



**PSC Natural Foods**

— we deliver the goodness —

# March Specials Showcase

Effective March 1-31st 2023  
up to 70% off!

## MONTHLY SPECIALS

ALIMENTS TRIGONE   CEREAL	4	HOLY NAPOLI   PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN)	11
AMUSE BOOSH   VEGGIE PATE (REFRIGERATED)	4	HOOCY 'BOOCH   KOMBUCHA (REFRIGERATED)	11
AMY'S   CANNED SOUP	4	HORNBY ORGANIC   ENERGY BAR	11
AMY'S   ENTRÉES (FROZEN)	4	HUER   SENSIBLE SWEETS	11
ANITA'S ORGANIC MILL PRODUCTS	4	IMAGINE FOODS   BROTH & SOUP	11
ANNIE'S HOMEGROWN   PASTA DINNER	5	INDIANLIFE   AUTHENTIC INDIAN SAVOURIES	11
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	5	JUSTIN'S NUT BUTTER CUPS	11
ASPEN CLEAN   LAUNDRY PRODUCTS	5	JYOTI NATURAL FOODS   INDIAN CUISINE	11
AURA CACIA   BODY CARE	5	KASLO   SOURDOUGH PASTA	11
AURA   NUTRITIONAL SUPPLEMENTS	5	KIJU ORGANIC   BEVERAGE	11
BAKERS SUPPLY HOUSE   BAKING INGREDIENTS	5	KIND   BAR	11,12
BEANFIELDS   BEAN CHIPS	5	KINNIKINNICK PRODUCTS	12
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	5	KRISDA   SUGAR-FREE PRODUCTS	12
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	5	LAKANTO   MONKFRUIT BLEND SWEETENER	12
BIOVERT PRODUCTS	5	L'ANCÊTRE   CHEESE (REFRIGERATED)	12
BLUE MONKEY   PURE COCONUT WATER	5	LARABAR   ENERGY BAR	12
BOB'S RED MILL PRODUCTS	5,6	LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS	12,13
BREMNER'S   BEVERAGES	6	LICK YOUR CHOPS   CAT & DOG FOOD	13
BREMNER'S   FRUIT (FROZEN)	6	LILY'S   NO SUGAR ADDED PRODUCTS	13
BUCHA BREW   KOMBUCHA	6	LOOP MISSION   100% UPCYCLED	
CABOO   TREE-FREE PAPER PRODUCTS	6	COLD-PRESSED SMOOTHIE (REFRIGERATED)	13
CAMINO PRODUCTS	6	LOTUS FOODS PRODUCTS	13
CAULIPOWER PRODUCTS (FROZEN)	6	LUCKY FOODS   SPRING ROLLS (FROZEN)	14
CENTRAL ROAST   POPCORN	7	LUNDBERG   WHOLE GRAIN RICE CAKES	14
CHA'S ORGANICS PRODUCTS	7	MACKELLAR FARMS   EDAMAME (FROZEN)	14
CHIMES   CANDY	7	MADEGOOD   GRANOLA SNACKS	14
CHIWIS   SUPERFRUIT SNACK	7	MAISON ORPHEE   OIL	11,14
CHOSEN FOODS PRODUCTS	7	MAISON ORPHEE PRODUCTS	14
CLEVER   PREMIUM MOCKTAIL	7	MANITOBA HARVEST PRODUCTS	14
CLIF BAR	7	MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	14
CLOUD 9 GLUTEN-FREE   BAKING MIX	8	MARY'S ORGANIC   GRAHAM-STYLE KOOKIES & CRACKERS	14
COCONUT SECRET   SOY SAUCE SUBSTITUTE	8	MAUREEN'S   COOKING SAUCE	14
DAIYA   DAIRY-FREE SALAD DRESSING	8	MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	14
DANDIES   VEGAN MARSHMALLOWS	8	MOCOLATE   MUSHROOM SUPERFOOD POWDER	14
DEEBEE'S ORGANICS   SUPERFRUIT FREEZIE	8	MOUNTAIN SKY   BODY CARE	15
DUMET   OLIVES	8	NAAM   COOKING SAUCE	15
EARTHBOUND FARM   ORGANIC FRUIT (FROZEN)	8	NAKED & SAUCY   COOKING SAUCE	15
EARTH FRIENDLY   DISHWASHING PRODUCTS	8	NATIVE FOREST   DAIRY FREE MILK POWDER	15
EARTH'S OWN   NON-DAIRY BEVERAGE		NATURA   DAIRY-FREE BEVERAGE (ASEPTIC CARTON)	15
AND HALF & HALF ALTERNATIVE	8	NATURE CLEAN PRODUCTS	15
ECO-MAX   LAUNDRY PRODUCTS	8	NATURE'S BAKERY   FIG BAR	15
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	8	NATURE'S NUTS   NUT & SEED BUTTER	15
EDEN PRODUCTS	8	NATURE'S PATH PRODUCTS	15
EDWARD & SONS   BAKED BROWN RICE SNAPS	8	NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	15
EL FARO   FLOUR	8	NUNWEILER'S FLOUR CO PRODUCTS	15
ELIAS   HONEY	8	NUTIVA   OIL	15
EMMA   UNBLEACHED COFFEE FILTERS	9	NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	16
ENDANGERED SPECIES   CHOCOLATE BAR	9	O'DOUGHS   BUNS (FROZEN)	16
ENJOY LIFE   BAKING CHOCOLATE	9	OPUS   ALCOHOL FREE BEVERAGE	16
EVE'S CRACKERS	9	OZERY   BAKERY BUNS (FROZEN)	16
EVIVE   SMOOTHIE CUBES (FROZEN)	9	PACIFIC FOODS   BROTH	16
FARMER'S MARKET   CANNED PUMPKIN	9	PAQUI   TORTILLA CHIPS	16
FATSO   PEANUT BUTTER	9	PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	16
FENTIMANS   BOTANICALLY BREWED BEVERAGE	9	PATIENCE FRUIT & CO   DRIED BERRIES	16
FEVER-TREE   DRINK MIXER	9	PERFECT CHEF   TOMATO PASTA SAUCE	16
FLOW   ALKALINE SPRING WATER	10	PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER & SODA WORKS	16
FOLEY'S   VITALITY DOG GOURMET DOG TREATS	10	PIKE PIER FISHERMAN   ALL NATURAL SAUCE	16
FOOD FOR LIFE   BREADS (FROZEN)	10	PLUM-M-GOOD   BROWN RICE BREADING CRUMBS	17
FOUR O'CLOCK   TEA	10	PORTOFINO BAKERY   BUNS & COOKIES (FROZEN)	17
FREYUMM   ALLERGEN-FREE COOKIES	10	PRANA ORGANIC PRODUCTS	17
FRONTERA   GOURMET MEXICAN COOKING SAUCE	10	PUKKA   ORGANIC TEA	17
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	10	RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	17
GINGER PEOPLE   GINGER SOOTHER	10	RAWMBAS   VEGAN MUFFINS (FROZEN)	17
GOOD TO GO   KETO BAR	10	RICEWORKS   GOURMET RICE CHIPS	18
GOODDRINK   SPRITZER	10	RISE   KOMBUCHA (REFRIGERATED)	18
GOODVIBES JUICE CO.   SICK DAY BEVERAGE	10	RIZOPIA   RICE PASTA	18
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	10	SALT SPRING COFFEE	18
GREEN CUISINE   TEMPEH (REFRIGERATED)	10	SAN-J   BREWED SOY SAUCE & ALTERNATIVES	18
HAPPY PLANET   MORNIN' OATZ SHAKE	10	SAPADILLA   ECO-CLEANERS DISH PRODUCTS	18
HARDBITE   HANDCRAFTED STYLE CHIPS	10	SAPSUCKER   SPARKLING TREE WATER	18
HARMLESS HARVEST COCONUT BEVERAGES (REFRIGERATED)	10	SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	18
HEALTHY HIPPO   LOW SUGAR CANDY	10	SEOUL PRODUCTS	19
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	11	SEVENTH GENERATION PRODUCTS	19
HILARY'S   VEGGIE BURGERS (FROZEN)	11	SILK   DAIRY-FREE ALTERNATIVES (REFRIGERATED)	19
		SIMPLY ORGANIC PRODUCTS	19
		SKINNYPOP   POPCORN	19
		SKIPPY'S KETTLE CORN	19

SO DELICIOUS   NON-DAIRY NOVELTIES (FROZEN)	19	TRADITIONAL MEDICINALS   TEA	21,22
SOBER CARPENTER   NON-ALCOHOLIC		TRIPLE JIM'S   ALL NATURAL PRODUCTS MADE FROM BC FRUIT	22
CRAFT BEER & CIDER	19	TWO BEARS   COLD BREW COFFEE & OAT MILK TEA LATTE	22
SOL CUISINE   PLANT-BASED ALTERNATIVES (FROZEN)	19	UNCLE LEE'S   TEA	22
SOTA SPARKLING TEA + ADAPTOGENS	19	VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	22
SPARKMOUTH   MOCKTAILS, SPARKLING WATER & TONIC	20	WAKEWATER   CAFFEINATED SPARKLING WATER	22
SPECTRUM PRODUCTS	20	WHISTLER WATER	22
SQUAMISH   WATER KEFIR (REFRIGERATED)	20	WILD COUNTRY   HONEY	22
STASH TEA	20	WILD BRINE   FERMENTED SAUCE & VEGETABLES (REFRIGERATED)	22
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	20	WIZE   ICED TEA	22
SUNFLOWER KITCHEN   VEGETARIAN SOUP (REFRIGERATED)	20	YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	22
TERRA BREADS   SMALL BATCH GRANOLA	20	YOGI   BEVERAGE TEA	23
TERRA DELYSSA   OLIVE OIL	20	YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	23
THAYERS REMEDIES   WITCH HAZEL	20	ZAZUBEAN   CHOCOLATE BAR	23
THE VERY GOOD BUTCHERS   PLANT BASED BUTCHERY & CHEESE (REFRIGERATED)	20,21	ZEVIA   ZERO CALORIE SODA	23
THE WORKSHOP VEGETARIAN   VEGAN NOODLES (FROZEN)	21	<b>CLEARANCE</b>	23>25

*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 others 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*

**2023 Container Recycling Fees**

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	No Recycling Fee
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	1 ¢
Glass	0 - 1L	10 ¢	13 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	4 ¢
	> 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 ¢	1 ¢
Bag-In-Box	> 1L	10 ¢	12 ¢

Fees effective February 1, 2023

**2023 Container Recycling Fees**

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	No Recycling Fee
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	1 ¢
Glass	0 - 1L	10 ¢	13 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	1 ¢
	> 1L	10 ¢	1 ¢
Polystyrene Cups	0 - 500ml	10 ¢	2 ¢

**MILK**

Fees effective February 1, 2023

☞ = Verified NON-GMO / B = Bulk / GF = Certified Gluten Free / V = Certified Vegan / \* = Certified Organic  
 @ = Certified Fair Trade / + = Made in Canada / BC = BC Product / P = Canadian Company  
 X = NO SPLITS / G = GST / P = PST / U = Container Recycling Fee / (S/O) = Special Order (See Rep for Lead Time & Pricing)

STORE NAME:

DELIVERY DATE REQUEST:

**UPC Code    Code    PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052    Reg. \$    Sale \$    Order**

## MONTHLY SPECIALS

**ALIMENTS TRIGONE | CEREAL - 10% OFF**

 056142 006134 **22290** \* + P Cream of the Crop Buckwheat Cereal, Organic 6 / 400g 35.40 5.31 **31.86**
**AMUSE BOOSH | VEGGIE PATE (REFRIGERATED) - \$5.16 OFF**

 855722 000261 **25205** BC P Veggie Pate, Chili Garlic 8 / 175g 53.20 6.00 **48.00**

 855722 000247 **25203** BC P Veggie Pate, Herb 8 / 175g 53.20 6.00 **48.00**

 855722 000254 **25204** BC P Veggie Pate, Tomato Olive 8 / 175g 53.20 6.00 **48.00**
**AMY'S | CANNED SOUP - \$3.00 OFF + VOLUME PRICING**

 042272 905140 **38321** \* Soup, Alphabet, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905041 **38157** GF \* Soup, Black Bean, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905348 **38328** \* Soup, Butternut Squash, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 907403 **38322** GMO \* Soup, Carrot Ginger, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905867 **38609** GF \* Soup, Chunky Tomato Bisque, Lower in Sodium, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905362 **38067** GF \* Soup, Chunky Tomato Bisque, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905409 **38668** GF \* Soup, Chunky Vegetable, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905065 **38155** \* Soup, Cream of Mushroom, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905010 **38156** GF \* Soup, Cream of Tomato, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905478 **38669** GF \* Soup, Fire Roasted Southwestern Vegetable, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905911 **38716** GF \* Soup, French Country Vegetable, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905935 **38715** GF \* Soup, Golden Lentil Dal, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905836 **38666** GF \* Soup, Lentil Low Sodium, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905829 **38607** GF \* Soup, Lentil Vegetable, Lower in Sodium, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905355 **38330** GF \* Soup, Lentil Vegetable, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905027 **38152** GF \* Soup, Lentil, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905850 **38667** \* Soup, Minestrone, Low Sodium, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905072 **38154** \* Soup, Minestrone, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 906260 **38751** GMO GF \* Soup, Mushroom Bisque w/Porcini, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905034 **38153** \* Soup, No Chicken Noodle, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 906697 **38783** GMO GF \* Soup, Quinoa, Kale & Red Lentil, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905843 **38608** GF \* Soup, Split Pea, Lower in Sodium, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905058 **38216** GF \* Soup, Split Pea, Organic 12 / 398ml 51.60 4.05 **48.60**

