



**PSC Natural Foods**

— we deliver the goodness —

# May Specials Showcase

Effective May 1-31st 2022  
up to 90% off!

## MONTHLY SPECIALS

ALTER ECO   CHOCOLATE TREAT	4	HERBARIA   HERBAL TEA	14
AMANO   MISO (REFRIGERATED)	4	HOLY CRAP   BREAKFAST CEREAL	14
ANGIE'S BOOMCHICKAPOP   POPCORN & PUFFS	4	HOLY NAPOLI   PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN)	14
ANITA'S ORGANIC PRODUCTS	4,5,6	HUER   SENSIBLE SWEETS	14
ANNIE'S HOMEGROWN PRODUCTS	6	IF YOU CARE   ENVIROMENT FRIENDLY PRODUCTS	14
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	6	IMAGINE FOODS   BROTH	14
ASPEN CLEAN   LAUNDRY PRODUCTS	6	JASON   BODY CARE PRODUCTS	14
AURA CACIA   BODY CARE	6	JOVIAL PRODUCTS	15
BAG TO EARTH   FOOD WASTE BAGS	7	KAN'S GOURMET FOODS   APPETIZERS (FROZEN)	15
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVES (FROZEN)	7	KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	15
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVES (REFRIGERATED)	7	KIND   BARS & CLUSTERS	15,16
BIOITALIA   TOMATO PRODUCTS	7	KINDRED CULTURES   WATER KEFIR (REFRIGERATED)	16
BLUE DIAMOND   ALMOND BREEZE NON-DAIRY BEVERAGE	7	KING ISLAND   COCONUT WATER	16
BLUE DIAMOND   NUT THINS CRACKERS	7	KINNIKINNICK PRODUCTS (FROZEN)	16
BLUE MONKEY   WATERMELON JUICE	7	KOYO   RAMEN SOUP	16
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	7	KRINOS FOODS PRODUCTS	16
BOB'S RED MILL PRODUCTS	7	KRISDA   SUGAR-FREE SWEETENER	16
BRAGG PRODUCTS	7	LA PREFERIDA   ORGANIC MEXICAN INGREDIENTS	17
BREMNER'S   CAESAR MIXER & JUICE	8	LAKANTO   MONKFRUIT BLEND SWEETENER	17
BREMNER'S   FRUIT (FROZEN)	8	L'ANCÊTRE   CHEESE (REFRIGERATED)	17
CABOO   TISSUE	8	LARABAR   ENERGY BAR	17
CALIFIA FARMS   COLD BREW COFFEE (REFRIGERATED)	8	LE PAIN DES FLEURS   CRISPBREAD	17
CAMINO   HOT CHOCOLATES	8	LET'S DO...ORGANIC   ICE CREAM CONES	17
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	8	LILY'S   NO SUGAR ADDED BAKING CHIPS & CHOCOLATE BARS	17
CHA'S ORGANICS PRODUCTS	8	LITA'S MEXICAN FOODS   ENTRÉES (FROZEN)	17,18
CHEDZ   CHEESE SNACKS	8	LOVE CHILD ORGANICS   BABY FOODS	18
CLEANER PLANET   SOAP NUTS	8	LUNDBERG RICE CAKES	18
CLEVER   PREMIUM MOCKTAIL	8	MACKELLAR FARMS   EDAMAME (FROZEN)	18
CLIF BAR	9	MADEGOOD   GRANOLA SNACK & STAR PUFFED CRACKERS	18
CLOUD 9   MIXES	9	MAISON ORPHEE PRODUCTS	18
COCONUT SECRET   SOY-FREE SEASONING SAUCES	9	MANITOBA HARVEST   HEMP YEAH! PROTEIN POWDER	18
CRAVE   SWEETENER	9	MATEINA   READY-TO-DRINK YERBA MATES	19
CROFTER'S ORGANIC   FRUIT SPREAD	9,10	MILLSTREAM FLOUR MILL   FLOURS	19
DAIYA   DAIRY-FREE SALAD DRESSING	10	MOCOLATE   PLANT BASED PROTEIN POWDER	19
DAIYA   DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)	10	MORNIN' GLORY   PRUNE PRODUCTS	19
DAIYA PRODUCTS (FROZEN)	10	MUIR GLEN   CANNED TOMATOES	19
DEEBEE'S ORGANICS   SUPERFRUIT FREEZIE	10	NAAM   COOKING SAUCE & MISO GRAVY	19
DJ&A   VEGETABLE SNACKS	10	NADAMOO!   DAIRY-FREE COCONUT DESSERT (FROZEN)	19
EARTH BALANCE   COCONUT & PEANUT SPREAD	10	NAKED & SAUCY   COOKING SAUCE & SOY SAUCE SUBSTITUTE	19
ECO-MAX   DISHWASHING PRODUCTS	10	NATIVE FOREST   CANNED YOUNG JACKFRUIT	19
ECOSAFE~6400   COMPOSTABLE BAGS	11	NATRACARE   FEMININE CARE	19
EDEN PRODUCTS	11	NATURA   DAIRY-FREE BEVERAGE	19
EL FARO   FLOUR	11	NATURAL CABANA   LEMONADE	19
ENDANGERED SPECIES   CHOCOLATE CHIPS & BARS	11	NATURE CLEAN PRODUCTS	19
ETHICAL BEAN   WHOLE BEAN COFFEES	11	NATURE'S PATH   GRANOLA	20
EVERGREEN   WHEATGRASS JUICE (FROZEN)	11	NORA'S   DAIRY-FREE DESSERT (FROZEN)	20
EVE'S CRACKERS	11	NUNWEILER'S   FLOURS & MIXES	20
EVIVE   SMOOTHIE CUBES (FROZEN)	11	NUTIVA   SEEDS	20
FARMER'S MARKET   PUMPKIN PIE MIX	11	O'DOUGHES   BUNS (FROZEN)	20
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	11	OPUS   ALCOHOL FREE BEVERAGE	20
FATSO   NUT & SEED BUTTER	11	PACIFIC FOODS   SOUP	20,21
FERIDIES   PEANUTS	11	PAMELA'S   ARTISAN FLOUR & MIXES	21
FEVER-TREE   DRINK MIXER	11	PAPOUTSANIS   OLIVE OIL HAND SOAP BAR	21
FLOW   ALKALINE SPRING WATER	11	PAQUI   TORTILLA CHIPS	21
FOLEY'S   VITALITY DOG GOURMET DOG TREATS	11	PARTAKE BREWING   NON-ALCOHOLIC BEER	21
FOUR O'CLOCK TEA CRAFTERS   HERBAL TEA	12	PATIENCE FRUIT & CO   DRIED BERRIES	21
FRONTERA   GOURMET MEXICAN GUACAMOLE MIX & COOKING SAUCE	12	PERFECT BAR (REFRIGERATED)	21
FRONTIER   HERBS & SPICES	12	PERFECT CHEF   TOMATO PASTA SAUCE	21
GARDEIN   MEAT-FREE ALTERNATIVES (FROZEN)	12	PHAT TEA   MCT INFUSED ICED TEAS	21
GENUINE TEA CO.   TEA	12	PLUM-M-GOOD   RICE CAKES	21
GIMME ORGANIC   ROASTED SEAWEED	12	PORTOFINO EUROPEAN BAKERY   LOAFS & BUNS (FROZEN)	22
GLUTINO PRODUCTS	12,13	PRANA ORGANIC PRODUCTS	22
GOOD TO GO   KETO BAR	13	PROBAR   NUTRITIONAL FOOD BAR	22
GREEN CUISINE   TOFU (REFRIGERATED)	13	PURPLE FROG   HYDRATING HAND SANITIZER	22
GT'S LIVING FOODS   ALIVE ADAPTOGENIC TEA DRINK (REFRIGERATED)	13	QUE PASA   TACO SHELLS	23
HAPPY PLANET   MORNIN' OATZ SHAKE	13	RAINCOAST   SUSTAINABLE WILD CANNED SEAFOOD	23
HARDBITE   HANDCRAFTED STYLE CHIPS	13	REDMOND REAL SALT	23
HARVEST SUN   BOUILLON CUBES & BROTH POWDER	13	RICEWORKS   GOURMET RICE CHIPS	23
HEALTHY HIPPO   LOW SUGAR CANDY	13,14	RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	23
		RISE   KOMBUCHA (REFRIGERATED)	23
		RIZOPIA   RICE PASTA	24
		ROCKY MOUNTAIN   FLATBREAD PIZZA (FROZEN)	24

RUBY'S AUTHENTIC   APPETIZERS & CHUTNEY (REFRIGERATED)	24	STICKLING'S   BAKERY PRODUCTS	27
RUNA   CLEAN ENERGY DRINK	24	SUNDHED   SEA SALT & PURE HIMALAYAN SALT	27
RVIITA   ENERGY TEA	24	TERRA ARTISAN BREAD (FROZEN)	27
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	24	THE VERY GOOD CHEESE CO.   PLANT-BASED CHEESE (REFRIGERATED)	28
SALT SPRING COFFEE	25	THE VERY GOOD BUTCHERS   PLANT BASED BUTCHERY (FROZEN)	28
SAN ZENONE   PASTA	25	THEO   CHOCOLATE	28
SAN-J   COOKING SAUCE & RICE CRACKERS	25	THIRSTY BUDDHA   COCONUT WATER	28
SANTA CRUZ ORGANIC   LEMONADE	25	THRIVE REMEDIES   ADAPTOGENIC TEAS	28
SEVENTH GENERATION   HOUSEHOLD PRODUCTS	25	TMRW FOODS   MEAT ALTERNATIVES (FROZEN)	28
SILK   BARISTA BEVERAGE FOR COFFEE	25	TOFINO   RAW KOMBUCHA (REFRIGERATED)	28
SILK   DAIRY-FREE BEVERAGE	25	TOM'S OF MAINE   DEODORANTS	29
SILK   DAIRY-FREE BEVERAGE (REFRIGERATED)	25	TRADITIONAL MEDICINALS   TEA	29
SILK   FOR COFFEE (REFRIGERATED)	26	TRIPLE JIM'S   ALL NATURAL JUICE MADE FROM BC FRUIT	29
SILK   DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)	26	UDI'S PRODUCTS (FROZEN)	29
SIMPLY ORGANIC PRODUCTS	26	VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	30
SNACK 21   DOG & CAT SNACKS	26	VIJ'S   INDIAN CUISINE (FROZEN)	30
SO DELICIOUS   NON-DAIRY NOVELTIES (FROZEN)	26	WAKEWATER   CAFFEINATED SPARKLING WATER	30
SOBAYA   PASTAS	26	WILDBRINE   WILD CREAMERY	30
SOL CUISINE   MEATLESS BURGERS (FROZEN)	26	CULTURED DAIRY ALTERNATIVES (REFRIGERATED)	30
SOUTHERN RECIPE SMALL BATCH   PORK RINDS	26	WILDBRINE   FERMENTED PRODUCTS (REFRIGERATED)	30
SOYA NOVA   TOFU (REFRIGERATED)	27	WIZE COFFEE LEAF   ICED TEA	30
SPICE IT UP FOODS   MEATLESS MEATBALLS (FROZEN)	27	XOMA SUPERFOODS   COMPOSTABLE SINGLE-SERVE BREW PODS	30
SPREAD 'EM KITCHEN CO.   CASHEW CHEEZE	27	YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	30
& PLANT-BASED DIP (REFRIGERATED)	27	ZEVIA   ZERO CALORIE BEVERAGE	30
SQUAMISH   WATER KEFIR (REFRIGERATED)	27	<b>CLEARANCE</b>	31>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 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

**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**



**MILK**

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

◻ = 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**
**Order**

## MONTHLY SPECIALS

**ALTER ECO | CHOCOLATE TREAT - UP TO \$5.70 OFF**

817670 011188	35312	GMO	GF	* @	X	Bar, Dark Chocolate, Super Blackout, 90% Cacao, Organic	12 / 75g	G	
817670 012499	35313	GMO	GF	* @	X	Bar, Dark Chocolate, Total Blackout, 100% Cacao, Organic	12 / 75g	G	
817670 012109	35240	GMO	GF	* @	X	Bar, Grass Fed Milk Chocolate, Classic, 46% Cacao, Organic	12 / 75g	G	
817670 012116	35241	GMO	GF	* @	X	Bar, Grass Fed Milk Chocolate, Almond, 46% Cacao, Organic	12 / 75g	G	
817670 011720	35311	GMO	GF	* @	X	Bar, Dark Chocolate, Mint Blackout, 90% Cacao, Organic	12 / 75g	G	
817670 010204	35232	GMO	GF V	* @	X	Bar, Dark Chocolate, Classic Blackout, 85% Cacao, Organic	12 / 80g	G	
817670 011164	35310	GMO	GF V	* @	X	Bar, Dark Chocolate, Salted Almonds, 70% Cacao, Organic	12 / 80g	G	
817670 010518	35284	GMO	GF V	* @	X	Bar, Dark Chocolate, Sea Salt, 70% Cacao, Organic	12 / 80g	G	
817670 010259	35237	GMO	GF	* @	X	Bar, Dark Chocolate, Coconut Toffee, 47% Cacao, Organic	12 / 80g	G	
817670 010242	35236	GMO	GF V	* @	X	Bar, Dark Chocolate, Quinoa Crunch, 60% Cacao, Organic	12 / 80g	G	
817670 010525	35285	GMO	GF	* @	X	Bar, Dark Chocolate, Brown Butter, 70% Cacao, Organic	12 / 80g	G	
817670 010532	35286	GMO	GF	* @	X	Bar, Dark Chocolate, Burnt Caramel, 70% Cacao, Organic	12 / 80g	G	
817670 010396	14449	GMO	GF	* @		Truffles, Dark Chocolate, Classic, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010648	14476	GMO	GF	* @		Truffles, Dark Chocolate, Salted Caramel, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010631	14475	GMO	GF	* @		Truffles, Dark Chocolate, Sea Salt, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010402	14450	GMO	GF	* @		Truffles, Dark Milk Chocolate, Silk Velvet, 39% Cacao, Organic (10ct)	8 / 120g	G	

**AMANO | MISO (REFRIGERATED) - 15% OFF**

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

**ANGIE'S BOOMCHICKAPOP | POPCORN & PUFFS - UP TO 10% OFF**

018780 017347	59520						BOOMCHICKAPOP Microwave Popcorn, Real Butter	6 / 4X93g	
018780 017354	59521	GMO					BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6 / 4X93g	
892773 000215	59508	GMO	GF		+	X	BOOMCHICKAPOP, Popcorn, Lightly Sweet	8 / 142g	G
818780 015356	59516		GF		+	X	BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g	G
892773 000246	59504	GMO	GF		+	X	BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g	G
892773 000208	59513	GMO	GF		+	X	BOOMCHICKAPOP, Sweet & Salty Kettle Corn Popcorn	8 / 198g	G
818780 012935	59518		GF		+	X	BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g	G

**ANITA'S ORGANIC PRODUCTS - 10% OFF**

623636 995580	20241	GMO		*	BC	Ⓡ	BREAKFAST BOOST, Sprouted Buckwheat Chia & Hemp, Organic	4 / 475g	
623636 998994	20103	GMO	GF	*	BC	Ⓡ	Oats, Gluten Free Rolled, Old Fashioned, Organic	4 / 900g	
623636 999014	28074	GMO	GF	*	BC	Ⓡ	Oats, Gluten Free Steel Cut, Organic	4 / 900g	
623636 999069	02042		GF	*	BC	Ⓡ	Pancake & Waffle Mix, Organic	4 / 800g	



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
623636 995351	22912	GMO GF *	BC	Ⓡ	Almond Flour, Organic	4 / 375g	_____
623636 993340	22252	GF *		Ⓡ	Coconut Flour, Organic	4 / 680g	_____
623636 720113	22925	GF *	BC	Ⓡ	Flour, GF Brown Rice Flour, Organic	4 / 850g	_____
623636 998970	22134	GMO GF *	BC	Ⓡ	Flour, Gluten Free Tapioca, Organic	4 / 850g	_____
623636 710053	22924	GF *	BC	Ⓡ	Flour, GF Oat Flour, Organic	4 / 900g	_____
623636 993395	22251	GMO *	BC	Ⓡ	Einkorn Flour, Organic	4 / 1kg	_____
623636 998956	22133	GMO GF *	BC	Ⓡ	Flour, Gluten Free All Purpose, Organic	4 / 1kg	_____
623636 101202	22138	*		Ⓡ	Light Buckwheat, Organic	4 / 1kg	_____
623636 113007	02263	*	BC	Ⓡ	Pancake & Waffle Mix, Ancient Grain, Organic	4 / 1kg	_____
623636 100014	02041	*	BC	Ⓡ	Pancake & Waffle Mix, Multigrain, Organic	4 / 1kg	_____
623636 700061	20104	*	+	Ⓡ	Rolled Oats, Quick, Organic	4 / 1kg	_____
623636 700016	20067	*	+	Ⓡ	Rolled Oats, Regular, Organic	4 / 1kg	_____
623636 998550	20261	*	BC	Ⓡ	Sprouted High Protein Flour, Whole Grains & Beans, Organic	4 / 1kg	_____
623636 993500	22238	*	BC	Ⓡ	Sprouted Kamut Flour, Organic	4 / 1kg	_____
623636 995504	22913	*		Ⓡ	Sprouted Light Buckwheat Flour, Organic	4 / 1kg	_____
623636 993302	22239	*	BC	Ⓡ	Sprouted Whole Spelt Flour, Organic	4 / 1kg	_____
623636 993104	22240	*	BC	Ⓡ	Sprouted Whole Wheat Flour, Hard Red Spring Wheat, Organic	4 / 1kg	_____
623636 700207	28073	*	+	Ⓡ	Steel Cut Oats, Organic	4 / 1kg	_____
623636 930000	22262	*	BC	Ⓡ	Stoneground Red Fife Wheat Flour, Organic	4 / 1kg	_____
623636 500005	22128	*	BC	Ⓡ	Stoneground Whole Spelt Flour, Organic	4 / 1kg	_____
623636 200004	22127	*	BC	Ⓡ	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 1kg	_____
623636 120203	20101	*		Ⓡ	Unbleached Cake & Pastry Flour, Organic	4 / 1kg	_____
623636 600705	27000	*		Ⓡ	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 1kg	_____
623636 400008	22126	*	BC	Ⓡ	Unbleached White Flour, Hard Red Spring, Organic	4 / 1kg	_____
623636 300056	22129	GMO V *	BC	Ⓡ	Whole Dark Rye Flour, Organic	4 / 1kg	_____
623636 120050	22136	GMO *		Ⓡ	Whole Wheat Pastry Flour, Soft White, Organic	4 / 1kg	_____
623636 998895	21018	GMO *	+	Ⓡ	Flour, 60/40 Bakers Blend, Organic	4 / 2kg	_____
623636 200011	20069	*	BC	Ⓡ	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 2kg	_____
623636 400015	20068	*	BC	Ⓡ	Unbleached White Flour, Hard Red Spring, Organic	4 / 2kg	_____
623636 700023	22921	GMO V *	BC	Ⓡ	Rolled Oats, Old Fashioned, Organic	4 / 2.5kg	_____
623636 200028	22922	B *	BC	Ⓡ	Flour, Whole Wheat, Stone-ground, Organic	4 / 5kg	_____
623636 400022	22923	B *	+	Ⓡ	Flour, Unbleached White, Organic	4 / 5kg	_____
623636 993913	22408	*		Ⓡ	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 5kg	_____
623636 502139	20111	B *	BC	Ⓡ X	Fine Whole Spelt Flour, Organic	1 / 10kg	_____
623636 221146	20201	B *	BC	Ⓡ X	Fine Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg	_____
623636 999038	20112	GMO B GF *	+	Ⓡ	Flour, Gluten Free All Purpose, Organic	1 / 10kg	_____
623636 999045	20113	GMO B GF *	+	Ⓡ	Flour, Gluten Free Tapioca, Organic	1 / 10kg	_____
623636 500036	20110	B *	BC	Ⓡ X	Stoneground Whole Spelt Flour, Organic	1 / 10kg	_____
623636 200035	22124	GMO B V *	BC	Ⓡ	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg	_____



