



PSC Natural Foods

— we deliver the goodness —

June Specials Showcase

Effective June 1-30th 2022
up to 90% off!

MONTHLY SPECIALS

ALTER ECO CHOCOLATE TREAT	4	HAPPY PLANET MORNIN' OATZ SHAKE	13
AMANO MISO (REFRIGERATED)	4	HAPPY PLANET PRODUCTS (REFRIGERATED)	13
AMY'S CANNED SOUP	4	HARDBITE HANDCRAFTED STYLE CHIPS	13
ANGIE'S BOOMCHICKAPOP POPCORN	4	HEALTH-ADE KOMBUCHA (REFRIGERATED)	13
ANNIE'S HOMEGROWN PRODUCTS	4	HEALTHY HIPPO LOW SUGAR CANDY	13
ATLANTIC MARICULTURE DULSE	4	HEE-HAW HORSERADISH	13
AURA NUTRITIONAL SUPPLEMENTS	4	HERBARIA HERBAL TEA	14
AURA CACIA BODY CARE	4	HILARY'S VEGGIE BURGERS (FROZEN)	14
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN)	5	HORNBY ORGANIC ENERGY BAR	14
BIG MOUNTAIN SOY-FREE TOFU (REFRIGERATED)	5	HOT KID RICE CRACKERS	14
BIOITALIA TOMATO PRODUCTS	5	HUER SENSIBLE SWEETS	14
BIO-K PLUS PROBIOTIC (REFRIGERATED)	5	HUNGRY BUDDHA KETO BAR	14
BIOVERT DISHWASHING PRODUCTS	5	IF YOU CARE ENVIROMENT FRIENDLY PRODUCTS	14
BLACK RIVER JUICE	5	IMAGINE FOODS BROTH & SOUP	14
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE	5,6	JUSTIN'S NUT BUTTER CUPS	14
BLUE HERON DAIRY-FREE CULTURED		KASLO SOURDOUGH PASTA	15
CHEESE ALTERNATIVE (REFRIGERATED)	6	KETTLE BRAND POTATO CHIPS	15
BLUE MONKEY PRODUCTS	6	KIND NUT BAR	15
BOB'S RED MILL PRODUCTS	6	KINDRED CULTURES WATER KEFIR (REFRIGERATED)	15
BREMNER'S FRUIT (FROZEN)	6	KING ISLAND COCONUT WATER	15
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED)	6	KINNIKINNICK PRODUCTS	15
BUCHA BREW KOMBUCHA	6,7	KOYO JAPANESE PRODUCTS	15
CABOO PRODUCTS	7	KRISDA SUGAR-FREE SWEETENER	15
CASBAH AUTHENTIC GRAINS & MIXES	7	LAKANTO MONKFRUIT BLEND SWEETENER	15
CENTRAL ROAST POPCORNS	7	L'ANCÊTRE CHEESE (REFRIGERATED)	15
CHA'S ORGANICS SPICES	7	LARABAR ENERGY BAR	16
CHOSEN FOODS PRODUCTS	7,8	LE GRAND PESTOS (REFRIGERATED)	16
CLIF BAR	8	LET'S DO ICE CREAM CONES	16
COCONUT SECRET SOY-FREE SAUCE	8	LET'S DO...ORGANIC PRODUCTS	16
CRAVE SWEETENER	8	LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS	16,17
CROFTER'S ORGANIC FRUIT SPREAD	8	LOVE CHILD ORGANICS BABY FOODS	17
DAIYA PRODUCTS	8	LUNDBERG PRODUCTS	17
DANDIES VEGAN MARSHMALLOWS	8	MAISON ORPHEE MARINADE & OIL	17
DEEBEE'S ORGANICS SUPERFRUIT FREEZIE	8	MADEGOOD GRANOLA SNACK	17
DOMO STONE GROUND TEA	8	MANITOBA HARVEST PRODUCTS	18
DUMET OLIVES	8,9	MARY'S ORGANIC GOURMET CRACKERS	18
EAGLE INSTAFERM BAKING INGREDIENTS	9	MATEINA READY-TO-DRINK YERBA MATES	18
EARTH ISLAND DAIRY-FREE ALTERNATIVES (REFRIGERATED)	9	MAUREEN SIMON FOODS CORP COOKING SAUCES	18
EARTH'S OWN PRODUCTS (REFRIGERATED)	9	MCKENZIE'S COUNTRY FARM HONEY	18
EAT WHOLESOME FOOD CO. PRODUCTS	9	MILLSTREAM FLOUR MILL FLOURS	18
ECOPOOCH COMPOSTABLE DOGGIE BAGS	9	MISHIMA INSTANT SOUP	18
ECOSAFE~6400 COMPOSTABLE BAGS	9	MIYOKO'S NON-DAIRY CHEESE ALTERNATIVES (REFRIGERATED)	18
EDEN PRODUCTS	9	MOCOLATE MORNING GLOW MUSHROOM BLEND CREAMER	18
EDWARD & SONS BAKED BROWN RICE SNAPS	9	MODERN MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN)	18
ELIAS HONEY	9	MOUNTAIN SKY BODY CARE	18,19
ENDANGERED SPECIES OAT MILK CHOCOLATE	10	NAAM PRODUCTS	19
ENER-C DRINK MIX	10	NABATI PLANT EGGZ (REFRIGERATED)	19
ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUP	10	NAKED & SAUCY PRODUCTS	19
ETHICAL BEAN WHOLE BEAN COFFEES	10	NATIVE FOREST CANNED VEGETABLES	19
EVE'S CRACKERS	10	NATRACARE FEMININE CARE	19
EVIVE SMOOTHIE CUBES (FROZEN)	10	NATURA DAIRY-FREE BEVERAGE	19
FARMER'S MARKET CANNED PUMPKIN	10	NATURAL CABANA LEMONADE	19
FATSO NUT & SEED BUTTER	10	NATURE CLEAN PRODUCTS	19,20
FENTIMANS BOTANICALLY BREWED BEVERAGE	10,11	NATURE'S BAKERY FIG BAR	20
FERIDIES PEANUTS	11	NATURE'S NUTS NUT & SEED BUTTER	20
FEVER-TREE DRINK MIXER	11	NATURE'S PATH CEREAL & GRANOLA	20
FIELD ROAST CHAO SLICES (REFRIGERATED)	11	NATURE'S PATH WAFFLES (FROZEN)	20
FIELD ROAST CO. PLANT BASED ALTERNATIVES (FROZEN)	11	NORA'S DAIRY-FREE DESSERT (FROZEN)	20
FLOW ALKALINE SPRING WATER	11	NORTH PRAIRIE GOLD OIL	20
FOLEY'S VITALITY DOG GOURMET DOG TREATS	11	NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED)	20
FOOD FOR LIFE EZEKIEL 4:9 CEREALS	11	NUMI ORGANIC TEA	20
FOOD FOR LIFE PRODUCTS (FROZEN)	11	NUTS FOR CHEESE DAIRY-FREE NUTS FOR BUTTER	
FOUR O'CLOCK TEA	11	& FERMENTED CASHEW PRODUCT (REFRIGERATED)	21
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN)	11	NUUN HYDRATION DRINK TABLETS	21
GENUINE TEA CO. TEA	12	OM MUSHROOM SUPERFOOD MUSHROOM POWDER	21
GIMME ORGANIC ROASTED SUSHI NORI	12	ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR	21
GOLD RUSH POTATO PRODUCTS (FROZEN)	12	OPUS ALCOHOL FREE BEVERAGE	21
GOODDRINK SPRITZER	12	PAPERCHEF CULINARY PARCHMENT BAKING PRODUCTS	21
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED)	12	PARMELA CREAMERY PLANT BASED	
GREEN CUISINE TEMPEH	12	CHEESE ALTERNATIVES (REFRIGERATED)	21
GREEN TABLE FOODS CONDIMENTS (REFRIGERATED)	12	PARTAKE BREWING NON-ALCOHOLIC BEER	21
GT'S LIVING FOODS RAW KOMBUCHA (REFRIGERATED)	12	PATIENCE FRUIT & CO PRODUCTS	21
		PEARL'S PEROGIES (FROZEN)	21

PERFECT CHEF TOMATO PASTA SAUCE	21	SOUTHERN RECIPE SMALL BATCH PORK RINDS	26
PLUM-M-GOOD RICE CAKES	22	SPECTRUM PRODUCTS	26
PORTOFINO EUROPEAN BAKERY	22	SPICE IT UP FOODS MEATLESS MEATBALLS (FROZEN)	26
BREAD PRODUCTS (FROZEN)	22	STAHLBUSH ISLAND FARMS FRUIT (FROZEN)	26
PRAIRIE HARVEST KETCHUP	22	STICKLING'S BAKERY PRODUCTS	26
PRANA PRODUCTS	22	SUNSORYA SPIRULINA SPRINKLES	27
QUE PASA TORTILLA CHIPS	22	TASTY BITE PRODUCTS	27
R.W. KNUDSEN FRUIT JUICE	22	TAZO BLACK TEA CONCENTRATE	27
RAINCOAST SUSTAINABLE WILD CANNED SEAFOOD	23	TERRA ARTISAN BREAD (FROZEN)	27
RATIO KETO FRIENDLY SNACK BAR	23	THAI KITCHEN PRODUCTS	27,28
RAWMBAS VEGAN MUFFINS (FROZEN)	23	THAYERS REMEDIES WITCH HAZELS	28
RICEWORKS GOURMET RICE CHIPS	23	THE VERY GOOD BUTCHERS PLANT BASED BUTCHERY (FROZEN)	28
RIZOPIA RICE PASTA	23	THEO CHOCOLATE	28
ROCKY MOUNTAIN FLATBREAD PIZZA CRUST (FROZEN)	24	THIRSTY BUDDHA COCONUT WATER	28
RUNA CLEAN ENERGY DRINK	24	THRIVE REMEDIES ADAPTOGENIC TEAS	28
SAFE CATCH LOW MERCURY CANNED SEAFOOD	24	TOFINO RAW KOMBUCHA (REFRIGERATED)	28
SALT SPRING COFFEE	24	TOFURKY MEAT ALTERNATIVES (REFRIGERATED)	28
SALT SPRING COFFEE COMPOSTABLE		TOM'S OF MAINE PRODUCTS	28,29
SINGLE-SERVE BREW PODS	24	TRADITIONAL MEDICINALS TEA	29
SANTA CRUZ ORGANIC LEMONADE	24	TRUE CITRUS DRINK MIX	29
SAPADILLA PRODUCTS	24	TWO BEARS PRODUCTS	29
SAUGEEN COUNTRY DAIRY		UMI'S KITCHEN COOKING SAUCE	29
KEFIR & YOGURTS (REFRIGERATED)	24	WAKEWATER CAFFEINATED SPARKLING WATER	29
SEVENTH GENERATION PRODUCTS	25	WHISTLER WATER	29
SILK DAIRY-FREE BEVERAGE	25	WHOLE ALTERNATIVES POPCORN	29
SILK ALTERNATIVES (REFRIGERATED)	25	WILDBRINE WILD CREAMERY CULTURED ALTERNATIVES	
SIMPLY ORGANIC FLAVOURINGS & EXTRACTS	25	& FERMENTED VEGETABLES (REFRIGERATED)	29
SKINNYPOP POPCORN	25	WIZE COFFEE LEAF ICED TEA	29
SKIPPY'S KETTLE CORN	25	YOGGU! PLANT-BASED YOGURT ALTERNATIVES (REFRIGERATED)	29
SO DELICIOUS DAIRY-FREE DESSERT (FROZEN)	25	ZAZUBEAN CHOCOLATE BARS	29
SOBAYA PASTAS	26	ZEVIA ZERO CALORIE BEVERAGES	30
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER	26	ZIMT CHOCOLATE BAR & MACAROONS	30
SOL CUISINE PLANT-BASED MEAT ALTERNATIVES (FROZEN)	26	CLEARANCE	30>33


PSC Natural Foods, as an essential service, has been open and operating through the Covid-19 pandemic. We have experienced increased demand for our products and our entire team has worked tirelessly, despite the uncertainty, through these unprecedented times. Due to a large increase in demand and supply chain disruptions, you may notice intermittent supply issues with some of our brands. We apologize for this, and are working hard with our vendors and carriers to ensure we keep stock rolling. Many vendors are reducing production to only their key items. Some are allocating stock, while other are unable to ship completely. We ask for your patience as we work through these challenges. Please do not hesitate to contact our sales team should you have specific questions. We are also working hard to keep our staff and customers safe. We have reduced the number of workers in our offices by allowing many of our staff to work from home. We have instituted rigorous cleaning policies in all of our common areas, warehouse, and delivery trucks. We are strictly practicing physical distancing and our staff are wearing masks when appropriate. We are continuing to monitor the situation and are closely following all Health Canada and BCCDC guidelines. Our delivery drivers also have masks and gloves and will follow any COVID protocol you have instituted at your business in an effort to continue to "Deliver the Goodness" in an efficient and safe manner. We are all in this together and we will get through it by supporting each other. We hope you are all healthy and safe in these uncertain times.

PSC Management Team

To Our Valued Customers - Pricing Notice - PSC continually reviews costs to bring you, our valued customers, as competitive pricing as possible. You will notice many price changes since our last catalogue was published. Some reflect better costing and have been reduced and in some instances higher costs are reflected.

- Please confirm any pricing when placing your order
- For volume pricing, please use the case price • Pricing & information is subject to change without notice


2022 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	1 ¢
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	4 ¢
Glass	0 - 1L	10 ¢	10 ¢
	> 1L	10 ¢	16 ¢
Bi-Metal	0 - 1L	10 ¢	1 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	No Recycling Fee
	> 1L	10 ¢	4 ¢
Bag-In-Box	> 1L	10 ¢	12 ¢

Fees effective February 1, 2022

2022 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	1 ¢
Plastic	0 - 1L	10 ¢	5 ¢
	> 1L	10 ¢	9 ¢
Glass	0 - 1L	10 ¢	10 ¢
	> 1L	10 ¢	16 ¢
Bi-Metal	0 - 1L	10 ¢	1 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	2 ¢
	501ml - 1L	10 ¢	2 ¢
Gable Top	0 - 1L	10 ¢	6 ¢
	> 1L	10 ¢	6 ¢
Polystyrene Cups	0 - 500ml	10 ¢	5 ¢

Fees effective February 1, 2022


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STORE NAME:
DELIVERY DATE REQUEST:
UPC Code
Code
PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052
Order

MONTHLY SPECIALS

ALTER ECO | CHOCOLATE TREAT - 15% OFF

817670 012116	35241	GMO GF * @ X	Bar, Grass Fed Milk Chocolate, Almond, 46% Cacao, Organic	12 / 75g	G
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AMANO | MISO (REFRIGERATED) - 15% OFF

067334 001028	40061	GMO * BC P	Miso, Aka, Organic	10 / 1kg	
067334 001011	40062	GMO * BC P	Miso, Shiro, Organic	10 / 1kg	

AMY'S | CANNED SOUP - 15% OFF

042272 905348	38328	*	Soup, Butternut Squash, Organic	12 / 398ml	
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ANGIE'S BOOMCHICKAPOP | POPCORN - 10% OFF

018780 017347	59520		BOOMCHICKAPOP Microwave Popcorn, Real Butter	6 / 4X93g	
018780 017354	59521	GMO	BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6 / 4X93g	
892773 000208	59513	GMO GF + X	BOOMCHICKAPOP, Sweet & Salty Kettle Corn Popcorn	8 / 198g	G

ANNIE'S HOMEGROWN PRODUCTS - 15% OFF

013562 000388	16128		Baked Snack Crackers, Cheddar Bunnies	12 / 213g	
013562 001842	16693		Baked Snack Crackers, Cheddar Squares	12 / 213g	
013562 000364	16615		Baked Snack Crackers, White Cheddar Bunnies	12 / 213g	
013562 111510	16526	GMO GF *	BUNNY FRUIT, Berry Patch, Organic	12 / 5x23g	G
013562 111503	16525	GMO GF *	BUNNY FRUIT, Summer Strawberry, Organic	12 / 5x23g	G
013562 000418	16168		Bunny Grahams, Chocolate	12 / 213g	
013562 000401	16167		Bunny Grahams, Honey	12 / 213g	
065633 173040	38431	GMO *	Cereal, Cinnamon Crunch, Organic	10 / 260g	
065633 173064	38430	GMO *	Cereal, Honey Nut O's, Organic	10 / 235g	
013562 119042	38425		Deluxe Rich & Creamy, Shells & Cheddar Cheese Sauce	12 / 312g	
065633 178687	16110	GMO *	Granola Bars, Chocolate Dipped Caramel, Organic	12 / 5x26g	G
065633 178670	16111	GMO *	Granola Bars, Chocolate Dipped Chocolate Chip, Organic	12 / 5x26g	G
065633 178618	16112	GMO *	Granola Bars, Chocolate Drizzle Chocolate Chip, Organic	12 / 5x26g	G

ATLANTIC MARICULTURE | DULSE - 15% OFF

067835 774056	24200	* + P	Dulse, Organic	12 / 40g	
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AURA | NUTRITIONAL SUPPLEMENTS - 10% OFF

180916 001374	01656	BC P	NEW! BOTANY Vegan Collagen Booster, Cherry Lime	1 / 180g	G
180916 001343	01655	BC P	NEW! BOTANY Vegan Collagen Booster, Summer Watermelon	1 / 180g	G
627987 020182	01651	BC P	NEW! Elevated Collagen Creamer with MCT+P40P42P6:P3P6:P66	1 / 300g	G
180916 000469	01657	BC P	NEW! Plant Based Protein Mix, Unflavoured	1 / 500g	G
627987 020137	01653	BC P	NEW! Plant Based Protein Mix, Vanilla	1 / 500g	G
180916 000025	01652	BC P	NEW! Wild Ocean Marine Collagen	1 / 300g	G

AURA CACIA | BODY CARE - 15% OFF

051381 382612	83001		Aromatherapy Bubble Bath, Tranquility	1 / 384ml	G P
051381 285968	83004		X Aromatherapy Foam Bath for Kids, Calming	6 / 70.9g	G P
051381 902148	80759	*	X Skin Care Oils, Argan, Organic	1 / 30ml	G P
051381 311711	83006		X Skin Care Oils, Grapeseed	1 / 118ml	G P
051381 311728	80657		X Skin Care Oils, Jojoba	1 / 118ml	G P
051381 902131	80763	*	X Skin Care Oils, Rosehip, Organic	1 / 30ml	G P
051381 311445	83007		X Skin Care Oils, Sweet Almond	1 / 118ml	G P



STORE NAME:

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PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052