 042272 905089 **38217** \* Soup, Vegetable Barley, Organic 12 / 398ml 51.60 4.05 **48.60**
**Buy 45+ cases**
**Save 1.50**

 3.92 **47.10**
**AMY'S | ENTRÉES (FROZEN) - UP TO 10% OFF**

 042272 912193 **54490** V X **NEW!** Bowls, Asian Dumplings 12 / 241g 80.52 6.33 **75.96**

 042272 913206 **56160** GF X **NEW!** Bowls, Mac & 3 Cheese w/Cauliflower 12 / 234g 80.52 6.04 **72.48**

 042272 908332 **54569** X **NEW!** Bowls, Mushroom Risotto 12 / 269g 80.52 6.33 **75.96**

 042272 900541 **54567** GMO V \* X **NEW!** Meal, Veggie Scramble w/hash browns, Organic 12 / 255g 80.52 6.33 **75.96**

 042272 902606 **56155** V X **NEW!** Wrap, Indian Samosa 12 / 142g 54.12 4.06 **48.72**

 042272 910564 **54645** GF X Bowls, 3 Cheese & Kale Bake 12 / 241g 80.52 6.33 **75.96**

 042272 908110 **54485** GF X Bowls, Broccoli & Cheddar Bake 12 / 269g 80.52 6.33 **75.96**

 042272 910571 **54677** GF X Bowls, Chili Mac 12 / 255g 80.52 6.33 **75.96**

 042272 901623 **54679** X Bowls, Country Cheddar 12 / 269g 80.52 6.33 **75.96**

 042272 901630 **54678** X Bowls, Mexican Casserole 12 / 269g 80.52 6.33 **75.96**

 042272 911295 **54646** X Bowls, Ravioli 12 / 241g 80.52 6.33 **75.96**

 042272 910052 **54588** GF X Chinese Noodles & Veggies 12 / 269g 80.52 6.33 **75.96**

 042272 900800 **54459** X Enchilada, Cheese 12 / 255g 80.52 6.33 **75.96**

 042272 900589 **54433** X Indian Meal, Mattar Paneer 12 / 284g 80.52 6.33 **75.96**

 042272 900596 **54432** X Indian Meal, Palak Paneer 12 / 283g 80.52 6.33 **75.96**

 042272 902507 **54426** X Indian Meal, Vegetable Korma 12 / 269g 80.52 6.33 **75.96**

 042272 900329 **54465** X Lasagna, Vegetable 12 / 269g 80.52 6.33 **75.96**

 042272 908141 **54420** GF V X Lasagna, Vegetable 12 / 255g 80.52 6.33 **75.96**

 042272 909780 **54585** X Thai, Green Curry 12 / 284g 80.52 6.33 **75.96**

 042272 909247 **54283** X Thai, Pad Thai 12 / 269g 80.52 6.33 **75.96**

 042272 909223 **54282** X Thai, Red Curry 12 / 284g 80.52 6.33 **75.96**

 042272 900572 **54647** X Whole Meal, Enchilada Dinner, Cheese 12 / 255g 80.52 6.33 **75.96**

 042272 900510 **54440** X Whole Meal, Enchilada Dinner, Spanish Rice & Beans (dairy-free) 12 / 284g 80.52 6.33 **75.96**

 042272 900534 **54442** V X Whole Meal, Veggie Loaf 12 / 284g 80.52 6.33 **75.96**
**ANITA'S ORGANIC MILL PRODUCTS - 15% OFF**

 623636 998550 **20261** \* BC P Sprouted High Protein Flour, Whole Grains & Beans, Organic 4 / 1kg 33.48 7.11 **28.44**

 623636 300032 **20059** B \* BC P X Whole Dark Rye Flour, Organic 1 / 10kg 35.91 30.52 **30.52**

 623636 710046 **20071** GMO B \* + P Oat Groats, Organic 1 / 11.34kg 71.18 60.50 **60.50**

 623636 998925 **28059** GMO B GF \* + P Gluten Free, Rolled Oats, Old Fashioned, Organic 1 / 11.34kg 80.46 68.39 **68.39**



STORE NAME:

DELIVERY DATE REQUEST:

Table with columns: UPC Code, Code, PSC Toll Free Order #'s, Tel: 1-800-663-7604 Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include categories like ANNIE'S HOMEGROWN, ANTOINETTE'S, ASPEN CLEAN, AURA CACIA, AURA, BAKERS SUPPLY HOUSE, BEANFIELDS, BIG MOUNTAIN, BIO-K PLUS, BIOVERT PRODUCTS, BLUE MONKEY, and BOB'S RED MILL PRODUCTS.



STORE NAME:

DELIVERY DATE REQUEST:

Table with columns: UPC Code, Code, PSC Toll Free, Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include various food items like Baking Mix, Flour, Granola, Juice, and Kombucha.

**STORE NAME:**
**DELIVERY DATE REQUEST:**

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Reg. \$	Sale \$	Order
<b>CENTRAL ROAST   POPCORN - 15% OFF</b>						
685220 007185	17502	GMO GF *	+ 📦 Yellow Popcorn, Organic	6 / 425g	29.34	4.16 <b>24.96</b>
<b>CHA'S ORGANICS PRODUCTS - UP TO 15% OFF</b>						
806253 210414	15080	GMO *	📦 Coconut Milk, Premium, Organic	12 / 400ml	48.96	3.47 <b>41.64</b>
806253 786223	12732	GMO *	📦 Curry Paste, Green (hot), Organic	6 / 55g	31.62	4.74 <b>28.44</b>
806253 786209	12730	GMO *	📦 Curry Paste, Red (med), Organic	6 / 55g	31.62	4.74 <b>28.44</b>
806253 786216	12731	GMO *	📦 Curry Paste, Yellow (mild), Organic	6 / 55g	31.62	4.74 <b>28.44</b>
806253 310220	15255	GMO *	📦 Mango Chunks, Organic (can)	12 / 400ml	59.64	4.47 <b>53.64</b>
806253 310237	15256	GMO *	📦 Pineapple Chunks, Organic (can)	12 / 400ml	59.64	4.47 <b>53.64</b>
806253 304106	12742	GMO *	📦 Watermelon Chips, Organic	6 / 40g	29.04	4.50 <b>27.00</b>
<b>CHIMES   CANDY - 10% OFF</b>						
051299 111076	35362		X Ginger Chews, Mango	12 / 100g	38.52 G	2.89 <b>34.68</b>
051299 111038	35361	GMO	X Ginger Chews, Meyer Lemon	12 / 100g	38.52 G	2.89 <b>34.68</b>
051299 111083	35363	GMO	X Ginger Chews, Orange	12 / 100g	38.52 G	2.89 <b>34.68</b>
051299 111045	35360	GMO	X Ginger Chews, Original	12 / 100g	38.52 G	2.89 <b>34.68</b>
051299 111519	35267		Ginger Chews, Mango	20 / 141.8g	86.60 G	3.90 <b>78.00</b>
051299 111311	35264	GMO	Ginger Chews, Original	20 / 141.8g	86.60 G	3.90 <b>78.00</b>
<b>CHIWIS   SUPERFRUIT SNACK - VOLUME PRICING</b>						
628451 225010	11307		📦 X Fruit Chips, Kiwi, Original	12 / 50g	66.60 G	
628451 225027	11308		📦 X Fruit Chips, Kiwi, Tropical	12 / 50g	66.60 G	
628451 225263	11352		📦 X Fruit Chips, Mango	12 / 50g	66.60 G	
628451 225287	11350		📦 X Fruit Chips, Orange	12 / 50g	66.60 G	
628451 225270	11351		📦 X Fruit Chips, Pina (pineapple)	12 / 50g	66.60 G	
			<b>Buy 10-14 cases</b>	<b>Save 10%</b>		4.99 <b>59.94</b>
			<b>Buy 15-19 cases</b>	<b>Save 15%</b>		4.72 <b>56.61</b>
			<b>Buy 20+ cases</b>	<b>Save 20%</b>		4.44 <b>53.28</b>
<b>CHOSEN FOODS PRODUCTS - UP TO \$8.50 OFF + VOLUME PRICING</b>						
815074 022441	32300	GMO GF	Dressing, Apple Cider Vinaigrette	6 / 237ml	40.20	5.82 <b>34.92</b>
815074 022496	32301	GMO GF	Dressing, Caesar	6 / 237ml	40.20	5.82 <b>34.92</b>
815074 021444	32302	GMO GF	Dressing, Chipotle Ranch	6 / 237ml	40.20	5.82 <b>34.92</b>
815074 021437	32303	GMO GF	Dressing, Lemon Garlic	6 / 237ml	40.20	5.82 <b>34.92</b>
815074 022830	32304	GMO GF	Dressing, Ranch	6 / 237ml	40.20	5.82 <b>34.92</b>
			<b>Buy 5+ cases (Dressing Skus Only)</b>	<b>Save 1.31</b>		5.60 <b>33.61</b>
815074 020003	32313	GMO GF	Mayo, Classic Avocado oil	6 / 355ml	61.14	9.17 <b>55.02</b>
815074 020409	32314	GMO GF	Mayo, Keto (certified)	6 / 355ml	61.14	9.17 <b>55.02</b>
			<b>Buy 5+ cases (Mayo Skus Only)</b>	<b>Save 2.03</b>		8.83 <b>52.99</b>
815074 020737	32307	GMO	All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml	44.10	6.62 <b>39.72</b>
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 1.44</b>		6.38 <b>38.28</b>
853807 005828	32309	GMO	All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml	108.72	16.34 <b>98.04</b>
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 3.56</b>		15.75 <b>94.48</b>
853807 005859	32311	GMO *	Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml	58.68	13.25 <b>53.00</b>
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 1.88</b>		12.78 <b>51.12</b>
815074 022915	32318	GMO	Cooking Oil Spray, Pure Avocado Oil	6 / 383g	74.10	11.10 <b>66.60</b>
			<b>Buy 8+ cases (Spray Skus Only)</b>	<b>Save 2.51</b>		10.68 <b>64.09</b>
810042 990210	32321	GMO	Oil, Toasted Sesame	6 / 250ml	39.00	5.66 <b>33.96</b>
810042 990227	32322	GMO	Oil, Toasted Sesame	4 / 750ml	59.08	12.64 <b>50.56</b>
<b>CLEVER   PREMIUM MOCKTAIL - 10% OFF</b>						
854531 000240	17550		+ 📦 X Mocktail, G & Tonic (can)	12 / 355ml	29.40 G P U	2.21 <b>26.52</b>
854531 000349	17552		+ 📦 X Mocktail, G & Tonic, Pink (can)	12 / 355ml	29.40 G P U	2.21 <b>26.52</b>
854531 000264	17551		+ 📦 X Mocktail, Mojito (can)	12 / 355ml	29.40 G P U	2.21 <b>26.52</b>
854531 000288	17553		+ 📦 X Mocktail, Moscow Mule (can)	12 / 355ml	29.40 G P U	2.21 <b>26.52</b>
854531 000097	17554		+ 📦 X <b>NEW!</b> Mocktail, Sangria (can)	12 / 355ml	29.40 G P U	2.21 <b>26.52</b>
<b>CLIF BAR - UP TO 15% OFF</b>						
722252 606426	37132	GMO	X BUILDER's Protein Bar, Chocolate	12 / 68g	24.84 G	1.88 <b>22.56</b>
722252 606440	37340	GMO	X BUILDER's Protein Bar, Chocolate Mint	12 / 68g	24.84 G	1.88 <b>22.56</b>
722252 606419	37133	GMO	X BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g	24.84 G	1.88 <b>22.56</b>
722252 432018	37907	GMO	Energy Bar, Chocolate Chip	3 / 16x68g	74.52	21.11 <b>63.33</b>
722252 128003	37734	GMO *	+ X Nut Butter Bar, Chocolate Hazelnut Butter, Organic	12 / 50g	24.84 G	1.82 <b>21.84</b>
722252 342997	37911	GMO *	X Nut Butter Bar, Chocolate Chip & Peanut Butter, Organic	12 / 50g	24.84 G	1.82 <b>21.84</b>
722252 128102	37735	GMO *	+ X Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g	24.84 G	1.82 <b>21.84</b>
722252 028037	37737	GMO *	+ X Nut Butter Bar, Peanut Butter, Organic	12 / 50g	24.84 G	1.82 <b>21.84</b>
722252 192336	37599	GMO *	ORGANIC ZBARS, Chocolate Brownie, Organic	6 / 5x36g	31.02 G	4.69 <b>28.14</b>
722252 192343	37611	GMO *	ORGANIC ZBARS, Chocolate Chip, Organic	6 / 5x36g	31.02 G	4.69 <b>28.14</b>
722252 192326	37612	GMO *	ORGANIC ZBARS, Iced Oatmeal Cookie, Organic	6 / 5x36g	31.02 G	4.69 <b>28.14</b>
722252 439864	37909		THINS Bars, Chocolate Chip	6 / 7x22g	59.16 G	9.14 <b>54.84</b>
722252 439925	37910		THINS Bars, White Chocolate Macadamia Nut	6 / 7x22g	59.16 G	9.14 <b>54.84</b>



STORE NAME:

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Table with columns: UPC Code, Code, PSC Toll Free, Order #'s, Tel: 1-800-663-7604, Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include categories like CLOUD 9 GLUTEN-FREE, COCONUT SECRET, DAIYA, DANDIES, DEEBEE'S ORGANICS, DUMET, EARTHBOUND FARM, EARTH FRIENDLY, EARTH'S OWN, ECO-MAX, ECOSAFE, EDEN PRODUCTS, EDWARD & SONS, EL FARO, and ELIAS.