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
623636 400039	20202	B	*	BC	Ⓡ X	Unbleached White Flour, Hard Red Spring, Organic	1 / 10kg
623636 300032	20059	B	*	BC	Ⓡ X	Whole Dark Rye Flour, Organic	1 / 10kg
623636 180030	20026	B	*		Ⓡ X	Corn Flour, Organic	1 / 11.34kg
623636 180061	22148	B	*		Ⓡ X	Corn Meal, Medium Grind, Organic	1 / 11.34kg
623636 998925	28059	GMØ B GF	*		+ Ⓡ	Gluten Free Oats, Regular Rolled, Organic	1 / 11.34kg
623636 710046	20071	B	*		+ Ⓡ X	Oat Groats, Organic	1 / 11.34kg
623636 700030	22040	B	*		+ Ⓡ X	Rolled Oats, Regular, Organic	1 / 11.34kg
623636 700245	28058	B	*		+ Ⓡ X	Steel Cut Oats, Organic	1 / 11.34kg
623636 200097	22105	B	*		+ Ⓡ X	Hard Red Spring Wheat Kernels, Organic	1 / 20kg
623636 200042	20048	B	*	BC	Ⓡ X	Stoneground Whole Wheat Flour, Hard Red Wheat, Organic	1 / 20kg
623636 400046	20073	B	*	BC	Ⓡ X	Unbleached White Flour, Hard Spring Wheat, Organic	1 / 20kg

ANNIE'S HOMEGROWN PRODUCTS - UP TO 10% OFF

013562 000258	38356					Bunny Shape Pasta w/Yummy Cheese	12 / 170g	
013562 000500	38649					Classic Macaroni & Cheese	12 / 170g	
013562 000203	38421					Petite Shells & White Cheddar	12 / 170g	
013562 000395	38482					Shells & Real Aged Wisconsin Cheddar	12 / 170g	
013562 498857	38790					Macaroni & Cheese, Four Cheese w/Mini Penne Pasta	12 / 156g	
013562 498840	38791					Macaroni & Cheese, Spirals with Butter & Parmesan	12 / 149g	
013562 000432	38485			GF		Rice Pasta & Cheddar	12 / 170g	
013562 000425	38670			GF		Rice Pasta Shells & White Cheddar	12 / 170g	
013562 049080	16757		*			Grass Fed Classic Mild Cheddar Macaroni & Cheese, Organic	12 / 170g	
013562 049073	16758		*			Grass Fed Shells & White Cheddar, Organic	12 / 170g	
013562 119035	38424					Deluxe Rich & Creamy, Shells & White Cheddar Cheese Sauce	12 / 312g	
013562 119042	38425					Deluxe Rich & Creamy, Shells & Cheddar Cheese Sauce	12 / 312g	
065633 178687	16110	GMØ	*			Granola Bars, Chocolate Dipped Caramel, Organic	12 / 5x26g	G
065633 178670	16111	GMØ	*			Granola Bars, Chocolate Dipped Chocolate Chip, Organic	12 / 5x26g	G
065633 178618	16112	GMØ	*			NEW! Granola Bars, Chocolate Drizzle Chocolate Chip, Organic	12 / 5x26g	G

ANTOINETTE'S | DIP & SAUCE (REFRIGERATED) - 20% OFF

628399 100295	23122			BC	Ⓡ	Dip & Sauce, Salt Spring	6 / 375ml	
---------------	-------	--	--	----	---	--------------------------	-----------	--

ASPEN CLEAN | LAUNDRY PRODUCTS - 10% OFF

876805 000459	80833				+ Ⓡ	Laundry Detergent, Eucalyptus & Rosemary, HE	3 / 1.9L	G P
876805 000442	80832				+ Ⓡ	Laundry Detergent, Lavender & Lemongrass, HE	3 / 1.9L	G P
876805 000435	80831				+ Ⓡ	Laundry Detergent, Unscented, HE	3 / 1.9L	G P

AURA CACIA | BODY CARE - UP TO 25% 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 285791	83002				X	Aromatherapy Foam Bath, Lavender	6 / 70.9g	G P
051381 285753	83003				X	Aromatherapy Foam Bath, Tangerine/Grapefruit	6 / 70.9g	G P



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>BAG TO EARTH   FOOD WASTE BAGS - 10% OFF</b>					
777080 001004	70215	+ ♻️		Food Waste Bag, Large, 100% Compostable (22"H x 12"W x 8"D)	12 / 5ea G P
777080 001011	70213	+ ♻️		Food Waste Bag, Small, 100% Compostable (12"H x 7"W x 4"D)	20 / 10ea G P
<b>BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVES (FROZEN) - 15% OFF</b>					
850004 207291	56205	GMO	V	X BEYOND BEEF, Ground	12 / 340g
850004 207017	56200	GMO	V	X BEYOND BURGER	8 / 226g
810057 290275	56209	GMO	V	X BEYOND BREAKFAST SAUSAGE, Classic Links	8 / 235g
850004 207376	56207	GMO	V	X BEYOND SAUSAGE, Hot Italian	8 / 400g
850004 207277	56206	GMO	V	X BEYOND SAUSAGE, Mild Italian	8 / 400g
<b>BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVES (REFRIGERATED) - 10% OFF</b>					
777744 000107	38013	GMO	V BC ♻️	NEW! Soy-Free Tofu, Medium Firm	8 / 340g
777744 000114	38014	GMO	V BC ♻️	NEW! Soy-Free Tofu, Super Smoked, Firm	8 / 320g
<b>BIOITALIA   TOMATO PRODUCTS - 10% OFF + VOLUME PRICING</b>					
661475 310010	33068	*		Chopped Tomatoes, Organic (can)	12 / 398ml
Buy 50+ cases (398ml Tomato Skus ONLY) Save 10%					
661475 300011	33049	*		Whole Tomatoes, Peeled, Organic (can)	12 / 398ml
Buy 50+ cases (398ml Tomato Skus ONLY) Save 10%					
<b>BLUE DIAMOND   ALMOND BREEZE NON-DAIRY BEVERAGE - 15% OFF + VOLUME PRICING</b>					
041570 500262	07000	GMO		ALMOND BREEZE, Chocolate	6 / 4x240ml U
Buy 10+ cases (4x240ml only) Save 3.00					
041570 054314	06816	GMO		ALMOND BREEZE, Original	8 / 1.89L U
041570 054505	06817	GMO		ALMOND BREEZE, Unsweetened Original	8 / 1.89L U
041570 057957	06999	GMO		ALMOND BREEZE, Unsweetened Vanilla	8 / 1.89L U
Buy 20+ cases (1.89L only) Save 6.00					
041570 052730	06181	GMO		ALMOND BREEZE, Vanilla	12 / 946ml U
<b>BLUE DIAMOND   NUT THINS CRACKERS - \$5.00 OFF</b>					
041570 054192	16178	GMO	GF	Nut Thins, Almond	12 / 120g
041570 099162	16568	GMO	GF	Nut Thins, Almond, Hint of Sea Salt	12 / 120g
041570 054291	16179		GF	Nut Thins, Pecan	12 / 120g
<b>BLUE MONKEY   WATERMELON JUICE - 15% OFF</b>					
059654 510014	07337			X 100% Watermelon Juice (can)	12 / 330ml U
<b>BLUEBIRD PROVISIONS   BONE BROTH (FROZEN) - \$4.40 OFF</b>					
627843 623564	68604	*	BC ♻️	X Bone Broth, Beef, Organic	6 / 420ml
627843 623571	68605	*	BC ♻️	X Bone Broth, Chicken, Organic	6 / 420ml
<b>BOB'S RED MILL PRODUCTS - UP TO 15% OFF</b>					
039978 002198	34244		GF	X Baking Mix, Bread, Homemade Wonderful	4 / 454g
039978 308443	34207		GF *	X Chia Seeds, Whole, Organic	5 / 340g
039978 002112	34217		*	X Farro, Organic	4 / 680g
039978 333308	34048		GF	X Flaxseed Meal	4 / 453g
039978 343307	34054		GF	X Flaxseed Meal	4 / 907g
039978 339379	02019		*	X Flaxseed Meal, Organic	4 / 453g
039978 323866	30552		GF *	X Rolled Oats, Extra Thick, Organic, Gluten Free	4 / 907g
039978 323750	30540		GF	X Rolled Oats, Old Fashioned (regular)	4 / 907g
039978 323767	30530		GF	X Rolled Oats, Quick Cooking, Gluten Free	4 / 794g
039978 323736	30541		GF	X Steel Cut Oats, Gluten Free	4 / 680g
<b>BRAGG PRODUCTS - UP TO \$10.50 OFF</b>					
074305 101168	14075		GF *	+ Apple Cider Vinegar, Organic	12 / 473ml
074305 106101	32179		*	Coconut Nectar, All Purpose Seasoning, Organic	12 / 296ml
074305 131127	32122	GMO	GF	Dressing, Ginger & Sesame	6 / 355ml
074305 130120	32121	GMO	GF	Dressing, Healthy Vinaigrette	6 / 355ml
074305 100161	14071	GMO	GF	Liquid Soy Seasoning	12 / 473ml

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>BREMNER'S   CAESAR MIXER &amp; JUICE - UP TO \$10.00 OFF</b>						
834644 002614	05079	V	BC	Ⓟ	Caesar Mix	6 / 1L U
834644 003208	05239	*	BC	Ⓟ	Juice, Blueberry, Organic (bottle)	12 / 946ml U
834644 003222	05249	*	BC	Ⓟ	Juice, Cranberry, Organic (bottle)	12 / 946ml U
834644 003055	05086	*	BC	Ⓟ	Juice, Pomegranate, Organic (bottle)	12 / 946ml U
<b>BREMNER'S   FRUIT (FROZEN) - \$4.50 OFF</b>						
834644 005363	55066	*	BC	Ⓟ	X Blackberries, Organic	12 / 300g
834644 005318	55065	*	BC	Ⓟ	X Blueberries, Organic	12 / 300g
834644 005424	55071	*	BC	Ⓟ	X Pineapple Chunks, Organic	12 / 300g
834644 005394	55068	*	BC	Ⓟ	X Strawberries, Organic	12 / 300g
<b>CABOO   TISSUE - 15% OFF</b>						
627843 347835	46298				Bamboo & Sugar Cane Facial Tissue, 100% Biodegradable, 2-Ply	24 / 184ea G P
<b>CALIFIA FARMS   COLD BREW COFFEE (REFRIGERATED) - \$3.20 OFF</b>						
813636 020584	62205				Cold Brew Coffee with Almond Beverage, Mocha	6 / 1.4L U
813636 020591	62204	GMO	GF		Cold Brew Coffee with Almond Beverage, XX Espresso	6 / 1.4L U
<b>CAMINO   HOT CHOCOLATES - 15% OFF</b>						
752612 000120	06687	*	@	+ Ⓟ	Hot Chocolate, Chili & Spice, Organic	6 / 275g
<b>CANADIAN HERITAGE ORGANICS   MAPLE BUTTER &amp; SYRUP - 15% OFF</b>						
620892 000140	44259	GMO	*	+ Ⓟ	Maple Butter, Organic	12 / 160g
620892 000065	44262	GMO	*	+ Ⓟ	Maple Syrup, Amber, Organic	12 / 250ml
620892 000232	44264	GMO	*	+ Ⓟ	Maple Syrup, Dark, Organic	12 / 250ml
620892 000072	44263	GMO	*	+ Ⓟ	Maple Syrup, Amber, Organic	12 / 500ml
620892 000249	44265	GMO	*	+ Ⓟ	Maple Syrup, Dark, Organic	12 / 500ml
620892 000294	44266	GMO	*	+ Ⓟ	Maple Syrup, Very Dark, Organic	12 / 500ml
620892 000089	44258	GMO	*	+ Ⓟ	Maple Syrup, Amber, Organic	12 / 1L
620892 000256	44257	GMO	*	+ Ⓟ	Maple Syrup, Dark, Organic	12 / 1L
620892 000300	44267	GMO	*	+ Ⓟ	Maple Syrup, Very Dark, Organic	12 / 1L
<b>CHA'S ORGANICS PRODUCTS - UP TO \$4.93 OFF</b>						
806253 000763	12694	GMO	GF	V * @ Ⓟ	X Cinnamon, Ceylon, Ground, Organic	6 / 30g
806253 000343	91306	GMO	GF	V * @ Ⓟ	X Cinnamon, Ceylon, Ground, Organic	1 / 500g
806253 210407	15040	GMO	GF	V * @ Ⓟ	Coconut Cream, Full Cream, Organic	12 / 400ml
806253 210421	15081	GMO	GF	V * @ Ⓟ	Coconut Milk, Light, Organic	12 / 400ml
806253 210414	15080	GMO	GF	V * @ Ⓟ	Coconut Milk, Premium, Organic	12 / 400ml
806253 600512	15042	GMO	*	@ Ⓟ	Coconut Oil, Deodorized, Organic	6 / 500ml
806253 600505	15043	GMO	*	@ Ⓟ	Coconut Oil, Virgin, Organic	6 / 500ml
806253 210483	15041	GMO	*	@ Ⓟ	Coconut Whipping Cream, Organic	6 / 400ml
<b>CHEDZ   CHEESE SNACKS - 10% OFF</b>						
861258 000163	17920	GF		X	Oven Baked Cheese Snack, Gluten Free Chia	6 / 113g G
861258 000132	17921	GF		X	Oven Baked Cheese Snack, Gluten Free Mild	6 / 113g G
861258 000125	17922	GF		X	Oven Baked Cheese Snack, Gluten Free Spicy	6 / 113g G
861258 000118	17923			X	Oven Baked Cheese Snack, Mild	6 / 113g G
861258 000101	17924			X	Oven Baked Cheese Snack, Spicy	6 / 113g G
<b>CLEANER PLANET   SOAP NUTS - 10% OFF</b>						
806494 000676	46196				Soap Nuts	6 / 250g G P
<b>CLEVER   PREMIUM MOCKTAIL - 10% OFF + VOLUME PRICING</b>						
854531 000240	17550			+ Ⓟ	X Mocktail, G & Tonic	12 / 355ml G P U
854531 000349	17552			+ Ⓟ	X Mocktail, G & Tonic, Pink	12 / 355ml G P U
854531 000264	17551			+ Ⓟ	X Mocktail, Mojito	12 / 355ml G P U
854531 000288	17553			+ Ⓟ	X Mocktail, Moscow Mule	12 / 355ml G P U
			<b>Buy 25+ cases</b>		<b>Save</b>	<b>5%</b>