UPC Code	Code			PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN) - \$12.00 OFF						
850004 207291	56205	GMO	V	X BEYOND BEEF, Ground	12 / 340g	_____
810057 290237	56208	GMO	V	X BEYOND BURGER	8 / 678g	_____
850004 207376	56207	GMO	V	X BEYOND SAUSAGE, Hot Italian	8 / 400g	_____
850004 207277	56206	GMO	V	X BEYOND SAUSAGE, Mild Italian	8 / 400g	_____
BIG MOUNTAIN SOY-FREE TOFU (REFRIGERATED) - 10% OFF						
777744 000107	38013	GMO	V	BC <input type="checkbox"/> Soy-Free Tofu, Medium Firm	8 / 340g	_____
777744 000114	38014	GMO	V	BC <input type="checkbox"/> Soy-Free Tofu, Super Smoked, Firm	8 / 320g	_____
BIOITALIA TOMATO PRODUCTS - 10% OFF + VOLUME PRICING						
661475 003387	33108		*	Tomato Paste, Organic (jar)	12 / 300ml	_____
					Buy 40+ cases (Tomato Skus ONLY)	Save 10%
661475 105708	33069		*	Tomato Purée, Organic (bottle)	12 / 700ml	_____
					Buy 40+ cases (Tomato Skus ONLY)	Save 10%
BIO-K PLUS PROBIOTIC (REFRIGERATED) - 10% OFF						
626608 000169	07383		+	X Capsules, IBS Control	1 / 30ct	G _____
626608 001258	07381		+	X Capsules, Regular (25 Billion)	1 / 15ct	G _____
626608 001500	07316		+	X Capsules, Strong (50 Billion)	1 / 15ct	G _____
626608 000091	07312	GF	+	X BIO-KIDZ, Fermented Dairy, Strawberry	6 / 98g	G _____
626608 008028	07451	GMO GF	* +	X Extra, Fermented Oat & Pumpkin Seeds, Cereboost Peach & Turmeric, Organic	6 / 98g	G _____
626608 008042	07452	GMO GF	* +	X Extra, Fermented Oat & Pumpkin Seeds, Cyracos Lemon & Ginger, Organic	6 / 98g	G _____
626608 008066	07450	GMO GF	* +	X Extra, Fermented Oat & Pumpkin Seeds, Wellmune Elderberry, Organic	6 / 98g	G _____
626608 000763	07301	GF	+	X Fermented Dairy, Original	6 / 98g	G _____
626608 000961	07307	GF	+	X Fermented Dairy, Strawberry	6 / 98g	G _____
626608 000336	07305	GF	+	X Fermented Dairy, Vanilla	6 / 98g	G _____
626608 000022	07384	GMO GF	+	X Fermented Pea, Raspberry	6 / 98g	G _____
626608 000268	07309	GMO GF	* +	X Fermented Rice, Blueberry, Organic	6 / 98g	G _____
626608 000862	07303	GMO GF	+	X Fermented Soy, Mango	6 / 98g	G _____
626608 000978	07308	GMO GF	+	X Fermented Dairy, Strawberry	12 / 98g	G _____
626608 002125	07310	GF	* +	X Fermented Rice, Blueberry, Organic	12 / 98g	G _____
626608 000879	07304	GF	+	X Fermented Soy, Mango	12 / 98g	G _____
BIOVERT DISHWASHING PRODUCTS - 10% OFF						
776622 011082	80550		+ <input type="checkbox"/>	Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 540g	G P _____
776622 011068	80528		+ <input type="checkbox"/>	Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L	G P _____
BLACK RIVER JUICE - 15% OFF						
771344 001083	02372		+ <input type="checkbox"/>	X Juice, Apple + Mango	12 / 300ml	U _____
771344 004053	02358		+ <input type="checkbox"/>	Juice, Black Cherry	12 / 1L	U _____
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE - UP TO \$1.50 OFF + VOLUME PRICING						
041570 500262	07000	GMO		ALMOND BREEZE, Chocolate	6 / 4x240ml	U _____
041570 500279	07001	GMO		ALMOND BREEZE, Unsweetened Vanilla	6 / 4x240ml	U _____
					Buy 10+ cases (4x240ml only)	Save 3.00
041570 094464	16673	GMO		ALMOND BREEZE, Almond Coconut, Unsweetened	12 / 946ml	U _____
041570 052747	06183	GMO		ALMOND BREEZE, Chocolate	12 / 946ml	U _____
041570 052723	16671	GMO		ALMOND BREEZE, Original	12 / 946ml	U _____
041570 059609	06731	GMO		ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml	U _____
041570 055311	06088	GMO		ALMOND BREEZE, Unsweetened Original	12 / 946ml	U _____
041570 055830	06613	GMO		ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml	U _____
041570 052730	06181	GMO		ALMOND BREEZE, Vanilla	12 / 946ml	U _____
					Buy 5-10 cases (946ml only)	Save 3.95
					Buy 11-19 cases (946ml only)	Save 4.95
					Buy 20+ cases (946ml only)	Save 5.60



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UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
041570 109175	07220		Almond Breeze, Original, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109182	07221		Almond Breeze, Unsweetened Original, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109151	07222		Almond Breeze, Vanilla, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109168	07223		Almond Breeze, Unsweetened Vanilla, Fresh (REFRIGERATED)	6 / 1.89L U
BLUE HERON DAIRY-FREE CULTURED CHEESE ALTERNATIVE (REFRIGERATED) - 10% OFF				
628011 968029	35650	BC P	NEW! Herb & Garlic	8 / 175g
628011 968005	35652	BC P	NEW! Le Bleuét Cumulus	8 / 170g
628011 968012	35651	BC P	NEW! The Crown	8 / 170g
BLUE MONKEY PRODUCTS - VOLUME PRICING				
059654 530012	07067	X	Sparkling Juice, Mango (not from concentrate) (can)	12 / 330ml G P U
			Buy 5-15 cases (07067 Only)	Save 1.80
			Buy 16+ cases (07067 Only)	Save 2.40
059654 520013	07336	GMO X	Sparkling Juice, 55% Watermelon (can)	12 / 330ml G P U
059654 510014	07337	X	100% Watermelon Juice (can)	12 / 330ml U
			Buy 5-15 cases (Watermelon Skus Only)	Save 1.80
			Buy 16+ cases (Watermelon Skus Only)	Save 2.40
BOB'S RED MILL PRODUCTS - UP TO 21% OFF				
039978 322043	30580		X 10 Grain Pancake Mix	4 / 680g
039978 002259	34225	GF	X Baking Mix, Biscuit & Baking	4 / 680g
039978 002198	34244	GF	X Baking Mix, Bread, Homemade Wonderful	4 / 454g
039978 002006	34213	GF	X Baking Mix, Brownie	4 / 595g
039978 002075	34214	GF	X Baking Mix, Cookie, Chocolate Chip	4 / 624g
039978 001993	34212	GF	X Baking Mix, Cornbread	4 / 567g
039978 003003	34251	GMO GF	X Baking Mix, Grain Free Blueberry Muffin	5 / 255g
039978 003225	34248	GMO GF	X Baking Mix, Grain Free Brownie	5 / 340g
039978 003188	34249	GMO GF	X Baking Mix, Grain Free Chocolate Cake	5 / 300g
039978 003294	34250	GMO GF	X Baking Mix, Grain Free Flatbread	5 / 200g
039978 002266	34245	GF	X Baking Mix, Muffin	4 / 454g
039978 002242	34236	GF	X Baking Mix, Pie Crust	4 / 454g
039978 002082	34215	GF	X Baking Mix, Pizza Crust	4 / 454g
039978 318817	30583		X Buckwheat Pancake Mix	4 / 680g
039978 328809	30582		X Buttermilk Pancake Mix	4 / 680g
039978 341037	22850		X MUESLI	4 / 510g
039978 303509	22385	GMO GF	X MUESLI, Paleo Style (grain free)	4 / 396g
039978 323668	22851		X MUESLI, Wheat Free	4 / 453g
039978 001856	22839		X Pancake & Waffle Mix, Paleo	4 / 368g
039978 001832	22840		X Pancake & Waffle Mix, Protein	4 / 397g
039978 324627	30581	GF	X Pancake Mix	4 / 623g
039978 105424	20172	B GF	X NEW! TVP (Textured Vegetable Protein)	1 / 25lbs
BREMNER'S FRUIT (FROZEN) - 15% OFF				
834644 005035	55018	* BC P	X Mangos, Organic (stand-up pouch)	12 / 600g
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED) - 15% OFF				
851107 003872	16218	GMO *	Kombucha, Clear Mind, Organic (can)	6 / 4x355ml G P U
857161 008686	16219	GMO *	Kombucha, Island Mango, Organic (can)	6 / 4x355ml G P U
BUCHA BREW KOMBUCHA - 15% OFF				
628110 435354	17252	GMO * BC P	Kombucha Lite, Grapefruit, Organic (REFRIGERATED)	6 / 4x355ml G P U
628110 435330	17250	GMO * BC P	Kombucha Lite, Lime, Organic (REFRIGERATED)	6 / 4x355ml G P U
628110 435347	17251	GMO * BC P	Kombucha Lite, Lemon, Organic (REFRIGERATED)	6 / 4x355ml G P U
628110 435453	17238	BC P	Kombucha Lite, Lime (REFRIGERATED)	12 / 355ml G P U
628110 435460	17239	BC P	Kombucha Lite, Lemon (REFRIGERATED)	12 / 355ml G P U
628110 435477	17240	BC P	Kombucha Lite, Grapefruit (REFRIGERATED)	12 / 355ml G P U
628110 435293	17227	BC P	Kombucha, Blueberry	12 / 355ml G P U
628110 435262	17225	BC P	Kombucha, Ginger	12 / 355ml G P U
628110 435286	17229	BC P	Kombucha, Grapefruit	12 / 355ml G P U



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628110 435224	17216	BC	Ⓟ	Kombucha, Mango	12 / 355ml	G P U	_____
628110 435231	17215	BC	Ⓟ	Kombucha, Passionfruit	12 / 355ml	G P U	_____
628110 435415	17241	BC	Ⓟ	Kombucha, Pineapple	12 / 355ml	G P U	_____
628110 435279	17226	BC	Ⓟ	Kombucha, Raspberry	12 / 355ml	G P U	_____
CABOO PRODUCTS - 10% OFF							
627843 202813	46296			Bamboo & Sugarcane Paper Napkins, 1 Ply, 250 sheets	16 / 1x250ct	G P	_____
628451 738459	46309			X Bathroom Tissue, 2 Ply, 500 sheets	24 / 1ea	G P	_____
CASBAH AUTHENTIC GRAINS & MIXES - VOLUME PRICING							
072934 000104	38532	GMO		Couscous, Multigrain	8 / 180g		_____
072934 000081	38531	GMO		Couscous, Pearl	8 / 180g		_____
				Buy 20+ cases	Save 15%		_____
072934 692477	38528	GMO		Couscous, Original	12 / 340g		_____
072934 692309	33051	GMO		Mix, Falafel	12 / 284g		_____
072934 692279	33059	GMO		Mix, Tabouli Salad	12 / 170g		_____
				Buy 20+ cases	Save 15%		_____
072934 000111	38530	GMO	*	Couscous, Pearl, Organic	6 / 600g		_____
				Buy 20+ cases	Save 15%		_____
CENTRAL ROAST POPCORNS - 10% OFF							
685220 007178	17503	GMO	GF *	+ Ⓟ Tri Colour Popcorn, Organic	6 / 425g	G	_____
685220 007185	17502	GMO	GF *	+ Ⓟ Yellow Popcorn, Organic	6 / 425g		_____
CHA'S ORGANICS SPICES - 20% OFF							
806253 000343	91306	GMO	GF V * @	Ⓟ X Cinnamon, Ceylon, Ground, Organic	1 / 500g		_____
CHOSEN FOODS PRODUCTS - UP TO 14% OFF + VOLUME PRICING							
815074 020737	32307	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 1.40		_____
853807 005064	32308	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 2.85		_____
853807 005828	32309	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 3.30		_____
853807 005231	32310	GMO		Avocado Oil, Virgin	6 / 250ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 1.90		_____
853807 005859	32311	GMO	*	Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 1.85		_____
853807 005033	32312	GMO		All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g		_____
				Buy 5+ cases (Spray Skus Only)	Save 1.40		_____
815074 022915	32318	GMO		Cooking Oil Spray, Pure Avocado Oil	6 / 383g		_____
				Buy 5+ cases (Spray Skus Only)	Save 2.50		_____
815074 021857	32320	GMO		Oil Spray, Avocado Oil, Garlic Infused	6 / 134g		_____
				Buy 5+ cases (Spray Skus Only)	Save 1.60		_____
815074 023516	32319	GMO	*	Oil Spray, Chosen Blend, Organic	6 / 134g		_____
				Buy 5+ cases (Spray Skus Only)	Save 1.10		_____
810042 990210	32321	GMO		Oil, Toasted Sesame	6 / 250ml		_____
				Buy 5+ cases (Sesame Oil Skus Only)	Save 1.25		_____
810042 990227	32322	GMO		Oil, Toasted Sesame	4 / 750ml		_____
				Buy 5+ cases (Sesame Oil Skus Only)	Save 2.90		_____
815074 022441	32300	GMO	GF	Dressing, Apple Cider Vinaigrette	6 / 237ml		_____
815074 022496	32301	GMO	GF	Dressing, Caesar	6 / 237ml		_____
815074 021444	32302	GMO	GF	Dressing, Chipotle Ranch	6 / 237ml		_____
815074 022724	32316	GMO	GF	Dressing, Garden Herb Tahini	6 / 237ml		_____
815074 022717	32317	GMO	GF	Dressing, Greek Tahini	6 / 237ml		_____
815074 021437	32303	GMO	GF	Dressing, Lemon Garlic	6 / 237ml		_____
815074 022830	32304	GMO	GF	Dressing, Ranch	6 / 237ml		_____
				Buy 5+ cases (Dressing Skus Only)	Save 1.25		_____



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815074 020003	32313	GMO	GF				Mayo, Classic Avocado oil	6 / 355ml	_____
815074 020409	32314	GMO	GF				Mayo, Keto (certified)	6 / 355ml	_____
815074 021314	32315	GMO	GF V				Mayo, Vegan Avocado oil	6 / 355ml	_____
							Buy 5+ cases (Mayo Skus Only)	Save 2.05	_____
CLIF BAR - UP TO \$2.64 OFF									
722252 192336	37599	GMO	*				CLIF KID ZBARS, Chocolate Brownie, Organic	6 / 5x36g	G
722252 192343	37611	GMO	*				CLIF KID ZBARS, Chocolate Chip, Organic	6 / 5x36g	G
722252 192326	37612	GMO	*				CLIF KID ZBARS, Iced Oatmeal Cookie, Organic	6 / 5x36g	G
722252 128003	37734	GMO	*	+	X		Nut Butter Filled Energy Bar, Chocolate Hazelnut Butter, Organic	12 / 50g	G
722252 128102	37735	GMO	*	+	X		Nut Butter Filled Energy Bar, Chocolate Peanut Butter, Organic	12 / 50g	G
722252 028037	37737	GMO	*	+	X		Nut Butter Filled Energy Bar, Peanut Butter, Organic	12 / 50g	G
COCONUT SECRET SOY-FREE SAUCE - UP TO 20% OFF									
851492 002245	14700	GMO	GF	*			Soy-Free Sauce, Garlic, Organic	12 / 296ml	_____
851492 002993	14702	GMO	GF	*			Soy-Free Sauce, Spicy, Organic	12 / 296ml	_____
851492 002368	14701	GMO	GF	*			Soy-Free Sauce, Teriyaki, Organic	12 / 296ml	_____
CRAVE SWEETENER - 10% OFF									
884063 000678	23030	GMO		*	BC	Ⓟ	Stevia Bakers Blend, Brown, Organic	6 / 380g	_____
884063 000500	23034	GMO		*	BC	Ⓟ	Stevia, Natural (shaker jar), Organic	6 / 45g	_____
CROFTER'S ORGANIC FRUIT SPREAD - 20% OFF									
067275 006090	42675	GMO	*	+	Ⓟ	X	Premium Spread, Strawberry Banana, Organic	6 / 383ml	_____
DAIYA PRODUCTS - UP TO 15% OFF									
871459 002347	50162	GMO	GF V		BC	Ⓟ	Deluxe Cheezy Mac, Alfredo Style	8 / 300g	_____
871459 002330	50161	GMO	GF V		BC	Ⓟ	Deluxe Cheezy Mac, Cheddar Style	8 / 300g	_____
871459 002439	50008	GMO	GF V		BC	Ⓟ	Deluxe Cheezy Mac, Cheddar Style & Bacon Flavoured Bits	8 / 300g	_____
871459 002415	50009	GMO	GF V		BC	Ⓟ	Deluxe Cheezy Mac, Four Cheeze Style with Herbs	8 / 309g	_____
871459 002354	50163	GMO	GF V		BC	Ⓟ	Deluxe Cheezy Mac, White Cheddar Style Veggie	8 / 300g	_____
871459 009612	50323	GMO	V			Ⓟ X	Frozen Dipped Dessert Bar, Chocolate Fudge Crunch	8 / 4x75ml	G
871459 009605	50324	GMO	V			Ⓟ X	Frozen Dipped Dessert Bar, Classic Vanilla Bean	8 / 4x75ml	G
871459 009629	50325	GMO	V			Ⓟ X	Frozen Dipped Dessert Bar, Salted Caramel Swirl	8 / 4x75ml	G
871459 009841	50320	GMO				Ⓟ X	Frozen Dessert, Classic Vanilla Cream	8 / 473ml	G
871459 009810	50321	GMO				Ⓟ X	Frozen Dessert, Salted Caramel Chip	8 / 473ml	G
871459 009803	50322	GMO				Ⓟ X	Frozen Dessert, Triple Fudge Chunk	8 / 473ml	G
871459 002491	50311	GMO	GF		BC	Ⓟ X	Vegetable Crust Pizza, Italian Herbs & Plant Based Cheeze (Frozen)	8 / 382g	_____
871459 002552	50317	GMO	GF V		BC	Ⓟ X	NEW! Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale (Frozen)	8 / 322g	_____
871459 002538	50316	GMO	GF V		BC	Ⓟ X	NEW! Flatbread, Mushroom, Caramelized Onion & Fig (Frozen)	8 / 346g	_____
DANDIES VEGAN MARSHMALLOWS - 15% OFF									
897581 000372	02370	GMO	GF V				X Vegan Marshmallows, Minis	12 / 283g	G
897581 000365	02260		GF V				X Vegan Marshmallows	12 / 283g	G
DEEBEE'S ORGANICS SUPERFRUIT FREEZIE - 10% OFF									
8389130 00509	39094	GMO	*			Ⓟ X	SUPERFRUIT Freezie, Tropical, Organic (shelf stable)	18 / 10x40ml	G
DOMO STONE GROUND TEA - 15% OFF									
817523 000321	04054	GMO	GF		BC	Ⓟ	Stone Ground Tea Blend, London Fog Earl Grey	6 / 120g	_____
DUMET OLIVES - 10% OFF									
817861 010044	48030	GMO					A La Grecque Moroccan Black (pouch)	10 / 200g	_____
817861 010631	48039	GMO	*				Amphisis Green Greek, Pitted, Organic (pouch)	10 / 270g	_____
817861 010181	48034	GMO					Chalkidiki Greek (pouch)	10 / 200g	_____
817861 010051	48031	GMO					Chalkidiki Greek, Almond Stuffed (pouch)	10 / 150g	_____
817861 010068	48032	GMO					Chalkidiki Greek, Garlic Stuffed (pouch)	10 / 150g	_____