**STORE NAME:**
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UPC Code	Code	PSC Toll Free		Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052	Reg. \$	Sale \$	Order	
<b>EMMA   UNBLEACHED COFFEE FILTERS - 10% OFF</b>										
071287 870877	60337						8 / 100ea	32.16 G P	3.62	28.96
071287 870884	60338						8 / 100ea	37.68 G P	4.24	33.92
<b>ENDANGERED SPECIES   CHOCOLATE BAR - 15% OFF</b>										
037014 242379	36219	GMO	GF V @	X	Dark Chocolate Chimp Bar (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 000528	37745	GMO	GF @	X	Dark Chocolate Eagle Bar, Caramel & Sea Salt (60% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 242287	36213	GMO	GF V @	X	Dark Chocolate Grizzly Bar, Raspberries (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 000139	37450	GMO	GF V @	X	Dark Chocolate Owl Bar, Sea Salt & Almonds (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 242478	36661	GMO	GF V @	X	Dark Chocolate Panther Bar (88% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 242263	36212	GMO	GF V @	X	Dark Chocolate Rainforest, Forest Mint (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 100136	37451	GMO	GF @	X	Dark Chocolate Rhino Bar, Hazelnut Toffee (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 242300	36221	GMO	GF V @	X	Dark Chocolate Wolf Bar, Cranberries & Almonds (72% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 242317	36216	GMO	GF @	X	Milk Chocolate Otter Bar (48% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 321029	36224	GMO	GF V @	X	Oat Milk Dark Chocolate Bumble Bee Bar, Sea Salt & Almonds (55% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 321012	36223	GMO	GF V @	X	Oat Milk Dark Chocolate Gorilla Bar, Rice Crisp (55% Cocoa)		12 / 85g	49.56 G	3.51	42.12
037014 321050	36214	GMO	GF V @	X	Oat Milk Dark Chocolate Koala Bar, Coconut & Almonds (75% cocoa)		12 / 85g	49.56 G	3.51	42.12
<b>ENJOY LIFE   BAKING CHOCOLATE - \$7.54 OFF</b>										
819597 013825	02501	GMO	GF		Mini Chips, White Chocolate		12 / 255g	86.16	6.55	78.60
819597 010213	02325	GMO	GF V +		Morsels, Dark		12 / 255g	86.16	6.55	78.60
819597 013474	02500	GMO	GF +		Morsels, Smooth & Creamy		12 / 255g	86.16	6.55	78.60
853522 000313	02271	GMO	GF V +		Mega Chunks, Semi-sweet		12 / 283g	86.16	6.55	78.60
853522 000306	02250	GMO	GF V +		Mini Chips, Semi-sweet		12 / 283g	86.16	6.55	78.60
<b>EVE'S CRACKERS - \$7.84 OFF + VOLUME PRICING</b>										
627843 724971	56100		GF	BC P	X Crackers, Black Sesame		12 / 108g	78.96	5.92	71.04
627843 724964	56101		GF	BC P	X Crackers, Chili Pepper Pumpkin Seed		12 / 108g	78.96	5.92	71.04
627843 724988	56103		GF	BC P	X Crackers, Cracked Pepper		12 / 108g	78.96	5.92	71.04
627843 724957	56102		GF	BC P	X Crackers, Savoury Sunflower		12 / 108g	78.96	5.92	71.04
					<b>Buy 10+ cases</b>			<b>Save 3.86</b>	5.60	67.18
<b>EVIWE   SMOOTHIE CUBES (FROZEN) - UP TO 15% OFF</b>										
628110 947048	24703	GMO		+ P	X Asana		8 / 405g	72.96	7.75	62.00
628110 947253	24709	GMO		+ P	X Sunrize		8 / 405g	72.96	8.21	65.68
<b>FARMER'S MARKET   CANNED PUMPKIN - \$2.66 OFF + VOLUME PRICING</b>										
638882 002043	10105	GMO		*	Pumpkin Pie Mix, Organic		12 / 398ml	53.40	4.22	50.64
					<b>Buy 50-99 cases</b>			<b>Save 2.99</b>	3.97	47.65
					<b>Buy 100+ cases</b>			<b>Save 3.66</b>	3.91	46.98
638882 002005	10103	GMO		*	Pumpkin, Organic		12 / 398ml	46.20	3.62	43.44
					<b>Buy 50-99 cases</b>			<b>Save 2.99</b>	3.37	40.45
					<b>Buy 100+ cases</b>			<b>Save 3.66</b>	3.31	39.78
<b>FATSO   PEANUT BUTTER - VOLUME PRICING</b>										
627843 710691	42077	GMO	GF V +	P	Peanut Butter, Classic		12 / 500g	104.52		
627987 075830	42079	GMO	GF V +	P	Peanut Butter, Crunchy Salted Caramel		12 / 500g	104.52		
627987 075847	42080	GMO	GF V +	P	Peanut Butter, Maple		12 / 500g	104.52		
					<b>Buy 10+ cases</b>			<b>Save 8.80</b>	7.98	95.72
<b>FENTIMANS   BOTANICALLY BREWED BEVERAGE - 15% OFF</b>										
5029396 002257	04997				Tonic Water, Connoisseurs (glass)		6 / 4x200ml	41.10 G P U	5.82	34.92
5029396 002233	04998				Tonic Water, Pink Grapefruit (glass)		6 / 4x200ml	41.10 G P U	5.82	34.92
5029396 002240	04999				Tonic Water, Valencian Orange (glass)		6 / 4x200ml	41.10 G P U	5.82	34.92
5029396 002226	05000				Traditional Ginger Beer (glass)		6 / 4x200ml	41.10 G P U	5.82	34.92
5029396 000260	07127				Cherry Cola (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000246	06881				Curiosity Cola, Botanically Brewed Beverage (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000307	04989				Elderflower (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000239	07081				Rose Lemonade (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000253	07082				Tonic Water (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000222	06878				Traditional Ginger Beer, Botanically Brewed Beverage (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000291	06877				Victorian Lemonade, Botanically Brewed Beverage (glass)		6 / 4x275ml	55.14 G P U	7.81	46.86
5029396 000451	04993				Rose Lemonade (glass)		8 / 500ml	32.16 G P U	3.42	27.36
5029396 000437	04995				Tonic Water, Pink Grapefruit (glass)		8 / 500ml	32.16 G P U	3.42	27.36
5029396 000444	04996				Traditional Ginger Beer & Muddled Lime (glass)		8 / 500ml	32.16 G P U	3.42	27.36
<b>FEVER-TREE   DRINK MIXER - 15% OFF</b>										
812136 030215	07807				Club Soda (can)		3 / 8x150ml	30.30 G P U	8.59	25.77



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UPC Code	Code	PSC Toll Free	Order #'s	TEL: 1-800-663-7604	FAX: 1-800-520-5052	Reg. \$	Sale \$	Order	
602652 429538	39337				THINS Nut Bar, Almond Caramel & Sea Salt	6 / 10x21g	56.40 G	8.48 50.88	
602652 429422	39336				THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g	56.40 G	8.48 50.88	
602652 207075	39322				X PLUS+ Nut Bar, Crunchy Peanut Butter	12 / 50g	26.16 G	1.97 23.64	
602652 207082	39323				X PLUS+ Nuts Bar, Dark Chocolate Nut	12 / 50g	26.16 G	1.97 23.64	
<b>KINNIKINICK PRODUCTS - 10% OFF</b>									
620133 000694	58083	GF V	+	Ⓟ	x Artisan Dinner Rolls (6pk) (FROZEN)	6 / 294g	28.20	4.23 25.38	
620133 600160	58082	GF V	+	Ⓟ	Stuffing Mix, Traditional	6 / 185g	27.42	4.11 24.66	
620133 005989	58084	GF	+	Ⓟ	x Tart Shells (12pk) (FROZEN)	6 / 240g	36.54	5.48 32.88	
<b>KRISDA   SUGAR-FREE PRODUCTS - VOLUME PRICING</b>									
688120 200113	23019		+	Ⓟ	Chocolatey Chips, Semi-Sweet	6 / 285g	38.94		
					<b>Buy 45+ cases</b>	<b>Save 15%</b>	5.52	33.10	
688120 044540	23023	GMO	*	Ⓟ	Sweetener, Erythritol, Organic	6 / 454g	37.44		
					<b>Buy 45+ cases</b>	<b>Save 20%</b>	4.99	29.95	
688120 024542	23022			Ⓟ	Sweetener, Monk Fruit	6 / 454g	38.40		
					<b>Buy 45+ cases</b>	<b>Save 20%</b>	5.12	30.72	
688120 034541	23021			Ⓟ	Sweetener, Xylitol	6 / 454g	45.00		
					<b>Buy 45+ cases</b>	<b>Save 20%</b>	6.00	36.00	
<b>LAKANTO   MONKFRUIT BLEND SWEETENER - UP TO 20% OFF</b>									
843076 000105	44221	GMO			Sweetener, Classic	8 / 235g	58.32	6.20 49.60	
843076 000099	44217	GMO			Sweetener, Golden	8 / 235g	58.32	6.20 49.60	
843076 000525	44216	GMO			Sweetener, Powdered	8 / 453g	121.68	12.93 103.44	
843076 000129	44220	GMO			Sweetener, Classic	8 / 800g	153.68	15.37 122.96	
843076 000112	44215	GMO			Sweetener, Golden	8 / 800g	153.68	15.37 122.96	
<b>L'ANCÊTRE   CHEESE (REFRIGERATED) - UP TO \$6.00 OFF</b>									
778177 499452	50096	GF	*	+	Ⓟ	Cheddar, LE BOUCANÉ BIO (Smoked), Organic	8 / 190g	65.12	7.60 60.80
778177 499926	50098	GMO	*		Ⓟ	Feta, Greek Sheep's Milk, Organic	16 / 150g	96.32	5.64 90.24
778177 499933	50021	GMO	*		Ⓟ	Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g	96.32	5.64 90.24
778177 111965	50094	GF	*	+	Ⓟ	FRUGAL Skim Milk (7% MF), Organic	8 / 200g	56.96	6.65 53.20
778177 499902	50060	GF	*		Ⓟ	Goat Cheese, Soft Unripened, Organic	6 / 125g	39.60	6.14 36.84
778177 499919	50097			+	Ⓟ	Goat Cheese, Ripened Firm (Cheddar style)	8 / 190g	58.56	6.82 54.56
778177 112979	50095	GF	*	+	Ⓟ	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g	56.96	6.65 53.20
778177 149388	50042	GF	*	+	Ⓟ	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g	90.56	10.60 84.80
	50059	B GF	*	+	Ⓟ	X Mozzarella, Partlally Skimmed (15% MF), Organic	1 / 2kg	61.52	59.52 59.52
778177 499728	50023	GF	*	+	Ⓟ	Parmesan, Organic (raw milk)	8 / 200g	70.56	8.22 65.76
778177 499704	50027	GF	*	+	Ⓟ	Parmesan, Grated, Organic (raw milk)	8 / 125g	52.24	6.12 48.96
<b>LARABAR   ENERGY BAR - 20% OFF</b>									
021908 509624	37329	GMO	GF		X Fruit & Nut Bar, Peanut Butter	16 / 48g	30.88 G	1.54 24.64	
<b>LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS - UP TO 15% OFF</b>									
661594 003640	18108	GMO	*	@	Ⓟ	Cacao Nibs, Organic	12 / 120g	63.72	4.78 57.36
661594 712306	44307		*	@	Ⓟ	Cane Sugar, Unrefined, Organic	12 / 500g	73.92	5.54 66.48
661594 812303	44310		*	@	Ⓟ	Cane Sugar, Unrefined, Organic	6 / 2kg	125.64	18.85 113.10
661594 000083	44314		*	@	Ⓟ	Cane Sugar, Unrefined, Organic	1 / 20kg	132.42	112.56 112.56
661594 003626	18115		*	@	Ⓟ	Dried Banana, Organic	12 / 130g	63.72	4.78 57.36
661594 003633	18112		*	@	Ⓟ	Dried Golden Berry, Organic	12 / 100g	63.72	4.78 57.36
661594 905005	18113		*	@	Ⓟ	Dried Mango, Organic	12 / 100g	63.72	4.78 57.36
661594 904015	18114		*	@	Ⓟ	Dried Pineapple, Organic	12 / 100g	63.72	4.78 57.36
661594 000380	11948		*	@	Ⓟ	Ground Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g	57.78	8.67 52.02
661594 000403	11955		*	@	Ⓟ	Ground Coffee, Bright Roast, Light	6 / 300g	57.78	8.67 52.02
661594 000274	11941		@		Ⓟ	Ground Coffee, Colombia, Dark & Strong, Organic	6 / 300g	57.78	8.67 52.02
661594 000311	11943		@		Ⓟ	Ground Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g	57.78	8.67 52.02
661594 000427	11951		*	@	Ⓟ	Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g	57.78	8.67 52.02
661594 000359	11953		*	@	Ⓟ	Ground Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g	57.78	8.67 52.02
661594 000441	11947		@		Ⓟ	Ground Coffee, French Roast, Dark & Intense, Organic	6 / 300g	57.78	8.67 52.02
661594 000335	11945		*	@	Ⓟ	Ground Coffee, Peru, Medium & Smooth, Organic	6 / 300g	57.78	8.67 52.02
661594 000366	11949		*	@	Ⓟ	Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g	57.78	8.67 52.02
661594 000397	11952		*	@	Ⓟ	Whole Bean Coffee, Bright Bean, Light & Juicy, Organic	6 / 300g	57.78	8.67 52.02
661594 000267	11940		@		Ⓟ	Whole Bean Coffee, Colombia, Dark & Strong, Organic	6 / 300g	57.78	8.67 52.02
661594 000304	11942		*	@	Ⓟ	Whole Bean Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g	57.78	8.67 52.02
661594 000342	11954		*	@	Ⓟ	Whole Bean Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g	57.78	8.67 52.02



