	85.20

flours (fresh)

BOB'S RED MILL HAZELNUT MEAL FLOUR

039978 30750	22665	⊙	Hazelnut Meal Flour.....	4/396g	12.72ea	50.88
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global cuisine (fresh)

Condiments + Ingredients

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

AMANO MISO • CANADIAN

067334 07002	40005	⊙*✱	Miso, Aka, Red, Organic (unpasteurized).....	12/400g	4.91ea	58.92
067334 07003	40010	⊙*✱	Miso, Gen-Mai, Brown Rice, Organic (unpasteurized).....	12/400g	4.91ea	58.92
067334 07004	40007	⊙*✱	Miso, Mugi, Barley, Organic (unpasteurized).....	12/400g	4.91ea	58.92
067334 07001	40015	⊙*✱	Miso, Shiro, White, Organic (unpasteurized).....	12/400g	4.11ea	49.32
067334 00501	40060	⊙✱	Miso, Shiro, White (unpasteurized).....	1/2.27kg	18.54ea	18.54

FEEDINGCHANGE CHICKPEA MISO • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping FeedingChange miso from our warehouse.

091037 12934	44181	⊙*✱	Chickpea Miso, Organic (gluten free/soy free/vegan).....	12/454g	8.25ea	99.00
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upc code	order code			case size	ea price	cs price
GREEN CUISINE REFRIGERATED MOCHI • CANADIAN • ORGANIC						
068532 73001	24054	⊙*✳	Mochi, Brown Rice, Organic.....	12/284g	3.01ea	36.12
068532 73002	24055	⊙*✳	Mochi, Raisin & Cinnamon, Organic.....	12/284g	3.01ea	36.12
068532 73003	24056	⊙*✳	Mochi, Sesame, Organic.....	12/284g	3.01ea	36.12

Meat Alternatives + Entrées

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

GREEN CUISINE TEMPEH BURGERS • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Green Cuisine fresh tempeh from our warehouse.

068532 00027	40536	⊙*✳	Tempeh, Original Burgers, Organic.....	12/170g	3.10ea	37.20
068532 00617	40538	⊙*✳	Tempeh, BBQ Burgers, Organic.....	12/170g	3.10ea	37.20

GREEN CUISINE WHEAT CUTLETS (SEITAN) • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Green Cuisine fresh seitan from our warehouse.

068532 70001	40523	⊙*✳	Wheat Cutlets (Seitan), Plain, Organic.....	12/225g	4.29ea	51.48
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Noodles + Pastas

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

HOUSE FOODS REFRIGERATED SHIRATAKI PASTAS

We guarantee best before dates of 30 days from the date of shipping House Foods noodles from our warehouse.

076371 04143	40344	⊙	NEW Shirataki, Traditional (soy free)	12/226g	1.61ea	19.32
Traditional Shirataki is a great, zero calorie pasta alternative made from white yam flour. Uniquely textured, vegan noodles contain only 1g of carbohydrates per serving with no cholesterol, sugar, gluten, dairy or soy.						
076371 04146	40337	⊙	Tofu Shirataki, Fettucine.....	12/226g	1.61ea	19.32
076371 04148	40339	⊙	Tofu Shirataki, Macaroni.....	12/226g	1.61ea	19.32
076371 04145	40336	⊙	Tofu Shirataki, Spaghetti.....	12/226g	1.61ea	19.32

meat alternatives (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BIG MOUNTAIN FOODS VEGGIE BURGERS • CANADIAN

We guarantee best before dates of 10 days from the date of shipping Big Mountain burgers from our warehouse.

777744 00001	38713	⊙*✳	Veggie Burger, Original (4/pkg) (replaces Code 38011).....	10/360g	4.11ea	41.10
777440 00022	38714	⊙*✳	Veggie Burger, Santa Fe Cheesy (4/pkg).....	10/360g	4.11ea	41.10

HELEN'S KITCHEN MEAT ALTERNATIVES • ORGANIC

We guarantee best before dates of 14 days from the date of shipping Helen's Kitchen fresh meat alternatives from our warehouse.

833786 00870	57068	⊙*✳	Veggie Chorizo, Organic (gluten free/vegan).....	6/340g	3.91ea	23.46
833786 00872	57069	⊙*✳	Veggie Ground, Organic (gluten free/vegan).....	6/340g	3.91ea	23.46

SOL CUISINE MEAT ALTERNATIVES • CANADIAN • ORGANIC

We guarantee best before dates of 14 days from the date of shipping Sol Cuisine fresh meat alternatives from our warehouse.

628025 01902	55784	⊙*✳	BBQ Tofu Ribs, Organic (gluten free).....	8/280g	4.99ea	39.92
628025 01905	55796	⊙*✳	Veggie Crumbles, Organic.....	8/280g	4.99ea	39.92

TOFURKY MEAT ALTERNATIVES

We guarantee best before dates of 21 days from the date of shipping Tofurky fresh meat alternatives from our warehouse.

025583 00672	57076	⊙	Breakfast Links.....	8/227g	2.97ea	23.76
◆ Volume Price: 10 assorted cases (Tofurky Hot Dogs + Links; open stock not on deal).....						
025583 00435	57067	⊙	Deli Slices, Bologna Style.....	12/156g	2.78ea	33.36
025583 00431	57072	⊙	Deli Slices, Hickory.....	12/156g	2.78ea	33.36
025583 00433	57073	⊙	Deli Slices, Italian.....	12/156g	2.78ea	33.36
025583 00430	57071	⊙	Deli Slices, Oven Roasted.....	12/156g	2.78ea	33.36
025583 00432	57080	⊙	Deli Slices, Peppered.....	12/156g	2.78ea	33.36
025583 00434	57066	⊙	Deli Slices, Roast Beef Style.....	12/156g	2.78ea	33.36
◆ Volume Price: 10 assorted cases (Tofurky Sausages + Slices only; open stock not on deal).....						
025583 00260	54603	⊙	Ground Beef Style.....	5/340g	3.74ea	18.70
025583 00261	54604	⊙	Ground Chorizo Style.....	5/340g	3.74ea	18.70
◆ Volume Price: 10 assorted cases (Tofurky Grounds; open stock not on deal).....						
025583 00667	54601	⊙	Meatless Hot Dogs (8/pkg).....	5/340g	4.13ea	20.65
◆ Volume Price: 10 assorted cases (Tofurky Hot Dogs + Links; open stock not on deal).....						
025583 00668	54602	⊙	Meatless Jumbo Hot Dogs (5/pkg).....	6/397g	4.54ea	27.24
◆ Volume Price: 10 assorted cases (Tofurky Hot Dogs + Links; open stock not on deal).....						
025583 00611	57077	⊙	Sausages, Beer Brats.....	12/397g	4.01ea	48.12
025583 00612	57078	⊙	Sausages, Italian.....	12/397g	4.01ea	48.12
025583 00613	57079	⊙	Sausages, Kielbasa.....	12/397g	4.01ea	48.12
◆ Volume Price: 10 assorted cases (Tofurky Sausages + Slices only; open stock not on deal).....						

upc code order code case size ea price cs price

WILDWOOD SPROUTOFU MEAT ALTERNATIVES

We guarantee best before dates of 10 days from the date of shipping Wildwood fresh meat alternatives from our warehouse.

030871 40165	55086	⊙	Meatless Meatballs (made w/sprouted soybeans) (vegan).....	6/227g	4.70ea	28.20
030871 40166	55085	⊙	Tofu Meatless Crumbles, Mexican Inspired (made w/sprouted soybeans) (vegan).....	6/227g	4.70ea	28.20

YVES VEGGIE CUISINE MEAT ALTERNATIVES • CANADIAN

We guarantee best before dates of 21 days from the date of shipping most Yves Veggie Cuisine fresh meat alternatives from our warehouse (14 days for Codes 40543, 40545, 40547, 40576, 40577, 40632, 40633 and 40642; and 45 days for Code 40626).

060822 00046	40545	⊙*	Garden Vegetable Patties (4/pkg).....	12/300g	4.64ea	55.68
060822 00314	40632	⊙*	Lentil & Vegetable Patties (4/pkg).....	12/280g	4.64ea	55.68
060822 00013	40573	⊙*	Prima Veggie Burger (4/pkg).....	12/300g	4.64ea	55.68
060822 80038	40552	⊙*	The Good Veggie Burger, Family Pack (4/pkg).....	12/300g	4.64ea	55.68
060822 00313	40633	⊙*	Veggie Beef Sliders, Meatless Mini Burger (8/pkg).....	12/208g	4.64ea	55.68
060822 00045	40547	⊙*	Veggie Chick'n Burgers (4/pkg).....	12/300g	4.64ea	55.68
060822 06031	40551	⊙*	Veggie Dogs, Family Pack (12/pkg).....	12/450g	4.64ea	55.68
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		4.41ea	52.92
060822 00077	40527	⊙*	Veggie Skewers, Satay (Chicken Style).....	12/160g	3.98ea	47.76
060822 00003	40578	⊙*	Veggie Skewers, Souvlaki (Chicken Style).....	12/160g	3.98ea	47.76
060822 00148	40576	⊙*	Veggie Tenders, Meatless Beef Strips.....	12/170g	3.98ea	47.76
060822 00146	40577	⊙*	Veggie Tenders, Meatless Chicken Strips.....	12/170g	3.98ea	47.76
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		3.78ea	45.36
060822 00006	40505	⊙*	Veggie Bologna Slices.....	12/155g	2.85ea	34.20
060822 00307	40507	⊙*	Veggie Ham Slices.....	12/155g	2.85ea	34.20
060822 00116	40501	⊙*	Veggie Pizza Pepperoni.....	12/120g	2.85ea	34.20
060822 00111	40500	⊙*	Veggie Salami Slices.....	12/155g	2.85ea	34.20
060822 00306	40506	⊙*	Veggie Turkey Slices.....	12/155g	2.85ea	34.20
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		2.71ea	32.52
060822 06033	40513	⊙*	Hot 'N' Spicy Chili Veggie Dogs (6/pkg).....	12/275g	3.00ea	36.00
060822 06032	40512	⊙*	Tofu Dogs (6/pkg).....	12/275g	3.00ea	36.00
060822 00008	40518	⊙*	Veggie Dogs (6/pkg).....	12/275g	3.00ea	36.00
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		2.85ea	34.20
060822 00070	40520	⊙*	Jumbo Veggie Dogs (5/pkg).....	12/380g	4.20ea	50.40
060822 40004	40641	⊙*	Veggie Sausages, Apple & Sage (4/pkg).....	12/380g	4.20ea	50.40
060822 00024	40521	⊙*	Veggie Sausages, Bavarian (4/pkg).....	12/380g	4.20ea	50.40
060822 00026	40522	⊙*	Veggie Sausages, Spicy Italian (4/pkg).....	12/380g	4.20ea	50.40
060822 00066	40626	⊙*	Veggie Sausages, Sweet Italian (4/pkg).....	12/380g	4.20ea	50.40
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		3.99ea	47.88
060822 00301	40560	⊙*	Veggie Ground Round, Original.....	12/340g	3.60ea	43.20
060822 00051	40514	⊙*	Veggie Ground Round, Asian Style.....	12/340g	3.60ea	43.20
060822 40005	40642	⊙*	Veggie Ground Round, Garden.....	12/320g	3.60ea	43.20
060822 00302	40561	⊙*	Veggie Ground Round, Italian.....	12/340g	3.60ea	43.20
060822 80002	40567	⊙*	Veggie Ground Round, Mexican.....	12/340g	3.60ea	43.20
060822 00030	40564	⊙*	Veggie Ground Chicken.....	12/340g	3.60ea	43.20
060822 00047	40543	⊙*	Veggie Meatballs.....	12/180g	3.60ea	43.20
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		3.42ea	41.04
060822 00115	40502	⊙*	Canadian Veggie Bacon.....	12/170g	3.37ea	40.44
060822 00114	40511	⊙*	Veggie Bacon Strips.....	12/156g	3.37ea	40.44
060822 00303	40504	⊙*	Veggie Breakfast Links.....	12/200g	3.37ea	40.44
060822 00312	40503	⊙*	Veggie Breakfast Patties (8/pkg).....	12/227g	3.37ea	40.44
		⊙	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		3.20ea	38.40

nuts + seeds • packaged snacks + bulk (fresh)

Nuts

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BULK NUTS

111111 26100	26100	⊙*	Almonds, Natural, Whole, Organic (raw).....	1/11.34kg	353.85ea	353.85
064684 30559	26070	⊙	Pine Nuts.....	1/2.27kg	107.43ea	107.43
111111 26036	26036	⊙*	Walnuts, Organic (halves & pieces).....	1/11.34kg	364.50ea	364.50

PRANA BULK WALNUTS • ORGANIC

877693 00152	29020	⊙*	Walnuts, Organic (raw).....	1/11.35kg	337.73ea	337.73
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Seeds

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

BOB'S RED MILL FLAX SEED MEAL

039978 30330	34048	⊙	Flax Seed Meal.....	4/453g	3.27ea	13.08
039978 30937	02019	⊙*	Flax Seed Meal, Organic.....	4/453g	4.06ea	16.24

upc code	order code		case size	ea price	cs price
OMEGA NUTRITION FLAX SEEDS • CANADIAN • ORGANIC					
055358 21800	85031	⊙*✱	Flax Seeds, Cold Milled, Organic.....	6/500g	5.85ea 35.10
055358 21600	85055	⊙*✱	Nutri-Flax, Hi-Lignan, Powder, Organic.....	6/454g	6.00ea 36.00
PRANA BULK HEMP SEEDS • ORGANIC					
877693 00153	29018	⊙*	Hemp Seeds, Organic (raw).....	1/11.35kg	271.78ea 271.78

nutritional supplements (fresh)

See our Nutritional Supplements + Sports Nutrition section for dry listings.

Nutritional Oils

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

MAISON ORPHÉE FLAX SEED OIL • CANADIAN • ORGANIC

069593 10200	30216	⊙*✱	Flax Seed Oil, Virgin, Organic.....	6/250ml	5.38ea 32.28
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		4.84ea 29.04
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		4.57ea 27.42
069593 10205	30217	⊙*✱	Flax Seed Oil, Virgin, Organic.....	6/500ml	9.51ea 57.06
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.56ea 51.36
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.08ea 48.48

MANITOBA HARVEST HEMP SEED OILS • CANADIAN

697658 20001	36603	⊙*✱	Hemp Seed Oil, Organic.....	12/250ml	6.97ea 83.64
697658 20002	36897	⊙*✱	Hemp Seed Oil, Organic.....	6/500ml	11.86ea 71.16
697658 00002	36353	⊙*✱	Hemp Seed Oil.....	12/355ml	6.97ea 83.64
697658 00005	36354	⊙*✱	Hemp Seed Oil.....	6/946ml	16.75ea 100.50

OMEGA NUTRITION EFA SUPPLEMENT OILS • CANADIAN • ORGANIC

055358 93200	85038	⊙*✱	Borage Oil, Organic.....	6/60ml	16.36ea 98.16
055358 11440	85039	⊙*✱	Essential Balance, Organic.....	12/355ml	10.10ea 121.20
055358 11445	85040	⊙*✱	Essential Balance, Organic.....	6/946ml	24.05ea 144.30
055358 11400	85064	⊙*✱	Flax Oil, Organic.....	15/237ml	6.96ea 104.40
055358 11410	85036	⊙*✱	Flax Oil, Organic.....	12/355ml	9.51ea 114.12
055358 11415	85037	⊙*✱	Flax Oil, Organic.....	12/473ml	11.92ea 143.04
055358 11420	85046	⊙*✱	Flax Oil, Organic.....	6/946ml	19.84ea 119.04
055358 11700	85032	⊙*✱	Flax Oil, Garlic Chili, Organic.....	12/355ml	10.09ea 121.08
055358 16700	85033	⊙*✱	Flax Oil, Hi-Lignan, Organic.....	12/473ml	10.98ea 131.76
055358 11602	85054	⊙*✱	Flax Oil, Orange Blend, Organic.....	12/355ml	10.09ea 121.08
055358 35008	85343	✱	MCT Oil (gluten free).....	6/946ml	17.55ea 105.30

oils • culinary (fresh)

EARTH BALANCE SHORTENING

033776 01183	51103	⊙	Shortening Stick (vegan).....	18/425g	3.78ea 68.04
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MAISON ORPHÉE FLAX SEED OIL • CANADIAN • ORGANIC

069593 10200	30216	⊙*✱	Flax Seed Oil, Virgin, Organic.....	6/250ml	5.38ea 32.28
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		4.84ea 29.04
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		4.57ea 27.42
069593 10205	30217	⊙*✱	Flax Seed Oil, Virgin, Organic.....	6/500ml	9.51ea 57.06
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.56ea 51.36
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.08ea 48.48

SPECTRUM PALM OIL SHORTENING • ORGANIC

022506 00270	28012	⊙*	Palm Oil Shortening, Organic.....	1/15kg	76.36ea 76.36
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prepared foods (fresh)

Entrées

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

HAPPY PLANET REFRIGERATED SANTA FE FOUR-BEAN CHILI • CANADIAN

We guarantee best before dates of 14 days from the date of shipping Happy Planet chili from our warehouse.

779172 61715	57100	⊙*✱	Chili, Santa Fe Four-Bean (gluten free) (resealable bag).....	6/500ml	4.42ea 26.52
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YVES VEGGIE CUISINE MEAT ALTERNATIVE READY-TO-EAT VEGGIE CHILI • CANADIAN

We guarantee best before dates of 14 days from the date of shipping Yves Veggie Cuisine chili from our warehouse.

060822 00094	40629	⊙*✱	Veggie Chili (ready-to-eat).....	6/600ml	6.19ea 37.14
		◇	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		5.88ea 35.28

* #1 SELLING GLOBAL SOUPS CAPTURE NEW TERRITORY

* **NEW DELICIOUS THAI CHICKEN WITH GREEN CURRY**

* **FAVOURITE SOUPS INSPIRED BY TASTES FROM AROUND THE WORLD**

* **ALL NATURAL INGREDIENTS**

* **GLUTEN FREE!**

TOP-SELLING FRESH SOUP SKUS IN CANADA*

→ **GET YOUR SHARE OF THIS \$130M GROWTH OPPORTUNITY****

MADE WITH 100% ORGANIC CHICKEN



*AC Nielsen Item Ranking Report Total Refrigerated Soups TL East & West, Latest 52 wks ending Feb 8 2014
**Based on the run rates & forecasted growth in more developed soup markets of the UK and New Zealand.

*** NEW FLAVOUR!**

(OUR SOUPS CONTINUE TO GROW THE CATEGORY...)



- * FASTEST GROWING FRESH SOUP BRAND IN CANADA (152% \$ VOLUME GROWTH)***
- * #1 FRESH SOUP BRAND IN CANADA IN CONSUMER AWARENESS****
- * LEADING CONTRIBUTOR TO THE FRESH SOUP CATEGORY GROWTH IN CANADA (\$ VOL)*****

FLAVOUR	ITEM UPC	SOC CODE (CASE CODE)	SALES UNIT DIM. (CM) L X W X H	CASE PACK	CASE WEIGHT (KG)	CASE DIM. (CM) L X W X H	CASE CUBE (CM)	CASES/ PALLET	CASES/ LAYER	# LAYERS
NEW Thai Chicken w/ Green Curry	7 79172 61727 8	10 7 79172 61727 5	22.5 x 14.5 x 6.3	6 x 500 mL	3.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Thai Coconut	7 79172 61101 6	10 7 79172 61101 3	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Mediterranean Minestrone	7 79172 61120 7	10 7 79172 61120 4	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Moroccan Chickpea	7 79172 61102 3	10 7 79172 61102 0	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Louisiana Sweetcorn & Red Pepper	7 79172 61103 0	10 7 79172 61103 7	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Berkeley Butternut Squash	7 79172 61105 4	10 7 79172 61105 1	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Tuscan Tomato	7 79172 61106 1	10 7 79172 61106 8	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
South Indian Split Pea	7 79172 61108 5	10 7 79172 61108 2	22.5 x 14.5 x 6.3	6 x 650 mL	4.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5



* AC Nielsen Item Ranking Rpt TTL Ref Soups TL East & West, Latest 52 wks ending Feb 8, 2014 - of items w/ Avg AC Dist. ≥ 10
 ** Ipsos Reid, National Omnibus March 2014 - out of 10 leading manufacturer brands of fresh soup sold in Canada
 *** AC Nielsen Item Ranking Report Total Refrigerated Soups TL East & West, Latest 52 wks ending Feb 8 2014

WWW.HAPPYPLANET.CO
 HAPPY PLANET FOODS, INC.
 #200-4190 LOUGHEED HWY.
 BURNABY, BC
 V5C 6A8
 1-800-811-3213



* JUST ONE TASTE AND YOU'RE HOME

* FAVOURITE RECIPES
CANADIANS LOVE

* MADE USING OUR
BEST AND FRESHEST
REGIONAL PRODUCE,
(and organic chicken)

* ALL NATURAL
INGREDIENTS

* MAKERS OF
AWARD-WINNING
FRESH SOUPS

THE ONLY
FRESH SOUP BRAND
TO USE 100%
ORGANIC CHICKEN

DELICIOUS
NEW FLAVOUR
- MADE WITH 100%
ORGANIC CHICKEN



WE'VE ADDED ANOTHER FEATHER TO OUR CAP...

OUR LOCALLY INSPIRED SOUPS ARE ALREADY IN THE TOP 10 SELLING SKUS IN THE WEST*

*** NEW FLAVOUR!**



*** HAPPY PLANET IS DRIVING CATEGORY \$ VOLUME GROWTH *:**
WEST: HAPPY PLANET +254%, CATEGORY +9% (\$ VOL GROWTH)
EAST: HAPPY PLANET +78%, CATEGORY + 2% (\$ VOL GROWTH)

*** PREMIUM QUALITY SOUPS FEATURING THE BEST VEGETABLES FROM CANADA'S TOP GROWING REGIONS AND NOW ORGANIC CHICKEN FROM KAWARTHA, ONTARIO**

*** SUPPORTS LOCAL CANADIAN GROWERS AND PRODUCERS**

FLAVOUR	ITEM UPC	SCC CODE (CASE CODE)	SALES UNIT DIM. (CM) L X W X H	CASE PACK	CASE WEIGHT (KG)	CASE DIM. (CM) L X W X H	CASE CUBE (CM)	CASES/PALLET	CASES/LAYER	# LAYERS
NEW! Kawartha Chicken Noodle	7 79172 66728 0	10 7 79172 66728 7	22.5 x 14.5 x 6.3	6 x 500 mL	3.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Fraser Valley Mushroom & Mascarpone	7 79172 66723 5	10 7 79172 66723 2	22.5 x 14.5 x 6.3	6 x 500 mL	3.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Chilliwack Broccoli & Cheddar	7 79172 66724 2	10 7 79172 66724 9	22.5 x 14.5 x 6.3	6 x 500 mL	3.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5
Chatham Carrot & Ginger	7 79172 66726 6	10 7 79172 66726 3	22.5 x 14.5 x 6.3	6 x 500 mL	3.3	24.6 x 26.8 x 14.1	9,295.8	140	28	5



*AC Nielsen Item Ranking Report Total Refrigerated Soups TL East + West, Latest 52 wks ending Feb 8, 2014

WWW.HAPPYPLANET.CO
HAPPY PLANET FOODS, INC.
#200-4190 LOUGHEED HWY.
BURNABY, BC
V5C 6A8
1-800-811-3213



upc code

order code

case size

ea price

cs price

salsas, dips + spreads (fresh)

Pâtés + Spreads

KOOTENAY KITCHEN VÉGÉ-PÂTÉS • CANADIAN

We guarantee best before dates of 21 days from the date of shipping Kootenay Kitchen pâtés from our warehouse.

620574 00006	42044	☉✳️	Curry, 70% Organic.....	8/190g	3.71ea	29.68
620574 00004	42042	☉✳️	Herb, 70% Organic.....	8/190g	3.71ea	29.68
620574 00005	42043	☉✳️	Jalapeño, 70% Organic.....	8/190g	3.71ea	29.68
111111 42045	42045	☉✳️	Mixed Case, 70% Organic.....	8/190g	3.71ea	29.68

Contains 4 units of Herb and 2 units each of Curry and Jalapeño Végé-Pâtés.

Salsas + Dips

FRESH IS BEST REFRIGERATED SALSAS & GUACAMOLE • CANADIAN

We guarantee best before dates of 10 days from the date of shipping Fresh Is Best Salsas from our warehouse (7 days for Code 43235 Guacamole).

628130 00077	43235	☉✳️	Guacamole (Available to BC customers only).....	6/250ml	4.17ea	25.02
628130 03753	29030	☉✳️	Salsa, Hot.....	12/375ml	3.96ea	47.50
628130 03752	29029	☉✳️	Salsa, Medium.....	12/375ml	3.96ea	47.50
628130 03751	29028	☉✳️	Salsa, Mild.....	12/375ml	3.96ea	47.50

RAWFOODZ CHEESAUCE VEGAN SAUCES & SPREADS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping RawFoodz CheeSauce from our warehouse.

Pour it, spread it, bake it or dip it. Raw, vegan CheeSauce is an organic sauce and spread that's great on cooked foods too. Original and Chipotle varieties are made in a nut and gluten free facility with cold pressed, extra virgin olive oil, hemp seeds, Red Star nutritional yeast, apple cider vinegar and spices.

798304 20679	32089	☉✳️	NEW CheeSauce, Original, Organic (vegan).....	6/266ml	6.13ea	36.78
798304 20680	32091	☉✳️	NEW CheeSauce, Chipotle, Organic (vegan).....	6/266ml	6.13ea	36.78

SUNFLOWER KITCHEN REFRIGERATED SPREADS & DIPS • CANADIAN

We guarantee best before dates of 10 days from the date of shipping Sunflower Kitchen products from our warehouse.

679514 31010	14273	☉✳️	Babaghanouj, Eggplant Dip.....	12/227g	2.70ea	32.40
679514 31001	14276	☉✳️	Hummus, Classic.....	12/227g	2.70ea	32.40
679514 31006	14281	☉✳️	Hummus, Classic, Organic.....	12/227g	3.37ea	40.44
679514 31002	14278	☉✳️	Hummus, Jerusalem.....	12/227g	2.70ea	32.40
679514 31004	14279	☉✳️	Hummus, Mediterranean.....	12/227g	2.70ea	32.40
679514 31005	14280	☉✳️	Hummus, Roasted Garlic & Onion.....	12/227g	2.70ea	32.40
679514 31003	14277	☉✳️	Hummus, Spicy.....	12/227g	2.70ea	32.40
679514 31101	14274	☉✳️	Pesto, Basil.....	12/227g	4.05ea	48.60
679514 31104	14275	☉✳️	Pesto, Kale & Oregano.....	12/227g	4.05ea	48.60
679514 31110	14282	☉✳️	Sundried Tomato & Olive Spread.....	12/227g	4.05ea	48.60

soups + meal cups (fresh)

Prepared Soups

HAPPY PLANET REFRIGERATED GOURMET SOUPS • CANADIAN

We guarantee best before dates of 14 days from the date of shipping most Happy Planet fresh soups from our warehouse (17 days for Codes 38887 and 38889). Please note that Happy Planet chicken soup varieties cannot be shipped outside BC via Versacold. Alberta customers should include Code 38896 Kawartha Chicken Noodle and Code 38895 Thai Chicken with orders shipped via Porter. Contact our Customer Service department for further information.

779172 61105	38884	☉✳️	Berkeley Butternut Squash, Organic (resealable bag).....	6/650ml	4.42ea	26.52
779172 66726	38894	☉✳️	Chatham Carrot & Ginger w/Coconut Cream & Curry (resealable bag).....	6/500ml	4.42ea	26.52
779172 66724	38892	☉✳️	Chilliwack Broccoli & Cheddar w/Fresh Cream & Garlic (resealable bag).....	6/500ml	4.42ea	26.52
779172 66723	38891	☉✳️	Fraser Valley Mushroom & Mascarpone w/Thyme (resealable bag).....	6/500ml	4.42ea	26.52
779172 66728	38896	☉✳️	NEW Kawartha Chicken Noodle Soup, Organic (resealable bag).....	6/500ml	4.42ea	26.52

Just one taste of Kawartha Chicken Noodle, a new addition to the award-winning line from Happy Planet, and you're home. Fresh, homemade flavours, grown and made right here, are found in a favourite recipe that Canadians love. Made from the freshest produce from Canada's best growing regions and all natural ingredients with no preservatives or artificial ingredients, including orzo pasta and the perfect organic, free range chicken from Kawartha, ON.

779172 61103	38883	☉✳️	Louisiana Sweetcorn & Red Pepper, Organic (resealable bag).....	6/650ml	4.42ea	26.52
779172 61120	38889	☉✳️	Mediterranean Minestrone (resealable bag).....	6/650ml	4.42ea	26.52
779172 61102	38882	☉✳️	Moroccan Chickpea, Organic (resealable bag).....	6/650ml	4.42ea	26.52
779172 61108	38887	☉✳️	South India Split Pea, Organic (resealable bag).....	6/650ml	4.42ea	26.52
779172 61727	38895	☉✳️	NEW Thai Chicken Soup (resealable bag).....	6/500ml	4.42ea	26.52

Looking for comfort food that's a bit spicier? Thai Chicken combines juicy morsels of organic chicken with fragrant green curry and lemongrass.

779172 61101	38881	☉✳️	Thai Coconut (resealable bag).....	6/650ml	4.42ea	26.52
779172 61106	38885	☉✳️	Tuscan Tomato, Organic (resealable bag).....	6/650ml	4.42ea	26.52

upc code order code

case size ea price cs price

soy + tofu (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

GREEN CUISINE TEMPEH • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Green Cuisine fresh tempeh from our warehouse.

068532 70003	40537	☉*✱	Tempeh, Indonesian, Organic.....	12/225g	3.10ea	37.20
068532 11392	40526	☉*✱	Tempeh, Simply Soybean.....	12/225g	3.10ea	37.20
068532 70004	40541	☉*✱	Tempeh, Smoked, Organic.....	12/225g	3.27ea	39.24

GREEN CUISINE TOFU • CANADIAN • ORGANIC

We guarantee best before dates of 10 days from the date of shipping Green Cuisine fresh tofu from our warehouse.

068532 00099	40230	☉*✱	Tofu, Extra Firm, Organic.....	12/454g	2.43ea	29.16
068532 00010	40228	☉*✱	Tofu, Medium, Organic.....	12/454g	2.01ea	24.12

MANDARIN TOFU • CANADIAN • ORGANIC

We guarantee best before dates of 20 days from the date of shipping Mandarin fresh tofu from our warehouse.

066387 00802	40205	☉*✱	Tofu, Pressed, Organic.....	12/400g	2.50ea	30.00
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SOYGANIC TOFU • CANADIAN • ORGANIC

We guarantee best before dates of 20 days from the date of shipping Soyganic fresh tofu from our warehouse (28 days for Code 40213).

057864 00012	40245	☉*✱	Tofu, Extra Firm, Organic.....	6/350g	2.46ea	14.76
057864 00068	40266	☉*✱	Tofu, Firm, Organic.....	6/350g	2.46ea	14.76
057864 00067	40264	☉*✱	Tofu, Medium Firm, Organic.....	6/350g	1.58ea	9.48
057864 00077	40269	☉*✱	Tofu, Soft, Organic.....	12/2x150g	1.29ea	15.48
057864 00070	40241	☉*✱	Tofu, Super Firm, Organic.....	12/175g	1.04ea	12.48
057864 00069	40265	☉*✱	Tofu, Pressed, Organic.....	6/350g	2.46ea	14.76
057864 00098	40308	☉*✱	Tofu, Smoked, Organic.....	9/210g	2.39ea	21.51
057864 00120	40213	☉*✱	Tofu, Smoked, Black Pepper Garlic, Organic.....	9/210g	2.39ea	21.51

SUNRISE DESSERT TOFU • CANADIAN

We guarantee best before dates of 20 days from the date of shipping Sunrise fresh tofu from our warehouse.

057864 00007	40225	☉✱	Dessert Tofu, Almond.....	12/2x150g	1.17ea	14.04
057864 00032	40281	☉✱	Dessert Tofu, Banana.....	12/2x150g	1.17ea	14.04
057864 00033	40282	☉✱	Dessert Tofu, Coconut.....	12/2x150g	1.17ea	14.04
057864 00019	40227	☉✱	Dessert Tofu, Peach Mango.....	12/2x150g	1.17ea	14.04

SUNRISE TOFU • CANADIAN

We guarantee best before dates of 20 days from the date of shipping most Sunrise fresh tofu from our warehouse (10 days for Code 40306).

057864 00011	40252	☉✱	Tofu, Firm.....	12/350g	2.13ea	25.56
057864 00008	40260	☉✱	Tofu, Extra Firm.....	12/350g	2.13ea	25.56
057864 00001	40255	☉✱	Tofu, Medium Firm (water packed).....	12/454g	1.66ea	19.92
057864 00003	40250	☉✱	Tofu, Soft (water packed).....	12/300g	1.07ea	12.84
111111 40306	40306	☉*✱	Tofu, Pressed, Organic.....	4/1.4kg	8.11ea	32.44

TOFURKY MARINATED TEMPEH STRIPS

We guarantee best before dates of 21 days from the date of shipping Tofurky tempeh from our warehouse.

025583 00160	57084	☉	Tempeh, Marinated Strips, Coconut Curry (vegan).....	10/198g	3.47ea	34.70
025583 00161	57085	☉	Tempeh, Marinated Strips, Sesame Garlic (vegan).....	10/198g	3.47ea	34.70
025583 00166	57086	☉	Tempeh, Marinated Strips, Smoky Maple Bacon (vegan).....	10/198g	3.47ea	34.70
		◆	Volume Price: 10 assorted cases (Tofurky Tempeh only; open stock not on deal).....		2.95ea	29.50

WILDWOOD SPROUTOFU SPROUTED TOFU • ORGANIC

We guarantee best before dates of 10 days from the date of shipping Wildwood fresh tofu from our warehouse.

030871 70104	55082	☉*✱	Tofu, Extra Firm, Organic (2-pack) (made w/sprouted soybeans).....	12/439g	2.58ea	30.96
030871 70441	55081	☉*✱	Tofu, Firm, Organic (2-pack) (made w/sprouted soybeans).....	12/439g	2.58ea	30.96
030871 70442	55080	☉*✱	Tofu, Super Firm, Organic (made w/sprouted soybeans).....	6/567g	3.73ea	22.38
030871 00450	55083	☉*✱	Tofu, Baked, Savoury, Organic (made w/sprouted soybeans).....	6/170g	4.30ea	25.80
030871 07020	55084	☉*✱	Tofu, Smoked, Garlic Teriyaki, Organic (made w/sprouted soybeans).....	6/156g	4.30ea	25.80

yogurts, sour cream + alternatives (fresh)

DONIA FARMS KEFIR SMOOTHIES • CANADIAN (continued on Page 27)

We guarantee best before dates of 17 days from the date of shipping Donia Farms kefir from our warehouse.

In July, three Horizon staff members visited Donia Farms, a third generation dairy farm founded in 1955 by the Van Keulen family, who came to Canada from the Netherlands to settle in Surrey, BC, where they created an environment that promotes the health, comfort, and happiness of dairy cows. The farm's milk is used to produce mouth-watering Kefir Smoothies, its 99% lactose free, probiotic rich drinks made with a complex collection of cultures and simple, natural ingredients.

627843 36292	52218	☉✱	NEW Kefir Smoothie, Black Currant.....	8/200ml	1.95ea	15.60
627843 36291	52217	☉✱	NEW Kefir Smoothie, Blueberry.....	8/200ml	1.95ea	15.60
627843 36290	52216	☉✱	NEW Kefir Smoothie, Strawberry.....	8/200ml	1.95ea	15.60
627843 36293	52215	☉✱	NEW Kefir Smoothie, Vanilla.....	8/200ml	1.95ea	15.60

NEW

Kefir SMOOTHIES

A delicious, yogurt-style health drink



Today's health-conscious consumers want transparency and simplicity. Since 1955, that's what we've been delivering. Now we're offering something new – kefir.

- **High protein**
7 grams of protein per 200 ml
- **All-natural**
No preservatives, gums, binders or gelatin
- **100% probiotic** (higher content than yogurt)
Made with 8 beneficial cultures



Strawberry

Black Currant

Blueberry

Vanilla

Available in Strawberry, Black Currant, Blueberry, Vanilla & Plain (NOT SHOWN)
940 & 200ml BOTTLES



Our Kefir Smoothies are made with milk from the cows on our family-owned dairy farm and locally-sourced fruit. Wholesome, natural, local – we're all that and more.

Available Now – ORDER TODAY

Donia Farms Foods Inc.
13978 44 Ave. Surrey BC,
604.880.4273

www.doniafarms.ca

DONIA FARMS KEFIR SMOOTHIES • CANADIAN (continued on Page 26)

627843 36297	52213	☉*	NEW Kefir Smoothie, Black Currant.....	6/940ml	5.42ea	32.52
627843 36296	52212	☉*	NEW Kefir Smoothie, Blueberry.....	6/940ml	5.42ea	32.52
627843 36298	52214	☉*	NEW Kefir Smoothie, Plain.....	6/940ml	5.42ea	32.52
627843 36294	52211	☉*	NEW Kefir Smoothie, Strawberry.....	6/940ml	5.42ea	32.52
627843 36295	52210	☉*	NEW Kefir Smoothie, Vanilla.....	6/940ml	5.42ea	32.52

EARTH ISLAND VEGAN GOURMET REFRIGERATED SOUR CREAM ALTERNATIVE

We guarantee best before dates of 17 days from the date of shipping Earth Island Vegan Gourmet sour cream alternative from our warehouse.

049568 55473	52091	☉	Vegan Gourmet, Sour Cream (gluten free/vegan).....	4/473ml	4.82ea	19.28
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GREEK GODS GREEK STYLE YOGURTS

We guarantee best before dates of 17 days from the date of shipping Greek Gods yogurts from our warehouse.

078355 45000	52084	☉*	Yogurt, Greek Style, Traditional, Plain, Organic.....	6/500g	4.38ea	26.28
078355 47001	52085	☉	Yogurt, Greek Style, Traditional, Honey.....	6/500g	4.06ea	24.36
078355 47315	52099	☉	NEW Yogurt, Greek Style, Honey Salted Caramel.....	6/500g	4.06ea	24.36
Honey Salted Caramel, the newest flavour addition to the Greek Gods lineup, perfectly balances the sweetness of honey and caramel with a slightly salty edge, which provides a satisfying depth of flavour and complexity to the rich, creamy-smooth, authentic Greek-style yogurt made with seven live and active cultures.						
078355 47005	52086	☉	Yogurt, Greek Style, Traditional, Honey Strawberry.....	6/500g	4.06ea	24.36
078355 47010	52087	☉	Yogurt, Greek Style, Traditional, Honey Vanilla.....	6/500g	4.06ea	24.36

GREEK GODS KEFIR (CULTURED MILK)

We guarantee best before dates of 17 days from the date of shipping Greek Gods kefir from our warehouse.

078355 47501	52097	☉	Kefir, Cultured Milk, Probiotic, Plain.....	6/710ml	4.54ea	27.24
078355 47505	52098	☉	Kefir, Cultured Milk, Probiotic, Honey.....	6/710ml	4.54ea	27.24

JERSEYLAND ORGANICS YOGURTS • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Jerseyland Organics yogurts from our warehouse.

626262 98102	52064	☉*✱	Yogurt, Plain, Organic.....	6/750g	4.61ea	27.66
626262 98105	52051	☉*✱	Yogurt, Blueberry, Organic.....	6/750g	4.61ea	27.66
626262 98103	52061	☉*✱	Yogurt, French Vanilla, Organic.....	6/750g	4.61ea	27.66
626262 98101	52063	☉*✱	Yogurt, Low Fat, Plain, Organic.....	6/750g	4.61ea	27.66
626262 98104	52062	☉*✱	Yogurt, Strawberry, Organic.....	6/750g	4.61ea	27.66

OLYMPIC ORGANIC SOUR CREAM • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Olympic sour cream from our warehouse.

059161 70200	52890	☉*✱	Sour Cream, Organic.....	12/500ml	3.85ea	46.20
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upc code	order code		case size	ea price	cs price
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OLYMPIC KREMA GREEK STYLE YOGURTS • CANADIAN

We guarantee best before dates of 17 days from the date of shipping Olympic yogurts from our warehouse.

059161 45100	52059	☉*	Yogurt, Krema, Greek Style, Plain	6/650g	4.40ea	26.40
059161 40100	52060	☉*	Yogurt, Krema, Greek Style, Vanilla.....	6/650g	4.40ea	26.40
059161 40120	52068	☉*	Yogurt, Krema, Greek Style, Caffe Latte	6/500g	3.49ea	20.94
059161 40110	52067	☉*	Yogurt, Krema, Greek Style, Lemon Passion	6/500g	3.49ea	20.94
059161 40140	52069	☉*	Yogurt, Krema, Greek Style, Strawberry Supreme	6/500g	3.49ea	20.94
059161 48110	52078	☉*	Variety Pack, Yogurt, Krema, Greek Style	6/8x100g	5.39ea	32.34

OLYMPIC ORGANIC YOGURT • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Olympic yogurts from our warehouse.

059161 70002	52044	☉*✱	Yogurt, Probiotic, Blueberry, Organic.....	12/175g	1.50ea	18.00
059161 70003	52046	☉*✱	Yogurt, Probiotic, Peach, Organic.....	12/175g	1.50ea	18.00
059161 70001	52042	☉*✱	Yogurt, Probiotic, Raspberry, Organic	12/175g	1.50ea	18.00
059161 70000	52040	☉*✱	Yogurt, Probiotic, Strawberry, Organic.....	12/175g	1.50ea	18.00
059161 70150	53012	☉*✱	Yogurt, Probiotic, No Fat, Plain, Organic	6/650g	4.04ea	24.24
059161 70203	52053	☉*✱	Yogurt, Probiotic, Plain, 3.5%, Organic.....	6/650g	4.04ea	24.24
059161 70204	52054	☉*✱	Yogurt, Probiotic, French Vanilla, Organic.....	6/650g	4.04ea	24.24
059161 70206	53126	☉*✱	Yogurt, Probiotic, Peach, Organic.....	6/650g	4.04ea	24.24
059161 70175	53127	☉*✱	Yogurt, Probiotic, Plain, 3.5%, Organic.....	6/1.75kg	9.53ea	57.18
059161 70176	53128	☉*✱	Yogurt, Probiotic, French Vanilla, Organic.....	6/1.75kg	9.53ea	57.18

SAUGEEN COUNTRY DAIRY KEFIR • CANADIAN • ORGANIC

We guarantee best before dates of 10 days from the date of shipping Saugeen kefir from our warehouse.

778716 10002	52304	☉*✱	Kefir, Probiotic, Organic.....	6/1kg	4.36ea	26.16
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SAUGEEN COUNTRY DAIRY YOGURTS • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Saugeen yogurts from our warehouse.

778716 06501	52303	☉*✱	Yogurt, 4% MF, Organic	6/650g	3.09ea	18.54
778716 10001	52300	☉*✱	Yogurt, 4% MF, Organic	6/1kg	4.36ea	26.16
	52301	☉*✱	Yogurt, 4% MF, Organic	1/3.5kg	15.20ea	15.20

SO DELICIOUS CULTURED ALMOND MILK (YOGURT)

We guarantee best before dates of 17 days from the date of shipping So Delicious yogurts from our warehouse.

744473 29170	52096	☉	Cultured Almond Milk, Plain (gluten free/vegan)	12/454g	3.50ea	42.00
744473 29172	52094	☉	Cultured Almond Milk, Blueberry (gluten free/vegan)	12/454g	3.50ea	42.00
744473 29174	52095	☉	Cultured Almond Milk, Vanilla (gluten free/vegan)	12/454g	3.50ea	42.00

SO DELICIOUS CULTURED COCONUT MILK (YOGURT)

We guarantee best before dates of 17 days from the date of shipping So Delicious yogurts from our warehouse.

744473 29150	52075	☉	Cultured Coconut Milk, Plain (gluten free/vegan)	12/454g	3.50ea	42.00
744473 29151	52074	☉	Cultured Coconut Milk, Blueberry (gluten free/vegan).....	12/454g	3.50ea	42.00
744473 29152	52093	☉	Cultured Coconut Milk, Raspberry (gluten free/vegan).....	12/454g	3.50ea	42.00
744473 29153	52077	☉	Cultured Coconut Milk, Strawberry (gluten free/vegan)	12/454g	3.50ea	42.00
744473 29154	52076	☉	Cultured Coconut Milk, Vanilla (gluten free/vegan).....	12/454g	3.50ea	42.00

WHOLESOY & CO. SOY YOGURTS

We guarantee best before dates of 17 days from the date of shipping WholeSoy yogurts from our warehouse.

664372 60208	56303	☉	Soy Yogurt, Blueberry (gluten free/vegan).....	12/170g	1.34ea	16.08
664372 60202	56300	☉	Soy Yogurt, Peach (gluten free/vegan).....	12/170g	1.34ea	16.08
664372 60203	56301	☉	Soy Yogurt, Strawberry (gluten free/vegan).....	12/170g	1.34ea	16.08
664372 60205	56302	☉*	Soy Yogurt, Vanilla, Organic (gluten free/vegan).....	12/170g	1.34ea	16.08
664372 70205	56305	☉*	Soy Yogurt, Plain, Unsweetened, Organic (gluten free/vegan)	6/680g	3.82ea	22.92
664372 70202	56304	☉*	Soy Yogurt, Vanilla, Organic (gluten free/vegan).....	6/680g	3.82ea	22.92

FROZEN

upc code order code

case size ea price cs price

baby + kids' foods (freezer)

Please note that cleaning products and frozen items must ship separately to customers outside BC and orders must meet minimum separately.

DR. PRAEGER'S KID FRIENDLY FROZEN VEGGIE BITES

080868 53245	57060	*	Littles, Spinach, Potato Crusted	12/306g	4.62ea	55.44
080868 53248	57061	*	Littles, Sweet Potato, Potato Crusted	12/333g	4.62ea	55.44

DR. PRAEGER'S FROZEN FISHIES

080868 53207	54657	*	Fishies, Lightly Breaded	12/340g	4.69ea	56.28
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FREEYUMM FROZEN ALLERGEN FRIENDLY MINI CAKES & BROWNIES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping FreeYumm treats from our warehouse.

North Vancouver's FreeYumm Foods makes wholesome treats that are always free of the top ten priority food allergens (eggs, milk, mustard, peanuts, seafood, sesame, soy, sulphites, tree nuts and wheat). Chocolate Brownie Bites and Chocolate Ganache Mini-Cakes are created in a dedicated bakery with healthy ingredients, which include natural sweeteners and whole grains that are organic and non-GMO whenever possible.

816695 00001	10158	*🇨🇦	NEW Chocolate Brownie Bites (top ten allergen free)	12/192g	5.07ea	60.84
816695 00002	10159	*🇨🇦	NEW Chocolate Ganache Mini-Cakes (top ten allergen free)	12/192g	5.07ea	60.84

baked goods • breads, pastries + waffles (freezer)

Please note that cleaning products and frozen items must ship separately to customers outside BC and orders must meet minimum separately.

Frozen Breads

FOOD FOR LIFE FROZEN GLUTEN FREE RICE FLOUR BREADS

073472 00165	55536	*	Bread, Brown & White Rice, Almond, Fruit Juice Sweetened (wheat/gluten free)	6/680g	6.23ea	37.38
073472 00167	55537	*	Bread, Brown & White Rice, Raisin Pecan, Fruit Juice Sweetened (wheat/gluten free)	6/680g	6.23ea	37.38
073472 00173	55539	*	Bread, China Black Rice, Fruit Juice Sweetened (wheat/gluten free)	6/680g	6.23ea	37.38
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.92ea	35.52
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.86ea	35.16
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.73ea	34.38
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		5.30ea	31.80
073472 00169	55538	*	Bread, Brown Rice, Fruit Juice Sweetened (wheat/gluten free)	6/680g	5.57ea	33.42
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.29ea	31.74
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.24ea	31.44
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.12ea	30.72
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.73ea	28.38
073472 00185	55595	*	English Muffins, Brown Rice (wheat/gluten free)	6/510g	5.65ea	33.90
073472 00186	55596	*	English Muffins, Brown Rice, Multiseed (wheat/gluten free)	6/510g	5.65ea	33.90
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.37ea	32.22
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.31ea	31.86
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.20ea	31.20
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.80ea	28.80

FOOD FOR LIFE FROZEN GLUTEN FREE TORTILLAS

073472 00370	55548	*✳️	Tortillas, Sprouted Corn, Organic (6") (wheat/gluten free)	12/283g	3.19ea	38.28
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		3.03ea	36.36
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		3.00ea	36.00
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		2.93ea	35.16
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		2.71ea	32.52
073472 00369	55545	*	Tortillas, Brown Rice (10") (wheat/gluten free)	12/340g	3.30ea	39.60
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		3.14ea	37.68
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		3.10ea	37.20
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		3.04ea	36.48
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		2.81ea	33.72

FOOD FOR LIFE FROZEN SPROUTED GRAIN BREADS & BUNS • ORGANIC (continued on Page 32)

073472 00141	55533	*✳️	Bread, Sprouted Grain & Seed, Genesis, Organic	6/680g	5.54ea	33.24
073472 00131	55532	*✳️	Bread, Sprouted Grain, Ezekiel, Cinnamon Raisin, Organic	6/680g	5.54ea	33.24
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.26ea	31.56
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.21ea	31.26
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.10ea	30.60
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.71ea	28.26
073472 00120	55530	*✳️	Bread, Sprouted Grain, Ezekiel, Organic	6/680g	4.78ea	28.68
073472 00124	55519	*✳️	Bread, Sprouted Grain, Ezekiel, Flax, Organic	6/680g	4.78ea	28.68
073472 00153	55534	*✳️	Bread, Sprouted Grain, Ezekiel, Low Sodium, Organic	6/680g	4.78ea	28.68
073472 00123	55531	*✳️	Bread, Sprouted Grain, Ezekiel, Sesame, Organic	6/680g	4.78ea	28.68
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		4.54ea	27.24
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		4.49ea	26.94
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		4.40ea	26.40
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.06ea	24.36



FreeYumm™
allergen-friendly deliciousness

ALWAYS FREE
TOP 10
PRIORITY
ALLERGENS



Because people don't buy food they can eat...

They buy food they can enjoy and share!

FreeYumm Products

- Always Free of the top 10 allergens
- Always Yummy
- Proudly made in North Vancouver, BC, Canada
- Full of wholesome ingredients
- Sweetened without processed cane sugar or corn syrup



SHARE THE YUMM!

Individually wrapped serving sizes are perfect to grab and share:

- School and lunches
- Worry free playdates
- After practice snack duty
- Any festivity or family gathering

www.freeyumm.com

info@freeyumm.com



upc code	order code		case size	ea price	cs price
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FOOD FOR LIFE FROZEN SPROUTED GRAIN BREADS & BUNS • ORGANIC (continued on Page 30)

073472 00213	55544	**	Burger Buns, Sprouted Grain, Ezekiel, Organic	6/454g	4.53ea	27.18
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		4.30ea	25.80
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		4.26ea	25.56
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		4.17ea	25.02
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		3.85ea	23.10
073472 00214	55549	**	Hot Dog Buns, Sprouted Grain, Ezekiel, Organic	6/454g	4.62ea	27.72
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		4.39ea	26.34
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		4.34ea	26.04
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		4.25ea	25.50
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		3.93ea	23.58
073472 00119	55546	**	English Muffins, Sprouted Grain, Ezekiel, Organic	6/454g	4.30ea	25.80
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		4.09ea	24.54
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		4.04ea	24.24
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		3.96ea	23.76
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		3.66ea	21.96
073472 00117	55547	**	English Muffins, Sprouted Grain, Ezekiel, Cinnamon Raisin, Organic	6/454g	4.88ea	29.28
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		4.64ea	27.84
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		4.59ea	27.54
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		4.49ea	26.94
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.15ea	24.90

FOOD FOR LIFE FROZEN SPROUTED GRAIN TORTILLAS • ORGANIC

073472 00200	55541	**	Tortillas, Sprouted Grain, Ezekiel, Organic (10")	12/340g	3.19ea	38.28
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		3.03ea	36.36
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		3.00ea	36.00
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		2.93ea	35.16
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		2.71ea	32.52

FOOD FOR LIFE FROZEN YEAST & GLUTEN FREE RICE BREADS

073472 00176	55306	*	Bread, Brown Rice, Whole Grain (yeast/wheat/gluten free)	6/800g	7.44ea	44.64
073472 00178	55308	*	Bread, Rice Bread, Fruit & Seed Medley (yeast/wheat/gluten free)	6/725g	7.44ea	44.64
073472 00177	55309	*	Bread, Rice Bread, Multi Seed (yeast/wheat/gluten free)	6/800g	7.44ea	44.64
073472 00175	55307	*	Bread, White Rice (yeast/wheat/gluten free)	6/725g	7.44ea	44.64
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		7.07ea	42.42
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		6.99ea	41.94
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		6.84ea	41.04
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		6.32ea	37.92

GLUTINO FROZEN GLUTEN FREE BREADS & BUNS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Glutino frozen breads from our warehouse (45 days for Codes 55611 and 55617).

678523 03053	54073	**	Bagels, Plain (gluten free)	6/650g	5.13ea	30.78
678523 03055	54071	**	Bagels, Sesame (gluten free)	6/650g	5.13ea	30.78
678523 03618	50136	**	Bread, Cheese (gluten free)	6/400g	4.54ea	27.24
678523 03611	55030	**	Sandwich Bread, Multigrain (gluten free)	6/400g	4.54ea	27.24
678523 03616	55044	**	Sandwich Bread, Seeded (gluten free)	6/400g	4.54ea	27.24
678523 03610	55029	**	Sandwich Bread, White (gluten free)	6/400g	4.54ea	27.24
678523 03614	55043	**	Sliced Bread, Cinnamon Raisin (gluten free)	6/400g	4.54ea	27.24
678523 37548	55611	**	English Muffins (gluten free)	6/485g	4.99ea	29.94
678523 37546	55617	**	NEW English Muffins, Multigrain (gluten free)	6/480g	4.99ea	29.94

lutino is always gluten free. Perfect for breakfast, lunch or dinner, frozen Multigrain English Muffins offer a good source of fibre from ingredients like flax and sunflower seeds and millet and brown rice flours.

MANNA FROZEN BREADS • ORGANIC

058449 00022	54831	**	Banana Walnut Hemp, Organic	8/400g	2.77ea	22.16
058449 00003	54814	**	Carrot Raisin, Organic	8/400g	2.77ea	22.16
058449 70801	54819	**	Cinnamon Date, Organic	8/400g	2.77ea	22.16
058449 00026	54832	**	Fig Fennel & Flax, Organic	8/400g	2.77ea	22.16
058449 00009	54818	**	Fruit & Nut, Organic	8/400g	2.77ea	22.16
		◇	Volume Price: 10 assorted cases (Manna Breads only; natural foods retailers only; no other discounts apply)		2.54ea	20.31
		◇	Volume Price: 20 assorted cases (Manna Breads only; natural foods retailers only; no other discounts apply)		2.48ea	19.81
058449 00015	54811	**	Millet Rice, Organic	8/400g	2.37ea	18.96
058449 60006	54812	**	Multigrain Oatbran, Organic	8/400g	2.37ea	18.96
058449 00007	54817	**	Sunseed, Organic	8/400g	2.37ea	18.96
058449 00005	54816	**	Whole Rye, Organic	8/400g	2.37ea	18.96
		◇	Volume Price: 10 assorted cases (Manna Breads only; natural foods retailers only; no other discounts apply)		2.14ea	17.11
		◇	Volume Price: 20 assorted cases (Manna Breads only; natural foods retailers only; no other discounts apply)		2.08ea	16.61

ONE DEGREE ORGANIC FOODS FROZEN VEGAN BREADS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping One Degree Foods frozen breads from our warehouse.

675625 20200	28109	**	Bread, Veganic Ancient Whole Wheat, Organic	8/630g	4.62ea	36.96
675625 20300	28110	**	Bread, Veganic Flax & Spelt, Organic	8/540g	4.62ea	36.96
675625 20100	28111	**	Bread, Veganic Lentil Grain, Organic	8/600g	4.62ea	36.96
675625 20400	28112	**	Bread, Veganic Sesame Sunflower, Organic	8/570g	4.62ea	36.96



Breads from glutino

Whether it's your favorite sandwich, or some of your favorite French toast, you can have it all! Goopy or neat, dripping or proper. Our Gluten Free Breads are the stuff that gluten free dreams are made on.

- ✔ Full size loaf – perfect for sandwiches!
- ✔ Fluffy, soft texture
- ✔ 5 delicious varieties, found in the frozen section



ALWAYS GLUTEN FREE

glutino
live fully



WHITE SANDWICH BREAD

— 400g

INGREDIENTS: Modified tapioca starch, corn starch, potato starch, water, vegetable oil, egg whites, brown rice flour, sugar, tapioca starch, salt, yeast, xanthan gum, glucono-delta-lactone, sodium bicarbonate, modified cellulose, calcium sulphate, enzymes. Contains eggs. May contain sesame.



CINNAMON RAISIN BREAD

— 400g

INGREDIENTS: Water, modified tapioca starch, corn starch, potato starch, dried raisins, vegetable oil, egg whites, brown rice flour, sugar, tapioca starch, cinnamon, salt, yeast, xanthan gum, glucono-delta-lactone, sodium bicarbonate, modified cellulose, calcium sulphate, enzymes. Contains eggs. May contain sesame.



MULTIGRAIN SANDWICH BREAD

— 400g

INGREDIENTS: Water, modified tapioca starch, corn starch, potato starch, vegetable oil, egg whites, brown rice flour, tapioca starch, sugar, molasses, salt, yeast, xanthan gum, glucono-delta-lactone, flax seed, sunflower seeds, sodium bicarbonate, caramelized sugar, modified cellulose, calcium sulphate, enzymes. Contains eggs. May contain sesame.



SEEDED SANDWICH BREAD

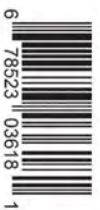
— 400g

INGREDIENTS: Water, modified tapioca starch, corn starch, potato starch, egg whites, vegetable oil, brown rice flour, tapioca starch, sugar, molasses, salt, yeast, poppy seeds, xanthan gum, flax seed, sesame seeds, sugar beet fibre, sunflower seeds, glucono-delta-lactone, sodium bicarbonate, caramelized sugar, modified cellulose, calcium sulphate, enzymes. Contains eggs and sesame.



CHEESE BREAD — 400g

INGREDIENTS: Water, modified tapioca starch, corn starch, potato starch, cheddar cheese (milk, bacterial culture, salt, calcium chloride, color, microbial enzyme, cellulose), egg whites, vegetable oil, brown rice flour, sugar, tapioca starch, salt, yeast, xanthan gum, flavour, glucono-delta-lactone, sodium bicarbonate, modified cellulose, calcium sulfate, enzymes. Contains eggs and milk. May contain sesame.



SPECIFICATIONS

Unit Size: 4"l x 5.5"w x 9"h
 Case Size: 13"l x 10"w x 9"h
 Case Pack: 6
 Gross Case Weight: 6.28 lbs.
 Shelf Life: 9 months
 Ti x Hi: 14 x 8

glutino
always gluten free

www.glutino.com | 1.800.363.3438



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**NEW
PRODUCT**



English Muffins from Glutino

Our muffin man caused quite the row on Drury Lane when he introduced these wonders. Add a bit of butter and some marmalade and you'll go stonking barmy, too.

- ✓ Perfect for breakfast, lunch or dinner!
- ✓ Good source of fiber
- ✓ 2 delicious flavors

2 SPECIFICATIONS

Unit Size: 11.116"l x 3.976"w x 2.362"h
Case Size: 11.54"l x 8.54"w x 7.21"h
Case Pack: 6
Gross Case Weight: 6.73 lbs.
Shelf Life: 9 months
Ti x Hi: 12 x 8

1 SPECIFICATIONS

Unit Size: 11.116"l x 3.976"w x 3.232"h
Case Size: 12.76"l x 10"w x 7.52"h
Case Pack: 6
Gross Case Weight: 6.73 lbs.
Shelf Life: 9 months
Ti x Hi: 12 x 8



1 ORIGINAL — 480g

INGREDIENTS: Water, corn starch, tapioca starch, skim milk powder, corn flour, egg whites, cane sugar, canola oil and/or sunflower oil and/or safflower oil, salt, cellulose gum, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, calcium sulfate, tricalcium phosphate), glucono-delta-lactone, pectin, sodium bicarbonate, sodium alginate, modified cellulose, corn meal, iron, niacin, tricalcium phosphate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin. Contains soy, eggs and milk. May contain sesame.



2 MULTIGRAIN — 480g

INGREDIENTS: Water, corn starch, tapioca starch, skim milk powder, corn flour, egg whites, cane sugar, flax seed meal, sunflower seeds, flax seed, millet flour, brown rice flour, canola oil, cultured corn syrup solids and citric acid (mold inhibitor), salt, cellulose gum, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate monohydrate, calcium sulfate), glucono-delta-lactone, pectin, sodium bicarbonate, sodium alginate, modified cellulose, corn meal, iron, niacin, tricalcium phosphate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin. Contains soy, eggs and milk.



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upc code	order code		case size	ea price	cs price
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PITA BREAK FROZEN BUNS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Pita Break frozen buns from our warehouse (30 days for Codes 55356, 55357 and 55358).

664164 10081	55367	☼☼	Just Minis Snack Size Rounds, Apple Cinnamon	6/360g	3.54ea	21.24
664164 10080	55366	☼☼	Just Minis Snack Size Rounds, Multigrain	6/360g	3.32ea	19.92
664164 10009	55357	☼☼	Morning Rounds, Fruit & Grain Buns, Apple Cinnamon	6/450g	3.54ea	21.24
664164 10010	55358	☼☼	Morning Rounds, Fruit & Grain Buns, Cranberry	6/450g	3.54ea	21.24
664164 10008	55356	☼☼	Morning Rounds, Fruit & Grain Buns, Muesli	6/450g	3.54ea	21.24
664164 10044	55360	☼☼	OneBun, Hamburger Style Sandwich Buns, Flax	6/600g	3.54ea	21.24
664164 10041	55359	☼☼	OneBun, Hamburger Style Sandwich Buns, Multigrain	6/600g	3.54ea	21.24
664164 10051	55364	☼☼	OneBun, Hamburger Style Sandwich Buns, Multigrain 100 Calorie	6/320g	2.82ea	16.92
664164 10061	55365	☼☼	OneBun, Hot Dog Buns, Multigrain	6/400g	3.54ea	21.24

QUE PASA FROZEN TORTILLAS • CANADIAN • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Que Pasa frozen tortillas from our warehouse.

068826 31010	54200	☼☼☼	Corn Tortillas, Stone Ground, Organic (gluten free)	12/12ea	1.93ea	23.16
068826 31030	54239	☼☼	Flour Tortillas, Hand Stretched (White/Wheat)	12/12ea	3.15ea	37.80

UDI'S GLUTEN FREE FROZEN BREADS, BAGELS & BUNS

We guarantee best before dates of 30 days from the date of shipping Udi's frozen products from our warehouse.

698997 80954	54353	☼	Bagels, Plain (dairy/soy/nut/gluten free)	8/397g	5.10ea	40.80
698997 80957	54286	☼	Bagels, Cinnamon Raisin (dairy/soy/nut/gluten free)	8/397g	5.10ea	40.80
698997 80715	54529	☼	Bagels, Everything Inside (dairy/soy/nut/gluten free)	8/397g	5.10ea	40.80
698997 80714	54528	☼	Bagels, Mighty (dairy/soy/nut/gluten free)	8/397g	5.10ea	40.80
698997 80964	54285	☼	Bagels, Whole Grain (dairy/soy/nut/gluten free)	8/397g	5.10ea	40.80
698997 80925	54349	☼	Bread, Cinnamon Raisin (dairy/soy/nut/gluten free)	8/340g	4.83ea	38.64
698997 80994	55042	☼	Bread, Millet-Chia (gluten free)	8/403g	4.98ea	39.84
698997 80996	55057	☼	Bread, Omega Flax & Fibre (gluten free)	8/403g	4.98ea	39.84
698997 80916	54288	☼	Bread, Whole Grain (dairy/soy/nut/gluten free)	8/340g	4.83ea	38.64
698997 80744	54527	☼	Dinner Rolls, Classic French (dairy/soy/nut/gluten free)	8/210g	4.37ea	34.96
698997 80743	54546	☼	Dinner Rolls, Seeded Whole Grain (dairy/soy/nut/gluten free)	8/240g	4.37ea	34.96
698997 80698	54547	☼	French Baguettes (dairy/soy/nut/gluten free)	6/240g	5.05ea	30.30
698997 80910	54287	☼	Sandwich Bread, White (dairy/soy/nut/gluten free)	8/340g	4.83ea	38.64
698997 80913	55036	☼	Hamburger Buns, Classic (dairy/soy/nut/gluten free)	8/295g	3.86ea	30.88
698997 80984	54351	☼	Hamburger Buns, Whole Grain (dairy/soy/nut/gluten free)	8/306g	3.86ea	30.88
698997 80932	55038	☼	Hot Dog Buns, Classic (dairy/soy/nut/gluten free)	6/366g	4.47ea	26.82

UDI'S GLUTEN FREE TORTILLAS

We guarantee best before dates of 30 days from the date of shipping Udi's frozen products from our warehouse.

698997 80716	54525	☼	Tortillas (6") (dairy/soy/nut/gluten free)	12/192g	3.84ea	46.08
698997 80717	54526	☼	Tortillas (9") (dairy/soy/nut/gluten free)	10/318g	4.61ea	46.10

Frozen Pastries**AUNT TRUDY'S FROZEN FILLO DESSERTS • ORGANIC**

785002 72696	54381	☼☼	Baklava, Maple Walnut, Organic (prebaked)	12/142g	5.15ea	61.80
785002 75279	58100	☼☼	Fillo Pocket, Apple, Organic (ready-to-bake)	12/142g	3.41ea	40.92

FREYUMM FROZEN ALLERGEN FRIENDLY MINI CAKES & BROWNIES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping FreeYumm treats from our warehouse.

North Vancouver's FreeYumm Foods makes wholesome treats that are always free of the top ten priority food allergens (eggs, milk, mustard, peanuts, seafood, sesame, soy, sulphites, tree nuts and wheat). Chocolate Brownie Bites and Chocolate Ganache Mini-Cakes are created in a dedicated bakery with healthy ingredients, which include natural sweeteners and whole grains that are organic and non-GMO whenever possible.

816695 00001	10158	☼☼	NEW Chocolate Brownie Bites (top ten allergen free)	12/192g	5.07ea	60.84
816695 00002	10159	☼☼	NEW Chocolate Ganache Mini-Cakes (top ten allergen free)	12/192g	5.07ea	60.84

GOURMET CROISSANT FROZEN CROISSANTS • CANADIAN • ORGANIC

We guarantee best before dates of 28 days from the date of shipping Gourmet Croissant frozen products from our warehouse.

626639 11311	55195	☼☼☼	Croissant, Cheese, Organic	12/6x80g	11.79ea	141.48
626639 11322	55196	☼☼☼	Croissant, Chocolate, Organic	12/6x70g	11.54ea	138.48
626639 11304	55193	☼☼☼	Croissant, Jumbo, White, Organic	12/6x80g	9.79ea	117.48
626639 11305	55194	☼☼☼	Croissant, Jumbo, Whole Wheat, Organic	12/6x80g	9.79ea	117.48
626639 13052	55176	☼☼☼	Croissant, Jumbo, Whole Wheat, Organic	1/120x80g	168.75ea	168.75

MOLLY B'S GLUTEN FREE KITCHEN FROZEN BAKED GOODS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Molly B's frozen baked goods from our warehouse.

839234 00842	58070	☼☼	Grab & Go, Blondie Mini Bites (gluten/dairy free) (3/pkg) (replaces Code 58065)	12/75g	1.96ea	23.52
839234 00841	58069	☼☼	Grab & Go, Brownie Mini Bites (gluten/dairy free) (3/pkg) (replaces Code 58064)	12/75g	1.96ea	23.52
839234 00839	58060	☼☼	Blondie Mini Bites (gluten/dairy free) (12/pkg)	12/300g	7.91ea	94.92
839234 00838	58059	☼☼	Brownie Mini Bites (gluten/dairy free) (12/pkg)	12/300g	7.91ea	94.92
839234 00840	58061	☼☼	Spice Mini Bites (gluten/dairy free) (12/pkg)	12/300g	7.91ea	94.92
839234 00847	58073	☼☼	Grab & Go, Butter Raisin Tarts (gluten/dairy free) (2/pkg)	12/115g	3.33ea	39.96
839234 00848	58074	☼☼	Grab & Go, Lemon Curd Tarts (gluten/dairy free) (2/pkg)	12/135g	3.33ea	39.96
839234 00850	58062	☼☼	Butter Raisin Tarts (gluten/dairy free) (6/pkg)	12/340g	9.29ea	111.48
839234 00851	58063	☼☼	Lemon Curd Tarts (gluten/dairy free) (6/pkg)	12/400g	9.29ea	111.48

.....

We've got you covered. Voici des renforts!

.....



breakfast/
déjeuner



midday snack/
collation du midi



brunch/
brunch



lunch/
lunch



on-the-go/
sur le pouce



dinner/
souper



dessert/
dessert



late night snack/
collation de fin de soirée

EVERY MEAL. EVERY TIME. EVERYWHERE. À CHAQUE REPAS. À CHAQUE FOIS. PEU IMPORTE L'ENDROIT.

Midnight snack, post-workout meal, potluck casserole – any meal can be gluten free with Udi's Gluten Free Foods. The #1 selling GF brand offers shoppers great tasting products that span all eating occasions.

Une collation de fin de soirée, un repas après une séance d'entraînement, un plat servi lors d'un repas-partage, n'importe quel repas peut être sans gluten grâce aux produits sans gluten Udi. La marque de produits sans gluten la plus populaire offre aux consommateurs des produits savoureux qui conviennent à toutes les occasions.

Certifié
Certified



Gluten-Free
Sans Gluten



Visit us on the web!
Visitez notre site Web!
www.udisglutenfree.com

**UDI'S GLUTEN FREE ITEM/
ITEM SANS GLUTEN DE UDI'S**

PACK/UNITÉS

**UNIT UPC
6 98997**



Breads

White Sandwich Loaf 340 g / Pain blanc 340 g	8	80910 4
Whole Grain Loaf 340 g / Pain à grains entiers 340 g	8	80916 6
Cinnamon Raisin Loaf 340 g / Pain aux raisins et à la cannelle 340 g	8	80925 8
Millet-Chia Loaf 406 g / Pain au millet et chia 406 g	8	80994 4
Omega-3 Flax & Fibre Loaf 406 g / Pain aux fibres et au lin omega-3 406 g	8	80996 8



Bagels

Plain Bagel 397g 4 Ct / Bagel nature 397g 4 Ct	8	80954 8
Whole Grain Bagel 397g 4 Ct / Bagel au grains entiers 397g 4 Ct	8	80964 7
Cinnamon Raisin Bagel 397g 4 Ct / Bagel aux raisins et à la cannelle 397g 4 Ct	8	80957 9
Mighty Bagel 396 g 4 Ct / Gourmand bagels 396 g 4 Ct	8	80714 8
Everything Inside Bagel 396 g 4 Ct / Bagels tout garni 396 g 4 Ct	8	80715 5



Dinner Rolls & Baguettes

Classic French Dinner Rolls 210g 6 Ct/Petits pains français classiques 210g 6 Ct	8	80743 8
Seeded Wholegrain Dinner Rolls 240g 6 Ct/ Petits pains à grains entiers garnis de graines 240g 6 Ct	8	80744 5
French Baguette 240g 2 Ct/ Baguettes françaises 240 g 2 ct	6	80698 1



Muffins & Muffin Tops

Blueberry Muffins 340g 4 Ct/ Muffins aux bleuets 340g 4 Ct	6	80931 9
Lemon Streusel Muffins 340g 4 Ct/ Muffins streusel au citron 340g 4 Ct	6	80936 4
Double Chocolate Muffins 340g 4 Ct/ Muffins double chocolat 340g 4 Ct	6	80937 1
Cinnamon Rolls 400g 4 Ct/ Brioches à la cannelle 400g 4 Ct	6	80922 7
Double Vanilla Muffin 380g 4 Ct/ Muffins double vanille 380g 4 Ct	6	80712 4
Harvest Crunch Muffin 340g 4 Ct/ Muffins croque-nature 340g 4 Ct	6	80713 1
Chocolate Chia Muffin Top 227g 4 Ct / Dessus de muffin 227g 4 Ct	6	80636 3



Frozen Pizza & Pizza Crusts

9" Pizza Crusts 224g 2 Ct /9" Croûtes à pizza 224 g 2 ct	8	80917 3
9" Pepperoni Pizza 286 g /9" Pizza pepperoni 286 g	6	80623 3
9" Three Cheese Pizza 284 g /9" Pizza aux trois fromages 284 g	6	80624 0
9" Margherita Pizza 284 g /9" Pizza margherita 284 g	6	80625 7



Cookies & Brownies

Chocolate Chip Cookies 227g Tub/Biscuits aux brisures de chocolat 227g Tub	8	80918 0
Snickerdoodle Cookies 227g Tub/Biscuits Snickerdoodle 227g Tub	8	80924 1
Dark Chocolate Brownie Bites 227g Tub/Bouchées de brownie double chocolat 227g Tub	8	80628 8



Ancient Grain Crisps

Sea Salt Ancient Grain Crisps 140g DRP 12pk/ Croustilles au sel de mer fait de grains anciens 140g DRP 12pk	12	80750 6
Aged Cheddar Ancient Grain Crisps 140g DRP 12pk/ Croustilles au cheddar vieilli fait de grains anciens 140g DRP 12pk	12	80751 3
Jalapeno Cheddar Ancient Grain Crisps 140g DRP 12pk/ Croustilles jalapeno et cheddar fait de grains anciens 140g DRP 12pk	12	80752 0



Buns

Classic Hamburger Buns 296g 4 Ct /Pains à hamburger classiques 296g 4 Ct	8	80913 5
Whole Grain Hamburger Buns 308g 4 Ct/Pains à hamburger à grains entiers 308g 4 Ct	8	80984 5
Classic Hotdog Buns 408g 6 Ct/Pains à hot-dog classiques 408g 6 Ct	6	80932 6



Tortillas

Plain Tortilla Small 320 g 8 ct /Tortillas nature petit 320 g 8 ct	12	80716 2
Plain Tortilla Large 432 g 6 ct /Tortillas nature grande 432 g 6 ct	10	80717 9



Premium Cookies

Premium Maple Pecan Chocolate Chip Cookies 260g 10ct/ Brisures de chocolat et pacanes à l'érable 260g 10 ct	6	80755 1
Premium Salted Caramel Cashew Cookies 260g 10ct/ Caramel salé et noix de cajou 260g 10 ct	6	80758 2
Premium Peanut Butter Coconut Cookies 260g 10ct/ Beurre d'arachide et noix de coco 260g 10 ct	6	80759 9

upc code order code

case size ea price cs price

PÂTISSERIE LEBEAU FROZEN LIEGE (BELGIAN) WAFFLES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Pâtisserie Lebeau frozen waffles from our warehouse.

882881 40718	55353	✳️🍁	Liege (Belgian) Waffles (replaces Code 55165)	12/300g	4.24ea	50.88
882881 40616	55354	✳️🍁	Liege (Belgian) Waffles, Apple Cinnamon (replaces Code 55166).....	12/300g	4.24ea	50.88
882881 40716	55355	✳️🍁	Liege (Belgian) Waffles, Chocolate Chip (replaces Code 55167).....	12/300g	4.24ea	50.88
		◇	Volume Price: 5 assorted cases (open stock not on deal)		3.60ea	43.20
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.97ea	35.64

UDI'S GLUTEN FREE FROZEN MUFFINS & ROLLS

We guarantee best before dates of 30 days from the date of shipping Udi's frozen products from our warehouse.

698997 80931	55040	✳️	Muffins, Blueberry (dairy/soy/nut/gluten free)	6/340g	5.44ea	32.64
698997 80937	55041	✳️	Muffins, Double Chocolate (dairy/soy/nut/gluten free)	6/340g	5.44ea	32.64
698997 80712	54541	✳️	Muffins, Double Vanilla (dairy/soy/nut/gluten free)	6/380g	5.44ea	32.64
698997 82713	54542	✳️	Muffins, Harvest Crunch (dairy/soy/nut/gluten free).....	6/340g	5.44ea	32.64
698997 80936	55058	✳️	Muffins, Lemon Streusel (dairy/soy/nut/gluten free)	6/340g	5.44ea	32.64
698997 80922	55059	✳️	Rolls, Cinnamon (dairy/soy/nut/gluten free)	6/400g	5.95ea	35.70

Frozen Pastry Dough**FILLO FACTORY FROZEN FILLO PASTRY DOUGH & SHELLS • ORGANIC**

785002 32413	02184	✳️✳️	Fillo Dough Sheets, Organic (yeast free/vegan).....	12/454g	5.26ea	63.12
785002 87312	02183	✳️✳️	Fillo Dough Sheets, Spelt, Organic (yeast free/vegan).....	12/454g	6.91ea	82.92
785002 99312	02185	✳️✳️	Fillo Dough Sheets, Whole Wheat, Organic (yeast free/vegan)	12/454g	5.60ea	67.20

MAUREEN'S FOOD WORLD FROZEN PIE SHELLS • CANADIAN

841307 00402	58057	✳️🍁	Pie Shells, Unbleached Wheat Flour (9") (ready-to-bake) (2/pkg).....	14/398g	5.27ea	73.78
841307 00401	58056	✳️🍁	Pie Shells, Whole Wheat (9") (ready-to-bake) (2/pkg).....	14/398g	5.27ea	73.78

MOLLY B'S GLUTEN FREE KITCHEN FROZEN BAKING SHELLS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Molly B's frozen baked goods from our warehouse.

839234 00855	58058	✳️🍁	Pie Shells (gluten/dairy/corn free) (ready-to-bake) (2/pkg).....	12/380g	7.31ea	87.72
839234 00862	58075	✳️🍁	Tart Shells (ready-to-bake) (gluten/dairy/soy/corn free) (6/pkg).....	12/170g	3.93ea	47.16

Frozen Pizza Shells**COMENSOLI GLUTEN FREE FROZEN PIZZA CRUSTS**

180236 00090	21025	✳️🍁	Thin Crust Shells, Vegan (8") (gluten free) (2/pkg).....	8/300g	4.07ea	32.56
		◇	Volume Price: 6 asstd cs (Comensoli Pizzas + Crusts; open stock not on deal on one invoice)		3.66ea	29.28
		◇	Volume Price: 10 asstd cs (Comensoli Pizzas + Crusts; open stock not on deal on one invoice)		3.46ea	27.68

GLUTINO FROZEN GLUTEN FREE PIZZA CRUSTS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Glutino frozen pizza crusts from our warehouse.

678523 03100	55606	✳️🍁	Pizza Crusts, Corn (gluten free) (prebaked).....	6/375g	5.42ea	32.52
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UDI'S GLUTEN FREE FROZEN PIZZA CRUSTS

We guarantee best before dates of 30 days from the date of shipping Udi's frozen products from our warehouse.

698997 80917	54289	✳️	Pizza Crusts (9") (dairy/soy/nut/gluten free) (2/pkg).....	8/227g	4.59ea	36.72
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VICOLO FROZEN PIZZA CRUST SHELLS • ORGANIC

612900 09960	54826	✳️✳️	Shells, Corn Meal, Organic (prebaked) (2/pkg).....	12/467g	4.36ea	52.32
612900 09860	54827	✳️✳️	Shells, Spelt & Corn Meal, Organic (prebaked) (2/pkg).....	12/467g	5.08ea	60.96

Frozen Toaster Waffles + Pancakes**NATURE'S PATH FROZEN TOASTER WAFFLES • ORGANIC**

058449 59073	55707	✳️✳️🍁	Ancient Grains, 9 Grains & Honey, Organic.....	12/210g	3.38ea	40.56
058449 59057	55702	✳️✳️	Buckwheat Wildberry, Organic (gluten free)	12/210g	3.38ea	40.56
058449 59074	55708	✳️✳️🍁	Chia Plus, Quinoa & Amaranth, Organic (gluten free)	12/210g	3.38ea	40.56
058449 59055	55700	✳️✳️	Flax Plus, Organic.....	12/210g	3.38ea	40.56
058449 59051	55698	✳️✳️🍁	Flax Plus Red Berry, Organic.....	12/210g	3.38ea	40.56
058449 59061	55701	✳️✳️	Hemp Plus, Organic.....	12/210g	3.38ea	40.56
058449 59052	55699	✳️✳️	Homestyle, Organic (gluten free).....	12/210g	3.38ea	40.56
058449 59063	55704	✳️✳️🍁	Maple Cinn, Organic.....	12/210g	3.38ea	40.56
058449 59076	55709	✳️✳️🍁	Pumpkin Spice, Organic (gluten free)	12/210g	3.38ea	40.56
		◇	Volume Price: 10 assorted cases (Waffles only; natural foods retailers only; no other discounts apply)		3.09ea	37.11
		◇	Volume Price: 20 assorted cases (Waffles only; natural foods retailers only; no other discounts apply)		3.02ea	36.21

VAN'S FROZEN TOASTER WAFFLES

089947 30206	54750	✳️	Original, Wheat Free	12/255g	3.12ea	37.44
089947 30214	54751	✳️	Apple Cinnamon, Wheat Free	12/255g	3.12ea	37.44
089947 30220	54752	✳️	Blueberry, Wheat Free	12/255g	3.12ea	37.44
089947 30280	54763	✳️	Lite, 97% Fat Free	12/227g	3.12ea	37.44
089947 30279	54764	✳️	8 Whole Grains.....	12/227g	3.12ea	37.44

upc code order code

case size ea price cs price

beverages • functional + supplemental (freezer)

FEEDINGCHANGE FROZEN RAW THAI COCONUT WATER • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping FeedingChange frozen coconut water from our warehouse.

091037 12925	07100	***	Coconut Water, Raw, Organic	12/345ml	3.46ea	41.52	U
091037 12926	07103	***	Coconut Water, Raw, Organic	12/946ml	8.60ea	103.20	U

butter (freezer)

L'ANCÊTRE FROZEN BUTTER • CANADIAN • ORGANIC

We guarantee best before dates of 28 days from the date of shipping L'Ancêtre Codes 43002 and 43005 from our warehouse (21 days for Code 43003 and 43006).

078177 10696	43002	***	Butter, Salted, Organic (frozen)	12/250g	4.97ea	59.64	
078177 10697	43003	***	Butter, Unsalted, Organic (frozen)	12/250g	4.97ea	59.64	
078177 10698	43005	***	Butter, Salted, Organic (frozen)	6/454g	8.84ea	53.04	
078177 10699	43006	***	Butter, Unsalted, Organic (frozen)	6/454g	8.84ea	53.04	

desserts + novelties • dairy + non-dairy alternatives

Protected service on frozen items is limited by the trucking services available. We regret that frozen desserts must be shipped to some outlying and prairie destinations at the customer's risk only.

CIAO BELLA FROZEN SORBETS

799512 01210	55002	*	Sorbet, Blood Orange	8/473ml	4.97ea	39.76	T
799512 01206	55007	*	Sorbet, Chocolate	8/473ml	4.97ea	39.76	T
799512 01203	55004	*	Sorbet, Coconut	8/473ml	4.97ea	39.76	T
799512 01204	55003	*	Sorbet, Mango	8/473ml	4.97ea	39.76	T
799512 01205	55008	*	Sorbet, Raspberry	8/473ml	4.97ea	39.76	T
		◇	Volume Price: 10 assorted cases (open stock not on deal)		4.70ea	37.56	
		◇	Volume Price: 15 assorted cases (open stock not on deal)		4.56ea	36.46	
		◇	Volume Price: 25 assorted cases (open stock not on deal)		4.42ea	35.36	

COCONUT BLISS NON-DAIRY FROZEN COCONUT MILK DESSERTS • ORGANIC

896767 00125	53034	**	Coconut Milk, Cappuccino, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00147	53082	**	Coconut Milk, Cherry Amaretto, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00126	53035	**	Coconut Milk, Chocolate Hazelnut Fudge, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00148	53084	**	Coconut Milk, Chocolate Peanut Butter, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00127	53036	**	Coconut Milk, Dark Chocolate, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00149	53083	**	Coconut Milk, Lunaberry Swirl, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00166	53187	**	Coconut Milk, Mint Galactica, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00150	53085	**	Coconut Milk, Mocha Maca Crunch, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00128	53037	**	Coconut Milk, Naked Coconut, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00129	53038	**	Coconut Milk, Pineapple Coconut, Organic (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00167	53188	**	Coconut Milk, Salted Caramel & Chocolate, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T
896767 00130	53039	**	Coconut Milk, Vanilla Island, Organic (Fair Trade) (gluten free/vegan)	8/473ml	6.22ea	49.76	T

COCONUT BLISS NON-DAIRY FROZEN COCONUT MILK NOVELTIES • ORGANIC

896767 00169	53190	**	Bars, Coconut Milk, Café Latte, Organic (gluten free/vegan)	12/4x73g	5.59ea	67.08	T
896767 00131	53040	**	Bars, Coconut Milk, Dark Chocolate, Organic (gluten free/vegan)	12/4x73g	5.59ea	67.08	T
896767 00132	53041	**	Bars, Coconut Milk, Naked Coconut, Organic (gluten free/vegan)	12/4x73g	5.59ea	67.08	T
896767 00168	53189	**	Bars, Coconut Milk, Strawberry Love, Organic (gluten free/vegan)	12/4x73g	5.59ea	67.08	T

DEEBEE'S FROZEN TEAPOPS • CANADIAN • ORGANIC

We guarantee best before dates of 42 days from the date of shipping DeeBee's frozen novelties from our warehouse.

838913 00111	52105	***	TeaPops, Berries 'N' Cherries, Organic (gluten free/vegan) (replaces Code 53143)	8/4x70ml	5.40ea	43.20	T
838913 00211	52108	***	TeaPops, Minty Mint, Organic (gluten free/vegan) (replaces Code 53146)	8/4x70ml	5.40ea	43.20	T
838913 00411	52106	***	TeaPops, Southern Iced Tea, Organic (gluten free/vegan) (replaces Code 53144)	8/4x70ml	5.40ea	43.20	T
838913 00511	52104	***	TeaPops, Toasted Coconut, Organic (gluten free/vegan)	8/4x70ml	5.40ea	43.20	T
838913 00311	52107	***	TeaPops, Tropical Mango, Organic (gluten free/vegan) (replaces Code 53145)	8/4x70ml	5.40ea	43.20	T
838913 00112	52110	***	Bulk Pack, TeaPops, Berries 'N' Cherries, Organic (gluten free/vegan) (replaces Code 53147)	1/12x70ml	18.60ea	18.60	T
838913 00212	52113	***	Bulk Pack, TeaPops, Minty Mint, Organic (gluten free/vegan) (replaces Code 53150)	1/12x70ml	18.60ea	18.60	T
838913 00412	52111	***	Bulk Pack, TeaPops, Southern Iced Tea, Organic (gluten free/vegan) (replaces Code 53148)	1/12x70ml	18.60ea	18.60	T
838913 00512	52114	***	Bulk Pack, TeaPops, Toasted Coconut, Organic (gluten free/vegan)	1/12x70ml	18.60ea	18.60	T
838913 00312	52112	***	Bulk Pack, TeaPops, Tropical Mango, Organic (gluten free/vegan) (replaces Code 53149)	1/12x70ml	18.60ea	18.60	T

DREAM NON-DAIRY FROZEN DESSERTS

084253 29423	53087	*	Almond Dream, Chocolate (gluten free)	8/473ml	3.69ea	29.52	T
084253 29421	53086	*	Almond Dream, Vanilla (gluten free)	8/473ml	3.69ea	29.52	T
084253 27352	55323	**	Rice Dream, Cocoa Marble Fudge, Organic (gluten free)	6/946ml	5.90ea	35.40	
084253 27351	55322	**	Rice Dream, Vanilla, Organic (gluten free)	6/946ml	5.90ea	35.40	

SATISFY THEIR CRAVINGS YEAR ROUND.



Freshly brewed organic rooibos and fair trade tea.

The result...
mouth watering
organic goodness!



Chocked full of
organic super fruits
and no refined sugar!



ORGANIC
TEAPOPS

The world's first organic, non-GMO,
tea and fresh fruit frozen treats.



TeaPops are redefining the frozen stick novelty category with an amazingly tasty and healthy alternative that families are looking for. TeaPops offer all the antioxidant rich benefits of organic rooibos and tea as well as organic fruits. It is a low calorie treat ranging between 25-50 calories and contain no refined sugar. They have been lovingly brought to the market by a doctor and medical scientist who wanted only the best for their kids.

T 778-265-8327 F 778-433-8327
E info@deebesorganics.com
deebesorganics.com

Naturally non-caffeinated varieties • Five delicious flavours • 4 pack or 70ml single serve format

Funding for this project has been provided by Agriculture and Agri-Food Canada and the BC Ministry of Agriculture through the BC Agrifoods Export Program under Growing Forward 2, a federal-provincial-territorial initiative. The program is delivered by the Investment Agriculture Foundation of BC.

upc code	order code		case size	ea price	cs price	
JULIE'S ORGANIC NON-DAIRY COCONUT NOVELTIES • ORGANIC						
072609 74049	53088	**	Bars, Coconut Cream, Chocolate & Almond Dipped, Organic (3/pkg)	8/3x89ml	5.15ea	41.20 T
072609 74046	53063	**	Bars, Coconut Cream, Fudge, Chocolate Dipped, Organic (4/pkg)	8/4x74ml	5.15ea	41.20 T
072609 74048	53065	**	Bars, Coconut Cream, Vanilla, Chocolate Dipped, Organic (3/pkg)	8/3x89ml	5.15ea	41.20 T
072609 74050	53089	**	Bars, Coconut Cream, Vanilla Orange, Organic (4/pkg)	8/4x74ml	5.15ea	41.20 T
072609 74047	53064	**	Sandwiches, Chocolate Cookie, Coconut, Organic (4/pkg)	8/4x118ml	5.15ea	41.20 T

JULIE'S ORGANIC FROZEN SORBET NOVELTIES • ORGANIC

072609 74106	53052	**	Sorbet Bar, Blackberry, Organic	12/4x74ml	4.35ea	52.20 T
072609 74107	53053	**	Sorbet Bar, Mandarin (Orange), Organic	12/4x74ml	4.35ea	52.20 T
072609 74109	53055	**	Sorbet Bar, Mango Passion, Organic	12/4x74ml	4.35ea	52.20 T

MAPLETON'S ORGANIC FROZEN ICE CREAM • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Mapleton's Organic frozen desserts from our warehouse.

684923 03000	53133	**	Ice Cream, Cappuccino, Organic	8/473ml	5.54ea	44.32 T
684923 08500	53136	**	Ice Cream, Chai, Organic	8/473ml	5.54ea	44.32 T
684923 02000	53132	**	Ice Cream, Chocolate, Organic	8/473ml	5.54ea	44.32 T
684923 07000	53134	**	Ice Cream, Ginger, Organic	8/473ml	5.54ea	44.32 T
684923 04000	53129	**	NEW Ice Cream, Raspberry, Organic	8/473ml	5.54ea	44.32 T

Made in an organic dairy located on its own family farm from only the freshest ingredients, Mapleton's Organic ice cream is smooth, refreshing, wholesome and flavourful. Milk, cream and eggs are produced on the farm where the treats are made without chemicals, GMOs, antibiotics, artificial ingredients or salt. Mapleton's varieties, like new Raspberry Ice Cream, are low in total sugars, with less fat, and guaranteed to be gluten and nut free.

684923 01000	53130	**	Ice Cream, Vanilla, Organic	8/473ml	5.54ea	44.32 T
684923 01200	53131	**	Ice Cream, Vanilla & Chocolate Chips, Organic	8/473ml	5.54ea	44.32 T

MAPLETON'S ORGANIC FROZEN YOGURTS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Mapleton's Organic frozen desserts from our warehouse.

684923 16000	53139	**	Frozen Yogurt, Lemon, Organic	8/473ml	5.54ea	44.32 T
684923 15000	53138	**	Frozen Yogurt, Strawberry, Organic	8/473ml	5.54ea	44.32 T
684923 11000	53137	**	Frozen Yogurt, Vanilla, Organic	8/473ml	5.54ea	44.32 T

MAPLETON'S ORGANIC FROZEN ICE CREAM SANDWICHES • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Mapleton's Organic frozen desserts from our warehouse.

Made in an organic dairy located on its own family farm from only the freshest ingredients, Mapleton's Organic ice cream is smooth, refreshing, wholesome and flavourful. Milk, cream and eggs are produced on the farm where the treats are made without chemicals, GMOs, antibiotics, artificial ingredients or salt. Mapleton's varieties are low in total sugars, with less fat, and guaranteed to be gluten and nut free.

684923 35001	53151	**	NEW Ice Cream Cookie (Sandwich), Vanilla Chocolate Chip, Organic (gluten free)	24/200ml	3.04ea	72.96 T
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ONE EARTH FROZEN ICE CREAM • CANADIAN

182583 00062	63007	**	Ice Cream, Light, Cinnamon & Espresso	6/500ml	6.16ea	36.96
182583 00063	63008	**	Ice Cream, Light, Dark Chocolate Crunch	6/500ml	6.16ea	36.96
182583 00060	63005	**	Ice Cream, Light, Mighty Maple w/Pumpkin Seeds	6/500ml	6.16ea	36.96
182583 00061	63006	**	Ice Cream, Light, Vanilla Brulée w/Chia Seeds	6/500ml	6.16ea	36.96

PURELY DECADENT NON-DAIRY FROZEN DESSERTS • ORGANIC

744473 26021	55206	**	Chocolate Obsession, Organic (gluten free)	8/500ml	4.56ea	36.48
744473 26030	55209	**	Cookie Avalanche, Organic (gluten free)	8/500ml	4.56ea	36.48
744473 26062	55210	**	Peanut Butter Zigzag, Organic (gluten free)	8/500ml	4.56ea	36.48
744473 26011	55212	**	Purely Vanilla, Organic (gluten free)	8/500ml	4.56ea	36.48
744473 26001	55216	**	Turtle Trails, Organic (gluten free)	8/500ml	4.56ea	36.48

RICO 'N' LALO FROZEN FRUIT ICE BARS (PALETAS) • CANADIAN

898612 00007	53073	**	Ice Bar, Banana	25/80ml	1.71ea	42.75 T
		◇	Volume Price: 5 assorted cases (open stock not on deal)		1.65ea	41.25
		◇	Volume Price: 10 assorted cases (open stock not on deal)		1.59ea	39.75
		◇	Volume Price: 15 assorted cases (open stock not on deal)		1.53ea	38.25
898612 00032	53124	**	Multipack, Ice Bar, Banana	12/4x80ml	4.70ea	56.40 T
898612 00026	53120	**	Multipack, Ice Bar, Lime	12/4x80ml	4.70ea	56.40 T
898612 00027	53121	**	Multipack, Ice Bar, Mango	12/4x80ml	4.70ea	56.40 T
898612 00038	53122	**	Multipack, Ice Bar, Pineapple	12/4x80ml	4.70ea	56.40 T
898612 00029	53123	**	Multipack, Ice Bar, Raspberry	12/4x80ml	4.70ea	56.40 T
898612 00033	53125	**	Multipack, Ice Bar, Watermelon	12/4x80ml	4.70ea	56.40 T
		◇	Volume Price: 5 assorted cases (open stock not on deal)		4.54ea	54.50
		◇	Volume Price: 10 assorted cases (open stock not on deal)		4.38ea	52.60
		◇	Volume Price: 15 assorted cases (open stock not on deal)		4.22ea	50.69

SALT SPRING FROZEN ITALIAN ICE CREAMS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Salt Spring ice creams from our warehouse.

784324 05005	53091	**	Gelato, Chai Latte, Organic (Available to BC customers only)	8/450ml	6.07ea	48.56 T
784324 05001	53090	**	Gelato, Chocolate, Organic (Available to BC customers only)	8/450ml	6.07ea	48.56 T
784324 05004	53092	**	Gelato, Hazelnut, Organic (Available to BC customers only)	8/450ml	6.07ea	48.56 T
784324 05008	53094	**	Gelato, Strawberries & Cream, Organic (Available to BC customers only)	8/450ml	6.07ea	48.56 T
784324 05002	53093	**	Gelato, Vanilla Bean, Organic (Available to BC customers only)	8/450ml	6.07ea	48.56 T
784324 05062	53096	**	Sorbetto, Blueberry, Organic	8/450ml	5.56ea	44.48 T
784324 05061	53097	**	Sorbetto, Mango, Organic	8/450ml	5.56ea	44.48 T
784324 05063	53098	**	Sorbetto, Raspberry, Organic	8/450ml	5.56ea	44.48 T
784324 05065	53099	**	Sorbetto, Strawberry, Organic	8/450ml	5.56ea	44.48 T

upc code	order code		case size	ea price	cs price	
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SAMBAZON FROZEN RIO STYLE AÇAÍ SORBET • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Sambazon sorbet from our warehouse.

818411 00014	53081	✳✳☉	Sorbet, Açai, Organic (Fair Trade).....	8/473ml	5.37ea	42.96	T
818411 00314	93004	✳✳☉	NEW Sorbet, Açai, Organic (Fair Trade).....	1/11.35L	105.25ea	105.25	

Available in a new 11.35L bulk and food service size! Non-dairy, vegan açai sorbet, made with all organic and GMO free ingredients sustainably sourced in the Brazilian Amazon, offers luscious berry flavour in addition to powerful antioxidants and healthy omegas.

SO DELICIOUS NON-DAIRY FROZEN COCONUT MILK DESSERTS

744473 27025	55331	✳	Coconut Milk, Cherry Amaretto (gluten free).....	8/500ml	5.40ea	43.20	
744473 27021	55302	✳	Coconut Milk, Chocolate (gluten free).....	8/500ml	5.40ea	43.20	
744473 27033	55303	✳	Coconut Milk, Coconut (gluten free).....	8/500ml	5.40ea	43.20	
744473 27046	55314	✳	Coconut Milk, Cookie Dough (gluten free).....	8/500ml	5.40ea	43.20	
744473 27055	55316	✳	Coconut Milk, Mint Chip (gluten free).....	8/500ml	5.40ea	43.20	
744473 27023	55328	✳	Coconut Milk, Mocha Almond Fudge (gluten free).....	8/500ml	5.40ea	43.20	
744473 27062	55339	✳	Coconut Milk, Peanut Butter Swirl (gluten free).....	8/500ml	5.40ea	43.20	
744473 27011	55299	✳	Coconut Milk, Vanilla Bean (gluten free).....	8/500ml	5.40ea	43.20	
744473 27721	55351	✳	Coconut Milk, Chocolate, No Sugar Added (gluten free).....	8/500ml	5.40ea	43.20	
744473 27711	55350	✳	Coconut Milk, Vanilla Bean, No Sugar Added (gluten free).....	8/500ml	5.40ea	43.20	

SO DELICIOUS NON-DAIRY FROZEN COCONUT MILK MULTIPACK NOVELTIES

744473 27412	55321	✳	Minis Bars, Coconut Milk, Coconut Almond, Chocolate Covered (gluten free).....	12/4x68ml	4.48ea	53.76	T
744473 27411	55319	✳	Minis Bars, Coconut Milk, Vanilla, Chocolate Covered (gluten free).....	12/4x68ml	4.48ea	53.76	T
744473 27436	55318	✳	Minis Sandwiches, Chocolate Cookie, Coconut Milk, Banana Split.....	12/8x68ml	5.41ea	64.92	T
744473 27430	55317	✳	Minis Sandwiches, Chocolate Cookie, Coconut Milk, Coconut.....	12/8x68ml	5.41ea	64.92	T

SO DELICIOUS NON-DAIRY FROZEN DESSERTS • ORGANIC

744473 24021	55241	✳✳	Chocolate Velvet, Organic (gluten free).....	6/946ml	5.95ea	35.70	
744473 24011	55242	✳✳	Creamy Vanilla, Organic (gluten free).....	6/946ml	5.95ea	35.70	
744473 24082	55244	✳✳	Neapolitan, Organic (gluten free).....	6/946ml	5.95ea	35.70	

SO DELICIOUS NON-DAIRY FROZEN MULTIPACK NOVELTIES

744473 22033	55246	✳	Minis Sandwiches, Chocolate Cookie, Vanilla (8/pkg).....	12/8x68ml	4.50ea	54.00	T
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WHOLE SOME GOAT FROZEN GOAT MILK ICE CREAM • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Wholeome Goat ice cream from our warehouse.

068966 02502	53075	✳✳	Ice Cream, Goat Milk, Cappuccino.....	8/700ml	6.81ea	54.48	
068966 02503	53076	✳✳	Ice Cream, Goat Milk, Chocolate.....	8/700ml	6.81ea	54.48	
068966 02500	53074	✳✳	Ice Cream, Goat Milk, Vanilla Bean.....	8/700ml	6.81ea	54.48	

fruits, vegetables + legumes (freezer)

ALEXIA FROZEN ONION RINGS

834183 00405	55181	✳	Onion Rings, Crispy Golden Onions w/Sea Salt (bag).....	12/340g	3.44ea	41.28	
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ALEXIA FROZEN PREPARED POTATOES

834183 00458	55099	✳	Crispy Bite-Size Puffs, Sweet Potato.....	12/567g	3.83ea	45.96	
834183 00411	55124	✳	Julienne Fries, Sweet Potato (bag).....	12/425g	3.09ea	37.08	
834183 00453	55019	✳	Julienne Fries, Spicy Sweet Potato, Chipotle Seasoning (bag).....	12/567g	3.83ea	45.96	
834183 00459	55114	✳	Oven Reds (Wedges), Olive Oil, Parmesan & Roasted Garlic (bag).....	12/425g	2.81ea	33.72	
834183 00451	55169	✳	Potato Wedges, Olive Oil, Rosemary & Garlic (bag).....	12/450g	2.81ea	33.72	
834183 00454	55020	✳	Waffle Fries, Waffle Cut Potatoes w/Seasoned Salt (bag).....	12/567g	3.83ea	45.96	
834183 00413	55012	✳	Julienne Fries, Sweet Potato.....	8/1.81kg	10.29ea	82.32	

BREMNER'S FROZEN FRUITS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Bremner's frozen fruits from our warehouse.

834644 00541	55070	✳✳☐	Banana Slices, Organic (bag).....	12/300g	3.43ea	41.16	
834644 00536	55066	✳✳☐	Blackberries, Organic (bag).....	12/300g	4.36ea	52.32	
834644 00531	55065	✳✳☐	Blueberries, BC, Organic (bag).....	12/300g	4.36ea	52.32	
834644 00537	55069	✳✳☐	Mango Chunks, Organic (bag).....	12/300g	3.43ea	41.16	
834644 00542	55071	✳✳☐	Pineapple Chunks, Organic (bag).....	12/300g	3.43ea	41.16	
834644 00540	55067	✳✳☐	Raspberries, Organic (bag).....	12/300g	4.36ea	52.32	
834644 00539	55068	✳✳☐	Strawberries, Organic (bag).....	12/300g	3.43ea	41.16	
834644 00502	55017	✳✳☐	Blackberries, Organic (bag).....	12/600g	6.67ea	80.04	
834644 00506	55001	✳✳☐	Blueberries (bag).....	12/600g	6.67ea	80.04	
834644 00503	55018	✳✳☐	Mangos, Organic (bag).....	12/600g	6.67ea	80.04	
834644 00231	55075	✳✳☐	NEW Blueberries, Organic.....	1/13.6kg	152.78ea	152.78	
834644 00241	55076	✳✳☐	NEW Blueberries.....	1/13.6kg	95.84ea	95.84	

Frozen blueberries are available now in a 13.6kg bulk packs. Proudly Canadian, Bremner's is a family run farm located in Delta, BC, which prides itself on producing premium quality products from only the finest ingredients.

EARTHBOUND FARM ORGANIC FROZEN FRUITS • ORGANIC (continued on Page 40)

We guarantee best before dates of 45 days from the date of shipping Earthbound Farm frozen fruits and vegetables from our warehouse.

032601 02531	63013	✳✳	Berry Blend, Organic (bag).....	12/300g	4.14ea	49.68	
032601 02537	63025	✳✳	Blackberries, Organic.....	12/300g	4.35ea	52.20	
032601 02530	63009	✳✳	Blueberries, Organic (bag).....	12/300g	4.14ea	49.68	

upc code	order code		case size	ea price	cs price
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EARTHBOUND FARM ORGANIC FROZEN FRUITS • ORGANIC (continued on Page 39)

032601 02529	63010	✳✳	Cherries, Sweet Dark, Organic (bag)	12/300g	4.84ea	58.08
032601 02533	63014	✳✳	Mango Chunks, Organic (bag)	12/300g	4.14ea	49.68
032601 02535	63024	✳✳	Peaches, Sliced, Organic	12/300g	4.14ea	49.68
032601 02532	63012	✳✳	Red Raspberries, Organic (bag).....	12/300g	5.08ea	60.96
032601 02528	63011	✳✳	Strawberries, Organic (bag)	12/300g	4.14ea	49.68

EARTHBOUND FARM ORGANIC FROZEN VEGETABLES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Earthbound Farm frozen fruits and vegetables from our warehouse.

032601 02527	63016	✳✳	Broccoli, Florets, Organic (bag)	12/300g	2.60ea	31.20
032601 02525	63017	✳✳	Butternut Squash, Organic (bag)	12/400g	3.47ea	41.64
032601 02526	63022	✳✳	Corn, Sweet, Organic (bag)	12/350g	2.59ea	31.08
032601 02521	63018	✳✳	Green Beans, Whole, Organic (bag)	12/300g	2.59ea	31.08
032601 02522	63015	✳✳	Peas, Green, Organic (bag).....	12/350g	2.59ea	31.08
032601 02523	63019	✳✳	Red Potatoes, Roasted, Organic (bag).....	12/400g	2.71ea	32.52
032601 02524	63021	✳✳	Spinach, Cut, Organic	12/300g	3.47ea	41.64

EUROPE'S BEST FROZEN FRUITS

We guarantee best before dates of 30 days from the date of shipping Europe's Beat Bananas & Berries (Code 55352) from our warehouse.

871454 00000	55275	✳	4 Field Berry Mix (resealable bag)	12/600g	5.65ea	67.80
871454 03603	55352	✳	Bananas & Berries (resealable bag)	12/600g	5.65ea	67.80
871454 00009	55290	✳	Country Strawberries, Sliced (resealable bag)	12/600g	5.65ea	67.80
871454 00003	55229	✳	Country Strawberries, Whole (resealable bag)	12/600g	5.65ea	67.80
871454 00002	55276	✳	Select Raspberries, Whole (resealable bag)	12/600g	5.65ea	67.80
871454 00005	55199	✳	Sunburst Mango (resealable bag)	12/600g	5.65ea	67.80
871454 00011	55327	✳	Sun Ripe Harvest Peaches (resealable bag)	12/600g	5.65ea	67.80
871454 00001	55293	✳	Woodland Blueberries (resealable bag)	12/600g	5.65ea	67.80

EUROPE'S BEST FROZEN CHOPPED KALE

871454 03605	55304	✳	Kale, Chopped (resealable bag)	12/500g	4.12ea	49.44
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FEEDINGCHANGE FROZEN THAI COCONUT MEAT • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping FeedingChange frozen coconut meat from our warehouse.

091037 12927	63023	✳✳✳	Coconut Meat, Organic.....	10/454g	7.94ea	79.40
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HEALTH VALLEY FROZEN BERRIES • ORGANIC

035742 54004	55405	✳✳	Mixed Berries, Organic (bag)	8/300g	4.58ea	36.64
035742 54003	55406	✳✳	Raspberries, Organic (bag).....	8/300g	4.58ea	36.64
035742 54001	55407	✳✳	Strawberries, Whole, Organic (bag).....	8/300g	4.58ea	36.64
035742 54002	55408	✳✳✳	Wild Blueberries, Organic (bag)	8/300g	4.58ea	36.64

MACKELLAR FARMS FROZEN EDAMAME • CANADIAN

We guarantee best before dates of 45 days from the date of shipping MacKellar Farms frozen edamame from our warehouse.

Ready for your frozen foods section, MacKellar Farms offers Canada's first homegrown, GMO free soybean edamame. Grown and packaged to the highest Canadian food safety standards, whole pod and shelled varieties are high in iron, protein, fibre and essential amino acids; easy to prepare; and just plain delicious.

185820 00002	63027	✳✳	NEW Edamame, Shelled (non-GMO soybeans)	12/400g	2.95ea	35.40
185820 00001	63026	✳✳	NEW Edamame, Whole Pods (non-GMO soybeans)	12/400g	2.95ea	35.40

SAMBAZON FROZEN FAIR TRADE FRUIT PURÉES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Sambazon frozen purées from our warehouse.

818411 00100	55789	✳✳☉	Purée, 100% Pure Açaí, Organic (unsweetened) (Fair Trade)	15/400g	5.75ea	86.25
818411 00001	55790	✳✳☉	Purée, Açaí, Original Blend w/Guarana Syrup, Organic (Fair Trade)	15/400g	5.75ea	86.25

STAHLBUSH ISLAND FARMS FROZEN FRUITS

Located in the heart of Oregon's lush Willamette Valley, Stahlbush Island Farms have a hand in the entire farming process of its line of wholesome veggies—from seed to store. This edition, we've listed sustainably farmed and quickly frozen Curly Kale, Sliced Beets, Tri-coloured Cauliflower and Tri-coloured Sliced Carrots.

638882 00088	54563	✳	NEW Beets, Sliced (bag)	12/284g	2.15ea	25.80
638882 00083	54101	✳	Berry Blend (bag)	12/227g	3.84ea	46.08
638882 00007	54015	✳	Blueberries (bag)	12/300g	3.84ea	46.08
638882 00087	54209	✳	Boysenberries, Heirloom (bag)	12/225g	3.84ea	46.08
638882 00089	54566	✳	NEW Carrots, Tri-coloured, Sliced (bag)	12/300g	2.15ea	25.80
638882 00090	54565	✳	NEW Cauliflower, Tri-coloured (bag)	12/300g	2.15ea	25.80
638882 00058	54017	✳	Cranberries (bag)	12/300g	3.84ea	46.08
638882 00091	54564	✳	NEW Kale, Curly (bag)	12/284g	2.15ea	25.80
638882 00059	54014	✳	Marion Blackberries (bag)	12/300g	3.84ea	46.08
638882 00057	54016	✳	Red Raspberries (bag).....	12/300g	3.84ea	46.08
638882 00055	54013	✳	Strawberries, Whole (bag).....	12/300g	3.84ea	46.08
635552 00306	54240	✳	Marion Blackberries	6/2.04kg	18.81ea	112.86
638882 00308	54242	✳	Raspberries	6/2.04kg	24.44ea	146.64
638882 00305	54103	✳	Strawberries, Whole.....	6/2.04kg	15.38ea	92.28

STAHLBUSH ISLAND FARMS FROZEN VEGETABLES (continued on Page 41)

638882 00050	54026	✳	Broccoli, Florets (bag)	12/350g	2.15ea	25.80
638882 21080	54011	✳	Butternut Squash, Diced (bag)	12/400g	2.15ea	25.80
638882 00060	54029	✳	Cauliflower (bag)	12/300g	2.15ea	25.80
638882 00052	54012	✳	Corn, Super Sweet (bag)	12/350g	2.15ea	25.80
638882 00053	54207	✳	Green Beans, Cut (bag)	12/300g	2.15ea	25.80

Stahlbush Island Farms



KOF-K

GRADE A
ASSORTED SIZES
GROSSEURS ASSORTIES

KEEP FROZEN
GARDER CONGELÉ

STAHLBUSH

100% BIODEGRADABLE PACKAGE
EMBALLAGE 100% BIODEGRADABLE

Certified Sustainable / Certifié durable • Grown in the USA / Cultivé aux É. - U.

100% Natural / 100% naturel

Tri-coloured Carrot Slices
Tranches de carottes tricolores

300 g

NEW
NOUVEAU

100% BIODEGRADABLE PACKAGE
EMBALLAGE 100% BIODEGRADABLE

Grown in the USA / Cultivé aux É. - U.



GRADE A

KEEP FROZEN
GARDER CONGELÉ

STAHLBUSH

100% Natural / 100% naturel

Certified Sustainable / Certifié renouvelable

Tri-coloured Cauliflower Florets
Fleurons de choux-fleurs tricolores

Tri-coloured Cauliflower Florets
Fleurons de choux-fleurs tricolores

300 g



www.stahlbush.com

Stahlbush Island Farms

NEW
NOUVEAU



100% BIODEGRADABLE PACKAGE
EMBALLAGE 100% BIODÉGRADABLE

Grown in the USA / Cultivé aux É.-U.



KEEP FROZEN
GARDER CONGELÉ

STAHLBUSH Chopped Curly Kale / Chou frisé haché 284 g

100% Natural / 100% naturel

Certified Sustainable / Certifié renouvelable



100% BIODEGRADABLE PACKAGE
EMBALLAGE 100% BIODÉGRADABLE

Grown in the USA / Cultivé aux É.-U.



KEEP FROZEN
GARDER CONGELÉ

STAHLBUSH Sliced Beets / Betteraves en tranches 284 g

100% Natural / 100% naturel

Certified Sustainable / Certifié renouvelable



KEEP FROZEN
GARDER CONGELÉ

STAHLBUSH Red Seedless Grapes / Raisins rouges sans pépins 284 g

100% Natural / 100% naturel

Certified Sustainable / Certifié renouvelable



grown
www.stahlbush.com

upc code	order code		case size	ea price	cs price
STAHLBUSH ISLAND FARMS FROZEN VEGETABLES (continued on Page 40)					
638882 00054	54010	☼	Green Peas (bag).....	12/350g	2.15ea 25.80
638882 00070	54052	☼	Mixed Vegetables (bag).....	12/300g	2.15ea 25.80
638882 00066	54051	☼	Rhubarb, Cut (bag).....	12/300g	2.15ea 25.80
638882 00061	54061	☼	Spinach, Cut (bag).....	12/300g	2.15ea 25.80
638882 12577	54027	☼	Sweet Potato, Diced (bag).....	12/350g	2.15ea 25.80

STAHLBUSH ISLAND FARMS FROZEN READY-TO-EAT GRAINS & LEGUMES • ORGANIC

638882 00405	55025	☼*	Black Eyed Peas, Organic (bag).....	12/454g	3.26ea 39.12
638882 00401	55021	☼*	Brown Rice & Black Beans, Organic (bag).....	12/454g	3.26ea 39.12
638882 00402	55022	☼*	Garbanzo Beans (Chickpeas), Organic (bag).....	12/454g	3.26ea 39.12
638882 00404	55024	☼*	Green Lentils, Organic (bag).....	12/283g	3.26ea 39.12
638882 00407	55027	☼*	Red Beans & Rice, Organic (bag).....	12/454g	3.26ea 39.12
638882 00406	55026	☼*	Wheat Berries, Organic (bag).....	12/283g	3.26ea 39.12

global cuisine (freezer)

Frozen Entrées

KAN'S GOURMET FOODS FROZEN INDIAN APPETIZERS/HORS D'OEUVRES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Kan's frozen appetizers from our warehouse.

189120 12345	54368	☼☼	Channa Dal Curry (wheat free) (vegan).....	12/454g	5.75ea 69.00
189120 12347	54364	☼☼	Falafel, Mini, Lentil (wheat free) (vegan).....	12/330g	5.75ea 69.00
189120 12348	54367	☼☼	Pakorras, Baked, Spinach & Kale (wheat free) (vegan).....	12/330g	5.75ea 69.00
189120 12346	54363	☼☼	Samosas, Fresh Veggie & Lentil (vegan).....	12/320g	5.75ea 69.00

VIJ'S FROZEN INSPIRED INDIAN CUISINE • CANADIAN

673984 00012	54411	☼☼	Black Chickpea & Ginger Curry (pouches).....	6/300g	4.55ea 27.30
673984 00005	54404	☼☼	Caramelized Onion & Ginger Lamb Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00001	54400	☼☼	Chicken Curry w/Kalonji Spice (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00003	54402	☼☼	Chicken in Vij's Masala (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00011	54410	☼☼	Coconut & Ginger Green Beans (pouches).....	6/300g	4.55ea 27.30
673984 00007	54406	☼☼	Coconut Beef Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00013	54412	☼☼	Curried Chickpeas (pouches).....	6/300g	4.55ea 27.30
673984 00006	54405	☼☼	Garam Masala Beef Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00002	54401	☼☼	Mild Chicken Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00019	54414	☼☼	Mother-in-Law's Pork Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00014	54413	☼☼	Punjabi Daal (pouches).....	6/300g	4.55ea 27.30
673984 00004	54403	☼☼	Punjabi Lamb Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea 43.14
673984 00009	54408	☼☼	Saag & Paneer (pouches).....	6/300g	4.55ea 27.30
111111 60117	60117	☼	Freezer Display Tray.....	1/1ea	0.00ea 0.00

meat alternatives (freezer)

AMY'S FROZEN BURGERS

042272 90010	54480	☼	California Burgers (4/pkg).....	12/284g	4.94ea 59.28
042272 90014	54482	☼	Texas Burgers (4/pkg).....	12/284g	4.94ea 59.28

BEYOND MEAT GLUTEN FREE CHICKEN FREE STRIPS

We guarantee best before dates of 30 days from the date of shipping Beyond Meat meat alternative from our warehouse.

10852629 00400	54910	☼	Chicken Free Strips (vegan) (gluten/dairy free).....	4/2.27kg	27.11ea 108.44
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DR. PRAEGER'S FROZEN BURGERS

080868 53050	57023	☼	Bombay Veggie Burgers (4/pkg).....	12/312g	4.44ea 53.28
080868 53060	57022	☼	California Veggie Burgers (gluten free) (4/pkg).....	12/312g	4.44ea 53.28
080868 53048	57025	☼	Tex Mex Veggie Burgers (4/pkg).....	12/312g	4.44ea 53.28

FIELD ROAST GRAIN MEAT CO. FROZEN MEATLESS CELEBRATION ROAST

638031 60104	65103	☼	Celebration Roast, Stuffed Grain Meat (butternut squash/mushrooms/apples) (vegan).....	12/454g	6.70ea 80.40
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FIELD ROAST GRAIN MEAT CO. FROZEN MEAT ALTERNATIVES

We guarantee best before dates of 45 days from the date of shipping Field Roast meat alternatives from our warehouse.

638031 61180	65023	☼	NEW Breakfast Sausage, Grain Meat, Apple Maple (vegan).....	12/264g	4.87ea 58.44
638031 60650	65022	☼	NEW Burger, Grain Meat, Hand-Formed (vegan) (4/pkg).....	12/368g	7.03ea 84.36

The original maker of artisan, vegan grain meats, Field Roast has added two traditionally inspired varieties to its assortment of crowd-pleasing, plant-based, frozen meat alternatives. Apple Maple Breakfast Sausage, made simply from grains and fruits, and the thick, juicy Hand-Formed Burger, built from barley, fresh carrots and celery, are real, flavourful foods that will appeal to vegans, vegetarians and carnivores alike.

638031 61218	65104	☼	Frankfurters (vegan).....	12/454g	5.77ea 69.24
638031 61215	65100	☼	Sausage, Grain Meat, Italian (eggplant/fennel/garlic/red pepper) (vegan).....	12/368g	5.23ea 62.76
638031 61216	65101	☼	Sausage, Grain Meat, Mexican Chipotle (smoked peppers) (vegan).....	12/368g	5.23ea 62.76
638031 61217	65102	☼	Sausage, Grain Meat, Smoked Apple Sage (potatoes/apples) (vegan).....	12/368g	5.23ea 62.76

upc code	order code		case size	ea price	cs price
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GARDEIN FROZEN MEAT ALTERNATIVES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Code 65028 Gardein Meatless Meatballs from our warehouse.

842234 00088	54274	✱✱	Barbeque Wings, Sweet & Tangy (vegetarian).....	8/255g	3.56ea	28.48
842234 00140	65007	✱✱	Beefless Strips, Sizzling Szechuan (vegetarian).....	8/300g	3.56ea	28.48
842234 00063	54533	✱✱	Beefless Tips (vegetarian).....	8/255g	3.56ea	28.48
842234 00167	65011	✱✱	Black Bean Burger (gluten free) (4/pkg).....	8/340g	4.00ea	32.00
842234 00148	65008	✱✱	Breakfast Sandwich, Sausage Patty w/Bun (vegan) (2/pkg).....	8/256g	3.56ea	28.48
842234 00060	54530	✱✱	Chick'n Scallopini (vegetarian).....	8/285g	3.56ea	28.48
842234 00141	65006	✱✱	Chick'n Sliders, Mini Burgers w/Buns.....	6/320g	4.00ea	24.00
842234 00116	65003	✱✱	Chick'n Strips, Teriyaki.....	8/300g	3.56ea	28.48
842234 00106	65001	✱✱	Crispy Chick'n Filets, Zesty Marinara.....	8/350g	4.00ea	32.00
842234 00087	54273	✱✱	Crispy Chick'n, Mandarin Orange (vegetarian).....	8/300g	3.56ea	28.48
842234 00089	54275	✱✱	Crispy Fingers, Chipotle Lime (vegetarian).....	8/270g	3.56ea	28.48
842234 00064	54534	✱✱	Crispy Tenders (vegetarian).....	8/255g	3.56ea	28.48
842234 00170	65009	✱✱	Golden Filet, Fish Free (6/pkg).....	8/288g	3.56ea	28.48
842234 00171	65028	✱✱	NEW Meatless Meatballs, Classic.....	8/360g	3.56ea	28.48

Gardein is an award-winning range of tasty, nutritious, convenient, heat 'n' serve, everyday foods made from a blend of soy, wheat and pea proteins, organic ancient grains and veggies—a complete source of protein that's free of cholesterol and trans fats and contains no animal or dairy ingredients.

842234 00108	65002	✱✱	Turk'y Cutlet, Lightly Crusted w/Gravy.....	8/350g	4.00ea	32.00
842234 00091	54276	✱✱	The Ultimate Beefless Burger.....	8/340g	4.00ea	32.00
842234 00121	65004	✱✱	The Ultimate Beefless Slider, Mini Burgers w/Buns.....	6/285g	4.00ea	24.00
842234 00109	65000	✱✱	Ultimate Beefless Ground.....	8/390g	3.56ea	28.48
842234 00168	65012	✱✱	Veggie Burger (gluten free) (4/pkg).....	8/340g	4.00ea	32.00

ISADORA'S FROZEN GO NUTS BURGERS • CANADIAN

We guarantee best before dates of 28 days from the date of shipping Isadora's frozen burgers from our warehouse.

065337 00006	38650	✱✱	Go Nuts Burgers (2/pkg).....	12/170g	2.63ea	31.56
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SOL CUISINE FROZEN MEAT ALTERNATIVES • CANADIAN

Depending on the item, we guarantee best before dates of 28–45 days from the date of shipping Sol Cuisine frozen products from our warehouse. Please confirm when ordering.

628025 01935	55783	✱✱✱	Felafel w/Sauce, Organic (12/pkg).....	12/360g	5.29ea	63.48
628025 01933	54540	✱✱	Family Pack, Meatless Burgers, Original (12/pkg).....	6/852g	9.30ea	55.80
628025 01932	54555	✱✱	Meatless Burgers, Original (4/pkg).....	12/284g	4.54ea	54.48
628025 01930	54560	✱✱	Meatless Burgers, Almond Grain (4/pkg).....	12/284g	4.54ea	54.48
628025 01934	54536	✱✱	Meatless Burgers, Indian Masala (potato/vegetable) (4/pkg).....	12/284g	4.54ea	54.48
628025 01925	54561	✱✱	Meatless Burgers, Mushroom Rice (4/pkg).....	12/284g	4.54ea	54.48
628025 01929	54558	✱✱	Meatless Burgers, Spicy Black Bean w/Sweet Corn (4/pkg).....	12/284g	4.54ea	54.48
628025 01931	54535	✱✱	Meatless Burgers, Sprouted Quinoa Chia w/Sweet Potato (4/pkg).....	12/284g	4.89ea	58.68
628025 01928	54557	✱✱	Meatless Burgers, Sweet Curry Vegetable (4/pkg).....	12/284g	4.54ea	54.48
628025 01936	54537	✱✱	Sliders, Meatless Mini Burgers, Original (6/pkg).....	12/228g	3.78ea	45.36
628025 01937	54538	✱✱	Sliders, Meatless Mini Burgers, Spicy Black Bean w/Sweet Corn (6/pkg).....	12/228g	3.78ea	45.36
628025 01938	54539	✱✱	Sliders, Meatless Mini Burgers, Sprouted Quinoa Chia w/Sweet Potato (6/pkg).....	12/228g	3.78ea	45.36
628025 01917	54506	✱✱	Meatless Chicken w/Sauce, Ginger Lime Teriyaki (gluten free/vegan).....	8/300g	4.62ea	36.96
628025 01918	54507	✱✱	Meatless Chicken w/Sauce, Smoky Chipotle Tinga (gluten free/vegan).....	8/300g	4.62ea	36.96
628025 01920	54508	✱✱	Meatless Chicken w/Sauce, Tangy Korean BBQ (gluten free/vegan).....	8/300g	4.62ea	36.96
628025 01927	54562	✱✱	Veggie Breakfast Patties (6/pkg).....	12/228g	3.57ea	42.84

TOFURKY ROAST FROZEN MEAT ALTERNATIVE

025583 00471	56019	✱	Roast.....	6/737g	11.22ea	67.32
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YVES VEGGIE CUISINE FROZEN MEAT ALTERNATIVES • CANADIAN

Depending on the item, we guarantee best before dates of 21–45 days from from the date of shipping Yves Veggie Cuisine frozen meat alternatives from our warehouse. Please confirm when ordering.

Yves Veggie Cuisine introduces two new meatless options for your freezer section that provide good sources of vegan protein but are free of artificial flavours, colours and preservatives, cholesterol and trans fats. Gluten Free Veggie Burgers are a great option for those with dietary sensitivities. Ready-to-cook Original Veggie Ground Round is packed in a convenient, resealable pouch so it's easy to add to any favourite recipe.

060822 00022	40575	✱✱	Veggie Bistro, Veggie Burgers (4/pkg).....	12/352g	5.46ea	65.52
060822 00029	40533	✱✱	Veggie Bistro, Veggie Burgers, Chicken (4/pkg).....	12/352g	5.46ea	65.52
060822 00023	40534	✱✱	Veggie Bistro, Veggie Burgers, Harvest Veggie (4/pkg).....	12/352g	5.46ea	65.52
060822 00065	40627	✱✱	Veggie Bistro, Veggie Burgers, Mushroom Melt (4/pkg).....	12/352g	5.46ea	65.52
060822 00038	40588	✱✱	Veggie Meatballs.....	12/383g	5.46ea	65.52
060822 00037	40587	✱✱	Veggie Nuggets.....	12/435g	5.46ea	65.52
060822 40007	40634	✱✱	Veggie Breaded Chick'n Burgers (4/pkg).....	12/352g	5.46ea	65.52
		◇	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		5.19ea	62.28
060822 40014	40649	✱✱	NEW Veggie Burgers, Gluten Free (4/pkg).....	12/328g	4.93ea	59.16
060822 00088	46244	✱✱	Veggie Corn Dogs.....	12/280g	4.93ea	59.16
060822 40015	40648	✱✱	NEW Veggie Ground Round, Original (pouch).....	12/340g	4.93ea	59.16
060822 40008	40639	✱✱	Veggie Chick'n Nuggets.....	12/380g	4.93ea	59.16
060822 40009	40646	✱✱	Veggie Chick'n Tenders, Ancient Grains.....	12/360g	4.93ea	59.16
		◇	Volume Price: 5 assorted cases (Yves Meat Alternatives varieties only).....		4.68ea	56.16

upc code order code

case size ea price cs price

meat + seafood (freezer)

DR. PRAEGER'S FROZEN FISH NUGGETS

080868 53207	54657	✱	Fishies, Lightly Breaded.....	12/340g	4.69ea	56.28
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LIFE CHOICES FROZEN CHICKEN & FISH PIECES • CANADIAN

838143 00801	54278	✱✱	Bare Nuggets, Unbreaded Chicken Nuggets (gluten free).....	8/340g	7.15ea	57.20
838143 00612	54090	✱✱	Chicken Burgers (6/pkg).....	12/567g	8.59ea	103.08
838143 00610	54048	✱✱	Chicken Nuggets.....	12/600g	8.59ea	103.08
838143 00611	54049	✱✱	Chicken Strips.....	12/600g	8.59ea	103.08
838143 00620	54050	✱✱	Fish Fillets.....	12/600g	9.01ea	108.12
838143 00621	54089	✱✱	Fish Sticks.....	12/500g	9.01ea	108.12

nutritional supplements (freezer)

EVERGREEN FROZEN WHEAT GRASS JUICE • CANADIAN • ORGANIC

We regret that due to its sensitive nature, this frozen product will be shipped to destinations east of Alberta and to outlying areas at the customer's risk only.