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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>CLIF BAR - UP TO \$2.58 OFF</b>					
722252 192336	37599	GMO	*	CLIF KID ORGANIC ZBARS, Chocolate Brownie, Organic	6 / 5x36g G
722252 192343	37611	GMO	*	CLIF KID ORGANIC ZBARS, Chocolate Chip, Organic	6 / 5x36g G
722252 192326	37612	GMO	*	CLIF KID ORGANIC ZBARS, Iced Oatmeal Cookie, Organic	6 / 5x36g G
722252 606426	37132	GMO		X BUILDER's Protein Bar, Chocolate	12 / 68g G
722252 606440	37340	GMO		X BUILDER's Protein Bar, Chocolate Mint	12 / 68g G
722252 606419	37133	GMO		X BUILDER's Protein Bar, Chocolate Peanut	12 / 68g G
722252 120229	36249	GMO		X Energy Bar, Chocolate Almond Fudge	12 / 68g
722252 121066	37890	GMO		X Energy Bar, Chocolate Brownie	12 / 68g
722252 120045	36256	GMO		X Energy Bar, Chocolate Chip	12 / 68g
722252 120090	36264	GMO		X Energy Bar, Chocolate Chip Peanut Crunch	12 / 68g
722252 120038	37426	GMO		X Energy Bar, Coconut Chocolate Chip	12 / 68g
722252 140036	36259	GMO		X Energy Bar, Cool Mint Chocolate	12 / 68g
722252 120083	36262	GMO		X Energy Bar, Crunchy Peanut Butter	12 / 68g
722252 102706	36761	GMO		X Energy Bar, Oatmeal Raisin Walnut	12 / 68g
722252 217950	37900	GMO		X Energy Bar, Peanut Butter Banana w/ Dark Chocolate	12 / 68g
722252 121097	37425	GMO		X Energy Bar, White Chocolate Macadamia	12 / 68g
<b>CLOUD 9   MIXES - 15% OFF</b>					
816512 000045	21056	GF	BC	Ⓡ Brownie Mix	8 / 550g
816512 000298	21055	GF	BC	Ⓡ Chocolate Cake & Cupcake Mix	8 / 600g
816512 000052	21054	GF	BC	Ⓡ Chocolate Chip Cookie Mix	8 / 405g
816512 000502	21037	GF	BC	Ⓡ All Purpose Baking Mix	6 / 1.25kg
816512 000908	21058	GF V	BC	Ⓡ Pancake & Waffle Mix (gluten free/nut free/dairy-free/soy free/vegan)	8 / 1kg
<b>COCONUT SECRET   SOY-FREE SEASONING SAUCES - 20% OFF</b>					
851492 002993	14702	GMO	GF	*	<b>NEW!</b> Soy-Free Sauce, Spicy, Organic
<b>CRAVE   SWEETENER - 15% OFF</b>					
884063 000678	23030	GMO	*	BC	Ⓡ Stevia Bakers Blend, Brown, Organic
<b>CROFTER'S ORGANIC   FRUIT SPREAD - UP TO \$5.44 OFF</b>					
067275 000661	42662	GMO	*	+ Ⓡ X	JUST FRUIT Juice Sweetened, Apricot, Organic,
067275 000623	42660	GMO	*	+ Ⓡ X	JUST FRUIT Juice Sweetened, Raspberry, Organic
067275 000586	42119	GMO	*	+ Ⓡ X	JUST FRUIT Juice Sweetened, Seville Orange, Organic
067275 000616	42658	GMO	*	+ Ⓡ X	JUST FRUIT Juice Sweetened, Strawberry, Organic
067275 000654	42659	GMO	*	+ Ⓡ X	JUST FRUIT Juice Sweetened, Wild Blueberry, Organic
067275 006106	42677	GMO	*	+ Ⓡ X	Premium Spread, Apricot, Organic
067275 006052	42670	GMO	*	+ Ⓡ X	Premium Spread, Berry Harvest, Organic
067275 006113	42678	GMO	*	+ Ⓡ X	Premium Spread, Blackberry, Organic
067275 006120	42676	GMO	*	+ Ⓡ X	Premium Spread, Four Fruit, Organic
067275 006137	42680	GMO	*	+ Ⓡ X	Premium Spread, Mango, Organic
067275 006144	42679	GMO	*	+ Ⓡ X	Premium Spread, Morello Cherry, Organic
067275 006083	42674	GMO	*	+ Ⓡ X	Premium Spread, Peach, Organic
067275 006014	42654	GMO	*	+ Ⓡ X	Premium Spread, Seedless Raspberry, Organic
067275 006090	42675	GMO	*	+ Ⓡ X	Premium Spread, Strawberry Banana, Organic
067275 006021	42652	GMO	*	+ Ⓡ X	Premium Spread, Strawberry, Organic



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
067275 006045	42672	GMO	* + P X	Premium Spread, Wild Blueberry, Organic		6 / 383ml	
067275 006069	42671	GMO	* + P X	SUPERFRUIT, Blueberry Blast, Organic		6 / 383ml	
067275 006076	42673	GMO	* + P X	SUPERFRUIT, Pomegranate Power, Organic		6 / 383ml	
<b>DAIYA   DAIRY-FREE SALAD DRESSING - \$3.12 OFF</b>							
871459 009124	50172	GMO	V + P	Salad Dressing, Blue Cheeze, Dairy-Free		6 / 237ml	
871459 009117	50171	GMO	V + P	Salad Dressing, Creamy Caesar, Dairy-Free		6 / 237ml	
871459 009100	50170	GMO	V + P	Salad Dressing, Homestyle Ranch, Dairy-Free		6 / 237ml	
<b>DAIYA   DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED) - \$3.85 OFF</b>							
871459 001128	50134	GMO	GF V BC P	Blocks, Cheddar Style		8 / 200g	
871459 001111	50133	GMO	GF V BC P	Blocks, Jack Style		8 / 200g	
871459 001135	50135	GMO	GF V BC P	Blocks, Jalapeño Havarti Style		8 / 200g	
871459 001142	50154	GMO	GF V BC P	Blocks, Smoked Gouda Style		8 / 200g	
871459 000329	50139	GMO	GF V BC P	Slices, Cheddar Style		8 / 220g	
871459 000336	50002	GMO	GF V BC P	Slices, Mozza Style		8 / 220g	
871459 000343	50003	GMO	GF V BC P	Slices, Smoked Gouda Style		8 / 220g	
871459 000305	50138	GMO	GF V BC P	Slices, Swiss Style		8 / 220g	
<b>DAIYA PRODUCTS (FROZEN) - UP TO \$7.33 OFF</b>							
871459 009315	50123	GMO	GF V BC P X	Burrito, Santiago		12 / 160g	
871459 009322	50122	GMO	GF V BC P X	Burrito, Tex-Mex		12 / 160g	
871459 002989	50173	GMO	GF V BC P X	Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free		8 / 472g	
871459 002323	50144	GMO	GF V BC P X	Pizza, Cheeze Lover's, Dairy-Free		8 / 444g	
871459 002521	50147	GMO	GF V BC P X	Pizza, Fire-Roasted Vegetable, Dairy-Free		8 / 492g	
871459 002705	50314	GMO	GF V + P X	Pizza, Garlic & Herb Crust, Four Cheeze		8 / 390g	
871459 002712	50315	GMO	GF V + P X	Pizza, Garlic & Herb Crust, Veggie Lover's		8 / 426g	
871459 002422	50145	GMO	GF V BC P X	Pizza, Margherita, Dairy-Free		8 / 462g	
871459 002996	50188	GMO	GF V BC P X	Pizza, Meatless Deli Style, Dairy-Free		8 / 542g	
871459 002620	50146	GMO	GF V BC P X	Pizza, Mushroom & Roasted Garlic, Dairy-Free		8 / 483g	
871459 002828	50155	GMO	GF V BC P X	Pizza, Supreme, Dairy-Free		8 / 550g	
871459 002491	50311	GMO	GF BC P X	Vegetable Crust Pizza, Italian Herbs & Plant Based Cheeze		8 / 382g	
871459 002507	50313	GMO	GF BC P X	Vegetable Crust Pizza, Meatless Pepperoni Flavoured w/Jalapeño		8 / 405g	
871459 002514	50312	GMO	GF BC P X	Vegetable Crust Pizza, Mediterranean		8 / 411g	
<b>DEEBEE'S ORGANICS   SUPERFRUIT FREEZIE - 10% OFF</b>							
8389130 00509	39094	GMO	* P X	<b>NEW!</b> SUPERFRUIT Freezie, Tropical, Organic (shelf stable)		18 / 10x40ml	G
<b>DJ&amp;A   VEGETABLE SNACKS - UP TO \$2.58 OFF</b>							
853496 008056	31500			X Crisps, Shiitake Mushroom		10 / 65g	G
853496 008407	31505			X Crispy Beetroot Slices		14 / 35g	G
853496 008841	31503			X Crispy Broccoli Florets		14 / 25g	G
853496 008261	31504			X NATURE'S PROTEIN, Edamame		14 / 52g	G
853496 008858	31502			X Potato Wedges, Sweet Chilli		10 / 100g	G
853496 008032	31501			X Veggie Crisps, Original		10 / 90g	G
<b>EARTH BALANCE   COCONUT &amp; PEANUT SPREAD - \$7.20 OFF</b>							
033776 100926	42145	GMO	GF	Coconut & Peanut Spread, Creamy		12 / 500g	
<b>ECO-MAX   DISHWASHING PRODUCTS - 10% OFF</b>							
853907 001263	80727		+ P	Automatic Dishwasher Pacs, Biodegradable (20 pac)		8 / 360g	G P

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>ECOSAFE-6400   COMPOSTABLE BAGS - 10% OFF</b>						
678526 600037	46273			Bin Liner Roll, Curbside (20 gal/75L 26x36)	15 / 12ct	G P
678526 500078	46275			Sandwich Bags	12 / 100ct	G P
<b>EDEN PRODUCTS - UP TO 15% OFF</b>						
024182 003208	10455	GMO	GF	*	Black Soy Beans, Organic	12 / 398ml
024182 420876	02117			*	Brown Rice Vinegar, Organic	12 / 296ml
024182 000290	28006		GF	*	Sesame Oil, Extra Virgin, Organic	12 / 473ml
024182 000306	28007		GF		Sesame Oil, Toasted	12 / 148ml
024182 003567	10447	GMO	GF	*	Small Red Beans, Organic	12 / 398ml
024182 425901	02119		GF		Ume Plum Vinegar	12 / 296ml
<b>EL FARO   FLOUR - 10% OFF</b>						
627987 425659	20520		BC		Gluten Free Flour	4 / 1.81kg
<b>ENDANGERED SPECIES   CHOCOLATE CHIPS &amp; BARS - 15% OFF</b>						
037014 400014	36210	GMO	GF V	@	<b>NEW!</b> Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g
037014 321050	36214	GMO	GF V	@	<b>NEW!</b> Oat Milk Dark Chocolate Koala Bar, Coconut & Almonds (75% cocoa)	12 / 85g G
037014 321005	36222	GMO	GF V	@	Oat Milk Dark Chocolate Zebra Bar (55% Cocoa)	12 / 85g G
<b>ETHICAL BEAN   WHOLE BEAN COFFEES - 15% OFF</b>						
841631 826016	12877			* @	Lush Medium Dark Coffee, Organic	6 / 340g
841631 034800	31298			* @	Super Dark Roast French Roast Coffee, Whole Bean, Organic	6 / 340g
<b>EVERGREEN   WHEATGRASS JUICE (FROZEN) - 20% OFF</b>						
778702 598001	82051	GMO		*	X Wheatgrass Juice, Organic	10 / 5x30ml
<b>EVE'S CRACKERS - 10% OFF</b>						
627843 724988	56103		GF		BC X Crackers, Cracked Pepper	12 / 108g
<b>EVIVE   SMOOTHIE CUBES (FROZEN) - 15% OFF</b>						
628110 947024	24701	GMO		*	X Touk-Touk, Organic	8 / 405g
<b>FARMER'S MARKET   PUMPKIN PIE MIX - 15% OFF</b>						
638882 002043	10105	GMO		*	Pumpkin Pie Mix, Organic	12 / 398ml
<b>FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED) - \$3.30 OFF</b>						
850273 005956	32505	GMO	GF	*	X Gut Shot, Classic, Organic	6 / 473ml U
850273 005970	32507	GMO	GF	*	X Gut Shot, Garlic Dill Pickle, Organic	6 / 473ml U
850273 005994	32508	GMO	GF	*	X Gut Shot, Ginger Beet, Organic	6 / 473ml U
<b>FATSO   NUT &amp; SEED BUTTER - UP TO \$12.45 OFF</b>						
691428 005007	42081	GMO	GF V	+	X Almond and Seed Butter, Classic	6 / 454g
691428 005021	42083	GMO	GF V	+	X Almond and Seed Butter, Maple	6 / 454g
691428 005014	42082	GMO	GF V	+	X Almond and Seed Butter, Salted Caramel	6 / 454g
<b>FERIDIES   PEANUTS - 15% OFF</b>						
045518 011261	34700	GMO			Virginia Peanuts, Honey Roasted	12 / 255g G
045518 009022	34702	GMO			Virginia Peanuts, Salted	12 / 255g G
<b>FEVER-TREE   DRINK MIXER - 15% OFF</b>						
898195 001137	07208				Soda Water (glass)	6 / 4x200ml G P U
<b>FLOW   ALKALINE SPRING WATER - 15% OFF</b>						
628055 429883	06021	GMO		*	X <b>NEW!</b> Spring Water, Blackberry Hibiscus, Organic (Tetra)	12 / 500ml G U
628055 429258	06022	GMO		*	X <b>NEW!</b> Spring Water, Cucumber Mint, Organic (Tetra)	12 / 500ml G U
840277 000903	06023	GMO		*	X <b>NEW!</b> Spring Water, Peach Blueberry, Organic (Tetra)	12 / 500ml G U
628055 429579	06024	GMO		*	X <b>NEW!</b> Spring Water, Strawberry Rose, Organic (Tetra)	12 / 500ml G U
627843 463757	06020			+	X <b>NEW!</b> Spring Water, Original (Tetra)	12 / 500ml U
627843 463788	06025			+	X <b>NEW!</b> Spring Water, Original (Tetra)	12 / 1L U
<b>FOLEY'S   VITALITY DOG GOURMET DOG TREATS - 15% OFF</b>						
627843 425908	48000		BC		VITALITY DOG, Angus Beef w/Blueberry	6 / 400g G P

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>FOUR O'CLOCK TEA CRAFTERS   HERBAL TEA - 10% OFF</b>					
779192 202270	24254	GMO	* @ + ₪	<b>NEW!</b> Herbal Tea, Golden Turmeric, Organic	6 / 16ct
779192 202263	24253	GMO	* @ + ₪	<b>NEW!</b> Herbal Tea, Sweet Cinnamon Spice, Organic	6 / 16ct
<b>FRONTERA   GOURMET MEXICAN GUACAMOLE MIX &amp; COOKING SAUCE - \$2.04 OFF</b>					
604183 110572	20162		X	Original Guacamole Mix (pouch)	8 / 127g
604183 121431	29073		X	Enchilada Sauce, Medium Green Chile (pouch)	6 / 226g
604183 121424	20163		X	Enchilada Sauce, Mild Red Chile (pouch)	6 / 226g
604183 121745	20164		X	Skillet Sauce, Medium Fajita (pouch)	6 / 226g
604183 121714	29069		X	Skillet Sauce, Mild Taco, Chicken (pouch)	6 / 226g
604183 121707	20165		X	Skillet Sauce, Mild Taco, Texas Original (pouch)	6 / 226g
<b>FRONTIER   HERBS &amp; SPICES - 15% OFF</b>					
089836 210173	70555		*	X Cayenne Pepper, Organic	6 / 32g
089836 210142	70579		*	X Peppercorns, Black, Whole, Organic	6 / 39g
<b>GARDEIN   MEAT-FREE ALTERNATIVES (FROZEN) - 10% OFF</b>					
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
<b>GENUINE TEA CO.   TEA - 10% OFF</b>					
854335 001184	21452	GMO	* ₪	<b>NEW!</b> Black Tea, Assam Breakfast, Organic	8 / 45g
854335 001191	21453	GMO	₪	<b>NEW!</b> Black Tea, Cream of Earl Grey	8 / 45g
854335 001221	21456	GMO	* ₪	<b>NEW!</b> Herbal Tea, Elderberry Hibiscus, Organic	8 / 37.5g
854335 001238	21457	GMO	* ₪	<b>NEW!</b> Herbal Tea, Moringa Mint, Organic	8 / 45g
<b>GIMME ORGANIC   ROASTED SEAWEED - \$3.00 OFF</b>					
855463 005273	24165	GMO	GF V *	X Roasted Seaweed, Sea Salt & Avocado Oil, Organic	12 / 9g G
851093 004679	24162	GMO	GF *	X Roasted Seaweed Snacks, Sesame, Organic	12 / 10g G
851093 004662	25163	GMO	GF *	X Roasted Seaweed Snacks, Sea Salt, Organic	12 / 10g G
851093 004693	24169	GMO	GF *	X Roasted Seaweed Snacks, Teriyaki, Organic	12 / 10g G
<b>GLUTINO PRODUCTS - UP TO \$8.04 OFF</b>					
678523 036211	55046	GF	+ ₪	X BREAD, Sandwich, Multigrain (FROZEN)	8 / 369g
678523 036204	55045	GF	+ ₪	X BREAD, Sandwich, White (FROZEN)	8 / 369g
678523 070345	16493	GF	+	X Cookies, Chocolate Chip	12 / 245g
678523 038451	16422	GF		Crackers (Rounds), Cheddar	6 / 125g
678523 038475	16423	GF		Crackers (Rounds), Multigrain	6 / 125g
678523 038512	16421	GF		Crackers (Rounds), Original	6 / 125g
678523 038499	16424	GF		Crackers (Rounds), Vegetable	6 / 125g
678523 070321	16495	GF	+	Cream Sandwich Cookies, Chocolate Vanilla Crème Dreams	12 / 300g
678523 070307	16494	GF	+	Cream Sandwich Cookies, Vanilla Crème Dreams	12 / 300g
678523 375488	55611	GF	+ ₪	X ENGLISH MUFFINS (FROZEN)	6 / 480g
678523 040119	37333	GF	+	X Pretzel Sticks	12 / 400g G
678523 040072	36160	GF	+	X Pretzels	12 / 400g G
678523 040225	37310	GF	+	X Pretzels, Chocolate Covered	12 / 156g G
678523 040249	37311	GF	+	X Pretzels, Yogurt Covered	12 / 156g G