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661594 000434	11946	@	Ⓜ	Whole Bean Coffee, French Roast, Dark & Intense, Organic	6 / 300g	57.78	8.67	52.02	
661594 000328	11944	* @	Ⓜ	Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 300g	57.78	8.67	52.02	
661594 000410	11950	* @	Ⓜ	Whole Bean Coffee, East Africa, Dark & Balanced, Organic	6 / 300g	57.78	8.67	52.02	
661594 000182	11934	GMO	* @	Ⓜ	Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 908g	158.58	23.79	142.74
661594 000120	11929	@	Ⓜ	Whole Bean Coffee, Colombia, Dark, Organic	6 / 908g	158.58	23.79	142.74	
661594 002162	11930	* @	Ⓜ	Whole Bean Coffee, Congo, Medium, Organic	6 / 908g	158.58	23.79	142.74	
661594 000199	11935	GMO	* @	Ⓜ	Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 908g	158.58	23.79	142.74
661594 001677	12995	@	Ⓜ	Loose Leaf Tea, Black	12 / 70g	54.00	4.05	48.60	
661594 001837	12996	@	Ⓜ	Loose Leaf Tea, Chai	12 / 70g	54.00	4.05	48.60	
661594 002698	13241	@	Ⓜ	Loose Leaf Tea, Earl Grey	12 / 70g	54.00	4.05	48.60	
661594 001684	12997	@	Ⓜ	Loose Leaf Tea, Green	12 / 70g	54.00	4.05	48.60	
661594 000229	13007	@	Ⓜ	Tea Bags, Black Tea	12 / 20ct	58.80	4.41	52.92	
661594 000236	13009	@	Ⓜ	Tea Bags, Chai Tea	12 / 20ct	58.80	4.41	52.92	
661594 000250	13010	@	Ⓜ	Tea Bags, Earl Grey Tea	12 / 20ct	58.80	4.41	52.92	
661594 000243	13008	@	Ⓜ	Tea Bags, Green Tea	12 / 20ct	58.80	4.41	52.92	
<b>LICK YOUR CHOPS   CAT &amp; DOG FOOD - UP TO 15% OFF</b>									
032976 270026	48080			Canned Cat Food, Distinctive Delicacies, Chicken & Catfish	24 / 85g	56.64	G P 2.12	50.88	
032976 270033	48081			Canned Cat Food, Distinctive Delicacies, Chicken & Crab	24 / 85g	56.64	G P 2.01	48.24	
032976 270019	48079			Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g	56.64	G P 2.01	48.24	
032976 270002	48078			Canned Cat Food, Distinctive Delicacies, Turkey & Sweet Potato	24 / 85g	56.64	G P 2.12	50.88	
032976 168569	48022			Canned Dog Food, Lamb Dinner with Brown Rice & Carrots	12 / 369g	57.12	G P 4.28	51.36	
032976 169726	48024			Canned Dog Food, Turkey Dinner with Brown Rice & Carrots	12 / 369g	54.72	G P 4.10	49.20	
<b>LILY'S   NO SUGAR ADDED PRODUCTS - UP TO \$8.55 OFF</b>									
810003 460516	21364	GMO	GF	@	Baking Chips, Dark Chocolate Style (55% Cocoa)	12 / 255g	81.96	6.11	73.32
810003 460936	21365	GMO	GF	@	Baking Chips, Semi-Sweet Style (45% Cocoa)	12 / 255g	81.96	6.11	73.32
810003 460486	21358		GF	@	X Dark Chocolate Style, Almond (55% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460462	21356		GF	@	X Dark Chocolate Style, Coconut (55% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460479	21357		GF	@	X Dark Chocolate Style, Crispy Rice (55% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460455	21355		GF	@	X Dark Chocolate Style, Original (55% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460912	21362		GF	@	X Extra Dark Chocolate Style, Sea Salt (70% Cocoa)	12 / 80g	50.88	G 3.79	45.48
810003 460929	21363		GF	@	X Extremely Dark Chocolate Style (85% Cocoa)	12 / 80g	50.88	G 3.79	45.48
810003 460493	21359		GF	@	X Milk Chocolate Style, Creamy Milk (40% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460509	21360		GF	@	X Milk Chocolate Style, Salted Almond (40% Cocoa)	12 / 85g	50.88	G 3.79	45.48
810003 460905	21361		GF	@	X Milk Chocolate Style, Salted Caramel (40% Cocoa)	12 / 80g	50.88	G 3.79	45.48
<b>LOOP MISSION   100% UPCYCLED COLD-PRESSED SMOOTHIE (REFRIGERATED) - 10% OFF</b>									
056719 900124	11240	GMO		+ Ⓜ X	Smoothie, Early Bird (strawberry, bananas, clementine) (plastic)	6 / 355ml	26.46	U 3.97	23.82
056719 900100	11241	GMO		+ Ⓜ X	Smoothie, Green Vibes (spinach, kale, pineapple, spirulina) (plastic)	6 / 355ml	26.46	U 3.97	23.82
056719 900117	11242	GMO		+ Ⓜ X	Smoothie, Wild Summer (blueberry, blackberry, banana) (plastic)	6 / 355ml	26.46	U 3.97	23.82
056719 900254	11243	GMO		+ Ⓜ	Smoothie, Early Bird (strawberry, bananas, clementine) (plastic)	6 / 1L	41.88	U 6.28	37.68
056719 900261	11244	GMO		+ Ⓜ	Smoothie, Green Vibes (spinach, kale, pineapple, spirulina) (plastic)	6 / 1L	41.88	U 6.28	37.68
056719 900278	11245	GMO		+ Ⓜ	Smoothie, Wild Summer (blueberry, blackberry, banana) (plastic)	6 / 1L	41.88	U 6.28	37.68
<b>LOTUS FOODS PRODUCTS - 10% OFF</b>									
708953 622125	39904	GMO	GF	*	X Ramen Noodles, Jade Pearl Rice. Organic	6 / 283g	47.04	7.06	42.36
708953 622132	39905	GMO	GF	*	X Ramen Noodles, Millet & Brown Rice, Organic	6 / 283g	47.04	7.06	42.36
708953 601113	39900	GMO	GF		X Soup, Forbidden Rice Ramen w/White Miso	10 / 80g	26.80	2.41	24.10
708953 601120	39910	GMO	GF		X Soup, Jade Pearl Rice Ramen w/Wakame Miso	10 / 80g	26.80	2.41	24.10
708953 601137	39901	GMO	GF		X Soup, Millet & Brown Rice Ramen w/Red Miso	10 / 80g	26.80	2.41	24.10



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<b>LUCKY FOODS   SPRING ROLLS (FROZEN) - 10% OFF</b>								
078487 452780	31028	GMO	V		X Spring Rolls, Curry	8 / 241g	42.00	4.73 37.84
078487 462765	31029	GMO	GF V		X Spring Rolls, Gluten Free Curry	8 / 241g	53.12	5.98 47.84
078487 462727	31027	GMO	GF		X Spring Rolls, Gluten Free, Thai Style, w/Sweet & Sour Sauce	8 / 241g	53.12	5.98 47.84
078487 452773	31025	GMO	V		Spring Rolls, Kimchi, w/Sweet & Sour Sauce	8 / 241g	42.00	4.73 37.84
078487 452711	31024	GMO			X Spring Rolls, Original, w/Traditional Sauce	8 / 241g	42.00	4.73 37.84
<b>LUNDBERG   WHOLE GRAIN RICE CAKES - 15% OFF</b>								
073416 561601	31230	GMO	GF *		THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 167g	32.34	4.58 27.48
<b>MACKELLAR FARMS   EDAMAME (FROZEN) - \$3.30 OFF</b>								
185820 000017	63026	GMO			X Edamame, Whole Pods (Product of Canada)	12 / 400g	56.16	4.40 52.80
185820 000024	63027	GMO			X Edamame, Shelled (Product of Canada)	12 / 400g	56.16	4.40 52.80
<b>MADEGOOD   GRANOLA SNACKS - \$4.00 OFF</b>								
687456 216119	64009	GMO	GF V *		Bars, Chocolate Chip, Organic	4 / 15x24g	43.08 G	9.77 39.08
<b>MAISON ORPHEE   OIL - 15% OFF</b>								
069593 120083	30204	GMO	*		Olive Oil, Extra Virgin, Delicate, Organic	6 / 500ml	76.38	10.82 64.92
069593 120137	30208	GMO	*		Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml	106.86	15.14 90.84
<b>MAISON ORPHEE PRODUCTS - 15% OFF</b>								
069593 100832	33483				Grey Sea Salt, Coarse	12 / 1kg	54.96	3.89 46.68
069593 120823	33490	GMO	GF V		Marinade, Maple & Dijon Vinaigrette	12 / 250ml	52.80	3.74 44.88
069593 120014	30188				Olive Oil, Extra Virgin, Balanced	6 / 500ml	67.14	9.51 57.06
<b>MANITOBA HARVEST PRODUCTS - UP TO 15% OFF</b>								
697658 692413	36362	GMO			X HEMP YEAH! Bar, Coconut Cashew Dark Chocolate	12 / 45g	24.96 G	1.77 21.24
697658 692352	36360	GMO			X HEMP YEAH! Bar, Dark Chocolate Almond Sea Salt	12 / 45g	24.96 G	1.77 21.24
697658 201646	36363	GMO			X HEMP YEAH! Bar, Maple Walnut	12 / 45g	24.96 G	1.77 21.24
697658 692260	36626	GMO	V *		X HEMP YEAH! Granola, Blueberry, Organic	6 / 283g	37.50	5.31 31.86
697658 692253	36628	GMO	*		X HEMP YEAH! Granola, Honey & Oats, Organic	6 / 283g	37.50	5.31 31.86
697658 201615	36351	GMO			NEW! Hemp Culinary Oil	6 / 500ml	72.90	10.84 65.04
<b>MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN) - \$1.55 OFF</b>								
058449 000037	54814	GMO	*		X MIGHTY MANNA, Carrot Raisin, Organic	8 / 400g	24.96	2.92 23.36
058449 708018	54819	GMO	*		X MIGHTY MANNA, Cinnamon Date, Organic	8 / 400g	24.96	2.92 23.36
058449 000266	54832	GMO	*		X MIGHTY MANNA, Fig Fennel & Flax, Organic	8 / 350g	24.96	2.92 23.36
058449 000099	54818	GMO	*		X MIGHTY MANNA, Fruit & Nut, Organic	8 / 400g	24.96	2.92 23.36
058449 000051	54816	GMO	*		X MIGHTY MANNA, Whole Rye, Organic	8 / 400g	20.56	2.37 18.96
<b>MARY'S ORGANIC   GRAHAM-STYLE KOOKIES &amp; CRACKERS - UP TO 10% OFF + VOLUME PRICING</b>								
853665 005527	17612	GMO	GF *		KOOKIES, Chocolate, Organic	6 / 142g	35.70	5.36 32.16
853665 005510	17611	GMO	GF *		KOOKIES, Cinnamon, Organic	6 / 142g	35.70	5.36 32.16
853665 005503	17610	GMO	GF *		KOOKIES, Honey, Organic	6 / 142g	35.70	5.36 32.16
					Buy 15-29 cases			5.09 30.55
					Buy 30+ cases			4.82 28.94
853665 005862	17620	GMO	GF V *		CHEEZEE Crackers, Cheddar Flavour, Organic	6 / 120g	41.76	6.26 37.56
853665 005879	17621	GMO	GF V *		CHEEZEE Crackers, Cheese & Herb Flavour, Organic	6 / 120g	41.76	6.26 37.56
853665 005114	16833	GMO	GF V *		SUPER SEED Crackers, Basil & Garlic, Organic	6 / 156g	41.76	6.26 37.56
897580 000168	16832	GMO	GF V *		SUPER SEED Crackers, Classic, Organic	6 / 156g	41.76	6.26 37.56
853665 005091	16834	GMO	GF V *		SUPER SEED Crackers, Everything, Organic	6 / 156g	41.76	6.26 37.56
853665 005107	16835	GMO	GF V *		SUPER SEED Crackers, Seaweed & Black Sesame, Organic	6 / 156g	41.76	6.26 37.56
					Buy 15-29 cases			5.95 35.68
					Buy 30+ cases			5.63 33.80
853665 005602	16837	GMO	GF V *		REAL THIN CRACKERS, Garlic Rosemary, Organic	6 / 142g	35.70	5.36 32.16
853665 005664	17604	GMO	GF V *		REAL THIN CRACKERS, Olive Oil & Black Pepper, Organic	6 / 142g	35.70	5.36 32.16
853665 005596	16838	GMO	GF V *		REAL THIN CRACKERS, Sea Salt, Organic	6 / 142g	35.70	5.36 32.16
					Buy 15-29 cases			5.09 30.55
					Buy 30+ cases			4.82 28.94
897580 000151	16376	GMO	GF V *		Crackers, Black Pepper, Organic	12 / 184g	84.96	6.37 76.44
897580 000137	16187	GMO	GF V *		Crackers, Herb, Organic	12 / 184g	84.96	6.37 76.44
897580 000106	16185	GMO	GF V *		Crackers, Original, Organic	12 / 184g	84.96	6.37 76.44
					Buy 15-29 cases			6.05 72.62
					Buy 30+ cases			5.73 68.80
<b>MAUREEN'S   COOKING SAUCE - 20% OFF</b>								
627987 503753	14902			BC	Sauce, Mild Coconut Curry	12 / 350ml	68.16	4.54 54.48
841307 000313	14900			BC	Sauce, The Original Jerk	12 / 350ml	68.16	4.54 54.48
<b>MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED) - 10% OFF</b>								
877977 000186	50257	GMO	V @ +		X Squares, Cookie Dough	12 / 33g	25.08 G	1.88 22.56
<b>MILLSTREAM FLOUR MILL   FLOUR - 15% OFF</b>								
060543 002121	07331		B	BC	X Chana Flour, Stoneground	1 / 9.07kg	21.36	18.16 18.16
<b>MOCOLATE   MUSHROOM SUPERFOOD POWDER - 15% OFF</b>								
627843 997382	36006			BC	Mushroom Superfood Powder, Lion's Mane	12 / 70g	150.4 G	10.65 127.80