778702 59836	82050	S✱✱✱	Wheat Grass Juice, Organic.....	12/355ml	13.03ea	156.36
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FEEDINGCHANGE FROZEN RAW THAI COCONUT WATER • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping FeedingChange frozen coconut water from our warehouse.

091037 12925	07100	✱✱✱	Coconut Water, Raw, Organic.....	12/345ml	3.46ea	41.52	U
091037 12926	07103	✱✱✱	Coconut Water, Raw, Organic.....	12/946ml	8.60ea	103.20	U

prepared foods (freezer)

Frozen Entrées

AMY'S FROZEN ENTRÉES

This edition, Amy's introduces GMO free Thai Meals to their popular line of frozen entrées. Thai Red Curry Jasmine Rice with Vegetables features finely cut organic vegetables—sautéed onions, broccoli, carrots, tofu and delightfully sweet butternut squash—in an authentically spiced, smooth coconut milk based curry sauce. Fragrant jasmine rice completes this delicious dairy and wheat free, vegan meal. Savoury and satisfying, gluten free and vegan Pad Thai Rice Noodles, Vegetables and Tofu in a Thai Style Sauce offers traditional sweet and sour tastes with broad rice noodles, organic tofu, julienned carrots, green onions, broccoli and baked cashews instead of peanuts.

042272 90805	54499	✱	Light & Lean, Bowl, 3 Cheese Penne Marinara.....	12/227g	4.41ea	52.92
042272 90806	54501	✱	Light & Lean, Bowl, Spaghetti Italiano w/Meatless Meatballs.....	12/227g	4.41ea	52.92
042272 90804	54504	✱	Light & Lean, Bowl, Sweet & Sour Asian Noodle.....	12/227g	4.41ea	52.92
042272 90803	54354	✱	Light & Lean, Burrito, Bean & Cheese.....	12/170g	2.44ea	29.28
042272 90062	54503	✱	Light & Lean, Spinach Lasagna.....	12/227g	4.41ea	52.92
042272 90161	54488	✱	Bowl, Brown Rice & Vegetables.....	12/284g	4.47ea	53.64
042272 90811	54485	✱	Bowl, GF Broccoli Cheddar Bake (gluten free) (79% organic ingredients).....	12/269g	4.47ea	53.64
042272 90924	54283	✱	NEW Bowl, Pad Thai, Rice Noodles, Tofu & Vegetables (gluten free).....	12/269g	4.41ea	52.92
042272 90176	54484	✱	Bowl, Pesto Tortellini.....	12/269g	4.47ea	53.64
042272 90160	54489	✱	Bowl, Teriyaki.....	12/269g	4.47ea	53.64
042272 90922	54282	✱	NEW Bowl, Thai Red Curry, Jasmine Rice w/Vegetables (gluten free) (92% organic ingredients).....	12/284g	4.41ea	52.92
042272 90070	54470	✱	Burrito, Bean & Rice (non-dairy).....	12/170g	2.40ea	28.80
042272 90352	54268	✱	Burrito, Bean & Rice (gluten/dairy free).....	12/156g	2.72ea	32.64
042272 90071	54472	✱	Burrito, Bean, Rice & Cheese.....	12/170g	2.40ea	28.80
042272 90353	54267	✱	Burrito, Bean, Rice & Cheese (gluten free).....	12/156g	2.72ea	32.64
042272 90073	54468	✱	Burrito, Black Bean Vegetable (non-dairy).....	12/170g	2.40ea	28.80
042272 90072	54424	✱	Burrito, Breakfast.....	12/170g	2.40ea	28.80
042272 90080	54459	✱	Enchilada, Cheese.....	12/255g	4.09ea	49.08
042272 90814	54420	✱	Lasagna, GF Vegetable (dairy free/gluten free/vegan).....	12/255g	4.37ea	52.44
042272 90033	54467	✱	Lasagna, Tofu Vegetable.....	12/269g	4.37ea	52.44
042272 90032	54465	✱	Lasagna, Vegetable.....	12/269g	4.37ea	52.44
042272 90030	54460	✱	Macaroni & Cheese.....	12/255g	2.93ea	35.16
042272 90040	54461	✱	Macaroni & Soy Cheeze.....	12/255g	2.93ea	35.16
042272 90045	54259	✱	Rice Macaroni & Cheese (gluten free).....	12/255g	3.37ea	40.44
042272 90043	54266	✱	Rice Macaroni & Dairy Free Cheeze (gluten/dairy/soy free).....	12/227g	3.67ea	44.04
042272 90021	54455	✱	Pot Pie, Broccoli.....	12/213g	3.09ea	37.08
042272 90020	54450	✱	Pot Pie, Vegetable.....	12/213g	3.09ea	37.08
042272 90023	54451	✱	Shepherd's Pie.....	12/227g	3.09ea	37.08
042272 90051	54440	✱	Whole Meal, Black Bean Enchilada w/Spanish Rice (non-dairy).....	12/284g	4.41ea	52.92
042272 90058	54433	✱	Whole Meal, Indian Mattar Paneer, Curried Peas & Cheese w/Rice & Channa Masala.....	12/284g	4.41ea	52.92
042272 90059	54432	✱	Whole Meal, Indian Palak Paneer, Creamed Spinach & Cheese w/Rice & Dal.....	12/283g	4.41ea	52.92
042272 90253	54425	✱	Whole Meal, Indian Paneer Tikka, Tomato Masala w/Cheese, Vegetables & Rice.....	12/269g	4.41ea	52.92
042272 90250	54426	✱	Whole Meal, Indian Vegetable Korma, Curried Vegetables w/Rice & Dal.....	12/269g	4.41ea	52.92
042272 90053	54442	✱	Whole Meal, Veggie Loaf w/Potatoes & Vegetables (non-dairy).....	12/284g	4.41ea	52.92
042272 90807	54362	✱	Wrap, Breakfast, Tofu Scramble (gluten/dairy free) (vegan).....	12/156g	2.82ea	33.84
042272 90809	54361	✱	Wrap, Indian, Aloo Mattar (gluten/dairy free).....	12/156g	2.82ea	33.84

upc code	order code		case size	ea price	cs price
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AMY'S FROZEN POCKET SANDWICHES

042272 90093	54476	✳	Spinach Feta	12/128g	2.44ea	29.28
042272 90095	54478	✳	Vegetable Pie (non-dairy)	12/142g	2.44ea	29.28

AUNT TRUDY'S FROZEN FILLO POCKET SANDWICHES • ORGANIC

785002 75827	57038	✳✳	3 Bean Veggie Chili, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75287	54396	✳✳	Asian Vegetable, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75379	54383	✳✳	Eggplant & Roasted Peppers, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75669	54384	✳✳	Mushroom & Leek, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75787	54386	✳✳	Roasted Vegetable, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75729	54382	✳✳	Samosa, Organic (ready-to-bake)	12/142g	3.41ea	40.92
785002 75727	57035	✳✳	Spinach & Feta, Organic (ready-to-bake)	12/142g	3.41ea	40.92

CAESAR'S FROZEN GLUTEN FREE PASTA ENTRÉES

078411 12150	54214	✳	Manicotti in Marinara Sauce (gluten/wheat free)	6/312g	5.97ea	35.82
078411 12149	54213	✳	Stuffed Shells in Marinara Sauce (gluten/wheat free)	6/312g	5.97ea	35.82
078411 12151	54215	✳	Vegetable Lasagna (gluten/wheat free)	6/326g	5.97ea	35.82
078411 12152	54216	✳	Vegetable Cheese Lasagna (gluten/wheat free)	6/326g	5.97ea	35.82

DR. PRAEGER'S KID FRIENDLY FROZEN VEGGIE BITES

080868 53245	57060	✳	Littles, Spinach, Potato Crusted	12/306g	4.62ea	55.44
080868 53248	57061	✳	Littles, Sweet Potato, Potato Crusted	12/333g	4.62ea	55.44

DR. PRAEGER'S FROZEN POTATO PANCAKES

080868 53056	57024	✳	Broccoli Pancakes	12/342g	4.59ea	55.08
080868 53055	57021	✳	Spinach (Potato) Pancakes	12/340g	4.59ea	55.08
080868 53058	57040	✳	Sweet Potato Pancakes	12/342g	4.59ea	55.08

FILLO FACTORY FROZEN HORS D'OEUVRES/APPETIZERS

785002 74715	54391	✳✳	Fillo Appetizers, Potato & Roasted Garlic Puffs, Organic (15/pkg)	12/241g	5.98ea	71.76
785002 33732	54390	✳✳	Fillo Appetizers, Spinach & Feta Triangles (Spanakopita), Organic (12/pkg)	12/241g	6.80ea	81.60
785002 27015	54372	✳	Fillo Cups, Assorted Quiche (12/pkg)	12/177g	5.21ea	62.52
785002 72010	54374	✳✳	Fillo Pie, Spinach & Feta, Organic	12/284g	5.99ea	71.88
785002 27412	54373	✳	Fillo Rolls, Brie & Raspberry (12/pkg)	12/248g	8.07ea	96.84
785002 27312	54371	✳✳	Party Masters, Hors d'Oeuvres Ensemble	12/241g	6.92ea	83.04

GLUTINO FROZEN GLUTEN FREE ENTRÉES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Glutino frozen entrées from our warehouse.

678523 01059	54513	✳✳	Macaroni & Cheese, 3 Cheese (gluten free)	6/300g	4.21ea	25.26
678523 01074	54519	✳✳	Penne, Alfredo Sauce (gluten free)	6/300g	4.21ea	25.26

HELEN'S KITCHEN FROZEN ENTRÉES

833786 00816	57059	✳✳	Burrito, Bean, Rice & Cheese w/Vegetables, Organic	12/170g	2.39ea	28.68
833786 00814	57058	✳✳	Burrito, Pinto Bean & Two Cheese, Organic	12/170g	2.39ea	28.68
833786 00833	57065	✳✳	Burrito, Vegetarian Soy Ground w/Vegetables, Organic	12/170g	2.39ea	28.68
833786 00880	57090	✳	Coconut Vegetable Noodle Bowl w/Snap Peas, Bok Choy & Edamame	8/227g	3.79ea	30.32
833786 00803	57094	✳	Indian Curry w/Tofu, Organic Peas & Basmati Rice	6/284g	4.13ea	24.78
833786 00878	57091	✳	Korean Noodle Bowl w/Edamame, Red Peppers & Carrots	8/227g	3.79ea	30.32
833786 00822	57093	✳	Thai Red Curry w/Tofu, Organic Butternut Squash, Green Peas & Brown Basmati Rice	6/284g	4.13ea	24.78
833786 00807	57092	✳	Thai Yellow Curry w/Tofu, Organic Broccoli, Red Peppers & Basmati Rice	6/284g	4.13ea	24.78

KAN'S GOURMET FOODS FROZEN INDIAN APPETIZERS/HORS D'OEUVRES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Kan's frozen appetizers from our warehouse.

189120 12345	54368	✳✳	Channa Dal Curry (wheat free) (vegan)	12/454g	5.75ea	69.00
189120 12347	54364	✳✳	Falafel, Mini, Lentil (wheat free) (vegan)	12/330g	5.75ea	69.00
189120 12348	54367	✳✳	Pakorras, Baked, Spinach & Kale (wheat free) (vegan)	12/330g	5.75ea	69.00
189120 12346	54363	✳✳	Samosas, Fresh Veggie & Lentil (vegan)	12/320g	5.75ea	69.00

PEARL'S FROZEN PEROGIES • CANADIAN

062066 00045	54427	✳✳	Perogies, Bacon, Cheddar Cheese & Potato	12/600g	5.67ea	68.04
062066 00015	54428	✳✳	Perogies, Cheddar Cheese & Potato	12/600g	5.67ea	68.04
062066 00035	54430	✳✳	Perogies, Cottage Cheese & Potato	12/600g	5.67ea	68.04
062066 00025	54429	✳✳	Perogies, Onions & Potato	12/600g	5.67ea	68.04
062066 00085	54431	✳✳	Perogies, Sauerkraut & Potato	12/600g	5.67ea	68.04

STARLITE CUISINE FROZEN MEATLESS ENCHILADAS, TACOS & TAQUITOS

037427 50743	54119	✳	Crispy Rolled Tacos, Chipotle Chicken Style (vegan)	6/340g	5.42ea	32.52
037427 50741	54114	✳	Crispy Rolled Tacos, Garlic Chicken Style (vegan)	6/340g	5.42ea	32.52
037427 50740	54113	✳	Crispy Rolled Tacos, Santa Fe Chicken Style (vegan)	6/340g	5.42ea	32.52
037427 50722	54112	✳	Crispy Soy Taquitos, Chorizo & Black Bean Style (vegan)	6/298g	5.42ea	32.52
037427 50721	54118	✳	Crispy Soy Taquitos, Meatless Chicken Style (vegan)	6/298g	5.42ea	32.52
037427 50720	54111	✳	Crispy Soy Taquitos, Original Beef Style (vegan)	6/298g	5.42ea	32.52
037427 30753	54418	✳	Enchiladas de Queso, Bean & Cheese (gluten free/vegan) (2/pkg)	6/255g	5.00ea	30.00
037427 30751	54416	✳	Enchiladas Rojas, Pea Protein w/Red Sauce (gluten free/vegan) (2/pkg)	6/255g	5.00ea	30.00
037427 30752	54417	✳	Enchiladas Suizas, Pea Protein w/Cream Sauce (gluten free/vegan) (2/pkg)	6/255g	5.00ea	30.00
037427 30750	54415	✳	Enchiladas Verdes, Pea Protein w/Green Sauce (gluten free/vegan) (2/pkg)	6/255g	5.00ea	30.00

udi's
Gluten Free
 Sans Gluten

*Introducing New
 Spinach-Feta Pizza!*



Udi's Gluten Free Frozen Pizza
Try it, Taste it, Love it!

Visit us on the web!
www.udisglutenfree.com

upc code	order code		case size	ea price	cs price
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TOFURKY FROZEN ENTRÉES

025583 00964	56023	✳	Pockets, BBQ Chick'n (vegan).....	12/255g	4.34ea	52.08
025583 00965	56024	✳	Pockets, Broccoli Cheddar (vegan).....	12/255g	4.34ea	52.08
025583 00963	56022	✳	Pockets, Pepperoni Pizza (vegan).....	12/255g	4.34ea	52.08
025583 00966	56020	✳	Pot Pie, Chick'n (vegan).....	12/227g	3.46ea	41.52
025583 00967	56021	✳	Quiche, Sausage & Veggie (vegan).....	12/213g	3.46ea	41.52

VIJ'S FROZEN INSPIRED INDIAN CUISINE • CANADIAN

673984 00012	54411	✳✳	Black Chickpea & Ginger Curry (pouches).....	6/300g	4.55ea	27.30
673984 00005	54404	✳✳	Caramelized Onion & Ginger Lamb Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00001	54400	✳✳	Chicken Curry w/Kalonji Spice (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00003	54402	✳✳	Chicken in Vij's Masala (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00011	54410	✳✳	Coconut & Ginger Green Beans (pouches).....	6/300g	4.55ea	27.30
673984 00007	54406	✳✳	Coconut Beef Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00013	54412	✳✳	Curried Chickpeas (pouches).....	6/300g	4.55ea	27.30
673984 00006	54405	✳✳	Garam Masala Beef Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00002	54401	✳✳	Mild Chicken Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00019	54414	✳✳	Mother-in-Law's Pork Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00014	54413	✳✳	Punjabi Daal (pouches).....	6/300g	4.55ea	27.30
673984 00004	54403	✳✳	Punjabi Lamb Curry (pouches) (Available to BC customers only).....	6/300g	7.19ea	43.14
673984 00009	54408	✳✳	Saag & Paneer (pouches).....	6/300g	4.55ea	27.30
111111 60117	60117	✳	Freezer Display Tray.....	1/1ea	0.00ea	0.00

Frozen Pizzas**AMY'S FROZEN PIZZAS**

042272 90194	54422	✳	Single Serve, Cheese.....	12/176g	3.90ea	46.80
042272 90384	54398	✳	Single Serve, Margherita, Rice Crust (gluten free) (75% organic ingredients).....	12/181g	6.13ea	73.56
042272 90177	54399	✳	Single Serve, Roasted Vegetable, No Cheese, Rice Crust (dairy free/gluten free) (83% organic).....	12/170g	6.13ea	73.56
042272 90101	54443	✳	Cheese.....	8/368g	6.59ea	52.72
042272 90100	54434	✳	Cheese, Rice Crust (gluten free).....	8/340g	8.95ea	71.60
042272 90128	54505	✳	4 Cheese (Fontina/Provolone/Parmesan/Mozzarella).....	8/340g	6.59ea	52.72
042272 90834	54454	✳	Italiano, Meatless Sausage & Mushroom.....	8/425g	7.59ea	60.72
042272 90109	54449	✳	Mushroom & Olive.....	8/368g	6.59ea	52.72
042272 90199	54421	✳	Margherita.....	8/369g	7.59ea	60.72
042272 90104	54446	✳	Pesto w/Tomato & Broccoli.....	8/383g	7.59ea	60.72
042272 90103	54445	✳	Roasted Vegetable, No Cheese (non-dairy).....	8/340g	7.59ea	60.72
042272 90105	54447	✳	Soy Cheeze.....	8/369g	6.59ea	52.72
042272 90102	54444	✳	Spinach Feta.....	8/397g	6.59ea	52.72

COMENSOLI GLUTEN FREE FROZEN PIZZAS

180236 00073	21026	✳✳	Cheese (8") (gluten free).....	8/294g	6.67ea	53.36
180236 00074	21027	✳✳	Vegan (8") (gluten free).....	8/334g	6.67ea	53.36
		◇	Volume Price: 6 asstd cs (Comensoli Pizzas + Crusts; open stock not on deal on one invoice).....		6.00ea	48.00
		◇	Volume Price: 10 asstd cs (Comensoli Pizzas + Crusts; open stock not on deal on one invoice).....		5.67ea	45.36

DAIYA FROZEN GLUTEN FREE VEGAN PIZZAS • CANADIAN

871459 00232	50144	✳✳	Cheeze Lovers (gluten free/vegan).....	8/413g	7.31ea	58.48
871459 00252	50147	✳✳	Fire-Roasted Vegetable (gluten free/vegan).....	8/471g	7.31ea	58.48
871459 00242	50145	✳✳	Margherita (gluten free/vegan).....	8/434g	7.31ea	58.48
871459 00262	50146	✳✳	Mushroom & Roasted Garlic (gluten free/vegan).....	8/443g	7.31ea	58.48

GLUTINO FROZEN GLUTEN FREE PIZZAS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Glutino frozen entrées from our warehouse.

678523 01078	54277	✳✳	Brown Rice Crust, Pepperoni (gluten free).....	6/175g	4.84ea	29.04
678523 01064	54511	✳✳	Duo Cheese (gluten free).....	6/175g	4.62ea	27.72
678523 01070	54517	✳✳	Spinach & Feta (gluten free).....	6/175g	4.62ea	27.72

LIFE CHOICES FROZEN THIN CRUST PIZZAS • CANADIAN

838143 00510	54185	✳✳	Sprouted Grain Crust, Chicken & Spinach (made w/organic ingredients).....	12/386g	6.99ea	83.88
838143 00512	54187	✳✳	Sprouted Grain Crust, Chicken, Mushroom & Onion (made w/organic ingredients).....	12/395g	7.03ea	84.36
838143 00511	54186	✳✳	Sprouted Grain Crust, Three Cheese (made w/organic ingredients).....	12/350g	6.99ea	83.88

ROCKY MOUNTAIN FLATBREAD COMPANY FROZEN FLATBREAD PIZZAS • CANADIAN

180659 00011	54640	✳✳	All Beef Pepperoni (Available to BC customers only) (formerly Spiced Sausage & Tomato).....	6/420g	9.10ea	54.60
180659 00016	54638	✳✳	Basil & Bocconcini.....	6/420g	9.10ea	54.60
180659 00017	54641	✳✳	Country Harvest (lactose free).....	6/340g	9.10ea	54.60
180659 00010	54630	✳✳	Sundried Tomato & Goat Cheese.....	6/430g	9.10ea	54.60
180659 00008	54628	✳✳	The Four Cheese Classic.....	6/405g	9.10ea	54.60
		◇	Volume Price: 5 assorted cases (open stock not on deal).....		8.78ea	52.67
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		8.46ea	50.75
		◇	Volume Price: 15 assorted cases (open stock not on deal).....		8.14ea	48.82
180659 00012	54639	✳✳	The Mozza Pizza.....	6/370g	6.52ea	39.12
		◇	Volume Price: 5 assorted cases (open stock not on deal).....		6.29ea	37.73
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		6.06ea	36.35
		◇	Volume Price: 15 assorted cases (open stock not on deal).....		5.83ea	34.96

upc code	order code		case size	ea price	cs price
TOFURKY FROZEN PIZZAS					
025583 00960	56016	☼	Cheese (vegan)	8/339g	7.00ea 56.00
025583 00962	56018	☼	Italian Sausage & Roasted Veggie (vegan)	8/399g	7.00ea 56.00
025583 00961	56017	☼	Pepperoni (vegan)	8/385g	7.00ea 56.00
		◆	Volume Price: 10 assorted cases (Tofurky Pizzas only; open stock not on deal)		5.95ea 47.60
		◆	Volume Price: 15 assorted cases (Tofurky Pizzas only; open stock not on deal)		5.60ea 44.80

UDI'S GLUTEN FREE FROZEN PIZZAS

We guarantee best before dates of 30 days from the date of shipping Udi's frozen products from our warehouse.

698997 80625	54544	☼	Margherita (gluten free)	6/284g	6.51ea 39.06
698997 80852	55074	☼	NEW Spinach & Feta (gluten free)	6/264g	6.51ea 39.06
			Delicious pizza like new Spinach & Feta starts with a savoury sauce of vine-ripened tomatoes, extra virgin olive oil, garlic and spices spread over Udi's baked-to-perfection thin and crispy, gluten free crust. Topped off with premium cheeses and fresh ingredients.		
698997 80624	54543	☼	Three Cheese (gluten free)	6/284g	6.51ea 39.06

VICOLO FROZEN PIZZAS

612900 09930	54822	☼	Corn Meal Crust, Roasted Garlic	12/396g	6.01ea 72.12
612900 09910	54820	☼	Corn Meal Crust, Roasted Mushroom	12/389g	6.01ea 72.12
612900 09880	54830	☼	Spelt & Corn Meal Crust, Eggplant Parmesan	12/467g	6.73ea 80.76
612900 98706	54825	☼	Spelt & Corn Meal Crust, Spinach	12/424g	6.73ea 80.76

soy + tofu (freezer)

GREEN CUISINE FROZEN TEMPEH • CANADIAN • ORGANIC

068532 02000	54462	☼*☼	Tempeh, 7 Grain, Organic (frozen)	12/227g	3.10ea 37.20
068532 01000	54464	☼*☼	Tempeh, Soybean, Organic (frozen)	12/227g	3.10ea 37.20

sweet snacks (freezer)

Confections**FEEDINGCHANGE FROZEN CHOCOLATE MACAROONS • CANADIAN • ORGANIC**

We guarantee best before dates of 45 days from the date of shipping FeedingChange frozen macaroons from our warehouse.

091037 12929	14452	☼*☼	CocoLove, Coconut Macaroons, Organic (gluten free/soy free/vegan)	12/282g	12.24ea 146.88
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DRY

baby foods

Baby + Toddler Foods

BARBARA'S BAKERY SNACKIMALS ANIMAL COOKIES • ORGANIC

070617 03551	16659	*	Snackimals, Chocolate Chip, Organic	6/170g	4.28ea	25.68	T
070617 03561	16658	*	Snackimals, Oatmeal, Organic	6/170g	4.28ea	25.68	T
070617 03541	16657	*	Snackimals, Vanilla, Organic	6/170g	4.28ea	25.68	T

EARTH'S BEST BABY FOODS • ORGANIC

023923 12272	15006	*	Stage 1, Carrot, Organic (jar)	12/128ml	0.99ea	11.88	
023923 22281	15028	*	Stage 1, Pears, Organic (jar)	12/128ml	0.99ea	11.88	
023923 12270	15004	*	Stage 2, Apples & Apricots, Organic (jar)	12/128ml	0.99ea	11.88	
023923 12268	15003	*	Stage 2, Apples & Blueberries, Organic (jar)	12/128ml	0.99ea	11.88	
023923 12269	15011	*	Stage 2, Green Beans & Brown Rice, Organic (jar)	12/128ml	0.99ea	11.88	
023923 12280	15005	*	Stage 2, Peach, Apple & Oatmeal, Organic (jar)	12/128ml	0.99ea	11.88	
023923 22221	15020	*	Stage 2, Pears & Mangos, Organic (jar)	12/128ml	0.99ea	11.88	
023923 12279	15010	*	Stage 2, Peas & Brown Rice, Organic (jar)	12/128ml	0.99ea	11.88	
023923 22285	15068	*	Stage 2, Sweet Potato & Chicken Casserole, Organic (jar)	12/128ml	0.99ea	11.88	
023923 51273	15069	*	Stage 2, Vegetables, Chicken & Brown Rice, Organic (jar)	12/128ml	0.99ea	11.88	
023923 72182	15128	*	Stage 3 Junior, Spaghetti w/Cheese, Organic (jar)	12/164ml	1.25ea	15.00	
023923 72183	15126	*	Stage 3 Junior, Tender Chicken & Stars, Organic (jar)	12/164ml	1.25ea	15.00	
023923 73014	15075	*	Stage 2, Purée, Apple Peach Oatmeal, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73013	15076	*	Stage 2, Purée, Banana Raspberry Brown Rice, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73010	15077	*	Stage 2, Purée, Pear Apricot Barley, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73002	15070	*	Stage 2, Purée, Apple Sweet Potato, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73008	15071	*	Stage 2, Purée, Banana Blueberry, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73005	15072	*	Stage 2, Purée, Banana Orange, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73009	15074	*	Stage 2, Purée, Peach Mango, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73003	15073	*	Stage 2, Purée, Pear Butternut Squash, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73012	15079	*	Stage 2, Yogurt Smoothie, Apple Apricot, Organic (pouch)	12/128ml	2.01ea	24.12	
023923 73011	15078	*	Stage 2, Yogurt Smoothie, Banana Mango, Organic (pouch)	12/128ml	2.01ea	24.12	

EARTH'S BEST BABY INFANT FORMULAS • ORGANIC

We guarantee best before dates of 28 days from the date of shipping Earth's Best infant formulas from our warehouse.

023923 10038	22707	*	Infant Formula, Enriched, Milk Based, Organic	6/658g	30.08ea	180.48	
023923 10039	22709	*	Infant Formula, Enriched, Soy Based, Organic	6/658g	30.08ea	180.48	

EARTH'S BEST SESAME STREET TODDLER FOODS • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Code 15065 Earth's Best Crunchin' Grahams from our warehouse.

023923 90961	22712	*	Cereal, On-The-Go Os, Honey Nut, Organic	6/283g	5.42ea	32.52	
023923 90959	15065	*	Cookies, Crunchin' Grahams, Honey Sticks, Organic	6/150g	3.11ea	18.66	
023923 90967	15064	*	Cookies, Letter of the Day Cookies, Oatmeal Cinnamon, Organic	6/150g	3.11ea	18.66	
023923 90965	15063	*	Cookies, Letter of the Day Cookies, Very Vanilla, Organic	6/150g	3.11ea	18.66	
023923 90955	15067	*	Crackers, Crunchin' Crackers, Original, Organic	6/150g	3.11ea	18.66	

FIRST FOOD ORGANICS BABY CEREALS & SNACKS • CANADIAN • ORGANIC

834633 00001	38683	*☛	Infant Cereal, Brown Rice, Organic (6+ months)	6/227g	4.66ea	27.96	
834633 00003	38686	*☛	Infant Cereal, Multigrain, Organic (6+ months)	6/227g	4.66ea	27.96	
834633 00002	38684	*☛	Infant Cereal, Oatmeal, Organic (6+ months)	6/227g	4.66ea	27.96	
834633 00005	38688	*☛	Munch Mix, Fruit & Grain Cereal Bites, Banana, Organic	8/42g	3.86ea	30.88	T
834633 00006	38701	*☛	Munch Mix, Fruit & Grain Cereal Bites, Strawberry, Organic	8/42g	3.86ea	30.88	T
834633 00007	38702	*☛	Yogurt Yums, Freeze Dried Yogurt & Fruit Snacks, Mixed Berry, Organic	8/28g	3.69ea	29.52	T
834633 00008	38703	*☛	Yogurt Yums, Freeze Dried Yogurt & Fruit Snacks, Peach, Organic	8/28g	3.69ea	29.52	T

FREYUMM ALLERGEN FRIENDLY OAT BARS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping FreeYumm oat bars from our warehouse.

North Vancouver's FreeYumm Foods makes wholesome treats that are always free of the top ten priority food allergens (eggs, milk, mustard, peanuts, seafood, sesame, soy, sulphites, tree nuts and wheat). Honey Apple Oat Bars are created in a dedicated bakery with healthy ingredients, which include natural sweeteners and whole grains that are organic and non-GMO whenever possible.

816695 00003	10160	*☛	NEW Honey Apple Oat Bars (top ten allergen free)	12/162g	5.07ea	60.84	
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HEALTHY TIMES BABY CEREALS, COOKIES & BISCUITS • ORGANIC (continued on Page 51)

We guarantee best before dates of 30 days from the date of shipping Healthy Times toddler cereals and cookies from our warehouse (42 days for arrowroot cookies).

048685 51498	16911	*	Baby Cereal, Barley, Organic	12/227g	4.11ea	49.32	
048685 02188	16902	*	Baby Cereal, Brown Rice, Organic	12/227g	4.11ea	49.32	
048685 91851	16904	*	Baby Cereal, Mixed Grain, Organic	12/227g	4.11ea	49.32	
048685 53106	16585	*	Baby Cereal, Mixed Grain w/Blueberries, Organic	12/227g	4.35ea	52.20	
048685 71786	16903	*	Baby Cereal, Oatmeal, Organic	12/227g	4.11ea	49.32	
048685 12191	16586	*	Baby Cereal, Oatmeal w/Peaches & Bananas, Organic	12/227g	4.35ea	52.20	
048685 01797	16912	*	Toddler Cereal/Finger Food, Teddy Puffs, Original, Organic	12/156g	3.57ea	42.84	
048685 01798	16913	*	Toddler Cereal/Finger Food, Teddy Puffs, Apple Cinnamon, Organic	12/156g	3.57ea	42.84	
048685 00009	16906	*	Cookies, Arrowroot, Maple, Wheat Free, Organic	12/140g	3.54ea	42.48	
048685 00010	16905	*	Cookies, Arrowroot, Vanilla, Organic	12/140g	3.54ea	42.48	

upc code	order code		case size	ea price	cs price
HEALTHY TIMES BABY CEREALS, COOKIES & BISCUITS • ORGANIC (continued on Page 50)					
048685 10001	16940	*	Cookies, Hugga Bear, Chocolate, Organic.....	12/182g	3.59ea 43.08
048685 11079	16901	*	Cookies, Hugga Bear, Cinnamon, Organic.....	12/182g	3.59ea 43.08
048685 32902	16939	*	Cookies, Hugga Bear, Honey Graham, Organic.....	12/182g	3.59ea 43.08
048685 12055	16900	*	Cookies, Hugga Bear, Vanilla, Organic.....	12/182g	3.59ea 43.08
048685 00002	16910	*	Teethers Biscuits, Maple, Organic.....	12/168g	3.57ea 42.84
048685 00001	16909	*	Teethers Biscuits, Original Vanilla, Organic.....	12/168g	3.57ea 42.84

LITTLE DUCK ORGANICS TINY FRUIT SNACKS • ORGANIC

856341 00305	18165	*	Apple & Banana, Organic.....	12/28g	3.75ea 45.00 T
856341 00304	18163	*	Blueberry & Apple, Organic.....	12/28g	3.75ea 45.00 T
856341 00306	18166	*	Pineapple & Mango, Organic.....	12/28g	3.75ea 45.00 T
856341 00303	18164	*	Strawberry & Mango, Organic.....	12/28g	3.75ea 45.00 T
		◇	Volume Price: 9 assorted cases.....		3.56ea 42.72
		◇	Volume Price: 15 assorted cases.....		3.38ea 40.56

MONKEY TOAST FRUIT CRISPS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Monkey Toast fruit crisps from our warehouse.

627843 12139	16604	✦	Crisps, Apple Cinnamon.....	12/180g	5.63ea 67.56
627843 12135	16603	✦	Crisps, Banana Blueberry.....	12/180g	5.63ea 67.56
627843 12143	16703	✦	NEW Crisps, Brown Rice Banana Blue (vegan).....	12/180g	5.63ea 67.56
<p>Founded in Vancouver, BC by chef and caterer Dale Ferris, Monkey Toast is a delicious, fruit based crisp that's nut and dairy free and packed with flavour. Perfect for kids and grownups, wheat free Brown Rice Banana Blue is new this edition. Bananas, more than two in every box, are the first ingredient before brown rice, sorghum (an ancient cereal grain that's gluten free), and wheat free oats. Blueberries and a savoury spice mix round out this delicious recipe.</p>					
627843 12137	16605	✦	Crisps, Pumpkin Cranberry.....	12/180g	5.63ea 67.56

baked goods • breads + pastries

Shelf Stable Breads

QUALITY BAKERY SHELF STABLE WHOLE GRAIN BREADS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Quality Bakery breads from our warehouse.

061344 08090	55368	*✦	Bread, Whole Grain, Maple Pumpkin Loaf, Organic.....	12/250g	3.58ea 42.96
061344 08091	55369	*✦	Bread, Whole Grain, Prairie Grains Loaf, Organic.....	12/250g	3.58ea 42.96
061344 08093	55370	*✦	Bread, Whole Grain, Rocky Rye Loaf, Organic.....	12/250g	3.58ea 42.96
061344 08092	55371	*✦	Bread, Whole Grain, Sunflower Rye Loaf, Organic.....	12/250g	3.58ea 42.96

Shelf Stable Cakes + Pastries

GLUTINO GLUTEN FREE TOASTER PASTRIES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Glutino toaster pastries from our warehouse.

678523 04304	13145	✦	Toaster Pastries, Apple Cinnamon (gluten free).....	6/260g	4.13ea 24.78 T
678523 04302	13144	✦	Toaster Pastries, Strawberry (gluten free).....	6/260g	4.13ea 24.78 T

Shelf Stable Pizza Crusts

STICKLING'S ORGANICS PIZZA CRUSTS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Stickling's pizza crusts from our warehouse.

775918 00159	17011	*✦	Pizza Crust, 7 Grain, Organic.....	6/300g	4.66ea 27.96
775918 00110	17010	✦	Pizza Crust, White Rice (gluten/dairy free).....	6/300g	5.47ea 32.82
775918 00504	17012	*✦	Pizza Crust, Whole Spelt, Organic.....	6/300g	4.66ea 27.96

baking • mixes, supplies + ingredients

Baking Accessories

CHEFS SELECT WAX PAPER • CANADIAN

028689 70075	47005	✦	Wax Paper, Natural Soy (75 square feet=75'x12").....	12/1ea	3.14ea 37.68 T
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IF YOU CARE BAKING & KITCHEN SUPPLIES

770009 25020	46386		Aluminum Foil, Heavy Duty (30 square feet=30'x12").....	12/1ea	5.30ea 63.60 PT
770009 12011	46385		Aluminum Foil, Recycled (50 square feet=50'x12").....	12/1ea	4.96ea 59.52 PT
770009 01048	46382		Baking Cups, Large (2.5" cups).....	24/60ea	1.80ea 43.20 PT
770009 01192	46388		Baking Paper Sheets.....	12/24ea	4.30ea 51.60 PT
770009 05004	46384	S	Cheese Cloth, Natural Cotton (2 square yds=72"x36").....	24/1ea	2.88ea 69.12 PT
770009 05001	46389		Cooking Twine, Natural (200').....	24/1ea	2.91ea 69.84 PT
770009 01020	46380		Parchment Paper (70 square feet=65'x13").....	12/1ea	5.78ea 69.36 PT
770009 25025	46387		Wax Paper, Unbleached (75 square feet=75'x12").....	12/1ea	5.71ea 68.52 PT

upc code	order code		case size	ea price	cs price	
PAPER CHEF FSC CERTIFIED CULINARY PARCHMENT • CANADIAN						
628689 70030	47014	✳️	Baking Cups, Parchment Paper, Extra Large, FSC Certified	12/30ea	1.63ea	19.56 PT
628689 70060	47013	✳️	Baking Cups, Parchment Paper, Large, FSC Certified	12/60ea	1.63ea	19.56 PT
628689 70090	47015	✳️	Baking Cups, Parchment Paper, Mini, FSC Certified	12/90ea	1.63ea	19.56 PT
628689 70012	21010	✳️	Lotus Cups, Parchment Paper, FSC Certified	6/12ea	2.47ea	14.82 PT
628689 70014	21011	✳️	Tulip Cups, Parchment Paper, FSC Certified	6/12ea	2.47ea	14.82 PT
628689 70010	47012	✳️	Cooking Bags, Parchment Paper, FSC Certified	12/10ea	3.14ea	37.68 PT
628689 00001	47011	✳️	Parchment Paper, FSC Certified (roll) (41 square feet)	12/1ea	3.14ea	37.68 PT

Baking Supplies + Mixes

MISCELLANEOUS BAKING SUPPLIES

775768 02025	02025		Baking Chips, Carob, Sweetened (non-dairy)	1/12kg	49.32ea	49.32
068437 40242	02035		Baking Chips, Chocolate, Pure	1/12kg	88.11ea	88.11
111111 21240	21240	✳️	GF Dark Chocolate Chips, Organic (Fair Trade) (gluten free)	1/4.54kg	63.53ea	63.53
775768 02010	02010		Baking Soda (aluminum free)	1/4.54kg	10.42ea	10.42
775768 02040	02040		Cocoa Powder, Dutch	1/5kg	67.57ea	67.57
039978 10578	02001	✳️	Coconut, Medium Shredded, Unsweetened, Organic (unsulphured)	1/11.34kg	70.95ea	70.95

ANITA'S ORGANIC MILL BAKING MIXES • CANADIAN • ORGANIC

623636 99324	21016	✳️✳️	Signature Cookie Creations, Cookie Mix, Classic Chocolate Chip, Organic	6/430g	4.90ea	29.40
623636 99321	21015	✳️✳️	Signature Cookie Creations, Cookie Mix, Fruit & Muesli, Organic	6/460g	4.90ea	29.40
623636 99327	21017	✳️✳️	Signature Cookie Creations, Cookie Mix, Oatmeal Currant, Organic	6/460g	4.90ea	29.40
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		4.73ea	28.38
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		4.56ea	27.36
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		4.39ea	26.34
623636 10070	21000	✳️✳️	Cookie Mix, Gingerbread, Organic	6/370g	3.85ea	23.10
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.72ea	22.29
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.58ea	21.48
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.45ea	20.67
623636 10090	21001	✳️✳️	Cookie Mix, Shortbread, Organic	6/350g	3.58ea	21.48
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.45ea	20.73
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.33ea	19.98
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		3.21ea	19.23

ANITA'S ORGANIC MILL PANCAKE & WAFFLE MIX • CANADIAN • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Anita's Organic pancake mixes from our warehouse.

623636 11300	02263	✳️✳️✳️	Pancake & Waffle Mix, Ancient Grain, Organic	6/1kg	7.20ea	43.20
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		6.95ea	41.70
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		6.70ea	40.21
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		6.45ea	38.71
623636 10001	02041	✳️✳️✳️	Pancake & Waffle Mix, Multigrain, Organic	6/1kg	6.15ea	36.90
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		5.94ea	35.62
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		5.72ea	34.35
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		5.51ea	33.07
623636 99200	22241	✳️✳️	Pancake & Waffle Mix, Sprouted Whole Wheat, Organic	6/1kg	6.29ea	37.74
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		6.07ea	36.43
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		5.85ea	35.12
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal]		5.64ea	33.81
623636 10003	02280	✳️✳️	Pancake & Waffle Mix, Multigrain, Organic	1/10kg	39.78ea	39.78
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		38.32ea	38.32
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		36.86ea	36.86

BAKERS SUPPLY HOUSE ALUMINUM FREE BAKING POWDER • CANADIAN

055853 00180	02218	✳️✳️✳️	Baking Powder, Organic (aluminum free)	24/210g	3.86ea	92.64
055853 00100	02015	✳️✳️	Baking Powder (aluminum free)	24/225g	2.57ea	61.68
111111 02017	02017	✳️	Baking Powder (aluminum free)	1/5kg	20.14ea	20.14

BAKERS SUPPLY HOUSE CORN STARCH • CANADIAN • ORGANIC

055853 00165	02240	✳️✳️	Corn Starch, Organic	6/225g	6.00ea	36.00
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BAKERS SUPPLY HOUSE NATURAL FOOD COLOURS • CANADIAN

055853 00140	21200	✳️	Natural Food Colours (red/blue/yellow)	6/42ml	14.64ea	87.84
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BAKERS SUPPLY HOUSE THICKEN-THIN THICKENER • CANADIAN

055853 00440	02210	✳️	Thicken-Thin (wheat/dairy free)	6/100g	7.14ea	42.84
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BAKERS SUPPLY HOUSE VANILLA EXTRACT • CANADIAN • ORGANIC

055853 00150	02217	✳️✳️	Pure Vanilla Extract, Organic	12/100ml	6.64ea	79.68
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BOB'S RED MILL ALUMINUM FREE BAKING POWDER & SODA

039978 30392	02075		Baking Powder, Aluminum Free	4/453g	3.67ea	14.68
039978 30391	02270		Baking Soda, Aluminum Free	4/453g	2.53ea	10.12

BOB'S RED MILL SHREDDED COCONUT

039978 31578	02052		Coconut, Medium Shredded, Unsweetened (unsulphured)	4/340g	3.50ea	14.00
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BOB'S RED MILL NATURAL EGG REPLACER

039978 30545	22664		Egg Replacer (vegetarian)	4/453g	8.93ea	35.72
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Signature Cookie Creations RIP 'N TIP ORGANIC COOKIE MIX



Why substitute flavor for health?

Anita's Signature Cookie Creations offers whole grain goodness in a sweet treat for every occasion.

New & Improved!



Honest, Simple & Consistent
Fresh stone-milled premium artisan baking ingredients and foods.

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Signature Cookie Creations RIP 'N TIP ORGANIC COOKIE MIX



Anita's Signature Cookie Creations are a whole grain based mix that provides you with a quick and easy alternative for your classic cookie creations. Kids love them for the taste, adults and parents love them for their nutritional benefits.

*Just add
butter and an egg*



FRUIT & MUESLI

INGREDIENTS: Brown sugar*, stone ground whole wheat flour*, raisins*, oat flakes*, barley flakes*, coconut*, cranberries* (cranberries, cane sugar, sunflower oil), soft white wheat flakes*, brown flax*, sunflower seeds*, millet*, baking powder, sesame seeds*, himalayan crystal salt.
*ORGANIC INGREDIENTS.

Order Code: G99322
Unit Size: 0.461 g | Unit UPC: 623636 993210
Case Size: 6 x 0.461 g | Case UPC: 623636 993227

Order Code: B99323
Unit Size: 10 kg | Unit UPC: 623636 993234



CLASSIC CHOCOLATE CHIP

INGREDIENTS: Unbleached soft wheat flour*, chocolate chips* (sugar, cocoa, cocoa liquor, cocoa butter, soy lecithin), brown sugar*, baking soda, himalayan crystal salt.
*ORGANIC INGREDIENTS

Order Code: G99325
Unit Size: 0.428 g | Unit UPC: 623636 993241
Case Size: 6 x 0.428 g | Case UPC: 623636 993258

Order Code: B99326
Unit Size: 10 kg | Unit UPC: 623636 993265



OATMEAL CURRANT

INGREDIENTS: Oat flakes*, brown sugar*, whole spelt flour*, sunflower seeds*, currants*, kamut® flour*, pumpkin seeds*, baking powder, himalayan crystal salt. *ORGANIC INGREDIENTS

Order Code: G99328
Unit Size: 0.461 g | Unit UPC: 623636 993272
Case Size: 6 x 0.461 g | Case UPC: 623636 993289

Order Code: B99329
Unit Size: 10 kg | Unit UPC: 623636 993296



- Family owned and operated in beautiful Chilliwack, BC
- Low milling temperatures to ensure protein, minerals and essential vitamins are intact
- 100% Certified Organic & Kosher
- 100% Whole Grain Premium Artisan Quality
- Eco-Friendly Packaging
- High in Protein, Essential Vitamins & Minerals
- Innovative flours and mixes

Your customers will love our freshly stone-milled premium line of baking flours. Anita's Organic Mill™ flours have been commercially used for over 20 years in artisan bakeries, food production plants, restaurants, and kitchens. Customers are loyal because Anita's Organic Mill™ provides a nutritious local supply that is consistent, reliable, and pure – safely sealed in eco-friendly packaging. Your customers will take pleasure in a pure and simple baking experience with Anita's Organic Mill™ artisan flours.



For more information and ideas visit:
WWW.ANITASORGANIC.COM



ANITA'S ORGANIC GRAIN & FLOUR MILL
43615 Yale Road, Chilliwack, B.C. V2R 4J6

Tel: 604.823.5543 | Fax: 604.823.5546
www.anitasorganic.com

Certified Organic by /
Certifié biologique par:
Pro-Cert Organic Systems Ltd.



"Anita's locally milled wonderful flours will allow you to create the best nutritious breads ever. Thank you to John and your family for championing local mills in B.C. and Canada that are committed to creating high quality, nutritious flours and grains for us to enjoy baking and cooking with." - ROCKY MOUNTAIN FLATBREAD -





*your source for
organic and natural
baking ingredients*



WATCH FOR NEW PRODUCTS IN 2015

BOB'S RED MILL BAKING MIXES

039978 30205	22894	Biscuit Mix, Wheat Free.....	4/680g	4.27ea	17.08
039978 30461	20354	GF Bread Mix, Cornbread (gluten free)	4/567g	3.04ea	12.16
039978 30455	20352	GF Bread Mix, Hearty Whole Grain (gluten free).....	4/567g	5.18ea	20.72
039978 30454	20351	GF Bread Mix, Homemade Wonderful (gluten free)	4/453g	4.67ea	18.68
039978 30464	20334	GF Brownie Mix (gluten free).....	4/595g	4.61ea	18.44
039978 30466	20291	GF Cake Mix, Vanilla (gluten free)	4/539g	3.40ea	13.60
039978 30389	20289	NEW GF Pie Crust Mix.....	4/453g	3.63ea	14.52
<p>Making a delicious, gluten free pie has never been easier! Simply add butter and water to the allergy friendly Bob's Red Mill Gluten Free Pie Crust mix to make a flaky crust that's perfect for any fruit or cream pie, pot pie, tart, galette or quiche. Each 453g bag makes two 9-inch, single-crust pies or one double-crust pie.</p>					
039978 30394	20316	GF Pizza Crust Mix.....	4/453g	3.64ea	14.56
039978 30222	20365	Muffin Mix, Cornbread.....	4/680g	3.01ea	12.04

BOB'S RED MILL PANCAKE & WAFFLE MIXES

039978 30882	20360	*	7 Grain, Organic	4/737g	4.05ea	16.20
039978 30204	22835		10 Grain	4/736g	3.57ea	14.28
039978 30881	20359		Buckwheat.....	4/737g	4.05ea	16.20
039978 30880	20358		Buttermilk.....	4/737g	4.05ea	16.20
039978 30462	20335		GF Pancake Mix (gluten free)	4/623g	4.20ea	16.80
039978 30883	20361	*	High Fibre, Organic	4/737g	4.05ea	16.20

BOB'S RED MILL TOASTED CAROB POWDER

039978 30509	02272	Carob Powder, Toasted	4/510g	4.21ea	16.84
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BOB'S RED MILL XANTHAN GUM

039978 32555	21002	Xanthan Gum.....	6/226g	12.20ea	73.20
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CLOUD 9 SPECIALTY BAKERY GLUTEN FREE BAKING MIXES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Cloud 9 mixes from our warehouse.

BC owned and operated, Cloud 9 got its start in the gluten free trade as a small retail bakery in New Westminster. Its wildly popular All Purpose Baking Mix is the foundation of its line of dry baking mixes, which are formulated to highest standards of quality and uncompromisingly gluten free.

816512 00050	21037	✳	NEW GF All Purpose Baking Mix (gluten free).....	6/1.25kg	8.74ea	52.44
816512 00030	21033	✳	NEW GF Bread Mix (gluten free).....	6/490g	4.66ea	27.96
816512 00004	21036	✳	NEW GF Brownie Mix (gluten free)	6/550g	4.66ea	27.96
816512 00029	21035	✳	NEW GF Chocolate Cake & Cupcake Mix (gluten free)	6/600g	4.66ea	27.96
816512 00005	21034	✳	NEW GF Chocolate Chip Cookie Mix (gluten free).....	6/405g	4.66ea	27.96

COMENSOLI GLUTEN FREE BAKING MIXES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Comensoli mixes from our warehouse.

180236 00072	21021	✳	Bread Mix (gluten free).....	12/452g	4.69ea	56.28
180236 00012	21024	✳	Brownie Mix, Chocolate (gluten free)	12/625g	4.69ea	56.28
180236 00089	21022	✳	Cake Mix, Chocolate (gluten free)	12/625g	4.69ea	56.28
180236 00088	21023	✳	Cookie Mix, Chocolate Chip (gluten free).....	12/724g	4.69ea	56.28
180236 00065	21007	✳	Muffin Mix, Banana Chocolate (gluten free).....	12/500g	4.69ea	56.28
180236 00069	21006	✳	Muffin Mix, Blueberry Flax (gluten free)	12/500g	4.69ea	56.28
180236 00057	21008	✳	Muffin Mix, Carrot Ginger Cranberry (gluten free).....	12/500g	4.69ea	56.28
		◇	Volume Price: 20 assorted cases (any Comensoli dry mixes; open stock not on deal on one invoice)		4.22ea	50.64
		◇	Volume Price: 40 assorted cases (any Comensoli dry mixes; open stock not on deal on one invoice)		3.99ea	47.88

COMENSOLI GLUTEN FREE PANCAKE & WAFFLE MIX • CANADIAN

180236 00085	21009	✳	Pancake & Waffle Mix (gluten free)	12/500g	4.00ea	48.00
		◇	Volume Price: 20 assorted cases (any Comensoli dry mixes; open stock not on deal on one invoice)		3.60ea	43.20
		◇	Volume Price: 40 assorted cases (any Comensoli dry mixes; open stock not on deal on one invoice)		3.40ea	40.80

CUISINE CAMINO FAIR TRADE BAKING CHOCOLATE • CANADIAN • ORGANIC

752612 23002	02244	✳✳☉	Baking Chocolate, Bittersweet, 71% Cacao, Organic (Fair Trade).....	10/200g	5.37ea	53.70
752612 23003	02243	✳✳☉	Baking Chocolate, Semisweet, 55% Cacao, Organic (Fair Trade).....	10/200g	5.37ea	53.70
752612 23001	02245	✳✳☉	Baking Chocolate, Unsweetened, 100% Cacao, Organic (Fair Trade)	10/200g	5.37ea	53.70
752612 24002	02337	✳✳☉	Baking Chips, Bittersweet Chocolate, 71% Cacao, Organic (Fair Trade)	8/225g	4.22ea	33.76
752612 24001	02338	✳✳☉	Baking Chips, Semisweet Chocolate, 55% Cacao, Organic (Fair Trade)	8/225g	4.22ea	33.76
111111 02336	02336	✳✳☉	Baking Chips, Semisweet Chocolate, Organic (big chips) (Fair Trade).....	1/10kg	154.50ea	154.50
752612 40003	02333	✳✳☉	Couvertures, Bittersweet Chocolate, Organic (Fair Trade)	1/10kg	199.09ea	199.09
752612 40002	02332	✳✳☉	Couvertures, Semisweet Chocolate, Organic (Fair Trade)	1/10kg	193.69ea	193.69

upc code	order code		case size	ea price	cs price
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CUISINE CAMINO FAIR TRADE BAKING COCOA • CANADIAN • ORGANIC

752612 00021	02281	*☼☉	Cocoa Powder, Natural, Organic (Fair Trade)	6/224g	5.76ea	34.56
752612 00011	02002	*☼☉	Cocoa Powder, Dutch Processed, Organic (Fair Trade)	6/224g	5.76ea	34.56
752612 30011	02014	*☼☉	Cocoa Powder, Dutch Processed, Organic (Fair Trade)	1/5kg	92.41ea	92.41

CUISINE CAMINO FAIR TRADE SHREDDED COCONUT • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Cuisine Camino coconut from our warehouse.

752612 24003	02258	*☼☉	Shredded Coconut, Unsweetened, Organic (Fair Trade)	8/200g	2.77ea	22.16
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DANDIES VEGAN MARSHMALLOWS

We guarantee best before dates of 30 days from the date of shipping Dandies marshmallows from our warehouse.

897581 00036	02260		Marshmallows, Air Puffed, Classic Vanilla (vegan)	12/283g	3.72ea	44.64	T
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ENJOY LIFE DAIRY, SOY & GLUTEN FREE BAKING CHOCOLATE

We guarantee best before dates of 45 days from the date of shipping Enjoy Life baking chips from our warehouse.

819597 01021	02325		NEW Chips, Dark Chocolate, 69% Cacao (milk/peanut/tree nut/soy/gluten free)	12/255g	4.18ea	50.16
Made in a dedicated nut and gluten free facility and suitable for vegan diets, rich and smooth, dark chocolate chips (69% cacao) are free of dairy, casein, peanuts, tree nuts and gluten, and contain no trans fats or artificial ingredients.						
853522 00031	02271		Mega Chunks, Semisweet Chocolate (milk/nut/tree nut/soy/gluten free)	12/283g	4.18ea	50.16
853522 00030	02250		Mini Chips, Semisweet Chocolate (milk/nut/tree nut/soy/gluten free)	12/283g	4.18ea	50.16
		◇	Volume Price: 10 assorted cases (Enjoy Life Baking Chips; open stock not on deal)		3.97ea	47.64
		◇	Volume Price: 15 assorted cases (Enjoy Life Baking Chips; open stock not on deal)		3.76ea	45.12
		◇	Volume Price: 25 assorted cases (Enjoy Life Baking Chips; open stock not on deal)		3.55ea	42.60
853522 00098	91380		2-Variety Chocolate Chips Shipper (Special Order; lead time required)	60/283g	4.44ea	266.40
Contains 30 units each of Mini Chips and Mega Chunks Baking Chocolate. Available by special order only with 3–6 weeks' lead time.						

FRONTIER BAKING SUPPLIES

089836 02333	02211		Baking Powder (aluminum free) (made w/organic ingredients)	1/454g	15.00ea	15.00
089836 02304	02020		Carob Powder, Roasted	1/454g	4.91ea	4.91
089836 02594	70375	*	Corn Starch, Organic	1/454g	5.69ea	5.69
089836 02305	02078		Cream of Tartar	1/454g	9.96ea	9.96
089836 02309	70115		Tapioca, Whole	1/454g	6.60ea	6.60

FRONTIER FLAVOURS & EXTRACTS

089836 23121	02021	E	Vanilla Extract	24/59ml	5.17ea	124.08
089836 23131	02022	E	Vanilla Flavour (no alcohol)	24/59ml	5.91ea	141.84
089836 23122	02023	E	Vanilla Extract	12/118ml	9.25ea	111.00
089836 23132	02024	E	Vanilla Flavour (no alcohol)	12/118ml	10.63ea	127.56

GLUTINO GLUTEN FREE PANTRY BAKING MIXES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Gluten Free Pantry baking mixes from our warehouse (42 days for Codes 22951 and 22809).

737880 96012	22848	☼	Bread Mix, Favourite Sandwich Bread (gluten free) (replaces Code 22837)	6/570g	4.04ea	24.24
737880 06131	22834	☼	Brownie Mix, Double Chocolate (gluten free) (formerly Chocolate Truffle)	6/454g	4.04ea	24.24
737880 02141	22832	☼	Cake Mix, Old Fashioned Yellow (gluten free)	6/425g	4.04ea	24.24
737880 96151	22833	☼	Cookie & Cake Mix, Chocolate Chip (gluten free)	6/540g	4.04ea	24.24
737880 96056	22838	☼	Perfect Pie Crust Mix (gluten free)	6/454g	4.04ea	24.24
737880 96032	22849	☼	Pizza Crust Mix (gluten free)	6/570g	4.04ea	24.24
678523 01010	22951	☼	Cake Mix, Decadent Chocolate (gluten free) (formerly Dutch Chocolate)	6/375g	4.72ea	28.32
678523 01020	22809	☼	Muffin Mix (gluten free)	6/500g	4.72ea	28.32

GLUTINO GLUTEN FREE PANTRY PANCAKE MIX • CANADIAN

We guarantee best before dates of 42 days from the date of shipping Glutino pancake mix from our warehouse.

678523 01005	22822	☼	Pancake Mix (gluten free)	6/575g	4.72ea	28.32
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GLUTINO GLUTEN FREE BREAD CRUMBS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Glutino bread crumbs from our warehouse.

678523 01106	14396	☼	Breadcrumbs (gluten free)	12/340g	3.59ea	43.08
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GRANDMA NUNWEILER'S PANCAKE & WAFFLE MIXES • CANADIAN • ORGANIC

Nunweiler's Flour Company specializes in artisan, low temperature milling of only certified organic, Canadian grown, whole grains with no additives or preservatives. This low temperature impact process keeps the flours stable without heat destroying vital nutrients. These whole grain flours are used to create old fashioned, organic Grandma Nunweiler's Pancake & Waffle Mixes that emphasize superior quality and great taste.

067785 01044	02190	*☼	NEW Pancake & Waffle Mix, Buckwheat, Organic	12/1kg	6.42ea	77.04
067785 01104	02191	*☼	NEW Pancake & Waffle Mix, Buttermilk, Organic	12/1kg	6.42ea	77.04
067785 01034	02192	*☼	NEW Pancake & Waffle Mix, Spelt, Organic	12/1kg	7.82ea	93.84
067785 01004	02189	*☼	NEW Pancake & Waffle Mix, Whole Grain, Organic	12/1kg	5.72ea	68.64

LET'S DO...ORGANIC SPRINKELZ • ORGANIC

043182 00592	02007	*	Carnival, Organic (gluten free)	12/1ea	2.04ea	24.48	T
043182 00591	02006	*	Chocolate, Organic	12/1ea	2.04ea	24.48	T
043182 00593	02008	*	Confetti, Organic	12/1ea	2.04ea	24.48	T
		◇	Volume Price: 10 assorted cases (LDO Cones + Sprinkelz; open stock not on deal; no other discounts apply)		1.84ea	22.08	

LET'S DO...ORGANIC PACKAGED TAPIOCA • ORGANIC

043182 00527	70340	*	Tapioca, Granules, Organic	6/170g	2.93ea	17.58
043182 00528	70341	*	Tapioca Starch, Organic	6/170g	2.93ea	17.58

upc code	order code		case size	ea price	cs price
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LET'S DO...ORGANIC COCONUT • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Let's Do..Organic coconut from our warehouse (45 days for Code 02246).

043182 01522	02264	* ◆ ◆	Coconut, Flakes, Organic.....	12/198g	3.19ea	38.28
			Volume Price: 15 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.87ea	34.44
			Volume Price: 25 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.71ea	32.52
043182 01520	02083	* ◆ ◆	Coconut, Shredded, Organic.....	12/250g	3.22ea	38.64
			Volume Price: 15 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.90ea	34.80
			Volume Price: 25 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.74ea	32.88
043182 00525	02246	* ◆ ◆	Creamed Coconut, Unsweetened, Organic.....	6/200g	2.57ea	15.42
			Volume Price: 15 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.31ea	13.86
			Volume Price: 25 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		2.18ea	13.08

NAVITAS NATURALS CACAO BEANS & NIBS • ORGANIC

858847 00066	29021	*	Cacao Beans (Raw Chocolate), Organic.....	12/227g	9.15ea	109.80
858847 00068	29023	* ◆	Cacao Nibs (Raw Chocolate), Organic.....	12/227g	9.15ea	109.80
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		8.24ea	98.88
858847 00069	29024	* ◆ ◆	Cacao Nibs (Raw Chocolate), Organic.....	6/454g	17.27ea	103.62
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		15.54ea	93.24
858847 00075	29022	* ◆ ◆	Cacao Nibs (Raw Chocolate), Organic.....	12/113g	5.30ea	63.60
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		4.77ea	57.24
858847 00032	29025	* ◆ ◆	Cacao Sweet Nibs (Sweetened Raw Chocolate), Organic.....	12/113g	6.47ea	77.64
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		5.82ea	69.84

NAVITAS NATURALS CACAO POWDER • ORGANIC

858847 00087	21004	* ◆	Cacao Powder (Raw Chocolate), Organic.....	12/227g	9.59ea	115.08
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		8.63ea	103.56
858847 00084	21003	* ◆	Cacao Powder (Raw Chocolate), Organic.....	6/454g	18.26ea	109.56
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		16.43ea	98.58

OMANHENE SINGLE BEAN ORIGIN COCOA POWDER

766831 22691	02296		Cocoa Powder, Natural, Single Bean Origin.....	8/200g	6.78ea	54.24
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ONE EARTH GLUTEN FREE BAKING MIXES • CANADIAN

We guarantee best before dates of 30 days from the date of shipping ONEarth baking mixes from our warehouse (42 days for Code 22282).

182583 00081	22282	◆	Blonde Brownie Mix, Blueberry Amaranth.....	12/368g	4.57ea	54.84
182583 00014	22281	◆	Cookie Mix, Chai Chia Coconut.....	12/342g	4.57ea	54.84
182583 00010	21014	◆	Cornbread Mix, Creole w/Kelp.....	12/425g	4.57ea	54.84
182583 00088	22287	◆	Muffin Mix, Spiced Apple Raisin.....	12/382g	4.57ea	54.84
182583 00016	21012	◆	Muffin Mix, Sweet Potato & Cinnamon.....	12/390g	4.57ea	54.84
182583 00012	21013	◆	Square Mix, Quinoa Crunch Chocolate.....	12/358g	4.57ea	54.84

ORCHID DRIED WHOLE VANILLA BEANS • CANADIAN • ORGANIC

062932 00540	02060	S*◆	Vanilla Beans, Whole, Organic (2/pkg).....	12/10g	6.79ea	81.48
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ORCHID REAL FLAVOUR EXTRACTS • CANADIAN

062932 00601	02057	S◆	Pure Almond Extract.....	12/100ml	5.71ea	68.52
062932 00100	02056	S◆	Pure Vanilla Extract.....	12/100ml	5.83ea	69.96
062932 00180	02074	S*◆	Vanilla Extract, Organic.....	12/100ml	6.79ea	81.48
062932 00200	02071	◆	Pure Vanilla Extract.....	6/500ml	13.57ea	81.42
062932 00187	02228	*◆	Vanilla Extract, Organic.....	6/500ml	16.67ea	100.02
062932 00300	02072	◆	Pure Vanilla Extract.....	1/4L	101.79ea	101.79
062932 00189	02229	*◆	Vanilla Extract, Organic.....	1/4L	111.11ea	111.11

PAMELA'S WHEAT FREE BAKING MIXES

Now available for food service, Pamela's diverse line of all natural, wheat free baking mixes, made with the highest quality ingredients, offers something for every venue. These versatile, easy-to-use mixes can be made according to the recipes developed by the manufacturer or serve as base flours for new creations.

093709 22160	22250		Biscuit & Scone Mix (wheat/gluten free).....	6/368g	4.38ea	26.28
093709 20660	22953		Bread Mix, Amazing (wheat/gluten free).....	6/539g	5.26ea	31.56
093709 20330	22952		Brownie Mix, Ultra Chocolate (wheat/gluten free).....	6/454g	5.65ea	33.90
093709 20220	22956		Cake Mix, Classic Vanilla (wheat/gluten free).....	6/595g	5.13ea	30.78
093709 20440	22954		Cake Mix, Luscious Chocolate (wheat/gluten free).....	6/595g	5.51ea	33.06
093709 20550	22955		Cookie Mix, Incredible Chocolate Chunk (wheat/gluten free).....	6/386g	5.48ea	32.88
093709 22140	22249		Cookie Mix, Sugar Cookie Mix (wheat/gluten free).....	6/368g	4.38ea	26.28
093709 22110	22948		Cornbread & Muffin Mix (wheat/gluten free).....	6/340g	4.38ea	26.28
093709 20770	22957		Frosting Mix, Dark Chocolate (wheat/gluten free).....	6/340g	4.29ea	25.74
093709 20880	22958		Frosting Mix, Vanilla (wheat/gluten free).....	6/340g	4.29ea	25.74
093709 22150	22248		Pizza Crust Mix (wheat/gluten free).....	6/320g	3.53ea	21.18
093709 33992	91624		Chocolate Brownie Mix Shipper (Special Order; lead time required).....	24/454g	5.99ea	143.76
			Contains 24 units of Wheat & Gluten Free Brownie Mix. Available by special order only with 3-6 weeks' lead time.			
093709 32506	22974		NEW Biscuit & Scone Mix (wheat/gluten free).....	1/11.34kg	55.53ea	55.53
093709 30256	22977		NEW Bread Mix, Amazing (wheat/gluten free).....	1/11.34kg	57.72ea	57.72
093709 30253	22980		NEW Brownie Mix, Ultra Chocolate (wheat/gluten free).....	1/11.34kg	80.31ea	80.31
093709 30252	22981		NEW Cake Mix, Classic Vanilla (wheat/gluten free).....	1/11.34kg	58.95ea	58.95
093709 30254	22979		NEW Cake Mix, Luscious Chocolate (wheat/gluten free).....	1/11.34kg	79.50ea	79.50
093709 30255	22978		NEW Cookie Mix (wheat/gluten free).....	1/11.34kg	53.20ea	53.20
093709 32504	22973		NEW Cookie Mix, Sugar Cookie Mix (wheat/gluten free).....	1/11.34kg	75.39ea	75.39
093709 32501	22975		NEW Cornbread & Muffin Mix (wheat/gluten free).....	1/11.34kg	48.27ea	48.27
093709 32505	22972		NEW Pizza Crust Mix (wheat/gluten free).....	1/11.34kg	55.53ea	55.53

upc code	order code		case size	ea price	cs price
PAMELA'S PANCAKE MIX					
093709 20110	22950	Pancake & Baking Mix (wheat/gluten free).....	6/680g	6.70ea	40.20
093709 33991	91551	Pancake & Baking Mix Floor Shipper (Special Order; lead time required).....	24/680g	6.70ea	160.80
Contains 24 units each of Pancake & Baking Mix. Available by special order only with 3–6 weeks' lead time.					
093709 20114	22949	Pancake & Baking Mix (wheat/gluten free).....	3/1.8kg	16.07ea	48.21
093709 30251	22976	NEW Pancake & Baking Mix (wheat/gluten free).....	1/11.34kg	67.99ea	67.99

PLUM-M-GOOD GLUTEN FREE BREADING CRUMBS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Plum-M-Good breading crumbs from our warehouse.

BC owned and family operated since 1985, Van Rice Products is dedicated to producing wholesome foods that are based on rice and other natural grains. Make room on your shelves for new gluten free Breading Crumbs made with organically grown brown rice.

069372 00620	16697	*✦ NEW Breading Crumbs, Brown Rice, Organic (gluten free).....	6/100g	2.41ea	14.46
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POMONA'S UNIVERSAL PECTIN

019356 55111	02195	Pectin, Universal.....	24/28g	4.68ea	112.32
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SIMPLY ORGANIC (FRONTIER) FLAVOURS & EXTRACTS • ORGANIC

089836 18618	02156	* Almond Extract, Organic.....	6/59ml	4.75ea	28.50
089836 18620	02157	* Lemon Flavour, Organic (no alcohol).....	6/59ml	4.41ea	26.46
089836 18621	02158	* Orange Flavour, Organic (no alcohol).....	6/59ml	4.41ea	26.46
089836 18622	02159	* Peppermint Flavour, Organic (no alcohol).....	6/59ml	4.41ea	26.46
089836 18623	02154	* Vanilla Extract, Organic.....	6/59ml	4.90ea	29.40
089836 19530	02326	* NEW Vanilla Extract, Organic (no alcohol).....	6/59ml	5.11ea	30.66

Extra rich and creamy, GMO free Organic Vanilla Extract contains vanilla derived exclusively from the natural Madagascar bean and offers great flavour without the added alcohol. Instead, the base for this vanilla extract is organic glycerin. Its rich, floral, fruity, sweetness-enhancing flavour profile makes it ideal for frostings, cookies, cakes, and other baking applications. Simply Organic donates one percent of net sales to support organic agriculture through research, education and grower development.

089836 18948	91362	* Organic Holiday Flavours Counter Shipper (Special Order; lead time required).....	48/59ml	4.75ea	228.00
Contains 24 units of Pure Vanilla Extract and 12 units each of Almond Extract and Peppermint Flavour. Available by special order only with 3–6 weeks' lead time.					

089836 18619	02172	* Almond Extract, Organic.....	6/118ml	6.04ea	36.24
089836 18624	02155	* Vanilla Extract, Organic.....	6/118ml	8.59ea	51.54
089836 19531	02328	* NEW Vanilla Extract, Organic (no alcohol).....	6/118ml	8.85ea	53.10

STICKLING'S ORGANICS GLUTEN FREE BREAD CRUMBS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Stickling's bread crumbs from our warehouse.

775918 00201	32041	* Rice Bread Crumbs (wheat/gluten/lactose free).....	6/500g	6.99ea	41.94
775918 00209	32087	* Rice Bread Crumbs (wheat/gluten/lactose free).....	1/8kg	77.58ea	77.58

SUNSPIRE BAKING CHIPS

077241 70020	02208	*☉ Baking Chips, Bittersweet Chocolate, 65% Cacao, Organic (Fair Trade).....	1/11.34kg	173.92ea	173.92
077241 10016	02234	Baking Chips, Carob, Unsweetened.....	1/11.34kg	108.33ea	108.33
077241 40016	02600	Baking Chips, Carob, Grain Sweetened.....	1/11.34kg	108.33ea	108.33

VIVANI BAKING CHOCOLATE COUVERTURES • ORGANIC

4044889 002225	02152	*S Couvertures, Dark Chocolate, Organic.....	10/200g	5.28ea	52.80
4044889 002218	02151	*S Couvertures, Milk Chocolate, Organic.....	10/200g	5.28ea	52.80

WOW BAKING COMPANY GLUTEN FREE CAKE MIXES

WOW Baking Company is known for its rich, tasty, wheat and gluten free cookies that are crafted in small batches with premium, all natural, GMO free ingredients like real butter and vanilla and natural cane juice. That dedication to real food is accessible anytime thanks to new gourmet-style Cake Mixes in Chocolate, Spice and Yellow varieties. Now your shoppers can create their own delicious, gluten free WOW treats at home with these go-to pantry staples.

854287 00287	21030	NEW Cake Mix, Chocolate (wheat free/gluten free).....	6/312g	3.13ea	18.78
854287 00282	21031	NEW Cake Mix, Spice (wheat free/gluten free).....	6/312g	3.13ea	18.78
854287 00288	21032	NEW Cake Mix, Yellow (wheat free/gluten free).....	6/312g	3.13ea	18.78

beans + legumes • canned + dry

Bulk + Packaged Dry Beans

BULK BEANS & LEGUMES (continued on Page 57)

775768 04160	04160	* Adzuki Beans, Organic.....	1/11.34kg	51.96ea	51.96
775768 04065	04065	* Black Beans, Organic.....	1/11.34kg	30.41ea	30.41
858817 00208	22291	Garbanzo Beans (Chickpeas).....	1/11.5kg	45.60ea	45.60
111111 04150	04150	* Garbanzo Beans (Chickpeas), Organic.....	1/11.34kg	43.92ea	43.92
775768 04080	04080	* Green Split Peas, Organic.....	1/11.34kg	28.04ea	28.04
858817 00219	22294	Lentils, Black Caviar.....	1/11.5kg	53.41ea	53.41
623636 39409	20054	* Lentils, French Green, Organic.....	1/11.34kg	43.58ea	43.58
775768 04035	04035	* Lentils, Green, Organic.....	1/11.34kg	37.50ea	37.50
775768 04155	04155	* Lentils, Red, Organic.....	1/11.34kg	50.73ea	50.73
858817 00207	22292	Lentils, Spanish Brown.....	1/11.5kg	48.89ea	48.89
858817 00206	22293	Lentils, Yellow.....	1/11.5kg	50.53ea	50.53
627957 40003	22220	Mung Beans, Whole.....	1/11.34kg	37.84ea	37.84
627957 40042	22221	Mung Dal (washed).....	1/11.34kg	44.59ea	44.59
775768 04075	04075	* Navy Beans, Organic.....	1/11.34kg	50.68ea	50.68

upc code	order code		case size	ea price	cs price
BULK BEANS & LEGUMES (continued on Page 56)					
775768 04055	04055	* Pinto Beans, Organic	1/11.34kg	42.92ea	42.92
775768 04070	04070	* Red Kidney Beans, Organic	1/11.34kg	57.43ea	57.43
775768 04060	04060	* Soybeans, Organic	1/11.34kg	33.47ea	33.47
111111 04048	04048	* Yellow Split Peas, Organic	1/11.34kg	22.64ea	22.64
EDEN PACKAGED DRY BEANS • ORGANIC					
024182 02200	04020	* Black Beans, Organic (box)	12/454g	3.80ea	45.60
024182 02202	04024	* Green Lentils, Organic (box)	12/454g	3.47ea	41.64
024182 02204	04025	* Navy Beans, Organic (box)	12/454g	3.80ea	45.60
PRAIRIE HARVEST PACKAGED DRY BEANS & LEGUMES • CANADIAN • ORGANIC					
624756 93344	04027	*🍁 Chickpeas, Organic (bag)	12/454g	2.74ea	32.88
624756 93341	04018	*🍁 Green Lentils, Organic (bag)	12/454g	2.74ea	32.88
624756 93342	04019	*🍁 Red Kidney Beans, Organic (bag)	12/454g	2.74ea	32.88
		◇ Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.47ea	29.64
		◇ Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.33ea	27.96
624756 93345	04028	*🍁 Green Split Peas, Organic (bag)	12/454g	2.48ea	29.76
		◇ Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.23ea	26.76
		◇ Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.11ea	25.32

Canned Beans (Whole)

BOMBAY DINE CANNED WHOLE BEANS • CANADIAN • ORGANIC

620988 00608	55571	*🍁 Bean Salad, Organic (can)	12/540ml	2.90ea	34.80
		◇ Volume Price: 2 cases (Bombay Dine Bean Salad only)		2.47ea	29.64
		◇ Volume Price: 5 cases (Bombay Dine Bean Salad only)		2.32ea	27.84
		◇ Volume Price: 10 cases (Bombay Dine Bean Salad only)		2.18ea	26.16
620988 00629	55560	*🍁 Adzuki Beans, Organic (can)	12/540ml	2.55ea	30.60
620988 00626	55557	*🍁 Black Beans, Organic (can)	12/540ml	2.55ea	30.60
620988 00620	55555	*🍁 Chickpeas, Organic (can)	12/540ml	2.55ea	30.60
620988 00625	55558	*🍁 Green Lentils, Organic (can)	12/540ml	2.55ea	30.60
620988 00621	55556	*🍁 Kidney Beans, Organic (can)	12/540ml	2.55ea	30.60
620988 00624	55559	*🍁 Mixed Beans, Organic (can)	12/540ml	2.55ea	30.60
		◇ Volume Price: 5 assorted cases (Bombay Dine Beans only)		2.17ea	26.04
		◇ Volume Price: 10 assorted cases (Bombay Dine Beans only)		2.04ea	24.48
		◇ Volume Price: 20 assorted cases (Bombay Dine Beans only)		1.91ea	22.92

EDEN CANNED WHOLE BEANS • ORGANIC

024182 00352	10456	* Adzuki Beans, Organic (can)	12/398ml	2.52ea	30.24
024182 00353	10458	* Black Beans, Organic (can)	12/398ml	2.26ea	27.12
024182 00357	10461	* Black Eyed Peas, Organic (can)	12/398ml	2.19ea	26.28
024182 00320	10455	* Black Soy Beans, Organic (can)	12/398ml	2.16ea	25.92
024182 00359	10449	* Butter Beans, Organic (can)	12/398ml	2.22ea	26.64
024182 00358	10475	* Cannellini (White Kidney) Beans, Organic (can)	12/398ml	2.48ea	29.76
024182 00351	10450	* Garbanzo Beans (Chickpeas), Organic (can)	12/398ml	2.28ea	27.36
024182 00387	10448	* Great Northern Beans, Organic (can)	12/398ml	2.19ea	26.28
024182 00354	10452	* Kidney Beans, Organic (can)	12/398ml	2.37ea	28.44
024182 00355	10460	* Navy Beans, Organic (can)	12/398ml	2.26ea	27.12
024182 00350	10454	* Pinto Beans, Organic (can)	12/398ml	2.26ea	27.12
024182 00356	10447	* Small Red Beans, Organic (can)	12/398ml	2.18ea	26.16
024182 28353	10440	* Black Beans, Organic (can)	12/796ml	3.80ea	45.60
024182 28358	10444	* Cannellini (White Kidney) Beans, Organic (can)	12/796ml	4.32ea	51.84
024182 28351	10441	* Garbanzo Beans (Chickpeas), Organic (can)	12/796ml	3.77ea	45.24
024182 28354	10442	* Kidney Beans, Organic (can)	12/796ml	3.84ea	46.08
024182 28355	10445	* Navy Beans, Organic (can)	12/796ml	3.80ea	45.60
024182 28350	10443	* Pinto Beans, Organic (can)	12/796ml	3.80ea	45.60

JYOTI NATURAL FOODS CANNED BABY DARK CHICKPEAS

077502 20215	10260	* Chickpeas, Baby Dark (Channa) (can)	12/425g	1.94ea	23.28
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YVES VEGGIE CUISINE CANNED WHOLE BEANS • ORGANIC

060822 80029	10207	* Black Beans, Organic (can)	12/398ml	2.28ea	27.36
060822 80028	10206	* Garbanzo Beans (Chickpeas), Organic (can)	12/398ml	2.28ea	27.36
060822 80031	10209	* Kidney Beans, Organic (can)	12/398ml	2.28ea	27.36
060822 80027	10205	* Pinto Beans, Organic (can)	12/398ml	2.28ea	27.36

Canned Chilies + Flavoured Beans

AMY'S CANNED BAKED BEANS • ORGANIC

042272 90517	10218	* Baked Beans, Organic (vegetarian) (can)	12/398ml	2.58ea	30.96
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AMY'S CANNED CHILIES • ORGANIC

042272 90511	38222	* Chili w/Vegetables, Medium, Organic (can)	12/398ml	2.88ea	34.56
042272 90510	38221	* Chili, Medium, Organic (can)	12/398ml	2.88ea	34.56
042272 90512	38223	* Chili, Spicy, Organic (can)	12/398ml	2.88ea	34.56

upc code	order code		case size	ea price	cs price
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EDEN CANNED BAKED & FLAVOURED BEANS • ORGANIC

024182 00385	10451	*	Baked Beans w/Sweet Sorghum, Organic (can)	12/398ml	2.95ea	35.40
024182 00372	10481	*	Caribbean Black Beans, Black Turtle, Organic (can)	12/398ml	2.33ea	27.96
024182 00384	10482	*	Chili Beans, Dark Red Kidney, Organic (can)	12/398ml	2.89ea	34.68
024182 00388	10476	*	Lentils w/Sweet Onion & Bay Leaf, Organic (can)	12/398ml	2.28ea	27.36
024182 00330	10483	*	Spicy Pinto Beans, Organic (can)	12/398ml	2.95ea	35.40

EDEN CANNED CHILIES • ORGANIC

024182 00337	10485	*	Chili, Black Bean & Quinoa, Organic	12/398ml	3.60ea	43.20
024182 00335	10487	*	Chili, Great Northern Bean & Barley, Organic	12/398ml	5.60ea	67.20
024182 00338	10484	*	Chili, Kidney Bean & Kamut, Organic	12/398ml	3.64ea	43.68
024182 00336	10486	*	Chili, Pinto Bean & Spelt, Organic	12/398ml	3.06ea	36.72

EDEN CANNED FLAVOURED RICE & BEANS • ORGANIC

024182 00337	10485	*	Chili, Black Bean & Quinoa, Organic	12/398ml	3.60ea	43.20
024182 00335	10487	*	Chili, Great Northern Bean & Barley, Organic	12/398ml	5.60ea	67.20
024182 00338	10484	*	Chili, Kidney Bean & Kamut, Organic	12/398ml	3.64ea	43.68
024182 00336	10486	*	Chili, Pinto Bean & Spelt, Organic	12/398ml	3.06ea	36.72
024182 00300	10490	*	Curried Rice & Lentils, Organic	12/398ml	2.43ea	29.16
024182 00302	10489	*	Mexican Rice & Black Beans, Organic	12/398ml	2.30ea	27.60
024182 00310	10488	*	Moroccan Rice & Garbanzo Beans, Organic	12/398ml	2.51ea	30.12
024182 00303	10479	*	Rice & Cajun Small Red Beans, Organic (can)	12/398ml	2.42ea	29.04
024182 00304	10478	*	Rice & Caribbean Black Beans, Organic (can)	12/398ml	2.34ea	28.08
024182 00306	10480	*	Rice & Lentils, Organic (can)	12/398ml	2.42ea	29.04
024182 00307	10477	*	Rice & Pinto Beans, Organic (can)	12/398ml	2.25ea	27.00

PACIFIC BAKED BEANS • ORGANIC

052603 09488	22403	*	Baked Beans, Organic (vegetarian) (tetra recart)	12/365ml	2.63ea	31.56
		◇	Volume Price: 10 assorted cases (Baked + Refried Beans only)		2.37ea	28.48

Canned + Packaged Refried Beans**AMY'S CANNED REFRIED BEANS • ORGANIC**

042272 90551	10266	*	Refried Black Beans, Organic (can)	12/398ml	2.58ea	30.96
042272 90552	10267	*	Refried Pinto Beans w/Green Chilies, Organic (can)	12/398ml	2.58ea	30.96
042272 90550	10265	*	Refried Pinto Beans, Traditional, Organic (can)	12/398ml	2.58ea	30.96

EDEN CANNED REFRIED BEANS • ORGANIC

024182 00399	10413	*	Refried Black Beans, Organic (can)	12/398ml	2.37ea	28.44
024182 00394	10421	*	Refried Black Beans, Spicy, Organic (can)	12/398ml	2.82ea	33.84
024182 00397	10418	*	Refried Black Soy & Black Beans, Organic (can)	12/398ml	2.33ea	27.96
024182 00396	10414	*	Refried Kidney Beans, Organic (can)	12/398ml	2.37ea	28.44
024182 00398	10412	*	Refried Pinto Beans, Organic (can)	12/398ml	2.37ea	28.44
024182 00395	10419	*	Refried Pinto Beans, Spicy, Organic (can)	12/398ml	2.71ea	32.52

PACIFIC REFRIED BEANS • ORGANIC

052603 09485	22401	*	Refried Black Beans, Organic (vegetarian) (tetra recart)	12/365ml	2.46ea	29.52
052603 09486	22402	*	Refried Pinto Beans, Organic (vegetarian) (tetra recart)	12/365ml	2.46ea	29.52
		◇	Volume Price: 10 assorted cases (Baked + Refried Beans only)		2.22ea	26.65
052603 04531	91559	*	Organic Refried & Baked Beans Shipper (Special Order; lead time required)	48/365ml	2.56ea	122.88
Contains 24 units of Organic Baked Beans and 12 units each of Organic Refried Black Beans and Organic Refried Pinto Beans. Available by special order only with 3-6 weeks' lead time.						

TASTE ADVENTURE INSTANT REFRIED BEANS

We guarantee best before dates of 45 days from the date of shipping Taste Adventure organic refried beans (Codes 38719 and 38720) from our warehouse.

032445 00632	38719	*	Refried Black Beans, Organic (flakes) (gluten free/vegan)	6/170g	3.46ea	20.76
032445 00631	38720	*	Refried Pinto Beans, Organic (flakes) (gluten free/vegan)	6/170g	3.46ea	20.76
032445 00032	38762		Refried Black Beans (flakes)	6/248g	3.72ea	22.32
032445 00031	38757		Refried Pinto Beans (flakes)	6/248g	3.72ea	22.32
032445 00045	38763		Refried Black Beans (flakes)	1/4.54kg	55.12ea	55.12
032445 00044	38761		Refried Pinto Beans (flakes)	1/4.54kg	55.12ea	55.12

beverages • functional + supplemental**Instant Mixes****BLUE MONKEY INSTANT COCONUT WATER**

We guarantee best before dates of 42 days from the date of shipping Blue Monkey beverages from our warehouse.

059654 07810	85649		Coconut Water, Instant (pouches)	10/20g	0.64ea	6.40
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upc code order code case size ea price cs price

Ready-To-Drink Protein + Isotonic

BLUE MONKEY COCONUT WATER

We guarantee best before dates of 42 days from the date of shipping Blue Monkey beverages from our warehouse (45 days for Code 07241).

059654 07810	85649	Coconut Water, Instant (pouches).....	10/20g	0.64ea	6.40	
059654 17003	06896	Coconut Water, Pure (can).....	24/330ml	1.38ea	33.12	U
059654 17002	06907	Coconut Water w/Pulp (can).....	24/520ml	1.89ea	45.36	U
059654 17001	07060	Coconut Water, No Pulp (can).....	24/520ml	1.89ea	45.36	U
059654 60022	07140	Coconut Water w/Pulp (can).....	6/520ml	1.91ea	11.46	U
059654 60021	07144	Coconut Water, No Pulp (can).....	6/520ml	1.91ea	11.46	U
059654 22222	07241	* NEW Coconut Water, Pure, Organic (tetrapak) (replaces Code 07167).....	12/1L	3.95ea	47.40	U
USDA certified organic Blue Monkey pure coconut water is available in a 1L tetrapak. The natural isotonic sports drink is high in potassium, magnesium and electrolytes with no added sugar, artificial sweeteners or preservatives.						
059654 07073	06893	50/50 Coconut Water & Juice Blend, Guava (plastic bottle).....	12/473ml	1.89ea	22.68	U
059654 07072	06892	50/50 Coconut Water & Juice Blend, Mango (plastic bottle).....	12/473ml	1.89ea	22.68	U
059654 07071	06891	50/50 Coconut Water & Juice Blend, Passionfruit (plastic bottle).....	12/473ml	1.89ea	22.68	U
059654 07074	07175	50/50 Coconut Water & Juice Blend, Pineapple (plastic bottle).....	12/473ml	1.89ea	22.68	U

C20 PURE COCONUT WATER

We guarantee best before dates of 42 days from the date of shipping C20 coconut water from our warehouse.

853883 00300	15177	Coconut Water, Pure (can).....	12/520ml	2.28ea	27.36	U
853883 00302	15178	Coconut Water, Pure w/Pulp (can).....	12/520ml	2.28ea	27.36	U
		Volume Price: 10 assorted cases (open stock not on deal).....		1.94ea	23.28	
		Volume Price: 36 assorted cases (open stock not on deal).....		1.82ea	21.84	
		Volume Price: 132 assorted cases (open stock not on deal).....		1.71ea	20.52	

ECOS PURE COCONUT WATER

We guarantee best before dates of 30 days from the date of shipping Ecos coconut water from our warehouse.

8527750 0310	07104	NEW Coconut Water, Pure (tetrapak) (replaces Code 07166).....	12/250ml	1.33ea	15.96	U
Ecos pure coconut water, sourced from Thai plantations utilizing organic growing methods, replenishes and rehydrates naturally. High in electrolytes but low in sugar and acidity with no fat or cholesterol, it's a good source of potent antioxidants and phytonutrients.						
8527750 0341	07174	Coconut Water w/Velvet Dark Chocolate & Virgin Coconut Milk (tetrapak).....	12/250ml	1.71ea	20.52	U
8527750 0322	07187	Coconut Water, Pure (tetrapak).....	12/1L	4.34ea	52.08	U
8527750 0330	07188	Coconut Water, Pure, Velvet Dark Chocolate (tetrapak).....	12/1L	5.11ea	61.32	U

GURU ENERGY DRINKS • CANADIAN • ORGANIC

701648 01014	13074	*🍁 Energy Drink, Guru, Organic (can).....	24/355ml	2.21ea	53.04	TU
701648 04011	13076	*🍁 Energy Drink, Guru, Organic (can).....	6/4x250ml	6.99ea	41.94	TU

KING ISLAND COCONUT WATER

We guarantee best before dates of 45 days from the date of shipping King Island beverages from our warehouse.

8850813 300017	07088	Coconut Water, Pure (tetrapak).....	12/3x250ml	2.43ea	29.16	U
8850813 300253	07171	Coconut Water & Juice Blend, Pineapple, Passionfruit & Mango (tetrapak).....	12/3x250ml	2.43ea	29.16	U
8850813 300246	07170	Coconut Water & Juice Blend, Strawberry, Pomegranate & Red Grape (tetrapak).....	12/3x250ml	2.43ea	29.16	U
		Volume Price: 20 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal).....		2.14ea	25.68	
		Volume Price: 40 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal).....		2.04ea	24.48	
		Volume Price: 100 cases one variety (Pallet; 250ml only; open stock not on deal; no programs apply).....		1.70ea	20.40	
8850813 300208	07246	NEW Coconut Water, Pure (tetrapak).....	12/330ml	1.10ea	13.20	U
Now available in a new, resealable 330ml tetrapak, pure coconut water (not from concentrate) from Thailand's young green coconuts provides natural, gluten free hydration with the perfect balance of potassium and sodium, but no cholesterol, fat, added sugar or preservatives.						
		Volume Price: 10 cases (Code 07246 only; open stock not on deal; no programs apply).....		0.97ea	11.64	
		Volume Price: 20 cases (Code 07246 only; open stock not on deal; no programs apply).....		0.92ea	11.04	
		Volume Price: 200 cases (Pallet; Code 07246 only; open stock not on deal; no programs apply).....		0.77ea	9.24	
8850813 300048	07205	Coconut Water, Pure (tetrapak).....	12/500ml	1.42ea	17.04	U
		Volume Price: 10 cases (Code 07205 only; open stock not on deal; no programs apply).....		1.25ea	15.00	
		Volume Price: 20 cases (Code 07205 only; open stock not on deal; no programs apply).....		1.19ea	14.28	
		Volume Price: 144 cases (Pallet; Code 07205 only; open stock not on deal; no programs apply).....		0.99ea	11.88	
8850813 300031	07130	Coconut Water, Pure (tetrapak).....	12/1L	2.99ea	35.88	U
		Volume Price: 20 cases (Code 07130 only; open stock not on deal; no programs apply).....		2.63ea	31.56	
		Volume Price: 40 cases (Code 07130 only; open stock not on deal; no programs apply).....		2.51ea	30.12	
		Volume Price: 80 cases (Pallet; Code 07130 only; open stock not on deal; no programs apply).....		2.09ea	25.08	

RUMBLE NOURISHING DRINKS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Rumble beverages from our warehouse.

834642 00001	05206	*🍁 Nourishing Drink, Dutch Cocoa.....	12/355ml	3.15ea	37.80	TU
834642 00002	05205	*🍁 Nourishing Drink, Vanilla Maple.....	12/355ml	3.15ea	37.80	TU

SAMBAZON AMAZON ENERGY AÇAÍ BERRY ENERGY DRINK • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Sambazon Amazon Energy from our warehouse.

818411 00070	07245	*🍷 Amazon Energy, Açai Berry Energy Drink, Organic (Fair Trade) (can).....	24/355ml	2.05ea	49.20	TU
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upc code	order code		case size	ea price	cs price	
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STEAZ FAIR TRADE ENERGY DRINKS • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Steaz beverages from our warehouse.

Delicious Steaz energy drinks are made with antioxidant-rich green tea and blended with the finest organic and fair trade ingredients from around the world. Chemical free, fair trade certified Organic Energy Drinks are high in antioxidants and powered by naturally occurring caffeine found in organic varieties of green tea, yerba maté and guarana.

856820 00050	70393	*☉	NEW Energy, Berry, Organic (Fair Trade) (can).....	24/355ml	2.00ea	48.00	TU
856820 00080	70394	*☉	NEW Energy, Super Fruit, Organic (Fair Trade) (can).....	24/355ml	2.00ea	48.00	TU
		◇	Volume Price: 20 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply)		1.87ea	44.83	
		◇	Volume Price: 30 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply)		1.81ea	43.40	
		◇	Volume Price: 50 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply)		1.74ea	41.86	

TASTE NIRVANA COCONUT WATER

011259 80686	05920		Coconut Water (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 80688	05921		Coconut Water w/Pulp (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 80113	05922		Coconut Water, Coco-Aloe (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 90453	05927		Coconut Water w/Thai Chili (glass bottle).....	12/280ml	1.91ea	22.92	TU
011259 90424	05923		Coconut Water (glass bottle).....	6/700ml	3.57ea	21.42	U
011259 90420	05924		Coconut Water (can).....	12/480ml	2.43ea	29.16	U
011259 90422	05925		Coconut Water w/Pulp (can).....	12/480ml	2.43ea	29.16	U
011259 90429	05926		Coconut Water, Coco-Aloe (can).....	12/480ml	2.43ea	29.16	U

THIRSTY BUDDHA NATURAL COCONUT WATER • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Thirsty Buddha coconut water from our warehouse.

852953 00129	07216	☼	Coconut Water, Natural (slim can).....	12/250ml	1.19ea	14.22	U
		◇	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.14ea	13.72	
		◇	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.09ea	13.02	
		◇	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.04ea	12.52	
852953 00100	07165	☼	Coconut Water, Natural (can).....	12/520ml	1.77ea	21.24	U
852953 00103	07214	☼	Coconut Water, Natural w/Pulp (can).....	12/520ml	1.77ea	21.24	U
852953 00105	07215	☼	Coconut Water, Natural w/Mango (can).....	12/520ml	1.77ea	21.24	U
		◇	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.71ea	20.49	
		◇	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.61ea	19.34	
		◇	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.56ea	18.74	
852953 00131	07219	☼	Coconut Water, Natural (tetrapak).....	12/500ml	2.08ea	24.96	U
		◇	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		2.00ea	24.01	
		◇	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.90ea	22.76	
		◇	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.83ea	21.96	
852953 00117	07213	☼	Coconut Water, Natural (tetrapak).....	12/1L	4.17ea	50.04	U
		◇	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		4.04ea	48.44	
		◇	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		3.84ea	46.04	
		◇	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		3.67ea	44.04	

VITA COCO COCONUT WATER

We guarantee best before dates of 30 days from the date of shipping Vita Coco coconut waters from our warehouse.

898999 77777	07057		Coconut Water, Caffe Latte (tetrapak).....	12/330ml	2.56ea	30.72	U
898999 01000	07040		Coconut Water, Pure (tetrapak).....	12/500ml	2.56ea	30.72	U
898999 05000	07056		Coconut Water, Orange (tetrapak).....	12/500ml	2.56ea	30.72	U
898999 04000	07042		Coconut Water, Peach & Mango (tetrapak).....	12/500ml	2.56ea	30.72	U
898999 03000	07041		Coconut Water, Pineapple (tetrapak).....	12/500ml	2.56ea	30.72	U
		◇	Volume Price: 25 assorted cases (any Vita Coco varieties; open stock not on deal).....		2.31ea	27.72	
898999 00050	06748	◇	Coconut Water, Pure (tetrapak).....	12/1L	4.81ea	57.72	U
		◇	Volume Price: 25 assorted cases (any Vita Coco varieties; open stock not on deal).....		4.31ea	51.72	

beverages • juices, carbonated drinks + water

Culinary Juices

SANTA CRUZ 100% LEMON JUICE • ORGANIC

036192 12715	06310	*	Lemon Juice, Organic (bottle).....	12/473ml	4.18ea	50.16	
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De-Alcoholized Beer

CLAUSTHALER MALT BEVERAGE

053400 00101	06005		Clausthaler (bottle).....	24/330ml	1.19ea	28.56	TU
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Juices

BIOITALIA CARROT JUICE • ORGANIC

661475 23904	05179	*	Carrot Juice, Organic (bottle).....	6/750ml	6.29ea	37.74	U
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BLUE MONKEY PURE MANGO JUICE

059654 77350	07224		Mango Juice, Pure (can).....	24/350ml	1.56ea	37.44	U
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Clausthaler Premium Classic

Full-bodied, freshly flavourful. The world's best non-alcoholic beer.

Classic convinces with its freshly flavourful and full-bodied taste and premium quality. A brew that fulfills the most exacting requirements for consummate beverage enjoyment.

Clausthaler's success is its taste. Quality conscious brewing in strict accordance with the German Purity Law of 1516 guarantees highest product quality and unmatched taste stability.



us.clausthaler.com

BREMNER'S JUICES • CANADIAN

834644 00307	05084	◆	Black Cherry (bottle).....	12/946ml	6.11ea	73.32	U
		◆	Volume Price: 10 assorted cases (any Bremner's Juices)		5.50ea	66.00	
834644 00309	05167	◆	Prune Juice, Organic.....	12/946ml	7.33ea	87.96	U
		◆	Volume Price: 10 assorted cases (any Bremner's Juices)		6.60ea	79.20	
834644 00308	05087	◆	Blackberry, Organic (bottle).....	12/946ml	11.00ea	132.00	U
834644 00301	05080	◆	Blueberry (bottle).....	12/946ml	11.00ea	132.00	U
834644 00303	05082	◆	Blueberry Cranberry (bottle)	12/946ml	11.00ea	132.00	U
834644 00306	05083	◆	Blueberry Pomegranate (bottle)	12/946ml	11.00ea	132.00	U
834644 00202	05081	◆	Cranberry (bottle)	12/946ml	11.00ea	132.00	U
834644 00305	05086	◆	Pomegranate, Organic (bottle).....	12/946ml	11.00ea	132.00	U
834644 00324	05085	◆	Raspberry (bottle)	12/946ml	11.00ea	132.00	U
		◆	Volume Price: 10 assorted cases (any Bremner's Juices)		9.90ea	118.80	

EDEN JUICES • ORGANIC

024182 00364	05140	*	Apple, Organic (bottle)	6/1.82L	10.68ea	64.08	U
024182 00360	05142	*	Cherry, Organic (bottle)	12/946ml	10.69ea	128.28	U
024182 00076	05143	*	Concord Grape, Organic (bottle)	12/750ml	7.97ea	95.64	U

FRUIT D'OR PURE CRANBERRY JUICES • CANADIAN

662166 22000	05212	◆	Cranberry Juice, Pure, Organic (bottle)	12/1L	7.45ea	89.40	U
662166 00100	05213	◆	Cranberry Juice, Pure (bottle)	12/1L	5.29ea	63.48	U

GINGER PEOPLE GINGER BEVERAGES

734027 99501	06177	◆	Ginger Soother (bottle).....	24/354ml	2.16ea	51.84	U
		◆	Volume Price: 15 assorted cases (GP Ginger Beverages only)		2.05ea	49.21	
		◆	Volume Price: 30 assorted cases (GP Ginger Beverages only)		2.00ea	47.89	
		◆	Volume Price: 50 assorted cases (GP Ginger Beverages only)		1.94ea	46.57	

HAPPY PLANET SHELF STABLE JUICES • CANADIAN • ORGANIC

779172 71259	07206	◆	Coconut Water & Mango, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
779172 71260	07207	◆	Concord Grape, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
779172 71252	06791	◆	Mango Guava Goodness, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
779172 71255	06794	◆	Pomegranate Blueberry Bliss, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
		◆	Volume Price: 15 assorted cases.....		2.51ea	30.12	
		◆	Volume Price: 30 assorted cases.....		2.46ea	29.52	
		◆	Volume Price: 50 assorted cases.....		2.38ea	28.56	

HUBERT'S LEMONADE

We guarantee best before dates of 45 days from the date of shipping Hubert's lemonades from our warehouse.

Hubert's Lemonade squeezes every last drop of joy from fresh lemons to create lemonades with the perfect balance of sweet and tart. This Southern Californian story began in 1935 when Hubert Hansen drove around movie studio lots with a truck full of homemade, natural juice and shared its delicious goodness with rising Hollywood stars.

070847 01720	01002		NEW Lemonade, Blackberry (bottle)	12/473ml	2.24ea	26.88	TU
070847 01714	01000		NEW Lemonade, Original (bottle).....	12/473ml	2.24ea	26.88	TU
070847 01716	01003		NEW Lemonade, Raspberry (bottle)	12/473ml	2.24ea	26.88	TU
070847 01718	01001		NEW Lemonade, Strawberry (bottle).....	12/473ml	2.24ea	26.88	TU

KIJU JUICES • CANADIAN • ORGANIC (continued on Page 62)

189727 00351	06763	◆	Apple, Organic (bottle)	12/355ml	1.56ea	18.72	U
189727 00354	06766	◆	Lemonade, Organic (bottle).....	12/355ml	1.56ea	18.72	U
189727 00355	06764	◆	Mango Orange, Organic (bottle).....	12/355ml	1.56ea	18.72	U
189727 00357	06762	◆	Pomegranate Cherry, Organic (bottle).....	12/355ml	1.56ea	18.72	U
		◆	Volume Price: 30 assorted cases (any Kiju varieties; open stock not on deal)		1.50ea	17.97	
		◆	Volume Price: 60 assorted cases (any Kiju varieties; open stock not on deal)		1.44ea	17.22	
189727 00101	06757	◆	Apple, Organic (tetrapak)	12/1L	2.48ea	29.76	U
189727 00102	06758	◆	Grape Apple, Organic (tetrapak)	12/1L	2.48ea	29.76	U
189727 00104	06759	◆	Lemonade, Organic (tetrapak).....	12/1L	2.48ea	29.76	U
189727 00105	06760	◆	Mango Orange, Organic (tetrapak).....	12/1L	2.48ea	29.76	U
189727 00107	06761	◆	Pomegranate Cherry, Organic (tetrapak).....	12/1L	2.48ea	29.76	U
		◆	Volume Price: 30 assorted cases (any Kiju varieties; open stock not on deal)		2.40ea	28.76	
		◆	Volume Price: 60 assorted cases (any Kiju varieties; open stock not on deal)		2.31ea	27.76	

upc code order code case size ea price cs price

KIJU JUICES • CANADIAN • ORGANIC (continued on Page 61)

189727 00021	06944	*☛	Apple, Organic (tetrapak)	8/4x200ml	2.50ea	20.00	U
189727 00022	06955	*☛	Grape Apple, Organic (tetrapak)	8/4x200ml	2.50ea	20.00	U
189727 00023	06956	*☛	Lemonade, Organic (tetrapak)	8/4x200ml	2.50ea	20.00	U
189727 00024	06969	*☛	Mango Orange, Organic (tetrapak)	8/4x200ml	2.50ea	20.00	U
189727 00025	06975	*☛	Pomegranate Cherry, Organic (tetrapak)	8/4x200ml	2.50ea	20.00	U
		◇	Volume Price: 30 assorted cases (any Kiju varieties; open stock not on deal)		2.41ea	19.25	
		◇	Volume Price: 60 assorted cases (any Kiju varieties; open stock not on deal)		2.31ea	18.50	

KNUDSEN APPLE JUICE • ORGANIC

074682 12315	05191	*	Apple Juice, Organic (glass jug)	6/2.84L	9.63ea	57.78	U
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KNUDSEN JUICES

074682 11120	06589	*	Açai Berry Blend, Organic (bottle)	12/946ml	6.01ea	72.12	U
074682 12312	06382	*	Prune Nectar, Organic (bottle)	12/946ml	6.01ea	72.12	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		5.92ea	71.02	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		5.83ea	69.92	
074682 12326	06313	*	Blueberry Nectar Blend, Organic (bottle)	12/946ml	4.35ea	52.20	U
074682 11112	05997	*	Concord Grape, Organic (bottle)	12/945ml	4.35ea	52.20	U
074682 11113	05998	*	Grapefruit, Organic (bottle)	12/945ml	4.35ea	52.20	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		4.26ea	51.10	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		4.17ea	50.00	
074682 11117	06568	*	Blueberry Pomegranate, Organic (bottle)	12/946ml	4.57ea	54.84	U
074682 11118	06569	*	Cranberry Pomegranate, Organic (bottle)	12/946ml	4.57ea	54.84	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		4.48ea	53.74	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		4.39ea	52.64	
074682 12335	05195	*	Just Cranberry, Organic (100% cranberry juice) (bottle)	12/946ml	10.30ea	123.60	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		10.21ea	122.50	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		10.12ea	121.40	
074682 12318	05204	*	Just Tart Cherry, Organic (100% cherry juice) (bottle)	12/946ml	7.65ea	91.80	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		7.56ea	90.70	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		7.47ea	89.60	
074682 12327	06322	*	Cranberry Nectar Blend (bottle)	12/946ml	3.88ea	46.56	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		3.79ea	45.46	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		3.70ea	44.36	
074682 12746	06358	*	Lemon Ginger Echinacea (bottle)	12/946ml	3.69ea	44.28	U
074682 12323	06332	*	Pineapple Coconut (bottle)	12/946ml	3.69ea	44.28	U
074682 12383	06299	*	Very-Veggie, Low Sodium (bottle)	12/946ml	3.69ea	44.28	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		3.60ea	43.18	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		3.51ea	42.08	
074682 12324	06362	*	Just Blueberry (100% blueberry juice) (bottle)	12/946ml	7.65ea	91.80	U
074682 12350	06360	*	Just Cranberry (100% cranberry juice) (bottle)	12/946ml	7.65ea	91.80	U
074682 12329	06364	*	Just Pomegranate (100% pomegranate juice) (bottle)	12/946ml	7.65ea	91.80	U
		◇	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		7.56ea	90.70	
		◇	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302)		7.47ea	89.60	
074682 12309	06302	*	Just Black Cherry (bottle)	12/946ml	5.73ea	68.76	U
074682 12330	05190	*	Apple Juice & Spice (bottle)	12/946ml	3.73ea	44.76	U
074682 12304	06305	*	Pear, Organic (bottle)	12/946ml	5.07ea	60.84	U

KONA RED HAWAIIAN SUPERFRUIT ANTIOXIDANT JUICE

We guarantee best before dates of 30 days from the date of shipping KonaRed juices from our warehouse.

KonaRed beverages contain a powerful superfruit, Hawaiian CoffeeBerry,® the red ripe fruit of the coffee plant (Coffea arabica) that surrounds, protects and nourishes its seed, the coffee bean. The coffee fruit is removed, dried and condensed into a liquid that is blended with other delicious fruits to create beverages rich with powerful, bioavailable antioxidants, quinic acid, chlorogenic acid and ferulic acid. All natural KonaRed is fat and GMO free with no added sugar, caffeine, cholesterol or preservatives. KonaRed w/Organic Green Tea provides the benefits of Hawaiian CoffeeBerry with the wellness attributes of green tea.

857798 00324	07412		NEW KonaRed, Original (plastic bottle)	12/311ml	1.97ea	23.64	T
857798 00325	07413		NEW KonaRed, Green Tea (plastic bottle)	12/311ml	1.97ea	23.64	T
		◇	Volume Price: 10 assorted cases (open stock not on deal)		1.86ea	22.26	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		1.74ea	20.88	
		◇	Volume Price: 30 assorted cases (open stock not on deal)		1.63ea	19.50	
857798 00323	07410		KonaRed, Original (plastic bottle)	12/473ml	2.89ea	34.68	T
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.78ea	33.30	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		2.66ea	31.92	
		◇	Volume Price: 30 assorted cases (open stock not on deal)		2.55ea	30.54	
857798 00306	07411		KonaRed, Lite (plastic bottle)	12/480ml	3.42ea	41.04	T

MYSMOOTHIE SHELF STABLE JUICES (continued on Page 63)

We guarantee best before dates of 45 days from the date of shipping mySmoothie juices from our warehouse.

5707535 001247	01082		mySmoothie, Green (tetrapak)	12/250ml	2.07ea	24.84	U
		◇	Volume Price: 10 assorted cases (open stock not on deal only; no programs apply)		1.82ea	21.84	
		◇	Volume Price: 20 assorted cases (open stock not on deal only; no programs apply)		1.78ea	21.36	
		◇	Volume Price: 30 assorted cases (open stock not on deal only; no programs apply)		1.74ea	20.88	
859558 00112	06531		mySmoothie, Blueberry (tetrapak)	12/250ml	2.02ea	24.24	U
		◇	Volume Price: 10 assorted cases (open stock not on deal only; no programs apply)		1.78ea	21.36	
		◇	Volume Price: 20 assorted cases (open stock not on deal only; no programs apply)		1.74ea	20.88	
		◇	Volume Price: 30 assorted cases (open stock not on deal only; no programs apply)		1.70ea	20.40	

upc code	order code		case size	ea price	cs price	
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MYSMOOTHIE SHELF STABLE JUICES (continued on Page 62)

859558 00101	06532	◆	mySmoothie, Mango (tetrapak).....	12/250ml	1.93ea	23.16	U
		◆	Volume Price: 10 assorted cases (open stock not on deal only; no programs apply).....		1.70ea	20.40	
		◆	Volume Price: 20 assorted cases (open stock not on deal only; no programs apply).....		1.66ea	19.92	
		◆	Volume Price: 30 assorted cases (open stock not on deal only; no programs apply).....		1.62ea	19.44	

SANTA CRUZ APPLE JUICES • ORGANIC

036192 12500	06639	*	Apple Juice, Organic (glass jug).....	6/2.84L	9.63ea	57.78	U
036192 11002	06270	*	Apple Juice, Organic (bottle).....	12/945ml	3.53ea	42.36	U

SANTA CRUZ JUICES • ORGANIC

036192 12783	06285	*	Cranberry Delight, Organic (bottle).....	12/946ml	4.62ea	55.44	U
		◆	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		4.53ea	54.34	
		◆	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		4.44ea	53.24	
036192 12739	06272	*	Orange Mango, Organic (bottle).....	12/946ml	4.40ea	52.80	U
		◆	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		4.31ea	51.70	
		◆	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		4.22ea	50.60	
036192 12319	05194	*	Cherry Lemonade, Organic (bottle).....	12/946ml	2.84ea	34.08	TU
036192 12782	05993	*	NEW Half & Half Iced Tea Lemonade, Organic.....	12/946ml	2.84ea	34.08	TU
Certified organic, Non-GMO Project verified Half & Half Iced Tea Lemonade is a refreshing, limited edition addition to the Santa Cruz line of lemonades. A perfect taste of summer, it's a delightful combination of brewed black tea mixed with traditional lemonade.							
036192 12313	06383	*	Lemonade, Organic (bottle).....	12/946ml	2.84ea	34.08	TU
036192 12785	06818	*	Limeade, Organic (bottle).....	12/946ml	2.84ea	34.08	TU
036192 12784	06819	*	Mango Lemonade, Organic (bottle).....	12/946ml	2.84ea	34.08	TU
036192 12786	05999	*	Peach Lemonade, Organic.....	12/946ml	2.84ea	34.08	TU
036192 12314	06384	*	Raspberry Lemonade, Organic (bottle).....	12/946ml	2.84ea	34.08	TU
		◆	Volume Price: 10 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		2.75ea	32.98	
		◆	Volume Price: 20 asstd cs (Knudsen + Santa Cruz Juices; excludes Codes 06270, 05190, 06305 + 06302).....		2.66ea	31.88	

THOMAS' UTOPIA CANNED FANCY TOMATO JUICE • CANADIAN • ORGANIC

056636 01801	05500	*🍁	Tomato Juice, Organic (can).....	12/1.36L	3.77ea	45.24	U
		◆	Volume Price: 20 asstd cs (mix 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal).....		3.60ea	43.24	
		◆	Volume Price: 40 asstd cs (mix 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal).....		3.56ea	42.74	

TRIPLE JIM'S APPLE JUICES & CIDERS • CANADIAN

059105 00040	18138	*🍁	Apple Cider, Royal Gala Blend, Organic (bottle).....	12/473ml	2.31ea	27.72	U
059105 15090	18102	🍁	Apple Cider, Jona Gold, Premium (bottle).....	12/946ml	2.69ea	32.28	U
059105 00100	18135	*🍁	Apple Cider, Royal Gala Blend, Organic (bottle).....	12/946ml	3.06ea	36.72	U
059105 00182	18122	*🍁	Apple Cider, Organic (bottle).....	6/1.89L	6.30ea	37.80	U
059105 00378	18121	*🍁	Apple Cider, Organic (bottle).....	4/3.78L	10.81ea	43.24	U
059105 15378	18131	🍁	Sweet Apple Cider, Jona Gold Blend (bottle).....	4/3.78L	8.65ea	34.60	U

TRIPLE JIM'S JUICES • CANADIAN

059105 02140	18106	*🍁	Apricot Sunset, Apricot Apple Blend, Organic (bottle).....	12/473ml	2.59ea	31.08	U
059105 04140	18101	*🍁	Raspberry Apple, Organic (bottle).....	12/473ml	2.59ea	31.08	U
059105 02194	18140	*🍁	Apricot Sunset (Apricot-Apple), Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 05094	18124	*🍁	Black Cherry, Organic (bottle).....	12/946ml	7.21ea	86.52	U
059105 03194	18148	*🍁	Black Currant, Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 01094	18103	*🍁	Blackberry, Organic (bottle).....	12/946ml	10.41ea	124.92	U
059105 01194	18104	*🍁	Blackberry Apple, Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 06094	18150	*🍁	Cranberry, Organic (bottle).....	12/946ml	10.41ea	124.92	U
059105 06194	18105	*🍁	Cranberry Apple, Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 07194	18149	*🍁	Peach Sunset (Peach-Apple), Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 35100	18132	*🍁	Pear, Organic (bottle).....	12/946ml	3.61ea	43.32	U
059105 04194	18139	*🍁	Raspberry Apple, Organic (bottle).....	12/946ml	4.35ea	52.20	U
059105 55094	18123	🍁	Black Cherry, Pure (bottle).....	12/946ml	3.61ea	43.32	U
059105 80094	18125	🍁	Blueberry, Pure (bottle).....	12/946ml	9.45ea	113.40	U
059105 60100	18120	🍁	Cranberry Apple, Natural (bottle).....	12/946ml	3.06ea	36.72	U
059105 65075	18133	🍁	Cranberry, Pure (bottle).....	12/946ml	7.21ea	86.52	U
059105 90094	18137	🍁	Grape Juice, Premium (bottle).....	12/946ml	7.21ea	86.52	U

Sodas + Carbonated Beverages**BIRDIE & BILL'S NATURAL CRAFT SODAS (FORMERLY BEGLEY'S & BILL'S NATURAL SODAS)**

075376 06604	02375		Bananas Foster (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06601	02374		Cherry Cola (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06600	02378		Cola (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06602	02373		Cream Soda (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06609	02372		Ginger Ale (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06608	02377		Lemon Lime (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06605	02379		Orange (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06607	02376		Pomegranate (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06606	02371		Root Beer (bottle).....	6/4x355ml	7.54ea	45.24	TU
075376 06603	02380		Strawberry (bottle).....	6/4x355ml	7.54ea	45.24	TU

upc code	order code		case size	ea price	cs price	
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BELVOIR FRUIT FARMS PRESSÉ BEVERAGES

5022019 200313	02279		Cranberry Pressé (bottle).....	24/250ml	2.10ea	50.40	TU
5022019 010318	02278		Elderflower Pressé (bottle).....	24/250ml	2.10ea	50.40	TU
5022019 170319	02283	*	Lemonade, Organic (bottle).....	24/250ml	2.30ea	55.20	TU
5022019 480319	02282		Raspberry Lemonade (bottle).....	24/250ml	2.10ea	50.40	TU
5022019 580118	02324		NEW Cranberry & Raspberry Pressé (bottle) (replaces Code 02276).....	12/750ml	4.20ea	50.40	TU
Natural, refreshing and delicious pressés, from the Lincolnshire countryside of the United Kingdom, are made with lots of real fruit juice that's infused with fresh flowers and spices and blended with sparkling Belvoir spring water. Everything real, nothing artificial.							
5022019 010110	02275		Elderflower Pressé (bottle).....	12/750ml	4.20ea	50.40	TU
5022019 170111	02274	*	Lemonade, Organic (bottle).....	12/750ml	4.39ea	52.68	TU
5022019 480111	02277		Raspberry Lemonade (bottle).....	12/750ml	4.20ea	50.40	TU

BLUE SKY NATURAL SODAS • PRODUCT OF USA

042175 19850	06579		Cherry Vanilla Creme (can).....	24/354ml	0.68ea	16.32	TU
042175 19865	06576		Cola (can).....	24/354ml	0.68ea	16.32	TU
042175 19713	06574		Jamaican Ginger Ale (can).....	24/354ml	0.68ea	16.32	TU
042175 19870	06577		Root Beer (can).....	24/354ml	0.68ea	16.32	TU
		◇	Volume Price: 25 assorted cases (open stock not on deal).....		0.64ea	15.32	
		◇	Volume Price: 50 assorted cases (open stock not on deal).....		0.60ea	14.32	

FEVER-TREE PREMIUM BEVERAGES

898195 00105	06786		Bitter Lemon (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00113	07208		Club Soda (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00109	06787		Ginger Ale (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00127	07209		Ginger Beer (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00101	06785		Tonic Water (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00117	06789		Tonic Water, Light (bottle).....	6/4x200ml	5.77ea	34.62	TU
898195 00136	07210		Ginger Ale (bottle).....	8/500ml	4.00ea	32.00	TU
898195 00142	07141		Ginger Beer (bottle).....	8/500ml	4.00ea	32.00	TU
898195 00134	07092		Tonic Water (bottle).....	8/500ml	4.00ea	32.00	TU

BRUCE COST (FORMERLY FRESH GINGER) UNFILTERED GINGER ALES

855235 00211	16587		Ginger Ale, Unfiltered, Original (bottle).....	6/4x355ml	8.08ea	48.48	TU
855235 00212	16588		Ginger Ale, Unfiltered, Jasmine Tea (bottle).....	6/4x355ml	8.08ea	48.48	TU
855235 00214	16595		Ginger Ale, Unfiltered, Passion Fruit w/Yellow Ginger (Turmeric) (bottle).....	6/4x355ml	8.08ea	48.48	TU
855235 00213	16589		Ginger Ale, Unfiltered, Pomegranate w/Hibiscus (bottle).....	6/4x355ml	8.08ea	48.48	TU

KNUDSEN SPARKLING JUICES

074682 12834	06063		Sparkling Crisp Apple Cider (bottle).....	12/750ml	4.07ea	48.84	TU
074682 12837	06738	*	Sparkling Apple, Organic (bottle).....	12/750ml	4.40ea	52.80	TU
074682 12836	06695		Sparkling Cranberry (bottle).....	12/750ml	4.07ea	48.84	TU
074682 12835	06694	*	Sparkling Pear, Organic (bottle).....	12/750ml	4.40ea	52.80	TU

KNUDSEN SPRITZERS

074682 11488	07015		Black Cherry (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11484	07016		Boysenberry (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11483	07018		Jamaican Lemonade (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11489	07021		Peach (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11482	07022		Red Raspberry (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11487	07023		Strawberry (can).....	6/4x311ml	4.46ea	26.76	TU
074682 11481	07024		Tangerine (can).....	6/4x311ml	4.46ea	26.76	TU
		◇	Volume Price: 25 assorted cases (Knudsen Spritzers + Santa Cruz Sparkling Beverages).....		4.28ea	25.66	
		◇	Volume Price: 50 assorted cases (Knudsen Spritzers + Santa Cruz Sparkling Beverages).....		4.09ea	24.56	

LIMONITZ SPARKLING LEMONADES • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Limonitz lemonades from our warehouse.

Limonitz puts pizzazz back into the classic bottle of chilled lemonade. Its freshness and sparkle give it that extra edge, making the Ginger, Mint and Strawberry varieties unforgettable. Made from only the simplest natural and organic ingredients, with no artificial colouring or preservatives, Limonitz is pasteurized, moderately carbonated, and retains the natural colour and freshness of its fruit juice.

851156 00402	04053	*	NEW Sparkling Lemonade, Ginger, Organic.....	12/355ml	1.86ea	22.32	U
851156 00400	04051	*	NEW Sparkling Lemonade, Mint, Organic.....	12/355ml	1.86ea	22.32	U
851156 00401	04052	*	NEW Sparkling Lemonade, Strawberry, Organic.....	12/355ml	1.86ea	22.32	U
		◇	Volume Price: 10 cases one variety (open stock not on deal).....		1.67ea	20.04	
		◇	Volume Price: 20 cases one variety (open stock not on deal).....		1.58ea	18.96	
		◇	Volume Price: 30 cases one variety (open stock not on deal).....		1.49ea	17.88	
		◇	Volume Price: 110 assorted cases (Pallet; open stock not on deal).....		1.49ea	17.88	
		◇	Volume Price: 220 assorted cases (2 Pallets; open stock not on deal).....		1.40ea	16.80	
		◇	Volume Price: 330 assorted cases (3 Pallets; open stock not on deal).....		1.30ea	15.60	

ORGANIMALS SODAS • ORGANIC

627843 22384	07195	*	Koala Cola, Organic (can) (replaces Code 02290).....	24/250ml	0.99ea	23.76	TU
627843 22385	07196	*	Lemon Lion, Organic (can) (replaces Code 02289).....	24/250ml	0.99ea	23.76	TU

REAL BREW PREMIUM SODAS

074682 12444	06397		Draft Root Beer (bottle).....	24/355ml	1.25ea	30.00	TU
074682 12440	06395		Outrageous Ginger Ale (bottle).....	24/355ml	1.25ea	30.00	TU
074682 12442	06396		Vanilla Creme Soda (bottle).....	24/355ml	1.25ea	30.00	TU
		◇	Volume Price: 5 assorted cases.....		1.20ea	28.90	
		◇	Volume Price: 10 assorted cases.....		1.16ea	27.80	

upc code order code case size ea price cs price

SANTA CRUZ SPARKLING BEVERAGES • ORGANIC

036192 11507	07036	*	Mango Lemonade, Organic (can).....	6/4x311ml	4.46ea	26.76	TU
036192 11505	07032	*	Orange Mango, Organic (can).....	6/4x311ml	4.46ea	26.76	TU
		◆	Volume Price: 25 assorted cases (Knudsen Spritzers + Santa Cruz Sparkling Beverages).....		4.28ea	25.66	
		◆	Volume Price: 50 assorted cases (Knudsen Spritzers + Santa Cruz Sparkling Beverages).....		4.09ea	24.56	

SIP NATURAL CRAFT SODAS • CANADIAN

Based in Vancouver, BC, SIP stands for "simple, infused, pairings of botanicals and fruit." Each sophisticated flavour—Lavender Lemon Peel, Coriander Orange, and Rosemary Lime—is combined with a sparkling, spring water base and a touch of pure cane sugar to create natural, craft sodas with only 25 calories.

777705 00003	10752	✿	NEW Coriander Orange (bottle).....	24/355ml	1.68ea	40.32	TU
777705 00001	10750	✿	NEW Lavender Lemon Peel (bottle).....	24/355ml	1.68ea	40.32	TU
777705 00002	10751	✿	NEW Rosemary Lime (bottle).....	24/355ml	1.68ea	40.32	TU

ZEVIA SUGAR FREE NATURAL SODAS

849429 00124	07158		Black Cherry, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00130	07200		Cherry Cola, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00120	07106		Cola, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00129	07202		Cola, Caffeine Free, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00128	07111		Cream Soda, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00126	07201		Dr. Zevia, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00125	07110		Ginger Ale, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00123	07109		Ginger Root Beer, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00127	07159		Grape, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00121	07107		Lemon Lime Twist, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
849429 00122	07108		Orange, Stevia Sweetened (can).....	4/6x355ml	4.74ea	18.96	TU
		◆	Volume Price: 22 assorted cases (minimum 2 cs per variety; open stock not on deal; no other discounts apply).....		4.39ea	17.56	
		◆	Volume Price: 50 assorted cases (open stock not on deal; no other discounts apply).....		4.22ea	16.86	
		◆	Volume Price: 100 assorted cases (open stock not on deal; no other discounts apply).....		4.04ea	16.16	

Waters

EARTH WATER • CANADIAN

852695 00177	06173	✿	Earth Water, Natural Spring Water.....	12/500ml	0.77ea	9.24	U
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GEROLSTEINER MINERAL WATER

We guarantee best before dates of 42 days from the date of shipping Gerolsteiner water from our warehouse.

A mineral water of the highest quality, Gerolsteiner originates in Germany's volcanic Eifel, a region with a unique geological character that results in a special combination of carbonic acid from earlier volcanic activity and the dolomite rock known for its rich mineral content. As the water finds its way through the various layers of rock, it becomes naturally carbonated, which is an important process, as the carbonic acid allows the water to absorb the precious minerals and trace elements from the dolomite rock.

075502 38858	07274		NEW Mineral Water (replaces Code 06274).....	15/750ml	1.79ea	26.85	TU
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MILLER SPRINGS MOUNTAIN SPRING WATER • CANADIAN

679897 01000	06797	✿	Natural Spring Water.....	12/1L	0.94ea	11.28	U
679897 01500	06282	✿	Natural Spring Water.....	12/1.5L	1.02ea	12.24	U
679897 00400	06288	✿	Natural Spring Water.....	4/4L	2.19ea	8.76	U
679897 00755	06286	✿	Sparkling Spring Water (Carbonated).....	12/750ml	1.28ea	15.36	TU

POLARIS SPRING WATER • CANADIAN

066002 00082	06108	✿	Distilled Water.....	4/4L	1.67ea	6.68	U
066002 00070	06110	✿	Spring Water.....	2/9.5L	4.48ea	8.96	U

VORTEX 9.5 HIGH ALKALINE BOTTLED WATER • CANADIAN

We guarantee best before dates of 42 days from the date of shipping Vortex waters from our warehouse.

059654 24095	06897	✿	High pH Glacial Alkaline Water w/Electrolytes.....	24/500ml	0.95ea	22.80	U
059654 12096	06898	✿	High pH Glacial Alkaline Water w/Electrolytes.....	12/1.25L	1.54ea	18.48	U

WHISTLER PURE GLACIAL SPRING WATER • CANADIAN

620791 00050	06070	✿	Glacial Spring Water.....	24/500ml	0.76ea	18.24	U
620791 00010	06071	✿	Glacial Spring Water w/Sports Cap.....	12/1L	1.39ea	16.68	U
620791 00015	06072	✿	Glacial Spring Water.....	12/1.5L	1.53ea	18.36	U
620791 00040	06065	✿	Glacial Spring Water.....	4/4L	2.59ea	10.36	U

beverages • dairy + non-dairy alternatives

Instant Mixes

DARIFREE NON-DAIRY POWDERED MILK ALTERNATIVE

625534 30003	06801		DariFree, Powdered Milk Alternative (potato based) (gluten free/vegan).....	6/828g	20.24ea	121.44	
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upc code order code

case size ea price cs price

Soy, Nut + Grain Beverages (Shelf Stable Milk + Cream Alternatives)

BELSOY CUISINE SOY CREAM

We guarantee best before dates of 30 days from the date of shipping Belsoy cream from our warehouse.

674491 11175	06483	*	Cream Alternative, Cuisine, Soy, Organic	15/250ml	1.97ea	29.55	
		◇	Volume Price: 10 assorted cases (Belsoy Cream + Desserts; open stock not on deal; no other discounts apply)		1.77ea	26.55	
		◇	Volume Price: 25 assorted cases (Belsoy Cream + Desserts; open stock not on deal; no other discounts apply)		1.67ea	25.05	

BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES

We guarantee best before dates of 45 days from the date of shipping Blue Diamond single serve beverages (Codes 16674 and 16675) from our warehouse.

