



PSC Natural Foods

— we deliver the goodness —

August Specials Showcase

Effective August 1-31st 2024
up to 85% off !

MONTHLY SPECIALS

AELO ALCOHOL FREE BEVERAGE	4	KASLO SOURDOUGH PASTA PASTA FERMENTATA	10
ALGI IMPACT BAR	4	KETTLE BRAND POTATO CHIPS	10
ALIMENTS TRIGONE CEREAL	4	KIJU ORGANIC BEVERAGE	10
AMY'S BURRITOS, WRAPS & ENTRÉES (FROZEN)	4	KIND BREAKFAST BARS, HEALTHY GRAINS BARS, NUT BARS & CHOCOLATE DIPPED CLUSTERS	10,11
AMY'S CANNED SOUP	4	KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED)	11
ANITA'S ORGANIC MILL FLOUR	4	KING ISLAND COCONUT WATER	11
ANTOINETTE'S DIP & SAUCE (REFRIGERATED)	4	KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN)	11
AVALON ORGANIC ICE CREAM (FROZEN)	4	L'ANCÊTRE CHEESE (REFRIGERATED)	11
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	4	LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE	11
BIOITALIA PRODUCTS	4,5	LICK YOUR CHOPS CAT FOOD	11
BIO-K PLUS PROBIOTICS	5	LIVELY PREBIOTIC POP	11
BIOVERT DISHWASHING PRODUCTS	5	LOOP MISSION COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	12
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE	5	LUNDBERG FAMILY FARMS PRODUCTS	12
BLUE MONKEY BEVERAGES	5	MADEGOOD COOKIES, BARS & BITES	12,13
BOB'S RED MILL PRODUCTS	5	MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN)	13
BRAGG APPLE CIDER VINEGAR	5	MARY'S ORGANIC CRACKERS	13
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED)	5,6	MAUREEN'S COOKING SAUCE	13
BUBBIES CONDIMENTS (REFRIGERATED)	6	MCKENZIE'S COUNTRY FARM HONEY	13
BUCHA BREW KOMBUCHA	6	MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED)	13
CANADIAN KELP RESOURCES SEA VEGETABLES	6	MOUNTAIN SKY BODY CARE	13
CAULIPOWER PIZZA CRUST & PIZZA (FROZEN)	6	NATURA DAIRY-FREE BEVERAGE	13
CHA'S ORGANICS COCONUT CREAM, MILK & OIL	6	NATURE CLEAN PRODUCTS	13
CHIMES CANDY	6	NATURE'S BAKERY SNACK BARS	13
CHOSEN FOODS AVOCADO OIL MAYO	6	NATURE'S NUTS NUT & SEED BUTTER	13
CLEVER PREMIUM MOCKTAIL	6	NATURE'S PATH PRODUCTS	13,14
CLIF BLOKS ENERGY CHEWS, PERFORMANCE & SNACK BARS	6	NATURSOURCE SALAD TOPPER & SNACKS	14
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	6,7	NOOCHPOP! VEGAN CHEESY POPCORN	14
DAIYA DAIRY-FREE SALAD DRESSING	7	NUTS FOR CHEESE FERMENTED	14
