



PSC Natural Foods

— we deliver the goodness —

November Specials Showcase

Effective November 1-30th 2023
up to 85% off !

MONTHLY SPECIALS

AELO ALCOHOL FREE BEVERAGE	4	HAPPY PLANET SMOOTHIES (REFRIGERATED)	14
ALIMENTS TRIGONE CEREAL	4	HARDBITE HANDCRAFTED STYLE CHIPS	14
ALKEME GLUTEN FREE SOURDOUGH (FROZEN)	4	HEALTHY HIPPO LOW SUGAR CANDY	14
ALTER ECO CHOCOLATE TREAT	4	HEE-HAW HORSERADISH	14
AMY'S ENTRÉES (FROZEN)	4,5	HOLY CRAP SUPERSEED CEREAL	14
AMY'S PRODUCTS	5	HOLY NAPOLI PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN)	15
ANGIE'S BOOMCHICKAPOP CORN PUFFS	5	HOME GROWN LIVING FOODS PRODUCTS	15
ANITA'S ORGANIC MILL PRODUCTS	6	HORNBY ORGANIC ENERGY BAR	15
ARIZONA PEPPER'S HOT SAUCE	6	ISLAND ESSENTIALS NATURAL BODY CARE	15
ARTISAN GREC HALVA	6	ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER	15
BARBARA'S BAKERY CHEESE PUFFS	6	JOVIAL PRODUCTS	16
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	6	JUSTIN'S NUT BUTTER CUPS	16
BIG MOUNTAIN DAIRY-FREE CHEESE ALTERNATIVE & SOY-FREE TOFU (REFRIGERATED)	6	KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	16
BIOITALIA PRODUCTS	6,7	KIJU ORGANIC BEVERAGE	16
BIO-K PLUS PROBIOTIC (REFRIGERATED)	7	KIND BARS	17
BLISS BALLS ENERGY TRUFFLE BALLS	7	KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED)	17
BLUEBIRD PROVISIONS BONE BROTH (FROZEN)	7	KOYO PRODUCTS	17
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE	7	KRINOS PRODUCTS	17
BLUE MONKEY SPARKLING BEVERAGE	7	KRISDA SUGAR-FREE CHOCOLATELY CHIPS & SWEETENER	17
BOB'S RED MILL PRODUCTS	7,8	LA PREFERIDA ORGANIC MEXICAN INGREDIENTS	17
BREMNER'S FRUIT (FROZEN)	8	LAKANTO MONKFRUIT BLEND SWEETENER	18
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED)	8	L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED)	18
BUCHA BREW KOMBUCHA	8	LICK YOUR CHOPS CAT FOOD	18
CABOO PRODUCTS	8	LOOP MISSION BEVERAGES (REFRIGERATED)	18
CASBAH AUTHENTIC GRAIN & MIX	8	LOTUS FOODS RICE	18
CHA'S ORGANICS COCONUT OIL	8	LOVE GOOD FATS KETO BAR	18
CHIMES CANDY	9	LUCKY FOODS SPRING ROLLS (FROZEN)	18,19
CLEVER PREMIUM MOCKTAIL	9	LUNDBERG PRODUCTS	19
CLIF PRODUCTS	9	MADEGOOD GRANOLA SNACKS & STAR PUFFED CRACKERS	19
COUNTRY GOLDEN YOLKS EGGS (REFRIGERATED)	9	MAISON ORPHEE PRODUCTS	19
CRAFTED CANDY FREE-FROM ALLERGEN CANDY	9	MANITOBA HARVEST HEMP YEAH! PRODUCTS	19
CRAVE STEVIA CHOCOLATE CHIPS & SWEETENER	9	MARUKAN PONZU SAUCE & RICE VINEGAR	20
CROFTER'S ORGANIC FRUIT SPREAD	9,10	MAUREEN'S COOKING SAUCE	20
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	10	MIYOKO'S VEGAN BUTTER (REFRIGERATED)	20
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	10	NAKED & SAUCY NOOCH NUTRITIONAL YEAST DRESSING & SIMMER SAUCE	20
DAIYA PRODUCTS	10	NATURA DAIRY-FREE BEVERAGE	20
EARTH BALANCE SPREAD & STICKS (REFRIGERATED)	10	NATURE CLEAN LAUNDRY PRODUCTS	20
EARTHBOUND FARM ORGANIC FRUIT & VEGETABLES (FROZEN)	11	NATURE'S BAKERY FIG BAR	20
EARTH'S OWN PLANT BASED BEVERAGE (REFRIGERATED)	11	NATURE'S NUTS SEED BUTTER	21
ECO LIVING CLUB CLEANING PRODUCTS	11	NATURE'S PATH PRODUCTS	21
ECO-MAX LAUNDRY PRODUCTS	11	NAVITAS ORGANICS PRODUCTS	21
EDEN PRODUCTS	11	NIKKEI RAMEN YA AUTHENTIC RAMEN KIT (FROZEN)	21
ELIMENTO NUTRITIONAL YEAST	11	NOOCHPOP! VEGAN CHEESY POPCORN	21
ENDANGERED SPECIES OAT MILK BAKING CHIPS	11	NORA'S DAIRY-FREE DESSERT (FROZEN)	21
ENJOY LIFE BAKING CHOCOLATE	11	NOTCO NOTBURGER PLANT BASED BURGERS (FROZEN)	21
EVERGREEN WHEATGRASS JUICE (FROZEN)	12	NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED)	22
EVIVE SMOOTHIE CUBES (FROZEN)	12	OATLY OAT DRINK	22
FATSO PEANUT BUTTER	12	O'DOUGHS BREAD & BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	22
FERIDIES PEANUTS	12	OMEGA NUTRITION APPLE CIDER VINEGAR	22
FLOW ALKALINE SPRING WATER	12	ORGANIC INDIA HERBAL INFUSIONS	22
FOOD FOR LIFE BREADS (FROZEN)	12	PACIFIC FOODS PRODUCTS	22
FOOD FOR LIFE EZEKIEL 4:9 CEREAL	12	PAMELA'S PRODUCTS	22
FREEYUMM ALLERGEN-FREE COOKIES	12	PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	23
GARDEIN MEAT-FREE PRODUCTS (FROZEN)	12	PATIENCE FRUIT & CO PRODUCTS	23
GLUTINO PRODUCTS	12,13	PORTOFINO BAKERY BREAD (FROZEN)	23
GOBIO! BOUILLON CUBES & BROTH POWDER	13	PRANA ORGANIC PRODUCTS	23
GOBIO! CANDY	13	PROBAR NUTRITIONAL FOOD BAR	24
GOOD TO GO BAKED KETO SNACKS	13	QUE PASA TACO SHELLS & TORTILLA CHIPS	24
GOODDRINK SPRITZER	13	RABBIT RIVER FARMS EGGS (REFRIGERATED)	24
GOODVIBES JUICE CO GOODVIBES SHOTS+	13	RAINCOAST GLOBAL MSC CERTIFIED SUSTAINABLE SEAFOOD	24
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED)	13	RAWMBAS VEGAN MUFFINS (FROZEN)	24
GREEN CUISINE TEMPEH (REFRIGERATED)	14	RICEWORKS GOURMET RICE CHIPS	25
GROUND LEEF VEGAN CRUMBLES	14	RIDGWAYS BLACK TEA	25
GUSTA PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	14	RISE BOTANICALS SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	25
		RISE KOMBUCHA (REFRIGERATED)	25

RIZOPIA RICE PASTA	25	THAI KITCHEN PRODUCTS	28
SAFE CATCH LOW MERCURY CANNED SEAFOOD	26	THAYERS REMEDIES WITCH HAZEL	28
SALT SPRING COFFEE	26	THE WORKSHOP VEGETARIAN VEGAN NOODLES (FROZEN)	28
SAN-J TAMARI	26	THEO CHOCOLATE	28,29
SAY WHEN ORGANIC CHAI CONCENTRATE	26	THRIVE REMEDIES ADAPTOGENIC TEA	29
SEASNAX SEAWEED PRODUCTS	26	TOFURKY MARINATED TEMPEH STRIPS (REFRIGERATED)	29
SEOUL PRODUCTS	27	TWO BEARS COLD BREW COFFEE & OAT MILK TEA LATTE	29
SIMPLA COCONUT PLANT-BASED		UDI'S PRODUCTS (FROZEN)	29
YOGURT (REFRIGERATED)	27	UNBUN GRAIN FREE, KETO BREAD & TORTILLAS (FROZEN)	29
SKIPPY'S KETTLE CORN	27	URBANIBRANDS ARANCINI RISOTTOBALLS (FROZEN)	29
SNACK 21 DOG SNACKS	27	VEGANISSIMA PLANT BASED ITALIAN BITES (FROZEN)	29
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER	27	VIJ'S INDIAN CUISINE (FROZEN)	29
SOL CUISINE PLANT-BASED MEAT ALTERNATIVE (FROZEN)	27	WHITEWATER COOKS DRESSING & MARINADE	29
SOUTHERN RECIPE SMALL BATCH PORK RINDS	27	WILDBRINE FERMENTED SAUCE (REFRIGERATED)	30
SPARKMOUTH SPARKLING WATER	27	WIZE ICED TEA	30
SPREAD 'EM KITCHEN CO. CASHEW CHEEZE		YOGGU! PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	30
& PLANT-BASED DIP (REFRIGERATED)	27	YOGI HERBAL TEA	30
STASH TEA COMPANY PREMIUM TEA	28	YVES VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	30
STELLA'S PEROGIES (FROZEN)	28	ZAZUBEAN CHOCOLATE BAR	30,31
STICKLING'S BAKERY PRODUCTS	28	ZEVIA ZERO SUGAR BEVERAGES	31
TAZO BLACK TEA CONCENTRATE & FILTERBAG TEA	28	CLEARANCE	31>34
TERRA DELYSSA OLIVE OIL	28		

PSC Natural Foods, as an essential service, has been open and operating through the Covid-19 pandemic. We have experienced increased demand for our products and our entire team has worked tirelessly, despite the uncertainty, through these unprecedented times.

Due to a large increase in demand and supply chain disruptions, you may notice intermittent supply issues with some of our brands.

We apologize for this, and are working hard with our vendors and carriers to ensure we keep stock rolling.

Many vendors are reducing production to only their key items. Some are allocating stock, while other are unable to ship completely.

We ask for your patience as we work through these challenges. Please do not hesitate to contact our sales team should you have specific questions.

We are also working hard to keep our staff and customers safe. We have reduced the number of workers in our offices by allowing many of our staff to work from home. We have instituted rigorous cleaning policies in all of our common areas, warehouse, and delivery trucks.

We are strictly practicing physical distancing and our staff are wearing masks when appropriate. We are continuing to monitor the situation and are closely following all Health Canada and BCCDC guidelines. Our delivery drivers also have masks and gloves and will follow any COVID protocol you have instituted at your business in an effort to continue to "Deliver the Goodness" in an efficient and safe manner.

We are all in this together and we will get through it by supporting each other. We hope you are all healthy and safe in these uncertain times.

PSC Management Team

To Our Valued Customers - Pricing Notice - PSC continually reviews costs to bring you, our valued customers, as competitive pricing as possible.

You will notice many price changes since our last catalogue was published.

Some reflect better costing and have been reduced and in some instances higher costs are reflected.

• Please confirm any pricing when placing your order

• For volume pricing, please use the case price • Pricing & information is subject to change without notice

2023 Container Recycling Fees



Fees effective February 1, 2023

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	No Recycling Fee
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	1 ¢
Glass	0 - 1L	10 ¢	13 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	No Recycling Fee
	> 1L	10 ¢	1 ¢
Bag-In-Box	> 1L	10 ¢	12 ¢

2023 Container Recycling Fees



Fees effective February 1, 2023

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

☞ = 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

AELO | ALCOHOL FREE BEVERAGE - VOLUME PRICING

628634 740170	13945	BC	Ⓜ	Aperitivo Spritz (can)	6 / 4x355ml	G P U	_____
628634 740156	13944	BC	Ⓜ	Gin and Tonic (can)	6 / 4x355ml	G P U	_____
628634 740231	13943	BC	Ⓜ	Lime Margarita (can)	6 / 4x355ml	G P U	_____
628634 740088	13946	BC	Ⓜ	Peach Bellini (can)	6 / 4x355ml	G P U	_____
Buy 10+ cases					Save	10%	

ALIMENTS TRIGONE | CEREAL - 10% OFF

056142 006134	22290	*	+	Ⓜ	Cream of the Crop Buckwheat Cereal, Organic	6 / 400g	_____
---------------	--------------	---	---	---	---	----------	-------

ALKEME | GLUTEN FREE SOURDOUGH (FROZEN) - 5% OFF

854278 001036	40751	GMO	GF	BC	Ⓜ X Sourdough Bread, Ancient Grains	10 / 725g	_____
854278 001029	40750	GMO	GF	BC	Ⓜ X Sourdough Bread, Country Loaf	10 / 725g	_____
854278 001111	40752	GMO	GF	BC	Ⓜ X Sourdough Demi Baguettes	10 / 2ct	_____
854278 001128	40753	GMO	GF	BC	Ⓜ X Sourdough Demi Baguettes, Poppy Seed	10 / 2ct	_____

ALTER ECO | CHOCOLATE TREAT - UP TO \$6.58 OFF + VOLUME PRICING

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 012628	35314	GMO	GF	* @	X Bar, Dark Chocolate, Almond Blackout, 85% 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 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 012604	35315	GMO	GF	* @	X Bar, TRUFFLE THINS, Dark Chocolate, Mint Crème, Organic	12 / 84g	G	_____
817670 012611	35316	GMO	GF	* @	X Bar, TRUFFLE THINS, Dark Chocolate, Salted Caramel, Organic	12 / 84g	G	_____
					Buy 25-49 cases	Save	0.58	_____
					Buy 50-99 cases	Save	1.47	_____
					Buy 100+ cases	Save	2.94	_____
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	_____
					Buy 25-49 cases	Save	0.88	_____
					Buy 50-99 cases	Save	2.20	_____
					Buy 100+ cases	Save	4.40	_____

AMY'S | ENTRÉES (FROZEN) - \$4.50 OFF

042272 910564	54645	GF		X Bowls, 3 Cheese & Kale	12 / 241g	_____
042272 912193	54490		V	X Bowls, Asian Dumplings	12 / 241g	_____
042272 908110	54485	GF		X Bowls, Broccoli & Cheddar	12 / 269g	_____
042272 910571	54677	GF		X Bowls, Chili Mac	12 / 255g	_____
042272 901623	54679			X Bowls, Country Cheddar	12 / 269g	_____
042272 901630	54678			X Bowls, Mexican Casserole	12 / 269g	_____

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
042272 908332	54569			X Bowls, Mushroom Risotto	12 / 269g
042272 911295	54646			X Bowls, Ravioli	12 / 241g
042272 900800	54459			X Enchilada, Cheese	12 / 255g
042272 900589	54433			X Indian Meal, Mattar Paneer	12 / 284g
042272 900596	54432			X Indian Meal, Palak Paneer	12 / 283g
042272 902507	54426			X Indian Meal, Vegetable Korma	12 / 269g
042272 900329	54465			X Lasagna, Vegetable	12 / 269g
042272 908141	54420	GF	V	X Lasagna, Vegetable (gluten & dairy-free)	12 / 255g
042272 900541	54567	GMO	V *	X Meal, Veggie Scramble w/hash browns, Organic	12 / 255g
042272 909780	54585			X Thai, Green Curry	12 / 284g
042272 909247	54283			X Thai, Pad Thai	12 / 269g
042272 909223	54282			X Thai, Red Curry	12 / 284g
042272 900572	54647			X Whole Meal, Enchilada Dinner, Cheese	12 / 255g
042272 900510	54440			X Whole Meal, Enchilada Dinner, Spanish Rice & Beans (dairy-free)	12 / 284g
042272 900534	54442		V	X Whole Meal, Veggie Loaf	12 / 284g
AMY'S PRODUCTS - \$3.00 OFF + VOLUME PRICING					
042272 905119	38222	GMO	V	Chili, Medium w/Vegetables, Organic	12 / 398ml
042272 905102	38221	GMO	V	Chili, Medium, Organic	12 / 398ml
042272 905126	38223	GMO	V	Chili, Spicy, Organic	12 / 398ml
				Buy 30+ cases	Save 2.00
042272 905171	10218	GMO	V	Baked Beans, Organic	12 / 398ml
042272 905515	10266	GMO	V *	Refried Beans, Black Beans, Organic	12 / 398ml
042272 905508	10265	GMO	V *	Refried Beans, Traditional, Organic	12 / 398ml
042272 905522	10267	GMO	V *	Refried Beans, With Green Chiles, Organic	12 / 398ml
				Buy 30+ cases	Save 2.00
042272 905140	38321		*	Soup, Alphabet, Organic	12 / 398ml
042272 905041	38157	GF	*	Soup, Black Bean, Organic	12 / 398ml
042272 905348	38328		*	Soup, Butternut Squash, Organic	12 / 398ml
042272 907403	38322	GMO	*	Soup, Carrot Ginger, Organic	12 / 398ml
042272 905867	38609	GF	*	Soup, Chunky Tomato Bisque, Lower in Sodium, Organic	12 / 398ml
042272 905362	38067	GF	*	Soup, Chunky Tomato Bisque, Organic	12 / 398ml
042272 905409	38668	GF	*	Soup, Chunky Vegetable, Organic	12 / 398ml
042272 905065	38155		*	Soup, Cream of Mushroom, Organic	12 / 398ml
042272 905010	38156	GF	*	Soup, Cream of Tomato, Organic	12 / 398ml
042272 905478	38669	GF	*	Soup, Fire Roasted Southwestern Vegetable, Organic	12 / 398ml
042272 905911	38716	GF	*	Soup, French Country Vegetable, Organic	12 / 398ml
042272 905935	38715	GF	*	Soup, Golden Lentil Dal, Organic	12 / 398ml
042272 905836	38666	GF	*	Soup, Lentil Low Sodium, Organic	12 / 398ml
042272 905829	38607	GF	*	Soup, Lentil Vegetable, Lower in Sodium, Organic	12 / 398ml
042272 905355	38330	GF	*	Soup, Lentil Vegetable, Organic	12 / 398ml
042272 905027	38152	GF	*	Soup, Lentil, Organic	12 / 398ml
042272 905850	38667		*	Soup, Minestrone, Low Sodium, Organic	12 / 398ml
042272 905072	38154		*	Soup, Minestrone, Organic	12 / 398ml
042272 906260	38751	GMO	GF *	Soup, Mushroom Bisque w/Porcini, Organic	12 / 398ml
042272 905034	38153		*	Soup, No Chicken Noodle, Organic	12 / 398ml
042272 906697	38783	GMO	GF *	Soup, Quinoa, Kale & Red Lentil, Organic	12 / 398ml
042272 905843	38608	GF	*	Soup, Split Pea, Lower in Sodium, Organic	12 / 398ml
042272 905058	38216	GF	*	Soup, Split Pea, Organic	12 / 398ml
042272 905089	38217		*	Soup, Vegetable Barley, Organic	12 / 398ml
				Buy 30+ cases	Save 2.00
ANGIE'S BOOMCHICKAPOP CORN PUFFS - 10% OFF					
818780 013123	59512	GMO	GF	+ X BOOMCHICKAPOP, Puffs, Sweet Chili	12 / 170g