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Table with columns: UPC Code, Code, PSC Toll Free, Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include categories like MOUNTAIN SKY, NAAM, NAKED & SAUCY, NATIVE FOREST, NATURA, NATURE CLEAN PRODUCTS, NATURE'S BAKERY, NATURE'S NUTS, NATURE'S PATH PRODUCTS, NOVA SCOTIA FISHERMAN, NUMI, NUNWEILER'S FLOUR CO PRODUCTS, and NUTIVA.



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Table with columns: UPC Code, Code, PSC Toll Free Order #'s, Tel: 1-800-663-7604 Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include categories like NUTS FOR CHEESE, O'DOUGHES, OPUS, OZERY, PACIFIC FOODS, PAQUI, PARMELA CREAMERY, PATIENCE FRUIT & CO, PERFECT CHEF, PHILLIPS, and PIKE PIER FISHERMAN.





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<b>PLUM-M-GOOD   BROWN RICE BREADING CRUMBS - 15% OFF</b>													
069372 006201	16697	GF	*	BC	Ⓟ	Brown Rice Breading Crumbs, Organic	6 / 100g	17.10	2.42	14.52			
<b>PORTOFINO BAKERY   BUNS &amp; COOKIES (FROZEN) - UP TO 15% OFF</b>													
661172 023107	40187	BC	Ⓟ	X		Artisan Buns, Pretzel Kaiser	16 / 440g	55.20	2.93	46.88			
661172 000627	40189	BC	Ⓟ	X		Cookies, Chocolate Chunk (8pk)	20 / 320g	99.80	4.49	89.80			
661172 022766	40190	BC	Ⓟ	X		Cookies, Coconut Chocolate Chip (8pk)	20 / 320g	99.80	4.49	89.80			
661172 000641	40191	BC	Ⓟ	X		Cookies, Fruit & Fibre Breakfast (8pk)	20 / 320g	99.80	4.49	89.80			
661172 000658	40192	BC	Ⓟ	X		Cookies, Harvest Energy (8pk)	20 / 320g	99.80	4.49	89.80			
<b>PRANA ORGANIC PRODUCTS - UP TO 15% OFF</b>													
877693 003195	26086	GMO	GF	*	@ +	Ⓟ	X	ALGARVE Chocolate Bark, Almonds & Sea Salt, 62% Cacao, Organic	8 / 100g	30.48	G	3.43	27.44
877693 001504	26141	GMO	GF	*		Ⓟ		Cacao Nibs, Organic	6 / 250g	44.16		6.62	39.72
877693 003201	26087	GMO	GF	*	@ +	Ⓟ	X	CARAZEL Chocolate Bark, Caramelized Nuts with	8 / 100g	30.48	G	3.43	27.44
877693 001559	26142	GMO	GF	*		Ⓟ		Dark Chocolate Chunks, 70% Cacao, Organic	6 / 300g	52.38		7.86	47.16
877693 000224	18111	GMO	GF	*		Ⓟ		Dates, Medjool, Organic	6 / 250g	49.26		7.39	44.34
877693 000217	18155	GMO	GF	*		Ⓟ		Figs, Organic	6 / 250g	38.64		5.80	34.80
877693 000187	18110	GMO	GF	*		Ⓟ		Goji Berries, Organic	6 / 200g	66.84		10.03	60.18
877693 002471	26172	GMO	GF	*		+	Ⓟ	GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8 / 5x60g	43.20		4.59	36.72
877693 001450	18152	GMO	GF	*		Ⓟ		Mango Cheeks, Organic	6 / 150g	39.18		5.88	35.28
877693 003232	26091	GMO	GF	*	@ +	Ⓟ	X	MATCHA MAGIC Chocolate Bark, Sesame, Crispy Rice & Matcha, 62% Cacao, Organic	8 / 100g	30.48	G	3.43	27.44
877693 001405	18171	GMO	GF	*		Ⓟ		Mulberries, White, Organic	6 / 250g	42.18		6.33	37.98
877693 003225	26089	GMO	GF	*	@ +	Ⓟ	X	NO MYLK'N Chocolate Bark, Hazelnuts & Crispy Rice, 40% Cacao, Organic	8 / 95g	30.48	G	3.43	27.44
877693 002884	26145	GMO	GF	*		Ⓟ		Nuts, Almonds, Raw European, Organic	6 / 200g	57.72		8.66	51.96
877693 002891	26146	GMO	GF	*		Ⓟ		Nuts, Brazil, Organic	6 / 200g	57.60		8.64	51.84
877693 000170	26130	GMO	GF	*		Ⓟ		Nuts, Cashews, Non-Roasted, Organic	6 / 250g	57.78		8.19	49.14
877693 001344	26132	GMO	GF	*		Ⓟ		Nuts, Pecans, Organic	6 / 180g	57.60		8.64	51.84
877693 000200	26128	GMO	GF	*		Ⓟ		Nuts, Walnuts, Organic	6 / 180g	57.60		8.64	51.84
877693 003096	34092	GMO	GF	*		Ⓟ		PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g	36.54		5.18	31.08
877693 000279	18154	GMO	GF	*		Ⓟ		Prunes, Pitted, Organic	6 / 250g	40.80		6.12	36.72
877693 001498	26143	GMO	GF	*		Ⓟ		Raw Cacao Powder, Organic	6 / 200g	49.98		7.50	45.00
877693 001375	26138	GMO	GF	*		Ⓟ		Seeds, Pumpkin, Organic	6 / 250g	39.96		5.99	35.94
877693 002907	34066	GMO	GF	*		Ⓟ		Seeds, Sunflower, Raw, Organic	6 / 250g	22.14		3.32	19.92
877693 001863	26109	GMO	GF	*	@ +	Ⓟ		SUMSUMA Chocolate Sesame Bites, Organic	8 / 150g	28.72	G	3.23	25.84
877693 000071	26101	GMO	GF	*	@ +	Ⓟ		SUMSUMA Sesame Squares, Organic	8 / 150g	29.20	G	3.29	26.32
877693 001672	34102	GMO	GF	*		+	Ⓟ	SUMSUMA Sesame Squares, Organic	6 / 325g	45.42	G	6.81	40.86
877693 003072	26059	GMO	GF	*		+	Ⓟ	Trail Mix, MACHU PICHU, Exotic Fruit & Nut Mix, Organic	8 / 150g	38.72	G	4.11	32.88
877693 003591	26181	GMO	GF	*		+	Ⓟ	X <b>NEW!</b> GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g	29.12		3.28	26.24
877693 003607	26182	GMO	GF	*		+	Ⓟ	X <b>NEW!</b> GRANOLOVE Cookies, Brownie, Organic	8 / 120g	29.12		3.28	26.24
877693 003614	26183	GMO	GF	*		+	Ⓟ	X <b>NEW!</b> GRANOLOVE Cookies, Berries, Organic	8 / 120g	29.12		3.28	26.24
877693 003850	26177	GMO		*		+	Ⓟ	<b>NEW!</b> Chewy Granola Bars, Berry Blast, Organic (sa	12 / 5x24g	45.72	G	3.43	41.16
877693 003843	26176	GMO		*		+	Ⓟ	<b>NEW!</b> Chewy Granola Bars, Choco Bongo, Organic (safe for school)	12 / 5x24g	45.72	G	3.43	41.16
877693 003867	26178	GMO		*		+	Ⓟ	<b>NEW!</b> Chewy Granola Bars, Magic Rainbow, Organic (safe for school)	12 / 5x24g	45.72	G	3.43	41.16
877693 003904	26184	GMO	GF	*		+	Ⓟ	X <b>NEW!</b> GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g	61.80		9.27	55.62
<b>PUKKA   ORGANIC TEA - 15% OFF</b>													
506022 9014450	40808	GMO		*	@		X	Green Tea, Clean Matcha Green. Organic	4 / 20ct	26.84		5.70	22.80
<b>RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD - UP TO 15% OFF</b>													
810757 003977	16873					Ⓟ		GLOBAL Tuna, Albacore, Chunk in Water, No Salt	24 / 142g	132.24		4.94	118.56
810757 003878	16872					Ⓟ		GLOBAL Tuna, Albacore, Chunk in Water, Sea Salt	24 / 142g	132.24		4.94	118.56
810757 006626	16817	BC	Ⓟ			Ⓟ		Salmon, Pink, Skinless Boneless	12 / 150g	61.80		4.38	52.56
810757 007623	16816	BC	Ⓟ			Ⓟ		Salmon, Pink, Skinless, Boneless & Smoked	12 / 150g	67.80		4.80	57.60
810757 000525	16811	BC	Ⓟ			Ⓟ		Salmon, Sockeye	12 / 160g	80.40		5.70	68.40
810757 003892	16826					Ⓟ		Tuna, Skipjack, chunk in water, with Sea Salt	24 / 142g	85.20		3.18	76.32
810757 003991	16827					Ⓟ		Tuna, Skipjack, chunk in water, No Salt Added	24 / 142g	85.20		3.18	76.32
810757 003953	16875					Ⓟ		<b>NEW!</b> GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g	109.7		4.09	98.16
810757 003854	16874					Ⓟ		<b>NEW!</b> GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g	109.7		4.09	98.16
<b>RAWMBAS   VEGAN MUFFINS (FROZEN) - 15% OFF</b>													
628176 576022	56508	GF	V	BC	Ⓟ	X		Muffins, Bountiful Blueberry (single serve)	24 / 125g	66.24	G	2.35	56.40
628176 576046	56509	GF	V	BC	Ⓟ	X		Muffins, Double Chocolate (single serve)	24 / 125g	66.24	G	2.35	56.40