ECO-MAX DISHWASHING & SURFACE CLEANING PRODUCTS	7	CASHEW PRODUCT (REFRIGERATED)	14
EDEN EDENSOY SOYMILK	7	ORGANIC MEADOW BUTTER & ICE CREAM (FROZEN)	15
ENJOY LIFE BAKING CHOCOLATE	7	PAMELA'S PRODUCTS	15
EVIVE BLENDER FREE SMOOTHIE CUBES & SMOOTHIE POPS (FROZEN)	7	PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES	15
FENTIMANS BOTANICALLY BREWED SOFT DRINKS & MIXERS	7	PHILLIPS SODA WORKS & IOTA NON-ALCOHOLIC CRAFT BEER	15
FEVER-TREE PREMIUM COCKTAIL MIXERS	7	POMONA'S UNIVERSAL PECTIN	15
GIMME ORGANIC ROASTED SEAWEED	7	PRANA ORGANIC PRODUCTS	15
GINGER PEOPLE MINCED GINGER & GINGER JUICE	7	PRANA SNACKS	15
GOMACRO MACROBAR	8	RICEWORKS GOURMET RICE CHIPS	16
GOODDRINK BOTTLED TEA	8	RISE BOTANICALS SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	16
GREEN CUISINE TEMPEH	8	RIZOPIA RICE PASTA	16
GT'S SYNERGY RAW KOMBUCHA (REFRIGERATED)	8	ROAD POP SPARKLING HOP WATER	16
GUAYAKI YERBA MATE BEVERAGE	8	R.W. KNUDSEN FRUIT JUICE	16
HAPPY PLANET SOUP (REFRIGERATED)	8	SAFE CATCH LOW MERCURY CANNED SEAFOOD	16
HARDBITE HANDCRAFTED STYLE CHIPS	8,9	SALT SPRING COFFEE	16
HARMLESS HARVEST COCONUT BEVERAGES (REFRIGERATED)	9	SAN-J RICE CRACKERS	16
HEALTH-ADE KOMBUCHA (REFRIGERATED)	9	SANTA CRUZ ORGANIC LEMONADE	16
HEALTHY HIPPO LOW SUGAR CANDY	9	SAPSUCKER SPARKLING TREE WATER	16
HEALTHY SHORES CANNED SEAFOOD FOR CATS & DOGS	9	SEASNAX SEAWEED PRODUCTS	16
HOLY CRAP SUPERSEED CEREAL & OATMEAL	9	SIMPLA COCONUT PLANT-BASED YOGURT (REFRIGERATED)	16
HUER NATURAL CANDY	9	SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER	17
HUMMINGBIRD CHOCOLATE MAKER		SOUTHERN RECIPE SMALL BATCH PORK RINDS	17
BEAN TO BAR CHOCOLATE	9	SOYA NOVA TOFU (REFRIGERATED)	17
HUNGRY BUDDHA KETO BAR	9	SPARKMOUTH MOCKTAILS & SPARKLING WATER	17
IF YOU CARE COFFEE FILTERS & FOOD WASTE BAGS	9	SPERRI PLANT-BASED MEAL REPLACEMENT SHAKE	17
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER	9	ST. MICHAEL HONEY	17
JASON BODY CARE PRODUCTS	10	STASH TEA COMPANY PREMIUM TEA	17
JUSTIN'S NUT BUTTER CUPS	10	STREET LEGAL DEALCOHOLIZED BEER	17
		TASTE NIRVANA COCONUT WATER	17
		TERRA BREADS SMALL BATCH GRANOLA	17
		TERRA DELYSSA OLIVE OIL	17
		THAYERS REMEDIES WITCH HAZEL	17
		THE BETTER BUTCHERS FORAGER'S FINEST	17
		MUSHROOM POWERED GROUND (FROZEN)	17

