



PRANA®

SPICE UP YOUR SNACK GAME!

NATURAL



NOW AVAILABLE THROUGH PSC

Prana's commitment to consumers is delivering delectable and accessible snacks that are natural, non-GMO, gluten-free and irresistibly delicious. This new natural snack line revolves around bold, intense flavors, created with premium quality ingredients so consumers can fuel up with clean wholesome energy.

* see pg.6 for pricing details



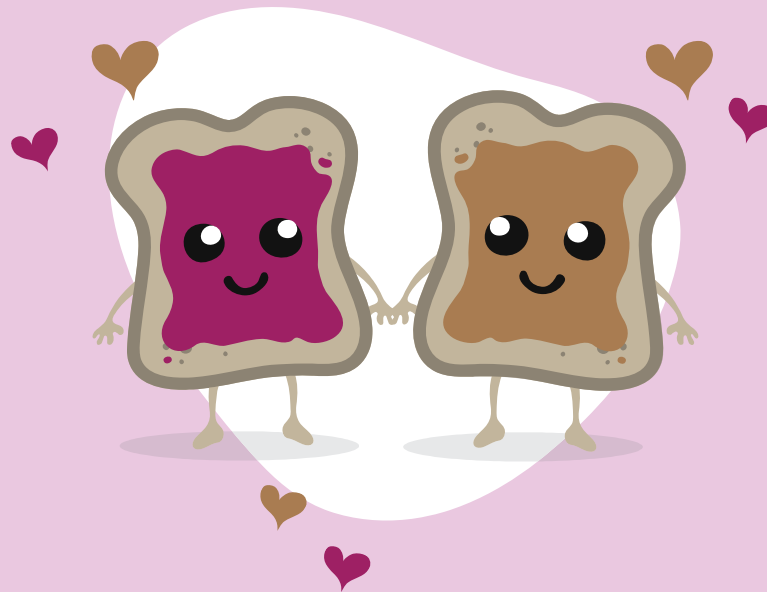


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Happy Valentine's Day!

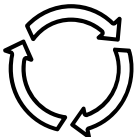
NEW!
value-size bags

GROWN ORGANICALLY AND FROZEN WITH CARE

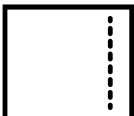


#1 MOST RECOGNIZED

and trusted organic produce
brand in North America



RECYCLABLE PACKAGING



STAND-UP BAGS with resealable zippers

* see pg.6 for pricing details

PRODUCTS

900 g Frozen Organic Blueberries *

900 g Frozen Organic Green Peas

900 g Frozen Organic Mango Chunks *

900 g Frozen Organic Triple Berry Blend *

900 g Frozen Organic Sliced Strawberries *

900 g Frozen Organic Sweet Corn

750 g Frozen Organic Broccoli Florets *

* available at PSC to order in February





Nature Clean Liquid Hand Soap is 100% naturally derived. It gently cleanses, moisturizes, and nourishes your hands without irritating your skin. Our hand soap is scented with essential oils only, is safe for sensitive skin, Dermatologist tested and cruelty free.

* see pg.6 for pricing details

80145 NATURE CLEAN
80144 NATURE CLEAN

NEW! Liquid Hand Soap Refill, Citrus 6/1L
NEW! Liquid Hand Soap Refill, Fragrance Free 6/1L



Keep your dishes looking spotless with Nature Clean 98% natural dishwashing liquid. Made without the use of any nasty chemicals, scented with essential oils only, safe for sensitive skin, Dermatologist tested and cruelty free.



80581 NATURE CLEAN
80583 NATURE CLEAN
80582 NATURE CLEAN

NEW! Dishwashing Liquid, Lavender Tea-Tree 6/740ml
NEW! Dishwashing Liquid, Lemon Verbena 6/740ml
NEW! Dishwashing Liquid, Mandarin Grapefruit 6/740ml

Culture

CRAFT KOMBUCHA



Raspberry Rose

All day, Rosé! This refreshing zero-proof thirst-quencher showcases Raspberries sourced from Abbotsford's legendary Olera Farm and Roses grown by our founder's Mother. Raspberry Rose is a true nod to our roots and Mother of all our kombucha's.