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817861 010006	48035	GMO	Hojiblanca Black Spanish, Pitted (pouch)	10 / 150g	_____
761218 8001545	48051	GMO	Hojiblanca Black Spanish, Pitted (pouch)	10 / 500g	_____
817861 010013	48036	GMO	Hojiblanca Green Spanish, Pitted (pouch)	10 / 150g	_____
761218 8001552	48052	GMO	Hojiblanca Green Spanish, Pitted (pouch)	10 / 500g	_____
817861 010037	48037	GMO	Kalamata Greek (pouch)	10 / 200g	_____
817861 010617	48040	GMO	* Kalamata Greek, Organic (pouch)	10 / 270g	_____
817861 010020	48038	GMO	Manzanilla Green Spanish, Pimento Stuffed (pouch)	10 / 200g	_____
EAGLE INSTAFERM BAKING INGREDIENTS - 10% OFF					
067031 109096	02180		Instafirm Instant Yeast	20 / 450g	_____
EARTH ISLAND DAIRY-FREE ALTERNATIVES (REFRIGERATED) - \$10.24 OFF					
049568 391700	32453	GMO	Bleu Cheese Style, Crumbles	8 / 170g	_____
EARTH'S OWN PRODUCTS (REFRIGERATED) - UP TO 15% OFF					
626027 811056	07346	GMO	@ BC P NEW! Beverage, Oat, Chocolate (gable top)	6 / 1.75L	U
626027 087802	07232	GMO	* BC P NEW! SO NICE Beverage, Almond, Original, Organic (gable top)	6 / 1.75L	U
626027 121049	07602	GMO	* BC P NEW! SO NICE Beverage, Almond, Unsweetened, Vanilla, Organic (gable top)	6 / 1.75L	U
626027 926118	07356	GMO	* BC P Butter Spread, Organic	6 / 340g	_____
626027 927146	07358	GMO	* BC P Cream Cheese Style Spread, Original, Organic	6 / 227g	_____
626027 927139	07359	GMO	* BC P Dip, Creamy Ranch, Organic	6 / 227g	_____
626027 700015	06901	GMO	BC P SO FRESH, Almond Original	6 / 1.89L	U
626027 700039	06905	GMO	BC P SO FRESH, Almond Unsweetened Original	6 / 1.89L	U
626027 700060	07248	GMO	BC P SO FRESH, Almond Unsweetened Vanilla	6 / 1.89L	U
626027 700022	06903	GMO	BC P SO FRESH, Almond Vanilla	6 / 1.89L	U
626027 926125	07357	GMO	* BC P Sour Cream Alternative, Organic	6 / 340g	_____
EAT WHOLESOME FOOD CO. PRODUCTS - 10% OFF					
628110 454447	33305		V * Baked Beans, Organic	12 / 398ml	_____
628110 454119	33249	GMO	Cherry Tomatoes, No Salt	24 / 398ml	_____
628110 454539	33612	GMO	V * P Corn, Whole Kernal, Organic	12 / 341ml	_____
628110 454409	33230		* Crushed Tomatoes, No Salt, Organic	12 / 796ml	_____
628110 454379	33231		* Diced Tomatoes, No Salt, Organic	12 / 796ml	_____
638170 905810	33244		* P Sauerkraut, Organic	6 / 909ml	_____
628110 454393	33233		* Strained Tomatoes, No Salt, Organic	12 / 680ml	_____
628110 454386	33232		* Whole Tomatoes, No Salt, Organic	12 / 796ml	_____
ECOPOOCH COMPOSTABLE DOGGIE BAGS - 10% OFF					
678526 913014	46274		X Doggie Bags, Leash Dispenser Roll (9"x13")	18 / 48ct	G P
ECOSAFE-6400 COMPOSTABLE BAGS - UP TO 15% OFF					
678526 600037	46273		P X Bin Liner Roll, Curbside (20 gal/75L 26x36)	15 / 12ct	G P
678526 243265	46279	B	P X Commerical Bin Liner, 13gal/49.2L (24x32)	24 / 12ct	G P
678526 334802	46270		P X Commercial Bin Liner, 39gal/147L (33x48)	6 / 15ct	G P
678526 600013	46271		X Food Scraps Bag, Small	24 / 30ct	G P
678526 600020	46272		X Food Scraps Bag, Tall	15 / 12ct	G P
678526 316174	46299		P Food Waste, Small 2.5gal/9.46L (16x17)	10 / 90ct	G P
678526 500078	46275		P Sandwich Bags	12 / 100ct	G P
EDEN PRODUCTS - UP TO 15% OFF					
024182 003499	31020	GF	* Apple Sauce, Organic (jar)	12 / 398ml	_____
024182 003093	24052	GF	* Gomasio, Seaweed, Organic	12 / 100g	_____
024182 003925	42185	GMO	GF * Roasted Tahini, Organic	12 / 454g	_____
024182 013009	14500	GMO	GF * Sauerkraut, Organic (jar)	12 / 796ml	_____
EDWARD & SONS BAKED BROWN RICE SNAPS - \$5.53 OFF					
011206 000350	16068		X Brown Rice Snaps, Tamari Seaweed	12 / 100g	_____
ELIAS HONEY - \$9.41 OFF					
055013 000318	44069		+ P Liquid Squeeze Honey Bear, Unpasteurized, Canada #1 White	12 / 375g	_____



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ENDANGERED SPECIES | OAT MILK CHOCOLATE - 10% OFF

037014 400014	36210	GMO	GF V	@	Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g		
037014 321050	36214	GMO	GF V	@	X Oat Milk Dark Chocolate Koala Bar, Coconut & Almonds (75% cocoa)	12 / 85g	G	

ENER-C | DRINK MIX - 10% OFF

873024 001304	14350	GMO			BC <input type="checkbox"/> X Multivitamin, Sugar Free, Orange	30 / 5.35g	G	
873024 001045	80736	GMO	GF		BC <input type="checkbox"/> X Multivitamin, Variety Pack (3 flavours)	30 / 1ea	G	

ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP - 15% OFF

187248 000266	44229			*	+ <input type="checkbox"/> Maple Syrup, Late Harvest, Organic	6 / 200ml		
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ETHICAL BEAN | WHOLE BEAN COFFEES - 15% OFF

841631 826016	12877			*	@ Lush Medium Dark Coffee, Organic	6 / 340g		
841631 034800	31298			*	@ Super Dark Roast French Roast Coffee, Whole Bean, Organic	6 / 340g		
841631 826030	12886			*	@ Sweet Espresso, Organic	6 / 340g		

EVE'S CRACKERS - 10% OFF

627843 724971	56100		GF		BC <input type="checkbox"/> X Crackers, Black Sesame	12 / 108g		
627843 724964	56101		GF		BC <input type="checkbox"/> X Crackers, Chili Pepper Pumpkin Seed	12 / 108g		
627843 724988	56103		GF		BC <input type="checkbox"/> X Crackers, Cracked Pepper	12 / 108g		
627843 724957	56102		GF		BC <input type="checkbox"/> X Crackers, Savoury Sunflower	12 / 108g		

EVIVE | SMOOTHIE CUBES (FROZEN) - \$7.05 OFF

628110 947048	24703	GMO			+ <input type="checkbox"/> X Asana	8 / 405g		
628110 947055	24704	GMO		*	+ <input type="checkbox"/> X Pure, Organic	8 / 405g		
628110 947017	24700	GMO			+ <input type="checkbox"/> X Samourai	8 / 405g		
628110 947239	24707	GMO			+ <input type="checkbox"/> X Saphir	8 / 405g		
628110 947024	24701	GMO		*	+ <input type="checkbox"/> X Touk-Touk, Organic	8 / 405g		
628110 947079	24706	GMO			+ <input type="checkbox"/> X Viva	8 / 405g		
628110 947031	24702	GMO		*	+ <input type="checkbox"/> X Yogi, Organic	8 / 405g		

FARMER'S MARKET | CANNED PUMPKIN - 15% OFF

638882 002043	10105	GMO		*	Pumpkin Pie Mix, Organic	12 / 398ml		
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FATSO | NUT & SEED BUTTER - 15% OFF + VOLUME PRICING

627843 710691	42077	GMO	GF V		+ <input type="checkbox"/> Peanut Butter, Classic	12 / 500g		
627987 075830	42079	GMO	GF V		+ <input type="checkbox"/> Peanut Butter, Crunchy Salted Caramel	12 / 500g		
627987 075847	42080	GMO	GF V		+ <input type="checkbox"/> Peanut Butter, Maple	12 / 500g		
						Buy 10+ cases	Save 8.80	
691428 005014	42082	GMO	GF V		+ <input type="checkbox"/> Almond and Seed Butter, Salted Caramel	6 / 454g		

FENTIMANS | BOTANICALLY BREWED BEVERAGE - VOLUME PRICING

5029396 002257	04997				Tonic Water, Connoisseurs (glass)	6 / 4x200ml	G P U	
5029396 002233	04998				Tonic Water, Pink Grapefruit (glass)	6 / 4x200ml	G P U	
5029396 002240	04999				Tonic Water, Valencian Orange (glass)	6 / 4x200ml	G P U	
5029396 002226	05000				Traditional Ginger Beer (glass)	6 / 4x200ml	G P U	
						Buy 10-29 cases	Save 10%	
						Buy 30-44 cases	Save 15%	
						Buy 45+ cases	Save 20%	
5029396 000260	07127				Cherry Cola (glass)	6 / 4x275ml	G P U	
5029396 000246	06881				Curiosity Cola, Botanically Brewed Beverage (glass)	6 / 4x275ml	G P U	
5029396 000307	04989				Elderflower (glass)	6 / 4x275ml	G P U	
5029396 000239	07081				Rose Lemonade (glass)	6 / 4x275ml	G P U	
5029396 000253	07082				Tonic Water (glass)	6 / 4x275ml	G P U	
5029396 000222	06878				Traditional Ginger Beer, Botanically Brewed Beverage (glass)	6 / 4x275ml	G P U	
5029396 000291	06877				Victorian Lemonade, Botanically Brewed Beverage (glass)	6 / 4x275ml	G P U	
						Buy 10-29 cases	Save 10%	
						Buy 30-44 cases	Save 15%	
						Buy 45+ cases	Save 20%	



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5029396 000451	04993			Rose Lemonade (glass)	8 / 500ml	G P U	_____
5029396 000437	04995			Tonic Water, Pink Grapefruit (glass)	8 / 500ml	G P U	_____
5029396 000444	04996			Traditional Ginger Beer & Muddled Lime (glass)	8 / 500ml	G P U	_____
				Buy 10-29 cases	Save 10%		_____
				Buy 30-44 cases	Save 15%		_____
				Buy 45+ cases	Save 20%		_____
FERIDIES PEANUTS - 15% OFF							
045518 011261	34700	GMO		Virginia Peanuts, Honey Roasted	12 / 255g	G	_____
FEVER-TREE DRINK MIXER - 15% OFF							
898195 001137	07208			Soda Water (glass)	6 / 4x200ml	G P U	_____
FIELD ROAST CHAO SLICES (REFRIGERATED) - 15% OFF							
638031 705702	65115		V	CHAO slices, Creamy Original (10 slices)	8 / 200g		_____
638031 705726	65117		V	CHAO slices, Tomato Cayenne (10 slices)	8 / 200g		_____
FIELD ROAST CO. PLANT BASED ALTERNATIVES (FROZEN) - 15% OFF							
638031 226160	65107	GMO	V	X Breakfast Sausage Patties (4pk)	8 / 241g		_____
638031 606504	65022	GMO	V	X FIELDBURGER (4pk)	12 / 368g		_____
638031 612284	65104	GMO	V	X Frankfurters (6pk)	12 / 340g		_____
638031 213238	65112	GMO	V	X FRUFFALO WINGS, Original	8 / 283g		_____
638031 225705	65114		V	X MAC 'n CHAO, Creamy (Vegan)	8 / 312g		_____
638031 212385	65111	GMO	V	X Miniature Corn Dogs	8 / 283g		_____
638031 684175	65106	GMO	V	X Nuggets	8 / 283g		_____
638031 612154	65100	GMO	V	X Sausages, Italian (4pk)	12 / 368g		_____
638031 612161	65101	GMO	V	X Sausages, Mexican Chipotle (4pk)	12 / 368g		_____
638031 612178	65102	GMO	V	X Sausages, Smoked Apple Sage (4pk)	12 / 368g		_____
638031 622511	65109	GMO	V +	X Signature Stadium Dog	8 / 283g		_____
FLOW ALKALINE SPRING WATER - 15% OFF							
628055 429883	06021	GMO	* +	Ⓟ X Spring Water, Blackberry Hibiscus, Organic (Tetra)	12 / 500ml	G U	_____
628055 429258	06022	GMO	* +	Ⓟ X Spring Water, Cucumber Mint, Organic (Tetra)	12 / 500ml	G U	_____
840277 000903	06023	GMO	* +	Ⓟ X Spring Water, Peach Blueberry, Organic (Tetra)	12 / 500ml	G U	_____
628055 429579	06024	GMO	* +	Ⓟ X Spring Water, Strawberry Rose, Organic (Tetra)	12 / 500ml	G U	_____
627843 463757	06020		+ Ⓟ	X Spring Water, Original (Tetra)	12 / 500ml	U	_____
627843 463788	06025		+ Ⓟ	X Spring Water, Original (Tetra)	12 / 1L	U	_____
FOLEY'S VITALITY DOG GOURMET DOG TREATS - 10% OFF							
627843 425908	48000		BC Ⓟ	VITALITY DOG, Angus Beef w/Blueberry	6 / 400g	G P	_____
627843 425885	48002		BC Ⓟ	VITALITY DOG, Duck Honey Banana	6 / 400g	G P	_____
FOOD FOR LIFE EZEKIEL 4:9 CEREALS - \$3.07 OFF							
073472 002551	22051		*	Original Sprouted Grain Cereal, Organic	6 / 454g		_____
FOOD FOR LIFE PRODUCTS (FROZEN) - UP TO 15% OFF							
073472 001691	55538	GMO		X BREAD, Brown Rice, Fruit Juice Sweetened	6 / 680g		_____
073472 001318	55532		*	X BREAD, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 680g		_____
073472 001530	55534		*	X BREAD, Ezekiel 4:9, Low Sodium, Organic	6 / 680g		_____
073472 001202	55530		*	X BREAD, Ezekiel 4:9, Organic	6 / 680g		_____
073472 001233	55531		*	X BREAD, Ezekiel 4:9, Sesame, Organic	6 / 680g		_____
073472 001417	55533		*	X BREAD, Genesis 1:29, Sprouted Grain & Seed, Organic	6 / 680g		_____
073472 001851	55595	GMO		X ENGLISH MUFFINS, Brown Rice	6 / 510g		_____
073472 003695	55545	GMO		X Tortillas, Brown Rice (6ct)	12 / 340g		_____
FOUR O'CLOCK TEA - UP TO 15% OFF							
779192 402342	12912	GMO	* @ + Ⓟ	Chai, Green Tea Decaffeinated, Organic	6 / 16ct		_____
779192 202270	24254	GMO	* @ + Ⓟ	Herbal Tea, Golden Turmeric, Organic	6 / 16ct		_____
779192 202263	24253	GMO	* @ + Ⓟ	Herbal Tea, Sweet Cinnamon Spice, Organic	6 / 16ct		_____
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN) - 10% OFF							
842234 001350	65052	GMO	+	X Chick'n Nuggets	8 / 245g		_____
842234 001374	65050	GMO	+	X Chick'n Tenders, Nashville-Style Hot	8 / 230g		_____
842234 001558	65051	GMO	+	X Chick'n Wings, Spicy Gochujang Style	8 / 240g		_____



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Order

GENUINE TEA CO. | TEA - 10% OFF

854335 001184	21452	GMO	*	☒	Black Tea, Assam Breakfast, Organic	8 / 45g		
854335 001191	21453	GMO		☒	Black Tea, Cream of Earl Grey	8 / 45g		
854335 001221	21456	GMO	*	☒	Herbal Tea, Elderberry Hibiscus, Organic	8 / 37.5g		
854335 001238	21457	GMO	*	☒	Herbal Tea, Moringa Mint, Organic	8 / 45g		

GIMME ORGANIC | ROASTED SUSHI NORI - \$4.80 OFF

851093 004372	24164	GMO	GF V *		X Sushi Nori, Roasted, Organic (10ct)	12 / 23g		
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GOLD RUSH | POTATO PRODUCTS (FROZEN) - \$3.60 OFF

629066 036268	55400	GMO	*	+	☒ X Crinkle Fries, Organic	12 / 454g		
629066 036145	55394	GMO	*	+	☒ X Diced Hashbrowns, Organic	12 / 454g		
629066 036183	55399	GMO	*	+	☒ X Julienne French Fries, Organic	12 / 454g		
629066 036282	55401	GMO	*	+	☒ X Steak Fries, Organic	12 / 454g		
629066 036244	55398	GMO	*		☒ X Sweet Potato French Fries, Organic	12 / 454g		

GOODDRINK | SPRITZER - VOLUME PRICING

853790 002026	04057	GMO	*		X Spritzer, Eureka Lemon, Organic (can)	12 / 355ml	G P U	
853790 002057	04090	GMO	*		X Spritzer, Field Strawberry, Organic (can)	12 / 355ml	G P U	
853790 002019	04056	GMO	*		X Spritzer, Granny Smith Apple, Organic (can)	12 / 355ml	G P U	
853790 002033	04058	GMO	*		X Spritzer, Ruby Red Grapefruit, Organic (can)	12 / 355ml	G P U	
853790 002064	04091	GMO	*		X Spritzer, Sweet Blueberry, Organic (can)	12 / 355ml	G P U	
853790 002040	04059	GMO	*		X Spritzer, Wild Blackberry, Organic (can)	12 / 355ml	G P U	

Buy 10+ cases (Spritzer Skus Only) Save 10%

GREEK GODS | GREEK STYLE YOGURT (REFRIGERATED) - 20% OFF

078355 471103	52351		*		Yogurt, Honey Flavour, Organic	6 / 500g		
078355 471158	52350		*		Yogurt, Honey Vanilla Flavour, Organic	6 / 500g		
078355 450009	52084		*		Yogurt, Traditional Plain, Organic	6 / 500g		

GREEN CUISINE | TOFU & TEMPEH - UP TO 10% OFF

068532 000547	40544	GMO	*	BC ☒	NEW! Tofu, Smoked Cutlets, Organic (REFRIGERATED)	1 / 225g		
	91035	GMO B	*	BC ☒ X	NEW! TEMPEH, IQF, Organic (Individually Quick Frozen)	1 / 4.54kg		
	91036	GMO B	*	BC ☒ X	NEW! TEMPEH, Strips, Organic (Frozen)	1 / 4.54kg		

GREEN TABLE FOODS | CONDIMENTS (REFRIGERATED) - 10% OFF

180071 000199	19601	GMO	GF V	+	☒ Kimchi, Kale	6 / 500ml		
180071 000182	19600	GMO	GF V *	+	☒ Kimchi, organic	6 / 500ml		
180071 000229	19603	GMO	GF V *	+	☒ Living Beets, Organic	6 / 500ml		

GT'S LIVING FOODS | RAW KOMBUCHA (REFRIGERATED) - \$4.61 OFF

722430 000176	05134		*		Kombucha, Synergy, Original, Organic	12 / 480ml	G P U	
722430 200170	05135		*		Kombucha, Synergy, Gingerade, Organic	12 / 480ml	G P U	
722430 140179	05136		*		Kombucha, Synergy, Multi-Green, Organic	12 / 480ml	G P U	
722430 800172	05137		*		Kombucha, Synergy, Divine Grape, Organic	12 / 480ml	G P U	
722430 300177	05138		*		Kombucha, Synergy, Cosmic Cranberry, Organic	12 / 480ml	G P U	
722430 110172	05139		*		Kombucha, Synergy, Trilogy, Organic (raspberry/lemon/ginger)	12 / 480ml	G P U	
722430 600178	05182		*		Kombucha, Synergy, Gingerberry, Organic	12 / 480ml	G P U	
722430 920177	05187		*		Kombucha, Synergy, Sacred Life, Organic	12 / 480ml	G P U	
722430 500171	05214		*		Kombucha, Synergy, Mystic Mango, Organic	12 / 480ml	G P U	
722430 900179	05215		*		Kombucha, Synergy, Guava Goddess, Organic	12 / 480ml	G P U	
722430 340173	05258		*		Kombucha, Synergy, Watermelon Wonder, Organic	12 / 480ml	G P U	
722430 420172	05400		*		Kombucha, Synergy, Golden Pineapple, Organic	12 / 480ml	G P U	
722430 910178	05403		*		Kombucha, Synergy, Strawberry Lemonade, Organic	12 / 480ml	G P U	
722430 170176	05404	GMO	*		Kombucha, Synergy, Hibiscus Ginger, Organic	12 / 480ml	G P U	