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
ANITA'S ORGANIC MILL PRODUCTS - UP TO \$7.60 OFF						
623636 995351	22912	GMO	GF *	BC	Almond Flour, Organic	4 / 375g
623636 993340	22252		GF *		Coconut Flour, Organic	4 / 680g
623636 999069	02042		GF *	BC	Pancake & Waffle Mix, Organic	4 / 800g
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 998994	20103	GMO	GF *	+	Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 900g
623636 999014	28074	GMO	GF *	+	Gluten Free Steel Cut Oats, Organic	4 / 900g
623636 999847	02043	GMO	*	BC	Pancake & Waffle Mix, Classic, Organic	4 / 900g
623636 998956	22133	GMO	GF *	BC	Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 100014	02041		*	BC	Pancake & Waffle Mix, Multigrain, Organic	4 / 1kg
623636 700016	20067	GMO	*	+	Rolled Oats, Old Fashioned, Organic	4 / 1kg
623636 700061	20104	GMO	*	+	Rolled Oats, Quick, Organic	4 / 1kg
623636 998550	20261		*	BC	Sprouted High Protein Flour, Whole Grains & Beans, 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	GMO	*	+	Steel Cut Oats, Organic	4 / 1kg
623636 700023	22921	GMO B	*	+	Rolled Oats, Old Fashioned, Organic	4 / 2.5kg
ARIZONA PEPPER'S HOT SAUCE - 10% OFF						
027328 120548	18182		GF *		Chipotle Habañero Sauce, Organic	12 / 148ml
027328 120296	18181		GF *		Habañero Pepper Sauce, Organic	12 / 148ml
027328 120043	18180		GF *		Jalapeño Pepper Sauce, Organic	12 / 148ml
ARTISAN GREC HALVA - 10% OFF						
055498 066809	17730	GMO	*		Halva, Coconut, Organic	24 / 75g G
055498 066656	17732	GMO	*		Honey Halva, Almonds, Organic	24 / 75g G
055498 066700	17733	GMO	*		Honey Halva, Cocoa, Organic	24 / 75g G
055498 066908	17731	GMO	*		Honey Halva, Organic	24 / 75g G
BARBARA'S BAKERY CHEESE PUFFS - \$3.08 OFF						
070617 004722	36111				X Cheese Puffs, Baked, Original	12 / 155g G
070617 004739	36128				X Cheese Puffs, Baked, White Cheddar	12 / 155g G
070617 004708	36109				X Cheese Puffs, Original	12 / 198g G
070617 004715	36110				X Cheese Puffs, Jalapeño	12 / 198g G
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN) - UP TO 25% OFF						
850004 207291	56205	GMO	V		X BEYOND BEEF, Ground	12 / 340g
810057 290237	56208	GMO	V		X BEYOND BURGER (6/pkg)	8 / 678g
850004 207017	56200	GMO	V		X BEYOND BURGER (2/pkg)	8 / 226g
810057 290275	56209	GMO	V		X BEYOND BREAKFAST SAUSAGE, Classic Links	8 / 235g
810057 290985	56211	GMO	V	+	X BEYOND CHICKEN, Breaded Nuggets	8 / 283g
810057 290749	56210		V		X BEYOND CHICKEN, Breaded Tenders, Original	8 / 226g
BIG MOUNTAIN DAIRY-FREE CHEESE ALTERNATIVE & SOY-FREE TOFU (REFRIGERATED) - 15% OFF						
777744 000145	38018		V	BC	Fava Feta	8 / 200g
777744 000107	38013	GMO	V	BC	Soy-Free Tofu, Medium Firm	8 / 340g
777744 000121	38014	GMO	V	BC	Soy-Free Tofu, Super Smoked, Firm	8 / 280g
BIOITALIA PRODUCTS - 10% OFF						
661475 004575	33167	GMO	*		Beans, Black, Organic	12 / 398ml
661475 114458	33164	GMO	*		Beans, Cannellini, Organic	12 / 398ml
661475 114410	33162	GMO	*		Beans, Red Kidney, Organic	12 / 398ml
661475 114427	33165	GMO	*		Chick Peas, Organic	12 / 398ml
661475 317040	33071	GMO	*		Tomatoes, Rustic Style Chopped, Organic (jar)	12 / 418ml
661475 324048	33070	GMO	*		Tomatoes, Rustic Style Crushed, Organic (jar)	12 / 418ml
661475 161445	33109	GMO	*		NEW! Pesto, Basil, Organic	12 / 160ml
661475 523045	33078	GMO	*		NEW! Tomato Sauce, Aglio, Organic	8 / 660ml
661475 115509	33043	GMO	*		NEW! Tomato Sauce, Basil, Organic	12 / 358ml
661475 505010	33048	GMO	*		NEW! Tomato Sauce, Bolognese, Organic	12 / 358ml

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052					Order
661475 521041	33080 GMO	*		NEW! Tomato Sauce, Marinara, Organic	8 / 660ml		
661475 115530	33045 GMO	*		NEW! Tomato Sauce, Neapolitan, Organic	12 / 358ml		
661475 522048	33079 GMO	*		NEW! Tomato Sauce, Rosee, Organic	8 / 660ml		
BIO-K PLUS PROBIOTIC (REFRIGERATED) - 10% OFF							
626608 000091	07312	GF	+	X BIO-KIDZ, Fermented Dairy Probiotic, Straw	6 / 98g	G	
626608 000169	07383		+	X Capsules, IBS Control	1 / 30ct	G	
626608 001500	07316		+	X Capsules, Strong (50 Billion)	1 / 15ct	G	
626608 000770	07302	GF	+	Ⓜ X Fermented Dairy Probiotic, Original	12 / 98g	G	
626608 000442	07306	GF	+	Ⓜ X Fermented Dairy Probiotic, Vanilla	12 / 98g	G	
626608 008028	07451 GMO	GF	*	+	X Extra, Fermented Oat & Pumpkin Seeds, Cereboost Peach & Turmeric, Organic	6 / 98g	G
626608 008066	07450 GMO	GF	*	+	X Extra, Fermented Oat & Pumpkin Seeds, Wellmune Elderberry, Organic	6 / 98g	G
626608 000763	07301	GF	+	X Fermented Dairy Probiotic, Original	6 / 98g	G	
626608 000961	07307	GF	+	X Fermented Dairy Probiotic, Strawberry	6 / 98g	G	
626608 000336	07305	GF	+	X Fermented Dairy Probiotic, Vanilla	6 / 98g	G	
626608 000022	07384 GMO	GF	+	X Fermented Pea Probiotic, Raspberry	6 / 98g	G	
626608 000268	07309 GMO	GF	*	+	X Fermented Rice Probiotic, Blueberry, Orgc	6 / 98g	G
626608 000862	07303 GMO	GF	+	X Fermented Soy Probiotic, Mango	6 / 98g	G	
626608 000978	07308 GMO	GF	+	X Fermented Dairy Probiotic, Strawberry	12 / 98g	G	
626608 002125	07310	GF	*	+	X Fermented Rice Probiotic, Blueberry, Organic	12 / 98g	G
626608 000879	07304	GF	+	X Fermented Soy Probiotic, Mango	12 / 98g	G	
BLISS BALLS ENERGY TRUFFLE BALLS - 5% OFF							
059443 252514	31400		BC	Ⓜ X Energy Balls, Chocolate (2pk)	12 / 50g	G	
059443 252569	31402		BC	Ⓜ X Energy Balls, Coconut (2pk)	12 / 50g	G	
059443 251012	31401		BC	Ⓜ Energy Balls, Chocolate (6pk)	6 / 150g	G	
059443 251111	31403		BC	Ⓜ Energy Balls, Coconut (6pk)	6 / 150g	G	
BLUEBIRD PROVISIONS BONE BROTH (FROZEN) - UP TO \$13.86 OFF							
627843 623557	68603		BC	Ⓜ Instant Bone Broth Mix, Chicken	6 / 200g		
627843 623564	68604	*	BC	Ⓜ X Bone Broth, Beef, Organic (FROZEN)	6 / 420ml		
627843 623571	68605	*	BC	Ⓜ X Bone Broth, Chicken, Organic (FROZEN)	6 / 420ml		
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE - UP TO 10% OFF + VOLUME PRICING							
041570 094464	16673 GMO			ALMOND BREEZE, Almond Coconut, Unsweetened	12 / 946ml	U	
041570 052747	06183 GMO			ALMOND BREEZE, Chocolate	12 / 946ml	U	
041570 052723	16671 GMO			ALMOND BREEZE, Original	12 / 946ml	U	
041570 059609	06731 GMO			ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml	U	
041570 055311	06088 GMO			ALMOND BREEZE, Unsweetened Original	12 / 946ml	U	
041570 055830	06613 GMO			ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml	U	
041570 052730	06181 GMO			ALMOND BREEZE, Vanilla	12 / 946ml	U	
				Buy 5-10 cases (946ml only)	Save 3.95		
				Buy 11-19 cases (946ml only)	Save 4.95		
				Buy 20+ cases (946ml only)	Save 5.60		
041570 109175	07220			ALMOND BREEZE, Original (REFRIGERATED)	6 / 1.89L	U	
041570 109182	07221			ALMOND BREEZE, Unsweetened Original (REFRIGERATED)	6 / 1.89L	U	
041570 109168	07223			ALMOND BREEZE, Unsweetened Vanilla (REFRIGERATED)	6 / 1.89L	U	
041570 109151	07222			ALMOND BREEZE, Vanilla (REFRIGERATED)	6 / 1.89L	U	
BLUE MONKEY SPARKLING BEVERAGE - 10% OFF							
059654 590047	05529 GMO		Ⓜ	NEW! Sparkling Juice Drink, Lychee (can)	6 / 4x250ml	G P U	
BOB'S RED MILL PRODUCTS - UP TO \$5.40 OFF							
039978 249029	34261 GMO	GF		X BOB'S BAR, Peanut Butter & Chocolate	12 / 50g	G	
039978 003713	34262 GMO	GF		X BOB'S BAR, Peanut Butter & Honey	12 / 50g	G	
039978 259028	34260 GMO	GF		X BOB'S BAR, Peanut Butter & Jelly Flavour	12 / 50g	G	
039978 322043	30580			X 10 Grain Pancake Mix	4 / 680g		
039978 318817	30583 GMO			X Buckwheat Pancake Mix	4 / 680g		
039978 328809	30582			X Buttermilk Pancake Mix	4 / 680g		
039978 323866	30552 GMO	GF	*	X Gluten Free Rolled Oats, Extra Thick, Organic	4 / 907g		
039978 323767	30530 GMO	GF		X Gluten Free Rolled Oats, Quick Cooking	4 / 794g		

UPC Code		Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		STORE NAME:	DELIVERY DATE REQUEST:	Order
039978 323750	30540	GMO	GF	X	Gluten Free Rolled Oats, Old Fashioned	4 / 907g	_____
039978 323873	30551	GMO	GF *	X	Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 907g	_____
039978 323736	30541	GMO	GF	X	Gluten Free Steel Cut Oats	4 / 680g	_____
039978 001856	22839	GMO		X	Pancake & Waffle Mix, Paleo	4 / 368g	_____
039978 001832	22840			X	Pancake & Waffle Mix, Protein	4 / 397g	_____
039978 324627	30581	GMO	GF	X	Pancake Mix	4 / 623g	_____
039978 351555	34270	GMO		X	Rolled Oats, Extra Thick	4 / 907g	_____
039978 349545	30510	GMO	*	X	Rolled Oats, Extra Thick, Organic	4 / 454g	_____
039978 349521	30514	GMO	*	X	Rolled Oats, Old Fashioned, Organic	4 / 454g	_____
039978 339539	30512	GMO	*	X	Rolled Oats, Quick Cooking, Organic	4 / 454g	_____
039978 359544	30511	GMO	*	X	Rolled Oats, Extra Thick, Organic	4 / 907g	_____
039978 003799	34271	GMO		X	Rolled Oats, Old Fashioned	4 / 907g	_____
039978 359520	34252	GMO	*	X	Rolled Oats, Old Fashioned (regular), Organic	4 / 907g	_____
039978 003843	34272	GMO		X	Rolled Oats, Quick Cooking	4 / 907g	_____
039978 341211	30532			X	Scottish Oatmeal	4 / 567g	_____
039978 329561	30519	GMO	*	X	Scottish Oatmeal, Organic	4 / 567g	_____
039978 341402	30534	GMO		X	Steel Cut Oats	4 / 680g	_____
039978 329578	30518	GMO	*	X	Steel Cut Oats, Organic	4 / 680g	_____
BREMNER'S FRUIT (FROZEN) - \$6.60 OFF							
834644 005028	55017		*	BC	X Blackberries, Organic (stand-up pouch)	12 / 600g	_____
834644 005066	55001			BC	X Blueberries (stand-up pouch)	12 / 600g	_____
834644 005042	05253		*	BC	X Dark Tart Cherries, Organic (stand-up pouch)	12 / 600g	_____
834644 005035	55018		*	BC	X Mangos, Organic (stand-up pouch)	12 / 600g	_____
BREW DR. KOMBUCHA KOMBUCHA (REFRIGERATED) - VOLUME PRICING							
851107 003001	15221	GMO	*		Kombucha, Clear Mind, Organic (glass)	12 / 414ml	G P U
851107 003629	15222	GMO	*		Kombucha, Ginger Turmeric, Organic (glass)	12 / 414ml	G P U
857161 008464	16216	GMO	*		Kombucha, Island Mango, Organic (glass)	12 / 414ml	G P U
851107 003049	15223	GMO	*		Kombucha, Lemon Ginger Cayenne, Organic (glass)	12 / 414ml	G P U
851107 003070	15224	GMO	*		Kombucha, Love, Organic (glass)	12 / 414ml	G P U
857161 008921	16221	GMO	*		Kombucha, Pineapple, Organic (glass)	12 / 414ml	G P U
857161 008914	16220	GMO	*		Kombucha, Strawberry, Organic (glass)	12 / 414ml	G P U
851107 003032	15227	GMO	*		Kombucha, Superberry, Organic (glass)	12 / 414ml	G P U
857161 008457	16215	GMO	*		Kombucha, Wildberry Ginger, Organic (glass)	12 / 414ml	G P U
					Buy 30+ cases	Save 15%	
BUCHA BREW KOMBUCHA - 15% OFF							
628110 435354	17252	GMO	*	BC	X Kombucha Lite, Grapefruit, Organic	6 / 4x355ml	G P U
628110 435330	17250	GMO	*	BC	X Kombucha Lite, Lime, Organic	6 / 4x355ml	G P U
628110 435347	17251	GMO	*	BC	X Kombucha Lite, Lemon, Organic	6 / 4x355ml	G P U
628110 435293	17227			BC	X Kombucha, Blueberry (REFRIGERATED)	12 / 355ml	G P U
628110 435262	17225			BC	X Kombucha, Ginger (REFRIGERATED)	12 / 355ml	G P U
628110 435286	17229			BC	X Kombucha, Grapefruit (REFRIGERATED)	12 / 355ml	G P U
628110 435224	17216			BC	X Kombucha, Mango (REFRIGERATED)	12 / 355ml	G P U
628110 435231	17215			BC	X Kombucha, Passionfruit (REFRIGERATED)	12 / 355ml	G P U
628110 435415	17241			BC	X Kombucha, Pineapple (REFRIGERATED)	12 / 355ml	G P U
628110 435279	17226			BC	X Kombucha, Raspberry (REFRIGERATED)	12 / 355ml	G P U
CABOO PRODUCTS - UP TO 20% OFF							
628451 738015	46453	GMO			Bamboo Baby Wipes w/ Aloe	12 / 72ct	G P
627843 202776	46293	GMO			Bath Tissue (300 sheets per roll)	6 / 12pk	G P
627843 202790	46450	GMO			Paper Towels (75 sheets per roll)	12 / 2x75ct	G P
CASBAH AUTHENTIC GRAIN & MIX - 15% OFF							
072934 692477	38528	GMO			Couscous, Original	12 / 340g	_____
072934 000081	38531	GMO			Couscous, Pearl	8 / 180g	_____
072934 000111	38530	GMO	*		Couscous, Pearl, Organic	6 / 600g	_____
072934 692309	33051	GMO			Mix, Falafel	12 / 284g	_____
072934 692279	33059	GMO			Mix, Tabouli Salad	12 / 170g	_____
CHA'S ORGANICS COCONUT OIL - \$5.18 OFF							
806253 600505	15043	GMO	* @		Coconut Oil, Virgin, Organic	6 / 500ml	_____

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
CHIMES CANDY - 10% OFF					
051299 111069	35327		X Herbal Chews, Dark Cocoa	6 / 72g	G
051299 111052	35328		X Herbal Chews, Tranquil Turmeric	6 / 72g	G
CLEVER PREMIUM MOCKTAIL - 10% OFF					
854531 000240	17550	+ P	X Mocktail, G & Tonic (can)	12 / 355ml	G P U
854531 000349	17552	+ P	X Mocktail, G & Tonic, Pink (can)	12 / 355ml	G P U
854531 000264	17551	+ P	X Mocktail, Mojito (can)	12 / 355ml	G P U
854531 000097	17554	+ P	X Mocktail, Sangria (can)	12 / 355ml	G P U
CLIF PRODUCTS - UP TO \$3.18 OFF					
722252 194336	37599	GMO *	CLIF KID ZBARS, Chocolate Brownie, Organic	6 / 5x36g	G
722252 194343	37611	GMO *	CLIF KID ZBARS, Chocolate Chip, Organic	6 / 5x36g	G
722252 195326	37612	GMO *	CLIF KID ZBARS, Iced Oatmeal Cookie, Organic	6 / 5x36g	G
722252 432018	37907		CLIF BAR, Chocolate Chip	3 / 16x68g	
722252 432070	37908		CLIF BAR, Crunchy Peanut Butter	3 / 16x68g	
722252 121073	37912	X	CLIF BAR, Blueberry Almond Crisp	12 / 68g	G
722252 120229	36249	X	CLIF BAR, Chocolate Almond Fudge	12 / 68g	G
722252 121066	37890	X	CLIF BAR, Chocolate Brownie	12 / 68g	G
722252 120045	36256	X	CLIF BAR, Chocolate Chip	12 / 68g	G
722252 120090	36264	X	CLIF BAR, Chocolate Chip Peanut Crunch	12 / 68g	G
722252 140036	36259	X	CLIF BAR, Cool Mint Chocolate	12 / 68g	G
722252 120083	36262	X	CLIF BAR, Crunchy Peanut Butter	12 / 68g	G
722252 102706	36761	X	CLIF BAR, Oatmeal Raisin Walnut	12 / 68g	G
722252 217950	37900	X	CLIF BAR, Peanut Butter Banana w/ Dark Chocolate	12 / 68g	G
722252 121097	37425	X	CLIF BAR, White Chocolate Macadamia Nut	12 / 68g	G
COUNTRY GOLDEN YOLKS EGGS (REFRIGERATED) - \$3.75 OFF					
774290 091559	61086	BC P	X NEW! Eggs, Free Range, Large Brown	15 / 12ct	
CRAFTED CANDY FREE-FROM ALLERGEN CANDY - \$4.05 OFF					
851335 000520	17670	P	Vegan Bears	12 / 100g	G
851335 000544	17671	P	Vegan Cola Gummies	12 / 100g	G
851335 000537	17672	P	Vegan Peaches	12 / 100g	G
 CRAVE STEVIA CHOCOLATE CHIPS & SWEETENER - 15% OFF					
884063 000692	23032	GMO BC P	Chocolate Chips	6 / 200g	
884063 000678	23030	GMO *	Stevia Bakers Blend, Brown, Organic	6 / 380g	
884063 000661	23031	GMO *	Stevia Bakers Blend, White, Organic	6 / 380g	
884063 000500	23034	GMO *	Stevia, Natural (shaker jar), Organic	6 / 45g	
884063 300013	23033	GMO *	SWEETNESS, Pure Erythritol, Organic	6 / 400g	
CROFTER'S ORGANIC FRUIT SPREAD - UP TO \$2.91 OFF					
067275 000661	42662	GMO *	+ P X JUST FRUIT Juice Sweetened, Apricot, Organic	6 / 235ml	
067275 000623	42660	GMO *	+ P X JUST FRUIT Juice Sweetened, Raspberry, Organic	6 / 235ml	
067275 000586	42119	GMO *	+ P X JUST FRUIT Juice Sweetened, Seville Orange, Organic	6 / 235ml	
067275 000616	42658	GMO *	+ P X JUST FRUIT Juice Sweetened, Strawberry, Organic	6 / 235ml	
067275 000654	42659	GMO *	+ P X JUST FRUIT Juice Sweetened, Wild Blueberry, Organic	6 / 235ml	
067275 006106	42677	GMO *	+ P X Premium Spread, Apricot, Organic	6 / 383ml	
067275 006052	42670	GMO *	+ P X Premium Spread, Berry Harvest, Organic	6 / 383ml	
067275 006113	42678	GMO *	+ P X Premium Spread, Blackberry, Organic	6 / 383ml	
067275 006120	42676	GMO *	+ P X Premium Spread, Four Fruit, Organic	6 / 383ml	
067275 006137	42680	GMO *	+ P X Premium Spread, Mango, Organic	6 / 383ml	
067275 006144	42679	GMO *	+ P X Premium Spread, Morello Cherry, Organic	6 / 383ml	
067275 006083	42674	GMO *	+ P X Premium Spread, Peach, Organic	6 / 383ml	
067275 006014	42654	GMO *	+ P X Premium Spread, Seedless Raspberry, Organic	6 / 383ml	
067275 006021	42652	GMO *	+ P X Premium Spread, Strawberry, Organic	6 / 383ml	
067275 006045	42672	GMO *	+ P X Premium Spread, Wild Blueberry, Organic	6 / 383ml	