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Raspberry, Rose Petals

Strawberry Mojito

The perfect start for a refreshing zero-proof or high-test libation, this thirst-quencher showcases strawberries sourced from the iconic Richmond Farm Market as well as the cooling kick of mint and a hint of zesty lime.

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Strawberry, Lime, Mint



* see pg.6 for pricing details



Hand crafted the hard way in small batches from fine ingredients

Hee-Haw is one of Canada's best tasting and hottest horseradishes made for discerning meat eaters tired of the same old same old

NEW! Damn Hot & Double Damn Hot Horseradish 12/250ml

www.heehawhorseradish.com



* see pg.6 for pricing details

NEW! KRINOS ORGANIC GARLIC STUFFED COCKTAIL OLIVES 6/375ml

A selection of the finest green olives stuffed with sweet and spicy fillings, perfect for appetizers, charcuterie boards, garnishes for cocktails or as a meal accompaniment.

A World of Premium Greek Foods

Aside from the widely known and loved feta and fillo products, Krinos imports and manufactures over 500 frozen, refrigerated and dry foods including specialty cheeses, olive oil, pasta, beans, peppers, yogurt, condiments and confectionery items.

* see
pg.6
for
pricing
details



* see
pg.6
for
pricing
details

**NEW! OVEN-BAKED PARM CRISPS
100% CHEESE SNACK 12/50g**

- **Original:** Made with only 100% aged parmesan cheese to deliver the uniquely bold and savoury taste you love with the crunch you're craving. On their own, accompanied by a sandwich or paired with a delicious dip.
- **Everything:** With a delicious seasoning blend of flax seeds, poppy seeds, garlic and minced onion. It's the savoury taste you love inspired by your favorite bagel. Bite-sized and ready to dip or simply crunch.

* see
pg.6
for
pricing
details

**NEW! PORTOFINO BAKERY
FRENCH WHITE ARTISAN LOAF
Sliced 5/8" (Food Service Loaf) 8/970g**

No artificial flavours or colours.

QUALITY BAKED INTO EVERY LOAF

Slow craft baking. Good bread takes time.

PORTOFINO BAKERY takes the extra time to ferment their dough slowly to bring out the best flavours and textures.

You can't rush a masterpiece.

* see
pg.6
for
pricing
details

**NEW! ROAR ORGANIC STRAWBERRY LEMONADE 12/532ml****ALSO NEW! ROAR PLUS****Berry Lemonade & Strawberry Watermelon 12/7.18g**

Ultra-convenient and deliciously vibrant, ROAR® Plus is hydration packed with a blend of antioxidants, vitamins, and electrolytes designed to support your everyday routine, boosted with added zinc, elderberry and green tea polyphenols, to give your body what it needs, right when you need it most.



* see
pg.6
for
pricing
details

**NEW! TOM'S OF MAINE DEODORANT 1/92g: • Rose Vanilla Deodorant • Unscented Deodorant**

- Cucumber Aloe Antiperspirant • Men's North Woods Antiperspirant
- Men's Mountain Spring Deodorant • Men's North Woods Deodorant

Experience long-lasting odour protection that's gentle on skin and helps keep you feeling fresh throughout the day. Tom's of Maine natural deodorant keeps you smelling great without aluminum, parabens and artificial fragrances.

Try Tom's of Maine Antiperspirant. It's made with recycled aluminum to help keep your underarms dry, as well as natural fragrances to keep you smelling great.