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order	
678523 010402	38533	GF	+	Wafer Cookies, Chocolate, Milk Chocolate Coated	12 / 130g	
678523 010419	38535	GF	+	Wafer Cookies, Lemon	12 / 200g	
678523 010426	38534	GF	+	Wafer Cookies, Vanilla, Milk Chocolate Coated	12 / 130g	
<b>GOOD TO GO   KETO BAR - \$3.60 OFF</b>						
687456 111216	64103	GMO GF V	+ PB	X Bar, Cinnamon Pecan	9 / 40g	G
687456 111193	64101	GMO GF V	+ PB	X Bar, Cocoa Coconut	9 / 40g	G
687456 111278	64104	GMO GF V	+ PB	X Bar, Double Chocolate	9 / 40g	G
687456 111209	64102	GMO GF V	+ PB	X Bar, Raspberry Lemon	9 / 40g	G
687456 111186	64100	GMO GF V	+ PB	X Bar, Vanilla Almond	9 / 40g	G
<b>GREEN CUISINE   TOFU (REFRIGERATED) - 10% OFF</b>						
068532 000264	40542	*	BC PB	X TOFU, Baked, Organic	1 / 225g	
068532 000998	40230	*	BC PB	X TOFU, Extra Firm, Organic	1 / 454g	
068532 000103	40228	*	BC PB	X TOFU, Medium, Organic	1 / 454g	
<b>GT'S LIVING FOODS   ALIVE ADAPTOGENIC TEA DRINK (REFRIGERATED) - \$4.50 OFF</b>						
722430 170084	05184	*		ALIVE Tea, Cascara Spice, Organic	12 / 480ml	P U
722430 170022	05185	*		ALIVE Tea, Guayusa Turmeric, Organic	12 / 480ml	P U
722430 170039	05186	*		ALIVE Tea, Pu-erh Root, Organic	12 / 480ml	P U
<b>HAPPY PLANET   MORNIN' OATZ SHAKE - 10% OFF</b>						
779172 774070	01522		BC PB	MORNIN' OATZ Shake, Chocolate Banana	8 / 3x250ml	G U
779172 774094	01520		BC PB	MORNIN' OATZ Shake, Field Berry	8 / 3x250ml	G U
779172 774087	01521		BC PB	MORNIN' OATZ Shake, Mango Peach	8 / 3x250ml	G U
779172 772076	01502		BC PB	MORNIN' OATZ Shake, Chocolate Banana	12 / 946ml	G U
779172 772090	01500		BC PB	MORNIN' OATZ Shake, Field Berry	12 / 946ml	G U
779172 772083	01501		BC PB	MORNIN' OATZ Shake, Mango Peach	12 / 946ml	G U
<b>HARDBITE   HANDCRAFTED STYLE CHIPS - UP TO 10% OFF</b>						
673513 104505	36411	GMO	BC PB	X Potato Chips, All Dressed	15 / 150g	G
673513 001507	36412	GMO	BC PB	X Potato Chips, All Natural	15 / 150g	G
673513 103508	37748	GMO	BC PB	X Potato Chips, Avocado & Lime	15 / 150g	G
673513 031504	36416	GMO	BC PB	X Potato Chips, Jalapeño	15 / 150g	G
673513 101504	37517	GMO	BC PB	X Potato Chips, Ketchup	15 / 150g	G
673513 105502	36410	GMO	BC PB	X Potato Chips, Pepper Jack	15 / 150g	G
673513 021505	36414	GMO	BC PB	X Potato Chips, Rock Salt & Vinegar	15 / 150g	G
673513 091508	37516	GMO	BC PB	X Potato Chips, Sea Salt & Pepper	15 / 150g	G
673513 011506	36413	GMO	BC PB	X Potato Chips, Smokin' BBQ	15 / 150g	G
673513 107506	36428	GMO	BC PB	X Potato Chips, Southwest Chili	15 / 150g	G
673513 106509	36425	GMO	BC PB	X Potato Chips, Spicy Dill Pickle	15 / 150g	G
673513 041503	36417	GMO	BC PB	X Potato Chips, Wild Onion & Yogurt	15 / 150g	G
<b>HARVEST SUN   BOUILLON CUBES &amp; BROTH POWDER - 10% OFF</b>						
621234 905604	38404	GF *		Bouillon Cubes, Chicken, Organic	15 / 6ea	
621234 966018	38706	GF *		Bouillon Cubes, Chicken, Low Sodium, Organic	15 / 6ea	
621234 905109	38397	GF V *		Bouillon Cubes, Herbal, Organic	15 / 6ea	
621234 905406	38400	GF V *		Bouillon Cubes, Vegetable, Low Sodium, Organic	15 / 6ea	
621234 905000	38398	GF V *		Bouillon Cubes, Vegetable, Organic	15 / 6ea	
621234 966100	38709	*		Broth Powder, Chicken, Yeast-Free, Organic	6 / 120g	
621234 966025	38707	V *		Broth Powder, Vegetable, Organic	6 / 180g	
<b>HEALTHY HIPPO   LOW SUGAR CANDY - 10% OFF</b>						
628176 040240	17654		BC PB	X Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g	G
628176 040103	17650		BC PB	X Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G
628176 040127	17651		BC PB	X Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
628176 040110	17652	BC	Ⓟ X	Sour Keys, Sweetened w/Monk Fruit	12 / 50g G
628176 040134	17653	BC	Ⓟ X	Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g G
<b>HERBARIA   HERBAL TEA - 15% OFF</b>					
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
<b>HOLY CRAP   BREAKFAST CEREAL - 15% OFF</b>					
883831 100008	22226	GF *	BC Ⓟ	Cereal, Apple Cinnamon Superseed Blend, Original	12 / 225g
883831 200005	22227	GF *	BC Ⓟ	Cereal, Natural Superseed Blend, Skinny B	12 / 225g
<b>HOLY NAPOLI   PIZZA DOUGH &amp; NEAPOLITAN PIZZA (FROZEN) - UP TO \$6.70 OFF</b>					
628110 552013	17300	BC	Ⓟ X	Pizza Dough	8 / 300g
628110 552099	17304	BC	Ⓟ X	Pizza, Funghi	8 / 385g
628110 552044	17303	BC	Ⓟ X	Pizza, Calabrese	8 / 425g
628110 552020	17301	BC	Ⓟ X	Pizza, Margherita	8 / 365g
628110 552037	17302	BC	Ⓟ X	Pizza, Pesto Roast Vegetable	8 / 425g
628110 552112	17305	BC	Ⓟ X	Pizza, Quattro Formaggi	8 / 385g
<b>HUER   SENSIBLE SWEETS - 15% OFF</b>					
771047 004503	15404	V	Ⓟ	SENSIBLE SWEETS, Soft Fruits Gelées	12 / 130g G
<b>IF YOU CARE   ENVIROMENT FRIENDLY PRODUCTS - 15% OFF</b>					
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 250255	46387			Unbleached Waxed Paper	12 / 75ft <sup>2</sup> G P
<b>IMAGINE FOODS   BROTH - 15% OFF</b>					
084253 242493	38280	GF *		Broth, Chicken, Organic	12 / 1L
<b>JASON   BODY CARE PRODUCTS - 15% OFF</b>					
078522 840138	80269		X	Aloe Vera 98% Gel w/Pump	1 / 227g G P
078522 090250	80259		X	Deodorant, Aloe Vera (stick)	1 / 71g G P
078522 090557	80260		X	Deodorant, Apricot (stick)	1 / 71g G P
078522 090656	80797		X	Deodorant, Lavender (stick)	1 / 71g G P
078522 090458	80261		X	Deodorant, Tea Tree (stick)	1 / 71g G P
078522 901976	80799			Dry Spray Deodorant, Fresh Cucumber	1 / 113ml G P
078522 901990	80798			Dry Spray Deodorant, Soft Rose	1 / 113ml G P
078522 015154	80266		X	Toothpaste, Healthy Mouth	1 / 119g G P
078522 015000	80175		X	Toothpaste, Powersmile	1 / 170g G P
078522 015109	80185		X	Toothpaste, Sea Fresh	1 / 170g G P
078522 800255	80240		X	Shampoo, 84% Aloe Vera	1 / 473ml G P
078522 800293	80227		X	Conditioner, 84% Aloe Vera	1 / 473ml G P
078522 800057	80241		X	Shampoo, Apricot	1 / 473ml G P
078522 800095	80229		X	Conditioner, Apricot Keratin	1 / 473ml G P
078522 870050	80245		X	Shampoo, Biotin	1 / 473ml G P
078522 870098	80236		X	Conditioner, Biotin	1 / 473ml G P
078522 850052	80257		X	Shampoo, Sea Kelp	1 / 473ml G P
078522 850090	80239		X	Conditioner, Sea Kelp	1 / 473ml G P
078522 800781	80263		X	Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml G P



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>JOVIAL PRODUCTS - 15% OFF</b>						
815421 011302	17523	GF *			Brown Rice Egg Tagliatelle, Organic	12 / 255g
815421 011234	17522	GF *			Brown Rice Fusilli, Organic	12 / 340g
815421 011203	17520	GF *			Brown Rice Spaghetti, Organic	12 / 340g
815421 011005	21044	*			Einkorn Flour, All Purpose, Organic	10 / 907g
<b>KAN'S GOURMET FOODS   APPETIZERS (FROZEN) - 10% OFF</b>						
189120 000524	54364	GMO	V	BC P X	Falafel, Mini Lentil, w/dipping sauce	12 / 330g
189120 000531	54367	GMO	V	BC P X	Pakorras, Spinach & Kale (baked), w/dipping sauce	12 / 330g
189120 000548	54643		V	BC P X	Pakorras, Yam, w/dipping sauce	12 / 320g
189120 000517	54363		V	BC P X	Samosas, Fresh Veggie & Lentil, w/dipping sauce	12 / 320g
<b>KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI &amp; SAUERKRAUT (REFRIGERATED) - 10% OFF</b>						
620892 809927	30225	*	+	P	Kimchi, Raw, Unpasteurized, Organic	12 / 375ml
620892 809934	30376	*	+	P	Kimchi, Raw, Unpasteurized, Organic	12 / 750ml
620892 809903	30184	*	+	P	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809941	30182	*	+	P	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809989	30221	*	+	P	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 375ml
620892 809965	30223	*	+	P	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml
620892 809910	30377	*	+	P	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809958	30375	*	+	P	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809996	30185	*	+	P	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 750ml
620892 809972	30227	*	+	P	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml
<b>KIND   BARS &amp; CLUSTERS - UP TO 17% OFF + VOLUME PRICING</b>						
602652 204050	37766				Breakfast Bar, Almond Butter (2pk)	8 / 4x50g G
602652 204067	37767				Breakfast Bar, Dark Chocolate Cocoa (2pk)	8 / 4x50g G
602652 201066	37768				Breakfast Bar, Peanut Butter (2pk)	8 / 4x50g G
					<b>Buy 12-23 cases</b>	<b>Save 1.00</b>
					<b>Buy 24+ cases</b>	<b>Save 1.60</b>
602652 184178	37609	GMO			HEALTHY GRAINS, Dark Chocolate Chunk	8 / 5x35g G
602652 184154	37607	GMO			HEALTHY GRAINS, Oats & Honey	8 / 5x35g G
602652 184185	37610	GMO			HEALTHY GRAINS, Peanut Butter Dark Chocolate	8 / 5x35g G
602652 296574	37600	GMO			HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g G
					<b>Buy 12-23 cases</b>	<b>Save 1.00</b>
					<b>Buy 24+ cases</b>	<b>Save 1.60</b>
602652 298158	39335			X	CLUSTERS, Coconut & Seeds, Pumpkin Sunflower Chia	8 / 113g G
					<b>Buy 12-23 cases (Clusters only)</b>	<b>Save 1.00</b>
					<b>Buy 24+ cases (Clusters only)</b>	<b>Save 1.60</b>
602652 289095	39333			X	CLUSTERS, Nuts & Fruit, Almond Cranberry Cashew	8 / 113g G
602652 298127	39334			X	CLUSTERS, Nuts & Seeds, Almond Pumpkin Chia	8 / 113g G
					<b>Buy 12-23 cases (Clusters only)</b>	<b>Save 1.00</b>
					<b>Buy 24+ cases (Clusters only)</b>	<b>Save 1.60</b>



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
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 401565	39340		X Nut Bar, Peanut Butter Milk Chocolate	12 / 40g	G
<b>KINDRED CULTURES   WATER KEFIR (REFRIGERATED) - 10% OFF</b>					
628504 073049	23620	BC	Water Kefir, Activated Charcoal	12 / 250ml	G P U
628504 073018	23621	BC	Water Kefir, Cranberry Turmeric	12 / 250ml	G P U
628504 073032	23622	BC	Water Kefir, Mango Ginger	12 / 250ml	G P U
628504 073001	23623	BC	Water Kefir, Spirulina	12 / 250ml	G P U
628504 073025	23624	BC	Water Kefir, Strawberry Rosehip	12 / 250ml	G P U
628504 073148	23625	BC	Water Kefir, Activated Charcoal	6 / 1L	G P U
628504 073117	23626	BC	Water Kefir, Cranberry Turmeric	6 / 1L	G P U
628504 073131	23627	BC	Water Kefir, Mango Ginger	6 / 1L	G P U
628504 073100	23628	BC	Water Kefir, Spirulina	6 / 1L	G P U
628504 073124	23629	BC	Water Kefir, Strawberry Rosehip	6 / 1L	G P U
<b>KING ISLAND   COCONUT WATER - 20% OFF</b>					
8850813 300031	07130		+ Coconut Water, Pure (gable top)	12 / 1L	U
<b>KINNIKINNICK PRODUCTS (FROZEN) - 15% OFF</b>					
620133 000809	58074	GF V	+ X Bread, Cinnamon Raisin	6 / 560g	
620133 000458	54348	GF V	+ X Bread, Multigrain	6 / 454g	
620133 000441	54342	GF V	+ X Bread, White	6 / 454g	
620133 000762	58075	GF V	+ X Bread, Whole Grain	6 / 504g	
620133 000731	54345	GF V	+ X Buns, Hamburger	6 / 245g	
620133 000748	54343	GF V	+ X Buns, Hotdog	6 / 285g	
620133 002247	51004	GF	+ X Donuts, Chocolate Dipped (6pk)	8 / 320g	
620133 002230	54346	GF	+ X Donuts, Cinnamon Sugar (6pk)	8 / 270g	
620133 002216	51005	GF	+ X Donuts, Maple Glazed (6pk)	8 / 320g	
620133 002209	51003	GF	+ X Donuts, Vanilla Glazed (6pk)	8 / 320g	
620133 000502	54344	GF	+ X English Muffins	6 / 375g	
620133 005996	58069	GF V	+ X Pie Crusts 9" (2ct)	6 / 390g	
620133 005590	58070	GF	+ X Pizza Crusts (2ct)	6 / 300g	
620133 001721	54684		+ X Soft Bagels, Blueberry (4pk)	6 / 344g	
620133 001714	54685		+ X Soft Bagels, Cinnamon Raisin (4pk)	6 / 352g	
620133 001707	54683		+ X Soft Bagels, Plain (4pk)	6 / 344g	
620133 001974	58071	GF	+ X Waffles, Blueberry	8 / 222g	
620133 001967	58072	GF	+ X Waffles, Cinnamon & Brown Sugar	8 / 222g	
620133 001950	58073	GF	+ X Waffles, Original	8 / 222g	
<b>KOYO   RAMEN - 15% OFF</b>					
065493 064335	39106		X Ramen, Asian Vegetables	12 / 60g	
065493 064359	39100		X Ramen, Garlic Pepper	12 / 60g	
065493 064342	39101		X Ramen, Lemongrass Ginger	12 / 60g	
065493 064304	39102		X Ramen, Mushroom	12 / 57g	
065493 064311	39103		X Ramen, Seaweed	12 / 57g	
065493 064366	39104		X Ramen, Soba Buckwheat Noodles	12 / 60g	
065493 064328	39105		X Ramen, Tofu & Miso	12 / 57g	
<b>KRINOS FOODS PRODUCTS - 10% OFF</b>					
055498 028937	59181	GF *	Greek Sheep & Goat Feta Cheese, Organic (REFRIGERATED)	12 / 150g	
055498 046078	48009	*	Organic Greek Kalamata Olives, Pitted	6 / 375ml	
055498 046023	48018	*	Organic Greek Kalamata Olives, Whole	6 / 375ml	
055498 046085	48025	*	Organic Greek Olive Mix w/Mountain Herbs	6 / 375ml	
<b>KRISDA   SUGAR-FREE SWEETENER - 15% OFF</b>					
688120 044540	23023	GMO *	Sweetener, Erythritol, Organic	6 / 454g	
688120 014543	23020		Sweetener, Stevia	6 / 454g	