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 006069	42671	GMO	* +	☒ X	SUPERFRUIT, Blueberry Blast, Organic	6 / 383ml	
067275 006076	42673	GMO	* +	☒ X	SUPERFRUIT, Pomegranate Power, Organic	6 / 383ml	
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - UP TO 30% OFF							
871459 001128	50134	GMO	GF V	BC ☒	Block, Cheddar Style	8 / 200g	
871459 001296	50129	GMO	V	BC ☒	Block, Grilling Cheeze	8 / 195g	
871459 000824	50010	GMO	GF V	BC ☒	Crumbles, Feta Cheeze Flavour	6 / 170g	
871459 000831	50011	GMO	GF V	BC ☒	Crumbles, Goat Cheeze Flavour	6 / 170g	
871459 003245	50184	GMO	GF V	BC ☒	CUTTING BOARD Shreds, Cheddar Style	12 / 200g	
871459 003177	50131	GMO	GF V	+ ☒	CUTTING BOARD Shreds, Italian 4 Cheeze Blend	12 / 200g	
871459 003658	50189	GMO	GF V	BC ☒	CUTTING BOARD Shreds, Mexican 4 Cheeze	12 / 200g	
871459 003238	50185	GMO	GF V	BC ☒	CUTTING BOARD Shreds, Mozza Style	12 / 200g	
871459 003665	50130	GMO	GF V	BC ☒	CUTTING BOARD Shreds, Parmesan Style	12 / 200g	
871459 003252	50186	GMO	GF V	BC ☒	CUTTING BOARD Shreds, Spicy Monterey Jack	12 / 200g	
871459 001203	50500	GMO	GF V	BC ☒	Creamy Spread, Garlic & Herb	6 / 227g	
871459 001197	50143	GMO	GF V	BC ☒	Spread, Chive & Onion Cream Cheese St	6 / 227g	
871459 001173	50141	GMO	GF V	BC ☒	Spread, Plain Cream Cheese Style	6 / 227g	
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN) - UP TO \$7.92 OFF							
871459 002552	50317	GMO	GF V	BC ☒ X	Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale	8 / 322g	
871459 002538	50316	GMO	GF V	BC ☒ X	Flatbread, Mushroom, Caramelized Onion & Fig	8 / 346g	
871459 002576	50318		GF V	BC ☒ X	Flatbread, Plant-Based Chicken, Smoked Bacon & Ranch Flavour	8 / 331g	
871459 002972	50319	GMO	GF V	BC ☒ X	Pizza, BBQ Plant-Based Chicken Flavour	8 / 433g	
871459 002989	50173	GMO	GF V	BC ☒ X	Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free	8 / 472g	
871459 002323	50144	GMO	GF V	BC ☒ X	Pizza, Cheeze Lover's, Dairy-Free	8 / 444g	
871459 002521	50147	GMO	GF V	BC ☒ X	Pizza, Fire-Roasted Vegetable, Dairy-Free	8 / 492g	
871459 002828	50155	GMO	GF V	BC ☒ X	Pizza, Supreme, Dairy-Free	8 / 550g	
871459 002491	50311	GMO	GF	BC ☒ X	Vegetable Crust Pizza, Italian Herbs & Plant Based Cheeze	8 / 382g	
871459 002507	50313	GMO	GF	BC ☒ X	Vegetable Crust Pizza, Meatless Pepperoni Flavoured w/Jalapeño	8 / 405g	
871459 002514	50312	GMO	GF	BC ☒ X	Vegetable Crust Pizza, Mediterranean	8 / 411g	
DAIYA PRODUCTS - UP TO \$3.78 OFF							
871459 009117	50171	GMO	V	+ ☒	Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml	
871459 009100	50170	GMO	V	+ ☒	Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml	
871459 002347	50162	GMO	GF V	BC ☒	Deluxe Cheezy Mac, Alfredo Style	8 / 300g	
871459 002330	50161	GMO	GF V	BC ☒	Deluxe Cheezy Mac, Cheddar Style	8 / 300g	
871459 002354	50163	GMO	GF V	BC ☒	Deluxe Cheezy Mac, White Cheddar Style Veggie	8 / 300g	
EARTH BALANCE SPREAD & STICKS (REFRIGERATED) - VOLUME PRICING							
033776 111700	51110		V		Traditional Spread, Olive Oil	6 / 368g	
					Buy 25+ cases	Save 2.52	
033776 011840	51100		V *		Traditional Spread, Organic	12 / 368g	
					Buy 25+ cases	Save 5.04	
033776 011697	51104		V		Traditional Spread, Soy Free	12 / 425g	
					Buy 25+ cases	Save 5.04	
033776 011727	42003		V		Traditional Spread, Original	12 / 425g	
					Buy 25+ cases	Save 5.04	
033776 011826	42004		V		Vegan Cooking & Baking Sticks (4 pk)	18 / 454g	
					Buy 25+ cases	Save 5.04	

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
EARTHBOUND FARM ORGANIC FRUIT & VEGETABLES (FROZEN) - 15% OFF					
032601 025311	63013	*		X Berry Blend, Organic (bag)	12 / 300g
032601 025304	63009	*		X Blueberries, Organic (bag)	12 / 300g
032601 025274	63016	*		X Broccoli, Florets, Organic (bag)	12 / 300g
032601 025250	63017	*		X Butternut Squash, Organic (bag)	12 / 400g
032601 025298	63010	*		X Cherries, Sweet Dark, Organic (bag)	12 / 300g
032601 025267	63022	*		X Corn, Sweet, Organic (bag)	12 / 350g
032601 025212	63018	*		X Green Beans, Whole, Organic (bag)	12 / 300g
032601 025540	63028	*		X Kale, Organic (bag)	12 / 300g
032601 025335	63014	*		X Mango Chunks, Organic (bag)	12 / 300g
032601 025229	63015	*		X Peas, Green, Organic (bag)	12 / 350g
032601 025359	63024	*		X Sliced Peaches, Organic (bag)	12 / 300g
032601 025243	63021	*		X Spinach, Cut, Organic (bag)	12 / 300g
032601 025281	63011	*		X Strawberries, Organic (bag)	12 / 300g
EARTH'S OWN PLANT BASED BEVERAGE (REFRIGERATED) - 15% OFF					
626027 087819	07233	GMO	*	BC 📦 SO NICE Almond Unsweetened, Original, Organic (gable top)	6 / 1.75L U
626027 811056	07346	GMO	@	BC 📦 Beverage, Oat, Chocolate (gable top)	6 / 1.75L U
626027 841022	08313	GMO		BC 📦 Beverage, Oat, Unsweetened Original (gable top)	6 / 1.75L U
626027 871029	07353	GMO	*	BC 📦 NAKED Oat, Original, Organic (gable top)	6 / 1.75L U
626027 871043	08301	GMO	*	BC 📦 NAKED Oat, Vanilla, Organic (gable top)	6 / 1.75L U
626027 811025	07327	GMO		BC 📦 Oat Original (gable top)	6 / 1.75L U
626027 811049	07328	GMO		BC 📦 Oat Vanilla (gable top)	6 / 1.75L U
626027 841046	08319	GMO		BC 📦 Oat, Zero Sugar, Vanilla (gable top)	6 / 1.75L U
626027 087802	07232	GMO	*	BC 📦 SO NICE Almond Original, Organic (gable top)	6 / 1.75L U
626027 121049	07602	GMO	*	BC 📦 SO NICE Almond Unsweetened, Vanilla, Organic (gable top)	6 / 1.75L U
ECO LIVING CLUB CLEANING PRODUCTS - 10% OFF					
627987 344905	28514			📦 X NEW! Dishwasher Detergent Strips, Unscented	12 / 32ct G P
627987 344936	28509			📦 X NEW! Toilet Bowl Cleaner Strips, Eucalyptus & Citrus	12 / 39ct G P
627987 344929	28508			📦 X Laundry Detergent Strips, Spring Scent	12 / 40ct G P
627987 344912	28507			📦 X Laundry Detergent Strips, Unscented	12 / 40ct G P
ECO-MAX LAUNDRY PRODUCTS - 15% OFF					
853907 001058	80701		+	📦 Laundry Wash, Hypoallergenic (scent free)	4 / 3L G P
853907 001065	80702		+	📦 Laundry Wash, Natural Lavender	4 / 3L G P
853907 001171	80707		+	📦 Laundry Wash, Natural Orange	4 / 3L G P
EDEN PRODUCTS - UP TO \$5.49 OFF					
024182 025101	06604	GMO	*	NEW! EDENSOY, Cocoa, Organic (TetraPak)	12 / 946ml U
024182 027259	06603	GMO	*	NEW! EDENSOY, Vanilla, Organic (TetraPak)	12 / 946ml U
024182 003888	10476	GMO	*	Green Lentils w/Onion & Bay Leaf, Organic	12 / 398ml
024182 003994	10413		*	Refried Beans, Black Beans, Organic	12 / 398ml
024182 003987	10412		*	Refried Beans, Pinto Beans, Organic	12 / 398ml
024182 157693	24004	GF		X Sushi Nori (7ct)	6 / 17g
ELIMENTO NUTRITIONAL YEAST - 10% OFF					
059443 607154	35390			NEW! Nutritional Yeast Flakes (shaker)	12 / 100g
ENDANGERED SPECIES OAT MILK BAKING CHIPS - 15% OFF					
037014 400014	36210	GMO	GF V @	Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g
ENJOY LIFE BAKING CHOCOLATE - \$7.54 OFF					
819597 013825	02501	GMO	GF	Mini Chips, White Chocolate	12 / 255g
819597 010213	02325	GMO	GF V +	Morsels, Dark	12 / 255g
819597 013474	02500	GMO	GF +	Morsels, Smooth & Creamy	12 / 255g
853522 000313	02271	GMO	GF V +	Mega Chunks, Semi-sweet	12 / 283g
853522 000306	02250	GMO	GF V +	Mini Chips, Semi-sweet	12 / 283g

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
EVERGREEN WHEATGRASS JUICE (FROZEN) - 20% OFF						
778702 598001	82051	GMO	*	+ P	X Wheatgrass Juice, Organic	10 / 5x30ml
EVIVE SMOOTHIE CUBES (FROZEN) - 20% OFF						
628110 947024	24701	GMO	*	+ P	X Touk-Touk, Organic	8 / 405g
FATSO PEANUT BUTTER - VOLUME PRICING						
627843 710691	42077	GMO	GF V	+ P	Peanut Butter, Classic	12 / 500g
627987 075830	42079	GMO	GF V	+ P	Peanut Butter, Crunchy Salted Caramel	12 / 500g
627987 075847	42080	GMO	GF V	+ P	Peanut Butter, Maple	12 / 500g
					Buy 10+ cases	Save 6.70
FERIDIES PEANUTS - 10% OFF						
045518 001125	34702	GMO			Virginia Peanuts, Salted	12 / 255g G
FLOW ALKALINE SPRING WATER - \$2.74 OFF						
627843 463788	06025			+ P	Spring Water, Original (Tetra)	12 / 1L U
FOOD FOR LIFE BREADS (FROZEN) - \$4.05 OFF						
073472 001318	55532		*	X	BREAD, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 680g
073472 001530	55534		*	X	BREAD, Ezekiel 4:9, Low Sodium, Organic	6 / 680g
073472 001202	55530		*	X	BREAD, Ezekiel 4:9, Organic	6 / 680g
073472 001233	55531		*	X	BREAD, Ezekiel 4:9, Sesame, Organic	6 / 680g
073472 001417	55533		*	X	BREAD, Genesis 1:29, Sprouted Grain & Seed, Organic	6 / 680g
FOOD FOR LIFE EZEKIEL 4:9 CEREAL - \$4.05 OFF						
073472 002551	22051		*		Original Sprouted Grain Cereal, Organic	6 / 454g
FREEYUMM ALLERGEN-FREE COOKIES - \$2.40 OFF						
816695 000788	10290		GF	BC P	Cookies, Banana Maple	6 / 7x22g
816695 000795	10291		GF	BC P	Cookies, Double Chocolate	6 / 7x22g
GARDEIN MEAT-FREE PRODUCTS (FROZEN) - VOLUME PRICING						
842234 401976	65040	GMO		X	Bowl, Chick'n Teriyaki	8 / 241g
					Buy 25+ cases	Save 5.70
842234 001411	65006	GMO		X	Chick'n Sliders Mini Burgers w/buns	6 / 320g
					Buy 25+ cases	Save 4.80
842234 002227	65037	GMO		X	Fish-Free Crabless Cakes	8 / 205g
					Buy 25+ cases	Save 3.04
842234 000889	54274	GMO		X	Barbecue Wings, Sweet and Tangy	8 / 255g
842234 001091	65000	GMO		X	Beefless Ground	8 / 390g
842234 000636	54533	GMO		X	Beefless Tips	8 / 255g
842234 401990	65041	GMO		X	Breakfast Saus'age Patties, Maple	8 / 190g
842234 402003	65042	GMO		X	Breakfast Saus'age Patties, Original	8 / 190g
842234 001350	65052	GMO		+ X	Chick'n Nuggets	8 / 245g
842234 003200	54270	GMO		X	Chick'n Strips	8 / 225g
842234 001374	65050	GMO		+ X	Chick'n Tenders, Nashville-Style Hot	8 / 230g
842234 000872	54273	GMO		X	Crispy Chick'n, Mandarin Orange	8 / 300g
842234 000896	54275	GMO		X	Crispy Fingers, Chipotle Lime	8 / 270g
842234 000643	54534	GMO		X	Crispy Tenders, Seven Grain	8 / 255g
842234 001701	65009	GMO		X	Fish-Free Golden Fillets	8 / 288g
842234 001718	65028	GMO		+ X	Meatless Meatballs, Classic	8 / 360g
842234 003224	54271	GMO		+ X	Porkless Bites, Sweet & Sour	8 / 255g
842234 001145	65036	GMO		X	Turk'y Cutlets w/Gravy	8 / 300g
					Buy 25+ cases	Save 3.04
842234 007147	65013	GMO		+ X	SUPREME Burger (2pk)	8 / 226g
842234 001756	65014	GMO		+ X	SUPREME Burger, Black Bean (2pk)	8 / 226g
842234 001824	65015	GMO		+ X	SUPREME Burger, Falafel (2pk)	8 / 226g
					Buy 25+ cases	Save 5.70
GLUTINO PRODUCTS - VOLUME PRICING						
678523 070345	16493		GF	+ X	Cookies, Chocolate Chip	12 / 245g
678523 070321	16495		GF	+ X	Cream Sandwich Cookies, Chocolate Vanilla Crème Dreams	12 / 300g
678523 070307	16494		GF	+ X	Cream Sandwich Cookies, Vanilla Crème Dreams	12 / 300g
					Buy 25+ cases	Save 3.12
678523 038451	16422		GF	X	Crackers (Rounds), Cheddar	6 / 125g
678523 038512	16421		GF	X	Crackers (Rounds), Original	6 / 125g
678523 038475	16423		GF	X	Crackers (Rounds), Multigrain	6 / 125g
					Buy 25+ cases	Save 1.50