- NOT TESTED ON ANIMALS • NO ARTIFICIAL FLAVOURS, COLOURS, OR PRESERVATIVES



FEBRUARY NEW PRODUCTS 2024

UPC CODE	SKU CODE					
CULTURE CRAFT KOMBUCHA (REFRIGERATED) - 10% OFF - see pg.4						
628176 059266	17334	BC	Ⓜ	X Raspberry Rose (can)	12 / 355ml	G P U
628176 059259	17335	BC	Ⓜ	X Strawberry Mojito (can)	12 / 355ml	G P U
EARTHBOUND FARM ORGANIC FRUIT & VEGETABLES (FROZEN) - 10% OFF - see pg.2						
032601 954154	63040	GMO	*	X Blueberries, Organic	6 / 900g	
032601 954192	63044	GMO	*	X Broccoli Florets, Organic	6 / 750g	
032601 954161	63041	GMO	*	X Mango Chunks, Organic	6 / 900g	
032601 954185	63043	GMO	*	X Strawberries, Sliced, Organic	6 / 900g	
032601 954178	63042	GMO	*	X Triple Berry Blend - blueberries/blackberries/raspberries, Organic	6 / 900g	
HEE-HAW HORSERADISH - 15% OFF - see pg.4						
628110 106087	11171	BC	Ⓜ	Horseradish, Damn Hot	12 / 250ml	
628110 106094	11172	BC	Ⓜ	Horseradish, Double Damn Hot	12 / 250ml	
KRINOS GREEK OLIVES - 10% OFF - see pg.5						
055498 045200	48011	GMO	*	Olives, Stuffed Cocktail, Garlic, Organic	6 / 375ml	
NATURE CLEAN PRODUCTS - 10% OFF - see pg.3						
058951 197409	80581		+ Ⓜ	Dishwashing Liquid, Lavender Tea-Tree	6 / 740ml	G P
058951 403784	80583		+ Ⓜ	Dishwashing Liquid, Lemon Verbena	6 / 740ml	G P
058951 187400	80582		+ Ⓜ	Dishwashing Liquid, Mandarin Grapefruit	6 / 740ml	G P
058951 395157	80145		+ Ⓜ	Liquid Hand Soap Refill, Citrus	6 / 1L	G P
058951 395119	80144		+ Ⓜ	Liquid Hand Soap Refill, Fragrance Free	6 / 1L	G P
PARM CRISPS CHEESE SNACK - 15% OFF - see pg.5						
840093 504272	39360	GF		100% Cheese Snack, Everything, Oven-Baked	12 / 50g	G
840093 504265	39361	GF		100% Cheese Snack, Original, Oven-Baked	12 / 50g	G
PORTOFINO BAKERY BREAD (FROZEN) - 10% OFF - see pg.5						
661172 023022	40193	BC	Ⓜ	X Artisan Loaf, French White, sliced 5/8" (food service loaf)	8 / 970g	
PRANA SNACK MIX - 10% OFF - see cover						
877693 003928	26110	GMO	@ + Ⓜ	Snack Mix, Chocolate - Salted Almonds/Cranberries/Raisins	12 / 350g	G
877693 003935	26111	GMO	+ Ⓜ	Snack Mix, Edamame - Almonds/Dried Fruit/Pumpkin Seeds	12 / 400g	G
877693 003942	26112	GMO	+ Ⓜ	Snack Mix, Spicy Peas & Favas - Almonds/Edamame/Pumpkin Seeds	12 / 400g	G
ROAR ORGANIC VITAMIN ENHANCED BEVERAGE - \$2.40 OFF - see pg.5						
628250 053326	19906	GMO	*	X Strawberry Lemonade, Organic	12 / 532ml	G U
ROAR PLUS VITAMIN & ELECTROLYTE DRINK MIX - \$1.72 OFF - see pg.5						
628250 053340	19911			X Berry Lemonade	12 / 7.18g	G
628250 053357	19910			X Strawberry Watermelon	12 / 7.18g	G
TOM'S OF MAINE DEODORANT - 5% OFF - see pg.5						
827854 012863	81527			Antiperspirant, Cucumber Aloe	1 / 92g	G P
827854 012870	81528			Antiperspirant, Men's, North Woods	1 / 92g	G P
827854 012849	81529			Deodorant, Men's, Mountain Spring	1 / 92g	G P
827854 012894	81530			Deodorant, Men's, North Woods	1 / 92g	G P
827854 012801	81531			Deodorant, Rose Vanilla	1 / 92g	G P
827854 012818	81532			Deodorant, Unscented	1 / 92g	G P



PSC Natural Foods

— we deliver the goodness —

February Specials Showcase

Check out these awesome
featured products on deal !



100,000 Farmers. One Purpose.



The farmers who make the cocoa for the chocolate co-own the company & share in the profits.