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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>LA PREFERIDA   ORGANIC MEXICAN INGREDIENTS - UP TO 20% OFF</b>						
071524 180066	47206	*			Refried Beans, Organic	12 / 398ml
071524 180103	47210	*			Diced Green Chiles, Mild, Organic (can)	12 / 118ml
071524 180080	47208	*			Jalapeno Nacho Slices, Hot, Organic (jar)	12 / 250ml
071524 180097	47209	*			Jalapeno Nacho Slices, Mild, Organic (jar)	12 / 250ml
<b>LAKANTO   MONKFRUIT BLEND SWEETENER - 15% OFF</b>						
843076 000525	44216	GMØ			Sweetener, Powdered	8 / 453g
<b>L'ANCÊTRE   CHEESE (REFRIGERATED) - UP TO 15% OFF</b>						
778177 108002	50089	GF	*	+ P	Cheese Curds, Organic	8 / 200g
778177 499926	50098	GMØ	*	P	Feta, Greek Sheep's Milk, Organic	16 / 150g
778177 499933	50021	GMØ	*	P	Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g
778177 509014	50099	GF	*	P	Gouda, Dutch Aged (12 mos), Organic	8 / 175g
<b>LARABAR   ENERGY BAR - 10% OFF</b>						
065633 185784	37321	GMØ			X NEW! Fruit & Nut Bar, Lemon	16 / 45g G
<b>LE PAIN DES FLEURS   CRISPBREAD - 15% OFF</b>						
848206 059565	16606	GMØ	GF	V *	Crispbread, Buckwheat, Organic	12 / 150g
848206 059572	16607	GMØ	GF	V *	Crispbread, Buckwheat, Unsalted, Organic	12 / 150g
848206 059596	16643	GMØ	GF	V *	Crispbread, Chestnut, Organic	12 / 150g
848206 059589	16641	GMØ	GF	V *	Crispbread, Quinoa, Organic	12 / 150g
<b>LET'S DO...ORGANIC   ICE CREAM CONES - 15% OFF</b>						
043182 003551	35042		V *		X Ice Cream Cones, Organic (cups)	12 / 36g
<b>LILY'S   NO SUGAR ADDED BAKING CHIPS &amp; CHOCOLATE BARS - UP TO \$6.46 OFF</b>						
810003 460516	21364	GMØ	GF	@	Baking Chips, Dark Chocolate Style (55% Cocoa)	12 / 255g
810003 460936	21365	GMØ	GF	@	Baking Chips, Semi-Sweet Style (45% Cocoa)	12 / 255g
810003 460486	21358		GF	@	X Dark Chocolate Style, Almond (55% Cocoa)	12 / 85g G
810003 460462	21356		GF	@	X Dark Chocolate Style, Coconut (55% Cocoa)	12 / 85g G
810003 460479	21357		GF	@	X Dark Chocolate Style, Crispy Rice (55% Cocoa)	12 / 85g G
810003 460455	21355		GF	@	X Dark Chocolate Style, Original (55% Cocoa)	12 / 85g G
810003 460912	21362		GF	@	X Extra Dark Chocolate Style, Sea Salt (70% Cocoa)	12 / 80g G
810003 460929	21363		GF	@	X Extremely Dark Chocolate Style (85% Cocoa)	12 / 80g G
810003 460493	21359		GF	@	X Milk Chocolate Style, Creamy Milk (40% Cocoa)	12 / 85g G
810003 460509	21360		GF	@	X Milk Chocolate Style, Salted Almond (40% Cocoa)	12 / 85g G
810003 460905	21361		GF	@	X Milk Chocolate Style, Salted Caramel (40% Cocoa)	12 / 80g G
<b>LITA'S MEXICAN FOODS   ENTRÉES (FROZEN) - 10% OFF</b>						
627843 778004	15642		V	BC P x	Bean Taco Kit, Pinto Beans & Mild Ancho Chili Filling w/6 Flour Tortillas	6 / 480g
627843 777984	15641		V	BC P x	Cochinita Taco Kit, Enoki Mushroom & Mild Achiote Sauce Filling w/6 Flour Tortillas	6 / 480g
627843 778028	15646			BC P x	Taquito, Bean & Cheeze	6 / 280g
627843 778011	15645			BC P x	Taquito, Potato & Chorizo	6 / 280g
627843 777991	15640		V	BC P x	Tinga Taco Kit, Enoki Mushroom, Jackfruit & Chipotle Sauce Filling w/6 Flour Tortillas	6 / 480g



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
627843 777960	15635	GMO	V *	BC	ⓧ	Tortillas, White Flour, Uncooked, Organic (7") (8pk)	12 / 280g
627843 777977	15636	GMO	V *	BC	ⓧ	Tortillas, Whole Wheat Flour, Uncooked, Organic (7") (8pk)	12 / 280g
<b>LOVE CHILD ORGANICS   BABY FOODS - 15% OFF</b>							
858860 001084	61052		*	+	ⓧ	Puree, FIRST Pears, Organic (6+ months)	2 / 6x128ml
858860 001060	61045		*	+	ⓧ	Puree, Apples, Corn, Butternut Squash, Organic (6+ months)	2 / 6x128ml
<b>LUNDBERG RICE CAKES - 10% OFF</b>							
073416 200395	16334	GMO	GF *		ⓧ	<b>NEW!</b> Rice Cakes, Cinnamon Toast, Organic	6 / 269g
<b>MACKELLAR FARMS   EDAMAME (FROZEN) - \$3.50 OFF</b>							
185820 000017	63026	GMO		+	ⓧ	Edamame, Whole Pods (Product of Canada)	12 / 400g
185820 000024	63027	GMO		+	ⓧ	Edamame, Shelled (Product of Canada)	12 / 400g
<b>MADEGOOD   GRANOLA SNACK &amp; STAR PUFFED CRACKERS - UP TO \$3.72 OFF</b>							
687456 213040	64020	GMO	GF *	+	ⓧ	Granola Bars, Chocolate Banana, Organic	6 / 5x24g G
687456 213019	64023	GMO	GF *	+	ⓧ	Granola Bars, Chocolate Chip, Organic	6 / 5x24g G
687456 213750	64029	GMO	GF *	+	ⓧ	Granola Bars, Cookies & Cream, Organic	6 / 5x24g G
687456 213026	64024	GMO	GF *	+	ⓧ	Granola Bars, Mixed Berry, Organic	6 / 5x24g G
687456 223490	64094	GMO	GF *	+	ⓧ	Granola Minis, Apple Cinnamon, Organic	6 / 5x24g G
687456 223476	64093	GMO	GF *	+	ⓧ	Granola Minis, Chocolate Banana, Organic	6 / 5x24g G
687456 223506	64090	GMO	GF *	+	ⓧ	Granola Minis, Chocolate Chip, Organic	6 / 5x24g G
687456 223483	64092	GMO	GF *	+	ⓧ	Granola Minis, Strawberry, Organic	6 / 5x24g G
687456 214139	64055	GMO	GF *	+	ⓧ	Granola Bars, Chocolate Drizzled Birthday Cake, Organic	6 / 5x24g G
687456 214146	64056	GMO	GF *	+	ⓧ	Granola Bars, Chocolate Drizzled Cookie Crumble, Organic	6 / 5x24g G
687456 214122	64054	GMO	GF *	+	ⓧ	Granola Bars, Chocolate Drizzled Vanilla, Organic	6 / 5x24g G
687456 230016	64080	GMO	GF V *	+	ⓧ	STAR PUFFED CRACKERS, Cheddar, Organic	6 / 121g
687456 230030	64082	GMO	GF V *	+	ⓧ	STAR PUFFED CRACKERS, Pizza Flavour, Organic	6 / 121g
687456 230023	64081	GMO	GF V *	+	ⓧ	STAR PUFFED CRACKERS, Sea Salt, Organic	6 / 121g
687456 230276	64085	GMO	GF V *	+	ⓧ	STAR PUFFED CRACKERS, Cheddar, Organic	6 / 5x20g
<b>MAISON ORPHEE PRODUCTS - UP TO 15% OFF</b>							
069593 121479	33452			+	ⓧ	Fresh Mayonnaise w/Extra Virgin Olive Oil (REFRIGERATED)	6 / 440ml
069593 120854	33493	GMO	GF V	+	ⓧ	Marinade, Olive & Balsamic Vinaigrette	12 / 250ml
069593 120182	32365		*	+	ⓧ	Mustard, Dijon, Organic (raw) (jar)	12 / 250ml
069593 120199	32366		*	+	ⓧ	Mustard, Old Fashioned, Organic (raw) (jar)	12 / 250ml
069593 120175	32364		*	+	ⓧ	Mustard, Yellow w/Turmeric, Organic (raw) (jar)	12 / 250ml
069593 120014	30188			+	ⓧ	Olive Oil, Extra Virgin, Balanced	6 / 500ml
069593 120021	30189			+	ⓧ	Olive Oil, Extra Virgin, Delicate	6 / 500ml
069593 120038	30190			+	ⓧ	Toasted Sesame Oil, Virgin	6 / 500ml
069593 121684	33454			+	ⓧ	Vegan Mayonnaise-Style Dressing (egg free/vegan) (REFRIGERATED)	6 / 440ml
<b>MANITOBA HARVEST   HEMP YEAH! PROTEIN POWDER - 15% OFF</b>							
697658 690044	37199	GMO	V *	+	ⓧ	Max Protein Powder, Unsweetened, Organic	6 / 454g G

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>MATEINA   READY-TO-DRINK YERBA MATES - UP TO 15% OFF</b>						
628504 157374	20811	GMO	*	+ P X	<b>NEW!</b> Energy Infusion, Blueberry Haskap, Organic (can)	12 / 355ml U
628504 157046	20810	GMO	*	+ P X	Energy Infusion, Grapefruit Guava, Organic (can)	12 / 355ml U
628504 157329	20805	GMO	*	+ P X	Energy Infusion, Peach Passion, Organic (can)	12 / 355ml U
<b>MILLSTREAM FLOUR MILL   FLOURS - 15% OFF</b>						
060543 002121	07331	B	BC	P X	Chana Flour, Stoneground	1 / 9.07kg
<b>MOCOLATE   PLANT BASED PROTEIN POWDER - 15% OFF</b>						
627843 997429	37447		BC	P	Morning Glow, Mushroom Blend, Chocolate	1 / 224g G
<b>MORNIN' GLORY   PRUNE PRODUCTS - 10% OFF</b>						
093778 888819	05001			*	Prune Juice, Organic	12 / 946ml U
093778 888826	18333			*	Prunes, Pitted, Organic	12 / 340g
<b>MUIR GLEN   CANNED TOMATOES - 10% OFF</b>						
065633 471672	33208	GMO	*		Tomatoes, Crushed, Fire Roasted, Organic	12 / 796ml
065633 471740	33211	GMO	*		Tomatoes, Diced, Fire Roasted, Organic	12 / 796ml
<b>NAAM   COOKING SAUCE &amp; MISO GRAVY - 10% OFF</b>						
689499 100042	14460	GMO	@ BC	P	Coconut Curry Sauce	12 / 350ml
689499 100080	14459	GMO	@ BC	P	Miso Hot Sauce	12 / 350ml
689499 100011	14000		BC	P	Miso Gravy (bottle)	12 / 350ml
689499 100066	14461	GMO	@ BC	P	Peanut Sauce	12 / 350ml
689499 100059	14463	GMO	@ BC	P	Thai Sauce	12 / 350ml
<b>NADAMOO!   DAIRY-FREE COCONUT DESSERT (FROZEN) - \$5.75 OFF</b>						
854758 001570	32907	GMO	GF V	X	Birthday Cake Cookie Dough	8 / 473ml G
854758 001532	32903	GMO	GF V	X	Cookie Dough Fudge	8 / 473ml G
854758 001501	32900	GMO	GF V *	X	Lotta Mint Chip, Organic	8 / 473ml G
854758 001518	32901	GMO	GF V *	X	Vanilla...Ahhh, Organic	8 / 473ml G
<b>NAKED &amp; SAUCY   COOKING SAUCE &amp; SOY SAUCE SUBSTITUTE - 15% OFF</b>						
890104 001078	40118	GMO	*	BC P	Sauce, Chili Garlic, Organic	6 / 296ml
890104 001337	40124	GMO	*	BC P	Sauce, Sweet & Sour, Organic	6 / 296ml
890104 001344	40115	GMO	*	P	Soy Sauce Substitute, Keto, Organic	6 / 473ml
890104 001351	40116	GMO	*	P	Soy Sauce Substitute, Lightly Sweet, Organic	6 / 473ml
<b>NATIVE FOREST   CANNED YOUNG JACKFRUIT - \$1.50 OFF</b>						
043182 018692	10398		*		Jackfruit, Original, Organic	6 / 398ml
<b>NATRACARE   FEMININE CARE - 15% OFF</b>						
782126 003041	80892				Maxi Pads, Night Time	1 / 10ea
<b>NATURA   DAIRY-FREE BEVERAGE - 20% OFF + VOLUME PRICING</b>						
063667 201081	06404	GMO	GF *	+ P	Oat, Chocolate, Organic	12 / 946ml U
063667 201012	06402	GMO	GF *	+ P	Oat, Unsweetened Original, Organic	12 / 946ml U
063667 201029	06403	GMO	GF *	+ P	Oat, Unsweetened Vanilla, Organic	12 / 946ml U
					<b>Buy 15-29 cases</b>	<b>Save 3%</b>
					<b>Buy 30-74 cases</b>	<b>Save 5%</b>
					<b>Buy 75+ cases</b>	<b>Save 7%</b>
<b>NATURAL CABANA   LEMONADE - 15% OFF</b>						
856190 003020	04081			X	Lemonade, Cherry	12 / 591ml G U
853790 001715	04088			X	Lemonade, Peach	12 / 591ml G U
<b>NATURE CLEAN PRODUCTS - UP TO 15% OFF</b>						
058951 403364	80443			+ P	Dishwashing Liquid	4 / 3.63L G P
058951 395010	80486			+ P	Liquid Hand Soap, Unscented, w/Pump	6 / 500ml G P
058951 395027	80543			+ P	Liquid Hand Soap, Citrus, w/Pump	6 / 500ml G P
058951 395034	80542			+ P	Liquid Hand Soap, Peppermint, w/Pump	6 / 500ml G P
058951 402800	81117			+ P	Pure Sensitive Unscented Conditioner	6 / 300ml G P
058951 502807	81118			+ P	Pure Sensitive Unscented Shampoo	6 / 300ml G P
058951 307556	81122			+ P	Sensitive Face & Body Bar	12 / 99g G P

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>NATURE'S PATH   GRANOLA - 10% OFF</b>						
058449 192145	22146	GMO	*	Ⓟ	Granola, Coconut Chia, Organic	6 / 800g
058449 779063	22139	GMO	*	Ⓟ	Granola, Pumpkin Seed + Flax, Organic	6 / 800g
<b>NORA'S   DAIRY-FREE DESSERT (FROZEN) - UP TO 15% OFF</b>						
627843 814245	32920		V	BC Ⓟ X	Cashew Frozen Dessert, Mint Chip	8 / 500ml
627843 814221	32921		V	BC Ⓟ X	Cashew Frozen Dessert, Peanut Butter & Chocolate	8 / 500ml
627843 814207	32922		V	BC Ⓟ X	Cashew Frozen Dessert, Strawberries & Crème	8 / 500ml
627843 814238	32923		V	BC Ⓟ X	Cashew Frozen Dessert, Vanilla Bean	8 / 500ml
<b>NUNWEILER'S   FLOURS &amp; MIXES - UP TO 20% OFF + VOLUME PRICING</b>						
067785 000243	20042		*	+ Ⓟ	All Purpose & Pastry Flour, Organic	4 / 1kg
067785 000045	20043		*	+ Ⓟ	Whole Wheat Flour, Organic	4 / 1kg
					<b>Buy 10+ cases (Pantry Builder Flours ONLY)</b>	<b>Save 5%</b>
067785 005743	20015	GMO	*	+ Ⓟ	Unbleached White Flour, Organic	4 / 1kg
					<b>Buy 10+ cases (Pantry Builder Flours ONLY)</b>	<b>Save 5%</b>
067785 000441	20037		*	+ Ⓟ	Buckwheat Flour, Organic	4 / 1kg
					<b>Buy 10+ cases (Specialty Flours ONLY)</b>	<b>Save 5%</b>
067785 000342	20024		*	+ Ⓟ	Spelt Flour, Whole, Organic	4 / 1kg
					<b>Buy 10+ cases (Specialty Flours ONLY)</b>	<b>Save 5%</b>
067785 001745	20014	GMO	*	+ Ⓟ	Oat Flour, Whole Grain, Organic	4 / 1kg
					<b>Buy 10+ cases (Specialty Flours ONLY)</b>	<b>Save 5%</b>
067785 010440	02190		*	+ Ⓟ	Pancake & Waffle Mix, Buckwheat, Organic	4 / 1kg
067785 011041	02191		*	+ Ⓟ	Pancake & Waffle Mix, Buttermilk, Organic	4 / 1kg
067785 010044	02189		*	+ Ⓟ	Pancake & Waffle Mix, Whole Grain, Organic	4 / 1kg
					<b>Buy 10+ cases (P&amp;W MIX ONLY)</b>	<b>Save 5%</b>
067785 010341	02192		*	+ Ⓟ	Pancake & Waffle Mix, Spelt, Organic	4 / 1kg
					<b>Buy 10+ cases (P&amp;W MIX ONLY)</b>	<b>Save 5%</b>
<b>NUTIVA   SEEDS - \$6.58 OFF</b>						
692752 223259	29731	GMO			Chia Seeds (Pouch)	6 / 400g
<b>O'DOUGHS   BUNS (FROZEN) - 15% OFF</b>						
698433 000744	54613	GMO	GF V	+ Ⓟ X	Buns, Hamburger	6 / 400g
<b>OPUS   ALCOHOL FREE BEVERAGE - VOLUME PRICING</b>						
628634 740170	13941			BC Ⓟ	Aperitivo Spritz (can)	6 / 4x355ml G P U
628634 740156	13940			BC Ⓟ	Gin and Tonic (can)	6 / 4x355ml G P U
					<b>Buy 10-24 cases</b>	<b>Save 10%</b>
					<b>Buy 25+ cases</b>	<b>Save 12%</b>
<b>PACIFIC FOODS   SOUP - VOLUME PRICING</b>						
052603 281409	38091	GMO	*	X	Soup, Condensed Cream of Cauliflower, Organic (can)	12 / 284ml
052603 281393	38092			X	Soup, Condensed Cream of Chicken (can)	12 / 284ml
052603 279543	38090	GMO	*	X	Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml
					<b>Buy 5+ cases (Soups Only)</b>	<b>Save 4.32</b>
052603 054973	38812	GMO	*		Bisque, Cashew Carrot Ginger, Organic	12 / 472ml
052603 054959	38814	GMO	*		Bisque, Hearty Tomato, Organic	12 / 472ml
052603 054966	38813	GMO	*		Bisque, Roasted Red Pepper & Tomato, Organic	12 / 472ml
052603 054805	38673	GMO	*		Soup, Vegetable Lentil & Roasted Red Pepper, Organic	12 / 472ml
					<b>Buy 5+ cases (Soups Only)</b>	<b>Save 4.80</b>