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 040119	37333	GF	+	X Pretzel Sticks	12 / 400g		G	
678523 040072	36160	GF	+	X Pretzels	12 / 400g		G	
					Buy 25+ cases	Save	6.00	
678523 040225	37310	GF	+	X Pretzels, Chocolate Covered	12 / 156g		G	
678523 040249	37311	GF	+	X Pretzels, Yogurt Covered	12 / 156g		G	
					Buy 25+ cases	Save	3.12	
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 Co	12 / 130g			
					Buy 25+ cases	Save	3.12	
GOBIO! BOUILLON CUBES & BROTH POWDER - 10% OFF								
687789 051111	45301	GMO	*	Ⓡ Bouillon Cubes, Beef, Organic	15 / 66g			
687789 051005	45306	GMO	*	Ⓡ Bouillon Cubes, Chicken (no salt), Organic	15 / 54g			
687789 051159	45302	GMO	*	Ⓡ Bouillon Cubes, Chicken, Organic	15 / 66g			
687789 051135	45304	GMO	*	Ⓡ Bouillon Cubes, Mushroom (yeast free), Organic	15 / 66g			
687789 051128	45303	GMO	*	Ⓡ Bouillon Cubes, Onion (yeast free), Organic	15 / 66g			
687789 051012	45307	GMO	*	Ⓡ Bouillon Cubes, Vegetable (no salt), Organic	15 / 54g			
687789 051142	45305	GMO	*	Ⓡ Bouillon Cubes, Vegetable (yeast free), Organic	15 / 66g			
687789 051203	45300	GMO	*	Ⓡ Bouillon Cubes, Vegetable, Organic	15 / 66g			
687789 051234	45312	GMO	*	Ⓡ Broth Powder, Chicken (low sodium), Organic (jar)	6 / 75g			
687789 051241	45313	GMO	*	Ⓡ Broth Powder, Chicken (low sodium), Organic (pkt)	8 / 150g			
687789 051210	45310	GMO	*	Ⓡ Broth Powder, Vegetable (yeast free), Organic (jar)	6 / 100g			
687789 051227	45311	GMO	*	Ⓡ Broth Powder, Vegetable (yeast free), Organic (pkt)	8 / 200g			
GOBIO! CANDY - 10% OFF								
687789 217012	45321	GMO	*	Ⓡ Fruit Gummies, Sour, Organic	10 / 75g		G	
687789 216015	45320	GMO	*	Ⓡ Gummi Bears, Mixed Fruit, Organic	10 / 75g		G	
687789 215018	45322	GMO	V *	Ⓡ Gummi Bears, Vegan, Organic	10 / 75g		G	
687789 220012	45324	GMO	*	Ⓡ Wine Gums, Organic	10 / 75g		G	
GOOD TO GO BAKED KETO SNACKS - 10% OFF								
687456 993423	64138	GMO	GF V	+ Ⓡ X Blondies, Chocolate Chip	6 / 2x20g		G	
687456 993416	64137	GMO	GF V	+ Ⓡ X Brownies, Double Chocolate	6 / 2x20g		G	
GOODDRINK SPRITZER - VOLUME PRICING								
853790 002026	04057	GMO	*	X Spritzer, Eureka Lemon, Organic (can)	12 / 355ml		G P U	
853790 002057	04090	GMO	*	X Spritzer, Field Strawberry, Organic (can)	12 / 355ml		G P U	
853790 002019	04056	GMO	*	X Spritzer, Granny Smith Apple, Organic (can)	12 / 355ml		G P U	
853790 002033	04058	GMO	*	X Spritzer, Ruby Red Grapefruit, Organic (can)	12 / 355ml		G P U	
853790 002064	04091	GMO	*	X Spritzer, Sweet Blueberry, Organic (can)	12 / 355ml		G P U	
853790 002040	04059	GMO	*	X Spritzer, Wild Blackberry, Organic (can)	12 / 355ml		G P U	
					Buy 30+ case (Spritzer Skus Only)	Save	10%	
GOODVIBES JUICE CO GOODVIBES SHOTS+ - 10% OFF								
628250 941272	80732		+	Ⓡ X Shots, Get Well + Elderberry/Ginger/Hibiscus	12 / 50ml		U	
628250 941180	80731		+	Ⓡ X Shots, Sick Day + Echinaces/Ginger/Cayenne	12 / 50ml		U	
628250 941296	80733		+	Ⓡ X Shots, Turmeric Daily + Turmeric/Ginger/Chamomile	12 / 50ml		U	
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED) - 20% OFF								
078355 471103	52351		*	Yogurt, Honey Flavour, Organic	6 / 500g			
078355 471158	52350		*	Yogurt, Honey Vanilla Flavour, Organic	6 / 500g			
078355 450009	52084		*	Yogurt, Traditional Plain, Organic	6 / 500g			

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
GREEN CUISINE TEMPEH (REFRIGERATED) - 10% OFF				
068532 020002	54462	*	BC 📦 X TEMPEH, 7 Grain, Organic (FROZEN)	1 / 227g
068532 700034	40537	*	BC 📦 X TEMPEH, Indonesian, Organic	1 / 225g
068532 765477	40530		BC 📦 X TEMPEH, Miso Gravy	1 / 225g
068532 113926	40526	*	BC 📦 X TEMPEH, Simply Soybean, Organic	1 / 225g
068532 700041	40541	*	BC 📦 X TEMPEH, Smoked, Organic	1 / 225g
068532 612344	40540		BC 📦 TEMPEH, Sunseed	1 / 170g
068532 654368	40531		BC 📦 X TEMPEH, Sweet Chili	1 / 225g
GROUND LEEF VEGAN CRUMBLES - \$6.96 OFF				
851335 000483	56010		📦 X Soy Vegan Crumbles, Taco (Keto verified)	12 / 120g
851335 000469	56011		📦 X Soy Vegan Crumbles, Thai Curry (Keto verified)	12 / 110g
851335 000490	56012		📦 X Soy Vegan Crumbles, Unseasoned (Keto verified)	12 / 100g
GUSTA PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF				
627552 105092	54749		📦 X Seitan Kebab, Shredded	12 / 200g
HAPPY PLANET SMOOTHIES (REFRIGERATED) - 10% OFF				
779172 243903	01342	GMO	@ BC 📦 Clean Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml U
779172 243910	01341	GMO	BC 📦 Clean Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml G U
779172 243033	01344	GMO	BC 📦 Clean Protein Smoothie, Blueberry Almond Butter (plastic bottle)	6 / 900ml G U
HARDBITE HANDCRAFTED STYLE CHIPS - UP TO \$5.24 OFF				
673513 104505	36411	GMO	BC 📦 X Potato Chips, All Dressed	15 / 150g G
673513 001507	36412	GMO	BC 📦 X Potato Chips, All Natural	15 / 150g G
673513 103508	37748	GMO	BC 📦 X Potato Chips, Avocado & Lime	15 / 150g G
673513 101504	37517	GMO	BC 📦 X Potato Chips, Ketchup	15 / 150g G
673513 105502	36410	GMO	BC 📦 X Potato Chips, Pepper Jack	15 / 150g G
673513 021505	36414	GMO	BC 📦 X Potato Chips, Rock Salt & Vinegar	15 / 150g G
673513 091508	37516	GMO	BC 📦 X Potato Chips, Sea Salt & Pepper	15 / 150g G
673513 011506	36413	GMO	BC 📦 X Potato Chips, Smokin' BBQ	15 / 150g G
673513 107506	36428	GMO	BC 📦 X Potato Chips, Southwest Chili	15 / 150g G
673513 106509	36425	GMO	BC 📦 X Potato Chips, Spicy Dill Pickle	15 / 150g G
673513 108503	36429	GMO	BC 📦 X Potato Chips, Spicy Ketchup	15 / 150g G
673513 041503	36417	GMO	BC 📦 X Potato Chips, Wild Onion & Yogurt	15 / 150g G
673513 113552	37638	GMO	BC 📦 X Vegetable Chips, 18 Carrot Gold	15 / 150g G
673513 118557	36422	GMO	BC 📦 X Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g G
673513 112555	37637	GMO	BC 📦 X Vegetable Chips, Drop 'N Mad Beets	15 / 150g G
673513 111558	37518	GMO	BC 📦 X Vegetable Chips, Eat Your Parsnips	15 / 150g G
673513 114559	37749	GMO	BC 📦 X Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g G
673513 120550	36451	GMO	BC 📦 X Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g G
673513 117550	36423	GMO	BC 📦 X Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet Potato	15 / 150g G
673513 121557	36453	GMO	BC 📦 X Vegetable Chips, The Beet Goes On	15 / 150g G
673513 501908	36457	GMO GF	BC 📦 X Potato Chips, RUGGED, All Dressed	12 / 275g G
673513 501809	36456	GMO GF	BC 📦 X Potato Chips, RUGGED, All Natural	12 / 275g G
HEALTHY HIPPO LOW SUGAR CANDY - \$3.00 OFF				
628176 040103	17650	GMO	📦 X Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g G
628176 040127	17651	GMO	📦 X Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g G
628176 040110	17652	GMO	📦 X Sour Keys, Sweetened w/Monk Fruit	12 / 50g G
628176 040134	17653	GMO	📦 X Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g G
HEE-HAW HORSERADISH - 25% OFF				
628110 106025	11174	GF	BC 📦 Horseradish, Damn Hot	12 / 250ml
HOLY CRAP SUPERSEED CEREAL - 15% OFF				
883831 100008	22226	GMO	* BC 📦 Cereal, Apple Cinnamon, Organic	12 / 225g
883831 200005	22227	GMO	* BC 📦 Cereal, Natural Skinny B, Organic	12 / 225g

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
HOLY NAPOLI PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN) - 15% OFF						
628110 552013	17300	BC	℞	X	Pizza Dough	8 / 300g
628110 552044	17303	BC	℞	X	Pizza, Calabrese	8 / 425g
628110 552099	17304	BC	℞	X	Pizza, Funghi	8 / 385g
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
HOME GROWN LIVING FOODS PRODUCTS - 10% OFF						
628110 072023	16251	GMO	*	BC	℞ X NEW! RAWgles, Apple Cinnamon, Organic	8 / 150g
628110 072849	16291	GMO	*	BC	℞ X NEW! RAWgles, Sunflower Dill, Organic	8 / 120g
628110 072115	16266	GMO	*	BC	℞ X NEW! Seaweed Surf Snax, Organic	8 / 150g
628110 072085	16270	GMO	*	BC	℞ X NEW! Sprouted Almonds (unpasteurized), Organic	8 / 120g
628110 072450	16301	GMO	*	BC	℞ X NEW! Sprouted Cashews, Organic	8 / 120g
628110 072405	16300	GMO	*	BC	℞ X NEW! Sprouted Pumpkin Seeds, Heirloom, Organic	8 / 120g
628110 072108	16271	GMO	*	BC	℞ X NEW! Sprouted Pumpkin Seeds, Organic	8 / 120g
628110 072092	16273	GMO	*	BC	℞ X NEW! Sprouted Sunflower Seeds, Organic	8 / 130g
628110 072122	16272	GMO	*	BC	℞ X NEW! Sprouted Walnuts, Organic	8 / 100g
628110 072993	16274	GMO	*	BC	℞ X NEW! Sprouted Walnuts, Salted, Organic	8 / 100g
628110 072443	16304	GMO	*	BC	℞ NEW! U-BAKE Easy Meal Magic Mix, Organic	8 / 500g
628110 072702	16254	GMO	*	BC	℞ NEW! U-BAKE Mix, Bread & Buns, Pumpkin Chia, Organic	8 / 500g
628110 072719	16253	GMO	*	BC	℞ NEW! U-BAKE Mix, Bread & Buns, Sunflower Chia, Organic	8 / 500g
628110 072955	16282	GMO	*	BC	℞ NEW! U-BAKE Mix, Cookies, Chocolate Chip, Organic	12 / 330g
628110 072733	16280	GMO	*	BC	℞ NEW! U-BAKE Mix, Cookies, Double Chocolate, Organic	12 / 330g
628110 072726	16281	GMO	*	BC	℞ NEW! U-BAKE Mix, Cookies, Pumpkin Spice, Organic	12 / 330g
628110 072931	16302	GMO	*	BC	℞ NEW! U-BAKE Mix, Cracker, Savoury, Organic	12 / 330g
628110 072948	16303	GMO	*	BC	℞ NEW! U-BAKE Mix, Cracker, Spicy, Organic	12 / 330g
628110 072825	16290	GMO	*	BC	℞ NEW! U-BAKE Mix, Pizza Crust, Garlic Rosemary, Organic	12 / 330g
HORNBY ORGANIC ENERGY BAR - 10% OFF						
628055 058052	37535	GF	*	BC	℞ X Energy Bar, Carob Peanut Butter, Organic	12 / 80g
628055 058076	37534	GF	*	BC	℞ X Energy Bar, Chocolate Chip Peanut Butter, Organic	12 / 80g
628055 058090	37538	GF	*	BC	℞ X Energy Bar, Chocolate Espresso, Organic	12 / 80g
628055 058083	37537	GF	*	BC	℞ X Energy Bar, Oatmeal Raisin, Organic	12 / 80g
628055 058113	37539	GF	*	BC	℞ X Energy Bar, Pumpkin Fudge, Organic	12 / 80g
628055 058120	37540	GF	*	BC	℞ X Energy Bar, Sunflower Cranberry, Organic	12 / 80g
ISLAND ESSENTIALS NATURAL BODY CARE - 15% OFF						
884169 001265	30635	BC	℞		Bar Soap, ForTHAVE'S Chai	12 / 97g
884169 000763	30643	BC	℞	X	Lip Balm, Peppermint	24 / 4g
884169 000756	30644	BC	℞	X	Lip Balm, Vanilla	24 / 4g
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER - 10% OFF						
859805 000056	15754	BC	℞		NEW! Almond Butter	12 / 250g
859805 000025	15751	BC	℞		NEW! Peanut Butter, Crunchy	12 / 375g
859805 000001	15750	BC	℞		NEW! Peanut Butter, Smooth	12 / 375g
859805 000032	15753	BC	℞		NEW! Peanut Butter, Crunchy	12 / 750g
859805 000018	15752	BC	℞		NEW! Peanut Butter, Smooth	12 / 750g

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
JOVIAL PRODUCTS - 15% OFF						
815421 012118	13450	GMO		* @	Cookies, Einkorn, Checkerboard, Organic	12 / 250g
815421 011005	21044			*	Einkorn Flour, All Purpose, Organic	10 / 907g
815421 011302	17523	GMO	GF	*	Pasta, Brown Rice Egg Tagliatelle, Organic	12 / 255g
815421 011227	17521	GMO	GF	*	Pasta, Brown Rice Penne, Organic	12 / 340g
815421 011944	17533	GMO	GF	*	X Pasta, Grain Free Cassava Elbows, Organic	6 / 227g
815421 011913	17530	GMO	GF	*	Pasta, Grain Free Cassava Fusilli, Organic	6 / 227g
815421 011937	17532	GMO	GF	*	Pasta, Grain Free Cassava Orzo, Organic	12 / 227g
815421 011920	17531	GMO	GF	*	Pasta, Grain Free Cassava Penne, Organic	6 / 227g
815421 011906	17529	GMO	GF	*	Pasta, Grain Free Cassava Spaghetti, Organic	12 / 227g
JUSTIN'S NUT BUTTER CUPS - 10% OFF						
840379 153668	10562	GMO	GF	*	Peanut Butter Cups, Mini Dark Chocolate, Organic	6 / 120g G
840379 128451	10563	GMO	GF	*	Peanut Butter Cups, Mini Milk Chocolate, Organic	6 / 120g G
840379 188455	10561	GMO	GF	*	X Cashew Butter Cups, Dark Chocolate, Organic	12 / 40g G
840379 100051	10560	GMO	GF	*	X Peanut Butter Cups, Dark Chocolate, Organic	12 / 40g G
KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED) - 15% OFF						
620892 809927	30225			* + 🍷	Kimchi, Raw, Unpasteurized, Organic	12 / 375ml
620892 809934	30376			* + 🍷	Kimchi, Raw, Unpasteurized, Organic	12 / 750ml
620892 809903	30184			* + 🍷	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809941	30182			* + 🍷	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809989	30221			* + 🍷	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 375ml
620892 809965	30223			* + 🍷	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml
620892 809910	30377			* + 🍷	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809958	30375			* + 🍷	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809996	30185			* + 🍷	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 750ml
620892 809972	30227			* + 🍷	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml
KIJU ORGANIC BEVERAGE - UP TO \$1.20 OFF						
189727 000279	06768	GMO		* + 🍷	FIT, Pineapple Mango, Organic (Tetra)	8 / 4x200ml U
189727 000262	06770	GMO		* + 🍷	FIT, Strawberry Watermelon, Organic (Tetra)	8 / 4x200ml U
189727 000217	06944	GMO		* + 🍷	Juice, Apple, Organic (Tetra)	8 / 4x200ml U
189727 000224	06955	GMO		* + 🍷	Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml U
189727 000231	06956	GMO		* + 🍷	Juice, Lemonade, Organic (Tetra)	8 / 4x200ml U
189727 000248	06969	GMO		* + 🍷	Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml U
189727 000255	06975	GMO		* + 🍷	Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml U
189727 001016	06757	GMO		* + 🍷	Juice, Apple, Organic (Tetra)	12 / 1L U
189727 000460	07252	GMO		* + 🍷	Juice, Cranberry Pomegranate Blueberry, Organic (Tetra)	12 / 1L U
189727 001023	06758	GMO		* + 🍷	Juice, Grape Apple, Organic (Tetra)	12 / 1L U
189727 001047	06759	GMO		* + 🍷	Juice, Lemonade, Organic (Tetra)	12 / 1L U
189727 001054	06760	GMO		* + 🍷	Juice, Mango Orange, Organic (Tetra)	12 / 1L U
189727 001078	06761	GMO		* + 🍷	Juice, Pomegranate Cherry, Organic (Tetra)	12 / 1L 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
KIND BARS - UP TO 25% OFF					
602652 296574	37600	GMO	HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g	G
602652 429538	39337		THINS Nut Bar, Almond Caramel & Sea Salt	6 / 10x21g	G
602652 429422	39336		THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g	G
602652 281242	39331		Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g	G
602652 431678	39339		Nut Bar, Milk Chocolate	10 / 5x40g	G
602652 281112	39329		Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g	G
602652 431647	39338		Nut Bar, Peanut Butter Milk 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 170751	37490	X	Nut Bar, Almond, Sea Salt & Dark Chocolate	12 / 40g	G
602652 170942	37605	X	Nut Bar, Caramel Almond & Sea Salt	12 / 40g	G
602652 170713	37474	X	Nut Bar, Cherry Cashew & Dark Chocolate	12 / 40g	G
602652 240232	37685	X	Nut Bar, Honey Roasted Nuts & Sea Salt	12 / 40g	G
602652 170959	37606	X	Nut Bar, Maple Glazed Pecan & Sea Salt	12 / 40g	G
602652 288104	37465	X	Nut Bar, Peanut Butter	12 / 40g	G
602652 170706	37475	X	Nut Bar, Peanut Butter & Dark Chocolate	12 / 40g	G
602652 401565	39340	X	Nut Bar, Peanut Butter Milk Chocolate	12 / 40g	G
602652 431388	39345	X	Nut Bar, Peanuts Salted Caramel w/Dark Chocolate	12 / 40g	G
602652 207075	39322	X	PLUS+ Nut Bar, Crunchy Peanut Butter	12 / 50g	G
602652 207082	39323	X	PLUS+ Nuts Bar, Dark Chocolate Nut	12 / 50g	G
KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED) - UP TO 15% OFF					
628504 073377	23632	BC	X Water Kefir, Cranberry Turmeric (can)	12 / 355ml	G P U
628504 073391	23633	BC	X Water Kefir, Lemon Ginger Turmeric (can)	12 / 355ml	G P U
628504 073414	23634	BC	X Water Kefir, Power Green (can)	12 / 355ml	G P U
628504 073438	23635	BC	X Water Kefir, Strawberry Rosehip (can)	12 / 355ml	G P U
628504 073148	23625	BC	Water Kefir, Activated Charcoal (glass)	6 / 1L	G P U
628504 073117	23626	BC	Water Kefir, Cranberry Turmeric (glass)	6 / 1L	G P U
628504 073230	23631	BC	Water Kefir, Lemon, Turmeric Ginger (glass)	6 / 1L	G P U
628504 073100	23628	BC	Water Kefir, Spirulina (glass)	6 / 1L	G P U
628504 073124	23629	BC	Water Kefir, Strawberry Rosehip (glass)	6 / 1L	G P U
KOYO PRODUCTS - 10% OFF					
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	
021009 229025	24019		Wasabi Powder	6 / 25g	
KRINOS PRODUCTS - 10% OFF					
055498 045309	59182	*	+ Feta Cheese, Cow's Milk, Organic (REFRIGERATED)	12 / 150g	
055498 102507	85100	GMO	*	KALAMATA GOLD Extra Virgin Olive Oil, Organic	6 / 500ml
055498 045224	48010	GMO	*	Olives, Cocktail, Green Stuffed w/Red Peppers and Jalapeno, Organic	6 / 375ml
KRISDA SUGAR-FREE CHOCOLATELY CHIPS & SWEETENER - 10% OFF					
688120 200113	23019		+	Chocolatey Chips, Semi-Sweet	6 / 285g
688120 024542	23022			Sweetener, Monk Fruit	6 / 454g
688120 034541	23021			Sweetener, Xylitol	6 / 454g
LA PREFERIDA ORGANIC MEXICAN INGREDIENTS - 15% OFF					
071524 180066	47206	*		Refried Beans, Organic	12 / 398ml
071524 180073	47207	*		Refried Black Beans, Organic	12 / 398ml
071524 180103	47210	*		Diced Green Chiles, Mild, Organic (can)	12 / 118ml