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HAPPY PLANET MORNIN' OATZ SHAKE - 10% OFF							
779172 774070	01522	BC P	MORNIN' OATZ Shake, Chocolate Banana	8 / 3x250ml	G	U	_____
779172 774094	01520	BC P	MORNIN' OATZ Shake, Field Berry	8 / 3x250ml	G	U	_____
779172 774087	01521	BC P	MORNIN' OATZ Shake, Mango Peach	8 / 3x250ml	G	U	_____
779172 772076	01502	BC P	MORNIN' OATZ Shake, Chocolate Banana	12 / 946ml	G	U	_____
779172 772090	01500	BC P	MORNIN' OATZ Shake, Field Berry	12 / 946ml	G	U	_____
779172 772083	01501	BC P	MORNIN' OATZ Shake, Mango Peach	12 / 946ml	G	U	_____
HAPPY PLANET PRODUCTS (REFRIGERATED) - 10% OFF							
779172 645530	39701	BC P	NEW! Meals, Balance Bowl w/Cauliflower & Turmeric	6 / 600g			_____
779172 645523	39702	BC P	NEW! Meals, Power Bowl w/Black Beans & Smoky Chili	6 / 600g			_____
779172 645547	39703	BC P	NEW! Meals, Soul Bowl w/Buckwheat & Cajun Spices	6 / 600g			_____
779172 645554	39700	BC P	NEW! Meals, Warrior Bowl w/Red Lentils & Ginger	6 / 600g			_____
779172 121010	06266	GMO	BC P X Juice, 100% Pure Orange (plastic bottle)	6 / 325ml		U	_____
779172 231610	01308	GMO	BC P X Smoothie, Extreme C (plastic bottle)	6 / 325ml		U	_____
779172 231627	01309	GMO	BC P X Smoothie, Extreme Energy (plastic bottle)	6 / 325ml		U	_____
779172 231108	06237	GMO	BC P X Smoothie, Extreme Green (plastic bottle)	6 / 325ml		U	_____
779172 221666	01340	GMO	BC P X Smoothie, Coconut and Pineapple (plastic bottle)	6 / 325ml		U	_____
779172 221635	01310	GMO	BC P X Smoothie, Mango and Passionfruit (plastic bottle)	6 / 325ml		U	_____
779172 221659	01311	GMO	BC P X Smoothie, Raspberry and Cherry (plastic bottle)	6 / 325ml		U	_____
779172 225664	07323	GMO	BC P Smoothie, Coconut and Pineapple (plastic bottle)	6 / 1.5L			_____
779172 229105	07322	GMO	BC P Smoothie, Extreme Green (plastic bottle)	6 / 1.5L		U	_____
HARDBITE HANDCRAFTED STYLE CHIPS - \$4.60 OFF							
673513 113552	37638	GMO	BC P X Vegetable Chips, 18 Carrot Gold	15 / 150g		G	_____
673513 119554	36426	GMO	BC P X Vegetable Chips, Berry Smokey Parsnips, Chipotle Raspberry Flavoured	15 / 150g		G	_____
673513 118557	36422	GMO	BC P X Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g		G	_____
673513 112555	37637	GMO	BC P X Vegetable Chips, Drop 'N Mad Beets	15 / 150g		G	_____
673513 111558	37518	GMO	BC P X Vegetable Chips, Eat Your Parsnips	15 / 150g		G	_____
673513 114559	37749	GMO	BC P X Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g		G	_____
673513 120550	36451	GMO	BC P X Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g		G	_____
673513 117550	36423	GMO	BC P X Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet Potato	15 / 150g		G	_____
673513 121557	36453	GMO	BC P X Vegetable Chips, The Beet Goes On	15 / 150g		G	_____
HEALTH-ADE KOMBUCHA (REFRIGERATED) - \$3.52 OFF							
811184 030048	17704	GMO	GF V * Blood Orange, Carrot, Ginger, Organic	12 / 473ml		G P U	_____
811184 030031	17700	GMO	GF V * Cayenne Cleanse, Organic	12 / 473ml		G P U	_____
811184 030000	17701	GMO	GF V * Ginger Lemon, Organic	12 / 473ml		G P U	_____
811184 030017	17702	GMO	GF V * Pink Lady Apple, Organic	12 / 473ml		G P U	_____
811184 030024	17703	GMO	GF V * Pomegranate, Organic	12 / 473ml		G P U	_____
HEALTHY HIPPO LOW SUGAR CANDY - 10% OFF							
628176 040240	17654		BC P X Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g		G	_____
628176 040103	17650		BC P X Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g		G	_____
628176 040127	17651		BC P X Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g		G	_____
628176 040110	17652		BC P X Sour Keys. Sweetened w/Monk Fruit	12 / 50g		G	_____
628176 040134	17653		BC P X Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g		G	_____
HEE-HAW HORSERADISH - 15% OFF							
628110 106087	11171	GF	BC P Horseradish, Damn Hot	12 / 250ml			_____
628110 106094	11172	GF	BC P Horseradish, Double Damn Hot	12 / 250ml			_____



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Order

HERBARIA | HERBAL TEA - UP TO 20% OFF

5997005 343735	40850			Herbal Tea, Agrimony Herb	10 / 25ct		
5997005 343605	40854			Herbal Tea, Echinacea Herb	10 / 25ct		
5997005 330049	40855			Herbal Tea, Elder Flower	10 / 25ct		
5997005 343599	40856			Herbal Tea, Eyebright Herb	10 / 25ct		
5997005 330902	40858			Herbal Tea, Hawthorn Flowers & Leaves	10 / 25ct		
5997005 330438	40859			Herbal Tea, Horsetail	10 / 25ct		
5997005 343711	40861			Herbal Tea, Lavender Flowers	10 / 25ct		
5997005 343629	40870			Herbal Tea, Rosemary Leaf	10 / 25ct		
5997005 343636	40871			Herbal Tea, Sage Leaves	10 / 25ct		
5997005 330896	40872			Herbal Tea, Senna Leaves	10 / 25ct		
5997005 330766	40876			Herbal Tea, St. John's Wort	10 / 25ct		

HILARY'S | VEGGIE BURGERS (FROZEN) - 20% OFF + VOLUME PRICING

854262 003398	42501	GMO	GF	*	X Burger, Adzuki Bean, Organic (2 patties)	12 / 181g	
854262 003404	42503	GMO	GF	*	X Burger, Hemp & Greens, Organic (2 patties)	12 / 181g	
854262 003411	42502	GMO	GF	*	X Burger, Root Veggie, Organic (2 patties)	12 / 181g	
854262 003381	42500	GMO	GF	*	X Burger, World's Best Veggie, Organic (2 patties)	12 / 181g	

Buy 8+ cases (BURGERS ONLY) Save 5%

HORNBY ORGANIC | ENERGY BAR - 10% OFF

628055 058359	37550	GMO	GF	*	BC PB X O SNACK, Chocolate Chip Banana, Organic	12 / 45g	G
628055 058311	37551	GMO	GF	*	BC PB X O SNACK, Chocolate Chip Peanut Butter, Organic	12 / 45g	G
628055 058328	37552	GMO	GF	*	BC PB X O SNACK, Chocolate Espresso, Organic	12 / 45g	G
628055 058335	37553	GMO	GF	*	BC PB X O SNACK, Peanut Butter & Jam, Organic	12 / 45g	G

HOT KID | RICE CRACKERS - 10% OFF

686352 807063	16236		GF		X Cheese Rice Crackers	20 / 100g	
686352 807070	16261		GF		X Natural Rice Crackers	20 / 100g	
686352 804895	16199		GF		X Sesame Rice Crackers	20 / 100g	

HUER | SENSIBLE SWEETS - 15% OFF

771047 004503	15404		V		PB SENSIBLE SWEETS, Soft Fruits Gelées	12 / 130g	G
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HUNGRY BUDDHA | KETO BAR - \$4.00 OFF + VOLUME PRICING

627561 000807	07360		V		PB X Keto Bar, Chocolate Chip	12 / 40g	G
627561 000814	07361		V		PB X Keto Bar, Coconut Cocoa	12 / 40g	G

Buy 10-19 cases Save 0.50

Buy 20+ cases Save 1.00

IF YOU CARE | ENVIROMENT FRIENDLY PRODUCTS - 10% OFF

770009 250279	46393			@	Rubber Gloves, Small (Certified Natural Rubber)	12 / 1pr	G P
770009 250293	46395			@	Rubber Gloves, Large (Certified Natural Rubber)	12 / 1pr	G P
770009 250613	46396				Sponge Cloths (Machine Washable)	12 / 5ct	G P
770009 250255	46387				Unbleached Waxed Paper	12 / 75ft ²	G P

IMAGINE FOODS | BROTH & SOUP - 20% OFF

084253 773560	37800	GMO			Bone Broth, Chicken	12 / 1L	
084253 241243	38636		GF	*	Broth, Beef, Low Sodium, Organic	12 / 1L	
084253 242943	38411		GF	*	Broth, Chicken, Low Sodium, Organic	12 / 1L	
084253 242493	38280		GF	*	Broth, Chicken, Organic	12 / 1L	
084253 773546	38785		GF	*	Broth, Miso, Organic	12 / 1L	
084253 242486	38279	GMO	GF	*	Broth, Vegetable, Organic	12 / 1L	
084253 242950	38449	GMO		V *	Broth, Vegetable, Low Sodium, Organic	12 / 1L	
084253 241441	38749	GMO	GF	*	Soup, Creamy Broccoli, Family Size, Organic	12 / 1L	
084253 242417	38272		GF	*	Soup, Creamy Butternut Squash, Family Size, Organic	12 / 1L	
084253 246514	38644		GF	*	Soup, Creamy Garden Tomato, Reduced Sodium, Family Size, Organic	12 / 1L	
084253 242479	38278		GF	*	Soup, Creamy Tomato, Family Size, Organic	12 / 1L	

JUSTIN'S | NUT BUTTER CUPS - 10% OFF

840379 153668	10562	GMO	GF	*	Peanut Butter Cups, Mini Dark Chocolate, Organic	6 / 120g	G
840379 188455	10561	GMO	GF	*	X Cashew Butter Cups, Dark Chocolate, Organic	12 / 40g	G
840379 100051	10560	GMO	GF	*	X Peanut Butter Cups, Dark Chocolate, Organic	12 / 40g	G



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KASLO SOURDOUGH PASTA - \$3.00 OFF				
779605 022730	42186	GMO	BC P X Pasta Fermentata, Macaroni	12 / 227g
779605 022716	42187	GMO	BC P X Pasta Fermentata, Radiatori, Classic	12 / 227g
779605 022747	42190	GMO	BC P X Pasta Fermentata, Radiatori, Whole Wheat	12 / 227g
779605 022723	42188	GMO	BC P X Pasta Fermentata, Rotini	12 / 227g
779605 332273	42189	GMO	BC P X Pasta Fermentata, Spaghetti	12 / 227g
KETTLE BRAND POTATO CHIPS - \$2.10 OFF				
084114 117786	37243	GF	X Potato Chips, Single Serve, Cheddar (formerly New York Cheddar)	24 / 45g G
084114 117793	37244	GF	X Potato Chips, Single Serve, Honey Dijon	24 / 45g G
084114 117809	37245	GMO GF	X Potato Chips, Single Serve, Salt & Vinegar	24 / 45g G
084114 117816	37246	GMO GF	X Potato Chips, Single Serve, Sea Salt	24 / 45g G
KIND NUT BAR - 10% OFF				
602652 281242	39331		Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g G
602652 281112	39329		Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g G
602652 401619	39341		X Nut Bar, Almond Milk Chocolate	12 / 40g G
602652 248535	37746		X Nut Bar, Almond Mint & Dark Chocolate	12 / 40g G
602652 288104	37465		X Nut Bar, Peanut Butter	12 / 40g G
602652 401565	39340		X Nut Bar, Peanut Butter Milk Chocolate	12 / 40g G
KINDRED CULTURES WATER KEFIR (REFRIGERATED) - 10% OFF				
628504 073223	23630	BC P	NEW! Water Kefir, Lemon, Turmeric Ginger (glass)	12 / 250ml G P U
628504 073230	23631	BC P	NEW! Water Kefir, Lemon, Turmeric Ginger (glass)	6 / 1L G P U
KING ISLAND COCONUT WATER - VOLUME PRICING				
8850813 300031	07130		+ P Coconut Water, Pure (gable top)	12 / 1L U
			Buy 15+ cases	Save 15%
KINNIKINNICK PRODUCTS - 20% OFF				
620133 003077	55047	GF	+ P Cookies, Ginger Snaps	6 / 190g
620133 003497	16691	GF	+ P Cookies, KINNIKRITTERS, Chocolate	6 / 220g
620133 003596	16692	GF	+ P Cookies, KINNIKRITTERS, Graham Style	6 / 220g
620133 003619	16690	GMO GF	+ P Cookies, KINNIKRITTERS, Vanilla	6 / 220g
620133 003640	54583	GMO GF	+ P Cookies, KINNITOOS, Chocolate	6 / 220g
620133 003626	54582	GMO GF	+ P Cookies, KINNITOOS, Vanilla	6 / 220g
620133 003213	55048	GF	+ P Cookies, MONTANAS Chocolate Chip	6 / 190g
620133 003091	55049	GMO GF	+ P Cookies, S'MORABLES Graham Style Crackers	6 / 220g
620133 003251	38745	GF	+ P Cookies, Vanilla Wafers	6 / 180g
620133 004340	55052	GF	+ P Crumbs, Graham Style	6 / 300g
620133 105122	55051	GF	+ P Mix, Pancake & Waffle	6 / 454g
620133 600153	55053	GF	+ P Panko Style Bread Crumbs	6 / 350g
KOYO JAPANESE PRODUCTS - 10% OFF				
065493 062522	24210		Arame	10 / 50g
065493 062607	24235		Wakame	10 / 50g
021009 229025	24019		Wasabi Powder	6 / 25g
KRISDA SUGAR-FREE SWEETENER - 10% OFF				
688120 044540	23023	GMO *	P Sweetener, Erythritol, Organic	6 / 454g
688120 024542	23022		P Sweetener, Monk Fruit	6 / 454g
688120 014543	23020		P Sweetener, Stevia	6 / 454g
LAKANTO MONKFRUIT BLEND SWEETENER - 10% OFF				
843076 000525	44216	GMO	Sweetener, Powdered	8 / 453g
L'ANCÊTRE CHEESE (REFRIGERATED) - UP TO \$3.50 OFF				
778177 499810	50401	GF *	+ P Emmental, Sliced, Organic (raw milk)	8 / 180g
778177 499902	50060	GF *	P Goat Cheese, Soft Unripened, Organic	6 / 125g
778177 499919	50097		+ P Goat Cheese, Ripened Firm (Cheddar style)	8 / 190g



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LARABAR ENERGY BAR - \$2.40 OFF						
021908 509518	37320	GMO	GF		X Fruit & Nut Bar, Apple	16 / 45g G
021908 507989	37370	GMO	GF		X Fruit & Nut Bar, Blueberry	16 / 45g G
021908 509532	37322	GMO	GF		X Fruit & Nut Bar, Cashew Bar	16 / 48g G
021908 511740	37547	GMO	GF		X Fruit & Nut Bar, Chocolate Brownie	16 / 45g G
021908 507699	37371	GMO	GF		X Fruit & Nut Bar, Chocolate Chip	16 / 45g G
021908 509587	37328	GMO	GF		X Fruit & Nut Bar, Coconut Cream	16 / 48g G
065633 185784	37321	GMO			X Fruit & Nut Bar, Lemon	16 / 45g G
021908 509624	37329	GMO	GF		X Fruit & Nut Bar, Peanut Butter	16 / 48g G
021908 509396	37335	GMO			X Fruit & Nut Bar, Peanut Butter Chocolate Chip	16 / 45g G
LE GRAND PESTOS (REFRIGERATED) - 15% OFF						
773798 100220	19451	GMO	V	+ P	Pesto, Classic	6 / 170g
773798 100121	19450	GMO	V	+ P	Pesto, Garden	6 / 170g
773798 010123	19454	GMO	GF V	+ P	Pesto, Chimichurri	6 / 156g
LET'S DO ICE CREAM CONES - \$1.15 OFF						
043182 003520	35182	GMO	GF V		X Ice Cream Cones, Gluten Free (cups)	6 / 36g
LET'S DO...ORGANIC PRODUCTS - UP TO \$3.84 OFF						
043182 003551	35042		V *		X Ice Cream Cones, Organic (cups)	12 / 36g
043182 005937	02008		GF *		X Sprinklez, Confetti, Organic	12 / 28g
043182 003575	35043		V *		X Sugar Cones, Organic	12 / 132g
LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS - UP TO 25% OFF						
661594 003640	18108		* @	P	Cacao Nibs, Organic	12 / 120g
661594 000083	44314		* @	P	Cane Sugar, Unrefined, Organic	1 / 20kg
661594 812303	44310		* @	P	Cane Sugar, Unrefined, Organic	6 / 2kg
661594 712306	44307		* @	P	Cane Sugar, Unrefined, Organic	12 / 500g
661594 003626	18115		* @	P	Dried Banana, Organic	12 / 130g
661594 003688	18100		* @	P	Dried Dragon Fruit, Organic	12 / 90g
661594 003633	18112		* @	P	Dried Golden Berry, Organic	12 / 100g
661594 905005	18113		* @	P	Dried Mango, Organic	12 / 100g
661594 904015	18114		* @	P	Dried Pineapple, Organic	12 / 100g
661594 001677	12995		@	P	Loose Leaf Tea, Black	12 / 70g
661594 001837	12996		@	P	Loose Leaf Tea, Chai	12 / 70g
661594 002698	13241		@	P	Loose Leaf Tea, Earl Grey	12 / 70g
661594 001684	12997		@	P	Loose Leaf Tea, Green	12 / 70g
661594 003305	13001		@	P	Pyramid bags, Black	12 / 30ct
661594 003541	13002		@	P	Pyramid bags, Chai	12 / 20ct
661594 003329	13004		@	P	Pyramid bags, Green	12 / 20ct
661594 003312	13003		@	P	Tea bags, Earl Grey	12 / 30ct
661594 000380	11948		* @	P	Ground Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g
661594 000403	11955		* @	P	Ground Coffee, Bright Roast, Light	6 / 300g
661594 000274	11941		@	P	Ground Coffee, Colombia, Dark & Strong, Organic	6 / 300g
661594 000311	11943		@	P	Ground Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g
661594 000427	11951		* @	P	Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g
661594 000359	11953		* @	P	Ground Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g
661594 000441	11947		@	P	Ground Coffee, French Roast, Dark & Intense, Organic	6 / 300g
661594 000335	11945		* @	P	Ground Coffee, Peru, Medium & Smooth, Organic	6 / 300g