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

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
052603 281287	38083	GMO	*		Soup, Creamy Tomato Basil, Organic	12 / 946ml	
052603 054218	38269	GMO	*		Soup, Cashew Carrot Ginger, Organic	12 / 1L	
052603 054034	38214	GMO	*		Soup, Butternut Squash, Organic	12 / 1L	
052603 054584	38638	GMO	*		Soup, Tomato, Light Sodium, Organic	12 / 1L	
052603 054096	38132	GMO	*		Soup, Tomato, Organic	12 / 1L	
052603 054577	38639	GMO	*		Soup, Red Pepper & Tomato, Light Sodium, Organic	12 / 1L	
052603 054041	38218	GMO	*		Soup, Red Pepper & Tomato, Organic	12 / 1L	
<b>Buy 5+ cases (Soups Only)</b>						<b>Save 8.88</b>	
<b>PAMELA'S   ARTISAN FLOUR - \$4.36 OFF</b>							
093709 221142	22246	GMO	GF		Artisan Flour Blend	3 / 1.81kg	
<b>PAPOUTSANIS   OLIVE OIL HAND SOAP BAR - 10% OFF</b>							
5201109 655022	89999				X Oliva Pure Olive Oil Hand Soap Bar	4 / 125g	G P
<b>PAQUI   TORTILLA CHIPS - VOLUME PRICING</b>							
810002 650055	38944	GMO	GF		X Tortilla Chips, Fiery Chile Limón	12 / 155g	G
810002 650062	38945	GMO	GF		X Tortilla Chips, Jalapeño Tropicale	12 / 155g	G
891760 002591	38917	GMO	GF		X Tortilla Chips, Zesty Salsa Verde	12 / 155g	G
<b>Buy 5-24 cases</b>						<b>Save 3.91</b>	
<b>Buy 25-49 cases</b>						<b>Save 5.88</b>	
<b>Buy 50+ cases</b>						<b>Save 7.82</b>	
<b>PARTAKE BREWING   NON-ALCOHOLIC BEER - 10% OFF</b>							
628110 465337	06016		+ P		Non-Alcoholic Beer, Pale	2 / 12x355ml	G U
628110 465283	06015		+ P		Non-Alcoholic Beer, Gose, Peach	6 / 4x355ml	G U
<b>PATIENCE FRUIT &amp; CO   DRIED BERRIES - UP TO 15% OFF</b>							
662166 551330	18203	GMO	* + P		Dried Whole Cranberries, Organic	8 / 142g	G
662166 551446	18204	GMO	* + P		Dried Whole Cranberries, Sweetened w/Apple Juice, Organic	8 / 113g	G
662166 551361	18234	GMO	* + P		Dried Wild Blueberries, Sweetened w/Apple Juice, Organic	8 / 85g	G
662166 020119	18226	B	* + P		Classic Dried Cranberries, Gently Sweetened, Organic	1 / 10lb	G
<b>PERFECT BAR (REFRIGERATED) - \$3.58 OFF</b>							
855569 110666	25302	GMO	GF *	X	Bar, Chocolate Chip Peanut Butter, Organic	2 / 8x65g	G
855569 110598	25301	GMO	GF *	X	Bar, Coconut Peanut Butter, Organic	2 / 8x71g	G
855569 110239	25300	GMO	GF *	X	Bar, Peanut Butter, Organic	2 / 8x71g	G
<b>PERFECT CHEF   TOMATO PASTA SAUCE - UP TO 30% OFF + VOLUME PRICING</b>							
620988 050592	42410	GMO	* + P		Pasta Sauce, Butternut Squash, Organic	6 / 740ml	
620988 050578	42408	GMO	* + P		Pasta Sauce, Sundried Tomato, Organic	6 / 740ml	
<b>Buy 20+ cases</b>						<b>Save 5%</b>	
620988 050387	42402	GMO	* + P		Pasta Sauce, Basil, Organic	6 / 740ml	
620988 050455	42406	GMO	* + P		Pasta Sauce, Kale & Spinach, Organic	6 / 740ml	
620988 050431	42404	GMO	* + P		Pasta Sauce, Marinara, Organic	6 / 740ml	
620988 050370	42401	GMO	* + P		Pasta Sauce, Roasted Garlic, Organic	6 / 740ml	
<b>Buy 20+ cases</b>						<b>Save 5%</b>	
<b>PHAT TEA   MCT INFUSED ICED TEAS - 20% OFF</b>							
627843 885016	11604		+ P	X	Iced Tea, Lemon (MCT Oil)	12 / 355ml	G U
627843 885009	11603		+ P	X	Iced Tea, Peach (MCT Oil)	12 / 355ml	G U
<b>PLUM-M-GOOD   RICE CAKES - \$3.55 OFF</b>							
069372 002111	16445		* BC P	X	Lightly Salted Rice Cakes, Natural, Organic	12 / 185g	
069372 002159	16441		* BC P	X	Salted Rice Cakes, Multigrain, Organic	12 / 185g	
069372 002173	16446		* BC P	X	Salted Rice Cakes, Sesame, Organic	12 / 185g	
069372 001114	16450		* BC P	X	Unsalted Rice Cakes, Multigrain, Organic	12 / 185g	
069372 001046	16425		* BC P	X	Unsalted Rice Cakes, Natural, Organic	12 / 185g	

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052					Order	
<b>PORTOFINO EUROPEAN BAKERY   LOAFS &amp; BUNS (FROZEN) - 10% OFF</b>								
661172 018165	40170	BC	Ⓡ	X	Artisan Loaf, Peasant	10 / 585g		
661172 018189	40171	BC	Ⓡ	X	Artisan Loaf, Roasted Garlic & Cracked Pepper	10 / 585g		
661172 018110	40173	BC	Ⓡ	X	Artisan Loaf, Seeded Hearth	10 / 600g		
661172 018158	40172	BC	Ⓡ	X	Artisan Loaf, Sourdough	10 / 585g		
661172 020397	40174	BC	Ⓡ	X	Buns, Deluxe Brioche Burger	12 / 480g		
661172 022841	40175	BC	Ⓡ	X	Buns, Golden Potato	12 / 540g		
661172 012309	40176	BC	Ⓡ	X	Buns, Pretzel Kaiser	12 / 660g		
<b>PRANA ORGANIC PRODUCTS - UP TO 15% OFF</b>								
877693 002488	26173	GMØ	GF	*	+ Ⓡ	GRANOLOVE On The Go, Brownie Crunch, Organic	8 / 5x60g	
877693 002471	26172	GMØ	GF	*	+ Ⓡ	GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8 / 5x60g	
877693 002495	26164	GMØ	GF	*	+ Ⓡ	Overnight Chia, Berry Fairy, Organic	8 / 5x50g	
877693 002501	26165	GMØ	GF	*	@ + Ⓡ	Overnight Chia, Chocolatey Dream, Organic	8 / 5x50g	
877693 003195	26086	GMØ	GF	*	@ + Ⓡ X	ALGARVE Chocolate Bark, Almonds & Sea Salt, 62% Cacao, Organic	8 / 100g	G
877693 003201	26087	GMØ	GF	*	@ + Ⓡ X	CARAZEL Chocolate Bark, Caramelized Nuts with Sea Salt, 62% Cacao, Organic	8 / 100g	G
877693 003232	26091	GMØ	GF	*	@ + Ⓡ X	MATCHA MAGIC Chocolate Bark, Sesame, Crispy Rice & Matcha, 62% Cacao, Organic	8 / 100g	G
877693 003225	26089	GMØ	GF	*	@ + Ⓡ X	NO MYLK'N Chocolaty Bark, Hazelnuts & Crispy Rice, 40% Cacao, Organic	8 / 95g	G
877693 003331	26151	GMØ	GF	*	@ + Ⓡ X	CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g	G
877693 003355	26153	GMØ	GF	*	@ + Ⓡ X	CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g	G
877693 003348	26152	GMØ	GF	*	+ Ⓡ X	CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g	G
877693 000125	26104	GMØ	GF	*	+ Ⓡ	Trail Mix, ANNAPURNA, Almond Gogi Cranberry Mix, Organic	8 / 150g	G
877693 003065	26063	GMØ	GF	*	+ Ⓡ	Trail Mix, FUJI, Premium Salty Mix, Organic	8 / 150g	G
877693 003058	26062	GMØ	GF	*	+ Ⓡ	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	8 / 150g	G
877693 001665	34101	GMØ	GF	*	+ Ⓡ	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	6 / 310g	G
877693 003072	26059	GMØ	GF	*	+ Ⓡ	Trail Mix, MACHU PICHU, Exotic Fruit & Nut Mix, Organic	8 / 150g	G
877693 000033	26102	GMØ	GF	*	+ Ⓡ	Nuts, Amandine Maple Almonds, Organic	8 / 150g	G
877693 001351	26136	GMØ	GF	*	Ⓡ	Nuts, Pistachios, Raw Shelled, Organic	6 / 200g	
877693 001498	26143	GMØ	GF	*	Ⓡ	Raw Cacao Powder, Organic	6 / 200g	
<b>PROBAR   NUTRITIONAL FOOD BAR - 15% OFF</b>								
853152 100414	37525	GMØ	GF		X	Protein Bar, Cookie Dough	12 / 70g	G
853152 100384	37524	GMØ	GF		X	Protein Bar, Mint Chocolate	12 / 70g	G
853152 100391	37522	GMØ	GF		X	Protein Bar, Peanut Butter Chocolate	12 / 70g	G
853152 800529	37356				X	Peanut Butter Chocolate Chip Bar	12 / 85g	G
853152 800079	37191				X	Superfood Slam Bar	12 / 85g	G
<b>PURPLE FROG   HYDRATING HAND SANITIZER - 15% OFF</b>								
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

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052					Order	
<b>QUE PASA   TACO SHELLS - \$4.00 OFF</b>								
068826 212861	37825	GMO	GF	*	BC	X Taco Shells, Blue Corn, Organic	12 / 130g	
068826 212854	37824	GMO	GF	*	BC	X Taco Shells, Yellow Corn, Organic	12 / 130g	
<b>RAINCOAST   SUSTAINABLE WILD CANNED SEAFOOD - UP TO \$10.98 OFF</b>								
810757 000624	16814				BC	Salmon, Pink	12 / 160g	
810757 005629	16815				BC	Salmon, Pink, No Salt	12 / 160g	
810757 006626	16817				BC	Salmon, Pink, Skinless Boneless	12 / 150g	
810757 007623	16816				BC	Salmon, Pink, Skinless, Boneless & Smoked	12 / 150g	
810757 000525	16811				BC	Salmon, Sockeye	12 / 160g	
810757 005520	16812				BC	Salmon, Sockeye, No Salt	12 / 160g	
810757 006510	16813				BC	Salmon, Sockeye, Skinless Boneless	12 / 150g	
<b>REDMOND REAL SALT - 15% OFF</b>								
018788 992615	15600				B	Sea Salt, Unrefined, Fine (pouch w/spout)	12 / 737g	
<b>RICEWORKS   GOURMET RICE CHIPS - \$6.00 OFF</b>								
060816 093825	17906		GF			X Gourmet Rice Chips, Sweet Chili	6 / 454g	G
<b>RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED) - \$3.25 OFF</b>								
818762 006235	15332	GMO		*	+	Botanicals, Boost (Cocoa Chai), Organic	12 / 414ml	G P U
818762 005429	15333	GMO		*	+	Botanicals, Focus (Orange Mango), Organic	12 / 414ml	G P U
818762 004613	15334	GMO		*	+	Botanicals, Relax (Lime Ginger), Organic	12 / 414ml	G P U
818762 007515	15335	GMO		*	+	Botanicals, Renew (Coffee Caramel), Organic	12 / 414ml	G P U
<b>RISE   KOMBUCHA (REFRIGERATED) - UP TO \$6.05 OFF</b>								
818762 001803	15322			V	*	Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml	G P U
818762 001810	15323			V	*	Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml	G P U
818762 001827	15324			V	*	Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml	G P U
818762 001834	15325			V	*	Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml	G P U
818762 001902	15315	GMO		V	*	Low Sugar, Kiwi & Pineapple, Organic (glass)	6 / 1L	G P U
818762 001919	15316	GMO		V	*	Low Sugar, Mango & Papaya, Organic (glass)	6 / 1L	G P U
818762 001926	15317	GMO		V	*	Low Sugar, Raspberry & Vanilla, Organic (glass)	6 / 1L	G P U
818762 001933	15318	GMO		V	*	Low Sugar, Watermelon & Mint, Organic (glass)	6 / 1L	G P U
818762 000042	15304	GMO	GF	V	*	Blueberry & Maple, Organic (glass)	12 / 414ml	G P U
818762 000011	15301	GMO	GF	V	*	Fresh Ginger, Organic (glass)	12 / 414ml	G P U
818762 000035	15302	GMO	GF	V	*	Hibiscus & Rosehips, Organic (glass)	12 / 414ml	G P U
818762 000028	15303	GMO	GF	V	*	Lemongrass, Organic (glass)	12 / 414ml	G P U
818762 002008	15327	GMO		*	+	Lime & Matcha, Organic (glass)	12 / 414ml	G P U
818762 001063	15320	GMO		V	*	Lychee & Jasmine, Organic (glass)	12 / 414ml	G P U
818762 001032	15305	GMO	GF	V	*	Mint Chlorophyll, Organic (glass)	12 / 414ml	G P U
818762 001056	15321	GMO		V	*	Orange & Turmeric, Organic (glass)	12 / 414ml	G P U
818762 002015	15326	GMO		*	+	Peach & Mango, Organic (glass)	12 / 414ml	G P U
818762 001018	15306	GMO	GF	V	*	Rose & Schizandra, Organic (glass)	12 / 414ml	G P U
818762 000370	15310	GMO	GF	V	*	Blueberry & Maple, Organic (glass)	6 / 1L	G P U
818762 000349	15307	GMO	GF	V	*	Fresh Ginger, Organic (glass)	6 / 1L	G P U
818762 000363	15308	GMO	GF	V	*	Hibiscus & Rosehips, Organic (glass)	6 / 1L	G P U
818762 002046	15331	GMO		*	+	Lime & Matcha, Organic (glass)	6 / 1L	G P U
818762 001070	15313	GMO		V	*	Lychee & Jasmine, Organic (glass)	6 / 1L	G P U
818762 001049	15311	GMO	GF	V	*	Mint Chlorophyll, Organic (glass)	6 / 1L	G P U
818762 001087	15314	GMO		V	*	Orange & Turmeric, Organic (glass)	6 / 1L	G P U
818762 002053	15330	GMO		*	+	Peach & Mango, Organic (glass)	6 / 1L	G P U
818762 001025	15312	GMO	GF	V	*	Rose & Schizandra, Organic (glass)	6 / 1L	G P U

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>RIZOPIA   RICE PASTA - VOLUME PRICING</b>						
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
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>
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
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>
833125 001085	40380	GF		+	ⓧ X Brown Rice Lasagna	12 / 340g
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>
833125 003034	40383	GF		+	ⓧ X Vegetable Rice Fusilli	12 / 454g
					<b>Buy 5-9 cases</b>	<b>Save 5%</b>
					<b>Buy 10-19 cases</b>	<b>Save 10%</b>
					<b>Buy 20-49 cases</b>	<b>Save 15%</b>
					<b>Buy 50+ cases</b>	<b>Save 20%</b>
<b>ROCKY MOUNTAIN   FLATBREAD PIZZA (FROZEN) - 10% OFF</b>						
180659 000115	54640			+	ⓧ X Flatbread Pizza, All Beef Pepperoni (54640 cannot be sold outside of B.C)	6 / 420g
180659 000160	54638			+	ⓧ X Flatbread Pizza, Basil Bocconcini	6 / 420g
180659 000108	54630			+	ⓧ X Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g
180659 000085	54628			+	ⓧ X Flatbread Pizza, The Four Cheese Classic	6 / 405g
<b>RUBY'S AUTHENTIC   APPETIZERS &amp; CHUTNEY (REFRIGERATED) - 10% OFF</b>						
627843 533580	54800				ⓧ X Pakora, Vegetable	9 / 220g
627843 533573	54802	B			ⓧ X Pakora, Vegetable	1 / 5kg
627843 533658	54801				ⓧ X Samosa, Potato & Onion (for Best Quality Please Sell Frozen)	9 / 140g
627843 533610	14040				ⓧ X Mango & Apple Chutney	8 / 225g
627843 533641	14041	B			ⓧ X Mango & Apple Chutney	4 / 900g
<b>RUNA   CLEAN ENERGY DRINK - 15% OFF</b>						
856496 006053	24752	GMO		* @	ⓧ X Brewed Guayusa, Lime Twist, Organic (can)	12 / 355ml G P U
<b>RVIITA   ENERGY TEA - UP TO 25% OFF + VOLUME PRICING</b>						
627987 111873	01200				ⓧ X DIVINE BERRY, Strawberry (pouch)	10 / 355ml U
627987 111880	01201				ⓧ X MIDNIGHT, Blackberry (pouch)	10 / 355ml U
627987 111903	01202				ⓧ X ROYAL, Elderberry (pouch)	10 / 355ml U
					<b>Buy 20+ cases</b>	<b>Save 5%</b>
627987 111897	01203				ⓧ X SPEACHLESS, Peach (pouch)	10 / 355ml U
					<b>Buy 20+ cases</b>	<b>Save 5%</b>
<b>SAFE CATCH   LOW MERCURY CANNED SEAFOOD - \$3.00 OFF</b>						
859480 006428	68511	GMO			Wild Pink Salmon	6 / 142g
859480 006442	68510	GMO			Wild Pink Salmon, No Salt	6 / 142g





STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>SALT SPRING COFFEE - UP TO \$18.75 OFF</b>					
628415 084646	12364	GMO	* @	☞ Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g
628415 084424	12365	GMO	* @	☞ Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g
628415 084387	12366	GMO	* @	☞ Whole Bean Coffee, Village Trade, Dark Roast, Organic	6 / 908g
<b>SAN ZENONE   PASTA - 15% OFF</b>					
624756 663991	30234	GF	*	☞ X Brown Rice Fusilli, Organic	12 / 340g
624756 664271	30233		*	☞ X Brown Rice Penne Rigate, Organic	12 / 340g
624756 660112	30232	GF	*	☞ X Brown Rice Spaghetti, Organic	12 / 340g
624756 553995	30231	GF	*	☞ X Corn Fusilli, Organic	12 / 340g
624756 554275	30230	GF	*	☞ X Corn Penne Rigate, Organic	12 / 340g
624756 550116	30229	GF	*	☞ X Corn Spaghetti, Organic	12 / 340g
<b>SAN-J   COOKING SAUCE &amp; RICE CRACKERS - UP TO \$3.02 OFF</b>					
075810 150269	40659	GMO	GF	Hoisin Sauce	6 / 296ml
075810 180266	40630	GMO	GF	Orange Sauce	6 / 296ml
075810 230268	40647	GMO	GF	Mongolian Sauce	6 / 296ml
075810 160268	40636	GMO	GF	Sweet & Tangy Polynesian Sauce	6 / 296ml
075810 120262	40635	GMO	GF	Szechuan Sauce	6 / 296ml
075810 113264	40628	GMO	GF	Teriyaki Sauce, 50% Less Sodium	6 / 296ml
075810 112267	40625	GMO	GF	Teriyaki Sauce	6 / 296ml
075810 140260	40645	GMO	GF	Thai Peanut Sauce	6 / 296ml
075810 000151	16350	GMO	GF	X Crackers, Tamari Black Sesame	12 / 105g
075810 000168	16352	GMO	GF	X Crackers, Tamari Brown Sesame	12 / 105g
<b>SANTA CRUZ ORGANIC   LEMONADE - \$9.00 OFF + VOLUME PRICING</b>					
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
				<b>Buy 10-19 cases (946ml LEMONADES only)</b>	<b>Save 1.44</b>
				<b>Buy 20+ cases (946ml LEMONADES only)</b>	<b>Save 2.94</b>
<b>SEVENTH GENERATION   HOUSEHOLD PRODUCTS - UP TO 15% OFF</b>					
732913 450077	47060			<b>NEW!</b> Multi-Surface Wipes, Garden Mint	12 / 35ct G P
732913 449972	47061			<b>NEW!</b> Multi-Surface Wipes, Garden Mint	6 / 70ct G P
732913 229178	46165			Disinfecting Wipes	12 / 35ct G P
732913 447053	47004			Laundry Liquid, EASYDOSE Ultra Concentrate, Free & Clear	6 / 683ml 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 446872	47059			Wipes, Multi-Purpose, Garden Mint	12 / 37ct G P
<b>SILK   BARISTA BEVERAGE FOR COFFEE - \$1.88 OFF</b>					
036632 076755	08001	GMO		Barista, Almond	6 / 946ml
036632 076540	52238	GMO		Barista, Oat	6 / 946ml
<b>SILK   DAIRY-FREE BEVERAGE - 15% OFF</b>					
056800 715811	52243	GMO	+	Oat Beverage, Original	12 / 946ml U
<b>SILK   DAIRY-FREE BEVERAGE (REFRIGERATED) - \$2.88 OFF</b>					
025293 001503	07055	GMO		Beverage, Almond Unsweetened	6 / 1.89L U
036632 072399	52230	GMO		Beverage, Oat Dark Chocolate	6 / 1.75L U
036632 072405	52232	GMO		Beverage, Oat Original	6 / 1.75L U
036632 075321	52233	GMO		Beverage, Oat Unsweetened	6 / 1.75L U
056800 727494	52239	GMO	+	Beverage, Oat Unsweetened Vanilla	6 / 1.75L U
036632 072412	52231	GMO		Beverage, Oat Vanilla	6 / 1.75L U

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>SILK   FOR COFFEE (REFRIGERATED) - UP TO \$3.30 OFF</b>					
025293 003880	07292	GMO		For Coffee, Almond Hazelnut	12 / 473ml
036632 077653	06544	GMO		For Coffee, Almond Unsweetened Vanilla	12 / 473ml
025293 002630	07251	GMO		For Coffee, Almond Vanilla	12 / 473ml
025293 004016	07290	GMO		For Coffee, Coconut Original	12 / 473ml
025293 600768	06543	GMO		For Coffee, Soy Original	12 / 473ml
036632 075451	08030	GMO	GF	Creamer, Almond Vanilla	12 / 890ml
036632 075918	08033	GMO		Creamer, Half & Half, Oat & Coconut	12 / 890ml
036632 075147	08032	GMO	GF	Creamer, OAT YEAH! The Vanilla One	12 / 890ml
036632 075444	08031	GMO	GF	Creamer, Soy Original	12 / 890ml
<b>SILK   DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED) - \$1.88 OFF</b>					
036632 076939	08102	GMO	* BC	Shreds, Cheddar Style	6 / 200g
036632 076922	08101	GMO		Shreds, Mozzarella Style	6 / 200g
<b>SIMPLY ORGANIC PRODUCTS - UP TO 20% OFF</b>					
089836 192332	70842		*	Ceylon Cinnamon, Organic (glass bottle)	6 / 59g
089836 192431	70855	GMO	V *	X Mix, Guacamole, Organic	6 / 113g
089836 192448	70854	GMO	V *	X Mix, Guacamole, Spicy, Organic	6 / 113g
089836 192424	70850	GMO	V *	X Simmer Sauce, Classic Fajita, Organic (pouch)	6 / 227g
089836 192455	70851	GMO	V *	X Simmer Sauce, Green Enchilada, Organic (pouch)	6 / 227g
089836 192400	70852	GMO	V *	X Simmer Sauce, Taco, Mild, Organic (pouch)	6 / 227g
089836 192417	70853	GMO	V *	X Simmer Sauce, Taco, Southwest, Organic (pouch)	6 / 227g
<b>SNACK 21   DOG &amp; CAT SNACKS - 10% OFF</b>					
623572 111884	48135		BC	Salmon Strips for Dogs	1 / 140g G P
623572 102417	48133		BC	Salmon Skin Crisps for Dogs	1 / 200g G P
623572 707254	48134		BC	X Salmon Skin Rolls for Dogs	6 / 6pk G P
623572 657023	48139		BC	X Salmon Jumbo Fillets for Dogs	8 / 65g G P
623572 077258	48132		BC	X Hawaiian Tuna Treats for Dogs	12 / 25g G P
623572 200069	48137		BC	X Pacific Whiting for Dogs	12 / 25g G P
623572 061295	48138		BC	X Salmon Snacks for Cats	12 / 25g G P
623572 091599	48136		BC	X Salmon Snacks for Dogs	12 / 25g G P
<b>SO DELICIOUS   NON-DAIRY NOVELTIES (FROZEN) - UP TO 15% OFF</b>					
744473 000258	56255	GMO	GF	X ALMOND MILK, Minis Bars, Mocha Almond Fudge	6 / 4x68ml G
744473 000746	56256	GMO	GF	X CASHEW MILK, Frozen Dessert Bars, Dipped Salted Caramel	6 / 4x68ml G
744473 274123	56254	GMO	GF	X COCONUT MILK, Minis Bars, Coconut Almond, Chocolate Covered	6 / 4x68ml G
744473 274116	56253	GMO	GF	X COCONUT MILK, Minis Bars, Vanilla, Chocolate Covered	6 / 4x68ml G
744473 274307	56252	GMO		X COCONUT MILK, Minis Sandwiches, Chocolate Cookie, Coconut	6 / 8x68ml G
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
<b>SOBAYA   PASTAS - 15% OFF</b>					
057443 401017	30140		+	Soba, Wheat and Buckwheat	12 / 454g
057443 309047	30154		* +	Udon, Spelt, Organic	12 / 230g
<b>SOL CUISINE   MEATLESS BURGERS (FROZEN) - \$6.00 OFF</b>					
628025 019328	54555	GMO	GF	+ X Burger, Extreme Griller (4/pkg)	12 / 284g
628025 019250	54561	GMO	GF	+ X Burger, Mushroom & Wild Rice (4/pkg)	12 / 284g
628025 019298	54558	GMO	GF	+ X Burger, Spicy Black Bean (4/pkg)	12 / 284g
<b>SOUTHERN RECIPE SMALL BATCH   PORK RINDS - 10% OFF</b>					
077079 004529	37402			X <b>NEW!</b> Pork Rinds, Pineapple Ancho Chile	15 / 85g G
077079 004512	37403			x <b>NEW!</b> Pork Rinds, Spicy Dill	15 / 85g G



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>SOYA NOVA   TOFU (REFRIGERATED) - 10% OFF</b>					
813696 000120	40317	BC	Ⓟ	Tofu, Finest Medium Firm (made w/organic soybeans)	1 / 400g
813696 000939	40316	BC	Ⓟ	Tofu, Smoked, Garlic, Dill & Chilli Pepper (made w/organic soybeans)	1 / 200g
813696 000144	40314	BC	Ⓟ	Tofu, Smoked, Westcoast (made w/organic soybeans)	1 / 225g
813696 001561	40315	BC	Ⓟ	Tofu, Sprouted Soybean (made w/organic soybeans)	1 / 300g
<b>SPICE IT UP FOODS   MEATLESS MEATBALLS (FROZEN) - 15% OFF</b>					
180356 000890	60176	BC	Ⓟ X	Meatless Meatballs, Indian Marinara Style Sauce	12 / 400g
<b>SPREAD 'EM KITCHEN CO.   CASHEW CHEEZE &amp; PLANT-BASED DIP (REFRIGERATED) - 10% OFF</b>					
628176 337081	14663	GF	BC	Ⓟ On The Go Cream Cheeze & Crackers, Chives & Garlic	6 / 98g
628176 337043	14673		BC	Ⓟ Cheeze Block, The Big Smoke, Applewood Smoked	6 / 200g
628176 337012	14671		BC	Ⓟ Cheeze Block, The Classic, Greek Inspired	6 / 200g
628176 337036	14670		BC	Ⓟ Cheeze Block, The Delight, Apricot & Chilli	6 / 200g
628176 337029	14672		BC	Ⓟ Cheeze Block, The Meadow, Herbs & Garlic	6 / 200g
627843 428213	14652		BC	Ⓟ Cashew Veggie Dip, Beet & Balsamic	8 / 183g
627843 428244	14653		BC	Ⓟ Cashew Veggie Dip, Carrot & Chilli	8 / 183g
<b>SQUAMISH   WATER KEFIR (REFRIGERATED) - 15% OFF</b>					
628451 426028	23606		BC	Ⓟ Water Kefir, Blood Orange (can)	12 / 355ml G P U
628451 426004	23605		BC	Ⓟ Water Kefir, Lemon Ginger (can)	12 / 355ml G P U
628451 426035	23608		BC	Ⓟ Water Kefir, Mint (can)	12 / 355ml G P U
628451 426059	23609		BC	Ⓟ Water Kefir, Palmer Lemonade (glass bottle)	12 / 355ml G P U
<b>STICKLING'S   BAKERY PRODUCTS - 15% OFF + VOLUME PRICING</b>					
775918 002032	32044	GF	+ Ⓟ X	CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g
				<b>Buy 12+ cases</b>	<b>Save 5%</b>
775918 002018	32041	GF	+ Ⓟ	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
				<b>Buy 12+ cases</b>	<b>Save 5%</b>
<b>SUNDHED   SEA SALT &amp; PURE HIMALAYAN SALT - 15% OFF</b>					
873778 006174	06169		Ⓟ	Sea Salt Grinder	6 / 250g
873778 006778	06171		Ⓟ	Sea Salt, Coarse	6 / 750g
873778 006730	06174		Ⓟ	Sea Salt, Fine Iodized	6 / 750g
873778 006679	02253		Ⓟ	Himalayan Pink Salt Grinder	6 / 390g
873778 006143	02257		Ⓟ	Himalayan White Salt, Fine Iodized	6 / 750g
<b>TERRA ARTISAN BREAD (FROZEN) - 10% OFF</b>					
779324 008268	40139	BC	Ⓟ X	Pizza Bianca Flatbread	24 / 270g
779324 000507	40133	BC	Ⓟ X	French Baguette	20 / 290g
779324 000125	40134	BC	Ⓟ X	French Loaf	15 / 450g
779324 000316	40140	BC	Ⓟ X	Sourdough Loaf, (made w/organic flour)	15 / 480g
779324 100054	40130	BC	Ⓟ X	Sourdough Loaf, Cheese	15 / 500g
779324 000194	40135	BC	Ⓟ X	Sourdough Loaf, Green Olive	15 / 500g
779324 100108	40137	BC	Ⓟ X	Sourdough Loaf, Multigrain (made w/organic ingredients)	15 / 500g
779324 100153	40157	BC	Ⓟ X	Sourdough Loaf, Walnut	15 / 500g
779324 009197	40136	BC	Ⓟ X	Sourdough Loaf, Heritage (made w/organic flour)	8 / 700g

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>THE VERY GOOD CHEESE CO.   PLANT-BASED CHEESE (REFRIGERATED) - 10% OFF</b>						
628176 694627	56321	BC	Ⓟ	Bold Cheddar, White Cheddar Style	6 / 190g	_____
628176 694658	56324	BC	Ⓟ	Cheddar, Medium Cheddar Style	6 / 190g	_____
628176 694634	56322	BC	Ⓟ	Dill'ish, Garlic & Herb Havarti Style	6 / 190g	_____
628176 694641	56323	BC	Ⓟ	Goud AF*, Smoky Gouda Style	6 / 190g	_____
628176 694610	56320	BC	Ⓟ	Pepper Jack, Monterey Jack Style	6 / 190g	_____
<b>THE VERY GOOD BUTCHERS   PLANT BASED BUTCHERY (FROZEN) - 10% OFF</b>						
628176 694191	56311	BC	Ⓟ X	BUTCHER'S SELECT Flipin' Good Burger	10 / 226g	_____
628176 694146	56312	GMØ	GF	BC Ⓟ X BUTCHER'S SELECT Ground, Beefy	10 / 340g	_____
628176 694139	56313	GMØ	GF	BC Ⓟ X BUTCHER'S SELECT Ground, Porky	10 / 340g	_____
628176 694184	56310	BC	Ⓟ X	BUTCHER'S SELECT Mmm Meatballs, Classic Italian	6 / 400g	_____
628176 694511	56314	GMØ	GF	BC Ⓟ X BUTCHER'S SELECT Mmm Meatballs, Spicy Italian	6 / 400g	_____
628176 694061	56307	BC	Ⓟ X	BUTCHER'S SELECT Sausage, Bratwurst	8 / 400g	_____
628176 694924	56308	BC	Ⓟ X	BUTCHER'S SELECT Sausage, Breakfast	10 / 360g	_____
628176 694085	56309	BC	Ⓟ X	BUTCHER'S SELECT Sausage, Cajun	8 / 400g	_____
628176 694313	56315	GMØ		BC Ⓟ X <b>NEW!</b> Very Good Steak	6 / 400g	_____
<b>THEO   CHOCOLATE - UP TO \$5.90 OFF</b>						
874492 002534	11985	GMØ	* @	X <b>NEW!</b> Dark Chocolate 70%, Mint, Organic	12 / 85g	G _____
874492 005375	11996	GMØ	* @	X <b>NEW!</b> Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g	G _____
874492 002411	11981	GMØ	* @	X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g	G _____
874492 002459	11978	GMØ	* @	X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g	G _____
874492 003258	11993	GMØ	* @	X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g	G _____
874492 004200	11995	GMØ	* @	X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g	G _____
874492 002633	11987	GMØ	* @	X Dark Chocolate 70%, Coconut, Organic	12 / 85g	G _____
874492 003814	11994	GMØ	* @	X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g	G _____
874492 002374	11979	GMØ	* @	X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g	G _____
874492 002510	11984	GMØ	* @	X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g	G _____
874492 003210	11991	GMØ	* @	X Peanut Butter Cups, Dark Chocolate	12 / 38g	G _____
874492 004910	11990	GMØ	* @	X Peanut Butter Cups, Dark Chocolate Peanut Butter & Jelly, Organic	12 / 38g	G _____
874492 003227	11992	GMØ	* @	X Peanut Butter Cups, Milk Chocolate	12 / 38g	G _____
<b>THIRSTY BUDDHA   COCONUT WATER - \$1.75 OFF + VOLUME PRICING</b>						
852953 001432	72505	GMØ	GF	X Coconut Water, Natural w/Pulp (can)	12 / 490ml	U _____
852953 001418	07165	GMØ	GF	X Coconut Water, Natural (can)	12 / 490ml	U _____
				<b>Buy 10-24 cases (490ml SKUS)</b>	<b>Save 0.50</b>	_____
				<b>Buy 25-49 cases (490ml SKUS)</b>	<b>Save 0.75</b>	_____
				<b>Buy 50+ cases (490ml SKUS)</b>	<b>Save 1.00</b>	_____
<b>THRIVE REMEDIES   ADAPTOGENIC TEAS - 15% OFF</b>						
628176 390017	11610	*	BC Ⓟ X	Adaptogenic Tea, Detox, Organic	12 / 475ml	U _____
<b>TMRW FOODS   MEAT ALTERNATIVES (FROZEN) - 15% OFF</b>						
627987 299717	11055	BC	Ⓟ X	Breakfast Patties	12 / 210g	_____
627987 299694	11071	BC	Ⓟ X	Burger Patties	8 / 226g	_____
627987 299731	11056	BC	Ⓟ X	Ground, Original	8 / 340g	_____
628634 283790	11065	BC	Ⓟ X	Shreds, Lightly Seasoned	8 / 200g	_____
<b>TOFINO   RAW KOMBUCHA (REFRIGERATED) - 10% OFF</b>						
628176 608136	17243	GMØ	*	BC Ⓟ X Kombucha, Apple Honeybush, Organic (can)	12 / 355ml	G P U _____
628176 608150	17244	GMØ	*	BC Ⓟ X Kombucha, Turmeric Raspberry, Organic (can)	12 / 355ml	G P U _____