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
LAKANTO MONKFRUIT BLEND SWEETENER - 15% OFF					
843076 000105	44221	GMO		Sweetener, Classic	8 / 235g
843076 000099	44217	GMO		Sweetener, Golden	8 / 235g
843076 003472	44222	GMO		Sweetener, Powdered	8 / 454g
843076 000129	44220	GMO		Sweetener, Classic	8 / 800g
843076 000112	44215	GMO		Sweetener, Golden	8 / 800g
L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED) - UP TO 10% OFF					
778177 106961	43000	GMO	* +	Butter, 84% MF, Salted, Organic	12 / 250g
778177 106978	43001	GMO	* +	Butter, 84% MF, Unsalted, Organic	12 / 250g
778177 499803	50400	GMO	* +	Cheddar, Mild, Sliced, Organic	8 / 180g
778177 108002	50089	GMO	* +	Cheese Curds, Organic	8 / 200g
778177 499834	50402	GMO	* +	Mozzarella, (28% MF), Sliced, Organic	8 / 180g
778177 499506	50103	GMO	* +	Shredded, Mozza-Cheddar, Organic	8 / 200g
778177 499858	50104	GMO	* +	Shredded, Mozzarella, (28% MF) Organic	8 / 200g
778177 499575	50102	GMO	* +	Shredded, Triple Cheddar, Organic	8 / 200g
	50411	GMO B	* +	Shredded, Cheddar Medium, Organic	1 / 1kg
LICK YOUR CHOPS CAT FOOD - 10% OFF					
032976 270026	48080			Canned Cat Food, Distinctive Delicacies, Chicken & Catfish	24 / 85g G P
032976 270033	48081			Canned Cat Food, Distinctive Delicacies, Chicken & Crab	24 / 85g G P
032976 270019	48079			Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g G P
032976 270002	48078			Canned Cat Food, Distinctive Delicacies, Turkey & Sweet Potato	24 / 85g G P
LOOP MISSION BEVERAGES (REFRIGERATED) - 15% OFF					
056719 900445	11208	GMO	+ P X	Juice, Deep Green (cucumber, celery, spinach, kale, lemon, ginger)	6 / 355ml U
056719 900063	11202	GMO	+ P X	Juice, Morning Glory (clementine, orange, strawberry)	6 / 355ml U
056719 900025	11200	GMO	+ P X	Juice, Undercover (pear, cucumber, pineapple, celery, spinach, kale, nettle, jalapeno)	6 / 355ml U
056719 900872	11249	GMO	+ P X	Lemonade, Blue Crush	6 / 355ml G U
056719 900865	11248	GMO	+ P X	Lemonade, Strawberry Crush	6 / 355ml G U
056719 901022	11250	GMO	+ P X	Smoothie, Mango Paradise (mango, pineapple, banana, oat milk)	6 / 355ml U
LOTUS FOODS RICE - 10% OFF					
708953 508610	39909	GMO	GF *	Rice, White Basmati, Organic	6 / 850g
708953 507613	39908	GMO	GF *	Rice, White Jasmine, Organic	6 / 850g
LOVE GOOD FATS KETO BAR - \$3.00 OFF					
840659 001405	11545	GMO	+ P X	CHEWY NUTTY Keto Bar, Dark Chocolate Cranberry Almond	12 / 40g G
840659 000729	11533	GMO	+ P X	CHEWY NUTTY Keto Bar, Dark Chocolate Sea Salt Almond	12 / 40g G
840659 000774	11534	GMO	+ P X	CHEWY NUTTY Keto Bar, Peanut Chocolatey	12 / 40g G
840659 000675	11532	GMO	+ P X	CHEWY NUTTY Keto Bar, Salted Caramel	12 / 40g G
840659 001450	11546	GMO	+ P X	CHEWY NUTTY Keto Bar, White Chocolate Strawberry	12 / 40g G
628055 997320	11505	GMO	+ P X	X Keto Bar, Chocolate Chip Cookie Dough	12 / 39g G
628055 997009	11502	GMO	+ P X	X Keto Bar, Coconut Chocolate Chip	12 / 39g G
840659 001955	11509	GMO	+ P X	X Keto Bar, Double Chocolate	12 / 35g G
840659 000118	11507	GMO	+ P X	X Keto Bar, Lemon Mousse	12 / 39g G
628055 997115	11500	GMO	+ P X	X Keto Bar, Mint Chocolate Chip	12 / 39g G
628055 997030	11503	GMO	+ P X	X Keto Bar, Peanut Butter Chocolatey	12 / 39g G
840659 001924	11508	GMO	+ P X	X Keto Bar, Salted Caramel	12 / 35g G
LUCKY FOODS SPRING ROLLS (FROZEN) - 15% OFF					
078487 452780	31028	GMO	V	X Spring Rolls, Curry	8 / 241g
078487 462765	31029	GMO	GF V	X Spring Rolls, Gluten Free Curry	8 / 241g
078487 462727	31027	GMO	GF	X Spring Rolls, Gluten Free, Thai Style, w/Sweet & Sour Sauce	8 / 241g

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #	s Tel: 1-800-663-7604	Fax: 1-800-520-5052		Order
078487 452773	31025	GMO	V			Spring Rolls, Kimchi, w/Sweet & Sour Sauce	8 / 241g
078487 452711	31024	GMO				X Spring Rolls, Original, w/Traditional Sauce	8 / 241g
LUNDBERG PRODUCTS - UP TO \$4.60 OFF							
073416 004337	31215	GMO	GF			Rice, Wild Blend, Nutra-Farmed	6 / 454g
073416 051911	31205		GF			Rice, Arborio, White, Nutra-Farmed	6 / 907g
073416 406032	31209	GMO	GF	*		Rice, Basmati, Brown, Organic	6 / 907g
073416 404045	31210	GMO	GF	*		Rice, Basmati, White, Organic	6 / 907g
073416 040502	31211	GMO	GF	*		Rice, Jasmine, California Brown, Organic	6 / 907g
073416 040489	31212		GF	*		Rice, Jasmine, White, Organic	6 / 907g
073416 040434	31207	GMO	GF	*		Rice, Sushi, White, Organic	6 / 907g
073416 405523	31202	GMO	GF			Rice, Basmati, Brown, Nutra-Farmed	6 / 907g
073416 403536	31203	GMO	GF			Rice, Basmati, White, Nutra-Farmed	6 / 907g
073416 040427	31204	GMO	GF			Rice, Jasmine, White, Nutra-Farmed	6 / 907g
073416 199644	31208	GMO	GF	*		Rice, Long Grain Brown, Organic	6 / 907g
073416 199637	31206	GMO	GF	*		Rice, Short Grain, Brown, Organic	6 / 907g
073416 020252	38723	GMO	GF			Risotto, Butternut Squash, Eco-Farmed	6 / 164g
073416 020245	38722	GMO	GF			Risotto, Garlic Primavera, Eco-Farmed	6 / 156g
MADEGOOD GRANOLA SNACKS & STAR PUFFED CRACKERS - UP TO \$4.00 UP							
687456 216119	64009	GMO	GF	V *	+ ♻️	Bars, Chocolate Chip, Organic	4 / 15x24g G
687456 230016	64080	GMO	GF	V *	+ ♻️ X	STAR PUFFED CRACKERS, Cheddar, Organic	6 / 121g
687456 230030	64082	GMO	GF	V *	+ ♻️ X	STAR PUFFED CRACKERS, Pizza Flavour, Organic	6 / 121g
687456 230023	64081	GMO	GF	V *	+ ♻️ X	STAR PUFFED CRACKERS, Sea Salt, Organic	6 / 121g
MAISON ORPHEE PRODUCTS - VOLUME PRICING							
069593 120816	33489	GMO	GF	V	+ ♻️	Marinade, Caesar Vinaigrette	12 / 250ml
069593 120823	33490	GMO	GF	V	+ ♻️	Marinade, Maple & Dijon Vinaigrette	12 / 250ml
069593 120854	33493	GMO	GF	V	+ ♻️	Marinade, Olive & Balsamic Vinaigrette	12 / 250ml
069593 121653	32393	GMO	GF		+ ♻️	Marinade, Ranch Vinaigrette	12 / 240ml
069593 120861	33494	GMO	GF	V	+ ♻️	Marinade, Sesame & Tamari Vinaigrette	12 / 250ml
Buy 15+ cases							Save 15%
069593 120182	32365			*	+ ♻️	Mustard, Dijon, Organic (raw) (jar)	12 / 250ml
069593 120199	32366			*	+ ♻️	Mustard, Old Fashioned, Organic (raw) (ja	12 / 250ml
069593 120175	32364			*	+ ♻️	Mustard, Yellow w/Turmeric, Organic (raw) (jar)	12 / 250ml
Buy 15+ cases							Save 15%
069593 120014	30188				+ ♻️	Olive Oil, Extra Virgin, Balanced	6 / 500ml
069593 120021	30189				+ ♻️	Olive Oil, Extra Virgin, Delicate	6 / 500ml
Buy 15+ cases							Save 15%
069593 120083	30204	GMO		*	+ ♻️	Olive Oil, Extra Virgin, Delicate, Organic	6 / 500ml
Buy 15+ cases							Save 15%
069593 120113	30207	GMO		*	+ ♻️	Sesame Oil, Virgin, Organic	6 / 500ml
Buy 15+ cases							Save 15%
069593 120038	30190				+ ♻️	Toasted Sesame Oil, Virgin	6 / 500ml
Buy 15+ cases							Save 15%
069593 120144	30209	GMO		*	+ ♻️	Canola Oil, Virgin, Organic	6 / 750ml
Buy 15+ cases							Save 15%
069593 120328	30195				+ ♻️	Grapeseed Oil	6 / 750ml
Buy 15+ cases							Save 15%
069593 120069	30193				+ ♻️	Olive Oil, Extra Virgin, Balanced	6 / 750ml
069593 120076	30194				+ ♻️	Olive Oil, Extra Virgin, Delicate	6 / 750ml
Buy 15+ cases							Save 15%
069593 120137	30208	GMO		*	+ ♻️	Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml
Buy 15+ cases							Save 15%
069593 120151	30210	GMO		*	+ ♻️	Sunflower Oil, Virgin, Organic	6 / 750ml
Buy 15+ cases							Save 15%
MANITOBA HARVEST HEMP YEAH! PRODUCTS - UP TO \$3.57 OFF + VOLUME PRODUCTS							
697658 692352	36360	GMO			+ ♻️ X	HEMP YEAH! Bar, Dark Chocolate Almond Sea Salt	12 / 45g G
Buy 6+ cases							Save 4.46
697658 692260	36626	GMO	V *		+ ♻️ X	Granola, Blueberry, Organic	6 / 283g
697658 692253	36628	GMO		*	+ ♻️ X	Granola, Honey & Oats, Organic	6 / 283g

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052						Order
MARUKAN PONZU SAUCE & RICE VINEGAR - 10% OFF								
070641 066314	24039	GMO			Ponzu, Yuzu	6 / 355ml		
070641 000059	24036	GMO			Rice Vinegar	6 / 710ml		
MAUREEN'S COOKING SAUCE - 20% OFF								
627987 503753	14902		BC	Ⓡ	Sauce, Mild Coconut Curry	12 / 350ml		
841307 000313	14900		BC	Ⓡ	Sauce, The Original Jerk	12 / 350ml		
MIYOKO'S VEGAN BUTTER (REFRIGERATED) - 15% OFF								
857554 005889	19150	GMO	GF	V *	Cultured Vegan Butter, Organic	6 / 227g		
NAKED & SAUCY NOOCH NUTRITIONAL YEAST DRESSING & SIMMER SAUCE - 15% OFF								
890104 001726	40103	GMO	*	BC	Ⓡ	NOOCH Caesar, Organic	12 / 250ml	
890104 001702	40104	GMO	*	BC	Ⓡ	NOOCH O.G. (Original), Organic	12 / 250ml	
890104 001719	40105	GMO	*	BC	Ⓡ	NOOCH Sesame Ginger, Organic	12 / 250ml	
890104 001733	40107	GMO	*	BC	Ⓡ	NOOCH Sweet & Spicy Mustard, Organic	12 / 250ml	
890104 001528	40125	GMO	*	BC	Ⓡ	Simmer Sauce, Butterless Chicken, Organic	12 / 350g	
890104 001535	40128	GMO	*	BC	Ⓡ	Simmer Sauce, Mild Vindaloo, Organic	12 / 350g	
890104 001559	40127	GMO	*	BC	Ⓡ	Simmer Sauce, Thai Curry, Organic	12 / 350g	
NATURA DAIRY-FREE BEVERAGE - UP TO 20% OFF + VOLUME PRICING								
063667 508012	06392	GMO	V *	+	Ⓡ	Soy, Chocolate, Organic (tetra pak)	8 / 3x200ml	U
063667 506018	06357	GMO	V *	+	Ⓡ	Soy, Unsweetened, Organic (tetra pak)	8 / 3x200ml	U
						Buy 15-29 cases	Save 3%	
						Buy 30-74 cases	Save 5%	
						Buy 75+ cases	Save 7%	
063667 201098	06405	GMO	GF *	+	Ⓡ	Barista, Oat, Organic (tetra pak)	6 / 946ml	
						Buy 15-29 cases	Save 3%	
						Buy 30-74 cases	Save 5%	
						Buy 75+ cases	Save 7%	
063667 090463	07276		V	+	Ⓡ	Almond & Coconut, Unsweetened (tetra pak)	12 / 946ml	U
063667 090081	07122		V	+	Ⓡ	Almond, Chocolate (tetra pak)	12 / 946ml	U
063667 090012	07119		V	+	Ⓡ	Almond, Original (tetra pak)	12 / 946ml	U
063667 090067	07121		V	+	Ⓡ	Almond, Unsweetened (tetra pak)	12 / 946ml	U
063667 090265	07275		V	+	Ⓡ	Almond, Unsweetened, Vanilla (tetra pak)	12 / 946ml	U
063667 201081	06404	GMO	GF *	+	Ⓡ	Oat, Chocolate, Organic (tetra pak)	12 / 946ml	U
063667 201012	06402	GMO	GF *	+	Ⓡ	Oat, Unsweetened Original, Organic (tetra pak)	12 / 946ml	U
063667 201029	06403	GMO	GF *	+	Ⓡ	Oat, Unsweetened Vanilla, Organic (tetra pak)	12 / 946ml	U
063667 006013	06378	GMO	V *	+	Ⓡ	Rice, Original, Organic (tetra pak)	12 / 946ml	U
063667 006020	06379	GMO	V *	+	Ⓡ	Rice, Vanilla, Organic (tetra pak)	12 / 946ml	U
063667 301859	06374	GMO	V *	+	Ⓡ	Soy, Chocolate, Organic (tetra pak)	12 / 946ml	U
063667 301408	06371	GMO	V *	+	Ⓡ	Soy, Original, Organic (tetra pak)	12 / 946ml	U
063667 511005	06375	GMO	V *	+	Ⓡ	Soy, Unsweetened, Organic (tetra pak)	12 / 946ml	U
063667 301705	06373	GMO	V *	+	Ⓡ	Soy, Strawberry, Organic (tetra pak)	12 / 946ml	G U
063667 301552	06372	GMO	V *	+	Ⓡ	Soy, Vanilla, Organic (tetra pak)	12 / 946ml	U
						Buy 15-29 cases	Save 3%	
						Buy 30-74 cases	Save 5%	
						Buy 75+ cases	Save 7%	
NATURE CLEAN PRODUCTS - UP TO 10% OFF								
058951 184652	80489			+	Ⓡ	NEW! Foaming Dish Spray, Fragrance-Free	6 / 500ml	G P
058951 308584	80722			+	Ⓡ	NEW! Laundry Liquid, Lavender	4 / 3L	G P
058951 637400	80571			+	Ⓡ	NEW! Multi-Surface Cleaner Spray, Lime Tea Tree	6 / 740ml	G P
058951 307198	80569			+	Ⓡ	NEW! OxyPower+ Laundry Booster (24 pods)	8 / 432g	G P
058951 307204	80867			+	Ⓡ	Odour Remover Pacs for Laundry	6 / 180g	G P
NATURE'S BAKERY FIG BAR - VOLUME PRICING								
047495 210200	13146	GMO	V			Fig Bar, Apple Cinnamon	6 / 6x57g	
047495 210217	13147	GMO	V			Fig Bar, Blueberry	6 / 6x57g	
047495 210224	13148	GMO	V			Fig Bar, Original Fig	6 / 6x57g	
047495 210248	13149	GMO	V			Fig Bar, Raspberry	6 / 6x57g	
						Buy 15-24 cases	Save 4.20	
						Buy 25+ cases	Save 5.52	

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052					Order	
NATURE'S NUTS SEED BUTTER - UP TO \$15.00 OFF								
682264 650001	35336	GMO	*	BC	Ⓜ	Almond Butter, Smooth, Organic	12 / 340g	
682264 600112	35335			BC	Ⓜ	Almond Butter, Crunchy	12 / 500g	
682264 600013	35334			BC	Ⓜ	Almond Butter, Smooth	12 / 500g	
NATURE'S PATH PRODUCTS - UP TO \$5.00 OFF								
058449 189107	22650	GMO	GF *		Ⓜ	Cereal, Golden Turmeric, Organic	6 / 300g	
058449 771524	22641	GMO	GF *		Ⓜ	Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g	
058449 221364	25077	GMO	* @		X	LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6 / 300g	
058449 162063	25069	GMO	*		Ⓜ X	LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6 / 325g	
058449 771760	25029	GMO	*		Ⓜ X	LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6 / 325g	
058449 772019	25055	GMO	* @		Ⓜ X	LOVE CRUNCH Granola, Dark Chocolate & Coconut, Organic	6 / 325g	
058449 202233	25054	GMO	* @		Ⓜ X	LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g	
058449 188087	55721	GMO	* @		Ⓜ	Toaster Pastries, Berry Strawberry, Frosted, Organic	6 / 312g	
058449 188070	55720	GMO	* @		Ⓜ	Toaster Pastries, Cherry Pomegranate, Frosted, Organic	6 / 312g	
058449 590576	55702	GMO	GF *	BC	Ⓜ X	Waffles, Buckwheat Wildberry, Organic (6pk) (FROZEN)	12 / 210g	
058449 590743	55708	GMO	GF *	BC	Ⓜ X	Waffles, Chia Plus, Organic (6pk) (FROZEN)	12 / 210g	
058449 167006	55711	GMO	GF *	BC	Ⓜ X	Waffles, Dark Chocolate Chip, Organic (6pk) (FROZEN)	12 / 210g	
058449 590521	55699	GMO	GF *	BC	Ⓜ X	Waffles, Homestyle, Organic (6pk) (FROZEN)	12 / 210g	
NAVITAS ORGANICS PRODUCTS - 15% OFF								
858847 000703	26116	GMO	*			Goji Berries, Sun-Dried, Organic	1 / 227g	
858847 000291	37365	GMO	*			Açaí Powder, Organic	1 / 113g	
858847 000680	29023	GMO	* @			Cacao Nibs, Organic	1 / 227g	
858847 000871	21004	GMO	* @			Cacao Powder, Organic	1 / 227g	
858847 000840	21003	GMO	* @			Cacao Powder, Organic	1 / 454g	
811961 023232	24422	GMO	*			SUPERFOOD+, Adaptogen Blend, Maca+Reishi+Ashwagandha, Organic	1 / 180g	
811961 023249	24423	GMO	*			SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, Organic	1 / 150g	
811961 023256	24424	GMO	*			SUPERFOOD+, Greens Blend, Moringa+Kale+Wheatgrass, Organic	1 / 180g	
NIKKEI RAMEN YA AUTHENTIC RAMEN KIT (FROZEN) - 10% OFF								
628693 494083	39180			BC	Ⓜ X	Ramen Kit, Hakata Tonkotsu	12 / 450g	
628693 494182	39181			BC	Ⓜ X	Ramen Kit, Tokyo Shoyu	12 / 460g	
628693 494076	39182			BC	Ⓜ X	Ramen Kit, Vegan Shoyu	12 / 460g	
628693 494175	39183			BC	Ⓜ X	Ramen Kit, Yuzu Shio	12 / 460g	
NOOCHPOPI! VEGAN CHEESY POPCORN - 10% OFF								
627843 956624	17800	GMO	GF V	BC	Ⓜ X	Popcorn, Kinda Cheesy	12 / 120g	G
628504 091005	17808	GMO	GF V	BC	Ⓜ X	Popcorn, Kinda Chili Lime & Cheesy	12 / 120g	G
627843 956655	17802	GMO	GF V	BC	Ⓜ X	Popcorn, Kinda Garlic 'n Cheesy	12 / 120g	G
627843 956631	17801	GMO	GF V	BC	Ⓜ X	Popcorn, Kinda Nacho	12 / 120g	G
627843 956648	17803	GMO	GF V	BC	Ⓜ X	Popcorn, Kinda Sweet 'n Savoury	12 / 120g	G
NORA'S DAIRY-FREE DESSERT (FROZEN) - 10% OFF								
627843 814214	32924		GF V	BC	Ⓜ X	Cashew Frozen Dessert, Cookies & Crème	8 / 500ml	
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	
NOTCO NOTBURGER PLANT BASED BURGERS (FROZEN) - \$5.44 OFF								
850020 078301	18881		GF		X	NOTBURGER	6 / 4x113g	