041570 05272	16671		Almond, Original (tetrapak)	12/946ml	2.58ea	30.96	U
041570 05531	06088		Almond, Original, Unsweetened (tetrapak)	12/946ml	2.58ea	30.96	U
041570 05274	06183		Almond, Chocolate (tetrapak)	12/946ml	2.58ea	30.96	U
041570 05960	06731		Almond, Chocolate, Unsweetened (tetrapak)	12/946ml	2.58ea	30.96	U
041570 05273	06181		Almond, Vanilla (tetrapak)	12/946ml	2.58ea	30.96	U
041570 05583	06613		Almond, Vanilla, Unsweetened (tetrapak)	12/946ml	2.58ea	30.96	U
041570 09445	16672		Almond Coconut, Original (tetrapak)	12/946ml	2.58ea	30.96	U
041570 09446	16673		Almond Coconut, Unsweetened (tetrapak)	12/946ml	2.58ea	30.96	U
		◇	Volume Price: 15 assorted cases (946ml Almond Breeze varieties)		2.45ea	29.40	
		◇	Volume Price: 30 assorted cases (946ml Almond Breeze varieties)		2.39ea	28.68	
		◇	Volume Price: 50 assorted cases (946ml Almond Breeze varieties)		2.32ea	27.84	
041570 10956	16674		Single Serve, Original, Unsweetened (tetrapak)	12/325ml	1.55ea	18.60	U
041570 10955	16675		Single Serve, Almond, Chocolate (tetrapak)	12/325ml	1.55ea	18.60	U
041570 05431	06816		Almond, Original (tetrapak)	8/1.89L	4.93ea	39.44	U
041570 05450	06817		Almond, Original, Unsweetened (tetrapak)	8/1.89L	4.93ea	39.44	U
041570 05795	06999		Almond, Vanilla, Unsweetened (tetrapak)	8/1.89L	4.93ea	39.44	U

BLUE MONKEY CANNED COCONUT BEVERAGES • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Blue Monkey beverages from our warehouse (30 days for Code 07198).

059654 30350	07169	*	Coconut Milk Beverage, Organic (can)	24/350ml	1.26ea	30.24	TU
059654 34350	07198	*	Coconut Coffee Beverage, Organic (can)	12/443ml	1.91ea	22.92	U

DREAM NON-DAIRY BEVERAGES

We guarantee best before dates of 30 days from the date of shipping Dream beverages from our warehouse.

084253 26919	06696		Almond Dream, Enriched, Original (tetrapak)	12/946ml	3.22ea	38.64	U
084253 26923	07115		Almond Dream, Enriched, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	U
084253 26921	06889		Almond Dream, Enriched, Vanilla (tetrapak)	12/946ml	3.22ea	38.64	U
084253 22581	07116		Coconut Dream, Original (tetrapak)	12/946ml	3.22ea	38.64	TU
084253 26924	07118		Coconut Dream, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	TU
084253 26925	07117		Coconut Dream, Chocolate (tetrapak)	12/946ml	3.22ea	38.64	TU
084253 92672	07226		Dream Blends, Enriched, Almond, Cashew & Hazelnut, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	U
084253 26927	07197		Dream Blends, Enriched, Coconut & Almond, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	TU
084253 92671	07225		Dream Blends, Enriched, Rice & Quinoa, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	U
084253 22641	06697		Oat Dream, Enriched, Original (tetrapak)	12/946ml	3.22ea	38.64	U
084253 23316	06831		Rice Dream, Enriched, Original (tetrapak)	12/946ml	3.22ea	38.64	U
084253 23320	06833		Rice Dream, Enriched, Chocolate (tetrapak)	12/946ml	3.22ea	38.64	U
084253 23318	06832		Rice Dream, Enriched, Vanilla (tetrapak)	12/946ml	3.22ea	38.64	U
084253 23310	06810		Rice Dream, Original (tetrapak)	12/946ml	3.22ea	38.64	U
084253 23312	06815		Rice Dream, Vanilla (tetrapak)	12/946ml	3.22ea	38.64	U
084253 26174	07039		Rice, Enriched, Chocolate (tetrapak)	8/3x240ml	3.61ea	28.88	U
084253 26173	07058		Rice, Enriched, Vanilla (tetrapak)	8/3x240ml	3.61ea	28.88	U
084253 26175	07238		NEW Sprouted Rice Dream, Enriched, Original, Unsweetened (tetrapak)	12/946ml	3.22ea	38.64	U

Unsweetened Sprouted Rice Dream beverage is allergy friendly and easy for the body to digest. Made with 100% sprouted brown rice, which supports the absorption of the beverage's enhanced nutrients, it is dairy, gluten, cholesterol and soy free, and an excellent source of calcium, and vitamins D and B12.

084253 26150	06101	*	Soy Dream, Enriched, Original, Organic (tetrapak)	12/946ml	3.22ea	38.64	U
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EARTH'S OWN ALMOND NON-DAIRY ALMOND BEVERAGES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Earth's Own shelf stable beverages from our warehouse.

626027 70011	07146	✳	Almond, Fortified, Original (tetrapak)	12/946ml	2.49ea	29.88	U
626027 70012	07145	✳	Almond, Fortified, Unsweetened (tetrapak)	12/946ml	2.49ea	29.88	U
626027 70032	07147	✳	On the Go!, Almond, Fortified, Chocolate (tetrapak)	8/3x250ml	3.50ea	28.00	U
626027 70031	07148	✳	On the Go!, Almond, Fortified, Original (tetrapak)	8/3x250ml	3.50ea	28.00	U

EDEN SOY & RICE BEVERAGES • ORGANIC

024182 02705	06602	*	EdenSoy, Original, Organic (tetrapak)	12/946ml	2.98ea	35.76	U
		◇	Volume Price: 10 assorted cases		2.83ea	33.96	
		◇	Volume Price: 25 assorted cases		2.68ea	32.16	
024182 02706	06609	*	EdenSoy, Unsweetened, Organic (tetrapak)	12/946ml	2.94ea	35.28	U
		◇	Volume Price: 10 assorted cases		2.79ea	33.48	
		◇	Volume Price: 25 assorted cases		2.65ea	31.80	
024182 02725	06603	*	EdenSoy, Vanilla, Organic (tetrapak)	12/946ml	3.19ea	38.28	U
		◇	Volume Price: 10 assorted cases		3.03ea	36.36	
		◇	Volume Price: 25 assorted cases		2.87ea	34.44	

upc code	order code		case size	ea price	cs price	
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GOOD KARMA FLAX DELIGHT NON-DAIRY BEVERAGES

We guarantee best before dates of 45 days from the date of shipping Good Karma shelf stable beverages from our warehouse.

Creamy and delicious and a source of omega-3 polyunsaturates, Good Karma Original, Unsweetened and Vanilla fortified flax beverages are made from the finest ingredients like cold pressed, unrefined flax seed oil.

829462 00221	05701	NEW Flax, Fortified, Original (tetrapak)	12/946ml	2.35ea	28.20	U
829462 00220	05702	NEW Flax, Fortified, Original, Unsweetened (tetrapak)	12/946ml	2.35ea	28.20	U
829462 00222	05700	NEW Flax, Fortified, Vanilla (carton)	12/946ml	2.35ea	28.20	U

KING ISLAND COCONUT MILK BEVERAGE

We guarantee best before dates of 45 days from the date of shipping King Island beverages from our warehouse.

8850813 300222	07172	Coconut Milk Beverage (tetrapak)	12/3x250ml	2.43ea	29.16	TU
8850813 300239	07204	Coconut Milk w/Coconut Water Beverage (tetrapak)	12/3x250ml	2.43ea	29.16	U
	◇	Volume Price: 20 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal only)		2.14ea	25.68	
	◇	Volume Price: 40 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal only)		2.04ea	24.48	
	◇	Volume Price: 100 cases one variety (Pallet; 250ml only; open stock not on deal only; no programs apply)		1.70ea	20.40	

MANITOBA HARVEST HEMP BLISS NON-DAIRY BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Manitoba Harvest shelf stable beverages from our warehouse.

697658 41012	06206	*🍀 Hemp Bliss, Original, Organic (tetrapak)	12/946ml	3.42ea	41.04	U
697658 41010	06208	*🍀 Hemp Bliss, Chocolate, Organic (tetrapak)	12/946ml	3.42ea	41.04	U
697658 41015	06616	*🍀 Hemp Bliss, Unsweetened, Organic (tetrapak)	12/946ml	3.42ea	41.04	U
697658 41011	06207	*🍀 Hemp Bliss, Vanilla, Organic (tetrapak)	12/946ml	3.42ea	41.04	U
	◇	Volume Price: 15 assorted cases		3.25ea	39.00	
	◇	Volume Price: 30 assorted cases		3.18ea	38.16	
	◇	Volume Price: 75 assorted cases		3.08ea	36.96	

NATUR-A NON-DAIRY BEVERAGES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Natur-a shelf stable beverages from our warehouse.

063667 09001	07119	*🍀 Almond, Enriched, Original (tetrapak)	12/946ml	2.30ea	27.60	U
063667 09008	07122	*🍀 Almond, Enriched, Chocolate (tetrapak)	12/946ml	2.30ea	27.60	U
063667 09006	07121	*🍀 Almond, Enriched, Unsweetened (tetrapak)	12/946ml	2.30ea	27.60	U
063667 09002	07120	*🍀 Almond, Enriched, Vanilla (tetrapak)	12/946ml	2.30ea	27.60	U
063667 00601	06378	*🍀 Rice, Enriched, Original, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 00602	06379	*🍀 Rice, Enriched, Vanilla, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 51000	06376	*🍀 Soy, Enriched, Light Original, Organic	12/946ml	2.30ea	27.60	U
063667 51050	06377	*🍀 Soy, Enriched, Light Vanilla, Organic	12/946ml	2.30ea	27.60	U
063667 30140	06371	*🍀 Soy, Enriched, Original, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 30180	07059	*🍀 Soy, Enriched, Cappuccino, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 30185	06374	*🍀 Soy, Enriched, Chocolate, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 30125	07217	*🍀 Soy, Enriched, Mango Pineapple, Organic (tetrapak)	12/946ml	2.30ea	27.60	TU
063667 30170	06373	*🍀 Soy, Enriched, Strawberry, Organic (tetrapak)	12/946ml	2.30ea	27.60	TU
063667 51100	06375	*🍀 Soy, Enriched, Unsweetened, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
063667 30155	06372	*🍀 Soy, Enriched, Vanilla, Organic (tetrapak)	12/946ml	2.30ea	27.60	U
	◇	Volume Price: 15 assorted cases (Natur-a 946ml varieties)		2.19ea	26.28	
	◇	Volume Price: 30 assorted cases (Natur-a 946ml varieties)		2.14ea	25.68	
	◇	Volume Price: 75 assorted cases (Natur-a 946ml varieties)		2.07ea	24.84	
063667 50101	06369	*🍀 Soy, Enriched, Original, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	U
063667 50701	07078	*🍀 Soy, Enriched, Cappuccino, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	U
063667 50801	06392	*🍀 Soy, Enriched, Chocolate, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	U
063667 41125	07218	*🍀 Soy, Enriched, Mango Pineapple, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	TU
063667 50301	06391	*🍀 Soy, Enriched, Strawberry, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	TU
063667 50601	06357	*🍀 Soy, Enriched, Unsweetened, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	U
063667 50201	06389	*🍀 Soy, Enriched, Vanilla, Organic (tetrapak)	8/3x200ml	2.76ea	22.08	U
	◇	Volume Price: 10 assorted cases (Natur-a 200ml varieties)		2.48ea	19.84	
111111 61000	61000	*🍀 Natur-a Recipe Books (Free w/5 cases)	1/50ea	0.00ea	0.00	

PACIFIC NON-DAIRY BEVERAGES

Pacific Foods casestack deals are available for one order, once per quarter, to qualifying natural foods retailers only. Product must be displayed and featured by the retailer. Ask your Horizon representative for details. Open stock not on deal; no other discounts apply.

052603 06710	06871	* Almond, Original, Low Fat, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
052603 06712	06873	* Almond, Unsweetened, Low Fat, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
052603 06711	06872	* Almond, Vanilla, Low Fat, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
052603 06713	06998	* Almond, Vanilla, Unsweetened, Low Fat, Organic (tetrapak)	12/946ml	2.64ea	31.68	U
052603 06720	07102	Hazelnut, Chocolate (tetrapak)	12/946ml	2.64ea	31.68	U
	◇	Volume Price: 30 assorted cases (Non-dairy Beverages only)		2.39ea	28.71	

SILK ALMOND BEVERAGES (FORMERLY TRUE ALMOND) (continued on Page 68)

We guarantee best before dates of 30 days from the date of shipping Silk shelf stable almond beverages from our warehouse.

025293 00218	07190	Almond, Fortified, Original (tetrapak)	12/946ml	2.26ea	27.12	
025293 00219	07191	Almond, Fortified, Vanilla (tetrapak)	12/946ml	2.26ea	27.12	
025293 00181	07136	Almond, Fortified, Unsweetened, Original (tetrapak)	12/946ml	2.26ea	27.12	
025293 00180	07137	Almond, Fortified, Unsweetened, Vanilla (tetrapak)	12/946ml	2.26ea	27.12	
	◇	Volume Price: 5 asstd cs (Almond 946ml varieties; open stock not on deal; no other discounts apply)		2.12ea	25.41	
	◇	Volume Price: 10 asstd cs (Almond 946ml varieties; open stock not on deal; no other discounts apply)		2.05ea	24.55	
	◇	Volume Price: 20 asstd cs (Almond 946ml varieties; open stock not on deal; no other discounts apply)		1.98ea	23.70	

upc code	order code		case size	ea price	cs price
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SILK ALMOND BEVERAGES (FORMERLY TRUE ALMOND) (continued on Page 67)

025293 00185	07138		Almond, Fortified, Dark Chocolate (tetrapak).....	18/236ml	1.36ea	24.48
025293 00184	07139		Almond, Fortified, Vanilla (tetrapak).....	18/236ml	1.36ea	24.48
		◆	Volume Price: 10 asstd cs (Silk Almond Singles; open stock not on deal; no other discounts apply)		1.26ea	22.59
		◆	Volume Price: 20 asstd cs (Silk Almond Singles; open stock not on deal; no other discounts apply)		1.20ea	21.64
		◆	Volume Price: 50 asstd cs (Silk Almond Singles; open stock not on deal; no other discounts apply)		1.15ea	20.69
		◆	Volume Price: 75 asstd cs (Silk Almond Singles; open stock not on deal; no other discounts apply)		1.10ea	19.74

SO DELICIOUS COCONUT MILK BEVERAGES • ORGANIC

744473 29210	05996	*	Coconut Milk Beverage, Original, Organic (gluten free).....	12/946ml	2.57ea	30.84	U
744473 29205	05995	*	Coconut Milk Beverage, Unsweetened, Organic (gluten free).....	12/946ml	2.57ea	30.84	U
744473 29204	05994	*	Coconut Milk Beverage, Vanilla, Organic (gluten free).....	12/946ml	2.57ea	30.84	U

SO NICE SOY BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping So Nice shelf stable soy beverages from our warehouse.

057864 08716	06501	*☼	Soy, Natural, Organic (tetrapak).....	12/946ml	2.37ea	28.44	U
057864 08705	06503	*☼	Soy, Fortified, Original, Organic (tetrapak).....	12/946ml	2.37ea	28.44	U
057864 08710	06507	*☼	Soy, Fortified, Chocolate, Organic (tetrapak).....	12/946ml	2.37ea	28.44	U
057864 08715	06505	*☼	Soy, Fortified, Vanilla, Organic (tetrapak).....	12/946ml	2.37ea	28.44	U
626027 08728	06862	*☼	Soy, Unsweetened, Organic (tetrapak).....	12/946ml	2.37ea	28.44	U
		◆	Volume Price: 10 assorted cases (946ml varieties).....		2.25ea	27.00	
		◆	Volume Price: 25 assorted cases (946ml varieties).....		2.20ea	26.40	
		◆	Volume Price: 75 assorted cases (946ml varieties).....		2.13ea	25.56	
626027 08760	06510	*☼	Soy, Fortified, Original, Organic (tetrapak).....	8/3x250ml	3.33ea	26.64	U
626027 08763	06512	*☼	Soy, Fortified, Chocolate, Organic (tetrapak).....	8/3x250ml	3.33ea	26.64	U
626027 08761	06511	*☼	Soy, Fortified, Vanilla, Organic (tetrapak).....	8/3x250ml	3.33ea	26.64	U
		◆	Volume Price: 10 assorted cases (250ml varieties).....		3.00ea	24.00	

SO NICE SOY CREAMER & BARISTA BLEND (FOR COFFEE) • CANADIAN

We guarantee best before dates of 45 days from the date of shipping So Nice shelf stable soy creamers from our warehouse.

626027 08770	06917	☼	Barista Blend (tetrapak).....	12/946ml	2.37ea	28.44	U
626027 08775	06914	☼	Soy Creamer (for Coffee) (tetrapak).....	12/500ml	2.47ea	29.64	U
626027 08776	07099	☼	NEW Soy Creamer, French Vanilla (for Coffee) (tetrapak).....	12/473ml	2.47ea	29.64	U

So Nice delivers what your consumers want. So Nice for Coffee in new French Vanilla flavour, made from non-GMO, whole soybeans with no palm oil or artificial ingredients, is all natural, certified organic, and cholesterol and lactose free.

YÜ PREMIUM RICE BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping YÜ shelf stable beverages from our warehouse.

626027 60110	06743	*☼	Basmati Rice, Fortified, Original, Organic (tetrapak).....	12/946ml	2.93ea	35.16	U
626027 60111	06744	*☼	Basmati Rice, Fortified, Vanilla, Organic (tetrapak).....	12/946ml	2.93ea	35.16	U

canned fruits + vegetables

AUNT GLORIA CANNED TOMATOES • CANADIAN • ORGANIC

877451 00003	33075	*☼	Crushed Plum Tomatoes, Organic.....	12/796ml	2.89ea	34.68
877451 00002	33076	*☼	Diced Plum Tomatoes, Organic.....	12/796ml	2.89ea	34.68
877451 00001	33074	*☼	Whole Plum Tomatoes, Organic.....	12/796ml	2.89ea	34.68

BIOITALIA CANNED TOMATOES • ORGANIC

661475 00338	33108	*	Tomato Paste, Organic (jar).....	12/300ml	3.16ea	37.92
661475 10570	33069	*	Tomato Purée, Organic (bottle).....	12/700ml	3.30ea	39.60
661475 31001	33068	*	Chopped Tomatoes, Organic (can).....	12/398ml	2.22ea	26.64
661475 30001	33049	*	Whole Tomatoes, Peeled, Organic (can).....	12/398ml	2.22ea	26.64
661475 31301	33077	*	Chopped Tomatoes, Basil, Organic (can).....	12/796ml	3.89ea	46.68
661475 11703	33107	*	Whole Tomatoes, Peeled, Basil, Organic (can).....	12/796ml	3.89ea	46.68

EDEN BOTTLED TOMATOES • ORGANIC

024182 03312	33269	*	Crushed Tomatoes, Organic (amber glass).....	12/680ml	5.34ea	64.08
024182 03322	33270	*	Crushed Tomatoes w/Onion & Garlic, Organic (amber glass).....	12/680ml	4.48ea	53.76
024182 03319	33268	*	Crushed Tomatoes w/Sweet Basil, Organic (amber glass).....	12/680ml	5.34ea	64.08
024182 03314	33267	*	Crushed Tomatoes, Organic (amber glass).....	12/398ml	3.68ea	44.16
024182 03317	33266	*	Crushed Tomatoes w/Sweet Basil, Organic (amber glass).....	12/398ml	3.23ea	38.76
024182 03313	33271	*	Pizza/Pasta Sauce, Organic (amber glass).....	12/398ml	4.06ea	48.72

EDEN CANNED TOMATOES • ORGANIC (continued on Page 70)

024182 01315	33255	*	Crushed Tomatoes, Organic (can).....	12/398ml	2.30ea	27.60
024182 03316	33260	*	Crushed Tomatoes, Basil, Organic (can).....	12/398ml	2.30ea	27.60
024182 01330	33256	*	Diced Tomatoes, Organic (can).....	12/398ml	2.30ea	27.60
		◆	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces).....		2.19ea	26.28
		◆	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces).....		2.07ea	24.84
024182 03331	33264	*	Diced Tomatoes, Basil, Organic (can).....	12/398ml	2.31ea	27.72
024182 03332	33265	*	Diced Tomatoes, Roasted Onion, Organic (can).....	12/398ml	2.31ea	27.72
		◆	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces).....		2.19ea	26.28
		◆	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces).....		2.07ea	24.84

HARVEST SUN

ORGANIC TOMATOES



NO SALT ADDED
CANADA CHOICE



CANADA
CHOICE



CANADA
CHOICE

upc code	order code			case size	ea price	cs price
EDEN CANNED TOMATOES • ORGANIC (continued on Page 68)						
024182 01335	33257	*	Diced Tomatoes, Green Chilies, Organic (can)	12/398ml	2.46ea	29.52
		◇	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.34ea	28.08
		◇	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.21ea	26.52
024182 00317	33251	*	Pizza/Pasta Sauce, Organic (can)	12/398ml	3.01ea	36.12
		◇	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.86ea	34.32
		◇	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.71ea	32.52
024182 01311	33252	*	Crushed Tomatoes, Organic (can)	12/796ml	3.30ea	39.60
024182 03320	33261	*	Crushed Tomatoes, Basil, Organic (can)	12/796ml	3.30ea	39.60
024182 03321	33262	*	Crushed Tomatoes, Onions & Garlic, Organic (can)	12/796ml	3.30ea	39.60
024182 03318	33263	*	Diced Tomatoes, Organic (can)	12/796ml	3.30ea	39.60
024182 01316	33253	*	Whole Tomatoes, Peeled, Organic (can)	12/796ml	3.30ea	39.60
024182 01317	33254	*	Whole Tomatoes, Basil, Organic (can)	12/796ml	3.30ea	39.60
		◇	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		3.14ea	37.68
		◇	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.97ea	35.64
FARMER'S MARKET CANNED VEGETABLES • ORGANIC						
638882 00210	10108	*	Butternut Squash Purée, Organic (can)	12/425g	2.38ea	28.56
638882 00204	10105	*	Pumpkin Pie Mix, Organic (can)	12/397g	2.79ea	33.48
638882 00200	10103	*	Pumpkin Purée, Organic (can)	12/397g	2.47ea	29.64
638882 00203	10104	*	Sweet Potato Purée, Organic (can)	12/397g	2.38ea	28.56
HARVEST SUN CANNED TOMATOES • CANADIAN • ORGANIC						
621234 91007	33116	*♣	Crushed Tomatoes, Organic (can)	12/796ml	2.92ea	35.04
621234 91009	33118	*♣	Diced Tomatoes, Unsalted, Organic (can)	12/796ml	2.92ea	35.04
621234 91008	33117	*♣	Whole Tomatoes, Organic (can)	12/796ml	2.92ea	35.04
NATIVE FOREST CANNED FRUITS • ORGANIC						
043182 01868	10228	*	Mandarin Oranges, Segments in Juice, Organic (can)	6/284ml	2.73ea	16.38
		◇	Volume Price: 10 assorted cases (Canned Fruit only; open stock not on deal; no other discounts apply)		2.46ea	14.76
		◇	Volume Price: 20 assorted cases (Canned Fruit only; open stock not on deal; no other discounts apply)		2.32ea	13.92
043182 01859	10227	*	Peaches, Sliced in Juice from Concentrate, Organic (can)	6/398ml	3.37ea	20.22
043182 01851	10219	*	Pineapple, Chunks, Organic (can)	6/398ml	3.37ea	20.22
043182 01854	10222	*	Pineapple, Crushed, Organic (can)	6/398ml	3.37ea	20.22
043182 00852	10220	*	Pineapple, Slices, Organic (can)	6/398ml	3.37ea	20.22
043182 01857	10225	*	Tropical Fruit Salad, Organic (can)	6/398ml	3.37ea	20.22
		◇	Volume Price: 10 assorted cases (Canned Fruit only; open stock not on deal; no other discounts apply)		3.03ea	18.18
		◇	Volume Price: 20 assorted cases (Canned Fruit only; open stock not on deal; no other discounts apply)		2.86ea	17.16
NATIVE FOREST CANNED VEGETABLES						
043182 00894	10217	*	Artichoke Hearts, Marinated (can)	6/184ml	3.26ea	19.56
		◇	Volume Price: 10 assorted cases (Canned Vegetables only; open stock not on deal; no other discounts apply)		2.93ea	17.58
043182 00892	10215	*	Artichoke Hearts, Whole (can)	6/280ml	4.20ea	25.20
		◇	Volume Price: 10 assorted cases (Canned Vegetables only; open stock not on deal; no other discounts apply)		3.78ea	22.68
043182 00830	10429	*	Baby Corn, Cut, Organic	6/398ml	3.17ea	19.02
		◇	Volume Price: 10 assorted cases (Canned Vegetables only; open stock not on deal; no other discounts apply)		2.85ea	17.10
THOMAS' UTOPIA CANNED TOMATOES • CANADIAN • ORGANIC						
056636 02301	33157	*♣	Pasta Sauce, Organic (can)	12/398ml	1.99ea	23.88
056636 01902	33156	*♣	Crushed Tomatoes, Basil, Unsalted, Organic (can)	12/398ml	1.99ea	23.88
056636 02101	33154	*♣	Diced Tomatoes, Organic (can)	12/398ml	1.99ea	23.88
056636 02102	33153	*♣	Diced Tomatoes, Unsalted, Organic (can)	12/398ml	1.99ea	23.88
		◇	Volume Price: 20 assorted cases (Utopia 398ml Canned Tomatoes; open stock not on deal)		1.91ea	22.88
		◇	Volume Price: 40 assorted cases (Utopia 398ml Canned Tomatoes; open stock not on deal)		1.87ea	22.38
056636 01901	33151	*♣	Crushed Tomatoes, Organic (can)	12/796ml	3.01ea	36.12
		◇	Volume Price: 20 asstd cs (Utopia 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		2.84ea	34.12
		◇	Volume Price: 40 asstd cs (Utopia 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		2.80ea	33.62
056636 02001	33155	*♣	Diced Tomatoes, Organic (can)	12/796ml	2.89ea	34.68
056636 01701	33150	*♣	Whole Tomatoes, Organic (can)	12/796ml	2.89ea	34.68
		◇	Volume Price: 20 asstd cs (Utopia 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		2.72ea	32.68
		◇	Volume Price: 40 asstd cs (Utopia 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		2.68ea	32.18
056636 02501	33160	*♣	Crushed Tomatoes, Organic (can)	6/2.84L	9.27ea	55.62
056636 02401	33159	*♣	Diced Tomatoes, Organic (can)	6/2.84L	9.27ea	55.62
056636 01710	33152	*♣	Whole Tomatoes, Organic (can)	6/2.84L	9.27ea	55.62
		◇	Volume Price: 10 assorted cases (Utopia 2.84L Canned Tomatoes; any month)		9.02ea	54.12
056636 02201	33158	*♣	Tomato Paste, Organic (can)	24/156ml	1.14ea	27.36
YVES VEGGIE CUISINE CANNED VEGETABLES • ORGANIC						
060822 80024	10253	*	Corn, Golden, Whole Kernel, Organic (can)	12/398ml	2.28ea	27.36
060822 80022	10251	*	Peas, Sweet, Organic (can)	12/398ml	2.28ea	27.36



organic Snackimals[™] cereal

INTRODUCING
ORGANIC CEREALS
KIDS ARE
WILD ABOUT!



Only 7g sugar*
Source of fibre*

**benefits per serving*



available in
vanilla blast • cinnamon crunch

cereals + grains

Cold Cereals

ANITA'S ORGANIC MILL BREAKFAST BOOSTERS • CANADIAN • ORGANIC

623636 80050	22166	*♣	Breakfast Boost, Ancient Grain, Organic.....	6/250g	6.85ea	41.10
623636 80040	22164	*♣	Breakfast Boost, Chia & Hemp, Organic.....	6/275g	6.85ea	41.10
623636 80030	22163	*♣	Breakfast Boost, Nut & Seed, Organic.....	6/250g	6.85ea	41.10
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.61ea	39.66
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.37ea	38.23
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.13ea	36.79

BARBARA'S BAKERY CEREALS

We guarantee best before dates of 42 days from the date of shipping Barbara's Bakery cereals from our warehouse.

070617 20609	22333		Puffins, Original.....	12/285g	4.84ea	58.08
070617 20461	22334		Puffins, Cinnamon.....	12/285g	4.84ea	58.08
070617 00462	22329		Puffins, Peanut Butter.....	12/312g	4.84ea	58.08
070617 20614	22230		Shredded Oats.....	12/400g	4.71ea	56.52
070617 20615	22231		Shredded Spoonfuls (Multigrain).....	12/397g	4.71ea	56.52
070617 00685	22321	*	Snackimals, Whole Grain, Cinnamon Crunch, Organic.....	12/255g	4.84ea	58.08
070617 00684	22320	*	Snackimals, Whole Grain, Vanilla Blast, Organic.....	12/255g	4.84ea	58.08

BOB'S RED MILL GRANOLAS

039978 32662	22873		Granola, Natural, Whole Grain, No Fat Added.....	4/340g	3.45ea	13.80
039978 32664	22875		Granola, Apple Blueberry, Whole Grain, No Fat Added.....	4/340g	3.45ea	13.80
039978 30590	22872		Granola, Honey Almond, Whole Grain, No Fat Added.....	4/510g	4.11ea	16.44

CASCADIAN FARM CEREALS & GRANOLAS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Cascadian Farm cereals from our warehouse.

Founded in Washington State's Skagit Valley in 1972, Cascadian Farm has grown beyond its original farm and is recognized today as a pioneer in converting conventional farms to organic. Its foods have always been produced without GMOs but, in the spirit of transparency, Cascadian Farm has enrolled the seven varieties of certified organic cereals and granolas that we've listed this edition in the Non-GMO Project for verification.

021908 46296	25058	*	NEW Cereal, Multigrain Squares, Organic.....	10/350g	4.83ea	48.30
021908 46297	25059	*	NEW Cereal, Raisin Bran, Organic.....	10/340g	4.83ea	48.30
021908 46298	25062	*	NEW Granola, Ancient Grains, Organic.....	6/355g	4.72ea	28.32
021908 44866	25061	*	NEW Granola, Fruit & Nut, Organic.....	6/380g	4.72ea	28.32
021908 44867	25060	*	NEW Granola, Oats & Honey, Organic.....	6/450g	4.72ea	28.32
021908 44868	25064	*	NEW Granola, Protein, Apple Crisp, Organic.....	8/255g	5.13ea	41.04
021908 44869	25063	*	NEW Granola, Protein, Dark Chocolate Coconut, Organic.....	8/255g	5.13ea	41.04

EDEN WHOLE GRAIN MUESLI • ORGANIC

New from Eden, Organic Muesli and Cinnamon Muesli varieties are made with three North American, family farm organically grown, whole grains—oats, rye, and spelt—that are roasted and rolled into flakes with three organic dried fruits and two organic seeds. Each variety offers delightfully rich flavour and satisfaction, good sources of magnesium, protein and fibre, and can be enjoyed hot or cold.

024182 02167	22327	*	NEW Muesli, Whole Grain, Organic.....	6/500g	8.75ea	52.50
024182 02166	22328	*	NEW Muesli, Whole Grain, Cinnamon, Organic.....	6/500g	8.75ea	52.50

ENJOY LIFE NUT & GLUTEN FREE CEREALS

We guarantee best before dates of 45 days from the date of shipping Enjoy Life cereals and granolas from our warehouse.

853522 00091	22156		Crunchy Flax (nut/gluten free).....	12/283g	3.56ea	42.72
853522 00090	22154		Crunchy Rice (nut/gluten free).....	12/283g	3.56ea	42.72
		◇	Volume Price: 15 assorted cases (Enjoy Life Cereals only; open stock not on deal).....		3.20ea	38.40
		◇	Volume Price: 25 assorted cases (Enjoy Life Cereals only; open stock not on deal).....		3.03ea	36.36
		◇	Volume Price: 50 assorted cases (Enjoy Life Cereals only; open stock not on deal).....		2.85ea	34.20

ENJOY LIFE NUT & GLUTEN FREE GRANOLAS

853522 00006	22151		Granola, Cinnamon Crunch (bag) (nut/gluten free).....	6/365g	5.15ea	30.90
853522 00010	25020		Granola, Double Chocolate Crunch (bag) (nut/gluten free).....	6/340g	5.15ea	30.90
853522 00007	22152		Granola, Very Berry Crunch (bag) (nut/gluten free).....	6/365g	5.15ea	30.90
		◇	Volume Price: 15 assorted cases (Enjoy Life Granolas only; open stock not on deal).....		4.64ea	27.84
		◇	Volume Price: 25 assorted cases (Enjoy Life Granolas only; open stock not on deal).....		4.38ea	26.28
		◇	Volume Price: 50 assorted cases (Enjoy Life Granolas only; open stock not on deal).....		4.12ea	24.72

ENVIROKIDZ CEREALS • CANADIAN • ORGANIC (continued on Page 73)

Casestack pricing is available for volume purchases of assorted Nature's Path and EnviroKidz Boxed Cereals and Premium Boxed Cereals, Mueslis and Granolas. Please note that Nature's Path casestack deals are available to natural foods retailers only. No other discounts apply.

058449 87023	22648	*♣	Choco Chimps, Chocolate, Organic (gluten free).....	12/284g	4.06ea	48.72
058449 86002	22623	*♣	Gorilla Munch, Corn Puffs, Organic (gluten free).....	12/275g	4.06ea	48.72
058449 87027	22649	*♣	Jungle Munch, Cinnamon, Organic (gluten free).....	12/284g	4.06ea	48.72
058449 86003	22624	*♣	Koala Crisp, Chocolate, Organic (gluten free).....	12/325g	4.06ea	48.72
058449 86006	22627	*♣	Leapin' Lemurs, Peanut Butter & Chocolate, Organic (gluten free).....	12/284g	4.06ea	48.72
058449 86004	22625	*♣	Panda Puffs, Peanut Butter, Organic (gluten free).....	12/300g	4.06ea	48.72
		◇	Volume Price: 35 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply).....		3.84ea	46.12
		◇	Volume Price: 65 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply).....		3.71ea	44.52
		◇	Volume Price: 100 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply).....		3.58ea	43.47

upc code order code case size ea price cs price

ENVIROKIDZ CEREALS • CANADIAN • ORGANIC (continued on Page 72)

Casestack pricing is available for volume purchases of assorted Nature's Path and EnviroKidz Eco Pac and 1kg Bulk Box Cereals. No other discounts apply.

058449 87008	22767	*✱	Eco Pacs, Gorilla Munch, Corn Puffs, Organic (gluten free)	6/650g	7.96ea	47.76
058449 87010	22772	*✱	Eco Pacs, Koala Crisp, Chocolate, Organic (gluten free)	6/725g	7.96ea	47.76
058449 87009	22770	*✱	Eco Pacs, Panda Puffs, Peanut Butter, Organic (gluten free)	6/700g	7.96ea	47.76
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.49ea	44.96
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.25ea	43.51
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.08ea	42.46

ERIN BAKER'S HOMESTYLE BAKED GRANOLAS

We guarantee best before dates of 30 days from the date of shipping Erin Baker's granolas from our warehouse.

708875 00507	22493		Granola, Double Chocolate Chunk	6/340g	4.81ea	28.86
708875 00501	22491		Granola, Fruit & Nut	6/340g	4.81ea	28.86
708875 00510	22494		Granola, Oatmeal Raisin	6/340g	4.81ea	28.86
708875 00503	22492		Granola, Peanut Butter	6/340g	4.81ea	28.86
708875 00502	22495		Granola, Ultra Protein Power Crunch	6/340g	5.08ea	30.48

FOOD FOR LIFE EZEKIEL SPROUTED GRAIN CEREALS • ORGANIC

073472 00258	22054	*	Almond, Organic	6/454g	6.71ea	40.26
073472 00257	22053	*	Cinnamon Raisin, Organic	6/454g	6.71ea	40.26
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		6.37ea	38.22
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		6.31ea	37.86
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		6.17ea	37.02
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		5.70ea	34.20
073472 00255	22051	*	Original, Organic	6/454g	6.21ea	37.26
073472 00256	22052	*	Golden Flax, Organic	6/454g	6.21ea	37.26
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.90ea	35.40
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.84ea	35.04
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.71ea	34.26
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		5.28ea	31.68

FOURMI BIONIQUE GOURMET GRANOLAS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Fourmi Bionique granolas from our warehouse.

883366 00019	22227	*✱	Granola, Aphrodisiac, Organic (dark chocolate/ginseng)	6/925g	11.52ea	69.12
883366 00021	22228	*✱	Granola, Divine, Organic (macadamia/white chocolate/elderberries)	6/925g	11.52ea	69.12
883366 00015	22226	*✱	Granola, Essential, Organic (maple/slippy elm)	6/925g	11.52ea	69.12
883366 00023	22237	*✱	Granola, Euphoric, Organic (hazelnut praline/milk chocolate/marshmallow)	6/925g	11.52ea	69.12
883366 00025	22236	*✱	Granola, Natural, Organic (honey roasted/maca)	6/925g	11.52ea	69.12
883366 00017	22225	*✱	Granola, Vitality, Organic (cranberries/marigold)	6/925g	11.52ea	69.12
		◇	Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply)		10.37ea	62.22
		◇	Volume Price: 20 assorted cases (open stock not on deal; no other discounts apply)		9.79ea	58.74
		◇	Volume Price: 30 assorted cases (open stock not on deal; no other discounts apply)		9.22ea	55.32
883366 00018	22313	*✱	Granola, Aphrodisiac, Organic (dark chocolate/ginseng)	12/300g	4.16ea	49.92
883366 00020	22314	*✱	Granola, Divine, Organic (macadamia/white chocolate/elderberries)	12/300g	4.16ea	49.92
883366 00014	22312	*✱	Granola, Essential, Organic (maple/slippy elm)	12/300g	4.16ea	49.92
883366 00022	22316	*✱	Granola, Euphoric, Organic (hazelnut praline/milk chocolate/marshmallow)	12/300g	4.16ea	49.92
883366 00024	22315	*✱	Granola, Natural, Organic (honey roasted/maca)	12/300g	4.16ea	49.92
883366 00016	22299	*✱	Granola, Vitality, Organic (cranberries/marigold)	12/300g	4.16ea	49.92
		◇	Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply)		3.74ea	44.88
		◇	Volume Price: 20 assorted cases (open stock not on deal; no other discounts apply)		3.54ea	42.48
		◇	Volume Price: 30 assorted cases (open stock not on deal; no other discounts apply)		3.33ea	39.96

GOLDEN TEMPLE GRANOLAS

We guarantee best before dates of 28 days from the date of shipping Golden Temple bulk granolas from our warehouse.

075070 10368	22487		Cranberry Açai	1/11.34kg	85.25ea	85.25
075070 41514	22452		Maple Almond Granola	1/11.34kg	80.32ea	80.32
075070 41520	22443		Super Nutty Granola	1/11.34kg	80.32ea	80.32
075070 10369	22488		Toffee Almond	1/11.34kg	85.25ea	85.25
075070 41522	22446		Wild Blueberry Granola, Reduced Fat	1/11.34kg	85.25ea	85.25

KASHI CEREALS (continued on Page 74)

We guarantee best before dates of 42 days from the date of shipping Kashi cereals from our warehouse (45 days for Codes 25056 and 25057).

018627 59771	25036		7 Whole Grain Puffed	10/185g	4.57ea	45.70
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		3.43ea	34.30
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		2.74ea	27.40
018627 59768	25037		7 Whole Grain Honey Puffed	10/265g	5.10ea	51.00
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		3.83ea	38.30
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.06ea	30.60
018627 59766	25038		GoLEAN	10/370g	5.49ea	54.90
018627 59757	25040		High Fibre Flakes & Granola	10/369g	5.49ea	54.90
018627 59755	25046		Honey Sunshine	10/300g	5.49ea	54.90
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		4.12ea	41.20
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.29ea	32.90

upc code	order code		case size	ea price	cs price
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KASHI CEREALS (continued on Page 73)

018627 77243	25054	◇	Blueberry Oat Clusters & Flakes	10/380g	5.50ea	55.00
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		4.13ea	41.30
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.30ea	33.00
018627 59763	25039		GoLEAN Crunch	12/390g	5.49ea	65.88
018627 59761	25041		Protein & Fibre, Honey Almond Flax	12/400g	5.49ea	65.88
018627 59749	25045		Toasted Berry Crisp	12/400g	5.49ea	65.88
018627 73235	25047		Toasted Cinnamon Crisp	12/400g	5.49ea	65.88
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		4.12ea	49.44
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.29ea	39.48
018627 59753	25044	*	Organic Promise, Bite Size Whole Wheat, Organic	12/460g	6.07ea	72.84
018627 59751	25043	*	Organic Promise, Cinnamon Harvest, Organic	12/460g	6.07ea	72.84
018627 28181	25042	*	Organic Promise, Strawberry Fields Flakes & Berries, Organic (formerly Organic Flakes & Berries)	12/295g	6.07ea	72.84
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		4.55ea	54.60
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.64ea	43.68
018627 10134	25056	*	NEW Organic Promise, Indigo Morning, Organic	10/292g	6.01ea	60.10
018627 10132	25057	*	NEW Organic Promise, Simply Maize, Organic	10/292g	6.01ea	60.10
			Certified organic cereals are gluten free, Non-GMO Project verified, and contain 22–23g of whole grains per serving. Indigo Morning is a delicious blend of puffed, golden corn flakes with real blueberries and blackberries that bursts with tangy, sweet flavour. Simply Maize is whole, organic corn puffed for hearty, crisp flakes and sweetened with a touch of molasses.			
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal)		4.51ea	45.10
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal)		3.61ea	36.10

KIND HEALTHY SNACKS HEALTHY GRAINS (GRANOLAS)

602652 18311	37494		Healthy Grains, Cinnamon Oat Clusters w/Flax Seeds	6/312g	4.72ea	28.32	T
602652 18313	37496		Healthy Grains, Oats & Honey Clusters w/Toasted Coconut	6/312g	4.72ea	28.32	T
602652 18310	37493		Healthy Grains, Peanut Butter Whole Grain Clusters	6/312g	4.72ea	28.32	T
602652 18312	37495		Healthy Grains, Vanilla Blueberry Clusters w/Flax Seeds	6/312g	4.72ea	28.32	T

LOTUS FINE FOODS GLUTEN FREE QUINOA GRANOLA • CANADIAN • ORGANIC

627843 18048	31031	*♣	Granola, Quinoa, Coconut & Cherry, Organic (gluten free)	6/300g	6.31ea	37.86
627843 18049	31030	*♣	Granola, Quinoa, Cranberry & Cinnamon, Organic (gluten free)	6/300g	6.31ea	37.86
627843 18050	31032	*♣	Granola, Quinoa, Dark Chocolate, Organic (wheat free)	6/300g	6.31ea	37.86
627843 18051	31033	*♣	Granola, Quinoa, Spiced Pumpkin, Organic (wheat free)	6/300g	6.31ea	37.86

NATURE'S EARTHLY CHOICE (RUTH'S) CHIA GOODNESS CEREALS • CANADIAN

679948 71587	22082	♣	Chia Goodness, Original	6/340g	5.70ea	34.20
679948 71595	22083	♣	Chia Goodness, Apple Almond Cinnamon	6/340g	5.70ea	34.20
679948 71517	22161	♣	Chia Goodness, Chocolate	6/340g	5.70ea	34.20
679948 71537	22084	♣	Chia Goodness, Cranberry Ginger	6/340g	5.70ea	34.20
		◇	Volume Price: 10 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		5.13ea	30.78
		◇	Volume Price: 20 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		4.85ea	29.10
		◇	Volume Price: 40 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		4.56ea	27.36
		◇	Volume Price: 80 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		4.28ea	25.68

NATURE'S PATH BULK GRANOLAS • CANADIAN • ORGANIC

058449 88000	22754	*♣	Granola, Ginger Zinger, Organic	1/11.34kg	96.69ea	96.69
058449 88001	22753	*♣	Granola, Hemp Plus, Organic	1/11.34kg	96.69ea	96.69
058449 88007	22744	*♣	Granola, Pumpkin Flax Plus, Organic	1/11.34kg	96.69ea	96.69

NATURE'S PATH LOVE CRUNCH GRANOLAS • CANADIAN • ORGANIC

058449 77179	25030	*♣	Love Crunch, Granola, Aloha Blend, Organic (resealable bag)	6/325g	4.41ea	26.46
058449 77178	25032	*♣	Love Crunch, Granola, Apple Crumble, Organic (resealable bag)	6/325g	4.41ea	26.46
058449 77177	25031	*♣	Love Crunch, Granola, Carrot Cake, Organic (resealable bag)	6/325g	4.41ea	26.46
058449 77176	25029	*♣	Love Crunch, Granola, Dark Chocolate & Red Berries, Organic (resealable bag)	6/325g	4.41ea	26.46
058449 77201	25055	*♣	Love Crunch, Granola, Dark Chocolate Macaroon, Organic (Fair Trade) (resealable bag)	6/325g	4.41ea	26.46
		◇	Volume Price: 20 asstd cs (Love Crunch Granolas; natural foods retailers only; no other discounts apply)		4.19ea	25.11
		◇	Volume Price: 35 asstd cs (Love Crunch Granolas; natural foods retailers only; no other discounts apply)		4.04ea	24.26
		◇	Volume Price: 50 asstd cs (Love Crunch Granolas; natural foods retailers only; no other discounts apply)		3.94ea	23.61
058449 77186	91658	*♣	Organic Love Crunch Granolas Shipper (Special Order; lead time required)	36/325g	4.36ea	156.96
			Contains 9 units each of Aloha Blend, Apple Crumble, Carrot Cake and Dark Chocolate & Red Berries Organic Love Crunch Granolas. Available by special order only with 3–6 weeks' lead time.			
058449 77190	91659	*♣	Organic Dark Chocolate & Red Berries Love Crunch Shipper (Special Order; lead time required)	36/325g	4.36ea	156.96
			Contains 36 units of Love Crunch Organic Dark Chocolate & Red Berries Granola. Available by special order only with 3–6 weeks' lead time.			
058449 15208	91654	*♣	Organic DC Macaroon + DC Red Berries Love Crunch Shipper (Special Order; lead time req'd)	36/325g	4.36ea	156.96
			Contains 18 units each of Dark Chocolate & Red Berries and Fair Trade Dark Chocolate Macaroon Organic Love Crunch Granolas. Available by special order only with 3–6 weeks' lead time.			

NATURE'S PATH PURE OATS GRANOLAS • CANADIAN • ORGANIC

058449 89042	22597	*♣	Pure Oats, Granola, Fruit & Nut, Organic (resealable bag)	8/312g	4.44ea	35.52
058449 89041	22596	*♣	Pure Oats, Granola, Honey Almond, Organic (resealable bag)	8/312g	4.44ea	35.52
058449 89043	22598	*♣	Pure Oats, Granola, Summer Berries, Organic (resealable bag)	8/312g	4.44ea	35.52
		◇	Volume Price: 15 asstd cs (Pure Oats Granolas; natural foods retailers only; no other discounts apply)		4.13ea	33.02
		◇	Volume Price: 25 assorted cases (Pure Oats Granolas; natural foods retailers only; no other discounts apply)		3.97ea	31.72



SIMPLE | HEALTHY | DELICIOUS

One Of The Fastest Growing Natural And Organic Brands In The U.S. Is Now Available At Horizon And PSC.

Your Gateway To Ancient Grains



Who Says Healthy Has To Be Hard! It's Easy To Bring The Best Of Mother Nature To Your Customer.

- Innovative Products
- Great Pricing
- All Items Are Delicious And Easy To Prepare.



NATURE'S Earthly Choice™



Easy Quinoa

*A quick snack or the start of your favorite entrée.
Ready in minutes. Convenient as a side dish.*

Easy Quinoa Roasted Garlic & Olive Oil	138 g
Easy Quinoa Garden Vegetable	138 g
Easy Quinoa Mushroom Medley	138 g
Easy Quinoa Sundried Tomato	138 g

Chia Goodness

Great source of Chia and Hemp.

Chia Goodness Original	349 g
Chia Goodness Chocolate	349 g
Chia Goodness Apple Cinnamon	349 g
Chia Goodness Cranberry Ginger	349 g

Ancient Grains

2 nutritious and convenient grains.

Raw Goodness	138 g
Black Rice	138 g

WWW.EARTHLYCHOICE.COM

CONTACT US

NATURE'S EARTHLY CHOICE
EAGLE, ID 83616
(208) 898 4004 X 510



upc code	order code		case size	ea price	cs price
NATURE'S PATH CEREALS • CANADIAN • ORGANIC (continued on Page 76)					
058449 60057	22710	*✱	Corn Flakes, Fruit Juice Sweetened, Organic (gluten free)	12/300g	4.06ea 48.72
058449 55000	22711	*✱	Crispy Rice, Whole Grain, Organic (gluten free)	12/284g	4.06ea 48.72
058449 77050	22357	*✱	Flax Plus, Organic	12/375g	4.06ea 48.72
058449 77099	22037	*✱	Flax Plus Raisin Bran, Organic	12/400g	4.06ea 48.72
058449 77174	22200	*✱	Heritage Crunch, Organic	12/400g	4.06ea 48.72
058449 77020	22730	*✱	Heritage Flakes, Organic	12/375g	4.06ea 48.72
058449 60218	22701	*✱	Honey'd Corn Flakes, Organic (gluten free)	12/300g	4.06ea 48.72
058449 77900	22708	*✱	Mesa Sunrise, Organic (gluten free)	12/300g	4.06ea 48.72
058449 22001	22718	*✱	Shredded Oaty Bites, Organic	12/350g	4.06ea 48.72
058449 77902	22605	*✱	Whole O's, Whole Grain Corn & Rice, Organic (gluten free)	12/325g	4.06ea 48.72
		◇	Volume Price: 35 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.84ea 46.12
		◇	Volume Price: 65 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.71ea 44.52
		◇	Volume Price: 100 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.62ea 43.47
058449 89032	22644	*✱	Granola, Chia Plus, Coconut Chia, Organic	12/350g	4.01ea 48.12
058449 89023	22619	*✱	Granola, Flax Plus Vanilla Almond, Organic	12/325g	4.01ea 48.12
058449 89002	22614	*✱	Granola, GingerZing, Organic	12/325g	4.01ea 48.12
058449 89000	22612	*✱	Granola, Hemp Plus, Organic	12/325g	4.01ea 48.12
058449 89008	22608	*✱	Granola, Peanut Butter, Organic	12/325g	4.01ea 48.12
058449 89012	22609	*✱	Granola, Pomegran Plus, Organic	12/325g	4.01ea 48.12
058449 89007	22617	*✱	Granola, Flax Plus Pumpkin, Organic	12/325g	4.01ea 48.12
		◇	Volume Price: 35 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.79ea 45.52
		◇	Volume Price: 65 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.66ea 43.92
		◇	Volume Price: 100 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		3.57ea 42.87
058449 89036	91662	*✱	Chia Plus & High Fibre Organic Granola Shipper (Special Order; lead time required)	48/350g	3.96ea 190.08
			Contains 24 units each of Chia Plus Coconut Chia and High Fibre Cinnamon Raisin Granolas (350g). Available by special order only with 3-6 weeks' lead time.		
058449 77180	91134	*✱	Gluten Free Organic Sunrise Cereals Shipper (Special Order; lead time required)	48/300g	4.43ea 212.64
			Contains 24 units each of Crunchy Maple Sunrise and Crunchy Vanilla Sunrise Gluten Free Organic Cereals. Available by special order only with 3-6 weeks' lead time.		
058449 77088	22729	*✱	Muesli, Blueberry Almond, Organic	12/350g	4.77ea 57.24
058449 77078	22728	*✱	Muesli, Raspberry Heritage, Organic	12/350g	4.77ea 57.24
		◇	Volume Price: 35 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.55ea 54.64
		◇	Volume Price: 65 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.42ea 53.04
		◇	Volume Price: 100 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.33ea 51.99
058449 77142	22140	*✱	Flax Plus Maple Pecan Crunch, Organic	12/325g	4.48ea 53.76
058449 77750	22789	*✱	Flax Plus Pumpkin Raisin Crunch, Organic	12/350g	4.48ea 53.76
058449 77764	22355	*✱	Flax Plus Red Berry Crunch, Organic	12/300g	4.48ea 53.76
058449 77700	22726	*✱	Optimum Blueberry Cinnamon, Organic	12/400g	4.48ea 53.76
058449 77701	22727	*✱	Optimum Slim, Organic	12/400g	4.48ea 53.76
058449 77102	22066	*✱	Smart Bran w/Psyllium, Organic	12/300g	4.48ea 53.76
058449 77206	22647	*✱	Sunrise, Crunchy Cinnamon, Organic (gluten free)	12/300g	4.48ea 53.76
058449 77204	22646	*✱	Sunrise, Crunchy Honey, Organic (gluten free)	12/300g	4.48ea 53.76
058449 77152	22641	*✱	Sunrise, Crunchy Maple, Organic (gluten free)	12/300g	4.48ea 53.76
058449 77154	22642	*✱	Sunrise, Crunchy Vanilla, Organic (gluten free)	12/300g	4.48ea 53.76
		◇	Volume Price: 35 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.26ea 51.16
		◇	Volume Price: 65 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.13ea 49.56
		◇	Volume Price: 100 asstd cs (NP/EK Boxed Cereals, Granolas + Mueslis; natural retailers only; no other discounts apply)		4.04ea 48.51
058449 60056	22760	*✱	Eco Pacs, Corn Flakes, Fruit Juice Sweetened, Organic (gluten free)	6/750g	7.34ea 44.04
058449 77094	22765	*✱	Eco Pacs, Honey'd Corn Flakes, Organic (gluten free)	6/750g	7.34ea 44.04
058449 77901	22773	*✱	Eco Pacs, Mesa Sunrise, Organic (gluten free)	6/750g	7.34ea 44.04
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		6.87ea 41.24
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		6.63ea 39.79
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		6.46ea 38.74
058449 55002	22761	*✱	Eco Pacs, Crispy Rice, Whole Grain, Organic (gluten free)	6/750g	7.96ea 47.76
058449 77163	22847	*✱	Eco Pacs, Flax Plus Cinnamon, Organic	6/907g	7.96ea 47.76
058449 89017	22733	*✱	Eco Pacs, Granola, Hemp Plus, Organic	6/750g	7.96ea 47.76
058449 89019	22734	*✱	Eco Pacs, Granola, Flax Plus Pumpkin, Organic	6/750g	7.96ea 47.76
058449 77021	22780	*✱	Eco Pacs, Heritage Flakes, Organic	6/907g	7.96ea 47.76
058449 77001	22758	*✱	Eco Pacs, Heritage O's, Organic	6/907g	7.96ea 47.76
058449 77069	22782	*✱	Eco Pacs, Kamut Krisp, Organic	6/750g	7.96ea 47.76
058449 77161	22846	*✱	Eco Pacs, Mesa Sunrise Raisin, Organic (gluten free)	6/825g	7.96ea 47.76
058449 77008	22766	*✱	Eco Pacs, Millet Rice Oatbran Flakes, Wheat Free, Organic	6/907g	7.96ea 47.76
058449 60231	22762	*✱	Eco Pacs, Multigrain Oatbran Flakes, Organic	6/907g	7.96ea 47.76
058449 77912	22260	*✱	Eco Pacs, Whole O's, Whole Grain Corn & Rice, Organic (gluten free)	6/750g	7.96ea 47.76
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.49ea 44.96
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.25ea 43.51
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		7.08ea 42.46
058449 77087	22769	*✱	Eco Pacs, Muesli, Blueberry Almond, Organic	6/750g	9.39ea 56.34
058449 77077	22768	*✱	Eco Pacs, Muesli, Raspberry Heritage, Organic	6/750g	9.39ea 56.34
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.92ea 53.54
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.68ea 52.09
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.51ea 51.04
058449 77906	22139	*✱	Granola, Flax Plus Pumpkin, Organic (large box)	6/800g	9.28ea 55.68
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.81ea 52.88
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.57ea 51.43
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.40ea 50.38

upc code	order code		case size	ea price	cs price
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NATURE'S PATH CEREALS • CANADIAN • ORGANIC (continued on Page 75)

058449 77053	22793	*✱	Flax Plus, Organic (large box).....	6/1kg	9.08ea	54.48
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.61ea	51.68
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.37ea	50.23
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.20ea	49.18
058449 77706	22794	*✱	Optimum Blueberry Cinnamon, Organic (large box).....	6/1kg	9.46ea	56.76
		◇	Volume Price: 35 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.99ea	53.96
		◇	Volume Price: 65 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.75ea	52.51
		◇	Volume Price: 100 asstd cs (Eco Pacs + 1kg/Jumbo Boxes; natural foods retailers only; no other discounts apply)		8.58ea	51.46

NATURE'S PATH PUFFED CEREALS • CANADIAN • ORGANIC

058449 62003	22043	*✱	Corn Puffs, Organic.....	12/170g	2.29ea	27.48
058449 62004	22044	*✱	Kamut Puffs, Organic.....	12/170g	2.29ea	27.48
058449 62002	22046	*✱	Millet Puffs, Organic.....	12/170g	2.29ea	27.48
058449 62001	22047	*✱	Rice Puffs, Organic.....	12/170g	2.29ea	27.48
		◇	Volume Price: 20 assorted cases (Puffed Cereals; natural foods retailers only; no other discounts apply)		2.14ea	25.73
		◇	Volume Price: 40 assorted cases (Puffed Cereals; natural foods retailers only; no other discounts apply)		2.06ea	24.73

NATURE'S PATH QI'A SUPERFOOD BREAKFAST CEREALS • CANADIAN • ORGANIC

058449 32004	25034	*✱	Qi'a, Chia, Buckwheat & Hemp, Original, Organic.....	10/225g	7.00ea	70.00
058449 32000	25033	*✱	Qi'a, Chia, Buckwheat & Hemp, Apple Cinnamon, Organic.....	10/225g	7.00ea	70.00
058449 32006	25035	*✱	Qi'a, Chia, Buckwheat & Hemp, Cranberry Vanilla, Organic.....	10/225g	7.00ea	70.00
		◇	Volume Price: 10 assorted cases (Qi'a Cereals; natural foods retailers only; no other discounts apply)		6.40ea	64.00
		◇	Volume Price: 15 assorted cases (Qi'a Cereals; natural foods retailers only; no other discounts apply)		6.25ea	62.50
058449 32008	91523	*✱	Qi'a Organic Superfood Cereals Shipper (Special Order; lead time required).....	36/225g	6.95ea	250.20
			Contains 12 units each of Original, Apple Cinnamon and Cranberry Vanilla Qi'a Organic Superfood Cereals. Available by special order only with 3–6 weeks' lead time.			

ONE DEGREE ORGANIC FOODS SPROUTED GRAIN CEREALS • CANADIAN • ORGANIC

675625 30601	28126	*✱	NEW Sprouted Khorasan Honey O's, Organic.....	6/227g	4.17ea	25.02
			One Degree Organic Foods uses pure, organic honey from Northern Alberta and a dash of coconut palm sugar to sweeten ancient khorasan and brown rice, the non-hybridized, nutrient-rich, sprouted grains found in certified organic, Non-GMO Project verified Sprouted Khorasan Honey O's cereal. One Degree delivers on its promise of transparency, which enables the consumer to trace every ingredient including "veganic" grains that are grown without animal-based fertilizers.			
675625 30203	28121	*✱	Veganic Sprouted Ancient Grain Flakes, Organic.....	6/340g	4.17ea	25.02
675625 30102	28123	*✱	Veganic Sprouted Ancient Grain O's, Organic.....	6/227g	4.17ea	25.02
675625 30302	28117	*✱	Veganic Sprouted Ancient Maize Flakes, Organic.....	6/340g	4.17ea	25.02
675625 30501	28115	*✱	Veganic Sprouted Brown Rice Cacao Crisps, Organic.....	6/284g	4.17ea	25.02
675625 30401	28113	*✱	Veganic Sprouted Brown Rice Crisps, Organic.....	6/227g	4.17ea	25.02

THE GRANOLA KING ARTISAN GRANOLAS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping The Granola King granolas from our warehouse.

853908 00000	25048	✱	Granola, Gourmet Classic.....	8/454g	6.38ea	51.04
853908 00007	25049	✱	Granola, Hazelnut Hemp.....	8/454g	6.38ea	51.04
		◇	Volume Price: 10 assorted cases (open stock not on deal)		6.16ea	49.30
		◇	Volume Price: 20 assorted cases (open stock not on deal)		5.95ea	47.56
853908 00001	25050	✱	Granola, Gourmet Classic.....	8/750g	9.14ea	73.12
853908 00004	25051	✱	Granola, Hazelnut Hemp.....	8/750g	9.14ea	73.12
		◇	Volume Price: 10 assorted cases (open stock not on deal)		8.83ea	70.62
		◇	Volume Price: 20 assorted cases (open stock not on deal)		8.52ea	68.12
853908 00003	25052	✱	Granola, Gourmet Classic.....	4/2kg	24.12ea	96.48
853908 00005	25053	✱	Granola, Hazelnut Hemp.....	4/2kg	24.12ea	96.48
		◇	Volume Price: 10 assorted cases (open stock not on deal)		23.30ea	93.18
		◇	Volume Price: 20 assorted cases (open stock not on deal)		22.47ea	89.88

WEETABIX ORGANIC WHOLE GRAIN WHEAT CEREAL • CANADIAN • ORGANIC

We guarantee best before dates of 28 days from the date of shipping Weetabix cereal from our warehouse.

055712 10015	22064	*✱	Weetabix, Whole Grain Wheat Cereal, Organic.....	12/400g	6.29ea	75.48
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Hot Cereals**ALIMENTS TRIGONE CREAM OF THE CROP BUCKWHEAT CEREAL • CANADIAN • ORGANIC**

056142 00613	22290	*✱	Cream of the Crop Buckwheat Cereal, Organic.....	6/400g	4.41ea	26.46
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ANITA'S ORGANIC MILL INSTANT HOT CEREALS • CANADIAN • ORGANIC

623636 99308	22263	*✱	Morning Rush, Classic Apple Cinnamon, Organic.....	6/330g	4.22ea	25.32
623636 99312	22265	*✱	Morning Rush, Raisin & Spice, Organic.....	6/330g	4.22ea	25.32
623636 99353	22264	*✱	Morning Rush, Raw Cocoa, Organic.....	6/330g	4.22ea	25.32
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.07ea	24.44
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		3.93ea	23.57
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		3.78ea	22.69
623636 80021	22167	*✱	Harvest Flake Mix, Organic.....	6/1kg	6.83ea	40.98
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.59ea	39.56
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.36ea	38.14
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.12ea	36.72

ELEVATE ME™/MC

— RAISE YOUR GAME —

SINGLE SERVE INSTANT OATMEAL

✓ 10 g protein
✓ high in fibre



tropical fruit chia
✓ wheat free



very berry chia
✓ wheat free



cocoa coconut chia
✓ wheat free



maple brown sugar chia
✓ wheat free

Made with
Elevate™ Energy
Bar Crumble

*A delicious way to
start your day or to enjoy
as a healthy snack!*

✓ tastes great
✓ simple ingredients
✓ no artificial flavours

A healthy breakfast is important, so we've created a breakfast-to-go that supports a healthy lifestyle. We think our high protein instant oatmeal is unique and tastes great! We hope you agree!

Alan & Jim



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info@prosnack.com



ELEVATE ME™ SINGLE SERVE INSTANT OATMEAL

— RAISE YOUR GAME —



Made with Elevate™ Energy Crumble which includes the following ingredients as its base

Raisins



Dates



Almonds



Apples



Cranberries



Our flavours are:



tropical fruit chia

✓ wheat free

SKU#871102001017



very berry chia

✓ wheat free

SKU#871102001024



cocoa coconut chia

✓ wheat free

SKU#871102001048



maple brown sugar chia

✓ wheat free

SKU#871102001031



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Degree
ORGANIC FOODS

Every ingredient has a story

BREAKFAST
PURE & SIMPLE



We remember back to the way it used to be: grown locally by honest families we knew. Glorious harvests of naturally cultivated grains. True ingredients, prepared simply. It's time to rediscover these methods with our full line of breakfast cereals.



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BOB'S RED MILL HOT CEREALS

039978 30113	20367	*	Creamy Buckwheat Cereal, Organic	4/510g	6.02ea	24.08
039978 30801	22018	*	Hot Cereal, Right Stuff, 6 Grain, Organic	4/680g	3.48ea	13.92
039978 30116	20338		GF Hot Cereal, Mighty Tasty (gluten free)	4/680g	3.53ea	14.12

COUNTRY CHOICE CANISTER HOT CEREALS • ORGANIC

729906 41002	22073	*	Oats, Old Fashioned, Organic (canister)	6/510g	3.42ea	20.52
729906 11944	22173	*	Oats, Quick, Organic (canister)	6/510g	3.42ea	20.52
		◇	Volume Price: 20 assorted cases (any Country Choice varieties)		3.08ea	18.48
		◇	Volume Price: 25 assorted cases (any Country Choice varieties)		2.91ea	17.46
729906 41003	22175	*	Oats, Quick, Steel Cut, Organic (canister)	6/680g	4.29ea	25.74
729906 41001	22074	*	Oats, Steel Cut, Organic (canister)	6/840g	4.29ea	25.74
		◇	Volume Price: 20 assorted cases (any Country Choice varieties)		3.86ea	23.16
		◇	Volume Price: 25 assorted cases (any Country Choice varieties)		3.65ea	21.90

ELEVATE ME INSTANT HOT OATMEALS • CANADIAN

A great tasting, protein infused, breakfast-to-go, Elevate Me Energy Oatmeal is the first energy oatmeal on the market. Wheat free instant oatmeal comes in easy-to-carry cups—just add water for a convenient breakfast that has 10 grams of protein per serving and is high in fibre. The ingredients are simple and clean: these oatmeal cups contain wheat free oats, pieces of the most popular Elevate Me energy bars, maple and brown sugar, and chia seeds.

871102 00104	37521	☛	Cocoa Coconut w/Chia Seeds (wheat/soy free)	12/60g	2.08ea	24.96	T
871102 00103	37619	☛	NEW Maple Brown Sugar w/Chia Seeds (wheat/soy free)	12/60g	2.08ea	24.96	T
871102 00101	37519	☛	Tropical Fruit w/Chia Seeds (wheat/soy free)	12/60g	2.08ea	24.96	T
871102 00102	37520	☛	Very Berry w/Chia Seeds (wheat/soy free)	12/60g	2.08ea	24.96	T
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.01ea	24.06	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		1.93ea	23.16	
		◇	Volume Price: 30 assorted cases (open stock not on deal)		1.86ea	22.26	

NATURE'S PATH INSTANT HOT OATMEALS • CANADIAN • ORGANIC (continued on Page 78)

058449 45001	22787	*☛	Original, Organic (pouches)	6/8x50g	3.76ea	22.56
058449 45004	22784	*☛	Apple Cinnamon, Organic (pouches)	6/8x50g	3.76ea	22.56
058449 45002	22786	*☛	Flax Plus, Organic (pouches)	6/8x50g	3.76ea	22.56
058449 45003	22785	*☛	Maple Nut, Organic (pouches)	6/8x50g	3.76ea	22.56
058449 45018	22788	*☛	Multigrain Raisin Spice, Organic	6/8x50g	3.76ea	22.56
058449 45013	22774	*☛	Optimum Blueberry Cinnamon, Organic (pouches)	6/8x40g	3.76ea	22.56
058449 45000	22752	*☛	Variety Pack, Organic (pouches)	6/8x50g	3.76ea	22.56
		◇	Volume Price: 20 assorted cases (natural foods retailers only; no other discounts apply)		3.39ea	20.36
		◇	Volume Price: 40 assorted cases (natural foods retailers only; no other discounts apply)		3.33ea	19.96
058449 45504	90453	*☛	Organic Hot Oatmeals Shipper (Special Order; lead time required)	48/1ea	3.71ea	178.08
			Contains 12 units each of Variety Pack, Multigrain Raisin Spice, Flax Plus and Maple Nut Hot Oatmeals. Available by special order only with 3–6 weeks' lead time.			
058449 45506	91356	*☛	Organic Hot Oatmeals Variety + Flax Plus Shipper (Special Order; lead time required)	48/1ea	3.71ea	178.08
			Contains 24 units each of Variety Pack and Flax Plus Hot Oatmeals. Available by special order only with 3–6 weeks' lead time.			

upc code	order code		case size	ea price	cs price
NATURE'S PATH INSTANT HOT OATMEALS • CANADIAN • ORGANIC (continued on Page 77)					
058449 45069	22882	*♣	Pure Oats, Brown Sugar Maple w/Ancient Grains, Organic (pouches).....	6/320g	4.13ea 24.78
058449 45065	22883	*♣	Pure Oats, Homestyle, Organic (pouches).....	6/320g	4.13ea 24.78
058449 45067	22881	*♣	Pure Oats, Spiced Apple w/Flax, Organic (pouches).....	6/320g	4.13ea 24.78
058449 45071	22884	*♣	Pure Oats, Variety Pack, Organic (pouches).....	6/320g	4.13ea 24.78
		◇	Volume Price: 20 assorted cases (natural foods retailers only; no other discounts apply).....		3.73ea 22.38
		◇	Volume Price: 40 assorted cases (natural foods retailers only; no other discounts apply).....		3.66ea 21.98
058449 15404	25067	*♣	NEW Qi'a Pure Oats, Cinnamon Pumpkin Seed, Organic (pouches).....	6/228g	4.12ea 24.72
058449 15402	25066	*♣	NEW Qi'a Pure Oats, Creamy Coconut, Organic (pouches).....	6/228g	4.12ea 24.72
058449 15400	25065	*♣	NEW Qi'a Pure Oats, Superseeds & Grains, Organic (pouches).....	6/228g	4.12ea 24.72
			New to the Qi'a Superfood family, certified organic, Non-GMO Project verified oatmeals are made with pure rolled oats (tested to be gluten free) and chia, hemp and buckwheat, a trio of power seeds that's full of plant-based protein, fibre and omega-3 to boost nutrition, keep us feeling fuller longer, and provide long-lasting energy.		
		◇	Volume Price: 20 assorted cases (natural foods retailers only; no other discounts apply).....		3.72ea 22.32
		◇	Volume Price: 40 assorted cases (natural foods retailers only; no other discounts apply).....		3.65ea 21.92

Ingredients

BULK CEREALS & GRAINS

623636 39809	22100	*	Barley, Hulled, Organic.....	1/11.34kg	27.84ea 27.84
111111 22026	22026	*	Bulgur Wheat, Organic.....	1/11.34kg	44.59ea 44.59
111111 22141	22141	*	Couscous, Whole Wheat, Organic.....	1/11.34kg	56.07ea 56.07
775768 22045	22045	*	Millet, Organic.....	1/11.34kg	33.78ea 33.78
111111 22063	22063	*	Oats, Rolled, Quick Cooking, Organic.....	1/11.3kg	31.76ea 31.76
773945 89025	22060	*	Oats, Rolled, Slow Cooking.....	1/22.7kg	28.38ea 28.38
111111 22062	22062	*	Oats, Rolled, Slow Cooking, Organic.....	1/11.3kg	31.76ea 31.76
775768 22070	22070	*	Popping Corn, Organic.....	1/11.34kg	34.30ea 34.30
111111 28108	28108	*	Quinoa, Flakes, Organic.....	1/11.34kg	162.16ea 162.16
111111 28260	28260	*	Quinoa, Red, Organic.....	1/11.34kg	135.14ea 135.14
775768 22125	22125	*	Seven Grain Cereal, Organic.....	1/22.7kg	47.30ea 47.30

ALIMENTS TRIGONE BUCKWHEAT GROATS • CANADIAN • ORGANIC

775768 22022	22022	*♣	Buckwheat Groats, Raw, Organic.....	1/22.7kg	109.54ea 109.54
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ALTER ECO FAIR TRADE QUINOA • ORGANIC

817670 01002	22144	*☉	Quinoa, Pearl, Organic (Fair Trade).....	8/454g	8.00ea 64.00
817670 01003	22168	*☉	Quinoa, Rainbow, Organic (Fair Trade).....	8/397g	8.00ea 64.00
817670 01001	22145	*☉	Quinoa, Red, Organic (Fair Trade).....	8/454g	8.00ea 64.00
188244 00044	22242	*☉	Quinoa, Black, Organic (Fair Trade).....	1/11.34kg	167.61ea 167.61
188244 00046	22199	*☉	Quinoa, Rainbow, Organic (Fair Trade).....	1/11.34kg	164.09ea 164.09
188244 00031	22122	*☉	Quinoa, Red, Organic (Fair Trade).....	1/11.34kg	164.09ea 164.09

ANCIENT HARVEST QUINOA • ORGANIC

089125 12900	22256	*	Quinoa, Gourmet, Organic.....	12/340g	6.16ea 73.92
089125 18900	28143	*	NEW Quinoa, Harmony Blend (White/Red/Black), Organic (gluten free).....	12/340g	6.16ea 73.92
089125 17900	28142	*	NEW Quinoa, Inca Red, Organic (gluten free).....	12/340g	6.16ea 73.92
			Ancient Harvest creates organic, non-GMO, gluten free quinoa and ancient grain products that are full of enticing flavour and stellar nutrition. Perfect as a wholesome side or the foundation of a main dish, distinctive Quinoa Grains provide a rainbow of cooking versatility.		
089125 13000	22255	*☉	Quinoa, Organic (South American) (Fair Trade).....	1/11.3kg	128.37ea 128.37

ANITA'S ORGANIC MILL CEREALS & GRAINS • CANADIAN • ORGANIC (continued on Page 79)

623636 80001	22104	*♣	7 Grain Cereal, Organic.....	6/1kg	6.43ea 38.58
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.21ea 37.26
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.99ea 35.94
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.77ea 34.61
623636 70001	20067	*♣	Oats, Rolled, Regular, Organic.....	6/1kg	5.58ea 33.48
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.39ea 32.35
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.20ea 31.21
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.01ea 30.08
623636 70020	28073	*♣	Oats, Steel Cut, Organic.....	6/1kg	5.47ea 32.82
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.28ea 31.69
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.09ea 30.55
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.90ea 29.42
623636 39213	22118	*♣	Millet, Hulled, Organic.....	1/11.34kg	51.59ea 51.59
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		49.69ea 49.69
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		47.79ea 47.79
623636 71012	22117	*♣	Oats, Hulled, Organic.....	1/11.34kg	34.05ea 34.05
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		32.81ea 32.81
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		31.58ea 31.58
623636 70008	22109	*♣	Oats, Rolled, Quick Cooking, Organic.....	1/11.34kg	33.75ea 33.75
623636 70003	22040	*♣	Oats, Rolled, Regular, Organic.....	1/11.34kg	33.75ea 33.75
623636 70024	28058	*♣	Oats, Steel Cut, Organic.....	1/11.34kg	33.75ea 33.75
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		32.51ea 32.51
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		31.28ea 31.28
623636 30009	22120	*♣	Rye, Whole, Organic.....	1/20kg	32.23ea 32.23
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		31.06ea 31.06
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		29.89ea 29.89

upc code	order code		case size	ea price	cs price
ANITA'S ORGANIC MILL CEREALS & GRAINS • CANADIAN • ORGANIC (continued on Page 78)					
623636 50009	22155	*✱	Spelt Kernels, Organic.....	1/20kg	76.97ea 76.97
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		74.14ea 74.14
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		71.31ea 71.31
623636 20114	22130	*✱	Wheat Bran, Organic.....	1/11.34kg	21.23ea 21.23
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		20.46ea 20.46
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		19.70ea 19.70
623636 20009	22105	*✱	Wheat Kernels, Hard Red, Organic.....	1/20kg	41.55ea 41.55
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		40.04ea 40.04
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		38.52ea 38.52
623636 12113	22110	*✱	Wheat Kernels, Pastry, Soft Winter (CPS), Organic.....	1/20kg	48.45ea 48.45
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		46.68ea 46.68
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		44.91ea 44.91

BOB'S RED MILL CEREALS & GRAINS

039978 30105	22820		5 Grain Cereal.....	4/453g	2.20ea 8.80
039978 30107	22824		7 Grain Cereal.....	4/708g	2.71ea 10.84
039978 30108	22825		8 Grain Cereal (wheat free).....	4/765g	3.55ea 14.20
039978 30110	22865		10 Grain Cereal.....	4/708g	2.71ea 10.84
039978 30910	20357	*	Amaranth Grain, Organic.....	4/680g	7.67ea 30.68
039978 30141	22805		Brown Rice Farina.....	4/737g	4.03ea 16.12
039978 30973	20429	*	Brown Rice Farina, Organic.....	4/737g	5.33ea 21.32
039978 30580	20366	*	Buckwheat Groats, Raw, Organic.....	4/453g	4.74ea 18.96
039978 30124	22631		Bulgur, Hard Red Wheat.....	4/793g	3.38ea 13.52
039978 30125	22815		Corn Grits (Polenta).....	4/680g	2.45ea 9.80
039978 30919	20313	*	Corn Grits, Organic (Polenta).....	4/680g	3.51ea 14.04
039978 30496	38663		Couscous, Natural Pearl.....	4/453g	3.44ea 13.76
039978 30498	38665		Couscous, Tricolour Pearl.....	4/453g	3.44ea 13.76
039978 30497	38664		Couscous, Whole Wheat Pearl.....	4/453g	3.44ea 13.76
039978 30860	22268	*	Farro (Wheat), Organic.....	4/680g	5.20ea 20.80
039978 30410	22823	*	Kamut Cereal, Organic.....	4/680g	4.07ea 16.28
039978 30941	28085	*	Kamut Grain (Berries), Organic.....	4/680g	3.24ea 12.96
039978 30398	20370		Millet Grits/Meal.....	4/453g	2.54ea 10.16
039978 30406	20368		Millet, Hulled.....	4/793g	2.98ea 11.92
039978 30103	22850		Muesli.....	4/510g	4.12ea 16.48
039978 30366	22851		Muesli, Wheat Free.....	4/453g	5.21ea 20.84
039978 30143	22855		Oat Bran.....	4/510g	2.87ea 11.48
039978 30955	22813	*	Oat Bran, Organic.....	4/510g	4.01ea 16.04
039978 31121	22830		Oatmeal, Scottish.....	4/567g	3.14ea 12.56
039978 30956	22816	*	Oatmeal, Scottish, Organic.....	4/567g	3.98ea 15.92
039978 30954	02033	*	Oats, Rolled, Extra Thick, Organic.....	4/453g	2.78ea 11.12
039978 30953	02034	*	Oats, Rolled, Quick Cooking, Organic.....	4/453g	2.78ea 11.12
039978 30952	22634	*	Oats, Rolled, Regular Old Fashioned, Organic.....	4/453g	2.78ea 11.12
039978 30375	22639		Oats, Rolled, Whole Grain (wheat free).....	4/907g	6.49ea 25.96
039978 31140	22860		Oats, Steel Cut.....	4/680g	2.89ea 11.56
039978 30957	22814	*	Oats, Steel Cut, Organic.....	4/680g	3.80ea 15.20
039978 30373	22640		Oats, Steel Cut, Whole Grain (wheat free).....	4/680g	5.39ea 21.56
039978 30323	20425	*	Quinoa, Organic.....	4/737g	13.80ea 55.20
039978 32323	20431	*	NEW Quinoa, Whole Grain, Organic.....	4/453g	8.89ea 35.56
039978 30944	20432	*	NEW Quinoa, Whole Grain, Red, Organic.....	4/453g	8.89ea 35.56
039978 30946	20433	*	NEW Quinoa, Whole Grain, Tri-Colour, Organic.....	4/453g	8.89ea 35.56
New from Bob's Red Mill, three varieties of organic Whole Grain Quinoa, the traditional grain of the Andes, are gluten free, nutrient-rich sources of complete protein that provide essential amino acids and dietary fibre.					
039978 30643	22269		GF Sorghum, Sweet White, Whole Grain.....	4/680g	2.96ea 11.84
039978 30893	22267	*	Spelt Berries, Whole Grain, Organic.....	4/680g	3.63ea 14.52
039978 30536	20430		Teff, Whole Grain.....	4/680g	6.13ea 24.52
039978 34321	20154		Wheat Bran (replaces Code 20374).....	4/226g	1.43ea 5.72
039978 31150	22244		Wheat Germ (replaces Code 22080).....	4/340g	2.28ea 9.12
039978 30992	02038	*	White Wheat Farina, Organic.....	4/680g	3.16ea 12.64

CASBAH CEREALS & GRAINS

We guarantee best before dates of 30 days from the date of shipping Casbah cereals and grains from our warehouse.

072934 80103	38679		Ancient Grain Blend.....	12/180g	3.50ea 42.00
072934 80104	38681		Freekeh.....	12/145g	2.85ea 34.20
072934 80105	38682	*	Quinoa, Organic.....	12/200g	3.93ea 47.16

EDEN CEREALS & GRAINS • ORGANIC

024182 02352	19032	*	Brown Rice Flakes, Organic.....	12/454g	5.16ea 61.92
024182 03151	19030	*	Buckwheat, Hulled, Organic.....	12/454g	4.09ea 49.08
024182 02354	19033	*	Kamut Flakes, Organic.....	12/454g	4.56ea 54.72
024182 03152	19031	*	Millet, Whole, Organic.....	12/454g	2.58ea 30.96
024182 02356	19034	*	Oat Flakes, Rolled, Organic.....	12/454g	4.77ea 57.24
024182 00386	36787	*	Popcorn, Yellow, Organic.....	12/566g	4.47ea 53.64
024182 02351	19013	*	Quinoa, Red, Organic (Andean).....	12/454g	10.09ea 121.08
024182 02350	19006	*	Quinoa, Whole Grain, Organic (Andean).....	12/454g	9.56ea 114.72
024182 02353	19035	*	Rye Flakes, Rolled, Organic.....	12/454g	3.53ea 42.36
024182 02355	19036	*	Spelt Flakes, Rolled, Organic.....	12/454g	4.41ea 52.92

upc code	order code		case size	ea price	cs price
FREEKEH ROASTED GREEN WHEAT • ORGANIC					
28850	*	Freekeh, Roasted Green Wheat, Organic.....	1/11.34kg	57.39ea	57.39
PRAIRIE HARVEST CEREALS & GRAINS • CANADIAN • ORGANIC					
624756 93343	04026	* ◇ Pearl Barley, Organic (bag)	12/454g	2.48ea	29.76
		Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.23ea	26.76
		◇ Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.11ea	25.32
624756 93346	37289	* ◇ Popcorn, Yellow, Organic (bag)	12/454g	2.63ea	31.56
		Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.37ea	28.44
		◇ Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.24ea	26.88
WHOLE ALTERNATIVES POPPING CORN • ORGANIC					
796259 15184	37497	* ◇ Popping Corn, Yellow, Organic (replaces Code 37343).....	12/454g	2.54ea	30.48
		Volume Price: 10 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.29ea	27.48
		◇ Volume Price: 20 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.16ea	25.92

chips + savoury snacks

Popping Corn

BULK POPPING CORN • ORGANIC					
775768 22070	22070	* ◇ Popping Corn, Organic	1/11.34kg	34.30ea	34.30
EDEN POPPING CORN • ORGANIC					
024182 00386	36787	* ◇ Popcorn, Yellow, Organic.....	12/566g	4.47ea	53.64
PRAIRIE HARVEST POPPING CORN • CANADIAN • ORGANIC					
624756 93346	37289	* ◇ Popcorn, Yellow, Organic (bag)	12/454g	2.63ea	31.56
		Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.37ea	28.44
		◇ Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		2.24ea	26.88
WHOLE ALTERNATIVES POPPING CORN • ORGANIC					
796259 15184	37497	* ◇ Popping Corn, Yellow, Organic (replaces Code 37343).....	12/454g	2.54ea	30.48
		Volume Price: 10 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.29ea	27.48
		◇ Volume Price: 20 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.16ea	25.92

Prepared Snacks

ANGIE'S POPCORN

We guarantee best before dates of 30 days from the date of shipping Angie's popcorn from our warehouse.

892773 00021	59505	BoomChickaPop, Lightly Sweet	12/142g	3.64ea	43.68	T
892773 00024	59504	BoomChickaPop, Sea Salt	8/142g	3.91ea	31.28	T
892773 00020	59500	Kettle Corn, Sweet & Salty	12/198g	3.64ea	43.68	T
892773 00022	59501	Salted Caramel	12/170g	3.64ea	43.68	T
818780 01035	59503	Sweet & Spicy	12/170g	3.64ea	43.68	T
892773 00023	59502	White Cheddar	12/128g	3.64ea	43.68	T

ANNIE'S HOMEGROWN SNACK MIXES • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Annie's Homegrown snack mixes from our warehouse.

013562 30352	16571	* ◇ Snack Mix, Original, Organic	12/142g	4.05ea	48.60	T
013562 30351	16570	* ◇ Snack Mix, Cheddar, Organic.....	12/142g	4.05ea	48.60	T

BARBARA'S BAKERY CHEESE PUFFS

We guarantee best before dates of 42 days from the date of shipping Barbara's Bakery snacks from our warehouse.

070617 00470	36109	Original	12/198g	2.74ea	32.88	T
070617 00471	36110	Jalapeño.....	12/198g	2.74ea	32.88	T
070617 00472	36111	Baked, Original	12/155g	2.74ea	32.88	T
070617 00473	36128	Baked, White Cheddar	12/155g	2.74ea	32.88	T

BEANFIELDS BEAN & RICE CHIPS

All natural and Non-GMO Project verified, Beanfields Bean & Rice Chips are made from an artisan blend of black beans, navy beans, and long grain rice. Nutritionally superior to corn and potato snacks, Beanfields chips contain 27–29% less fat (5g) per 28g serving than most corn chips; provide more fibre (4g) than raisin bran cereal; and more protein (4g) than an egg. Beanfields chips are free of gluten, corn, soy, all nuts, seeds and gums, and are vegan friendly. This edition, look for new Barbecue and Ranch varieties.

852565 00309	10045	NEW Barbecue (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00307	10017	Nacho (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00303	10016	Pico de Gallo (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00310	10044	NEW Ranch (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00302	10015	Salt 'N' Pepper (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00301	10014	Sea Salt (gluten free/vegan)	12/156g	3.31ea	39.72	T
852565 00300	10013	Unsalted (gluten free/vegan)	12/156g	3.31ea	39.72	T
		◇ Volume Price: 12 assorted cases (open stock not on deal; no other discounts apply)		2.98ea	35.76	
		◇ Volume Price: 25 assorted cases (open stock not on deal; no other discounts apply)		2.81ea	33.72	
		◇ Volume Price: 50 assorted cases (open stock not on deal; no other discounts apply)		2.65ea	31.80	



SPECIFICATIONS

Unit Size: 3.25" d x 5.25" w x 8" h
 Case Size: 8.156" d x 18.063" w x 6.313" h
 Case Pack: 6
 Gross Case Weight: 3.5 lbs.
 Shelf Life: 9 months
 Ti x Hi: 10 x 14

*Honey Mustard Pretzels from Glutino
 Bretzels à la moutarde et miel de Glutino*

Oh my, but these are dangerous. And they're sneaky about it, too. They just sit there in their bowl, acting all innocent and demure, but don't let them fool you. Not for a minute. They are little temptresses. Batting their gluten free eye lashes and giving you "that look".

Oh! qu'ils sont dangereux ceux-là! Et quelle sournoiserie aussi... Ils sont là, dans le bol, l'air innocent et sage, mais c'est juste un air, gare à vous! La petite séduction en cours... Avec leurs beaux atours sans gluten, quelle jambe ils vous dévoilent!

- ✔ Another great gluten free pretzel
- ✔ Perfect for the game or after-school snack!
- ✔ First gluten free Honey Mustard Pretzel available!
- ✔ Nouveaux bretzels sans gluten
- ✔ Collation idéale pour l'activité physique ou après l'école!
- ✔ Premiers bretzels sans gluten à la moutarde et miel sur le marché!



**HONEY MUSTARD PRETZELS
 BRETZELS MOUTARDE ET MIEL**

- 6.0oz. (170g)



INGREDIENTS: Corn starch, potato starch, rice flour, corn syrup solids, palm oil, seasoning (sugar, onion powder, dextrose, salt, hydrolyzed soy protein, prepared mustard, granulated honey), canola oil, sugar, carboxymethyl cellulose, soy lecithin, sodium bicarbonate, yeast extract, sodium phosphate, salt, citric acid. Contains soy and mustard. May contain traces of sesame.

INGREDIENTS: Amidon de maïs, amidon de pomme de terre, farine de riz, matières sèches de sirop de maïs, huile de palme, assaisonnement (sucre, poudre d'oignon, dextrose, sel, protéine de soya hydrolysée, moutarde préparée, miel granulé), huile de canola, sucre, carboxyméthyl cellulose, lécithine de soya, bicarbonate de sodium, extrait de levure, phosphate de sodium, sel, acide citrique. Contient du soya et de la moutarde. Peut contenir des traces de sésame.

glutino
always gluten free

www.glutino.com | 1.800.363.3438



upc code	order code		case size	ea price	cs price
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BOULDER CANYON NATURAL FOODS SNACK CHIPS

We guarantee best before dates of 42 days from the date of shipping Boulder Canyon snack chips from our warehouse (14 days for Code 10036).

Since 1994, Boulder Canyon Natural Foods has delivered premium chips that feature all natural ingredients cooked in sunflower or safflower oils. Kettle Cooked Potato Chips and speciality snacks including Rice & Adzuki Bean and Hummus chips are made with the understanding that less—like fewer ingredients and no gluten, preservatives, cholesterol or trans fats—is definitely more.

708163 92101	10043	NEW Baked Sweet Potato Fries (gluten free/non-GMO)	12/213g	3.38ea	40.56	T
708163 30017	10040	NEW Hummus & Sesame Chips, Lightly Salted (gluten free).....	12/142g	3.38ea	40.56	T
708163 12092	10037	NEW Kettle Cooked Potato Chips, Canyon Cut, Avocado Oil, Sea Salt (gluten free/non-GMO)	12/149g	2.61ea	31.32	T
708163 11089	10031	NEW Kettle Cooked Potato Chips, Hickory Barbeque (gluten free)	12/142g	2.61ea	31.32	T
708163 11731	10034	NEW Kettle Cooked Potato Chips, Jalapeño Cheddar (gluten free)	12/142g	2.61ea	31.32	T
708163 11088	10030	NEW Kettle Cooked Potato Chips, Malt Vinegar & Sea Salt.....	12/142g	2.61ea	31.32	T
708163 12022	10036	NEW Kettle Cooked Potato Chips, Olive Oil (gluten free/non-GMO).....	12/142g	2.61ea	31.32	T
708163 11732	10033	NEW Kettle Cooked Potato Chips, Parmesan & Garlic (gluten free).....	12/142g	2.61ea	31.32	T
708163 11733	10035	NEW Kettle Cooked Potato Chips, Red Wine Vinegar (gluten free).....	12/142g	2.61ea	31.32	T
708163 11090	10032	NEW Kettle Cooked Potato Chips, Sea Salt & Cracked Pepper (gluten free)	12/142g	2.61ea	31.32	T
708163 11087	10029	NEW Kettle Cooked Potato Chips, Totally Original (gluten free/non-GMO).....	12/142g	2.61ea	31.32	T
708163 30004	10039	NEW Rice & Bean, Rice w/Adzuki Beans, Chipotle Cheese (gluten free/non-GMO)	12/142g	3.38ea	40.56	T
708163 30003	10038	NEW Rice & Bean, Rice w/Adzuki Beans, Lightly Salted (gluten free/non-GMO)	12/142g	3.38ea	40.56	T

EARTH BALANCE VEGAN POPCORN SNACKS

We guarantee best before dates of 45 days from the date of shipping Earth Balance popcorn snacks from our warehouse.

Earth Balance is proud to introduce new plant-based (vegan) snacks that will leave your customers wanting more (and more!). Made with non-genetically engineered ingredients, Vegan Aged White Cheddar Puffs, Vegan Buttery Flavour Popcorn, Vegan Aged White Cheddar Flavour Popcorn, and PB Pops Popcorn w/Peanut Butter & Oats are ready to enjoy right out of the bag.

033776 08021	10048	NEW Popcorn, Aged White Cheddar Flavour (vegan).....	12/198g	3.57ea	42.84	T
033776 08016	10047	NEW Popcorn, Buttery Flavour (vegan).....	12/170g	3.57ea	42.84	T
033776 08011	10049	NEW Puffs, Aged White Cheddar Flavour (vegan).....	12/113g	3.57ea	42.84	T
033776 08026	10046	NEW P.B. Pops, Popcorn w/Peanut Butter & Oats (vegan)	12/198g	4.28ea	51.36	T

FOOD SHOULD TASTE GOOD GLUTEN FREE TORTILLA CHIPS

We guarantee best before dates of 42 days from the date of shipping Food Should Taste Good chips from our warehouse.

021908 81245	37304	Blue Corn (gluten free/vegan)	12/156g	3.32ea	39.84	T
021908 81253	37301	Multigrain (gluten free/vegan).....	12/156g	3.32ea	39.84	T
021908 81254	37302	Olive (gluten free/vegan).....	12/156g	3.32ea	39.84	T
021908 81255	37303	Sweet Potato (gluten free/vegan)	12/156g	3.32ea	39.84	T
021908 81257	37305	White Cheddar (gluten free).....	12/156g	3.32ea	39.84	T
		Volume Price: 20 assorted cases (open stock not on deal)		3.01ea	36.10	
		Volume Price: 50 assorted cases (open stock not on deal)		2.80ea	33.64	

FRESH IS BEST TORTILLA CHIPS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Fresh Is Best chips from our warehouse.

628130 01325	37354	* Tortilla Chips, Yellow Corn	12/325g	4.17ea	50.04	T
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GARDEN OF EATIN' SNACK CHIPS

We guarantee best before dates of 21 days from the date of shipping Garden of Eatin' snack chips from our warehouse.

015839 01500	36912	* Tortilla Chips, Black Bean, Organic.....	12/212g	3.57ea	42.84	T
015839 02177	37422	* Tortilla Chips, Blue Chips, Salted, Organic.....	12/229g	3.57ea	42.84	T
015839 01006	36910	* Tortilla Chips, Sesame Blues, Organic.....	12/212g	3.57ea	42.84	T
015839 02180	37423	* Tortilla Chips, Sweet Potato, Organic	12/212g	3.57ea	42.84	T

GLUTINO GLUTEN FREE PRETZELS • CANADIAN

We guarantee best before dates of 42 days from the date of shipping Glutino pretzels from our warehouse (45 days for Codes 37344 and 37558).

678523 04028	37344	* Pretzel Chips (gluten free)	6/170g	3.59ea	21.54	T
678523 04029	37558	* NEW Pretzel Chips, Honey Mustard (gluten free).....	6/170g	3.59ea	21.54	T
Glutino is committed to creating gluten free products that are both safe and tasty. Looking for something savoury and sweet? Tangy Honey Mustard Pretzels are sure to hit the spot.						
678523 04011	37333	* Pretzel Sticks (gluten free).....	12/400g	6.87ea	82.44	T
678523 04007	36160	* Pretzels (gluten free)	12/400g	6.87ea	82.44	T
678523 04005	36153	* Snack Pack, Pretzels (gluten free).....	20/75g	2.04ea	40.80	T

HARDBITE HANDCRAFTED POTATO CHIPS • CANADIAN (continued on Page 83)

We guarantee best before dates of 42 days from the date of shipping Hardbite snack chips from our warehouse (30 days for Codes 37456, 37457 and 37458).

673513 11155	37518	* Parsnip Chips, Lightly Salted.....	15/150g	3.32ea	49.80	T
		Volume Price: 10 assorted cases (Hardbite 150g Chips; open stock not on deal)		3.15ea	47.25	
		Volume Price: 20 assorted cases (Hardbite 150g Chips; open stock not on deal)		3.07ea	46.05	
		Volume Price: 42 assorted cases (Hardbite 150g Chips; open stock not on deal)		2.99ea	44.85	
673513 00150	36412	* Potato Chips, All Natural (gluten free)	15/150g	2.15ea	32.25	T
673513 03150	36416	* Potato Chips, Jalapeño (gluten free).....	15/150g	2.15ea	32.25	T
673513 10150	37517	* Potato Chips, Ketchup (gluten free).....	15/150g	2.15ea	32.25	T
673513 02150	36414	* Potato Chips, Rock Salt & Vinegar (gluten free).....	15/150g	2.15ea	32.25	T
673513 09150	37516	* Potato Chips, Sea Salt & Pepper (gluten free)	15/150g	2.15ea	32.25	T
673513 01150	36413	* Potato Chips, Smokin' BBQ (gluten free).....	15/150g	2.15ea	32.25	T
673513 08150	37391	* Potato Chips, Szechwan Peppercorn (gluten free).....	15/150g	2.15ea	32.25	T
673513 04150	36417	* Potato Chips, Wild Onion & Yogurt (gluten free).....	15/150g	2.15ea	32.25	T
		Volume Price: 10 assorted cases (Hardbite 150g Chips; open stock not on deal)		2.04ea	30.60	
		Volume Price: 20 assorted cases (Hardbite 150g Chips; open stock not on deal)		1.99ea	29.85	
		Volume Price: 42 assorted cases (Hardbite 150g Chips; open stock not on deal)		1.94ea	29.10	

Introducing...
Plant-Based Snacks
 from **earth balance**

By the bag or the bowl, these snacks will leave you wanting more...and more...and more!
 All Earth Balance™ snacks are plant-based (vegan) and free from genetically engineered ingredients – without lacking in deliciousness.

Voici...
les collations à base de plante
 de **earth balance**

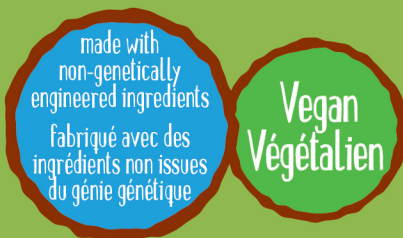
Directement du sac ou du bol, ces collations vous donneront le goût d'en avoir encore ... et encore ... et encore! Toutes les collations de Earth Balance™ sont fait à base de plante (végétalien) et sont non issue du génie génétique – sans pour autant perdre ce goût délicieux.



Earth Balance™ Plant-Based Snacks, a new line of finger-licking tastiness sure to satisfy any crunchy craving.

Les collations à base de plante de Earth Balance™, une nouvelle ligne de produits savoureux à s'en lécher les doigts qui satisferont les envies de croquant.

Share the Joy



Partager la joie



vegan aged
white cheddar flavour

Puffs Soufflés

végétaliens aromatisés
au fromage cheddar blanc vieilli



vegan
buttery flavour

Popcorn Maïs soufflé

végétalien aromatisé
au beurre



vegan aged
white cheddar flavour

Popcorn Maïs soufflé

végétalien aromatisé
au fromage cheddar blanc vieilli



Popcorn
cuddled in peanut butter
and a bustle of oats!

Maïs soufflé

enveloppé de beurre d'arachide
avec une touche d'avoine!

Nutrition Facts Valeur nutritive

Per 4 1/2 cups (50 g)
pour 4 1/2 tasses (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 8 g	12 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 310 mg	13 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 1 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

INGREDIENTS: CORNMEAL, WHITE BEAN POWDER, SUNFLOWER OIL, MALTODEXTRIN, SALT, ONION POWDER, SUGAR, GARLIC POWDER, LACTIC ACID, CITRIC ACID, YEAST EXTRACT, FLAVOUR.

INGRÉDIENTS: SEMOULE DE MAÏS, POUDRE DE FÈVE BLANCHE, HUILE DE TOURNESOL, MALTODEXTRINE, SEL, POUDRE D'OIGNON, SUCRE, POUDRE D'AIL, ACIDE LACTIQUE, ACIDE CITRIQUE, EXTRAIT DE LEVURE, ARÔME.



0 33776 08011 2

Nutrition Facts Valeur nutritive

Per 4 1/2 cups (50 g)
pour 4 1/2 tasses (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 16 g	25 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 310 mg	13 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

INGREDIENTS: POPCORN, SUNFLOWER OIL, SALT, FLAVOUR.

INGRÉDIENTS: MAÏS SOUFFLÉ, HUILE DE TOURNESOL, SEL, ARÔME.



0 33776 08016 7

Nutrition Facts Valeur nutritive

Per 3 1/2 cups (50 g)
pour 3 1/2 tasses (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 19 g	29 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 310 mg	13 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 5 g	20 %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

INGREDIENTS: POPCORN, SUNFLOWER OIL, MALTODEXTRIN, SALT, ONION POWDER, SUGAR, GARLIC POWDER, LACTIC ACID, CITRIC ACID, YEAST EXTRACT, FLAVOUR.

INGRÉDIENTS: MAÏS SOUFFLÉ, HUILE DE TOURNESOL, MALTODEXTRINE, SEL, POUDRE D'OIGNON, SUCRE, POUDRE D'AIL, ACIDE LACTIQUE, ACIDE CITRIQUE, EXTRAIT DE LEVURE, ARÔME.



0 33776 08021 1

Nutrition Facts Valeur nutritive

Per 1/2 cup (50 g)
pour 1/2 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 10 g	15 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 150 mg	6 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 14 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

INGREDIENTS: PEANUTS, WHOLE GRAIN OATS, CANE SUGAR, TAPIOCA SYRUP, POPCORN, EXPPELLER-PRESSED OIL BLEND (SOY, PALM, CANOLA, FLAX, OLIVE), MILLED FLAXSEED, AGAVE SYRUP, PEANUT OIL, SALT, SODIUM BICARBONATE, WATER, FLAVOUR, PEA PROTEIN, SUNFLOWER LECITHIN, LACTIC ACID, ANNATTO. **CONTAINS PEANUTS.**

INGRÉDIENTS: ARACHIDES, FLOCONS D'AVOINES, SUCRE DE CANNE, SIROP DE TAPIOCA, MAÏS SOUFFLÉ, MÉLANGE D'HUILES EXTRAITES PAR PRESSION (SOYA, PALME, CANOLA, LIN, OLIVE), GRAINES DE LIN MOULUES, SIROP D'AGAVE, HUILE D'ARACHIDES, SEL, BICARBONATE DE SODIUM, EAU, ARÔME, PROTÉINE DE POIS, LÉCITHINE DE TOURNESOL, ACIDE LACTIQUE, ROCOU. **CONTIENT DES ARACHIDES.**



0 33776 08026 6

Plant-Based
Diet Friendly

Respecte une
alimentation
d'origine végétale

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upc code	order code		case size	ea price	cs price	
HARDBITE HANDCRAFTED POTATO CHIPS • CANADIAN (continued on Page 82)						
673513 21050	37456	★	Snack Size, Potato Chips, All Natural (gluten free).....	40/23g	0.55ea	22.00 T
673513 21250	37458	★	Snack Size, Potato Chips, Rock Salt & Vinegar (gluten free).....	40/23g	0.55ea	22.00 T
673513 21150	37457	★	Snack Size, Potato Chips, Smokin' BBQ (gluten free).....	40/23g	0.55ea	22.00 T
		◇	Volume Price: 10 assorted cases (Hardbite 23g Chips; open stock not on deal).....		0.52ea	20.80
		◇	Volume Price: 20 assorted cases (Hardbite 23g Chips; open stock not on deal).....		0.51ea	20.40
		◇	Volume Price: 42 assorted cases (Hardbite 23g Chips; open stock not on deal).....		0.50ea	20.00
673513 24050	36401	★	Snack Size, Potato Chips, All Natural (gluten free).....	30/50g	0.89ea	26.70 T
673513 24350	36658	★	Snack Size, Potato Chips, Jalapeño (gluten free).....	30/50g	0.89ea	26.70 T
673513 24250	36403	★	Snack Size, Potato Chips, Rock Salt & Vinegar (gluten free).....	30/50g	0.89ea	26.70 T
673513 24150	36402	★	Snack Size, Potato Chips, Smokin' BBQ (gluten free).....	30/50g	0.89ea	26.70 T
673513 24850	37392	★	Snack Size, Potato Chips, Szechwan Peppercorn (gluten free).....	30/50g	0.89ea	26.70 T
673513 24450	36404	★	Snack Size, Potato Chips, Wild Onion & Yogurt (gluten free).....	30/50g	0.89ea	26.70 T
		◇	Volume Price: 10 assorted cases (Hardbite 50g Chips; open stock not on deal).....		0.85ea	25.50
		◇	Volume Price: 20 assorted cases (Hardbite 50g Chips; open stock not on deal).....		0.82ea	24.60
		◇	Volume Price: 42 assorted cases (Hardbite 50g Chips; open stock not on deal).....		0.80ea	24.00

KETTLE BRAND POPCORN

We guarantee best before dates of 45 days from the date of shipping Kettle popcorn from our warehouse.

Crafted with care and simple ingredients to ensure outstanding flavour and satisfaction, ready-to-eat, popped popcorn varieties—Sea Salt, Salt & Fresh Ground Pepper, Maple Bacon, and White Cheddar—are made with natural ingredients, Non-GMO Project verified, and free of MSG, trans fat, preservatives and gluten.

084114 12677	37701		NEW Popcorn, Maple Bacon.....	6/142g	2.78ea	16.68 T
084114 12676	37702		NEW Popcorn, Salt & Fresh Ground Pepper.....	6/142g	2.78ea	16.68 T
084114 12675	37703		NEW Popcorn, Sea Salt.....	6/113g	2.78ea	16.68 T
084114 12678	37700		NEW Popcorn, White Cheddar.....	6/142g	2.78ea	16.68 T
		◇	Volume Price: 12 assorted cases (Kettle Popcorn).....		2.64ea	15.84
		◇	Volume Price: 24 assorted cases (Kettle Popcorn).....		2.57ea	15.42
		◇	Volume Price: 60 assorted cases (Pallet; Kettle Popcorn).....		2.50ea	15.00
	91616		Kettle Popcorn (113g–142g) Pallet (Special Order; lead time required).....	288/1ea	2.78ea	801.28 T
Contains 72 units each of White Cheddar, Maple Bacon, Salt & Fresh Ground Pepper and Sea Salt Popped Popcorn (113g–142g). Available by special order only with 3–6 weeks' lead time.						

KETTLE BRAND BAKED POTATO CHIPS

We guarantee best before dates of 45 days from the date of shipping Kettle baked chips from our warehouse.

084114 12319	37416		Bakes, Cheddar & Roasted Tomato.....	15/113g	2.31ea	34.65 T
084114 11038	36970		Bakes, Hickory Honey Barbecue.....	15/113g	2.31ea	34.65 T
084114 11040	36968		Bakes, Lightly Salted.....	15/113g	2.31ea	34.65 T
084114 11584	37168		Bakes, Salt & Vinegar.....	15/113g	2.31ea	34.65 T
		◇	Volume Price: 10 assorted cases (Kettle Baked Chips).....		2.19ea	32.85
		◇	Volume Price: 20 assorted cases (Kettle Baked Chips).....		2.14ea	32.10
084114 11051	36631		Baked Potato Chips Shipper (Special Order; lead time required).....	60/113g	2.31ea	138.60 T
Contains 15 units each of Salted, Sour Cream & Onion, Hickory Honey Barbecue and Salt & Vinegar Baked Chips. Available by special order only with 3–6 weeks' lead time.						
084114 11395	39198		Baked Potato Chips Pallet (Special Order; lead time required).....	400/113g	2.31ea	924.00 T
Contains 100 units each of Salted, Sour Cream & Onion, Hickory Honey Barbecue and Salt & Vinegar Baked Chips. Available by special order only with 3–6 weeks' lead time.						

KETTLE BRAND POTATO CHIPS (continued on Page 84)

We guarantee best before dates of 42 days from the date of shipping Kettle chips from our warehouse.

We bring the heat this edition with two hot 'n' spicy, Non-GMO Project verified varieties from Kettle. Both are made with all natural, real food ingredients—the finest potatoes, natural oils and craft cooking methods—and no artificial colours or flavours, preservatives, trans fats, MSG or gluten. Sriracha potato chips combine chili, garlic, and vinegar to create the authentic taste of hot sauce. Sweet Chili Garlic Krinkle Cut chips blend together complex flavours: a subtle sweetness pulls together the pinch of garlic and a fiery red chili that won't go unnoticed.

084114 12576	37138	◇	Sea Salt & Vinegar.....	10/397g	3.88ea	38.80 T
			Volume Price: 10 assorted cases (397g Chips + Krinkle Chips varieties).....		3.69ea	36.90
084114 11911	37266		Backyard Barbeque.....	12/220g	2.56ea	30.72 T
084114 11905	37263		Honey Dijon.....	12/220g	2.56ea	30.72 T
084114 11910	37268		Jalapeño.....	12/220g	2.56ea	30.72 T
084114 12575	37486		Jalapeño Jack.....	12/220g	2.56ea	30.72 T
084114 11908	37261		Low Sodium.....	12/220g	2.56ea	30.72 T
084114 12563	37476		Maple Bacon.....	12/220g	2.56ea	30.72 T
084114 11907	37265		New York Cheddar.....	12/220g	2.56ea	30.72 T
084114 11903	37260		Sea Salt.....	12/220g	2.56ea	30.72 T
084114 11904	37262		Sea Salt & Vinegar.....	12/220g	2.56ea	30.72 T
084114 12645	37533		NEW Sriracha.....	12/220g	2.56ea	30.72 T
084114 12565	37477		Sweet & Salty.....	12/220g	2.56ea	30.72 T
084114 11909	37267		Sweet Onion.....	12/220g	2.56ea	30.72 T
084114 11906	37264		Yogurt & Green Onion.....	12/220g	2.56ea	30.72 T
		◇	Volume Price: 10 assorted cases (220g Chips + Krinkle Chips varieties).....		2.43ea	29.16
		◇	Volume Price: 20 assorted cases (220g Chips + Krinkle Chips varieties).....		2.37ea	28.44
		◇	Volume Price: 42 assorted cases (220g Chips + Krinkle Chips varieties).....		2.30ea	27.60
111111 39202	39202		Four Flavours Floor Shipper (Special Order; lead time required).....	48/220g	2.49ea	119.52 T
Contains 12 units each of 220g Sea Salt, Backyard BBQ, Honey Dijon and 220g Salt & Pepper Krinkle Kettle Chips. Available by special order only with 3–6 weeks' lead time.						

upc code	order code		case size	ea price	cs price	
KETTLE BRAND POTATO CHIPS (continued on Page 83)						
111111 39200	39200	Kettle Chips Shoppable Floor Pallet #1 (Special Order; lead time required).....	400/220g	2.56ea	1024.00	T
Contains 80 units each of 220g Sea Salt, Honey Dijon, Sea Salt & Vinegar and Backyard BBQ Kettle Chips and 220g Salt & Ground Pepper Krinkle Cut Chips. Available by special order only with 3–6 weeks' lead time.						
111111 39201	39201	Kettle Chips Shoppable Floor Pallet #2 (Special Order; lead time required).....	320/220g	2.56ea	819.20	T
Contains 80 units each of 220g Honey Dijon, Sea Salt, Sea Salt & Vinegar and New York Cheddar Kettle Chips. Available by special order only with 3–6 weeks' lead time.						
084114 12391	37430	Sea Salt, Reduced Fat.....	12/200g	2.56ea	30.72	T
084114 00997	36065	* Natural, Salted, Organic.....	15/142g	2.43ea	36.45	T
084114 10006	36385	* Country Style Barbecue, Organic.....	15/142g	2.43ea	36.45	T
084114 10597	37099	* Salt & Fresh Ground Pepper, Organic.....	15/142g	2.43ea	36.45	T
084114 11781	37246	Snack Size, Natural, Salted.....	24/45g	0.74ea	17.76	T
084114 11779	37244	Snack Size, Honey Dijon.....	24/45g	0.74ea	17.76	T
084114 11778	37243	Snack Size, New York Cheddar.....	24/45g	0.74ea	17.76	T
084114 11780	37245	Snack Size, Sea Salt & Vinegar.....	24/45g	0.74ea	17.76	T
10084114 125788	91150	Snack Size Chips (45g) Dump Bin.....	120/45g	0.74ea	88.80	T
Contains 48 units of Sea Salt & Vinegar and 24 units each of Sea Salt, Honey Dijon and New York Cheddar (45g) Kettle Chips. Available by special order only with 3–6 weeks' lead time.						
111111 60801	60801	Metal Display Rack (Special Order; lead time required).....	1/1ea	0.00ea	0.00	
111111 60082	60082	Spinner Rack (45g) (Special Order; lead time required).....	1/1ea	0.00ea	0.00	

KETTLE BRAND KRINKLE CUT POTATO CHIPS

We guarantee best before dates of 42 days from the date of shipping Kettle chips from our warehouse.

We bring the heat this edition with two hot 'n' spicy, Non-GMO Project verified varieties from Kettle. Both are made with all natural, real food ingredients—the finest potatoes, natural oils and craft cooking methods—and no artificial colours or flavours, preservatives, trans fats, MSG or gluten. Sriracha potato chips combine chili, garlic, and vinegar to create the authentic taste of hot sauce. Sweet Chili Garlic Krinkle Cut chips blend together complex flavours: a subtle sweetness pulls together the pinch of garlic and a fiery red chili that won't go unnoticed.

084114 11601	37181	Krinkle Cut, Buffalo Bleu.....	10/397g	3.88ea	38.80	T
084114 11593	37182	Krinkle Cut, Salted.....	10/397g	3.88ea	38.80	T
084114 11597	37183	Krinkle Cut, Salt & Fresh Ground Pepper.....	10/397g	3.88ea	38.80	T
Volume Price: 10 assorted cases (397g Chips + Krinkle Chips varieties).....						
084114 11603	36064	Krinkle Cut Shoppable Floor Pallet #1 (397g) (Special Order; lead time required).....	240/397g	3.88ea	931.20	T
Contains 120 units each of Salted and Salt & Fresh Ground Pepper Krinkle Chips. Available by special order only with 3–6 weeks' lead time.						
084114 11901	37271	Krinkle Cut, Buffalo Bleu.....	12/220g	2.56ea	30.72	T
084114 11913	37270	Krinkle Cut, Salt & Fresh Ground Pepper.....	12/220g	2.56ea	30.72	T
084114 12394	37431	Krinkle Cut, Sea Salt & Vinegar, Reduced Fat.....	12/200g	2.56ea	30.72	T
084114 12635	37534	NEW Krinkle Cut, Sweet Chili Garlic.....	12/220g	2.56ea	30.72	T
Volume Price: 10 assorted cases (220g Chips + Krinkle Chips varieties).....						
Volume Price: 20 assorted cases (220g Chips + Krinkle Chips varieties).....						
Volume Price: 42 assorted cases (220g Chips + Krinkle Chips varieties).....						

LUNDBERG RICE CHIPS

We guarantee best before dates of 45 days from the date of shipping Lundberg rice chips from our warehouse.

073416 03540	36269	Original Sea Salt.....	12/170g	3.00ea	36.00	T
073416 03544	36750	Fiesta Lime.....	12/170g	3.00ea	36.00	T
073416 03545	36752	Honey Dijon.....	12/170g	3.00ea	36.00	T
073416 03543	36267	Santa Fe Barbecue.....	12/170g	3.00ea	36.00	T
073416 03542	36271	Sesame Seaweed.....	12/170g	3.00ea	36.00	T
073416 13511	91486	Rice Chips Shipper #1 (Special Order; lead time required).....	48/170g	3.01ea	144.48	T
Contains 48 units of Sea Salt Rice Chips. Available by special order only with 3–6 weeks' lead time.						
073416 13510	91485	Rice Chips Shipper #2 (Special Order; lead time required).....	48/170g	3.01ea	144.48	T
Contains 24 units each of Sea Salt and Sesame Seaweed Rice Chips. Available by special order only with 3–6 weeks' lead time.						
073416 03548	37401	* Cracked Black Pepper, Organic.....	12/170g	3.63ea	43.56	T
073416 03549	37402	* Spicy Black Bean, Organic.....	12/170g	3.63ea	43.56	T
073416 13514	91487	* Organic Rice Chips Shipper (Special Order; lead time required).....	48/170g	3.64ea	174.72	T
Contains 24 units each of Cracked Black Pepper and Spicy Black Bean Organic Rice Chips. Available by special order only with 3–6 weeks' lead time.						

MACKIE'S OF SCOTLAND POTATO CRISPS (continued on Page 85)

Mackie's thick cut, premium crisps are made in Scotland with its locally farmed potatoes and natural flavourings, which are cooked to perfection with high oleic sunflower oil in a uniquely gentle process. Trans fat free and loaded with fresh potato taste, these chips have a pleasingly dry texture and are dressed with a range of natural flavours that reflect traditional British favourites and Scottish specialities. This edition, we are pleased to offer 40g Snack Packs of best-selling varieties along with new 150g Ridge Cut varieties: wavy chips in exciting flavours like Caramelised Red Onion, Prawn Cocktail, Roast Ham and Sea Salt & Mixed Peppercorns.

5039378 001215	10888	Arran Honey Mustard.....	12/150g	2.29ea	27.48	T
5039378 001192	10887	Crispy Bacon (vegan).....	12/150g	2.29ea	27.48	T
5039378 001031	10884	Flamegrilled Aberdeen Angus (vegetarian).....	12/150g	2.29ea	27.48	T
5039378 001154	10885	Haggis & Cracked Black Pepper (vegan).....	12/150g	2.29ea	27.48	T
5039378 001130	10882	Mature Cheddar & Onion.....	12/150g	2.29ea	27.48	T
5039378 001178	10886	Scotch Bonnet Chili Pepper.....	12/150g	2.29ea	27.48	T
5039378 001093	10880	Sea Salt.....	12/150g	2.29ea	27.48	T
5039378 001116	10881	Sea Salt & Vinegar.....	12/150g	2.29ea	27.48	T
5039378 001239	10883	Tangy Tomato (formerly Cherry Tomato & Herbs).....	12/150g	2.29ea	27.48	T
Volume Price: 16 assorted cases (open stock not on deal).....						
Volume Price: 32 assorted cases (open stock not on deal).....						
Volume Price: 64 assorted cases (open stock not on deal).....						

Canada's Favorite Gourmet Popcorn!



All Natural • Trans Fat Free • Cholesterol Free • 100% Whole Grain

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MACKIE'S OF SCOTLAND POTATO CRISPS (continued on Page 84)

5039378 000959	10889	NEW Ridge Cut, Caramelised Red Onion	12/150g	2.47ea	29.64	T
5039378 000997	10890	NEW Ridge Cut, Prawn Cocktail (vegan)	12/150g	2.47ea	29.64	T
5039378 001017	10892	NEW Ridge Cut, Roast Ham (vegan)	12/150g	2.47ea	29.64	T
5039378 000973	10891	NEW Ridge Cut, Sea Salt & Mixed Peppercorns	12/150g	2.47ea	29.64	T
		Volume Price: 16 assorted cases (open stock not on deal)		2.22ea	26.64	
		Volume Price: 32 assorted cases (open stock not on deal)		2.10ea	25.20	
		Volume Price: 64 assorted cases (open stock not on deal)		1.98ea	23.76	
5012262 010432	10897	NEW Snack Size, Crispy Bacon (vegan)	24/40g	0.85ea	20.40	T
5012262 010159	10896	NEW Snack Size, Haggis & Cracked Black Pepper (vegan)	24/40g	0.85ea	20.40	T
5012262 010173	10895	NEW Snack Size, Mature Cheddar & Onion	24/40g	0.85ea	20.40	T
5012262 010128	10893	NEW Snack Size, Sea Salt	24/40g	0.85ea	20.40	T
5012262 010135	10894	NEW Snack Size, Sea Salt & Vinegar	24/40g	0.85ea	20.40	T

MARY'S ORGANIC STICKS & TWIGS PRETZEL SNACKS

We guarantee best before dates of 45 days from the date of shipping Mary's Organic snacks from our warehouse.

897580 00054	37162	*	Sticks & Twigs, Chipotle Tomato, Organic	12/227g	4.21ea	50.52	T
897580 00053	37161	*	Sticks & Twigs, Curry, Organic	12/227g	4.21ea	50.52	T
897580 00051	37160	*	Sticks & Twigs, Sea Salt, Organic	12/212g	4.21ea	50.52	T

MEDITERRANEAN SNACKS BAKED LENTIL CHIPS

We guarantee best before dates of 42 days from the date of shipping Mediterranean Snacks chips from our warehouse.

856435 00149	10027	Lentil, Cracked Pepper	12/128g	3.52ea	42.24	T
856435 00152	10028	Lentil, Cucumber Dill	12/128g	3.52ea	42.24	T
856435 00148	10026	Lentil, Sea Salt	12/128g	3.52ea	42.24	T

MEXI-SNAX TORTILLA CHIPS

We guarantee best before dates of 45 days from the date of shipping Mexi-Snax chips from our warehouse.

078993 00730	36611	Nacho	12/255g	3.00ea	36.00	T
078993 00715	36607	Sesame	12/255g	3.00ea	36.00	T
078993 00710	36606	Pico de Gallo	12/255g	3.00ea	36.00	T
		Volume Price: 5 assorted cases (open stock not on deal)		2.91ea	34.90	
		Volume Price: 10 assorted cases (open stock not on deal)		2.82ea	33.80	
		Volume Price: 20 assorted cases (open stock not on deal)		2.73ea	32.70	

OOGIE'S GOURMET POPCORN (continued on Page 86)

We guarantee best before dates of 42 days from the date of shipping Oogie's popcorns from our warehouse.

856856 00131	37420	Kettle Corn, Original	12/227g	2.39ea	28.68	T
		Volume Price: 10 assorted cases (open stock not on deal)		2.27ea	27.24	
		Volume Price: 20 assorted cases (open stock not on deal)		2.15ea	25.80	

upc code	order code		case size	ea price	cs price	
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OOGIE'S GOURMET POPCORN (continued on Page 85)

856856 00146	37116	Asiago & Cracked Pepper	15/141g	2.39ea	35.85	T
856856 00109	37219	Hatch Chili Con Queso	15/141g	2.39ea	35.85	T
856856 00108	37218	Movie Lovers Buttered Popcorn	15/141g	2.39ea	35.85	T
856856 00103	37113	Smoked Gouda	15/141g	2.39ea	35.85	T
856856 00101	37111	Spicy Chipotle & Lime	15/141g	2.39ea	35.85	T
856856 00144	37114	Sundried Tomato & Parmesan	15/141g	2.39ea	35.85	T
856856 00145	37115	White Cheddar	15/141g	2.39ea	35.85	T
		Volume Price: 10 assorted cases (open stock not on deal)		2.27ea	34.05	
		Volume Price: 20 assorted cases (open stock not on deal)		2.15ea	32.25	

POPCHIPS SNACK CHIPS

We guarantee best before dates of 30 days from the date of shipping Popchips snack chips from our warehouse.

082666 71210	10507	Potato, Original	12/85g	2.33ea	27.96	T
082666 71220	10508	Potato, Barbeque	12/85g	2.33ea	27.96	T
082666 71203	10512	Potato, Cheddar	12/85g	2.33ea	27.96	T
082666 71230	10509	Potato, Salt & Pepper	12/85g	2.33ea	27.96	T
082666 71240	10510	Potato, Sea Salt & Vinegar	12/85g	2.33ea	27.96	T
082666 71200	10511	Potato, Sour Cream & Onion	12/85g	2.33ea	27.96	T

QUE PASA TORTILLA CHIPS • CANADIAN • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Que Pasa chips from our warehouse.

068826 14210	37384	*🌿 Natural, Low Salt, Organic	12/425g	2.76ea	33.12	T
068826 14200	37385	*🌿 Natural, Unsalted, Organic	12/425g	2.76ea	33.12	T
		Volume Price: 10 assorted cases (425g Tortilla Chips only; natural foods retailers only; no other discounts apply)		2.66ea	31.87	
		Volume Price: 30 assorted cases (425g Tortilla Chips only; natural foods retailers only; no other discounts apply)		2.55ea	30.62	
068826 14213	37382	*🌿 Blue Corn, Salted, Organic	12/425g	2.95ea	35.40	T
068826 14214	37383	*🌿 Red Corn, Salted, Organic	12/425g	2.95ea	35.40	T
		Volume Price: 10 assorted cases (425g Tortilla Chips only; natural foods retailers only; no other discounts apply)		2.85ea	34.15	
		Volume Price: 30 assorted cases (425g Tortilla Chips only; natural foods retailers only; no other discounts apply)		2.74ea	32.90	
068826 19600	91417	*🌿 Organic Tortilla Chips Pallet (Special Order; lead time required)	150/425g	2.75ea	412.50	T
		Contains 100 units of Low Salt Natural Tortilla Chips and 50 units of Blue Corn Tortilla Chips. Available by special order only with 3-6 weeks' lead time.				
068826 16051	37214	*🌿 Yellow, Organic (kraft paper bag)	10/600g	4.02ea	40.20	T
		Volume Price: 10 cases (600g Tortilla Chips only; natural foods retailers only; no other discounts apply)		3.89ea	38.85	
		Volume Price: 30 cases (600g Tortilla Chips only; natural foods retailers only; no other discounts apply)		3.75ea	37.50	

SEASNAX CHOMPERZ CRUNCHY SEAWEED CHIPS

The popular SeaSnax line grows again with new Non-GMO Project verified snack products. Chomperz are four fabulous varieties of crunchy, low calorie chips made from sustainably harvested seaweed, rice and all natural seasonings and spices. Yum!

811201 02022	24126	NEW Chomperz, Crunchy Seaweed Chips, Barbecue	8/30g	3.99ea	31.92	T
811201 02023	24127	NEW Chomperz, Crunchy Seaweed Chips, Jalapeño	8/30g	3.99ea	31.92	T
811201 02021	24125	NEW Chomperz, Crunchy Seaweed Chips, Onion	8/30g	3.99ea	31.92	T
811201 02020	24124	NEW Chomperz, Crunchy Seaweed Chips, Original	8/30g	3.99ea	31.92	T
		Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.59ea	28.72	
		Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.39ea	27.12	
		Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.19ea	25.52	

SENSIBLE FOODS SOY NUTS • ORGANIC

600760 00042	26009	* Soy Nuts, Organic	12/42g	1.73ea	20.76	T
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TERRA CHIPS

We guarantee best before dates of 28 days from the date of shipping Terra Chips from our warehouse.

728229 12954	36325	Blues	12/170g	5.04ea	60.48	T
728229 90001	36315	Exotic Vegetable, Original	12/170g	5.04ea	60.48	T
728229 12358	36949	Exotic Vegetable, Mediterranean	12/170g	5.04ea	60.48	T
728229 12357	36898	Exotic Vegetable, Zesty Tomato	12/170g	5.04ea	60.48	T
728229 13991	37198	Krinkle, Sweet Potato, Sea Salt	12/165g	5.04ea	60.48	T
728229 13994	37230	Krinkle, Sweets & Carrots (low sodium)	12/165g	5.04ea	60.48	T
728229 90012	36324	Stix	12/226g	5.04ea	60.48	T
728229 90007	36316	Sweet Potato, Plain	12/170g	5.04ea	60.48	T
728229 12941	37000	Sweets & Beets	12/170g	5.04ea	60.48	T
		Volume Price: 10 assorted cases		4.79ea	57.48	
		Volume Price: 20 assorted cases		4.54ea	54.48	
728229 12933	37040	Snack Size, Exotic Vegetable, Original	24/28g	0.92ea	22.08	T

UDI'S GLUTEN FREE ANCIENT GRAIN CHIPS

We guarantee best before dates of 30 days from the date of shipping Udi's chips from our warehouse.

698997 80771	55072	Ancient Grain, Cheddar (gluten free)	12/140g	3.62ea	43.44	T
698997 80772	55073	Ancient Grain, Jalapeño Cheddar (gluten free)	12/140g	3.62ea	43.44	T
698997 80770	55035	Ancient Grain, Sea Salt (gluten free)	12/140g	3.62ea	43.44	T

WAI LANA CASSAVA CHIPS (continued on Page 88)

We guarantee best before dates of 25 days from the date of shipping Wai Lana chips from our warehouse.

660217 81728	37535	Cassava Chips, Barbeque	14/85g	2.51ea	35.14	T
660217 81730	37536	Cassava Chips, Herb & Garlic	14/85g	2.51ea	35.14	T

TERRA. chips

TASTE AND SEE
THE TERRA DIFFERENCE



GLUTEN FREE

A flavourful and colourful blend of root vegetable chips
New graphic design will drive stronger sell-thru at retail!



PARSNIP



TARO



SWEET POTATO



YUCA



BATATA

upc code	order code		case size	ea price	cs price	
WAI LANA CASSAVA CHIPS (continued on Page 86)						
660217 81732	37537	Cassava Chips, Lime Chili.....	14/85g	2.51ea	35.14	T
660217 81731	37538	Cassava Chips, Natural.....	14/85g	2.51ea	35.14	T
660217 81734	37539	Cassava Chips, Sea Salt & Vinegar.....	14/85g	2.51ea	35.14	T
660217 81735	37540	Cassava Chips, Swiss Cheese.....	14/85g	2.51ea	35.14	T
660217 81737	37541	Cassava Chips, Thai Curry & Lime.....	14/85g	2.51ea	35.14	T

WAY BETTER SNACKS SPROUTED TORTILLA CHIPS

We guarantee best before dates of 35 days from the date of shipping Way Better chips from our warehouse.

Gluten free, non-GMO, stone ground corn tortilla chips, in new Sriracha and Mustard & Onion varieties, contain premium ingredients like organic chia seed, organic flax seed, organic quinoa, and either organic kale seed or organic mustard seeds, all of which are sprouted to enhance the absorption of nutrients and aid in digestion. Oh, and they're yummy too.