- ♥ Fairtrade cocoa grown by family farmers in Ghana
- ♥ No artificial flavors
- ♥ Natural ingredients
- ♥ 100% pure cocoa butter
- ♥ No palm oil or soy

Certified



Corporation



sales@divinechocolateusa.com | (202) 332-8913 | 425 8th st. SE Washington, D.C.

* see specials insert for pricing details



all the flavour, nothing to hide.



100% whole grains. source of fibre. gluten free.



* see specials insert for pricing details



L'ANCÊTRE¹⁹/₉₂

* see specials insert for pricing details



**EVERY BITE IS
A BETTER WORLD**

fromagerieancetre.com



L'ANCÊTRE¹⁹/₉₂
BIO • ORGANIC

MOZZA-CHEDDAR
MÉLANGE DE FROMAGE RÂPÉ
SHREDDED CHEESE BLEND

SANS
LACTOSE
FREE

20% M.F. | 45% MOISTURE | 200g

L'ANCÊTRE¹⁹/₉₂
BIO • ORGANIC

FROMAGE • CHEESE
SUISSE • SWISS
RÂPÉ • SHREDDED

SANS
LACTOSE
FREE

27% M.F. | 40% MOISTURE | 200g

L'ANCÊTRE¹⁹/₉₂
BIO • ORGANIC

FROMAGE DE CHÈVRE ARTISAN
ARTISAN GOAT CHEESE
RÂPÉ • SHREDDED

SANS
LACTOSE
FREE

29% M.F. | 30% MOISTURE | 200g

L'ANCÊTRE¹⁹/₉₂
BIO • ORGANIC

FROMAGE • CHEESE
TRIPLE CHEDDAR
RÂPÉ • SHREDDED

SANS
LACTOSE
FREE

1% M.F. | 39% MOISTURE | 200g

L'ANCÊTRE¹⁹/₉₂
BIO • ORGANIC

FROMAGE • CHEESE
MOZZARELLA
RÂPÉ • SHREDDED

SANS
LACTOSE
FREE

40% M.F. | 40% MOISTURE | 200g

Phillips

SODA WORKS



**REAL CRAFT-BREWED SODA USING NATURAL HERBS,
SPICES AND CANE SUGAR**

★ AVAILABLE IN SINGLE FLAVOUR 4 PACKS OF 355ML CANS ★

* see specials insert for pricing details



PSC Natural Foods

— we deliver the goodness —

SALT SPRING™

COFFEE

Organic, Fair Trade.



100%



COMPOSTABLE
COFFEE PODS



* see specials insert for pricing details

BLUE HERON 100% COMPOSTABLE COFFEE PODS

Medium Dark Roast

Named for the majestic bird found in Salt Spring Island's Blue Heron Rookery, this medium-dark blend is unassuming one minute and bold the next — just like its namesake. You can have it all with this organic and fair trade blend. Our Blue Heron blend is both sweet and savoury, bold and bright. Look for milk chocolate tasting notes with hints of tangerine and nuts before sinking into a delightfully roasty finish.

Tasting Notes: milk chocolate, nutty, citrus



20 units / 230g | UPC 628415686635

FRENCH ROAST 100% COMPOSTABLE COFFEE PODS

Darkest Roast

If you love a bold dark roast coffee, our classic French Roast is for you. This is the darkest roast in our organic and fair trade coffee line-up, giving you a bold and smoky flavour with a sweet caramel finish. It takes well to cream and sugar like a good French Roast should.

Tasting Notes: bold, caramel, dark chocolate



20 units / 230g | UPC 628415686413

PERU 100% COMPOSTABLE COFFEE PODS

Medium Roast

Just like the name says, this is a single-origin, fair trade, and organic coffee exclusively from Peru. In 2004, we established our first direct trade relationship in Peru, moving toward a trade model that benefits the farmers. With an artful approach to roasting, we have brought out the best in the beans, highlighting a balance between apple and milk chocolate characteristics.