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<b>RICEWORKS   GOURMET RICE CHIPS - UP TO \$5.06 + VOLUME PRICING</b>									
815506 014327	17905	GMO	GF	x	Gourmet Rice Chips, Black Japonica	12 / 155g	48.84	G	
060816 093238	17902	GMO	GF	x	Gourmet Rice Chips, Salsa Fresca	12 / 155g	48.84	G	
060816 093214	17900	GMO	GF	x	Gourmet Rice Chips, Sea Salt	12 / 155g	48.84	G	
037578 616296	17903	GMO	GF	x	Gourmet Rice Chips, Sea Salt & Brown Golden Flax	12 / 155g	48.84	G	
060816 093283	17901	GMO	GF	x	Gourmet Rice Chips, Sweet Chili	12 / 155g	48.84	G	
					<b>Buy 10-14 cases</b>	<b>Save 3.00</b>	3.82		<b>45.84</b>
					<b>Buy 15-19 cases</b>	<b>Save 4.50</b>	3.70		<b>44.34</b>
					<b>Buy 20+ cases</b>	<b>Save 6.00</b>	3.57		<b>42.84</b>
815506 014556	17907		GF	X	Gourmet Rice Chips, Avocado Ranch	12 / 155g	48.84	G	3.64 <b>43.68</b>
<b>RISE   KOMBUCHA (REFRIGERATED) - 15% OFF</b>									
818762 000370	15310	GMO	GF	V * + P	Blueberry & Maple, Organic (glass)	6 / 1L	45.36	G P U	6.43 <b>38.58</b>
<b>RIZOPIA   RICE PASTA - VOLUME PRICING</b>									
833125 001153	40364		GF	* + P	X Brown Rice Elbows, Organic	12 / 454g	36.48		
833125 001122	40361		GF	* + P	X Brown Rice Fettuccine, Organic	12 / 454g	36.48		
833125 001139	40362		GF	* + P	X Brown Rice Fusilli, Organic	12 / 454g	36.48		
833125 001146	40363		GF	* + P	X Brown Rice Penne, Organic	12 / 454g	36.48		
833125 001115	40360		GF	* + P	X Brown Rice Spaghetti, Organic	12 / 454g	36.48		
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>	2.89		<b>34.66</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>	2.74		<b>32.83</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>	2.58		<b>31.01</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>	2.43		<b>29.18</b>
833125 001054	40377		GF	+ P	X Brown Rice Elbows	12 / 454g	27.96		
833125 001023	40374		GF	+ P	X Brown Rice Fettuccine	12 / 454g	27.96		
833125 001030	40375		GF	+ P	X Brown Rice Fusilli	12 / 454g	27.96		
833125 001047	40376		GF	+ P	X Brown Rice Penne	12 / 454g	27.96		
833125 001016	40373		GF	+ P	X Brown Rice Spaghetti	12 / 454g	27.96		
833125 001078	40379		GF	+ P	X Brown Rice Spirals	12 / 454g	27.96		
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>	2.21		<b>26.56</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>	2.10		<b>25.16</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>	1.98		<b>23.77</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>	1.86		<b>22.37</b>
833125 001085	40380		GF	+ P	X Brown Rice Lasagna	12 / 340g	34.32		
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>	2.72		<b>32.60</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>	2.57		<b>30.89</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>	2.43		<b>29.17</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>	2.29		<b>27.46</b>
833125 003034	40383		GF	+ P	X Vegetable Rice Fusilli	12 / 454g	34.08		
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>	2.70		<b>32.38</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>	2.56		<b>30.67</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>	2.41		<b>28.97</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>	2.27		<b>27.26</b>
<b>SALT SPRING COFFEE - UP TO \$15.51 OFF</b>									
628415 084646	12364	GMO		* @ P	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g	110.70		15.86 <b>95.16</b>
628415 084424	12365	GMO		* @ P	Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g	110.70		16.60 <b>99.60</b>
<b>SAN-J   BREWED SOY SAUCE &amp; ALTERNATIVES - UP TO \$4.08 OFF</b>									
075810 031261	40611	GMO	GF	V	NEW! TAMARI SPLASH, Ponzu	6 / 296ml	47.22		7.19 <b>43.14</b>
075810 030264	40613	GMO	GF	V *	NEW! TAMARI SPLASH, Sweet Doux, Organic	6 / 296ml	47.22		7.19 <b>43.14</b>
075810 032268	40612	GMO	GF	V *	NEW! TAMARI SPLASH, Umami, Organic	6 / 296ml	47.22		7.19 <b>43.14</b>
075810 400265	40614	GMO	GF	V	NEW! Tamari, No Soy	6 / 296ml	42.00		6.36 <b>38.16</b>
<b>SAPADILLA   ECO-CLEANERS DISH PRODUCTS - 15% OFF</b>									
677141 000017	70305				Dish Soap, Rosemary & Peppermint	12 / 473ml	71.16	G P	5.04 <b>60.48</b>
<b>SAPSUCKER   SPARKLING TREE WATER - 15% OFF</b>									
898171 000284	56416	GMO		* + P	X Sparkling Tree Water, Peach, Organic	12 / 355ml	23.88	G U	1.69 <b>20.28</b>
<b>SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS &amp; CHIPS - 20% OFF</b>									
829515 324537	37276		GF		X GARDEN VEGGIE STRAWS, BBQ	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 323516	37283	GMO	GF		X GARDEN VEGGIE STRAWS, Cheddar	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 308582	37280				X GARDEN VEGGIE STRAWS, Original	12 / 142g	45.60	G	3.04 <b>36.48</b>
829515 324636	37284				X GARDEN VEGGIE STRAWS, Rosemary & Olive Oil	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 323813	37277		GF		X GARDEN VEGGIE STRAWS, Screamin' Hot	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 324520	37278		GF		X GARDEN VEGGIE STRAWS, Sour Cream & Onion	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 324629	37285				X GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g	45.60	G	3.04 <b>36.48</b>
829515 301378	37279		GF		X GARDEN VEGGIE WAVY CHIPS, Sea Salt	12 / 142g	45.60	G	3.04 <b>36.48</b>
829515 325381	37275		GF		X GARDEN VEGGIE WAVY CHIPS, Cheddar Sour Cream	12 / 120g	45.60	G	3.04 <b>36.48</b>



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<b>SEOUL PRODUCTS - 10% OFF</b>							
026396 501013	31046	GMO	GF	BBQ Sauce, Kalbi	6 / 350ml	41.40	6.21 37.26
026396 502027	31035	GMO	GF	Kimchi Hot Sauce, Spicy, Keto (certified)	6 / 374g	38.28	5.74 34.44
026396 502010	31034	GMO	GF	Kimchi Hot Sauce, Sweet & Spicy, Keto (certified)	6 / 374g	38.28	5.74 34.44
026396 908256	31036	GMO	GF	Kimchi, Original, Keto (certified) (REFRIGERATED)	6 / 396g	48.48	7.27 43.62
026396 909109	31038	GMO	GF V	Kimchi, Vegan, Keto (certified) (REFRIGERATED)	6 / 396g	48.48	7.27 43.62
<b>SEVENTH GENERATION PRODUCTS - 15% OFF</b>							
732913 229178	46165			Disinfecting Wipes	12 / 35ct	52.32 G P	3.71 44.52
732913 228287	46198			Laundry Liquid, 4X Concentrate, Geranium Blossoms & Vanilla (fibre pack)	6 / 1.47L	102.18 G P	14.48 86.88
732913 447749	47029			Tub & Tile Cleaner, Emerald Cypress & Fir	8 / 768ml	42.64 G P	4.53 36.24
<b>SILK   DAIRY-FREE ALTERNATIVES (REFRIGERATED) - UP TO 19.7% OFF</b>							
025293 005525	08000	GMO		Almond Beverage, Dark Chocolate	12 / 946ml	40.08 U	2.85 34.20
025293 002180	07190	GMO		Almond Beverage, Original	12 / 946ml	40.08 U	2.85 34.20
025293 001817	07136	GMO		Almond Beverage, Unsweetened	12 / 946ml	40.08 U	2.85 34.20
025293 002197	07191	GMO		Almond Beverage, Vanilla	12 / 946ml	40.08 U	2.85 34.20
025293 001800	07137	GMO		Almond Beverage, Unsweetened, Vanilla	12 / 946ml	40.08 U	2.85 34.20
036632 076755	08001	GMO		Barista, Almond	6 / 946ml	33.42	4.75 28.50
036632 076540	52238	GMO		Barista, Oat	6 / 946ml	33.42	4.75 28.50
036632 074638	07138	GMO	*	Coconut Beverage, Original, Organic	12 / 946ml	40.08 U	2.85 34.20
036632 074614	07139	GMO	*	Coconut Beverage, Unsweetened, Organic	12 / 946ml	40.08 U	2.85 34.20
056800 715811	52243	GMO	+	Oat Beverage, Original	12 / 946ml	40.08 U	2.85 34.20
056800 658903	52236	GMO	+	Oat Beverage, Unsweetened, Original	12 / 946ml	40.08 U	2.85 34.20
056800 660814	52237	GMO	+	Oat Beverage, Unsweetened, Vanilla	12 / 946ml	40.08 U	2.85 34.20
025293 005532	08010	GMO	*	Soy Fortified Beverage, Original, Organic	12 / 946ml	40.08 U	2.85 34.20
025293 005549	08011	GMO	*	Soy Fortified Beverage, Unsweetened, Organic	12 / 946ml	40.08 U	2.85 34.20
036632 076939	08102	GMO	*	BC X Shreds, Cheddar Style	6 / 200g	46.98	6.29 37.74
036632 076922	08101	GMO	*	Shreds, Mozzarella Style	6 / 200g	46.98	6.68 40.08
<b>SIMPLY ORGANIC PRODUCTS - UP TO 20% OFF</b>							
089836 192486	70804	GMO	*	Coriander, Ground, Organic (glass bottle)	6 / 65g	39.60	5.28 31.68
089836 092502	70806	GMO	*	Dill Weed, Organic (glass bottle)	6 / 23g	42.78	5.70 34.20
089836 192479	70803	GMO	*	Garlic Salt, Organic (glass bottle)	6 / 113g	42.78	5.70 34.20
089836 192493	70805	GMO	*	Rosemary, Organic (glass bottle)	6 / 35g	33.78	4.50 27.00
089836 200068	70740		*	X Seasoning Mix, Pasta Sauce, Alfredo, Organic (sachets)	12 / 42g	24.36	1.73 20.76
<b>SKINNYPOP   POPCORNS - 15% OFF</b>							
816925 021958	38962	GMO	GF V	Microwave Popcorn, Butter	6 / 6x80g	37.14	5.26 31.56
816925 021965	38963	GMO	GF V	Microwave Popcorn, Sea Salt	6 / 6x80g	37.14	5.26 31.56
<b>SKIPPY'S KETTLE CORN - 15% OFF</b>							
737332 876750	17932			BC X PERFECT POP, Caramel	12 / 180g	32.40 G	2.30 27.60
<b>SO DELICIOUS   NON-DAIRY NOVELTIES (FROZEN) - 13% OFF</b>							
744473 000258	56255	GMO	GF	X ALMOND MILK, Minis Bars, Mocha Almond Fudge	6 / 4x68ml	33.00 G	4.79 28.74
744473 000746	56256	GMO	GF	X CASHEW MILK, Frozen Dessert Bars, Dipped Salted Caramel	6 / 4x68ml	33.00 G	4.79 28.74
744473 274123	56254	GMO	GF	X COCONUT MILK, Minis Bars, Coconut Almond, Chocolate Covered	6 / 4x68ml	33.00 G	4.79 28.74
744473 274116	56253	GMO	GF	X COCONUT MILK, Minis Bars, Vanilla, Chocolate Covered	6 / 4x68ml	33.00 G	4.79 28.74
744473 274307	56252	GMO		X COCONUT MILK, Minis Sandwiches, Chocolate Cookie, Coconut	6 / 8x68ml	39.66 G	5.75 34.50
<b>SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER &amp; CIDER - 15% OFF</b>							
854531 000035	17100		+	X Beer, White (can)	12 / 473ml	29.16 G U	2.07 24.84
<b>SOL CUISINE   PLANT-BASED ALTERNATIVES (FROZEN) - UP TO \$6.92 OFF</b>							
628025 016419	54322	GMO		+ X Bites, Crispy Chik'n w/BBQ Sauce	8 / 300g	50.32	5.71 45.68
628025 019328	54555	GMO	GF	+ X Burger, Extreme Griller (4/pkg)	12 / 284g	75.00	5.67 68.04
628025 019250	54561	GMO	GF	+ X Burger, Mushroom & Wild Rice (4/pkg)	12 / 284g	75.00	5.67 68.04
628025 019298	54558	GMO	GF	+ X Burger, Spicy Black Bean (4/pkg)	12 / 284g	75.00	5.67 68.04
628025 016464	54306	GMO		+ X Cauliflower Wings, Buffalo Style	8 / 225g	50.24	5.70 45.60
628025 016457	54305	GMO	GF	+ X Cauliflower Wings, Sweet Chili	8 / 225g	50.24	5.70 45.60
628025 016303	54312	GMO		+ X Tenders, Crispy Chik'n	8 / 300g	50.24	5.70 45.60
628025 016426	54303	GMO		+ X Wings, Hot & Spicy Chik'n	8 / 255g	50.24	5.70 45.60
<b>SOTA SPARKLING TEA + ADAPTOGENS - 10% OFF</b>							
628176 390932	35450	GMO	*	+ X Sparkling Tea, Calm - Grapefruit + Hibiscus, Organic	4 / 6x355ml	51.84 G U	11.66 46.64
628176 390949	35451	GMO	*	+ X Sparkling Tea, Focus - Orange + Chamomile, Organic	4 / 6x355ml	51.84 G U	11.66 46.64
628176 390956	35452	GMO	*	+ X Sparkling Tea, Refresh - Lime + Dandelion, Organic	4 / 6x355ml	51.84 G U	11.66 46.64



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Table with columns: UPC Code, Code, PSC Toll Free Order #'s, Tel: 1-800-663-7604 Fax: 1-800-520-5052, Reg. \$, Sale \$, Order. Rows include categories like SPARKMOUTH | MOCKTAILS, SPECTRUM PRODUCTS - 20% OFF, SQUAMISH | WATER KEFIR, STASH TEA - 10% OFF, SUNDHED | SEA SALT & PURE HIMALAYAN SALT, SUNFLOWER KITCHEN | VEGETARIAN SOUP, TERRA BREADS | SMALL BATCH GRANOLA, TERRA DELYSSA | OLIVE OIL, THAYERS REMEDIES | WITCH HAZEL, and THE VERY GOOD BUTCHERS | PLANT BASED BUTCHERY & CHEESE.