855564 00315	37413	Beyond Black Beans.....	12/156g	3.32ea	39.84	T
855564 00367	37587	NEW Simply Spicy Sriracha.....	12/156g	3.32ea	39.84	T
855564 00312	37410	Simply Sunny Multigrain.....	12/156g	3.32ea	39.84	T
855564 00314	37412	Simply Sweet Potato.....	12/156g	3.32ea	39.84	T
855564 00368	37588	NEW Simply Tangy Mustard & Onion.....	12/156g	3.32ea	39.84	T
855564 00316	37414	So Sweet Chili.....	12/156g	3.32ea	39.84	T
855564 00313	37411	Unbeatable Blues.....	12/156g	3.32ea	39.84	T

WHOLE ALTERNATIVES MICROWAVE POPCORN • ORGANIC

796259 15049	36297	*	Microwave Popcorn, Butter Flavour, Organic.....	12/3x99g	2.88ea	34.56
796259 15048	36299	*	Microwave Popcorn, Low Fat, Organic.....	12/3x85g	2.88ea	34.56
		◇	Volume Price: 10 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.59ea	31.08
		◇	Volume Price: 20 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.45ea	29.40
796259 17522	37137	*	Microwave Popcorn, Sweet & Salty Kettle Corn, Organic.....	12/3x85g	3.07ea	36.84
		◇	Volume Price: 10 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.76ea	33.12
		◇	Volume Price: 20 assorted cases (mix any Whole Alternatives Popcorn varieties; open stock not on deal)		2.61ea	31.32

coffees, teas + alternatives

Coffee + Tea Alternatives

AKAVA (FORMERLY KRAKUS) INSTANT COFFEE ALTERNATIVE

063998 00923	12982	Instant Coffee Alternative (caffeine free) (replaces Code 12105).....	12/250g	4.47ea	53.64
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CAMINO FAIR TRADE HOT CHOCOLATE MIX • CANADIAN • ORGANIC

752612 00008	06678	*☼☼☼	Hot Chocolate Mix, Dark, Organic (Fair Trade) [1 box=100 (28g) sachets].....	1/100x28g	53.81ea	53.81
752612 00013	06681	*☼☼☼	Drinking Chocolate Mix, Dark, 57% Cocoa, Organic (no dairy added) (Fair Trade).....	6/275g	5.80ea	34.80
752612 00012	06687	*☼☼☼	Hot Chocolate Mix, Dark, Chili & Spice, Organic (no dairy added) (Fair Trade).....	6/275g	5.80ea	34.80
752612 00005	06666	*☼☼☼	Hot Chocolate Mix, Dark, Organic (Fair Trade).....	6/336g	5.82ea	34.92
752612 00029	06918	*☼☼☼	Hot Chocolate Mix, Simply Dark, Organic (Fair Trade).....	6/275g	5.76ea	34.56
752612 00004	06665	*☼☼☼	Hot Chocolate Mix, Milk, Organic (Fair Trade).....	6/336g	5.82ea	34.92
111111 06667	06667	5*☼☼☼	Hot Chocolate Mix, Milk, Organic (Fair Trade).....	2/5kg	59.30ea	118.60

GUAYAKÍ YERBA MATÉ TEAS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Guayakí teas from our warehouse.

632432 97701	12123	*	Chai Spice Maté, Organic.....	12/16bags	6.31ea	75.72
632432 97781	12126	*	Greener Green, Organic.....	12/16bags	6.31ea	75.72
632432 97801	12124	*	Magical Mint Maté, Organic.....	12/16bags	6.31ea	75.72
632432 97981	12125	*	Maté Chocolatté, Organic.....	12/16bags	6.31ea	75.72
632432 96661	91450	*	Organic Yerba Maté Teas Shipper (Special Order; lead time required).....	36/1ea	6.70ea	241.20
Contains 12 units each of Traditional Maté and 6 units each of Chai Spice Maté, Maté Chocolatté, Magical Mint Maté and Greener Green Maté Organic Filterbag Teas. Available by special order only with 3–6 weeks' lead time.						
632432 97201	12121	*	Traditional, Organic (Bag).....	12/25bags	6.31ea	75.72
632432 97101	12120	*	Traditional, Organic (Loose).....	12/227g	7.93ea	95.16
632432 96662	91451	*	Organic Traditional Yerba Maté Teas Shipper (Special Order; lead time required).....	36/1ea	7.51ea	270.36
Contains 18 units each of Organic Traditional Maté Loose Tea (227g) and Organic Traditional Maté Filterbag Teas. Available by special order only with 3–6 weeks' lead time.						
632432 96301	12828	*	Traditional, Organic (Loose).....	1/2.26kg	54.90ea	54.90

OMANHENE HOT COCOA MIXES

766831 02318	02294		Hot Cocoa Mix, Natural.....	8/340g	5.03ea	40.24
766831 32698	02295		Hot Cocoa Mix, Natural, Peppermint.....	8/340g	6.27ea	50.16

TECCINO HERBAL COFFEE ALTERNATIVES (continued on Page 89)

We guarantee best before dates of 45 days from the date of shipping Teccino Tee-Bags from our warehouse.

795239 20040	12863		Original, Light Roast, 70% Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20110	12860	*	Caffé, Dark Roast, Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20130	12861	*	Chocolatté, Dark Roast, Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20060	12864		Hazelnut, Medium Roast, 70% Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20070	12865		Java, Medium Roast, 70% Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20080	12866		Mocha, Medium Roast, 70% Organic (caffeine free).....	6/225g	7.32ea	43.92
795239 20010	12862		Vanilla Nut, Medium Roast, 70% Organic (caffeine free).....	6/225g	7.32ea	43.92

Heart warming. In more ways than one.



Our fair trade and organic creations don't just taste great. They do good. That's warmth beyond the cup.

Pioneers in fair trade.
Partners for a better tomorrow.

Camino products are crafted with the finest ingredients ethically sourced from our close-knit community of small-scale family farmer co-operatives in 9 countries.

camino.

Fair Trade
Équitable

Organic
Biologique



camino.ca



Camino Hot Chocolates - Heart warming in more ways than one.

Available in five delicious flavours, including **vegan-friendly** options, **Camino** hot chocolates are fair trade, organic and gluten free. A winter essential for store shelves and consumer pantries since 1999.

Camino instant hot chocolates - Just add hot water!

Original milk Hot chocolate Instant mix

Case pack: 6 units x 336 g
Unit UPC code: 7 52612 00004 5
Case UPC code: 6 07 52612 00004 7
Ingredients: golden cane sugar*, skim milk powder*, cocoa powder*, guar gum*, sea salt, carob bean gum*, vanilla powder*. *Organic. May contain soy. Contains milk.
Sugar, cocoa: traded in compliance with Fairtrade standards (total 78%).
info.fairtrade.net



6 07 52612 00004 7



Original dark Hot chocolate Instant mix

Case pack: 6 units x 336 g
Unit UPC code: 7 52612 00005 2
Case UPC code: 6 07 52612 00005 4
Ingredients: golden cane sugar*, cocoa powder*, skim milk powder*, guar gum*, sea salt, carob bean gum*, vanilla powder. *Organic. May contain soy. Contains milk.
Sugar, cocoa: traded in compliance with Fairtrade standards (total 83%).
info.fairtrade.net



6 07 52612 00005 4



Camino vegan-friendly hot chocolates - Add milk or milk substitute

Intensely dark Drinking chocolate Vegan-friendly

Case pack: 6 units x 275 g
Unit UPC code: 7 52612 00013 7
Case UPC code: 6 07 52612 00013 9
Organic ingredients: dark chocolate (cocoa mass, golden cane sugar, cocoa powder), cocoa powder, golden cane sugar. May contain soy and milk.
Cocoa, sugar: traded in compliance with Fairtrade standards (total 100%).
info.fairtrade.net



6 07 52612 00013 9

Simply dark Hot chocolate Vegan-friendly

Case pack: 6 units x 275 g
Unit UPC code: 7 52612 00029 8
Case UPC code: 6 07 52612 00029 0
Organic ingredients: golden cane sugar, cocoa powder, dark chocolate (cocoa mass, golden cane sugar, cocoa powder). May contain soy and milk.
Sugar, cocoa: traded in compliance with Fairtrade standards (total 100%).
info.fairtrade.net



6 07 52612 00029 0

Chili & spice Hot chocolate Vegan-friendly


Case pack: 6 units x 275 g
Unit UPC code: 7 52612 00012 0
Case UPC code: 6 07 52612 00012 2
Organic ingredients: golden cane sugar, cocoa powder, ground cinnamon, ground ginger, ground cayenne pepper, vanilla powder. May contain soy and milk.
Sugar, cocoa, cinnamon, ginger: traded in compliance with Fairtrade standards (total 100%).
info.fairtrade.net



6 07 52612 00012 2



camino.ca   

From a Canadian co-operative 

upc code	order code		case size	ea price	cs price
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TEECINO HERBAL COFFEE ALTERNATIVES (continued on Page 88)

795239 40110	03007	NEW Tee-Bags, French Roast, Organic (caffeine free)	10/10bags	2.82ea	28.20
795239 40060	03006	NEW Tee-Bags, Hazelnut, 75% Organic (caffeine free)	10/10bags	2.82ea	28.20
795239 40010	03005	NEW Tee-Bags, Vanilla Nut, 75% Organic (caffeine free)	10/10bags	2.82ea	28.20

Made from organically grown herbs, grains, fruits and nuts, which are roasted and ground to brew and taste like coffee, caffeine free Teeccino is North America's best selling coffee alternative. With all the convenience of a tea bag, individually wrapped Teeccino Tee-bags are ready to brew, any time, anywhere. Packed with three times more product than regular tea bags, they create the full-bodied, robust cup that coffee lovers desire. Available now in organic French Roast and 75% organic Hazelnut and Vanilla Nut varieties.

WILD COUNTRY GRAIN GOURMET INSTANT COFFEE SUBSTITUTE • ORGANIC

621234 11616	12073 *	Instant Coffee Substitute, Organic	6/100g	4.90ea	29.40
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Coffee + Tea Filters

EMMA UNBLEACHED COFFEE FILTERS

726286 60330	60304	Unbleached Basket Filters (200ml)	24/100ea	1.38ea	33.12	PT
092911 04112	60332	Unbleached Cone Filters (2 cup)	36/100ea	1.83ea	65.88	PT
092911 04114	60334	Unbleached Cone Filters (4 cup)	32/100ea	2.07ea	66.24	PT
092911 04116	60336	Unbleached Cone Filters (6 cup)	20/100ea	2.86ea	57.20	PT

IF YOU CARE UNBLEACHED COFFEE FILTERS

770009 00111	60343	Unbleached Basket Filters (8")	24/100ea	2.48ea	59.52	PT
770009 00112	60341	Unbleached Cone Filters, No. 2	12/100ea	3.55ea	42.60	PT
770009 00114	60342	Unbleached Cone Filters, No. 4	12/100ea	3.63ea	43.56	PT

WILD COUNTRY COTTON TEA STRAINER

625094 80845	60340	Tea Strainer, 100% Unbleached Cotton, Reusable	10/1ea	1.97ea	19.70	PT
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Coffees • Ready-To-Drink

BLUE MONKEY COCONUT COFFEE BEVERAGE • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Blue Monkey coffee beverage from our warehouse.

059654 34350	07198 *	Coconut Coffee Beverage, Organic (can)	12/443ml	1.91ea	22.92	U
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Coffees

CAMINO FAIR TRADE COFFEES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Camino coffees from our warehouse.

752612 51021	12902 *☿☼	Guatemala & Indonesia, Dark Roast, Ground, Organic (Fair Trade)	6/227g	6.08ea	36.48
752612 51020	12901 *☿☼	Guatemala & Indonesia, Dark Roast, Whole Bean, Organic (Fair Trade)	6/454g	10.81ea	64.86
752612 51030	12903 *☿☼	Guatemala, Indonesia & Peru, Espresso, Whole Bean, Organic (Fair Trade)	6/454g	10.81ea	64.86
752612 51041	12904 *☿☼	Peru, Decaffeinated, Ground, Organic (Fair Trade)	6/227g	6.82ea	40.92
752612 51011	12898 *☿☼	Peru, Medium Roast, Ground, Organic (Fair Trade)	6/227g	6.08ea	36.48
752612 51010	12900 *☿☼	Peru, Medium Roast, Whole Bean, Organic (Fair Trade)	6/454g	10.81ea	64.86

EQUAL EXCHANGE FAIR TRADE COFFEE BEANS • ORGANIC

745998 70700	12245 S*☼	Breakfast Blend, CO2 Decaffeinated, Organic (Fair Trade)	2/2.27kg	72.77ea	145.54
745998 50100	12230 S*☼	Breakfast Blend, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50203	12742 S*☼	Café Mexico, Vienna Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50501	12743 S*☼	Café Nica, French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50600	12248 S*☼	Café Peru, French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50400	12234 S*☼	Espresso, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
111111 12351	12351 S*☼	Espresso, CO2 Decaffeinated, Organic (Fair Trade)	2/2.27kg	72.77ea	145.54
745998 50200	12231 S*☼	French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50201	12237 S*☼	Guatemalan, Medium Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50801	12741 S*☼	Love Buzz, Full City/French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50300	12235 S*☼	Mind, Body & Soul Blend, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88

LEVEL GROUND DIRECT FAIR TRADE COFFEES

661594 32050	12056 *☼	Bolivia, Ground, Medium Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 32000	12055 *☼	Bolivia, Whole Bean, Medium Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 60000	12049 *☼	Colombia, Ground, Dark Roast (Fair Trade)	6/300g	9.44ea	56.64
661594 60500	12051 ☼	Colombia, Whole Bean, Dark Roast (Fair Trade)	6/300g	9.44ea	56.64
661594 00153	12956 ☼	Congo, Whole Bean, Medium Roast (Fair Trade)	6/300g	9.44ea	56.64
661594 30500	12058 ☼	Decaf Colombia, Ground, Dark Roast (Fair Trade)	6/300g	9.44ea	56.64
661594 30000	12059 ☼	Decaf Colombia, Whole Bean, Dark Roast (Fair Trade)	6/300g	9.44ea	56.64
661594 32450	12882 *☼	Ethiopia, Ground, Medium Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 32250	12102 *☼	Peru, Ground, Medium Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 32200	12132 *☼	Peru, Whole Bean, Medium Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 33350	12243 *☼	Tanzania, Ground, Dark Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 33300	12242 *☼	Tanzania, Whole Bean, Dark Roast, Organic (Fair Trade)	6/300g	9.44ea	56.64
661594 00045	91367 ☼	Fair Trade Coffees Shipper (Special Order; lead time required)	48/300g	9.44ea	453.12

Contains 12 units each of Colombia Dark Roast Ground, Organic Bolivia Medium Roast Ground, Decaf Colombia Dark Roast Ground and Organic Tanzania Dark Roast Whole Bean Fair Trade Coffees. Available by special order only with 3-6 weeks' lead time.

upc code	order code		case size	ea price	cs price
MOUNT HAGEN COFFEES • ORGANIC					
000799 03403	12052	*	Ground Roasted Coffee, Brick, Organic	6/250g	6.38ea 38.28
000799 00003	12050	*	Instant Coffee, Organic.....	6/100g	8.80ea 52.80
000799 00002	12137	*	Instant Coffee, Decaffeinated, Organic	6/100g	8.80ea 52.80

Teas • Filterbags, Loose + Concentrates

CELESTIAL SEASONINGS TEAS

070734 07076	12499		African Tea, Madagascar Vanilla Red (Rooibos)	6/20bags	3.34ea 20.04
070734 07067	12449		African Tea, Moroccan Pomegranate Red (Rooibos)	6/20bags	3.34ea 20.04
070734 05500	12438		Assorted Teas, Fruit Tea Sampler	12/20bags	3.29ea 39.48
070734 05243	12440		Assorted Teas, Herb Tea Sampler	12/20bags	3.29ea 39.48
070734 51382	12683		Black Tea, Morning Thunder.....	6/20bags	3.34ea 20.04
070734 07034	12470		Green Tea, Authentic.....	6/20bags	3.34ea 20.04
070734 07037	12469		Green Tea, Honey Lemon Ginseng	6/20bags	3.34ea 20.04
070734 51380	12684		Herb Tea, Açai Mango Zinger	6/20bags	3.34ea 20.04
070734 05328	12430		Herb Tea, Bengal Spice.....	12/20bags	3.29ea 39.48
070734 52597	12937		Herb Tea, Bengal Spice (Large Box).....	6/40bags	6.57ea 39.42
070734 05319	12428		Herb Tea, Black Cherry Berry	6/20bags	3.34ea 20.04
070734 00010	12402		Herb Tea, Chamomile	12/20bags	3.29ea 39.48
070734 05310	12404		Herb Tea, Cinnamon Apple Spice	6/20bags	3.34ea 20.04
070734 05324	12408		Herb Tea, Country Peach Passion	12/20bags	3.29ea 39.48
070734 05315	12410		Herb Tea, Cranberry Apple Zinger	6/20bags	3.34ea 20.04
070734 05307	12413		Herb Tea, Honey Vanilla Chamomile	6/20bags	3.34ea 20.04
070734 05317	12412		Herb Tea, Lemon Zinger	12/20bags	3.29ea 39.48
070734 00031	12414		Herb Tea, Mandarin Orange Spice.....	6/20bags	3.34ea 20.04
070734 00008	12418		Herb Tea, Peppermint	12/20bags	3.29ea 39.48
070734 05316	12420		Herb Tea, Raspberry Zinger	6/20bags	3.34ea 20.04
070734 00003	12424		Herb Tea, Sleepytime	12/20bags	3.29ea 39.48
070734 00402	12522		Herb Tea, Sleepytime (Large Box)	6/40bags	6.57ea 39.42
070734 50266	12890		Herb Tea, Sleepytime Vanilla.....	6/20bags	3.34ea 20.04
070734 05334	12437		Herb Tea, Tension Tamer.....	6/20bags	3.34ea 20.04
070734 07075	12498		Herb Tea, True Blueberry	6/20bags	3.34ea 20.04
070734 05335	12415		Herb Tea, Wild Berry Zinger.....	6/20bags	3.34ea 20.04
070734 05466	12423		Teahouse Chai, Original.....	6/20bags	3.34ea 20.04
070734 05467	12425		Teahouse Chai, Original, Decaf.....	6/20bags	3.34ea 20.04

CELESTIAL SEASONINGS WELLNESS TEAS

070734 52503	12967		Wellness Tea, Sleepytime Echinacea Complete Care (replaces Code 12490)	6/20bags	4.60ea 27.60
070734 05395	12495		Wellness Tea, Sleepytime Extra.....	6/20bags	4.60ea 27.60
070734 50267	12891		Wellness Tea, Sleepytime Throat Tamer	6/20bags	4.60ea 27.60
070734 50268	12892		Wellness Tea, Tummy Mint.....	6/20bags	4.60ea 27.60

CHOICE ORGANIC TEAS • ORGANIC (continued on Page 92)

047445 91922	12763	*☉	Black Tea, Classic Black, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91991	12776	*☉	Black Tea, Earl Grey, Decaffeinated, Organic (Fair Trade).....	6/16bags	4.14ea 24.84
047445 91971	12764	*☉	Black Tea, Earl Grey, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91954	12895	*☉	Black Tea, English Breakfast, Decaffeinated, Organic (FT) (supporting Jane Goodall Institute)	6/16bags	4.14ea 24.84
047445 91951	12762	*☉	Black Tea, English Breakfast, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91992	12759	*☉	Black Tea, Irish Breakfast, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91965	12992	*☉	Black Tea, Masala Chai, Organic (Fair Trade).....	6/16bags	4.14ea 24.84
047445 91963	12717	*☉	Black Tea, Russian Caravan, Organic	6/16bags	4.14ea 24.84
047445 91935	12894	*☉	Black Tea, Wild Forest, Organic (Fair Trade) (supporting Jane Goodall Institute)	6/16bags	4.14ea 24.84
047445 91941	12770	*	Green Tea, Bancha Hojicha, Organic (formerly Ban-cha)	6/16bags	4.14ea 24.84
047445 91913	12758	*☉	Green Tea, Classic Green, Organic (Fair Trade) (formerly Classic Blend)	6/16bags	4.14ea 24.84
047445 91945	12991	*☉	Green Tea, Decaffeinated, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91952	12771	*	Green Tea, Genmaicha, Japanese Tea w/Toasted Brown Rice, Organic	6/16bags	4.14ea 24.84
047445 91923	12769	*☉	Green Tea, Jasmine Green, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91964	12893	*☉	Green Tea, Oothu Garden, Organic (Fair Trade) (supporting Jane Goodall Institute)	6/16bags	4.14ea 24.84
047445 91921	12774	*	Green Tea, Premium Japanese Green, Organic.....	6/16bags	4.14ea 24.84
047445 91955	12993	*	Green Tea, Premium Korean, Organic	6/16bags	4.14ea 24.84
047445 91942	12761	*☉	Herbal Tea, Chamomile, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91961	12760	*	Herbal Tea, Peppermint, Organic	6/16bags	4.14ea 24.84
047445 91975	12994	*☉	Herbal Tea, Rooibos Chai, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91984	12896	*☉	Herbal Tea, Rooibos Superfruit, Organic (Fair Trade) (supporting Jane Goodall Institute)	6/16bags	4.14ea 24.84
047445 91943	12773	*☉	Herbal Tea, Rooibos, Organic (Fair Trade)	6/16bags	4.14ea 24.84
047445 91974	12897	*☉	Herbal Tea, Yerba Maté Mint, Organic (Fair Trade) (supporting Jane Goodall Institute)	6/16bags	4.14ea 24.84
047445 91911	12772	*	Oolong Tea, Organic	6/16bags	4.14ea 24.84
047445 91931	12768	*	Twig Tea, Twig Kukicha, Organic	6/16bags	4.14ea 24.84
047445 91953	12779	*☉	White Tea, White Peony, Organic (Fair Trade) (formerly White Tea)	6/16bags	4.14ea 24.84
047445 98214	91700	*	Organic Best Sellers Shipper (Special Order; lead time required)	48/16bags	4.14ea 198.72
Contains 8 units each of Premium Japanese Green Tea, English Breakfast (Fair Trade), Earl Grey (Fair Trade), Decaf Earl Grey (Fair Trade), Rooibos (Fair Trade) and Peppermint Teas. Available by special order only with 3-6 weeks' lead time.					
047445 98211	12730	*☉	Gourmet Black Tea, Chai Spice, Organic (Fair Trade).....	6/20bags	4.86ea 29.16
047445 98202	12736	*	Gourmet Herbal Tea, Chamomile Spearmint w/Bergamot, Organic.....	6/20bags	4.86ea 29.16
047445 98205	12781	*☉	Gourmet Black Tea, Earl Grey w/Lavender, Organic (Fair Trade).....	6/20bags	4.86ea 29.16

FOUR O'CLOCK[®]

TEA CRAFTERS SINCE 1992

NOW AVAILABLE
FOUR O'CLOCK[®] LOOSE LEAF TEAS
DISCOVER THE PUREST FORM OF TEA.



WHITE TEA

JASMINE PEARLS

JADE OOLONG

SENCHA

GREEN TEA

FOUR O'CLOCK[®] TEAS, AN ORIGINAL, BOLD,
AND INTENSE EXPERIENCE IN EVERY CUP!



www.transherb.com

Four O'Clock[®] is a canadian made line of certified organic specialty teas.



upc code	order code		case size	ea price	cs price
CHOICE ORGANIC TEAS • ORGANIC (continued on Page 90)					
047445 98203	12737	*	Gourmet Herbal Tea, Liquorice Peppermint, Organic.....	6/20bags	4.86ea 29.16
047445 98204	12735	*☉	Gourmet Herbal Tea, Northwest Blackberry, Organic (Fair Trade).....	6/20bags	4.86ea 29.16
047445 98209	12731	*☉	Gourmet Herbal Tea, Rooibos w/Vanilla, Organic (Fair Trade).....	6/20bags	4.86ea 29.16

DOMO STONE GROUND TEA BLENDS • CANADIAN

817523 00021	04037	☼	Caramel Chai (Black Tea).....	6/120g	5.71ea 34.26
817523 00022	04038	☼	Elixo.....	6/120g	5.71ea 34.26
817523 00020	04036	☼	Rooibos.....	6/120g	5.71ea 34.26
817523 00019	04034	☼	Vanilla Matcha (Green Tea).....	6/120g	5.71ea 34.26

FOUR O'CLOCK TEAS • CANADIAN • ORGANIC

779192 40365	12932	*☼☉	Black Tea (Pyramid), Earl Grey Chocolate Berry, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40374	12978	*☼☉	Green Tea (Pyramid), Jasmine & Lotus Flower, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40362	12930	*☼	Green Tea (Pyramid), Sencha, Organic.....	6/15bags	5.85ea 35.10
779192 40366	12933	*☼☉	Green Tea (Pyramid), Tropical Mango, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40364	12976	*☼☉	Herbal Tea (Pyramid), Chamomile Citrus, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40369	12936	*☼☉	Herbal Tea (Pyramid), Lime Ginger Mint, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40375	12977	*☼☉	Herbal Tea (Pyramid), Wild Berries, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40367	12935	*☼☉	Rooibos Tea (Pyramid), Apricot Passion Fruit, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40360	12929	*☼☉	White Tea (Pyramid), Litchee Ginger, Organic (Fair Trade).....	6/15bags	5.85ea 35.10
779192 40256	12973	*☼☉	Black Tea, Breakfast Blend, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40227	12914	*☼☉	Black Tea, Chai, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40221	12906	*☼☉	Black Tea, Earl Grey, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40242	12915	*☼☉	Chai Tea Sampler, 4-Variety, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40229	12921	*☼☉	Green Tea, Decaffeinated, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40234	12912	*☼☉	Green Tea, Decaffeinated Chai, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40232	12908	*☼	Green Tea, Japanese, Organic.....	6/16bags	3.00ea 18.00
779192 40222	12972	*☼☉	Green Tea, Jasmine, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40258	12924	*☼☉	Green Tea, Mint, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40245	12907	*☼☉	Herbal Tea, Chocolate Spice, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40255	12923	*☼☉	Herbal Tea, Cranberry, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 20225	12916	*☼☉	Herbal Tea, Lemon Ginger, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40243	12911	*☼☉	Herbal Tea, Licorice Spice, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 20223	12909	*☼☉	Herbal Tea, Peaceful Dreams, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 20222	12975	*☼☉	Herbal Tea, Peppermint, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 20224	12917	*☼☉	Herbal Tea, Pomegranate Echinacea, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 20221	12974	*☼☉	Herbal Tea, Sweet Chamomile, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40257	12910	*☼☉	Rooibos Herbal Tea, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40235	12905	*☼☉	Rooibos Tea, Chai, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40240	12919	*☼☉	White Tea, Chai, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40226	12913	*☼☉	White Tea, Imperial, Organic (Fair Trade).....	6/16bags	3.00ea 18.00
779192 40238	13200	*☼	NEW Green Tea, Japanese, Sencha, Organic (loose leaf/canister).....	6/95g	9.49ea 56.94
779192 40244	13203	*☼	NEW Green Tea, Jasmine Pearls, Organic (loose leaf/canister).....	6/130g	12.50ea 75.00
779192 40236	13199	*☼	NEW Green Tea, Organic (loose leaf/canister).....	6/95g	9.49ea 56.94
779192 40241	13202	*☼	NEW Jade Oolong Tea (loose leaf/canister).....	6/120g	10.18ea 61.08
779192 40239	13201	*☼☉	NEW White Tea, Organic (Fair Trade) (loose leaf/canister).....	6/40g	9.49ea 56.94

Four O'clock experts travel the world to bring home tasty and innovative tea varieties and herbal teas. Committed to carefully selecting ingredients in their countries of origin and blending them expertly, Four O'clock delivers original, bold and intense experiences in every cup. Trans-Herbe, a Canadian company founded in 1992, is committed to purchasing top quality organic and fairtrade raw materials and biodegradable packaging.

FOUR O'CLOCK HERBALIST FUNCTIONAL & NATURAL HEALTH PRODUCT TEAS • CANADIAN

779192 50003	13170	☼	Herbal Tea Calm, Chamomile.....	6/20bags	3.33ea 19.98
779192 50008	13171	☼	Herbal Tea Calm, Dormiphen.....	6/20bags	3.33ea 19.98
779192 50002	13172	☼	Herbal Tea Calm, Good Night.....	6/20bags	3.33ea 19.98
779192 50019	13173	☼	Herbal Tea Calm, Linden.....	6/20bags	3.33ea 19.98
779192 50012	13174	☼	Herbal Tea Calm, Linden & Mint Flavour.....	6/20bags	3.33ea 19.98
779192 50016	13175	☼	Herbal Tea Calm, Passionflower & Valerian.....	6/20bags	3.33ea 19.98
779192 50018	13176	☼	Herbal Tea Calm, Relax-Plus.....	6/20bags	3.33ea 19.98
779192 50023	13185	☼	Herbal Tea Cold, All-In-One Cold & Cough, Day.....	6/20bags	3.33ea 19.98
779192 50024	13186	☼	Herbal Tea Cold, All-In-One Cold & Cough, Night.....	6/20bags	3.33ea 19.98
779192 50021	13188	☼	Herbal Tea Cold, Throat Soother.....	6/20bags	3.33ea 19.98
779192 50001	13183	☼	Herbal Tea Detox, Artichoke.....	6/20bags	3.33ea 19.98
779192 50006	13184	☼	Herbal Tea Detox, Detox.....	6/20bags	3.33ea 19.98
779192 50007	13177	☼	Herbal Tea Digestive, Digestive.....	6/20bags	3.33ea 19.98
779192 50004	13178	☼	Herbal Tea Digestive, Lemon & Mint.....	6/20bags	3.33ea 19.98
779192 50011	13179	☼	Herbal Tea Digestive, Mint.....	6/20bags	3.33ea 19.98
779192 50017	13181	☼	Herbal Tea Elimination, Cherry Stems.....	6/20bags	3.33ea 19.98
779192 50010	13182	☼	Herbal Tea Elimination, Laxative.....	6/20bags	3.33ea 19.98
779192 50013	13189	☼	Herbal Tea Slimming, Mega Slim, Cranberry & Cherry.....	6/20bags	4.38ea 26.28
779192 50020	13190	☼	Herbal Tea Slimming, Mega Slim, Grapefruit.....	6/20bags	4.38ea 26.28
779192 50014	13191	☼	Herbal Tea Slimming, Mega Slim, Lemon.....	6/20bags	4.38ea 26.28
779192 50015	13192	☼	Herbal Tea Slimming, Mega Slim, Orange.....	6/20bags	4.38ea 26.28
779192 50005	13187	☼	Herbal Tea, Cold, Decongestant.....	6/20bags	3.33ea 19.98
779192 50000	13180	☼	Herbal Tea, Digestive, Pineapple & Grapefruit.....	6/20bags	3.33ea 19.98

upc code	order code		case size	ea price	cs price
MITOKU JAPANESE TEAS					
021009 14119	24025	Kukicha Twig Tea, Loose	12/85g	3.83ea	45.96
021009 14201	24057 *	Sencha Green Tea, Loose, Organic	12/85g	7.51ea	90.12

NUMI TEAS • ORGANIC

680692 10171	12026 *☉	Black Tea, Aged Earl Grey (Italian Bergamot), Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10221	12966 *☉	Black Tea, Breakfast Blend, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10181	12027 *☉	Black Tea, Golden Chai (Spiced Assam), Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10119	12021 *☉	Green Tea, Gunpowder, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10118	12010 *☉	Green Tea, Jasmine, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 11150	12023 *☉	Herbal Teasan, Chamomile Lemon, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10101	12003 *	Herbal Teasan, Dry Desert Lime, Organic	6/18bags	5.87ea	35.22
680692 10103	12005 *	Herbal Teasan, Honeybush, Organic	6/18bags	5.87ea	35.22
680692 10114	12006 *☉	Herbal Teasan, Moroccan Mint, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10112	12004 *	Herbal Teasan, Rooibos, Organic	6/18bags	5.87ea	35.22
680692 10200	12088 *☉	Herbal Teasan, Rooibos Chai, Organic (Fair Trade)	6/18bags	5.87ea	35.22
680692 10184	91414 *	Favourite Organic Teas Shipper (Special Order; lead time required)	48/18bags	5.87ea	281.76

Contains 12 units each of Aged Earl Grey Black (Fair Trade), Jasmine Green (Fair Trade), Rooibos Herbal and Moroccan Mint Herbal Organic Teas. Available by special order only with 3–6 weeks' lead time.

ORGANIC INDIA TULSI TEAS • ORGANIC

801541 50890	12620 *	Tulsi, Original, Organic	6/18bags	5.19ea	31.14
801541 50891	12621 *	Tulsi, Chai Masala, Organic	6/18bags	5.19ea	31.14
801541 50772	12939 *	Tulsi, Cinnamon Rose, Organic	6/18bags	5.19ea	31.14
801541 50773	12940 *	Tulsi, Ginger, Organic	6/18bags	5.19ea	31.14
801541 50021	12349 *	Tulsi, Gotu Kola, Organic	6/18bags	5.19ea	31.14
801541 50004	12624 *	Tulsi, Green Tea, Organic	6/18bags	5.19ea	31.14
801541 50774	12987 *	Tulsi, Jasmine Green Tea, Organic	6/18bags	5.19ea	31.14
801541 50895	12628 *	Tulsi, Lemon Ginger, Organic	6/18bags	5.19ea	31.14
801541 50896	12629 *	Tulsi, Licorice Spice, Organic	6/18bags	5.19ea	31.14
801541 50897	12632 *	Tulsi, Peppermint, Organic	6/18bags	5.19ea	31.14
801541 50003	12623 *	Tulsi, Pomegranate Green, Organic	6/18bags	5.19ea	31.14
801541 50892	12622 *	Tulsi, Red Chai Masala, Organic	6/18bags	5.19ea	31.14
801541 50898	12636 *	Tulsi, Sweet Rose, Organic	6/18bags	5.19ea	31.14
801541 50594	13152 *	Tulsi, Green Tea, Organic (loose leaf/canister)	6/100g	6.53ea	39.18
801541 50595	12989 *	Tulsi, Lemon Ginger, Organic (loose leaf/canister)	6/100g	8.05ea	48.30
801541 50593	12988 *	Tulsi, Original, Organic (loose leaf/canister)	6/100g	6.53ea	39.18
801541 50597	13154 *	Tulsi, Pomegranate Green, Organic (loose leaf/canister)	6/100g	8.05ea	48.30
801541 50596	13153 *	Tulsi, Raspberry Peach, Organic (loose leaf/canister)	6/100g	8.05ea	48.30
801541 50598	13048 *	Tulsi, Sweet Rose, Organic (loose leaf/canister)	6/100g	8.05ea	48.30

RIDGWAYS BLACK TEAS • ORGANIC

5060123 606034	12600 *	Black Tea, Organic	6/40bags	4.23ea	25.38
5060123 606027	12605 *	Earl Grey, Organic	6/40bags	4.23ea	25.38
3003861 404575	91341 *	Organic Black Teas Shipper (Special Order; lead time required)	60/Tea	4.23ea	253.80

Contains 30 units each of Organic Black Tea and Organic Earl Grey Tea. Available by special order only with 3–6 weeks' lead time.

TAZO FILTERBAG TEAS

794522 20070	30854	Black Tea, Awake	6/24bags	4.98ea	29.88
794522 20080	30855	Black Tea, Earl Grey	6/24bags	4.98ea	29.88
794522 21010	30862 *	Black Tea, Tazo Chai, Organic	6/24bags	4.98ea	29.88
794522 20130	30860	Green Tea, China Green Tips	6/24bags	4.98ea	29.88
794522 20100	30857	Green Tea, Green Ginger	6/24bags	4.98ea	29.88
794522 20060	30853	Green Tea, Zen	6/24bags	4.98ea	29.88
794522 20020	30849	Herbal Infusions Tea, Calm	6/24bags	4.98ea	29.88
794522 20040	30852	Herbal Infusions Tea, Passion	6/24bags	4.98ea	29.88
794522 20010	30848	Herbal Infusions Tea, Refresh	6/24bags	4.98ea	29.88
794522 20030	30850	Herbal Infusions Tea, Wild Sweet Orange	6/24bags	4.98ea	29.88
794522 21200	30880	White Tea, Berryblossom White	6/24bags	4.98ea	29.88

TAZO FULL LEAF TEAS (TINS)

794522 21528	30881	Herbal Infusions Full Leaf Tea, Vanilla Rooibos (sachets/tin)	4/15bags	7.84ea	31.36
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TAZO LATTES (CONCENTRATES)

794522 70400	30864 *	Black Tea Latte, Tazo Chai, Concentrate, Organic	6/946ml	5.70ea	34.20
762111 94831	30865	Black Tea Latte, Tazo Chai, Concentrate	6/946ml	5.70ea	34.20

TEA TIBET FAIR TRADE TEAS • ORGANIC

854562 00401	05222 *☉	Darjeeling Tea, Compassion, Organic (Fair Trade)	6/32g	4.98ea	29.88
854562 00402	05225 *☉	Green Tea, Kindness, Organic (Fair Trade)	6/32g	4.98ea	29.88
854562 00403	05223 *☉	Herbal Infusion, Peace, Organic (Fair Trade)	6/24g	4.98ea	29.88
854562 00400	05226 *☉	Oolong Tea, Happiness, Organic (Fair Trade)	6/32g	4.98ea	29.88
854562 00404	05224 *☉	Spiced Tea, Harmony, Organic (Fair Trade)	6/32g	4.98ea	29.88
854562 00415	91566	Empty Display	48/1ea	0.00ea	0.00

TRADITIONAL MEDICINALS WELLNESS TEAS (continued on Page 94)

032917 10160	12170	Breathe Easy	6/20bags	4.18ea	25.08
032917 10161	12150	Cold Formula	6/20bags	4.18ea	25.08
032917 10182	12589	Cold Season Tea Sampler	6/20bags	4.18ea	25.08

upc code	order code	case size	ea price	cs price
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TRADITIONAL MEDICINALS WELLNESS TEAS (continued on Page 93)

032917 10164	12140	*	Eater's Digest.....	6/20bags	4.18ea	25.08
032917 10179	12169	*	Organic Chamomile w/Lavender, Organic	6/20bags	4.18ea	25.08
032917 10056	12171	*☉	Organic Classic Chamomile, Organic (Fair Trade)	6/20bags	4.18ea	25.08
032917 10163	12000	*	Organic Easy Now, Organic.....	6/20bags	4.18ea	25.08
032917 10154	12189	*	Organic Echinacea Elder, Organic	6/20bags	4.18ea	25.08
032917 00076	12177	*	Organic Echinacea Plus, Organic	6/20bags	4.18ea	25.08
032917 10194	12984	*	Organic Fennel, Organic	6/20bags	4.18ea	25.08
032917 10173	12103	*	Organic Ginger, Organic	6/20bags	4.18ea	25.08
032917 10165	12163	*	Organic Ginger Aid, Organic	6/20bags	4.18ea	25.08
032917 10151	12187	*	Organic Golden Ginger, Organic.....	6/20bags	4.18ea	25.08
032917 10088	12186	*☉	Organic Green w/Ginger, Organic (Fair Trade)	6/20bags	4.18ea	25.08
032917 00078	12174	*☉	Organic Green w/Lemongrass, Organic (Fair Trade) (formerly Golden Green)	6/20bags	4.18ea	25.08
032917 10185	30109	*☉	Organic Heart w/Hawthorn, Organic (Fair Trade)	6/20bags	4.18ea	25.08
032917 10195	12985	*	Organic Hibiscus, Organic.....	6/20bags	4.18ea	25.08
032917 10191	12983	*	Organic Lemon Balm, Organic	6/20bags	4.18ea	25.08
032917 10159	12190	*	Organic Lemon Echinacea Throat Coat, Organic.....	6/20bags	4.18ea	25.08
032917 10187	12942	*	Organic Lemon Everyday Detox, Organic	6/20bags	4.18ea	25.08
032917 10180	12244	*	Organic Licorice Root, Organic	6/20bags	4.18ea	25.08
032917 10196	13049	*	Organic Mother's Milk, Organic.....	6/20bags	4.18ea	25.08
032917 10181	12249	*	Organic Nettle Leaf, Organic	6/20bags	4.18ea	25.08
032917 10168	12142	*	Organic Nighty Night, Organic.....	6/20bags	4.18ea	25.08
032917 10193	12986	*	Organic Nighty Night, Valerian, Organic	6/20bags	4.18ea	25.08
032917 10052	12173	*	Organic Peppermint, Organic.....	6/20bags	4.18ea	25.08
032917 00079	12143	*	Organic Raspberry Leaf, Organic.....	6/20bags	4.18ea	25.08
032917 10175	12104	*	Organic Roasted Dandelion Root, Organic	6/20bags	4.18ea	25.08
032917 10167	12160	*	Organic Smooth Move Senna, Organic	6/20bags	4.18ea	25.08
032917 10189	12950	*	Organic Smooth Move, Peppermint, Organic.....	6/20bags	4.18ea	25.08
032917 10174	12106	*☉	Organic Spearmint, Organic (Fair Trade)	6/20bags	4.18ea	25.08
032917 10188	12951	*	Smooth Move, Chamomile	6/20bags	4.18ea	25.08
032917 10172	12165	*	Organic Throat Coat, Organic.....	6/20bags	4.18ea	25.08
032917 10169	12175	*	PMS.....	6/20bags	4.18ea	25.08
032917 10166	12155	*	Weightless	6/20bags	4.18ea	25.08
032917 00133	91118	*	Cold Season Care Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Lemon Echinacea, Breathe Easy, Echinacea Plus and Cold Formula. Available by special order only with 3-6 weeks' lead time.						
032917 01061	90878	*☉	Fair Trade Organic Teas Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Organic Green w/Ginger and Organic Golden Green and 8 units each of Organic Classic Chamomile, Organic Nighty Night and Organic Chamomile w/Lavender Teas. Available by special order only with 3-6 weeks' lead time.						
032917 00128	91495	*	"New" Organic Teas Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Organic Prostate w/Nettle, Organic Heart w/Hawthorn, Organic Lemon Everyday Detox and Organic Heartburn Soother Teas. Available by special order only with 3-6 weeks' lead time.						
032917 00121	91193	*	Organic Best Sellers Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 8 units each of Organic Smooth Move, Organic Echinacea Plus, Organic Nighty Night, Organic Chamomile and Organic Peppermint and 4 units each of Organic Throat Coat and Organic Ginger Aid Teas. Available by special order only with 3-6 weeks' lead time.						
032917 00134	91119	*	Organic Single Herb Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Organic Chamomile, Organic Ginger, Organic Peppermint and Organic Dandelion Root Teas. Special order only with 3-6 weeks' lead time.						
032917 01084	91194	*	Organic Top 4 Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Organic Herbal Laxative Smooth Move Senna, Organic Nighty Night, Organic Echinacea Plus and Organic Ginger Aid Teas. Available by special order only with 3-6 weeks' lead time.						
032917 00131	91529	*	Smooth Move & Detox Teas Shipper (Special Order; lead time required)	48/20bags	4.29ea	205.92
Contains 12 units each of Organic Smooth Move Senna, Smooth Move Chamomile, Organic Smooth Move Peppermint and Organic Lemon Everyday Detox Teas. Available by special order only with 3-6 weeks' lead time.						
032917 00117	12638	*	Best Sellers Shipper (Special Order; lead time required)	72/20bags	4.11ea	295.92
Contains 6 units each of Organic Nighty Night, Organic Echinacea Plus, Organic Ginger Aid, Breathe Easy, Organic Herbal Laxative Smooth Move Senna, Organic Throat Coat, Organic Roasted Dandelion Root, Organic Golden Green, Organic Lemon Echinacea Throat Coat, Eater's Digest, Organic Peppermint and Organic Classic Chamomile Teas. Available by special order only with 3-6 weeks' lead time.						
032917 01062	90879	*	Organic Single Herb Shipper (Special Order; lead time required)	72/20bags	4.29ea	308.88
Contains 15 units each of Organic Classic Chamomile, Organic Ginger, Organic Peppermint and Organic Spearmint and 12 units of Organic Roasted Dandelion Root Teas. Available by special order only with 3-6 weeks' lead time.						

WILD COUNTRY LOOSE LEAF TEAS • CANADIAN • ORGANIC

621234 80019	12067	*☼	Green, Chinese, Loose Leaf Tea, Organic	6/100g	5.47ea	32.82
621234 80013	12969	*☼	English Breakfast, Loose Leaf Tea, Organic.....	6/100g	5.47ea	32.82
621234 80015	12091	*☼	Rooibos, Loose Leaf Tea, Organic.....	6/100g	5.47ea	32.82
621234 80010	12070	*☼	Sencha Green, Loose Leaf Tea, Organic	6/100g	5.47ea	32.82
621234 80012	12968	*☼	White, Loose Leaf Tea, Organic.....	6/40g	5.47ea	32.82

YOGI TEAS (continued on Page 95)

076950 20351	12943	*	Green Tea, Citrus Slim (made w/organic ingredients)	6/16bags	4.39ea	26.34
076950 65037	12711	*	Green Tea, Decaf Kombucha, Decaffeinated	6/16bags	4.39ea	26.34
076950 65061	12723	*	Green Tea, Goji Berry.....	6/16bags	4.39ea	26.34
076950 65021	12652	*	Green Tea, Kombucha	6/16bags	4.39ea	26.34
076950 65026	12656	*	Green Tea, Triple Echinacea	6/16bags	4.39ea	26.34

upc code	order code		case size	ea price	cs price
YOGI TEAS (continued on Page 94)					
076950 65041	12713	*	Simply Decaf Green Tea, Decaffeinated, Organic	6/16bags	4.39ea 26.34
076950 65042	12714	*	Simply Green Tea, Organic	6/16bags	4.39ea 26.34
076950 20347	12945	*	Herbal Tea, Calming, Organic	6/16bags	4.39ea 26.34
076950 65011	12670	*	Herbal Tea, Ginger, Organic	6/16bags	4.39ea 26.34
076950 20350	12946	*	Herbal Tea, Honey Lemon Throat Comfort, Organic	6/16bags	4.39ea 26.34
076950 20346	12947		Herbal Tea, Lemon DeTox (made w/organic ingredients)	6/16bags	4.39ea 26.34
076950 65017	12671		Herbal Tea, Lemon Ginger	6/16bags	4.39ea 26.34
076950 20348	12944		Herbal Tea, Restful Sleep (made w/organic ingredients)	6/16bags	4.39ea 26.34
076950 20349	12948		Herbal Tea, Soothing Mint Get Regular (made w/organic ingredients)	6/16bags	4.39ea 26.34
076950 61531	12675		Spice Tea, Chai, Black	6/16bags	4.39ea 26.34
076950 61533	12677	*	Spice Tea, Chai, Redbush, Organic	6/16bags	4.39ea 26.34
076950 61514	12339		Spice Tea, Classic India Spice	6/16bags	4.39ea 26.34
076950 61516	12720		Spice Tea, Egyptian Licorice	6/16bags	4.39ea 26.34
076950 61527	12722		Spice Tea, Egyptian Licorice Mint	6/16bags	4.39ea 26.34
076950 20338	91355		Best Sellers Shipper (Special Order; lead time required)	48/16bags	4.39ea 210.72
Contains 8 units each of Green Tea Kombucha and Lemon Ginger and 16 units each of Organic Ginger and Egyptian Licorice Mint Teas. Available by special order only with 3-6 weeks' lead time.					
076950 20354	91422		Functional Teas Shipper (Special Order; lead time required)	48/16bags	4.39ea 210.72
Contains 8 units each of Citrus Slim Green, Restful Sleep, Organic Calming, Organic Honey Lemon Throat Comfort, Lemon DeTox and Soothing Mint Get Regular Teas. Available by special order only with 3-6 weeks' lead time.					

Teas + Alternatives • Ready-To-Drink

GUAYAKÍ READY-TO-DRINK MATÉ BEVERAGES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Guayakí sparkling beverages from our warehouse.

632432 75778	07153	*☉	Enlighten Mint, Organic (Fair Trade) (can)	12/473ml	1.94ea 23.28	U
632432 71778	07151	*☉	Lemon Elation, Organic (Fair Trade) (can)	12/473ml	1.94ea 23.28	U
632432 73778	07152	*☉	Revel Berry, Organic (Fair Trade) (can)	12/473ml	1.94ea 23.28	U
632432 33311	04032	*☉	Sparkling Yerba Maté, Classic Gold, Organic (Fair Trade) (can)	12/355ml	1.77ea 21.24	U
632432 33331	04033	*☉	Sparkling Yerba Maté, Cranberry Pomegranate, Organic (Fair Trade) (can)	12/355ml	1.77ea 21.24	U
632432 91520	06838	*	Empower Mint, Organic (bottle)	12/473ml	2.27ea 27.24	U
632432 91540	06839	*	Raspberry Revolution, Organic (bottle)	12/473ml	2.27ea 27.24	U
632432 91500	06837	*	Traditional Maté, Organic (bottle)	12/473ml	2.27ea 27.24	U
632432 91550	06870	*	Unsweetened Maté, Organic (bottle)	12/473ml	2.27ea 27.24	U

KIJU READY-TO-DRINK BOTTLED ICED TEAS • CANADIAN • ORGANIC

189727 00071	04029	*🍁	Green Tea, RTD, Pomegranate, Organic (glass bottle)	12/355ml	1.56ea 18.72	U
189727 00073	04030	*🍁	Maté, RTD, Mango Passion, Organic (glass bottle)	12/355ml	1.56ea 18.72	U
189727 00072	04031	*🍁	Rooibos, RTD, Hibiscus, Organic (glass bottle)	12/355ml	1.56ea 18.72	U
◆ Volume Price: 30 assorted cases (any Kiju varieties; open stock not on deal)					1.50ea 17.97	
◆ Volume Price: 60 assorted cases (any Kiju varieties; open stock not on deal)					1.44ea 17.22	

KOMBUCHA WONDER DRINK TEAS • ORGANIC

665479 07140	05155	*	Sparkling Kombucha, Asian Pear Ginger Blend, Organic (can)	24/250ml	1.42ea 34.08	TU
665479 07170	05207	*	Sparkling Kombucha, Cherry Cassis, Organic (can)	24/250ml	1.42ea 34.08	TU
665479 07150	05157	*	Sparkling Kombucha, Essence of Lemon, Organic (can)	24/250ml	1.42ea 34.08	TU
665479 07160	05156	*	Sparkling Kombucha, Traditional Blend, Organic (can)	24/250ml	1.42ea 34.08	TU
◆ Volume Price: 10 assorted cases (open stock not on deal on one invoice; no other discounts apply)					1.21ea 29.04	
◆ Volume Price: 20 assorted cases (open stock not on deal on one invoice; no other discounts apply)					1.14ea 27.36	
665479 08030	05152	*	Kombucha, Asian Pear Ginger Blend, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08060	05159	*	Kombucha, Cherry Cassis, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08020	05151	*	Kombucha, Essence of Lemon, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08070	05158	*	Kombucha, Essence of Mango, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08040	05153	*	Kombucha, Essence of Peach, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08050	05154	*	Kombucha, Jasmine Niagara Grape Blend, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08080	05160	*	Kombucha, Juniper Berry, Spearmint & Lemon Myrtle, Organic (bottle)	12/414ml	2.99ea 35.88	TU
665479 08010	05150	*	Kombucha, Traditional Blend, Organic (bottle)	12/414ml	2.99ea 35.88	TU
◆ Volume Price: 10 assorted cases (open stock not on deal on one invoice; no other discounts apply)					2.54ea 30.48	
◆ Volume Price: 20 assorted cases (open stock not on deal on one invoice; no other discounts apply)					2.39ea 28.68	

STEAZ FAIR TRADE ICED GREEN TEA BEVERAGES

We guarantee best before dates of 30 days from the date of shipping Steaz beverages from our warehouse.

Delicious Steaz iced teas and energy drinks are made with antioxidant-rich green tea and blended with the finest organic and fair trade ingredients from around the world. Organic Iced Green Teas blend crisp, organic, fair trade green tea with fruit and a touch of cane sugar. Zero Calorie Iced Green Teas are sweetened with calorie free stevia instead.

856820 16012	40035	*☉	NEW Iced Green Tea w/Coconut Water, Organic (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16005	40034	*☉	NEW Iced Green Tea, Blueberry Pomegranate, Organic (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16001	40032	*☉	NEW Iced Green Tea, Lemon, Unsweetened, Organic (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16003	40033	*☉	NEW Iced Green Tea, Peach, Organic (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16007	40038	☉	NEW Zero Calorie Iced Green Tea, Citrus (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16002	40037	☉	NEW Zero Calorie Iced Green Tea, Peach Mango (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
856820 16000	40036	☉	NEW Zero Calorie Iced Green Tea, Raspberry (Fair Trade) (can)	12/473ml	1.62ea 19.44	TU
◆ Volume Price: 20 assorted cases (Iced Teas only; open stock not on deal; no other discounts apply)					1.52ea 18.25	
◆ Volume Price: 30 assorted cases (Iced Teas only; open stock not on deal; no other discounts apply)					1.48ea 17.70	
◆ Volume Price: 50 assorted cases (Iced Teas only; open stock not on deal; no other discounts apply)					1.43ea 17.12	

condiments, croutons + dressings

Condiments

Look for Kalamata Olives listed under Condiments + Dressings (Fresh) in our Chill section.

BRAGG APPLE CIDER VINEGAR • ORGANIC

074305 10116	14075	S*	Apple Cider Vinegar, Organic.....	12/473ml	3.46ea	41.52
074305 10132	14076	S*	Apple Cider Vinegar, Organic.....	12/946ml	5.63ea	67.56

BRAGG LIQUID SOY (AMINOS)

074305 10016	14071	S	Liquid Soy	12/473ml	4.42ea	53.04
074305 10032	14072	S	Liquid Soy	12/946ml	7.30ea	87.60
074305 10006	14070	E	Liquid Soy, Spray	24/180ml	3.30ea	79.20

EDEN MUSTARDS • ORGANIC

024182 00208	14310	*	Mustard, Brown, Organic (squeeze bottle)	12/255g	2.64ea	31.68
024182 00211	14311	*	Mustard, Yellow, Organic (squeeze bottle)	12/255g	2.64ea	31.68

EDEN SAUERKRAUT • ORGANIC

024182 01300	14500	*	Sauerkraut, Organic (jar)	12/796ml	5.01ea	60.12
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EDEN VINEGARS

024182 42087	02117	S*	Brown Rice Vinegar, Organic	12/296ml	5.67ea	68.04
024182 00059	02114		Red Wine Vinegar	12/473ml	2.79ea	33.48
024182 42419	02119	S	Ume Plum Vinegar	12/296ml	3.96ea	47.52

FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGAR • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Filsinger's vinegar from our warehouse (30 days for Code 24105).

Filsinger's Organic Foods is proud to be a uniquely Canadian organic company that produces apple cider vinegar made with locally grown, certified organic apples and aged in oak without the use of additives or preservatives. The finished product is unpasteurized, so it remains wholesome and raw. Founded in 1953, Filsinger's has been dedicated to organic farming and processing in its 100-acre orchard in Ayton, Ontario for decades.

063930 18964	24105	*✱	NEW Apple Cider Vinegar, Unfiltered, Organic	6/1.89L	10.34ea	62.04
063930 94564	24104	*✱	NEW Apple Cider Vinegar, Unfiltered, Organic	12/945ml	5.40ea	64.80
063930 37812	24106	*✱	NEW Apple Cider Vinegar, Unfiltered, Organic	4/3.78L	17.55ea	70.20

GINGER PEOPLE GINGER JUICE

734027 90160	06231		Ginger Juice (condiment)	12/147ml	3.80ea	45.60
		◇	Volume Price: 15 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.56ea	42.66
		◇	Volume Price: 30 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.43ea	41.19
		◇	Volume Price: 50 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.31ea	39.73

GINGER PEOPLE MINCED & PICKLED GINGER

734027 90406	14196		Ginger, Minced (jar)	12/190g	2.61ea	31.32
734027 90407	14197		Ginger, Natural Pickled Sushi (jar)	12/190g	2.61ea	31.32
		◇	Volume Price: 15 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		2.46ea	29.47
		◇	Volume Price: 30 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		2.38ea	28.55
		◇	Volume Price: 50 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		2.30ea	27.63

GREENOLA PICKLES • ORGANIC

907752 68361	14413	*	Beets, Sliced, Organic (jar)	12/750ml	5.32ea	63.84
907752 68360	14414	*	Beets, Whole Baby, Organic (jar)	12/750ml	5.32ea	63.84
907752 68362	14417	*	Pickles, Polish Dill, Organic (jar)	12/750ml	5.32ea	63.84

GREENOLA SAUERKRAUT • ORGANIC

907752 68358	14410	*	Sauerkraut, Organic (jar)	12/750ml	4.84ea	58.08
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MAISON ORPHÉE MUSTARDS • CANADIAN • ORGANIC

069593 12034	32371	*✱	Mustard, Dijon, Organic	6/500ml	4.32ea	25.92
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		3.89ea	23.34
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		3.67ea	22.02
069593 12018	32365	*✱	Mustard, Dijon, Organic	12/250ml	2.60ea	31.20
069593 12019	32366	*✱	Mustard, Old Fashioned, Organic	12/250ml	2.60ea	31.20
069593 12017	32364	*✱	Mustard, Yellow, Organic	12/250ml	2.60ea	31.20
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		2.34ea	28.08
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		2.21ea	26.52
069593 70110	32361	*✱	Mustard, Dijon, Organic	1/3.75kg	23.48ea	23.48
069593 70111	32362	*✱	Mustard, Old Fashioned, Organic	1/3.75kg	23.48ea	23.48
069593 70112	32363	*✱	Mustard, Yellow, Organic	1/3.75kg	23.48ea	23.48

MAISON ORPHÉE VINEGARS • CANADIAN (continued on Page 98)

069593 12060	32372	*✱	NEW Balsamic Vinegar, Organic	6/250ml	5.86ea	35.16
069593 12070	32373	*✱	NEW White Balsamic Vinegar	6/250ml	5.86ea	35.16
			Produced in the Modena region of Italy, White Balsamic and Organic Balsamic vinegars are the result of the double fermentation of juice from organic grapes that is aged in oak barrels for three years.			
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.27ea	31.62
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		4.98ea	29.88



WILD COUNTRY

ORGANIC TEA

WHITE

SENCHA
GREEN

ENGLISH
BREAKFAST

YERBA
MATÉ

ROOIBOS

GREEN

CEYLON
ORANGE
PEKOE



upc code	order code		case size	ea price	cs price
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MAISON ORPHÉE VINEGARS • CANADIAN (continued on Page 96)

069593 12020	32367	*✱	Apple Cider Vinegar, Organic.....	6/500ml	4.41ea	26.46
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		3.97ea	23.82
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		3.75ea	22.50
069593 12021	32368	*✱	Balsamic Vinegar, Organic.....	6/500ml	8.92ea	53.52
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.03ea	48.18
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.58ea	45.48
069593 12022	32369	*✱	Red Wine Vinegar, Organic.....	6/500ml	6.15ea	36.90
069593 12023	32370	*✱	White Wine Vinegar, Organic.....	6/500ml	6.15ea	36.90
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.54ea	33.24
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.23ea	31.38

MARUKAN RICE VINEGARS

We guarantee best before dates of 45 days from the date of shipping Marukan vinegars from our warehouse.

070641 06412	24034	*	Rice Vinegar, Organic.....	6/355ml	3.52ea	21.12
070641 06413	24023	*	NEW Rice Vinegar, Seasoned, Organic.....	6/355ml	3.52ea	21.12
			Marukan organic rice vinegar is brewed slowly and meticulously, using traditional techniques developed and perfected for more than 350 years. Its ancient process uses only the highest grade, organic rice to create a vinegar steeped in tradition and rich in flavour. Naturally gluten free and non-GMO, the Seasoned variety uses the best quality short-grained rice, finest organic sugar and premium natural sea salt to create a vinegar with rich substance and body.			
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		3.17ea	19.02
		◇	Volume Price: 20 assorted cases (open stock not on deal).....		2.99ea	17.94
070641 00006	24031		Rice Vinegar.....	6/355ml	2.71ea	16.26
070641 00009	24032		Rice Vinegar, Seasoned.....	6/355ml	2.71ea	16.26
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		2.44ea	14.64
		◇	Volume Price: 20 assorted cases (open stock not on deal).....		2.30ea	13.80
070641 00005	24036		Rice Vinegar.....	6/710ml	4.34ea	26.04
070641 00008	24037		Rice Vinegar, Seasoned.....	6/710ml	4.34ea	26.04
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		3.91ea	23.46
		◇	Volume Price: 20 assorted cases (open stock not on deal).....		3.69ea	22.14

NASOYA NAYONAISE SPREAD

We guarantee best before dates of 45 days from the date of shipping Code 14431 from our warehouse.

061954 00450	14431	S	Nayonaise, Original (vegan) (replaces Code 14150).....	12/443ml	3.93ea	47.16
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OMEGA NUTRITION CULINARY VINEGARS • CANADIAN • ORGANIC

055358 31400	85028	*✱	Apple Cider Vinegar, Organic.....	12/355ml	2.94ea	35.28
055358 31410	85027	*✱	Apple Cider Vinegar, Organic.....	6/946ml	5.17ea	31.02
055358 31420	65026	*✱	Apple Cider Vinegar, Organic.....	4/3.78L	16.49ea	65.96

SIMPLY NATURAL KETCHUP • ORGANIC

070974 41220	14080	*	Ketchup, Organic.....	12/575ml	3.76ea	45.12
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		3.57ea	42.84
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		3.38ea	40.56

SIMPLY NATURAL MUSTARDS • ORGANIC

070974 00107	14401	*	Dijon, Organic (squeeze bottle).....	12/330ml	3.05ea	36.60
070974 00108	14402	*	Stone Ground, Organic (squeeze bottle).....	12/330ml	3.05ea	36.60
070974 00106	14400	*	Yellow, Organic (squeeze bottle).....	12/330ml	3.05ea	36.60
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.90ea	34.80
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.75ea	33.00

SPECTRUM MAYONNAISE

We guarantee best before dates of 45 days from the date of shipping Spectrum mayonnaises from our warehouse.

078755 00026	14035		Mayonnaise Spread, Eggless Canola (vegan).....	12/473ml	3.93ea	47.16
078755 00247	14005		Mayonnaise, Canola.....	12/473ml	4.28ea	51.36
078755 00294	14010		Mayonnaise, Canola.....	12/946ml	6.40ea	76.80
022506 20128	14015		Mayonnaise, Canola.....	4/3.78L	22.01ea	88.04
022506 20304	14003	*	Mayonnaise, Soy, Organic.....	12/473ml	6.11ea	73.32
022506 20305	14004	*	Mayonnaise, Soy, Organic.....	12/946ml	9.17ea	110.04

SPECTRUM VINEGARS • ORGANIC

022506 25275	02111	*	Balsamic Wine Vinegar, Organic.....	6/500ml	7.33ea	43.98
022506 25150	02126	*	Red Wine Vinegar, Organic.....	6/500ml	7.33ea	43.98
022506 25155	02128	*	White Wine Vinegar, Organic.....	6/500ml	7.33ea	43.98
022506 27047	02092	*	Cider Vinegar, Unfiltered, Organic.....	12/473ml	4.44ea	53.28
022506 27084	02086	*	Cider Vinegar, Unfiltered, Organic.....	12/946ml	6.65ea	79.80

THOMAS' UTOPIA KETCHUP • CANADIAN • ORGANIC

056636 02701	14550	*✱	Ketchup, Organic.....	6/375ml	3.67ea	22.02
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WIZARD'S VEGETARIAN WORCESTERSHIRE SAUCE • ORGANIC

011206 00419	14039	S*	Worcestershire Sauce, Vegetarian, Wheat Free, Organic.....	12/251ml	5.64ea	67.68
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upc code order code

case size ea price cs price

Cooking Sauces + Marinades

See Global Cuisine in our Dry section for more cooking sauces.

ARIZONA PEPPER'S ORGANIC HARVEST FOODS HOT SAUCES • ORGANIC

027328 12054	18182	*	Chipotle Habañero Sauce, Organic (gluten free).....	12/148ml	3.15ea	37.80
027328 12029	18181	*	Habañero Pepper Sauce, Organic (gluten free).....	12/148ml	3.15ea	37.80
027328 12004	18180	*	Jalapeño Pepper Sauce, Organic (gluten free).....	12/148ml	3.15ea	37.80
027328 12076	18183	*	Honey Mustard Sauce, Hot & Spicy, Organic.....	12/355ml	4.23ea	50.76

GINGER PEOPLE COOKING SAUCES

734027 90134	14388		Dipping & Cooking Sauce, Ginger Peanut.....	12/375ml	5.13ea	61.56
734027 90137	14390		Dipping & Cooking Sauce, Sweet Ginger Chili.....	12/375ml	5.13ea	61.56
734027 90139	14391		Marinade & Simmer Sauce, Spicy Ginger Teriyaki.....	12/375ml	5.13ea	61.56
734027 90136	14389		Vinaigrette, Marinade & Cooking Sauce, Ginger Sesame.....	12/375ml	5.13ea	61.56
		◇	Volume Price: 15 assorted cases (GP Cooking Sauces only).....		4.83ea	57.92
		◇	Volume Price: 30 assorted cases (GP Cooking Sauces only).....		4.67ea	56.09
		◇	Volume Price: 50 assorted cases (GP Cooking Sauces only).....		4.52ea	54.27

MAUREEN'S FOOD WORLD JERK SAUCE • CANADIAN

841307 00031	14900	✱	Cooking Sauce & Marinade, Jerk Sauce.....	12/350ml	4.56ea	54.72
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NAAM COOKING SAUCES & DRESSINGS • CANADIAN

Vancouver's famous Naam Restaurant introduces five flavourful sauces that bring its classic vegetarian fare home. Established in 1968, the Naam is the city's oldest, natural foods restaurant, which continues to celebrate its global influences and cooking traditions today. Made in Canada from domestic and imported ingredients, each sauce variety offers a perfectly balanced blend of sweet and tangy or rich and savoury flavours that enable home cooks to recreate Naam favourites or invent their own specialities.

689499 10007	14462	✱	NEW Blueberry Vinaigrette.....	12/350ml	4.26ea	51.12
689499 10004	14460	✱	NEW Coconut Curry Sauce.....	12/350ml	4.26ea	51.12
689499 10001	14000	S✱	Miso Gravy (bottle).....	12/355ml	3.82ea	45.84
689499 10008	14459	✱	NEW Miso Hot Sauce.....	12/350ml	4.26ea	51.12
689499 10006	14461	✱	NEW Peanut Sauce.....	12/350ml	4.26ea	51.12
689499 10005	14463	✱	NEW Thai Sauce.....	12/350ml	4.26ea	51.12

NEWMAN'S OWN MOST WANTED BBQ SAUCES

We guarantee best before dates of 42 days from the date of shipping Newman's Own barbecue sauces from our warehouse.

Newman's Own Most Wanted BBQ Sauces blend sugar, tomato paste, blackstrap molasses and spices to create four varieties of sweet and savoury, vegetarian marinades that are ideal for grilling or baking meat, fish, poultry or vegetables. The Newman's Own Foundation is a private, independent foundation that continues to donate all profits and royalties earned through sales to thousands of charities around the world—more than \$400 million to date.

020662 00550	33553		NEW BBQ Sauce, Hickory.....	6/350ml	3.10ea	18.60
020662 00552	33555		NEW BBQ Sauce, Honey.....	6/350ml	3.10ea	18.60
020662 00553	33554		NEW BBQ Sauce, Hot.....	6/350ml	3.10ea	18.60
020662 00551	33552		NEW BBQ Sauce, Original.....	6/350ml	3.10ea	18.60

SIMPLY NATURAL BARBECUE SAUCES • ORGANIC

070974 00211	32217	*	Barbecue Sauce, Honey, Organic.....	12/303ml	3.11ea	37.32
070974 00209	32215	*	Barbecue Sauce, Smoky, Organic.....	12/303ml	3.11ea	37.32
070974 00210	32216	*	Barbecue Sauce, Tangy, Organic.....	12/303ml	3.11ea	37.32

Croutons

STICKLING'S ORGANICS GLUTEN FREE CROUTONS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Stickling's croutons from our warehouse.

775918 00203	32044	✱	Croutons, Herb & Garlic (wheat/gluten/dairy/egg/lactose free).....	6/175g	5.13ea	30.78
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Dressings (Bottled)

BRAGG DRESSINGS & MARINADES

Three new dressings offer flavourful alternatives with all the best of the Bragg tradition of healthy eating and living. Made with only natural and organic ingredients, including Bragg Apple Cider Vinegar, great tasting dressings are gluten free and contain no added salt, trans fat, preservatives, chemicals or additives.

074305 13212	32123	*	NEW Dressing & Marinade, Braggberry, Organic.....	6/355ml	5.08ea	30.48
074305 13112	32122		NEW Salad Dressing, Ginger & Sesame (made w/organic ingredients).....	6/355ml	5.08ea	30.48
074305 13012	32121		NEW Vinaigrette, Healthy (made w/organic ingredients).....	6/355ml	5.08ea	30.48

NEWMAN'S OWN DRESSINGS

We guarantee best before dates of 42 days from the date of shipping Newman's Own dressings from our warehouse.

020662 00484	32054		Balsamic Vinaigrette.....	8/350ml	3.84ea	30.72
020662 00485	32055		Creamy Caesar.....	8/350ml	3.84ea	30.72
020662 00486	32056		Family Recipe Italian.....	8/350ml	3.84ea	30.72
020662 00324	32088		Greek w/Feta.....	8/350ml	3.84ea	30.72
020662 00489	32059		Light Balsamic.....	8/350ml	3.84ea	30.72
020662 00323	32063		Light Caesar Vinaigrette.....	8/350ml	3.84ea	30.72
020662 00490	32060		Light Low Fat Sesame Thai.....	8/350ml	3.84ea	30.72
020662 00493	32058		Light Olive Oil & Vinegar.....	8/350ml	3.84ea	30.72
020662 00483	32049		Olive Oil & Vinegar.....	8/350ml	3.84ea	30.72
020662 00488	32057		Parmesan & Roasted Garlic.....	8/350ml	3.84ea	30.72

upc code	order code		case size	ea price	cs price
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SAN-J DRESSINGS

We guarantee best before dates of 45 days from the date of shipping San-J dressings from our warehouse.

075810 30726	14294	Tamari Ginger Dressing (gluten free)	6/237ml	2.85ea	17.10
075810 30226	14295	Tamari Peanut Dressing (gluten free)	6/237ml	2.85ea	17.10
075810 30626	14296	Tamari Sesame Dressing (gluten free)	6/237ml	2.85ea	17.10

SIMPLY NATURAL DRESSINGS • ORGANIC

070974 41014	14061	*	Balsamic Vinaigrette, Organic	12/354ml	3.02ea	36.24
070974 41024	14065	*	Caesar, Organic	12/354ml	3.02ea	36.24
070974 41032	14149	*	Goddess, Organic	12/354ml	3.02ea	36.24
070974 41026	14066	*	Honey Mustard, Organic	12/354ml	3.02ea	36.24
070974 41020	14063	*	Italian w/Roasted Pepper, Organic	12/354ml	3.02ea	36.24
070974 00115	14407	*	Ranch, Organic	12/354ml	3.02ea	36.24
070974 41030	14068	*	Raspberry Vinaigrette, Organic	12/354ml	3.02ea	36.24
070974 41016	14062	*	Roasted Garlic Vinaigrette, Organic	12/354ml	3.02ea	36.24
070974 00116	14408	*	Roasted Red Pepper Vinaigrette, Organic	12/354ml	3.02ea	36.24
070974 41028	14067	*	Sesame Ginger, Organic	12/354ml	3.02ea	36.24
070974 41010	14060	*	Vinaigrette w/Sundried Tomatoes, Organic	12/354ml	3.02ea	36.24
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.87ea	34.44
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.72ea	32.64

Dressings + Sauces (Dry Mixes)**ROAD'S END ORGANICS GRAVY MIXES • ORGANIC**

658334 47281	33131	*	Quick Gravy, Golden, Organic (gluten free/vegan) (sachet)	12/28g	1.24ea	14.88
658334 47283	33133	*	Quick Gravy, Savoury Herb, Organic (gluten free/vegan) (sachet)	12/28g	1.24ea	14.88
658334 47282	33132	*	Quick Gravy, Shiitake Mushroom, Organic (gluten free/vegan) (sachet)	12/28g	1.24ea	14.88
		◇	Volume Price: 10 assorted cases (Gravy Mixes only; open stock not on deal)		1.12ea	13.44

SIMPLY ORGANIC (FRONTIER) GRAVY MIXES • ORGANIC

089836 18873	70741	*	Gravy Mix, Brown, Organic (sachets)	12/28g	1.44ea	17.28
089836 18874	70744	*	Gravy Mix, Roasted Chicken, Organic (sachets)	12/24g	1.44ea	17.28
089836 18876	70745	*	Gravy Mix, Roasted Turkey, Organic (sachets)	12/24g	1.44ea	17.28
089836 20007	70761	*	Gravy Mix, Vegetarian Brown, Organic (sachets)	12/28g	1.44ea	17.28
089836 18875	70751	*	Gravy Mix, Wild Mushroom Sauce, Organic (sachets)	12/24g	1.44ea	17.28
089836 18682	91543	*	Organic Gravy Mixes Shipper (Special Order; lead time required)	96/1ea	1.45ea	139.20

Contains 36 units each of Brown and Roasted Turkey Organic Gravy Mixes and 12 units each of Roasted Chicken Organic Gravy Mix and Organic Wild Mushroom Sauce Mix. Available by special order only with 3–6 weeks' lead time.

SIMPLY ORGANIC (FRONTIER) SEASONING MIXES • ORGANIC

089836 18880	70752	*	Dip Mix, Creamy Dill, Organic (sachets)	12/24g	1.44ea	17.28
089836 18878	70753	*	Dip Mix, French Onion, Organic (sachets)	12/31g	1.45ea	17.40
089836 18879	70754	*	Dip Mix, Guacamole, Organic (sachets)	12/22g	1.44ea	17.28
089836 18877	70755	*	Dip Mix, Ranch, Organic (sachets)	12/42g	1.45ea	17.40
089836 18836	70756	*	Dressing Mix, Classic Caesar, Organic (sachets)	12/35.4g	1.52ea	18.24
089836 18835	70757	*	Dressing Mix, Garlic Vinaigrette, Organic (sachets)	12/28.4g	1.52ea	18.24
089836 18831	70758	*	Dressing Mix, Italian, Organic (sachets)	12/19.8g	1.52ea	18.24
089836 18833	70759	*	Dressing Mix, Ranch, Organic (sachets)	12/28.4g	1.52ea	18.24
089836 20008	70762	*	Sauce Mix, Hollandaise, Organic (sachets)	12/28g	1.55ea	18.60
089836 18871	70748	*	Seasoning Mix, Chili, Spicy, Organic (sachets)	12/28g	1.44ea	17.28
089836 18870	70750	*	Seasoning Mix, Chili, Veggie, Organic (sachets)	12/28g	1.44ea	17.28
089836 20002	70742	*	Seasoning Mix, Fajita, Organic (sachets)	12/28g	1.55ea	18.60
089836 20006	70740	*	Seasoning Mix, Italian Sauce, Alfredo, Organic (sachets)	12/42g	1.59ea	19.08
089836 20004	70749	*	Seasoning Mix, Italian Sauce, Sweet Basil Pesto, Organic (sachets)	12/15g	1.58ea	18.96
089836 18872	70746	*	Seasoning Mix, Sloppy Joe, Organic (sachets)	12/40g	1.45ea	17.40
089836 20003	70763	*	Seasoning Mix, Spicy Taco, Organic (sachets)	12/32g	1.55ea	18.60
089836 20001	70747	*	Seasoning Mix, Taco, Organic (sachets)	12/32g	1.55ea	18.60
089836 20010	90863	*	Organic Taco Mixes Shipper (Special Order; lead time required)	96/1ea	1.56ea	149.76

Contains 48 units of Taco Mix and 24 units each of Fajita and Spicy Taco Mixes. Available by special order only with 3–6 weeks' lead time.

cookies, bars + cones**Cereal + Breakfast Bars****CLIF CRUNCH GRANOLA BARS**

We guarantee best before dates of 42 days from the date of shipping Clif granola bars from our warehouse.

722252 29606	37374	Crunch, Blueberry Crisp (made w/organic ingredients)	12/210g	3.19ea	38.28	T
722252 29601	37367	Crunch, Chocolate Chip (made w/organic ingredients)	12/210g	3.19ea	38.28	T
722252 29602	37368	Crunch, Peanut Butter (made w/organic ingredients)	12/210g	3.19ea	38.28	T
722252 29604	37369	Crunch, White Chocolate Macadamia Nut (made w/organic ingredients)	12/210g	3.19ea	38.28	T
722252 29305	91469	Crunch Granola Bars Shipper (Special Order; lead time required)	48/210g	3.19ea	153.12	T

Contains 12 units of Peanut Butter, White Chocolate Macadamia Nut, Blueberry Crisp and Chocolate Crisp Crunch Bars. Available by special order only with 3–6 weeks' lead time.

upc code	order code		case size	ea price	cs price	
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CLIF MOJO TRAIL MIX BARS

Clif Mojo snack bars, made with 70% organic ingredients, are gluten free, low glycemic, sweet and savoury treats that provide energy and a good source of fibre with no hydrogenated oils, trans fats or high fructose corn syrup.

722252 22136	37542	NEW Mojo, Coconut Almond Peanut.....	12/40g	1.35ea	16.20	T
722252 32332	37543	NEW Mojo, Dark Chocolate Almond Sea Salt.....	12/40g	1.35ea	16.20	T
722252 22334	37544	NEW Mojo, Dark Chocolate Cherry Almond.....	12/40g	1.35ea	16.20	T

ENJOY LIFE NUT & GLUTEN FREE CHEWY SNACK BARS

We guarantee best before dates of 45 days from the date of shipping Enjoy Life snack bars from our warehouse.

853522 00040	16510	Soft & Chewy, Caramel Apple (nut/gluten free)	6/141g	3.66ea	21.96	T
853522 00038	16509	Soft & Chewy, Cocoa Loco (nut/gluten free)	6/141g	3.66ea	21.96	T
853522 00062	16512	Soft & Chewy, Sunbutter Crunch (nut/gluten free)	6/141g	3.66ea	21.96	T
853522 00042	16511	Soft & Chewy, Very Berry (nut/gluten free)	6/141g	3.66ea	21.96	T
		Volume Price: 15 assorted cases (Enjoy Life Snack Bars; open stock not on deal)		3.29ea	19.74	
		Volume Price: 25 assorted cases (Enjoy Life Snack Bars; open stock not on deal)		3.11ea	18.66	
		Volume Price: 50 assorted cases (Enjoy Life Snack Bars; open stock not on deal)		2.93ea	17.58	

ENVIROKIDZ CRISPY RICE BARS • CANADIAN • ORGANIC

058449 43002	36512	* Berry (Cheetah), Organic (gluten free)	6/6x28g	3.68ea	22.08	
058449 43000	36513	* Chocolate (Koala), Organic (gluten free).....	6/6x28g	3.68ea	22.08	
058449 43001	36514	* Peanut Butter (Panda), Organic (gluten free).....	6/6x28g	3.68ea	22.08	
058449 43021	35994	* Peanut Choco Drizzle (Lemur), Organic (gluten free)	6/6x28g	3.68ea	22.08	
		Volume Price: 12 asstd cs (NP Granola Bars + EK Crispy Rice Bars; natural retailers only; no other discounts apply)		3.36ea	20.18	
		Volume Price: 20 asstd cs (NP Granola Bars + EK Crispy Rice Bars; natural retailers only; no other discounts apply)		3.28ea	19.68	
058449 43300	36527	* 3-Flavour Organic Crispy Rice Bars Shipper (Special Order; lead time required)	72/6x28g	3.61ea	259.92	

Contains 24 units each of Berry (Cheetah), Chocolate (Koala) and Peanut Butter (Panda) Crispy Rice Bars. Available by special order only with 3–6 weeks' lead time.

FOURMI BIONIQUE GOURMET GRANOLA BARS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Fourmi Bionique granola bars from our warehouse.

Every Fourmi Bionique product has its own, distinctive personality and new Granola Bars are no exception. Each variety features locally grown, slow-baked, organic rolled oats. Jealousy is a honey roasted granola bar with cranberries, blueberries, goji berries, and perfectly roasted almonds. Forbidden Fruit is a honey roasted granola bar with caramelized apples, roasted pecans and a pinch of maca root.

883366 00034	22326	* NEW Forbidden Fruit, Apple & Caramel Pecan, Organic.....	12/40g	1.49ea	17.88	T
883366 00033	22325	* NEW Jealousy, Mixed Berry & Roasted Almond, Organic.....	12/40g	1.49ea	17.88	T

FREYUMM ALLERGEN FRIENDLY OAT BARS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping FreeYumm oat bars from our warehouse.

North Vancouver's FreeYumm Foods makes wholesome treats that are always free of the top ten priority food allergens (eggs, milk, mustard, peanuts, seafood, sesame, soy, sulphites, tree nuts and wheat). Honey Apple Oat Bars are created in a dedicated bakery with healthy ingredients, which include natural sweeteners and whole grains that are organic and non-GMO whenever possible.

816695 00003	10160	* NEW Honey Apple Oat Bars (top ten allergen free)	12/162g	5.07ea	60.84	
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GLUTINO GLUTEN FREE BREAKFAST BARS • CANADIAN

678523 03074	16160	* Apple (gluten free)	12/200g	4.56ea	54.72	T
678523 03076	16161	* Blueberry (gluten free)	12/200g	4.56ea	54.72	T
678523 03084	16533	* Cherry (gluten free)	12/200g	4.56ea	54.72	T
678523 03082	16534	* Strawberry (gluten free).....	12/200g	4.56ea	54.72	T

GLUTINO GLUTEN FREE CEREAL SNACK BARS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Glutino snack bars from our warehouse.

678523 03094	16601	* Chocolate & Banana, Organic (gluten free)	6/5x28g	4.43ea	26.58	T
678523 03095	16600	* Chocolate & Peanuts, Organic (gluten free).....	6/5x28g	4.43ea	26.58	T
678523 03093	16602	* Wildberry, Organic (gluten free).....	6/5x28g	4.43ea	26.58	T

KASHI GRANOLA BARS

We guarantee best before dates of 42 days from the date of shipping Kashi granola bars from our warehouse.

018627 38251	16397	Chewy, Honey Almond Flax (formerly 7 Grain & Almond)	12/6x35g	4.18ea	50.16	T
018627 38252	16398	Chewy, Cherry Dark Chocolate	12/6x35g	4.18ea	50.16	T
018627 50490	16514	Chewy, Dark Mocha Almond.....	12/6x35g	4.18ea	50.16	T
018627 43610	16467	Chewy, Trail Mix	12/6x35g	4.18ea	50.16	T
018627 45165	16563	Crunchy, Roasted Almond Crunch.....	12/5x48g	4.18ea	50.16	T
018627 47886	16499	Fruit & Grain, Dark Chocolate Coconut	12/5x32g	4.18ea	50.16	T
018627 55613	16562	Fruit & Grain, Peanuttty Dark Chocolate	12/5x32g	4.18ea	50.16	T
		Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal).....		3.14ea	37.68	
		Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal).....		2.51ea	30.12	

NATURE'S PATH GRANOLA BARS • CANADIAN • ORGANIC (continued on Page 102)

We guarantee best before dates of 45 days from the date of shipping Nature's Path granola bars from our warehouse.

058449 89200	16581	* Crunchy, Apple Pie Crunch Chia Plus, Fruit & Nut, Organic.....	12/10x20g	3.49ea	41.88	T
058449 89202	16582	* Crunchy, Honey Oat Crunch Flax Plus, Trail Mix, Organic.....	12/10x21g	3.49ea	41.88	T
058449 89204	16584	* Crunchy, Macaroon Crunch, Dark Chocolate, Organic	12/10x21g	3.49ea	41.88	T
058449 89206	16583	* Crunchy, Peanut Choco Crunch Ancient Grains, Sweet & Salty, Organic.....	12/10x21g	3.49ea	41.88	T
		Volume Price: 8 asstd cs (NP Crunchy Granola Bars; natural foods retailers only; no other discounts apply)		3.20ea	38.38	
		Volume Price: 12 asstd cs (NP Crunchy Granola Bars; natural foods retailers only; no other discounts apply)		3.12ea	37.38	
058449 89215	91660	* Organic Crunchy Granola Bars Shipper (Special Order; lead time required)	72/1ea	3.44ea	247.68	T

Contains 36 units each of Peanut Choco Crunch Ancient Grains and Macaroon Crunch Dark Chocolate Organic Crunchy Granola Bars. Available by special order only with 3–6 weeks' lead time.

upc code order code case size ea price cs price

NATURE'S PATH GRANOLA BARS • CANADIAN • ORGANIC (continued on Page 101)

058449 89142	16504	*☛	Chewy, Berry Strawberry Flax Plus, Yogurt, Organic.....	6/5x35g	3.64ea	21.84	T
058449 89128	16409	*☛	Chewy, Chococonut, Dark Chocolate Chip, Organic.....	6/5x35g	3.64ea	21.84	T
058449 89135	16439	*☛	Chewy, Peanut Choco, Chocolate Drizzle, Sweet & Salty, Organic.....	6/5x35g	3.64ea	21.84	T
058449 89101	16341	*☛	Chewy, Pumpkin 'N' Spice, Trail Mix, Organic.....	6/6x35g	3.64ea	21.84	T
058449 89100	16340	*☛	Chewy, Sunny Hemp Plus, Trail Mix, Organic.....	6/6x35g	3.64ea	21.84	T
		◇	Volume Price: 12 asstd cs (NP Chewy/Pure Oats Bars/EK Crispy Rice Bars; natural retailers; no other discounts apply)		3.32ea	19.94	
		◇	Volume Price: 20 asstd cs (NP Chewy/Pure Oats Bars/EK Crispy Rice Bars; natural retailers; no other discounts apply)		3.24ea	19.44	
058449 89183	91650	*☛	Organic Granola Bars (PS, CN + PC) Shipper (Special Order; lead time required)	72/1ea	3.52ea	253.44	T
Contains 24 units each of Peanut Choco, Pumpkin 'N' Spice and Chococonut Organic Chewy Granola Bars. Available by special order only with 3-6 weeks' lead time.							
058449 89152	91649	*☛	Organic Granola Bars (SH, PS + BS) Shipper (Special Order; lead time required)	72/1ea	3.52ea	253.44	T
Contains 24 units each of Sunny Hemp, Pumpkin 'N' Spice and Berry Strawberry Organic Chewy Granola Bars. Available by special order only with 3-6 weeks' lead time.							
058449 15304	16699	*☛	NEW Pure Oats, Chewy, Chunky Chocolate Peanut, Organic	6/5x35g	3.70ea	22.20	T
058449 15302	16700	*☛	NEW Pure Oats, Chewy, Dark Chocolate Chip, Organic	6/5x35g	3.70ea	22.20	T
058449 15306	16698	*☛	NEW Pure Oats, Chewy, Trail Mixer, Organic.....	6/5x35g	3.70ea	22.20	T
Nature's Path has combined tasty, healthy <i>and</i> pure oats to create granola bars your customers will love. Deliciously decadent, fair trade dark chocolate, sweet almonds, tart cranberries and crunchy peanuts come together with pure whole oats—all Pure Oats products are third party tested to be gluten free—and ancient grains. Best of all, they're certified organic and non-GMO.							
		◇	Volume Price: 12 asstd cs (NP Chewy/Pure Oats Bars/EK Crispy Rice Bars; natural retailers; no other discounts apply)		3.38ea	20.30	
		◇	Volume Price: 20 asstd cs (NP Chewy/Pure Oats Bars/EK Crispy Rice Bars; natural retailers; no other discounts apply)		3.30ea	19.80	

PAMELA'S WHENEVER WHOLE GRAIN WHEAT FREE SNACK BARS

093709 26330	22297		Oat Blueberry Lemon (wheat free/non-dairy)	6/200g	4.41ea	26.46	T
093709 26440	22295		Oat Chocolate Chip Coconut (wheat free/non-dairy).....	6/200g	4.41ea	26.46	T
093709 26110	22296		Oat Cranberry Almond (wheat free/non-dairy).....	6/200g	4.41ea	26.46	T
093709 26220	22298		Oat Raisin Walnut Spice (wheat free/non-dairy).....	6/200g	4.41ea	26.46	T

Cookies

ANNIE'S HOMEGROWN GLUTEN FREE BUNNY COOKIES

We guarantee best before dates of 42 days from the date of shipping Annie's Homegrown cookies from our warehouse.

013562 04230	16663		Bunny Cookies, Cocoa & Vanilla (gluten free)	12/191g	5.15ea	61.80	
013562 00109	38735		Bunny Cookies, SnickerDoodle, Cinnamon Sugar (gluten free)	12/191g	5.15ea	61.80	

ANNIE'S HOMEGROWN BUNNY GRAHAMS SNACKS

We guarantee best before dates of 30 days from the date of shipping Annie's Homegrown graham snacks from our warehouse (42 days for Code 16662).

013562 00041	16168		Bunny Grahams, Chocolate.....	12/213g	4.05ea	48.60	
013562 04233	16662		Bunny Grahams, Friends.....	12/198g	4.05ea	48.60	
013562 00040	16167		Bunny Grahams, Honey	12/213g	4.05ea	48.60	

BARBARA'S BAKERY FIG BARS

We guarantee best before dates of 42 days from the date of shipping Barbara's Bakery fig bars from our warehouse.

070617 00190	16215		Multigrain, Fat Free.....	6/340g	4.72ea	28.32	
070617 00191	16216		Raspberry, Fat Free.....	6/340g	4.72ea	28.32	
070617 00193	16532		Whole Wheat.....	6/340g	4.72ea	28.32	

BARBARA'S BAKERY SNACKIMALS ANIMAL COOKIES • ORGANIC

070617 03551	16659	*	Snackimals, Chocolate Chip, Organic	6/170g	4.28ea	25.68	T
070617 03561	16658	*	Snackimals, Oatmeal, Organic	6/170g	4.28ea	25.68	T
070617 03541	16657	*	Snackimals, Vanilla, Organic	6/170g	4.28ea	25.68	T

COUNTRY CHOICE COOKIES • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Country Choice cookies from our warehouse.

729906 17001	16124	*	Sandwich Crèmes, Chocolate, Organic.....	6/340g	4.04ea	24.24	
729906 17003	16126	*	Sandwich Crèmes, Duplex, Organic (Chocolate & Vanilla)	6/340g	4.04ea	24.24	
729906 17005	16133	*	Sandwich Crèmes, Ginger Lemon, Organic.....	6/340g	4.04ea	24.24	
729906 17002	16125	*	Sandwich Crèmes, Vanilla, Organic.....	6/340g	4.04ea	24.24	
		◇	Volume Price: 20 assorted cases (any Country Choice varieties)		3.64ea	21.84	
		◇	Volume Price: 25 assorted cases (any Country Choice varieties)		3.43ea	20.58	

COUNTRY FRESH SESAME DREAMS • CANADIAN

620553 10105	16036	☛	Sesame Dreams	12/222g	3.57ea	42.84	
		◇	Volume Price: 10 cases		3.21ea	38.52	

ENJOY LIFE NUT & GLUTEN FREE COOKIES (continued on Page 104)

We guarantee best before dates of 30 days from the date of shipping Enjoy Life cookies from our warehouse.

853522 00086	13080		Crunchy, Chocolate Chip (milk/nut/gluten free)	6/198g	3.74ea	22.44	
853522 00087	13081		Crunchy, Double Chocolate (milk/nut/gluten free).....	6/179g	3.74ea	22.44	
853522 00088	13082		Crunchy, Sugar Shortbread (milk/nut/gluten free)	6/179g	3.74ea	22.44	
853522 00089	13083		Crunchy, Vanilla Honey Graham (milk/nut/gluten free)	6/179g	3.74ea	22.44	
		◇	Volume Price: 15 assorted cases (Enjoy Life Cookies; open stock not on deal)		3.37ea	20.22	
		◇	Volume Price: 25 assorted cases (Enjoy Life Cookies; open stock not on deal)		3.18ea	19.08	
		◇	Volume Price: 50 assorted cases (Enjoy Life Cookies; open stock not on deal)		2.99ea	17.94	



NEW Wafer Bites from Glutino

There is nothing that makes you feel better than a cookie. Even saying the word — cookie — is comforting. As a kid, when you had a bad day, your Grandma would pat you on the head and say "Have a cookie, dear." It's still great advice. Especially with these gluten free wonders.

- ✔ 3 delicious, bite-sized flavors
- ✔ Convenient for on-the-go
- ✔ Party pleasers!



ALWAYS GLUTEN FREE **glutino**
live fully

upc code	order code		case size	ea price	cs price
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ENJOY LIFE NUT & GLUTEN FREE COOKIES (continued on Page 102)

853522 00050	13085	◆	Twin Pack, Crunchy, Double Chocolate (2/pkg) (milk/nut/gluten free).....	24/28g	0.86ea	20.64	T
		◆	Volume Price: 15 assorted cases (Enjoy Life Cookies; open stock not on deal).....		0.77ea	18.48	
		◆	Volume Price: 25 assorted cases (Enjoy Life Cookies; open stock not on deal).....		0.73ea	17.52	
		◆	Volume Price: 50 assorted cases (Enjoy Life Cookies; open stock not on deal).....		0.69ea	16.56	
853522 00019	16503		Soft Baked, Chewy Chocolate Chip (nut/gluten free).....	6/170g	3.71ea	22.26	
853522 00021	16507		Soft Baked, Double Chocolate Brownie (nut/gluten free).....	6/170g	3.71ea	22.26	
853522 00025	16508		Soft Baked, Gingerbread Spice (nut/gluten free).....	6/170g	3.71ea	22.26	
853522 00018	16502		Soft Baked, Snickerdoodle (nut/gluten free).....	6/170g	3.71ea	22.26	
		◆	Volume Price: 15 assorted cases (Enjoy Life Cookies; open stock not on deal).....		3.34ea	20.04	
		◆	Volume Price: 25 assorted cases (Enjoy Life Cookies; open stock not on deal).....		3.15ea	18.90	
		◆	Volume Price: 50 assorted cases (Enjoy Life Cookies; open stock not on deal).....		2.97ea	17.82	

GLUTINO GLUTEN FREE COOKIES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Glutino cookies from our warehouse (42 days for Codes 38533, 38534 and 38535).

678523 07034	16493	✱	Cookies, Chocolate Chip (gluten free).....	12/245g	4.62ea	55.44	
678523 07032	16495	✱	Cream Sandwich Cookies, Chocolate Vanilla Crème Dreams (gluten free).....	12/300g	4.62ea	55.44	
678523 07030	16494	✱	Cream Sandwich Cookies, Vanilla Crème Dreams (gluten free).....	12/300g	4.62ea	55.44	
678523 01040	38533	✱	Wafer Cookies, Chocolate, Milk Chocolate Coated (gluten free).....	12/130g	3.74ea	44.88	
678523 01041	38535	✱	Wafer Cookies, Lemon (gluten free).....	12/200g	3.74ea	44.88	
678523 01042	38534	✱	Wafer Cookies, Vanilla, Milk Chocolate Coated (gluten free).....	12/130g	3.74ea	44.88	
678523 01038	38777	✱	NEW Wafer Cookies, Bites, Chocolate, Milk Chocolate Coated (gluten free).....	12/142g	3.74ea	44.88	
678523 01032	38776	✱	NEW Wafer Cookies, Bites, Hazelnut (gluten free).....	12/142g	3.74ea	44.88	
678523 01034	38775	✱	NEW Wafer Cookies, Bites, Lemon (gluten free).....	12/142g	3.74ea	44.88	

Glutino is always gluten free. Available in three pleasing flavours, new Wafer Bites are delicious, bite-sized cookies that are perfect on-the-go treats.

JOVIAL COOKIES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Jovial cookies from our warehouse.

815421 01201	13452	✱	Chocolate, Chocolate Cream Filled, Organic (gluten free).....	10/200g	3.92ea	39.20	
815421 01203	13453	✱	Fig Fruit Filled, Organic (gluten free).....	10/200g	3.92ea	39.20	
815421 01211	13450	✱	Einkorn, Checkerboard, Organic (Fair Trade).....	12/250g	3.94ea	47.28	
815421 01213	13451	✱	Einkorn, Crispy Cocoa, Organic (Fair Trade) (vegan).....	12/250g	3.94ea	47.28	

LUCY'S NUT, DAIRY & WHEAT FREE COOKIES

We guarantee best before dates of 42 days from the date of shipping Lucy's cookies from our warehouse.

897519 00133	16596		Chocolate (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00113	16550		Chocolate Chip (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00116	16551		Cinnamon Thin (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00135	16597		Ginger Snap (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00134	16598		Maple Biss (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00117	16554		Oatmeal (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
897519 00114	16552		Sugar Cookies (wheat free/vegan) (box).....	8/156g	4.62ea	36.96	
		◆	Volume Price: 6 assorted cases (open stock not on deal).....		4.39ea	35.12	
		◆	Volume Price: 9 assorted cases (open stock not on deal).....		4.16ea	33.28	
		◆	Volume Price: 15 assorted cases (open stock not on deal).....		3.93ea	31.44	

MARY'S ORGANIC GLUTEN FREE COOKIES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Mary's Organic cookies from our warehouse.

897580 00089	16530	✱	Chocolate Chip, Organic (gluten free).....	6/155g	4.19ea	25.14	
897580 00090	16539	✱	Double Chocolate, Organic (gluten free).....	6/155g	4.19ea	25.14	
897580 00088	16529	✱	Ginger Snaps, Organic (gluten free).....	6/155g	4.19ea	25.14	
897580 00091	16531	✱	N'Oatmeal, Organic (gluten free).....	6/155g	4.19ea	25.14	

NATURE'S BAKERY WHOLE WHEAT FIG BARS (continued on Page 106)

We guarantee best before dates of 42 days from the date of shipping Nature's Bakery fig bars from our warehouse.

Nature's Bakery is a family owned, commercial bakery on a mission to offer natural, nutritious and deliciously wholesome snack foods to support balanced, healthy, everyday lifestyles. Conveniently packaged for on-the-go snacking, Nature's Bakery whole wheat fig bars are Non-GMO Project verified. Each variety—like new Lemon, Mango and Strawberry flavours—is dairy, cholesterol and trans fat free, made without high fructose corn syrup and jam-packed with flavour.

047495 21022	13138		6-Packs, Fig Bar, Whole Wheat.....	12/340g	4.24ea	50.88	
047495 21020	13136		6-Packs, Fig Bar, Whole Wheat, Apple Cinnamon.....	12/340g	4.24ea	50.88	
047495 21021	13137		6-Packs, Fig Bar, Whole Wheat, Blueberry.....	12/340g	4.24ea	50.88	
047495 21027	13214		NEW 6-Packs, Fig Bar, Whole Wheat, Lemon.....	12/340g	4.24ea	50.88	
047495 21028	13215		NEW 6-Packs, Fig Bar, Whole Wheat, Mango.....	12/340g	4.24ea	50.88	
047495 21023	13139		6-Packs, Fig Bar, Whole Wheat, Peach Apricot.....	12/340g	4.24ea	50.88	
047495 21024	13140		6-Packs, Fig Bar, Whole Wheat, Raspberry.....	12/340g	4.24ea	50.88	
047495 21029	13216		NEW 6-Packs, Fig Bar, Whole Wheat, Strawberry.....	12/340g	4.24ea	50.88	
047495 81091	91940		Fig Bar 6-Packs Shipper (Special Order; lead time required).....	24/340g	4.24ea	101.76	

Contains 8 units each of Apple Cinnamon, Blueberry and Raspberry Fig Bars (6-Packs). Available by special order only with 3–6 weeks' lead time.

047495 49154	13133		Twin Packs, Fig Bar, Whole Wheat.....	12/57g	0.72ea	8.64	T
047495 49152	13131		Twin Packs, Fig Bar, Whole Wheat, Apple Cinnamon.....	12/57g	0.72ea	8.64	T
047495 49153	13132		Twin Packs, Fig Bar, Whole Wheat, Blueberry.....	12/57g	0.72ea	8.64	T
047495 49148	13211		NEW Twin Packs, Fig Bar, Whole Wheat, Lemon.....	12/57g	0.72ea	8.64	T

BAGGED COOKIES



ALL NATURAL, WHEAT & GLUTEN-FREE

WOW Baking has redefined wheat and gluten-free baked goods. Try one of our moist and chewy cookies and see why they rival the best traditional gourmet brands.

A FRESH LOOK FOR GROCERY

Moist and chewy gourmet wheat & Gluten-free cookies packed with rich delicious flavor. Crafted with quality, all-natural, GMO-free ingredients in our dedicated Gluten-free certified kitchen.

You won't believe these are wheat and gluten-free!



CHECK OUT OUR THREE NEWEST FLAVORS!



BAKING COMPANY

Unit Size	Retail Dimensions	Case Qty	Case Wt.	Case Dimensions	Shelf-life	SRP
BAGGED COOKIES						
8 oz	6.75 x 8.5 x 3	12	8 lbs	18 x 8.75 x 6	9 months	\$5.49

upc code	order code		case size	ea price	cs price	
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NATURE'S BAKERY WHOLE WHEAT FIG BARS (continued on Page 104)

047495 49147	13212	NEW Twin Packs, Fig Bar, Whole Wheat, Mango	12/57g	0.72ea	8.64	T
047495 49151	13134	Twin Packs, Fig Bar, Whole Wheat, Peach Apricot	12/57g	0.72ea	8.64	T
047495 49155	13135	Twin Packs, Fig Bar, Whole Wheat, Raspberry	12/57g	0.72ea	8.64	T
047495 12101	13213	NEW Twin Packs, Fig Bar, Whole Wheat, Strawberry	12/57g	0.72ea	8.64	T
047495 81012	91930	Fig Bar Twin Packs Shipper (Special Order; lead time required)	144/57g	0.72ea	103.68	T

Contains 36 units each of Raspberry and Apple Cinnamon and 24 units each of Blueberry, Peach Apricot and Regular Fig Bars (Twin Packs). Available by special order only with 3–6 weeks' lead time.

PAMELA'S FIGGIES & JAMMIES GLUTEN FREE FIG BARS

We guarantee best before dates of 45 days from the date of shipping Pamela's fig bars from our warehouse.

Filled with real fruit, this larger version of the traditional fig cookie is produced in a dedicated facility and certified gluten free. Each variety is low in sodium, egg free and made with no artificial flavours or additives, hydrogenated oils or trans fats, or corn syrup.

093709 28102	13221	NEW Fig Bar, Blueberry & Fig (gluten free)	6/255g	4.39ea	26.34	
093709 28101	13220	NEW Fig Bar, Mission Fig (gluten free)	6/255g	4.39ea	26.34	
093709 28103	13222	NEW Fig Bar, Raspberry & Fig (gluten free)	6/255g	4.39ea	26.34	
093709 28104	13223	NEW Fig Bar, Strawberry & Fig (gluten free)	6/255g	4.39ea	26.34	

PAMELA'S WHEAT FREE COOKIES

We guarantee best before dates of 45 days from the date of shipping Pamela's cookies from our warehouse.

093709 20050	16631	Butter Shortbread (wheat free)	6/150g	3.19ea	19.14	
093709 20070	16633	Chunky Chocolate Chip (wheat free)	6/150g	3.19ea	19.14	
093709 20030	16627	Ginger (wheat free)	6/150g	3.19ea	19.14	
093709 20150	16617	Lemon Shortbread (wheat free)	6/150g	3.19ea	19.14	
093709 20100	16642	Pecan Shortbread (wheat free)	6/150g	3.19ea	19.14	
093709 20040	16629	Peanut Butter (wheat free)	6/150g	3.19ea	19.14	
093709 25010	16645	Simplebites Minis, Chocolate Chip (wheat free)	6/170g	3.13ea	18.78	
093709 25030	16649	Simplebites Minis, Extreme Chocolate (wheat free)	6/170g	3.13ea	18.78	
093709 25020	16647	Simplebites Minis, Ginger Snapz (wheat free)	6/170g	3.13ea	18.78	

TUTTI GOURMET GLUTEN FREE BISCOTTI • CANADIAN

894936 00050	21814	✳ Biscotti, Almond (gluten free/dairy free)	8/180g	4.14ea	33.12	
894936 00052	21817	✳ Biscotti, Chocolate & Almond (gluten free/dairy free)	8/180g	4.14ea	33.12	
894936 00051	21815	✳ Biscotti, Orange & Chocolate (gluten free/dairy free)	8/180g	4.14ea	33.12	
894936 00053	21816	✳ Biscotti, Pistachio, Cranberry & Anise (gluten free/dairy free)	8/180g	4.14ea	33.12	
894936 00059	91159	✳ Gluten Free Biscotti Shipper (Special Order; lead time required)	60/180g	4.14ea	248.40	

Contains 12 units of Chocolate & Almond and 16 units each of Almond, Orange & Chocolate and Pistachio, Cranberry & Anise Biscotti. Available by special order only with 2 weeks' lead time.

UDI'S GLUTEN FREE SOFT BAKED COOKIES

We guarantee best before dates of 45 days from the date of shipping Udi's cookies from our warehouse.

698997 80773	55034	Soft Baked, Premium Maple Pecan Chocolate Chip (gluten free)	6/260g	5.00ea	30.00	
698997 80775	55032	Soft Baked, Premium Peanut Butter Coconut (gluten free)	6/260g	5.00ea	30.00	
698997 80774	55033	Soft Baked, Premium Salted Caramel Cashew (gluten free)	6/260g	5.00ea	30.00	

WOW BAKING COMPANY GLUTEN FREE COOKIES

We guarantee best before dates of 45 days from the date of shipping WOW Baking Company cookies from our warehouse.

WOW Baking is dedicated to creating great tasting, all natural, wheat and gluten free baked goods using quality ingredients, such as products grown from non-GMO seeds, unsulfured dried fruits, fair trade chocolate and crystallized, pure cane sugar. Conveniently packed in resealable bags, gluten free mini cookies—including new Butter Toffee, Key Lime and Maple Squares—are moist, chewy and packed with rich, delicious flavour.

854287 00255	16707	NEW Butter Toffee (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00569	16654	Chocolate Chip (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00579	16655	Ginger Molasses (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00244	16708	NEW Key Lime (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00559	16656	Lemon Burst (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00222	16706	NEW Maple Squares (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	
854287 00589	16664	Peanut Butter (gluten free) (resealable pouch)	12/227g	4.44ea	53.28	

Cones**LET'S DO...ICE CREAM CONES**

We guarantee best before dates of 45 days from the date of shipping Let's Do..Organic cones from our warehouse.

043182 00352	35181	◇ Ice Cream Cones (cuplets) (gluten free)	12/36g	3.53ea	42.36	
		◇ Volume Price: 10 assorted cases (LDO Cones + Sprinkelz; open stock not on deal; no other discounts apply)		3.18ea	38.16	
043182 00353	35192	◇ Sugar Cones (gluten free)	12/132g	4.26ea	51.12	
		◇ Volume Price: 10 assorted cases (LDO Cones + Sprinkelz; open stock not on deal; no other discounts apply)		3.83ea	45.96	
043182 00357	35043	◇ Sugar Cones, Organic	12/144g	4.25ea	51.00	
		◇ Volume Price: 10 assorted cases (LDO Cones + Sprinkelz; open stock not on deal; no other discounts apply)		3.83ea	45.96	
043182 00355	35042	◇ Ice Cream Cones, Organic (cuplets)	12/36g	3.08ea	36.96	
		◇ Volume Price: 10 assorted cases (LDO Cones + Sprinkelz; open stock not on deal; no other discounts apply)		2.77ea	33.24	

upc code order code

case size ea price cs price

crackers + rice cakes

Look for Quality Bakery Shelf Stable Breads in our Baked Goods • Breads + Pastries section.

Crackers + Bread Sticks

AK-MAK SESAME CRACKERS

We guarantee best before dates of 42 days from the date of shipping Ak-Mak crackers from our warehouse.

071105 00001	16005	Ak-Mak Sesame Crackers	12/118g	2.30ea	27.60
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ANNIE'S HOMEGROWN CHEDDAR BUNNIES BAKED SNACK CRACKERS

We guarantee best before dates of 30 days from the date of shipping Annie's Homegrown snack crackers from our warehouse (42 days for Code 16661).

All Annie's Homegrown products are made with goodness and without GMOs, artificial flavours, synthetic colour or preservatives. Popular Cheddar Bunnies baked snack crackers are available now in convenient, grab 'n' go, 28g Snack Packs. Love the cheddar taste but want a different shape? Cheddar Squares are a tasty, whole grain choice for the whole family.

013562 00154	16694	NEW Baked Snack Crackers, Snack Packs, Cheddar Bunnies (6/pkg).....	6/170g	5.23ea	31.38
013562 00038	16128	Baked Snack Crackers, Cheddar Bunnies.....	12/213g	4.05ea	48.60
013562 04231	16661	Baked Snack Crackers, Extra Cheesy Cheddar Bunnies.....	12/213g	4.05ea	48.60
013562 00036	16615	Baked Snack Crackers, White Cheddar Bunnies	12/213g	4.05ea	48.60
013562 00184	16693	NEW Baked Snack Crackers, Cheddar Squares.....	12/213g	4.05ea	48.60

BLUE DIAMOND NUT-THINS NUT & RICE SNACK CRACKERS

We guarantee best before dates of 45 days from the date of shipping Blue Diamond snack crackers from our warehouse.

041570 10966	16688	NEW Artisan Nut-Thins, Almond, Chia Seeds (gluten free)	12/120g	3.23ea	38.76
041570 10965	16687	NEW Artisan Nut-Thins, Almond, Flax Seeds (gluten free)	12/120g	3.23ea	38.76
041570 10967	16689	NEW Artisan Nut-Thins, Almond, Multiseeds (gluten free).....	12/120g	3.23ea	38.76

All the tasty benefits (like protein, fibre, whole grains and ALA omega-3) of brown rice, almonds and nutrient-rich seeds are available in deliciously versatile, wheat and gluten free, crunchy Artisan Nut-Thins crackers.

		Volume Price: 15 assorted cases (any Nut-Thins varieties).....		3.07ea	36.84
		Volume Price: 30 assorted cases (any Nut-Thins varieties).....		2.99ea	35.88
		Volume Price: 50 assorted cases (any Nut-Thins varieties).....		2.91ea	34.92
041570 05419	16178	Nut-Thins, Almond, Original (gluten free)	12/120g	2.90ea	34.80
041570 05422	16181	Nut-Thins, Almond, Cheddar Cheese (gluten free)	12/120g	2.90ea	34.80
041570 09916	16568	Nut-Thins, Almond, Hint of Sea Salt (gluten free)	12/120g	2.90ea	34.80
041570 05429	16179	Nut-Thins, Pecan (gluten free).....	12/120g	2.90ea	34.80
		Volume Price: 15 assorted cases (any Nut-Thins varieties).....		2.76ea	33.12
		Volume Price: 30 assorted cases (any Nut-Thins varieties).....		2.68ea	32.16
		Volume Price: 50 assorted cases (any Nut-Thins varieties).....		2.61ea	31.32

BLUE STAR FARMS STONE GROUND CRACKERS • ORGANIC

789280 50905	16295	*	Multigrain, Stone Ground, Organic.....	6/142g	3.92ea	23.52
789280 49905	16296	*	Rye & Flax, Stone Ground, Organic.....	6/142g	3.92ea	23.52
789280 48905	16294	*	Wheat, Stone Ground, Organic	6/142g	3.92ea	23.52

EDWARD & SONS BAKED BROWN RICE SNAPS

We guarantee best before dates of 42 days from the date of shipping Edward & Sons crackers from our warehouse.

039631 00041	16024	*	Plain, Unsalted, Organic.....	12/100g	3.34ea	40.08
039631 00046	16159	*	Black Sesame, Organic.....	12/100g	3.34ea	40.08
039631 00044	16027	*	Vegetable, Organic.....	12/100g	3.34ea	40.08
011206 00035	16068		Tamari Seaweed.....	12/100g	3.34ea	40.08
		◇	Volume Price: 10 asstd cs (E&S Brown Rice Snaps only; open stock not on deal; no other discounts apply)		3.01ea	36.12

EDWARD & SONS EXOTIC RICE TOAST CRACKERS

We guarantee best before dates of 42 days from the date of shipping Edward & Sons crackers from our warehouse.

043182 00061	16542		Rice Toast, Jasmine Rice & Spring Onion.....	12/65g	2.46ea	29.52
043182 00062	16543		Rice Toast, Purple Rice & Black Sesame.....	12/65g	2.46ea	29.52
043182 00063	16544		Rice Toast, Thai Red Rice & Flax Seeds	12/65g	2.46ea	29.52
		◇	Volume Price: 10 asstd cs (E&S Rice Toasts only; open stock not on deal; no other discounts apply)		2.21ea	26.52
		◇	Volume Price: 25 asstd cs (E&S Rice Toasts only; open stock not on deal; no other discounts apply)		2.09ea	25.08

ENERJIVE SKINNY GLUTEN FREE QUINOA CRACKERS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Energive crackers from our warehouse.

873531 00018	44175	🍁	Quinoa, Bella, Savoury Italian (gluten free).....	12/130g	5.12ea	61.44
873531 00004	44176	🍁	Quinoa, Burst, Lemon Berry (gluten free).....	12/130g	5.12ea	61.44
873531 00017	44172	🍁	Quinoa, Crave, Rock Salt (gluten free)	12/130g	5.12ea	61.44
873531 00005	44173	🍁	Quinoa, Fix, Chocolate (gluten free)	12/130g	5.12ea	61.44
873531 00016	44174	🍁	Quinoa, Heat, Garlic Cayenne (gluten free).....	12/130g	5.12ea	61.44

GG UNIQUE FIBRE SCANDINAVIAN BRAN CRISPREAD

We guarantee best before dates of 30 days from the date of shipping GG Unique Fibre crispbread from our warehouse.

035742 09007	16279		Scandinavian Bran Crispbread.....	30/100g	2.39ea	71.70
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upc code	order code		case size	ea price	cs price
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GLUTINO GLUTEN FREE CRACKERS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Glutino crackers from our warehouse (28 days for bagel chips; 30 days for snack crackers).

678523 04100	16566	✦	Bagel Chips, Original (gluten free).....	6/170g	3.57ea	21.42	T
678523 04104	16593	✦	Bagel Chips, Cinnamon & Sugar (gluten free).....	6/170g	3.57ea	21.42	T
678523 04102	16594	✦	Bagel Chips, Parmesan Garlic (gluten free).....	6/170g	3.57ea	21.42	T
678523 03851	16421	✦	Crackers (Rounds), Original (gluten free).....	6/125g	3.75ea	22.50	
678523 03845	16422	✦	Crackers (Rounds), Cheddar (gluten free).....	6/125g	3.75ea	22.50	
678523 03847	16423	✦	Crackers (Rounds), Multigrain (gluten free).....	6/125g	3.75ea	22.50	
678523 03849	16424	✦	Crackers (Rounds), Vegetable (gluten free).....	6/125g	3.75ea	22.50	
678523 03860	12959	✦	Snack Crackers, Rosemary & Olive Oil (gluten free).....	6/120g	2.40ea	14.40	T
678523 03858	12958	✦	Snack Crackers, Sea Salt (gluten free).....	6/120g	2.40ea	14.40	T
678523 03853	16549	✦	Table Crackers (gluten free).....	12/200g	3.12ea	37.44	

KASHI SNACK CRACKERS

We guarantee best before dates of 42 days from the date of shipping Kashi snack crackers from our warehouse.

018627 57583	16579		Pita Crisps, Original 7 Grain w/Sea Salt.....	12/223g	3.46ea	41.52	T
018627 57587	16578		Pita Crisps, Zesty Salsa.....	12/223g	3.46ea	41.52	T
018627 57579	16577		Snack Crackers, Fire Roasted Vegetable.....	12/255g	3.46ea	41.52	
018627 57585	16576		Snack Crackers, Toasted Asiago.....	12/255g	3.46ea	41.52	
018627 30014	16021		TLC Crackers, Original 7 Grain.....	12/255g	3.46ea	41.52	
		◇	Volume Price: 10 assorted cases (any Kashi varieties; open stock not on deal).....		2.60ea	31.20	
		◇	Volume Price: 20 assorted cases (any Kashi varieties; open stock not on deal).....		2.08ea	24.96	
018627 58012	91473		Snack Crackers Shipper (Special Order; lead time required).....	60/255g	3.46ea	207.60	
Contains 36 units of Fire Roasted Vegetable and 24 units of Toasted Asiago Snack Crackers. Available by special order only with 2 weeks' lead time.							

LE PAIN DES FLEURS GLUTEN FREE CRISPREADS • ORGANIC

848206 05956	16606	*	Crispbreads, Buckwheat, Organic (gluten free).....	12/150g	4.67ea	56.04	
848206 05957	16607	*	Crispbreads, Buckwheat, Unsalted, Organic (gluten free).....	12/150g	4.67ea	56.04	
848206 05959	16643	*	Crispbreads, Chestnut, Organic (gluten free).....	12/150g	6.08ea	72.96	
848206 05958	16641	*	Crispbreads, Quinoa, Organic (gluten free).....	12/150g	5.89ea	70.68	

MARY'S ORGANIC CRACKERS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Mary's Organic crackers from our warehouse (28 days for Codes 16669 and 16670).

897580 00010	16185	*	Original, Organic (wheat/gluten free).....	12/184g	4.87ea	58.44	
897580 00015	16376	*	Black Pepper, Organic (wheat/gluten free).....	12/184g	4.87ea	58.44	
897580 00011	16186	*	Caraway, Organic (wheat/gluten free).....	12/184g	4.87ea	58.44	
897580 00013	16187	*	Herb, Organic (wheat/gluten free).....	12/184g	4.87ea	58.44	
897580 00014	16669	*	Hot 'N' Spicy Jalapeño, Organic (wheat/gluten free).....	12/155g	4.87ea	58.44	
897580 00012	16377	*	Onion, Organic (wheat/gluten free).....	12/184g	4.87ea	58.44	
897580 00016	16670	*	Super Seed, Organic (wheat/gluten free).....	12/155g	4.87ea	58.44	

MONKEY TOAST FRUIT CRISPS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Monkey Toast fruit crisps from our warehouse.

627843 12139	16604	✦	Crisps, Apple Cinnamon.....	12/180g	5.63ea	67.56	
627843 12135	16603	✦	Crisps, Banana Blueberry.....	12/180g	5.63ea	67.56	
627843 12143	16703	✦	NEW Crisps, Brown Rice Banana Blue (vegan).....	12/180g	5.63ea	67.56	
Founded in Vancouver, BC by chef and caterer Dale Ferris, Monkey Toast is a delicious, fruit based crisp that's nut and dairy free and packed with flavour. Perfect for kids and grownups, wheat free Brown Rice Banana Blue is new this edition. Bananas, more than two in every box, are the first ingredient before brown rice, sorghum (an ancient cereal grain that's gluten free), and wheat free oats. Blueberries and a savoury spice mix round out this delicious recipe.							
627843 12137	16605	✦	Crisps, Pumpkin Cranberry.....	12/180g	5.63ea	67.56	

REAL FOODS CORN THINS CRACKERS

671959 00101	16460	*	Original, Organic.....	12/150g	2.19ea	26.28	
671959 00104	16463	*	Sesame, Organic.....	12/150g	2.19ea	26.28	
671959 00102	16461		Flax & Soy.....	12/150g	2.19ea	26.28	
671959 00103	16462		Multigrain.....	12/150g	2.19ea	26.28	

RW GARCIA GLUTEN FREE 5-SEED CRACKERS

We guarantee best before dates of 45 days from the date of shipping RW Garcia crackers from our warehouse.

036593 15002	16527		5 Seed, Onion & Chive (gluten free).....	6/113g	3.77ea	22.62	
036593 15001	16524		5 Seed, Rosemary & Garlic (gluten free).....	6/113g	3.77ea	22.62	
036593 15003	16528		5 Seed, Tellicherry Cracked Pepper (gluten free).....	6/113g	3.77ea	22.62	
		◇	Volume Price: 6 assorted cases (RW Garcia Crackers; open stock not on deal; no other discounts apply).....		3.58ea	21.48	
		◇	Volume Price: 12 assorted cases (RW Garcia Crackers; open stock not on deal; no other discounts apply).....		3.39ea	20.34	

SAN-J BROWN RICE CRACKERS

075810 00015	16350		Black Sesame.....	12/100g	3.60ea	43.20	
075810 00016	16352		Sesame.....	12/100g	3.60ea	43.20	
075810 00013	16356		Tamari.....	12/80g	3.60ea	43.20	
075810 00017	16545		Teriyaki.....	12/102g	3.60ea	43.20	
075810 95300	90381		Brown Rice Crackers Floor Shipper (Special Order; lead time required).....	72/1ea	3.60ea	259.20	
Contains 36 units of Black Sesame, 24 units of Brown Sesame and 12 units of Tamari Rice Crackers. Available by special order only with 3-6 weeks' lead time.							

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SUZIE'S ANCIENT GRAINS BREADSTICKS

We guarantee best before dates of 45 days from the date of shipping Suzie's crackers products from our warehouse.

022929 51540	16479	Kamut, Sesame Seed	12/126g	2.98ea	35.76
022929 51541	16480	Spelt, Multiseed	12/126g	2.98ea	35.76

SUZIE'S ANCIENT GRAINS FLATBREADS

022929 51525	16476	Kamut, Rosemary	12/126g	3.10ea	37.20
022929 51520	16475	Kamut, Sesame	12/126g	3.10ea	37.20
022929 51535	16478	Spelt, Italian Herb	12/126g	3.10ea	37.20
022929 51530	16477	Spelt, Multiseed	12/126g	3.10ea	37.20

SUZIE'S SALTINES STYLE CRACKERS • ORGANIC

022929 42804	16484	*	Rosemary & Sesame, Organic	12/250g	4.01ea	48.12
022929 42801	16482	*	Salted, Organic	12/250g	4.01ea	48.12
022929 42805	16481	*	Tomato & Oregano, Organic	12/250g	4.01ea	48.12

VENUS 8 GRAIN CRACKERS • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Venus crackers from our warehouse.

041651 02000	16222	*	Hearty Original, Organic	12/142g	4.19ea	50.28
041651 02002	16224	*	Mediterranean Delight, Organic	12/142g	4.19ea	50.28
041651 02020	16538	*	Rosemary & Sea Salt, Organic	12/142g	4.19ea	50.28
041651 02001	16223	*	Seed Celebration, Organic	12/142g	4.19ea	50.28

WISCRACKERS LOW FAT CRACKERS

789280 43904	16327	Original Sesame	6/114g	3.02ea	18.12
789280 41904	16325	Roasted Garlic Rosemary	6/114g	3.02ea	18.12
789280 42904	16326	Spicy Pepper Melange	6/114g	3.02ea	18.12

Rice Cakes

LUNDBERG RICE CAKES • ORGANIC (continued on Page 110)

We guarantee best before dates of 45 days from the date of shipping Lundberg rice cakes from our warehouse.

073416 20014	16311	*	Plain, Brown Rice, Organic	12/241g	3.69ea	44.28
073416 20015	16312	*	Plain, Brown Rice, Unsalted, Organic	12/241g	3.69ea	44.28
073416 20037	16321	*	Buttery Caramel, Organic	12/269g	3.69ea	44.28
073416 20039	16322	*	Cinnamon Toast, Organic	12/269g	3.69ea	44.28
073416 20027	16329	*	Flax w/Tamari, Organic	12/241g	3.69ea	44.28
073416 20024	16320	*	Koku Seaweed w/Wasabi, Organic	12/255g	3.69ea	44.28
073416 20020	16317	*	Sesame Tamari, Organic	12/255g	3.69ea	44.28
073416 20013	16315	*	Tamari w/Seaweed, Organic	12/241g	3.69ea	44.28

upc code	order code		case size	ea price	cs price
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LUNDBERG RICE CAKES • ORGANIC (continued on Page 109)

073416 20017	16313	*	Wild Rice, Organic.....	12/241g	3.69ea	44.28
073416 49064	91387	*	Organic Rice Cakes Shipper (Special Order; lead time required).....	48/241g	3.68ea	176.64

Contains 12 units each of Brown Rice, Unsalted Brown Rice, Wild Rice and Tamari Seaweed Rice Cakes. Available by special order only with 3–6 weeks' lead time.

PLUM-M-GOOD BROWN RICE CAKES • CANADIAN

We guarantee best before dates of 42 days from the date of shipping Plum-M-Good rice cakes from our warehouse.

069372 00764	16667	*✱	Thins, Brown Rice, 5-Rice Blend, Organic.....	12/95g	1.97ea	23.64
069372 00766	16668	*✱	Thins, Brown Rice, Canadian Wild Rice, Organic.....	12/95g	1.97ea	23.64
069372 00730	16610	*✱	Thins, Brown Rice, Multigrain, Unsalted, Organic.....	12/95g	1.97ea	23.64
069372 00762	16666	*✱	Thins, Brown Rice w/Quinoa, Unsalted, Organic.....	12/95g	1.97ea	23.64
069372 00720	16609	*✱	Thins, Brown Rice, Sea Salt, Organic.....	12/95g	1.97ea	23.64
069372 00750	16614	*✱	Thins, Brown Rice, Sesame, Unsalted, Organic.....	12/95g	1.97ea	23.64
069372 00710	16608	*✱	Thins, Brown Rice, Unsalted, Organic.....	12/95g	1.97ea	23.64
069372 00211	16445	*✱	Brown Rice, Natural, Lightly Salted, Organic.....	12/185g	3.19ea	38.28
069372 00104	16425	*✱	Brown Rice, Natural, Unsalted, Organic.....	12/185g	3.19ea	38.28
069372 00214	16540	*✱	Brown Rice, Flax Seed Added, Salted, Organic.....	12/185g	3.19ea	38.28
069372 00114	16541	*✱	Brown Rice, Flax Seed Added, Unsalted, Organic.....	12/185g	3.19ea	38.28
069372 00215	16441	*✱	Brown Rice, Multigrain, Salted, Organic.....	12/185g	3.19ea	38.28
069372 00111	16450	*✱	Brown Rice, Multigrain, Unsalted, Organic.....	12/185g	3.19ea	38.28
069372 00217	16446	*✱	Brown Rice, Sesame, Salted, Organic.....	12/185g	3.19ea	38.28
069372 00117	16443	*✱	Brown Rice, Sesame, Unsalted, Organic.....	12/185g	3.19ea	38.28
069372 00201	16410	*✱	Brown Rice, Natural, Lightly Salted.....	12/185g	2.42ea	29.04
069372 00101	16405	*✱	Brown Rice, Natural, Unsalted.....	12/185g	2.42ea	29.04
069372 00102	16415	*✱	Brown Rice, Buckwheat, Unsalted.....	12/185g	2.42ea	29.04
069372 00103	16420	*✱	Brown Rice, Millet, Unsalted.....	12/185g	2.42ea	29.04
069372 00218	16412	*✱	Brown Rice, Multigrain, Salted.....	12/185g	2.42ea	29.04
069372 00209	16411	*✱	Brown Rice, Sesame, Salted.....	12/185g	2.42ea	29.04

SUZIE'S WHOLE GRAIN THIN CAKES

We guarantee best before dates of 45 days from the date of shipping Suzie's grain cakes from our warehouse.

022929 42985	16569		Puffed Corn, Quinoa & Sesame, Lightly Salted.....	12/130g	2.83ea	33.96
022929 42989	16490		Puffed Multigrains, Lightly Salted.....	12/136g	2.83ea	33.96
022929 42986	16488		Puffed Rice, Lightly Salted.....	12/136g	2.83ea	33.96
022929 42987	16489		Puffed Rice, Unsalted.....	12/136g	2.83ea	33.96
022929 42988	16491		Puffed Spelt w/Flax Seeds, Lightly Salted.....	12/152g	2.83ea	33.96

dried fruits + vegetables

BULK DRIED FRUIT

775768 18010	18010		Apricots, Turkish (sulphured).....	1/12.5kg	182.43ea	182.43
111111 18040	18040	⊙*	Apricots, Turkish, Organic.....	1/12.7kg	268.65ea	268.65
775768 18070	18070		Thompson Raisins.....	1/13.6kg	74.32ea	74.32
775768 18080	18080	⊙*	Thompson Seedless Raisins, Organic (California) (w/sunflower oil).....	1/13.6kg	80.29ea	80.29

BARE FRUIT BAKE-DRIED FRUIT SNACKS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Bare Fruit snacks from our warehouse.