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661594 000366	11949		*	@	☒	Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g		_____
661594 000182	11934	GMO	*	@	☒	Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 908g		_____
661594 000397	11952		*	@	☒	Whole Bean Coffee, Bright Bean, Light & Juicy, Organic	6 / 300g		_____
661594 000267	11940			@	☒	Whole Bean Coffee, Colombia, Dark & Strong, Organic	6 / 300g		_____
661594 000120	11929			@	☒	Whole Bean Coffee, Colombia, Dark, Organic	6 / 908g		_____
661594 002162	11930		*	@	☒	Whole Bean Coffee, Congo, Medium, Organic	6 / 908g		_____
661594 000304	11942		*	@	☒	Whole Bean Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g		_____
661594 000410	11950		*	@	☒	Whole Bean Coffee, East Africa, Dark & Balanced, Organic	6 / 300g		_____
661594 000342	11954		*	@	☒	Whole Bean Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g		_____
661594 000434	11946			@	☒	Whole Bean Coffee, French Roast, Dark & Intense, Organic	6 / 300g		_____
661594 000328	11944		*	@	☒	Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 300g		_____
661594 000199	11935	GMO	*	@	☒	Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 908g		_____
LOVE CHILD ORGANICS BABY FOODS - 15% OFF									
858860 001084	61052		*	+	☒	Puree, FIRST Pears, Organic (6+ months)	2 / 6x128ml		_____
LUNDBERG PRODUCTS - UP TO 11% OFF									
073416 570900	16336	GMO	GF	*		X Rice Cake Minis, Apple Pie, Organic	6 / 142g		_____
073416 571006	16337	GMO	GF	*		X Rice Cake Minis, Sea Salt, Organic	6 / 142g		_____
073416 570801	16338	GMO	GF	*		X Rice Cake Minis, White Cheddar, Organic	6 / 142g		_____
073416 200395	16334	GMO	GF	*		X Rice Cakes, Cinnamon Toast, Organic	6 / 269g		_____
073416 532502	31226	GMO	GF	*		THIN STACKERS, Five Grain, Organic	6 / 167g		_____
073416 532700	31225	GMO	GF	*		THIN STACKERS, Lightly Salted, Organic	6 / 167g		_____
073416 532809	31227	GMO	GF	*		THIN STACKERS, Red Rice & Quinoa, Organic	6 / 167g		_____
073416 532403	31224	GMO	GF	*		THIN STACKERS, Salt Free, Organic	6 / 167g		_____
073416 561601	31230	GMO	GF	*		THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 167g		_____
073416 035447	36750	GMO	GF			X Rice Chips, Fiesta Lime	12 / 170g	G	_____
073416 035409	36269	GMO	GF			X Rice Chips, Original Sea Salt	12 / 170g	G	_____
073416 035430	36267	GMO	GF			X Rice Chips, Santa Fe Barbecue	12 / 170g	G	_____
073416 035423	36271	GMO	GF			X Rice Chips, Sesame Seaweed	12 / 170g	G	_____
073416 051911	31205		GF			Rice, Arborio, White, Nutra-Farmed	6 / 907g		_____
073416 406032	31209	GMO	GF	*		Rice, Basmati, Brown, Organic	6 / 907g		_____
073416 404045	31210	GMO	GF	*		Rice, Basmati, White, Organic	6 / 907g		_____
073416 040502	31211	GMO	GF	*		Rice, Jasmine, California Brown, Organic	6 / 907g		_____
073416 040489	31212		GF	*		Rice, Jasmine, White, Organic	6 / 907g		_____
073416 040434	31207	GMO	GF	*		Rice, Sushi, White, Organic	6 / 907g		_____
MAISON ORPHEE MARINADE & OIL - UP TO 20% OFF									
069593 120816	33489	GMO	GF	V	+	☒	Marinade, Caesar Vinaigrette	12 / 250ml	_____
069593 120823	33490	GMO	GF	V	+	☒	Marinade, Maple & Dijon Vinaigrette	12 / 250ml	_____
069593 120854	33493	GMO	GF	V	+	☒	Marinade, Olive & Balsamic Vinaigrette	12 / 250ml	_____
069593 121653	32393	GMO	GF		+	☒	Marinade, Ranch Vinaigrette	12 / 240ml	_____
069593 120861	33494	GMO	GF	V	+	☒	Marinade, Sesame & Tamari Vinaigrette	12 / 250ml	_____
069593 120144	30209	GMO			*	+	☒	Canola Oil, Virgin, Organic	6 / 750ml
069593 120137	30208	GMO			*	+	☒	Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml
069593 120151	30210	GMO			*	+	☒	Sunflower Oil, Virgin, Organic	6 / 750ml
MADEGOOD GRANOLA SNACK - 15% OFF									
687456 223476	64093	GMO	GF	*	+	☒	Granola Minis, Chocolate Banana, Organic	6 / 5x24g	G



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MANITOBA HARVEST PRODUCTS - UP TO \$9.81 OFF

697658 692260	36626	GMO	V *	+	ⓧ	X Granola, Blueberry, Organic	6 / 283g		
697658 692253	36628	GMO		+	ⓧ	X Granola, Honey & Oats, Organic	6 / 283g		
697658 201196	37349	GMO	GF V	+	ⓧ	Hemp Hearts	6 / 454g		
697658 410765	37351	GMO	GF V	+	ⓧ	HEMP HEARTS (Paleo Certified)	6 / 700g		
697658 000027	36353	GMO		+	ⓧ	Hemp Seed Oil (REFRIGERATED)	12 / 355ml		
697658 200014	36603	GMO	*	+	ⓧ	Hemp Seed Oil, Organic (REFRIGERATED)	12 / 250ml		
697658 200021	36897	GMO	*	+	ⓧ	Hemp Seed Oil, Organic (REFRIGERATED)	6 / 500ml		
697658 690044	37199	GMO	V *	+	ⓧ	Max Protein Powder, Unsweetened, Organic	6 / 454g	G	
697658 000010	36348	GMO	GF V	+	ⓧ	Shelled Hemp Hearts	8 / 227g		
697658 691164	37026	GMO B	GF V	+	ⓧ	X Shelled Hemp Hearts	1 / 2.27kg		
697658 000034	36352	GMO	GF V	+	ⓧ	Shelled Hemp Hearts	12 / 60g		
697658 000072	37197	GMO	GF V *	+	ⓧ	Shelled Hemp Hearts, 100% Organic	8 / 200g		
697658 220012	36907	GMO	GF V *	+	ⓧ	Shelled Hemp Hearts, 100% Organic	6 / 340g		

MARY'S ORGANIC | GOURMET CRACKERS - 15% OFF

853665 005855	17605	GMO	GF *			REAL THIN CRACKERS, Chipotle, Organic	6 / 142g		
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MATEINA | READY-TO-DRINK YERBA MATES - UP TO 20% OFF + VOLUME PRICING

628504 157374	20811	GMO	*	+	ⓧ	X Energy Infusion, Blueberry Haskap, Organic (can)	12 / 355ml	U	
628504 157312	20804	GMO	*	+	ⓧ	X Energy Infusion, Hibiscus & Berries, Organic (can)	12 / 355ml	U	
628504 157305	20803	GMO	*	+	ⓧ	X Energy Infusion, Lemon Original, Organic (can)	12 / 355ml	U	
Buy 10+ cases (RTD Skus Only)							Save 5%		
628504 157046	20810	GMO	*	+	ⓧ	X Energy Infusion, Grapefruit Guava, Organic (can)	12 / 355ml	U	
628504 157329	20805	GMO	*	+	ⓧ	X Energy Infusion, Peach Passion, Organic (can)	12 / 355ml	U	
Buy 10+ cases (RTD Skus Only)							Save 5%		

MAUREEN SIMON FOODS CORP | COOKING SAUCES - 20% OFF

627987 503753	14902		BC	ⓧ		Sauce, Mild Coconut Curry	12 / 350ml		
841307 000313	14900		BC	ⓧ		Sauce, The Original Jerk	12 / 350ml		

MCKENZIE'S | COUNTRY FARM HONEY - 10% OFF

056113 001700	44084			+	ⓧ	Raw Natural Honey, Canada No 1 White	12 / 500g		
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MILLSTREAM FLOUR MILL | FLOURS - 15% OFF

060543 002121	07331	B	BC	ⓧ		X Chana Flour, Stoneground	1 / 9.07kg		
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MISHIMA | INSTANT SOUP - \$3.84 OFF

830757 000325	38551					X Instant Hot and Sour Soup	12 / 27g		
830757 000219	38821					X Instant Miso Soup, Red	12 / 30g		
830757 000233	38822					X Instant Miso Soup, White	12 / 30g		
830757 000226	38655					X Instant Mixed Miso soup (red & white)	12 / 30g		

MIYOKO'S | NON-DAIRY CHEESE ALTERNATIVES (REFRIGERATED) - 15% OFF

857554 005926	19154		V *			Aged Sharp Farmhouse Style Semi Firm Round, Organic	6 / 184g		
857554 005919	19153		V *			Aged Smoked Farmhouse Style Semi Firm Round, Organic	6 / 184g		

MOCOLATE | MORNING GLOW MUSHROOM BLEND CREAMER - 15% OFF

627843 997443	37446		BC	ⓧ		Morning Glow, Mushroom Blend, Caramel	1 / 224g	G	
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MODERN MEAT | PLANT-BASED MEAT ALTERNATIVES (FROZEN) - 15% OFF

847004 000908	65210		BC	ⓧ		X Breakfast Sausage Patties	10 / 360g		
847004 000557	65206		BC	ⓧ		X Burgers. Mini	10 / 240g		
847004 000540	65205		BC	ⓧ		X Burgers	10 / 452g		
847004 000786	65208		BC	ⓧ		X Crabless Cakes	10 / 300g		
847004 000571	65209		BC	ⓧ		X Crumble	10 / 454g		

MOUNTAIN SKY | BODY CARE - 5% OFF

628055 186007	82249		BC	ⓧ		Handmade Bath Soap, Anise	6 / 135g	G P	
628055 186069	46194		BC	ⓧ		Handmade Bath Soap, Goat Milk & Oats	6 / 135g	G P	
628055 186083	82242		BC	ⓧ		Handmade Bath Soap, Lavender Dream	6 / 135g	G P	
628055 186137	82245		BC	ⓧ		Handmade Bath Soap, Vanilla Cream	6 / 135g	G P	
628055 186144	82247		BC	ⓧ		Handmade Bath Soap, Wild Rose	6 / 135g	G P	
628055 186038	80678		BC	ⓧ		Handmade Body Soap, Charcoal Cleanse, Ancient Asian	6 / 135g	G P	



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628055 186045	82239	BC	Ⓟ	Handmade Body Soap, Herbal Pine Eucalyptus	6 / 135g	G P	_____
628055 186076	82241	BC	Ⓟ	Handmade Body Soap, Kali Spice	6 / 135g	G P	_____
628055 186106	82248	BC	Ⓟ	Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g	G P	_____
628055 186090	46195	BC	Ⓟ	Shower Soap, Moroccan Argan	6 / 135g	G P	_____
NAAM PRODUCTS - 10% OFF							
689499 100042	14460	GMO	@ BC	Ⓟ Coconut Curry Sauce	12 / 350ml		_____
689499 100011	14000		BC	Ⓟ Miso Gravy (bottle)	12 / 350ml		_____
689499 100080	14459	GMO	@ BC	Ⓟ Miso Hot Sauce	12 / 350ml		_____
689499 100066	14461	GMO	@ BC	Ⓟ Peanut Sauce	12 / 350ml		_____
689499 100059	14463	GMO	@ BC	Ⓟ Thai Sauce	12 / 350ml		_____
NABATI PLANT EGGZ (REFRIGERATED) - 20% OFF							
628055 829331	21152	GF V	+ Ⓟ	NEW! PLANT EGGZ Plant Based Liquid Egg	12 / 355ml		_____
NAKED & SAUCY PRODUCTS - UP TO 15% OFF							
890104 001078	40118	GMO	* BC	Ⓟ Sauce, Chili Garlic, Organic	6 / 296ml		_____
890104 001337	40124	GMO	* BC	Ⓟ Sauce, Sweet & Sour, Organic	6 / 296ml		_____
890104 001344	40115	GMO	* Ⓟ	Ⓟ Soy Sauce Substitute, Keto, Organic	6 / 473ml		_____
890104 001351	40116	GMO	* Ⓟ	Ⓟ Soy Sauce Substitute, Lightly Sweet, Organic	6 / 473ml		_____
NATIVE FOREST CANNED VEGETABLES - UP TO \$1.77 OFF							
043182 008945	10217	GF		Artichoke Hearts, Marinated	6 / 170g		_____
043182 008914	10428	GF		Artichoke Hearts, Quartered	6 / 400g		_____
043182 008921	10215	GF		Artichoke Hearts, Whole	6 / 280g		_____
NATRACARE FEMININE CARE - 15% OFF							
782126 003041	80892			Maxi Pads, Night Time	1 / 10ea		_____
NATURA DAIRY-FREE BEVERAGE - 20% OFF + VOLUME PRICING							
063667 090463	07276	V	+ Ⓟ	Almond & Coconut, Unsweetened	12 / 946ml	U	_____
063667 090081	07122	V	+ Ⓟ	Almond, Chocolate	12 / 946ml	U	_____
063667 090012	07119	V	+ Ⓟ	Almond, Original	12 / 946ml	U	_____
063667 090067	07121	V	+ Ⓟ	Almond, Unsweetened	12 / 946ml	U	_____
063667 090265	07275	V	+ Ⓟ	Almond, Unsweetened, Vanilla	12 / 946ml	U	_____
063667 201081	06404	GMO	GF *	+ Ⓟ Oat, Chocolate, Organic	12 / 946ml	U	_____
063667 201012	06402	GMO	GF *	+ Ⓟ Oat, Unsweetened Original, Organic	12 / 946ml	U	_____
063667 201029	06403	GMO	GF *	+ Ⓟ Oat, Unsweetened Vanilla, Organic	12 / 946ml	U	_____
063667 006013	06378	GMO	V *	+ Ⓟ Rice, Original, Organic	12 / 946ml	U	_____
063667 006020	06379	GMO	V *	+ Ⓟ Rice, Vanilla, Organic	12 / 946ml	U	_____
063667 301859	06374	GMO	V *	+ Ⓟ Soy, Chocolate, Organic	12 / 946ml	U	_____
063667 301408	06371	GMO	V *	+ Ⓟ Soy, Original, Organic	12 / 946ml	U	_____
063667 511005	06375	GMO	V *	+ Ⓟ Soy, Unsweetened, Organic	12 / 946ml	U	_____
063667 301552	06372	GMO	V *	+ Ⓟ Soy, Vanilla, Organic	12 / 946ml	U	_____
				Buy 15-29 cases	Save 3%		_____
				Buy 30-74 cases	Save 5%		_____
				Buy 75+ cases	Save 7%		_____
063667 508012	06392	GMO	* + Ⓟ	NEW! Soy Beverage, Chocolate, Organic (aseptic carton)	8 / 3x200ml	U	_____
063667 506018	06357	GMO	* + Ⓟ	NEW! Soy Beverage, Unsweetened, Organic (aseptic carton)	8 / 3x200ml	U	_____
063667 301705	06373	GMO	* + Ⓟ	NEW! Soy Beverage, Strawberry, Organic (aseptic carton)	12 / 946ml	G U	_____
NATURAL CABANA LEMONADE - 15% OFF							
856190 003013	04083			X Lemonade, Strawberry	12 / 591ml	G U	_____
NATURE CLEAN PRODUCTS - UP TO 15% OFF							
058951 380184	80570		+ Ⓟ	Automatic Dishwasher Pacs (24pac)	8 / 432g	G P	_____
058951 380207	80835		+ Ⓟ	Automatic Dishwasher Pacs, 60ct	4 / 1.08kg	G P	_____
058951 232506	80429		+ Ⓟ	Dishwasher Rinse Agent	12 / 250ml	G P	_____
058951 403364	80443		+ Ⓟ	Dishwashing Liquid	4 / 3.63L	G P	_____
058951 403746	80580		+ Ⓟ	Dishwashing Liquid, Unscented	6 / 740ml	G P	_____
058951 217404	80496		+ Ⓟ	Fruit & Veggie Wash Concentrate	6 / 740ml	G P	_____
058951 225003	80490		+ Ⓟ	Fruit & Veggie Wash Spray	6 / 500ml	G P	_____



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058951 308850	80505	+	ⓧ	Laundry Detergent Strips, Fragrance Free (32 Loads)		2 / 12x32ea	G	P	_____
058951 308867	80506	+	ⓧ	Laundry Detergent Strips, WildFlower (32 Loads)		2 / 12x32ea	G	P	_____
058951 308508	80449	+	ⓧ	Laundry Liquid, HE (High Efficiency) Certified		4 / 1.83L	G	P	_____
058951 308614	80725	+	ⓧ	Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified		4 / 3L	G	P	_____
058951 308003	80502	+	ⓧ	Toilet Cleaner		6 / 1L	G	P	_____
058951 140252	80473	ⓧ	X	NEW! Floor Cleaner Strips, Fresh Lemon (Plastic-Free)		12 / 36ct	G	P	_____
058951 308904	80474	ⓧ	X	NEW! Toilet Bowl Cleaner Strips, Fresh Lime (Plastic-Free)		12 / 36ct	G	P	_____
NATURE'S BAKERY FIG BAR - UP TO \$4.20 OFF									
047495 491531	13132	GMO	V	X Fig Bar, Blueberry		12 / 57g	G		_____
047495 491555	13135	GMO	V	X Fig Bar, Raspberry		12 / 57g	G		_____
047495 210200	13136	GMO	V	Fig Bar, Apple Cinnamon		12 / 6x57g			_____
047495 210217	13137	GMO	V	Fig Bar, Blueberry		12 / 6x57g			_____
047495 210224	13138	GMO	V	Fig Bar, Original Fig		12 / 6x57g			_____
047495 210248	13140	GMO	V	Fig Bar, Raspberry		12 / 6x57g			_____
NATURE'S NUTS NUT & SEED BUTTER - 15% OFF									
682264 650100	35337	GMO	*	BC ⓧ Almond Butter, Crunchy, Organic		12 / 340g			_____
682264 650001	35336	GMO	*	BC ⓧ Almond Butter, Smooth, Organic		12 / 340g			_____
NATURE'S PATH CEREAL & GRANOLA - UP TO 15% OFF									
058449 189107	22650	GMO	GF	* ⓧ Cereal, Golden Turmeric, Organic		6 / 300g			_____
058449 771524	22641	GMO	GF	* ⓧ Cereal, SUNRISE Crunchy Maple, Organic		12 / 300g			_____
058449 221364	25077	GMO	*	@ X NEW! LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic		6 / 300g			_____
NATURE'S PATH WAFFLES (FROZEN) - \$4.00 OFF									
058449 590576	55702	GMO	GF	* BC ⓧ Waffles, Buckwheat Wildberry, Organic (6pk)		12 / 210g			_____
058449 590743	55708	GMO	GF	* BC ⓧ Waffles, Chia Plus, Organic (6pk)		12 / 210g			_____
058449 167006	55711	GMO	GF	* BC ⓧ Waffles, Dark Chocolate Chip, Organic (6pk)		12 / 210g			_____
058449 590521	55699	GMO	GF	* BC ⓧ Waffles, Homestyle, Organic (6pk)		12 / 210g			_____
NORA'S DAIRY-FREE DESSERT (FROZEN) - 10% OFF									
627843 814214	32924		GF	V BC ⓧ NEW! Cashew Frozen Dessert, Cookies & Crème		8 / 500ml			_____
NORTH PRAIRIE GOLD OIL - \$8.00 OFF									
628451 482055	20236	GMO		+ ⓧ Virgin Canola Oil, Cold-Pressed		12 / 500ml			_____
NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED) - 10% OFF									
850020 078134	18862	GMO	GF	V Milk Alternative, 1% Low Fat		6 / 1.89L		U	_____
850020 078127	18861	GMO	GF	V Milk Alternative, 2% Reduced Fat		6 / 1.89L		U	_____
850020 078110	18860	GMO	GF	V Milk Alternative, Whole		6 / 1.89L		U	_____
NUMI ORGANIC TEA - 15% OFF									
680692 101713	12026	GMO		* @ Black Tea, Aged Earl Grey, Organic		6 / 18ct			_____
680692 102215	12966	GMO		* @ Black Tea, Breakfast Blend, Organic		6 / 18ct			_____
680692 101812	12027	GMO		* @ Black Tea, Golden Chai, Organic		6 / 18ct			_____
680692 101195	12021	GMO		* @ Green Tea, Gunpowder Green, Organic		6 / 18ct			_____
680692 101188	12010	GMO		* @ Green Tea, Jasmine Green, Organic		6 / 18ct			_____
680692 103014	13209	GMO		* Green Tea, Matcha Toasted Rice, Organic		6 / 18ct			_____
680692 111507	12023	GMO		* @ Herbal Teasan, Chamomile Lemon, Organic		6 / 18ct			_____
680692 115000	12007	GMO		* Herbal Teasan, Chocolate Rooibos, Organic		6 / 18ct			_____
680692 101010	12003	GMO		* @ Herbal Teasan, Dry Desert Lime, Organic		6 / 18ct			_____
680692 101034	12005	GMO		* Herbal Teasan, Honeybush, Organic		6 / 18ct			_____
680692 101140	12006	GMO		* @ Herbal Teasan, Moroccan Mint, Organic		6 / 18ct			_____
680692 102017	12088	GMO		* Herbal Teasan, Rooibos Chai, Organic		6 / 18ct			_____
680692 101126	12004	GMO		* Herbal Teasan, Rooibos, Organic		6 / 18ct			_____
680692 115529	13239	GMO		* @ Herbal Teasan, Turmeric Amber Sun, Organic		6 / 12ct			_____
680692 115512	13238	GMO		* @ Herbal Teasan, Turmeric Golden Tonic, Organic		6 / 12ct			_____
680692 115505	13237	GMO		* @ Herbal Teasan, Turmeric Three Roots, Organic		6 / 12ct			_____