THEO CHOCOLATE	18	WHITEWATER COOKS DRESSING, MARINADE & VINAIGRETTE	18
THIRSTY BUDDHA SPARKLING COCONUT WATER	18	WHOLESOME NATURAL & ORGANIC SWEETENER	18
TOFURKY MEAT ALTERNATIVE (REFRIGERATED)	18	WILD TEA KOMBUCHA	18
TRADITIONAL MEDICINALS TEA	18	WILDVINE PICKLED VEGETABLES (REFRIGERATED)	18
TWO BEARS DAIRY-FREE BEVERAGE	18	WISE BITES ALLERGEN-FREE BAKED GOODS (FROZEN)	18
TWO BEARS LACTOSE FREE DAIRY LATTE	18	WOW BAKING COMPANY COOKIES	18
VEGAN ROB'S PLANT BASED SNACKS	18	YVES VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	18
VG GOURMET ARTISAN VEGAN BURGERS (FROZEN)	18	ZAZUBEAN CHOCOLATE BAR	18,19
		ZEVIA ZERO SUGAR SODA	19
		CLEARANCE	19,20

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

2024 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	2 ¢
Plastic	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	5 ¢
Glass	0 - 1L	10 ¢	15 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	5 ¢
	> 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 ¢	20 ¢

Fees effective February 1, 2024

2024 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	2 ¢
Plastic	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	5 ¢
Glass	0 - 1L	10 ¢	15 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	5 ¢
	> 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 ¢
Polystyrene Cups	0 - 500ml	10 ¢	4 ¢

Fees effective February 1, 2024

MILK

☞ = 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 740286	13945	BC	Ⓟ	Aperitivo Spritz (can)	6 / 4x355ml	G	U	_____
628634 740262	13944	BC	Ⓟ	Gin and Tonic (can)	6 / 4x355ml	G	U	_____
628634 740323	13947	BC	Ⓟ	Lime Margarita (can)	6 / 4x355ml	G	U	_____
628634 740309	13946	BC	Ⓟ	Peach Bellini (can)	6 / 4x355ml	G	U	_____
Buy 10+ cases					Save	15%		_____

ALGI | IMPACT BAR - 10% OFF

628011 317049	31420	+	Ⓟ	X IMPACT Bar, Cocoa & Cacao Nibs	12 / 55g	G		_____
628011 317032	31421	+	Ⓟ	X IMPACT Bar, Sunflower Seeds & Sea Salt	12 / 55g	G		_____

ALIMENTS TRIGONE | CEREAL - 10% OFF

056142 006134	22290	GMO	*	+	Ⓟ	Cream of the Crop Buckwheat Cereal, Organic	6 / 400g	_____
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AMY'S | BURRITOS, WRAPS & ENTRÉES (FROZEN) - UP TO 10% OFF

042272 913886	54264	GMO	*			X NEW! Burrito, Black Bean & Cheese, Organic	12 / 170g	_____
042272 900763	54265					X NEW! Burrito, Southwestern with Cheese	12 / 156g	_____
042272 900701	54470					X Burrito, Bean & Rice (dairy-free)	12 / 170g	_____
042272 903528	54268			GF		X Burrito, Bean & Rice (gluten & dairy-free)	12 / 156g	_____
042272 900732	54468					X Burrito, Black Bean (dairy-free)	12 / 170g	_____
042272 900718	54472					X Burrito, Cheddar Cheese	12 / 170g	_____
042272 903535	54267			GF		X Burrito, Cheddar Cheese (gluten free)	12 / 156g	_____
042272 901760	54484					X Bowls, Pesto Tortellini	12 / 269g	_____
042272 913985	54256					X Family Size, Broccoli & Cheddar Bake (gluten free)	8 / 860g	_____
042272 909643	54257					X Family Size, Cheese Enchilada	8 / 765g	_____
042272 913961	54258					X Family Size, Vegetable Lasagna	8 / 920g	_____
042272 902606	56155			V		X Wrap, Indian Samosa	12 / 142g	_____
042272 908073	54362			GF		X Wrap, Tofu Scramble Breakfast	12 / 156g	_____
042272 912384	56152			GF	V	X Wrap, Vietnamese Banh Mi	12 / 156g	_____

AMY'S | CANNED SOUP - 10% OFF

042272 906277	38605	GMO	V	*		NEW! Soup, Hearty Minestrone, Organic	12 / 398ml	_____
042272 907755	38606	GMO	V	*		NEW! Soup, Tortilla, Organic	12 / 398ml	_____

ANITA'S ORGANIC MILL | FLOUR - 30% OFF

623636 221146	20201	GMO	B	*	BC	Ⓟ	X Fine Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg
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ANTOINETTE'S | DIP & SAUCE (REFRIGERATED) - 20% OFF

628399 100295	23122	BC	Ⓟ			Dip & Sauce, Salt Spring	6 / 375ml	_____
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AVALON | ORGANIC ICE CREAM (FROZEN) - 10% OFF

066939 093094	40975	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Black Cherry, Organic	6 / 946ml	_____
066939 093056	40971	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Chocolate, Organic	6 / 946ml	_____
066939 093018	40970	GMO	*	BC	Ⓟ	X NEW! Ice Cream, French Vanilla Bean, Organic	6 / 946ml	_____
066939 093254	40972	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Mocha Fudge, Organic	6 / 946ml	_____
066939 093247	40973	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Mountain Blueberry, Organic	6 / 946ml	_____
066939 093155	40974	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Strawberries & Cream, Organic	6 / 946ml	_____
066939 093001	40976	GMO	*	BC	Ⓟ	X NEW! Ice Cream, Vanilla Bean, Organic	6 / 500ml	_____