013971 00025	18059	*	Cinnamon Apple Chips, Bake-Dried, Organic.....	12/63g	2.77ea	33.24
013971 00020	18057	*	Fuji Apple Chips, Bake-Dried, Organic.....	12/63g	2.77ea	33.24
013971 00024	18058	*	Granny Smith Apple Chips, Bake-Dried, Organic.....	12/63g	2.77ea	33.24
013971 00183	18172	*	Apricots, Chunks, Bake-Dried, Organic.....	12/63g	3.13ea	37.56
013971 00028	18061	*	Mangos, Chunks, Bake-Dried, Organic.....	12/63g	3.13ea	37.56

BLUE MONKEY BAKED COCONUT CHIPS

We guarantee best before dates of 30 days from the date of shipping Blue Monkey coconut chips from our warehouse (45 days for Code 02339).

059654 07001	02306		Baked Coconut Chips w/Coconut Nectar (replaces Code 02286).....	24/40g	1.87ea	44.88	T
059654 07005	02339		NEW Baked Coconut Chips, Dark Chocolate.....	24/40g	1.87ea	44.88	T
Flakes of coconut meat are lightly baked until crispy then dusted with dark chocolate. Great as a snack or topping, high in fibre and preservative free, Coconut Chips are packed in stay-fresh foil pouches that provide up to 18 months' shelf life.							
059654 07004	02308		Baked Coconut Chips, Ginger.....	24/40g	1.87ea	44.88	T
059654 07003	02307		Baked Coconut Chips, Wasabi.....	24/40g	1.87ea	44.88	T

CENTRAL ROAST DRIED FRUIT SNACKS • CANADIAN

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00066	17014	✱	NEW Antioxidant Dried Blueberries (bag).....	6/240g	8.27ea	49.62	
Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal]							
817699 00015	17015	✱	NEW Cranberries, Dried, Apple Juice Sweetened (bag).....	6/225g	4.96ea	29.76	
Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal]							
817699 00026	17016	✱	NEW Golden Berry (bag).....	6/215g	7.92ea	47.52	
Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal]							
817699 00025	17017	✱	NEW Vital Berry Blend (bag).....	6/300g	6.78ea	40.68	
Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal]							

Fruit d'Or

Organic • Biologique

WE'RE GROWING!



INTRODUCING A NEW ORGANIC SUPERFRUIT BLEND; CRANBERRIES, WILD BLUEBERRIES AND TART CHERRIES.

**CANADA'S
#1 ORGANIC
CRANBERRY
BRAND**

At Fruit d'Or, we press fruit only as needed in order to dry them, so you enjoy dried fruit that is plumper and juicier with a uniquely delicious taste.



Available now.

upc code order code case size ea price cs price

CENTRAL ROAST DRIED FRUIT & NUT SNACKS • CANADIAN

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00387	17013	◆	NEW Antioxidant Mix (bag).....6/300g	7.10ea	42.60	T
		◆	Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal]	6.60ea	39.60	
817699 00044	17018	◆	NEW Energy Nuggets (bag).....6/240g	5.28ea	31.68	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal]..	4.78ea	28.68	
817699 00046	17019	◆	NEW Energy Power Mix (bag).....6/300g	6.63ea	39.78	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal]..	6.13ea	36.78	
817699 00023	17020	◆	NEW Golden Berry Energy (bag).....6/290g	7.24ea	43.44	
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal]..	6.74ea	40.44	
817699 00022	17021	◆	NEW Men's Energy Mix (bag).....6/300g	6.63ea	39.78	T
817699 00007	17022	◆	NEW Women's Vitality Mix (bag).....6/300g	6.63ea	39.78	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal]..	6.13ea	36.78	
817699 00551	17033	◆	NEW Antioxidant Mix (tub).....8/400g	8.36ea	66.88	T
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal]	7.99ea	63.88	
817699 00398	17034	◆	NEW Golden Berry Energy (tub).....8/400g	8.29ea	66.32	T
817699 00399	17035	◆	NEW Men's Energy Mix (tub).....8/400g	8.29ea	66.32	T
817699 00550	17036	◆	NEW Women's Vitality Mix (tub).....8/400g	8.29ea	66.32	T
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal]	7.92ea	63.32	
817699 00553	17037	◆*	NEW Raw Goji Energy, Organic (tub).....8/375g	9.75ea	78.00	
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal]	9.38ea	75.00	

EDEN PACKAGED DRIED FRUIT SNACKS

024182 02088	35059	*	Blueberries, Wild, Organic (resealable).....15/113g	10.10ea	151.50	T
024182 02079	35057	*	Cherries, Montmorency (resealable).....15/113g	6.26ea	93.90	T
024182 02090	35058	*	Cranberries, Organic (resealable).....15/113g	3.96ea	59.40	T

FOURMI BIONIQUE GOURMET FRUIT & NUT SNACKS • CANADIAN

883366 00035	35194	◆	Fruit & Nut Snack Medley, Beatitude.....48/70g	2.32ea	111.36	T
883366 00032	35193	◆	Fruit & Nut Snack Medley, Enticing.....48/70g	2.32ea	111.36	T

FRUIT D'OR DRIED BERRIES • CANADIAN

662166 21105	18141	*◆	Cranberries, Original, Organic (resealable bag).....12/113g	2.63ea	31.56	T
662166 21106	18151	*◆	Cranberries, Fruit Juice Sweetened, Organic (resealable bag).....12/113g	2.63ea	31.56	T
662166 00025	18146	◆	Cranberries, Original (resealable bag).....12/170g	2.63ea	31.56	T
662166 31101	18113	*◆	Cranberries, Whole, Fruit Juice Sweetened, Organic (tub).....8/340g	6.22ea	49.76	T
662166 31102	18112	*◆	Cranberries, Whole, Original, Organic (tub).....8/340g	6.22ea	49.76	T
662166 31103	18115	*◆	Mixed Berries, Fruit Juice Sweetened, Organic (tub).....8/340g	8.96ea	71.68	T
662166 21101	18177	*◆	NEW Three Berries, Apple Juice Sweetened, Organic (cran/blue/cherries) (resealable bag).....12/113g	3.65ea	43.80	T

A blend of dried organic cranberries, wild blueberries and tart cherries, with no sugar added, is naturally sweetened with apple juice and free of preservatives, additives and cholesterol. All 113g varieties are packed in new bags with interior metallized film, which helps retain the great taste of the dried fruits.

662166 31104	18114	*◆	Wild Blueberries, Fruit Juice Sweetened, Organic (tub).....8/340g	17.47ea	139.76	T
662166 00111	18169	*◆	Snack Packs, Cranberries, Apple Juice Sweetened, Organic.....40/28g	0.80ea	32.00	T
662166 00121	18170	*◆	Snack Packs w/Display Boxes, Cranberries, Apple Juice Sweetened, Organic.....2/20x28g	16.00ea	32.00	T

LEVEL GROUND DIRECT FAIR TRADE DRIED FRUITS

We guarantee best before dates of 45 days from the date of shipping Level Ground dried fruits from our warehouse.

661594 00090	18119	*☉	Golden Berry, Organic (Fair Trade).....12/150g	5.92ea	71.04	
661594 00088	18116	*☉	Mango, Organic (Fair Trade).....12/150g	5.92ea	71.04	
661594 00089	18118	☉	Pineapple (Fair Trade).....12/150g	5.92ea	71.04	
661594 00091	18117	☉	Tropical Mix (Fair Trade).....12/150g	5.92ea	71.04	T

MADE IN NATURE DRIED FRUITS • ORGANIC (continued on Page 113)

We guarantee best before dates of 42–45 days from the date of shipping Made In Nature dried fruits from our warehouse (30 days for Code 18071).

720379 50123	18091	*	Apple Slices, Organic.....12/85g	5.13ea	61.56	
720379 50110	18096	*	Mango Pieces, Organic.....12/85g	5.13ea	61.56	
720379 50126	18074	*	Pineapple Bits, Organic.....12/85g	5.13ea	61.56	
720379 50118	18073	*	Apricots, Turkish, Organic.....12/170g	5.13ea	61.56	
720379 50404	18167	*	Bananas, Slices, Organic.....12/113g	5.13ea	61.56	
720379 50405	18168	*	Dates, Deglet Noor, Organic (pitted).....12/170g	5.13ea	61.56	
720379 50127	18090	*	Prunes, Pitted, Organic.....12/170g	5.13ea	61.56	
		◆	Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)	4.76ea	57.16	
		◆	Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)	4.76ea	57.16	
720379 50129	18071	*	Figs, Black Mission, Organic.....12/227g	5.56ea	66.72	
720379 50128	18072	*	Figs, Calmyrna, Organic.....12/198g	5.56ea	66.72	
		◆	Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)	5.19ea	62.32	
		◆	Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)	5.19ea	62.32	
720379 50401	18109	*	Cranberries, Organic.....12/142g	6.42ea	77.04	
		◆	Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)	6.05ea	72.64	
		◆	Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)	6.05ea	72.64	
720379 50116	18099	*	Fusion, Antioxidant, Organic.....12/142g	7.42ea	89.04	
		◆	Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)	7.05ea	84.64	
		◆	Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)	7.05ea	84.64	

upc code order code case size ea price cs price

MADE IN NATURE DRIED FRUITS • ORGANIC (continued on Page 112)

720379 50176	91452	*	Organic Dried Fruits (Apricots/Mangos/Prunes) Shipper (Special Order; lead time required).....	72/1ea	5.23ea	376.56	
			Contains 24 units each of Apricots, Mango Pieces and Prunes Organic Dried Fruits. Available by special order only with 3-6 weeks' lead time.				
720379 53105	18173	*	Single Serve, Fusion, Antioxidant, Organic	8/5x28g	7.87ea	62.96	T
720379 53108	18176	*	Single Serve, Fusion, Apple Cinnamon, Organic	8/5x28g	7.87ea	62.96	T
720379 53106	18174	*	Single Serve, Fusion, Mediterranean, Organic	8/5x28g	7.87ea	62.96	T
720379 53107	18175	*	Single Serve, Fusion, Tropical, Organic	8/5x28g	7.87ea	62.96	T
			Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)		7.32ea	58.56	
			Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)		7.32ea	58.56	

MADE IN NATURE RAISINS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Made In Nature dried fruits from our warehouse.

720379 50121	18069	*	Raisins, Thompson Seedless, Organic	12/170g	3.71ea	44.52	
			Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)		3.34ea	40.12	
			Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)		3.34ea	40.12	
720379 50112	18097	*	Raisins, Thompson Seedless, Organic	12/425g	5.21ea	62.52	
			Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)		4.84ea	58.12	
			Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)		4.84ea	58.12	
720379 50115	18075	SO*	Snack Packs, Raisins, Thompson Seedless, Organic (6 pack)	24/6x42g	3.68ea	88.32	
			Volume Price: 10 asstd cases (Made In Nature packaged varieties; maximum 3 SKUs; open stock not on deal)		3.50ea	83.92	
			Volume Price: 20 asstd cases (Made In Nature packaged varieties; open stock not on deal)		3.50ea	83.92	

NAVITAS NATURALS DRIED BERRIES • ORGANIC

858847 00086	26118	*	Goldenberries, Organic	12/113g	7.02ea	84.24	
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		6.32ea	75.84	
858847 00089	26119	*	Goldenberries, Organic	12/227g	13.15ea	157.80	
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		11.84ea	142.08	
858847 00081	26120	*	Mulberries, White, Sun-Dried, Organic	12/113g	6.17ea	74.04	
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		5.55ea	66.60	
858847 00088	26121	*	Mulberries, White, Sun-Dried, Organic	12/227g	11.83ea	141.96	
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		10.65ea	127.80	
858847 00080	26115	*	Goji Berries, Sun-Dried, Organic	12/113g	7.02ea	84.24	
858847 00070	26116	*	Goji Berries, Sun-Dried, Organic	12/227g	13.15ea	157.80	
858847 00071	26117	*	Goji Berries, Sun-Dried, Organic	6/454g	25.46ea	152.76	

NAVITAS NATURALS SUPERFOODS SNACK MIXES • ORGANIC

858847 00010	26126	*	Power Snack, Blueberry Hemp Superfood, Organic	12/227g	9.17ea	110.04	T
858847 00023	26124	*	Power Snack, Cacao Goji Superfood, Organic	12/227g	9.17ea	110.04	T
858847 00001	26125	*	Power Snack, Citrus Chia Superfood, Organic	12/227g	9.17ea	110.04	T
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		8.25ea	99.00	
858847 00095	26123	*	Trail Mix, 3 Berry/Cacao Nibs/Cashews, Organic	12/113g	6.17ea	74.04	T
858847 00094	26122	*	Trail Mix, Goji/Mulberry/Goldenberry, Organic	12/113g	6.17ea	74.04	T
			Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		5.55ea	66.60	

PRANA DRIED FRUITS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Prana dried fruits from our warehouse (30 days for Code 18111 Dates).

877693 00023	18156	*🍁	Apricots, Pitted, Organic (resealable bag)	6/300g	3.90ea	23.40	
877693 00021	18155	*🍁	Figs, Organic (resealable bag)	6/250g	4.54ea	27.24	
877693 00018	18110	*🍁	Goji Berries, Organic (resealable bag)	6/200g	8.24ea	49.44	
877693 00303	18161	*🍁	Goldenberries, Organic (resealable bag)	6/170g	6.17ea	37.02	
877693 00145	18152	*🍁	Mango Cheeks, Organic (resealable bag)	6/150g	3.89ea	23.34	
877693 00143	18153	*🍁	Manuka Raisins, Organic (resealable bag)	6/250g	4.87ea	29.22	
877693 00022	18111	*🍁	Medjool Dates, Organic (resealable bag)	6/250g	6.23ea	37.38	
877693 00140	18171	*🍁	NEW Mulberries, White, Organic (resealable bag)	6/250g	5.19ea	31.14	
			Imported from the most recent harvest, Prana dried fruits are packaged in a manner that preserves their optimal freshness, texture and taste. Beyond their sweet and delicate flavour, white mulberries are an excellent source of vitamin C and iron, and one of the few foods that contain resveratrol, a polyphenol compound found in the skin of red grapes also. Great as a snack on their own, with yogurt or granola, or as a substitute for raisins in baking.				
877693 00304	18162	*🍁	Pineapple Rings, Organic (resealable bag)	6/125g	4.57ea	27.42	
877693 00027	18154	*🍁	Prunes, Pitted, Organic (resealable bag)	6/250g	4.54ea	27.24	
877693 00404	29034	*🍁	Mango Cheeks, Organic	1/9.08kg	159.76ea	159.76	

SENSIBLE FOODS DRIED FRUIT & VEGETABLE SNACKS

600760 00032	18003	*	Apple Harvest, Organic	12/21g	1.73ea	20.76	T
600760 00041	18004	*	Sweet Corn, Organic	12/21g	1.73ea	20.76	T
600760 00031	18000		Cherry Berry	12/21g	1.73ea	20.76	T
600760 00023	18002		Orchard Blend	12/21g	1.73ea	20.76	T
600760 00022	18001		Tropical Blend	12/21g	1.73ea	20.76	T

TRIPLE JIM'S DRIED FRUITS • CANADIAN • ORGANIC

059105 05227	18160	*🍁	Cherries, Organic	12/227g	9.14ea	109.68	
059105 05075	36657	*🍁	Crispy Apple Chips, Jona Gold, Organic	24/75g	3.24ea	77.76	T

upc code	order code		case size	ea price	cs price
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VEGGIE-GO'S CHEWY FRUIT & VEGGIE SNACKS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Veggie-Go's snacks from our warehouse.

Made by hand from 1/2 serving of whole fruits and 1/2 serving of whole veggies, organic Veggie-Go's chewy fruit and veggie snacks are Non-GMO Project verified and soy, gluten and dairy free with no added sugar and less than 20 calories per bar. New TropiKale, made with mango, kiwi, kale, pumpkin, apples and guava, is the perfect, nutrient rich, on-the-go snack or lunchbox favourite.

094723 51008	26493	*	Carrot Ginger, Organic (gluten free).....	20/12g	1.22ea	24.40	T
094723 51010	26492	*	Cinnamon Spiced Beet, Organic (gluten free).....	20/12g	1.22ea	24.40	T
094723 51009	26490	*	Mountain Berry Spinach, Organic (gluten free).....	20/12g	1.22ea	24.40	T
094723 51011	26491	*	Sweet Potato Pie, Organic (gluten free).....	20/12g	1.22ea	24.40	T
094723 51017	26495	*	NEW TropiKale, Organic (gluten free).....	20/12g	1.22ea	24.40	T
		◇	Volume Price: 8 assorted cases (open stock not on deal).....		1.10ea	22.00	
		◇	Volume Price: 16 assorted cases (open stock not on deal).....		1.04ea	20.80	
		◇	Volume Price: 36 assorted cases (open stock not on deal).....		0.98ea	19.60	

flours

BULK CHICKPEA FLOUR • ORGANIC

111111 28124	28124	*	Chickpea Flour, Organic.....	1/11.34kg	37.16ea	37.16	
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ANITA'S ORGANIC MILL FLOURS • CANADIAN • ORGANIC (continued on Page 115)

We guarantee best before dates of 42 days from the date of shipping Anita's Organic flours (Codes 22238, 22239, 22240 and 27000) from our warehouse.

623636 99334	22252	*🍀	Coconut Flour, Organic.....	6/680g	8.14ea	48.84	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.86ea	47.14	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.57ea	45.44	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.29ea	43.74	
623636 40100	20102	*🍀	Spelt Flour, White, Organic.....	6/500g	4.65ea	27.90	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.48ea	26.90	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.32ea	25.90	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.15ea	24.90	
623636 10120	22138	*🍀	Buckwheat Flour, Stone Ground, Organic.....	6/1kg	6.38ea	38.28	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.16ea	36.97	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.94ea	35.66	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.72ea	34.34	
623636 12020	20101	*🍀	Cake & Pastry Flour, Organic.....	6/1kg	5.09ea	30.54	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.92ea	29.50	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.74ea	28.46	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.57ea	27.42	
623636 18000	22137	*🍀	Corn Flour, Fresh Ground, Organic.....	6/1kg	5.74ea	34.44	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.54ea	33.26	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.35ea	32.09	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.15ea	30.91	
623636 99339	22251	*🍀	Einkorn Flour (Farro), Organic.....	6/1kg	7.22ea	43.32	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.97ea	41.81	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.72ea	40.31	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.47ea	38.80	
623636 99350	22238	*🍀	Kamut Flour, Sprouted, Organic.....	6/1kg	6.49ea	38.94	
623636 99330	22239	*🍀	Spelt Flour, Sprouted, Organic.....	6/1kg	6.49ea	38.94	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.26ea	37.59	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.04ea	36.23	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.81ea	34.88	
623636 60000	22135	*🍀	Kamut Flour, Stone Ground, Organic.....	6/1kg	6.33ea	37.98	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.11ea	36.68	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.90ea	35.38	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.68ea	34.07	
623636 60070	27000	*🍀	Pizza Flour, Type 00, Organic.....	6/1kg	5.07ea	30.42	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.90ea	29.37	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.72ea	28.32	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.55ea	27.27	
623636 30005	22129	*🍀	Rye Flour, Fresh Ground, Organic.....	6/1kg	4.03ea	24.18	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		3.89ea	23.36	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		3.76ea	22.54	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		3.62ea	21.72	
623636 50000	22128	*🍀	Spelt Flour, Stone Ground, Organic.....	6/1kg	6.58ea	39.48	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.38ea	38.26	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.17ea	37.04	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.97ea	35.82	
623636 40000	22126	*🍀	Unbleached White Flour, Organic.....	6/1kg	5.60ea	33.60	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.41ea	32.45	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.22ea	31.30	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.03ea	30.16	
623636 99310	22240	*🍀	Whole Wheat Flour, Sprouted, Organic.....	6/1kg	5.38ea	32.28	
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.19ea	31.16	
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.01ea	30.04	
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.82ea	28.92	

Veggie-Go's™

chewy fruit & veggie snacks

Gluten Free

No Added Sugar

No Preservatives **GMO Free**

Vegan **Dairy Free**

Kosher *Organic*

Fruits & Veggies.





Ingredients: Organic Mountain Berry Spinach Puree (Organic Apples, Organic Spinach, Organic Strawberries, Organic Raspberries, Organic Blue Berries, Organic Sweet Potatoes)

Nutrition Facts		Valeur nutritive	
Per 1 bar (12 g)			
Amount	% Daily Value	% valeur quotidienne	
Calories / Calories	17		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	5 mg	1 %	
Carbohydrate / Glucides	5 g	1 %	
Fibre / Fibre	1 g	4 %	
Sugars / Sucres	2 g		
Protein / Protéines	0 g		
Vitamin A / Vitamine A	20 %		
Vitamin C / Vitamine C	8 %		
Calcium / Calcium	1 %		
Iron / Fer	1 %		



Ingredients: Organic Sweet Potato Pie Puree (Organic Apples, Organic Sweet Potatoes, Organic Cinnamon, Organic Ginger, Organic Nutmeg, Organic Cloves, Citric Acid)

Nutrition Facts		Valeur nutritive	
Per 1 bar (12 g)			
Amount	% Daily Value	% valeur quotidienne	
Calories / Calories	18		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	5 mg	1 %	
Carbohydrate / Glucides	5 g	1 %	
Fibre / Fibre	1 g	4 %	
Sugars / Sucres	2 g		
Protein / Protéines	0 g		
Vitamin A / Vitamine A	80 %		
Vitamin C / Vitamine C	5 %		
Calcium / Calcium	0 %		
Iron / Fer	1 %		



Ingredients: Organic Cinnamon Spiced Beet Puree (Organic Apples, Organic Beets, Organic Sweet Potatoes, Organic Cinnamon, Organic Lemon Juice), Organic Flax Seeds

Nutrition Facts		Valeur nutritive	
Per 1 bar (12 g)			
Amount	% Daily Value	% valeur quotidienne	
Calories / Calories	17		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	13 mg	1 %	
Carbohydrate / Glucides	5 g	1 %	
Fibre / Fibre	1 g	4 %	
Sugars / Sucres	2 g		
Protein / Protéines	0 g		
Vitamin A / Vitamine A	8 %		
Vitamin C / Vitamine C	4 %		
Calcium / Calcium	0 %		
Iron / Fer	1 %		



Ingredients: Organic Carrot Ginger Puree (Organic Apples, Organic Carrots, Organic Ginger)

Nutrition Facts		Valeur nutritive	
Per 1 bar (12 g)			
Amount	% Daily Value	% valeur quotidienne	
Calories / Calories	18		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	12 mg	1 %	
Carbohydrate / Glucides	5 g	1 %	
Fibre / Fibre	1 g	5 %	
Sugars / Sucres	4 g		
Protein / Protéines	0 g		
Vitamin A / Vitamine A	80 %		
Vitamin C / Vitamine C	5 %		
Calcium / Calcium	0 %		
Iron / Fer	0 %		



Ingredients: Organic Tropikale Puree (Organic Apples, Organic Pumpkin, Organic Kale, Organic Guava, Organic Kiwi, Organic Mango)

Nutrition Facts		Valeur nutritive	
Per 1 bar (12 g) / par 1 barre (12 g)			
Amount	% Daily Value	% valeur quotidienne	
Calories / Calories	30		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	5 mg	0 %	
Carbohydrate / Glucides	8 g	1 %	
Fibre / Fibre	2 g	8 %	
Sugars / Sucres	5 g		
Protein / Protéines	0 g		
Vitamin A / Vitamine A	40 %		
Vitamin C / Vitamine C	45 %		
Calcium / Calcium	2 %		
Iron / Fer	4 %		



Veggie-Go's come in a sleeve of 20. Sleeves tear open for shelf display.

nakededgesnacks.com

Product of USA

upc code	order code		case size	ea price	cs price
ANITA'S ORGANIC MILL FLOURS • CANADIAN • ORGANIC (continued on Page 114)					
623636 20000	22127	*🍁	Whole Wheat Flour, Stone Ground, Organic.....	6/1kg	5.19ea 31.14
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.01ea 30.08
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.84ea 29.02
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.66ea 27.96
623636 12005	22136	*🍁	Whole Wheat Pastry Flour, Stone Ground, Organic.....	6/1kg	5.36ea 32.16
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		5.18ea 31.06
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.99ea 29.97
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		4.81ea 28.87
623636 40001	20068	*🍁	Unbleached White Flour, Organic.....	6/2kg	8.96ea 53.76
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		8.65ea 51.92
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		8.35ea 50.07
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		8.04ea 48.23
623636 20001	20069	*🍁	Whole Wheat Flour, Stone Ground, Organic.....	6/2kg	8.11ea 48.66
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.83ea 46.99
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.55ea 45.33
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		7.28ea 43.66
623636 99359	22317	*🍁	Coconut Flour, Organic.....	1/11.34kg	61.01ea 61.01
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		58.76ea 58.76
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		56.52ea 56.52
623636 18003	20026	*🍁	Corn Flour, Fresh Ground, Organic.....	1/11.34kg	45.83ea 45.83
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		44.15ea 44.15
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		42.46ea 42.46
623636 60003	20087	*🍁	Kamut Flour, Organic.....	1/10kg	34.84ea 34.84
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		33.56ea 33.56
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		32.28ea 32.28
623636 20030	20108	*🍁	Spelt Flour, Sprouted, Organic.....	1/10kg	53.56ea 53.56
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		51.59ea 51.59
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		49.62ea 49.62
623636 50213	20111	*🍁	Spelt Flour, Fine Ground, Organic.....	1/10kg	42.80ea 42.80
623636 50003	20110	*🍁	Spelt Flour, Stone Ground, Organic.....	1/10kg	42.80ea 42.80
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		41.23ea 41.23
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		39.66ea 39.66
623636 20020	20109	*🍁	Whole Wheat Flour, Sprouted, Organic.....	1/10kg	40.36ea 40.36
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		38.88ea 38.88
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		37.39ea 37.39
623636 20003	22124	*🍁	Whole Wheat Flour, Stone Ground, Organic.....	1/10kg	25.58ea 25.58
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		24.64ea 24.64
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		23.71ea 23.71
623636 12003	20049	*🍁	Whole Wheat Pastry Flour, Stoneground, Organic.....	1/10kg	27.03ea 27.03
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		26.04ea 26.04
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		25.05ea 25.05
623636 60004	20019	*🍁	Kamut Flour, Stone Ground, Organic.....	1/20kg	63.73ea 63.73
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		61.39ea 61.39
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		59.05ea 59.05
623636 50004	22036	*🍁	Spelt Flour, Stone Ground, Organic.....	1/20kg	79.68ea 79.68
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		76.75ea 76.75
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		73.82ea 73.82
623636 20004	20048	*🍁	Whole Wheat Flour, Stone Ground, Organic.....	1/20kg	45.76ea 45.76
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		44.09ea 44.09
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal].....		42.41ea 42.41
623636 40003	20202	*🍁	Unbleached White Flour, Organic.....	1/10kg	28.82ea 28.82
623636 40004	20073	*🍁	Unbleached White Flour, Organic.....	1/20kg	53.86ea 53.86
BOB'S RED MILL FLOURS (continued on Page 117)					
039978 32380	34076		NEW Almond Meal, Natural, Finely Ground (gluten free).....	4/453g	10.70ea 42.80
			Perfect for low carb baking or breading meats and vegetables, gluten free Natural Almond Meal, finely ground from whole unblanched almonds, is a good source of protein, fibre and vitamin E.		
039978 31381	20375		Almond Meal Flour.....	4/453g	10.70ea 42.80
039978 30911	20356	*	Amaranth Flour, Organic.....	4/623g	7.98ea 31.92
039978 30315	20327		Brown Rice Flour.....	4/680g	3.12ea 12.48
039978 30974	20377	*	Brown Rice Flour, Organic.....	4/680g	5.10ea 20.40
039978 30815	20355	*	Coconut Flour, Organic.....	4/453g	7.12ea 28.48
039978 30917	02018	*	Corn Flour, Organic.....	4/680g	3.11ea 12.44
039978 30918	20312	*	Cornmeal, Medium Grind, Organic.....	4/680g	3.11ea 12.44
039978 32332	20152		Garbanzo Bean (Chickpea) Flour, Stone Ground (replaces SKU Code 20142).....	4/453g	2.32ea 9.28
039978 30452	20333		GF Baking Flour, All Purpose (gluten free).....	4/623g	3.94ea 15.76
039978 31452	20350		GF Baking Flour, All Purpose (gluten free).....	4/1.24kg	7.42ea 29.68
039978 30469	20318		GF Corn Flour (gluten free).....	4/680g	3.11ea 12.44
039978 30470	20319		GF Corn Grits (Polenta) (gluten free).....	4/680g	3.11ea 12.44
039978 30472	20317		GF Cornmeal, Medium Grind (gluten free).....	4/680g	3.11ea 12.44
039978 30457	20337		GF Garbanzo (Chickpea) & Fava Flour (gluten free).....	4/623g	4.99ea 19.96
039978 30642	20339		GF Sorghum Flour (gluten free).....	4/623g	3.49ea 13.96
039978 34322	20322		Gluten Flour.....	4/623g	6.39ea 25.56
039978 30990	20427	*	Graham Flour, Whole Wheat, Organic.....	4/680g	2.70ea 10.80
039978 30750	22665	⊙	Hazelnut Meal Flour.....	4/396g	12.72ea 50.88
039978 30335	20382		Masa Harina Golden Corn Flour, Stone Ground.....	4/680g	3.12ea 12.48



ORGANIC WHOLE GRAIN FLOUR



Low Temperature Impact Milled
 No Additives, Preservatives or Blending
 Canadian Grown & Processed
 Dedicated 100% Organic Flour Mill
www.nunweilersflour.com



Available in 1kg



WHOLE SPELT FLOUR
 milled from rediscovered ancient spelt grains that are unhybridized. A possible alternative for the wheat sensitive. Spelt is a weak gluten strength grain, excellent for all baked goods

Available in 1kg & 2kg



WHOLE WHEAT FLOUR
 milled from red spring wheat. Premium quality flour for all full flavoured baking, especially breads

Available in 1kg & 2kg



BUCKWHEAT FLOUR
 milled from whole buckwheat grains. An earthy, distinct tasting flour, excellent in crepes

Available in 1kg & 2kg



ALL PURPOSE & PASTRY FLOUR
 milled from white spring wheat. Excellent quality flour for all baking ... loafs, muffins, cookies, cakes & more. Switch your baking from white flour to nutritional whole grain flour today

Available in 2kg



RED FIFE FLOUR
 milled from Canada's 1st heritage red spring wheat. A landrace wheat that has not been hybridized. Ideally suited for traditional artisan baking

Available in 1kg & 2kg



KAMUT® KHORASAN FLOUR
 milled from an ancient durum wheat known for it's rich, nutty flavour and possible alternative for the wheat sensitive

Available in 1kg



DARK RYE FLOUR
 milled from whole rye grains. A full flavoured flour for the discerning rye bread baker

upc code	order code		case size	ea price	cs price
BOB'S RED MILL FLOURS (continued on Page 115)					
039978 30310	20369	Millet Flour.....	4/652g	2.93ea	11.72
039978 30377	20426	Oat Flour, Whole Grain (wheat free)	4/623g	5.38ea	21.52
039978 30312	20372	Potato Flour	4/680g	5.96ea	23.84
039978 30525	20371	Potato Starch.....	4/680g	3.73ea	14.92
039978 30320	20309	* Quinoa Flour, Organic.....	4/623g	14.06ea	56.24
039978 34318	20428	Semolina Flour, #1 Durum Wheat.....	4/680g	2.94ea	11.76
039978 30317	20364	Soy Flour, Stone Ground.....	4/453g	2.41ea	9.64
039978 30894	20315	* Spelt Flour, Organic.....	4/680g	3.73ea	14.92
039978 30539	20323	Teff Flour	4/680g	6.87ea	27.48
039978 30316	20326	White Rice Flour.....	4/680g	2.91ea	11.64
039978 31987	20378	* Whole Wheat Flour, Organic	4/1.36kg	3.81ea	15.24
039978 10452	27001	GF Baking Flour, All Purpose (gluten free)	1/11.34kg	45.62ea	45.62

KODA FARMS RICE FLOURS

We guarantee best before dates of 30 days from the date of shipping Koda Farms flours from our warehouse.

074823 20045	31004	Premium Rice Flour, Kokuho Rose, Jyoshinko (gluten free).....	12/454g	1.77ea	21.24
074823 00021	31005	Sweet Rice Flour, Mochiko Blue Star Brand (gluten free).....	12/454g	2.12ea	25.44

LET'S DO...ORGANIC COCONUT FLOUR • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Let's Do..Organic coconut flour from our warehouse.

043182 01524	20107	* Coconut Flour, Organic (gluten free)	6/454g	5.25ea	31.50
		◇ Volume Price: 15 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		4.73ea	28.38
		◇ Volume Price: 25 asstd cs (LDO loose + creamed coconut w/coconut flour; open stock not on deal)		4.46ea	26.76

LUNDBERG BROWN RICE FLOUR • ORGANIC

073416 00500	20010	* Brown Rice Flour, Organic	1/11.34kg	39.32ea	39.32
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NUNWEILER'S FLOURS • CANADIAN • ORGANIC

Nunweiler's Flour Company specializes in artisan, low temperature milling of only certified organic, Canadian grown, whole grains with no additives or preservatives. This low temperature impact process keeps the flours stable without heat destroying vital nutrients.

067785 00024	20042	* NEW All Purpose & Pastry Flour, Organic.....	12/1kg	3.90ea	46.80
067785 00044	20037	* NEW Buckwheat Flour, Organic.....	12/1kg	5.02ea	60.24
067785 00014	20041	* NEW Dark Rye Flour, Organic.....	12/1kg	3.90ea	46.80
067785 00064	22271	* NEW Kamut Khorasan Flour, Organic.....	12/1kg	5.30ea	63.60
067785 00034	20024	* NEW Whole Spelt Flour, Organic.....	12/1kg	5.58ea	66.96
067785 00004	20043	* NEW Whole Wheat Flour, Organic.....	12/1kg	3.90ea	46.80

OMEGA NUTRITION VIRGIN COCONUT FLOUR • CANADIAN • ORGANIC

055358 35301	20221	* Coconut Flour, Virgin, Organic.....	6/500g	8.71ea	52.26
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ONE DEGREE SPROUTED GRAIN FLOURS • CANADIAN • ORGANIC

We guarantee best before dates of 15 days from the date of shipping One Degree bulk flours from our warehouse.

New this edition are bulk and food service sized, sprouted flours made from heart-healthy grains (sprouting boosts key vitamins and minerals, and aids in digestion). These varieties are not only organic, but "veganic" too, a higher standard set by One Degree for all its products. Its farmers grow crops that are plowed back into the soil to restore and build nutrients and ensure that no animal byproducts, or the hormones and antibiotics they may contain, play any part in a One Degree harvest.

675625 12711	28149	* NEW Sprouted Brown Rice Flour, Organic (gluten free)	1/11.34kg	50.97ea	50.97
675625 11211	28145	* NEW Sprouted Khorasan Flour, Organic	1/11.34kg	43.17ea	43.17
675625 13711	28146	* NEW Sprouted Red Fife Flour, Organic.....	1/11.34kg	39.93ea	39.93
675625 13311	28147	* NEW Sprouted Rye Flour, Organic	1/11.34kg	39.29ea	39.29
675625 10811	28144	* NEW Sprouted Spelt Flour, Organic	1/11.34kg	59.08ea	59.08
675625 10411	28139	* NEW Sprouted Whole Wheat Flour, Organic.....	1/11.34kg	38.63ea	38.63
675625 12611	28148	* NEW Sprouted Yellow Corn Flour, Organic (gluten free).....	1/11.34kg	39.29ea	39.29

PAMELA'S WHEAT FREE ARTISAN FLOUR BLEND

Available now in a bulk and food service size, Artisan Flour Blend is free of dairy, nuts, salt, leavening, corn and soy, and can be used in most recipes as a replacement for wheat flour.

093709 22120	22247	Artisan Flour Blend (wheat/gluten free)	6/680g	5.26ea	31.56
093709 22114	22246	Artisan Flour Blend (wheat/gluten free)	3/1.81kg	13.45ea	40.35
093709 32502	22971	NEW Artisan Flour Blend (wheat/gluten free)	1/11.34kg	55.53ea	55.53

WHEATLAND UNBLEACHED WHITE FLOUR • ORGANIC

775768 20046	20046	* Unbleached White Flour, Organic	1/22.7kg	49.11ea	49.11
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global cuisine

Condiments + Ingredients

AMANO SOY SAUCES & TAMARI • CANADIAN

067334 25088	40023	* Soy Sauce	12/250ml	2.04ea	24.48
067334 25032	40024	* Tamari, Organic.....	12/250ml	3.36ea	40.32
067334 25075	40022	Tamari, Wheat Free (Product of Japan).....	12/250ml	5.86ea	70.32
067334 05088	40026	* Soy Sauce.....	12/500ml	2.64ea	31.68
067334 05032	40025	* Tamari, Organic.....	12/500ml	4.35ea	52.20
067334 05075	40055	Tamari, Wheat Free (Product of Japan).....	12/500ml	9.51ea	114.12
067334 05055	40027	* Teriyaki Sauce.....	12/500ml	2.64ea	31.68
067334 01832	40030	* Tamari, Organic.....	1/18L	91.41ea	91.41

upc code	order code		case size	ea price	cs price
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ARAYUMA FAIR TRADE COCONUT MILK • ORGANIC

North America's first and only coconut milk to be Fairtrade certified, Arayuma helps make the world a little better for organic producers in the South. What's more, 1% of sales is donated for the protection of Sri Lanka's endangered wild elephants. Contained in easy-open cans, certified organic Premium and Light varieties are gluten and sulphite free with no added sugar.

806253 21042	15081	*☉	NEW Coconut Milk, Light, Organic (Fair Trade).....	12/400ml	2.53ea	30.36
806253 21041	15080	*☉	NEW Coconut Milk, Premium, Organic (Fair Trade).....	12/400ml	2.53ea	30.36
		◇	Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply).....		2.28ea	27.36
		◇	Volume Price: 20 assorted cases (open stock not on deal; no other discounts apply).....		2.15ea	25.80
		◇	Volume Price: 60 assorted cases (open stock not on deal; no other discounts apply).....		2.02ea	24.24
		◇	Volume Price: 120 assorted cases (open stock not on deal; no other discounts apply).....		1.90ea	22.80

BLUE MONKEY COCONUT CREAM • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Blue Monkey coconut cream from our warehouse.

059654 33001	02297	*	Coconut Cream, Organic (can).....	24/400ml	2.01ea	48.24
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EDEN JAPANESE SPECIALITIES

024182 00048	24069		Mirin, Rice Cooking Wine.....	12/300ml	9.86ea	118.32
024182 30016	24065	S	Umeboshi Plums.....	12/200g	16.85ea	202.20
024182 42419	02119	S	Ume Plum Vinegar.....	12/296ml	3.96ea	47.52

KOOTENAY KITCHEN GOMASHIO • CANADIAN • ORGANIC

778121 00001	24005	S*☙	Gomashio, Traditional (Sesame Salt), Organic.....	12/170g	4.69ea	56.28
778121 00002	24010	S*☙	Sesame Sprinkle, Salt Free, Organic.....	12/170g	4.69ea	56.28
778121 00003	24012	S*☙	Sesame Sprinkle, Sea Vegetable, Organic.....	12/170g	4.69ea	56.28
775768 24011	24011	*☙	Mixed Case, Organic (4 x 3 varieties).....	12/170g	4.69ea	56.28
			Contains 4 units each of Traditional Gomashio, Salt Free Sesame Sprinkle and Sesame Sprinkle w/Salt.			
111111 24016	24016	*☙	Gomashio, Traditional (Sesame Salt), Organic.....	1/1kg	17.29ea	17.29

MITOKU JAPANESE SPECIALITIES

021009 20003	24115	S	Kuzu (Japanese Arrowroot).....	12/100g	5.84ea	70.08
021009 27007	24360	S	Sushi Ginger.....	20/50g	2.56ea	51.20
021009 17302	24145	E	Umeboshi Paste.....	12/170g	9.34ea	112.08
021009 17713	24112	S	Umeboshi Plum Vinegar.....	12/150ml	5.94ea	71.28
021009 22902	24019		Wasabi Powder.....	6/25g	3.93ea	23.58
021009 27006	24361		Sushi Ginger, Pickled.....	4/1.2kg	18.37ea	73.48

NANAK GHEE (CLARIFIED BUTTER) • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Nanak ghee from our warehouse.

797677 70730	24902	☙	Ghee (Clarified Butter from Grass Fed Cow Milk) (replaces Code 24900).....	12/400g	7.94ea	95.28
797677 30020	24901	☙	Pure Desi Ghee (Clarified Butter).....	12/800g	13.39ea	160.68

NATIVE FOREST CANNED COCONUT MILK • ORGANIC

043182 01208	24008	*	Coconut Milk, Organic (can).....	12/398ml	3.16ea	37.92
		◇	Volume Price: 10 assorted cases (Coconut Milks only; open stock not on deal; no other discounts apply).....		2.84ea	34.08
		◇	Volume Price: 25 assorted cases (Coconut Milks only; open stock not on deal; no other discounts apply).....		2.69ea	32.28
043182 01209	24009	*	Coconut Milk, Lite, Organic (can).....	12/398ml	2.81ea	33.72
		◇	Volume Price: 10 assorted cases (Coconut Milks only; open stock not on deal; no other discounts apply).....		2.53ea	30.36
		◇	Volume Price: 25 assorted cases (Coconut Milks only; open stock not on deal; no other discounts apply).....		2.39ea	28.68
043182 01201	24097	*	Coconut Milk, Organic (can) (replaces Code 99101).....	6/2.83L	18.06ea	108.36

SAN-J SHOYU & TAMARI

075810 04126	40609	*	Shoyu, Whole Soybean, Organic.....	6/296ml	3.30ea	19.80
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		2.81ea	16.86
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		2.64ea	15.84
075810 00426	40607	*	Tamari, Lite, Whole Soybean, Wheat Free, Organic (Platinum Label) (gluten free).....	6/296ml	4.91ea	29.46
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		4.17ea	25.02
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		3.93ea	23.58
075810 00126	40600	*	Tamari, Whole Soybean, Wheat Free, Organic (Gold Label) (gluten free).....	6/296ml	4.20ea	25.20
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		3.57ea	21.42
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		3.36ea	20.16
075810 02426	40434		Tamari, 50% Less Sodium (gluten free).....	6/296ml	3.71ea	22.26
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		3.15ea	18.90
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		2.97ea	17.82
075810 02326	40435		Tamari, Lite.....	6/296ml	3.55ea	21.30
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		3.02ea	18.12
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		2.84ea	17.04
075810 02126	40602		Tamari, Soymeal, Black Label.....	6/296ml	2.69ea	16.14
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal).....		2.29ea	13.74
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal).....		2.15ea	12.90
075810 04136	40623	*	Shoyu, Whole Soybean, Organic.....	6/592ml	4.73ea	28.38
075810 02136	40603		Tamari, Soymeal, Black Label.....	6/592ml	4.42ea	26.52
075810 00436	40608	*	Tamari, Lite, Whole Soybean, Wheat Free, Organic (Platinum Label) (gluten free).....	6/592ml	7.46ea	44.76
075810 00136	40605	*	Tamari, Whole Soybean, Wheat Free, Organic (Gold Label) (gluten free).....	6/592ml	6.55ea	39.30
075810 00103	40631	*	Travel Size, Tamari, Whole Soybean, Wheat Free, Organic (Gold Label) (gluten free).....	12/20x7.4ml	3.85ea	46.20
075810 00460	40604	*	Tamari, Lite, Wheat Free, Organic (gluten free).....	1/18L	169.31ea	169.31

SUNCO FOODS CANNED COCONUT MILK

682264 50001	14935	*	Coconut Milk, Organic (can).....	24/400ml	1.69ea	40.56
		◇	Volume Price: 10 cases (open stock not on deal; no other discounts apply).....		1.58ea	37.96

Canada's only Fairtrade Certified coconut milk.



Arayuma

arayuma.com

THAI KITCHEN CANNED COCONUT MILK

737628 07950	14933	*	Coconut Milk, Premium, Organic (can)	12/400ml	2.44ea	29.28
737628 08250	14932	*	Coconut Milk, Lite, Organic (can)	12/400ml	2.44ea	29.28
		◇	Volume Price: 30 assorted cases (Coconut Milks only; open stock not on deal)		2.20ea	26.40
		◇	Volume Price: 50 assorted cases (Coconut Milks only; open stock not on deal)		2.07ea	24.84
737628 01150	14930		Coconut Milk, Premium (can)	12/400ml	2.11ea	25.32
737628 01160	14931		Coconut Milk, Lite (can)	12/400ml	2.11ea	25.32
		◇	Volume Price: 30 assorted cases (Coconut Milks only; open stock not on deal)		1.90ea	22.80
		◇	Volume Price: 50 assorted cases (Coconut Milks only; open stock not on deal)		1.79ea	21.48

THAI KITCHEN CURRY & CHILI PASTES

737628 00400	14950		Green Curry Paste.....	12/112g	2.82ea	33.84
737628 00300	14952		Red Curry Paste.....	12/112g	2.82ea	33.84
737628 01200	14944		Yellow Curry Paste.....	12/112g	2.82ea	33.84
737628 00600	14956		Roasted Red Chili Paste.....	12/112g	2.82ea	33.84
		◇	Volume Price: 15 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		2.68ea	32.16
		◇	Volume Price: 30 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		2.54ea	30.48
		◇	Volume Price: 50 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		2.40ea	28.80

Cooking Sauces + Dressings

EDEN PONZU DIPPING SAUCE

024182 00049	24070		Ponzu Sauce	12/200ml	8.49ea	101.88
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GINGER PEOPLE COOKING SAUCES

734027 90134	14388		Dipping & Cooking Sauce, Ginger Peanut	12/375ml	5.13ea	61.56
734027 90137	14390		Dipping & Cooking Sauce, Sweet Ginger Chili.....	12/375ml	5.13ea	61.56
734027 90139	14391		Marinade & Simmer Sauce, Spicy Ginger Teriyaki.....	12/375ml	5.13ea	61.56
734027 90136	14389		Vinaigrette, Marinade & Cooking Sauce, Ginger Sesame.....	12/375ml	5.13ea	61.56
		◇	Volume Price: 15 assorted cases (GP Cooking Sauces only)		4.83ea	57.92
		◇	Volume Price: 30 assorted cases (GP Cooking Sauces only)		4.67ea	56.09
		◇	Volume Price: 50 assorted cases (GP Cooking Sauces only)		4.52ea	54.27

JYOTI NATURAL FOODS CANNED SIMMER SAUCES

077502 12610	33205		Simmer Sauce, Classic Masala (Onion, Garlic, Tomato & Spices) (can).....	12/284g	2.36ea	28.32
077502 11610	33206		Simmer Sauce, Rogan Josh (Onion, Buttermilk & Spices) (can).....	12/284g	2.36ea	28.32
077502 13610	33207		Simmer Sauce, Saffron Cream (can)	12/284g	2.36ea	28.32

MAUREEN'S FOOD WORLD JERK SAUCE • CANADIAN

841307 00031	14900	★	Cooking Sauce & Marinade, Jerk Sauce.....	12/350ml	4.56ea	54.72
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upc code	order code		case size	ea price	cs price
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NAAM COOKING SAUCES & DRESSINGS • CANADIAN

Vancouver's famous Naam Restaurant introduces five flavourful sauces that bring its classic vegetarian fare home. Established in 1968, the Naam is the city's oldest, natural foods restaurant, which continues to celebrate its global influences and cooking traditions today. Made in Canada from domestic and imported ingredients, each sauce variety offers a perfectly balanced blend of sweet and tangy or rich and savoury flavours that enable home cooks to recreate Naam favourites or invent their own specialties.

689499 10007	14462	✳	NEW Blueberry Vinaigrette	12/350ml	4.26ea	51.12
689499 10004	14460	✳	NEW Coconut Curry Sauce	12/350ml	4.26ea	51.12
689499 10001	14000	S✳	Miso Gravy (bottle)	12/355ml	3.82ea	45.84
689499 10008	14459	✳	NEW Miso Hot Sauce	12/350ml	4.26ea	51.12
689499 10006	14461	✳	NEW Peanut Sauce	12/350ml	4.26ea	51.12
689499 10005	14463	✳	NEW Thai Sauce	12/350ml	4.26ea	51.12

PREMIER JAPAN ASIAN SAUCES • ORGANIC

011206 00085	24013	*	Hoisin Sauce, Wheat Free, Organic (gluten free)	12/251ml	5.64ea	67.68
011206 00086	24014	*	Teriyaki Sauce, Wheat Free, Organic (gluten free)	12/251ml	5.64ea	67.68
		◇	Volume Price: 15 assorted cases (open stock not on deal; no other discounts apply)		4.79ea	57.48

SAN-J DRESSINGS

We guarantee best before dates of 45 days from the date of shipping San-J dressings from our warehouse.

075810 30726	14294		Tamari Ginger Dressing (gluten free)	6/237ml	2.85ea	17.10
075810 30226	14295		Tamari Peanut Dressing (gluten free)	6/237ml	2.85ea	17.10
075810 30626	14296		Tamari Sesame Dressing (gluten free)	6/237ml	2.85ea	17.10

SAN-J COOKING SAUCES

075810 17026	40637		Asian BBQ Sauce (gluten free)	6/296ml	3.72ea	22.32
075810 23026	40647		Mongolian Style Sauce (gluten free)	6/296ml	3.72ea	22.32
075810 18026	40630		Orange Sauce (gluten free)	6/296ml	3.72ea	22.32
075810 16026	40636		Sweet & Tangy Sauce (gluten free)	6/296ml	3.72ea	22.32
075810 12026	40635		Szechuan Sauce (gluten free)	6/296ml	3.72ea	22.32
075810 11226	40625		Teriyaki Sauce, Natural (gluten free)	6/296ml	3.72ea	22.32
075810 14026	40645		Thai Peanut Sauce (gluten free)	6/296ml	3.72ea	22.32
		◇	Volume Price: 10 asstd cs (296ml varieties only; max 2 SKUs; natural foods retailers only; open stock not on deal)		3.16ea	18.96
		◇	Volume Price: 20 asstd cs (296ml varieties only; max 3 SKUs; natural foods retailers only; open stock not on deal)		2.98ea	17.88

THAI KITCHEN 10-MINUTE SIMMER SAUCES

737628 22000	14942		Simmer Sauce, Yellow Curry	6/327ml	2.46ea	14.76
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THAI KITCHEN COOKING & DIPPING SAUCES

737628 00100	14694		Fish Sauce	12/200ml	2.93ea	35.16
737628 02620	14946		Plum Spring Roll Sauce	12/200ml	2.93ea	35.16
737628 01500	14949		Spicy Thai Chili Sauce	12/200ml	2.93ea	35.16
737628 02600	14947		Sweet Red Chili Dipping Sauce	12/200ml	2.93ea	35.16
		◇	Volume Price: 15 assorted cases (Sauces + Pastes: Codes 14694, 14946, 14947 + 14949)		2.78ea	33.36
		◇	Volume Price: 30 assorted cases (Sauces + Pastes: Codes 14694, 14946, 14947 + 14949)		2.64ea	31.68
		◇	Volume Price: 50 assorted cases (Sauces + Pastes: Codes 14694, 14946, 14947 + 14949)		2.49ea	29.88
737628 00500	14954		Peanut Satay Sauce	12/227ml	4.09ea	49.08
		◇	Volume Price: 15 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		3.89ea	46.68
		◇	Volume Price: 30 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		3.68ea	44.16
		◇	Volume Price: 50 assorted cases (Sauces + Pastes: Codes 14944, 14950, 14952, 14954 + 14956)		3.48ea	41.76

WORLDFOODS COOKING SAUCES & MARINADES

9557519 300189	14904		Cooking Sauce, Cambodian Pineapple Lemon Grass Stirfry (gluten free/vegetarian)	6/340g	3.05ea	18.30
9557519 300134	14903		Cooking Sauce, Thai Green Curry (gluten free/vegetarian)	6/340g	3.05ea	18.30
9557519 300035	14901		Cooking Sauce, Thai Red Curry (gluten free/vegetarian)	6/340g	3.05ea	18.30
9557519 300141	14902		Cooking Sauce, Thai Yellow Curry (gluten free/vegetarian)	6/340g	3.05ea	18.30
9557519 300479	14908		Marinade, Indian Tandoori (gluten free/vegetarian)	6/300ml	3.05ea	18.30
9557519 300608	14906		Marinade, Indonesian Sweet Tamarind (gluten free/vegetarian)	6/300ml	3.05ea	18.30
9557519 300462	14907		Marinade, Malaysian Chili Coconut (gluten free/vegetarian)	6/300ml	3.05ea	18.30
182503 00141	14905		Marinade, Thai Turmeric Lemon Grass (gluten free/vegetarian)	6/300ml	3.05ea	18.30
		◇	Volume Price: 10 assorted cases (any WorldFoods varieties; open stock not on deal; no other discounts apply)		2.68ea	16.08
		◇	Volume Price: 20 assorted cases (any WorldFoods varieties; open stock not on deal; no other discounts apply)		2.62ea	15.72
		◇	Volume Price: 30 assorted cases (any WorldFoods varieties; open stock not on deal; no other discounts apply)		2.56ea	15.36

Dry Soups**ANNIE CHUN'S SOUP BOWLS**

We guarantee best before dates of 30 days from the date of shipping Annie Chun's Miso Soup (Code 38566) from our warehouse.

765667 10110	38566		Soup Bowl, Miso Soup	6/155g	3.65ea	21.90
765667 10120	38567		Soup Bowl, Udon Soup	6/150g	3.65ea	21.90
765667 10140	38569		Soup Bowl, Tom Yum Soup	6/155g	3.65ea	21.90
		◇	Volume Price: 10 assorted cases (Annie Chun's Soup Bowls only)		3.10ea	18.60

EDWARD & SONS MISO-CUP SOUPS (continued on Page 121)

043182 00091	38256	*	Miso, Reduced Sodium, Organic	12/28g	3.39ea	40.68
043182 00092	38261	*	Miso, Traditional w/Tofu, Organic	12/37g	3.39ea	40.68
		◇	Volume Price: 15 assorted cases (open stock not on deal; no other discounts apply)		2.88ea	34.56
043182 00098	38689		Miso, Japanese Restaurant Style	6/84g	3.43ea	20.58
		◇	Volume Price: 15 assorted cases (open stock not on deal; no other discounts apply)		2.92ea	17.52

upc code	order code		case size	ea price	cs price
EDWARD & SONS MISO-CUP SOUPS (continued on Page 120)					
011206 00093	38694	Miso, Golden w/Onions.....	12/70g	4.89ea	58.68
011206 00094	38695	Miso, Savoury w/Seaweed.....	12/70g	4.89ea	58.68
		Volume Price: 15 assorted cases (open stock not on deal; no other discounts apply).....		4.16ea	49.92

Noodles + Pastas

ANNIE CHUN'S RICE NOODLES

765667 10610	24043	Rice Noodles, Maifun (gluten free).....	6/227g	3.33ea	19.98
765667 10620	24044	Rice Noodles, Pad Thai (gluten free).....	6/227g	3.33ea	19.98
		Volume Price: 10 assorted cases (Annie Chun's Rice Noodles only).....		2.83ea	16.98

EDEN BUCKWHEAT SOBA NOODLES

024182 20155	30256	Soba, Buckwheat.....	12/227g	8.06ea	96.72
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SOBAYA JAPANESE STYLE PASTAS • CANADIAN

057443 40101	30140	Soba, Natural.....	12/454g	4.60ea	55.20
057443 30202	30130	Soba, Organic.....	12/230g	3.05ea	36.60
057443 30702	30160	Soba, Kamut, Organic (40% Buckwheat).....	12/230g	3.63ea	43.56
057443 30902	30169	Soba, Spelt & Buckwheat, Organic.....	12/230g	4.01ea	48.12
057443 30704	30161	Udon, Kamut, Organic.....	12/230g	3.37ea	40.44
057443 30904	30154	Udon, Spelt, Organic.....	12/230g	3.69ea	44.28
057443 50202	30150	Soba, Organic.....	1/5kg	54.03ea	54.03
057443 50204	30151	Udon, Organic.....	1/5kg	53.54ea	53.54

THAI KITCHEN JASMINE RICE STIRFRY NOODLES

We guarantee best before dates of 45 days from the date of shipping Thai Kitchen stirfry noodles from our warehouse.

737628 02525	30303	Jasmine Rice Stirfry Noodles.....	12/198g	2.33ea	27.96
		Volume Price: 15 cases (Stirfry Rice Noodles).....		2.21ea	26.52
		Volume Price: 30 cases (Stirfry Rice Noodles).....		2.10ea	25.20
		Volume Price: 50 cases (Stirfry Rice Noodles).....		1.98ea	23.76

Prepared Meals + Side Dishes

ANNIE CHUN'S NOODLE BOWLS

765667 10420	39021	Noodle Bowl, Kung Pao.....	6/257g	3.65ea	21.90
765667 10430	39022	Noodle Bowl, Peanut Sesame.....	6/257g	3.65ea	21.90
765667 10410	39023	Noodle Bowl, Teriyaki.....	6/232g	3.65ea	21.90
		Volume Price: 10 assorted cases (Annie Chun's Noodle Bowls only).....		3.10ea	18.60

JYOTI NATURAL FOODS INDIAN ENTRÉES

077502 16615	38544	Dal Makhani (Lentils & Beans) (can).....	12/425g	2.60ea	31.20
077502 01610	38545	Delhi Saag (Spinach & Mustard Greens w/Ginger & Peppers) (can).....	12/425g	2.60ea	31.20
077502 02610	38543	Jaipur Karhi (Organic Potato Dumplings in Spicy Buttermilk) (can).....	12/425g	2.60ea	31.20
077502 15615	38542	Madras Sambar (Lentils w/Vegetables) (can).....	12/425g	2.60ea	31.20
077502 03610	38546	Matar Paneer (Peas & Home Style Cheese) (can).....	12/425g	2.60ea	31.20
077502 14615	38541	Punjabi Chhole (Chickpeas w/Potatoes & Onions) (can).....	12/425g	2.60ea	31.20
077502 30002	38661	Channa Dal w/Zucchini (gluten free) (pouches).....	12/284g	2.71ea	32.52
077502 30001	38660	Mung Dal w/Spinach (gluten free) (pouches).....	12/284g	2.71ea	32.52

PATEL'S CUISINE INDIAN ENTRÉES

051179 12515	25001	Aloo Mutter, Potato & Green Pea Curry.....	10/265ml	2.73ea	27.30
051179 12520	25002	Baingan Bharta, Roasted Eggplant in Tomato & Onion Sauce.....	10/265ml	2.73ea	27.30
051179 12500	25003	Channa Masala, Chickpea Curry.....	10/265ml	2.73ea	27.30
051179 12510	25004	Dal Makhani, Lentils in Cream Sauce.....	10/265ml	2.73ea	27.30
051179 12505	25005	Dal Tadka, Lentil Curry.....	10/265ml	2.73ea	27.30
051179 12530	25006	Palak Paneer, Cottage Cheese in Spinach Sauce.....	10/265ml	2.73ea	27.30
051179 12540	25007	Peas Pulav, Basmati Rice w/Green Peas.....	10/250g	2.26ea	22.60

SIMPLY ASIA NOODLE BOWLS

We guarantee best before dates of 42 days from the date of shipping Simply Asia noodle bowls from our warehouse.

854285 00087	38427	Roasted Peanut, Heat & Serve.....	6/240g	3.60ea	21.60
854285 00086	38431	Sesame Teriyaki, Heat & Serve.....	6/240g	3.60ea	21.60
854285 00084	38428	Soy Ginger, Heat & Serve.....	6/240g	3.60ea	21.60
854285 00083	38429	Spicy Kung Pao, Heat & Serve.....	6/240g	3.60ea	21.60
		Volume Price: 15 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		3.42ea	20.52
		Volume Price: 30 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		3.24ea	19.44
		Volume Price: 50 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		3.06ea	18.36

SIMPLY ASIA NOODLES & SAUCE DISHES

854285 00030	35409	Chili & Garlic.....	6/311g	3.19ea	19.14
854285 00020	38407	Sesame Teriyaki.....	6/311g	3.19ea	19.14
854285 00010	38408	Soy Ginger.....	6/311g	3.19ea	19.14
854285 00050	38425	Spicy Kung Pao.....	6/311g	3.19ea	19.14
		Volume Price: 15 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		3.03ea	18.18
		Volume Price: 30 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		2.87ea	17.22
		Volume Price: 50 assorted cases (Noodles Bowls + Noodles & Sauce Meals).....		2.71ea	16.26

upc code order code case size ea price cs price

TASTY BITE ENTRÉES

We guarantee best before dates of 30 days from the date of shipping Tasty Bites entrées from our warehouse.

782733 01501	38741	NEW Asian Cuisine, Noodles, Kung Pao, Heat & Serve (pouch).....	6/250g	2.38ea	14.28
782733 01505	38743	NEW Asian Cuisine, Noodles, Mushroom Lo Mein, Heat & Serve (pouch).....	6/250g	2.38ea	14.28
782733 01506	38744	NEW Asian Cuisine, Noodles, Pad Thai, Heat & Serve (pouch).....	6/250g	2.38ea	14.28
782733 01503	38742	NEW Asian Cuisine, Noodles, Toasted Sesame, Heat & Serve (pouch).....	6/250g	2.38ea	14.28
Traditional Asian noodles, delivered in 60 seconds without the MSG. Vegan varieties of Kung Pao, Lo Mein, Pad Thai and Toasted Sesame noodles come complete in microwavable pouches so they're ready to heat 'n' eat. Made with all natural ingredients grown on local and home farms, and no added preservatives, more than 80% of the energy used to make these products comes from renewable resources.					
782733 00009	38241	Indian Cuisine, Bengal Lentils, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00001	38231	Indian Cuisine, Bombay Potatoes, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00005	38236	Indian Cuisine, Jaipur Vegetables, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00003	38233	Indian Cuisine, Kashmir Spinach, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00002	38232	Indian Cuisine, Madras Lentils, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00004	38234	Indian Cuisine, Punjab Eggplant, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00026	38711	Indian Cuisine, Channa Masala, Heat & Serve (pouch).....	6/285g	2.38ea	14.28
782733 00025	38712	Indian Cuisine, Vegetable Korma, Heat & Serve (pouch).....	6/285g	2.38ea	14.28

THAI KITCHEN INSTANT RICE NOODLES & SAUCE

We guarantee best before dates of 45 days from the date of shipping Thai Kitchen Noodle Carts from our warehouse.

737628 08700	38317	Noodle Cart, Pad Thai.....	12/64g	2.09ea	25.08
737628 08800	38320	Noodle Cart, Roasted Garlic.....	12/64g	2.09ea	25.08
737628 08750	38318	Noodle Cart, Thai Peanut.....	12/64g	2.09ea	25.08
737628 10500	38518	Noodle Cart, Toasted Sesame.....	12/64g	2.09ea	25.08
◇		Volume Price: 15 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		1.99ea	23.88
◇		Volume Price: 30 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		1.88ea	22.56
◇		Volume Price: 50 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		1.78ea	21.36

THAI KITCHEN STIRFRY RICE NOODLES & SAUCE

We guarantee best before dates of 45 days from the date of shipping Thai Kitchen stirfry rice noodles from our warehouse.

737628 10350	30315	Curry.....	12/207g	2.71ea	32.52
737628 06450	30316	Thai Peanut.....	12/155g	2.71ea	32.52
737628 10400	30314	Toasted Sesame.....	12/159g	2.71ea	32.52
◇		Volume Price: 15 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		2.57ea	30.84
◇		Volume Price: 30 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		2.44ea	29.28
◇		Volume Price: 50 assorted cases (mix Noodle Cart Instant Noodles + Stirfry Rice Noodles).....		2.30ea	27.60

THAI KITCHEN TAKE OUT MEALS

737628 11755	38619	Take Out, Garlic & Roasted Pepper.....	6/168g	3.47ea	20.82
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Sea Vegetables

ANNIE CHUN'S ROASTED SEAWEED SNACKS

765667 10710	24045	Sesame.....	12/10g	1.95ea	23.40	T
765667 10720	24046	Wasabi.....	12/10g	1.95ea	23.40	T
◇		Volume Price: 10 assorted cases (Annie Chun's Seaweed Snacks only).....		1.66ea	19.92	

ATLANTIC MARICULTURE DULSE • CANADIAN • ORGANIC

067835 77405	24200	*🍁 Dulse, Organic.....	10/40g	3.48ea	34.80
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CANADIAN KELP RESOURCES SEA VEGETABLES • CANADIAN

776128 00002	32852	*🍁 Bull Kelp.....	16/35g	3.48ea	55.68
776128 00003	32851	*🍁 Kombu.....	16/42g	3.48ea	55.68
776128 00004	32850	*🍁 Macro Kelp.....	16/21g	3.48ea	55.68

EDEN SEA VEGETABLES

024182 15931	24018	Agar Agar Flakes (vegetable gelatin).....	6/28.4g	8.64ea	51.84
024182 15475	24000	Arame.....	6/60g	13.16ea	78.96
024182 15769	24004	Sushi Nori.....	6/17g	6.72ea	40.32

GIMME ROASTED SEAWEED SNACKS (continued on Page 123)

851093 00461	24161	* Roasted Seaweed Snacks, Single-Size Sheets, Sea Salt, Organic.....	12/5g	1.28ea	15.36	T
851093 00462	24160	* Roasted Seaweed Snacks, Single-Size Sheets, Sesame, Organic.....	12/5g	1.28ea	15.36	T
851093 00464	24167	* NEW Roasted Seaweed Snacks, Single-Size Sheets, Teriyaki, Organic.....	12/5g	1.28ea	15.36	T
851093 00463	24168	* NEW Roasted Seaweed Snacks, Single-Size Sheets, Wasabi, Organic.....	12/5g	1.28ea	15.36	T

From the founder of Annie Chun's, GimMe harvests the highest quality seaweed on the planet, roasts it to crispy perfection, then seasons it in deliciously unexpected ways. Teriyaki and Wasabi roasted organic seaweed sheets are gluten free with no GMOs and only 25 calories per 5g serving.

851093 00466	25163	* Roasted Seaweed Snacks, Family-Size Sheets, Sea Salt, Organic.....	12/10g	2.12ea	25.44	T
851093 00467	24162	* Roasted Seaweed Snacks, Family-Size Sheets, Sesame, Organic.....	12/10g	2.12ea	25.44	T
851093 00469	24169	* NEW Roasted Seaweed Snacks, Family-Size Sheets, Teriyaki, Organic.....	12/10g	2.12ea	25.44	T
851093 00468	24170	* NEW Roasted Seaweed Snacks, Family-Size Sheets, Wasabi, Organic.....	12/10g	2.12ea	25.44	T
	91154	* Organic Roasted Seaweed Snacks Half Pallet (Special Order; lead time required).....	432/10g	2.12ea	915.84	T
		Contains 216 units each of Sea Salt and Sesame Organic Seaweed Snacks. Available by special order only with 3-6 weeks' lead time.				
	91155	* Organic Roasted Seaweed Snacks Shipper (Special Order; lead time required).....	96/10g	2.12ea	203.52	T
		Contains 48 units each of Sea Salt and Sesame Organic Seaweed Snacks. Available by special order only with 3-6 weeks' lead time.				



Roasted Seaweed Snacks

GIMME ROASTED SEAWEED SNACKS (continued on Page 122)

851093 00481	24165		Roasted Seaweed Snacks, Crumbles, Cheddar Cheese.....	12/20g	2.01ea	24.12	T
851093 00482	24164		Roasted Seaweed Snacks, Crumbles, Honey Dijon.....	12/20g	2.01ea	24.12	T
851093 00480	24166		Roasted Seaweed Snacks, Crumbles, Sesame.....	12/20g	2.01ea	24.12	T

MAINE COAST DULSE • ORGANIC

034529 12362	24240	*	Dulse, Organic.....	6/56g	6.66ea	39.96	
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MITOKU SEA VEGETABLES

065493 06263	24205	S	Agar Kanten Flakes (vegetarian gelatin)	10/28g	5.59ea	55.90	
065493 06252	24210	S	Arame	10/50g	7.06ea	70.60	
065493 06276	24220	S	Kombu	10/50g	6.09ea	60.90	
065493 06272	24225	S	Nori	12/25g	4.94ea	59.28	
065493 06260	24235	S	Wakame.....	10/50g	7.74ea	77.40	
021009 12301	24245		Arame	1/1kg	77.54ea	77.54	

SEASNAX ROASTED SEAWEED SNACKS (continued on Page 124)

We guarantee best before dates of 45 days from the date of shipping SeaSnax seaweed snacks from our warehouse.

728028 02318	24120	*	Grab & Go, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic (replaces Code 24084) .	16/5g	1.22ea	19.52	T
609722 79840	24122	*	Grab & Go, SeaSnax, Roasted Seasoned Seaweed, Spicy Chipotle, Organic (replaces 24086)	16/5g	1.22ea	19.52	T
609722 79837	24121	*	Grab & Go, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic (replaces Code 24085) 16/5g		1.22ea	19.52	T
609722 79883	24123		Grab & Go, SeaSnax, Roasted Seasoned Seaweed, Wasabi (replaces Code 24087)	16/5g	1.22ea	19.52	T
		◇	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.10ea	17.60	
		◇	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.04ea	16.64	
		◇	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		0.98ea	15.68	
60972 279900	24102		Seaweed Snacks Shipper (Special Order; lead time required)	120/5g	1.29ea	154.80	T
			Contains 48 unit each of Classic Olive and 24 units each of Spicy Chipotle, Toasty Onion and Wasabi (5g) Roasted Seaweed Snacks. Available by special order only with 3-6 weeks' lead time.				
811201 02001	24132	*	NEW SeaSnax Big Grab, Roasted Seasoned Seaweed, Classic Olive, Organic.....	12/10g	1.88ea	22.56	T
			A new addition to the popular SeaSnax line of Non-GMO Project verified snack products, Organic Original SeaSnax are available now in a 10g Big Grab pack.				
		◇	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.69ea	20.28	
		◇	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.60ea	19.20	
		◇	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.50ea	18.00	
728028 01221	24083	*	Family 4-Pack, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic.....	4/4x15g	12.15ea	48.60	T
		◇	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		10.94ea	43.76	
		◇	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		10.33ea	41.32	
		◇	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		9.72ea	38.88	
728028 01220	24080	*	SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic.....	16/15g	3.22ea	51.52	T
609722 79880	24082	*	SeaSnax, Roasted Seasoned Seaweed, Spicy Chipotle, Organic	16/15g	3.22ea	51.52	T
728028 02321	24081	*	SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic.....	16/15g	3.22ea	51.52	T
609722 79877	24079		SeaSnax, Roasted Seasoned Seaweed, Wasabi.....	16/15g	3.22ea	51.52	T
		◇	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		2.90ea	46.40	
		◇	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		2.74ea	43.84	
		◇	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		2.58ea	41.28	

upc code	order code		case size	ea price	cs price	
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SEASNAX ROASTED SEAWEED SNACKS (continued on Page 123)

We guarantee best before dates of 45 days from the date of shipping SeaSprinkles seaweed snacks from our warehouse.

609722 79835	24096	◆	SeaSprinkles, Roasted Seaweed Snack Clusters.....	12/15g	2.23ea	26.76	T
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		2.01ea	24.12	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.90ea	22.80	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		1.78ea	21.36	
609722 79833	24095	◆	SeaSprinkles, Roasted Seaweed Snack Clusters.....	12/50g	5.08ea	60.96	T
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		4.57ea	54.84	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		4.32ea	51.84	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		4.06ea	48.72	

SEASNAX SEA VEGETABLES

We guarantee best before dates of 45 days from the date of shipping SeaSnax raw sheets (Code 24094) from our warehouse.

728028 02323	24094	*	SeaSnax, Raw Raw Raw, Seaweed Sheets, Organic (unseasoned/no roasting)	16/28g	4.22ea	67.52	
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.80ea	60.80	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.59ea	57.44	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.38ea	54.08	
609722 79855	24103	◆	SeaSnax Oodles, Wakame Kelp Noodles	8/200g	5.74ea	45.92	
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		5.17ea	41.36	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		4.88ea	39.04	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		4.59ea	36.72	
609722 79857	91550		Oodles Wakame Kelp Noodles Shipper (Special Order; lead time required)	40/200g	5.74ea	229.60	
			Contains 40 units of Oodles Wakame Kelp Noodles. Available by special order only with 3–6 weeks' lead time.				
609722 79850	24088	◆	SeaVegi, Seaweed Salad Mix	12/26g	6.68ea	80.16	
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		6.01ea	72.12	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		5.68ea	68.16	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		5.34ea	64.08	

SEASNAX STIX CRISPY SEAWEED STRIPS

The popular SeaSnax line grows again with new Non-GMO Project verified snack products. Stix are crispy wafers made from two strips of sustainably harvested seaweed infused with simple, all natural ingredients including rice flour, olive oil, sea salt, sesame, coconut sugar, wasabi and almonds. Four vegan varieties offer 25–30 calories per serving and are free of gluten, MSG, cholesterol, trans fats and guilt!

811201 02043	24131		NEW Stix, Crispy Seaweed Strips, Almond	12/20g	3.97ea	47.64	T
811201 02040	24128		NEW Stix, Crispy Seaweed Strips, Original	12/20g	3.97ea	47.64	T
811201 02041	24129		NEW Stix, Crispy Seaweed Strips, Sesame	12/20g	3.97ea	47.64	T
811201 02042	24130		NEW Stix, Crispy Seaweed Strips, Wasabi	12/20g	3.97ea	47.64	T
		◆	Volume Price: 20 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.57ea	42.84	
		◆	Volume Price: 50 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.37ea	40.44	
		◆	Volume Price: 120 asstd cs (SeaSnax packaged varieties; open stock not on deal; no other discounts apply)		3.18ea	38.16	

SOUND SEA VEGETABLES SUSHI NORI

047445 30117	24231	*	Nori Strips, Hot & Spicy, Organic (snack size)	6/13g	3.67ea	22.02	
047445 30108	24230	*	Sushi Nori, Organic	12/15g	3.97ea	47.64	

herbs, spices + seasonings

BULK SEA SALT

775768 02055	02055		Sea Salt, Refined	1/22.7kg	25.00ea	25.00	
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BOB'S RED MILL SEA SALT

039978 31527	02031		Sea Salt	4/907g	2.25ea	9.00	
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BRAGG SPRINKLE SEASONING • ORGANIC

074305 16002	33119	*	Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker)	12/42.5g	4.28ea	51.36	
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EDEN FRENCH SEA SALT

024182 00200	02182		Sea Salt, French	12/367g	4.74ea	56.88	
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FRONTIER BULK CULINARY SALTS

089836 04407	02401		Salt, Himalayan Pink, Medium Grind	1/453g	9.19ea	9.19	
089836 04412	02404		Sea Salt, Fleur de Sel	1/453g	16.94ea	16.94	
089836 04409	02405		Sea Salt, Grey, Fine Grind	1/453g	10.49ea	10.49	
089836 04406	02406		Sea Salt, Hawaiian Black, Coarse Grind	1/453g	9.06ea	9.06	
089836 04405	02407		Sea Salt, Hawaiian Red, Coarse Grind	1/453g	9.06ea	9.06	
089836 04410	02403		Sea Salt, Kala Namak, Fine Grind	1/453g	9.06ea	9.06	
089836 04408	02409		Sea Salt, Yakima Applewood Smoked, Medium Grind	1/453g	12.42ea	12.42	

FRONTIER BULK HERBS & SPICES (continued on Page 125)

089836 00696	70284	*	Alfalfa Leaf, Organic (c/s)	1/454g	11.44ea	11.44	
089836 00100	70002		Allspice, Ground	1/454g	19.43ea	19.43	
089836 00103	70003		Anise Seed, Whole	1/454g	8.53ea	8.53	
089836 02131	70070		Bac'Uns (bacon flavoured soy bits)	1/454g	10.48ea	10.48	
089836 02776	70172	*	Bac'Uns, Organic (bacon flavoured soy bits)	1/454g	11.11ea	11.11	
089836 00105	70004		Basil Leaf (c/s)	1/454g	7.89ea	7.89	
089836 00355	70173	*	Basil Leaf, Sweet, Organic (c/s)	1/454g	13.70ea	13.70	
089836 00108	70056		Bay Leaf, Whole	1/454g	15.63ea	15.63	
089836 02010	38573		Broth Powder, No-Chicken (vegetarian)	1/454g	9.19ea	9.19	

upc code	order code		case size	ea price	cs price
FRONTIER BULK HERBS & SPICES (continued on Page 126)					
089836 02006	70068	Broth Powder, Vegetable (vegetarian)	1/454g	9.17ea	9.17
089836 02126	70069	Broth Powder, Vegetable, Low Sodium (vegetarian)	1/454g	9.17ea	9.17
089836 00523	70263	Burdock Root (c/s)	1/454g	8.09ea	8.09
089836 00280	70001	Cajun Seasoning	1/454g	12.09ea	12.09
089836 00109	70060	Caraway Seed, Whole.....	1/454g	6.27ea	6.27
089836 00112	70005	Cardamom, Ground	1/454g	33.40ea	33.40
089836 02304	02020	Carob Powder, Roasted	1/454g	4.91ea	4.91
089836 00529	70287	* Catnip Leaf, Organic (c/s)	1/454g	22.10ea	22.10
089836 00114	70006	Cayenne, Hot.....	1/454g	8.86ea	8.86
089836 00795	70174	* Cayenne, Roasted, Organic (20,000 HU)	1/454g	11.71ea	11.71
089836 00119	70058	Celery Seed, Whole	1/454g	4.79ea	4.79
089836 00531	70202	Chamomile Flowers, Whole	1/454g	17.27ea	17.27
089836 00122	70007	Chili Peppers, Crushed.....	1/454g	7.89ea	7.89
089836 02770	70175	* Chili Powder Blend, Organic.....	1/454g	14.29ea	14.29
089836 00125	70008	Chili Powder, Deluxe, Unsalted	1/454g	9.04ea	9.04
089836 02627	70299	Chipotle Peppers, Ground	1/454g	16.29ea	16.29
089836 00129	70010	Cinnamon, Ground.....	1/454g	6.11ea	6.11
089836 00396	70176	* Cinnamon, Powder, Organic	1/454g	6.73ea	6.73
089836 07006	70374	* NEW Cinnamon, Powder, Organic (Ceylon) (Fair Trade)	1/454g	21.80ea	21.80
<p><i>Cinnamomum verum</i>, or "true cinnamon," is native to Sri Lanka although it is grown in India, the East and West Indies, and Central America also. This cultivated variety grows 8 to 10 feet and resembles a shrub rather than a tree. Certified organic Ceylon Cinnamon is considered a more complex flavour, spicy rather than sweet, with woody undertones.</p>					
089836 00131	70012	Cinnamon, Sticks (2.75")	1/454g	8.99ea	8.99
089836 00132	70014	Cloves, Ground	1/454g	31.40ea	31.40
089836 00133	70016	Cloves, Whole.....	1/454g	30.50ea	30.50
089836 00135	70017	Coriander Seed, Whole.....	1/454g	5.43ea	5.43
089836 00134	70018	Coriander, Ground	1/454g	5.79ea	5.79
089836 02305	02078	Cream of Tartar.....	1/454g	9.96ea	9.96
089836 00136	70020	Cumin Seed, Ground	1/454g	9.39ea	9.39
089836 02592	70179	* Cumin Seed, Powder, Organic	1/454g	14.23ea	14.23
089836 00137	70021	Cumin Seed, Whole.....	1/454g	8.79ea	8.79
089836 02591	70180	* Cumin Seed, Whole, Organic.....	1/454g	12.40ea	12.40
089836 00139	70022	Curry, Powder.....	1/454g	10.41ea	10.41
089836 02650	70181	* Curry, Powder, Organic.....	1/454g	11.89ea	11.89
089836 00963	70187	* Dandelion Root, Organic (c/s)	1/454g	18.54ea	18.54
089836 00142	70024	Dill Weed (c/s).....	1/454g	15.57ea	15.57
089836 00144	70062	Fennel Seed, Whole	1/454g	6.53ea	6.53
089836 00356	70121	* Fenugreek Seed, Whole, Organic.....	1/454g	7.23ea	7.23
089836 00146	70025	Fenugreek, Whole	1/454g	4.33ea	4.33
089836 00283	70061	Garam Masala	1/454g	18.87ea	18.87
089836 00148	70026	Garlic, Granulated	1/454g	8.01ea	8.01
089836 02524	70019	* Garlic, Granulated, Organic	1/454g	13.29ea	13.29
089836 00149	70028	Garlic, Powder	1/454g	8.01ea	8.01
089836 00352	70023	* Garlic, Powder, Organic	1/454g	12.67ea	12.67
089836 00225	70029	Ginger, Crystallized	1/454g	10.41ea	10.41
089836 00370	70030	Ginger, Ground	1/454g	10.25ea	10.25
089836 00155	70131	Italian Seasoning	1/454g	9.81ea	9.81
089836 00594	70291	Lavender Flowers, Whole.....	1/454g	31.14ea	31.14
089836 00215	70098	Lemon Pepper.....	1/454g	12.79ea	12.79
089836 00596	70135	* Lemongrass, Organic (c/s)	1/454g	11.44ea	11.44
089836 00598	70066	Licorice Root.....	1/454g	9.17ea	9.17
089836 00771	70083	Licorice Sticks (6").....	1/454g	18.76ea	18.76
089836 00160	70033	Marjoram Leaf (c/s).....	1/454g	8.87ea	8.87
089836 00214	70097	Mexican Seasoning	1/454g	7.83ea	7.83
089836 00162	70065	Mustard Seed, Brown, Whole	1/454g	4.99ea	4.99
089836 00163	70032	Mustard Seed, Yellow, Ground	1/454g	5.30ea	5.30
089836 00164	70031	Mustard Seed, Yellow, Whole	1/454g	4.99ea	4.99
089836 00961	70293	* Nettle Leaf, Organic (c/s).....	1/454g	13.57ea	13.57
089836 00165	70034	Nutmeg, Ground	1/454g	32.73ea	32.73
089836 00166	70035	Nutmeg, Whole.....	1/454g	38.24ea	38.24
089836 02326	70094	Nutritional Yeast, Mini Flake	1/454g	12.40ea	12.40
089836 00846	70294	* Oatstraw, Green Flower Herb, Organic	1/454g	13.06ea	13.06
089836 00167	70036	Onion, Flakes.....	1/454g	6.07ea	6.07
089836 00168	70037	Onion, Granulated.....	1/454g	6.59ea	6.59
089836 00169	70038	Onion, Powder	1/454g	6.07ea	6.07
089836 00171	70207	Orange Peel (c/s).....	1/454g	7.23ea	7.23
089836 00173	70040	Oregano Leaf, Greek (c/s).....	1/454g	11.78ea	11.78
089836 00281	70141	* Oregano Leaf, Organic (c/s).....	1/454g	14.03ea	14.03
089836 00176	70042	Paprika, Hungarian.....	1/454g	13.39ea	13.39
089836 00714	70182	* Paprika, Powder, Organic	1/454g	12.73ea	12.73
089836 04426	70376	Paprika, Smoked, Spanish.....	1/454g	11.75ea	11.75
089836 00178	70044	Parsley Leaf, Flakes	1/454g	13.39ea	13.39
089836 00181	70047	Pepper, Black, Coarse Grind.....	1/454g	13.77ea	13.77
089836 00211	70046	Pepper, Black, Medium Grind	1/454g	14.44ea	14.44
089836 02600	70183	* Pepper, Black, Medium Grind, Organic	1/454g	17.10ea	17.10

upc code	order code		case size	ea price	cs price
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FRONTIER BULK HERBS & SPICES (continued on Page 124)

089836 00183	70048		Peppercorns, Black, Whole.....	1/454g	12.09ea	12.09
089836 02603	70184	*	Peppercorns, Black, Whole, Organic.....	1/454g	15.97ea	15.97
089836 00258	70095		Peppermill Gourmet 4 Pepper Blend.....	1/454g	20.16ea	20.16
089836 00630	70206	*	Peppermint Leaf, Organic (c/s).....	1/454g	16.61ea	16.61
089836 00185	70096		Pickling Spice, Original, Spicy.....	1/454g	16.07ea	16.07
089836 00186	70050		Poppy Seeds, Whole.....	1/454g	7.50ea	7.50
089836 02616	70043	*	Poppy Seeds, Whole, Organic.....	1/454g	9.11ea	9.11
089836 00709	70268		Psyllium Seed Husk, Powder.....	1/454g	9.81ea	9.81
089836 00783	70267		Psyllium Seed Husk, Whole.....	1/454g	9.37ea	9.37
089836 00638	70208		Red Raspberry Leaf (c/s).....	1/454g	10.67ea	10.67
089836 00732	70039	*	Red Raspberry Leaf, Organic (c/s).....	1/454g	13.70ea	13.70
089836 00999	70133	*	Rosehips, Seedless, Organic (c/s).....	1/454g	11.44ea	11.44
089836 00189	70052		Rosemary Leaf, Whole.....	1/454g	9.17ea	9.17
089836 00236	70045	*	Sage Leaf, Rubbed, Organic.....	1/454g	16.94ea	16.94
089836 00791	70277		Senna Leaf (c/s).....	1/454g	9.83ea	9.83
089836 00213	70113		Sesame Seeds, Hulled.....	1/454g	6.59ea	6.59
089836 00658	70278		Slippery Elm Bark, Powder.....	1/454g	37.17ea	37.17
089836 00781	70285	*	Spearmint Leaf, Organic (c/s).....	1/454g	14.60ea	14.60
089836 02309	70115		Tapioca, Whole.....	1/454g	6.60ea	6.60
089836 00200	70054		Thyme Leaf (c/s).....	1/454g	10.47ea	10.47
089836 00378	70185	*	Thyme Leaf, Whole, Organic.....	1/454g	20.74ea	20.74
089836 02604	70186	*	Turmeric Root, Powder, Organic.....	1/454g	10.73ea	10.73
089836 00202	70064		Turmeric, Powder.....	1/454g	8.86ea	8.86

FRONTIER STORAGE JARS

089836 08730	70099		Square Wide Mouth Jars, 60oz.....	6/1ea	4.11ea	24.66	T
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FRONTIER PACKAGED SPICES & SEASONINGS • ORGANIC

089836 21011	70551	*	Basil Leaf, Flakes, Organic.....	6/10g	2.85ea	17.10
089836 21012	70552	*	Bay Leaf, Organic.....	6/3g	4.04ea	24.24
089836 21015	70553	*	Cardamom Seed, Powder, Organic.....	6/21g	3.80ea	22.80
089836 21016	70554	*	Cardamom Seed, Whole, Organic.....	6/28g	3.70ea	22.20
089836 21017	70555	*	Cayenne Pepper, Organic.....	6/32g	3.10ea	18.60
089836 21018	70556	*	Chili Pepper, Flakes, Organic.....	6/27g	3.19ea	19.14
089836 21019	70557	*	Chili, Powder, Organic.....	6/36g	3.10ea	18.60
089836 21020	70558	*	Cinnamon, Powder, Organic.....	6/30g	2.58ea	15.48
089836 21021	70559	*	Cinnamon, Sticks, Organic.....	6/22g	3.36ea	20.16
089836 21022	70560	*	Cloves, Whole, Organic.....	6/31g	4.44ea	26.64
089836 21023	70561	*	Coriander Seed, Powder, Organic.....	6/29g	2.75ea	16.50
089836 21024	70562	*	Cumin Seed, Powder, Organic.....	6/36g	3.64ea	21.84
089836 21025	70563	*	Cumin Seed, Whole, Organic.....	6/34g	3.19ea	19.14
089836 21026	70564	*	Curry, Powder, Organic.....	6/30g	3.10ea	18.60
089836 21027	70565	*	Dill Weed, Flakes, Organic.....	6/11g	3.10ea	18.60
089836 21028	70566	*	Fennel Seed, Whole, Organic.....	6/24g	2.93ea	17.58
089836 21029	70567	*	Garam Masala, Organic.....	6/42g	3.70ea	22.20
089836 21030	70568	*	Garlic, Granules, Organic.....	6/55g	4.44ea	26.64
089836 21031	70569	*	Ginger Root, Powder, Organic.....	6/26g	2.94ea	17.64
089836 21032	70570	*	Herbes de Provence, Organic.....	6/14g	3.19ea	19.14
089836 21033	70571	*	Italian Seasoning, Organic.....	6/12g	2.93ea	17.58
089836 21034	70572	*	Nutmeg, Powder, Organic.....	6/39g	4.57ea	27.42
089836 21035	70573	*	Nutmeg, Whole, Organic.....	6/32g	4.87ea	29.22
089836 21036	70574	*	Onion, Granules, Organic.....	6/43g	3.29ea	19.74
089836 21037	70575	*	Oregano Leaf, Flakes, Organic.....	6/10g	2.59ea	15.54
089836 21038	70576	*	Paprika, Powder, Organic.....	6/36g	3.10ea	18.60
089836 21039	70577	*	Parsley Leaf, Flakes, Organic.....	6/6g	2.57ea	15.42
089836 21013	70578	*	Pepper, Black, Medium Grind, Organic.....	6/44g	3.29ea	19.74
089836 21014	70579	*	Peppercorns, Black, Whole, Organic.....	6/39g	3.00ea	18.00
089836 21040	70580	*	Peppermill Blend, Organic.....	6/40g	4.01ea	24.06
089836 21041	70581	*	Poppy Seeds, Whole, Organic.....	6/45g	2.94ea	17.64
089836 21042	70582	*	Rosemary Leaf, Organic.....	6/13g	2.43ea	14.58
089836 21043	70583	*	Sage Leaf, Rubbed, Organic.....	6/11g	2.67ea	16.02
089836 21045	70584	*	Thyme Leaf, Flakes, Organic.....	6/12g	2.67ea	16.02
089836 21046	70585	*	Turmeric Root, Organic.....	6/30g	2.66ea	15.96

HARVEST SUN HIMALAYAN CRYSTAL SALT

621234 96600	02171		Himalayan Salt, Crystallized.....	6/250g	4.37ea	26.22
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MAISON ORPHÉE SEA SALT • CANADIAN (continued on Page 127)

069593 10086	33486	♣	Sea Salt, Aromatic Herbs (shaker).....	12/250g	4.65ea	55.80
069593 10085	33485	♣	Sea Salt, Herbes de Provence (shaker).....	12/250g	4.65ea	55.80
		◇	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		4.19ea	50.28
		◇	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.95ea	47.40
		◇	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.49ea	41.88
069593 10082	33482	♣	Sea Salt, Grey, Fine (shaker).....	12/250g	3.12ea	37.44
		◇	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.81ea	33.72
		◇	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.65ea	31.80
		◇	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.34ea	28.08

upc code order code case size ea price cs price

MAISON ORPHÉE SEA SALT • CANADIAN (continued on Page 126)

069593 10081	33481	◆	Sea Salt, Fleur de Sel (canister)	12/125g	5.58ea	66.96
		◆	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		5.02ea	60.24
		◆	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		4.74ea	56.88
		◆	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		4.19ea	50.28
069593 10084	33484	◆	Sea Salt, Grey, Fine (bag)	12/500g	3.26ea	39.12
		◆	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.93ea	35.16
		◆	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.77ea	33.24
		◆	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.45ea	29.40
069593 10083	33483	◆	Sea Salt, Grey, Coarse (bag)	12/1kg	3.58ea	42.96
		◆	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.22ea	38.64
		◆	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.04ea	36.48
		◆	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.69ea	32.28
069593 10087	33487	◆	Sea Salt, Grey, Coarse (bag)	1/10kg	28.77ea	28.77
069593 10088	33488	◆	Sea Salt, Grey, Fine (bag)	1/10kg	45.68ea	45.68

MODERN PRODUCTS SEASONINGS

075820 00000	70450	E	Spike Original Magic!	24/85g	2.75ea	66.00
075820 20408	70451	S	Spike Original Magic!	12/198g	5.70ea	68.40
075820 20616	70452	S	Spike Original Magic!	12/397g	10.10ea	121.20
075820 30030	70468	E	Spike Original Magic!	2/2.27kg	40.50ea	81.00
075820 00007	70453	E	Spike Salt Free Magic!	24/54g	2.75ea	66.00
075820 20707	70454	S	Spike Salt Free Magic!	12/127g	5.70ea	68.40
075820 20777	70455	S	Spike Salt Free Magic!	12/255g	10.10ea	121.20
075820 30035	70469	E	Spike Salt Free Magic!	2/1.59kg	40.50ea	81.00
075820 00001	70459	E	Spike Vege-Sal Magic!	24/113g	2.75ea	66.00
075820 15410	70460	S	Spike Vege-Sal Magic!	12/283g	5.70ea	68.40
075820 15222	70461	S	Spike Vege-Sal Magic!	12/567g	10.10ea	121.20
075820 00002	70456	E	Spike Vegit Magic!	24/57g	2.75ea	66.00
075820 20806	70457	S	Spike Vegit Magic!	12/113g	5.70ea	68.40
075820 21012	70458	S	Spike Vegit Magic!	12/227g	10.10ea	121.20

SIMPLY ORGANIC (FRONTIER) BOTTLED SPICES & GRINDERS • ORGANIC

089836 19222	70356	*	All Purpose Seasoning, Organic (glass bottle)	6/59g	5.78ea	34.68
089836 19208	70789	*	Basil Leaf, Organic (c/s) (glass bottle)	6/15g	4.42ea	26.52
089836 19223	70357	*	Bay Leaf, Organic (glass bottle)	6/4g	7.32ea	43.92
089836 19224	70358	*	Cayenne Pepper, Organic (glass bottle)	6/71g	5.27ea	31.62
089836 19225	70359	*	Chili, Powder, Organic (glass bottle)	6/82g	5.37ea	32.22
089836 19211	70791	*	Cinnamon, Powder, Organic (glass bottle)	6/69g	5.02ea	30.12
089836 19212	70792	*	Cumin Seed, Powder, Organic (glass bottle)	6/65g	5.48ea	32.88
089836 19226	70360	*	Curry, Powder, Organic (glass bottle)	6/85g	5.27ea	31.62
089836 19214	70793	*	Garlic, Powder, Organic (glass bottle)	6/103g	6.26ea	37.56
089836 19215	70794	*	Ginger, Powder, Organic (glass bottle)	6/46.5g	5.36ea	32.16
089836 19227	70361	*	Italian Seasoning, Organic (glass bottle)	6/22g	5.56ea	33.36
089836 19228	70362	*	Onion, Minced, Organic (glass bottle)	6/79g	5.16ea	30.96
089836 19216	70795	*	Oregano Leaf, Organic (c/s) (glass bottle)	6/21g	4.63ea	27.78
089836 19229	70363	*	Paprika, Ground, Organic (glass bottle)	6/74g	5.78ea	34.68
089836 19230	70364	*	Parsley, Flakes, Organic (glass bottle)	6/14g	4.68ea	28.08
089836 19209	70796	*	Pepper, Black, Medium, Organic (glass bottle)	6/65.5g	5.48ea	32.88
089836 19213	70798	*	Pepper, Red, Crushed, Organic (glass bottle)	6/45g	5.11ea	30.66
089836 19219	70801	*	Peppercorn Blend, Organic (glass bottle w/adjustable grinder)	6/75g	7.14ea	42.84
089836 19218	70800	*	Peppercorns, Black, Organic (glass bottle w/adjustable grinder)	6/75g	7.14ea	42.84
089836 19210	70797	*	Peppercorns, Black, Organic (glass bottle)	6/75g	5.03ea	30.18
089836 19231	70365	*	Thyme Leaf, Organic (glass bottle)	6/31g	5.16ea	30.96
089836 19217	70799	*	Turmeric, Powder, Organic (glass bottle)	6/67.5g	4.25ea	25.50
089836 19232	91537	*	Bottled Organic Spice Shipper #2 (Special Order; lead time required)	72/1ea	5.15ea	370.80

Contains 6 units each of Cayenne Pepper, Chili Powder, Cinnamon Powder, Cumin Seed Powder, Curry Powder, Garlic Powder, Ginger Root Powder, Oregano Leaf (c/s), Medium Black Pepper, Black Peppercorns, Crushed Red Pepper and Turmeric Powder Bottled Organic Spices. Available by special order only with 3-6 weeks' lead time.

SUNDHED HIMALAYAN CRYSTAL SALT & SPICE BLENDS • CANADIAN

873778 00604	02261	◆	Himalayan Crystallized, Salt, Coarse Grain (grinder)	6/120g	3.21ea	19.26
873778 00603	02259	◆	Himalayan Crystallized, Salt, Fine Grain	6/120g	2.47ea	14.82
873778 00609	02252	◆	Himalayan Crystallized, Salt, Coarse Grain	6/250g	4.64ea	27.84
873778 00612	02255	◆	Himalayan Crystallized, Salt, Coarse Grain	6/750g	5.57ea	33.42
873778 00608	02251	◆	Himalayan Crystallized, Salt, Fine Grain	6/250g	4.14ea	24.84
873778 00611	02254	◆	Himalayan Crystallized, Salt, Fine Grain	6/750g	5.57ea	33.42
873778 00613	02256	◆	Himalayan Crystallized, Salt, Rocks (for making brine)	6/750g	5.57ea	33.42
873778 00610	02262	◆	Himalayan Crystallized, Salt w/Mixed Peppercorns (grinder)	6/210g	4.86ea	29.16

upc code order code

case size ea price cs price

nut butters, jams + sweet spreads

Butter Alternatives

NUTIVA COCONUT MANNA CREAMY SPREAD • ORGANIC

692752 11005	35250	*	Coconut Manna, Creamy Spread, Organic.....	6/445ml	8.65ea	51.90
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Chocolate + Sweet Spreads

LUC BERGERON MAPLE BUTTER • CANADIAN • ORGANIC

056183 40330	44136	☼	Maple Butter.....	12/330ml	12.21ea	146.52
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MARANATHA DARK CHOCOLATE NUT SPREAD

We guarantee best before dates of 30 days from the date of shipping Maranatha chocolate spread from our warehouse.

051651 09343	42301	S	Almond Spread, Dark Chocolate	12/368g	9.56ea	114.72
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PENOTTI CHOCOLATE SPREADS

066592 01908	42116	*☉	Chocolate Hazelnut Spread, Organic (Fair Trade)	6/350g	6.26ea	37.56
066592 02580	42139		Duo, Hazelnut & Caramel Spread	12/350g	4.18ea	50.16
066592 00145	42114		Duo, Hazelnut & Vanilla Spread	12/350g	4.18ea	50.16
066592 03089	42147		Duo, Hazelnut & Caramel Spread	6/600g	6.00ea	36.00
066592 01310	42138		Duo, Hazelnut & Vanilla Spread	6/600g	6.00ea	36.00

VIVANI CHOCOLATE HAZELNUT SPREAD • ORGANIC

4044889 000351	42019	*	Chocolate Hazelnut Spread, Organic.....	12/400g	9.01ea	108.12
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Fruit Spreads + Jams

CROFTER'S ORGANIC FRUIT SPREADS • CANADIAN • ORGANIC

067275 00066	42662	*☼	Just Fruit, Apricot, Fruit Juice Sweetened, Organic	12/235ml	3.36ea	40.32
067275 00064	42661	*☼	Just Fruit, Black Currant, Fruit Juice Sweetened, Organic.....	12/235ml	3.36ea	40.32
067275 00063	42663	*☼	Just Fruit, Blackberry, Fruit Juice Sweetened, Organic.....	12/235ml	3.36ea	40.32
067275 00062	42660	*☼	Just Fruit, Raspberry, Fruit Juice Sweetened, Organic.....	12/235ml	3.36ea	40.32
067275 00058	42119	*☼	Just Fruit, Seville Orange, Fruit Juice Sweetened, Organic.....	12/235ml	3.36ea	40.32
067275 00061	42658	*☼	Just Fruit, Strawberry, Fruit Juice Sweetened, Organic.....	12/235ml	3.36ea	40.32
067275 00059	42664	*☼	Just Fruit, Superfruit, FJS, Açai Berries, Morello Cherries, Pomegranates & Red Grapes, Organic ...	12/235ml	3.36ea	40.32
067275 00065	42659	*☼	Just Fruit, Wild Blueberry, Fruit Juice Sweetened, Organic	12/235ml	3.36ea	40.32
067275 00115	42667	*☼	Premium, Apple, Fair Trade Cane Sugar Sweetened, Organic	12/235ml	2.94ea	35.28
067275 00106	42655	*☼	Premium, Apricot, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00108	42638	*☼	Premium, Black Currant, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00103	42649	*☼	Premium, Blackberry, Fair Trade Sugar Sweetened, Organic	12/235ml	2.94ea	35.28
067275 00113	42650	*☼	Premium, Concord Grape, Fair Trade Cane Sugar Sweetened, Organic	12/235ml	2.94ea	35.28
067275 00111	42646	*☼	Premium, Four Fruit, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00110	42644	*☼	Premium, Mango, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00104	42651	*☼	Premium, Morello Cherry, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00114	42668	*☼	Premium, Pomegranate, Fair Trade Cane Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00102	42647	*☼	Premium, Raspberry, Fair Trade Sugar Sweetened, Organic	12/235ml	2.94ea	35.28
067275 00101	42645	*☼	Premium, Strawberry, Fair Trade Sugar Sweetened, Organic	12/235ml	2.94ea	35.28
067275 00105	42653	*☼	Premium, Wild Blueberry, Fair Trade Sugar Sweetened, Organic.....	12/235ml	2.94ea	35.28
067275 00602	42652	*☼	Premium, Strawberry, Fair Trade Sugar Sweetened, Organic	12/383ml	4.17ea	50.04
067275 00601	42654	*☼	Premium, Raspberry, Fair Trade Sugar Sweetened, Organic.....	12/383ml	4.17ea	50.04
067275 00423	42623	*☼	Superfruit, Asian Superfruit Blend, Organic.....	12/260ml	3.99ea	47.88
067275 00424	42624	*☼	Superfruit, European Superfruit Blend, Organic	12/260ml	3.99ea	47.88
067275 00422	42622	*☼	Superfruit, North American Superfruit Blend, Organic.....	12/260ml	3.99ea	47.88
067275 00421	42621	*☼	Superfruit, South American Superfruit Blend, Organic.....	12/260ml	3.99ea	47.88

We guarantee best before dates of 30 days from the date of shipping Crofter's Organic bulk spreads from our warehouse.

067275 00719	42625	*☼	Premium, Apricot, Sugar Sweetened, Organic.....	1/7kg	43.11ea	43.11
067275 00720	42620	*☼	Premium, Raspberry, Sugar Sweetened, Organic.....	1/7kg	47.38ea	47.38

DIVINE HARVEST FRUIT SPREADS • CANADIAN • ORGANIC

728028 07857	42669	*☼	3 Citrus w/Chia, Organic.....	6/212ml	4.93ea	29.58
728028 07855	42629	*☼	Berry Delicious w/Chia, Organic.....	6/212ml	4.93ea	29.58
728028 07851	42628	*☼	Cranberry & Orange w/Chia, Organic.....	6/212ml	4.93ea	29.58
728028 07853	42627	*☼	Raspberry w/Chia, Organic	6/212ml	4.93ea	29.58
728028 07848	42626	*☼	Strawberry w/Chia, Organic.....	6/212ml	4.93ea	29.58

EDEN APPLE BUTTER • ORGANIC

024182 00369	42160	*	Apple Butter, Organic.....	12/482g	7.76ea	93.12
024182 00370	33033	*	Apple Cherry Butter, Organic	12/482g	8.66ea	103.92

upc code order code case size ea price cs price

Nut + Seed Butters

CREAM-NUT NATURAL PEANUT BUTTERS

We guarantee best before dates of 45 days from the date of shipping Cream-Nut peanut butters from our warehouse.

The Koeze family has handcrafted natural and organic peanut butter varieties for more than 80 years. Small batches of selected peanuts are carefully roasted to a rich, dark colour, then ground to perfection. Each variety is preservative free with no added sugar, oils or hydrogenated anything. The only thing that's added is a pinch of salt.

071157 30690	35281	NEW Peanut Butter, Natural, Crunchy	12/375g	4.69ea	56.28
071157 30687	35280	NEW Peanut Butter, Natural, Smooth	12/375g	4.69ea	56.28

EARTH BALANCE NUT BUTTERS

We guarantee best before dates of 45 days from the date of shipping Earth Balance nut butters from our warehouse.

033776 10092	42145	Coconut & Peanut Spread, No Stir, Agave Sweetened, Creamy (gluten free/vegan)	12/500g	5.47ea	65.64
033776 10097	42146	Coconut & Peanut Spread, No Stir, Agave Sweetened, Crunchy (gluten free/vegan)	12/500g	5.47ea	65.64
033776 10091	42143	Peanut Butter & Flax Seed, No Stir, Agave Sweetened, Creamy (gluten free/vegan)	12/500g	5.47ea	65.64
033776 10095	42144	Peanut Butter & Flax Seed, No Stir, Agave Sweetened, Crunchy (gluten free/vegan)	12/500g	5.47ea	65.64

EARTH'S CHOICE PEANUT BUTTERS • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Earth's Choice peanut butters from our warehouse.

Helping the earth one choice at a time. Certified organic, naturally cholesterol free peanut butters are created from dry roasted Valencia peanuts and just a touch of salt (unless it's the No Salt variety, of course) with no stabilizers, hydrogenated oils, sugars, genetically modified ingredients or any artificial nonsense.

677403 50181	10491	* * NEW Peanut Butter, Crunchy, Organic (non-GMO)	12/500g	5.23ea	62.76
677403 50182	10492	* * NEW Peanut Butter, Smooth, No Salt, Organic (non-GMO)	12/500g	5.23ea	62.76
677403 50180	10446	* * NEW Peanut Butter, Smooth, Organic (non-GMO)	12/500g	5.23ea	62.76

GOLDEN BOY PEANUT BUTTER • CANADIAN

064684 10411	42205	* Peanut Butter, Crunchy, Salted	1/10kg	52.43ea	52.43
064684 10412	42210	* Peanut Butter, Crunchy, Unsalted	1/10kg	52.43ea	52.43
064684 10410	42215	* Peanut Butter, Smooth, Salted	1/10kg	52.43ea	52.43
064684 10409	42220	* Peanut Butter, Smooth, Unsalted	1/10kg	52.43ea	52.43
	42228	* * Peanut Butter, No Stir, Crunchy, Organic	1/10kg	75.69ea	75.69

MAISIE JANE'S NUT BUTTERS

730555 00126	42131	S * Almond Butter, Crunchy, Organic	12/340g	14.50ea	174.00
730555 00125	42130	S * Almond Butter, Smooth, Organic	12/340g	14.48ea	173.76
730555 00175	42148	NEW Cashew Butter, No Added Salt or Sugar (gluten free/vegan)	12/340g	7.05ea	84.60
730555 00174	42149	NEW Chocolate Hazelnut Butter (gluten free/vegan)	12/340g	9.01ea	108.12

Maisie Jane's Chocolate Hazelnut and Cashew Nut Butters are made with nuts grown on a small, US family farm that employs environmentally friendly farming techniques. The nuts are slowly dry-roasted in an oven, not oil roasted or fast fried. Gluten free, vegan Cashew Butter is made with no added salt or sugar. Gluten free, vegan Chocolate Hazelnut Butter is thick with rich, dark chocolate. Both varieties are made in a plant that does not process peanuts.

MARANATHA NUT & SEED BUTTERS

We guarantee best before dates of 30 days from the date of shipping Maranatha nut butters from our warehouse.

051651 09346	42288	S Almond Butter, No Stir, Crunchy	12/340g	9.56ea	114.72
051651 09345	42287	S Almond Butter, No Stir, Smooth	12/340g	9.56ea	114.72
051651 09306	42295	S Almond Butter, Raw, Smooth	12/340g	9.56ea	114.72
051651 09305	42296	S Almond Butter, Roasted, Smooth	12/340g	9.56ea	114.72
051651 09347	42279	S Coconut Almond Butter, Roasted, Creamy	12/340g	9.56ea	114.72
051651 09331	42290	S * Peanut Butter, Crunchy, Salted, Organic	12/500g	5.64ea	67.68
051651 09330	42289	S * Peanut Butter, Smooth, Salted, Organic	12/500g	5.64ea	67.68
051651 09341	42292	S Peanut Butter, No Stir, Crunchy & Sweet	12/500g	5.13ea	61.56
051651 09340	42291	S Peanut Butter, No Stir, Smooth & Sweet	12/500g	5.13ea	61.56

NUTS TO YOU NUT & SEED BUTTERS • CANADIAN (continued on Page 130)

068892 40080	42354	S * Almond Butter, Smooth	12/250g	5.63ea	67.56
068892 40030	42248	S * * Almond Butter, Smooth, Organic	12/250g	6.92ea	83.04
068892 40100	42356	S * Almond/Hazelnut Butter	12/250g	5.63ea	67.56
068892 40040	42368	S * Cashew Butter	12/250g	4.75ea	57.00
068892 40210	42323	S * * Cashew Butter, Organic	12/250g	5.27ea	63.24
068892 40010	42371	S * Hazelnut Butter	12/250g	6.33ea	75.96
068892 40020	42340	S * Mystery Butter (Almond/Cashew)	12/250g	4.75ea	57.00
068892 40200	42226	S * * Pumpkin Seed Butter, Organic	12/250g	4.80ea	57.60
068892 54208	42377	* NEW Rainforest Nut Butter w/Coconut, Smooth	12/250g	4.94ea	59.28
Rainforest Nut Butter blends hand-harvested Brazil nuts with dry-roasted cashews and coconut to create a smooth delight that is naturally rich in flavour, with no sodium, fillers or preservatives. A Sweetened variety features a bit of agave in the mix.					
068892 40000	42700	S * * * Sesame Tahini, Organic (Fair Trade)	12/250g	3.98ea	47.76
068892 40120	42241	S * Sunflower Seed Butter	12/250g	2.69ea	32.28
068892 40130	42249	S * * Sunflower Seed Butter, Organic	12/250g	3.16ea	37.92
068892 32490	42350	S * Almond Butter, Crunchy	12/500g	10.09ea	121.08
068892 32427	35370	* * Almond Butter, Crunchy, Organic	12/500g	12.79ea	153.48
068892 80423	42268	* Almond Butter, Raw, Smooth	12/500g	10.09ea	121.08
068892 80902	42266	* * Almond Butter, Raw, Smooth, Organic	12/500g	12.79ea	153.48
068892 32488	42355	S * Almond Butter, Smooth	12/500g	10.09ea	121.08
068892 32486	42250	S * * Almond Butter, Smooth, Organic	12/500g	12.79ea	153.48
068892 60060	42247	* Almond/Hazelnut Butter	12/500g	10.09ea	121.08

upc code	order code			case size	ea price	cs price
NUTS TO YOU NUT & SEED BUTTERS • CANADIAN (continued on Page 129)						
068892 32492	42370	S*	Cashew Butter.....	12/500g	8.44ea	101.28
068892 60030	42324	S*✱	Cashew Butter, Organic.....	12/500g	9.61ea	115.32
068892 80627	42263	✱	Fruit & Nut Butter, Almond Hazelnut (w/blueberries/cranberries).....	12/500g	10.09ea	121.08
068892 80910	42261	✱	Fruit & Nut Butter, Almond, Crunchy (w/blueberries/cranberries).....	12/500g	10.09ea	121.08
068892 70010	42283	S*	Macadamia/Cashew Butter.....	12/500g	8.44ea	101.28
068892 32485	42345	S*	Mystery Butter (Almond/Cashew).....	12/500g	8.44ea	101.28
068892 32482	42332	S*✱	Peanut Butter, Blanched, Crunchy, Organic.....	12/500g	5.80ea	69.60
068892 32481	42330	S*✱	Peanut Butter, Blanched, Smooth, Organic.....	12/500g	5.80ea	69.60
068892 56802	42378	✱	NEW Rainforest Nut Butter w/Coconut, Smooth.....	12/500g	8.91ea	106.92
068892 53197	42379	✱	NEW Rainforest Nut Butter w/Coconut, Agave Sweetened, Smooth.....	12/500g	8.91ea	106.92
068892 60070	42244	S*	Sesame Tahini.....	12/500g	5.74ea	68.88
068892 32493	42380	S*✱	Sesame Tahini, Organic (Fair Trade).....	12/500g	7.15ea	85.80
068892 32495	42240	S*	Sunflower Seed Butter.....	12/500g	4.92ea	59.04
068892 60080	42245	S*✱	Sunflower Seed Butter, Organic.....	12/500g	5.27ea	63.24
111111 42386	42386	✱	Almond Butter, Crunchy.....	1/4.09kg	70.14ea	70.14
	42385	✱	Almond Butter, Smooth.....	1/4.09kg	70.14ea	70.14
111111 42389	42389	✱✱	Almond Butter, Smooth, Organic.....	1/4.09kg	93.11ea	93.11
	42375	✱	Cashew Butter.....	1/4.09kg	49.86ea	49.86
111111 42111	42111	✱✱	Peanut Butter, Blanched, Crunchy, Organic.....	1/4.09kg	44.46ea	44.46
111111 42112	42112	✱✱	Peanut Butter, Blanched, Smooth, Organic.....	1/4.09kg	44.46ea	44.46
111111 42227	42227	✱✱	Sesame Tahini, Organic (Fair Trade).....	1/4.09kg	49.86ea	49.86
	42239	✱	Almond Butter, Smooth.....	1/10kg	168.97ea	168.97
111111 42142	42142	✱✱	Peanut Butter, Blanched, Crunchy, Organic.....	1/10kg	85.19ea	85.19
111111 42141	42141	✱✱	Peanut Butter, Blanched, Smooth, Organic.....	1/10kg	85.19ea	85.19
111111 42230	42230	✱✱	Sesame Tahini, Organic (Fair Trade).....	1/10kg	113.57ea	113.57

OMEGA NUTRITION PUMPKIN SEED BUTTERS • CANADIAN • ORGANIC

055358 33502	85060	✱✱	Pumpkin Seed Butter, Organic.....	6/341g	8.03ea	48.18
055358 33501	85059	✱✱	Pumpkin Seed Butter, Organic.....	6/568g	12.48ea	74.88

ONCE AGAIN NUT & SEED BUTTERS

We guarantee best before dates of 45 days from the date of shipping Once Again nut and seed butters from our warehouse.

044082 93461	35255	*	Almond Butter, Raw, Creamy, Organic.....	12/454g	16.36ea	196.32
044082 93491	35256	*	Almond Butter, Raw, Crunchy, Organic.....	12/454g	16.36ea	196.32
044082 93341	35257	*	Cashew Butter, Organic.....	12/454g	10.39ea	124.68
044082 94541	35259	*	Sesame Tahini, Organic.....	12/454g	7.99ea	95.88
044082 93031	35258	*	Sunflower Seed Butter, Organic.....	12/454g	6.50ea	78.00
044082 83441	35252	*	Almond Butter, Natural, Creamy.....	12/454g	9.57ea	114.84
044082 83421	35251	*	Almond Butter, Natural, Crunchy.....	12/454g	9.57ea	114.84
044082 83461	35253	*	Almond Butter, Raw, Natural, Creamy.....	12/454g	9.57ea	114.84
044082 83341	35254	*	Cashew Butter, Natural.....	12/454g	8.04ea	96.48
044082 83541	35260	*	Sesame Tahini, Natural.....	12/454g	7.28ea	87.36

SWEET ELLA'S PEANUT BUTTERS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Sweet Ella's nut butters from our warehouse.

The Koeze family has handcrafted natural and organic peanut butter varieties for more than 80 years. Small batches of selected peanuts are carefully roasted to a rich, dark colour, then ground to perfection. Each variety is preservative free with no added sugar, oils or hydrogenated anything. The only thing that's added is a pinch of salt.

071157 30703	35283	*	NEW Peanut Butter, Crunchy, Organic.....	12/375g	6.84ea	82.08
071157 30701	35282	*	NEW Peanut Butter, Smooth, Organic.....	12/375g	6.84ea	82.08

WOWBUTTER TOASTED SOY SPREADS • CANADIAN

773948 20000	42075	✱	WowButter, Toasted Soy Spread, Creamy.....	6/500g	4.25ea	25.50
773948 20001	42076	✱	WowButter, Toasted Soy Spread, Crunchy.....	6/500g	4.25ea	25.50

nuts + seeds • packaged snacks + bulk

Nuts**BULK NUTS**

111111 26100	26100	⊙*	Almonds, Natural, Whole, Organic (raw).....	1/11.34kg	353.85ea	353.85
775768 26005	26005		Almonds, Natural.....	1/11.34kg	201.28ea	201.28
064684 30630	26020		Brazil Nuts, Medium, Whole (Amazonia).....	1/2.27kg	40.83ea	40.83
064684 00566	26025		Cashews (large white pieces).....	1/2.27kg	22.92ea	22.92
064684 01439	26045		Peanuts, Whole Roasted, Unblanched.....	1/12kg	66.67ea	66.67
064684 00581	26061		Pecans, Jumbo Halves.....	1/3kg	68.75ea	68.75
775768 26065	26065		Pecans, Jumbo Halves.....	1/13.6kg	280.41ea	280.41
064684 30559	26070	⊙	Pine Nuts.....	1/2.27kg	107.43ea	107.43
775768 26085	26085		Walnuts, California (halves & pieces).....	1/11.34kg	221.49ea	221.49
111111 26036	26036	⊙*	Walnuts, Organic (halves & pieces).....	1/11.34kg	364.50ea	364.50

BLUE DIAMOND ALMONDS

041570 05597	26210		Almonds, Natural, Whole (resealable).....	6/454g	9.31ea	55.86
041570 05598	26211		Almonds, Roasted, Salted, Whole (resealable).....	6/454g	9.31ea	55.86



SKUs for Canada

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Be Sure to Stock Both Organic & Natural Products to Maximize Shelf Turns

ORGANIC PRODUCTS					
UPC	Product Description	Ingredients	Features	Jar Size	Units/Case
 0 44082 93341 2	Organic Cashew Butter	Dry-roasted organically grown cashews, organic high oleic sunflower oil	Sodium Free, Sugar Free, Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12
 0 44082 93461 7	Organic Mildly Toasted Creamy Almond Butter	Mildly toasted unblanched organic almonds	Sodium Free, Sugar Free, Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12
 0 44082 93491 4	Organic Mildly Toasted Crunchy Almond Butter	Mildly toasted unblanched organic almonds	Sodium Free, Sugar Free, Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12
 0 44082 93031 2	Organic Sunflower Seed Butter	Organically grown, dry-roasted sunflower seeds, organic evaporated cane sugar, organic high oleic sunflower oil, salt	Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12
 0 44082 94541 5	Organic Tahini	Organically grown, dry-roasted mechanically hulled sesame seeds	Sodium Free, Sugar Free, Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12

NATURAL PRODUCTS					
UPC	Product Description	Ingredients	Features	Jar Size	Units/Case
 0 44082 83341 5	Natural Cashew Butter	Dry-roasted cashews, organic high oleic sunflower oil or safflower oil	Sodium Free, Sugar Free, Vegan, Kosher Certified	16 oz. 454 g	12
 0 44082 83461 0	Natural Mildly Toasted Creamy Almond Butter	Mildly toasted unblanched almonds	Sodium Free, Sugar Free, Vegan, Kosher Certified	16 oz. 454 g	12
 0 44082 83441 2	Natural Creamy Almond Butter	Dry-roasted unblanched almonds	Sodium Free, Sugar Free, Vegan, Kosher Certified	16 oz. 454 g	12
 0 44082 83421 4	Natural Crunchy Almond Butter	Dry-roasted unblanched almonds	Sodium Free, Sugar Free, Vegan, Kosher Certified	16 oz. 454 g	12
 0 44082 83541 9	Natural Tahini	Dry roasted mechanically hulled sesame seeds	Sodium Free, Sugar Free, Vegan, Kosher Certified, Non-GMO Verified (www.nongmoproject.org)	16 oz. 454 g	12

Once Again Nut Butter Collective, Inc.

Toll Free: (888) 800-8075
 Email: info@OnceAgainNutButter.com
www.OnceAgainNutButter.com

12 South State Street
 P.O. Box 429
 Nunda, NY 14517-0429

upc code	order code		case size	ea price	cs price
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CENTRAL ROAST RAW NUTS • CANADIAN

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00012	17023	◆	NEW Almonds, Raw (bag)	6/290g	6.62ea	39.72	
		◆	Volume Price: 15 asstd cs (Central Roast Raw Nuts + Seeds; open stock not on deal).....		6.12ea	36.72	
817699 00013	17024	◆	NEW Cashews, Raw (bag)	6/225g	5.57ea	33.42	
		◆	Volume Price: 15 asstd cs (Central Roast Raw Nuts + Seeds; open stock not on deal).....		5.07ea	30.42	
817699 00062	17026	◆	NEW Mixed Nuts, Raw, Salted (bag)	6/275g	6.69ea	40.14	T
817699 00024	17025	◆	NEW Mixes Nuts, Raw (bag)	6/290g	6.69ea	40.14	
		◆	Volume Price: 15 asstd cs (Central Roast Raw Nuts + Seeds; open stock not on deal).....		6.19ea	37.14	

CENTRAL ROAST DRY ROASTED NUTS • CANADIAN

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00021	17028	◆	NEW Almonds, Dry Roasted, Salted (bag)	6/290g	6.78ea	40.68	T
817699 00019	17029	◆	NEW Almonds, Dry Roasted, Unsalted (bag)	6/290g	6.78ea	40.68	
		◆	Volume Price: 15 asstd cs (Central Roast Dry Roasted Nuts; open stock not on deal).....		6.28ea	37.68	
817699 00016	17030	◆	NEW Cashews, Dry Roasted, Salted (bag)	6/300g	7.18ea	43.08	T
817699 00018	17031	◆	NEW Cashews, Dry Roasted, Unsalted (bag)	6/300g	7.18ea	43.08	
		◆	Volume Price: 15 asstd cs (Central Roast Dry Roasted Nuts; open stock not on deal).....		6.68ea	40.08	
817699 00005	17032	◆	NEW Mixed Nuts, Dry Roasted, Salted (bag)	6/290g	6.93ea	41.58	T
		◆	Volume Price: 15 asstd cs (Central Roast Dry Roasted Nuts; open stock not on deal).....		6.43ea	38.58	

PRANA NUTS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Prana nuts from our warehouse.

877693 00015	26131	*◆	Almonds, Raw, Organic (resealable bag).....	6/250g	6.81ea	40.86	
877693 00016	26129	*◆	Brazil Nuts, Raw, Organic (resealable bag).....	6/250g	6.14ea	36.84	
877693 00017	26130	*◆	Cashews, Non-roasted, Organic (resealable bag).....	6/250g	5.71ea	34.26	
877693 00134	26132	*◆	Pecans, Raw, Organic (resealable bag).....	6/180g	7.87ea	47.22	
877693 00020	26128	*◆	Walnuts, Raw, Organic (resealable bag).....	6/180g	6.81ea	40.86	
877693 00152	29020	◎*	Walnuts, Organic (raw).....	1/11.35kg	337.73ea	337.73	

Nut Snacks**CENTRAL ROAST DRIED FRUIT & NUT SNACKS • CANADIAN**

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00387	17013	◆	NEW Antioxidant Mix (bag)	6/300g	7.10ea	42.60	T
		◆	Volume Price: 15 asstd cs [CR Antioxidant Fruit Snacks + Nut Snacks (bags); open stock not on deal].....		6.60ea	39.60	
817699 00044	17018	◆	NEW Energy Nuggets (bag)	6/240g	5.28ea	31.68	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal].....		4.78ea	28.68	
817699 00046	17019	◆	NEW Energy Power Mix (bag)	6/300g	6.63ea	39.78	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal].....		6.13ea	36.78	
817699 00023	17020	◆	NEW Golden Berry Energy (bag)	6/290g	7.24ea	43.44	
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal].....		6.74ea	40.44	
817699 00022	17021	◆	NEW Men's Energy Mix (bag)	6/300g	6.63ea	39.78	T
817699 00007	17022	◆	NEW Women's Vitality Mix (bag)	6/300g	6.63ea	39.78	T
		◆	Volume Price: 15 asstd cs [CR Energy Fruit Snacks + Nut Snacks (bags); open stock not on deal].....		6.13ea	36.78	
817699 00551	17033	◆	NEW Antioxidant Mix (tub)	8/400g	8.36ea	66.88	T
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal].....		7.99ea	63.88	
817699 00398	17034	◆	NEW Golden Berry Energy (tub)	8/400g	8.29ea	66.32	T
817699 00399	17035	◆	NEW Men's Energy Mix (tub)	8/400g	8.29ea	66.32	T
817699 00550	17036	◆	NEW Women's Vitality Mix (tub)	8/400g	8.29ea	66.32	T
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal].....		7.92ea	63.32	
817699 00553	17037	*◆	NEW Raw Goji Energy, Organic (tub)	8/375g	9.75ea	78.00	
		◆	Volume Price: 15 asstd cs [CR Fruit Snacks + Nut Snacks (tubs); open stock not on deal].....		9.38ea	75.00	

EDEN PACKAGED NUT SNACKS • ORGANIC

024182 02089	35106	*	Pistachios, Organic (resealable).....	15/113g	8.30ea	124.50	
024182 02084	35061	*	Pumpkin Seeds, Dry Roasted, Salted, Organic (resealable).....	15/113g	2.81ea	42.15	T
024182 02081	35062	*	Pumpkin Seeds, Spicy, Dry Roasted w/Tamari, Organic (resealable).....	15/113g	2.87ea	43.05	T
024182 02092	35060	*	Wild Berry Mix, Nuts, Seeds & Dried Fruit, Organic (resealable).....	15/113g	3.61ea	54.15	T
111111 60048	60048		Spinner Rack (Special Order; lead time required).....	1/1ea	0.00ea	0.00	

FOURMI BIONIQUE GOURMET FRUIT & NUT SNACKS • CANADIAN

883366 00035	35194	◆	Fruit & Nut Snack Medley, Beatitude.....	48/70g	2.32ea	111.36	T
883366 00032	35193	◆	Fruit & Nut Snack Medley, Enticing.....	48/70g	2.32ea	111.36	T

KETTLE BULK QUALITY HANDCRAFTED NUT SNACKS

We guarantee best before dates of 28 days from the date of shipping Kettle bulk nut snacks from our warehouse.

111111 36026	36026		Deluxe Nut Mix, Salted.....	1/10.9kg	240.68ea	240.68	T
111111 36027	36027		Deluxe Nut Mix, Unsalted.....	1/10.9kg	240.68ea	240.68	T
111111 36031	36031		Honey Roast Nuts & Fruit Mix.....	1/10.9kg	115.41ea	115.41	T
111111 36034	36034		X-treme Trail Mix.....	1/10.9kg	137.19ea	137.19	T

upc code	order code		case size	ea price	cs price	
MAISIE JANE'S PACKAGED NUT SNACKS						
730555 00084	26043	*	Snack Pack, Almonds, Honey Glazed, Organic	10/31g	2.16ea	21.60 T
730555 00086	26044	*	Snack Pack, Almonds, Oven Roasted, Organic	10/31g	2.16ea	21.60 T
730555 00085	26055	*	Snack Pack, Almonds, Tamari, Organic	10/31g	2.16ea	21.60 T
730555 00123	26041	*	Almonds, Honey Glazed, Organic	12/84g	4.03ea	48.36 T
730555 00089	26056	*	Cashews, Natural, Organic	12/92g	4.36ea	52.32 T
730555 00090	26051	*	Cashews, Curry Spiced, Organic	12/92g	4.36ea	52.32 T
730555 00088	26052	*	Cashews, Honey Glazed, Organic	12/92g	4.36ea	52.32 T
730555 00091	26053	*	Pistachios, Natural, Organic	12/85g	6.42ea	77.04 T
730555 00092	26054	*	Pistachios, Roasted & Salted, Whole, Organic	12/92g	4.36ea	52.32 T
730555 00070	26046		Almonds, Cinnamon Glazed	12/84g	3.16ea	37.92 T
730555 00072	26047		Almonds, Country Herb & Garlic	12/84g	3.16ea	37.92 T
730555 00073	26048		Almonds, Orange & Spice	12/84g	3.16ea	37.92 T
730555 00071	26049		Almonds, Tamari	12/84g	3.16ea	37.92 T

PRANA PACKAGED NUT SNACKS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Prana 150g nut snacks from our warehouse.