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032917 007599	12143	GMO *	Raspberry Leaf, Organic	6 / 16ct	27.42	4.27 25.62
032917 007643	12952	GMO *	RELAXATION TEA, Stress Soother, Cinnamon, Organic	6 / 16ct	27.42	4.27 25.62
032917 007605	12104	GMO *	Roasted Dandelion Root, Organic	6 / 16ct	27.42	4.27 25.62
032917 007612	12950	GMO *	Smooth Move Peppermint, Organic	6 / 16ct	27.42	4.27 25.62
032917 007629	12160	GMO *	Smooth Move, Organic	6 / 16ct	27.42	4.27 25.62
032917 007636	12106	GMO * @	Spearmint, Organic	6 / 16ct	27.42	4.27 25.62
032917 007650	12190	GMO *	Throat Coat Lemon Echinacea, Organic	6 / 16ct	27.42	4.27 25.62
032917 007667	12165	GMO *	Throat Coat, Organic	6 / 16ct	27.42	4.27 25.62
032917 007674	12953	GMO * @	Tulsi w/ Ginger, Organic	6 / 16ct	27.42	4.27 25.62
032917 007681	12954	GMO *	Turmeric with Meadowsweet & Ginger, Organic	6 / 16ct	27.42	4.27 25.62
032917 007698	12155	GMO * @	Weightless Tea, Organic	6 / 16ct	27.42	4.27 25.62
<b>TRIPLE JIM'S   ALL NATURAL PRODUCTS MADE FROM BC FRUIT - 15% OFF</b>						
059105 000026	18450	GMO *	Dried Plums, Organic	6 / 175g	57.54	8.15 48.90
059105 060945	18150	GMO * BC P	Juice, Cranberry, Organic (glass bottle)	12 / 946ml	167.76	U 11.88 142.56
<b>TWO BEARS   COLD BREW COFFEE &amp; OAT MILK TEA LATTE - UP TO \$1.80 OFF</b>						
628504 309339	10003	GMO + P	X Oat Latte, Black Coffee (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309421	10010	GMO + P	X Oat Latte, Mocha Coffee (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309377	10007	GMO + P	X Oat Latte, Salted Caramel Coffee (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309438	10009	GMO + P	X Oat Latte, Triple Shot (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309346	10004	GMO + P	X Oat Latte, Vanilla Coffee (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309353	10005	GMO + P	X Tea Latte, Chai (can)	6 / 207ml	18.06	P U 2.81 16.86
628504 309384	10006	GMO + P	X Tea Latte, Matcha (can)	6 / 207ml	18.06	P U 2.71 16.26
<b>UNCLE LEE'S   TEA - 15% OFF</b>						
049606 100042	12956	GMO	Green Tea, Legend of China, Original	12 / 100ct	68.40	4.85 58.20
<b>VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN) - 10% OFF</b>						
628110 150080	54952	GMO V + P	X Burgers, Eggplant & Tahini (4pk)	12 / 400g	78.24	5.87 70.44
627843 517399	54595	GMO V + P	X Burgers, Mexican 3-Bean (4pk)	12 / 400g	78.24	5.87 70.44
<b>WAKEWATER   CAFFEINATED SPARKLING WATER - 10% OFF</b>						
628693 083003	25112	GMO + P	X Caffeinated Sparkling Water, Blackberry	12 / 355ml	25.68	G U 1.93 23.16
628055 980896	25110	GMO + P	X Caffeinated Sparkling Water, Grapefruit	12 / 355ml	25.68	G U 1.93 23.16
628055 980278	25111	GMO + P	X Caffeinated Sparkling Water, Lemon	12 / 355ml	25.68	G U 1.93 23.16
<b>WHISTLER WATER - UP TO 10% OFF</b>						
620791 000159	06067	GMO BC P	Glacial Spring Water	12 / 1.5L	22.92	U 1.72 20.64
620791 000401	06065	GMO B BC P	Glacial Spring Water	4 / 4L	15.76	U 3.74 14.96
<b>WILD COUNTRY   HONEY - 15% OFF</b>						
621234 600165	44107	GMO + P	Buckwheat Honey, Canada #1 Amber	12 / 500g	145.80	10.33 123.96
621234 610041	44109	GMO + P	Pure Raw Honey, Canada #1 White	12 / 500g	138.48	9.81 117.72
621234 600400	44108	GMO + P	Wild Blossom Honey, Canada #1 Golden	12 / 500g	125.64	8.90 106.80
<b>WILDBRINE   FERMENTED SAUCE &amp; VEGETABLES (REFRIGERATED) - UP TO 20% OFF</b>						
858159 002082	32159	GMO	Salsa, Fermented Salsa Rojo	6 / 510ml	50.58	7.17 43.02
858159 002716	32238	GMO	Sriracha Sauce, Spicy Kimchi	8 / 241g	55.84	5.93 47.44
858159 002051	32156	GMO	Kimchi, Japanese	6 / 500ml	54.66	7.29 43.74
858159 002068	32157	GMO	Kimchi, Korean	6 / 500ml	54.66	7.29 43.74
858159 002686	32242	GMO	Kimchi, Mild w/ turmeric	6 / 500ml	54.66	7.29 43.74
858159 002020	32152	GMO *	Kraut, Arame & Ginger, Organic	6 / 500ml	54.66	7.74 46.44
858159 002013	32151	GMO *	Kraut, Dill & Garlic, Organic	6 / 500ml	54.66	7.74 46.44
858159 002419	32220	GMO *	Kraut, Green, Organic	6 / 500ml	54.66	7.74 46.44
858159 002044	32154	GMO *	Kraut, Red Beet & Cabbage, Organic	6 / 500ml	54.66	7.74 46.44
858159 002815	32245	GMO *	Kraut, Roasted Garlic, Organic	6 / 500ml	54.66	7.74 46.44
<b>WIZE   ICED TEA - 10% OFF + VOLUME PRICING</b>						
628250 387315	13652	GMO	X Iced Tea, Grapefruit (can)	12 / 355ml	25.56	U 1.92 23.04
628250 387292	13650	GMO	X Iced Tea, Lemon (can)	12 / 355ml	25.56	U 1.92 23.04
628250 387308	13651	GMO	X Iced Tea, Mango (can)	12 / 355ml	25.56	U 1.92 23.04
628250 387360	13653	GMO	X Sparkling Iced Tea, Mango (can)	12 / 355ml	25.56	G P U 1.92 23.04
628250 387445	13654	GMO	X Sparkling Iced Tea, Wild Raspberry (can)	12 / 355ml	25.56	G P U 1.92 23.04
			Buy 10-24 cases	Save 5%		1.82 21.89
			Buy 25-49 cases	Save 10%		1.73 20.74
			Buy 50+ cases	Save 15%		1.63 19.58
<b>YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS - 15% OFF</b>						
799441 440703	48060	GMO + P	Dog & Cat Treat, Bison Heart	1 / 100g	8.40	G P 7.14 7.14
799441 440666	48061	GMO + P	Dog & Cat Treat, Bison Liver	1 / 100g	7.00	G P 5.95 5.95



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<b>YOGI   BEVERAGE TEA - VOLUME PRICING</b>							
076950 650213	12652			Green Tea, Kombucha	6 / 16ct	32.22	
076950 203471	12945	*		Herbal Tea, Calming, Organic	6 / 16ct	32.22	
076950 615335	12677	GMO	*	Herbal Tea, Chai Rooibos, Organic	6 / 16ct	32.22	
076950 615168	12720	GMO	*	Herbal Tea, Egyptian Licorice, Organic	6 / 16ct	32.22	
076950 650114	12670	GMO	*	Herbal Tea, Ginger, Organic	6 / 16ct	32.22	
076950 650176	12671			Herbal Tea, Lemon Ginger	6 / 16ct	32.22	
076950 203488	12944	GMO	*	Herbal Tea, Restful Sleep, Organic	6 / 16ct	32.22	
076950 207028	12653	GMO	*	Herbal Tea, Stress Relief, Chamomile	6 / 16ct	32.22	
				Passionflower, Organic	6 / 16ct	32.22	
				<b>Buy 6-11 cases</b>	<b>Save 1.33</b>	5.15	<b>30.89</b>
				<b>Buy 12-19 cases</b>	<b>Save 2.66</b>	4.93	<b>29.56</b>
				<b>Buy 20+ cases</b>	<b>Save 3.99</b>	4.70	<b>28.23</b>
<b>YOGGURI   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED) - \$1.50 OFF</b>							
627987 070811	56000	BC	P	Coconut Yogurt, Mango	6 / 450g	42.48	6.83 <b>40.98</b>
627987 070767	56001	BC	P	Coconut Yogurt, Original	6 / 450g	42.48	6.83 <b>40.98</b>
627987 070774	56002	BC	P	Coconut Yogurt, Strawberry	6 / 450g	42.48	6.83 <b>40.98</b>
627987 070804	56003	BC	P	Coconut Yogurt, Vanilla	6 / 450g	42.48	6.83 <b>40.98</b>
<b>ZAZUBEAN   CHOCOLATE BAR - 15% OFF</b>							
872227 000947	14772	GMO	* @	Coconut Sugar Chocolate, Breezy - Cashew & Hazelnut (55% Cacao), Organic	12 / 85g	43.20 G	3.06 <b>36.72</b>
<b>ZEVIA   ZERO CALORIE SODA - 15% OFF</b>							
849429 001249	07158	GMO	GF	Soda, Black Cherry	4 / 6x355ml	23.96 G P U	5.09 <b>20.36</b>
<b>CLEARANCE</b> <i>Discontinued and Clearance items are final sale</i>							
<b>AMY'S   WRAPS (FROZEN) - 15% OFF</b>							
042272 912377	56154	GMO		X Wrap, Greek Spanakopita	12 / 156g	54.12	3.83 <b>45.96</b>
<b>ANITA'S ORGANIC MILL   PANCAKE &amp; WAFFLE MIX - 15% OFF</b>							
623636 113007	02263		* BC	Pancake & Waffle Mix, Ancient Grain, Organic	4 / 1kg	32.20	6.84 <b>27.36</b>
<b>ASPCLEAN   CLEANING PRODUCTS - 60% OFF</b>							
876805 003054	81200			P Microfiber Cloth, All Purpose, Professional Grade	6 / 1ea	35.28 G P	2.35 <b>14.10</b>
<b>BOB'S RED MILL   OATS - 15% OFF</b>							
039978 341556	30531	GMO		X Rolled Oats, Extra Thick	4 / 454g	13.40	2.85 <b>11.40</b>
<b>BUCHA BREW   KOMBUCHA - 50% OFF</b>							
628110 435453	17238		BC	P Kombucha Lite, Lime	12 / 355ml	24.60 G P U	1.03 <b>12.36</b>
628110 435477	17240		BC	P Kombucha Lite, Grapefruit	12 / 355ml	24.60 G P U	1.03 <b>12.36</b>
<b>CABOO   BAMBOO WIPES - 70% OFF</b>							
628451 738046	46308			P Bamboo Baby Wipes, Value Pack (S/O)	6 / 3x72ct	80.28 G P	4.01 <b>24.06</b>
<b>COCONUT SECRET   SOY-FREE SAUCE - 20% OFF</b>							
851492 002993	14702	GMO	GF *	Soy-Free Sauce, Spicy, Organic	12 / 296ml	123.36	8.22 <b>98.64</b>
851492 002368	14701	GMO	GF *	Soy-Free Sauce, Teriyaki, Organic	12 / 296ml	123.36	8.22 <b>98.64</b>
<b>DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - 50% OFF</b>							
871459 001913	50113	GMO	B GF V	BC P CUTTING BOARD Shreds, Mozzarella Style	3 / 2.27kg	89.70	14.95 <b>44.85</b>
<b>DUMET   OLIVES - 15% OFF</b>							
761218 8001545	48051			Hojiblanca Black Spanish, Pitted (pouch)	10 / 500g	67.00	5.70 <b>57.00</b>
<b>ECOSAFE-6400   COMPOSTABLE BAGS - 20% OFF</b>							
678526 334802	46270			P X Commercial Bin Liner, 39gal/147L (33x48)	6 / 15ct	90.06 G P	12.01 <b>72.06</b>
<b>EDEN   CANNED BEANS - 15% OFF</b>							
024182 003567	10447	GMO	GF *	Small Red Beans, Organic	12 / 398ml	42.36	3.00 <b>36.00</b>
<b>ELAN   ORGANIC GRAINS - 15% OFF</b>							
805509 085417	23871		GF *	P Quinoa, Tricolor, Organic	8 / 426g	46.16	4.90 <b>39.20</b>
805509 085400	23870		GF *	P Quinoa, White, Organic	8 / 426g	46.16	4.90 <b>39.20</b>
<b>ENER-C   DRINK MIX - 25% OFF</b>							
873024 001014	80715	GMO	GF	BC P X Multivitamin, Lemon Lime	30 / 9.5g	14.40 G	0.36 <b>10.80</b>
873024 001304	14350	GMO		BC P X Multivitamin, Sugar Free, Orange	30 / 5.35g	14.40 G	0.36 <b>10.80</b>
873024 001205	80844	GMO	GF	BC P X Sport Electrolyte, Mixed Berry	12 / 3.43g	7.56 G	0.47 <b>5.64</b>
<b>ENER-G FOODS PRODUCTS - UP TO 50% OFF</b>							
075119 124480	16213	GMO		Egg Replacer (dairy/casein/egg free)	12 / 454g	106.20	6.64 <b>79.68</b>
075119 149520	55388		GF	X Select Bread, Sourdough White	6 / 397g	47.22	3.94 <b>23.64</b>
<b>FIELD ROAST® CHAO CREAMERY   ENTRÉES (FROZEN) - 25% OFF</b>							
638031 225705	65114		V	X MAC 'n CHAO, Creamy (Vegan)	8 / 312g	58.08	5.45 <b>43.60</b>
<b>FRONTIER   HERBS &amp; SPICES - UP TO 60% OFF</b>							
089836 210197	70557		*	X Chili, Powder, Organic	6 / 36g	21.00	2.98 <b>17.88</b>
089836 210265	70564		*	X Curry, Powder, Organic	6 / 30g	21.24	1.42 <b>8.52</b>
089836 210371	70575		*	X Oregano Leaf, Flakes, Organic	6 / 10g	17.52	2.48 <b>14.88</b>
<b>GOGO QUINOA PRODUCTS - 50% OFF</b>							
	30040	GMO	GF *	Pasta, Lasagna, Rice and Quinoa, Organic	12 / 227g	50.88	2.12 <b>25.44</b>
896899 000272	30043	GMO	GF *	P X Pasta, Macaroni, Red & White Quinoa, Organic	12 / 227g	46.08	1.92 <b>23.04</b>
<b>HEALTHY SHORES   CANNED SEAFOOD FOR CATS - 15% OFF</b>							
810757 001539	48216		BC	P Cat Food, Pate, Pacific Herring	24 / 100g	42.96 G P	1.52 <b>36.48</b>