Tasting Notes: sweet, citrus, bright



20 units / 230g | UPC 628415686352

DECAF 100% COMPOSTABLE COFFEE PODS

Dark Roast

Our Decaf has hints of cocoa nibs and a rich body with a smooth nutty finish. One of the world's most innovative decaf processes, SWISS WATER® Decaf is chemical free, and their facility is located close to our roastery which makes for optimal freshness. This caffeine-free, organic dark roast coffee does not compromise on taste!

Tasting Notes: balanced, cocoa nibs, toasty



20 units / 230g | UPC 628415686161

WHITEWATER COOKS

pure, simple, and real creations.



Four sauces from the National
best selling cookbook series

GLORY BOWL dressing

This addictive dressing is excellent on plain brown rice, steamed vegetables, salad or just about anything!

It originates from the very popular "Glory Bowl" served at Whitewater Ski Resort. A bowl of brown rice topped with grated beets, grated carrots, spinach, toasted almonds, tofu and drizzled with Glory Bowl dressing.

MAPLE BALSAMIC vinaigrette

A flavour filled vinaigrette that pairs beautifully with a spring greens salad topped with candied pecans, goat cheese and strawberry slices. Served at Whitewater Ski Resort and loved by thousands of skiers!

Amazing drizzled on oven roasted vegetables like beets, brussels sprouts, carrots, parsnips or as a glaze for salmon.

HONEY CURRY vinaigrette

This treasured bold vinaigrette is very versatile. We love it on a crunchy coleslaw with red cabbage, apples, dried cranberries and nuts.

It's also great on a spinach, green or rice noodle salad. Try it as a dip for crudite or chicken fingers for the kids!

MISO GINGER marinade

This delicious sauce is excellent as a marinade or glaze for sablefish, salmon, grilled Ahi tuna or tuna sashimi. Also amazing on a rice noodle salad with sauteed vegetables. Delicious with chicken, beef, pork and tofu.

For an easy appetizer, drizzle on cucumber slices topped with smoked salmon and capers or dill.

WHITEWATERCOOKS.COM

* see specials insert for pricing details



WOW

Soft Baked
Lemon Cookie
Gluten-Free Cookies
Au Four
Biscuit au Citron
Biscuits Sans-Gluten

BAKING COMPANY

Produced in a facility certified as a dedicated gluten-free plant by the Gluten-Free Certification Organization.

Produit dans une usine certifiée comme usine sans gluten dédiée par l'Organisme de Certification Sans-Gluten

Certified
GF
Gluten-Free
Certifié Sans Gluten

CERTIFIED
GLUTEN FREE
GFCO.ORG

Give shoppers the gluten-free options they want.
All of our mouthwatering cookies are soft baked in a dedicated gluten-free facility with premium natural ingredients. So delicious, even those without gluten-sensitivities will enjoy every morsel!

NET WT 8OZ/227G

* see specials insert for pricing details

FOUR O'CLOCK, YOUR IMMERSIVE EXPERIENCE IN EVERY CUP



* see specials insert for pricing details



PACKED with probiotics.
For happy bellies.



8 different varieties of fermented products.
Available at your favourite retailers.

* see specials insert for pricing details



EVERYTHING YOU NEED, NOTHING YOU DON'T.®

ORGANIC & GLUTEN-FREE ENERGY BARS

* see specials insert for pricing details



10%
OFF!



Nakid
SUPERFOOD
CHOCOLATE / CHOCOLAT
COCOA NIBS & VANILLA
FÈVES DE CACAO & VANILLE
CHOCOLAT NOIR

Bestie
SUPERFOOD
CHOCOLATE / CHOCOLAT
ALMOND TOFFEE CRUNCH
AMANDES CARAMELISÉES
LAIT D'AVOINE

Hottie
SUPERFOOD
CHOCOLATE / CHOCOLAT
CHILI & CINNAMON
CHILI & CANNELLE
CHOCOLAT NOIR

Smooch
SUPERFOOD
CHOCOLATE / CHOCOLAT
VANILLA CARAMEL CRUNCH
VANILLE CARAMEL CROQUANT
CHOCOLAT AU LAIT

Flirt
SUPERFOOD
CHOCOLATE / CHOCOLAT
RASPBERRY & CHERRY
FRAMBOISE & CERISE
CHOCOLAT NOIR

CHOCOLATE
LOVE IS IN THE AIR!