877693 00003	26102	*☿	Amandine, Maple Almonds, Organic	8/150g	4.31ea	34.48 T
877693 00011	26105	*☿	Extaze, Cashews, Lightly Sea Salted, Organic (oil free)	8/150g	4.31ea	34.48 T
877693 00001	26103	*☿	Go Nuts, Maple Nut Mix, Organic	8/150g	4.31ea	34.48 T
877693 00014	26107	*☿	Nirvana, Almonds, Lightly Sea Salted, Organic (oil free)	8/150g	4.31ea	34.48 T
877693 00013	26106	*☿	Samadhi, Almonds, Tamari, Organic (oil free)	8/150g	4.31ea	34.48 T
877693 00007	26101	*☿	Sumsuma, Sesame Seed Squares, Organic	8/150g	2.71ea	21.68 T
877693 00012	26104	*☿	Trail Mix, Annapurna, Almond/Goji/Cranberry, Organic	8/150g	3.61ea	28.88 T
877693 00306	26063	*☿	Trail Mix, Fuji, Premium Salty Mix, Organic	8/150g	3.61ea	28.88 T
877693 00305	26062	*☿	Trail Mix, Kilimanjaro, Deluxe Chocolate Mix, Organic	8/150g	3.61ea	28.88 T
877693 00307	26059	*☿	Trail Mix, Machu Pichu, Nuts & Fruits Mix, Organic	8/150g	3.61ea	28.88 T
877693 00109	26109	*☿	Snack Pack, Amandine, Maple Almonds, Organic	12/35g	1.39ea	16.68 T
877693 00111	26111	*☿	Snack Pack, Extaze, Cashews, Lightly Sea Salted, Organic (oil free)	12/30g	1.39ea	16.68 T
877693 00108	26110	*☿	Snack Pack, Go Nuts, Maple Nut Mix, Organic	12/30g	1.39ea	16.68 T
877693 00114	26112	*☿	Snack Pack, Nirvana, Almonds, Lightly Sea Salted, Organic (oil free)	12/35g	1.39ea	16.68 T
877693 00113	26114	*☿	Snack Pack, Samadhi, Almonds, Tamari, Organic (oil free)	12/35g	1.39ea	16.68 T
877693 00112	26113	*☿	Snack Pack, Trail Mix, Annapurna, Organic (almond/goji/cranberry)	12/35g	1.39ea	16.68 T
877693 04000	34081	*☿	NEW Amandine, Maple Almonds, Organic	1/5kg	145.27ea	145.27 T
877693 04008	34077	*☿	NEW Trail Mix, Annapurna, Almond/Goji/Cranberry, Organic	1/5kg	100.66ea	100.66 T
877693 04012	34080	*☿	NEW Trail Mix, Fuji, Premium Salty Mix, Organic	1/5kg	100.66ea	100.66 T
877693 04011	34079	*☿	NEW Trail Mix, Kilimanjaro, Deluxe Chocolate Mix, Organic	1/5kg	100.66ea	100.66 T
877693 04009	34078	*☿	NEW Trail Mix, Machu Pichu, Nuts & Fruits Mix, Organic	1/5kg	100.66ea	100.66 T

Canada's own Prana creates organic, gluten free, vegan foods that support the environment and our health. We are pleased to offer 5kg bulk packs of favourite organic nut snacks: Amandine features dry-roasted almonds coated with pure Canadian maple syrup and a pinch of unrefined sea salt; Annapurna blends wheat free tamari, raw almonds and cashews, cranberries sweetened with apple juice, goji berries and sunflower seeds; Machu Pichu combines nuts with exotic dried fruits; Fuji blends roasted nuts, seeds and dried fruits lightly coated in coconut oil and a pinch of unrefined sea salt; and Kilimanjaro bursts with dark chocolate chips, nuts and delicious dried fruits.

SUNRIDGE FARMS BULK NUT SNACKS

086700 02126	35141		Almonds, Hickory Smoked	1/7.3kg	151.69ea	151.69
086700 02128	35138		Cashews, Thai Curry	1/7.3kg	234.45ea	234.45
086700 06048	35140		Vitality Mix	1/7.3kg	129.65ea	129.65

Seeds**BULK SEEDS**

775768 34005	34005	*	Alfalfa Seeds, Organic (95% germination)	1/10kg	162.96ea	162.96
623636 21004	34010	*	Flax Seeds, Brown, Organic	1/11.34kg	35.81ea	35.81
111111 34071	34071		Flax Seeds, Golden	1/11.34kg	42.57ea	42.57
111111 34040	34040	*	Pumpkin Seeds, Organic (hulled)	1/12.5kg	111.49ea	111.49
064684 02657	34020		Pumpkin Seeds	1/12kg	104.17ea	104.17
775768 34025	34025	*	Sesame Seeds, Brown, Organic (unhulled)	1/11.34kg	80.72ea	80.72
111111 34041	34041	*	Sesame Seeds, Organic (hulled)	1/11.34kg	81.08ea	81.08
111111 29040	29040	*	Sunflower Seeds, Organic (hulled)	1/11.34kg	70.95ea	70.95
775768 34035	34035		Sunflower Seeds (hulled)	1/22.7kg	77.70ea	77.70

BOB'S RED MILL SEEDS & MEAL

039978 30339	34055		Chia Seeds	4/453g	10.65ea	42.60
039978 30330	34048	☉	Flax Seed Meal	4/453g	3.27ea	13.08
039978 30232	34052		Flax Seed Meal, Golden	4/453g	3.67ea	14.68
039978 30937	02019	☉*	Flax Seed Meal, Organic	4/453g	4.06ea	16.24
039978 30940	20376	*	Flax Seed Meal, Golden, Organic	4/453g	4.06ea	16.24
039978 32420	34049		Flax Seeds	4/680g	3.28ea	13.12
039978 30230	34051		Flax Seeds, Golden	4/680g	3.77ea	15.08
039978 30596	34053		Hemp Seeds (hulled)	4/340g	12.17ea	48.68
039978 32438	34057		Sesame Seeds, Brown	4/453g	4.79ea	19.16
039978 31437	34056		Sesame Seeds, White	4/453g	4.79ea	19.16

upc code	order code		case size	ea price	cs price
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CENTRAL ROAST RAW PUMPKIN SEEDS • CANADIAN

More than just another nut company, Central Roast Brands helps us make healthy choices when it comes to snack foods. For more than two decades, its dedicated team has sourced the finest raw ingredients from around the world to create a range of products that includes raw and dry roasted nuts, antioxidant-rich dried fruits, and energy-boosting trail mixes.

817699 00008	17027	◆	NEW Pumpkin Seeds, Raw (bag)	6/275g	3.93ea	23.58
		◆	Volume Price: 15 asstd cs (Central Roast Raw Nuts + Seeds; open stock not on deal)		3.43ea	20.58

MANITOBA HARVEST HEMP HEARTS (SHELLED HEMP SEEDS) • CANADIAN

697658 00007	37197	*◆	Hemp Hearts (Raw Shelled Hemp Seeds), Organic (pouches)	8/200g	7.04ea	56.32
697658 22001	36907	*◆	Hemp Hearts (Raw Shelled Hemp Seeds), Organic	6/340g	10.61ea	63.66
697658 69119	91534	*◆	Organic Hemp Hearts Shelled Hemp Seeds Shipper (Special Order; lead time required)	36/340g	10.61ea	381.96
			Contains 36 units of Organic Hemp Hearts (340g).			
697658 00003	36352	◆	Hemp Hearts (Raw Shelled Hemp Seeds)	12/56g	2.06ea	24.72
697658 00001	36348	◆	Hemp Hearts (Raw Shelled Hemp Seeds)	8/227g	6.42ea	51.36
697658 10218	60122	◆	Hemp Hearts Shelled Hemp Seeds Shipper (Special Order; lead time required)	36/227g	6.42ea	231.12
			Contains 36 units of Hemp Hearts (227g).			
697658 20119	37349	◆	Hemp Hearts (Raw Shelled Hemp Seeds)	6/454g	11.27ea	67.62
697658 69115	37140	*◆	Hemp Hearts (Raw Shelled Hemp Seeds), Organic	1/2.27kg	56.55ea	56.55
697658 69116	37026	◆	Hemp Hearts (Raw Shelled Hemp Seeds)	1/2.27kg	45.77ea	45.77

MUMM'S SPROUTING SEEDS • CANADIAN • ORGANIC

773295 12510	34400	*◆	Sprouting Seeds, Alfalfa, Organic	12/125g	3.36ea	40.32
773295 10021	34405	*◆	Sprouting Seeds, Daikon Radish, Organic	12/100g	1.93ea	23.16
773295 12530	34415	*◆	Sprouting Seeds, Red Clover, Organic	12/125g	2.29ea	27.48
773295 12543	34417	*◆	Sprouting Seeds, Sandwich Booster, Organic	12/125g	2.86ea	34.32
773295 12540	34410	*◆	Sprouting Seeds, Spicy Lentil Crunch, Organic	12/125g	2.14ea	25.68
773295 07550	34390	*◆	Sprouting Seeds, Starter Kit w/Alfalfa Seeds, Organic	12/75g	1.93ea	23.16
773295 11290	34420	*◆	Sprouting Seeds, Best Sellers, Organic	12/1ea	2.46ea	29.52
			Contains 2 units each of Alfalfa, Broccoli Brassica Blend, Spicy Lentil Crunch, Starter Kit, Sunflowers and Crunchy Bean Mix.			
773295 11291	34422	*◆	Sprouting Seeds, Great Mixes, Organic	12/1ea	2.53ea	30.36
			Contains 2 units each of Ancient Eastern Blend, Crunchy Bean Mix, Broccoli Brassica Blend, Sandwich Booster, Spicy Lentil Crunch and Super Spicy Lentil Crunch.			
773295 11292	34424	*◆	Sprouting Seeds, Variety Pack, Organic	12/1ea	2.21ea	26.52
			Contains 1 unit each of Alfalfa, Canola, Red Clover, Fenugreek, Lentils, Mung Beans, Mustard, Peas, Daikon Radish, Sunflowers, Wheat and Starter Kit.			

NATURE'S EARTHLY CHOICE (RUTH'S) RAW GOODNESS RAW CHIA SEEDS

679948 71582	34043	◆	Chia Seeds, Raw (gluten free)	6/400g	7.84ea	47.04
		◆	Volume Price: 10 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		7.06ea	42.36
		◆	Volume Price: 20 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		6.66ea	39.96
		◆	Volume Price: 40 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		6.27ea	37.62
		◆	Volume Price: 80 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		5.88ea	35.28

NATURE'S PATH FLAXPLUS FLAX SEEDS & MEAL • CANADIAN • ORGANIC

058449 30001	34016	*◆	Flax Seeds, Organic	6/425g	3.96ea	23.76
058449 30000	34015	*◆	Flax Seed Meal, Organic	6/425g	4.52ea	27.12

NAVITAS NATURALS CHIA SEEDS • ORGANIC

858847 00028	29026	*	Chia Seeds, Raw, Organic	12/227g	8.20ea	98.40
858847 00033	29027	*	Chia Seeds, Raw, Organic	6/454g	15.45ea	92.70

NUTIVA SEEDS • ORGANIC

692752 22325	29731	*	Chia Seeds, Black, Organic	6/400g	8.81ea	52.86
692752 00010	29730	*	Hemp Seeds, Organic (shelled)	6/227g	7.28ea	43.68

PRANA SEEDS • CANADIAN

877693 00033	34063	*◆	Chia Seeds, Black, Ground, Organic	6/200g	5.84ea	35.04
877693 00032	34062	*◆	Chia Seeds, Black, Whole, Organic	6/300g	6.46ea	38.76
877693 00030	34061	◆	Chia Seeds, White, Ground	6/200g	5.84ea	35.04
877693 00028	34060	◆	Chia Seeds, White, Whole	6/300g	6.46ea	38.76
877693 00402	29049	*◆	Chia Seeds, Black, Whole, Organic	1/25kg	472.97ea	472.97
877693 06000	29057	◆	Chia Seeds, White, Whole	1/25kg	472.97ea	472.97
877693 00153	29018	⊙*◆	Hemp Seeds, Organic (raw)	1/11.35kg	271.78ea	271.78
877693 00154	29032	*◆	Pumpkin Seeds, Raw, Organic (raw) (Austria)	1/25kg	502.36ea	502.36

RÅ ENERGY SEED MIXES • CANADIAN • ORGANIC

We guarantee best before dates of 28 days from the date of shipping Rå seed mixes from our warehouse.

872682 00007	37513	*◆	Plain, Organic (sachet)	12/20g	1.25ea	15.00
872682 00009	37515	*◆	Garlic, Organic (sachet)	12/20g	1.25ea	15.00
872682 00008	37514	*◆	Naturally Sweet, Organic (sachet)	12/20g	1.25ea	15.00
872682 00001	37507	*◆	Plain, Organic (shaker)	12/227g	8.57ea	102.84
872682 00003	37509	*◆	Garlic, Organic (shaker)	12/227g	8.57ea	102.84
872682 00002	37508	*◆	Naturally Sweet, Organic (shaker)	12/227g	8.57ea	102.84
872682 00004	37510	*◆	Plain, Organic (refill/resealable bag)	12/454g	13.57ea	162.84
872682 00006	37512	*◆	Garlic, Organic (refill/resealable bag)	12/454g	13.57ea	162.84
872682 00005	37511	*◆	Naturally Sweet, Organic (refill/resealable bag)	12/454g	13.57ea	162.84

upc code	order code		case size	ea price	cs price
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SPECTRUM SEEDS

We guarantee best before dates of 45 days from the date of shipping Code 34058 from our warehouse (28 days for Code 34059).

022506 52111	34058		Chia Seeds, Black, Whole	12/340g	10.32ea	123.84
022506 52110	34059	*	Flax Seed, Ground, Organic	12/396g	4.79ea	57.48

Seed Snacks**BANA KRISP DRIED FRUIT & SESAME SNACKS • CANADIAN**

894936 00032	21811	✳	Bana Krisp, Almond & Cacao (gluten free)	12/80g	3.07ea	36.84	T
894936 00033	21813	✳	Bana Krisp, Café (gluten free)	12/80g	3.07ea	36.84	T
894936 00030	21810	✳	Bana Krisp, Fruits (gluten free)	12/80g	3.07ea	36.84	T
894936 00101	21812	✳	Bana Krisp, Pistachio & Anise (gluten free)	12/80g	3.07ea	36.84	T
894936 00039	91158	✳	Bana Krisp Snacks Shipper (Special Order; lead time required)	75/80g	3.07ea	230.25	T
Contains 15 units of Café and 20 units each of Almond & Cacao, Fruits and Pistachio & Anise. Available by special order only with 2 weeks' lead time.							
	60136	✳	Wire Rack (Special Order; lead time req'd) (Free w/10 cases; bend header slightly to fit rack)	1/1ea	0.00ea	0.00	

EDEN PACKAGED PUMPKIN SEED SNACKS • ORGANIC

024182 02084	35061	*	Pumpkin Seeds, Dry Roasted, Salted, Organic (resealable)	15/113g	2.81ea	42.15	T
024182 02081	35062	*	Pumpkin Seeds, Spicy, Dry Roasted w/Tamari, Organic (resealable)	15/113g	2.87ea	43.05	T

ENJOY LIFE NUT & GLUTEN FREE NOT NUTS! SEED & FRUIT TRAIL MIXES

We guarantee best before dates of 45 days from the date of shipping Enjoy Life 170g trail mixes from our warehouse (30 days for 46g varieties).

853522 00061	34131		Not Nuts! Seed & Fruit Trail Mix, Beach Bash (nut/gluten free)	6/170g	3.66ea	21.96	T
853522 00058	34130		Not Nuts! Seed & Fruit Trail Mix, Mountain Mambo (nut/gluten free)	6/170g	3.66ea	21.96	T
		◇	Volume Price: 10 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		3.48ea	20.88	
		◇	Volume Price: 15 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		3.29ea	19.74	
		◇	Volume Price: 25 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		3.11ea	18.66	
853522 00065	34128		Snack Pack, Not Nuts! Seed & Fruit Trail Mix, Mountain Mambo (nut/gluten free)	48/46g	1.10ea	52.80	T
853522 00067	34129		Snack Pack, Not Nuts! Seed & Fruit Trail Mix, Trail Mix, Beach Bash (nut/gluten free)	48/46g	1.10ea	52.80	T
		◇	Volume Price: 10 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		1.05ea	50.40	
		◇	Volume Price: 15 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		0.99ea	47.52	
		◇	Volume Price: 25 assorted cases (Enjoy Life Trail Mixes; open stock not on deal)		0.94ea	45.12	

PRANA PACKAGED SEED SNACKS • CANADIAN • ORGANIC

877693 00007	26101	*✳	Sumsuma, Sesame Seed Squares, Organic	8/150g	2.71ea	21.68	T
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oils • culinary**DR. BRONNER'S MAGIC FAIR TRADE COCONUT OIL • ORGANIC**

018787 50501	30124	*☉	Coconut Oil, Fresh Pressed Virgin, Whole Kernel Unrefined, Organic (Fair Trade)	12/414ml	9.92ea	119.04
018787 50503	30135	*☉	Coconut Oil, Fresh Pressed Virgin, Whole Kernel Unrefined, Organic (Fair Trade)	12/887ml	18.19ea	218.28

EDEN OILS

024182 00030	28007	S	Sesame Oil, Toasted	12/148ml	5.13ea	61.56
024182 00029	28006	S*	Sesame Oil, Organic	12/473ml	11.02ea	132.24

MAISON ORPHÉE OILS • CANADIAN (continued on Page 135)

069593 12025	30197	✳	Hazelnut Oil, Virgin	6/250ml	11.07ea	66.42
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.96ea	59.76
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.41ea	56.46
069593 12057	30334	✳	NEW Olive Oil, Extra Virgin, Basil	6/250ml	7.24ea	43.44
069593 12063	30336	✳	NEW Olive Oil, Extra Virgin, Chili	6/250ml	7.24ea	43.44
069593 12058	30335	✳	NEW Olive Oil, Extra Virgin, Garlic	6/250ml	7.24ea	43.44
069593 12059	30337	✳	NEW Olive Oil, Extra Virgin, Lemon	6/250ml	7.24ea	43.44

Maison Orphée oils and condiments are made without compromise from only the highest quality fruit and seeds. In the cold pressing tradition of authentic master oil makers, all its oils are the result of pressure at very low speed and temperature. Four gourmet, extra virgin olive oils are created from freshly harvested olives crushed and extracted with ingredients like basil, chili peppers, garlic or lemon.

		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.52ea	39.12
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.15ea	36.90
069593 12026	30198	*✳	Toasted Sesame Oil, Virgin, Organic	6/250ml	8.71ea	52.26
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.84ea	47.04
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.40ea	44.40
069593 12024	30196	✳	Walnut of Périgord Oil, Virgin	6/250ml	8.53ea	51.18
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.68ea	46.08
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.25ea	43.50
069593 12009	30205	*✳	Canola Oil, Virgin, Organic	6/500ml	7.52ea	45.12
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.77ea	40.62
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.39ea	38.34
069593 12004	30191	✳	Grapeseed Oil	6/500ml	6.54ea	39.24
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.89ea	35.34
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.56ea	33.36
069593 12008	30204	*✳	Olive Oil, Extra Virgin, Delicate, Organic	6/500ml	8.30ea	49.80
		◇	Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.47ea	44.82
		◇	Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.06ea	42.36



Tutti Gourmet

- ✓ Vegan
- ✓ Peanut free
- ✓ Corn free
- ✓ Soy free
- ✓ Dairy free
- ✓ Egg free
- ✓ No added sugar or salt

GMO FREE

100%
natural

Handmade
in Canada

Simple Quality Ingredients = Simply Delicious!

FRUITS: BANANA, ORGANIC COCONUT, ORGANIC SESAME SEEDS, RASPBERRY, ORANGE & LEMON RIND.

PISTACHIO & ANISE: BANANA, ORGANIC COCONUT, ORGANIC SESAME SEEDS, PISTACHIO, ANISE.

CAFÉ: BANANA, ORGANIC COCONUT, ORGANIC SESAME SEEDS, FAIR TRADE COFFEE.

ALMOND & CACAO: BANANA, ORGANIC COCONUT, ORGANIC SESAME SEEDS, ALMOND, ORGANIC NATURAL CACAO, RUM.



Tutti Gourmet

BISCOTTI

GLUTEN FREE

Biscotti
since 1999

- ✓ Wheat free
- ✓ Peanut free
- ✓ Corn free
- ✓ Soy free
- ✓ Dairy free

**GMO
FREE**

 Handmade
in Canada



upc code	order code		case size	ea price	cs price
MAISON ORPHÉE OILS • CANADIAN (continued on Page 134)					
069593 12001	30188	* Olive Oil, Extra Virgin, Classic.....	6/500ml	7.20ea	43.20
069593 12002	30189	* Olive Oil, Extra Virgin, Delicate.....	6/500ml	7.20ea	43.20
069593 12000	30187	* Olive Oil, Extra Virgin, Robust.....	6/500ml	7.20ea	43.20
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.48ea	38.88
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.12ea	36.72
069593 12029	30201	* Olive Oil, Extra Virgin, Robust, Organic.....	6/500ml	10.61ea	63.66
069593 12028	30200	* Olive Oil, Extra Virgin, Spain (Bitter), Organic.....	6/500ml	10.61ea	63.66
069593 12027	30199	* Olive Oil, Extra Virgin, Spain (Peppery), Organic.....	6/500ml	10.61ea	63.66
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.55ea	57.30
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.02ea	54.12
069593 12011	30207	* Sesame Oil, Virgin, Organic.....	6/500ml	11.00ea	66.00
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.90ea	59.40
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.35ea	56.10
069593 12066	30215	* Sunflower Oil, For Cooking, Deodorized, Organic.....	6/500ml	7.28ea	43.68
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.55ea	39.30
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.19ea	37.14
069593 12010	30206	* Sunflower Oil, Virgin, Organic.....	6/500ml	6.37ea	38.22
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.73ea	34.38
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		5.41ea	32.46
069593 12003	30190	* Toasted Sesame Oil, Virgin.....	6/500ml	8.85ea	53.10
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.97ea	47.82
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.52ea	45.12
069593 12014	30209	* Canola Oil, Virgin, Organic.....	6/750ml	10.41ea	62.46
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.37ea	56.22
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.85ea	53.10
069593 12032	30195	* Grapeseed Oil.....	6/750ml	9.03ea	54.18
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.13ea	48.78
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.68ea	46.08
069593 12006	30193	* Olive Oil, Extra Virgin, Classic.....	6/750ml	9.86ea	59.16
069593 12007	30194	* Olive Oil, Extra Virgin, Delicate.....	6/750ml	9.86ea	59.16
069593 12005	30192	* Olive Oil, Extra Virgin, Robust.....	6/750ml	9.86ea	59.16
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.87ea	53.22
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.38ea	50.28
069593 12013	30208	* Olive Oil, Extra Virgin, Delicate, Organic.....	6/750ml	11.18ea	67.08
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		10.06ea	60.36
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.50ea	57.00
069593 12031	30203	* Olive Oil, Extra Virgin, Spain (Bitter), Organic.....	6/750ml	14.20ea	85.20
069593 12030	30202	* Olive Oil, Extra Virgin, Spain (Peppery), Organic.....	6/750ml	14.20ea	85.20
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		12.78ea	76.68
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		12.07ea	72.42
069593 12067	30214	* Sunflower Oil, For Cooking, Deodorized, Organic.....	6/750ml	9.89ea	59.34
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.90ea	53.40
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.41ea	50.46
069593 12015	30210	* Sunflower Oil, Virgin, Organic.....	6/750ml	8.86ea	53.16
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.97ea	47.82
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.53ea	45.18
069593 12064	30212	* Red Palm Fruit Oil, Virgin, Organic (jar).....	6/454g	8.44ea	50.64
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.60ea	45.60
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.17ea	43.02
069593 12065	30213	* Coconut Oil, Deodorized, Organic (jar).....	6/454g	7.79ea	46.74
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		7.01ea	42.06
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		6.62ea	39.72
069593 12016	30211	* Coconut Oil, Virgin, Organic (jar).....	6/454g	10.12ea	60.72
		Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		9.11ea	54.66
		Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)		8.60ea	51.60
069593 12073	30219	* NEW Coconut Oil, Deodorized, Organic (jar).....	6/850g	12.83ea	76.98
069593 12052	30218	* NEW Coconut Oil, Virgin, Organic (jar).....	6/850g	16.60ea	99.60

First cold pressed Virgin and Deodorized Coconut Oil varieties, packed in 850g glass jars, are all-vegetable products of the Philippines. Fresh coconut pulp is dried and then crushed to extract oil and water, which are separated by a centrifuge. Deodorized varieties are not chemically processed but rather filtered and deodorized with water steam.

NUTIVA CULINARY OILS • ORGANIC

692752 20001	30661	* Coconut Oil, Virgin, Organic.....	12/445ml	8.11ea	97.32
692752 20002	30662	* Coconut Oil, Virgin, Organic.....	6/860ml	14.78ea	88.68
692752 20005	30663	* Coconut Oil, Virgin, Organic.....	6/1.6L	27.34ea	164.04
692752 10368	30666	* Red Palm Oil, Organic.....	6/444ml	7.14ea	42.84

OMEGA NUTRITION CULINARY OILS • CANADIAN • ORGANIC

055358 92106	28046	* Avocado Oil, Extra Virgin.....	6/237ml	9.23ea	55.38
055358 35101	28031	* Coconut Oil, Virgin, Organic.....	6/283g	10.62ea	63.72
055358 35102	85052	* Coconut Oil, Virgin, Organic.....	6/454g	15.73ea	94.38
055358 35110	28054	* Coconut Oil, Virgin, Organic.....	6/908g	21.56ea	129.36
055358 35002	85050	* Coconut Oil, Organic.....	6/454g	8.59ea	51.54
055358 35003	85051	* Coconut Oil, Organic.....	6/908g	13.83ea	82.98
055358 91166	85049	* Olive Oil, Extra Virgin, Organic.....	12/355ml	8.79ea	105.48
055358 91167	85330	* Olive Oil, Extra Virgin, Organic.....	6/946ml	22.03ea	132.18
055358 67000	85048	* Pumpkin Seed Oil, Organic.....	12/355ml	13.51ea	162.12

upc code	order code		case size	ea price	cs price
SOLEIL D'OR OILS • CANADIAN					
069593 10140	30342	* ◆	Coconut Oil, Deodorized, Organic (jar).....6/454g	7.07ea	42.42
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	6.36ea	38.16
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	6.01ea	36.06
069593 10262	30343	* ◆	Olive Oil, Extra Virgin, Organic (tin).....12/1L	13.39ea	160.68
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	12.05ea	144.60
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	11.38ea	136.56
069593 10130	30341	* ◆	Safflower Oil, Virgin, Organic.....6/500ml	8.89ea	53.34
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	8.00ea	48.00
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	7.56ea	45.36
069593 10361	30344	* ◆	Sunflower Oil, For Cooking, Deodorized, Organic.....6/1L	10.89ea	65.34
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	9.80ea	58.80
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	9.26ea	55.56
069593 21020	30345	* ◆	Sweet Almond Oil, First Press.....6/250ml	5.67ea	34.02
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	5.10ea	30.60
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	4.82ea	28.92
069593 21022	30346	* ◆	Sweet Almond Oil, First Press.....6/500ml	10.55ea	63.30
			Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	9.50ea	57.00
			Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts)	8.97ea	53.82

SPECTRUM SPRAY OILS

We guarantee best before dates of 28 days from the date of shipping Code 28107 Coconut Spray Oil from our warehouse.

022506 28540	28021		Spray, Canola Oil.....6/453g	8.07ea	48.42
022506 26540	28051		Spray, Canola Oil.....6/170g	5.00ea	30.00
022506 06560	28107		Spray, Coconut Oil.....6/170g	6.42ea	38.52
022506 26581	28127		Spray, Olive Oil.....6/170g	6.42ea	38.52

SPECTRUM OILS

We guarantee best before dates of 45 days from the date of shipping Code 28044 Organic Coconut Oil from our warehouse.

022506 41037	28114		Almond Oil, Refined.....6/375ml	8.89ea	53.34
022506 05380	28203	*	Asian Stirfry Oil, Refined, Organic (soy/peanut/sesame).....6/375ml	8.25ea	49.50
022506 41137	28116		Canola Oil, Refined.....6/375ml	4.89ea	29.34
022506 47137	28174	*	Canola Oil, Refined, Organic.....6/375ml	6.85ea	41.10
022506 97469	28022	*	Coconut Oil, Refined, Organic.....12/414ml	6.83ea	81.96
022506 72337	28128		Olive Oil, Extra Virgin, Unrefined.....6/375ml	8.25ea	49.50
022506 72137	28130	*	Olive Oil, Extra Virgin, Unrefined, Organic (Arbequina).....6/375ml	9.32ea	55.92
022506 41301	28023		Peanut Oil, Unrefined.....6/375ml	8.25ea	49.50
022506 40337	28176	*	Safflower Oil, Refined, Organic.....6/375ml	8.25ea	49.50
022506 40437	28185		Sesame Oil, Unrefined.....6/375ml	8.25ea	49.50
022506 41637	28198		Walnut Oil, Refined.....6/375ml	8.89ea	53.34
022506 41175	28118		Canola Oil, Refined.....6/750ml	7.34ea	44.04
022506 47175	28175	*	Canola Oil, Refined, Organic.....6/750ml	11.50ea	69.00
022506 13564	28044	*	Coconut Oil, Virgin, Unrefined, Organic.....6/857ml	16.88ea	101.28
022506 72375	28129		Olive Oil, Extra Virgin, Unrefined.....6/750ml	13.75ea	82.50
022506 72175	28135	*	Olive Oil, Extra Virgin, Unrefined, Organic (Arbequina).....6/750ml	15.43ea	92.58
022506 02204	28136	*	Mediterranean Olive Oil, Unrefined, Extra Virgin, Organic.....6/1L	17.26ea	103.56

We guarantee best before dates of 45 days from the date of shipping Spectrum bulk canola oils from our warehouse.

022506 13440	28032		Canola Oil.....1/17.2L	67.85ea	67.85
022506 80020	28208	*	Canola Oil, Organic.....1/17.2L	117.56ea	117.56
022506 16510	28200		Sesame Oil, Toasted.....1/17.2L	162.10ea	162.10

THREE FARMERS CAMELINA OILS • CANADIAN

679339 00008	30144	* ◆	NEW Camelina Oil, Original (non-GMO).....6/250ml	8.85ea	53.10
679339 00005	30143	* ◆	NEW Camelina Oil, Original (non-GMO).....6/500ml	12.85ea	77.10
679339 00007	30146	* ◆	NEW Camelina Oil, Roasted Garlic & Chili (non-GMO).....6/250ml	8.85ea	53.10
679339 00006	30145	* ◆	NEW Camelina Oil, Roasted Onion & Basil (non-GMO).....6/250ml	8.85ea	53.10

pasta + noodles

ANCIENT HARVEST QUINOA PASTAS

Ancient Harvest creates organic, non-GMO, gluten free quinoa and ancient grain products that are full of enticing flavour and stellar nutrition. Supergrain Pastas offer the taste and texture of regular pasta without any of the gluten.

089125 22900	17045	*	NEW Elbows Macaroni, Quinoa, Organic (gluten free).....12/227g	3.21ea	38.52
089125 23900	17046	*	NEW Linguine, Quinoa, Organic (gluten free).....12/227g	3.21ea	38.52
089125 21900	17044	*	NEW Penne, Quinoa, Organic (gluten free).....12/227g	3.21ea	38.52
089125 25900	17047	*	NEW Spaghetti, Quinoa, Organic (gluten free).....12/227g	3.21ea	38.52
089125 22500	30090		Elbows, Quinoa.....1/4.54kg	50.19ea	50.19

ARTESIAN ACRES KAMUT PASTAS • CANADIAN • ORGANIC (continued on Page 138)

771506 00218	30078	* ◆	Capellini (Nests), Kamut, Organic.....8/375g	2.96ea	23.68
771506 00219	30077	* ◆	Fettucine (Nests), Kamut, Organic.....8/375g	2.96ea	23.68
			Volume Price: 15 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...	2.66ea	21.28
			Volume Price: 35 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...	2.52ea	20.16

JOIN THE FARM TO FORK MOVEMENT

CANADA'S NEW CULINARY OIL

THE PERFECT SALAD AND COOKING OIL

- Nutty, asparagus-like flavor: perfect for salads, dips, dressings and marinades.
- 475 °F smoke point: safe for stir-frying, sautéing, roasting and grilling.
- Great source of Omega-3: 4g per tbsp.
- 100% Canadian Made; Non-GMO.

A BRAND THAT YOU CAN TRUST

The core values behind our Three Farmers brand are value added agriculture, natural and sustainable growing, healthy and wholesome foods and traceable products.

Every Three Farmers product has a code that can be traced back to the field and farmer that grew it; all on our website.

Also available in great tasting flavours.



natural. sustainable. traceable.
naturelle. viable. traçable.

For more information on our products and our farming practices visit www.threefarmers.ca.



250 mL 8.45 fl oz

upc code	order code		case size	ea price	cs price
ARTESIAN ACRES KAMUT PASTAS • CANADIAN • ORGANIC (continued on Page 136)					
771506 00214	30281	*✱	Lasagna, Kamut, Organic.....	12/454g	3.52ea 42.24
		◇	Volume Price: 15 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		3.17ea 38.04
		◇	Volume Price: 35 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		2.99ea 35.88
771506 00217	30083	*✱	Alphabet, Kamut, Organic.....	12/454g	2.87ea 34.44
771506 00207	30285	*✱	Linguine, Kamut, Organic.....	12/454g	2.87ea 34.44
771506 00216	30079	*✱	Orzo, Kamut, Organic.....	12/454g	2.87ea 34.44
771506 00209	30295	*✱	Penne, Kamut, Organic.....	12/454g	2.87ea 34.44
771506 00208	30290	*✱	Rotini, Kamut, Organic.....	12/454g	2.87ea 34.44
771506 00206	30280	*✱	Spaghetti, Kamut, Organic.....	12/454g	2.87ea 34.44
		◇	Volume Price: 15 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		2.58ea 30.96
		◇	Volume Price: 35 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		2.44ea 29.28
771506 00213	30226	*✱	Linguine, Kamut, Garlic Parsley, Organic.....	12/454g	3.47ea 41.64
771506 00210	30222	*✱	Rotini, Kamut, Vegi, Organic.....	12/454g	3.47ea 41.64
		◇	Volume Price: 15 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		3.12ea 37.44
		◇	Volume Price: 35 assorted cases (any Artesian Acres packaged pastas; open stock not on deal) ...		2.95ea 35.40
771506 20214	30279	*✱	Lasagna, Kamut, Organic.....	1/5kg	31.55ea 31.55
771506 20207	30272	*✱	Linguine, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20209	30274	*✱	Penne, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20208	30273	*✱	Rotini, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20210	30275	*✱	Rotini, Kamut, Vegi, Organic.....	1/5kg	33.31ea 33.31
771506 20206	30271	*✱	Spaghetti, Kamut, Organic.....	1/5kg	27.50ea 27.50
BIOITALIA PASTAS • ORGANIC					
661475 03314	30121	*	Farfalle, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 11212	30104	*	Fusilli, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 02514	30122	*	Lasagna, Durum Semolina, Organic.....	16/375g	3.63ea 58.08
661475 11205	30101	*	Linguine, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 00340	30102	*	Macaroni, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 11210	30103	*	Penne Rigate, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 11201	30089	*	Spaghetti, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
661475 00804	30088	*	Spaghettini, Durum Semolina, Organic.....	24/500g	2.42ea 58.08
EDEN PASTAS • ORGANIC					
024182 11314	30247	*	Alphabets, Vegetable, 60% Whole Grain, Organic.....	6/454g	4.02ea 24.12
024182 11364	30294	*	Ditalini, Kamut, 100% Whole Grain, Organic.....	6/340g	3.12ea 18.72
024182 11310	30313	*	Shells, Golden Amber Durum, Vegetable, Organic.....	6/340g	3.74ea 22.44
024182 11320	30237	*	Shells, Small, Vegetable, 60% Whole Grain, Organic.....	6/340g	3.29ea 19.74
024182 11363	30259	*	Spirals, Flax Rice, 60% Whole Grain, Organic.....	6/340g	3.48ea 20.88
024182 11340	30293	*	Spirals, Golden Amber Durum, Vegetable, Organic.....	6/340g	3.77ea 22.62
024182 11352	30261	*	Spirals, Rye, 100% Whole Grain, Organic.....	6/340g	3.48ea 20.88
024182 11390	30327	*	Spirals, Spinach, 60% Whole Grain, Organic.....	6/340g	3.98ea 23.88
024182 11372	30258	*	Twisted Pair (Gemelli), Kamut Quinoa, 100% Whole Grain, Organic.....	6/340g	4.54ea 27.24
024182 11348	30236	*	Ziti Rigati, Spelt, 100% Whole Grain, Organic.....	6/340g	3.48ea 20.88
024182 11380	30266	*	Spaghetti, 100% Whole Grain, Organic.....	12/397g	3.63ea 43.56
024182 11350	30246	*	Spaghetti, Kamut, 100% Whole Grain, Organic.....	12/397g	3.98ea 47.76
024182 11374	30267	*	Spaghetti, Spelt, 100% Whole Grain, Organic.....	12/397g	4.70ea 56.40
FOOD FOR LIFE EZEKIEL SPROUTED WHOLE GRAIN PASTAS • ORGANIC					
073472 00563	30318	*	Penne, Sprouted Whole Grain, Organic.....	6/454g	5.82ea 34.92
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.53ea 33.18
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.47ea 32.82
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.35ea 32.10
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.95ea 29.70
073472 00560	30319	*	Spaghetti, Sprouted Whole Grain, Organic.....	6/454g	5.66ea 33.96
		◇	Volume Price: 20 assorted cases (any Food For Life varieties; open stock not on deal)		5.38ea 32.28
		◇	Volume Price: 35 assorted cases (any Food For Life varieties; open stock not on deal)		5.32ea 31.92
		◇	Volume Price: 50 assorted cases (any Food For Life varieties; open stock not on deal)		5.21ea 31.26
		◇	Volume Price: 75 assorted cases (any Food For Life varieties; open stock not on deal)		4.81ea 28.86
GLUTINO GLUTEN FREE PASTAS • CANADIAN					
678523 03808	17001	*✱	Macaroni Style (gluten free).....	12/226g	2.59ea 31.08
678523 03806	17003	*✱	Penne (gluten free).....	12/226g	2.59ea 31.08
678523 03816	17002	*✱	Rotini (gluten free).....	12/226g	2.59ea 31.08
678523 03818	17000	*✱	Spaghetti Style (gluten free).....	12/226g	2.59ea 31.08
JOVIAL GLUTEN FREE PASTAS • ORGANIC					
815421 01130	17523	*	Egg Pasta, Brown Rice, Organic (gluten free).....	12/255g	4.95ea 59.40
815421 01123	17522	*	Fusilli, Brown Rice, Organic (gluten free).....	12/340g	3.98ea 47.76
815421 01122	17521	*	Penne Rigate, Brown Rice, Organic (gluten free).....	12/340g	3.98ea 47.76
815421 01120	17520	*	Spaghetti, Brown Rice, Organic (gluten free).....	12/340g	3.97ea 47.64
PRAIRIE HARVEST FREE RANGE EGG NOODLES • CANADIAN • ORGANIC					
624756 33501	30825	*✱	Free Range Egg Noodles, Organic.....	12/340g	3.36ea 40.32
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal)		3.02ea 36.24
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal)		2.86ea 34.32

upc code	order code		case size	ea price	cs price
PRAIRIE HARVEST GOURMET VEGETABLE PASTAS • CANADIAN • ORGANIC					
624756 33188	30047	*✱	Gemelli, Vegetable, Organic.....	12/454g	3.20ea 38.40
624756 33428	30049	*✱	Penne, Vegetable, Organic.....	12/454g	3.20ea 38.40
624756 33377	30048	*✱	Rotini, Vegetable, Organic.....	12/454g	3.20ea 38.40
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.88ea 34.56
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.72ea 32.64
PRAIRIE HARVEST PASTAS • CANADIAN • ORGANIC					
624756 33605	30059	*✱	Capellini (Nests), Organic.....	8/375g	2.73ea 21.84
624756 33607	30058	*✱	Fettucine (Nests), Organic.....	8/375g	2.73ea 21.84
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.46ea 19.68
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.32ea 18.56
624756 33356	30069	*✱	Alphabet, Organic.....	12/454g	2.63ea 31.56
624756 33160	30052	*✱	Elbow Macaroni, Organic.....	12/454g	2.63ea 31.56
624756 33023	30051	*✱	Linguine, Organic.....	12/454g	2.63ea 31.56
624756 33295	30068	*✱	Orzo, Organic.....	12/454g	2.63ea 31.56
624756 33427	30054	*✱	Penne Rigate, Organic.....	12/454g	2.63ea 31.56
624756 33190	30056	*✱	Rigatoni, Organic.....	12/454g	2.63ea 31.56
624756 33374	30053	*✱	Rotini, Organic.....	12/454g	2.63ea 31.56
624756 33219	30055	*✱	Small Shells, Organic.....	12/454g	2.63ea 31.56
624756 33011	30050	*✱	Spaghetti, Organic.....	12/454g	2.63ea 31.56
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.37ea 28.44
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.24ea 26.88
624756 33748	30057	*✱	Lasagna, Organic.....	12/454g	3.27ea 39.24
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.94ea 35.28
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.78ea 33.36
624756 34160	30061	*✱	Elbow Macaroni, Organic.....	1/4.54kg	23.85ea 23.85
624756 34023	30066	*✱	Linguine, Organic.....	1/4.54kg	23.85ea 23.85
624756 34427	30063	*✱	Penne Rigate, Organic.....	1/4.54kg	23.85ea 23.85
624756 34374	30062	*✱	Rotini, Organic.....	1/4.54kg	23.85ea 23.85
624756 34219	30064	*✱	Small Shells, Organic.....	1/4.54kg	23.85ea 23.85
624756 34011	30060	*✱	Spaghetti, Organic.....	1/4.54kg	23.85ea 23.85
PRAIRIE HARVEST WHOLE WHEAT PASTAS • CANADIAN • ORGANIC					
624756 88023	30097	*✱	Linguine, Whole Wheat, Organic.....	12/454g	2.90ea 34.80
624756 88160	30098	*✱	Macaroni, Whole Wheat, Organic.....	12/454g	2.90ea 34.80
624756 88427	30100	*✱	Penne Rigate, Whole Wheat, Organic.....	12/454g	2.90ea 34.80
624756 88374	30099	*✱	Rotini, Whole Wheat, Organic.....	12/454g	2.90ea 34.80
624756 88011	30096	*✱	Spaghetti, Whole Wheat, Organic.....	12/454g	2.90ea 34.80
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.61ea 31.32
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.47ea 29.64
PRAIRIE HARVEST SAN ZENONE CORN & RICE PASTAS • CANADIAN • ORGANIC					
624756 66399	30234	*✱	Fusilli, Brown Rice, Organic.....	12/340g	2.43ea 29.16
624756 66427	30233	*✱	Penne Rigate, Brown Rice, Organic.....	12/340g	2.43ea 29.16
624756 66011	30232	*✱	Spaghetti, Brown Rice, Organic.....	12/340g	2.43ea 29.16
624756 77011	30235	*✱	Spaghetti, White Rice, Organic.....	12/340g	2.43ea 29.16
624756 55399	30231	*✱	Fusilli, Corn, Organic.....	12/340g	2.43ea 29.16
624756 55160	30123	*✱	Macaroni, Corn, Organic.....	12/340g	2.43ea 29.16
624756 55427	30230	*✱	Penne Rigate, Corn, Organic.....	12/340g	2.43ea 29.16
624756 55011	30229	*✱	Spaghetti, Corn, Organic.....	12/340g	2.43ea 29.16
		◇	Volume Price: 15 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.19ea 26.28
		◇	Volume Price: 35 asstd cs (any Prairie Harvest packaged varieties; open stock not on deal).....		2.07ea 24.84
TINKYADA RICE PASTAS • CANADIAN (continued on Page 140)					
Made with brown rice, Tinkyada is a wheat, egg and gluten free alternative to traditional pasta that's easy to digest and a great source of fibre.					
621683 01055	30930	*✱	Elbows, Brown Rice, Organic (gluten free).....	12/340g	3.23ea 38.76
621683 01135	30925	*✱	Lasagna, Brown Rice, Organic (gluten free).....	12/280g	3.39ea 40.68
621683 02115	30922	*✱	Penne, Brown Rice, Organic (gluten free).....	12/340g	3.23ea 38.76
621683 02015	30920	*✱	Spaghetti, Brown Rice, Organic (gluten free).....	12/340g	3.23ea 38.76
621683 02125	30921	*✱	Spirals, Brown Rice, Organic (gluten free).....	12/340g	3.23ea 38.76
621683 92055	30903	*✱	Elbows, Brown Rice (gluten free).....	12/454g	2.95ea 35.40
621683 92025	30901	*✱	Fettucine, Brown Rice (gluten free).....	12/397g	2.95ea 35.40
621683 91095	30909	*✱	Grand Shells, Brown Rice (gluten free).....	12/227g	2.56ea 30.72
621683 92135	30908	*✱	Lasagna, Brown Rice (gluten free).....	12/280g	3.18ea 38.16
621683 91145	30918	*✱	Little Dreams, Brown Rice (kids' shapes) (gluten free).....	12/397g	2.95ea 35.40
621683 92115	30907	*✱	Penne, Brown Rice (gluten free).....	12/454g	2.95ea 35.40
621683 92075	30924	*✱	Shells, Brown Rice (gluten free).....	12/454g	2.95ea 35.40
621683 92015	30900	*✱	Spaghetti, Brown Rice (gluten free).....	12/454g	2.95ea 35.40
621683 62015	30931	*✱	Spaghetti, Spinach, Brown Rice (gluten free).....	12/340g	3.23ea 38.76
621683 52015	30916	*✱	Spaghetti, White Rice (gluten free).....	12/454g	2.95ea 35.40
621683 92125	30902	*✱	Spirals, Brown Rice (gluten free).....	12/454g	2.95ea 35.40
621683 72125	30923	*✱	Spirals, Vegetable, Brown Rice (gluten free).....	12/340g	3.23ea 38.76
621683 01054	30137	*✱	NEW Elbows, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 01134	30138	*✱	NEW Lasagna, Brown Rice, Organic (gluten free).....	1/4.54kg	39.51ea 39.51
621683 02114	30039	*✱	NEW Penne, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 02014	30136	*✱	NEW Spaghetti, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 02124	30038	*✱	NEW Spirals, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15

upc code	order code		case size	ea price	cs price
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TINKYADA RICE PASTAS • CANADIAN (continued on Page 139)

621683 92054	30913	✳	NEW Elbows, Brown Rice (gluten free)	1/4.54kg	25.09ea	25.09
621683 92024	30911	✳	NEW Fettucine, Brown Rice (gluten free)	1/4.54kg	28.29ea	28.29
621683 92114	30917	✳	NEW Penne, Brown Rice (gluten free)	1/4.54kg	25.09ea	25.09
621683 92014	30910	✳	NEW Spaghetti, Brown Rice (gluten free)	1/4.54kg	25.09ea	25.09
621683 92124	30912	✳	NEW Spirals, Brown Rice (gluten free)	1/4.54kg	25.09ea	25.09

pet foods + care

Pet Care

ECOSAFE BIODEGRADABLE DOGGIE BAGS • CANADIAN

678526 81504	48500	✳	Biodegradable, Doggie Litter Bags (8"x15")	12/50ea	2.28ea	27.36	PT
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HERE'S THE SCOOP CLUMPING CAT LITTER

032976 30010	48050		Here's The Scoop Clumping Cat Litter	3/4.54kg	12.86ea	38.58	PT
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NATURE CLEAN PET STAIN & ODOUR REMOVER • CANADIAN

058951 36001	80154	✳	Pet Stain & Odour Remover	6/1L	6.26ea	37.56	PT
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Pet Foods

HAPPY TAILS HOLISTIC CAT FOOD • CANADIAN

831043 00005	48143	✳	Dry Food, Chicken (wheat/gluten free)	25/155g	1.43ea	35.75	PT
831043 00006	48142	✳	Dry Food, Chicken (wheat/gluten free)	12/1.4kg	11.43ea	137.16	PT
831043 00007	48141	✳	Dry Food, Chicken (wheat/gluten free)	6/3.2kg	19.29ea	115.74	PT
831043 00008	48140	✳	Dry Food, Chicken (wheat/gluten free)	1/7.5kg	39.29ea	39.29	PT

HAPPY TAILS HOLISTIC DOG FOOD • CANADIAN

831043 00001	48146	✳	Dry Food, Lamb (wheat/gluten free)	25/155g	1.43ea	35.75	PT
831043 00002	48145	✳	Dry Food, Lamb (wheat/gluten free)	6/3.2kg	15.71ea	94.26	PT
831043 00003	48144	✳	Dry Food, Lamb (wheat/gluten free)	1/7.5kg	31.43ea	31.43	PT

KALI WAGS DOG TREATS • CANADIAN

856306 00116	39121	✳	Sticks, Beef (4 pack)	12/150g	5.71ea	68.52	PT
856306 00119	39125	✳	Sticks, Salmon (4 pack)	12/150g	5.71ea	68.52	PT
856306 00113	39123	✳	Bits, Beef (cello window bag)	12/500g	17.14ea	205.68	PT
856306 00118	39127	✳	Bits, Salmon (cello window bag)	12/500g	17.14ea	205.68	PT
856306 00115	39120	✳	Trial Size Bits, Beef	24/35g	1.71ea	41.04	PT
856306 00120	39124	✳	Trial Size Bits, Salmon	24/35g	1.71ea	41.04	PT

LICK YOUR CHOPS CAT FOOD

032976 27002	48080		Canned Food, Distinctive Delicacies, Chicken & Catfish (can)	24/90g	1.38ea	33.12	PT
032976 27003	48081		Canned Food, Distinctive Delicacies, Chicken & Crab (can)	24/90g	1.38ea	33.12	PT
032976 27001	48079		Canned Food, Distinctive Delicacies, Salmon & Whitefish (can)	24/90g	1.38ea	33.12	PT
032976 27000	48078		Canned Food, Distinctive Delicacies, Turkey & Sweet Potato (can)	24/90g	1.38ea	33.12	PT
032976 26966	48042		Canned Food, Chicken (can)	24/156g	1.80ea	43.20	PT
032976 26967	48043		Canned Food, Lamb & Rice (can)	24/154g	1.87ea	44.88	PT
032976 26970	48044		Canned Food, Seafood (can)	24/156g	1.80ea	43.20	PT
032976 26972	48045		Canned Food, Turkey & Brown Rice (can)	24/156g	1.87ea	44.88	PT

LICK YOUR CHOPS DOG FOOD

032976 16755	48020		Canned Food, Adult (can)	12/374g	2.49ea	29.88	PT
032976 16856	48022		Canned Food, Lamb & Rice (can)	12/374g	2.57ea	30.84	PT
032976 16972	48024		Canned Food, Turkey & Brown Rice (can)	12/374g	2.57ea	30.84	PT
032976 18000	48004		Jar Food, Chicken Pot Pie	12/380g	3.93ea	47.16	PT
032976 18100	48007		Jar Food, Turkey Casserole	12/380g	3.93ea	47.16	PT

prepared foods

ANCIENT HARVEST QUINOA PASTA & CHEESE DINNERS • ORGANIC

Ancient Harvest creates organic, non-GMO, gluten free quinoa and ancient grain products that are full of enticing flavour and stellar nutrition. Ooey-gooey-good Supergrain Mac & Cheese varieties are easy to prepare and sure to please kids of all ages.

089125 59100	17040	*	NEW Mac & Cheese, Quinoa Elbows & Mild Cheddar, Organic (gluten free)	12/185g	3.44ea	41.28
089125 59200	17041	*	NEW Mac & Cheese, Quinoa Llama Shaped Pasta & Mild Cheddar, Organic (gluten free)	12/185g	3.44ea	41.28
089125 59702	17043	*	NEW Mac & Cheese, Quinoa Shells & Sharp Cheddar, Organic (gluten free)	12/185g	3.44ea	41.28
089125 59701	17042	*	NEW Mac & Cheese, Quinoa Shells & White Cheddar, Organic (gluten free)	12/185g	3.44ea	41.28

ANNIE'S HOMEGROWN PASTA & CHEESE DINNERS (continued on Page 141)

013562 00107	16676		Microwavable Cup, Macaroni & Cheese, White Cheddar	12/57g	1.96ea	23.52
013562 00106	16677		Microwavable Cup, Rice Macaroni & Cheddar, Gluten Free	12/57g	2.22ea	26.64
013562 30203	38662		Creamy Deluxe Macaroni Dinner, Real Aged Cheddar Sauce, 70% Organic	12/312g	4.34ea	52.08
013562 00025	38356		Bunny Shape Pasta w/Yummy Cheese	12/170g	2.39ea	28.68

upc code	order code		case size	ea price	cs price
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ANNIE'S HOMEGROWN PASTA & CHEESE DINNERS (continued on Page 140)

013562 00133	38739	NEW Bernie's Farm, Fun Pasta Shapes w/Yummy Cheddar.....	12/170g	2.39ea	28.68
All Annie's Homegrown products are made with goodness and without GMOs, artificial flavours, synthetic colour or preservatives. Eating macaroni 'n' cheese is even more fun with Annie's new flavour, Bernie's Farm. Kids love the great taste and fun pasta shapes of life on the farm, which include cow, tractor, barn, bunny and carrot, while parents love the wholesome, organic pasta, 8g of whole grains per serving, and real cheese.					
013562 00050	38649	Macaroni & Cheese, Classic.....	12/170g	2.39ea	28.68
013562 00043	38485	Rice Pasta & Cheddar, Gluten Free.....	12/170g	3.54ea	42.48
013562 00042	38670	Rice Pasta Shells & White Cheddar, Gluten Free.....	12/170g	3.54ea	42.48
013562 00039	38482	Shells & Real Aged Wisconsin Cheddar.....	12/170g	2.39ea	28.68
013562 00020	38421	Shells & White Cheddar.....	12/170g	2.39ea	28.68
013562 00026	38357	Shells & White Cheddar, Family Size.....	6/340g	3.75ea	22.50
013562 00027	38367	* Shells & White Cheddar, Organic.....	12/170g	3.01ea	36.12
013562 00022	38423	* Whole Wheat Shells & Cheddar, Organic.....	12/170g	3.01ea	36.12

CASBAH COUSCOUS

We guarantee best before dates of 28 days from the date of shipping Casbah Whole Wheat Couscous (Code 22038) from our warehouse.

072934 69247	38528	Couscous, Original.....	12/340g	2.85ea	34.20
072934 69248	22038	* Couscous, Whole Wheat, Organic.....	12/283g	2.85ea	34.20
072934 97114	38381	Couscous, Lemon Spinach.....	12/198g	2.85ea	34.20
072934 97111	38378	* Couscous, Nuted w/Currants & Spice, Organic.....	12/198g	2.85ea	34.20
072934 97112	38379	* Couscous, Roasted Garlic & Olive Oil, Organic.....	12/198g	2.85ea	34.20
072934 97113	38380	* Couscous, Wild Forest Mushroom, Organic.....	12/198g	2.85ea	34.20

CASBAH FLAVOURED PILAFS

072934 69240	38190	Pilaf, Rice.....	12/198g	2.85ea	34.20
072934 69241	38191	Pilaf, Spanish.....	12/198g	2.85ea	34.20

CASBAH MEDITERRANEAN SPECIALITIES MIXES

072934 69230	33051	Felafel.....	12/284g	2.85ea	34.20
072934 69231	33057	Hummus.....	12/170g	2.85ea	34.20
072934 69227	33059	Tabouli.....	12/170g	2.85ea	34.20

EDWARD & SONS MASHED POTATO FLAKES • ORGANIC

043182 00070	38691	* Mashed Potatoes, Home Style, Organic.....	6/100g	2.63ea	15.78
043182 00071	38692	* Mashed Potatoes, Roasted Garlic, Organic.....	6/100g	2.63ea	15.78
		◇ Volume Price: 12 asstd cs (E&S Mshed Potatoes only; open stock not on deal; no other discounts apply)		2.37ea	14.22

LIFE CHOICES MACARONI & CHEESE DINNERS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Life Choices macaroni dinners from our warehouse.

838143 00693	30134	🍁 GF Mac & Cheese, Brown Rice Mini Shells & White Cheddar, Gluten Free.....	12/170g	2.94ea	35.28
838143 00690	30033	* 🍁 Mac & Cheddar Cheese, Organic.....	12/216g	2.43ea	29.16
838143 00691	30034	* 🍁 Mac & White Cheddar Cheese, Organic.....	12/216g	2.43ea	29.16
838143 00692	30035	* 🍁 Mac & White Cheddar Cheese, Whole Wheat Flax, Organic.....	12/170g	2.43ea	29.16

LUNDBERG GOURMET BLENDS OLDE WORLD PILAF (RICE & BEANS)

073416 50600	31217	Olde World Pilaf, Whole Grain Rice Blend w/Black Eyed Peas, Lentils & Split Peas.....	6/454g	3.85ea	23.10
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LUNDBERG ROASTED BROWN RICE COUSCOUS

073416 03011	38724	* Brown Rice Couscous, Roasted, Plain Original, Organic (replaces Code 38656).....	6/284g	3.05ea	18.30
073416 03012	38725	Brown Rice Couscous, Roasted, Mediterranean Curry (replaces Code 38657).....	6/198g	3.05ea	18.30

LUNDBERG RISOTTO MIXES

073416 51260	38726	* Risotto, Alfredo, Organic (replaces Code 38522).....	6/156g	3.46ea	20.76
073416 51270	38727	* Risotto, Florentine, Organic (replaces Code 38523).....	6/163g	3.46ea	20.76
073416 51280	38728	* Risotto, Porcini Mushroom, Organic (replaces Code 38519).....	6/167g	3.46ea	20.76
073416 02025	38723	Risotto, Butternut Squash, Nutra-Farmed (replaces Code 38315).....	6/164g	3.02ea	18.12
073416 02021	38721	Risotto, Creamy Parmesan, Nutra-Farmed (replaces Code 38310).....	6/156g	3.02ea	18.12
073416 02024	38722	Risotto, Garlic Primavera, Nutra-Farmed (replaces Code 38316).....	6/156g	3.02ea	18.12
073416 51800	91498	Risotto Mixes Shipper (Special Order; lead time required).....	48/1ea	3.03ea	145.44

Contains 24 units of Creamy Parmesan and 12 units each of Butternut Squash and Garlic Primavera Risotto Mixes. Available by special order only with 3-6 weeks' lead time.

LUNDBERG WHOLE GRAIN RICE & SEASONING MIX ENTRÉES • ORGANIC

073416 51510	38733	* WG Rice & Seasoning Mix, Black Beans & Rice, Organic.....	6/170g	3.33ea	19.98
073416 51520	38734	* WG Rice & Seasoning Mix, Lentils & Rice, Original, Organic.....	6/170g	3.33ea	19.98
073416 51490	38731	* WG Rice & Seasoning Mix, Rice & Wild Rice, Garlic & Basil, Organic.....	6/170g	3.33ea	19.98
073416 51470	38729	* WG Rice & Seasoning Mix, Rice & Wild Rice, Original, Organic.....	6/170g	3.33ea	19.98
073416 51480	38730	* WG Rice & Seasoning Mix, Rice & Wild Rice, Wild Porcini Mushroom, Organic.....	6/170g	3.33ea	19.98
073416 51500	38732	* WG Rice & Seasoning Mix, Spanish Rice, Organic.....	6/170g	3.33ea	19.98
073416 51790	91499	* Organic Whole Grain Rice Entrées Shipper (Special Order; lead time required).....	48/170g	3.33ea	159.84

Contains 12 units each of Spanish Rice, Wild Porcini Mushroom, Original Rice & Wild Rice and Black Beans & Rice Organic Entrées. Available by special order only with 3-6 weeks' lead time.

upc code	order code		case size	ea price	cs price
NATURE'S EARTHLY CHOICE EASY QUINOA					
679948 89844	28106	Easy Quinoa, Garden Vegetable	6/138g	3.27ea	19.62
679948 89843	28105	Easy Quinoa, Mushroom & Vegetable Medley	6/138g	3.27ea	19.62
679948 89841	28103	Easy Quinoa, Roasted Garlic & Olive Oil	6/138g	3.27ea	19.62
679948 89842	28104	Easy Quinoa, Sundried Tomato Florentine	6/138g	3.27ea	19.62
	◇	Volume Price: 10 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		2.94ea	17.64
	◇	Volume Price: 20 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		2.78ea	16.68
	◇	Volume Price: 40 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		2.62ea	15.72
	◇	Volume Price: 80 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		2.45ea	14.70

ORGANIC NIRVANA (KASA KODA) HEIRLOOM RICE & GRAIN BLENDS • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Organic Nirvana products from our warehouse.

074823 90066	31009	*	11 Grain Wonder, Organic	12/454g	3.80ea	45.60
074823 90022	31008	*	Flax Plus, Multigrain, Organic	12/454g	3.80ea	45.60
074823 90033	31010	*	India Spice, Multigrain, Organic	12/454g	3.80ea	45.60

rice**ALTER ECO PACKAGED FAIR TRADE JASMINE RICE**

We guarantee best before dates of 45 days from the date of shipping Alter Eco rice from our warehouse.

817670 01045	32022	*☉	Jasmine, White, Organic (Fair Trade)	8/454g	4.26ea	34.08
817670 01047	32026	☉	Jasmine, Purple (Fair Trade)	8/454g	4.26ea	34.08
817670 01046	32024	☉	Jasmine, Ruby Red (Fair Trade)	8/454g	4.26ea	34.08

KODA FARMS (KASA KODA) KOKUHO ROSE HEIRLOOM RICE • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Koda Farms rice from our warehouse.

074823 20083	31007	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	12/454g	3.22ea	38.64
074823 20082	31006	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	12/454g	3.22ea	38.64
074823 20123	31014	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	12/2.27kg	11.35ea	136.20
074823 20121	31013	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	12/2.27kg	11.35ea	136.20
074823 20124	31012	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	6/4.54kg	22.18ea	133.08
074823 20122	31011	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	6/4.54kg	22.18ea	133.08

LUNDBERG BULK RICE

073416 40201	32098	*	Basmati, Brown, Organic	1/11.34kg	59.38ea	59.38
	◇	Volume Price: 5 bags (one variety)		56.41ea	56.41	
073416 40251	32100	*	Golden Rose, Medium Grain, Brown, Organic	1/11.34kg	50.03ea	50.03
	◇	Volume Price: 5 bags (one variety)		47.53ea	47.53	
073416 04039	32047	*	Jasmine, Brown, Organic	1/11.34kg	56.79ea	56.79
	◇	Volume Price: 5 bags (one variety)		53.95ea	53.95	
073416 40132	32074	*	Long Grain, Brown, Organic	1/11.34kg	49.08ea	49.08
	◇	Volume Price: 5 bags (one variety)		46.63ea	46.63	
073416 40122	32076	*	Short Grain, Brown, Organic	1/11.34kg	43.94ea	43.94
	◇	Volume Price: 5 bags (one variety)		41.74ea	41.74	
073416 04090	32052	*	Arborio, Organic	1/11.34kg	92.45ea	92.45
	◇	Volume Price: 5 bags (one variety)		87.83ea	87.83	
073416 40202	32102	*	Basmati, White, Organic	1/11.34kg	64.41ea	64.41
073416 04029	32043	*	Jasmine, White, Organic	1/11.34kg	64.41ea	64.41
	◇	Volume Price: 5 bags (one variety)		61.19ea	61.19	
073416 40134	32039	*	Long Grain, White, Organic	1/11.34kg	56.51ea	56.51
	◇	Volume Price: 5 bags (one variety)		53.68ea	53.68	
073416 40161	32097	*	Sushi, White, Organic	1/11.34kg	56.79ea	56.79
	◇	Volume Price: 5 bags (one variety)		53.95ea	53.95	
073416 40150	32045	*	Basmati, Brown, Nutra-Farmed	1/11.34kg	37.36ea	37.36
	◇	Volume Price: 5 bags (one variety)		35.49ea	35.49	
073416 40151	32050	*	Basmati, White, Nutra-Farmed	1/11.34kg	42.67ea	42.67
073416 04024	32040	*	Jasmine, White, Nutra-Farmed	1/11.34kg	42.67ea	42.67
	◇	Volume Price: 5 bags (one variety)		40.54ea	40.54	
073416 40113	32070	*	Long Grain, Brown, Nutra-Farmed	1/11.34kg	31.55ea	31.55
	◇	Volume Price: 5 bags (one variety)		29.97ea	29.97	
073416 40101	32072	*	Short Grain, Brown, Nutra-Farmed	1/11.34kg	27.39ea	27.39
	◇	Volume Price: 5 bags (one variety)		26.02ea	26.02	
073416 40142	32025	*	Sweet Brown, Nutra-Farmed	1/11.34kg	32.76ea	32.76
	◇	Volume Price: 5 bags (one variety)		31.12ea	31.12	
073416 00450	32006	*	Black Japonica, Nutra-Farmed	1/11.34kg	62.29ea	62.29
073416 09020	32035	*	Countrywild, Nutra-Farmed	1/11.34kg	62.29ea	62.29
073416 30015	32090	*	Wehani, Nutra-Farmed	1/11.34kg	62.29ea	62.29
073416 00435	32094	*	Wild Blend, Nutra-Farmed	1/11.34kg	78.58ea	78.58
073416 00437	32051	*	Wild Blend, Organic	1/11.34kg	108.21ea	108.21

LUNDBERG PACKAGED NUTRA-FARMED RICE BLENDS

073416 00471	31216		Black Japonica	6/454g	3.85ea	23.10
073416 09015	31213		Countrywild Blend	6/454g	3.85ea	23.10
073416 00327	31214		Jubilee Blend	6/454g	3.85ea	23.10
073416 00433	31215		Wild Blend	6/454g	3.85ea	23.10

upc code	order code		case size	ea price	cs price
LUNDBERG PACKAGED RICE					
073416 40603	31209	*	Basmati, Brown, Organic	6/907g	6.07ea 36.42
073416 40404	31210	*	Basmati, White, Organic	6/907g	7.02ea 42.12
073416 04050	31211	*	Jasmine, Brown, Organic	6/907g	5.77ea 34.62
073416 04048	31212	*	Jasmine, White, Organic	6/907g	6.78ea 40.68
073416 19964	31208	*	Long Grain Brown, Organic	6/907g	5.62ea 33.72
073416 19963	31206	*	Short Grain, Brown, Organic	6/907g	5.35ea 32.10
073416 04043	31207	*	Sushi, White, Organic	6/907g	6.81ea 40.86
073416 05191	31205		Arborio, White	6/907g	6.48ea 38.88
073416 40552	31202		Basmati, Brown	6/907g	4.55ea 27.30
073416 40353	31203		Basmati, White	6/907g	4.94ea 29.64
073416 04042	31204		Jasmine, White	6/907g	4.64ea 27.84
073416 19865	31201		Long Grain, Brown	6/907g	3.76ea 22.56
073416 19860	31200		Short Grain, Brown	6/907g	3.44ea 20.64

NATURE'S EARTHLY CHOICE BLACK RICE

679948 89870	31015		Black Rice, Whole Grain	6/394g	4.27ea 25.62
		◇	Volume Price: 10 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		3.84ea 23.04
		◇	Volume Price: 20 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		3.63ea 21.78
		◇	Volume Price: 40 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		3.42ea 20.52
		◇	Volume Price: 80 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		3.20ea 19.20

VILLAGE HARVEST PACKAGED RICE

028571 00631	32033	*	Indian Basmati, Brown, Organic	6/454g	4.45ea 26.70
		◇	Volume Price: 3 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.23ea 25.38
		◇	Volume Price: 6 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.01ea 24.06
		◇	Volume Price: 11 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		3.78ea 22.68
028571 00630	32032	*	Indian Basmati, White, Organic	6/454g	4.83ea 28.98
		◇	Volume Price: 3 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.59ea 27.54
		◇	Volume Price: 6 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.35ea 26.10
		◇	Volume Price: 11 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.11ea 24.66
028571 00632	32034	*	Italian Arborio, Organic	6/454g	5.02ea 30.12
		◇	Volume Price: 3 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.77ea 28.62
		◇	Volume Price: 6 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.52ea 27.12
		◇	Volume Price: 11 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		4.27ea 25.62
028571 00629	32031	*	Thai Jasmine, Brown, Organic	6/454g	4.10ea 24.60
028571 00628	32029	*	Thai Jasmine, White, Organic	6/454g	4.10ea 24.60
		◇	Volume Price: 3 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		3.90ea 23.40
		◇	Volume Price: 6 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		3.69ea 22.14
		◇	Volume Price: 11 asstd cs (natural retailers only; February, June + September periods; open stock not on deal)		3.49ea 20.94

salsas, dips + spreads

Salsas + Dips

NEWMAN'S OWN SALSAS

020662 00453	14298		Salsa, Black Bean & Corn	12/415ml	3.10ea 37.20
020662 00452	14297		Salsa, Mango	12/415ml	3.10ea 37.20
020662 00450	14290		Salsa, Medium, Chunky	12/415ml	3.10ea 37.20
020662 00455	14392		Salsa, Tequila Lime	12/415ml	3.10ea 37.20

QUE PASA SALSAS • CANADIAN

Just the right amount of heat and a whole lot of flavour. Que Pasa speciality salsas are made with some of the finest ingredients and nothing artificial. Each variety combines fresh, vine-ripened tomatoes, onions, chipotle and jalapeño peppers, garlic, cilantro, and other herbs and spices in an authentic Mexican way to create a "fresh-from-the-Baja" flavour.

068826 20004	14455	*🌿	NEW Salsa, Chipotle, Organic	12/420ml	3.25ea 39.00
068826 20000	14454	*🌿	NEW Salsa, Mexicana, Medium, Organic	12/420ml	3.25ea 39.00
068826 20002	14453	*🌿	NEW Salsa, Mexicana, Mild, Organic	12/420ml	3.25ea 39.00
		◇	Volume Price: 8 assorted cases (Salsas only; natural foods retailers only; no other discounts apply)		3.13ea 37.55
		◇	Volume Price: 13 assorted cases (Salsas only; natural foods retailers only; no other discounts apply)		3.01ea 36.10

SIMPLY NATURAL CHUNKY SALSAS • ORGANIC

070974 41358	29011	*	Chunky Salsa, Black Bean & Corn, Organic	12/470ml	3.25ea 39.00
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		3.09ea 37.08
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.93ea 35.16
070974 41356	29007	*	Chunky Salsa, Mango, Organic	12/470ml	3.00ea 36.00
070974 41352	29001	*	Chunky Salsa, Medium, Organic	12/470ml	3.00ea 36.00
070974 41350	29000	*	Chunky Salsa, Mild, Organic	12/470ml	3.00ea 36.00
070974 41354	29002	*	Chunky Salsa, Pineapple, Organic	12/470ml	3.00ea 36.00
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.85ea 34.20
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		2.70ea 32.40

sauces • prepared sweet + savoury

Savoury Sauces • Pasta + Gravy

BIOITALIA PESTO SAUCE • ORGANIC

661475 16104	33109	*	Pesto, Ready-To-Use, Organic	12/160ml	6.63ea	79.56
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BIOITALIA TOMATO SAUCES • ORGANIC

661475 50501	33048	*	Bolognese, Organic	12/358ml	4.25ea	51.00
661475 11553	33045	*	Neopolitan, Organic	12/358ml	4.25ea	51.00
661475 11550	33043	*	Tomato Basil, Organic	12/358ml	4.25ea	51.00

EDEN PASTA SAUCES • ORGANIC

024182 00317	33251	*	Pizza/Pasta Sauce, Organic (can)	12/398ml	3.01ea	36.12
		◇	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.86ea	34.32
		◇	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		2.71ea	32.52
024182 00319	33258	*	Spaghetti Sauce, Organic (jar)	12/680ml	4.78ea	57.36
024182 00318	33259	*	Spaghetti Sauce, No Salt Added, Organic (jar)	12/680ml	4.78ea	57.36
		◇	Volume Price: 15 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		4.54ea	54.48
		◇	Volume Price: 30 assorted cases (Eden Canned Tomatoes + Pasta Sauces)		4.30ea	51.60
024182 03313	33271	*	Pizza/Pasta Sauce, Organic (amber glass)	12/398ml	4.06ea	48.72

IMAGINE PREPARED GRAVIES • ORGANIC

084253 24612	38645	*	Prepared Gravy, Roasted Chicken, Organic (gluten free) (tetra recart)	12/500ml	3.70ea	44.40
084253 24611	38646	*	Prepared Gravy, Savoury Beef, Organic (gluten free) (tetra recart)	12/500ml	3.70ea	44.40

NEWMAN'S OWN PASTA SAUCES

020662 00459	33550		Alfredo (jar)	12/412ml	3.10ea	37.20
020662 00468	33551		Alfredo, Roasted Garlic (jar)	12/412ml	3.10ea	37.20
206620 04581	33548		Bombolina (Tomato & Basil) (jar)	12/645ml	3.10ea	37.20
020662 00476	33127		Five Cheese (jar)	12/645ml	3.10ea	37.20
206620 04567	33547		Marinara (jar)	12/645ml	3.10ea	37.20
206620 04574	33549		Sockarooni (Tomato, Peppers & Spices) (jar)	12/645ml	3.10ea	37.20

PRAIRIE HARVEST PASTA SAUCES • CANADIAN • ORGANIC

624756 99555	33226	*🍁	Garden Vegetable, Organic (jar)	12/705ml	3.73ea	44.76
624756 99544	33225	*🍁	Italian Herb, Organic (jar)	12/705ml	3.73ea	44.76
624756 99566	33227	*🍁	Portabello Mushroom, Organic (jar)	12/705ml	3.73ea	44.76
624756 99522	33223	*🍁	Roasted Garlic, Organic (jar)	12/705ml	3.73ea	44.76
624756 99533	33224	*🍁	Tomato Basil, Organic (jar)	12/705ml	3.73ea	44.76
		◇	Volume Price: 15 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		3.36ea	40.32
		◇	Volume Price: 35 assorted cases (any Prairie Harvest packaged varieties; open stock not on deal)		3.17ea	38.04

SIMPLY NATURAL PASTA SAUCES • ORGANIC

070974 41510	33060	*	Marinara, Organic	12/739ml	4.21ea	50.52
070974 41522	33066	*	Marinara w/Red Wine, Organic	12/739ml	4.21ea	50.52
070974 41520	33065	*	Spicy, Organic	12/739ml	4.21ea	50.52
070974 41512	33061	*	Tomato & Basil, Organic	12/739ml	4.21ea	50.52
070974 41514	33062	*	Tomato & Mushroom, Organic	12/739ml	4.21ea	50.52
070974 41516	33063	*	Tomato w/Roasted Garlic, Organic	12/739ml	4.21ea	50.52
070974 41518	33064	*	Tomato w/Roasted Peppers, Organic	12/739ml	4.21ea	50.52
070974 41524	33067	*	Vodka Cream, Organic	12/739ml	4.21ea	50.52
		◇	Volume Price: 100 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		4.00ea	48.00
		◇	Volume Price: 200 asstd cs (Simply Natural varieties excluding BBQ Sauces; open stock not on deal; no other discounts)		3.79ea	45.48

THOMAS' UTOPIA CANNED PASTA SAUCE • CANADIAN • ORGANIC

056636 02301	33157	*🍁	Pasta Sauce, Organic (can)	12/398ml	1.99ea	23.88
		◇	Volume Price: 20 assorted cases (Utopia 398ml Canned Tomatoes; open stock not on deal)		1.91ea	22.88
		◇	Volume Price: 40 assorted cases (Utopia 398ml Canned Tomatoes; open stock not on deal)		1.87ea	22.38

Sweet Sauces

EDEN APPLE SAUCE • ORGANIC

024182 00349	31020	*	Apple Sauce, Organic (jar)	12/398ml	3.78ea	45.36
024182 00333	31023	*	NEW Apple Cherry Sauce, Organic (jar)	12/398ml	4.36ea	52.32
			Available now in 398ml varieties, organic apple sauces, made with a blend of family orchard Great Lakes apples and no added sugar, are delicious, good-for-you desserts or snacks. Looking for something a bit different? Apple Cherry Sauce adds organic Montmorency tart cherry purée to the apple blend. The result is a healthy source of beneficial fibre that's sweet and mildly tart.			
024182 00339	31021	*	Apple Cinnamon Sauce, Organic (jar)	12/398ml	4.00ea	48.00
024182 00334	31022	*	Apple Strawberry Sauce, Organic (jar)	12/398ml	4.33ea	51.96

upc code

order code

case size

ea price

cs price

soups, broths + meal cups

Dry Soups

BOB'S RED MILL SOUP MIXES

039978 30694	38934	Seasoning Mix, Bean Soup	12/70g	3.10ea	37.20
039978 30251	38930	Soup Mix, 13 Bean	4/822g	4.61ea	18.44
039978 30250	38932	Soup Mix, Vegetable	4/793g	4.18ea	16.72

FRONTIER BROTH POWDERS

089836 02010	38573	Broth Powder, No-Chicken (vegetarian)	1/454g	9.19ea	9.19
089836 02006	70068	Broth Powder, Vegetable (vegetarian)	1/454g	9.17ea	9.17
089836 02126	70069	Broth Powder, Vegetable, Low Sodium (vegetarian)	1/454g	9.17ea	9.17

HARVEST SUN BOUILLON CUBES & BROTH POWDERS • ORGANIC

621234 90560	38404	*	Bouillon Cubes, Chicken, Organic	15/6ea	2.32ea	34.80
621234 96601	38706	*	Bouillon Cubes, Chicken, Low Sodium, Organic (gluten free)	15/60g	2.32ea	34.80
621234 90510	38397	*	Bouillon Cubes, Herbal, Organic (vegan)	15/6ea	2.32ea	34.80
621234 90540	38400	*	Bouillon Cubes, Low Sodium, Organic (vegan)	15/6ea	2.32ea	34.80
621234 90700	38493	*	Bouillon Cubes, Miso, Organic (vegan)	15/6ea	2.32ea	34.80
621234 80630	38387	*	Bouillon Cubes, Mushroom, Organic (vegan)	15/6ea	2.32ea	34.80
621234 95117	38399	*	Bouillon Cubes, Onion, Organic (vegan)	15/6ea	2.32ea	34.80
621234 90500	38398	*	Bouillon Cubes, Vegetable, Organic (vegan)	15/6ea	2.32ea	34.80
621234 96610	38709	*	Broth Powder, Chicken, Organic (glass jar)	6/120g	5.14ea	30.84
621234 96602	38707	*	Broth Powder, Vegetable, Organic (vegetarian) (glass jar)	6/180g	5.14ea	30.84
621234 96611	38710	*	Broth Powder, Chicken, Organic (glass jar)	12/230g	9.50ea	114.00
621234 96604	38708	*	Broth Powder, Vegetable, Organic (vegetarian) (glass jar)	12/350g	9.50ea	114.00

HARVEST SUN SOUPS • ORGANIC

709554 90320	38504	*	Vegetable, Organic	12/1ea	1.96ea	23.52
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MODERN PRODUCTS HAUSER VEGETABLE BROTH POWDER

075820 17804	38013	E	Hauser Vegetable Broth	12/113g	4.82ea	57.84
075820 18008	38016	S	Hauser Vegetable Broth	12/227g	8.76ea	105.12

NILE SPICE SOUP CUPS

033017 00105	38455	Couscous Lentil Curry	12/56g	2.05ea	24.60
033017 00183	38484	Lentil, Home Style	12/52g	2.05ea	24.60
033017 00184	38494	Split Pea	12/56g	2.05ea	24.60

TASTE ADVENTURE PRECOOKED SOUPS

032445 00311	38750	Black Bean	6/130g	3.22ea	19.32
032445 00312	38752	Curry Lentil	6/136g	3.22ea	19.32
032445 00313	38746	Golden Pea	6/125g	3.22ea	19.32
032445 00310	38754	Split Pea	6/141g	3.22ea	19.32
032445 00314	38748	Sweet Corn Chowder	6/110g	3.22ea	19.32
032445 00041	38780	Black Bean	1/4.54kg	55.12ea	55.12
032445 00042	38782	Curry Lentil	1/4.54kg	55.12ea	55.12
032445 00040	38784	Split Pea	1/4.54kg	55.12ea	55.12
032445 00047	38786	Sweet Corn Chowder	1/4.54kg	67.28ea	67.28

Prepared Soups (Shelf Stable)

AMY'S CANNED SOUPS • ORGANIC

042272 90583	38666	*	Low Sodium, Lentil, Organic (can)	12/398ml	2.58ea	30.96
042272 90582	38607	*	Low Sodium, Lentil Vegetable, Organic (can)	12/398ml	2.58ea	30.96
042272 90585	38667	*	Low Sodium, Minestrone, Organic (can)	12/398ml	2.58ea	30.96
042272 90584	38608	*	Low Sodium, Split Pea, Organic (can)	12/398ml	2.58ea	30.96
042272 90586	38609	*	Low Sodium, Tomato Bisque, Organic (can)	12/398ml	3.08ea	36.96
042272 90514	38321	*	Alphabet, Organic (can)	12/398ml	2.58ea	30.96
042272 90504	38157	*	Black Bean, Organic (can)	12/398ml	3.08ea	36.96
042272 90534	38328	*	Butternut Squash, Organic (can)	12/398ml	2.58ea	30.96
042272 90540	38668	*	Chunky Vegetable, Organic (can)	12/398ml	3.08ea	36.96
042272 90506	38155	*	Cream of Mushroom, Organic (can)	12/398ml	3.08ea	36.96
042272 90501	38156	*	Cream of Tomato, Organic (can)	12/398ml	2.58ea	30.96
042272 90547	38669	*	Fire Roasted Southwestern Vegetable, Organic (can)	12/398ml	3.30ea	39.60
042272 90591	38716	*	French Country Vegetable, Organic (can)	12/398ml	3.30ea	39.60
042272 90593	38715	*	Golden Lentil Dal, Organic (can)	12/398ml	3.08ea	36.96
042272 90502	38152	*	Lentil, Organic (can)	12/398ml	2.58ea	30.96
042272 90535	38330	*	Lentil Vegetable, Organic	12/398ml	2.58ea	30.96
042272 90507	38154	*	Minestrone, Organic (can)	12/398ml	2.58ea	30.96
042272 90503	38153	*	No Chicken Noodle, Organic (can)	12/398ml	2.58ea	30.96
042272 90505	38216	*	Split Pea, Organic (can)	12/398ml	2.58ea	30.96
042272 90536	38067	*	Tomato Bisque, Organic (can)	12/398ml	3.08ea	36.96
042272 90519	38717	*	Tuscan Bean & Rice, Organic (can)	12/398ml	3.30ea	39.60
042272 90508	38217	*	Vegetable Barley, Organic (can)	12/398ml	2.58ea	30.96

upc code	order code		case size	ea price	cs price
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BOMBAY DINE CANNED SOUPS • CANADIAN • ORGANIC

620988 00701	55584	*✳	7 Beans & Vegetables, Organic (can)	12/540ml	2.90ea	34.80
620988 00707	55587	*✳	Black Beans, Organic (can)	12/540ml	2.90ea	34.80
620988 00704	55586	*✳	Caribbean Lentil, Organic (can)	12/540ml	2.90ea	34.80
620988 00702	55585	*✳	Classic Minestrone, Organic (can)	12/540ml	2.90ea	34.80
620988 00710	55588	*✳	French Canadian Pea, Organic (can)	12/540ml	2.90ea	34.80
		◇	Volume Price: 2 assorted cases (Bombay Dine Soups only)		2.47ea	29.64
		◇	Volume Price: 5 assorted cases (Bombay Dine Soups only)		2.32ea	27.84
		◇	Volume Price: 10 assorted cases (Bombay Dine Soups only)		2.18ea	26.16

HEALTH VALLEY CANNED LOW SODIUM SOUPS • ORGANIC

035742 25015	38604	*	Lentil, Low Sodium, Organic (can)	12/398ml	2.38ea	28.56
035742 25014	38603	*	Minestrone, Low Sodium, Organic (can)	12/398ml	2.38ea	28.56
035742 25016	38605	*	Vegetable, Low Sodium, Organic (can)	12/398ml	2.38ea	28.56

IMAGINE NATURAL BROTHS • ORGANIC

084253 24124	38636	*	Beef Broth, Low Sodium, Family Size, Organic (tetrapak)	12/1L	4.17ea	50.04
084253 24249	38280	*	Free Range Chicken Broth, Family Size, Organic (tetrapak)	12/1L	4.17ea	50.04

We guarantee best before dates of 30 days from the date of shipping Imagine LS Chicken Broth (Code 38411) from our warehouse.

084253 24294	38411	*	Free Range Chicken Broth, Low Sodium, Family Size, Organic (tetrapak)	12/1L	4.17ea	50.04
084253 24248	38279	*	Vegetable Broth, Family Size, Organic (tetrapak)	12/1L	4.17ea	50.04
084253 24295	38449	*	Vegetable Broth, Low Sodium, Family Size, Organic (tetrapak)	12/1L	4.17ea	50.04

IMAGINE NATURAL SOUPS • ORGANIC

084253 24241	38272	*	Creamy Butternut Squash, Family Size, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24651	38644	*	Creamy Garden Tomato, Reduced Sodium, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24246	38276	*	Creamy Potato Leek, Family Size, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24247	38278	*	Creamy Tomato, Family Size, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24138	38262	*	Creamy Tomato Basil, Family Size, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24141	38263	*	Sweet Potato, Family Size, Organic (tetrapak)	12/1L	4.48ea	53.76
084253 24621	38647	*	Hearty Chicken Noodle, Organic (tetra recart)	12/500ml	4.48ea	53.76
084253 24623	38648	*	Southwestern Black Bean, Organic (gluten free) (tetra recart)	12/500ml	4.48ea	53.76
084253 24622	38651	*	Tomato Basil, Organic (gluten free) (tetra recart)	12/500ml	4.48ea	53.76

PACIFIC BROTHS

Pacific Foods casestack deals are available for one order, once per quarter, to qualifying natural foods retailers only. Product must be displayed and featured by the retailer. Ask your Horizon representative for details. Open stock not on deal; no other discounts apply.

052603 05408	38069	*	Chicken Broth, Low Sodium, Organic (tetrapak)	12/946ml	3.47ea	41.64
052603 05407	38079	*	Chicken Broth, Organic (tetrapak)	12/946ml	3.47ea	41.64
052603 05405	38811	*	Mushroom Broth, Organic	12/1L	3.47ea	41.64
052603 05411	38183	*	Vegetable Broth, Organic (tetrapak)	12/1L	3.47ea	41.64
052603 05437	38118	*	Vegetable Broth, Low Sodium, Organic (tetrapak)	12/1L	3.47ea	41.64
		◇	Volume Price: 50 assorted cases (946ml + 1L Broths only)		3.13ea	37.60
052603 05517	38737	*	Single Serve, Chicken Broth, Low Sodium, Organic (tetrapak)	6/4x236ml	3.77ea	22.62
052603 05515	38736	*	Single Serve, Vegetable Broth, Organic (tetrapak)	6/4x250ml	3.77ea	22.62
		◇	Volume Price: 20 assorted cases (Single Serve Broths only)		3.41ea	20.44

PACIFIC SOUPS

Pacific Foods casestack deals are available for one order, once per quarter, to qualifying natural foods retailers only. Product must be displayed and featured by the retailer. Ask your Horizon representative for details. Open stock not on deal; no other discounts apply.

052603 05421	38269	*	Cashew Carrot Ginger, Organic (tetrapak)	12/1L	3.89ea	46.68
052603 05403	38214	*	Creamy Butternut Squash, Organic (tetrapak)	12/1L	3.89ea	46.68
052603 05409	38132	*	Creamy Tomato, Organic (tetrapak)	12/1L	3.89ea	46.68
052603 05458	38638	*	Light Sodium, Creamy Tomato, Organic (tetrapak)	12/1L	3.89ea	46.68
052603 05457	38639	*	Light Sodium, Roasted Red Pepper & Tomato, Organic (tetrapak)	12/1L	3.89ea	46.68
052603 05404	38218	*	Roasted Red Pepper & Tomato, Organic (tetrapak)	12/1L	3.89ea	46.68
		◇	Volume Price: 50 assorted cases (1L Soups only)		3.51ea	42.15
052603 05497	38812	*	Bisque, Cashew Carrot Ginger, Organic (tetra recart)	12/472ml	3.02ea	36.24
052603 05496	38813	*	Bisque, Roasted Red Pepper & Tomato, Organic (tetra recart)	12/472ml	3.02ea	36.24
052603 05495	38814	*	Bisque, Tomato, Organic (tetra recart)	12/472ml	3.02ea	36.24
		◇	Volume Price: 20 assorted cases (Recart + Condensed Soups only)		2.73ea	32.70
052603 05498	91556	*	Organic Bisques Shipper (Special Order; lead time required)	36/472ml	3.05ea	109.80
			Contains 12 units each of Cashew Carrot Ginger, Roasted Red Pepper & Tomato and Tomato Organic Bisques. Available by special order only with 3-6 weeks' lead time.			
052603 05484	38675	*	Condensed Soup, Cream of Mushroom, Organic (tetrapak)	12/320ml	2.66ea	31.92
		◇	Volume Price: 20 assorted cases (Recart + Condensed Soups only)		2.40ea	28.79
052603 05499	91565	*	Organic Cream of Mushroom Condensed Soup Shipper (Special Order; lead time required)	48/320ml	2.69ea	129.12
			Contains 48 units of Cream of Mushroom Organic Condensed Soup. Available by special order only with 3-6 weeks' lead time.			
052603 05478	38671	*	Hearty Soup, Poblano Pepper & Corn Chowder (tetra recart)	12/480ml	3.02ea	36.24
052603 05482	38674	*	Hearty Soup, Roasted Garlic & Mushroom Lentil (tetra recart)	12/480ml	3.02ea	36.24
052603 05479	38672	*	Hearty Soup, Thai Sweet Potato (tetra recart)	12/480ml	3.02ea	36.24
052603 05480	38673	*	Hearty Soup, Vegetable Lentil & Roasted Red Pepper (tetra recart)	12/480ml	3.02ea	36.24
		◇	Volume Price: 20 assorted cases (Recart + Condensed Soups only)		2.73ea	32.70

ALTER ECO®

MELT INTO AUTUMN

with **SILKY SMOOTH**
CHOCOLATE
GOOD-FOR-YOU-NESS

Alter Eco organic, fair trade truffles, crafted with the pure, good-fat rich superfood coconut oil and blended with our signature cacao. With no preservatives, no soy lecithin and no palm kernel oil, these little bundles of decadent joy are everything you love in a truffle, but now with everything good for you. Better yet, they're wrapped in a home compostable wrapper, printed with non-toxic ink and made of birch and eucalyptus.



upc code	order code		case size	ea price	cs price
WOLFGANG PUCK CANNED SOUPS • ORGANIC					
858328 76432	19393	* Chicken & Dumplings, Organic (can)	12/398ml	2.48ea	29.76
858328 76424	19392	* Classic Minestrone, Organic (can)	12/398ml	2.48ea	29.76
858328 76490	19390	* Corn Chowder, Organic (can)	12/398ml	2.48ea	29.76
858328 76460	19388	* Free Range Chicken Noodle, Organic (can)	12/398ml	2.48ea	29.76
858328 76454	19387	* Free Range Chicken w/White & Wild Rice, Organic (gluten free) (can)	12/398ml	2.48ea	29.76
858328 76430	19385	* Hearty Garden Vegetable, Organic (can)	12/398ml	2.48ea	29.76
858328 76418	19384	* Hearty Lentil Vegetable, Organic (gluten free) (can)	12/398ml	2.48ea	29.76
858328 76448	19386	* Signature Butternut Squash, Organic (can)	12/398ml	2.48ea	29.76
858328 76471	19389	* Signature Tortilla, Organic (gluten free) (can)	12/398ml	2.48ea	29.76
858328 76412	19383	* Tomato Basil Bisque, Organic (gluten free) (can)	12/398ml	2.48ea	29.76
858328 76415	19391	* Vegetable Barley, Organic (can)	12/398ml	2.48ea	29.76
	◇	Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply)		2.27ea	27.25
	◇	Volume Price: 25 assorted cases (open stock not on deal; no other discounts apply)		2.06ea	24.74
	◇	Volume Price: 85 assorted cases (open stock not on deal; no other discounts apply)		1.85ea	22.24

soy + tofu

Dry Soy

BOB'S RED MILL TEXTURED VEGETABLE PROTEIN

039978 32542	02555	Textured Vegetable Protein	4/283g	2.76ea	11.04
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Silken Tofu

MORI-NU SILKEN TOFU

We guarantee best before dates of 30 days from the date of shipping Mori-Nu tofu from our warehouse.

085696 60805	40293	Silken Tofu, Extra Firm	12/349g	1.97ea	23.64
085696 60804	40289	Silken Tofu, Firm	12/349g	1.97ea	23.64
085696 60720	40285	Silken Tofu, Lite, Firm	12/349g	1.97ea	23.64
085696 60803	40291	Silken Tofu, Soft	12/340g	1.97ea	23.64

sweet snacks • chocolate bars, candy + puddings

Candy Confections

ALTER ECO FAIR TRADE DARK CHOCOLATE TRUFFLES • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Alter Eco truffles from our warehouse.

817670 01039	14449	* Black Truffles, Dark Chocolate, 53% Cocoa, Organic (Fair Trade)	8/120g	7.02ea	56.16	T
817670 01040	14450	* Velvet Truffles, Dark Milk Chocolate, 39% Cocoa, Organic (Fair Trade)	8/120g	7.02ea	56.16	T

ANNIE'S HOMEGROWN BUNNY FRUIT SNACKS • ORGANIC

013562 11151	16526	* Bunny Fruit Snacks, Berry Patch, Organic	12/115g	5.06ea	60.72
013562 04229	16660	* Bunny Fruit Snacks, Pink Lemonade, Organic	12/115g	5.06ea	60.72
013562 11150	16525	* Bunny Fruit Snacks, Summer Strawberry, Organic	12/115g	5.06ea	60.72

CAMEL BRAND HALVAH BARS • CANADIAN

059222 00202	36531	* Chocolate Coated	20/85g	1.53ea	30.60	T
059222 00206	36532	* Chocolate	20/85g	1.53ea	30.60	T
059222 00205	36533	* Deluxe	20/85g	1.53ea	30.60	T
059222 00201	36534	* Marble	20/85g	1.53ea	30.60	T
059222 00204	36535	* Pistachio	20/85g	1.53ea	30.60	T
059222 00200	36536	* Vanilla	20/85g	1.53ea	30.60	T
	◇	Volume Price: 24 assorted cases (open stock not on deal)		1.38ea	27.60	

CAMINO FAIR TRADE CACAO CONFECTIONS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Camino confections from our warehouse.

752612 12226	37432	* Cacao Beans, 70% Cacao, Dark Chocolate Covered, Organic (Fair Trade) (replaces Code 37346)	8/100g	3.95ea	31.60	T
752612 12225	37429	* Coffee Beans, 55% Cacao, Dark Chocolate Covered, Organic (Fair Trade) (replaces Code 37348)	8/100g	3.95ea	31.60	T
752612 12224	37428	* Roasted Almonds, 55% Cacao, Dark Chocolate Covered, Organic (Fair Trade)	8/100g	3.95ea	31.60	T

FRUITSOURCE CONFECTIONS

077241 92220	36800	Almonds, Chocolate	1/4.54kg	84.00ea	84.00	T
077241 92222	36804	Raisins, Chocolate	1/4.54kg	84.00ea	84.00	T
077241 92260	36812	Almonds, Yogurt	1/4.54kg	78.00ea	78.00	T
077241 92271	36822	Raisins, Yogurt	1/4.54kg	63.04ea	63.04	T

upc code	order code		case size	ea price	cs price	
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GINGER PEOPLE GINGER CONFECTIONS

We guarantee best before dates of 45 days from the date of shipping Ginger People Crystallized Ginger (Code 35029) from our warehouse.

734027 92051	35029	*	Ginger, Crystallized, Organic (box).....	12/112g	3.75ea	45.00	T
		◆	Volume Price: 15 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.51ea	42.16	
		◆	Volume Price: 30 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.40ea	40.74	
		◆	Volume Price: 50 assorted cases (GP Juice, Minced & Pickled Ginger + Code 35029 Crystallized Ginger)		3.28ea	39.32	
734027 90501	35020	S	Ginger, Crystallized.....	24/100g	2.25ea	54.00	T
		◆	Volume Price: 15 assorted cases (GP Ginger Candy Confections only)		2.11ea	50.62	
		◆	Volume Price: 30 assorted cases (GP Ginger Candy Confections only)		2.04ea	48.93	
		◆	Volume Price: 50 assorted cases (GP Ginger Candy Confections only)		1.97ea	47.24	
734027 90205	35025		Gin Gins Ginger Chews Caddy (Travel Pack).....	12/45g	1.32ea	15.84	T
734027 90203	35018		Gin Gins Boost Soft Candy.....	12/31g	1.32ea	15.84	T
		◆	Volume Price: 15 assorted cases (GP Ginger Candy Confections only)		1.17ea	14.01	
		◆	Volume Price: 30 assorted cases (GP Ginger Candy Confections only)		1.09ea	13.10	
		◆	Volume Price: 50 assorted cases (GP Ginger Candy Confections only)		1.02ea	12.18	
734027 90154	35133		Gin Gins Boost Soft Candy.....	12/128g	4.05ea	48.60	T
734027 90158	35134		Gin Gins Double Strength Hard Candy.....	12/128g	4.05ea	48.60	T
734027 90151	35132		Gin Gins Ginger Chews, Hot Coffee.....	12/128g	4.05ea	48.60	T
		◆	Volume Price: 15 assorted cases (GP Ginger Candy Confections only)		3.81ea	45.77	
		◆	Volume Price: 30 assorted cases (GP Ginger Candy Confections only)		3.70ea	44.35	
		◆	Volume Price: 50 assorted cases (GP Ginger Candy Confections only)		3.58ea	42.95	
734027 90155	35019	S	Gin Gins Ginger Chews, Original.....	12/128g	3.82ea	45.84	T
		◆	Volume Price: 15 assorted cases (GP Ginger Candy Confections only)		3.58ea	43.01	
		◆	Volume Price: 30 assorted cases (GP Ginger Candy Confections only)		3.47ea	41.59	
		◆	Volume Price: 50 assorted cases (GP Ginger Candy Confections only)		3.35ea	40.19	
734027 90505	35024	S	Gin Gins Double Strength Hard Candy.....	24/84g	2.41ea	57.84	T
734027 90502	35021	S	Gin Gins Ginger Chews, Original.....	24/84g	2.41ea	57.84	T
734027 90504	35023	S	Gin Gins Ginger Chews, Peanut.....	24/84g	2.41ea	57.84	T
734027 90503	35022	S	Gin Gins Ginger Chews, Spicy Apple.....	24/84g	2.41ea	57.84	T
		◆	Volume Price: 15 assorted cases (GP Ginger Candy Confections only)		2.27ea	54.46	
		◆	Volume Price: 30 assorted cases (GP Ginger Candy Confections only)		2.20ea	52.77	
		◆	Volume Price: 50 assorted cases (GP Ginger Candy Confections only)		2.13ea	51.08	
734027 55145	35027		Gin Gins Ginger Chews, Original.....	1/5kg	74.59ea	74.59	T
734027 50120	35026		Ginger, Crystallized, Select Diced.....	1/5kg	77.27ea	77.27	T

GLEE GUM NATURAL CHEWING GUM

649815 00050	81548		Sugar Free, Refresh-Mint.....	12/16ea	0.98ea	11.76	T
649815 00052	81556		NEW Sugar Free, Watermelon.....	12/16ea	0.98ea	11.76	T
All natural, sugar free Glee Gum is sweetened with xylitol, a sugar alcohol made from birch and beech tree bark. Made with sustainably harvested rainforest chicle, it contains no artificial colours, flavours, sweeteners or preservatives, and is free of major allergens and corn.							
649815 00010	81545		Bubblegum.....	12/16ea	0.98ea	11.76	T
649815 00002	81544		Cinnamon.....	12/16ea	0.98ea	11.76	T
649815 00000	81543		Peppermint.....	12/16ea	0.98ea	11.76	T
649815 00011	81546		Spearmint.....	12/16ea	0.98ea	11.76	T
649815 00001	81542		Tangerine.....	12/16ea	0.98ea	11.76	T
649815 00012	81547		Triple Berry.....	12/16ea	0.98ea	11.76	T
		◆	Volume Price: 10 assorted cases.....		0.83ea	9.96	

GLUTINO GLUTEN FREE CHOCOLATE WAFER CANDY BARS • CANADIAN

678523 08009	37143	✳	Chocolate Peanut Butter Bar.....	12/125g	4.29ea	51.48	T
678523 08001	37141	✳	Dark Chocolate Bar.....	12/125g	4.29ea	51.48	T
678523 08005	37142	✳	Milk Chocolate Bar.....	12/125g	4.29ea	51.48	T

GLUTINO GLUTEN FREE PRETZEL CONFECTIONS • CANADIAN

We guarantee best before dates of 28 days from the date of shipping Glutino pretzel confections from our warehouse.

678523 04022	37310	✳	Pretzels, Chocolate Covered (gluten free).....	12/156g	4.95ea	59.40	T
678523 04024	37311	✳	Pretzels, Yogurt Covered (gluten free).....	12/156g	4.95ea	59.40	T

MAISIE JANE'S NUT CONFECTIONS

730555 00121	35165	*	Almonds, Chocolate Toffee, Organic.....	12/127g	7.82ea	93.84	T
730555 00120	35164	*	Almonds, Dark Chocolate, Organic.....	12/127g	7.82ea	93.84	T
730555 00118	35162	*	Macadamias, Double Dipped Dark & Milk Chocolate, Organic.....	12/127g	7.82ea	93.84	T
730555 00081	35167		Almonds, Cappuccino (Chocolate).....	12/127g	5.02ea	60.24	T
730555 00082	35170		Almonds, Chocolate Toffee.....	12/127g	5.02ea	60.24	T
730555 00074	35168		Almonds, Dark Chocolate.....	12/127g	5.02ea	60.24	T
730555 00114	35166		Almonds, Dark Chocolate Chipotle.....	12/127g	5.02ea	60.24	T
730555 00115	35169		Almonds, Milk Chocolate.....	12/127g	5.02ea	60.24	T
730555 00075	35171		Almonds, Truffle (Dark Chocolate).....	12/127g	5.02ea	60.24	T

SUNRIDGE FARMS CONFECTIONS (continued on Page 150)

086700 00520	35205	*	Almonds, Dark Chocolate, Organic.....	1/4.54kg	144.57ea	144.57	T
086700 21320	35208		Almonds, Milk Chocolate, Cane Sweetened.....	1/4.54kg	98.13ea	98.13	T
086700 22607	35135		Blueberries, Dark Chocolate.....	1/4.54kg	126.23ea	126.23	T
086700 21315	35209		Cranberries, Milk Chocolate, Cane Sweetened.....	1/4.54kg	91.62ea	91.62	T
086700 01370	35210		Ginger, Dark Chocolate, Cane Juice Sweetened (formerly Malt Sweetened).....	1/4.5kg	105.96ea	105.96	T
086700 99310	35213		Golden Bridge Mix.....	1/4.54kg	83.89ea	83.89	T
086700 00991	35207	*	Jolly Beans, Organic (vegetarian).....	1/4.54kg	123.88ea	123.88	T

upc code	order code		case size	ea price	cs price	
SUNRIDGE FARMS CONFECTIONS (continued on Page 149)						
086700 22603	35136	Maltballs, Dark Chocolate	1/4.54kg	87.11ea	87.11	T
086700 22606	35139	Pistachios, Dark Chocolate	1/4.54kg	106.21ea	106.21	T
086700 50817	35211	Pretzels, Peanut Butter	1/4.54kg	78.28ea	78.28	T
086700 50830	35214	Pretzels, Yogurt	1/4.54kg	66.85ea	66.85	T
086700 50831	35215	Pretzels, Yogurt, Raspberry	1/4.54kg	78.35ea	78.35	T
086700 00510	35206	* Raisins, Dark Chocolate, Organic	1/4.54kg	93.75ea	93.75	T
086700 00985	35216	Raisins, Yogurt	1/4.54kg	66.04ea	66.04	T
086700 92201	35225	* Sunny Bears, Organic (vegetarian)	1/4.54kg	114.59ea	114.59	T
086700 01505	35137	* Toffee Almonds, Dark Chocolate, Organic	1/4.54kg	142.27ea	142.27	T

SUNSPIRE CONFECTIONS

077241 40014	36849	Almonds, Carob, Grain Sweetened	1/4.54kg	78.00ea	78.00	T
077241 70036	36871	* Coconut Haystacks, Dark Chocolate, Organic	1/4.54kg	107.76ea	107.76	T
077241 87140	35113	Sundrops, Dark Chocolate Plain	1/11.34kg	141.80ea	141.80	T
077241 87130	36846	Sundrops, Milk Chocolate Plain	1/11.34kg	141.80ea	141.80	T

SURF SWEETS GUMMY BEARS & WORMS

We guarantee best before dates of 45 days from the date of shipping Surf Sweets candies from our warehouse.

891475 00113	35144	Gummy Bears (gluten free)	12/78g	1.93ea	23.16	T
891475 00114	35145	Gummy Worms (gluten free)	12/78g	1.93ea	23.16	T
891475 00125	35180	Sour Berry Bears (vegan) (gluten free)	12/78g	1.93ea	23.16	T
891475 00116	35147	Sour Worms (vegan) (gluten free)	12/78g	1.93ea	23.16	T
891475 00164	35278	* NEW Rings, Peach, Organic (vegan)	12/78g	1.94ea	23.28	T
891475 00163	35277	* NEW Rings, Watermelon, Organic (vegan)	12/78g	1.94ea	23.28	T

Lightly sugared, organic rings are full of fresh flavour. Made with organic sweeteners and organic fruit juice, Non-GMO Project verified Surf Sweets Watermelon and Peach Rings include 100% of vitamin C per serving and are free of corn syrup, artificial colours and flavours, dairy, casein, soy and gluten.

SURF SWEETS JELLY BEANS • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Surf Sweets candies from our warehouse.

891475 00115	35146	* Jelly Beans, Organic (vegetarian) (gluten free)	12/78g	1.93ea	23.16	T
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VERMINTS NATURAL MINTS & PASTILLES

817335 04217	35153	Cinnamon (tin)	6/40g	3.11ea	18.66	T
817335 04214	35152	Gingermint (tin)	6/40g	3.11ea	18.66	T
817335 04212	35150	Peppermint (tin)	6/40g	3.11ea	18.66	T
817335 04213	35151	Wintermint (tin)	6/40g	3.11ea	18.66	T
817335 04215	35154	Pastilles, Chai (tin)	6/40g	3.11ea	18.66	T

Chocolate Bars**ALTER ECO FAIR TRADE CHOCOLATE BARS • ORGANIC**

We guarantee best before dates of 45 days from the date of shipping Alter Eco chocolate bars from our warehouse.

817670 01019	35231	*☉ Dark Almond Chocolate, 60% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01020	35232	*☉ Dark Blackout Chocolate, Bittersweet, 85% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01021	35233	*☉ Dark Cacao Chocolate w/Roasted Nibs, 63% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01025	35237	*☉ Dark Coconut Toffee Chocolate, 47% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01023	35235	*☉ Dark Mint Chocolate, 60% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01024	35236	*☉ Dark Quinoa Chocolate, 60% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01022	35234	*☉ Dark Twist Chocolate w/Crystallized Orange Peel, 60% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01018	35230	*☉ Dark Velvet Chocolate, Touch of Milk, 47% Cocoa, Organic (Fair Trade)	12/80g	2.99ea	35.88	T
817670 01030	91536	*☉ Fair Trade Organic Chocolate Bars Shipper (Special Order; lead time required)	144/80g	2.99ea	430.56	T
Contains 24 units each of Dark Velvet, Dark Blackout, Dark Quinoa and Dark Coconut Toffee and 12 units each of Dark Almond, Dark Cacao w/Roasted Nibs, Dark Twist and Dark Mint Organic Chocolate Bars (80g). Available by special order only with 3–6 weeks' lead time.						
817670 01026	35239	*☉ Mini Dark Noir Chocolate, 60% Cocoa, Organic (Fair Trade)	30/20g	1.22ea	36.60	T
817670 01027	35238	*☉ Mini Dark Velvet Chocolate, Touch of Milk, 47% Cocoa, Organic (Fair Trade)	30/20g	1.22ea	36.60	T

CAMINO FAIR TRADE CHOCOLATE BARS • CANADIAN • ORGANIC (continued on Page 152)

752612 10017	36475	*☉☉ Bittersweet, 71% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10019	36734	*☉☉ Dark Chocolate, 55% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10016	36476	*☉☉ Dark Chocolate w/Almonds, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10036	37273	*☉☉ Dark Chocolate w/Raspberries, 65% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10025	37231	*☉☉ Dark Chocolate, Caramel Crunch, 55% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10062	37437	*☉☉ Dark Chocolate, Chili & Spice, 65% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10026	37232	*☉☉ Dark Chocolate, Coconut, 65% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10022	37008	*☉☉ Dark Chocolate, Espresso, 55% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10061	37436	*☉☉ Dark Chocolate, Ginger, 65% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10020	36735	*☉☉ Dark Chocolate, Mint, 67% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10024	37007	*☉☉ Dark Chocolate, Orange, 65% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10034	37258	*☉☉ Dark Chocolate, Panama Extra Dark, 80% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10015	36474	*☉☉ Milk Chocolate, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10035	37259	*☉☉ Milk Chocolate w/Sea Salt, 38% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10063	37438	*☉☉ Milk Chocolate, Butterscotch & Sea Salt, 38% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T
752612 10064	37439	*☉☉ Milk Chocolate, Hazelnuts, 38% Cacao, Organic (Fair Trade)	12/100g	3.30ea	39.60	T



USA GROWN ORGANIC INGREDIENTS



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upc code order code case size ea price cs price

CAMINO FAIR TRADE CHOCOLATE BARS • CANADIAN • ORGANIC (continued on Page 150)

752612 91008	99152	*☼☼	Best of Camino Bars (100g) Shipper (Special Order; lead time required) 144/100g	3.25ea	468.00	T
Contains 12 units each of Butterscotch & Sea Salt Milk, Hazelnuts Milk, Milk, Sea Salt Milk, Ginger Dark, Chili & Spice Dark, Bittersweet, Almonds Dark, Mint Dark, Coconut Dark, Panama Extra Dark and Raspberries Dark Organic Chocolate Bars (100g). Available by special order only with 3–6 weeks' lead time.						
752612 10028	35101	*☼☼	Organic Collection Bars (100g) Shipper (Special Order; lead time required) 144/100g	3.25ea	468.00	T
Contains 12 units each of Milk, Sea Salt Milk, Dark, Bittersweet Dark, Almonds Dark, Raspberries Dark, Caramel Crunch Dark, Coconut Dark, Espresso Dark, Mint Dark, Orange Dark and Panama Extra Dark Organic Chocolate Bars (100g). Available by special order only with 3–6 weeks' lead time.						
752612 12011	37276	*☼☼	Dark Chocolate, Peanut Butter, 55% Cacao, Organic (Fair Trade) 20/32g	1.05ea	21.00	T
752612 12017	37424	*☼☼	Milk Chocolate, Almonds & Raisins, Organic (Fair Trade) 20/32g	1.05ea	21.00	T
752612 12016	37300	*☼☼	Milk Chocolate, Puffed Rice & Quinoa, Organic (Fair Trade) 20/27g	1.05ea	21.00	T
752612 20008	36629	*☼☼	Chocolate Bar Minis, Dark Chocolate, Organic (Fair Trade) (200 bars) 1/900g	48.63ea	48.63	T

DIVINE FAIR TRADE CHOCOLATE BARS

898596 00193	35156	☼	Dark Chocolate, 70% Cocoa (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00196	35179	☼	Dark Chocolate w/Ginger & Orange, 70% Cocoa (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00195	35157	☼	Dark Chocolate w/Mint, 70% Cocoa (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00194	35177	☼	Dark Chocolate w/Raspberries, 70% Cocoa (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00197	35158	☼	Milk Chocolate (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00198	35198	☼	Milk Chocolate, Orange (Fair Trade) 10/100g	3.70ea	37.00	T
898596 00199	35159	☼	White Chocolate w/Strawberries (Fair Trade) 10/100g	3.70ea	37.00	T

ENDANGERED SPECIES ETHICALLY TRADED CHOCOLATE BARS

037014 24248	36670		Bat Bar, 72% Cocoa, Intense Dark Chocolate w/Cocoa Nibs (vegan) 12/85g	2.78ea	33.36	T
037014 24247	36661		Black Panther Bar, 88% Cocoa, Extreme Dark Chocolate (vegan) 12/85g	2.78ea	33.36	T
037014 24237	36219		Chimpanzee Bar, 72% Cocoa, Smooth Dark Chocolate (vegan) 12/85g	2.78ea	33.36	T
037014 24228	36213		Grizzly Bar, 72% Cocoa, Dark Chocolate w/Red Raspberries (vegan) 12/85g	2.78ea	33.36	T
037014 00013	37450		Owl Bar, 72% Cocoa, Dark Chocolate w/Sea Salt & Almonds (vegan) 12/85g	2.78ea	33.36	T
037014 24226	36212		Rainforest Bar, 72% Cocoa, Dark Chocolate w/Deep Forest Mint (vegan) 12/85g	2.78ea	33.36	T
037014 10013	37451		Rhino Bar, 72% Cocoa, Dark Chocolate w/Hazelnut Toffee 12/85g	2.78ea	33.36	T
037014 24249	36669		Sandhill Crane Bar, 48% Cocoa, Milk Chocolate w/Almonds 12/85g	2.78ea	33.36	T
037014 24231	36216		Sea Otter Bar, 48% Cocoa, Smooth Milk Chocolate 12/85g	2.78ea	33.36	T
037014 24230	36221		Wolf Bar, 72% Cocoa, Dark Chocolate w/Cranberries & Toasted Organic Almonds (vegan) 12/85g	2.78ea	33.36	T
037014 12008	37952		Chocolate Bars (85g) Shipper 96/85g	2.78ea	266.88	T
Contains 10 units each of Black Panther, Wolf, Bat, Rainforest, Chimpanzee, Grizzly, Sea Otter and Sandhill Crane Bars (85g).						

iCHOC CHOCOLATE BARS • ORGANIC

We guarantee best before dates of 42 days from the date of shipping iChoc chocolate bars from our warehouse.

4044889 001815	35195	*	iChoc, Beat Berry, Dark Chocolate w/Raspberry, Organic 20/40g	1.28ea	25.60	T
4044889 001440	35188	*	iChoc, Chillout Caramel, Milk Chocolate w/Caramel Crisps, Organic 20/40g	1.28ea	25.60	T
4044889 001433	35185	*	iChoc, Wild Milk, Milk Chocolate, Organic 20/40g	1.28ea	25.60	T

VIVANI CHOCOLATE BARS • ORGANIC

4044889 001006	35030	*	Dark Chocolate, 71% Cocoa, Organic 10/100g	3.15ea	31.50	T
4044889 000054	35038	*	Dark Chocolate, 85% Cocoa, Organic 10/100g	4.45ea	44.50	T
4044889 001044	35054	*	Dark Chocolate w/Cassis (Black Currant), 60% Cocoa, Organic 10/100g	3.15ea	31.50	T
4044889 001013	35033	*	Dark Chocolate w/Orange, 70% Cocoa, Organic 10/100g	3.15ea	31.50	T
4044889 001051	35032	*	Dark Chocolate w/Peppermint, 68% Cocoa, Organic 10/100g	3.15ea	31.50	T
4044889 000610	35036	*	Ecuador Superior, Dark Chocolate, 70% Cocoa, Organic 10/100g	4.45ea	44.50	T
4044889 000733	35084	*	Ecuador Superior, Dark Chocolate w/Chili, 70% Cocoa, Organic 10/100g	4.45ea	44.50	T
4044889 002119	35197	*	Ecuador Superior, Dark Chocolate, 70% Cocoa, Cranberry, Organic 10/100g	4.45ea	44.50	T
4044889 001037	35031	*	Milk Chocolate, Organic 10/100g	3.15ea	31.50	T
4044889 001075	35035	*	Milk Chocolate w/Cappuccino, Organic 10/100g	3.15ea	31.50	T
4044889 001105	35034	*	Milk Chocolate w/Hazelnuts, Organic 10/100g	3.15ea	31.50	T
4044889 001082	35056	*	Milk Chocolate w/Praline, Organic 10/100g	3.15ea	31.50	T
4044889 002102	35196	*	Milk Chocolate, Crunchy, Wild Berry Granola, Organic 10/100g	3.15ea	31.50	T
4044889 001068	35055	*	White Chocolate w/Crisp Rice, Organic 10/100g	3.15ea	31.50	T

ZAZUBEAN FAIR TRADE CHOCOLATE BARS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Zazubean chocolate bars from our warehouse.

Vancouver's own Zazubean introduces three dairy, soy and gluten free varieties, which are sweetened with coconut sugar, to its line of fair trade, organic superfood chocolate: Sassy (Pomegranate & Hazelnut), a 55% cacao bar made with coconut milk; Saltry (Sea Salt & Almonds), a 65% cacao dark chocolate bar; and Nudie (Extra Dark), an 80% cacao Panama dark chocolate bar.

872227 00010	14737	*☼☼	Cheeky, Dark Chocolate, Banana & Salted Toffee w/Maca, 70% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00006	14734	*☼☼	Flirt, Dark Chocolate, Raspberry & Cherry w/Acai, 70% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00016	14733	*☼☼	Hottie, Dark Chocolate, Chili & Cinnamon w/Verba Maté, 70% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00010	14731	*☼☼	Lunatic, Dark Chocolate, Mint & Cocoa Nibs w/Maca, 73% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00016	14732	*☼☼	Nakid, Pure Dark Chocolate & Cocoa Nibs, 73% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00008	14735	*☼☼	Nutbar, Dark Chocolate, Coconut & Almonds w/Camu Camu, 70% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00014	07189	*☼☼	Smooch, Milk Chocolate, Vanilla Caramel Crunch, 46% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
872227 00012	14736	*☼☼	Squeeze, Dark Chocolate, Orange Ginger, 70% Cacao, Organic (Fair Trade) 12/100g	3.25ea	39.00	T
Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply)				2.93ea	35.16	
Volume Price: 20 assorted cases (open stock not on deal; no other discounts apply)				2.60ea	31.20	
872227 00018	14738	*☼☼	NEW Nudie, Extra Dark Chocolate w/Coconut Sugar, 80% Cacao, Organic (Fair Trade) 12/12x85g	3.32ea	39.84	T
872227 00022	14740	*☼☼	NEW Saltry, Dark Chocolate w/Coconut Sugar, Sea Salt & Almonds, 65% Cacao, Organic (FT) 12/12x85g	3.32ea	39.84	T
872227 00020	14739	*☼☼	NEW Sassy, Coconut Milk Chocolate w/Coconut Sugar, 55%, Pomegranate & Hazelnut, Org (FT) . 12/12x85g	3.32ea	39.84	T
Volume Price: 10 assorted cases (open stock not on deal; no other discounts apply)				2.99ea	35.88	
Volume Price: 20 assorted cases (open stock not on deal; no other discounts apply)				2.66ea	31.92	



zazubean

NEW!

COCONUT MOO-less Chocolate

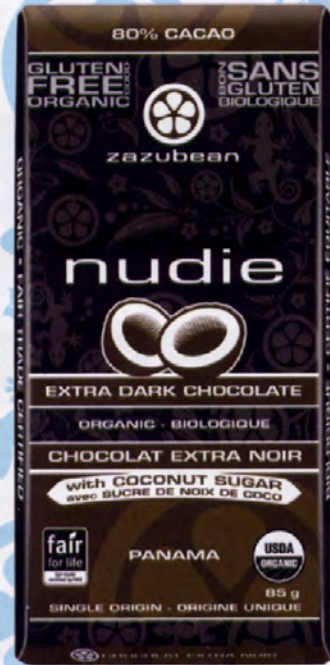
made with

COCONUT MILK & COCONUT SUGAR

sweetened with



100% ORGANIC 100% SUPERFOOD 100% CHOCOLATE



GLUTEN FREE GOOD



no cane sugar

dairy free





zazubean

NEW!

COCONUT MOO-less Chocolate



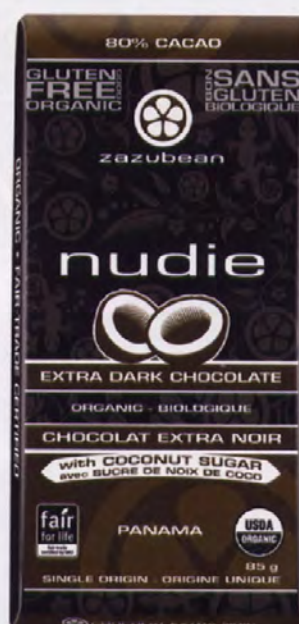
pomegranate & hazelnut

Sweetened with coconut sugar, this 55% vegan coconut milk chocolate is bold and sassy bursting with flavour from the exotic pomegranate blend, the crunchy hazelnuts and sea salt. It's gluten free and crazy delicious!
INGREDIENTS: Coconut blossom sugar⁺, cocoa mass⁺, cocoa butter⁺, coconut milk powder⁺, pomegranate blend⁺ (Pomegranate, apple juice concentrate, rice flour, pectin), hazelnuts⁺, vanilla⁺, sea salt.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC



sea salt & almonds

Sweetened with Coconut sugar, this Saltry 65% dark chocolate is loaded with delicious roasted almonds and a sprinkle of sea salt that will seduce you into wanting more and more.
INGREDIENTS: Cocoa mass⁺, coconut blossom sugar⁺, almonds⁺, cocoa butter⁺, sea salt, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC



extra dark chocolate

Sweetened with coconut sugar, this 80% Panama dark chocolate will indulge any chocolate purist's inner darkness.
INGREDIENTS: Cocoa mass⁺, coconut blossom sugar⁺, cocoa butter⁺, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC



ZAZUBEAN'S 8 OTHER EXCITING FLAVOURS



vanilla caramel crunch
INGREDIENTS: Cane sugar⁺, cocoa butter⁺, cocoa mass⁺, whole milk powder⁺, caramel⁺ (cane sugar⁺, whole milk powder⁺), sea salt, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC.
CHOCOLATE 4 PLAY



orange & ginger
with YERBA MATE
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, cocoa butter⁺, candied ginger⁺ (cane sugar⁺, ginger⁺, yerba mate⁺, vanilla⁺, orange oil⁺).
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC.
JUICE IT UP



banana & salted toffee
with MACA
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, toffee⁺ (cane sugar⁺, whole milk powder⁺), cocoa butter⁺, bananas⁺, sea salt, Maca⁺, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
BE THE SASSY BANANA



raspberry & cherry
with ACAI
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, cocoa butter⁺, raspberries⁺, acai⁺, cherries⁺, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
BE SOLD BE SEXY



mint & cocoa nibs
with MACA
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, cocoa nibs⁺, cocoa butter⁺, Maca⁺, vanilla⁺, peppermint oil⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
COOL THE MONTHLY MADNESS



coconut & almonds
with CAMU CAMU
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, coconut flakes⁺, cocoa butter⁺, almonds⁺, Camu Camu⁺, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
GO NUTS BE HAPPY



chili & cinnamon
with YERBA MATE
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, cocoa butter⁺, cinnamon⁺, Yerba mate⁺, vanilla⁺, chili pepper⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
GET FIRED UP



cocoa nibs & vanilla
INGREDIENTS: Cocoa mass⁺, cane sugar⁺, cocoa nibs⁺, cocoa butter⁺, vanilla⁺.
+ FAIR TRADE CERTIFIED * CERTIFIED ORGANIC
BARE IT ALL

endangered species
Chocolate



RAINFORREST ALLIANCE CERTIFIED™ COCOA + NON-GMO PROJECT VERIFIED



Certified



Gluten-Free



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85g NATURAL CHOCOLATE BARS



The Panther
Dark Chocolate with
88% Cocoa
R,N,G,V,K



The Wolf
Dark Chocolate with
Cran. & Alm.
R,N,G,V,K



The Rainforest
Dark Chocolate with
Forest Mint
R,N,G,V,K



The Grizzly
Dark Chocolate with
Raspberries
R,N,G,V,K



The Chimp
Dark Chocolate
R,N,G,V,K



The Bat
Dark Chocolate with
Cacao Nibs
R,N,G,V,K



The Owl
Dark Chocolate with
Sea Salt & Alm.
R,N,G,V,K



The Rhino
Dark Chocolate with
Hazelnut Toffee
R,N,G,K



The Crane
Milk Chocolate with
Almonds
R,G,K



The Otter
Milk Chocolate
R,G,K



(R)



(N)



(G)



(V)



(K)

ChocolateBar.com

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VIVANI

FINEST ORGANIC CHOCOLATE

Finest Selection for Chocolate Lovers!



Dark Ecuador

Praliné

White Crisp

Milk Hazelnut

Dark 85%

Dark Ecuador with Chili

WWW.VIVANI.DE

New! All bars are certified Kosher.

upc code	order code		case size	ea price	cs price
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ZIMT ARTISAN RAW CHOCOLATE BARS • CANADIAN • ORGANIC

Vancouver's own Zimt creates certified organic, raw chocolate bars made with minimally processed, vegan ingredients and sweetened with coconut sugar. Each variety is free of gluten, nuts, soy, dairy, grains and cane sugar so nearly everyone can enjoy them. A member of 1% for the Planet, Zimt donates 1% of its sales to environmental concerns.

640522 66327	10113	*☼	NEW Raw Chocolate, 70% Cocoa, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66328	10115	*☼	NEW Raw Chocolate, Chocolate Nib'd, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66332	10112	*☼	NEW Raw Chocolate, Coconut Crisp, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66335	10117	*☼	NEW Raw Chocolate, Kaffee Chocolate, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66329	10110	*☼	NEW Raw Chocolate, Peppermint Nib'd, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66333	10111	*☼	NEW Raw Chocolate, Salt of the Earth, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66334	10116	*☼	NEW Raw Chocolate, Sugar & Spice, Organic (gluten free/vegan)	12/40g	3.52ea	42.24
640522 66330	10114	*☼	NEW Raw Chocolate, Sweet Orange Nib'd, Organic (gluten free/vegan)	12/40g	3.52ea	42.24

Prepared Desserts & Puddings**BELSOY SOY DESSERTS (PUDDINGS)**

We guarantee best before dates of 30 days from the date of shipping Belsoy puddings from our warehouse.

674491 11179	15701		Dessert, Caramel	6/4x125g	3.72ea	22.32
674491 11177	15700		Dessert, Dark Chocolate	6/4x125g	3.72ea	22.32
674491 11181	15702		Dessert, French Vanilla	6/4x125g	3.72ea	22.32
674491 11156	15703	* ◆ ◆	Soypudding Dessert, Chocolate, Organic	6/4x125g	3.72ea	22.32
			Volume Price: 10 assorted cases (Belsoy Cream + Desserts; open stock not on deal; no other discounts apply)		3.35ea	20.10
			Volume Price: 25 assorted cases (Belsoy Cream + Desserts; open stock not on deal; no other discounts apply)		3.16ea	18.96

sweeteners + syrups**Sweeteners****BULK SWEETENERS**

775768 44025	44025		Molasses, Blackstrap	1/25kg	34.03ea	34.03
111111 44308	44308	*	Sugar (Evaporated Cane Juice Crystals), Organic	1/25kg	67.57ea	67.57

ALTER ECO FAIR TRADE GOLDEN BROWN MASCOBADO SUGAR • ORGANIC

188244 00015	44149	*☉	Golden Brown Sugar, Unrefined Mascobado, Organic (Fair Trade)	10/454g	4.49ea	44.90
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BOB'S RED MILL DATE SUGAR

039978 30512	44402		Date Sugar	4/680g	12.90ea	51.60
039978 10512	34046		Date Sugar	1/11.34kg	147.50ea	147.50

CUISINE CAMINO FAIR TRADE SUGAR • CANADIAN • ORGANIC

752612 20002	44297	*☼☉	Golden Cane Sugar, Organic (Fair Trade)	8/1kg	5.59ea	44.72
752612 22002	44298	*☼☉	Whole Brown Sugar, Organic (Fair Trade)	8/1kg	5.84ea	46.72
752612 20001	44301	*☼☉	Sugar (Evaporated Cane Juice Crystals), Organic (Fair Trade)	6/454g	3.13ea	18.78
752612 30021	44299	*☼☉	Sugar (Evaporated Cane Juice Crystals), Organic (Fair Trade)	1/25kg	73.72ea	73.72
111111 44309	44309	*☼☉	Single Serving Packets, Sugar (ECJ), Organic (Fair Trade) (1 box=1000 sachets)	1/1000x3.5g	24.48ea	24.48

DOMO HONEY CRYSTALS • CANADIAN

817523 00023	34066	*☼	Honey Crystals	6/250g	8.86ea	53.16
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MOISTURLOK (FORMERLY FRUITRIM) LIQUID SWEETENER & FAT REPLACER

035844 23864	44455		MoisturLok, Liquid (formerly Fruitrim)	1/25kg	167.91ea	167.91
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MADHAVA AGAVE NECTAR • ORGANIC

078314 20237	44032	*	Agave Nectar, Amber, Organic	6/243ml	5.11ea	30.66
078314 10237	44031	*	Agave Nectar, Light, Organic	6/243ml	5.11ea	30.66
		◆	Volume Price: 20 assorted cases (open stock not on deal)		4.60ea	27.60
		◆	Volume Price: 30 assorted cases (open stock not on deal)		4.34ea	26.04
		◆	Volume Price: 40 assorted cases (open stock not on deal)		4.09ea	24.54
078314 20473	44034	*	Agave Nectar, Amber, Organic	6/486ml	8.48ea	50.88
078314 10473	44033	*	Agave Nectar, Light, Organic	6/486ml	8.48ea	50.88
		◆	Volume Price: 20 assorted cases (open stock not on deal)		7.63ea	45.78
		◆	Volume Price: 30 assorted cases (open stock not on deal)		7.21ea	43.26
		◆	Volume Price: 40 assorted cases (open stock not on deal)		6.78ea	40.68

NAVITAS NATURALS COCONUT SUGAR • ORGANIC

858847 00027	34064	*	Coconut Sugar, Organic	6/454g	6.37ea	38.22
		◆	Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		5.73ea	34.38

ONE EARTH COCONUT SUGAR • ORGANIC

182583 00002	22214	*	Coconut Sugar, Organic	12/475g	4.88ea	58.56
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LEVEL GROUND FAIR TRADE CANE SUGAR

661594 71230	44307	*☉	Sugar, Natural Whole Cane, Organic (Fair Trade)	12/500g	4.08ea	48.96
661594 81230	44310	☉	Sugar, Natural Whole Cane (Fair Trade)	6/2kg	15.21ea	91.26
661594 99900	44114	☉	Sugar, Natural Whole Cane (Fair Trade)	2/5kg	40.85ea	81.70



WILD COUNTRY

CANADIAN HONEY



ROYAL JELLY BEE POLLEN CLOVER WILD BLOSSOM PURE RAW BUCKWHEAT



upc code	order code		case size	ea price	cs price
ST. MICHAEL HONEY • CANADIAN					
771901 10005	44002	☼ Honey, #1 White, Pure.....	12/500g	5.44ea	65.28
771901 10135	44005	☼ Honey, #1 White, Pure.....	1/3kg	28.47ea	28.47
771901 10145	44010	☼ Honey, #1 White, Pure.....	1/15kg	136.11ea	136.11

WHOLESOME SWEETENERS

We guarantee best before dates of 42–45 days from the date of shipping some Wholesome Sweeteners from our warehouse. Please enquire when ordering.