STORE NAME:

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UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
NUTS FOR CHEESE DAIRY-FREE NUTS FOR BUTTER & FERMENTED CASHEW PRODUCT (REFRIGERATED) - UP TO \$5.00 OFF						
842232 008023	18660	GMO	V *	+ P	Cashew Butter, Salted Original, Organic (2 sticks)	6 / 227g
842232 009020	18661	GMO	V *	+ P	Cashew Butter, Herb & Garlic, Organic (2 sticks)	6 / 227g
627843 729624	18652		V *	+ P	Artichoke and Herb, Organic	6 / 120g
842232 006012	18655		V *	+ P	Black Garlic, Organic	6 / 120g
627843 729600	18653		V *	+ P	Chipotle Cheddar Style, Organic	6 / 120g
627843 729631	18651		V *	+ P	Super Blue, Organic	6 / 120g
627843 729594	18654		V *	+ P	Un-brie-lievable, Organic	6 / 120g
NUUN HYDRATION DRINK TABLETS - 10% OFF						
811660 021072	40716	GMO			X Sport, Lemon Lime □	8 / 10ct G
OM MUSHROOM SUPERFOOD MUSHROOM POWDER - \$5.10 OFF						
856210 008639	74002	GMO	*		Mushroom Powder, Chaga, Organic	6 / 60g G
856210 008615	74000	GMO	*		Mushroom Powder, Lions Mane, Organic	6 / 60g G
856210 008622	74001	GMO	*		Mushroom Powder, Reishi, Organic	6 / 60g G
ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR - 10% OFF						
182583 000025	22214		GF *	P	Coconut Palm Sugar, Organic	12 / 475g
OPUS ALCOHOL FREE BEVERAGE - 15% OFF						
628634 740088	13942			BC P	NEW! Peach Bellini (can)	6 / 4x355ml G P U
PAPERCHEF CULINARY PARCHMENT BAKING PRODUCTS - 10% OFF						
628689 700303	47014			+ P	Baking Cups, Extra Large	12 / 30ct G P
628689 700600	47013			+ P	Baking Cups, Large	12 / 60ct G P
628689 700907	47015			+ P	Baking Cups, Mini	12 / 90ct G P
628689 700129	21010			+ P	Baking Cups, Lotus	6 / 12ct G P
628689 700143	21011			+ P	Baking Cups, Tulip	6 / 12ct G P
628689 000014	47011			P	Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft ² G P
628689 700983	47010			P	Parchment Paper, FSC Certified (roll) (123 Square Feet)	12 / 123ft ² G P
628689 700242	47016			P	Parchment Paper, Pre-cut Sheets, FSC Certified (41 Square Feet)	12 / 24ct G P
PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVES (REFRIGERATED) - 10% OFF						
857751 008027	21408	GMO			NEW! Shreds, Fiery Jack Style	8 / 198g
857751 008003	21407	GMO			NEW! Shreds, Mozzarella Style	8 / 198g
857751 008010	21406	GMO			NEW! Shreds, Old Cheddar Style	8 / 198g
857751 008041	21410	GMO			NEW! Slices, Fiery Jack Style	8 / 198g
857751 008034	21411	GMO			NEW! Slices, Old Cheddar Style	8 / 198g
857751 008171	21409	GMO			NEW! Slices, Smoky Gouda Style	8 / 198g
PARTAKE BREWING NON-ALCOHOLIC BEER - 5% OFF						
628110 465337	06016			+ P	Non-Alcoholic Beer, Pale	2 / 12x355ml G U
628110 465092	06010			+ P	Non-Alcoholic Beer, Blonde	6 / 4x355ml G U
628110 465283	06015			+ P	Non-Alcoholic Beer, Gose, Peach	6 / 4x355ml G U
628110 465085	06011			+ P	Non-Alcoholic Beer, IPA	6 / 4x355ml G U
628110 465078	06012			+ P	Non-Alcoholic Beer, Pale	6 / 4x355ml G U
628110 465153	06014			+ P	Non-Alcoholic Beer, Red	6 / 4x355ml G U
628110 465108	06013			+ P	Non-Alcoholic Beer, Stout	6 / 4x355ml G U
PATIENCE FRUIT & CO PRODUCTS - 10% OFF						
662166 557028	18551	GMO		+ P	X SOUR CRAN, Sour Cherry	8 / 60g G
662166 557011	18550	GMO		+ P	X SOUR CRAN, Sour Peach	8 / 60g G
662166 557035	18552	GMO		+ P	X SOUR CRAN, Sour Strawberry	8 / 60g G
662166 222209	18233	GMO	*	+ P	Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml U
PEARL'S PEROGIES (FROZEN) - 10% OFF						
062066 000158	54428			BC P	X Cheddar Cheese & Potato Perogies	12 / 600g
PERFECT CHEF TOMATO PASTA SAUCE - 15% OFF						
620988 050592	42410	GMO	*	+ P	Pasta Sauce, Butternut Squash, Organic	6 / 740ml
620988 050578	42408	GMO	*	+ P	Pasta Sauce, Sundried Tomato, Organic	6 / 740ml



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PLUM-M-GOOD RICE CAKES - \$3.35 OFF					
069372 007642	16667	GF *	BC P X	THINS, Brown Rice Cakes, 5 Rice Blend, Organic	12 / 95g
069372 007666	16668	GF *	BC P X	THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g
069372 007703	16733	GMO GF *	BC P X	THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g
069372 007741	16735	GMO GF *	BC P X	THINS, Brown Rice Cakes, Flax, Unsalted, Organic	12 / 95g
069372 007727	16734	GMO GF *	BC P X	THINS, Brown Rice Cakes, Hemp, Unsalted, Organic	12 / 95g
069372 007307	16610	GF *	BC P X	THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g
069372 007628	16666	GF *	BC P X	THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g
069372 007208	16609	GF *	BC P X	THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g
069372 007505	16614	GF *	BC P X	THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12 / 95g
069372 007109	16608	GF *	BC P X	THINS, Brown Rice Cakes, Unsalted, Organic	12 / 95g
PORTOFINO EUROPEAN BAKERY BREAD PRODUCTS (FROZEN) - 10% OFF					
661172 018165	40170		BC P X	NEW! Artisan Loaf, Peasant, sliced	10 / 585g
661172 018189	40171		BC P X	NEW! Artisan Loaf, Roasted Garlic & Cracked Pepper, sliced	10 / 585g
661172 018110	40173		BC P X	NEW! Artisan Loaf, Seeded Hearth, sliced	10 / 600g
661172 018158	40172		BC P X	NEW! Artisan Loaf, Sourdough, sliced	10 / 585g
661172 020397	40174		BC P X	NEW! Buns, Deluxe Brioche Burger	12 / 480g
661172 022841	40175		BC P X	NEW! Buns, Golden Potato	12 / 540g
661172 012309	40176		BC P X	NEW! Buns, Pretzel Kaiser	12 / 660g
PRAIRIE HARVEST KETCHUP - 15% OFF					
624756 995115	30065	GMO *	P	Ketchup, Organic	12 / 575ml
PRANA ORGANIC PRODUCTS - UP TO 15% OFF					
877693 000033	26102	GMO GF *	+ P	Nuts, Amandine Maple Almonds, Organic	8 / 150g G
877693 003089	34091	GMO GF *	+ P	PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g
877693 003096	34092	GMO GF *	+ P	PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g
877693 000330	34063	GMO GF *	P	Seeds, Chia, Ground Black, Organic	6 / 200g
877693 000316	34061	GMO GF *	P	Seeds, Chia, Ground White, Organic	6 / 200g
877693 000323	34062	GMO GF *	P	Seeds, Chia, Whole Black, Organic	6 / 300g
877693 000293	34060	GMO GF *	P	Seeds, Chia, Whole White, Organic	6 / 300g
877693 000583	34097	GMO GF *	P	Seeds, Chia, Whole Black, Organic	4 / 1kg
877693 002907	34066	GMO GF *	P	NEW! Seeds, Sunflower, Raw, Organic	6 / 250g
QUE PASA TORTILLA CHIPS - 15% OFF					
068826 222587	37815	GMO GF *	BC P X	NEW! Tortilla Chips, Jalapeno & Lime, Organic	12 / 156g G
R.W. KNUDSEN FRUIT JUICE - UP TO 15% OFF + VOLUME PRICING					
074682 123098	06303	GMO		Just Black Cherry Juice	6 / 946ml U
				Buy 5-19 cases (06303 ONLY)	Save 1.00
				Buy 20+ cases (06303 ONLY)	Save 3.30
074682 123241	06363			Just Blueberry (100% Blueberry juice)	6 / 946ml U
074682 123500	06361	GMO		Just Cranberry (100% Cranberry juice)	6 / 946ml U
074682 123296	06365			Just Pomegranate (100% Pomegranate Juice)	6 / 946ml U
074682 123180	06580	*		Just Tart Cherry, Organic	6 / 946ml U
074682 123128	06581	*		Prune Nectar, Organic	6 / 946ml U
				Buy 5-19 cases (Just Juices ONLY)	Save 1.00
				Buy 20+ cases (Just Juices ONLY)	Save 2.90
074682 200645	07445	GMO *		Just Grapefruit, Organic	6 / 946ml U
074682 123357	06582	GMO *		NEW! Just Cranberry, Organic (100% Cranberry juice)	6 / 946ml U



PSC Natural Foods

we deliver the goodness

STORE NAME:

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RAINCOAST SUSTAINABLE WILD CANNED SEAFOOD - UP TO \$11.25 OFF				
810757 009160	16819		♻️ Sardines, in spring water	12 / 120g
810757 000112	16808	BC	♻️ Tuna, Albacore	12 / 150g
810757 005117	16809	BC	♻️ Tuna, Albacore, No Salt	12 / 150g
810757 009115	16810	BC	♻️ Tuna, Albacore, Smoked	12 / 150g
810757 003892	16826		♻️ Tuna, Skipjack, chunk in water, with Sea Salt	24 / 142g
810757 003991	16827		♻️ Tuna, Skipjack, chunk in water, No Salt Added	24 / 142g
RATIO KETO FRIENDLY SNACK BAR - \$3.00 OFF				
065633 291133	39151	+	X Crunchy Bar, Lemon Almond	12 / 41g G
065633 284555	39150	+	X Crunchy Bar, Toasted Almond	12 / 41g G
RAWMBAS VEGAN MUFFINS (FROZEN) - 10% OFF				
628176 576022	56508	GF V	BC ♻️ X NEW! Muffins, Bountiful Blueberry (single serve)	24 / 125g G
628176 576046	56509	GF V	BC ♻️ X NEW! Muffins, Double Chocolate (single serve)	24 / 125g G
628176 576008	56510	GF V	BC ♻️ X Muffins, Apple Raspberry (single serve)	24 / 125g G
627843 823490	56511	GF V	BC ♻️ X Muffins, Apple Raspberry (4pk)	12 / 400g G
627843 823506	56512	GF V	BC ♻️ X Muffins, Bountiful Blueberry (4pk)	12 / 400g G
627843 823520	56513	GF V	BC ♻️ X Muffins, Double Chocolate (4pk)	12 / 400g G
RICEWORKS GOURMET RICE CHIPS - VOLUME PRICING				
815506 014327	17905	GF	x Gourmet Rice Chips, Black Japonica	12 / 155g G
060816 093238	17902	GF	x Gourmet Rice Chips, Salsa Fresca	12 / 155g G
060816 093214	17900	GF	x Gourmet Rice Chips, Sea Salt	12 / 155g G
037578 616296	17903	GF	x Gourmet Rice Chips, Sea Salt & Black Sesame	12 / 155g G
060816 093283	17901	GF	x Gourmet Rice Chips, Sweet Chili	12 / 155g G
			Buy 10-14 cases	Save 2.68
			Buy 15-19 cases	Save 4.01
			Buy 20+ cases	Save 5.35
RIZOPIA RICE PASTA - VOLUME PRICING				
833125 001153	40364	GF *	+ ♻️ X Brown Rice Elbows, Organic	12 / 454g
833125 001122	40361	GF *	+ ♻️ X Brown Rice Fettuccine, Organic	12 / 454g
833125 001139	40362	GF *	+ ♻️ X Brown Rice Fusilli, Organic	12 / 454g
833125 001146	40363	GF *	+ ♻️ X Brown Rice Penne, Organic	12 / 454g
833125 001115	40360	GF *	+ ♻️ X Brown Rice Spaghetti, Organic	12 / 454g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
833125 001054	40377	GF	+ ♻️ X Brown Rice Elbows	12 / 454g
833125 001023	40374	GF	+ ♻️ X Brown Rice Fettuccine	12 / 454g
833125 001030	40375	GF	+ ♻️ X Brown Rice Fusilli	12 / 454g
833125 001047	40376	GF	+ ♻️ X Brown Rice Penne	12 / 454g
833125 001016	40373	GF	+ ♻️ X Brown Rice Spaghetti	12 / 454g
833125 001078	40379	GF	+ ♻️ X Brown Rice Spirals	12 / 454g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
833125 001085	40380	GF	+ ♻️ X Brown Rice Lasagna	12 / 340g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
833125 003034	40383	GF	+ ♻️ X Vegetable Rice Fusilli	12 / 454g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%



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Order

ROCKY MOUNTAIN | FLATBREAD PIZZA CRUST (FROZEN) - 12% OFF

180659 000184	54629	GMO	V	+	☒	X Pizza Crusts, Par Baked (2 pack)	6 / 370g		
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RUNA | CLEAN ENERGY DRINK - \$4.00 OFF

856496 006060	24750	GMO	*	@		X Brewed Guayusa, Berry Boost, Organic (can)	12 / 355ml	G P U	
856496 006077	24751	GMO	*	@		X Brewed Guayusa, Blood Orange, Organic (can)	12 / 355ml	G P U	
856496 006053	24752	GMO	*	@		X Brewed Guayusa, Lime Twist, Organic (can)	12 / 355ml	G P U	

SAFE CATCH | LOW MERCURY CANNED SEAFOOD - UP TO \$7.68 OFF

859480 006053	68501	GMO				Wild Albacore Tuna, Solid	12 / 142g		
859480 006060	68500	GMO				Wild Albacore Tuna, Solid, No Salt	12 / 142g		
859480 006732	68530					Wild Sardines, in Water	12 / 125g		
859480 006725	68531					Wild Sardines, in Extra Virgin Olive Oil	12 / 125g		

SALT SPRING COFFEE - UP TO 20% OFF

628415 878634	13301	GMO	*	@	☒	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g		
628415 078317	12356	GMO	*	@	☒	Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g		
628415 078416	12361	GMO	*	@	☒	Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g		
628415 878627	12359	GMO	*	@	☒	Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g		
628415 078355	12357	GMO	*	@	☒	Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g		
628415 078270	12358	GMO	*	@	☒	Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g		
628415 078164	12363	GMO	*	@	☒	Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g		
628415 078362	12362	GMO	*	@	☒	Whole Bean Coffee, Village Trade, Dark Roast, Organic	8 / 400g		
628415 084387	12366	GMO	*	@	☒	Whole Bean Coffee, Village Trade, Dark Roast, Organic	6 / 908g		

SALT SPRING COFFEE | COMPOSTABLE SINGLE-SERVE BREW PODS - 15% OFF

628415 686635	12379	GMO	*	@	BC ☒	NEW! Coffee Pods, Blue Heron, Medium Dark, Organic	6 / 20ct		
628415 686161	12380	GMO	*	@	BC ☒	NEW! Coffee Pods, Decaf, Dark Roast, Organic	6 / 20ct		
628415 686413	12381	GMO	*	@	BC ☒	NEW! Coffee Pods, French Roast, Darkest Roast, Organic	6 / 20ct		
628415 686352	12382	GMO	*	@	BC ☒	NEW! Coffee Pods, Peru, Medium Roast, Organic	6 / 20ct		

SANTA CRUZ ORGANIC | LEMONADE - \$9.00 OFF + VOLUME PRICING

036192 127843	06819	GMO	*			Lemonade, Mango, Organic	12 / 946ml	G U	
036192 123135	06383	GMO	*			Lemonade, Organic	12 / 946ml	G U	
036192 123142	06384	GMO	*			Lemonade, Raspberry, Organic	12 / 946ml	G U	
							Buy 10-19 cases (946ml LEMONADES only)	Save 1.44	
							Buy 20+ cases (946ml LEMONADES only)	Save 2.94	

SAPADILLA PRODUCTS - 10% OFF

677141 002011	70332					All Purpose Cleaner, Rosemary & Peppermint	6 / 739ml	G P	
677141 000024	70327					Dish Soap, Grapefruit & Bergamot	12 / 473ml	G P	
677141 003025	70343					Laundry Liquid, Grapefruit & Bergamot	6 / 946ml	G P	
677141 010016	70380					Liquid Hand Soap, Rosemary & Peppermint	6 / 354ml	G P	

SAUGEEN COUNTRY DAIRY | KEFIR & YOGURTS (REFRIGERATED) - 10% OFF

778716 065018	52303		*	+	☒	Yogurt, Organic	6 / 650g		
778716 090812	52305		*	+	☒	Yogurt, 4% MF, Organic	6 / 908g		
778716 090829	52306		*	+	☒	Kefir, Organic	6 / 908g		

(Sometimes as Kefir culture ferments it produces a gas which can cause the lid to puff a bit. Please note this product is still good)