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>TOM'S OF MAINE   DEODORANTS - 15% OFF</b>					
077326 832295	81075			Antiperspirant, Natural Powder	1 / 64g G P
<b>TRADITIONAL MEDICINALS   TEA - \$1.80 OFF</b>					
032917 007391	12140	GMO		Belly Comfort, Peppermint	6 / 16ct
032917 007339	12170	GMO		Breathe Easy Tea	6 / 16ct
032917 007346	12169	GMO	* @	Chamomile w/Lavender Tea, Organic	6 / 16ct
032917 007353	12171	GMO	* @	Chamomile, Organic	6 / 16ct
032917 007360	12150	GMO		Cold Formula	6 / 16ct
032917 007377	12199	GMO	* @	Cup of Calm, Organic	6 / 16ct
032917 007384	13207	GMO	*	Dandelion Leaf and Root, Organic	6 / 16ct
032917 007407	12189	GMO	*	Echinacea Plus Elderberry, Organic	6 / 16ct
032917 007414	12177	GMO	*	Echinacea Plus, Organic	6 / 16ct
032917 007421	13208	GMO	*	Everyday Detox, Dandelion, Organic	6 / 16ct
032917 007438	12942	GMO	*	EveryDay Detox, Lemon, Organic	6 / 16ct
032917 007445	12984	GMO	GF *	Fennel, Organic	6 / 16ct
032917 007452	12163	GMO	*	Ginger Aid, Organic	6 / 16ct
032917 007476	12103	GMO	* @	Ginger, Organic	6 / 16ct
032917 007483	12186	GMO	* @	Green Tea w/Ginger, Organic	6 / 16ct
032917 007490	12174	GMO	* @	Green Tea w/Lemongrass, Organic	6 / 16ct
032917 007711	31700	GMO	*	Green Tea, Matcha, Organic	6 / 16ct
032917 007506	30109	GMO	* @	Heart Tea w/Hawthorn Hibiscus, Organic	6 / 16ct
032917 007704	31701	GMO	*	Herbal Tea, Reishi Mushroom, Organic	6 / 16ct
032917 007513	12985	GMO	GF * @	Hibiscus, Organic	6 / 16ct
032917 007520	12983	GMO	GF *	Lemon Balm, Organic	6 / 16ct
032917 007537	12244	GMO	*	Licorice Root, Organic	6 / 16ct
032917 007544	13049	GMO	*	Mother's Milk Tea, Organic	6 / 16ct
032917 007551	12249	GMO	*	Nettle Leaf, Organic	6 / 16ct
032917 007568	12986	GMO	GF *	Nighty Night Valerian, Organic	6 / 16ct
032917 007575	12142	GMO	* @	Nighty Night, Organic	6 / 16ct
032917 007582	12173	GMO	*	Peppermint, Organic	6 / 16ct
032917 007599	12143	GMO	*	Raspberry Leaf, Organic	6 / 16ct
032917 007643	12952	GMO	*	RELAXATION TEA, Stress Soother, Cinnamon, Organic	6 / 16ct
032917 007605	12104	GMO	*	Roasted Dandelion Root, Organic	6 / 16ct
032917 007612	12950	GMO	*	Smooth Move Peppermint, Organic	6 / 16ct
032917 007629	12160	GMO	*	Smooth Move, Organic	6 / 16ct
032917 007636	12106	GMO	* @	Spearmint, Organic	6 / 16ct
032917 007650	12190	GMO	*	Throat Coat Lemon Echinacea, Organic	6 / 16ct
032917 007667	12165	GMO	*	Throat Coat, Organic	6 / 16ct
032917 007674	12953	GMO	* @	Tulsi w/ Ginger, Organic	6 / 16ct
032917 007681	12954		*	Turmeric with Meadowsweet & Ginger, Organic	6 / 16ct
032917 007698	12155	GMO	* @	Weightless Tea, Organic	6 / 16ct
<b>TRIPLE JIM'S   ALL NATURAL JUICE MADE FROM BC FRUIT - 10% OFF</b>					
059105 001009	18135		* BC P	Cider, Apple, Organic	12 / 946ml U
059105 003782	18121		* BC P	Cider, Apple, Organic	4 / 3.78L U
<b>UDI'S PRODUCTS (FROZEN) - UP TO \$5.50 OFF</b>					
698997 809548	54353	GF		X Bagels, Plain (5ct)	8 / 395g
698997 809647	54285	GF		X Bagels, Whole Grain (5ct)	8 / 395g
698997 809104	54287	GF		X Bread, White Sandwich	8 / 340g
698997 829157	54290	GF		X Bread, Whole Grain Sandwich Loaf	8 / 340g
698997 809135	55036	GF		X Buns, Hamburger, Classic (4ct)	8 / 295g
698997 809173	54289	GF		X Pizza Crusts (2ct)	8 / 227g
698997 810483	54293	GF		X Pizza, Four Cheese	6 / 497g
698997 810490	54294	GF		X Pizza, Margherita	6 / 493g
698997 810506	54295	GF		X Pizza, Pepperoni	6 / 522g
698997 810513	54292	GF		X Pizza, Supreme	6 / 542g



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN) - 10% OFF</b>					
627843 517436	54644	GF V	+ P X	Artisan Vegan Burgers, Sweet Potato and Black Bean (4 pk)	12 / 400g
627843 517412	54596	GF V	+ P X	Lentil & Walnut Burger (4 pk)	12 / 400g
627843 517375	54594	GF V	+ P X	Quinoa & Chickpea Burger (4 pk)	12 / 400g
<b>VIJ'S   INDIAN CUISINE (FROZEN) - UP TO 25% OFF</b>					
673984 001419	54412		+ P X	Everyday Chana Masala	6 / 400g
673984 001396	54410	GF	+ P X	Green Beans, Coconut Ginger	6 / 400g
673984 001303	54400		+ P X	Kaloni Chicken Curry	6 / 400g
673984 001815	54419		+ P X	Maharaja Paneer	6 / 400g
673984 001426	54413		+ P X	Slow-Cooked Punjabi Daal	6 / 400g
673984 001327	54402		+ P X	Vij's Masala Chicken	6 / 400g
<b>WAKEWATER   CAFFEINATED SPARKLING WATER - 18% OFF</b>					
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
<b>WILDBRINE   WILD CREAMERY CULTURED DAIRY ALTERNATIVES (REFRIGERATED) - 10% OFF</b>					
857859 007236	32256	GMO	V *	NEW! WILDCREAMERY, Cream Cheese	8 / 241g
857859 007229	32250	GMO	V *	NEW! WILDCREAMERY, European Style Cultured Butter	12 / 340g
857859 007243	32255	GMO	V *	NEW! WILDCREAMERY, Sour Cream	8 / 241g
<b>WILDBRINE   FERMENTED PRODUCTS (REFRIGERATED) - UP TO 20% OFF</b>					
858159 002051	32156	GMO	V	Kimchi, Japanese	6 / 500ml
858159 002068	32157	GMO	V	Kimchi, Korean	6 / 500ml
858159 002686	32242	GMO		Kimchi, Mild w/ turmeric (raw)	6 / 500ml
858159 002082	32159	GMO		Salsa, Fermented Salsa Rojo	6 / 510ml
858159 002020	32152	GMO	*	Sauerkraut, Arame & Ginger, Organic	6 / 500ml
858159 002013	32151	GMO	*	Sauerkraut, Dill & Garlic, Organic	6 / 500ml
858159 002419	32220	GMO	*	Sauerkraut, Raw, Green, Organic	6 / 500ml
858159 002044	32154	GMO	*	Sauerkraut, Red Beet & Cabbage, Organic	6 / 500ml
858159 002716	32238	GMO		Sriracha Sauce, Spicy Kimchi	8 / 241g
<b>WIZE COFFEE LEAF   ICED TEA - UP TO \$3.58 OFF</b>					
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
<b>XOMA SUPERFOODS   COMPOSTABLE SINGLE-SERVE BREW PODS (Compatible with Keurig K-Cup Brewing Systems) - 10% OFF</b>					
628678 478329	01211	BC	P	Superfood Drink Mix, Coffee, Keto	6 / 12ct
628678 478312	01212	BC	P	Superfood Drink Mix, Coffee, MCT	6 / 12ct
628678 478350	01210	BC	P	Superfood Drink Mix, Cocoa Keto	6 / 12ct
628678 478343	01213	BC	P	Superfood Drink Mix, Matcha Latte	6 / 12ct
628678 478336	01214	BC	P	Superfood Drink Mix, Turmeric Golden Milk	6 / 12ct
<b>YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS - 15% OFF</b>					
799441 440703	48060		+ P	Dog & Cat Treat, Bison Heart	1 / 100g G P
799441 440666	48061		+ P	Dog & Cat Treat, Bison Liver	1 / 100g G P
<b>ZEVIA   ZERO CALORIE BEVERAGE - UP TO 15% OFF</b>					
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
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 001218	07107	GMO	GF	Soda, Lemon Lime Twist	4 / 6x355ml G P U

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

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>CLEARANCE</b>					
<i>Discontinued and Clearance items are final sale</i>					
<b>ANITA'S ORGANIC   BAKING MIXES - 55% OFF</b>					
	91621			Cookie Mix, Short Bread (S/O)	4 / 345g
<b>ASPENCLEAN   CLEANING PRODUCTS - 55% OFF</b>					
876805 003061	81201			Microfiber Cloth, Glass, Professional Grade	6 / 1ea G P
876805 003085	81203			Microfiber Cloth, Kitchen, Professional Grade	6 / 1ea G P
<b>BIO-K PLUS   PROBIOTICS (REFRIGERATED) - 50% OFF</b>					
626608 001128	07380	GF	+ P	Capsules, Mild (12.5 Billion)	1 / 15ct G
<b>BLUEBIRD PROVISIONS   BONE BROTH - 20% OFF</b>					
	68603			Chicken Bone Broth (S/O)	6 / 200g
<b>BREMNER'S   FROZEN FRUITS - 25% OFF</b>					
	55078			Blueberries (S/O)	8 / 1.5kg
<b>CABOO   BAMBOO WIPES - 20% OFF</b>					
628451 738046	46308			Bamboo Baby Wipes, Value Pack (S/O)	6 / 3x72ct G P
<b>CHA'S ORGANICS   SPICES - 55% OFF</b>					
806253 001340	16791	GMØ GF V * @		Cinnamon, Ceylon, Ground, Organic	6 / 130g
<b>DOMO TEAS - 80% OFF</b>					
	04038			X Tea Elixo (S/O)	6 / 120g
<b>DOM'S DEODORANTS - UP TO 90% OFF</b>					
628176 500164	88011	GMØ	BC P	Cream Deodorant, Frankincense & Fir	12 / 50ml G P
628176 500133	88009	GMØ	BC P	Cream Deodorant, Lemon Citrus	12 / 50ml G P
<b>DRAGON TOWELS   BAMBOO REUSABLE PAPER TOWELS - 55% OFF</b>					
876791 000068	46200			Reusable Bamboo Kitchen Towels (20 sheets/roll)	15 / 1 ea G P
<b>ECO-MAX   HOUSEHOLD CLEANERS - 25% OFF</b>					
853907 001010	80950		+ P	Cleaner, All Purpose, Natural Lemongrass	6 / 710ml G P
<b>FOOD SHOULD TASTE GOOD   CHIPS - 15% OFF</b>					
021908 812533	37301	GF V		X Tortilla Chips, Multigrain	12 / 156g G
<b>FRONTIER   HERBS &amp; SPICES - 50% OFF</b>					
089836 210180	70556		*	X Chili Pepper, Flakes, Organic	6 / 31g
089836 210364	70574		*	X Onion, Granules, Organic	6 / 43g
<b>GIOVANNI   ECO CHIC COSMETICS - 70% OFF</b>					
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
<b>GINGER PEOPLE   GINGER CANDY - 80% OFF</b>					
734027 551459	35027	B GF		X Gin Gins, Ginger Chews, Original (S/O)	1 / 5kg G
<b>GOGO QUINOA PRODUCTS - 15% OFF</b>					
896899 000098	22142	GMØ GF *		X Cereal, Puffed Quinoa, Organic	6 / 180g
896899 000463	19012	GMØ GF	+ P	Cookies, Quinoa Double Chocolate	6 / 165g
896899 000692	19020	GMØ *		Flakes, Buckwheat, Organic	6 / 350g
885320 010676	30032	GMØ GF	+ P	Pasta Dinner, Lentil Pasta & Vegan Cheese	12 / 156g
885320 000363	19028	GMØ GF *		Pasta, Anelli w/Vegetables & Turmeric, Organic	12 / 227g
<b>GREEN LID   COMPOSTABLE COMPOST BIN - 90% OFF</b>					
858143 000018	46303		+ P	X Compostable Compost Bin, Starter Kit	20 / 5ct G P
<b>HERBARIA   HERBAL TEA - 15% OFF</b>					
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

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
<b>CLEARANCE</b>						
<i>Discontinued and Clearance items are final sale</i>						
<b>HERBARIA   HERBAL TEA - 15% OFF</b>						
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
<b>KODA FARMS   RICES - 70% OFF</b>						
074823 201234	31014	GMØ	GF	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	12 / 2.27kg
074823 201210	31013	GMØ	GF	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	12 / 2.27kg
<b>KOYO   JAPANESE PRODUCTS - 15% OFF</b>						
065493 062638	24205				Agar Kanten Flakes (Vegetarian Gelatin)	10 / 28g
<b>LA PREFERIDA   SALSAS - 45% OFF</b>						
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
<b>LITTLE NORTHERN BAKEHOUSE PRODUCTS (FROZEN) - UP TO 45% OFF</b>						
671521 440516	55452	GMØ	GF V	BC	X Loaf, Sprouted, Honey Oat	6 / 482g
671521 441353	55460	GMØ	GF V	BC	X Pizza Crust, Thin (10" 2pk)	12 / 420g
<b>LOVE CHILD ORGANICS   BABY FOODS - 15% OFF</b>						
858860 001145	61054			* +	Puree with Yogurt, Apples, Strawberries, Rhubarb, Organic (8+ months)	2 / 6x128ml
<b>MAISIE JANE'S   NUT BUTTERS - 30% OFF</b>						
	91604				Harvest Bounty (S/O)	6 / 538g
<b>MILLENNIA TEA   FRESH-LEAF &amp; SUPERFOOD TEA (FROZEN) - UP TO 90% OFF</b>						
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
<b>MR. SPICE   ORGANIC SALT FREE SAUCES - 60% OFF</b>						
039348 000212	14262	GMØ		*	Honey BBQ, Organic	12 / 298g
<b>MUMM'S   SEEDS &amp; SANDWICH BOOSTER - 50% OFF</b>						
073295 125420	34432			* +	Seeds, Crunchy Bean Mix (Chickpeas/Lentils/Peas), Organic	12 / 125g
<b>NATURA   DAIRY FREE BEVERAGES - 75% OFF</b>						
063667 200084	06401		V	+ +	Oat, Chocolate	12 / 946ml
<b>NORA   SEAWEED SNACKS - 25% OFF</b>						
	19103				Seaweed Spicy (S/O)	12 / 32g
<b>NUTS TO YOU   NUT &amp; SEED BUTTERS - 35% OFF</b>						
068892 400803	42354			+ +	Almond Butter, Smooth	12 / 250g
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
<b>OLIVADO OILS - 55% OFF</b>						
9421009 030286	37592				Avocado Oil w/Lemon Zest, Extra Virgin	6 / 250ml
<b>OMEGA NUTRITION   MCT OIL - 15% OFF</b>						
055358 350086	85343		GF	+ +	MCT Oil	6 / 946ml G
<b>PERFECT CHEF   TOMATO PASTA SAUCE - 15% OFF</b>						
620988 050462	42407	GMØ		* +	Pasta Sauce, Red Lentil, Organic	6 / 740ml
<b>PUKKA ORGANIC TEAS - 20% OFF</b>						
506022 9013866	40806	GMØ		* @	X Herbal Tea, Wild Apple & Cinnamon, Organic	4 / 20ct
<b>RISE   KOMBUCHA (REFRIGERATED) - 15% OFF</b>						
818762 000356	15309	GMØ	GF V	* +	Lemongrass, Organic (glass)	6 / 1L G P U





STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order	
<b>CLEARANCE</b>							
<i>Discontinued and Clearance items are final sale</i>							
<b>SAFE CATCH   LOW MERCURY CANNED SEAFOOD - 25% OFF</b>							
859480 006299	68506	GMO			Elite Wild Skipjack Tuna, Tandoori	6 / 142g	
<b>SAPADILLA PRODUCTS - UP TO 55% OFF</b>							
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	
<b>SIMPLY ORGANIC   DIP MIXES - 40% OFF</b>							
	91361				X Guacamole Shipper (S/O)	36 / 1ea	
<b>TOFURKY   MEAT ALTERNATIVES (FROZEN) - 25% OFF</b>							
	57070				Vegetable Feast (S/O)	6 / 1.58kg	
<b>TRADITIONAL MEDICINALS TEAS - 30% OFF</b>							
032917 101884	12951				Smooth Move, Chamomile	6 / 20ct	
<b>TRUE CITRUS   SEASONING &amp; DRINK MIX - 15% OFF</b>							
810979 006800	70370				True Lemon Crystallized Lemon Seasoning Shaker	6 / 60g G	
810979 001454	70371				True Lime Crystallized Sachet Packets	12 / 32ct	
<b>YOGI BEVERAGE TEAS - 20% OFF</b>							
076950 203464	12947				DeTox Tea, Lemon	6 / 16ct	
<b>ZAZUBEAN   CHOCOLATE BAR - 20% OFF</b>							
	94740				Chocolate Bar, Bling, White Chocolate w/Cranberries (S/O)	12 / 85g	
<b>ZIMT   CHOCOLATE BARS - UP TO 50% OFF</b>							
628055 532019	11001	GMO	GF	*	BC $\text{P}$ X	Raw Chocolate, Coconut Crisp, Organic (S/O)	12 / 40g G
628055 532057	11005	GMO	GF	*	BC $\text{P}$ X	Raw Chocolate, Sweet Orange Nib'd, Organic	12 / 40g G