012511 47121	44091	* Blue Agave Nectar, Organic.....	6/240ml	4.94ea	29.64
012511 47312	44092	* Blue Agave Nectar, Raw, Organic.....	6/240ml	4.94ea	29.64
		◇ Volume Price: 20 assorted cases (mix Organic Blue Agave 240ml + 480ml varieties).....		4.30ea	25.79
012511 47231	44093	* Blue Agave Nectar, Organic.....	6/480ml	7.29ea	43.74
012511 47323	44094	* Blue Agave Nectar, Raw, Organic.....	6/480ml	7.29ea	43.74
		◇ Volume Price: 20 assorted cases (mix Organic Blue Agave 240ml + 480ml varieties).....		6.35ea	38.12
012511 47441	44111	* Blue Agave Nectar, Organic.....	6/900ml	11.89ea	71.34
012511 47644	44112	* Blue Agave Nectar, Raw, Organic.....	6/900ml	11.89ea	71.34
		◇ Volume Price: 20 assorted cases (mix Organic Blue Agave 900ml varieties).....		10.37ea	62.24
012511 97106	44158	* Coconut Palm Sugar, Organic.....	6/454g	5.67ea	34.02
		◇ Volume Price: 10 assorted cases (Code 44158 Organic Palm Sugar only).....		4.94ea	29.66
012511 44652	44037	*☉ Dark Brown Sugar, Organic (Fair Trade).....	6/681g	5.14ea	30.84
012511 44641	44036	*☉ Light Brown Sugar, Organic (Fair Trade).....	6/681g	5.14ea	30.84
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		4.50ea	26.97
012511 44471	44029	* Demerara, Raw Cane Sugar, Organic.....	12/681g	5.45ea	65.40
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		4.76ea	57.16
012511 47222	44102	☉ Natural Cane Sugar (Fair Trade).....	12/681g	3.97ea	47.64
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		3.48ea	41.78
012511 32004	44018	*☉ Powdered Sugar, Organic (Fair Trade).....	6/454g	4.45ea	26.70
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		3.89ea	23.31
012511 47071	44047	☉ Raw Cane Sugar (Fair Trade).....	12/681g	4.70ea	56.40
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		4.11ea	49.35
012511 47025	44071	*☉ Sucanat, Granulated Cane Juice, Organic (Fair Trade).....	12/454g	4.45ea	53.40
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		3.88ea	46.61
012511 30500	44128	*☉ Sucanat, Granulated Cane Juice, Organic (Fair Trade).....	12/907g	7.22ea	86.64
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		6.31ea	75.74
012511 47031	44019	*☉ Sugar (Evaporated Cane Juice), Organic (Fair Trade).....	12/454g	3.69ea	44.28
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		3.23ea	38.71
012511 40600	44127	*☉ Sugar (Evaporated Cane Juice), Organic (Fair Trade).....	12/907g	6.00ea	72.00
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		5.25ea	63.05
012511 49725	44184	*☉ NEW Sweet & Lite, Sugar & Stevia Extract Blend, Organic (Fair Trade).....	6/567g	8.49ea	50.94
		Organic Sweet & Lite is a delicious blend of organic, blonde sugar and organic stevia that's perfect for baking and beverages. Fairtrade certified and Non-GMO Project verified, the naturally gluten free blend has only half the calories of sugar.			
		◇ Volume Price: 20 assorted cases (mix Granulated Sugar varieties).....		7.39ea	44.34
012511 60000	44072	*S*☉ Molasses, Blackstrap, Organic (unsulphured) (Fair Trade).....	12/472ml	5.56ea	66.72
		◇ Volume Price: 20 assorted cases (mix Molasses + Syrup varieties).....		4.86ea	58.27
012511 70000	44129	*S*☉ Molasses, Blackstrap, Organic (unsulphured) (Fair Trade).....	12/944ml	8.05ea	96.60
		◇ Volume Price: 20 assorted cases (mix Molasses + Syrup varieties).....		7.05ea	84.61
012511 97635	44157	* Stevia, Organic.....	6/35g	4.23ea	25.38
		◇ Volume Price: 10 assorted cases (mix Organic Stevia varieties).....		3.67ea	22.01
012511 97675	44159	* Stevia, Organic.....	6/75g	7.75ea	46.50
		◇ Volume Price: 10 assorted cases (mix Organic Stevia varieties).....		6.73ea	40.35
012511 97606	44182	* NEW Stevia, Organic (jar).....	6/120g	8.48ea	50.88
		Wholesome Sweeteners is dedicated to bringing the finest organic, natural and fair trade sugars, syrups and nectars to market. Low on the glycemic index and calorie free with no artificial fillers, Non-GMO verified and gluten free Organic Stevia is the perfect replacement for artificial sweeteners. Its greatest quality is its taste thanks to a unique blend of certified organic stevia and fairtrade organic blue agave inulin, a combination that produces a smoother, more mellow flavour.			
		◇ Volume Price: 10 assorted cases (mix Organic Stevia varieties).....		7.36ea	44.15
012511 37711	44148	◇ Zero, No Calorie Sweetener (vegetarian erythritol).....	8/340g	7.21ea	57.68
10012511 47011	44189	* NEW Blue Agave Nectar, Organic.....	1/5kg	81.20ea	81.20
10012511 94610	44186	* NEW Single Serving Packets, Stevia, Organic (1000 sachets).....	1/1000x1g	68.24ea	68.24
012511 92025	44185	* NEW Coconut Palm Sugar, Organic.....	1/11.6kg	121.16ea	121.16
012511 45020	44187	☉ NEW Demerara, Raw Cane Sugar (Fair Trade).....	1/11.3kg	53.86ea	53.86
012511 45065	44188	* NEW Sugar (Evaporated Cane Juice), Organic.....	1/11.3kg	51.38ea	51.38
012511 44044	44125	* Light Brown Sugar, Organic.....	1/22.7kg	100.37ea	100.37
012511 45004	44124	* Powdered Sugar, Organic.....	1/22.7kg	100.37ea	100.37
012511 35638	44021	* Sucanat, Sugar (Granulated Cane Juice), Organic.....	1/22.7kg	129.38ea	129.38
012511 20105	44122	* Blue Agave Nectar, Organic.....	1/18.92L	188.92ea	188.92
012511 41085	44123	* Molasses, Blackstrap, Organic (unsulphured).....	1/18.92L	132.49ea	132.49

WILD COUNTRY HONEYS • CANADIAN

621234 60016	44107	S*☼ Buckwheat Honey, Canada #1 Amber.....	12/500g	6.55ea	78.60
621234 60019	44106	S*☼ Clover Honey, Canada #1 White.....	12/500g	5.83ea	69.96
621234 61004	44109	S*☼ Pure Raw Honey, Canada #1 White.....	12/500g	6.19ea	74.28
621234 60040	44108	S*☼ Wild Blossom Honey, Canada #1 Golden.....	12/500g	5.83ea	69.96

upc code

order code

case size

ea price

cs price

Syrups

EDEN BARLEY MALT SYRUP • ORGANIC

024182 49315 44050 * Barley Malt Syrup, Organic..... 12/560g 6.30ea 75.60

LUC BERGERON MAPLE SYRUP • CANADIAN • ORGANIC

056183 10074 44137 * Maple Syrup, Canada #1 Medium 12/250ml 9.46ea 113.52

LUNDBERG BROWN RICE SYRUPS

073416 00180 24108 * Brown Rice Syrup, Sweet Dreams, Organic 12/460ml 5.82ea 69.84

073416 00185 24100 Brown Rice Syrup, Sweet Dreams, Nutra-Farmed 12/460ml 4.62ea 55.44

073416 00165 24109 Brown Rice Syrup, Sweet Dreams, Nutra-Farmed 1/25kg 148.09ea 148.09

SANTA CRUZ CHOCOLATE SYRUP • ORGANIC

036192 12077 33094 * Chocolate Syrup, Organic 12/440g 4.60ea 55.20

UNCLE LUKE'S MAPLE SYRUPS • CANADIAN • ORGANIC

056183 08250 44143 * Maple Syrup, Canada #1 Light, Organic 12/250ml 6.21ea 74.52

056183 00251 44144 * Maple Syrup, Canada #1 Medium, Organic 12/250ml 6.21ea 74.52

056183 09250 44145 * Maple Syrup, Canada #2 Amber, Organic 12/250ml 6.07ea 72.84

056183 00500 44015 S* Maple Syrup, Canada #1 Medium, Organic 12/500ml 12.21ea 146.52

056183 09500 44022 S* Maple Syrup, Canada #2 Amber, Organic 12/500ml 11.93ea 143.16

056183 09501 44026 S* Maple Syrup, Canada #3 Dark, Organic 12/500ml 11.43ea 137.16

056183 71000 44142 * Maple Syrup, Canada #1 Medium 12/1L 18.39ea 220.68

056183 01000 44017 S* Maple Syrup, Canada #1 Medium, Organic 12/1L 23.64ea 283.68

056183 91000 44023 S* Maple Syrup, Canada #2 Amber, Organic 12/1L 23.21ea 278.52

056183 91001 44028 S* Maple Syrup, Canada #3 Dark, Organic 12/1L 22.60ea 271.20

111111 44079 44079 * Maple Syrup, Canada #1 Medium, Organic 1/18.9L 386.71ea 386.71

WHOLESOME SWEETENERS SYRUPS • ORGANIC

012511 37010 44164 * Light Corn Syrup, Organic 6/230ml 5.09ea 30.54

012511 47224 44183 * Volume Price: 20 assorted cases (mix Molasses + Syrup varieties) 4.43ea 26.58

012511 47224 44183 * **NEW** Pancake Syrup, Original, Organic 6/591ml 7.19ea 43.14

Naturally thick and rich with maple accents, delicious, Non-GMO Project verified, organic Pancake Syrup is made from organic sugar (not high fructose corn syrup) and natural, preservative free ingredients with no added sodium. Packed in a plastic bottle with easy-to-pour, flip-top cap and easy-grip handle.

012511 47123 44132 * Volume Price: 20 assorted cases (mix Molasses + Syrup varieties) 6.28ea 37.66

012511 47124 44133 * Blue Agave Syrup, Cinnamon, Organic 6/240ml 5.37ea 32.22

012511 47125 44134 * Blue Agave Syrup, Maple, Organic 6/240ml 5.37ea 32.22

012511 47125 44134 * Blue Agave Syrup, Strawberry, Organic 6/240ml 5.37ea 32.22

012511 47122 44135 * Blue Agave Syrup, Vanilla, Organic 6/240ml 5.37ea 32.22

**NUTRITIONAL
SUPPLEMENTS**

+

**SPORTS
NUTRITION**

upc code order code

case size ea price cs price

chill

beverages • functional + supplemental (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

Protein Beverages

HAPPY PLANET REFRIGERATED READY-TO-DRINK PROTEIN SMOOTHIE • CANADIAN

We guarantee best before dates of 14 days from the date of shipping Happy Planet fresh protein smoothie from our warehouse.

779172 22328 01307 ☉*☙ Protein Smoothie, Chocolate Banana (plastic bottle) (replaces Code 05880)6/900ml 3.77ea 22.62 U

SAMBAZON REFRIGERATED AÇAÍ PROTEIN SMOOTHIES • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Sambazon fresh protein beverages from our warehouse.

818411 00048 05185 ☉*☙ Protein, Superfood Smoothie, Açai Berry & Vanilla, Organic (Fair Trade) (plastic bottle)6/310ml 3.27ea 19.62 U

818411 00053 05192 ☉*☙ Protein, Superfood Smoothie, Açai Berry, Chocolate, Almond & Coconut Milk, Organic (FT)6/310ml 3.27ea 19.62 U

Ready-To-Drink Teas

BÚCHA LIVE KOMBUCHA BEVERAGES • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Búcha fresh beverages from our warehouse.

853874 00402 04042 ☉* Kombucha, Blood Orange, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

853874 00400 04041 ☉* Kombucha, Grapefruit Sage, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

853874 00401 04047 ☉* Kombucha, Guava Mango, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

853874 00403 04040 ☉* Kombucha, Lemongrass Ginger, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

853874 00404 04043 ☉* Kombucha, Raspberry Pomegranate, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

853874 00417 04050 ☉* **NEW** Kombucha, Yuzu Lemon, Organic (glass bottle) 12/473ml 2.72ea 32.64 TU

The whole kombucha package: goodness, taste and style. Organic raw kombucha combined with organic and natural herbs, fruit extracts and teas, Búcha offers a great tasting, smart alternative that weighs in at only 47 calories per serving. New Yuzu Lemon, made with the zesty, aromatic, East Asian yuzu fruit, is the ultimate kombucha lemonade.

GT'S ORGANIC RAW KOMBUCHA BEVERAGES • ORGANIC

We guarantee best before dates of 21 days from the date of shipping GT's Organic fresh beverages from our warehouse.

722430 00017 05134 ☉* Kombucha, Original, Organic 12/480ml 3.06ea 36.72 TU

722430 10017 05180 ☉* Kombucha, Citrus, Organic 12/480ml 3.06ea 36.72 TU

722430 20017 05135 ☉* Kombucha, Gingerade, Organic 12/480ml 3.06ea 36.72 TU

722430 14017 05136 ☉* Kombucha, Multi-Green, Organic 12/480ml 3.06ea 36.72 TU

722430 23017 05181 ☉* Kombucha, Third Eye Chai, Organic 12/480ml 3.06ea 36.72 TU

GT'S SYNERGY ORGANIC RAW KOMBUCHA & JUICE BEVERAGES • ORGANIC

We guarantee best before dates of 21 days from the date of shipping GT's Organic fresh beverages from our warehouse (14 days for Codes 05210 and 05211).

722430 02317 05211 ☉* Kombucha, Black Chia, Organic 12/480ml 3.06ea 36.72 TU

722430 30017 05138 ☉* Kombucha, Cosmic Cranberry, Organic 12/480ml 3.06ea 36.72 TU

722430 80017 05137 ☉* Kombucha, Divine Grape, Organic 12/480ml 3.06ea 36.72 TU

722430 60017 05182 ☉* Kombucha, Gingerberry, Organic 12/480ml 3.06ea 36.72 TU

722430 90017 05215 ☉* Kombucha, Guava Goddess, Organic 12/480ml 3.06ea 36.72 TU

722430 24017 05183 ☉* Kombucha, Maqui Berry Mint, Organic 12/480ml 3.06ea 36.72 TU

722430 50017 05214 ☉* Kombucha, Mystic Mango, Organic 12/480ml 3.06ea 36.72 TU

722430 22017 05210 ☉* Kombucha, Raspberry Chia, Organic 12/480ml 3.06ea 36.72 TU

722430 11017 05139 ☉* Kombucha, Trilogy, Organic (raspberry/lemon/ginger) 12/480ml 3.06ea 36.72 TU

TONICA ORGANIC RAW KOMBUCHA BEVERAGES • CANADIAN • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Tonica fresh beverages from our warehouse.

627843 24001 07026 ☉*☙ Sparkling Kombucha, Ginger Rapture, Organic (glass bottle) 12/355ml 2.88ea 34.56 U

627843 24004 07027 ☉*☙ Sparkling Kombucha, Green Tea Revival, Organic (glass bottle) 12/355ml 2.88ea 34.56 U

627843 24006 07025 ☉*☙ Sparkling Kombucha, Nude Brew, Organic (glass bottle) (formerly OriginalTea) 12/355ml 2.88ea 34.56 U

627843 24005 07028 ☉*☙ Sparkling Kombucha, Passion Mango, Organic (glass bottle) 12/355ml 2.88ea 34.56 U

627843 24003 07029 ☉*☙ Sparkling Kombucha, Peach Resolution, Organic (glass bottle) 12/355ml 2.88ea 34.56 U

627843 24002 07080 ☉*☙ Sparkling Kombucha, Vibrant Blueberry, Organic (glass bottle) 12/355ml 2.88ea 34.56 U

nutritional oils (fresh)

MAISON ORPHÉE FLAX SEED OIL • CANADIAN • ORGANIC

069593 10200 30216 ☉*☙ Flax Seed Oil, Virgin, Organic 6/250ml 5.38ea 32.28

◆ Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts) 4.84ea 29.04

◆ Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts) 4.57ea 27.42

069593 10205 30217 ☉*☙ Flax Seed Oil, Virgin, Organic 6/500ml 9.51ea 57.06

◆ Volume Price: 10 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts) 8.56ea 51.36

◆ Volume Price: 15 asstd cs (Maison Orphée/Soleil d'Or Oils + Condiments; open stock not on deal; no other discounts) 8.08ea 48.48

upc code	order code		case size	ea price	cs price
MANITOBA HARVEST HEMP SEED OILS • CANADIAN					
697658 20001	36603	S⊙*🍁	Hemp Seed Oil, Organic	12/250ml	6.97ea 83.64
697658 20002	36897	S⊙*🍁	Hemp Seed Oil, Organic	6/500ml	11.86ea 71.16
697658 00002	36353	S⊙*🍁	Hemp Seed Oil	12/355ml	6.97ea 83.64
697658 00005	36354	S⊙*🍁	Hemp Seed Oil	6/946ml	16.75ea 100.50
OMEGA NUTRITION EFA SUPPLEMENT OILS • CANADIAN • ORGANIC					
055358 93200	85038	⊙*🍁	Borage Oil, Organic	6/60ml	16.36ea 98.16
055358 11440	85039	⊙*🍁	Essential Balance, Organic	12/355ml	10.10ea 121.20
055358 11445	85040	⊙*🍁	Essential Balance, Organic	6/946ml	24.05ea 144.30
055358 11400	85064	⊙*🍁	Flax Oil, Organic	15/237ml	6.96ea 104.40
055358 11410	85036	⊙*🍁	Flax Oil, Organic	12/355ml	9.51ea 114.12
055358 11415	85037	⊙*🍁	Flax Oil, Organic	12/473ml	11.92ea 143.04
055358 11420	85046	⊙*🍁	Flax Oil, Organic	6/946ml	19.84ea 119.04
055358 11700	85032	⊙*🍁	Flax Oil, Garlic Chili, Organic.....	12/355ml	10.09ea 121.08
055358 16700	85033	⊙*🍁	Flax Oil, Hi-Lignan, Organic.....	12/473ml	10.98ea 131.76
055358 11602	85054	⊙*🍁	Flax Oil, Orange Blend, Organic.....	12/355ml	10.09ea 121.08
055358 35008	85343	*🍁	MCT Oil (gluten free).....	6/946ml	17.55ea 105.30

frozen

beverages • functional + supplemental (freezer)

FEEDINGCHANGE FROZEN RAW THAI COCONUT WATER • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping FeedingChange frozen coconut water from our warehouse.

091037 12925	07100	*🍁	Coconut Water, Raw, Organic	12/345ml	3.46ea 41.52	U
091037 12926	07103	*🍁	Coconut Water, Raw, Organic	12/946ml	8.60ea 103.20	U

nutritional supplements (freezer)

EVERGREEN FROZEN WHEAT GRASS JUICE • CANADIAN • ORGANIC

We regret that due to its sensitive nature, this frozen product will be shipped to destinations east of Alberta and to outlying areas at the customer's risk only.

778702 59836	82050	S*🍁	Wheat Grass Juice, Organic	12/355ml	13.03ea 156.36
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dry

beverages • functional + supplemental

Instant Mixes

BLUE MONKEY INSTANT COCONUT WATER

We guarantee best before dates of 42 days from the date of shipping Blue Monkey beverages from our warehouse.

059654 07810	85649		Coconut Water, Instant (pouches).....	10/20g	0.64ea 6.40
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Ready-To-Drink Protein + Isotonic

BLUE MONKEY COCONUT WATER

We guarantee best before dates of 42 days from the date of shipping Blue Monkey beverages from our warehouse.

059654 07810	85649		Coconut Water, Instant (pouches).....	10/20g	0.64ea 6.40	
059654 17003	06896		Coconut Water, Pure (can).....	24/330ml	1.38ea 33.12	U
059654 17002	06907		Coconut Water w/Pulp (can).....	24/520ml	1.89ea 45.36	U
059654 17001	07060		Coconut Water, No Pulp (can).....	24/520ml	1.89ea 45.36	U
059654 60022	07140		Coconut Water w/Pulp (can).....	6/520ml	1.91ea 11.46	U
059654 60021	07144		Coconut Water, No Pulp (can).....	6/520ml	1.91ea 11.46	U
059654 22222	07241	*	NEW Coconut Water, Pure, Organic (tetrapak) (replaces Code 07167).....	12/1L	3.95ea 47.40	U
USDA certified organic Blue Monkey pure coconut water is available in a 1L tetrapak. The natural isotonic sports drink is high in potassium, magnesium and electrolytes with no added sugar, artificial sweeteners or preservatives.						
059654 07073	06893		50/50 Coconut Water & Juice Blend, Guava (plastic bottle).....	12/473ml	1.89ea 22.68	U
059654 07072	06892		50/50 Coconut Water & Juice Blend, Mango (plastic bottle).....	12/473ml	1.89ea 22.68	U
059654 07071	06891		50/50 Coconut Water & Juice Blend, Passionfruit (plastic bottle).....	12/473ml	1.89ea 22.68	U
059654 07074	07175		50/50 Coconut Water & Juice Blend, Pineapple (plastic bottle).....	12/473ml	1.89ea 22.68	U

upc code	order code		case size	ea price	cs price	
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C20 PURE COCONUT WATER

We guarantee best before dates of 42 days from the date of shipping C20 coconut water from our warehouse.

853883 00300	15177		Coconut Water, Pure (can).....	12/520ml	2.28ea	27.36	U
853883 00302	15178		Coconut Water, Pure w/Pulp (can).....	12/520ml	2.28ea	27.36	U
		◆	Volume Price: 10 assorted cases (open stock not on deal).....		1.94ea	23.28	
		◆	Volume Price: 36 assorted cases (open stock not on deal).....		1.82ea	21.84	
		◆	Volume Price: 132 assorted cases (open stock not on deal).....		1.71ea	20.52	

ECOS PURE COCONUT WATER

We guarantee best before dates of 30 days from the date of shipping Ecos coconut water from our warehouse.

8527750 0310	07104		NEW Coconut Water, Pure (tetrapak) (replaces Code 07166).....	12/250ml	1.33ea	15.96	U
			Ecos pure coconut water, sourced from Thai plantations utilizing organic growing methods, replenishes and rehydrates naturally. High in electrolytes but low in sugar and acidity with no fat or cholesterol, it's a good source of potent antioxidants and phytonutrients.				
8527750 0341	07174		Coconut Water w/Velvety Dark Chocolate & Virgin Coconut Milk (tetrapak).....	12/250ml	1.71ea	20.52	U
8527750 0322	07187		Coconut Water, Pure (tetrapak).....	12/1L	4.34ea	52.08	U
8527750 0330	07188		Coconut Water, Pure, Velvety Dark Chocolate (tetrapak).....	12/1L	5.11ea	61.32	U

GURU ENERGY DRINKS • CANADIAN • ORGANIC

701648 01014	13074	*☼	Energy Drink, Guru, Organic (can).....	24/355ml	2.21ea	53.04	TU
701648 04011	13076	*☼	Energy Drink, Guru, Organic (can).....	6/4x250ml	6.99ea	41.94	TU

KING ISLAND COCONUT WATER

We guarantee best before dates of 45 days from the date of shipping King Island beverages from our warehouse.

8850813 300017	07088		Coconut Water, Pure (tetrapak).....	12/3x250ml	2.43ea	29.16	U
8850813 300253	07171		Coconut Water & Juice Blend, Pineapple, Passionfruit & Mango (tetrapak).....	12/3x250ml	2.43ea	29.16	U
8850813 300246	07170		Coconut Water & Juice Blend, Strawberry, Pomegranate & Red Grape (tetrapak).....	12/3x250ml	2.43ea	29.16	U
		◆	Volume Price: 20 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal; no programs apply).....		2.14ea	25.68	
		◆	Volume Price: 40 asstd cs (Coconut Water + Coconut Milk 250ml varieties; open stock not on deal; no programs apply).....		2.04ea	24.48	
		◆	Volume Price: 100 cs one variety (Pallet; 250ml only; open stock not on deal; no programs apply).....		1.70ea	20.40	
8850813 300208	07246		NEW Coconut Water, Pure (tetrapak).....	12/330ml	1.10ea	13.20	U
			Now available in a new, resealable 330ml tetrapak, pure coconut water (not from concentrate) from Thailand's young green coconuts provides natural, gluten free hydration with the perfect balance of potassium and sodium, but no cholesterol, fat, added sugar or preservatives.				
		◆	Volume Price: 10 cases (Code 07246 only; open stock not on deal only; no programs apply).....		0.97ea	11.64	
		◆	Volume Price: 20 cases (Code 07246 only; open stock not on deal only; no programs apply).....		0.92ea	11.04	
		◆	Volume Price: 200 cases (Pallet; Code 07246 only; open stock not on deal; no programs apply).....		0.77ea	9.24	
8850813 300048	07205		Coconut Water, Pure (tetrapak).....	12/500ml	1.42ea	17.04	U
		◆	Volume Price: 10 cases (Code 07205 only; open stock not on deal only; no programs apply).....		1.25ea	15.00	
		◆	Volume Price: 20 cases (Code 07205 only; open stock not on deal only; no programs apply).....		1.19ea	14.28	
		◆	Volume Price: 144 cases (Pallet; Code 07205 only; open stock not on deal; no programs apply).....		0.99ea	11.88	
8850813 300031	07130		Coconut Water, Pure (tetrapak).....	12/1L	2.99ea	35.88	U
		◆	Volume Price: 20 cases (Code 07130 only; open stock not on deal only; no programs apply).....		2.63ea	31.56	
		◆	Volume Price: 40 cases (Code 07130 only; open stock not on deal only; no programs apply).....		2.51ea	30.12	
		◆	Volume Price: 80 cases (Pallet; Code 07130 only; open stock not on deal; no programs apply).....		2.09ea	25.08	

RUMBLE NOURISHING DRINKS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Rumble beverages from our warehouse.

834642 00001	05206	*☼	Nourishing Drink, Dutch Cocoa.....	12/355ml	3.15ea	37.80	TU
834642 00002	05205	*☼	Nourishing Drink, Vanilla Maple.....	12/355ml	3.15ea	37.80	TU

SAMBAZON AMAZON ENERGY AÇAÍ BERRY ENERGY DRINK • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Sambazon Amazon Energy from our warehouse.

818411 00070	07245	*☼	Amazon Energy, Açai Berry Energy Drink, Organic (Fair Trade) (can).....	24/355ml	2.05ea	49.20	TU
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STEAZ FAIR TRADE ENERGY DRINKS • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Steaz beverages from our warehouse.

Delicious Steaz energy drinks are made with antioxidant-rich green tea and blended with the finest organic and fair trade ingredients from around the world. Chemical free, fair trade certified Organic Energy Drinks are high in antioxidants and powered by naturally occurring caffeine found in organic varieties of green tea, yerba maté and guarana.

856820 00050	70393	*☼	NEW Energy, Berry, Organic (Fair Trade) (can).....	24/355ml	2.00ea	48.00	TU
856820 00080	70394	*☼	NEW Energy, Super Fruit, Organic (Fair Trade) (can).....	24/355ml	2.00ea	48.00	TU
		◆	Volume Price: 20 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply).....		1.87ea	44.83	
		◆	Volume Price: 30 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply).....		1.81ea	43.40	
		◆	Volume Price: 50 assorted cases (Energy Drinks only; open stock not on deal; no other discounts apply).....		1.74ea	41.86	

TASTE NIRVANA COCONUT WATER

011259 80686	05920		Coconut Water (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 80688	05921		Coconut Water w/Pulp (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 90453	05927		Coconut Water w/Thai Chili (glass bottle).....	12/280ml	1.91ea	22.92	TU
011259 80113	05922		Coconut Water, Coco-Aloe (glass bottle).....	12/280ml	1.91ea	22.92	U
011259 90424	05923		Coconut Water (glass bottle).....	6/700ml	3.57ea	21.42	U
011259 90420	05924		Coconut Water (can).....	12/480ml	2.43ea	29.16	U
011259 90422	05925		Coconut Water w/Pulp (can).....	12/480ml	2.43ea	29.16	U
011259 90429	05926		Coconut Water, Coco-Aloe (can).....	12/480ml	2.43ea	29.16	U

WHAT WE PUT IN OUR BODIES MATTERS.



THIS BELIEF LED OUR FOUNDER PAUL ON A PERSONAL QUEST TO CREATE THE WORLD'S MOST HEALTHY AND TASTY NATURALLY AWESOME SUPERSHAKE. FIRST MADE IN PAUL'S KITCHEN, RUMBLE COMBINES 22 PREMIUM INGREDIENTS, POWER PROTEIN AND A HEARTY HELPING OF OMEGA-3s TO FEED YOUR BODY AND FUEL YOUR LIFE.

22 PREMIUM INGREDIENTS
20G OF PROTEIN • OMEGA-3s
TASTE WITHOUT COMPROMISE

rumble
Supershake



DRINKRUMBLE.COM





VANILLA MAPLE

3400mg OMEGA-3 • NON-GMO • SOY FREE
GLUTEN FREE • 99.8% LACTOSE FREE

Nutrition Facts Valeur nutritive

Per 1 bottle (355 mL) / pour 1 bouteille (355 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 8 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 3.5 g	
Monounsaturated / monoinsaturés 1.5 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 55 mg	2 %
Potassium / Potassium 150 mg	4 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 8 g	32 %
Sugars / Sucres 11 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	40 %
Iron / Fer	2 %

Ingredients:

Purified water, Rumble protein blend (milk protein concentrate, calcium caseinate, and whey protein isolate), organic tapioca dextrin, organic maple syrup, inulin (from chicory root), organic flaxseed oil, organic agave nectar, organic vanilla bean extract, walnut oil (contains tree nuts), cellulose gel, natural flavors, green tea extract, cellulose gum, potassium carbonate, carrageenan, pomegranate extract, organic cherry, black currant, red beet juice concentrate, kale, organic spinach, and stevia rebaudinana leaf extract.

Contains: Milk Proteins, Tree Nuts.



CAN UPC: 834642000025
CASE GTIN: 834642000063



DUTCH COCOA

3100mg OMEGA-3 • NON-GMO • SOY FREE
GLUTEN FREE • 99.8% LACTOSE FREE

Nutrition Facts Valeur nutritive

Per 1 bottle (355 mL) / pour 1 bouteille (355 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 8 g	12 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 4.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 3.0 g	
Monounsaturated / monoinsaturés 1.5 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 55 mg	2 %
Potassium / Potassium 300 mg	9 %
Carbohydrate / Glucides 28 g	9 %
Fibre / Fibres 8 g	32 %
Sugars / Sucres 11 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	40 %
Iron / Fer	15 %

Ingredients:

Purified water, Rumble protein blend (milk protein concentrate, calcium caseinate, and whey protein isolate), organic maple syrup, organic tapioca dextrin, inulin (from chicory root), organic flaxseed oil, organic agave nectar, cocoa (processed with alkali), organic pumpkin seed oil, natural flavors, cellulose gel, organic vanilla bean extract, green tea extract, cellulose gum, potassium carbonate, carrageenan, pomegranate extract, organic cherry, black currant, red beet juice concentrate, kale, organic spinach, and stevia rebaudiana leaf extract.

Contains: Milk Proteins.



CAN UPC: 834642000018
CASE GTIN: 834642000056

DRINKRUMBLE.COM



SIZE
355ml

UNITS
PER CASE
12

CASE (INCHES)
LENGTH WIDTH HEIGHT,
CUBE (FT)
8 x 11 x 6.5, .33

BILLING
WEIGHT (LBS)
11

CASES PER
LAYER
22

LAYERS PER
PALLET
7

CASES PER
PALLET
154

PACKAGE (INCHES)
WIDTH DEPTH HEIGHT
2.601 x 2.601 x 6.256

upc code	order code		case size	ea price	cs price	
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THIRSTY BUDDHA NATURAL COCONUT WATER • CANADIAN

We guarantee best before dates of 30 days from the date of shipping Thirsty Buddha coconut water from our warehouse.

852953 00129	07216	◆	Coconut Water, Natural (slim can)	12/250ml	1.19ea	14.22	U
		◆	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.14ea	13.72	
		◆	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.09ea	13.02	
		◆	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.04ea	12.52	
852953 00100	07165	◆	Coconut Water, Natural (can)	12/520ml	1.77ea	21.24	U
852953 00103	07214	◆	Coconut Water, Natural w/Pulp (can).....	12/520ml	1.77ea	21.24	U
852953 00105	07215	◆	Coconut Water, Natural w/Mango (can)	12/520ml	1.77ea	21.24	U
		◆	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.71ea	20.49	
		◆	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.61ea	19.34	
		◆	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.56ea	18.74	
852953 00131	07219	◆	Coconut Water, Natural (tetrapak)	12/500ml	2.08ea	24.96	U
		◆	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		2.00ea	24.01	
		◆	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.90ea	22.76	
		◆	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		1.83ea	21.96	
852953 00117	07213	◆	Coconut Water, Natural (tetrapak)	12/1L	4.17ea	50.04	U
		◆	Volume Price: 10 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		4.04ea	48.44	
		◆	Volume Price: 25 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		3.84ea	46.04	
		◆	Volume Price: 140 asstd cs (any Thirsty Buddha varieties; open stock not on deal only; no other discounts apply)		3.67ea	44.04	

VITA COCO COCONUT WATER

We guarantee best before dates of 30 days from the date of shipping Vita Coco coconut waters from our warehouse.

898999 77777	07057	◆	Coconut Water, Caffe Latte (tetrapak).....	12/330ml	2.56ea	30.72	U
898999 01000	07040	◆	Coconut Water, Pure (tetrapak).....	12/500ml	2.56ea	30.72	U
898999 05000	07056	◆	Coconut Water, Orange (tetrapak)	12/500ml	2.56ea	30.72	U
898999 04000	07042	◆	Coconut Water, Peach & Mango (tetrapak).....	12/500ml	2.56ea	30.72	U
898999 03000	07041	◆	Coconut Water, Pineapple (tetrapak).....	12/500ml	2.56ea	30.72	U
		◆	Volume Price: 25 assorted cases (any Vita Coco varieties; open stock not on deal)		2.31ea	27.72	
898999 00050	06748	◆	Coconut Water, Pure (tetrapak)	12/1L	4.81ea	57.72	U
		◆	Volume Price: 25 assorted cases (any Vita Coco varieties; open stock not on deal)		4.31ea	51.72	

Ready-To-Drink Teas + Alternatives**KOMBUCHA WONDER DRINK TEAS • ORGANIC**

665479 07140	05155	*	Sparkling Kombucha, Asian Pear Ginger Blend, Organic (can)	24/250ml	1.42ea	34.08	TU
665479 07170	05207	*	Sparkling Kombucha, Cherry Cassis, Organic (can)	24/250ml	1.42ea	34.08	TU
665479 07150	05157	*	Sparkling Kombucha, Essence of Lemon, Organic (can)	24/250ml	1.42ea	34.08	TU
665479 07160	05156	*	Sparkling Kombucha, Traditional Blend, Organic (can)	24/250ml	1.42ea	34.08	TU
		◆	Volume Price: 10 assorted cases (open stock not on deal on one invoice; no other discounts apply)		1.21ea	29.04	
		◆	Volume Price: 20 assorted cases (open stock not on deal on one invoice; no other discounts apply)		1.14ea	27.36	
665479 08030	05152	*	Kombucha, Asian Pear Ginger Blend, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08060	05159	*	Kombucha, Cherry Cassis, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08020	05151	*	Kombucha, Essence of Lemon, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08070	05158	*	Kombucha, Essence of Mango, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08040	05153	*	Kombucha, Essence of Peach, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08050	05154	*	Kombucha, Jasmine Niagara Grape Blend, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08080	05160	*	Kombucha, Juniper Berry, Spearmint & Lemon Myrtle, Organic (bottle)	12/414ml	2.99ea	35.88	TU
665479 08010	05150	*	Kombucha, Traditional Blend, Organic (bottle)	12/414ml	2.99ea	35.88	TU
		◆	Volume Price: 10 assorted cases (open stock not on deal on one invoice; no other discounts apply)		2.54ea	30.48	
		◆	Volume Price: 20 assorted cases (open stock not on deal on one invoice; no other discounts apply)		2.39ea	28.68	

nutritional bars + snacks**BOUNCE NATURAL ENERGY BALLS**

We guarantee best before dates of 42 days from the date of shipping some Bounce energy balls from our warehouse. Please enquire when ordering.

852949 00302	37561		Sleeve, Almond Protein Hit (gluten free/vegetarian)	12/49g	2.03ea	24.36	T
852949 00340	37560		Sleeve, Cacao Mint Protein Bomb (nut free/vegetarian)	12/42g	2.03ea	24.36	T
852949 00341	37559		NEW Sleeve, Coco-Berry Vitality Burst (gluten free/vegan)	12/42g	2.03ea	24.36	T
			Bounce Energy Balls are 100% natural, clean, functional food snacks. Founded in 2003 by Australians Paula and Andy Hannagan, grab-and-go Bounce are delicious nutrition boosters that address specific dietary needs with high quality ingredients, which are naturally sweetened and free of GMOs, preservatives and artificial additives. New Coco-Berry Vitality Burst is a chewy, gluten and dairy free mix of coconut, mixed berries and seeds.				
852949 00306	37564		Sleeve, Coconut Macadamia Protein Bliss (gluten free/vegetarian)	12/40g	2.03ea	24.36	T
852949 00301	37562		Sleeve, Peanut Protein Blast (gluten free/vegetarian)	12/49g	2.03ea	24.36	T
852949 00303	37563		Sleeve, Spirulina & Ginseng Defence Boost (wheat free/vegan)	12/42g	2.03ea	24.36	T
111111 92573	92573		Empty Display Chute	2/1ea	0.00ea	0.00	

BUMBLE BAR SNACK BARS • ORGANIC

760590 05022	37124	*	Awesome Apricot, Organic (gluten free/vegan)	15/40g	2.13ea	31.95	T
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upc code	order code		case size	ea price	cs price
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CLIF BUILDER'S NATURAL PROTEIN BARS

We guarantee best before dates of 42 days from the date of shipping Clif bars from our warehouse.

722252 60645	37488	Builder's, Almond Vanilla	12/68g	1.50ea	18.00
722252 60642	37132	Builder's, Chocolate	12/68g	1.50ea	18.00
722252 60644	37340	Builder's, Chocolate Mint	12/68g	1.50ea	18.00
722252 60648	37487	Builder's, Crunchy Peanut Butter	12/68g	1.50ea	18.00
722252 60641	37133	Builder's, Peanut Butter	12/68g	1.50ea	18.00
722252 16517	91477	Builder's Protein Bars Shipper (Special Order; lead time required).....	96/68g	1.50ea	144.00
Contains 24 units of Chocolate and 36 units each of Chocolate Mint and Peanut Butter Builder's Bars. Available by special order only with 3-6 weeks' lead time.					
722252 60442	37444	6-Pack, Builder's, Chocolate	6/6x68g	9.42ea	56.52
722252 60444	37445	6-Pack, Builder's, Chocolate Mint.....	6/6x68g	9.42ea	56.52
722252 60441	37443	6-Pack, Builder's, Peanut Butter	6/6x68g	9.42ea	56.52

CLIF ENERGY BARS

We guarantee best before dates of 42 days from the date of shipping Clif bars from our warehouse.

722252 12026	36375	Black Cherry Almond, 70% Organic.....	12/68g	1.15ea	13.80
722252 12022	36249	Chocolate Almond Fudge, 70% Organic	12/68g	1.15ea	13.80
722252 12004	36256	Chocolate Chip, 70% Organic.....	12/68g	1.15ea	13.80
722252 12009	36264	Chocolate Peanut Crunch, 70% Organic	12/68g	1.15ea	13.80
722252 12003	37426	Coconut Chocolate Chip, 70% Organic.....	12/68g	1.15ea	13.80
722252 14003	36259	Cool Mint Chocolate (w/Mint Icing), 70% Organic	12/68g	1.15ea	13.80
722252 12008	36262	Crunchy Peanut Butter, 70% Organic.....	12/68g	1.15ea	13.80
722252 10270	36761	Oatmeal Raisin Walnut, 70% Organic.....	12/68g	1.15ea	13.80
722252 12109	37425	White Chocolate Macadamia, 70% Organic	12/68g	1.15ea	13.80
722252 60229	90924	Clif Bars Display Shipper (Special Order; lead time required)	96/68g	1.15ea	110.40
Contains 36 units each of Chocolate Almond Fudge and Chocolate Chip and 24 units of Crunchy Peanut Butter Clif Bars. Available by special order only with 3-6 weeks' lead time.					
722252 21536	90800	Clif/Luna Bars Display Wing Shipper (Special Order; lead time required).....	108/1ea	1.08ea	116.64
Contains 24 units each of Crunchy Peanut Butter and Chocolate Almond Fudge Clif Bars and 30 units each of Nutz Over Chocolate and LemonZest Luna Bars. Available by special order only with 3-6 weeks' lead time.					
722252 12602	37313	6-Pack, Chocolate Almond Fudge, 70% Organic.....	6/6x68g	7.25ea	43.50
722252 12603	37314	6-Pack, Chocolate Chip, 70% Organic	6/6x68g	7.25ea	43.50
722252 12608	37441	6-Pack, Crunchy Peanut Butter, 70% Organic.....	6/6x68g	7.25ea	43.50
722252 12601	37312	6-Pack, Oatmeal Raisin Walnut, 70% Organic	6/6x68g	7.25ea	43.50
722252 12609	37442	6-Pack, White Chocolate Macadamia, 70% Organic	6/6x68g	7.25ea	43.50

CLIF LUNA WHOLE NUTRITION BARS FOR WOMEN

We guarantee best before dates of 42 days from the date of shipping Clif Luna bars from our warehouse.

722252 22064	36929	Caramel Nut Brownie, 70% Organic	15/48g	1.15ea	17.25
722252 22051	37338	Chocolate Peppermint Stick, 70% Organic	15/48g	1.15ea	17.25
722252 22004	36179	Lemon Zest, 70% Organic.....	15/48g	1.15ea	17.25
722252 22002	36177	Nutz Over Chocolate, 70% Organic	15/48g	1.15ea	17.25
722252 22006	36659	S'mores, 70% Organic.....	15/48g	1.15ea	17.25
722252 22067	37339	White Chocolate Macadamia, 70% Organic	15/48g	1.15ea	17.25
722252 22544	91484	Luna Nutrition Bars Shipper (Special Order; lead time required)	120/48g	1.15ea	138.00
Contains 30 units each of Nutz Over Chocolate, Caramel Nut Brownie, White Chocolate Macadamia and Chocolate Peppermint Stick. Available by special order only with 3-6 weeks' lead time.					
722252 22664	37447	6-Pack, Caramel Nut Brownie, 70% Organic.....	6/6x48g	7.25ea	43.50
722252 22602	37446	6-Pack, Nutz Over Chocolate, 70% Organic.....	6/6x48g	7.25ea	43.50

CLIF SHOT BLOKS ENERGY CHEWS • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Clif Shots from our warehouse.

Four tangy new flavours pack a lot of function in tasty, little cubes. Simple-to-handle, easy-to-chew, 95% organic Clif Shot Bloks are the latest nutrition option for endurance athletes: 35-calorie cubes that make it easy to customize and track caloric and electrolyte intake during long outings

722252 18064	37577	*	NEW Bloks, Black Cherry, Organic	18/60g	1.61ea	28.98	T
722252 18070	37889	*	Bloks, Citrus, Organic	18/60g	1.61ea	28.98	T
722252 18061	37209	*	Bloks, Cran-Razz, Organic	18/60g	1.61ea	28.98	T
722252 18067	37586	*	NEW Bloks, Margarita, Organic.....	18/60g	1.61ea	28.98	T
722252 18068	37213	*	Bloks, Mountain Berry, Organic	18/60g	1.61ea	28.98	T
722252 18065	37578	*	NEW Bloks, Orange, Organic	18/60g	1.61ea	28.98	T
722252 18062	37212	*	Bloks, Strawberry, Organic.....	18/60g	1.61ea	28.98	T
722252 18069	37579	*	NEW Bloks, Tropical Punch, Organic.....	18/60g	1.61ea	28.98	T

CLIF SHOT ENERGY GELS • ORGANIC

We guarantee best before dates of 42 days from the date of shipping Clif Shots from our warehouse (21 days for Code 37286).

722252 17629	37287	*	Shot, Chocolate, Organic.....	24/34g	0.81ea	19.44	T
722252 17623	37286	*	Shot, Razz (Raspberry), Organic	24/34g	0.81ea	19.44	T
722252 17624	37888	*	Shot, Vanilla, Organic.....	24/34g	0.81ea	19.44	T

ELEVATE ME PROTEIN & FRUIT ENERGY BARS • CANADIAN (continued on Page 165)

871102 00201	91596	★	Energy Bars Shipper (Special Order; lead time required).....	216/66g	2.29ea	494.64	T
Contains 48 units each of Original All-Fruit, Blueberry Cranberry Gojiberry Burst and Cocoa Coconut Cluster and 24 units each of Strawberry Apple Pie, Banana Nut Bread and Chocolate Açai Berry Brownie. Available by special order only with 2 weeks' lead time.							

ELEVATE ME^{TM/MC} FRUIT & NUT ENERGY BAR *perk*

**great tasting
snacks for the
active lifestyle**

GREEK YOGURT PARFAIT
PINA COLADA
VANILLA CHAI LATTE

VEGAN FLAVOURS:
CARROT CAKE
BANANA SPLIT



PROSNACK

NATURAL FOODS INC

prosnack.com



greek yogurt parfait



vanilla chai latte



pina colada



VEGAN FLAVOURS:

banana split



carrot cake



gluten free • high in fibre

non-GMO • source of potassium • source of iron • low sodium

BARS CONTAIN: FRUIT, NUTS, CHIA SEEDS, QUINOA AND SPINACH

upc code	order code		case size	ea price	cs price	
ELEVATE ME PROTEIN & FRUIT ENERGY BARS • CANADIAN (continued on Page 164)						
871102 00002	37031	Original, All-Fruit	12/66g	2.29ea	27.48	T
871102 00007	37034	Banana Nut Bread	12/66g	2.29ea	27.48	T
871102 00016	37082	Blueberry Cranberry Gojiberry Burst	12/66g	2.29ea	27.48	T
871102 00019	37185	Chocolate Açai Berry Brownie	12/66g	2.29ea	27.48	T
871102 00001	37035	Cocoa Coconut Cluster	12/66g	2.29ea	27.48	T
871102 00011	37032	Espresso Cocoa Crunch	12/66g	2.29ea	27.48	T
871102 00010	37033	Matcha Green Tea w/Cranberries	12/66g	2.29ea	27.48	T
871102 00022	37257	Strawberry Apple Pie	12/66g	2.29ea	27.48	T
		Volume Price: 10 assorted cases (open stock not on deal)		2.22ea	26.58	
		Volume Price: 20 assorted cases (open stock not on deal)		2.14ea	25.68	
		Volume Price: 30 assorted cases (open stock not on deal)		2.04ea	24.51	
871102 00202	32619	NEW Variety Pack	12/4x66g	9.17ea	110.04	T
		Elevate Me Energy Bars Variety Pack contains one bar each of All-Fruit Original, Cranberry Blueberry Goji Berry, Coconut Cocoa and Apple Strawberry varieties.				
		Volume Price: 10 assorted cases (open stock not on deal)		8.84ea	106.08	
		Volume Price: 20 assorted cases (open stock not on deal)		8.51ea	102.12	
		Volume Price: 30 assorted cases (open stock not on deal)		8.18ea	98.16	
871102 00054	32618	NEW Perk, Banana Split	15/44g	1.81ea	27.15	T
871102 00051	32615	NEW Perk, Carrot Cake	15/44g	1.81ea	27.15	T
871102 00053	32617	NEW Perk, Greek Yogurt Parfait	15/44g	1.81ea	27.15	T
871102 00050	32614	NEW Perk, Piña Colada	15/44g	1.81ea	27.15	T
871102 00052	32616	NEW Perk, Vanilla Chai	15/44g	1.81ea	27.15	T
		Featuring five signature flavours—Banana Split, Carrot Cake, Greek Yogurt Parfait, Piña Colada and Vanilla Chai Latte—Elevate Me Perk bars offer decadence without the added guilt. Made with non-GMO fruit, nuts and seeds, including chia, hemp seeds, quinoa and spinach, gluten free Perk bars are high in fibre and a source of potassium and iron.				
		Volume Price: 10 assorted cases (open stock not on deal)		1.74ea	26.17	
		Volume Price: 20 assorted cases (open stock not on deal)		1.68ea	25.20	
		Volume Price: 30 assorted cases (open stock not on deal)		1.61ea	24.22	
871102 00201	91699	Empty Display	1/1ea	0.00ea	0.00	T

KIND HEALTHY SNACKS FOOD BARS

602652 17040	37467	Fruit & Nut, Almond & Apricot	12/40g	1.50ea	18.00	T
602652 17044	37470	Fruit & Nut, Almond & Coconut	12/40g	1.50ea	18.00	T
602652 17049	37503	Fruit & Nut, Blueberry, Vanilla & Cashew	12/40g	1.50ea	18.00	T
602652 17035	37466	Fruit & Nut, Fruit & Nut Delight	12/40g	1.50ea	18.00	T
602652 17041	37469	Fruit & Nut, Fruit & Nuts w/Yogurt Coating	12/40g	1.50ea	18.00	T
602652 17047	37468	Fruit & Nut, Nut Delight	12/40g	1.50ea	18.00	T
602652 17077	37492	Nuts & Spices, Cashew & Ginger Spice	12/40g	1.50ea	18.00	T
602652 17076	37491	Nuts & Spices, Dark Chocolate Cinnamon Pecan	12/40g	1.50ea	18.00	T
602652 17075	37490	Nuts & Spices, Dark Chocolate Nuts & Sea Salt	12/40g	1.50ea	18.00	T
602652 17074	37489	Nuts & Spices, Madagascar Vanilla Almond	12/40g	1.50ea	18.00	T
602652 17037	37472	Plus, Almond Cashew w/Flax & Omega-3	12/40g	1.50ea	18.00	T
602652 17048	37502	Plus, Apple Cinnamon Nut & Fibre	12/40g	1.50ea	18.00	T
602652 17036	37471	Plus, Cranberry Almond & Antioxidants	12/40g	1.50ea	18.00	T
602652 17071	37474	Plus, Dark Chocolate Cherry Cashew & Antioxidants	12/40g	1.50ea	18.00	T
602652 17070	37475	Plus, Peanut Butter Dark Chocolate & Protein	12/40g	1.50ea	18.00	T
602652 17073	37473	Plus, Pomegranate Blueberry Pistachio & Antioxidants	12/40g	1.50ea	18.00	T

LÄRABAR FRUIT & NUT FOOD BARS

We guarantee best before dates of 30 days from the date of shipping Lärabar food bars from our warehouse.

Four popular Lärabar varieties—Apple Pie, Coconut Cream Pie, Peanut Butter Chocolate Chip and Peanut Butter Cookie—are available now in a new 5-pack format. Lärabar blends whole foods like unsweetened fruits, nuts and spices to create bars that aren't only wholesome, but delicious too. Each flavour contains no more than nine ingredients with no added sugar, and is gluten, dairy, GMO and soy free, vegan or vegetarian, and kosher. Pure and simple, just as nature intended.

021908 48325	37505	ALT Cinnamon Apple (gluten free/vegan)	15/55g	1.63ea	24.45	T
021908 48327	37506	ALT Peanut Butter (gluten free/vegan)	15/55g	1.63ea	24.45	T
021908 48328	37504	ALT Pumpkin Pie (gluten free/vegan)	15/55g	1.63ea	24.45	T
021908 50951	37320	Apple Pie (gluten free/vegan)	16/45g	1.49ea	23.84	T
021908 50798	37370	Blueberry (gluten free/vegan)	16/45g	1.49ea	23.84	T
021908 50953	37322	Cashew Cookie (gluten free/vegan)	16/48g	1.49ea	23.84	T
021908 51174	37547	NEW Chocolate Brownie (gluten free)	16/45g	1.49ea	23.84	T
021908 50769	37371	Chocolate Chip (gluten free/vegetarian)	16/45g	1.49ea	23.84	T
021908 50955	37324	Chocolate Coconut Chew (gluten free/vegan)	16/51g	1.49ea	23.84	T
021908 50958	37328	Coconut Cream Pie (gluten free/vegan)	16/48g	1.49ea	23.84	T
021908 50939	37335	Peanut Butter Chocolate Chip (gluten free/vegetarian)	16/45g	1.49ea	23.84	T
021908 50962	37329	Peanut Butter Cookie (gluten free/vegan)	16/48g	1.49ea	23.84	T
021908 42316	37554	NEW 5-Pack, Apple Pie (gluten free/vegan)	8/5x45g	7.28ea	58.24	T
021908 46258	37557	NEW 5-Pack, Coconut Cream Pie (gluten free/vegan)	8/5x48g	7.28ea	58.24	T
021908 46259	37556	NEW 5-Pack, Peanut Butter Chocolate Chip (gluten free/vegetarian)	8/5x45g	7.28ea	58.24	T
021908 42317	37555	NEW 5-Pack, Peanut Butter Cookie (gluten free/vegan)	8/5x48g	7.28ea	58.24	T

PROBAR NUTRITIONAL FOOD BARS (continued on Page 166)

853152 80069	37523	Core, Protein, Brownie Crisp (gluten free/vegan)	12/70g	2.72ea	32.64	T
853152 80068	37525	Core, Protein, Cookie Dough (gluten free/vegan)	12/70g	2.72ea	32.64	T
853152 80075	37524	Core, Protein, Mint Chocolate (gluten free/vegan)	12/70g	2.72ea	32.64	T
853152 80074	37522	Core, Protein, Peanut Butter Chocolate (gluten free/vegan)	12/70g	2.72ea	32.64	T

upc code	order code		case size	ea price	cs price	
PROBAR NUTRITIONAL FOOD BARS (continued on Page 165)						
853152 80013	37247	* Fruition, Blueberry, Organic.....	12/48g	1.41ea	16.92	T
853152 80014	37250	* Fruition, Cran-Raspberry, Organic.....	12/48g	1.41ea	16.92	T
853152 80058	37359	* Fruition, Orange Chocolate, Organic.....	12/48g	1.41ea	16.92	T
853152 80016	37248	* Fruition, Strawberry, Organic.....	12/48g	1.41ea	16.92	T
853152 80066	37548	NEW Meal, Chocolate Coconut.....	12/85g	2.80ea	33.60	T
QAI certified organic, Non-GMO Project verified, plant based Probar Meal Bars are whole food bars that offer good sources of fibre, protein, and omega-3 and -6. New Chocolate Coconut is a whole food, meal replacement bar that combines whole grains, chunky nuts, seeds and delicious fruit with smooth coconut flavours and crispy crunch to compliment the light chocolate taste that's perfectly balanced in this healthy but seemingly decadent bar.						
853152 80052	37356	Meal, Peanut Butter Chocolate Chip.....	12/85g	2.80ea	33.60	T
853152 80007	37191	Meal, Superfood Slam.....	12/85g	2.80ea	33.60	T
853152 80046	37358	Meal, Superfruit Slam (Açaí).....	12/85g	2.80ea	33.60	T
853152 80001	37187	Meal, Trail Mix.....	12/85g	2.80ea	33.60	T
853152 80002	37192	Meal, Whole Berry Blast.....	12/85g	2.80ea	33.60	T
REBAR NUTRITIONAL FOOD BARS • CANADIAN						
685960 00001	36361	* Original, Organic.....	12/50g	1.67ea	20.04	T
059222 00400	37149	* Banana-Walnut, Organic.....	12/50g	1.67ea	20.04	T
059222 00300	37150	* Blueberry, Organic.....	12/50g	1.67ea	20.04	T
		◇ Volume Price: 24 assorted cases (open stock not on deal; no other discounts apply).....		1.50ea	18.00	
SUNRIDGE FARMS ENERGY NUGGETS						
086700 22160	35212	Energy Nuggets.....	1/4.54kg	81.86ea	81.86	T
TASTE OF NATURE FOOD BARS • CANADIAN						
059527 20155	37177	* Argentina Peanut Plains, Organic.....	16/40g	1.39ea	22.24	T
059527 60155	37171	* Brazilian Nut Fiesta, Organic.....	16/40g	1.39ea	22.24	T
059527 40155	37172	* California Almond Valley, Organic.....	16/40g	1.39ea	22.24	T
059527 07048	37337	* Canadian Maple Forest, Organic.....	16/40g	1.39ea	22.24	T
059527 07044	37184	* Caribbean Ginger Island, Organic.....	16/40g	1.39ea	22.24	T
059527 07043	37179	* Himalayan Goji Summit, Organic.....	16/40g	1.39ea	22.24	T
059527 70155	37421	* Louisiana Pecan Parade, Organic.....	16/40g	1.39ea	22.24	T
059527 07047	37336	* Mediterranean Pistachio Passion, Organic.....	16/40g	1.39ea	22.24	T
059527 10155	37173	* Niagara Apple Country, Organic.....	16/40g	1.39ea	22.24	T
059527 07041	37178	* Nova Scotia Blueberry Fields, Organic.....	16/40g	1.39ea	22.24	T
059527 07046	37180	* Persian Pomegranate Garden, Organic.....	16/40g	1.39ea	22.24	T
059527 80155	37419	* Polynesian Coconut Breeze, Organic.....	16/40g	1.39ea	22.24	T
059527 50155	37174	* Québec Cranberry Carnival, Organic.....	16/40g	1.39ea	22.24	T
		◇ Volume Price: 10 assorted cases (mix 40g Bars only; open stock not on deal).....		1.31ea	20.99	
		◇ Volume Price: 20 assorted cases (mix 40g Bars only; open stock not on deal).....		1.27ea	20.34	
		◇ Volume Price: 30 assorted cases (mix 40g Bars only; open stock not on deal).....		1.24ea	19.84	
		◇ Volume Price: 100 assorted cases (mix 40g Bars only; open stock not on deal).....		1.14ea	18.24	
We guarantee best before dates of 30 days from the date of shipping Taste of Nature family packs from our warehouse.						
059527 65159	37295	* 5-Pack, Brazilian Nut Fiesta, Organic.....	6/5x32g	4.17ea	25.02	T
059527 15159	37296	* 5-Pack, Niagara Apple Country, Organic.....	6/5x32g	4.17ea	25.02	T
059527 55159	37297	* 5-Pack, Québec Cranberry Carnival, Organic.....	6/5x32g	4.17ea	25.02	T
		◇ Volume Price: 10 assorted cases (mix Family Packs only; open stock not on deal).....		3.88ea	23.27	
		◇ Volume Price: 20 assorted cases (mix Family Packs only; open stock not on deal).....		3.73ea	22.39	
		◇ Volume Price: 30 assorted cases (mix Family Packs only; open stock not on deal).....		3.59ea	21.52	
		◇ Volume Price: 100 assorted cases (mix Family Packs only; open stock not on deal).....		3.44ea	20.64	
059527 08189	37353	* Minis Variety Pack, Organic.....	6/8x18g	4.17ea	25.02	T
059527 00292	91401	* Organic Family Packs Shipper (Special Order; lead time required).....	54/5x32g	4.12ea	222.48	T
Contains 18 units each of Brazilian Nut Fiesta, Niagara Apple Country and Québec Cranberry Carnival Organic Food Bars Family Packs (5x32g). Available by special order only with 3-6 weeks' lead time.						
059527 00293	91402	* Organic Mixed Bars Shipper (Special Order; lead time required).....	128/40g	1.34ea	171.52	T
Contains 16 units each of Brazilian Nut Fiesta, California Almond Valley, Niagara Apple Country, Québec Cranberry Carnival, Nova Scotia Blueberry Fields, Himalayan Goji Summit, Persian Pomegranate Garden and Caribbean Ginger Island Organic Food Bars (40g). Available by special order only with 3-6 weeks' lead time.						
111111 91269	91269	Display Rack (Special Order; 2 weeks' lead time required).....	1/1ea	0.00ea	0.00	
THE EDGE FOOD ENERGY VEGAN NUTRITION BARS • CANADIAN • ORGANIC						
681147 18238	37573	* Ancient Grains, Fortify, Chocolate Almond, Organic (vegan).....	24/65g	2.22ea	53.28	T
681147 17238	37574	* Ancient Grains, Maintain, Cranberry Lime, Organic (vegan).....	24/65g	2.22ea	53.28	T
681147 16238	37575	* Ancient Grains, Replenish, Chocolate Coconut, Organic (vegan).....	24/75g	2.22ea	53.28	T
ZING NUTRITIONAL FOOD BARS						
855531 00201	37584	Almond Blueberry (soy/gluten free).....	12/50g	2.18ea	26.16	T
855531 00203	37585	Cashew Cranberry Orange (soy/dairy/gluten free).....	12/50g	2.18ea	26.16	T
855531 00205	37580	Chocolate Coconut (soy/dairy/gluten free).....	12/50g	2.18ea	26.16	T
855531 00200	37581	Chocolate Peanut Butter (soy/gluten free).....	12/50g	2.18ea	26.16	T
855531 00216	37583	Dark Chocolate Hazelnut (soy/dairy/gluten free).....	12/50g	2.18ea	26.16	T
855531 00204	37582	Peanut Butter Chocolate Chip (soy/dairy free).....	12/50g	2.18ea	26.16	T
		◇ Volume Price: 12 assorted cases (open stock not on deal).....		1.96ea	23.52	
		◇ Volume Price: 18 assorted cases (open stock not on deal).....		1.85ea	22.20	
		◇ Volume Price: 24 assorted cases (open stock not on deal).....		1.74ea	20.88	

More vitamin C than 10 oranges.* (No peeling required.)

NEW



Try Immune Plus, now with 1,000 IU vitamin D and more zinc.**

upc code	order code		case size	ea price	cs price
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nutritional capsules, formulas + powders

DARIFREE NON-DAIRY POWDERED MILK ALTERNATIVE

625534 30003	06801	DariFree, Powdered Milk Alternative (potato based) (gluten free/vegan)	6/828g	20.24ea	121.44
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EMERGEN-C VITAMIN & MINERAL SUPPLEMENT DRINK MIXES

062107 30279	80757	NEW Immune+, Blueberry-Açaí	24/9g	0.45ea	10.80	T
062107 30280	80758	NEW Immune+, Citrus	24/8.9g	0.45ea	10.80	T

The super-charged Emergen-C Immune+ dietary supplement supports the immune system with key nutrients like vitamin C, vitamin D, zinc, and a proprietary complex with beta glucans and arabinogalactans. This edition, we've added Citrus and Blueberry-Açaí to our collection.

076314 30295	80350	Açaí Berry	30/9g	0.36ea	10.80	T
076314 30296	80352	Cranberry Pomegranate	30/8g	0.36ea	10.80	T
062107 30276	80361	Lemon Lime	30/9.3g	0.36ea	10.80	T
076314 30277	80366	Pink Lemonade	30/9.1g	0.36ea	10.80	T
076314 30274	80365	Raspberry	30/9.1g	0.36ea	10.80	T
062107 30275	80364	Super Orange	30/8.6g	0.36ea	10.80	T
076314 30273	80363	Tangerine	30/8.2g	0.36ea	10.80	T
076314 30278	80362	Tropical	30/9g	0.36ea	10.80	T

ENER-C VITAMIN & MINERAL SUPPLEMENT DRINK MIXES

So much more than vitamin C (although each sachet packs 1000mg!), Ener-C is a delicious, effervescent drink mix containing more than 25 nutrients and vitamins, antioxidants and electrolytes to support wellness and boost energy. New flavours this edition include Cranberry and a Variety Pack containing sachets of Lemon Lime, Raspberry and Tangerine Grapefruit.

873024 00106	80751	NEW Cranberry	30/9.3g	0.39ea	11.70	T
873024 00101	80715	Lemon Lime	30/9.5g	0.39ea	11.70	T
873024 00100	80714	Orange	30/8.6g	0.39ea	11.70	T
873024 00102	80716	Raspberry	30/9.2g	0.39ea	11.70	T
873024 00103	80717	Tangerine Grapefruit	30/9.4g	0.39ea	11.70	T
873024 00104	80736	NEW Variety Pack	30/9.4g	0.39ea	11.70	T
	91195	Drink Mixes Variety Shipper (Special Order; lead time required)	30/1ea	11.72ea	351.60	T

Contains twelve (12) 30-sachet caddies of Orange and six (6) 30-sachet caddies each of Lemon Lime, Tangerine Grapefruit and Raspberry Supplement Drink Mixes. Available by special order only with 3-6 weeks' lead time.

MANITOBA HARVEST HEMP PROTEIN POWDER • CANADIAN

697658 69136	37545	✳️ NEW Hemp PRO 70, Water Soluble 70% Protein Powder, Chocolate (pouch)	8/300g	15.85ea	126.80	T
697658 69135	37546	✳️ NEW Hemp PRO 70, Water Soluble 70% Protein Powder, Vanilla (pouch)	8/300g	15.85ea	126.80	T

HempPro 70, the world's first water soluble hemp protein powder, is available now in delicious flavours that can be easily mixed in any favourite drink. With 14-15 grams of protein per 30g serving, HempPro 70 is an easily digestible, mild tasting, complete plant-based protein that offers all essential amino acids.

697658 00008	36625	E✳️ Hemp PRO 50, Water Soluble 50% Protein Powder	6/454g	12.68ea	76.08	T
697658 69004	37199	E✳️ Hemp PRO 70, Water Soluble 70% Protein Powder Concentrate	6/454g	18.49ea	110.94	T
697658 20011	36947	E✳️✳️ Hemp PRO Fibre, Protein Powder w/Fibre, Organic	6/454g	10.32ea	61.92	T
697658 20205	37153	✳️✳️ Hemp Protein Powder, Dark Chocolate, Organic	6/454g	13.73ea	82.38	T
697658 20206	37152	✳️✳️ Hemp Protein Powder, Very Vanilla, Organic	6/454g	13.73ea	82.38	T
697658 69107	37454	E✳️ Hemp PRO 50, Water Soluble 50% Protein Powder (pouches) (replaces Code 37041)	6/908g	22.54ea	135.24	T
697658 69106	37453	E✳️ Hemp PRO 70, Water Soluble 70% Protein Powder (pouches) (replaces Code 37342)	6/908g	33.20ea	199.20	T
697658 69108	37455	E✳️✳️ Hemp PRO Fibre, Protein Powder w/Fibre, Organic (pouches) (replaces Code 37151)	6/908g	17.13ea	102.78	T
697658 12101	37234	✳️ Hemp PRO 50, Water Soluble 50% Protein Powder	1/2.27kg	42.25ea	42.25	T
697658 44101	37235	✳️✳️ Hemp Protein Powder w/Fibre, Organic	1/2.27kg	42.25ea	42.25	T

MANITOBA HARVEST HEMP SEED OIL CAPSULES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Manitoba Harvest hemp oil caps from our warehouse.

697658 00004	85340	✳️ Capsules, Hemp Seed Oil (1000mg)	12/60ea	6.17ea	74.04	T
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NAVITAS NATURALS SUPERFOODS NUTRITIONAL POWDERS • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Code 37366 from our warehouse.

858847 00029	37365	✳️ Açaí Powder, Freeze-Dried, Organic	12/113g	19.18ea	230.16	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		17.26ea	207.12	
858847 00020	37364	✳️ Camu Powder (Raw Camu Camu), Organic	6/85g	17.85ea	107.10	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		16.07ea	96.42	
858847 00056	37361	✳️ Maca Powder, Gelatinized, Organic	6/454g	24.09ea	144.54	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		21.68ea	130.08	
858847 00051	37360	✳️ Maca Powder, Raw, Organic	6/454g	19.82ea	118.92	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		17.84ea	107.04	
858847 00064	37366	✳️ Maqui Powder, Freeze-Dried, Organic	6/85g	17.83ea	106.98	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		16.05ea	96.30	
858847 00090	37363	✳️ Goji Powder, Freeze-Dried, Organic	12/113g	11.84ea	142.08	T
		◇ Volume Price: 25 asstd cs (selected Navitas Naturals varieties; open stock not on deal; no other discounts apply)		10.66ea	127.92	

NIN JIOM HERBAL COUGH SYRUP

081364 36372	82405	Herbal Cough Syrup	12/300ml	6.23ea	74.76	T
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OMEGA NUTRITION PUMPKIN SEED PROTEIN POWDERS • CANADIAN • ORGANIC

055358 21950	37237	E✳️✳️ Pumpkin Seed Protein Powder, Organic	6/600g	14.38ea	86.28	T
055358 21970	37427	✳️✳️ SportsPRO Protein Blend, Pumpkin Seed Powder, Flax & Green Tea Extract, Organic	6/600g	19.43ea	116.58	T

upc code	order code			case size	ea price	cs price
PROVA FOODS FIBRE CLEAR • CANADIAN						
055853 21400	21201	✳	Fibre Clear	12/350g	10.00ea	120.00
WILD COUNTRY HEALTH HONEYS • CANADIAN						
621234 60003	44210	S✳	Honey w/Bee Pollen, Unpasteurized	12/500g	6.43ea	77.16
621234 60004	44212	S✳	Honey w/Royal Jelly, Unpasteurized	12/500g	7.14ea	85.68

nutritional oils

OMEGA NUTRITION MCT OIL • CANADIAN

055358 35008	85343	✳	MCT Oil (gluten free)	6/946ml	17.55ea	105.30
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nutritional seeds

BULK SEEDS

623636 21004	34010	*	Flax Seeds, Brown, Organic	1/11.34kg	35.81ea	35.81
111111 34071	34071		Flax Seeds, Golden	1/11.34kg	42.57ea	42.57

BOB'S RED MILL SEEDS & MEAL

039978 30339	34055		Chia Seeds	4/453g	10.65ea	42.60
039978 30330	34048	⊙	Flax Seed Meal	4/453g	3.27ea	13.08
039978 30232	34052		Flax Seed Meal, Golden	4/453g	3.67ea	14.68
039978 30937	02019	⊙✳	Flax Seed Meal, Organic	4/453g	4.06ea	16.24
039978 30940	20376	*	Flax Seed Meal, Golden, Organic	4/453g	4.06ea	16.24
039978 32420	34049		Flax Seeds	4/680g	3.28ea	13.12
039978 30230	34051		Flax Seeds, Golden	4/680g	3.77ea	15.08
039978 30596	34053		Hemp Seeds (hulled)	4/340g	12.17ea	48.68

MANITOBA HARVEST HEMP HEARTS (SHELLED HEMP SEEDS) • CANADIAN

697658 00007	37197	*✳	Hemp Hearts (Raw Shelled Hemp Seeds), Organic (pouches)	8/200g	7.04ea	56.32
697658 22001	36907	*✳	Hemp Hearts (Raw Shelled Hemp Seeds), Organic	6/340g	10.61ea	63.66
697658 69119	91534	*✳	Organic Hemp Hearts Shelled Hemp Seeds Shipper (Special Order; lead time required)	36/340g	10.61ea	381.96
Contains 36 units of Organic Hemp Hearts (340g).						
697658 00003	36352	✳	Hemp Hearts (Raw Shelled Hemp Seeds)	12/56g	2.06ea	24.72
697658 00001	36348	✳	Hemp Hearts (Raw Shelled Hemp Seeds)	8/227g	6.42ea	51.36
697658 10218	60122	✳	Hemp Hearts Shelled Hemp Seeds Shipper (Special Order; lead time required)	36/227g	6.42ea	231.12
Contains 36 units of Organic Hemp Hearts (227g).						
697658 20119	37349	✳	Hemp Hearts (Raw Shelled Hemp Seeds)	6/454g	11.27ea	67.62
697658 69115	37140	*✳	Hemp Hearts (Raw Shelled Hemp Seeds), Organic	1/2.27kg	56.55ea	56.55
697658 69116	37026	✳	Hemp Hearts (Raw Shelled Hemp Seeds)	1/2.27kg	45.77ea	45.77

NATURE'S EARTHLY CHOICE (RUTH'S) RAW GOODNESS RAW CHIA SEEDS

679948 71582	34043		Chia Seeds, Raw (gluten free)	6/400g	7.84ea	47.04
		◇	Volume Price: 10 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		7.06ea	42.36
		◇	Volume Price: 20 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		6.66ea	39.96
		◇	Volume Price: 40 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		6.27ea	37.62
		◇	Volume Price: 80 asstd cs (any Nature's Earthly Choice varieties; open stock not on deal; no other discounts apply)		5.88ea	35.28

NATURE'S PATH FLAXPLUS FLAX SEEDS & MEAL • CANADIAN • ORGANIC

058449 30001	34016	*✳	Flax Seeds, Organic	6/425g	3.96ea	23.76
058449 30000	34015	*✳	Flax Seed Meal, Organic	6/425g	4.52ea	27.12

NAVITAS NATURALS CHIA SEEDS • ORGANIC

858847 00028	29026	*	Chia Seeds, Raw, Organic	12/227g	8.20ea	98.40
858847 00033	29027	*	Chia Seeds, Raw, Organic	6/454g	15.45ea	92.70

NUTIVA SEEDS • ORGANIC

692752 22325	29731	*	Chia Seeds, Black, Organic	6/400g	8.81ea	52.86
692752 00010	29730	*	Hemp Seeds, Organic (shelled)	6/227g	7.28ea	43.68

OMEGA NUTRITION FLAX SEEDS • CANADIAN • ORGANIC

055358 21800	85031	⊙✳✳	Flax Seeds, Cold Milled, Organic	6/500g	5.85ea	35.10
055358 21600	85055	⊙✳✳	Nutri-Flax, Hi-Lignan, Powder, Organic	6/454g	6.00ea	36.00

PRANA SEEDS • CANADIAN

877693 00033	34063	*✳	Chia Seeds, Black, Ground, Organic	6/200g	5.84ea	35.04
877693 00032	34062	*✳	Chia Seeds, Black, Whole, Organic	6/300g	6.46ea	38.76
877693 00030	34061	✳	Chia Seeds, White, Ground	6/200g	5.84ea	35.04
877693 00028	34060	✳	Chia Seeds, White, Whole	6/300g	6.46ea	38.76
877693 00402	29049	*✳	Chia Seeds, Black, Whole, Organic	1/25kg	472.97ea	472.97
877693 06000	29057	✳	Chia Seeds, White, Whole	1/25kg	472.97ea	472.97
877693 00153	29018	⊙✳✳	Hemp Seeds, Organic (raw)	1/11.35kg	271.78ea	271.78

upc code	order code		case size	ea price	cs price
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RÅ ENERGY SEED MIXES • CANADIAN • ORGANIC

We guarantee best before dates of 28 days from the date of shipping Rå seed mixes from our warehouse.

872682 00007	37513	*☼	Plain, Organic (sachet).....	12/20g	1.25ea	15.00
872682 00009	37515	*☼	Garlic, Organic (sachet).....	12/20g	1.25ea	15.00
872682 00008	37514	*☼	Naturally Sweet, Organic (sachet)	12/20g	1.25ea	15.00
872682 00001	37507	*☼	Plain, Organic (shaker).....	12/227g	8.57ea	102.84
872682 00003	37509	*☼	Garlic, Organic (shaker).....	12/227g	8.57ea	102.84
872682 00002	37508	*☼	Naturally Sweet, Organic (shaker)	12/227g	8.57ea	102.84
872682 00004	37510	*☼	Plain, Organic (refill/resealable bag)	12/454g	13.57ea	162.84
872682 00006	37512	*☼	Garlic, Organic (refill/resealable bag)	12/454g	13.57ea	162.84
872682 00005	37511	*☼	Naturally Sweet, Organic (refill/resealable bag)	12/454g	13.57ea	162.84

SPECTRUM SEEDS

We guarantee best before dates of 45 days from the date of shipping Code 34058 from our warehouse (28 days for Code 34059).

022506 52111	34058		Chia Seeds, Black, Whole	12/340g	10.32ea	123.84
022506 52110	34059	*	Flax Seed, Ground, Organic	12/396g	4.79ea	57.48

nutritional yeasts**FRONTIER NUTRITIONAL YEAST**

089836 02326	70094		Nutritional Yeast, Mini Flake	1/454g	12.40ea	12.40
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BOB'S RED MILL NUTRITIONAL YEAST

039978 30546	02265		Nutritional Yeast, Vegetarian Support, Formula (T-6635 + B12)	4/226g	8.67ea	34.68
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MODERN PRODUCTS BREWERS YEAST

075820 30000	02012	E	Brewers Yeast.....	12/198g	4.41ea	52.92
075820 30001	02013		Brewers Yeast.....	6/396g	7.96ea	47.76

RED STAR NUTRITIONAL YEASTS

017929 74660	02147		VSF Yeast Flakes	1/2.72kg	54.26ea	54.26
775768 02115	02115		VSF Yeast Flakes	1/22.7kg	333.15ea	333.15

HOUSEHOLD



HELP THE EARTH HELP ITSELF

Bag To Earth Paper Food Waste Bags

Keeps kitchen and curb-side food scraps collection bins clean and odour free
Approved for use in all Municipal Food Waste Composting Programs

Small Food Waste Bag | Cellulose Lined

Stands alone on kitchen counters or lines kitchen bins
Keeps Municipal Green Bins and yard waste containers clean
Unique patented leak proof natural fibre lining
Plastic free
100% compostable
Made from renewable resources
Odour proof when folded and clipped

Large Food Waste Bag | Cellulose Lined

Stands alone, lines kitchen bins and keeps Municipal Green Bins and yard waste containers clean
Unique patented leak resistant natural fibre lining
Plastic free
100% compostable
Made from renewable resources
Odour proof when folded and clipped

Small Bin Liner | Unlined

Keeps kitchen bins clean
Plastic free; sturdy 2-ply paper construction
100% compostable
Made from renewable resources

www.bagtoearth.com



bathroom tissue, napkins + paper towels

CABOO ECOLOGICALLY SUSTAINABLE PAPER TOWELS, NAPKINS & TISSUE • CANADIAN

627843 20277	46293	♣	Bathroom Tissue, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	6/12x300ea	8.37ea	50.22	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		8.08ea	48.48	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		7.79ea	46.74	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		7.50ea	45.00	
627843 20274	46292	♣	Bathroom Tissue, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	40/1x550ea	1.41ea	56.40	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		1.36ea	54.44	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		1.31ea	52.48	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		1.26ea	50.52	
627843 20273	46291	♣	Bathroom Tissue, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	10/4x300ea	3.39ea	33.90	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		3.27ea	32.73	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		3.16ea	31.56	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		3.04ea	30.39	
627843 20278	46295	♣	Facial Tissue, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	30/2x90ea	2.09ea	62.70	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.02ea	60.52	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		1.95ea	58.35	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		1.87ea	56.17	
627843 20280	46297	♣	Facial Tissue, Pocket Packs, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	30/8x12ea	2.23ea	66.90	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.15ea	64.57	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		2.08ea	62.25	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		2.00ea	59.92	
627843 34783	46298	♣	NEW Facial Tissue, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	24/184ea	2.16ea	51.84	PT
			Made from sugar cane and bamboo, Caboo is the sustainable alternative to conventional paper made from trees. The use of these renewable resources helps prevent deforestation and reduces water waste to ensure a smaller environmental footprint. Not only is Caboo sustainable and free of inks, dyes and fragrances, it's luxuriously soft and its natural bamboo fibres make it strong too. This edition, we add 184-sheet boxes of Facial Tissue to our assortment.				
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.09ea	50.04	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		2.01ea	48.24	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		1.94ea	46.44	
627843 20281	46296	♣	Paper Napkins, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	16/1x250ea	2.82ea	45.12	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		2.72ea	43.56	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		2.63ea	42.00	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		2.53ea	40.44	
627843 20279	46294	♣	Paper Towels, 100% Biodegradable, Bamboo & Sugar Cane, 2-Ply	20/2x75ea	3.26ea	65.20	PT
		◇	Volume Price: 10 assorted cases (open stock not on deal)		3.15ea	62.95	
		◇	Volume Price: 20 assorted cases (open stock not on deal)		3.04ea	60.70	
		◇	Volume Price: 32 assorted cases (open stock not on deal)		2.92ea	58.45	

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perfect cleaning with just water

The #1 chemical free cleaning cloth brand

Cleans using just water

Removes more than 99% of bacteria

Guaranteed for 300 washes

Saves money—reduces chemicals by up to 99%



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SEVENTH GENERATION PAPER TOWELS, NAPKINS & TISSUE

732913 13732	46327	Bathroom Tissue, 100% Recycled, 2-Ply	12/4x300ea	3.85ea	46.20	PT
732913 13733	46328	Bathroom Tissue, 100% Recycled, 2-Ply	4/12x300ea	9.38ea	37.52	PT
732913 13712	47001	Facial Tissue, 100% Recycled, 2-Ply	36/175ea	2.49ea	89.64	PT
732913 13719	47000	Facial Tissue, 100% Recycled, 2-Ply, Cube.....	36/1x85ea	1.99ea	71.64	PT
732913 13705	46186	Napkins, 100% Recycled, Natural, 1-Ply	12/500ea	7.09ea	85.08	PT
732913 13713	47018	NEW Napkins, 100% Recycled, White, 1-Ply.....	12/250ea	4.04ea	48.48	PT
100% recycled, white napkins made from at least 50% post-consumer recycled content—the paper we all recycle every day at home, school and work—are hypoallergenic with no added dyes or fragrances.						
732913 13720	46034	Paper Towels, 100% Recycled, Natural, 2-Ply	30/1x120ea	2.53ea	75.90	PT
732913 13722	46329	Paper Towels, 100% Recycled, White, 2-Ply.....	24/1x156ea	2.59ea	62.16	PT
732913 13730	46331	Paper Towels, 100% Recycled, White, 2-Ply.....	12/2x140ea	4.72ea	56.64	PT
732913 13731	46333	Paper Towels, 100% Recycled, White, 2-Ply.....	4/6x140ea	11.83ea	47.32	PT

cleaning systems + trash bags

BAG TO EARTH FOOD WASTE BAGS • CANADIAN

777080 00101	70213	* Food Waste Bag, Plastic Free, Small	20/10ea	4.79ea	95.80	PT
777080 00100	70215	* Food Waste Bag, Plastic Free, Large	12/5ea	5.99ea	71.88	PT
777080 00107	70216	* Food Waste Bag, Plastic Free, 2-Ply Bin Liner (7L)	20/10ea	2.79ea	55.80	PT

E-CLOTH REUSABLE CLEANING & POLISHING CLOTHS

5037284 201026	80470	E-Cloth, Antibacterial.....	10/1ea	6.56ea	65.60	PT
5037284 200180	80412	E-Cloth, General Purpose	10/1ea	5.99ea	59.90	PT
5037284 201248	80413	E-Cloth, Glass/Polishing.....	10/1ea	5.99ea	59.90	PT
5037284 200036	80411	E-Cloth, Kitchen/Bathroom Twin Pack, General Purpose + Glass/Polishing.....	10/1ea	12.31ea	123.10	PT
5037284 201019	80421	E-Cloth, Cleaning Pad (formerly Sponge Cloth).....	10/1ea	5.99ea	59.90	PT

E-CLOTH DEEP CLEAN MOP SYSTEM

5037284 203631	80479	Mop System, Set w/Handle, Base & E-Cloth Deep Clean Mop Head.....	1/1ea	35.76ea	35.76	PT
5037284 201934	80419	Mop System, Refill Mop Head, Deep Clean (formerly Damp)	1/1ea	12.19ea	12.19	PT
5037284 200159	80418	Mop System, Refill Mop Head, Dust/Dry	1/1ea	12.19ea	12.19	PT

ECOSAFE~6400 BIODEGRADABLE & COMPOSTABLE TRASH BAGS • CANADIAN

678526 81504	48500	* Biodegradable, Doggie Litter Bags (8"x15").....	12/50ea	2.28ea	27.36	PT
678526 41617	46265	S* EcoSafe~6400, Compostable, Kitchen, Mini (9.46L) (16"x17")	24/30ea	3.79ea	90.96	PT
678526 24327	46266	S* EcoSafe~6400, Compostable, Kitchen, Tall (49L) (24"x32")	24/12ea	4.07ea	97.68	PT
678526 33430	46267	S* EcoSafe~6400, Compostable, Yard & Garden (113L) (30"x39").....	24/6ea	5.71ea	137.04	PT

upc code	order code		case size	ea price	cs price	
ECOSAFE~6400 KITCHEN CADDIES • CANADIAN						
067852 66103	46278	✳	Kitchen Caddy, Black.....	12/1ea	6.07ea	72.84 PT
067852 66102	46277	✳	Kitchen Caddy, Brown.....	12/1ea	6.07ea	72.84 PT
067852 66101	46276	✳	Kitchen Caddy, Green.....	12/1ea	6.07ea	72.84 PT

SEVENTH GENERATION TRASH BAGS

732913 55501	46300		Trash Bags, 13 Gallon, Tall Kitchen Style.....	12/30ea	5.37ea	64.44 PT
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household cleaners

Please note that cleaning products and frozen items must ship separately to customers outside BC and orders must meet minimum separately.

BIOKLEEN HOUSEHOLD CLEANERS

717256 00028	46505		Bac-Out, Bathroom Cleaner, Lavender-Lime.....	6/946ml	7.85ea	47.10 PT
717256 00096	46508		Soy Blends, Soy Cream Cleaner.....	12/946ml	5.76ea	69.12 PT
717256 00097	46509		Soy Blends, Soy Toilet Scrub.....	12/946ml	5.76ea	69.12 PT

BIO-VERT AIR FRESHENERS • CANADIAN

776622 20036	46284	✳	Air Freshener, Dew Pearl.....	12/225ml	4.93ea	59.16 PT
776622 20086	46282	✳	Air Freshener, Summer Breeze.....	12/225ml	4.93ea	59.16 PT
776622 20087	46283	✳	Air Freshener, White Citrus.....	12/225ml	4.93ea	59.16 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		4.44ea	53.28
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		4.19ea	50.28
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		3.94ea	47.28

BIO-VERT HOUSEHOLD CLEANERS • CANADIAN

776622 20043	80549	✳	Automatic Dishwasher Tabs, All-in-1, Fragrance Free (30 tabs).....	6/600g	7.67ea	46.02 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		6.90ea	41.40
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		6.52ea	39.12
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		6.14ea	36.84
776622 20048	80555	✳	Dishwashing Gel, Fragrance Free.....	6/1.1L	6.76ea	40.56 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		6.08ea	36.48
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		5.75ea	34.50
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		5.41ea	32.46
776622 55807	80526	✳	Dishwashing Liquid, Citrus Fresh.....	12/700ml	3.52ea	42.24 PT
776622 20050	80551	✳	Dishwashing Liquid, Green Apple.....	12/700ml	3.52ea	42.24 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		3.17ea	38.04
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		2.99ea	35.88
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		2.82ea	33.84
776622 12008	80527	✳	Dishwashing Liquid, Citrus Fresh, Refill.....	4/3.7L	12.99ea	51.96 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		11.69ea	46.76
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		11.04ea	44.16
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		10.39ea	41.56
776622 12009	80534	✳	Dishwashing Liquid, Citrus Fresh.....	2/10L	32.38ea	64.76 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		29.14ea	58.28
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		27.52ea	55.04
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		25.90ea	51.80
776622 20091	46280	✳	Rinse Agent, Fragrance Free.....	12/450ml	4.93ea	59.16 PT
776622 20092	46281	✳	Cream Cleanser, Lemongrass Mist.....	12/450ml	4.93ea	59.16 PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		4.44ea	53.28
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		4.19ea	50.28
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		3.94ea	47.28
776622 20058	70349	✳	All Surface Cleaner & Grease Remover, Orange, Spray.....	12/715ml	3.37ea	40.44 PT
776622 20008	46268	✳	Fruit & Veggie Cleaner, Fragrance Free, Spray.....	12/715ml	3.37ea	40.44 T
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		3.03ea	36.36
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		2.86ea	34.32
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		2.70ea	32.40
776622 20046	46269	✳	Stainless Steel Polish Cleaner, Fresh Scent, Spray.....	6/500ml	6.39ea	38.34 T
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		5.75ea	34.50
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		5.43ea	32.58
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		5.11ea	30.66

CLEANWELL BOTANICAL DISINFECTANT HOUSEHOLD CLEANERS

893481 00150	70346		Botanical Disinfectant, All Purpose Cleaner, Spray.....	8/768ml	3.21ea	25.68 PT
893481 00151	70347		Botanical Disinfectant, Bathroom Cleaner, Spray.....	8/768ml	3.21ea	25.68 PT
893481 00196	70353		Botanical Disinfecting Wipes, Lemon Scent.....	9/35ea	3.21ea	28.89 PT
893481 00156	70354		Botanical Fabric Deodorizer, Fresh Meadow Scent, Spray.....	8/547ml	3.21ea	25.68 PT

ECO-MAX HOUSEHOLD CLEANERS • CANADIAN (continued on Page 175)

853907 00126	80727	✳	Automatic Dishwasher Pacs, Hypoallergenic.....	8/20x18g	5.90ea	47.20 PT
		◇	Volume Price: 20 assorted cases (Eco-Max Dish Products; open stock not on deal).....		5.31ea	42.48
		◇	Volume Price: 40 assorted cases (Eco-Max Dish Products; open stock not on deal).....		5.02ea	40.16
853907 00125	70301	✳	Automatic Dishwasher Rinse Aid, Hypoallergenic.....	12/450ml	3.47ea	41.64 PT
		◇	Volume Price: 20 assorted cases (Eco-Max Dish Products; open stock not on deal).....		3.12ea	37.44
		◇	Volume Price: 40 assorted cases (Eco-Max Dish Products; open stock not on deal).....		2.95ea	35.40

upc code	order code		case size	ea price	cs price	
ECO-MAX HOUSEHOLD CLEANERS • CANADIAN (continued on Page 174)						
853907 00137	80720	✳	Dish Wash (Liquid), Baby	12/740ml	3.82ea	45.84 PT
853907 00110	80706	✳	Dish Wash (Liquid), Hypoallergenic	12/740ml	3.82ea	45.84 PT
853907 00107	80703	✳	Dish Wash (Liquid), Natural Lavender	12/740ml	3.82ea	45.84 PT
853907 00109	80705	✳	Dish Wash (Liquid), Natural Orange	12/740ml	3.82ea	45.84 PT
853907 00108	80704	✳	Dish Wash (Liquid), Natural Tea Tree	12/740ml	3.82ea	45.84 PT
		◇	Volume Price: 20 assorted cases (Eco-Max Dish Products; open stock not on deal)		3.44ea	41.28
		◇	Volume Price: 40 assorted cases (Eco-Max Dish Products; open stock not on deal)		3.25ea	39.00
853907 00113	80294	✳	Cleaner & Degreaser, Super Concentrated, Soy	6/1.05L	6.94ea	41.64 PT
		◇	Volume Price: 10 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		6.25ea	37.50
		◇	Volume Price: 25 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		5.90ea	35.40
853907 00112	80293	✳	Floor Cleaner, Concentrated, Natural Lemon	6/1.05L	4.31ea	25.86 PT
		◇	Volume Price: 10 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		3.88ea	23.28
		◇	Volume Price: 25 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		3.66ea	21.96
853907 00138	80728	✳	Toilet Bowl Cleaner, Natural Tea Tree	12/1L	5.21ea	62.52 PT
		◇	Volume Price: 10 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		4.69ea	56.28
		◇	Volume Price: 25 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		4.43ea	53.16
853907 00104	80409	✳	Air Purifier/Odour Neutralizer, Spray	8/710ml	3.54ea	28.32 PT
853907 00111	80422	✳	All Purpose Cleaner, Hypoallergenic, Spray	8/710ml	3.54ea	28.32 PT
853907 00101	80406	✳	All Purpose Cleaner, Lemongrass, Spray	8/710ml	3.54ea	28.32 PT
853907 00132	80695	✳	All Purpose Cleaner, Orange, Spray	8/710ml	3.54ea	28.32 PT
853907 00102	80407	✳	Bathroom Cleaner, Spray	8/710ml	3.54ea	28.32 PT
853907 00121	80711	✳	Fruit & Veggie Wash, Spray	8/710ml	3.54ea	28.32 PT
853907 00103	80408	✳	Glass Cleaner/Protector, Spray	8/710ml	3.54ea	28.32 PT
853907 00120	80710	✳	Granite Cleaner & Protector, Hypoallergenic, Spray	8/710ml	3.54ea	28.32 PT
		◇	Volume Price: 10 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		3.19ea	25.52
		◇	Volume Price: 25 assorted cases (Eco-Max Household Cleaners; open stock not on deal)		3.01ea	24.08

ECOVER HOUSEHOLD CLEANERS

728997 21000	46215		Automatic Dishwasher Powder	8/1.36kg	5.38ea	43.04 PT
728997 22000	46216		Automatic Dishwasher Tablets	12/500g	5.30ea	63.60 PT
728997 24003	46251		Automatic Dishwasher Tablets, Zero, Free & Clear	12/500g	5.29ea	63.48 PT
728997 50007	46285		NEW Dish Soap, Lime Zest (replaces Code 46213)	6/739ml	4.01ea	24.06 PT
They're back and looking good! Ecover relaunched four popular dish and laundry varieties with improved formulas contained in 100% recycled and PlantPlastic packaging dressed with bold new graphics. Each variety is made with biodegradable, plant based and mineral ingredients that provide powerful results but are nontoxic, dermatologist tested, hypoallergenic, and never tested on animals. A new solution to the problem of plastic packaging, Ecover bottles its liquid products in 100% PlantPlastic. Made from sugar cane, PlantPlastic doesn't infringe upon the global food supply like corn-based plastics plus it's renewable, reusable and recyclable.						
728997 15300	46221		Hand Cleaner, Heavy Duty	9/150ml	4.74ea	42.66 PT
728997 41200	46219		Toilet Bowl Cleaner, Pine	12/750ml	2.91ea	34.92 PT

NATURE CLEAN HOUSEHOLD CLEANERS • CANADIAN

058951 35182	80400	✳	Automatic Dishwasher Gel	6/1.8L	9.85ea	59.10 PT
058951 38018	80570	✳	Automatic Dishwasher Pacs	8/432g	6.59ea	52.72 PT
058951 39001	80448	✳	Automatic Dishwasher Powder	10/1.8kg	8.59ea	85.90 PT
058951 19740	80861	✳	Dishwashing Liquid, Concentrate, Lavender & Tea Tree	12/740ml	4.06ea	48.72 PT
058951 18740	80862	✳	Dishwashing Liquid, Concentrate, Mandarin & Grapefruit	12/740ml	4.06ea	48.72 PT
058951 40374	80860	✳	Dishwashing Liquid, Concentrate, Unscented	12/740ml	4.06ea	48.72 PT
058951 40336	80443	✳	Dishwashing Liquid, Fragrance Free	4/3.6L	13.65ea	54.60 PT
058951 23250	80429	✳	Dishwasher Rinse Agent	12/250ml	3.81ea	45.72 PT
058951 80700	80450	S ✳	All Purpose Cleaning Lotion	12/1L	4.91ea	58.92 PT
058951 30120	80455	✳	All Purpose Cleaning Lotion	4/3.63L	14.74ea	58.96 PT
058951 46946	80155	✳	Cleaner & Degreaser, Spray	6/946ml	5.74ea	34.44 PT
058951 21700	80495	S ✳	Fruit & Veggie Wash Concentrate	12/700ml	4.55ea	54.60 PT
058951 22500	80490	✳	Fruit & Veggie Wash, Spray	6/500ml	4.08ea	24.48 PT
058951 51946	80151	S ✳	Glass & Window Cleaner, Spray	12/946ml	4.14ea	49.68 PT
058951 63800	80726	✳	Multi-Surface Cleaner, Lime & Tea Tree	12/800ml	4.64ea	55.68 PT
058951 63947	80723	✳	Multi-Surface Cleaner, Lime & Tea Tree, Spray	12/946ml	4.23ea	50.76 PT
058951 36001	80154	✳	Pet Stain & Odour Remover	6/1L	6.26ea	37.56 PT
058951 30800	80485	S ✳	Toilet Cleaner	12/1L	4.87ea	58.44 PT
058951 30730	80482	S ✳	Tub & Tile Cleanser	12/500ml	3.67ea	44.04 PT
058951 38019	91544	✳	Auto Dish Care (Dishwasher Pacs) Floor Shipper (Special Order; lead time required)	24/432g	6.54ea	156.96 T
Contains 24 units of Automatic Dishwasher Detergent Pacs (432g). Available by special order only with 3-6 weeks' lead time.						
058951 22502	91546	✳	Fruit & Veggie Wash Spray Floor Shipper (Special Order; lead time required)	24/500ml	4.08ea	97.92 T
Contains 24 units of Fruit & Veggie Spray Wash (500ml). Available by special order only with 3-6 weeks' lead time.						

NELLIE'S AUTOMATIC DISHWASHER NUGGETS • CANADIAN

810648 00779	46237	✳	Automatic Dishwasher Nuggets	12/24ea	8.24ea	98.88 PT
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SAPADILLA HOUSEHOLD CLEANERS • CANADIAN (continued on Page 176)

677141 00202	70333	✳	All Purpose Cleaner, Grapefruit & Bergamot	6/750ml	6.42ea	38.52 PT
677141 00201	70332	✳	All Purpose Cleaner, Rosemary & Peppermint	6/750ml	6.42ea	38.52 PT
677141 00203	70334	✳	All Purpose Cleaner, Sweet Lavender & Lime	6/750ml	6.42ea	38.52 PT
677141 00102	70330	✳	Countertop Cleanser, Spray, Grapefruit & Bergamot	12/475ml	3.86ea	46.32 PT
677141 00101	70329	✳	Countertop Cleanser, Spray, Rosemary & Peppermint	12/475ml	3.86ea	46.32 PT
677141 00103	70331	✳	Countertop Cleanser, Spray, Sweet Lavender & Lime	12/475ml	3.86ea	46.32 PT
677141 00002	70327	✳	Liquid Dish Soap, Grapefruit & Bergamot	12/475ml	3.21ea	38.52 PT

upc code	order code		case size	ea price	cs price	
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SAPADILLA HOUSEHOLD CLEANERS • CANADIAN (continued on Page 175)

677141 00001	70305	✳	Liquid Dish Soap, Rosemary & Peppermint	12/475ml	3.21ea	38.52	PT
677141 00003	70328	✳	Liquid Dish Soap, Sweet Lavender & Lime	12/475ml	3.21ea	38.52	PT

SEVENTH GENERATION HOUSEHOLD CLEANERS

732913 22152	46149		Automatic Dishwasher Powder	12/1.3kg	4.73ea	56.76	PT
732913 22821	46334		Automatic Dishwasher Gel, Free & Clear (unscented)	6/1.1L	4.86ea	29.16	PT
732913 22895	46247		Automatic Dishwasher Detergent Concentrated Pacs, Free & Clear (unscented)	12/22ea	5.46ea	65.52	PT
732913 22878	80679		Dish Liquid, Hand Care Formula, Free & Clear (unscented)	12/532ml	3.35ea	40.20	PT
732913 22879	80680		Dish Liquid, Hand Care Formula, Lavender & Vanilla	12/532ml	3.35ea	40.20	PT
732913 22747	46134	S	Dish Liquid, Free & Clear (unscented)	12/739ml	3.35ea	40.20	PT
732913 22807	46133	S	Dish Liquid, Lemongrass Scent	12/739ml	3.35ea	40.20	PT
732913 22748	46132	S	Dish Liquid, Natural Lavender Scent	12/739ml	3.35ea	40.20	PT
732913 22919	46063		NEW Disinfecting Bathroom Cleaner	8/768ml	3.72ea	29.76	PT
732913 22918	46062		NEW Disinfecting Multi-Surface Cleaner	8/768ml	3.72ea	29.76	PT
732913 22917	46165		NEW Disinfecting Wipes	12/35ct	3.72ea	44.64	PT

New from Seventh Generation, a triecta of botanical disinfecting cleaners. Disinfecting Bathroom Cleaner, Disinfecting Multi-Surface Cleaner and Disinfecting Wipes are thyme-based, streak-free formulated cleaners that feature CleanWell Inside™, a patented technology that kills 99.99% of household germs botanically. Effectively controlling odour, they work on hard, non-porous surfaces and require no rinsing or wiping, even on food-contact surfaces.

732913 22709	46056		Toilet Bowl Cleaner, Natural Mint	8/946ml	4.64ea	37.12	PT
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VANCOUVER ONLY DISH SOAP • CANADIAN

060405 00124	46011	✳	Dish Soap (clear)	12/1L	3.43ea	41.16	PT
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laundry products

BIOKLEEN LAUNDRY PRODUCTS

717256 00039	46507		Bac-Out Fresh, Natural Fabric Refresher, Lavender	6/473ml	6.00ea	36.00	PT
717256 00038	46506		Bac-Out Fresh, Natural Fabric Refresher, Lemon-Thyme	6/473ml	6.00ea	36.00	PT
717256 00062	46500		Laundry Liquid, 3X Concentrated, Cold Water, HE (High Efficiency) Certified	6/1.89L	12.14ea	72.84	PT
717256 00063	46501		Laundry Liquid, 3X Concentrated, Free & Clear, HE (High Efficiency) Certified	6/1.89L	12.14ea	72.84	PT
717256 00010	46502		Laundry Liquid, 3X Concentrated, Sport, HE (High Efficiency) Certified	6/1.89L	12.14ea	72.84	PT
717256 00041	46504		Laundry Powder, 3X Concentrated, All Temperature, Citrus, HE (High Efficiency) Certified	8/2.27kg	10.77ea	86.16	PT
717256 00113	46503		Laundry Powder, 3X Concentrated, Free & Clear, HE (High Efficiency) Certified	8/2.27kg	10.77ea	86.16	PT

BIO-VERT LAUNDRY PRODUCTS • CANADIAN

776622 20040	80478	✳	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	6/1.8L	7.35ea	44.10	PT
776622 20007	80519	✳	Laundry Liquid, Fresh Cotton, HE (High Efficiency)	6/1.8L	7.35ea	44.10	PT
776622 31803	80520	✳	Laundry Liquid, Morning Dew	6/1.8L	7.35ea	44.10	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		6.62ea	39.72	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		6.25ea	37.50	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		5.88ea	35.28	
776622 20032	80483	✳	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	4/3.7L	13.38ea	53.52	PT
776622 13116	80521	✳	Laundry Liquid, Morning Dew	4/3.7L	13.38ea	53.52	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		12.04ea	48.16	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		11.37ea	45.48	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		10.70ea	42.80	
776622 20039	70345	✳	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	2/10L	37.23ea	74.46	PT
776622 20041	70344	✳	Laundry Liquid, Fresh Cotton, HE (High Efficiency) Certified	2/10L	37.23ea	74.46	PT
776622 13120	80535	✳	Laundry Liquid, Morning Dew	2/10L	37.23ea	74.46	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		33.51ea	67.02	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		31.65ea	63.30	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		29.78ea	59.56	
776622 31806	80524	✳	Fabric Softener, Spring Fresh	6/1.8L	6.39ea	38.34	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		5.75ea	34.50	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		5.43ea	32.58	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		5.11ea	30.66	
776622 31807	80525	✳	Fabric Softener, Spring Fresh	4/3.7L	11.76ea	47.04	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		10.58ea	42.32	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		10.00ea	40.00	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		9.41ea	37.64	
776622 55606	80529	✳	Stain Remover/Oxy Bleach (Powder)	12/600g	7.50ea	90.00	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		6.75ea	81.00	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		6.38ea	76.56	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		6.00ea	72.00	

CLEANWELL BOTANICAL FABRIC DEODORIZER

893481 00156	70354		Botanical Fabric Deodorizer, Fresh Meadow Scent, Spray	8/547ml	3.21ea	25.68	PT
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EATERNAL SOAPNUT NATURAL LAUNDRY DETERGENT • ORGANIC

8906009 021515	46185	*	Soapnut, Natural Detergent, Organic (1 box=30 sachets)	4/30bags	9.67ea	38.68	PT
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upc code order code case size ea price cs price

ECO-MAX LAUNDRY PRODUCTS • CANADIAN

853907 00136	80719	✳	Fabric Softener, Baby	6/1.05L	4.86ea	29.16	PT
853907 00119	80709	✳	Fabric Softener, Hypoallergenic	6/1.05L	4.86ea	29.16	PT
853907 00131	80696	✳	Fabric Softener, Lavender.....	6/1.05L	4.86ea	29.16	PT
		◇	Volume Price: 40 assorted cases (Eco-Max Laundry Products; open stock not on deal)		4.37ea	26.22	
		◇	Volume Price: 80 assorted cases (Eco-Max Laundry Products; open stock not on deal)		4.13ea	24.78	
853907 00135	80718	✳	Laundry Wash, Baby, 2X Concentrated, HE (High Efficiency) Certified	6/1.5L	7.64ea	45.84	PT
853907 00128	70350	✳	Laundry Wash, 2X Concentrated, Hypoallergenic, HE (High Efficiency) Certified	6/1.5L	7.64ea	45.84	PT
853907 00129	70351	✳	Laundry Wash, 2X Concentrated, Natural Lavender, HE (High Efficiency) Certified	6/1.5L	7.64ea	45.84	PT
853907 00130	70352	✳	Laundry Wash, 2X Concentrated, Orange, HE (High Efficiency) Certified.....	6/1.5L	7.64ea	45.84	PT
		◇	Volume Price: 40 assorted cases (Eco-Max Laundry Products; open stock not on deal)		6.88ea	41.28	
		◇	Volume Price: 80 assorted cases (Eco-Max Laundry Products; open stock not on deal)		6.49ea	38.94	
853907 00143	80760	✳	NEW Laundry Wash, 3X Concentrated, Hypoallergenic, HE Certified (replaces Code 80299).....	6/1.5L	11.46ea	68.76	PT
853907 00144	80761	✳	NEW Laundry Wash, 3X Concentrated, Natural Lavender, HE Certified (replaces Code 80305)	6/1.5L	11.46ea	68.76	PT
853907 00145	80762	✳	NEW Laundry Wash, 3X Concentrated, Natural Orange, HE Certified (replaces Code 80708)	6/1.5L	11.46ea	68.76	PT
<p>Made entirely from renewable, sustainable, plant-based ingredients, biodegradable, nontoxic Eco-Max laundry wash products are designed for minimal impact on our environment. Compostable eco-bottles made with 100% recycled, post-consumer cardboard and newspaper, and BPA free, recyclable liners use up to 70% less plastic than comparable jugs. Scented varieties incorporate soothing, therapeutic grade essential oils instead of irritating, synthetic fragrances. Certified by EcoLogo, natural, concentrated, low-foam, no residue formulations are safe for use in high efficiency or standard washing machines. Each 3X concentrated, 1.5L bottle washes 50 regular loads.</p>							
		◇	Volume Price: 40 assorted cases (Eco-Max Laundry Products; open stock not on deal)		10.31ea	61.86	
		◇	Volume Price: 80 assorted cases (Eco-Max Laundry Products; open stock not on deal)		9.74ea	58.44	
853907 00105	80701	✳	Laundry Wash, Hypoallergenic, HE (High Efficiency) Certified	4/3L	12.15ea	48.60	PT
853907 00106	80702	✳	Laundry Wash, Natural Lavender, HE (High Efficiency) Certified	4/3L	12.15ea	48.60	PT
853907 00117	80707	✳	Laundry Wash, Orange, HE (High Efficiency) Certified.....	4/3L	12.15ea	48.60	PT
		◇	Volume Price: 40 assorted cases (Eco-Max Laundry Products; open stock not on deal)		10.94ea	43.76	
		◇	Volume Price: 80 assorted cases (Eco-Max Laundry Products; open stock not on deal)		10.33ea	41.32	

ECOVER LAUNDRY PRODUCTS

They're back and looking good! Ecover relaunches four popular dish and laundry varieties with improved formulas contained in 100% recycled and PlantPlastic packaging dressed with bold new graphics. Each variety is made with biodegradable, plant based and mineral ingredients that provide powerful results but are nontoxic, dermatologist tested, hypoallergenic, and never tested on animals. A new solution to the problem of plastic packaging, Ecover bottles its liquid products in 100% PlantPlastic. Made from sugar cane, PlantPlastic doesn't infringe upon the global food supply like corn-based plastics plus it's renewable, reusable and recyclable.

728997 19200	46207		Delicate Wash.....	12/1L	3.55ea	42.60	PT
728997 50004	46287		NEW Laundry Liquid, 2X Concentrated, Lavender Field, HE Certified (replaces Code 46203)	6/1.5L	8.91ea	53.46	PT
728997 50000	46286		NEW Laundry Liquid, 2X Concentrated, Zero, HE Certified (unscented)	4/2.75L	15.04ea	60.16	PT
72899 712203	46252		Laundry Liquid, 2.5X Concentrated, Sunny Day	6/1.5L	9.19ea	55.14	PT
72899 712202	46253		Laundry Liquid, 2.5X Concentrated, Zero, Free & Clear	6/1.5L	9.19ea	55.14	PT
728997 13600	46204		Laundry Liquid.....	4/2.95L	11.99ea	47.96	PT
728997 50005	46288		NEW Laundry Powder, Zero, HE Certified (unscented) (replaces Code 45998).....	4/3.17kg	15.81ea	63.24	PT
728997 13400	46205		Non-Chlorine Bleach.....	6/1.89L	4.52ea	27.12	PT
728997 16800	46208		Stain Remover.....	9/203ml	3.16ea	28.44	PT

NATURE CLEAN LAUNDRY PRODUCTS • CANADIAN

058951 30780	80492	S✳	Fabric Softener, Fragrance Free	12/1L	3.98ea	47.76	PT
058951 30781	80721	✳	Fabric Softener, White Lily & Moroccan Myrrh	12/1L	5.86ea	70.32	PT
058951 30850	80449	✳	Laundry Liquid, Fragrance Free.....	4/1.8L	7.89ea	31.56	PT
058951 30851	80548	✳	Laundry Liquid, Lavender	4/1.8L	7.94ea	31.76	PT
058951 30803	80461	✳	Laundry Liquid, Fragrance Free.....	4/3L	11.99ea	47.96	PT
058951 30858	80722	✳	Laundry Liquid, Lavender Fields.....	4/3L	12.01ea	48.04	PT
058951 30861	80725	✳	Laundry Liquid, White Lily & Moroccan Myrrh.....	4/3L	12.01ea	48.04	PT
058951 30880	80465	✳	Laundry Liquid, Fragrance Free.....	1/18L	71.58ea	71.58	PT
058951 30811	80157	✳	Laundry Liquid, 3X Concentrate (unscented).....	12/1L	7.78ea	93.36	PT
058951 30821	80518	✳	Laundry Liquid, 3X Concentrate, Citrus Blossom.....	12/1L	7.78ea	93.36	PT
058951 30710	80445	✳	Laundry Powder.....	4/3.4kg	13.01ea	52.04	PT
058951 40330	80444	✳	Laundry Powder.....	1/17kg	55.82ea	55.82	PT
058951 30718	80724	✳	Laundry Tabs, Unscented	8/432g	6.96ea	55.68	PT
058951 39401	80446	S✳	Liquid Non-Chlorine Bleach.....	12/1L	3.35ea	40.20	PT
058951 39410	80451	✳	Liquid Non-Chlorine Bleach.....	4/3.6L	8.63ea	34.52	PT
058951 30930	80439	✳	Oxy Stain Remover Bleach Powder	6/700g	6.25ea	37.50	PT

NELLIE'S LAUNDRY PRODUCTS • CANADIAN

810648 00217	46231	✳	Dryerballs.....	12/2ea	12.55ea	150.60	PT
810648 00700	46260	E✳	Fragrance Sticks, Soy Wax, Citrus (replaces Code 46239)	12/10ea	7.87ea	94.44	PT
810648 00123	46232	✳	Laundry Soda, HE (High Efficiency) Certified (resealable bag)	12/0.73kg	6.43ea	77.16	PT
810648 00120	46240	✳	Laundry Soda, HE (High Efficiency) Certified (tin).....	6/1.5kg	14.93ea	89.58	PT
810648 00767	46241	✳	Oxygen Brightener (resealable bag)	12/900g	9.49ea	113.88	PT

SAPADILLA LAUNDRY LIQUIDS • CANADIAN

677141 00302	70343	✳	Laundry Liquid, Grapefruit & Bergamot	6/946ml	7.07ea	42.42	PT
677141 00301	70342	✳	Laundry Liquid, Rosemary & Peppermint.....	6/946ml	7.07ea	42.42	PT

SEVENTH GENERATION LAUNDRY PRODUCTS (continued on Page 178)

732913 22786	46138		Laundry Liquid, 2X Ultra, Blue Eucalyptus & Lavender	6/1.47L	8.87ea	53.22	PT
732913 22785	46137		Laundry Liquid, 2X Ultra, Free & Clear (unscented)	6/1.47L	8.87ea	53.22	PT
732913 22795	46171		Laundry Liquid, 2X Ultra, Blue Eucalyptus & Lavender	4/2.96L	15.77ea	63.08	PT
732913 22796	46170		Laundry Liquid, 2X Ultra, Free & Clear (unscented)	4/2.96L	15.77ea	63.08	PT
732913 22840	46197		Laundry Liquid, Natural 4X, Free & Clear (unscented) (fibre pack)	6/1.47L	15.77ea	94.62	PT

upc code	order code		case size	ea price	cs price	
SEVENTH GENERATION LAUNDRY PRODUCTS (continued on Page 177)						
732913 22841	46198	Laundry Liquid, Natural 4X, Geranium Blossoms & Vanilla (fibre pack)	6/1.47L	15.77ea	94.62	PT
732913 22874	46255	Natural Laundry Detergent Packs, Free & Clear (unscented)	6/30ea	10.75ea	64.50	PT
732913 22876	46256	Natural Laundry Detergent Packs, Free & Clear (unscented)	4/50ea	16.37ea	65.48	PT
732913 22839	46246	Fabric Softener, Blue Eucalyptus & Lavender	6/946ml	5.45ea	32.70	PT
732913 22843	46199	Natural Laundry Stain Remover, Spray, Free & Clear (unscented)	8/651ml	4.08ea	32.64	PT
PURECOSHEET (FORMERLY STATIC ELIMINATOR) REUSABLE DRYER SHEETS • CANADIAN						
858557 00000	80498	S* Dryer Sheets, Reusable (2/pkg)	12/2ea	8.54ea	102.48	PT
VANCOUVER ONLY LAUNDRY SOAP • CANADIAN						
060405 00106	46010	* Laundry Soap, Concentrated, HE (High Efficiency) Certified	9/2.1kg	4.60ea	41.40	PT

reusable containers + packaging materials

STALK MARKET PAPER PLATES

184462 00001	46353	Paper Bowls (320ml)	12/25ct	3.66ea	43.92	PT
184462 00004	46352	Paper Plates, Dessert (7")	12/35ct	3.66ea	43.92	PT
184462 00003	46351	Paper Plates, Dinner (10")	12/15ct	3.66ea	43.92	PT

PERSONAL CARE

upc code order code

case size ea price cs price

baby care

Please be sure to inform your order taker whether you are ordering cases or units of personal care items.

EARTH'S BEST TENDERCARE CHLORINE FREE DISPOSABLE DIAPERS

769562 05221	15146	Disposable Diapers, Chlorine Free, Size 1 (8–14 pounds)	4/56ct	15.67ea	62.68	PT
769562 06221	15147	Disposable Diapers, Chlorine Free, Size 2 (12–18 pounds)	4/48ct	15.67ea	62.68	PT
769562 07221	15148	Disposable Diapers, Chlorine Free, Size 3 (16–28 pounds)	4/40ct	15.67ea	62.68	PT
769562 08221	15149	Disposable Diapers, Chlorine Free, Size 4 (22–37 pounds)	4/34ct	15.67ea	62.68	PT
769562 09221	15150	Disposable Diapers, Chlorine Free, Size 5 (25+ pounds)	4/30ct	15.67ea	62.68	PT

gDIAPERS SYSTEM

187006 00036	15193	gCloth Inserts, Small	8/6ea	30.03ea	240.24	T
187006 00037	15194	gCloth Inserts, Medium/Large	8/6ea	30.26ea	242.08	T
187006 00012	15160	Little gPants, 2-Pack, Small (8–14 pounds)	4/1x2ea	32.50ea	130.00	T
187006 00014	15162	Little gPants, 2-Pack, Large (26–36 pounds)	4/1x2ea	31.86ea	127.44	T

NATRCARE ORGANIC COTTON BABY WIPES • ORGANIC

782126 20011	80879	E*	Organic Cotton Baby Wipes	16/50ea	5.96ea	95.36	PT
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SEVENTH GENERATION BABY DISPOSABLE DIAPERS

732913 44060	15130	Disposable Diapers, Size 1 (8–14 pounds)	4/40ct	15.72ea	62.88	PT
732913 44061	15131	Disposable Diapers, Size 2 (12–18 pounds)	4/36ct	15.72ea	62.88	PT
732913 44062	15132	Disposable Diapers, Size 3 (16–28 pounds)	4/31ct	15.72ea	62.88	PT
732913 44063	15133	Disposable Diapers, Size 4 (22–37 pounds)	4/27ct	15.72ea	62.88	PT
732913 44064	15134	Disposable Diapers, Size 5 (27+ pounds)	4/23ct	15.72ea	62.88	PT
732913 44065	15135	Disposable Diapers, Size 6 (35+ pounds)	4/20ct	15.72ea	62.88	PT
732913 44079	15199	Super Jumbo, Disposable Diapers, Size 3 (16–28 pounds)	1/62ct	28.00ea	28.00	PT
732913 44080	15200	Super Jumbo, Disposable Diapers, Size 4 (22–37 pounds)	1/54ct	28.00ea	28.00	PT
732913 44081	15201	Super Jumbo, Disposable Diapers, Size 5 (27+ pounds)	1/46ct	28.00ea	28.00	PT
732913 44068	15195	Overnight Diapers, Size 4 (22–37 pounds)	4/24ct	15.72ea	62.88	PT
732913 44069	15196	Overnight Diapers, Size 5 (27+ pounds)	4/20ct	15.72ea	62.88	PT
732913 44070	15197	Overnight Diapers, Size 6 (35+ pounds)	4/17ct	15.72ea	62.88	PT

SEVENTH GENERATION BABY WIPES

732913 34208	46028	Baby Wipes, Unscented, Widget Dispenser Soft Pack	12/64ct	3.78ea	45.36	PT
732913 34217	46261	Baby Wipes, Free & Clear (replaces Code 46030)	6/128ct	7.47ea	44.82	PT

body + hair care

BIO-VERT LIQUID HAND SOAP • CANADIAN

776622 20078	80565	✳	Liquid Hand Soap, Orange Cantaloupe	12/300ml	4.23ea	50.76	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal)		3.81ea	45.72	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal)		3.60ea	43.20	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal)		3.38ea	40.56	

ECOVER HAND SOAPS

728997 15300	46221	Hand Cleaner, Heavy Duty	9/150ml	4.74ea	42.66	PT
728997 15500	46233	Hand Soap, Liquid	6/250ml	3.47ea	20.82	PT

FRONTIER CLAY POWDERS

089836 02194	70092	Bentonite Clay, Powder	1/454g	12.73ea	12.73	T
089836 02195	70093	French Green Clay, Powder	1/454g	11.44ea	11.44	T

MOUNTAIN OCEAN SKIN CARE

075772 27756	80610	Lip Trip Balm, SPF 15	12/1ea	3.87ea	46.44	PT
075772 27760	80625	E Mother's Special Blend Skin Toning Oil	12/225ml	13.99ea	167.88	PT
075772 27751	80600	E Skin Trip Coconut Oil Moisturizer	12/237ml	9.20ea	110.40	PT

NATURE CLEAN LIQUID HAND SOAPS • CANADIAN

058951 39502	80543	✳	Liquid Hand Soap, Citrus	6/500ml	4.54ea	27.24	PT
058951 39503	80542	✳	Liquid Hand Soap, Peppermint	6/500ml	4.54ea	27.24	PT
058951 39350	80729	✳	Liquid Hand Soap, Sweet Pea Lemon Balm	6/350ml	4.54ea	27.24	PT
058951 39501	80486	✳	Liquid Hand Soap, Unscented	6/500ml	4.54ea	27.24	PT
058951 39352	80730	✳	Liquid Hand Soap, Wild Mint Rosemary	6/350ml	4.54ea	27.24	PT

SAPADILLA LIQUID HAND SOAPS • CANADIAN

677141 01002	70381	✳	Liquid Hand Soap, Pure Essential Oil Blends, Grapefruit & Bergamot	6/350ml	4.36ea	26.16	T
677141 01001	70380	✳	Liquid Hand Soap, Pure Essential Oil Blends, Rosemary & Peppermint	6/350ml	4.36ea	26.16	T
677141 01003	70382	✳	Liquid Hand Soap, Pure Essential Oil Blends, Sweet Lavender & Lime	6/350ml	4.36ea	26.16	T

upc code

order code

case size

ea price

cs price

feminine care

NATACARE FEMININE CARE PRODUCTS

782126 00302	80886	E	Pads, Regular	12/14ea	3.87ea	46.44	T
782126 00303	80887	E	Pads, Super	12/12ea	3.87ea	46.44	T
782126 00304	80892	E	Pads, Night-Time	12/10ea	4.20ea	50.40	T
782126 00305	80894	E	Pads, Ultra w/Wings, Regular (organic cotton cover)	12/14ea	3.87ea	46.44	T
782126 00310	80876	E	Pads, Ultra w/Wings, Long (organic cotton cover)	12/10ea	3.87ea	46.44	T
782126 00308	80895	E	Pads, Ultra w/Wings, Super (organic cotton cover)	12/12ea	3.87ea	46.44	T
782126 00311	80877	E	Pads, Ultra Super Plus (organic cotton cover)	12/12ea	3.87ea	46.44	T
782126 00300	80884	E	Panty Liners	10/30ea	2.44ea	24.40	T
782126 00306	80883	E	Panty Liners, Curved	16/30ea	2.44ea	39.04	T
782126 00309	80878	E*	Organic Cotton Panty Liners.....	16/22ea	3.73ea	59.68	T
782126 00100	80880	E*	Organic Tampons, Regular, Non-Applicator	12/20ea	5.03ea	60.36	T
782126 00200	80881	E*	Organic Tampons, Super, Non-Applicator	12/20ea	5.03ea	60.36	T
782126 00202	80882	E*	Organic Tampons, Super Plus, Non-Applicator	12/20ea	5.42ea	65.04	T
782126 18103	80870	E*	Organic Tampons, Regular, Non-Applicator	20/10ea	3.06ea	61.20	T
782126 19103	80872	E*	Organic Tampons, Super, Non-Applicator	20/10ea	3.06ea	61.20	T
782126 00800	80889	E*	Organic Tampons, Regular w/Applicator	12/16ea	5.81ea	69.72	T
782126 00900	80890	E*	Organic Tampons, Super w/Applicator	12/16ea	5.81ea	69.72	T
782126 20015	80896	E*	Organic Cotton Feminine Wipes (case split=12 units only)	2/12x12ea	37.09ea	74.18	PT
782126 00350	80897	E	Pads, Bladder Weakness (Incontinence), Dry+Light (for light weakness)	6/20ea	5.17ea	31.02	T
782126 00340	80898	E	Pads, Maternity Pads, Mother	10/10ea	4.85ea	48.50	T
782126 00360	80899	E	Pads, Nursing Breast Pads.....	12/25ea	3.05ea	36.60	T

NURTURE VERDE FEMININE CARE PRODUCTS • CANADIAN

854154 00001	80556	☀	Pads, Light	12/24ea	5.12ea	61.44	T
854154 00004	80557	☀	Pads, Medium-Light	12/22ea	5.12ea	61.44	T
854154 00013	80560	☀	Panty Liners	12/48ea	5.12ea	61.44	T

BULK + FOOD SERVICE

chill

butter + alternatives (fresh)

Best before date guarantees for cooler products may vary by brand. Please confirm when ordering.

EARTH BALANCE NATURAL BUTTERY SPREADS

033776 01188	51102	⊙	Buttery Flavour Spread, Original (vegan)	6/1276g	9.07ea	54.42
033776 04115	51105	⊙	Buttery Flavour Spread, Original (vegan)	1/13.6kg	90.25ea	90.25

SPECTRUM PALM OIL SHORTENING • ORGANIC

022506 00270	28012	⊙*	Palm Oil Shortening, Organic.....	1/15kg	76.36ea	76.36
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cheese + alternatives (fresh)

Cheese Alternatives

DAIYA SHREDS CHEESE ALTERNATIVES • CANADIAN

We guarantee best before dates of 28 days from the date of shipping Daiya products from our warehouse.

111111 50114	50114	⊙*	Shreds, Cheddar Style (soy free/vegan)	3/2.26kg	27.75ea	83.25
111111 50113	50113	⊙*	Shreds, Mozzarella Style (soy free/vegan)	3/2.26kg	27.75ea	83.25
871459 00193	49999	⊙*	Shreds, Pepperjack Style (soy free/vegan)	3/2.26kg	27.75ea	83.25

Cheeses

L'ANCÊTRE CHEESES • CANADIAN • ORGANIC

111111 50057	50057	⊙*	Cheddar, Medium, Organic (raw milk)	1/2kg	24.19/kg	48.38
111111 50058	50058	⊙*	Cheddar, Old, Organic (raw milk)	1/2kg	25.33/kg	50.66
111111 50059	50059	⊙*	Mozzarella, Partly Skimmed, Organic (15% MF)	1/2kg	23.42/kg	46.84

WOOLWICH DAIRY GOAT CHEESES • CANADIAN

775768 50792	50792	⊙*	Cheddar, White (100% goat milk)	2/2.5kg	24.62/kg	123.10
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condiments (fresh)

BULK OLIVES

062356 54244	14648	⊙	Olives, Black, Kalamata.....	1/2kg	15.77ea	15.77
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dried fruits + vegetables (fresh)

BULK DRIED FRUIT

111111 18040	18040	⊙*	Apricots, Turkish, Organic.....	1/12.7kg	268.65ea	268.65
775768 18080	18080	⊙*	Thompson Seedless Raisins, Organic (California) (w/sunflower oil)	1/13.6kg	80.29ea	80.29

global cuisine (fresh)

AMANO MISO • CANADIAN

067334 00501	40060	⊙*	Miso, Shiro, White (unpasteurized)	1/2.27kg	18.54ea	18.54
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nuts + seeds (fresh)

Bulk Nuts

BULK NUTS

111111 26100	26100	⊙*	Almonds, Natural, Whole, Organic (raw)	1/11.34kg	353.85ea	353.85
064684 30559	26070	⊙	Pine Nuts.....	1/2.27kg	107.43ea	107.43
111111 26036	26036	⊙*	Walnuts, Organic (halves & pieces).....	1/11.34kg	364.50ea	364.50

PRANA BULK WALNUTS • ORGANIC

877693 00152	29020	⊙*	Walnuts, Organic (raw)	1/11.35kg	337.73ea	337.73
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Bulk Seeds

PRANA BULK HEMP SEEDS • ORGANIC

877693 00153	29018	⊙*	Hemp Seeds, Organic (raw)	1/11.35kg	271.78ea	271.78
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upc code order code

case size ea price cs price

oils • culinary (fresh)

SPECTRUM PALM OIL SHORTENING • ORGANIC

022506 00270 28012 ☉* Palm Oil Shortening, Organic..... 1/15kg 76.36ea 76.36

soy + tofu (fresh)

SUNRISE TOFU • CANADIAN

We guarantee best before dates of 10 days from the date of shipping Sunrise bulk fresh tofu (Code 40306) from our warehouse.