STORE NAME:
DELIVERY DATE REQUEST:
UPC Code Code PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052
Order
NUTS FOR CHEESE | FERMENTED CASHEW PRODUCT (REFRIGERATED) - \$4.30 OFF

842232 013027	18664	GMO	V *	+ P	Cream Cheese Style Spread, Garlic & Herb, Organic	6 / 210g	
842232 014024	18665	GMO	V *	+ P	Cream Cheese Style Spread, Lemon Dill, Organic	6 / 210g	
842232 012020	18663	GMO	V *	+ P	Cream Cheese Style Spread, Original, Organic	6 / 210g	

OATLY | OAT DRINK - 10% OFF

190646 631390	35506	GMO	GF V		NEW! Barista Edition (TetraPak)	12 / 946ml	
190646 631369	35508	GMO	GF V		NEW! Chocolate (TetraPak)	12 / 946ml	U
190646 631376	35509	GMO	GF V		NEW! Extra Creamy (TetraPak)	12 / 946ml	U
190646 631352	35507	GMO	GF V		NEW! Original (TetraPak)	12 / 946ml	U

O'DOUGHS | BREAD & BITE SIZED NAAN STYLE O'DIPPERS (FROZEN) - UP TO 20% OFF

698433 100185	54625	GMO	GF V	+ P	X O'DIPPERS, Garlic & Chive	6 / 210g	
698433 100178	54624	GMO	GF V	+ P	X O'DIPPERS, Original	6 / 210g	
698433 000003	54598	GMO	GF V	+ P	X NEW! Bread, Flax	6 / 700g	
698433 000027	54599	GMO	GF V	+ P	X NEW! Bread, White	6 / 700g	
698433 001116	54621	GMO	GF V	+ P	X NEW! THINS, Sandwich, Multigrain	6 / 510g	
698433 001109	54619	GMO	GF V	+ P	X NEW! THINS, Sandwich, Original	6 / 510g	

OMEGA NUTRITION | APPLE CIDER VINEGAR - 15% OFF

055358 314002	85028		GF *	P	Apple Cider Vinegar, Organic (plastic bottle)	12 / 355ml	
055358 314101	85027		GF *	P	Apple Cider Vinegar, Organic (plastic bottle)	6 / 946ml	

ORGANIC INDIA | HERBAL INFUSIONS - 10% OFF

801541 040438	13357	GMO	*	X	NEW! Tulsi Ginger, Organic	5 / 25ct	
801541 509416	13362	GMO	*	X	NEW! Tulsi Green Tea, Lemon Ginger, Organic	5 / 25ct	
801541 508402	13358	GMO	*	X	NEW! Tulsi Honey Chamomile, Organic	5 / 25ct	
801541 507740	13363	GMO	*	X	NEW! Tulsi Jasmine Green Tea, Organic	5 / 25ct	
801541 500079	13359	GMO	*	X	NEW! Tulsi Jasmine, Organic	5 / 25ct	
801541 500086	13360	GMO	*	X	NEW! Tulsi Lemon Ginger, Organic	5 / 25ct	

PACIFIC FOODS PRODUCTS - UP TO 30% OFF + VOLUME PRICING

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	
					Buy 5+ cases	Save 4.32	
052603 284257	38085	GMO	*		Oat Milk Soup, Creamy Cumin Carrot, Organic	12 / 946ml	
052603 284264	38086	GMO	*		Oat Milk Soup, Creamy Garden Tomato, Organic	12 / 946ml	
052603 284240	38088	GMO	*		Plant-Based Broth, Creamy, Herb & Roasted Garlic, Organic	12 / 946ml	
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	
					Buy 5+ cases	Save 8.88	
052603 054058	38811		GF *		Broth, Mushroom, Organic	12 / 1L	
052603 287135	38121	GMO	*		Chili, Fire-Roasted Vegetable, Organic	12 / 468g	
052603 287128	38119	GMO	*		Chili, Harvest Black Bean, Organic	12 / 468g	
052603 287142	38120	GMO	*		Chili, White Bean Verde, Organic	12 / 468g	

PAMELA'S PRODUCTS - UP TO \$7.11 OFF

093709 221142	22246	GMO	GF		Artisan Flour Blend	3 / 1.81kg	
093709 281016	13220		GF		Figgies & Jammies, Mission Fig	6 / 255g	
093709 230014	16648	GMO	GF		Graham Style Crackers, Honey Grahams	6 / 213g	
093709 201106	22950		GF		Pancake & Baking Mix	6 / 680g	
093709 201144	22949		GF		Pancake & Baking Mix	3 / 1.81kg	

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED) - 15% OFF						
857751 008003	21407	GMO			Shreds, Mozzarella Style	8 / 198g
857751 008010	21406	GMO			Shreds, Old Cheddar Style	8 / 198g
857751 008034	21411	GMO			Slices, Old Cheddar Style	8 / 198g
857751 008171	21409	GMO			Slices, Smoky Gouda Style	8 / 198g
PATIENCE FRUIT & CO PRODUCTS - 10% OFF						
662166 551880	18208	GMO	*	+ P	Dried Fruit Blend, Sliced Three Fruit (Cranberries, Blueberries & Tart Cherries), Organic	6 / 196g G
662166 551996	18202	GMO	*	+ P	Dried Sliced Cranberries, No Added Sugar, Organic	8 / 142g G
662166 551668	18206	GMO	*	+ P	Dried Sliced Cranberries, Organic	6 / 283g G
662166 551774	18207	GMO	*	+ P	Dried Sliced Cranberries, Sweetened w/Apple Juice, Organic	6 / 227g G
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 001002	18210	GMO	GF	+	Fruit d'Or Pure Cranberry Juice, Not From Concentrate	6 / 1L U
662166 221103	18209	GMO	GF	*	Pure Cranberry Juice, Not From Concentrate, Organic	6 / 946ml U
662166 222209	18233	GMO	*	+ P	Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml U
662166 223305	18232	GMO	*	+ P	Pure Wild Blueberry Juice, Not From Concentrate, Organic	6 / 946ml U
PORTOFINO BAKERY BREAD (FROZEN) - 20% OFF						
661172 000061	40182		BC	P X	Pan Loaf, Multigrain, sliced	12 / 810g
661172 000092	40183		BC	P X	Pan Loaf, Sourdough, sliced	12 / 810g
661172 020694	40184		BC	P X	Pan Loaf, Western Harvest, sliced	12 / 810g
661172 000115	40185		BC	P X	Pan Loaf, White, sliced	12 / 720g
661172 000122	40186		BC	P X	Pan Loaf, Whole Wheat, sliced	12 / 720g
PRANA ORGANIC PRODUCTS - UP TO 25% OFF						
877693 003850	26177	GMO	*	+ P	Chewy Granola Bars, Berry Blast, Organic (safe for school)	12 / 5x24g G
877693 003843	26176	GMO	*	+ P	Chewy Granola Bars, Choco Bongo, Organic (safe for school)	12 / 5x24g G
877693 003591	26181	GMO	GF	* + P X	GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g G
877693 002488	26173	GMO	GF	* + P	GRANOLOVE On The Go, Brownie Crunch, Organic	8 / 5x60g
877693 002471	26172	GMO	GF	* + P	GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8 / 5x60g
877693 002945	26174	GMO	GF	* + P X	GRANOLOVE, Brownie Crunch, Organic	8 / 300g
877693 001696	26171	GMO	GF	* + P X	GRANOLOVE, Maple Spice Crunch, Organic	8 / 300g
877693 002952	26175	GMO	GF	* + P X	GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g
877693 003904	26184	GMO	GF	* + P X	GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g
877693 001689	26170	GMO	GF	* + P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	8 / 300g
877693 002969	26180	GMO	GF	* + P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	6 / 750g
877693 002495	26164	GMO	GF	* + P	Overnight Chia, Berry Fairy, Organic	8 / 5x50g
877693 002501	26165	GMO	GF	* @ + P	Overnight Chia, Chocolatey Dream, Organic	8 / 5x50g
877693 003096	34092	GMO	GF	*	PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g
877693 003089	34091	GMO	GF	*	PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #	's Tel: 1-800-663-7604	Fax: 1-800-520-5052				Order
877693 000583	34097	GMO	GF	*	Ⓜ	Seeds, Chia, Whole Black, Organic	4 / 1kg		
877693 000330	34063	GMO	GF	*	Ⓜ	Seeds, Chia, Ground Black, Organic	6 / 200g		
877693 000316	34061	GMO	GF	*	Ⓜ	Seeds, Chia, Ground White, Organic	6 / 200g		
877693 000323	34062	GMO	GF	*	Ⓜ	Seeds, Chia, Whole Black, Organic	6 / 300g		
877693 000293	34060	GMO	GF	*	Ⓜ	Seeds, Chia, Whole White, Organic	6 / 300g		
877693 000125	26104	GMO	GF	*	+ Ⓜ	Trail Mix, ANNAPURNA, Almond Gogi Cranberry Mix, Organic	8 / 150g	G	
877693 003065	26063	GMO	GF	*	+ Ⓜ	Trail Mix, FUJI, Premium Salty Mix, Organic	8 / 150g	G	
877693 003058	26062	GMO	GF	*	+ Ⓜ	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	8 / 150g	G	
877693 001665	34101	GMO	GF	*	+ Ⓜ	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	6 / 310g	G	
877693 003072	26059	GMO	GF	*	+ Ⓜ	Trail Mix, MACHU PICHU, Exotic Fruit & Nut Mix, Organic	8 / 150g	G	
PROBAR NUTRITIONAL FOOD BAR - 15% OFF									
853152 100414	37525	GMO	GF		X	Protein Bar, Cookie Dough	12 / 70g	G	
853152 100384	37524	GMO	GF		X	Protein Bar, Mint Chocolate	12 / 70g	G	
853152 100391	37522	GMO	GF		X	Protein Bar, Peanut Butter Chocolate	12 / 70g	G	
853152 800079	37191				X	Superfood Slam Bar	12 / 85g	G	
QUE PASA TACO SHELLS & TORTILLA CHIPS - \$4.00 OFF									
068826 212649	37812	GMO	GF	*	BC Ⓜ X	Chips, Grain Free Nacho, Organic	12 / 142g	G	
068826 212564	37813	GMO	GF	*	BC Ⓜ X	Chips, Grain Free Sea Salt, Organic	12 / 142g	G	
068826 212632	37814	GMO	GF	*	BC Ⓜ X	Chips, Grain Free Squeeze of Lime, Organic	12 / 142g	G	
068826 222587	37815	GMO	GF	*	BC Ⓜ X	Chips, Jalapeno & Lime, Organic	12 / 156g	G	
068826 166171	37721	GMO	GF	*	BC Ⓜ X	Chips, Thin and Crispy Nacho, Organic	12 / 156g	G	
068826 166188	37722	GMO	GF	*	BC Ⓜ X	Chips, Thin and Crispy Sweet & Spicy Ranch, Organic	12 / 156g	G	
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		
RABBIT RIVER FARMS EGGS (REFRIGERATED) - \$3.75 OFF									
620580 000018	61075	GMO		*	BC Ⓜ X	NEW! Eggs, Free Range, Extra Large Brown, Organic	15 / 12ct		
620580 000025	61076	GMO		*	BC Ⓜ X	NEW! Eggs, Free Range, Large Brown, Organic	15 / 12ct		
620580 000094	61078	GMO		*	BC Ⓜ X	NEW! Eggs, Free Range, Large Brown, Organic	30 / 6ct		
620580 000070	61081				BC Ⓜ X	NEW! Eggs, Free Range, Medium Brown	15 / 12ct		
620580 000469	61083				BC Ⓜ X	NEW! Eggs, Free Run, Large Brown	15 / 12ct		
RAINCOAST GLOBAL MSC CERTIFIED SUSTAINABLE SEAFOOD - UP TO \$13.68 OFF									
810757 003977	16873				Ⓜ	GLOBAL Tuna, Albacore, Chunk in Water, No Salt	24 / 142g		
810757 003878	16872				Ⓜ	GLOBAL Tuna, Albacore, Chunk in Water, Sea Salt	24 / 142g		
810757 003953	16875				Ⓜ	GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g		
810757 003854	16874				Ⓜ	GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g		
810757 003892	16826				Ⓜ	GLOBAL Tuna, Skipjack, chunk in water, Sea Salt	24 / 142g		
810757 003991	16827				Ⓜ	GLOBAL Tuna, Skipjack, chunk in water, No Salt	24 / 142g		
RAWMBAS VEGAN MUFFINS (FROZEN) - 10% OFF									
628176 576206	56516		GF	V	BC Ⓜ X	Muffins, Apple Raspberry (single serve)	8 / 100g	G	
628176 576244	56514		GF	V	BC Ⓜ X	Muffins, Bountiful Blueberry (single serve)	8 / 100g	G	
628176 576282	56515		GF	V	BC Ⓜ X	Muffins, Double Chocolate (single serve)	8 / 100g	G	
628176 576220	56517		GF	V	BC Ⓜ X	Muffins, Apple Raspberry (4pk)	4 / 340g	G	
628176 576268	56518		GF	V	BC Ⓜ X	Muffins, Bountiful Blueberry (4pk)	4 / 340g	G	
628176 576305	56519		GF	V	BC Ⓜ X	Muffins, Double Chocolate (4pk)	4 / 340g	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
RICEWORKS GOURMET RICE CHIPS - VOLUME PRICING					
815506 014556	17907	GF		X Gourmet Rice Chips, Avocado Ranch	12 / 155g G
815506 014327	17905	GMO	GF	x Gourmet Rice Chips, Black Japonica	12 / 155g G
060816 093238	17902	GMO	GF	x Gourmet Rice Chips, Salsa Fresca	12 / 155g G
060816 093214	17900	GMO	GF	x Gourmet Rice Chips, Sea Salt	12 / 155g G
037578 616296	17903	GMO	GF	x Gourmet Rice Chips, Sea Salt & Brown Golden Flax	12 / 155g G
060816 093283	17901	GMO	GF	x Gourmet Rice Chips, Sweet Chili	12 / 155g G
				Buy 10-14 cases	Save 3.00
				Buy 15-19 cases	Save 4.50
				Buy 20+ cases	Save 6.00
RIDGWAYS BLACK TEA - \$1.94 OFF					
5060123 606034	12600	*		Black Tea, Organic	6 / 40ct
RISE BOTANICALS SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED) - \$4.50 OFF					
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
RISE KOMBUCHA (REFRIGERATED) - \$4.50 OFF					
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 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 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
RIZOPIA RICE PASTA - VOLUME PRICING					
833125 001153	40364	GF	* +	X Brown Rice Elbows, Organic	12 / 454g
833125 001122	40361	GF	* +	X Brown Rice Fettuccine, Organic	12 / 454g
833125 001139	40362	GF	* +	X Brown Rice Fusilli, Organic	12 / 454g
833125 001146	40363	GF	* +	X Brown Rice Penne, Organic	12 / 454g
833125 001115	40360	GF	* +	X Brown Rice Spaghetti, Organic	12 / 454g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%
833125 001054	40377	GF	+ +	X Brown Rice Elbows	12 / 454g
833125 001023	40374	GF	+ +	X Brown Rice Fettuccine	12 / 454g
833125 001030	40375	GF	+ +	X Brown Rice Fusilli	12 / 454g
833125 001047	40376	GF	+ +	X Brown Rice Penne	12 / 454g
833125 001016	40373	GF	+ +	X Brown Rice Spaghetti	12 / 454g
833125 001078	40379	GF	+ +	X Brown Rice Spirals	12 / 454g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%
833125 001085	40380	GF	+ +	X Brown Rice Lasagna	12 / 340g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
833125 003034	40383	GF	+ 📦 X	Vegetable Rice Fusilli	12 / 454g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%

SAFE CATCH | LOW MERCURY CANNED SEAFOOD - UP TO \$8.10 OFF

859480 006428	68511	GMO		Wild Pink Salmon	6 / 142g
859480 006442	68510	GMO		Wild Pink Salmon, No Salt	6 / 142g
859480 006053	68501	GMO		Wild Albacore Tuna, Solid	12 / 142g
859480 006060	68500	GMO		Wild Albacore Tuna, Solid, No Salt	12 / 142g
859480 006008	68502	GMO		Elite Wild Skipjack Tuna, Solid	12 / 142g
859480 006268	68503	GMO		Elite Wild Skipjack Tuna, Cajun	6 / 142g
859480 006275	68505	GMO		Elite Wild Skipjack Tuna, Chili Lime	6 / 142g
859480 006282	68504	GMO		Elite Wild Skipjack Tuna, Citrus Pepper	6 / 142g
859480 006305	68507	GMO		Elite Wild Skipjack Tuna, Garlic Herb	6 / 142g

SALT SPRING COFFEE - UP TO \$9.00 OFF

628415 686635	12379	GMO	* @ BC 📦	Coffee Pods, Blue Heron, Medium Dark, Organic	6 / 20ct
628415 686161	12380	GMO	* @ BC 📦	Coffee Pods, Decaf, Dark Roast, Organic	6 / 20ct
628415 686413	12381	GMO	* @ BC 📦	Coffee Pods, French Roast, Darkest Roast, Organic	6 / 20ct
628415 686352	12382	GMO	* @ BC 📦	Coffee Pods, Peru, Medium Roast, Organic	6 / 20ct
628415 878634	13301	GMO	* @ 📦	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g
628415 078317	12356	GMO	* @ 📦	Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g
628415 078416	12361	GMO	* @ 📦	Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g
628415 878627	12359	GMO	* @ 📦	Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g
628415 078355	12357	GMO	* @ 📦	Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g
628415 078270	12358	GMO	* @ 📦	Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g
628415 078164	12363	GMO	* @ 📦	Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g
628415 078362	12362	GMO	* @ 📦	Whole Bean Coffee, Village Trade, Dark Roast, Organic	8 / 400g