52301	B		*	+	☒	Yogurt, 4% MF, Organic	1 / 3.5kg		
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UPC Code	Code		PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		DELIVERY DATE REQUEST:	Order
SEVENTH GENERATION PRODUCTS - 10% OFF						
732913 229178	46165		Disinfecting Wipes	12 / 35ct	G P	_____
732913 450800	47071		Laundry Liquid, EASYDOSE Ultra Concentrated, Mango & Mandarin	6 / 683ml	G P	_____
732913 450923	47070		Laundry Liquid, EASYDOSE Ultra Concentrated, Rose Scent	6 / 683ml	G P	_____
732913 227709	46138		Laundry Liquid, 2X Concentrate, Blue Eucalyptus & Lavender	6 / 1.47L	G P	_____
732913 450077	47060		Multi-Surface Wipes, Garden Mint	12 / 35ct	G P	_____
732913 449972	47061		Multi-Surface Wipes, Garden Mint	6 / 70ct	G P	_____
732913 446872	47059		Wipes, Multi-Purpose, Garden Mint	12 / 37ct	G P	_____
SILK DAIRY-FREE BEVERAGE - UP TO 15% OFF						
025293 005525	08000	GMO	Almond Beverage, Dark Chocolate	12 / 946ml	U	_____
025293 002180	07190	GMO	Almond Beverage, Original	12 / 946ml	U	_____
025293 001817	07136	GMO	Almond Beverage, Unsweetened	12 / 946ml	U	_____
025293 002197	07191	GMO	Almond Beverage, Vanilla	12 / 946ml	U	_____
025293 001800	07137	GMO	Almond Beverage, Unsweetened, Vanilla	12 / 946ml	U	_____
036632 074638	07138	GMO	* Coconut Beverage, Original, Organic	12 / 946ml	U	_____
036632 074614	07139	GMO	* Coconut Beverage, Unsweetened, Organic	12 / 946ml	U	_____
056800 715811	52243	GMO	+ Oat Beverage, Original	12 / 946ml	U	_____
056800 658903	52236	GMO	+ Oat Beverage, Unsweetened, Original	12 / 946ml	U	_____
056800 660814	52237	GMO	+ Oat Beverage, Unsweetened, Vanilla	12 / 946ml	U	_____
025293 005532	08010	GMO	* Soy Fortified Beverage, Original, Organic	12 / 946ml	U	_____
025293 005549	08011	GMO	* Soy Fortified Beverage, Unsweetened, Organic	12 / 946ml	U	_____
036632 078506	52260		NEW! NEXTMILK, Original 2% (gable top) (REFRIGERATED)	6 / 1.74L	U	_____
SILK ALTERNATIVES (REFRIGERATED) - UP TO 15% OFF						
036632 074140	08034	GMO	NEW! Whipping Cream Alternative (38% fat)	12 / 473ml		_____
025293 005389	52201	GMO	Yogurt Style Almond, Berries & Acai	6 / 640g		_____
025293 005365	52202	GMO	Yogurt Style Almond, Vanilla	6 / 640g		_____
036632 074928	52229	GMO	Yogurt Style Coconut, Raspberry	6 / 680g		_____
025293 003897	52131	GMO	Yogurt Style Coconut, Unsweetened, Plain	6 / 680g		_____
025293 003903	52132	GMO	Yogurt Style Coconut, Unsweetened, Vanilla	6 / 680g		_____
036632 075840	52241	GMO	Yogurt Style Oat, Plain	6 / 640g		_____
036632 076212	52242	GMO	Yogurt Style Oat, Vanilla	6 / 640g		_____
SIMPLY ORGANIC FLAVOURINGS & EXTRACTS - 10% OFF						
089836 186201	02157		* Lemon Flavour, Organic (no alcohol)	6 / 59ml		_____
089836 186249	02155		* Vanilla Extract, Organic	6 / 118ml		_____
SKINNYPOP POPCORN - VOLUME PRICING						
850251 004148	38913	GMO	GF V X Popcorn, Original	10 / 6x18g	G	_____
			Buy 5-19 cases (Snack Size only)	Save 5.88		_____
			Buy 20+ cases (Snack Size only)	Save 8.82		_____
816925 021958	38962	GMO	GF V Microwave Popcorn, Butter	6 / 6x80g		_____
816925 021965	38963	GMO	GF V Microwave Popcorn, Sea Salt	6 / 6x80g		_____
			Buy 5-19 cases (Microwave skus only)	Save 3.00		_____
			Buy 20+ cases (Microwave skus only)	Save 4.32		_____
SKIPPY'S KETTLE CORN - 15% OFF						
627843 308140	17931		BC X PERFECT POP, Butter	12 / 135g	G	_____
SO DELICIOUS DAIRY-FREE DESSERT (FROZEN) - UP TO 15% OFF						
744473 000913	55444	GMO	GF V X Cashew Dessert, Chocolate Banana Flambe	8 / 500ml		_____
744473 000685	55437	GMO	GF V X Cashew Dessert, Cinnamon Cookie Dough	8 / 500ml		_____
744473 000678	55438	GMO	GF V X Cashew Dessert, Creamy Chocolate	8 / 500ml		_____
744473 276219	55376	GMO	GF V X Cashew Dessert, Dark Chocolate Truffle	8 / 500ml		_____
744473 276134	55375	GMO	GF V X Cashew Dessert, Salted Caramel Cluster	8 / 500ml		_____
744473 000661	55439	GMO	GF V X Cashew Dessert, Simply Vanilla	8 / 500ml		_____
744473 000906	55300	GMO	GF V X Coconut Dessert, Cold Brew Coffee	8 / 500ml		_____
744473 270460	55314	GMO	GF V X Coconut Dessert, Cookie Dough	8 / 500ml		_____
744473 270118	55299	GMO	GF V X Coconut Dessert, Vanilla Bean	8 / 500ml		_____



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036632 072993	56250	GMO GF V		X Oat Dessert, Oatmeal Cookie		8 / 500ml	_____
036632 072979	56251	GMO GF V		X Oat Dessert, Peanut Butter and Raspberry		8 / 500ml	_____
036632 077585	55449	GMO GF V		X Oat Dessert, S'mores		8 / 500ml	_____
SOBAYA PASTAS - UP TO \$5.94 OFF							
057443 307029	30160		* +	Soba, Kamut and Buckwheat, Organic		12 / 230g	_____
057443 309023	30169		* +	Soba, Spelt and Buckwheat, Organic		12 / 230g	_____
057443 401017	30140			Soba, Wheat and Buckwheat		12 / 454g	_____
057443 302024	30130		* +	Soba, Wheat and Buckwheat, Organic		12 / 230g	_____
057443 309047	30154		* +	Udon, Spelt, Organic		12 / 230g	_____
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER - 10% OFF + VOLUME PRICING							
854531 000417	17103			+ <input type="checkbox"/> XBeer, Blonde Ale (can)		12 / 473ml	G U _____
854531 000042	17101			+ <input type="checkbox"/> XBeer, IPA (can)		12 / 473ml	G U _____
854531 000226	17102			+ <input type="checkbox"/> XBeer, Irish Red (can)		12 / 473ml	G U _____
854531 000035	17100			+ <input type="checkbox"/> XBeer, White (can)		12 / 473ml	G U _____
				Buy 25+ cases		Save 5%	_____
854531 000554	17104	GMO	* +	<input type="checkbox"/> X Beer, IPA, Organic (can)		12 / 473ml	G U _____
				Buy 25+ cases		Save 5%	_____
854531 000745	17105			+ <input type="checkbox"/> X NEW! Craft Cider (can)		12 / 473ml	G U _____
SOL CUISINE PLANT-BASED MEAT ALTERNATIVES (FROZEN) - \$2.80 OFF							
628025 016419	54322	GMO		+ <input type="checkbox"/> X NEW! Bites, Crispy Chik'n w/BBQ Sauce		8 / 300g	_____
628025 016464	54306	GMO		+ <input type="checkbox"/> X NEW! Cauliflower Wings, Buffalo Style		8 / 225g	_____
628025 016457	54305	GMO GF		+ <input type="checkbox"/> X NEW! Cauliflower Wings, Sweet Chili		8 / 225g	_____
628025 016303	54312	GMO		+ <input type="checkbox"/> X NEW! Tenders, Crispy Chik'n		8 / 300g	_____
628025 016426	54303	GMO		+ <input type="checkbox"/> X NEW! Wings, Hot & Spicy Chik'n		8 / 255g	_____
SOUTHERN RECIPE SMALL BATCH PORK RINDS - \$3.00 OFF							
077079 004222	37400			X Pork Rinds, Korean Kimchi BBQ		15 / 85g	G _____
077079 004529	37402			X Pork Rinds, Pineapple Ancho Chile		15 / 85g	G _____
077079 004239	37401			X Pork Rinds, Sea Salt & Cracked Black Pepper		15 / 85g	G _____
077079 004512	37403			x Pork Rinds, Spicy Dill		15 / 85g	G _____
SPECTRUM PRODUCTS - 15% OFF							
022506 410374	28114	GMO		Almond Oil		6 / 375ml	_____
022506 155305	28187	GMO		Avocado Oil, Refined		6 / 236ml	_____
022506 471757	28175	GMO	*	Canola Oil, Organic		6 / 750ml	_____
078755 000262	14035	GF V		CANOLA, Mayonnaise, Light, Eggless		12 / 473ml	_____
022506 974692	28022	GMO	*	Coconut Oil, Organic		12 / 414ml	_____
022506 135642	28044		*	Coconut Oil, Virgin, Organic		6 / 857ml	_____
022506 022041	28136	GMO	*	Olive Oil, Extra Virgin, Mediterranean, Organic		6 / 1L	_____
022506 721371	28130	GMO	*	Olive Oil, Extra Virgin, Organic (Arbequina)		6 / 375ml	_____
022506 721753	28135	GMO	*	Olive Oil, Extra Virgin, Organic (Arbequina)		6 / 750ml	_____
022506 403376	28176	GMO	*	Safflower Oil, Organic		6 / 375ml	_____
022506 404373	28185	GMO		Sesame Oil		6 / 375ml	_____
022506 203044	14003	GF *		SOY, Mayonnaise, Organic		12 / 473ml	_____
022506 065604	28107			Spray, Coconut Oil		6 / 170g	_____
022506 265813	28127			Spray, Olive Oil		6 / 170g	_____
022506 416376	28198	GMO		Walnut Oil		6 / 375ml	_____
SPICE IT UP FOODS MEATLESS MEATBALLS (FROZEN) - 20% OFF							
180356 000890	60176			BC <input type="checkbox"/> X Meatless Meatballs, Indian Marinara Style Sauce		12 / 400g	_____
STAHLBUSH ISLAND FARMS FRUIT (FROZEN) - \$4.80 OFF							
638882 000070	54015	GMO		X Blueberries (bag)		12 / 300g	_____
638882 000582	54017	GMO		X Cranberries (bag)		12 / 284g	_____
638882 000599	54014	GMO		X Marion Blackberries (bag)		12 / 284g	_____
638882 000933	54690	GMO		X Northwest Berry Blend		12 / 300g	_____
638882 000575	54016	GMO		X Red Raspberries (bag)		12 / 284g	_____
638882 000551	54013	GMO		X Strawberries, Whole (bag)		12 / 300g	_____
STICKLING'S BAKERY PRODUCTS - 15% OFF							
775918 002032	32044	GF		+ <input type="checkbox"/> X CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)		6 / 175g	_____



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SUNSORYA | SPIRULINA SPRINKLES - 10% OFF

627843 978923	37448			Spirulina Sprinkles	10 / 200g	
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TASTY BITE PRODUCTS - 15% OFF

782733 012276	38796	GMO	*	X Heat & Serve, Ancient Grains, Organic (microwavable pouch)	6 / 250g	
782733 000013	38231	GMO		X Heat & Serve, Bombay Potatoes (microwavable pouch)	6 / 285g	
782733 000266	38711	GMO		X Heat & Serve, Channa Masala (microwavable pouch)	6 / 285g	
782733 000389	38798	GMO		X Heat & Serve, Hot & Spicy Madras Lentils (microwavable pouch)	6 / 285g	
782733 000365	38792	GMO	*	X Heat & Serve, Hot & Spicy, Coconut Vegetables, Organic (microwavable pouch)	6 / 285g	
782733 000372	38793	GMO	*	X Heat & Serve, Hot & Spicy, Vindaloo, Organic (microwavable pouch)	6 / 285g	
782733 000051	38236	GMO		X Heat & Serve, Jaipur Vegetables (microwavable pouch)	6 / 285g	
782733 000037	38233	GMO		X Heat & Serve, Kashmir Spinach (microwavable pouch)	6 / 285g	
782733 000020	38232	GMO		X Heat & Serve, Madras Lentils (microwavable pouch)	6 / 285g	
782733 000044	38234	GMO		X Heat & Serve, Punjab Eggplant (microwavable pouch)	6 / 285g	
782733 012139	38799	GMO	*	X Heat & Serve, Rice, Basmati Rice, Organic (microwavable pouch)	12 / 250g	
782733 012115	38779	GMO	*	X Heat & Serve, Rice, Brown Rice, Organic (microwavable pouch)	6 / 250g	
782733 311119	37695	GMO	*	X Heat & Serve, Rice, Brown w/Lentils with Herbs, Organic (microwavable pouch)	6 / 250g	
782733 012061	38766	GMO	*	X Heat & Serve, Rice, Tandoori, Organic (microwavable pouch)	6 / 250g	
782733 012085	38778	GMO	*	X Heat & Serve, Rice, Thai Lime, Organic (microwavable pouch)	6 / 250g	
782733 012269	38797	GMO	*	X Heat & Serve, Sticky Rice, Organic (microwavable pouch)	6 / 250g	
782733 000259	38712	GMO		X Heat & Serve, Vegetable Korma (microwavable pouch)	6 / 285g	
782733 000341	37697	GMO		X Heat & Serve, Vegetable Tikka Masala (microwavable pouch)	6 / 285g	
782733 010050	38794	GMO		X Thai Vegetable Curry	6 / 285g	

TAZO | BLACK TEA CONCENTRATE - 10% OFF

794522 002252	30890			Black Tea Concentrate, Chai Latte	6 / 946ml	
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TERRA ARTISAN BREAD (FROZEN) - 15% OFF

779324 000125	40134			BC X French Loaf	15 / 450g	
779324 100153	40157			BC X Sourdough Loaf, Walnut	15 / 500g	
779324 009197	40136			BC X Sourdough Loaf, Heritage (made w/ organic flour)	8 / 700g	

THAI KITCHEN PRODUCTS - 15% OFF

737628 011575	14936	GMO		Coconut Milk (no guar)	6 / 750ml	
737628 011605	14931	GMO		Coconut Milk, Lite	12 / 400ml	
737628 011551	14937	GMO		Coconut Milk, Lite (no guar)	6 / 750ml	
737628 082506	14932	GMO	*	Coconut Milk, Lite, Organic	12 / 400ml	
737628 060504	14424	GMO		Coconut Milk, Premium	24 / 160ml	
737628 011506	14930	GMO		Coconut Milk, Premium	12 / 400ml	
737628 079506	14933	GMO	*	Coconut Milk, Premium, Organic	12 / 400ml	
737628 004003	14950	GMO	GF	Paste, Green Curry	12 / 112g	
737628 003006	14952	GMO	GF	Paste, Red Curry	12 / 112g	
737628 006007	14956	GMO	GF	Paste, Roasted Red Chili	12 / 112g	
737628 012008	14944	GMO		Paste, Yellow Curry	12 / 112g	



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737628 005000	14954	GF		Peanut Satay Sauce		12 / 227ml		_____
737628 001002	14694	GMO GF		Premium Fish Sauce		12 / 200ml		_____
737628 025251	30303	GMO GF		Stir-Fry Rice Noodles		12 / 198g		_____
737628 064502	30316			Stir-fry Rice Noodles, Thai Peanut		12 / 155g		_____
THAYERS REMEDIES WITCH HAZELS - 10% OFF								
041507 070066	85310			Witch Hazel Toner, Lavender		1 / 355ml	G P	_____
THE VERY GOOD BUTCHERS PLANT BASED BUTCHERY (FROZEN) - 10% OFF								
628176 694146	56312	GMO GF	BC	PEX BUTCHER'S SELECT Ground, Beefy		10 / 340g		_____
628176 694139	56313	GMO GF	BC	PEX BUTCHER'S SELECT Ground, Porky		10 / 340g		_____
628176 694511	56314	GMO GF	BC	PEX BUTCHER'S SELECT Mmm Meatballs, Spicy Italian		6 / 400g		_____
628176 694313	56315	GMO	BC	PEX Very Good Steak		6 / 400g		_____
628176 694481	56317	GMO	BC	PEX NEW! Ribs, Maple Bourbon BBQ		6 / 400g		_____
628176 694290	56316	GMO	BC	PEX NEW! Ribs, Smoky BBQ		6 / 400g		_____
628176 694498	56318	GMO	BC	PEX NEW! Ribs, Southern Gold BBQ		6 / 400g		_____
THEO CHOCOLATE - \$4.53 OFF								
874492 002534	11985	GMO	* @	X Dark Chocolate 70%, Mint, Organic		12 / 85g	G	_____
874492 005375	11996	GMO	* @	X Milk Chocolate 45%, Hazelnut Crisp, Organic		12 / 85g	G	_____
THIRSTY BUDDHA COCONUT WATER - UP TO \$2.50 OFF + VOLUME PRICING								
852953 001654	72521	GMO		PEX Sparkling Coconut Water with Pineapple (can)		12 / 330ml	G P U	_____
852953 001357	72522	GMO		PEX Sparkling Coconut Water with Watermelon (can)		12 / 330ml	G P U	_____
				Buy 10-24 cases (330ml SKUS)		Save 0.50		_____
				Buy 25-49 cases (330ml SKUS)		Save 0.75		_____
				Buy 50+ cases (330ml SKUS)		Save 1.00		_____
852953 001173	07213	GMO GF		Coconut Water, Natural (tetrapak)		12 / 1L	U	_____
				Buy 10-24 cases (1L SKUS)		Save 1.25		_____
				Buy 25-49 cases (1L SKUS)		Save 1.75		_____
				Buy 50+ cases (1L SKUS)		Save 2.10		_____
THRIVE REMEDIES ADAPTOGENIC TEAS - UP TO 25% OFF								
628176 390048	11608		*	BC PEX Adaptogenic Tea, Calm, Organic		12 / 475ml	U	_____
628176 390062	11609		*	BC PEX Adaptogenic Tea, Defense, Organic		12 / 475ml	U	_____
628176 390017	11610		*	BC PEX Adaptogenic Tea, Detox, Organic		12 / 475ml	U	_____
628176 390055	11611		*	BC PEX Adaptogenic Tea, Recovery, Organic		12 / 475ml	U	_____
628176 390000	11612		*	BC PEX Adaptogenic Tea, Stress, Organic		12 / 475ml	U	_____
TOFINO RAW KOMBUCHA (REFRIGERATED) - 10% OFF								
628176 608068	17233		*	BC PEX Kombucha, Apricot & Rose, Organic (can)		12 / 355ml	G P U	_____
628176 608082	17234		*	BC PEX Kombucha, Blueberry & Lavender, Organic (can)		12 / 355ml	G P U	_____
628176 608020	17235		*	BC PEX Kombucha, Ginger & lemon, Organic (can)		12 / 355ml	G P U	_____
628176 608044	17236		*	BC PEX Kombucha, Jasmine & Hibiscus, Organic (can)		12 / 355ml	G P U	_____
628176 608112	17242			X Kombucha, Organic, Mix Pack (can)		12 / 355ml	G P U	_____
628176 608105	17237		*	BC PEX Kombucha, Raspberry, Organic (can)		12 / 355ml	G P U	_____
TOFURKY MEAT ALTERNATIVES (REFRIGERATED) - 15% OFF								
025583 006119	57077			Sausages, Beer Brats		12 / 397g		_____
025583 006126	57078	GMO		Sausages, Italian		12 / 397g		_____
025583 006133	57079	GMO		Sausages, Kielbasa		12 / 397g		_____
TOM'S OF MAINE PRODUCTS - 10% OFF								
077326 832295	81075			Antiperspirant, Natural Powder		1 / 64g	G P	_____
077326 665251	81555			Deodorant, Long Lasting, Beautiful Earth		1 / 64g	G P	_____
077326 613252	81537			Deodorant, Long Lasting, Refreshing Lemongrass		1 / 64g	G P	_____
077326 614259	81552			Deodorant, Long Lasting, Unscented		1 / 64g	G P	_____
077326 612255	80793			Deodorant, Long Lasting, Wild Lavender		1 / 64g	G P	_____
035000 968425	80674			Deodorant For Men, Mountain Spring		1 / 79g	G P	_____
035000 987372	81526			Fluoride Toothpaste, LUMINOUS WHITE w/Activated Charcoal, Wintergreen		1 / 85ml	G P	_____
077326 830031	81522			Fluoride Toothpaste, WHOLE CARE, Peppermint		1 / 85ml	G P	_____
077326 832226	81505			Fluoride-Free Toothpaste, Children's, Silly Strawberry		1 / 90ml	G P	_____
077326 102404	81515			Fluoride-Free Toothpaste, Clean & Fresh, Fennel		1 / 85ml	G P	_____