111111 40306 40306 ☉*🍁 Tofu, Pressed, Organic..... 4/1.4kg 8.11ea 32.44

yogurts, sour cream + alternatives (fresh)

OLYMPIC ORGANIC YOGURT • CANADIAN • ORGANIC

We guarantee best before dates of 17 days from the date of shipping Olympic yogurts from our warehouse.

059161 70175 53127 ☉*🍁 Yogurt, Probiotic, Plain, 3.5%, Organic..... 6/1.75kg 9.53ea 57.18
059161 70176 53128 ☉*🍁 Yogurt, Probiotic, French Vanilla, Organic..... 6/1.75kg 9.53ea 57.18**SAUGEEN COUNTRY DAIRY YOGURTS • CANADIAN • ORGANIC**

We guarantee best before dates of 17 days from the date of shipping Saugeen yogurts from our warehouse.

52301 ☉*🍁 Yogurt, 4% MF, Organic 1/3.5kg 15.20ea 15.20

frozen

baked goods (freezer)

Frozen Pastries

GOURMET CROISSANT FROZEN CROISSANTS • CANADIAN • ORGANIC

We guarantee best before dates of 21 days from the date of shipping Gourmet Croissant frozen products from our warehouse.

626639 13052 55176 ❄️*🍁 Croissant, Jumbo, Whole Wheat, Organic..... 1/120x80g 168.75ea 168.75

desserts + novelties • dairy + non-dairy alternatives (freezer)

Protected service on frozen items is limited by the trucking services available. We regret that frozen desserts must be shipped to some outlying and prairie destinations at the customer's risk only.

SAMBAZON FROZEN RIO STYLE AÇAÍ SORBET • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Sambazon sorbet from our warehouse.

Available in a new 11.35L bulk and food service size! Non-dairy, vegan açai sorbet, made with all organic and GMO free ingredients sustainably sourced in the Brazilian Amazon, offers luscious berry flavour in addition to powerful antioxidants and healthy omegas.

818411 00314 93004 ❄️*☉ **NEW** Sorbet, Açai, Organic (Fair Trade)..... 1/11.35L 105.25ea 105.25

fruits, vegetables + legumes (freezer)

ALEXIA FROZEN PREPARED POTATOES

834183 00413 55012 ❄️ Julienne Fries, Sweet Potato..... 8/1.81kg 10.29ea 82.32

BREMNER'S FROZEN BLUEBERRIES • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Bremner's bulk blueberries from our warehouse.

Frozen blueberries are available now in a 13.6kg bulk packs. Proudly Canadian, Bremner's is a family run farm located in Delta, BC, which prides itself on producing premium quality products from only the finest ingredients.

834644 00231 55075 ❄️*🍁 **NEW** Blueberries, Organic 1/13.6kg 152.78ea 152.78
834644 00241 55076 ❄️* **NEW** Blueberries 1/13.6kg 95.84ea 95.84**STAHLBUSH ISLAND FARMS FROZEN FRUITS**635552 00306 54240 ❄️ Marion Blackberries..... 6/2.04kg 18.81ea 112.86
638882 00308 54242 ❄️ Raspberries 6/2.04kg 24.44ea 146.64
638882 00305 54103 ❄️ Strawberries, Whole..... 6/2.04kg 15.38ea 92.28

upc code order code

case size ea price cs price

meat alternatives (freezer)

BEYOND MEAT GLUTEN FREE CHICKEN FREE STRIPS

We guarantee best before dates of 30 days from the date of shipping Beyond Meat meat alternative from our warehouse.

10852629 00400 54910 * Chicken Free Strips (vegan) (gluten/dairy free)4/2.27kg 27.11ea 108.44

dry

baking • mixes, supplies + ingredients

Baking Supplies + Mixes**MISCELLANEOUS BAKING SUPPLIES**

775768 02025	02025		Baking Chips, Carob, Sweetened (non-dairy)	1/12kg	49.32ea	49.32
068437 40242	02035		Baking Chips, Chocolate, Pure	1/12kg	88.11ea	88.11
111111 21240	21240	*☉	GF Dark Chocolate Chips, Organic (Fair Trade) (gluten free)	1/4.54kg	63.53ea	63.53
775768 02010	02010		Baking Soda (aluminum free)	1/4.54kg	10.42ea	10.42
775768 02040	02040		Cocoa Powder, Dutch	1/5kg	67.57ea	67.57
039978 10578	02001	*	Coconut, Medium Shredded, Unsweetened, Organic (unsulphured)	1/11.34kg	70.95ea	70.95

ANITA'S ORGANIC MILL PANCAKE & WAFFLE MIX • CANADIAN • ORGANIC

623636 10003	02280	*☙	Pancake & Waffle Mix, Multigrain, Organic	1/10kg	39.78ea	39.78
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		38.32ea	38.32
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		36.86ea	36.86

BAKERS SUPPLY HOUSE ALUMINUM FREE BAKING POWDER • CANADIAN

111111 02017	02017	☙	Baking Powder (aluminum free)	1/5kg	20.14ea	20.14
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CUISINE CAMINO FAIR TRADE BAKING CHOCOLATE • CANADIAN • ORGANIC

111111 02336	02336	*☙☉	Baking Chips, Semisweet Chocolate, Organic (big chips) (Fair Trade)	1/10kg	154.50ea	154.50
752612 40003	02333	*☙☉	Couvertures, Bittersweet Chocolate, Organic (Fair Trade)	1/10kg	199.09ea	199.09
752612 40002	02332	*☙☉	Couvertures, Semisweet Chocolate, Organic (Fair Trade)	1/10kg	193.69ea	193.69

CUISINE CAMINO FAIR TRADE BAKING COCOA • CANADIAN • ORGANIC

752612 30011	02014	*☙☉	Cocoa Powder, Dutch Processed, Organic (Fair Trade)	1/5kg	92.41ea	92.41
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FRONTIER BAKING SUPPLIES

089836 02333	02211		Baking Powder (aluminum free) (made w/organic ingredients)	1/454g	15.00ea	15.00
089836 02304	02020		Carob Powder, Roasted	1/454g	4.91ea	4.91
089836 02594	70375	*	Corn Starch, Organic	1/454g	5.69ea	5.69
089836 02305	02078		Cream of Tartar	1/454g	9.96ea	9.96
089836 02309	70115		Tapioca, Whole	1/454g	6.60ea	6.60

ORCHID REAL FLAVOUR EXTRACTS • CANADIAN

062932 00300	02072	☙	Pure Vanilla Extract	1/4L	101.79ea	101.79
062932 00189	02229	*☙	Vanilla Extract, Organic	1/4L	111.11ea	111.11

PAMELA'S BAKING MIXES

Now available for food service, Pamela's diverse line of all natural, wheat free baking mixes, made with the highest quality ingredients, offers something for every venue. These versatile, easy-to-use mixes can be made according to the recipes developed by the manufacturer or serve as base flours for new creations.

093709 32506	22974		NEW Biscuit & Scone Mix (wheat/gluten free)	1/11.34kg	55.53ea	55.53
093709 30256	22977		NEW Bread Mix, Amazing (wheat/gluten free)	1/11.34kg	57.72ea	57.72
093709 30253	22980		NEW Brownie Mix, Ultra Chocolate (wheat/gluten free)	1/11.34kg	80.31ea	80.31
093709 30252	22981		NEW Cake Mix, Classic Vanilla (wheat/gluten free)	1/11.34kg	58.95ea	58.95
093709 30254	22979		NEW Cake Mix, Luscious Chocolate (wheat/gluten free)	1/11.34kg	79.50ea	79.50
093709 30255	22978		NEW Cookie Mix (wheat/gluten free)	1/11.34kg	53.20ea	53.20
093709 32504	22973		NEW Cookie Mix, Sugar Cookie Mix (wheat/gluten free)	1/11.34kg	75.39ea	75.39
093709 32501	22975		NEW Cornbread & Muffin Mix (wheat/gluten free)	1/11.34kg	48.27ea	48.27
093709 32505	22972		NEW Pizza Crust Mix (wheat/gluten free)	1/11.34kg	55.53ea	55.53

PAMELA'S PANCAKE MIX

093709 20114	22949		Pancake & Baking Mix (wheat/gluten free)	3/1.8kg	16.07ea	48.21
093709 30251	22976		NEW Pancake & Baking Mix (wheat/gluten free)	1/11.34kg	67.99ea	67.99

STICKLING'S ORGANICS GLUTEN FREE BREAD CRUMBS • CANADIAN

We guarantee best before dates of 45 days from the date of shipping Stickling's Organics bread crumbs from our warehouse.

775918 00209	32087	☙	Rice Bread Crumbs (wheat/gluten/lactose free)	1/8kg	77.58ea	77.58
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SUNSPIRE BAKING CHIPS

077241 70020	02208	*☉	Baking Chips, Bittersweet Chocolate, 65% Cacao, Organic (Fair Trade)	1/11.34kg	173.92ea	173.92
077241 10016	02234		Baking Chips, Carob, Unsweetened	1/11.34kg	108.33ea	108.33
077241 40016	02600		Baking Chips, Carob, Grain Sweetened	1/11.34kg	108.33ea	108.33

upc code	order code			case size	ea price	cs price
VIVANI BAKING CHOCOLATE COUVERTURES • ORGANIC						
4044889 002225	02152	S*	Couvertures, Dark Chocolate, Organic.....	10/200g	5.28ea	52.80
4044889 002218	02151	S*	Couvertures, Milk Chocolate, Organic.....	10/200g	5.28ea	52.80

beans + legumes • canned + dry

Bulk + Packaged Dry Beans

BULK BEANS & LEGUMES

775768 04160	04160	*	Adzuki Beans, Organic.....	1/11.34kg	51.96ea	51.96
775768 04065	04065	*	Black Beans, Organic.....	1/11.34kg	30.41ea	30.41
858817 00208	22291		Garbanzo Beans (Chickpeas).....	1/11.5kg	45.60ea	45.60
111111 04150	04150	*	Garbanzo Beans (Chickpeas), Organic.....	1/11.34kg	43.92ea	43.92
775768 04080	04080	*	Green Split Peas, Organic.....	1/11.34kg	28.04ea	28.04
858817 00219	22294		Lentils, Black Caviar.....	1/11.5kg	53.41ea	53.41
623636 39409	20054	*	Lentils, French Green, Organic.....	1/11.34kg	43.58ea	43.58
775768 04035	04035	*	Lentils, Green, Organic.....	1/11.34kg	37.50ea	37.50
775768 04155	04155	*	Lentils, Red, Organic.....	1/11.34kg	50.73ea	50.73
858817 00207	22292		Lentils, Spanish Brown.....	1/11.5kg	48.89ea	48.89
858817 00206	22293		Lentils, Yellow.....	1/11.5kg	50.53ea	50.53
627957 40003	22220		Mung Beans, Whole.....	1/11.34kg	37.84ea	37.84
627957 40042	22221		Mung Dal (washed).....	1/11.34kg	44.59ea	44.59
775768 04075	04075	*	Navy Beans, Organic.....	1/11.34kg	50.68ea	50.68
775768 04055	04055	*	Pinto Beans, Organic.....	1/11.34kg	42.92ea	42.92
775768 04070	04070	*	Red Kidney Beans, Organic.....	1/11.34kg	57.43ea	57.43
775768 04060	04060	*	Soybeans, Organic.....	1/11.34kg	33.47ea	33.47
111111 04048	04048	*	Yellow Split Peas, Organic.....	1/11.34kg	22.64ea	22.64

Canned + Packaged Refried Beans

TASTE ADVENTURE INSTANT REFRIED BEANS

032445 00045	38763		Refried Black Beans (flakes).....	1/4.54kg	55.12ea	55.12
032445 00044	38761		Refried Pinto Beans (flakes).....	1/4.54kg	55.12ea	55.12

beverages • juices, carbonated drinks + water

Juices

KNUDSEN APPLE JUICE • ORGANIC

074682 12315	05191	*	Apple Juice, Organic (glass jug).....	6/2.84L	9.63ea	57.78	U
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SANTA CRUZ APPLE JUICES • ORGANIC

036192 12500	06639	*	Apple Juice, Organic (glass jug).....	6/2.84L	9.63ea	57.78	U
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THOMAS' UTOPIA CANNED FANCY TOMATO JUICE • CANADIAN • ORGANIC

056636 01801	05500	*✳	Tomato Juice, Organic (can).....	12/1.36L	3.77ea	45.24	U
		◇	Volume Price: 20 asstd cs (mix 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		3.60ea	43.24	
		◇	Volume Price: 40 asstd cs (mix 796ml Canned Tomatoes + 1.36L Canned Tomato Juice; open stock not on deal)		3.56ea	42.74	

TRIPLE JIM'S APPLE JUICES & CIDERS • CANADIAN

059105 00378	18121	*✳	Apple Cider, Organic (bottle).....	4/3.78L	10.81ea	43.24	U
059105 15378	18131	✳	Sweet Apple Cider, Jona Gold Blend (bottle).....	4/3.78L	8.65ea	34.60	U

Waters

MILLER SPRINGS MOUNTAIN SPRING WATER • CANADIAN

679897 00400	06288	✳	Natural Spring Water.....	4/4L	2.19ea	8.76	U
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POLARIS SPRING WATER • CANADIAN

066002 00082	06108	✳	Distilled Water.....	4/4L	1.67ea	6.68	U
066002 00070	06110	✳	Spring Water.....	2/9.5L	4.48ea	8.96	U

WHISTLER PURE GLACIAL SPRING WATER • CANADIAN

620791 00040	06065	✳	Glacial Spring Water.....	4/4L	2.59ea	10.36	U
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beverages • dairy + non-dairy alternatives

Instant Mixes

DARIFREE NON-DAIRY POWDERED MILK ALTERNATIVE

625534 30003	06801		DariFree, Powdered Milk Alternative (potato based) (gluten free/vegan).....	6/828g	20.24ea	121.44
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upc code	order code		case size	ea price	cs price
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canned fruits + vegetables

THOMAS' UTOPIA CANNED TOMATOES • CANADIAN • ORGANIC

056636 02501	33160	*🍁	Crushed Tomatoes, Organic (can).....	6/2.84L	9.27ea	55.62
056636 02401	33159	*🍁	Diced Tomatoes, Organic (can).....	6/2.84L	9.27ea	55.62
056636 01710	33152	*🍁	Whole Tomatoes, Organic (can).....	6/2.84L	9.27ea	55.62
		◇	Volume Price: 10 assorted cases (Utopia 2.84L Canned Tomatoes; any month).....		9.02ea	54.12

cereals + grains

Cold Cereals

GOLDEN TEMPLE GRANOLAS

We guarantee best before dates of 28 days from the date of shipping Golden Temple granolas from our warehouse.

075070 10368	22487		Granola, Cranberry Açai.....	1/11.34kg	85.25ea	85.25
075070 41514	22452		Granola, Maple Almond.....	1/11.34kg	80.32ea	80.32
075070 41520	22443		Granola, Super Nutty.....	1/11.34kg	80.32ea	80.32
075070 10369	22488		Granola, Toffee Almond.....	1/11.34kg	85.25ea	85.25
075070 41522	22446		Granola, Wild Blueberry, Reduced Fat.....	1/11.34kg	85.25ea	85.25

THE GRANOLA KING ARTISAN GRANOLAS • CANADIAN

We guarantee best before dates of 30 days from the date of shipping The Granola King granolas from our warehouse.

853908 00003	25052	*🍁	Granola, Gourmet Classic.....	4/2kg	24.12ea	96.48
853908 00005	25053	*🍁	Granola, Hazelnut Hemp.....	4/2kg	24.12ea	96.48
		◇	Volume Price: 10 assorted cases (open stock not on deal).....		23.30ea	93.18
		◇	Volume Price: 20 assorted cases (open stock not on deal).....		22.47ea	89.88

NATURE'S PATH BULK GRANOLAS • CANADIAN • ORGANIC

058449 88000	22754	*🍁	Granola, Ginger Zinger, Organic.....	1/11.34kg	96.69ea	96.69
058449 88001	22753	*🍁	Granola, Hemp Plus, Organic.....	1/11.34kg	96.69ea	96.69
058449 88007	22744	*🍁	Granola, Pumpkin Flax Plus, Organic.....	1/11.34kg	96.69ea	96.69

Hot Cereals

ANITA'S ORGANIC MILL INSTANT HOT CEREALS • CANADIAN • ORGANIC

623636 80021	22167	*🍁	Harvest Flake Mix, Organic.....	6/1kg	6.83ea	40.98
		◇	Volume Price: 5 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.59ea	39.56
		◇	Volume Price: 10 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.36ea	38.14
		◇	Volume Price: 15 assorted cases [Anita's Organic varieties (<10kg); open stock not on deal].....		6.12ea	36.72

Ingredients

BULK CEREALS & GRAINS

623636 39809	22100	*	Barley, Hulled, Organic.....	1/11.34kg	27.84ea	27.84
111111 22026	22026	*	Bulgur Wheat, Organic.....	1/11.34kg	44.59ea	44.59
111111 22141	22141	*	Couscous, Whole Wheat, Organic.....	1/11.34kg	56.07ea	56.07
775768 22045	22045	*	Millet, Organic.....	1/11.34kg	33.78ea	33.78
111111 22063	22063	*	Oats, Rolled, Quick Cooking, Organic.....	1/11.3kg	31.76ea	31.76
773945 89025	22060	*	Oats, Rolled, Slow Cooking.....	1/22.7kg	28.38ea	28.38
111111 22062	22062	*	Oats, Rolled, Slow Cooking, Organic.....	1/11.3kg	31.76ea	31.76
775768 22070	22070	*	Popping Corn, Organic.....	1/11.34kg	34.30ea	34.30
111111 28108	28108	*	Quinoa, Flakes, Organic.....	1/11.34kg	162.16ea	162.16
111111 28260	28260	*	Quinoa, Red, Organic.....	1/11.34kg	135.14ea	135.14
775768 22125	22125	*	Seven Grain Cereal, Organic.....	1/22.7kg	47.30ea	47.30

ALIMENTS TRIGONE BUCKWHEAT GROATS • CANADIAN • ORGANIC

775768 22022	22022	*🍁	Buckwheat Groats, Raw, Organic.....	1/22.7kg	109.54ea	109.54
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ALTER ECO FAIR TRADE QUINOA • ORGANIC

188244 00044	22242	*🌱	Quinoa, Black, Organic (Fair Trade).....	1/11.34kg	167.61ea	167.61
188244 00046	22199	*🌱	Quinoa, Rainbow, Organic (Fair Trade).....	1/11.34kg	164.09ea	164.09
188244 00031	22122	*🌱	Quinoa, Red, Organic (Fair Trade).....	1/11.34kg	164.09ea	164.09

ANCIENT HARVEST QUINOA • ORGANIC

089125 13000	22255	*🌱	Quinoa, Organic (South American) (Fair Trade).....	1/11.3kg	128.37ea	128.37
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ANITA'S ORGANIC MILL CEREALS & GRAINS • CANADIAN • ORGANIC (continued on Page 189)

623636 39213	22118	*🍁	Millet, Hulled, Organic.....	1/11.34kg	51.59ea	51.59
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		49.69ea	49.69
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		47.79ea	47.79
623636 71012	22117	*🍁	Oats, Hulled, Organic.....	1/11.34kg	34.05ea	34.05
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		32.81ea	32.81
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		31.58ea	31.58

upc code	order code			case size	ea price	cs price
ANITA'S ORGANIC MILL CEREALS & GRAINS • CANADIAN • ORGANIC (continued on Page 188)						
623636 70008	22109	*🍁	Oats, Rolled, Quick Cooking, Organic	1/11.34kg	33.75ea	33.75
623636 70003	22040	*🍁	Oats, Rolled, Regular, Organic	1/11.34kg	33.75ea	33.75
623636 70024	28058	*🍁	Oats, Steel Cut, Organic	1/11.34kg	33.75ea	33.75
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		32.51ea	32.51
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		31.28ea	31.28
623636 30009	22120	*🍁	Rye, Whole, Organic	1/20kg	32.23ea	32.23
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		31.06ea	31.06
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		29.89ea	29.89
623636 50009	22155	*🍁	Spelt Kernels, Organic	1/20kg	76.97ea	76.97
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		74.14ea	74.14
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		71.31ea	71.31
623636 20114	22130	*🍁	Wheat Bran, Organic	1/11.34kg	21.23ea	21.23
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		20.46ea	20.46
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		19.70ea	19.70
623636 20009	22105	*🍁	Wheat Kernels, Hard Red, Organic	1/20kg	41.55ea	41.55
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		40.04ea	40.04
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		38.52ea	38.52
623636 12113	22110	*🍁	Wheat Kernels, Pastry, Soft Winter (CPS), Organic	1/20kg	48.45ea	48.45
		◇	Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		46.68ea	46.68
		◇	Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		44.91ea	44.91
FREEKEH ROASTED GREEN WHEAT • ORGANIC						
	28850	*	Freekeh, Roasted Green Wheat, Organic	1/11.34kg	57.39ea	57.39

coffees, teas + alternatives

Coffee + Tea Alternatives

CAMINO FAIR TRADE HOT CHOCOLATE MIX • CANADIAN • ORGANIC

752612 00008	06678	*🍁☪️	Hot Chocolate Mix, Dark, Organic (Fair Trade) [1 box=100 (28g) sachets]	1/100x28g	53.81ea	53.81
111111 06667	06667	S*🍁☪️	Hot Chocolate Mix, Milk, Organic (Fair Trade)	2/5kg	59.30ea	118.60

GUAYAKÍ YERBA MATÉ LOOSE TEA • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Guayakí teas from our warehouse.

632432 96301	12828	*	Traditional, Organic (Loose)	1/2.26kg	54.90ea	54.90
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Coffees

EQUAL EXCHANGE FAIR TRADE COFFEE BEANS • ORGANIC

745998 70700	12245	S*☪️	Breakfast Blend, CO2 Decaffeinated, Organic (Fair Trade)	2/2.27kg	72.77ea	145.54
745998 50100	12230	S*☪️	Breakfast Blend, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50203	12742	S*☪️	Café Mexico, Vienna Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50501	12743	S*☪️	Café Nica, French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50600	12248	S*☪️	Café Peru, French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50400	12234	S*☪️	Espresso, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
111111 12351	12351	S*☪️	Espresso, CO2 Decaffeinated, Organic (Fair Trade)	2/2.27kg	72.77ea	145.54
745998 50200	12231	S*☪️	French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50201	12237	S*☪️	Guatemalan, Medium Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50801	12741	S*☪️	Love Buzz, Full City/French Roast, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88
745998 50300	12235	S*☪️	Mind, Body & Soul Blend, Organic (Fair Trade)	2/2.27kg	60.94ea	121.88

condiments + dressings

Condiments

Look for Bulk Kalamata Olives under Condiments in our Chill section.

FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGAR • CANADIAN • ORGANIC

Filsinger's Organic Foods is proud to be a uniquely Canadian organic company that produces apple cider vinegar made with locally grown, certified organic apples and aged in oak without the use of additives or preservatives. The finished product is unpasteurized, so it remains wholesome and raw. Founded in 1953, Filsinger's has been dedicated to organic farming and processing in its 100-acre orchard in Ayton, Ontario for decades.

063930 37812	24106	*🍁	NEW Apple Cider Vinegar, Unfiltered, Organic	4/3.78L	17.55ea	70.20
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OMEGA NUTRITION CULINARY VINEGARS • CANADIAN • ORGANIC

055358 31420	65026	*🍁	Apple Cider Vinegar, Organic	4/3.78L	16.49ea	65.96
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SPECTRUM MAYONNAISE

We guarantee best before dates of 45 days from the date of shipping Spectrum mayonnaises from our warehouse.

022506 20128	14015		Mayonnaise, Canola	4/3.78L	22.01ea	88.04
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upc code	order code		case size	ea price	cs price
MAISON ORPHÉE MUSTARDS • CANADIAN • ORGANIC					
069593 70110	32361	*✱ Mustard, Dijon, Organic	1/3.75kg	23.48ea	23.48
069593 70111	32362	*✱ Mustard, Old Fashioned, Organic	1/3.75kg	23.48ea	23.48
069593 70112	32363	*✱ Mustard, Yellow, Organic	1/3.75kg	23.48ea	23.48

dried fruits + vegetables

BULK DRIED FRUIT

775768 18010	18010	Apricots, Turkish (sulphured)	1/12.5kg	182.43ea	182.43
111111 18040	18040	⊙* Apricots, Turkish, Organic	1/12.7kg	268.65ea	268.65
775768 18070	18070	Thompson Raisins	1/13.6kg	74.32ea	74.32
775768 18080	18080	⊙* Thompson Seedless Raisins, Organic (California) (w/sunflower oil)	1/13.6kg	80.29ea	80.29

PRANA DRIED MANGO CHEEKS • CANADIAN • ORGANIC

We guarantee best before dates of 45 days from the date of shipping Prana Mango Cheeks from our warehouse.

877693 00404	29034	*✱ Mango Cheeks, Organic	1/9.08kg	159.76ea	159.76
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flours

BULK CHICKPEA FLOUR • ORGANIC

111111 28124	28124	* Chickpea Flour, Organic	1/11.34kg	37.16ea	37.16
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ANITA'S ORGANIC MILL FLOURS • CANADIAN • ORGANIC

623636 99359	22317	*✱ Coconut Flour, Organic	1/11.34kg	61.01ea	61.01
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		58.76ea	58.76
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		56.52ea	56.52
623636 18003	20026	*✱ Corn Flour, Fresh Ground, Organic	1/11.34kg	45.83ea	45.83
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		44.15ea	44.15
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		42.46ea	42.46
623636 60003	20087	*✱ Kamut Flour, Organic	1/10kg	34.84ea	34.84
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		33.56ea	33.56
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		32.28ea	32.28
623636 20030	20108	*✱ Spelt Flour, Sprouted, Organic	1/10kg	53.56ea	53.56
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		51.59ea	51.59
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		49.62ea	49.62
623636 50213	20111	*✱ Spelt Flour, Fine Ground, Organic	1/10kg	42.80ea	42.80
623636 50003	20110	*✱ Spelt Flour, Stone Ground, Organic	1/10kg	42.80ea	42.80
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		41.23ea	41.23
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		39.66ea	39.66
623636 20020	20109	*✱ Whole Wheat Flour, Sprouted, Organic	1/10kg	40.36ea	40.36
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		38.88ea	38.88
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		37.39ea	37.39
623636 20003	22124	*✱ Whole Wheat Flour, Stone Ground, Organic	1/10kg	25.58ea	25.58
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		24.64ea	24.64
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		23.71ea	23.71
623636 12003	20049	*✱ Whole Wheat Pastry Flour, Stoneground, Organic	1/10kg	27.03ea	27.03
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		26.04ea	26.04
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		25.05ea	25.05
623636 60004	20019	*✱ Kamut Flour, Stone Ground, Organic	1/20kg	63.73ea	63.73
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		61.39ea	61.39
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		59.05ea	59.05
623636 50004	22036	*✱ Spelt Flour, Stone Ground, Organic	1/20kg	79.68ea	79.68
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		76.75ea	76.75
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		73.82ea	73.82
623636 20004	20048	*✱ Whole Wheat Flour, Stone Ground, Organic	1/20kg	45.76ea	45.76
		Volume Price: 10 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		44.09ea	44.09
		Volume Price: 20 assorted cases [Anita's Organic bulk varieties (10kg+); open stock not on deal]		42.41ea	42.41
623636 40003	20202	*✱ Unbleached White Flour, Organic	1/10kg	28.82ea	28.82
623636 40004	20073	*✱ Unbleached White Flour, Organic	1/20kg	53.86ea	53.86

BOB'S RED MILL GLUTEN FREE ALL PURPOSE BAKING FLOUR

039978 10452	27001	GF Baking Flour, All Purpose (gluten free)	1/11.34kg	45.62ea	45.62
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LUNDBERG BROWN RICE FLOUR • ORGANIC

073416 00500	20010	* Brown Rice Flour, Organic	1/11.34kg	39.32ea	39.32
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ONE DEGREE SPROUTED GRAIN FLOURS • CANADIAN • ORGANIC (continued on Page 191)

We guarantee best before dates of 15 days from the date of shipping One Degree bulk flours from our warehouse.

New this edition are bulk and food service sized, sprouted flours made from heart-healthy grains (sprouting boosts key vitamins and minerals, and aids in digestion). These varieties are not only organic, but "veganic" too, a higher standard set by One Degree for all its products. Its farmers grow crops that are plowed back into the soil to restore and build nutrients and ensure that no animal byproducts, or the hormones and antibiotics they may contain, play any part in a One Degree harvest.

675625 12711	28149	*✱ NEW Sprouted Brown Rice Flour, Organic (gluten free)	1/11.34kg	50.97ea	50.97
675625 11211	28145	*✱ NEW Sprouted Khorasan Flour, Organic	1/11.34kg	43.17ea	43.17
675625 13711	28146	*✱ NEW Sprouted Red Fife Flour, Organic	1/11.34kg	39.93ea	39.93

upc code	order code		case size	ea price	cs price
ONE DEGREE SPROUTED GRAIN FLOURS • CANADIAN • ORGANIC (continued on Page 190)					
675625 13311	28147	*🍁	NEW Sprouted Rye Flour, Organic	1/11.34kg	39.29ea 39.29
675625 10811	28144	*🍁	NEW Sprouted Spelt Flour, Organic	1/11.34kg	59.08ea 59.08
675625 10411	28139	*🍁	NEW Sprouted Whole Wheat Flour, Organic.....	1/11.34kg	38.63ea 38.63
675625 12611	28148	*🍁	NEW Sprouted Yellow Corn Flour, Organic (gluten free).....	1/11.34kg	39.29ea 39.29

PAMELA'S WHEAT FREE ARTISAN FLOUR BLEND

Available now in a bulk and food service size, Artisan Flour Blend is free of dairy, nuts, salt, leavening, corn and soy, and can be used in most recipes as a replacement for wheat flour.

093709 22114	22246		Artisan Flour Blend (wheat/gluten free)	3/1.81kg	13.45ea 40.35
093709 32502	22971		NEW Artisan Flour Blend (wheat/gluten free)	1/11.34kg	55.53ea 55.53

WHEATLAND UNBLEACHED WHITE FLOUR • ORGANIC

775768 20046	20046	*	Unbleached White Flour, Organic	1/22.7kg	49.11ea 49.11
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global cuisine

Condiments + Ingredients

AMANO SOY SAUCES & TAMARI • CANADIAN

067334 01832	40030	*🍁	Tamari, Organic.....	1/18L	91.41ea 91.41
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KOOTENAY KITCHEN GOMASHIO • CANADIAN • ORGANIC

111111 24016	24016	*🍁	Gomashio, Traditional (Sesame Salt), Organic.....	1/1kg	17.29ea 17.29
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MITOKU JAPANESE SPECIALITIES

021009 27006	24361		Sushi Ginger, Pickled.....	4/1.2kg	18.37ea 73.48
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NATIVE FOREST CANNED COCONUT MILK • ORGANIC

043182 01201	24097	*	Coconut Milk, Organic (can) (replaces Code 99101)	6/2.83L	18.06ea 108.36
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SAN-J TAMARI

075810 00460	40604	*	Tamari, Lite, Wheat Free, Organic (gluten free)	1/18L	169.31ea 169.31
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Noodles + Pastas

SOBAYA JAPANESE STYLE PASTAS • CANADIAN

057443 50202	30150	*🍁	Soba, Organic.....	1/5kg	54.03ea 54.03
057443 50204	30151	*🍁	Udon, Organic.....	1/5kg	53.54ea 53.54

Sea Vegetables

MITOKU SEA VEGETABLES

021009 12301	24245		Arame	1/1kg	77.54ea 77.54
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herbs, spices + seasonings

BULK SEA SALT

775768 02055	02055		Sea Salt, Refined.....	1/22.7kg	25.00ea 25.00
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FRONTIER BULK CULINARY SALTS

089836 04407	02401		Salt, Himalayan Pink, Medium Grind.....	1/453g	9.19ea 9.19
089836 04412	02404		Sea Salt, Fleur de Sel.....	1/453g	16.94ea 16.94
089836 04409	02405		Sea Salt, Grey, Fine Grind.....	1/453g	10.49ea 10.49
089836 04406	02406		Sea Salt, Hawaiian Black, Coarse Grind.....	1/453g	9.06ea 9.06
089836 04405	02407		Sea Salt, Hawaiian Red, Coarse Grind.....	1/453g	9.06ea 9.06
089836 04410	02403		Sea Salt, Kala Namak, Fine Grind.....	1/453g	9.06ea 9.06
089836 04408	02409		Sea Salt, Yakima Applewood Smoked, Medium Grind.....	1/453g	12.42ea 12.42

FRONTIER BULK HERBS & SPICES (continued on Page 192)

089836 00696	70284	*	Alfalfa Leaf, Organic (c/s)	1/454g	11.44ea 11.44
089836 00100	70002		Allspice, Ground.....	1/454g	19.43ea 19.43
089836 00103	70003		Anise Seed, Whole	1/454g	8.53ea 8.53
089836 02131	70070		Bac'Uns (bacon flavoured soy bits).....	1/454g	10.48ea 10.48
089836 02776	70172	*	Bac'Uns, Organic (bacon flavoured soy bits)	1/454g	11.11ea 11.11
089836 00105	70004		Basil Leaf (c/s).....	1/454g	7.89ea 7.89
089836 00355	70173	*	Basil Leaf, Sweet, Organic (c/s)	1/454g	13.70ea 13.70
089836 00108	70056		Bay Leaf, Whole.....	1/454g	15.63ea 15.63
089836 02010	38573		Broth Powder, No-Chicken (vegetarian)	1/454g	9.19ea 9.19
089836 02006	70068		Broth Powder, Vegetable (vegetarian).....	1/454g	9.17ea 9.17
089836 02126	70069		Broth Powder, Vegetable, Low Sodium (vegetarian)	1/454g	9.17ea 9.17
089836 00523	70263		Burdock Root (c/s)	1/454g	8.09ea 8.09
089836 00280	70001		Cajun Seasoning	1/454g	12.09ea 12.09
089836 00109	70060		Caraway Seed, Whole.....	1/454g	6.27ea 6.27
089836 00112	70005		Cardamom, Ground	1/454g	33.40ea 33.40

upc code	order code		case size	ea price	cs price
FRONTIER BULK HERBS & SPICES (continued on Page 193)					
089836 02304	02020		Carob Powder, Roasted	1/454g	4.91ea 4.91
089836 00529	70287	*	Catnip Leaf, Organic (c/s)	1/454g	22.10ea 22.10
089836 00114	70006		Cayenne, Hot	1/454g	8.86ea 8.86
089836 00795	70174	*	Cayenne, Roasted, Organic (20,000 HU)	1/454g	11.71ea 11.71
089836 00119	70058		Celery Seed, Whole	1/454g	4.79ea 4.79
089836 00531	70202		Chamomile Flowers, Whole	1/454g	17.27ea 17.27
089836 00122	70007		Chili Peppers, Crushed	1/454g	7.89ea 7.89
089836 02770	70175	*	Chili Powder Blend, Organic	1/454g	14.29ea 14.29
089836 00125	70008		Chili Powder, Deluxe, Unsalted	1/454g	9.04ea 9.04
089836 02627	70299		Chipotle Peppers, Ground	1/454g	16.29ea 16.29
089836 00129	70010		Cinnamon, Ground	1/454g	6.11ea 6.11
089836 00396	70176	*	Cinnamon, Powder, Organic	1/454g	6.73ea 6.73
089836 07006	70374	*☉	NEW Cinnamon, Powder, Organic (Ceylon) (Fair Trade)	1/454g	21.80ea 21.80
<i>Cinnamomum verum, or "true cinnamon," is native to Sri Lanka although it is grown in India, the East and West Indies, and Central America also. This cultivated variety grows 8 to 10 feet and resembles a shrub rather than a tree. Certified organic Ceylon Cinnamon is considered a more complex flavour, spicy rather than sweet, with woody undertones.</i>					
089836 00131	70012		Cinnamon, Sticks (2.75")	1/454g	8.99ea 8.99
089836 00132	70014		Cloves, Ground	1/454g	31.40ea 31.40
089836 00133	70016		Cloves, Whole	1/454g	30.50ea 30.50
089836 00135	70017		Coriander Seed, Whole	1/454g	5.43ea 5.43
089836 00134	70018		Coriander, Ground	1/454g	5.79ea 5.79
089836 02305	02078		Cream of Tartar	1/454g	9.96ea 9.96
089836 00136	70020		Cumin Seed, Ground	1/454g	9.39ea 9.39
089836 02592	70179	*	Cumin Seed, Powder, Organic	1/454g	14.23ea 14.23
089836 00137	70021		Cumin Seed, Whole	1/454g	8.79ea 8.79
089836 02591	70180	*	Cumin Seed, Whole, Organic	1/454g	12.40ea 12.40
089836 00139	70022		Curry, Powder	1/454g	10.41ea 10.41
089836 02650	70181	*	Curry, Powder, Organic	1/454g	11.89ea 11.89
089836 00963	70187	*	Dandelion Root, Organic (c/s)	1/454g	18.54ea 18.54
089836 00142	70024		Dill Weed (c/s)	1/454g	15.57ea 15.57
089836 00144	70062		Fennel Seed, Whole	1/454g	6.53ea 6.53
089836 00356	70121	*	Fenugreek Seed, Whole, Organic	1/454g	7.23ea 7.23
089836 00146	70025		Fenugreek, Whole	1/454g	4.33ea 4.33
089836 00283	70061		Garam Masala	1/454g	18.87ea 18.87
089836 00148	70026		Garlic, Granulated	1/454g	8.01ea 8.01
089836 02524	70019	*	Garlic, Granulated, Organic	1/454g	13.29ea 13.29
089836 00149	70028		Garlic, Powder	1/454g	8.01ea 8.01
089836 00352	70023	*	Garlic, Powder, Organic	1/454g	12.67ea 12.67
089836 00225	70029		Ginger, Crystallized	1/454g	10.41ea 10.41
089836 00370	70030		Ginger, Ground	1/454g	10.25ea 10.25
089836 00155	70131		Italian Seasoning	1/454g	9.81ea 9.81
089836 00594	70291		Lavender Flowers, Whole	1/454g	31.14ea 31.14
089836 00215	70098		Lemon Pepper	1/454g	12.79ea 12.79
089836 00596	70135	*	Lemongrass, Organic (c/s)	1/454g	11.44ea 11.44
089836 00598	70066		Licorice Root	1/454g	9.17ea 9.17
089836 00771	70083		Licorice Sticks (6")	1/454g	18.76ea 18.76
089836 00160	70033		Marjoram Leaf (c/s)	1/454g	8.87ea 8.87
089836 00214	70097		Mexican Seasoning	1/454g	7.83ea 7.83
089836 00162	70065		Mustard Seed, Brown, Whole	1/454g	4.99ea 4.99
089836 00163	70032		Mustard Seed, Yellow, Ground	1/454g	5.30ea 5.30
089836 00164	70031		Mustard Seed, Yellow, Whole	1/454g	4.99ea 4.99
089836 00961	70293	*	Nettle Leaf, Organic (c/s)	1/454g	13.57ea 13.57
089836 00165	70034		Nutmeg, Ground	1/454g	32.73ea 32.73
089836 00166	70035		Nutmeg, Whole	1/454g	38.24ea 38.24
089836 02326	70094		Nutritional Yeast, Mini Flake	1/454g	12.40ea 12.40
089836 00846	70294	*	Oatstraw, Green Flower Herb, Organic	1/454g	13.06ea 13.06
089836 00167	70036		Onion, Flakes	1/454g	6.07ea 6.07
089836 00168	70037		Onion, Granulated	1/454g	6.59ea 6.59
089836 00169	70038		Onion, Powder	1/454g	6.07ea 6.07
089836 00171	70207		Orange Peel (c/s)	1/454g	7.23ea 7.23
089836 00173	70040		Oregano Leaf, Greek (c/s)	1/454g	11.78ea 11.78
089836 00281	70141	*	Oregano Leaf, Organic (c/s)	1/454g	14.03ea 14.03
089836 00176	70042		Paprika, Hungarian	1/454g	13.39ea 13.39
089836 00714	70182	*	Paprika, Powder, Organic	1/454g	12.73ea 12.73
089836 04426	70376		Paprika, Smoked, Spanish	1/454g	11.75ea 11.75
089836 00178	70044		Parsley Leaf, Flakes	1/454g	13.39ea 13.39
089836 00181	70047		Pepper, Black, Coarse Grind	1/454g	13.77ea 13.77
089836 00211	70046		Pepper, Black, Medium Grind	1/454g	14.44ea 14.44
089836 02600	70183	*	Pepper, Black, Medium Grind, Organic	1/454g	17.10ea 17.10
089836 00183	70048		Peppercorns, Black, Whole	1/454g	12.09ea 12.09
089836 02603	70184	*	Peppercorns, Black, Whole, Organic	1/454g	15.97ea 15.97
089836 00258	70095		Peppermill Gourmet 4 Pepper Blend	1/454g	20.16ea 20.16
089836 00630	70206	*	Peppermint Leaf, Organic (c/s)	1/454g	16.61ea 16.61
089836 00185	70096		Pickling Spice, Original, Spicy	1/454g	16.07ea 16.07
089836 00186	70050		Poppy Seeds, Whole	1/454g	7.50ea 7.50

upc code	order code			case size	ea price	cs price
FRONTIER BULK HERBS & SPICES (continued on Page 191)						
089836 02616	70043	*	Poppy Seeds, Whole, Organic.....	1/454g	9.11ea	9.11
089836 00709	70268		Psyllium Seed Husk, Powder.....	1/454g	9.81ea	9.81
089836 00783	70267		Psyllium Seed Husk, Whole.....	1/454g	9.37ea	9.37
089836 00638	70208		Red Raspberry Leaf (c/s).....	1/454g	10.67ea	10.67
089836 00732	70039	*	Red Raspberry Leaf, Organic (c/s).....	1/454g	13.70ea	13.70
089836 00999	70133	*	Rosehips, Seedless, Organic (c/s).....	1/454g	11.44ea	11.44
089836 00189	70052		Rosemary Leaf, Whole.....	1/454g	9.17ea	9.17
089836 00236	70045	*	Sage Leaf, Rubbed, Organic.....	1/454g	16.94ea	16.94
089836 00791	70277		Senna Leaf (c/s).....	1/454g	9.83ea	9.83
089836 00213	70113		Sesame Seeds, Hulled.....	1/454g	6.59ea	6.59
089836 00658	70278		Slippery Elm Bark, Powder.....	1/454g	37.17ea	37.17
089836 00781	70285	*	Spearmint Leaf, Organic (c/s).....	1/454g	14.60ea	14.60
089836 02309	70115		Tapioca, Whole.....	1/454g	6.60ea	6.60
089836 00200	70054		Thyme Leaf (c/s).....	1/454g	10.47ea	10.47
089836 00378	70185	*	Thyme Leaf, Whole, Organic.....	1/454g	20.74ea	20.74
089836 02604	70186	*	Turmeric Root, Powder, Organic.....	1/454g	10.73ea	10.73
089836 00202	70064		Turmeric, Powder.....	1/454g	8.86ea	8.86

MAISON ORPHÉE SEA SALT • CANADIAN

069593 10083	33483	✦	Sea Salt, Grey, Coarse (bag).....	12/1kg	3.58ea	42.96
		◇	Volume Price: 5 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.22ea	38.64
		◇	Volume Price: 10 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		3.04ea	36.48
		◇	Volume Price: 20 asstd cs (Maison Orphée Sea Salts; open stock not on deal; no other discounts apply)		2.69ea	32.28
069593 10087	33487	✦	Sea Salt, Grey, Coarse (bag).....	1/10kg	28.77ea	28.77
069593 10088	33488	✦	Sea Salt, Grey, Fine (bag).....	1/10kg	45.68ea	45.68

MODERN PRODUCTS SEASONINGS

075820 30030	70468	E	Spike Original Magic!.....	2/2.27kg	40.50ea	81.00
075820 30035	70469	E	Spike Salt Free Magic!.....	2/1.59kg	40.50ea	81.00

nut butters, jams + sweet spreads**Fruit Spreads + Jams****CROFTER'S ORGANIC FRUIT SPREADS • CANADIAN • ORGANIC**

We guarantee best before dates of 30 days from the date of shipping Crofter's Organic bulk spreads from our warehouse.

067275 00719	42625	*✦	Premium, Apricot, Sugar Sweetened, Organic.....	1/7kg	43.11ea	43.11
067275 00720	42620	*✦	Premium, Raspberry, Sugar Sweetened, Organic.....	1/7kg	47.38ea	47.38

Nut + Seed Butters**GOLDEN BOY PEANUT BUTTER • CANADIAN**

064684 10411	42205	✦	Peanut Butter, Crunchy, Salted.....	1/10kg	52.43ea	52.43
064684 10412	42210	✦	Peanut Butter, Crunchy, Unsalted.....	1/10kg	52.43ea	52.43
064684 10410	42215	✦	Peanut Butter, Smooth, Salted.....	1/10kg	52.43ea	52.43
064684 10409	42220	✦	Peanut Butter, Smooth, Unsalted.....	1/10kg	52.43ea	52.43
	42228	*✦	Peanut Butter, No Stir, Crunchy, Organic.....	1/10kg	75.69ea	75.69

NUTS TO YOU NUT & SEED BUTTERS • CANADIAN

111111 42386	42386	✦	Almond Butter, Crunchy.....	1/4.09kg	70.14ea	70.14
	42385	✦	Almond Butter, Smooth.....	1/4.09kg	70.14ea	70.14
111111 42389	42389	*✦	Almond Butter, Smooth, Organic.....	1/4.09kg	93.11ea	93.11
	42375	✦	Cashew Butter.....	1/4.09kg	49.86ea	49.86
111111 42111	42111	*✦	Peanut Butter, Blanched, Crunchy, Organic.....	1/4.09kg	44.46ea	44.46
111111 42112	42112	*✦	Peanut Butter, Blanched, Smooth, Organic.....	1/4.09kg	44.46ea	44.46
111111 42227	42227	*✦	Sesame Tahini, Organic (Fair Trade).....	1/4.09kg	49.86ea	49.86
	42239	✦	Almond Butter, Smooth.....	1/10kg	168.97ea	168.97
111111 42142	42142	*✦	Peanut Butter, Blanched, Crunchy, Organic.....	1/10kg	85.19ea	85.19
111111 42141	42141	*✦	Peanut Butter, Blanched, Smooth, Organic.....	1/10kg	85.19ea	85.19
111111 42230	42230	*✦	Sesame Tahini, Organic (Fair Trade).....	1/10kg	113.57ea	113.57

nuts + seeds • packaged snacks + bulk**Nuts****BULK NUTS (continued on Page 194)**

111111 26100	26100	⊙*	Almonds, Natural, Whole, Organic (raw).....	1/11.34kg	353.85ea	353.85
775768 26005	26005		Almonds, Natural.....	1/11.34kg	201.28ea	201.28
064684 30630	26020		Brazil Nuts, Medium, Whole (Amazonia).....	1/2.27kg	40.83ea	40.83
064684 00566	26025		Cashews (large white pieces).....	1/2.27kg	22.92ea	22.92
064684 01439	26045		Peanuts, Whole Roasted, Unblanched.....	1/12kg	66.67ea	66.67

upc code	order code		case size	ea price	cs price
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BULK NUTS (continued on Page 193)

064684 00581	26061	Pecans, Jumbo Halves.....	1/3kg	68.75ea	68.75
775768 26065	26065	Pecans, Jumbo Halves.....	1/13.6kg	280.41ea	280.41
064684 30559	26070	⊙ Pine Nuts.....	1/2.27kg	107.43ea	107.43
775768 26085	26085	Walnuts, California (halves & pieces).....	1/11.34kg	221.49ea	221.49
111111 26036	26036	⊙* Walnuts, Organic (halves & pieces).....	1/11.34kg	364.50ea	364.50

PRANA BULK WALNUTS • ORGANIC

877693 00152	29020	⊙* Walnuts, Organic (raw).....	1/11.35kg	337.73ea	337.73
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Nut Snacks**KETTLE BULK QUALITY HANDCRAFTED NUT SNACKS**

We guarantee best before dates of 28 days from the date of shipping Kettle bulk nut snacks from our warehouse.

111111 36026	36026	Deluxe Nut Mix, Salted.....	1/10.9kg	240.68ea	240.68	T
111111 36027	36027	Deluxe Nut Mix, Unsalted.....	1/10.9kg	240.68ea	240.68	T
111111 36031	36031	Honey Roast Nuts & Fruit Mix.....	1/10.9kg	115.41ea	115.41	T
111111 36034	36034	X-treme Trail Mix.....	1/10.9kg	137.19ea	137.19	T

PRANA PACKAGED NUT SNACKS • CANADIAN • ORGANIC

Canada's own Prana creates organic, gluten free, vegan foods that support the environment and our health. We are pleased to offer 5kg bulk packs of favourite organic nut snacks: Amandine features dry-roasted almonds coated with pure Canadian maple syrup and a pinch of unrefined sea salt; Annapurna blends wheat free tamari, raw almonds and cashews, cranberries sweetened with apple juice, goji berries and sunflower seeds; Machu Pichu combines nuts with exotic dried fruits; Fuji blends roasted nuts, seeds and dried fruits lightly coated in coconut oil and a pinch of unrefined sea salt; and Kilimanjaro bursts with dark chocolate chips, nuts and delicious dried fruits.

877693 04000	34081	* NEW Amandine, Maple Almonds, Organic.....	1/5kg	145.27ea	145.27	T
877693 04008	34077	* NEW Trail Mix, Annapurna, Almond/Goji/Cranberry, Organic.....	1/5kg	100.66ea	100.66	T
877693 04012	34080	* NEW Trail Mix, Fuji, Premium Salty Mix, Organic.....	1/5kg	100.66ea	100.66	T
877693 04011	34079	* NEW Trail Mix, Kilimanjaro, Deluxe Chocolate Mix, Organic.....	1/5kg	100.66ea	100.66	T
877693 04009	34078	* NEW Trail Mix, Machu Pichu, Nuts & Fruits Mix, Organic.....	1/5kg	100.66ea	100.66	T

SUNRIDGE FARMS BULK NUT SNACKS

086700 02126	35141	Almonds, Hickory Smoked.....	1/7.3kg	151.69ea	151.69
086700 02128	35138	Cashews, Thai Curry.....	1/7.3kg	234.45ea	234.45
086700 06048	35140	Vitality Mix.....	1/7.3kg	129.65ea	129.65

Seeds**BULK SEEDS**

775768 34005	34005	* Alfalfa Seeds, Organic (95% germination).....	1/10kg	162.96ea	162.96
623636 21004	34010	* Flax Seeds, Brown, Organic.....	1/11.34kg	35.81ea	35.81
111111 34071	34071	Flax Seeds, Golden.....	1/11.34kg	42.57ea	42.57
111111 34040	34040	* Pumpkin Seeds, Organic (hulled).....	1/12.5kg	111.49ea	111.49
064684 02657	34020	Pumpkin Seeds.....	1/12kg	104.17ea	104.17
775768 34025	34025	* Sesame Seeds, Brown, Organic (unhulled).....	1/11.34kg	80.72ea	80.72
111111 34041	34041	* Sesame Seeds, Organic (hulled).....	1/11.34kg	81.08ea	81.08
111111 29040	29040	* Sunflower Seeds, Organic (hulled).....	1/11.34kg	70.95ea	70.95
775768 34035	34035	Sunflower Seeds (hulled).....	1/22.7kg	77.70ea	77.70

MANITOBA HARVEST HEMP HEARTS (SHELLED HEMP SEEDS) • CANADIAN

697658 69115	37140	* Hemp Hearts (Raw Shelled Hemp Seeds), Organic.....	1/2.27kg	56.55ea	56.55
697658 69116	37026	* Hemp Hearts (Raw Shelled Hemp Seeds).....	1/2.27kg	45.77ea	45.77

PRANA BULK SEEDS • CANADIAN

877693 00402	29049	* Chia Seeds, Black, Whole, Organic.....	1/25kg	472.97ea	472.97
877693 06000	29057	* Chia Seeds, White, Whole.....	1/25kg	472.97ea	472.97
877693 00154	29032	* Pumpkin Seeds, Raw, Organic (raw) (Austria).....	1/25kg	502.36ea	502.36

oils • culinary**NUTIVA CULINARY OILS • ORGANIC**

692752 20005	30663	* Coconut Oil, Virgin, Organic.....	6/1.6L	27.34ea	164.04
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SPECTRUM OILS

We guarantee best before dates of 45 days from the date of shipping Spectrum bulk canola oils from our warehouse.

022506 13440	28032	Canola Oil.....	1/17.2L	67.85ea	67.85
022506 80020	28208	* Canola Oil, Organic.....	1/17.2L	117.56ea	117.56
022506 16510	28200	Sesame Oil, Toasted.....	1/17.2L	162.10ea	162.10

pasta + noodles**ANCIENT HARVEST QUINOA ELBOW PASTA**

089125 22500	30090	Elbows, Quinoa.....	1/4.54kg	50.19ea	50.19
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upc code	order code		case size	ea price	cs price
ARTESIAN ACRES KAMUT PASTAS • CANADIAN • ORGANIC					
771506 20214	30279	*🍁	Lasagna, Kamut, Organic.....	1/5kg	31.55ea 31.55
771506 20207	30272	*🍁	Linguine, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20209	30274	*🍁	Penne, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20208	30273	*🍁	Rotini, Kamut, Organic.....	1/5kg	27.50ea 27.50
771506 20210	30275	*🍁	Rotini, Kamut, Vegi, Organic.....	1/5kg	33.31ea 33.31
771506 20206	30271	*🍁	Spaghetti, Kamut, Organic.....	1/5kg	27.50ea 27.50

PRAIRIE HARVEST PASTAS • CANADIAN • ORGANIC

624756 34160	30061	*🍁	Elbow Macaroni, Organic.....	1/4.54kg	23.85ea 23.85
624756 34023	30066	*🍁	Linguine, Organic.....	1/4.54kg	23.85ea 23.85
624756 34427	30063	*🍁	Penne Rigate, Organic.....	1/4.54kg	23.85ea 23.85
624756 34374	30062	*🍁	Rotini, Organic.....	1/4.54kg	23.85ea 23.85
624756 34219	30064	*🍁	Small Shells, Organic.....	1/4.54kg	23.85ea 23.85
624756 34011	30060	*🍁	Spaghetti, Organic.....	1/4.54kg	23.85ea 23.85

TINKYADA RICE PASTAS • CANADIAN

Made with brown rice, Tinkyada is a wheat, egg and gluten free alternative to traditional pasta that's easy to digest and a great source of fibre.

621683 01054	30137	*🍁	NEW Elbows, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 01134	30138	*🍁	NEW Lasagna, Brown Rice, Organic (gluten free).....	1/4.54kg	39.51ea 39.51
621683 02114	30039	*🍁	NEW Penne, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 02014	30136	*🍁	NEW Spaghetti, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 02124	30038	*🍁	NEW Spirals, Brown Rice, Organic (gluten free).....	1/4.54kg	36.15ea 36.15
621683 92054	30913	*🍁	NEW Elbows, Brown Rice (gluten free).....	1/4.54kg	25.09ea 25.09
621683 92024	30911	*🍁	NEW Fettucine, Brown Rice (gluten free).....	1/4.54kg	28.29ea 28.29
621683 92114	30917	*🍁	NEW Penne, Brown Rice (gluten free).....	1/4.54kg	25.09ea 25.09
621683 92014	30910	*🍁	NEW Spaghetti, Brown Rice (gluten free).....	1/4.54kg	25.09ea 25.09
621683 92124	30912	*🍁	NEW Spirals, Brown Rice (gluten free).....	1/4.54kg	25.09ea 25.09

pet foods + care

Pet Care

HERE'S THE SCOOP CLUMPING CAT LITTER

032976 30010	48050		Here's The Scoop Clumping Cat Litter.....	3/4.54kg	12.86ea 38.58	PT
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Pet Foods

HAPPY TAILS HOLISTIC CAT FOOD • CANADIAN

831043 00007	48141	*🍁	Dry Food, Chicken (wheat/gluten free).....	6/3.2kg	19.29ea 115.74	PT
831043 00008	48140	*🍁	Dry Food, Chicken (wheat/gluten free).....	1/7.5kg	39.29ea 39.29	PT

HAPPY TAILS HOLISTIC DOG FOOD • CANADIAN

831043 00002	48145	*🍁	Dry Food, Lamb (wheat/gluten free).....	6/3.2kg	15.71ea 94.26	PT
831043 00003	48144	*🍁	Dry Food, Lamb (wheat/gluten free).....	1/7.5kg	31.43ea 31.43	PT

rice

KODA FARMS (KASA KODA) BULK KOKUHO ROSE HEIRLOOM RICE • ORGANIC

We guarantee best before dates of 30 days from the date of shipping Koda Farms rice from our warehouse.

074823 20124	31012	*🍁	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic.....	6/4.54kg	22.18ea 133.08
074823 20122	31011	*🍁	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic.....	6/4.54kg	22.18ea 133.08

LUNDBERG BULK RICE (continued on Page 196)

073416 40201	32098	*🍁	Basmati, Brown, Organic.....	1/11.34kg	59.38ea 59.38
		◇	Volume Price: 5 bags (one variety).....		56.41ea 56.41
073416 40251	32100	*🍁	Golden Rose, Medium Grain, Brown, Organic.....	1/11.34kg	50.03ea 50.03
		◇	Volume Price: 5 bags (one variety).....		47.53ea 47.53
073416 04039	32047	*🍁	Jasmine, Brown, Organic.....	1/11.34kg	56.79ea 56.79
		◇	Volume Price: 5 bags (one variety).....		53.95ea 53.95
073416 40132	32074	*🍁	Long Grain, Brown, Organic.....	1/11.34kg	49.08ea 49.08
		◇	Volume Price: 5 bags (one variety).....		46.63ea 46.63
073416 40122	32076	*🍁	Short Grain, Brown, Organic.....	1/11.34kg	43.94ea 43.94
		◇	Volume Price: 5 bags (one variety).....		41.74ea 41.74
073416 04090	32052	*🍁	Arborio, Organic.....	1/11.34kg	92.45ea 92.45
		◇	Volume Price: 5 bags (one variety).....		87.83ea 87.83
073416 40202	32102	*🍁	Basmati, White, Organic.....	1/11.34kg	64.41ea 64.41
073416 04029	32043	*🍁	Jasmine, White, Organic.....	1/11.34kg	64.41ea 64.41
		◇	Volume Price: 5 bags (one variety).....		61.19ea 61.19
073416 40134	32039	*🍁	Long Grain, White, Organic.....	1/11.34kg	56.51ea 56.51
		◇	Volume Price: 5 bags (one variety).....		53.68ea 53.68
073416 40161	32097	*🍁	Sushi, White, Organic.....	1/11.34kg	56.79ea 56.79
		◇	Volume Price: 5 bags (one variety).....		53.95ea 53.95

upc code	order code		case size	ea price	cs price
LUNDBERG BULK RICE (continued on Page 195)					
073416 40150	32045	◇ Basmati, Brown, Nutra-Farmed.....	1/11.34kg	37.36ea	37.36
		Volume Price: 5 bags (one variety).....		35.49ea	35.49
073416 40151	32050	◇ Basmati, White, Nutra-Farmed.....	1/11.34kg	42.67ea	42.67
073416 04024	32040	◇ Jasmine, White, Nutra-Farmed.....	1/11.34kg	42.67ea	42.67
		Volume Price: 5 bags (one variety).....		40.54ea	40.54
073416 40113	32070	◇ Long Grain, Brown, Nutra-Farmed.....	1/11.34kg	31.55ea	31.55
		Volume Price: 5 bags (one variety).....		29.97ea	29.97
073416 40101	32072	◇ Short Grain, Brown, Nutra-Farmed.....	1/11.34kg	27.39ea	27.39
		Volume Price: 5 bags (one variety).....		26.02ea	26.02
073416 40142	32025	◇ Sweet Brown, Nutra-Farmed.....	1/11.34kg	32.76ea	32.76
		Volume Price: 5 bags (one variety).....		31.12ea	31.12
073416 00450	32006	Black Japonica, Nutra-Farmed.....	1/11.34kg	62.29ea	62.29
073416 09020	32035	Countrywild, Nutra-Farmed.....	1/11.34kg	62.29ea	62.29
073416 30015	32090	Wehani, Nutra-Farmed.....	1/11.34kg	62.29ea	62.29
073416 00435	32094	Wild Blend, Nutra-Farmed.....	1/11.34kg	78.58ea	78.58
073416 00437	32051	* Wild Blend, Organic.....	1/11.34kg	108.21ea	108.21

soups, broths + meal cups

Dry Soups

FRONTIER BROTH POWDERS

089836 02010	38573	Broth Powder, No-Chicken (vegetarian).....	1/454g	9.19ea	9.19
089836 02006	70068	Broth Powder, Vegetable (vegetarian).....	1/454g	9.17ea	9.17
089836 02126	70069	Broth Powder, Vegetable, Low Sodium (vegetarian).....	1/454g	9.17ea	9.17

TASTE ADVENTURE PRECOOKED SOUPS

032445 00041	38780	Black Bean.....	1/4.54kg	55.12ea	55.12
032445 00042	38782	Curry Lentil.....	1/4.54kg	55.12ea	55.12
032445 00040	38784	Split Pea.....	1/4.54kg	55.12ea	55.12
032445 00047	38786	Sweet Corn Chowder.....	1/4.54kg	67.28ea	67.28

sweet snacks • chocolate bars + candy confections

Candy Confections

FRUITSOURCE CONFECTIONS

077241 92220	36800	Almonds, Chocolate.....	1/4.54kg	84.00ea	84.00	T
077241 92222	36804	Raisins, Chocolate.....	1/4.54kg	84.00ea	84.00	T
077241 92260	36812	Almonds, Yogurt.....	1/4.54kg	78.00ea	78.00	T
077241 92271	36822	Raisins, Yogurt.....	1/4.54kg	63.04ea	63.04	T

GINGER PEOPLE GINGER CONFECTIONS

734027 55145	35027	Gin Gins Ginger Chews, Original.....	1/5kg	74.59ea	74.59	T
734027 50120	35026	Ginger, Crystallized, Select Diced.....	1/5kg	77.27ea	77.27	T

SUNRIDGE FARMS CONFECTIONS

086700 00520	35205	* Almonds, Dark Chocolate, Organic.....	1/4.54kg	144.57ea	144.57	T
086700 21320	35208	Almonds, Milk Chocolate, Cane Sweetened.....	1/4.54kg	98.13ea	98.13	T
086700 22607	35135	Blueberries, Dark Chocolate.....	1/4.54kg	126.23ea	126.23	T
086700 21315	35209	Cranberries, Milk Chocolate, Cane Sweetened.....	1/4.54kg	91.62ea	91.62	T
086700 01370	35210	Ginger, Dark Chocolate, Cane Juice Sweetened (formerly Malt Sweetened).....	1/4.5kg	105.96ea	105.96	T
086700 99310	35213	Golden Bridge Mix.....	1/4.54kg	83.89ea	83.89	T
086700 00991	35207	* Jolly Beans, Organic (vegetarian).....	1/4.54kg	123.88ea	123.88	T
086700 22603	35136	Maltballs, Dark Chocolate.....	1/4.54kg	87.11ea	87.11	T
086700 22606	35139	Pistachios, Dark Chocolate.....	1/4.54kg	106.21ea	106.21	T
086700 50817	35211	Pretzels, Peanut Butter.....	1/4.54kg	78.28ea	78.28	T
086700 50830	35214	Pretzels, Yogurt.....	1/4.54kg	66.85ea	66.85	T
086700 50831	35215	Pretzels, Yogurt, Raspberry.....	1/4.54kg	78.35ea	78.35	T
086700 00510	35206	* Raisins, Dark Chocolate, Organic.....	1/4.54kg	93.75ea	93.75	T
086700 00985	35216	Raisins, Yogurt.....	1/4.54kg	66.04ea	66.04	T
086700 92201	35225	* Sunny Bears, Organic (vegetarian).....	1/4.54kg	114.59ea	114.59	T
086700 01505	35137	* Toffee Almonds, Dark Chocolate, Organic.....	1/4.54kg	142.27ea	142.27	T

SUNSPIRE CONFECTIONS

077241 40014	36849	Almonds, Carob, Grain Sweetened.....	1/4.54kg	78.00ea	78.00	T
077241 70036	36871	* Coconut Haystacks, Dark Chocolate, Organic.....	1/4.54kg	107.76ea	107.76	T
077241 87140	35113	Sundrops, Dark Chocolate Plain.....	1/11.34kg	141.80ea	141.80	T
077241 87130	36846	Sundrops, Milk Chocolate Plain.....	1/11.34kg	141.80ea	141.80	T

upc code order code

case size ea price cs price

sweeteners + syrups

Sweeteners

BULK SWEETENERS

775768 44025	44025		Molasses, Blackstrap.....	1/25kg	34.03ea	34.03
111111 44308	44308	*	Sugar (Evaporated Cane Juice Crystals), Organic.....	1/25kg	67.57ea	67.57

BOB'S RED MILL DATE SUGAR

039978 10512	34046		Date Sugar.....	1/11.34kg	147.50ea	147.50
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CUISINE CAMINO FAIR TRADE SUGAR • CANADIAN • ORGANIC

752612 30021	44299	*🍁🌱	Sugar (Evaporated Cane Juice Crystals), Organic (Fair Trade).....	1/25kg	73.72ea	73.72
111111 44309	44309	*🍁🌱	Single Serving Packets, Sugar (ECJ), Organic (Fair Trade) (1 box=1000 sachets).....	1/1000x3.5g	24.48ea	24.48

MOISTURLOK (FORMERLY FRUITRIM) LIQUID SWEETENER & FAT REPLACER

035844 23864	44455		MoisturLok, Liquid (formerly Fruitrim).....	1/25kg	167.91ea	167.91
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LEVEL GROUND FAIR TRADE CANE SUGAR

661594 81230	44310	🌱	Sugar, Natural Whole Cane (Fair Trade).....	6/2kg	15.21ea	91.26
661594 99900	44114	🌱	Sugar, Natural Whole Cane (Fair Trade).....	2/5kg	40.85ea	81.70

ST. MICHAEL HONEY • CANADIAN

771901 10135	44005	🍁	Honey, #1 White, Pure.....	1/3kg	28.47ea	28.47
771901 10145	44010	🍁	Honey, #1 White, Pure.....	1/15kg	136.11ea	136.11

WHOLESOME SWEETENERS

We guarantee best before dates of 42 days from the date of some selected Wholesome Sweeteners from our warehouse. Please enquire when ordering.

012511 47441	44111	*	Blue Agave Nectar, Organic.....	6/900ml	11.89ea	71.34
012511 47644	44112	*	Blue Agave Nectar, Raw, Organic.....	6/900ml	11.89ea	71.34
		◇	Volume Price: 20 assorted cases (mix Organic Blue Agave 900ml varieties).....		10.37ea	62.24
012511 47011	44189	*	NEW Blue Agave Nectar, Organic.....	1/5kg	81.20ea	81.20
012511 94610	44186	*	NEW Single Serving Packets, Stevia, Organic (1000 sachets).....	1/1000x1g	68.24ea	68.24
012511 92025	44185	*	NEW Coconut Palm Sugar, Organic.....	1/11.6kg	121.16ea	121.16
012511 45020	44187	🌱	NEW Demerara, Raw Cane Sugar (Fair Trade).....	1/11.3kg	53.86ea	53.86
012511 45065	44188	*	NEW Sugar (Evaporated Cane Juice), Organic.....	1/11.3kg	51.38ea	51.38
Wholesome Sweeteners is dedicated to bringing the finest organic, natural and fair trade sugars, syrups and nectars to market. This edition sees the launch of several popular varieties in bulk and food service sizes.						
012511 44044	44125	*	Light Brown Sugar, Organic.....	1/22.7kg	100.37ea	100.37
012511 45004	44124	*	Powdered Sugar, Organic.....	1/22.7kg	100.37ea	100.37
012511 35638	44021	*	Sucanat, Sugar (Granulated Cane Juice), Organic.....	1/22.7kg	129.38ea	129.38
012511 20105	44122	*	Blue Agave Nectar, Organic.....	1/18.92L	188.92ea	188.92
012511 41085	44123	*	Molasses, Blackstrap, Organic (unsulphured).....	1/18.92L	132.49ea	132.49

Syrups

UNCLE LUKE'S MAPLE SYRUPS • CANADIAN • ORGANIC

111111 44079	44079	*🍁	Maple Syrup, Canada #1 Medium, Organic.....	1/18.9L	386.71ea	386.71
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LUNDBERG BROWN RICE SYRUPS

073416 00165	24109		Brown Rice Syrup, Sweet Dreams, Nutra-Farmed.....	1/25kg	148.09ea	148.09
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household

household cleaners

Please note that cleaning products and frozen items must ship separately to customers outside BC and orders must meet minimum separately.

BIO-VERT HOUSEHOLD CLEANERS • CANADIAN

776622 12008	80527	🍁	Dishwashing Liquid, Citrus Fresh, Refill.....	4/3.7L	12.99ea	51.96	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		11.69ea	46.76	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		11.04ea	44.16	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		10.39ea	41.56	
776622 12009	80534	🍁	Dishwashing Liquid, Citrus Fresh.....	2/10L	32.38ea	64.76	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		29.14ea	58.28	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		27.52ea	55.04	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		25.90ea	51.80	

upc code	order code		case size	ea price	cs price	
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laundry products

BIO-VERT LAUNDRY PRODUCTS • CANADIAN

776622 20039	70345	☼	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified.....	2/10L	37.23ea	74.46	PT
776622 20041	70344	☼	Laundry Liquid, Fresh Cotton, HE (High Efficiency) Certified.....	2/10L	37.23ea	74.46	PT
776622 13120	80535	☼	Laundry Liquid, Morning Dew.....	2/10L	37.23ea	74.46	PT
		◇	Volume Price: 10 assorted cases (any Bio-Vert varieties; open stock not on deal).....		33.51ea	67.02	
		◇	Volume Price: 20 assorted cases (any Bio-Vert varieties; open stock not on deal).....		31.65ea	63.30	
		◇	Volume Price: 30 assorted cases (any Bio-Vert varieties; open stock not on deal).....		29.78ea	59.56	

NATURE CLEAN LAUNDRY PRODUCTS • CANADIAN

058951 30880	80465	☼	Laundry Liquid, Fragrance Free.....	1/18L	71.58ea	71.58	PT
058951 40330	80444	☼	Laundry Powder.....	1/17kg	55.82ea	55.82	PT

nutritional supplements + sports nutrition

nutritional bars + snacks

SUNRIDGE FARMS ENERGY NUGGETS

086700 22160	35212		Energy Nuggets.....	1/4.54kg	81.86ea	81.86	T
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nutritional capsules, formulas + powders

MANITOBA HARVEST HEMP PROTEIN POWDER • CANADIAN

697658 12101	37234	☼	Hemp PRO 50, Water Soluble 50% Protein Powder.....	1/2.27kg	42.25ea	42.25	T
697658 44101	37235	*☼	Hemp Protein Powder w/Fibre, Organic.....	1/2.27kg	42.25ea	42.25	T

nutritional seeds

MANITOBA HARVEST HEMP HEARTS (SHELLED HEMP SEEDS) • CANADIAN

697658 69115	37140	*☼	Hemp Hearts (Raw Shelled Hemp Seeds), Organic.....	1/2.27kg	56.55ea	56.55	
697658 69116	37026	☼	Hemp Hearts (Raw Shelled Hemp Seeds).....	1/2.27kg	45.77ea	45.77	

PRANA BULK SEEDS • CANADIAN

877693 00402	29049	*☼	Chia Seeds, Black, Whole, Organic.....	1/25kg	472.97ea	472.97	
877693 06000	29057	☼	Chia Seeds, White, Whole.....	1/25kg	472.97ea	472.97	
877693 00153	29018	☉*☼	Hemp Seeds, Organic (raw).....	1/11.35kg	271.78ea	271.78	

nutritional yeasts

RED STAR NUTRITIONAL YEASTS

017929 74660	02147		VSF Yeast Flakes.....	1/2.72kg	54.26ea	54.26	
775768 02115	02115		VSF Yeast Flakes.....	1/22.7kg	333.15ea	333.15	

Akava (Formerly Krakus) Instant Coffee Alternative.....	88	Barbara's Bakery Cereals.....	72	Bragg Sprinkle Seasoning.....	124
Ak-Mak Sesame Crackers.....	107	Barbara's Bakery Cheese Puffs.....	80	Bremner's Frozen Blueberries (Bulk).....	185
Alexia Frozen Onion Rings.....	39	Barbara's Bakery Fig Bars.....	102	Bremner's Frozen Fruits.....	39
Alexia Frozen Prepared Potatoes.....	39	Barbara's Bakery Snackimals Animal Cookies.....	50	Bremner's Juices.....	61
Alexia Frozen Prepared Potatoes (Bulk).....	185	Barbara's Bakery Snackimals Animal Cookies.....	102	Bruce Cost (Formerly Fresh Ginger) Unfiltered Ginger Ales.....	64
Aliments Trigone Buckwheat Groats.....	78	Bare Fruit Bake-Dried Fruit Snacks.....	110	Búcha Live Kombucha Beverages.....	16
Aliments Trigone Buckwheat Groats (Bulk).....	188	Beanfields Bean & Rice Chips.....	80	Búcha Live Kombucha Beverages.....	160
Aliments Trigone Cream of the Crop Buckwheat Cereal.....	76	Belsoy Cuisine Soy Cream.....	66	Bumble Bar Snack Bars.....	163
Alter Eco Fair Trade Chocolate Bars.....	150	Belsoy Soy Desserts (Puddings).....	154	C20 Pure Coconut Water.....	59
Alter Eco Fair Trade Dark Chocolate Truffles.....	148	Belvoir Fruit Farms Pressé Beverages.....	64	C20 Pure Coconut Water.....	162
Alter Eco Fair Trade Golden Brown Mascobado Sugar.....	154	Beyond Meat Gluten Free Chicken Free Strips.....	41	Caboo Sustainable Paper Towels, Napkins & Tissue.....	172
Alter Eco Fair Trade Quinoa.....	78	Beyond Meat Gluten Free Chicken Free Strips (Bulk).....	186	Caesar's Frozen Gluten Free Pasta Entrées.....	44
Alter Eco Fair Trade Quinoa (Bulk).....	188	Big Mountain Foods Veggie Burgers.....	22	Camel Brand Halvah Bars.....	148
Alter Eco Packaged Fair Trade Jasmine Rice.....	142	Bioitalia Canned Tomatoes.....	68	Camino Fair Trade Cacao Confections.....	148
Amano Miso.....	21	Bioitalia Carrot Juice.....	60	Camino Fair Trade Chocolate Bars.....	150
Amano Miso (Bulk).....	184	Bioitalia Pastas.....	138	Camino Fair Trade Coffees.....	89
Amano Soy Sauces & Tamari.....	117	Bioitalia Pesto Sauce.....	144	Camino Fair Trade Hot Chocolate Mix.....	88
Amano Soy Sauces & Tamari (Bulk).....	191	Bioitalia Tomato Sauces.....	144	Camino Fair Trade Hot Chocolate Mix (Bulk).....	189
Amy's Canned Baked Beans.....	57	Biokleen Household Cleaners.....	174	Canadian Kelp Resources Sea Vegetables.....	122
Amy's Canned Chilies.....	57	Biokleen Laundry Products.....	176	Casbah Cereals & Grains.....	79
Amy's Canned Refried Beans.....	58	Bio-Vert Air Fresheners.....	174	Casbah Couscous.....	141
Amy's Canned Soups.....	145	Bio-Vert Household Cleaners.....	174	Casbah Flavoured Pilafs.....	141
Amy's Frozen Burgers.....	41	Bio-Vert Household Cleaners (Bulk).....	197	Casbah Mediterranean Specialities Mixes.....	141
Amy's Frozen Entrées.....	43	Bio-Vert Laundry Products.....	176	Casbah Mediterranean Specialities Mixes.....	141
Amy's Frozen Pizzas.....	46	Bio-Vert Laundry Products (Bulk).....	198	Cascadian Farm Cereals & Granolas.....	72
Amy's Frozen Pocket Sandwiches.....	44	Bio-Vert Liquid Hand Soap.....	180	Celestial Seasonings Teas.....	90
Ancient Harvest Quinoa Elbow Pasta (Bulk).....	194	Birdie & Bill's Natural Craft Sodas (Formerly Begley's & Bill's).....	63	Celestial Seasonings Wellness Teas.....	90
Ancient Harvest Quinoa.....	78	Blue Diamond Almond Breeze Non-dairy Beverages.....	66	Central Roast Dried Fruit & Nut Snacks.....	112
Ancient Harvest Quinoa (Bulk).....	188	Blue Diamond Almond Breeze Fresh Non-dairy Beverages.....	14	Central Roast Dried Fruit & Nut Snacks.....	131
Ancient Harvest Quinoa Pasta & Cheese Dinners.....	140	Blue Diamond Almonds.....	130	Central Roast Dried Fruit Snacks.....	110
Ancient Harvest Quinoa Pastas.....	136	Blue Diamond Nuts-Thins Nut & Rice Snack Crackers.....	107	Central Roast Dry Roasted Nuts.....	131
Angie's Popcorn.....	80	Blue Monkey Baked Coconut Chips.....	110	Central Roast Raw Nuts.....	131
Anita's Organic Mill Baking Mixes.....	52	Blue Monkey Canned Coconut Beverages.....	66	Central Roast Raw Pumpkin Seeds.....	133
Anita's Organic Mill Breakfast Boosters.....	72	Blue Monkey Coconut Coffee Beverage.....	89	Chefs Select Wax Paper.....	51
Anita's Organic Mill Cereals & Grains.....	78	Blue Monkey Coconut Cream.....	118	Choice Organic Teas.....	90
Anita's Organic Mill Cereals & Grains (Bulk).....	188	Blue Monkey Coconut Water.....	59	Ciao Bella Frozen Sorbets.....	36
Anita's Organic Mill Flours (Bulk).....	190	Blue Monkey Coconut Water.....	161	Clausthaler Malt Beverage.....	60
Anita's Organic Mill Flours.....	114	Blue Monkey Instant Coconut Water.....	58	CleanWell Botanical Disinfectant Household Cleaners.....	174
Anita's Organic Mill Instant Hot Cereals.....	76	Blue Monkey Instant Coconut Water.....	161	CleanWell Botanical Fabric Deodorizer.....	176
Anita's Organic Mill Instant Hot Cereals (Bulk).....	188	Blue Monkey Pure Mango Juice.....	60	Clif Builder's Natural Protein Bars.....	164
Anita's Organic Mill Pancake & Waffle Mix.....	52	Blue Sky Natural Sodas.....	64	Clif Crunch Granola Bars.....	100
Anita's Organic Mill Pancake & Waffle Mix (Bulk).....	186	Blue Star Farms Stone Ground Crackers.....	107	Clif Energy Bars.....	164
Annie Chun's Noodle Bowls.....	121	Bob's Red Mill Aluminum Free Baking Powder & Soda.....	52	Clif Luna Whole Nutrition Bars For Women.....	164
Annie Chun's Rice Noodles.....	121	Bob's Red Mill Baking Mixes.....	53	Clif Mojo Trail Mix Bars.....	101
Annie Chun's Roasted Seaweed Snacks.....	122	Bob's Red Mill Cereals & Grains.....	79	Clif Shot Bloks Energy Chews.....	164
Annie Chun's Soup Bowls.....	120	Bob's Red Mill Date Sugar.....	154	Clif Shot Energy Gels.....	164
Annie's Homegrown Bunny Fruit Snacks.....	148	Bob's Red Mill Date Sugar (Bulk).....	197	Cloud 9 Specialty Bakery Gluten Free Baking Mixes.....	53
Annie's Homegrown Bunny Graham's Snacks.....	102	Bob's Red Mill Flax Seed Meal.....	23	Coconut Bliss Non-dairy Frozen Coconut Milk Desserts.....	36
Annie's Homegrown Cheddar Bunnies Baked Snack Crackers.....	107	Bob's Red Mill Flours.....	115	Coconut Bliss Non-dairy Frozen Coconut Milk Novelties.....	36
Annie's Homegrown Gluten Free Bunny Cookies.....	102	Bob's Red Mill Gluten Free All Purpose Baking Flour (Bulk).....	190	Comensoli Gluten Free Baking Mixes.....	53
Annie's Homegrown Pasta & Cheese Dinners.....	140	Bob's Red Mill Granolas.....	72	Comensoli Gluten Free Frozen Pizza Crusts.....	35
Annie's Homegrown Snack Mixes.....	80	Bob's Red Mill Hazelnut Meal Flour.....	21	Comensoli Gluten Free Frozen Pizzas.....	46
Arayuma Fair Trade Coconut Milk.....	118	Bob's Red Mill Hot Cereals.....	77	Comensoli Gluten Free Pancake & Waffle Mix.....	53
Arizona Pepper's Organic Harvest Foods Hot Sauces.....	99	Bob's Red Mill Natural Egg Replacer.....	52	Country Choice Canister Hot Cereals.....	77
Artesian Acres Kamut Pastas (Bulk).....	195	Bob's Red Mill Nutritional Yeast.....	170	Country Choice Cookies.....	102
Artesian Acres Kamut Pastas.....	136	Bob's Red Mill Pancake & Waffle Mixes.....	53	Country Fresh Sesame Dreams.....	102
Atlantic Mariculture Dulse.....	122	Bob's Red Mill Sea Salt.....	124	Cream-Nut Natural Peanut Butters.....	129
Aunt Gloria Canned Tomatoes.....	68	Bob's Red Mill Seeds & Meal.....	132	Crofter's Organic Fruit Spreads.....	128
Aunt Trudy's Frozen Fillo Desserts.....	34	Bob's Red Mill Seeds & Meal.....	169	Crofter's Organic Fruit Spreads (Bulk).....	193
Aunt Trudy's Frozen Fillo Pocket Sandwiches.....	44	Bob's Red Mill Shredded Coconut.....	52	Cuisine Camino Fair Trade Baking Chocolate.....	53
Avalon Valley Pride Organic Milk & Cream.....	14	Bob's Red Mill Soup Mixes.....	145	Cuisine Camino Fair Trade Baking Chocolate (Bulk).....	186
Bag To Earth Food Waste Bags.....	173	Bob's Red Mill Textured Vegetable Protein.....	148	Cuisine Camino Fair Trade Baking Cocoa.....	54
Bakers Supply House Aluminum Free Baking Powder.....	52	Bob's Red Mill Toasted Carob Powder.....	53	Cuisine Camino Fair Trade Baking Cocoa (Bulk).....	186
Bakers Supply House Aluminum Free Baking Powder (Bulk).....	186	Bob's Red Mill Xanthan Gum.....	53	Cuisine Camino Fair Trade Shredded Coconut.....	54
Bakers Supply House Corn Starch.....	52	Bombay Dine Canned Soups.....	146	Cuisine Camino Fair Trade Sugar.....	154
Bakers Supply House Natural Food Colours.....	52	Bombay Dine Canned Whole Beans.....	57	Cuisine Camino Fair Trade Sugar (Bulk).....	197
Bakers Supply House Thicken-Thin Thickener.....	52	Boulder Canyon Natural Foods Snack Chips.....	82	Daiya Cheese Alternatives.....	17
Bakers Supply House Vanilla Extract.....	52	Bounce Natural Energy Balls.....	163	Daiya Cream Cheese Alternatives.....	17
Bana Krisp Dried Fruit & Sesame Snacks.....	134	Bragg Apple Cider Vinegar.....	96	Daiya Frozen Gluten Free Vegan Pizzas.....	46
		Bragg Dressings & Marinades.....	99	Daiya Shreds Cheese Alternatives (Bulk).....	184
		Bragg Liquid Soy (Aminos).....	96		

Dandies Vegan Marshmallows.....	54	Eden Mustards.....	96	Four O'Clock Teas.....	92
Darifree Non-dairy Powdered Milk Alternative.....	65	Eden Oils.....	134	Freekeh Roasted Green Wheat.....	80
Darifree Non-dairy Powdered Milk Alternative.....	168	Eden Packaged Dried Fruit Snacks.....	112	Freekeh Roasted Green Wheat (Bulk).....	189
Darifree Non-dairy Powdered Milk Alternative (Bulk).....	187	Eden Packaged Dry Beans.....	57	FreeYumm Allergen Friendly Oat Bars.....	50
DeeBee's Frozen Teapops.....	36	Eden Packaged Nut Snacks.....	131	FreeYumm Allergen Friendly Oat Bars.....	101
Divine Fair Trade Chocolate Bars.....	152	Eden Packaged Pumpkin Seed Snacks.....	134	Freeyumm Frozen Allergen Friendly Mini Cakes & Brownies...30	
Divine Harvest Fruit Spreads.....	128	Eden Pasta Sauces.....	144	Freeyumm Frozen Allergen Friendly Mini Cakes & Brownies...34	
Domo Honey Crystals.....	154	Eden Pastas.....	138	Fresh Is Best Refrigerated Salsas & Guacamole.....	25
Domo Stone Ground Tea Blends.....	92	Eden Ponzu Dipping Sauce.....	119	Fresh Is Best Tortilla Chips.....	82
Donia Farms Kefir Smoothies.....	26	Eden Popping Corn.....	80	Frontier Baking Supplies.....	54
Dr. Bronner's Magic Fair Trade Coconut Oil.....	134	Eden Sauerkraut.....	96	Frontier Baking Supplies (Bulk).....	186
Dream Non-dairy Beverages.....	66	Eden Sea Vegetables.....	122	Frontier Broth Powders.....	145
Dream Non-dairy Frozen Desserts.....	36	Eden Soy & Rice Beverages.....	66	Frontier Broth Powders (Bulk).....	196
Dr. Praeger's Frozen Burgers.....	41	Eden Vinegars.....	96	Frontier Bulk Culinary Salts.....	124
Dr. Praeger's Frozen Fishies.....	30	Eden Whole Grain Muesli.....	72	Frontier Bulk Culinary Salts (Bulk).....	191
Dr. Praeger's Frozen Fish Nuggets.....	43	Edward & Sons Baked Brown Rice Snaps.....	107	Frontier Bulk Herbs & Spices.....	124
Dr. Praeger's Frozen Potato Pancakes.....	44	Edward & Sons Exotic Rice Toast Crackers.....	107	Frontier Bulk Herbs & Spices (Bulk).....	191
Dr. Praeger's Kid Friendly Frozen Veggie Bites.....	30	Edward & Sons Mashed Potato Flakes.....	141	Frontier Clay Powders.....	180
Dr. Praeger's Kid Friendly Frozen Veggie Bites.....	44	Edward & Sons Miso-Cup Soups.....	120	Frontier Flavours & Extracts.....	54
Earth Balance Natural Buttery Spreads (Bulk).....	184	Elevate Me Instant Hot Oatmeals.....	77	Frontier Nutritional Yeast.....	170
Earth Balance Nut Butters.....	129	Elevate Me Protein & Fruit Energy Bars.....	164	Frontier Packaged Spices & Seasonings.....	126
Earth Balance Shortening.....	17	Emergen-C Vitamin & Mineral Supplement Drink Mixes.....	168	Frontier Storage Jars.....	126
Earth Balance Shortening.....	24	Emma Unbleached Coffee Filters.....	89	Fruit d'Or Dried Berries.....	112
Earth Balance Spreads & Sticks.....	17	Endangered Species Ethically Traded Chocolate Bars.....	152	Fruit d'Or Pure Cranberry Juices.....	61
Earth Balance Vegan Popcorn Snacks.....	82	Ener-C Vitamin & Mineral Supplement Drink Mixes.....	168	Fruitsource Confections.....	148
Earthbound Farm Organic Frozen Fruits.....	39	Enerjive Skinny Gluten Free Quinoa Crackers.....	107	Fruitsource Confections (Bulk).....	196
Earthbound Farm Organic Frozen Vegetables.....	40	Enjoy Life Dairy, Soy & Gluten Free Baking Chocolate.....	54	Gardein Frozen Meat Alternatives.....	42
Earth Island Refrigerated Dressings.....	21	Enjoy Life Nut & Gluten Free Cereals.....	72	Garden of Eatin' Snack Chips.....	82
Earth Island Vegan Gourmet Cheese Alternatives.....	17	Enjoy Life Nut & Gluten Free Chewy Snack Bars.....	101	gDiapers System.....	180
Earth Island Vegan Gourmet Cream Cheese Alternative.....	18	Enjoy Life Nut & Gluten Free Cookies.....	102	Gerolsteiner Mineral Water.....	65
Earth Island Vegan Gourmet Sour Cream Alternative.....	27	Enjoy Life Nut & Gluten Free Granolas.....	72	GG Unique Fibre Scandinavian Bran Crispbread.....	107
Earth Island Vegenaïse Dipping Sauces & Spreads.....	20	Enjoy Life Nut & Gluten Free Seed & Fruit Trail Mixes.....	134	GimMe Roasted Seaweed Snacks.....	122
Earth Island Vegenaïse Dressings & Sandwich Spreads.....	20	EnviroKidz Cereals.....	72	Ginger People Cooking Sauces.....	99
Earth's Best Baby Foods.....	50	EnviroKidz Crispy Rice Bars.....	101	Ginger People Cooking Sauces.....	119
Earth's Best Baby Infant Formulas.....	50	Equal Exchange Fair Trade Coffee Beans.....	89	Ginger People Ginger Beverages.....	61
Earth's Best Sesame Street Toddler Foods.....	50	Equal Exchange Fair Trade Coffee Beans (Bulk).....	189	Ginger People Ginger Confections.....	149
Earth's Best Tendercare Chlorine Free Disposable Diapers.....	180	Erin Baker's Homestyle Baked Granolas.....	73	Ginger People Ginger Confections (Bulk).....	196
Earth's Choice Peanut Butters.....	129	Europe's Best Frozen Chopped Kale.....	40	Ginger People Ginger Juice.....	96
Earth's Own Almond Fresh Non-dairy Almond Beverages.....	15	Europe's Best Frozen Fruits.....	40	Ginger People Minced & Pickled Ginger.....	96
Earth's Own Almond Non-dairy Almond Beverages.....	66	Evergreen Frozen Wheat Grass Juice.....	43	Glee Gum Natural Chewing Gum.....	149
Earth's Own Amoré Refrigerated Almonds & Dairy Milk.....	14	Evergreen Frozen Wheat Grass Juice.....	161	Glutino Frozen Gluten Free Breads & Buns.....	32
Earth Water.....	65	Farmer's Market Canned Vegetables.....	70	Glutino Frozen Gluten Free Entrées.....	44
Eaternal Soapnut Natural Laundry Detergent.....	176	FeedingChange Chickpea Miso.....	21	Glutino Frozen Gluten Free Pizza Crusts.....	35
E-Cloth Deep Clean Mop System.....	173	FeedingChange Frozen Chocolate Macaroons.....	47	Glutino Frozen Gluten Free Pizzas.....	46
E-Cloth Reusable Cleaning & Polishing Cloths.....	173	FeedingChange Frozen Raw Thai Coconut Water.....	36	Glutino Gluten Free Bread Crumbs.....	54
Eco-Max Household Cleaners.....	174	FeedingChange Frozen Raw Thai Coconut Water.....	43	Glutino Gluten Free Breakfast Bars.....	101
Eco-Max Laundry Products.....	177	FeedingChange Frozen Raw Thai Coconut Water.....	161	Glutino Gluten Free Cereal Snack Bars.....	101
EcoSafe~6400 Biodegradable & Compostable Trash Bags.....	173	FeedingChange Frozen Thai Coconut Meat.....	40	Glutino Gluten Free Chocolate Wafer Candy Bars.....	149
EcoSafe~6400 Kitchen Caddies.....	174	Fever-Tree Premium Beverages.....	64	Glutino Gluten Free Cookies.....	104
EcoSafe Biodegradable Doggie Bags.....	140	Field Roast Grain Meat Co. Frozen Meat Alternatives.....	41	Glutino Gluten Free Crackers.....	108
Ecos Pure Coconut Water.....	59	Field Roast Grain Meat Co. Frozen Meatless Celebration Roast.....	41	Glutino Gluten Free Pantry Baking Mixes.....	54
Ecos Pure Coconut Water.....	162	Fillo Factory Frozen Fillo Pastry Dough & Shells.....	35	Glutino Gluten Free Pantry Pancake Mix.....	54
Ecover Hand Soaps.....	180	Fillo Factory Frozen Hors d'Oeuvres/Appetizers.....	44	Glutino Gluten Free Pastas.....	138
Ecover Household Cleaners.....	175	Filsinger's Organic Foods Apple Cider Vinegar.....	96	Glutino Gluten Free Pretzel Confections.....	149
Ecover Laundry Products.....	177	Filsinger's Organic Foods Apple Cider Vinegar (Bulk).....	189	Glutino Gluten Free Pretzels.....	82
Eden Apple Butter.....	128	Firefly Kitchens Probiotic Fermented Raw Vegetables.....	20	Glutino Gluten Free Toaster Pastries.....	51
Eden Apple Sauce.....	144	First Food Organics Baby Cereals & Snacks.....	50	Golden Boy Peanut Butter.....	129
Eden Barley Malt Syrup.....	157	Food For Life Ezekiel Sprouted Grain Cereals.....	73	Golden Boy Peanut Butter (Bulk).....	193
Eden Bottled Tomatoes.....	68	Food For Life Ezekiel Sprouted Whole Grain Pastas.....	138	Golden Temple Granolas.....	73
Eden Buckwheat Soba Noodles.....	121	Food For Life Frozen Gluten Free Rice Flour Breads.....	30	Golden Temple Granolas (Bulk).....	188
Eden Canned Baked & Flavoured Beans.....	58	Food For Life Frozen Gluten Free Tortillas.....	30	Good Karma Flax Delight Non-dairy Beverages.....	67
Eden Canned Chillies.....	58	Food For Life Frozen Sprouted Grain Breads & Buns.....	30	Good Karma Flax Delight Refrigerated Non-dairy Beverages..15	
Eden Canned Flavoured Rice & Beans.....	58	Food For Life Frozen Sprouted Grain Tortillas.....	32	Gourmet Croissant Frozen Croissants.....	34
Eden Canned Refried Beans.....	58	Food For Life Frozen Yeast & Gluten Free Rice Breads.....	32	Gourmet Croissant Frozen Croissants (Bulk).....	185
Eden Canned Tomatoes.....	68	Food Should Taste Good Gluten Free Tortilla Chips.....	82	Grandma Nunweiler's Pancake & Waffle Mixes.....	54
Eden Canned Whole Beans.....	57	Fourmi Bionique Gourmet Fruit & Nut Snacks.....	112	Greek Gods Greek Style Yogurts.....	27
Eden Cereals & Grains.....	79	Fourmi Bionique Gourmet Fruit & Nut Snacks.....	131	Greek Gods Kefir (Cultured Milk).....	27
Eden French Sea Salt.....	124	Fourmi Bionique Gourmet Granola Bars.....	101	Green Cuisine Amazake Refrigerated Rice Beverages.....	15
Eden Japanese Specialities.....	118	Fourmi Bionique Gourmet Granolas.....	73	Green Cuisine Frozen Tempeh.....	47
Eden Juices.....	61	Four O'Clock Herbalist Functional & NHP Teas.....	92	Green Cuisine Refrigerated Mochi.....	22

Green Cuisine Tempeh Burgers.....	22
Green Cuisine Tempeh.....	26
Green Cuisine Tofu.....	26
Green Cuisine Wheat Cutlets (Seitan).....	22
Greenola Pickles.....	96
Greenola Sauerkraut.....	96
GT's Organic Raw Kombucha Beverages.....	16
GT's Organic Raw Kombucha Beverages.....	160
GT's Synergy Organic Raw Kombucha & Juice Beverages.....	160
GT's Synergy Organic Raw Kombucha & Juice Beverages.....	16
Guayaki Ready-To-Drink Maté Beverages.....	95
Guayaki Yerba Maté Loose Tea (Bulk).....	189
Guayaki Yerba Maté Teas.....	88
Guru Energy Drinks.....	59
Guru Energy Drinks.....	162
Happy Planet Refrigerated Gourmet Soups.....	25
Happy Planet Refrigerated Juices.....	14
Happy Planet Refrigerated Ready-To-Drink Protein Smoothie.....	16
Happy Planet Refrigerated Ready-To-Drink Protein Smoothie.....	160
Happy Planet Refrigerated Santa Fe Four-Bean Chili.....	24
Happy Planet Shelf Stable Juices.....	61
Happy Tails Holistic Cat Food.....	140
Happy Tails Holistic Cat Food (Bulk).....	195
Happy Tails Holistic Dog Food.....	140
Happy Tails Holistic Dog Food (Bulk).....	195
Hardbite Handcrafted Potato Chips.....	82
Harvest Sun Bouillon Cubes & Broth Powders.....	145
Harvest Sun Canned Tomatoes.....	70
Harvest Sun Himalayan Crystal Salt.....	126
Harvest Sun Soups.....	145
Health Valley Canned Low Sodium Soups.....	146
Health Valley Frozen Berries.....	40
Healthy Times Baby Cereals, Cookies & Biscuits.....	50
Helen's Kitchen Frozen Entrées.....	44
Helen's Kitchen Meat Alternatives.....	22
Here's The Scoop Clumping Cat Litter.....	140
Here's The Scoop Clumping Cat Litter (Bulk).....	195
House Foods Refrigerated Shirataki Pastas.....	22
Hubert's Lemonade.....	61
iChoc Chocolate Bars.....	152
If You Care Baking & Kitchen Supplies.....	51
If You Care Unbleached Coffee Filters.....	89
Imagine Natural Broths.....	146
Imagine Natural Soups.....	146
Imagine Prepared Gravies.....	144
Isadora's Frozen Go Nuts Burgers.....	42
Jerseyland Organics Yogurts.....	27
Jovial Cookies.....	104
Jovial Gluten Free Pastas.....	138
Julie's Organic Frozen Sorbet Novelties.....	38
Julie's Organic Non-dairy Coconut Novelties.....	38
Jyoti Natural Foods Canned Baby Dark Chickpeas.....	57
Jyoti Natural Foods Canned Simmer Sauces.....	119
Jyoti Natural Foods Indian Entrées.....	121
Kali Wags Dog Treats.....	140
Kan's Gourmet Foods Frozen Appetizers/Hors d'Oeuvres.....	41
Kan's Gourmet Foods Frozen Appetizers/Hors d'Oeuvres.....	44
Kashi Cereals.....	73
Kashi Granola Bars.....	101
Kashi Snack Crackers.....	108
Kettle Brand Baked Potato Chips.....	83
Kettle Brand Krinkle Cut Potato Chips.....	84
Kettle Brand Popcorn.....	83
Kettle Brand Potato Chips.....	83
Kettle Bulk Quality Handcrafted Nut Snacks.....	131
Kettle Bulk Quality Handcrafted Nut Snacks (Bulk).....	194
Kiju Juices.....	61
Kiju Ready-To-Drink Bottled Iced Teas.....	95
Kind Healthy Snacks Food Bars.....	165
Kind Healthy Snacks Healthy Grains (Granolas).....	74
King Island Coconut Milk Beverage.....	67
King Island Coconut Water.....	59
King Island Coconut Water.....	162
Knudsen Apple Juice.....	62
Knudsen Apple Juice (Bulk).....	187
Knudsen Juices.....	62
Knudsen Sparkling Juices.....	64
Knudsen Spritzers.....	64
Koda Farms (Kasa Koda) Kokuho Rose Heirloom Rice (Bulk).....	195
Koda Farms (Kasa Koda) Kokuho Rose Heirloom Rice.....	142
Koda Farms Rice Flours.....	117
Kombucha Wonder Drink Teas.....	95
Kombucha Wonder Drink Teas.....	163
Kona Red Hawaiian Superfruit Antioxidant Juice.....	62
Kootenay Kitchen Gomashio.....	118
Kootenay Kitchen Gomashio (Bulk).....	191
Kootenay Kitchen Végé-Pâtés.....	25
L'Ancêtre Cheeses.....	18
L'Ancêtre Cheeses (Bulk).....	184
L'Ancêtre Frozen Butter.....	36
LäraBar Fruit & Nut Food Bars.....	165
Le Pain des Fleurs Gluten Free Crispbreads.....	108
Let's Do... Ice Cream Cones.....	106
Let's Do... Organic Coconut Flour.....	117
Let's Do... Organic Coconut.....	55
Let's Do... Organic Packaged Tapioca.....	54
Let's Do... Organic Sprinkelz.....	54
Level Ground Direct Fair Trade Coffees.....	89
Level Ground Direct Fair Trade Dried Fruits.....	112
Level Ground Fair Trade Cane Sugar.....	154
Level Ground Fair Trade Cane Sugar (Bulk).....	197
Lick Your Chops Cat Food.....	140
Lick Your Chops Dog Food.....	140
Life Choices Frozen Chicken & Fish Pieces.....	43
Life Choices Frozen Thin Crust Pizzas.....	46
Life Choices Macaroni & Cheese Dinners.....	141
Limonitz Sparkling Lemonades.....	64
Little Duck Organics Tiny Fruit Snacks.....	51
Lotus Fine Foods Gluten Free Quinoa Granola.....	74
Luc Bergeron Maple Butter.....	128
Luc Bergeron Maple Syrup.....	157
Lucy's Nut, Dairy & Wheat Free Cookies.....	104
Lundberg Brown Rice Flour.....	117
Lundberg Brown Rice Flour (Bulk).....	190
Lundberg Brown Rice Syrups.....	157
Lundberg Brown Rice Syrups (Bulk).....	197
Lundberg Bulk Rice.....	142
Lundberg Bulk Rice (Bulk).....	195
Lundberg Gourmet Blends Olde World Pilaf (Rice & Beans).....	141
Lundberg Packaged Nutra-Farmed Rice Blends.....	142
Lundberg Packaged Rice.....	143
Lundberg Rice Cakes.....	109
Lundberg Rice Chips.....	84
Lundberg Risotto Mixes.....	141
Lundberg Roasted Brown Rice Couscous.....	141
Lundberg Whole Grain Rice & Seasoning Mix Entrées.....	141
Mackellar Farms Frozen Edamame.....	40
Mackie's of Scotland Potato Crisps.....	84
Made In Nature Dried Fruits.....	112
Made In Nature Raisins.....	21
Made In Nature Raisins.....	113
Madhava Agave Nectar.....	154
Maine Coast Dulce.....	123
Maisie Jane's Nut Butters.....	129
Maisie Jane's Nut Confections.....	149
Maisie Jane's Packaged Nut Snacks.....	132
Maison Orphée Flax Seed Oil.....	24
Maison Orphée Flax Seed Oil.....	24
Maison Orphée Flax Seed Oil.....	160
Maison Orphée Mustards.....	96
Maison Orphée Mustards (Bulk).....	190
Maison Orphée Oils.....	134
Maison Orphée Sea Salt (Bulk).....	193
Maison Orphée Sea Salt.....	126
Maison Orphée Vinegars.....	96
Mamma Chia Refrigerated Vitality Beverages.....	16
Mandarin Tofu.....	26
Manitoba Harvest Hemp Bliss Non-dairy Beverages.....	67
Manitoba Harvest Hemp Hearts (Shelled Hemp Seeds).....	133
Manitoba Harvest Hemp Hearts (Shelled Hemp Seeds).....	169
Manitoba Harvest Hemp Hearts (Bulk).....	194
Manitoba Harvest Hemp Hearts (Bulk).....	198
Manitoba Harvest Hemp Protein Powder (Bulk).....	198
Manitoba Harvest Hemp Seed Oil Capsules.....	168
Manitoba Harvest Hemp Seed Oils.....	24
Manitoba Harvest Hemp Seed Oils.....	161
Manna Frozen Breads.....	32
Maple Hill Farms Free Range Eggs.....	21
Mapleton's Organic Frozen Ice Cream.....	38
Mapleton's Organic Frozen Ice Cream Sandwiches.....	38
Mapleton's Organic Frozen Yogurts.....	38
Maranatha Dark Chocolate Nut Spread.....	128
Maranatha Nut & Seed Butters.....	129
Marukan Rice Vinegars.....	98
Mary's Organic Crackers.....	108
Mary's Organic Gluten Free Cookies.....	104
Mary's Organic Sticks & Twigs Pretzel Snacks.....	85
Maureen's Food World Frozen Pie Shells.....	35
Maureen's Food World Jerk Sauce.....	99
Maureen's Food World Jerk Sauce.....	119
Mediterranean Snacks Baked Lentil Chips.....	85
Mexi-Snax Tortilla Chips.....	85
Miller Springs Mountain Spring Water.....	65
Miller Springs Mountain Spring Water (Bulk).....	187
Miscellaneous Baking Supplies.....	52
Miscellaneous Baking Supplies (Bulk).....	186
Mitoku Japanese Specialties.....	118
Mitoku Japanese Specialties (Bulk).....	191
Mitoku Japanese Teas.....	93
Mitoku Sea Vegetables.....	123
Mitoku Sea Vegetables (Bulk).....	191
Modern Products Brewers Yeast.....	170
Modern Products Hauser Vegetable Broth Powder.....	145
Modern Products Seasonings.....	127
Modern Products Seasonings (Bulk).....	193
MoisturLok Liquid Sweetener & Fat Replacer.....	154
MoisturLok Liquid Sweetener & Fat Replacer (Bulk).....	197
Molly B's Gluten Free Kitchen Frozen Baked Goods.....	34
Molly B's Gluten Free Kitchen Frozen Baking Shells.....	35
Monkey Toast Fruit Crisps.....	51
Monkey Toast Fruit Crisps.....	108
Mori-Nu Silken Tofu.....	148
Mountain Ocean Skin Care.....	180
Mount Hagen Coffees.....	90
Mumm's Sprouting Seeds.....	133
mySmoothie Shelf Stable Juices.....	62
Naam Cooking Sauces & Dressings.....	99
Naam Cooking Sauces & Dressings.....	120
Nanak Ghee (Clarified Butter).....	118
Nasoya Nayoanaise Spread.....	98
Native Forest Canned Coconut Milk.....	118
Native Forest Canned Coconut Milk (Bulk).....	191
Native Forest Canned Fruits.....	70
Native Forest Canned Vegetables.....	70
Natracare Feminine Care Products.....	181

Natracare Organic Cotton Baby Wipes.....	180	One Degree Organic Foods Frozen Vegan Breads.....	32	Quality Bakery Shelf Stable Whole Grain Breads.....	51
Natur-a Non-dairy Beverages.....	67	One Degree Organic Foods Sprouted Grain Cereals.....	76	Que Pasa Frozen Tortillas.....	34
Nature Clean Household Cleaners.....	175	One Degree Sprouted Grain Flours.....	117	Que Pasa Salsas.....	143
Nature Clean Laundry Products.....	177	One Degree Sprouted Grain Flours (Bulk).....	190	Que Pasa Tortilla Chips.....	86
Nature Clean Laundry Products (Bulk).....	198	ONEarth Coconut Sugar.....	154	R ã Energy Seed Mixes.....	133
Nature Clean Liquid Hand Soaps.....	180	ONEarth Frozen Ice Cream.....	38	Rã Energy Seed Mixes.....	170
Nature Clean Pet Stain & Odour Remover.....	140	ONEarth Gluten Free Baking Mixes.....	55	RawFoodz CheeSauce Vegan Sauces & Spreads.....	20
Nature's Bakery Whole Wheat Fig Bars.....	104	Oogie's Gourmet Popcorn.....	85	RawFoodz CheeSauce Vegan Sauces & Spreads.....	25
Nature's Earthly Choice Black Rice.....	143	Orchid Dried Whole Vanilla Beans.....	55	RawFoodz Refrigerated Dressings.....	21
Nature's Earthly Choice Easy Quinoa.....	142	Orchid Real Flavour Extracts.....	55	RawFoodz Zen Buddha Refrigerated Buttery Style Spreads.....	17
Nature's Earthly Choice (Ruth's) Chia Goodness Cereals.....	74	Orchid Real Flavour Extracts (Bulk).....	186	Real Brew Premium Sodas.....	64
Nature's Earthly Choice (Ruth's) Raw Goodness Chia Seeds.....	133	Organic India Tulsi Teas.....	93	Real Foods Corn Thins Crackers.....	108
Nature's Earthly Choice (Ruth's) Raw Goodness Chia Seeds.....	169	Organic Nirvana (Kasa Koda) Heirloom Rice & Grain Blends.....	142	ReBar Nutritional Food Bars.....	166
Nature's Path Bulk Granolas.....	74	Organimals Sodas.....	64	Red Star Nutritional Yeasts.....	170
Nature's Path Bulk Granolas (Bulk).....	188	P acific Baked Beans.....	58	Red Star Nutritional Yeasts (Bulk).....	198
Nature's Path Cereals.....	75	Pacific Broths.....	146	Rice Dream Refrigerated Rice Beverages.....	15
Nature's Path Flaxplus Flax Seeds & Meal.....	133	Pacific Non-dairy Beverages.....	67	Rico 'N' Lalo Frozen Fruit Ice Bars (Paletas).....	38
Nature's Path Flaxplus Flax Seeds & Meal.....	169	Pacific Refried Beans.....	58	Ridgways Black Teas.....	93
Nature's Path Frozen Toaster Waffles.....	35	Pacific Soups.....	146	Road's End Organics Gravy Mixes.....	100
Nature's Path Granola Bars.....	101	Pamela's Baking Mixes (Bulk).....	186	Rocky Mountain Flatbread Company Frozen Flatbread Pizzas.....	46
Nature's Path Instant Hot Oatmeals.....	77	Pamela's Figgies & Jammies Gluten Free Fig Bars.....	106	Rumble Nourishing Drinks.....	59
Nature's Path Love Crunch Granolas.....	74	Pamela's Pancake Mix.....	56	Rumble Nourishing Drinks.....	162
Nature's Path Puffed Cereals.....	76	Pamela's Pancake Mix (Bulk).....	186	RW Garcia Gluten Free 5-Seed Crackers.....	108
Nature's Path Pure Oats Granolas.....	74	Pamela's Wheat Free Artisan Flour Blend.....	117	S alt Spring Frozen Italian Ice Creams.....	38
Nature's Path Qi'a Superfood Breakfast Cereals.....	76	Pamela's Wheat Free Artisan Flour Blend (Bulk).....	191	Sambazon Amazon Energy Açai Berry Energy Drink.....	59
Navitas Naturals Cacao Beans & Nibs.....	55	Pamela's Wheat Free Baking Mixes.....	55	Sambazon Amazon Energy Açai Berry Energy Drink.....	162
Navitas Naturals Cacao Powder.....	55	Pamela's Wheat Free Cookies.....	106	Sambazon Frozen Fair Trade Fruit Purées.....	40
Navitas Naturals Chia Seeds.....	133	Pamela's Whenever Whole Grain Wheat Free Snack Bars.....	102	Sambazon Frozen Rio Style Açai Sorbet.....	39
Navitas Naturals Chia Seeds.....	169	Paper Chef FSC Certified Culinary Parchment.....	52	Sambazon Frozen Rio Style Açai Sorbet (Bulk).....	185
Navitas Naturals Coconut Sugar.....	154	Patel's Cuisine Indian Entrées.....	121	Sambazon Refrigerated Açai Juice Blends.....	14
Navitas Naturals Dried Berries.....	113	Pâtisserie Lebeau Frozen Liege (Belgian) Waffles.....	35	Sambazon Refrigerated Açai Protein Smoothies.....	16
Navitas Naturals Superfoods Nutritional Powders.....	168	Pearl's Frozen Perogies.....	44	Sambazon Refrigerated Açai Protein Smoothies.....	160
Navitas Naturals Superfoods Snack Mixes.....	113	Penotti Chocolate Spreads.....	128	San-J Brown Rice Crackers.....	108
Nellie's Automatic Dishwasher Nuggets.....	175	Pita Break Frozen Buns.....	34	San-J Cooking Sauces.....	120
Nellie's Laundry Products.....	177	Plum-M-Good Brown Rice Cakes.....	110	San-J Dressings.....	100
Newman's Own Dressings.....	99	Plum-M-Good Gluten Free Breading Crumbs.....	56	San-J Dressings.....	120
Newman's Own Most Wanted BBQ Sauces.....	99	Polaris Spring Water.....	65	San-J Shoyu & Tamari.....	118
Newman's Own Pasta Sauces.....	144	Polaris Spring Water (Bulk).....	187	San-J Tamari (Bulk).....	191
Newman's Own Salsas.....	143	Pomona's Universal Pectin.....	56	Santa Cruz 100% Lemon Juice.....	60
Nile Spice Soup Cups.....	145	Popchips Snack Chips.....	86	Santa Cruz Apple Juices.....	63
Nin Jiom Herbal Cough Syrup.....	168	Prairie Harvest Cereals & Grains.....	80	Santa Cruz Apple Juices (Bulk).....	187
Numi Teas.....	93	Prairie Harvest Free Range Egg Noodles.....	138	Santa Cruz Chocolate Syrup.....	157
Nunweiler's Flours.....	117	Prairie Harvest Gourmet Vegetable Pastas.....	139	Santa Cruz Juices.....	63
Nurture Verde Feminine Care Products.....	181	Prairie Harvest Packaged Dry Beans & Legumes.....	57	Santa Cruz Sparkling Beverages.....	65
Nutiva Coconut Manna Creamy Spread.....	128	Prairie Harvest Pasta Sauces.....	144	Sapadilla Household Cleaners.....	175
Nutiva Culinary Oils.....	135	Prairie Harvest Pastas.....	139	Sapadilla Laundry Liquids.....	177
Nutiva Culinary Oils (Bulk).....	194	Prairie Harvest Pastas (Bulk).....	195	Sapadilla Liquid Hand Soaps.....	180
Nutiva Seeds.....	133	Prairie Harvest Popping Corn.....	80	Saugeen Country Dairy Kefir.....	28
Nutiva Seeds.....	169	Prairie Harvest San Zenone Corn & Rice Pastas.....	139	Saugeen Country Dairy Yogurts.....	28
Nuts To You Nut & Seed Butters (Bulk).....	193	Prairie Harvest Whole Wheat Pastas.....	139	Saugeen Country Dairy Yogurts (Bulk).....	185
Nuts To You Nut & Seed Butters.....	129	Prana Bulk Hemp Seeds.....	24	SeaSnax Chomperz Crunchy Seaweed Chips.....	86
O lympic Krema Greek Style Yogurts.....	28	Prana Bulk Hemp Seeds (Bulk).....	184	SeaSnax Roasted Seaweed Snacks.....	123
Olympic Organic Cream Cheese.....	18	Prana Bulk Seeds (Bulk).....	194	SeaSnax Sea Vegetables.....	124
Olympic Organic Sour Cream.....	27	Prana Bulk Seeds (Bulk).....	198	SeaSnax Stix Crispy Seaweed Strips.....	124
Olympic Organic Yogurt.....	28	Prana Bulk Walnuts.....	23	Sensible Foods Dried Fruit & Vegetable Snacks.....	113
Olympic Organic Yogurt (Bulk).....	185	Prana Bulk Walnuts (Bulk).....	184	Sensible Foods Soy Nuts.....	86
Omanhene Hot Cocoa Mixes.....	88	Prana Bulk Walnuts (Bulk).....	194	Seventh Generation Baby Disposable Diapers.....	180
Omanhene Single Bean Origin Cocoa Powder.....	55	Prana Dried Fruits.....	113	Seventh Generation Baby Wipes.....	180
Omega Nutrition Culinary Oils.....	135	Prana Dried Mango Cheeks (Bulk).....	190	Seventh Generation Household Cleaners.....	176
Omega Nutrition Culinary Vinegars.....	98	Prana Nuts.....	131	Seventh Generation Laundry Products.....	177
Omega Nutrition Culinary Vinegars (Bulk).....	189	Prana Packaged Nut Snacks.....	132	Seventh Generation Paper Towels, Napkins & Tissue.....	173
Omega Nutrition EFA Supplement Oils.....	24	Prana Packaged Nut Snacks (Bulk).....	194	Seventh Generation Trash Bags.....	174
Omega Nutrition EFA Supplement Oils.....	161	Prana Packaged Seed Snacks.....	134	Silk Almond Beverages (Formerly True Almond).....	67
Omega Nutrition Flax Seeds.....	24	Prana Seeds.....	133	Silk Refrigerated Non-dairy Beverages.....	15
Omega Nutrition Flax Seeds.....	169	Prana Seeds.....	169	Silk Refrigerated Soy Creamers (For Coffee).....	15
Omega Nutrition MCT Oil.....	169	Premier Japan Asian Sauces.....	120	Simply Asia Noodle Bowls.....	121
Omega Nutrition Pumpkin Seed Butters.....	130	Probar Nutritional Food Bars.....	165	Simply Asia Noodles & Sauce Dishes.....	121
Omega Nutrition Pumpkin Seed Protein Powders.....	168	Prova Foods Fibre Clear.....	169	Simply Natural Barbecue Sauces.....	99
Omega Nutrition Virgin Coconut Flour.....	117	PurEcosheet (Static Eliminator) Reusable Dryer Sheets.....	178		
Once Again Nut & Seed Butters.....	130	Purely Decadent Non-dairy Frozen Desserts.....	38		

Simply Natural Chunky Salsas.....	143
Simply Natural Dressings.....	100
Simply Natural Ketchup.....	98
Simply Natural Mustards.....	98
Simply Natural Pasta Sauces.....	144
Simply Organic (Frontier) Bottled Spices & Grinders.....	127
Simply Organic (Frontier) Flavours & Extracts.....	56
Simply Organic (Frontier) Gravy Mixes.....	100
Simply Organic (Frontier) Seasoning Mixes.....	100
Sip Natural Craft Sodas.....	65
Sobaya Japanese Style Pastas.....	121
Sobaya Japanese Style Pastas (Bulk).....	191
So Delicious Coconut Milk Beverages.....	68
So Delicious Cultured Almond Milk (Yogurt).....	28
So Delicious Cultured Coconut Milk (Yogurt).....	28
So Delicious Non-dairy Frozen Coconut Milk Desserts.....	39
So Delicious Non-dairy Frozen Coconut Milk Novelties.....	39
So Delicious Non-dairy Frozen Desserts.....	39
So Delicious Non-dairy Frozen Multipack Novelties.....	39
So Delicious Refrigerated Coconut Creamers (For Coffee).....	15
So Delicious Refrigerated Coconut Milk Beverages.....	15
Sol Cuisine Frozen Meat Alternatives.....	42
Sol Cuisine Meat Alternatives.....	22
Soleil d'Oor Oils.....	136
So Nice Refrigerated Non-dairy Beverages.....	16
So Nice Soy Beverages.....	68
So Nice Soy Creamer & Barista Blend (For Coffee).....	68
Sound Sea Vegetables Sushi Nori.....	124
Soyganic Tofu.....	26
Spectrum Mayonnaise.....	98
Spectrum Mayonnaise (Bulk).....	189
Spectrum Oils.....	136
Spectrum Oils (Bulk).....	194
Spectrum Palm Oil Shortening.....	17
Spectrum Palm Oil Shortening.....	24
Spectrum Palm Oil Shortening (Bulk).....	184
Spectrum Palm Oil Shortening (Bulk).....	185
Spectrum Seeds.....	134
Spectrum Seeds.....	170
Spectrum Spray Oils.....	136
Spectrum Vinegars.....	98
Stahlbush Island Farms Frozen Fruits.....	40
Stahlbush Island Farms Frozen Fruits (Bulk).....	185
Stahlbush Island Farms Frozen Grains & Legumes.....	41
Stahlbush Island Farms Frozen Vegetables.....	40
Stalk Market Paper Plates.....	178
Starlite Cuisine Frozen Meatless Enchiladas, Tacos & Taquitos.....	44
Steaz Fair Trade Energy Drinks.....	60
Steaz Fair Trade Energy Drinks.....	162
Steaz Fair Trade Iced Green Tea Beverages.....	95
Stickling's Organics Gluten Free Bread Crumbs.....	56
Stickling's Organics Gluten Free Bread Crumbs (Bulk).....	186
Stickling's Organics Gluten Free Croutons.....	99
Stickling's Organics Pizza Crusts.....	51
St. Michael Honey.....	156
St. Michael Honey (Bulk).....	197
Sunco Foods Canned Coconut Milk.....	118
Sundhed Himalayan Crystal Salt & Spice Blends.....	127
Sunflower Kitchen Refrigerated Spreads & Dips.....	25
Sunridge Farms Bulk Nut Snacks.....	132
Sunridge Farms Bulk Nut Snacks (Bulk).....	194
Sunridge Farms Confections (Bulk).....	196
Sunridge Farms Confections.....	149
Sunridge Farms Energy Nuggets.....	166
Sunridge Farms Energy Nuggets (Bulk).....	198
Sunrise Dessert Tofu.....	26
Sunrise Refrigerated Soy Beverage.....	16
Sunrise Tofu.....	26
Sunrise Tofu (Bulk).....	185
Sunspire Baking Chips.....	56
Sunspire Baking Chips (Bulk).....	186
Sunspire Confections.....	150
Sunspire Confections (Bulk).....	196
Surf Sweets Gummy Bears & Worms.....	150
Surf Sweets Jelly Beans.....	150
Suzie's Ancient Grains Breadsticks.....	109
Suzie's Ancient Grains Flatbreads.....	109
Suzie's Saltines Style Crackers.....	109
Suzie's Whole Grain Thin Cakes.....	110
Sweet Ella's Peanut Butters.....	130
Taste Adventure Instant Refried Beans.....	58
Taste Adventure Instant Refried Beans (Bulk).....	187
Taste Adventure Precooked Soups.....	145
Taste Adventure Precooked Soups (Bulk).....	196
Taste Nirvana Coconut Water.....	60
Taste Nirvana Coconut Water.....	162
Taste of Nature Food Bars.....	166
Tasty Bite Entrées.....	122
Tazo Filterbag Teas.....	93
Tazo Full Leaf Teas (Tins).....	93
Tazo Lattes (Concentrates).....	93
Tea Tibet Fair Trade Teas.....	93
Teecino Herbal Coffee Alternatives.....	88
Terra Chips.....	86
Thai Kitchen 10-Minute Simmer Sauces.....	120
Thai Kitchen Canned Coconut Milk.....	119
Thai Kitchen Cooking & Dipping Sauces.....	120
Thai Kitchen Curry & Chili Pastes.....	119
Thai Kitchen Instant Rice Noodles & Sauce.....	122
Thai Kitchen Jasmine Rice Stirfry Noodles.....	121
Thai Kitchen Stirfry Rice Noodles & Sauce.....	122
Thai Kitchen Take Out Meals.....	122
The Edge Food Energy Vegan Nutrition Bars.....	166
The Granola King Artisan Granolas.....	76
The Granola King Artisan Granolas (Bulk).....	188
Thirsty Buddha Natural Coconut Water.....	60
Thirsty Buddha Natural Coconut Water.....	163
Thomas' Utopia Canned Fancy Tomato Juice.....	63
Thomas' Utopia Canned Fancy Tomato Juice (Bulk).....	187
Thomas' Utopia Canned Pasta Sauce.....	144
Thomas' Utopia Canned Tomatoes.....	70
Thomas' Utopia Canned Tomatoes (Bulk).....	188
Thomas' Utopia Ketchup.....	98
Three Farmers Camelina Oils.....	136
Tinkyada Rice Pastas (Bulk).....	195
Tinkyada Rice Pastas.....	139
Tofurella Cheese Alternatives.....	18
Tofurky Frozen Entrées.....	46
Tofurky Frozen Pizzas.....	47
Tofurky Marinated Tempeh Strips.....	26
Tofurky Meat Alternatives.....	22
Tofurky Roast Frozen Meat Alternative.....	42
Tonica Organic Raw Kombucha Beverages.....	17
Tonica Organic Raw Kombucha Beverages.....	160
Traditional Medicinals Wellness Teas.....	93
Triple Jim's Apple Juices & Ciders.....	63
Triple Jim's Apple Juices & Ciders (Bulk).....	187
Triple Jim's Dried Fruits.....	113
Triple Jim's Juices.....	63
Tutti Gourmet Gluten Free Biscotti.....	106
Udi's Gluten Free Ancient Grain Chips.....	86
Udi's Gluten Free Frozen Breads, Bagels & Buns.....	34
Udi's Gluten Free Frozen Muffins & Rolls.....	35
Udi's Gluten Free Frozen Pizza Crusts.....	35
Udi's Gluten Free Frozen Pizzas.....	47
Udi's Gluten Free Soft Baked Cookies.....	106
Udi's Gluten Free Tortillas.....	34
Uncle Luke's Maple Syrups.....	157
Uncle Luke's Maple Syrups (Bulk).....	197
Vancouver Only Dish Soap.....	176
Vancouver Only Laundry Soap.....	178
Van's Frozen Toaster Waffles.....	35
Veganrella Cheese Alternatives.....	18
Veggie-Go's Chewy Fruit & Veggie Snacks.....	114
Venus 8 Grain Crackers.....	109
Vermints Natural Mints & Pastilles.....	150
Vicolo Frozen Pizza Crust Shells.....	35
Vicolo Frozen Pizzas.....	47
Vij's Frozen Inspired Indian Cuisine.....	41
Vij's Frozen Inspired Indian Cuisine.....	46
Village Harvest Packaged Rice.....	143
Vita Coco Coconut Water.....	60
Vita Coco Coconut Water.....	163
Vita Eggs Free Run Eggs.....	21
Vivani Baking Chocolate Couvertures.....	56
Vivani Baking Chocolate Couvertures (Bulk).....	187
Vivani Chocolate Bars.....	152
Vivani Chocolate Hazelnut Spread.....	128
Vortex 9.5 High Alkaline Bottled Water.....	65
Wai Lana Cassava Chips.....	86
Way Better Snacks Sprouted Tortilla Chips.....	88
Weetabix Organic Whole Grain Wheat Cereal.....	76
Wheatland Unbleached White Flour.....	117
Wheatland Unbleached White Flour (Bulk).....	191
Whistler Pure Glacial Spring Water.....	65
Whistler Pure Glacial Spring Water (Bulk).....	187
Whole Alternatives Microwave Popcorn.....	88
Whole Alternatives Popping Corn.....	80
Whole Alternatives Popping Corn.....	80
Wholesome Goat Fresh Chèvre Spreadable Cheese.....	18
Wholesome Goat Frozen Goat Milk Ice Cream.....	39
Wholesome Sweeteners.....	156
Wholesome Sweeteners (Bulk).....	197
Wholesome Sweeteners Syrups.....	157
WholeSoy & Co. Soy Yogurts.....	28
Wildbrine Probiotic Fermented Raw Vegetables.....	20
Wild Country Cotton Tea Strainer.....	89
Wild Country Grain Gourmet Instant Coffee Substitute.....	89
Wild Country Health Honey.....	169
Wild Country Honey.....	156
Wild Country Loose Leaf Teas.....	94
Wildwood SprouTofu Meat Alternatives.....	23
Wildwood SprouTofu Sprouted Tofu.....	26
Wisecrackers Low Fat Crackers.....	109
Wizard's Vegetarian Worcestershire Sauce.....	98
Wolfgang Puck Canned Soups.....	148
Woolwich Dairy Goat Cheeses.....	20
Woolwich Dairy Goat Cheeses (Bulk).....	184
WorldFoods Cooking Sauces & Marinades.....	120
WOW Baking Company Gluten Free Cake Mixes.....	56
WOW Baking Company Gluten Free Cookies.....	106
WowButter Toasted Soy Spreads.....	130
Yogi Teas.....	94
Yü Premium Rice Beverages.....	68
Yves Veggie Cuisine Canned Vegetables.....	70
Yves Veggie Cuisine Canned Whole Beans.....	57
Yves Veggie Cuisine Frozen Meat Alternatives.....	42
Yves Veggie Cuisine Meat Alternative Veggie Chili.....	24
Yves Veggie Cuisine Meat Alternatives.....	23
Zazubean Fair Trade Chocolate Bars.....	152
Zevia Sugar Free Natural Sodas.....	65
Zimt Artisan Raw Chocolate Bars.....	154
Zing Nutritional Food Bars.....	166



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