SAN-J | TAMARI - UP TO \$4.27 OFF

075810 021361	40603	GMO	GF V	Tamari	6 / 592ml
075810 004364	40608	GMO	GF V *	Tamari, Reduced Sodium, Organic	6 / 592ml
075810 001363	40605	GMO	GF V *	Tamari, Organic	6 / 592ml

SAY WHEN | ORGANIC CHAI CONCENTRATE - 15% OFF

801009 000042	30805	GMO	* BC 📦	Chai Concentrate, Dirty, Organic	12 / 946ml
801009 000011	30806	GMO	* BC 📦	Chai Concentrate, Golden, Organic	12 / 946ml
801009 000035	30807	GMO	* BC 📦	Chai Concentrate, Spicy, Organic	12 / 946ml

SEASNAX | SEAWEED PRODUCTS - 15% OFF

728028 023183	24120	GMO	* X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	16 / 5g	G
609722 798372	24121	GMO	* X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic	16 / 5g	G
609722 798839	24123	GMO	* X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Wasabi, Organic	16 / 5g	G
728028 023237	24094	GMO	GF *	X SEAWEED, Raw Sheets, Organic	16 / 28g	
728028 012217	24083	GMO	GF *	X SEAWEED, Roasted Olive, Organic	4 / 4x15g	G
728028 012200	24080	GMO	GF *	X SEAWEED, Roasted Olive, Organic	16 / 15g	G
728028 023213	24081	GMO	GF *	X SEAWEED, Roasted Onion, Organic	16 / 15g	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
SEOUL PRODUCTS - 15% OFF							
026396 501013	31046	GMO	GF	BBQ Sauce, Kalbi	6 / 350ml		
026396 502010	31034	GMO	GF	Kimchi Hot Sauce, Sweet & Spicy, Keto (certified)	6 / 374g		
026396 502027	31035	GMO	GF	Kimchi Hot Sauce, Spicy, Keto (certified)	6 / 374g		
026396 908256	31036	GMO	GF	Kimchi, Original, Keto (certified) (REFRIGERATED)	6 / 396g		
026396 909109	31038	GMO	GF V	Kimchi, Vegan, Keto (certified) (REFRIGERATED)	6 / 396g		
SIMPLA COCONUT PLANT-BASED YOGURT (REFRIGERATED) - 10% OFF							
627987 786439	25353		+ 🍷	NEW! Coconut Yogurt, Chocolate	6 / 450g		
627987 786422	25352		+ 🍷	NEW! Coconut Yogurt, Lemon	6 / 450g		
627987 786408	25350		+ 🍷	NEW! Coconut Yogurt, Original	6 / 450g		
627987 786446	25351		+ 🍷	NEW! Coconut Yogurt, Vanilla	6 / 450g		
SKIPPY'S KETTLE CORN - 30% OFF							
627843 308140	17931		BC 🍷 X	PERFECT POP, Butter	12 / 135g	G	
SNACK 21 DOG SNACKS - 10% OFF							
623572 724251	48131		🍷	Whole Sardines for Dogs, Small	1 / 90g	G P	
623572 429309	48125		🍷	Whole Sardines for Dogs, Large	1 / 90g	G P	
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER - 10% OFF							
854531 000868	17110		+ 🍷	Beer, Blonde, (can)	6 / 4x355ml	G U	
854531 000882	17108		+ 🍷	Beer, IPA, (can)	6 / 4x355ml	G U	
854531 000905	17109		+ 🍷	Beer, Irish Red (can)	6 / 4x355ml	G U	
854531 000103	17111		+ 🍷 X	NEW! Beer, Raspberry, Sour (can)	12 / 473ml	G U	
SOL CUISINE PLANT-BASED MEAT ALTERNATIVE (FROZEN) - \$4.62 OFF							
628025 016419	54322	GMO		+ 🍷 X Bites, Crispy Chik'n w/BBQ Sauce	8 / 300g		
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		
628025 016464	54306	GMO		+ 🍷 X Cauliflower Wings, Buffalo Style	8 / 225g		
628025 016457	54305	GMO	GF	+ 🍷 X Cauliflower Wings, Sweet Chili	8 / 225g		
628025 016303	54312	GMO		+ 🍷 X Tenders, Crispy Chik'n	8 / 300g		
628025 016426	54303	GMO		+ 🍷 X Wings, Hot & Spicy Chik'n	8 / 255g		
SOUTHERN RECIPE SMALL BATCH PORK RINDS - 35% OFF							
077079 004222	37400		X	Pork Rinds, Korean Kimchi BBQ	15 / 85g	G	
077079 004239	37401		X	Pork Rinds, Sea Salt & Cracked Black Pepper	15 / 85g	G	
SPARKMOUTH SPARKLING WATER - 10% OFF							
818278 003469	11417		BC 🍷	Sparkling Water, Grapefruit (can)	3 / 8x355ml	G U	
818278 003445	11415		BC 🍷	Sparkling Water, Lemon (can)	3 / 8x355ml	G U	
818278 003452	11416		BC 🍷	Sparkling Water, Lime (can)	3 / 8x355ml	G U	
818278 003476	11418		BC 🍷	Sparkling Water, Strawberry (can)	3 / 8x355ml	G U	
SPREAD 'EM KITCHEN CO. CASHEW CHEEZE & PLANT-BASED DIP (REFRIGERATED) - 15% OFF + VOLUME PRICING							
628176 337227	14677		BC 🍷	Cheeze Block, The Big Smoke, Applewood	6 / 200g		
628176 337197	14675		BC 🍷	Cheeze Block, Classic Greek Style	6 / 200g		
628176 337210	14674		BC 🍷	Cheeze Block, The Delight, Apricot & Chili	6 / 200g		
628176 337203	14676		BC 🍷	Cheeze Block, The Meadow, Herbs & Garlic	6 / 200g		
				Buy 10-19 cases	Save 15%		
				Buy 20+ cases	Save 25%		
627843 428282	14657		BC 🍷	Cashew Dip, Garlic Tzatziki	8 / 183g		
627843 428299	14659		BC 🍷	Cashew Dip, Spinach & Artichoke	8 / 183g		
627843 428213	14652		BC 🍷	Cashew Veggie Dip, Beet & Balsamic	8 / 183g		
627843 428275	14656		BC 🍷	Cream Cheeze, Chives & Garlic	8 / 183g		
6281763 37067	14662		BC 🍷	Cream Cheeze, Creamy Original	8 / 183g		
627843 428305	14660		BC 🍷	Cream Cheeze, Dill & Truffle	8 / 183g		
627843 428251	14655		BC 🍷	Cream Cheeze, Jalapeno & Lemon	8 / 183g		
627843 428220	14654		BC 🍷	Pesto, Cilantro & Sunflower Seed	8 / 183g		

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
STASH TEA COMPANY PREMIUM TEA - UP TO 15% OFF + VOLUME PRICING					
077652 084818	13119	GMO		Holiday Herbal Tea, Cinnamon Vanilla	6 / 18ct
				Buy 50-99 cases (Holiday Sku only)	Save 0.96
				Buy 100+ cases (Holiday Sku only)	Save 1.25
077652 745948	13128	GMO		Herbal Tea, Cozy Cinnamon Vanilla Chamomile	6 / 18ct
077652 773910	13129	GMO		White Tea, Tangerine Honey Daydream	6 / 18ct
STELLA'S PEROGIES (FROZEN) - 10% OFF					
878431 000049	30351	GF	+ P X	Perogies, Cheddar Cheese	12 / 520g
878431 000018	30348	GF	+ P X	Perogies, Just Potato	12 / 520g
STICKLING'S BAKERY PRODUCTS - UP TO 15% OFF + VOLUME PRICING					
775918 002032	32044	GF	+ P X	CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g
				Buy 12+ cases	Save 5%
775918 002018	32041	GF	+ P	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
				Buy 12+ cases	Save 5%
TAZO BLACK TEA CONCENTRATE & FILTERBAG TEA - 15% OFF					
794522 002252	30890			Black Tea Concentrate, Chai Latte	6 / 946ml
794522 002245	30881			AWAKE English Breakfast style (wrapped)	6 / 20ct
794522 002191	30885	*		Chai, Organic (wrapped)	6 / 20ct
794522 002146	30883			Earl Grey (wrapped)	6 / 20ct
794522 002214	30886			Green Tea, Green Ginger	6 / 20ct
794522 002184	30889			Herbal Infusion Tea, Passion	6 / 20ct
794522 002207	30887			Herbal Infusion Tea, Wild Sweet Orange	6 / 20ct
TERRA DELYSSA OLIVE OIL - UP TO \$3.96 OFF					
6191509 903641	05223	GMO	GF	Extra Virgin Olive Oil	6 / 500ml
6191509 903627	05228	GMO	GF	Extra Virgin Olive Oil	6 / 1L
THAI KITCHEN PRODUCTS - 15% OFF					
737628 047000	30310			X Instant Soup, Bangkok Curry	12 / 45g
737628 030002	30309			X Instant Soup, Garlic & Vegetable	12 / 45g
737628 029501	30308			X Instant Soup, Lemongrass & Chili	12 / 45g
737628 046508	30312			X Instant Soup, Spring Onion	12 / 45g
737628 047505	30311			X Instant Soup, Thai Ginger	12 / 45g
737628 004003	14950	GMO	GF	Paste, Green Curry	12 / 112g
737628 003006	14952	GMO	GF	Paste, Red Curry	12 / 112g
737628 006007	14956	GMO	GF	Paste, Roasted Red Chili	12 / 112g
737628 012008	14944	GMO		Paste, Yellow Curry	12 / 112g
737628 005000	14954		GF	Peanut Satay Sauce	12 / 227ml
737628 001002	14694	GMO	GF	Premium Fish Sauce	12 / 200ml
737628 085507	38291			X Soup Bowl, Hot & Sour	6 / 68g
737628 086504	38292			X Soup Bowl, Lemongrass & Chili	6 / 68g
737628 065509	38227			X Soup Bowl, Mushroom Medley	6 / 68g
737628 062508	38226			X Soup Bowl, Roasted Garlic	6 / 68g
737628 066001	38228			X Soup Bowl, Spring Onion	6 / 68g
737628 086009	38293			X Soup Bowl, Thai Ginger	6 / 68g
THAYERS REMEDIES WITCH HAZEL - 10% OFF					
041507 067035	85306			Witch Hazel Astringent, Lemon	1 / 355ml G P
041507 065765	85307			Witch Hazel Astringent, Original	1 / 355ml G P
041507 070035	85308			Witch Hazel Toner, Rose Petal	1 / 355ml G P
041507 070066	85310			Witch Hazel Toner, Lavender	1 / 355ml G P
THE WORKSHOP VEGETARIAN VEGAN NOODLES (FROZEN) - 15% OFF					
628250 433005	54002	V	BC P X	X Noodles, Ramen	6 / 435g
628250 433128	54003	V	BC P X	X Noodles, Udon	6 / 495g
THEO CHOCOLATE - UP TO \$5.18 OFF					
874492 002411	11981	GMO	* @	X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g G
874492 002459	11978	GMO	* @	X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g G
874492 003258	11993	GMO	* @	X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g G
874492 004200	11995	GMO	* @	X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g G
874492 002633	11987	GMO	* @	X Dark Chocolate 70%, Coconut, Organic	12 / 85g G
874492 002534	11985	GMO	* @	X Dark Chocolate 70%, Mint, Organic	12 / 85g G
874492 002558	11986	GMO	* @	X Dark Chocolate 70%, Orange, Organic	12 / 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
874492 003814	11994	GMO	* @	X	Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g	G
874492 005405	11997	GMO	* @	X	Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g	G
874492 002374	11979	GMO	* @	X	Milk Chocolate 45%, Pure Milk, Organic	12 / 85g	G
874492 005375	11996	GMO	* @	X	Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g	G
874492 002510	11984	GMO	* @	X	Milk Chocolate 45%, Salted Almond, Organic	12 / 85g	G
874492 003210	11991	GMO	* @	X	Peanut Butter Cups, Dark Chocolate	12 / 38g	G
874492 003227	11992	GMO	* @	X	Peanut Butter Cups, Milk Chocolate	12 / 38g	G
THRIVE REMEDIES ADAPTOGENIC TEA - 10% OFF							
628176 390048	11608		* BC	Ⓟ X	Adaptogenic Tea, Calm, Organic	12 / 475ml	U
628176 390062	11609		* BC	Ⓟ X	Adaptogenic Tea, Defense, Organic	12 / 475ml	U
628176 390017	11610		* BC	Ⓟ X	Adaptogenic Tea, Detox, Organic	12 / 475ml	U
628176 390055	11611		* BC	Ⓟ X	Adaptogenic Tea, Recovery, Organic	12 / 475ml	U
628176 390000	11612		* BC	Ⓟ X	Adaptogenic Tea, Stress, Organic	12 / 475ml	U
TOFURKY MARINATED TEMPEH STRIPS (REFRIGERATED) - 10% OFF							
025583 001619	57085	GMO			Marinated Tempeh Strips, Sesame Garlic	10 / 198g	
025583 001664	57086	GMO	V		Marinated Tempeh Strips, Smoky Maple Bacon	10 / 198g	
TWO BEARS COLD BREW COFFEE & OAT MILK TEA LATTE - VOLUME PRICING							
628504 309353	10005		+ Ⓟ	X	Tea Latte, Chai (can)	6 / 207ml	P U
628504 309384	10006		+ Ⓟ	X	Tea Latte, Matcha (can)	6 / 207ml	P U
628504 309339	10003		+ Ⓟ	X	Oat Latte, Black Coffee (can)	6 / 207ml	P U
628504 309421	10010		+ Ⓟ	X	Oat Latte, Mocha Coffee (can)	6 / 207ml	P U
628504 309377	10007		+ Ⓟ	X	Oat Latte, Salted Caramel Coffee (can)	6 / 207ml	P U
628504 309438	10009		+ Ⓟ	X	Oat Latte, Triple Shot (can)	6 / 207ml	P U
628504 309346	10004		+ Ⓟ	X	Oat Latte, Vanilla Coffee (can)	6 / 207ml	P U
					Buy 10-20 cases (Oat Milk Latte Skus)	Save 1.65	
					Buy 21-40 cases (Oat Milk Latte Skus)	Save 2.10	
					Buy 41+ cases (Oat Milk Latte Skus)	Save 2.40	
UDI'S PRODUCTS (FROZEN) - UP TO \$3.04 OFF							
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 806318	55611	GF	+ Ⓟ	X	ENGLISH MUFFINS	6 / 480g	
698997 809173	54289	GF		X	Pizza Crusts (2ct)	8 / 227g	
698997 810506	54295	GF		X	Pizza, Pepperoni	6 / 522g	
698997 810513	54292	GF		X	Pizza, Supreme	6 / 542g	
URBANIBRANDS ARANCINI RISOTTOBALLS (FROZEN) - \$5.80 OFF							
851335 000315	56650		BC Ⓟ	X	Arancini w/Mozzarella, Italian (w/plant based Italian crumble)	10 / 250g	
851335 000308	56651		BC Ⓟ	X	Arancini w/Mozzarella, Marinara	10 / 250g	
851335 000339	56652		BC Ⓟ	X	Arancini w/Mozzarella, Mozzarella	10 / 250g	
851335 000346	56653		BC Ⓟ	X	Arancini w/Mozzarella, Porcini	10 / 250g	
UNBUN GRAIN FREE, KETO BREAD & TORTILLAS (FROZEN) - 10% OFF							
628250 179033	11103	GF		Ⓟ X	NEW! Tortillas (8pk)	8 / 210g	
628250 179040	11102	GF		Ⓟ X	NEW! Unbread, Sliced	6 / 520g	
VEGANISSIMA PLANT BASED ITALIAN BITES (FROZEN) - \$5.76 OFF							
851335 000117	56654		BC Ⓟ	X	Crispy Arancini Bites, Marinara (8ct)	12 / 224g	
851335 000124	56655		BC Ⓟ	X	Crispy Arancini Bites, Mushroom (8ct)	12 / 224g	
851335 000100	56656		BC Ⓟ	X	Crispy Arancini Bites, Original (8ct)	12 / 224g	
851335 000131	56657		BC Ⓟ	X	Crispy Arancini Bites, Rosemary Lemon (8ct)	12 / 224g	
VIJ'S INDIAN CUISINE (FROZEN) - 15% OFF							
673984 001419	54412		+ Ⓟ	X	Everyday Chana Masala	6 / 400g	
673984 001303	54400		+ Ⓟ	X	Kalonji Chicken Curry	6 / 400g	
673984 001426	54413		+ Ⓟ	X	Slow-Cooked Punjabi Daal	6 / 400g	
673984 001327	54402		+ Ⓟ	X	Vij's Masala Chicken	6 / 400g	
WHITEWATER COOKS DRESSING & MARINADE - 10% OFF							
627843 382140	77801		BC Ⓟ		Dressing, Glory Bowl	12 / 350ml	
627843 382164	77800		BC Ⓟ		Marinade, Miso Ginger	12 / 350ml	
627843 382133	77803		BC Ⓟ		Vinaigrette, Honey Curry	12 / 350ml	

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
WILDBRINE FERMENTED SAUCE (REFRIGERATED) - 15% OFF					
858159 002082	32159	GMO		Salsa, Fermented Salsa Rojo	6 / 510ml
WIZE ICED TEA - 10% OFF					
628250 387469	13656		PK X	Sparkling Iced Tea, Honeycrisp Apple (can)	12 / 355ml G P U
628250 387360	13653		PK X	Sparkling Iced Tea, Mango (can)	12 / 355ml G P U
628250 387445	13654		PK X	Sparkling Iced Tea, Wild Raspberry (can)	12 / 355ml G P U
YOGGU! PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED) - \$2.40 OFF					
627987 070811	56000	BC	PK	Coconut Yogurt, Mango	6 / 450g
627987 070767	56001	BC	PK	Coconut Yogurt, Original	6 / 450g
627987 070774	56002	BC	PK	Coconut Yogurt, Strawberry	6 / 450g
627987 070804	56003	BC	PK	Coconut Yogurt, Vanilla	6 / 450g
YOGI HERBAL TEA - UP TO \$3.37 OFF					
076950 650213	12652	GMO	*	Green Tea, Kombucha, Organic	6 / 16ct
076950 615335	12677	GMO	*	Herbal Tea, Chai Rooibos, Organic	6 / 16ct
076950 615168	12720	GMO	*	Herbal Tea, EGYPTIAN LICORICE, Organic	6 / 16ct
076950 650114	12670	GMO	*	Herbal Tea, Ginger, Organic	6 / 16ct
076950 650176	12671	GMO	*	Herbal Tea, Lemon Ginger, Organic	6 / 16ct
076950 203471	12945	GMO	*	Medicinal Tea, Calming, Organic	6 / 16ct
076950 208957	12949	GMO	*	Medicinal Tea, Cold Support, Echinacea Elderberry, Organic	6 / 16ct
076950 208414	12672	GMO	*	Medicinal Tea, POSITIVE ENERGY, Sweet Citrus (w/caffeine), Organic	6 / 16ct
076950 203488	12944	GMO	*	Medicinal Tea, Restful Sleep, Organic	6 / 16ct
076950 207028	12653	GMO	*	Medicinal Tea, STRESS RELIEF, Chamomile Passionflower, Organic	6 / 16ct
076950 209114	12673	GMO	*	Medicinal Tea, STRESS SUPPORT, Soothing Cinnamon, Organic	6 / 16ct
YVES VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED) - 15% OFF					
060822 000084	40518	GMO	V +	Veggie Dogs (6pk)	12 / 275g
060822 003016	40560	GMO	V +	Veggie Ground Round, Original	12 / 340g
ZAZUBEAN CHOCOLATE BAR - VOLUME PRICING					
872227 000947	14772	GMO	* @	PK X Coconut Sugar, Coconut Milk Breezy - Cashew & Hazelnut, Organic	12 / 85g G
872227 000367	14742	GMO	* @	PK X Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g G
872227 000206	14739	GMO	* @	PK X Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g G
872227 000343	14750	GMO	* @	PK X Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g G
872227 000244	14741	GMO	* @	PK X Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g G
872227 000183	14738	GMO	* @	PK X Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g G
872227 000220	14740	GMO	* @	PK X Coconut Sugar, Dark Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g G
872227 000145	07189	GMO	* @	PK X Grass Fed Milk Chocolate, Smooch - Vanilla Caramel Crunch, Organic	12 / 85g G
872227 001098	14751	GMO	* @	PK X Oat Milk Chocoate, Bestie - Almond Toffee Crunch, Organic	12 / 85g G
872227 000107	14737	GMO	* @	PK X Superfood, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g G
872227 000060	14734	GMO	* @	PK X Superfood, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g G
872227 000015	14733	GMO	* @	PK X Superfood, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g G
872227 000046	14731	GMO	* @	PK X Superfood, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g G
872227 000169	14732	GMO	* @	PK X Superfood, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g G
872227 000084	14735	GMO	* @	PK X Superfood, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g G
872227 000121	14736	GMO	* @	PK X Superfood, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g G