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<b>CLEARANCE</b> <i>Discontinued and Clearance items are final sale</i>						
<b>HERBARIA   HERBAL TEA - 55% OFF</b>						
5997005 343735	40850		Herbal Tea, Agrimony Herb	10 / 25ct	40.90	1.84 18.40
5997005 330889	40864		Herbal Tea, Marigold Blossoms	10 / 25ct	36.10	1.62 16.20
5997005 343643	40866		Herbal Tea, Passion Flower	10 / 25ct	36.10	1.62 16.20
5997005 343728	40875		Herbal Tea, Spearmint	10 / 25ct	40.90	1.84 18.40
5997005 330766	40876		Herbal Tea, St. John's Wort	10 / 25ct	40.90	1.84 18.40
5997005 331299	40878		Herbal Tea, Thyme Leaves	10 / 25ct	36.10	1.62 16.20
5997005 330926	40880		Herbal Tea, Valerian Root	10 / 25ct	40.90	1.84 18.40
<b>JUSTEA   FARMER DIRECT KENYAN TEA - 60% OFF</b>						
628451 866268	13716	GMO @ BC P	Loose Leaf, Purple Chocolate (Tin)	6 / 100g	60.84	4.06 24.36
628451 866084	13712	GMO @ BC P	Loose Leaf, Purple Mint (Tin)	6 / 60g	60.84	4.06 24.36
<b>LAKANTO   MONKFruit BLEND SWEETENER - UP TO 25% OFF</b>						
843076 001225	44218	GMO	Sweetener, Classic	8 / 454g	104.80	9.83 78.64
843076 001232	44219	GMO	Sweetener, Golden	8 / 454g	104.80	11.14 89.12
<b>LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA - 20% OFF</b>						
661594 003329	13004	@ P	Pyramid bags, Green	12 / 20ct	62.40	4.16 49.92
<b>LOVE CHILD ORGANICS   BABY FOOD - 30% OFF</b>						
858860 001633	61066	* + P	Puree, Apples, Sweet Potatoes, Broccoli, Spinach, Organic (6+ months)	2 / 6x128ml	29.64	10.37 20.74
<b>LUNDBERG   ENTREES &amp; SIDES - 15% OFF</b>						
073416 515000	38732	GMO GF *	Wholegrain Rice & Seasoning Mix, Spanish Rice, Organic	6 / 170g	29.16	4.13 24.78
<b>KRISDA   SUGAR-FREE SWEETENER - 50% OFF</b>						
688120 003042	23018	P	Sweetener, Monk Fruit (packets)	6 / 80x1g	38.40	3.20 19.20
<b>MAISON ORPHEE   OIL - 20% OFF</b>						
069593 121066	30186	GMO * + P	Olive Oil, Extra Virgin, Balanced, Organic	6 / 500ml	76.38	10.18 61.08
<b>MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN) - 15% OFF</b>						
058449 000150	54811	GMO *	X MIGHTY MANNA, Millet Rice, Organic	8 / 400g	24.96	2.65 21.20
<b>MARY'S ORGANIC   CRACKERS - 15% OFF</b>						
853665 005671	17603	GMO GF V *	REAL THIN CRACKERS, Tomato & Basil, Organic	6 / 142g	35.70	5.06 30.36
<b>NATURE CLEAN PRODUCTS - UP TO 60% OFF</b>						
058951 307181	80724	+ P	Laundry Tabs, Unscented	8 / 432g	60.56 G P	3.03 24.24
058951 308089	82025	+ P	Laundry Liquid, Unscented, HE (High Efficiency) Certified	2 / 4.5L	34.10 G P	14.49 28.98
058951 402800	81117	+ P	Pure Sensitive Unscented Conditioner	6 / 300ml	60.96 G P	8.64 51.84
<b>NOT MILK   NON-DAIRY BEVERAGE (REFRIGERATED) - 15% OFF</b>						
850020 078127	18861	GMO GF V	Milk Alternative, 2% Reduced Fat	6 / 1.89L	35.76 U	5.07 30.42
<b>NUMI   ORGANIC TEA - 15% OFF</b>						
680692 115512	13238	GMO * @	Herbal Teasan, Turmeric Golden Tonic, Organic	6 / 12ct	41.34	5.86 35.16
<b>NUUN HYDRATION   DRINK TABLETS - 15% OFF</b>						
811660 021188	40730	GMO	X Sport, Watermelon	8 / 10ct	57.04 G	6.06 48.48
<b>OM MUSHROOM SUPERFOOD   MUSHROOM POWDER - 25% OFF</b>						
856210 008622	74001	GMO *	Mushroom Powder, Reishi, Organic	6 / 60g	66.84 G	8.36 50.16
<b>ORCHID REAL FLAVOUR   BAKING INGREDIENTS - UP TO 55% OFF</b>						
062932 006017	02057	BC P	Pure Almond Extract (S/O)	12 / 100ml	97.08	3.64 43.68
062932 005409	02060	GMO * P	Vanilla Beans, Organic (2pk)	12 / 10g	140.04	9.92 119.04
<b>PERFECT BAR (REFRIGERATED) - 15% OFF</b>						
855569 110666	25302	GMO GF *	X Bar, Chocolate Chip Peanut Butter, Organic	2 / 8x65g	60.84 G	25.86 51.72
<b>PERFECT CHEF   TOMATO PASTA SAUCE - 70% OFF</b>						
620988 050462	42407	GMO * + P	Pasta Sauce, Red Lentil, Organic	6 / 740ml	42.18	2.11 12.66
<b>PRANA ORGANIC PRODUCTS - UP TO 30% OFF</b>						
877693 001351	26136	GMO GF * P	X Granlove Shipper (S/O) Nuts, Pistachios, Raw Shelled, Organic	32 / 300g	146.55	3.43 109.76
877693 001351	26136	GMO GF * P	Nuts, Pistachios, Raw Shelled, Organic	6 / 200g	156.88	18.30 109.80
<b>PROBAR   NUTRITIONAL FOOD BAR - 15% OFF</b>						
853152 800529	37356		X Peanut Butter Chocolate Chip Bar	12 / 85g	39.84 G	2.82 33.84
<b>RUNA   CLEAN ENERGY DRINK - 15% OFF</b>						
856496 006060	24750	GMO * @	X Brewed Guayusa, Berry Boost, Organic (can)	12 / 355ml	28.80 G P U	2.04 24.48
856496 006077	24751	GMO * @	X Brewed Guayusa, Blood Orange, Organic (can)	12 / 355ml	28.80 G P U	2.04 24.48
<b>TASTE NIRVANA   COCONUT WATER - 15% OFF</b>						
011259 806886	05921	GF	X Coconut Water With Pulp (glass bottle)	12 / 280ml	36.48 U	2.58 30.96
011259 801133	05922	GF	X Coco-Aloe (glass bottle)	12 / 280ml	36.48 U	2.58 30.96
<b>TINKYADA   RICE PASTA - 15% OFF</b>						
621683 910952	30909	GF + P	X Grand Shells, Brown Rice	12 / 227g	36.12	2.56 30.72
<b>TMRW FOODS   MEAT ALTERNATIVE (FROZEN) - 25% OFF</b>						
628634 283776	11059	BC P	X Sausage, Roasted Garlic & Herb	8 / 240g	52.00	4.88 39.04
<b>TOFURKY   MEAT ALTERNATIVE (REFRIGERATED) - 25% OFF</b>						
57070			X Vegetarian Feast (S/O)	6 / 1.58kg	191.94	23.99 143.94





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<b>CLEARANCE</b>					
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<b>TRUE CITRUS   SEASONING &amp; DRINK MIX - UP TO 60% OFF</b>					
810979 006800	70370	True Lemon Crystallized Lemon Seasoning Shaker	6 / 60g	32.52 G	2.17 13.02
810979 001478	70369	True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct	45.72	3.24 38.88
<b>VIJ'S   INDIAN CUISINE (FROZEN) - 15% OFF</b>					
673984 001815	54419	+ X Maharaja Paneer	6 / 400g	48.18	6.83 40.98
<b>WHOLESOME   NATURAL &amp; ORGANIC SWEETENER - 25% OFF</b>					
012511 976354	44157	GMO GF * STEVIA, Organic (35 individual packets)	6 / 35g	28.50	3.56 21.36
012511 470319	44197	GMO GF * @ SUGAR, Organic	6 / 454g	27.54	3.44 20.64
<b>ZAZUBEAN   CHOCOLATE BAR - 20% OFF</b>					
	94732	X Blitzen Mint Chocolate (S/O)	12 / 85g	43.44	2.90 34.80
	94741	X Dancer Almond Toffee (S/O)	12 / 85g	43.44	2.90 34.80
	94738	X Prancer Orange Ginger (S/O)	12 / 85g	43.44	2.90 34.80
	94731	X Vixen Cherry Hazel (S/O)	12 / 85g	43.44	2.90 34.80
<b>ZIMT   CHOCOLATE BARS - 20% OFF</b>					
628055 532026	11002	GMO GF * BC X Raw Chocolate, Salt of the Earth, Organic	12 / 40g	56.16 G	3.74 44.88
628055 532354	11011	V * BC X Raw Chocolate, The White Stuff (White Chocolate), Organic	12 / 40g	56.16 G	3.74 44.88