* see specials insert for pricing details

bubbles with benefits!

sparkling organic tea + adaptogens

S
ö
t
a

organic ingredients

real fruit extracts

10+ functional ingredients

trace minerals



* see specials insert for pricing details

zero sugar | zero sweeteners | zero colours | zero caffeine

WHAT MAKES THIS SPECIAL:

Happiness Inside

Taste Nirvana's Signature Real Coconut Water



- Thai Coconuts
- Packed Within Hours of Opening
- Award Winning Taste
- Potassium & Electrolytes
- Not From Concentrate

Sweetly crisp and refreshing - every TASTE NIRVANA offering they bring to you is always approved by the experienced taste buds from their multi-generational Thai family business. Drink Happiness!



- Coconut Water 12/280ml & 6/700ml

* see specials insert for pricing details

PLANT-BASED & GLUTEN-FREE - MADE IN CANADA FROM REAL INGREDIENTS

* see specials insert for pricing details



MADE WITH GOURMET INGREDIENTS SUCH AS QUINOA, WILD MUSHROOMS, SWEET POTATO AND WALNUTS WITH LOADS OF FRESH HERBS, THESE BURGERS DELIVER! BIG BOLD FLAVOUR!

- All certified Vegan and high in protein and fiber
- Made with 100% natural ingredients

10% OFF

Simply Delicious.

PEANUT FREE
WOWBUTTER[®]
TASTES JUST LIKE PEANUT BUTTER, BUT BETTER!



ON SALE
THIS MONTH

EXTRA DISCOUNT WITH 6 CASE ORDER

* see specials insert for pricing details

PSC Toll-Free Telephone Order #: 1-800-663-7604 - PSC Toll-Free Fax Order #: 1-800-520-5052
PSC Local Telephone Order #: 250-386-3880 - PSC Local Fax Order #: 250-386-1413
sales@pscnaturalfoods.com

PSC Natural Foods Family Day 2024 Delivery Schedule

Monday, February.19 - PSC CLOSED TO OBSERVE FAMILY DAY

Vancouver orders normally delivered on a Monday - will be delivered on Tuesday this week

To be delivered on: **Tuesday, February.20**

Vancouver (M Run)

Order Cut-off Times: *Main Orders* 1:00 pm Thursday, February. 15
Order Cut-off Times: *Add-Ons* 10:00 am Friday, February. 16

Nanaimo / Gabriola Island / Lantzville / Nanoose / Parksville / Qualicum / Errington / Coombs (B Run)

Order Cut-off Times: *Main Orders* 2:00 pm Thursday, February. 15
Order Cut-off Times: *Add-Ons* 10:00 am Friday, February. 16

Greater Victoria - City of Victoria, Oak Bay, Saanich, Esquimalt (F Run)

Order Cut-off Times: *Main Orders* 10:00 am Friday, February. 16
Order Cut-off Times: *Add-Ons* 12:00 noon Friday, February. 16

To be delivered on: **Wednesday, February.21**

Greater Victoria - City of Victoria, Oak Bay, Saanich, Esquimalt (C Run)

Order Cut-off Times: *Main Orders* 10:00 am Tuesday, February.20
Order Cut-off Times: *Add-Ons* 12:00 noon Tuesday, February.20

Saltspring Island (D Run)

Order Cut-off Times: *Main Orders* 12:00 noon Friday, February. 16
Order Cut-off Times: *Add-Ons* 10:00 am Tuesday, February.20

Sidney/North Saanich (S Run)

Order Cut-off Times: *Main Orders* 12:00 noon Friday, February. 16
Order Cut-off Times: *Add-Ons* 10:00 am Tuesday, February.20

Greater Victoria - City of Victoria, Oak Bay, Saanich, Esquimalt (E/L Run)

Order Cut-off Times: *Main Orders* 10:00 am Tuesday, February.20
Order Cut-off Times: *Add-Ons* 12:00 noon Tuesday, February.20

To be delivered on: **Thursday & Friday, February.22 & 23**

** Deliveries and order deadlines
resume as usual **