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

UPC Code	Code						Order
872227 000602	14763	@	☒ X	SLINKY No Added Sugar, Creamy Hazelnut (44% Cacao)	12 / 80g	G	_____
872227 000541	14760	@	☒ X	SLINKY No Added Sugar, Grass Fed Swiss Milk (50% Cacao)	12 / 80g	G	_____
872227 000640	14765	@	☒ X	SLINKY No Added Sugar, Hazelnut Mocha Latte (43% Cacao)	12 / 80g	G	_____
872227 000626	14764	@	☒ X	SLINKY No Added Sugar, Super Dark Panama (85% Cacao)	12 / 80g	G	_____
Buy 10+ cases					Save	2.00	

ZEVIA | ZERO SUGAR BEVERAGES - UP TO \$4.00 OFF

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 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 003045	72084	GMO	GF		X Energy Drink, Pineapple Paradise	12 / 355ml	G P U	_____
849429 000716	72082	GMO	GF		X Energy Drink, Raspberry Lime	12 / 355ml	G P U	_____
849429 003052	72085	GMO	GF		X Energy Drink, Strawberry Kiwi	12 / 355ml	G P U	_____
849429 001577	72033	GMO	GF	* @	X Hibiscus Tea, Passionfruit, Organic	12 / 355ml	U	_____
849429 004097	72060	GMO	GF		X Soda Sleek Can, Cola	12 / 355ml	G P U	_____
849429 004110	72061	GMO	GF		X Soda Sleek Can, Ginger Ale	12 / 355ml	G P U	_____
849429 004103	72062	GMO	GF		X Soda Sleek Can, Orange	12 / 355ml	G P U	_____
849429 004127	72063	GMO	GF		X Soda Sleek Can, Root Beer	12 / 355ml	G P U	_____

CLEARANCE
Discontinued and Clearance items are final sale
ANNIE'S HOMEGROWN PRODUCTS - UP TO 45% OFF

013562 049080	16757			*	Grass Fed Classic Mild Cheddar Macaroni & Cheese, Organic	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 498840	38791				Macaroni & Cheese, Spirals with Butter & Parmesan	12 / 149g		_____
013562 498840	38791				Macaroni & Cheese, Spirals with Butter & Parmesan	12 / 149g		_____
013562 001071	16676	GMO		X	Microwavable Cup, Macaroni & Cheese, White Cheddar	12 / 57g		_____
013562 000432	38485		GF		Rice Pasta & Cheddar	12 / 170g		_____
013562 000432	38485		GF		Rice Pasta & Cheddar	12 / 170g		_____

AURA CACIA | BODY CARE - 20% OFF

051381 382612	83001				Aromatherapy Bubble Bath, Tranquility	1 / 384ml	G P	_____
---------------	-------	--	--	--	---------------------------------------	-----------	-----	-------

BREMNER'S | CAESAR MIXER - 50% OFF

834644 002614	05079				Vegan Caesar	6 / 1L		_____
834644 002607	05078				Perfectly Spiced Caesar (S/O)	6 / 1L		_____

BULK BEANS - 20% OFF

	04055	B		*	X Pinto Beans, Organic	1 / 11.34kg		_____
--	-------	---	--	---	------------------------	-------------	--	-------

CAFE ALTIIRA | INSTANT ORGANIC COFFEE - 20% OFF

032843 338057	35850	GMO		* @	Instant Coffee, Medium Roast, Organic	6 / 100g		_____
---------------	-------	-----	--	-----	---------------------------------------	----------	--	-------

CHIWIS | SUPERFRUIT SNACK - 20% OFF

628451 225263	11352			☒ X	Fruit Chips, Mango	12 / 50g	G	_____
628451 225270	11351			☒ X	Fruit Chips, Pina (pineapple)	12 / 50g	G	_____
628451 225010	11307				Kiwi Chips, Original	12 / 50g		_____
628451 225027	11308				Kiwi Chips, Tropical	12 / 50g		_____

CHOSEN FOODS | OIL SPRAY - 20% OFF

815074 021857	32320	GMO			Oil Spray, Avocado Oil, Garlic Infused	6 / 134g		_____
815074 023516	32319	GMO		*	Oil Spray, Chosen Blend, Organic	6 / 134g		_____

COCONUT SECRET | SOY-FREE SAUCE - 45% OFF

851492 002993	14702	GMO	GF	*	Soy-Free Sauce, Spicy, Organic	12 / 296ml		_____
851492 002368	14701	GMO	GF	*	Soy-Free Sauce, Teriyaki, Organic	12 / 296ml		_____

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code Code PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052 Order
CLEARANCE
Discontinued and Clearance items are final sale
DAIYA DAIRY-FREE PRODUCTS - 20% OFF

871459 002439	50008	GMO	GF V	BC	Ⓜ	Deluxe Cheezy Mac, Cheddar Style & Bacon Flavoured Bits	8 / 300g	
871459 002415	50009	GMO	GF V	BC	Ⓜ	Deluxe Cheezy Mac, Four Cheezy Style with Herbs	8 / 309g	
871459 002712	50315	GMO	GF V	+	Ⓜ X	Pizza, Garlic & Herb Crust, Veggie Lover's (FROZEN)	8 / 426g	

DJ&A | VEGETABLE SNACKS - 20% OFF

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 008032	31501					X Veggie Crisps, Original	10 / 90g	G

ECOFORCE | RECYCLED SCOURER PADS - 20% OFF

013931 014317	80567					X White Scourer Pads (3 Pack)	10 / 3pk	G P
---------------	-------	--	--	--	--	-------------------------------	----------	-----

ENER-G FOODS EGG REPLACER - 50% OFF

075119 124480	16213	GMO				Egg Replacer (dairy/casein/egg free)	12 / 454g	
---------------	-------	-----	--	--	--	--------------------------------------	-----------	--

FIELD ROAST CO. | PLANT BASED APPETIZERS & ALTERNATIVES (FROZEN) - 20% OFF

638031 225705	65114		V			X MAC 'n CHAO, Creamy (Vegan)	8 / 312g	
638031 622511	65109	GMO	V	+		X Signature Stadium Dog	8 / 283g	

GARDEIN | MEAT-FREE ALTERNATIVE (FROZEN) - 20% OFF

842234 401983	65043	GMO				X Breakfast Saus'age Patties, Spicy	8 / 190g	
---------------	-------	-----	--	--	--	-------------------------------------	----------	--

HEALTHY HIPPO | LOW SUGAR CANDY - 20% OFF

628176 040240	17654	GMO			Ⓜ	X Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g	G
---------------	-------	-----	--	--	---	--------------------------------------	----------	---

HEALTHY SHORES | CANNED SEAFOOD FOR CATS & DOGS - UP TO 35% OFF

810757 001430	48212			BC	Ⓜ	Cat Food, Minced, Pacific Herring	24 / 100g	G P
810757 001133	48224			BC	Ⓜ	Dog Food, Pacific Herring	24 / 170g	G P

HERBARIA | HERBAL TEA - 85% OFF

5997005 343735	40850					Herbal Tea, Agrimony Herb	10 / 25ct	
5997005 343728	40875					Herbal Tea, Spearmint	10 / 25ct	

IF YOU CARE | ENVIROMENT FRIENDLY CLEANING PRODUCTS - 20% OFF

770009 250279	46393				@	Rubber Gloves, Small (Certified Natural Rubber) (S/O)	12 / 1pr	G P
---------------	-------	--	--	--	---	---	----------	-----

JASON | BODY CARE PRODUCTS - 20% OFF

078522 901976	80799					Dry Spray Deodorant, Fresh Cucumber	1 / 113ml	G P
---------------	-------	--	--	--	--	-------------------------------------	-----------	-----

JOVIAL | ITALIAN PASTA - 20% OFF

815421 011203	17520	GMO	GF	*		Pasta, Brown Rice Spaghetti, Organic	12 / 340g	
---------------	-------	-----	----	---	--	--------------------------------------	-----------	--

JUST ABOUT FOODS | BREADING CRUMBS SUBSTITUTE - 20% OFF

850029 345343	32010	GMO	GF	*		Breading Substitute, Chickpea Crumbs, Organic	6 / 340g	
850029 345350	32011	GMO	GF	*		Breading Substitute, Keto Coconut Crumbs, Organic	6 / 227g	
850029 345374	32012	GMO	GF	*		Breading Substitute, Peanut Crumbs, Organic	6 / 227g	

JUSTEA | FARMER DIRECT KENYAN TEA - 85% OFF

628451 866268	13716	GMO		@	BC	Ⓜ	Loose Leaf, Purple Chocolate (Tin)	6 / 100g
628451 866084	13712	GMO		@	BC	Ⓜ	Loose Leaf, Purple Mint (Tin)	6 / 60g

KOYO | JAPANESE PRODUCTS - 20% OFF

065493 062607	24235					Wakame	10 / 50g	
---------------	-------	--	--	--	--	--------	----------	--

KOMO COMFORT FOODS | PLANT BASED MEALS (FROZEN) - 20% OFF

627987 619577	57000			BC	Ⓜ	X Chickenless Pot Pie	6 / 900g	
628678 993099	57006			BC	Ⓜ	X Mac & Greens (family size)	6 / 1.42kg	

KRISDA | SUGAR-FREE SWEETENER - 20% OFF

688120 044540	23023	GMO	*		Ⓜ	Sweetener, Erythritol, Organic	6 / 454g	
---------------	-------	-----	---	--	---	--------------------------------	----------	--

MATEINA | READY-TO-DRINK YERBA MATE - 20% OFF

628504 157312	20804	GMO	*	+	Ⓜ X	Energy Infusion, Hibiscus & Berries, Organic (can)	12 / 355ml	U
---------------	-------	-----	---	---	-----	--	------------	---

MOCOLATE | MORNING GLOW BREAKFAST BARS & MUSHROOM SUPERFOOD POWDER - 30% OFF

628693 021029	36003			BC	Ⓜ	MORNING GLOW Breakfast Bars, Strawberry (6pk) (REFRIGERATED)	12 / 140g	
627843 997405	36004			BC	Ⓜ	Mushroom Superfood Powder, Chaga	12 / 70g	G
628693 021067	36005			BC	Ⓜ	Mushroom Superfood Powder, Cordyceps	12 / 70g	G

CLEARANCE
Discontinued and Clearance items are final sale
MOCOLATE | MORNING GLOW BREAKFAST BARS & MUSHROOM SUPERFOOD POWDER - 30% OFF

627843 997382	36006	BC	Ⓟ	Mushroom Superfood Powder, Lion's Mane	12 / 70g	G
627843 997450	36007	BC	Ⓟ	Mushroom Superfood Powder, Reishi	12 / 70g	G

NOBLE JERKY | VEGAN JERKY - 20% OFF

851335 000988	30382	GMO	V	BC	Ⓟ X	Vegan Jerky, Sriracha	12 / 70g	G
---------------	-------	-----	---	----	-----	-----------------------	----------	---

OM MUSHROOM SUPERFOOD | MUSHROOM POWDER - 55% OFF

856210 008622	74001	GMO	*			Mushroom Powder, Reishi, Organic	6 / 60g	G
---------------	-------	-----	---	--	--	----------------------------------	---------	---

ORCHID REAL FLAVOUR | BAKING INGREDIENTS - 20% OFF

062932 006017	02057			BC	Ⓟ	Pure Almond Extract (S/O)	12 / 100ml	
---------------	-------	--	--	----	---	---------------------------	------------	--

PARMELA CREAMERY | PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED) - UP TO 30% OFF

857751 008041	21410	GMO				Slices, Fiery Jack Style	8 / 198g	
857751 008027	21408	GMO				Shreds, Fiery Jack Style	8 / 198g	

PERFECT CHEF | TOMATO PASTA SAUCE - 20% OFF

620988 050592	42410	GMO	*	+	Ⓟ	Pasta Sauce, Butternut Squash, Organic	6 / 740ml	
620988 050578	42408	GMO	*	+	Ⓟ	Pasta Sauce, Sundried Tomato, Organic	6 / 740ml	

POW! PUFFS | PLANT-BASED PUFFS - 25% OFF

627987 603408	18806	GMO		+	Ⓟ X	POW! PUFFS, Chedda' Cheeze	12 / 100g	G
---------------	-------	-----	--	---	-----	----------------------------	-----------	---

ROCKY MOUNTAIN | FLATBREAD PIZZA & PIZZA CRUSTS (FROZEN) - 20% OFF

628634 054307	54630			+	Ⓟ X	Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g	
628634 054291	54629	GMO	V	+	Ⓟ X	Pizza Crusts, Par Baked (2 pack)	6 / 370g	

RUBY RED FARMS | ORGANIC BLUEBERRIES (FROZEN) - 20% OFF

689076 175098	54099		*	BC	Ⓟ X	Blueberries, Organic (bag)	12 / 340g	
---------------	-------	--	---	----	-----	----------------------------	-----------	--

SANTA CRUZ ORGANIC | LIMEADE - 20% OFF

	06818					Limeade (S/O)	12 / 946ml	
--	-------	--	--	--	--	---------------	------------	--

SEVENTH GENERATION | DISHWASHING PRODUCTS - 20% OFF

732913 451678	46250					Foaming Dish Spray, Honeycrisp Apple	6 / 473ml	G P
---------------	-------	--	--	--	--	--------------------------------------	-----------	-----

SUNDHED | SALT LAMP - 20% OFF

	93039					Salt Lamp Bulbs (S/O)	1 / ea	
	93021					Salt Lamp Tea 3H (S/O)	1 / ea	
	96422					Salt Lamp Tea Triangle (S/O)	1 / ea	

SUNFLOWER KITCHEN | VEGETARIAN CHILI & SOUP (REFRIGERATED) - 30% OFF

679514 120209	14526	GMO	GF	*	+	Ⓟ	Chili, Sweet Potato & Chipotle, Organic	6 / 925ml
679514 120056	14520	GMO	GF		+	Ⓟ	Soup, Egyptian Lentil	6 / 925ml
679514 120162	14525	GMO	GF		+	Ⓟ	Soup, Italian Red Lentil & Spinach	6 / 925ml
679514 120131	14507	GMO	GF		+	Ⓟ	Soup, Thai Hot & Sour	6 / 925ml

THE VERY GOOD BUTCHERS | PLANT BASED BUTCHERY (FROZEN) - UP TO 40% OFF

628176 694924	56308			BC	Ⓟ X	BUTCHER'S SELECT Sausage, Breakfast	10 / 360g	
628176 694139	56313	GMO	GF		BC	Ⓟ X BUTCHER'S SELECT, A Cut Above Pork, Ground	10 / 340g	
627843 817031	56304			BC	Ⓟ X	Taco Stuffer	6 / 300g	
	91080					X VGB Stuffed Beast 6/1.4kg	6 / 1.4kg	

TMRW FOODS | MEAT ALTERNATIVE (FROZEN) - 20% OFF

627987 299717	11070			BC	Ⓟ X	Breakfast Patties	8 / 210g	
627987 299731	11056			BC	Ⓟ X	Ground, Original	8 / 340g	
628634 283769	11058			BC	Ⓟ X	Sausage, Hickory Maple	8 / 240g	
628634 283820	11068			BC	Ⓟ X	Shreds, Barbecue	8 / 200g	

TRIPLE JIM'S PRODUCTS - 20% OFF

059105 000026	18450	GMO	*			Dried Plums, Organic	6 / 175g	
059105 060945	18150		*	BC	Ⓟ	Juice, Cranberry, Organic (glass bottle)	12 / 946ml	U

TRUE CITRUS | DRINK MIX - 40% OFF

810979 001478	70369					True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct	
---------------	-------	--	--	--	--	---	-----------	--

UDDERLY RIDICULOUS | GOAT'S MILK ICE CREAM CO. (FROZEN) - 30% OFF

628504 859063	40954			+	Ⓟ X	Ice Cream, Coffee & Craft Brew	8 / 473ml	G
628504 859032	40952			+	Ⓟ X	Ice Cream, Lemon Cream	8 / 473ml	G
628504 859056	40953			+	Ⓟ X	Ice Cream, Mango Tango	8 / 473ml	G
628504 859018	40950			+	Ⓟ X	Ice Cream, Vanilla Bean Lavender	8 / 473ml	G
628504 859025	40951			+	Ⓟ X	Ice Cream, Wine & Dark Chocolate	8 / 473ml	G

VIJ'S | INDIAN CUISINE (FROZEN) - 20% OFF

673984 001396	54410		GF	+	Ⓟ X	Green Beans, Coconut Ginger	6 / 400g	
---------------	-------	--	----	---	-----	-----------------------------	----------	--

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code Code PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052 Order
CLEARANCE
Discontinued and Clearance items are final sale
VIRGIL'S | HANDCRAFTED SODA - 20% OFF

090341 372003	10963	Soda, Black Cherry (bottle)	6 / 4x355ml	G P U	_____
090341 373000	10962	Soda, Orange Cream (bottle)	6 / 4x355ml	G P U	_____
090341 120048	10960	Soda, Root Beer (bottle)	6 / 4x355ml	G P U	_____
090341 543212	10961	Soda, Vanilla Cream (bottle)	6 / 4x355ml	G P U	_____

WIZE | ICED TEA - 20% OFF

628250 387308	13651	☒ X Iced Tea, Mango (can)	12 / 355ml	U	_____
---------------	--------------	---------------------------	------------	---	-------

ZAZUBEAN | CHOCOLATE BAR - 25% OFF

872227 000961	14771	GMO * @ ☒ X SLINKY, No Added Sugar, Hazelnut Almond Crunch (43% Cacao), Organic	12 / 80g	G	_____
---------------	--------------	---	----------	---	-------