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077326 101407	81509		Fluoride-Free Toothpaste, Clean & Fresh, Spearmint	1 / 85ml G P
077326 455562	81525		Fluoride-Free Toothpaste, Rapid Relief Sensitive, Fresh Mint	1 / 76ml G P
077326 159408	81506		Fluoride-Free Toothpaste, SIMPLY WHITE, Peppermint	1 / 85ml G P
077326 834176	80779		Mouthwash, WICKED FRESH, Cool Mountain Mint	1 / 473ml G P
TRADITIONAL MEDICINALS TEA - 15% OFF				
032917 007414	12177	GMO *	Echinacea Plus, Organic	6 / 16ct
TRUE CITRUS DRINK MIX - 15% OFF				
810979 001478	70369		True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct
TWO BEARS PRODUCTS - UP TO 15% OFF				
627843 482598	10050	@ +	Flash Brew, Black Coffee, Unsweetened (can)	6 / 250ml U
628504 309322	10001	@ +	Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml U
627843 482628	10053	@ +	Flash Brew, Mocha Coffee (can)	6 / 250ml U
628504 309032	10060	+ P	X Oat Latte, Black Coffee (can)	6 / 250ml U
628504 309063	10057	+ P	Oat Latte, Vanilla Coffee (Tetra)	6 / 946ml U
628504 309308	10059	+ P	Oat Milk, Unsweetened, Vanilla	6 / 946ml U
628504 309391	10008	+ P	Oat Milk, Unsweetened	6 / 946ml U
UMI'S KITCHEN COOKING SAUCE - 10% OFF				
627761 820250	51363	BC P	Marinade, Tandoori	12 / 450ml
627761 820106	51360	BC P	Simmer Sauce, Butter Chicken	12 / 450ml
627761 820359	51361	BC P	Simmer Sauce, Coconut Curry	12 / 450ml
627761 820205	51362	BC P	Simmer Sauce, Jeera Cumin	12 / 450ml
WAKEWATER CAFFEINATED SPARKLING WATER - 18% OFF				
628055 980896	25110	+ P	X Caffeinated Sparkling Water, Grapefruit	12 / 355ml G U
628055 980278	25111	+ P	X Caffeinated Sparkling Water, Lemon	12 / 355ml G U
WHISTLER WATER - UP TO 15% OFF				
620791 000159	06067	BC P	Glacial Spring Water	12 / 1.5L U
620791 000401	06065	B BC P	Glacial Spring Water	4 / 4L U
WHOLE ALTERNATIVES POPCORN - 15% OFF				
796259 150497	36297	*	Microwave Popcorn, Butter Flavour, Organic	12 / 3x99g
796259 150480	36299	GMO *	Microwave Popcorn, Low Fat, Organic	12 / 3x85g
796259 151845	37497	*	Popping Corn, Yellow, Organic	12 / 454g
WILDBRINE WILD CREAMERY CULTURED ALTERNATIVES & FERMENTED VEGETABLES (REFRIGERATED) - 10% OFF				
857859 007236	32256	GMO V *	WILDCREAMERY, Cream Cheese	8 / 241g
857859 007229	32250	GMO V *	WILDCREAMERY, European Style Cultured Butter	12 / 340g
857859 007243	32255	GMO V *	WILDCREAMERY, Sour Cream	8 / 241g
858159 002815	32245	GMO *	NEW! Kraut, Roasted Garlic, Organic	6 / 500ml
WIZE COFFEE LEAF ICED TEA - VOLUME PRICING				
628250 387315	13652	P	X Iced Tea, Grapefruit (can)	12 / 355ml U
628250 387292	13650	P	X Iced Tea, Hint Of Lemon (can)	12 / 355ml U
628250 387308	13651	P	X Iced Tea, Mango (can)	12 / 355ml U
			Buy 10-24 cases	Save 2.15
			Buy 25-49 cases	Save 3.04
			Buy 50+ cases	Save 3.93
YOGGU! PLANT-BASED YOGURT ALTERNATIVES (REFRIGERATED) - 10% OFF				
627987 070811	56000	BC P	Coconut Yogurt, Mango	6 / 450g
627987 070767	56001	BC P	Coconut Yogurt, Original	6 / 450g
627987 070774	56002	BC P	Coconut Yogurt, Strawberry	6 / 450g
627987 070804	56003	BC P	Coconut Yogurt, Vanilla	6 / 450g
ZAZUBEAN CHOCOLATE BARS - \$3.00 OFF				
872227 000947	14772	GMO * @ P	X NEW! Coconut Sugar Chocolate, Breezy - Cashew & Hazelnut (55% Cacao), Organic	12 / 85g G
872227 000961	14771	GMO * @ P	X NEW! SLINKY, No Added Sugar, Hazelnut Almond Crunch (43% Cacao), Organic	12 / 80g G



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ZEVIA ZERO CALORIE BEVERAGES - UP TO \$3.18 OFF					
849429 000815	72040	GMO GF		Mixer, Ginger Beer	4 / 6x222ml G P U
849429 000839	72041	GMO GF		Mixer, Tonic Water	4 / 6x222ml G P U
849429 001249	07158	GMO GF		Soda, Black Cherry	4 / 6x355ml G P U
849429 001201	07106	GMO GF		Soda, Cola	4 / 6x355ml G P U
849429 001287	07111	GMO GF		Soda, Cream Soda	4 / 6x355ml G P U
849429 000013	07160	GMO GF		Soda, Creamy Root Beer	4 / 6x355ml G P U
849429 001263	07161	GMO GF		Soda, Dr. Zevia	4 / 6x355ml G P U
849429 001256	07110	GMO GF		Soda, Ginger Ale	4 / 6x355ml G P U
849429 001232	07109	GMO GF		Soda, Ginger Root Beer	4 / 6x355ml G P U
849429 001270	07159	GMO GF		Soda, Grape	4 / 6x355ml G P U
849429 001218	07107	GMO GF		Soda, Lemon Lime Twist	4 / 6x355ml G P U
849429 001225	07108	GMO GF		Soda, Orange	4 / 6x355ml G P U
849429 001539	72030	GMO GF	* @	X Black Tea, Lemon, Organic	12 / 355ml U
849429 001546	72031	GMO GF	* @	X Black Tea, Raspberry, Organic	12 / 355ml U
849429 001560	72032	GMO GF	* @	X Earl Grey Tea, Blood Orange, Organic	12 / 355ml U
849429 001577	72033	GMO GF	* @	X Hibiscus Tea, Passionfruit, Organic	12 / 355ml U
849429 000693	72080	GMO GF		X Energy Drink, Grapefruit	12 / 355ml G P U
849429 000723	72083	GMO GF		X Energy Drink, Kōla	12 / 355ml G P U
849429 000709	72081	GMO GF		X Energy Drink, Mango/Ginger	12 / 355ml G P U
849429 000716	72082	GMO GF		X Energy Drink, Raspberry/Lime	12 / 355ml G P U
ZIMT CHOCOLATE BAR & MACAROONS - 10% OFF					
628055 532033	11003	GMO GF	* BC	Ⓟ X Raw Chocolate, Peppermint Nib'd, Organic	12 / 40g G
628055 532026	11002	GMO GF	* BC	Ⓟ X Raw Chocolate, Salt of the Earth, Organic	12 / 40g G
628055 532354	11011		V *	Ⓟ X Raw Chocolate, The White Stuff (White Chocolate), Organic	12 / 40g G
628055 532088	21100		* BC	Ⓟ X Macaroon, Double Chocolate, Organic (2 pack)	9 / 82g G
CLEARANCE <i>Discontinued and Clearance items are final sale</i>					
ASPENCLEAN CLEANING PRODUCTS - UP TO 60% OFF					
876805 003054	81200			Ⓟ Microfiber Cloth, All Purpose, Professional Grade	6 / 1ea G P
876805 003061	81201			Ⓟ Microfiber Cloth, Glass, Professional Grade	6 / 1ea G P
876805 003085	81203			Ⓟ Microfiber Cloth, Kitchen, Professional Grade	6 / 1ea G P
BIO-K PLUS PROBIOTICS (REFRIGERATED) - 60% OFF					
626608 001128	07380	GF	+ Ⓟ	Capsules, Mild (12.5 Billion)	1 / 15ct G
BLUEBIRD PROVISIONS BONE BROTH - 25% OFF					
	68603			Chicken Bone Broth (S/O)	6 / 200g
BOB'S RED MILL BEANS - 15% OFF					
039978 002617	34246			X Lentils, Green, French, Heritage	4 / 680g
BREMNER'S FROZEN FRUITS - 30% OFF					
	55078			Blueberries (S/O)	8 / 1.5kg
CABOO BAMBOO WIPES - 25% OFF					
628451 738046	46308			Ⓟ Bamboo Baby Wipes, Value Pack (S/O)	6 / 3x72ct G P
CHA'S ORGANICS SPICES - 60% OFF					
806253 001340	16791	GMO GF	V * @	Ⓟ Cinnamon, Ceylon, Ground, Organic	6 / 130g
DJ&A VEGETABLE SNACKS - 15% OFF					
853496 008858	31502			X Potato Wedges, Sweet Chilli	10 / 100g G
853496 008261	31504			X NATURE'S PROTEIN, Edamame	14 / 52g G
DOMO TEAS - 85% OFF					
	04038			X Tea Elixo (S/O)	6 / 120g
DOM'S DEODORANTS - UP TO 90% OFF					
628176 500164	88011	GMO	BC Ⓟ	Cream Deodorant, Frankincense & Fir	12 / 50ml G P
628176 500133	88009	GMO	BC Ⓟ	Cream Deodorant, Lemon Citrus	12 / 50ml G P
DRAGON TOWELS BAMBOO REUSABLE PAPER TOWELS - 60% OFF					
876791 000068	46200			Ⓟ Reusable Bamboo Kitchen Towels (20 sheets/roll)	15 / 1 ea G P
ECO-MAX HOUSEHOLD CLEANERS - 15% OFF					
853907 001010	80950		+ Ⓟ	Cleaner, All Purpose, Natural Lemongrass	6 / 710ml G P



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FILLO FACTORY | PASTRY (FROZEN) - 15% OFF

785002 324131	02184	*	X Fillo Dough, Organic (13"x18" sheets)	12 / 454g	
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FRONTIER | HERBS & SPICES - UP TO 55% OFF

089836 210159	70553	*	X Cardamom, Powder, Organic	6 / 21g	
089836 210173	70555	*	X Cayenne Pepper, Organic	6 / 32g	
089836 210241	70562	*	X Cumin Seed, Powder, Organic	6 / 36g	
089836 210265	70564	*	X Curry, Powder, Organic	6 / 30g	
089836 210296	70567	*	X Garam Masala, Organic	6 / 42g	
089836 210364	70574	*	X Onion, Granules, Organic	6 / 43g	

GIOVANNI | ECO CHIC COSMETICS - 75% OFF

716237 040084	80589		Conditioner, 50/50 Balanced	1 / 250ml	G P
716237 030085	80584		Shampoo, 50/50 Balanced	1 / 250ml	G P
716237 150080	80591		Conditioner, Tea Tree Triple Treat	1 / 250ml	G P
716237 130082	80587		Shampoo, Tea Tree Triple Treat	1 / 250ml	G P

GOGO QUINOA PRODUCTS - 15% OFF

896899 000166	22143	GMO GF *	Ⓟ Cereal, Quinoa Cocoa, Organic	8 / 260g	
896899 000142	19015	GMO *	Ⓟ Flakes, Quinoa, Organic	6 / 350g	
885320 000363	19028	GMO GF *	Ⓟ X Pasta, Anelli w/Vegetables & Turmeric, Organic	12 / 227g	
885320 010683	30036	GMO GF *	Pasta, Lasagna, Rice and Quinoa, Organic	12 / 170g	
896899 000272	30043	GMO GF *	Ⓟ X Pasta, Macaroni, Red & White Quinoa, Organic	12 / 227g	

GREEN LID | COMPOSTABLE COMPOST BIN - 90% OFF

858143 000018	46303	+ Ⓟ	X Compostable Compost Bin, Starter Kit	20 / 5ct	G P
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HERBARIA | HERBAL TEA - UP TO 20% OFF

5997005 343742	40851		Herbal Tea, Birch Leaf	10 / 25ct	
5997005 343834	40860		Herbal Tea, Lady's Mantle	10 / 25ct	
5997005 330889	40864		Herbal Tea, Marigold Blossoms	10 / 25ct	
5997005 343643	40866		Herbal Tea, Passion Flower	10 / 25ct	
5997005 343810	40868		Herbal Tea, Plantain Leaf	10 / 25ct	
5997005 343841	40873		Herbal Tea, Shepherd's Purse	10 / 25ct	
5997005 330940	40874		Herbal Tea, Small Flowers Willow Herb	10 / 25ct	
5997005 331299	40878		Herbal Tea, Thyme Leaves	10 / 25ct	
5997005 343827	40879		Herbal Tea, Uva Ursi Leaf	10 / 25ct	

JUSTEA | FARMER DIRECT KENYAN TEA - 15% OFF

627843 437680	13700	GMO @ BC Ⓟ	Loose Leaf, African Chai (Tin)	6 / 115g	
628451 866268	13716	GMO @ BC Ⓟ	Loose Leaf, Purple Chocolate (Tin)	6 / 100g	
628451 866060	13711	GMO @ BC Ⓟ	Loose Leaf, Purple Jasmine (Tin)	6 / 90g	
628451 866084	13712	GMO @ BC Ⓟ	Loose Leaf, Purple Mint (Tin)	6 / 60g	
628451 866077	13710	GMO @ BC Ⓟ	Loose Leaf, Purple Rain (Tin)	6 / 80g	

KALIWAGS | DOG SNACKS - 15% OFF

856306 001162	39121	BC Ⓟ	Dog Snacks, Bits, Beef (4 pack)	12 / 150g	G P
856306 001193	39125	BC Ⓟ	Dog Snacks, Bits, Salmon (4 pack)	12 / 150g	G P

KODA FARMS | RICES - 75% OFF

074823 201234	31014	GMO GF *	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	12 / 2.27kg	
074823 201210	31013	GMO GF *	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	12 / 2.27kg	

KOYO | JAPANESE PRODUCTS - 15% OFF

065493 062638	24205		Agar Kanten Flakes (Vegetarian Gelatin)	10 / 28g	
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LA PREFERIDA | SALSAS - 50% OFF

071524 180028	47202	*	Salsa, Hot, Organic (S/O)	12 / 492ml	
071524 180011	47201	*	Salsa, Medium, Organic (S/O)	12 / 430ml	
071524 180004	47200	*	Salsa, Mild, Organic (S/O)	12 / 492ml	

LAI D BACK SNACKS | FRUIT & NUT SNACK & MIX - UP TO 25% OFF

628011 958037	26304	BC Ⓟ	X Wholesome Yogi	16 / 45g	G
628011 958105	26305	BC Ⓟ	X Hearty Tamari	10 / 130g	G



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LITTLE NORTHERN BAKEHOUSE PRODUCTS (FROZEN) - UP TO 50% OFF

671521 440516	55452	GMO GF V BC	Ⓟ X	Loaf, Sprouted, Honey Oat	6 / 482g	
671521 441353	55460	GMO GF V BC	Ⓟ X	Pizza Crust, Thin (10" 2pk)	12 / 420g	

MAISIE JANE'S | NUT BUTTERS - 35% OFF

91604				Harvest Bounty (S/O)	6 / 538g	
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MAISON ORPHEE | MARINADE - 15% OFF

069593 121400	32390	GMO GF V	+ Ⓟ	Marinade, Greek Vinaigrette	12 / 250ml	
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MILLENNIA TEA | FRESH-LEAF & SUPERFOOD TEA (FROZEN) - UP TO 90% OFF

627843 851738	13730		* @ Ⓟ X	Fresh-Leaf Tea, Organic	12 / 120g	
627843 851783	13732		* @ Ⓟ X	Superfood Tea, Raw Chopped, Organic	12 / 120g	
627843 851769	13731		* @ Ⓟ X	Superfood Tea, Raw Cubes (12ct), Organic	12 / 162g	

MR. SPICE | ORGANIC SALT FREE SAUCES - 65% OFF

039348 000212	14262	GMO *		Honey BBQ, Organic	12 / 298g	
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MUMM'S | SEEDS & SANDWICH BOOSTER - 55% OFF

073295 125420	34432		* + Ⓟ	Seeds, Crunchy Bean Mix (Chickpeas/Lentils/Peas), Organic	12 / 125g	
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NATURE CLEAN | LAUNDRY PRODUCTS - 15% OFF

058951 307181	80724		+ Ⓟ	Laundry Tabs, Unscented	8 / 432g	G P
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NORA | SEAWEED SNACKS - 30% OFF

19103				Seaweed Spicy (S/O)	12 / 32g	
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NUTS TO YOU | NUT & SEED BUTTERS - 40% OFF

068892 241253	42707		+ Ⓟ	Almond Hazelnut Butter, Smooth	12 / 365g	
068892 324987	42725		* + Ⓟ	Cashew Butter, Smooth, Organic	6 / 365g	
068892 200120	42730		* + Ⓟ	Hazelnut Butter, Smooth, Organic	6 / 365g	
068892 200106	42208		+ Ⓟ	Hazelnut Butter, Smooth	12 / 365g	

OLIVADO OILS - 60% OFF

9421009 030286	37592			Avocado Oil w/Lemon Zest, Extra Virgin	6 / 250ml	
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OMEGA NUTRITION | MCT OIL - 15% OFF

055358 350086	85343	GF	Ⓟ	MCT Oil	6 / 946ml	G
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PERFECT CHEF | TOMATO PASTA SAUCE - 25% OFF

620988 050462	42407	GMO *	+ Ⓟ	Pasta Sauce, Red Lentil, Organic	6 / 740ml	
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PURPLE FROG | HYDRATING HAND SANITIZER - 20% OFF

676034 000011	47101		+ Ⓟ	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	24 / 125ml	G P
676034 000004	47100		+ Ⓟ	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	48 / 60ml	G P

RISE | KOMBUCHA (REFRIGERATED) - 25% OFF

818762 000356	15309	GMO GF V *	+ Ⓟ	Lemongrass, Organic (glass)	6 / 1L	G P U
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SAFE CATCH | LOW MERCURY CANNED SEAFOOD - 30% OFF

859480 006299	68506	GMO		Elite Wild Skipjack Tuna, Tandoori	6 / 142g	
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SAPADILLA PRODUCTS - UP TO 60% OFF

677141 002035	70334			All Purpose Cleaner, Sweet Lavender & Lime	6 / 739ml	G P
677141 001021	70330			Countertop Cleanser Spray, Grapefruit & Bergamot	12 / 473ml	G P
677141 001038	70331			Countertop Cleanser Spray, Sweet Lavender & Lime	12 / 473ml	G P
677141 000031	70328			Dish Soap, Sweet Lavender & Lime	12 / 473ml	G P
677141 003032	70398			Laundry Liquid, Sweet Lavender & Lime	6 / 946ml	G P

SIMPLY ORGANIC | DIP MIXES - 45% OFF

91361				X Guacamole Shipper (S/O)	36 / 1ea	
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TOFURKY | MEAT ALTERNATIVES (FROZEN) - 30% OFF

57070				Vegetable Feast (S/O)	6 / 1.58kg	
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TRADITIONAL MEDICINALS TEAS - 35% OFF

032917 101884	12951			Smooth Move, Chamomile ☐	6 / 20ct	
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TRUE CITRUS | SEASONING & DRINK MIX - 15% OFF

810979 006800	70370			True Lemon Crystallized Lemon Seasoning Shaker	6 / 60g	G
810979 001454	70371			True Lime Crystallized Sachet Packets	12 / 32ct	



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VEGGIE-GO'S | FRUIT & VEGGIE STRIPS - UP TO 25% OFF

853079 005380	26492	GMO	GF	*	X Strips, Beet, Apple & Cinnamon, Organic	20 / 12g	G	_____
853079 005397	26491	GMO	GF	*	X Strips, Sweet Potato, Apple & Spices, Organic	20 / 12g	G	_____

WILDMADE ORGANIC FRUITROLLS - 15% OFF

853079 005731	13600			*	Grape, Organic (5ct)	8 / 60g	G	_____
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YOGI BEVERAGE TEAS - 15% OFF

076950 203464	12947				DeTox Tea, Lemon	6 / 16ct		_____
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YVES | VEGGIE CUISINE MEAT ALTERNATIVES (REFRIGERATED) - 15% OFF

060822 001166	40501	GMO	V	+	Veggie Slices, Pepperoni	12 / 120g		_____
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ZAZUBEAN | CHOCOLATE BAR - 25% OFF

	94740				Chocolate Bar, Bling, White Chocolate w/Cranberries (S/O)	12 / 85g		_____
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ZIMT | CHOCOLATE BARS - UP TO 55% OFF

628055 532019	11001	GMO	GF	*	BC P X Raw Chocolate, Coconut Crisp, Organic (S/O)	12 / 40g	G	_____
628055 532057	11005	GMO	GF	*	BC P X Raw Chocolate, Sweet Orange Nib'd, Organic	12 / 40g	G	_____