BIG MOUNTAIN | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 15% OFF

777744 000138	38017	V	BC	Ⓟ		Burger, Lion's Mane Mushroom (2pk)	8 / 240g	_____
777744 000053	38003	V	BC	Ⓟ		Links, Brekkie Superfood	12 / 300g	_____
777744 000060	38004	V	BC	Ⓟ		Links, Veggie Big Brat	12 / 300g	_____
777744 000022	38006	V	BC	Ⓟ		Links, Veggie Fiesta	12 / 300g	_____
777744 000015	38011	V	BC	Ⓟ		Veggie Patty, The Original	8 / 400g	_____

BIOITALIA PRODUCTS - UP TO 15% 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 112126	30104	GMO	*			X Pasta, Fusilli, Organic	12 / 500g	_____
661475 112058	30101	GMO	*			X Pasta, Linguine, Organic	24 / 500g	_____
661475 003400	30102	GMO	*			X Pasta, Macaroni, Organic	12 / 500g	_____
661475 020049	33173	GMO	*			X Pasta, Orzo, Organic	12 / 500g	_____
661475 112102	30103	GMO	*			X Pasta, Penne Rigate, Organic	12 / 500g	_____
661475 112010	30089	GMO	*			X Pasta, Spaghetti, Organic	24 / 500g	_____
661475 008047	30091	GMO	*			X Pasta, Spaghettini, Organic	24 / 500g	_____
661475 161445	33109	GMO	*			Pesto, Basil, Organic	12 / 160ml	_____
661475 102165	33181	GMO	*			Sunflower Oil, Organic	6 / 750ml	_____
661475 523045	33078	GMO	*			Tomato Sauce, Aglio, Organic	8 / 660ml	_____
661475 521041	33080	GMO	*			Tomato Sauce, Marinara, Organic	8 / 660ml	_____
661475 522048	33079	GMO	*			Tomato Sauce, Rosee, Organic	8 / 660ml	_____

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UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052				Order
661475 310010	33068	GMO	*			Tomatoes, Chopped, Organic	12 / 398ml		
661475 300011	33049	GMO	*			Tomatoes, Peeled Whole, 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		
BIO-K PLUS PROBIOTICS - UP TO 30% OFF									
626608 007113	07453	GMO	GF	+	X	Active Probiotic Shot, Raspberry (12.5 billion CFU) (REFRIGERATED)	6 / 98g	G	
626608 007090	07454	GMO	GF	+	X	Active Probiotic Shot, Strawberry (12.5 billion CFU) (REFRIGERATED)	6 / 98g	G	
626608 000770	07302		GF	+	Ⓜ X	Fermented Dairy Probiotic, Original (REFRIGERATED)	12 / 98g	G	
626608 000978	07308	GMO	GF	+	X	Fermented Dairy Probiotic, Strawberry (REFRIGERATED)	12 / 98g	G	
626608 000442	07306		GF	+	Ⓜ X	Fermented Dairy Probiotic, Vanilla (REFRIGERATED)	12 / 98g	G	
626608 002125	07310	GMO	GF	*	+	X Fermented Rice Probiotic, Blueberry, Organic (REFRIGERATED)	12 / 98g	G	
626608 000879	07304		GF	+	X	Fermented Soy Probiotic, Mango (REFRIGERATED)	12 / 98g	G	
626608 017020	07388			+	X	Capsules, Strong (50 Billion)	1 / 15ct	G	
626608 000169	07383			+	X	Capsules, IBS Control (REFRIGERATED)	1 / 30ct	G	
626608 014012	07387			+		Probiotic Capsules, Daily Care+ - 12.5 billion CFU	1 / 30ct	G	
626608 016016	07385			+		Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 15ct	G	
626608 016023	07386			+		Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 30ct	G	
BIOVERT DISHWASHING PRODUCTS - 10% OFF									
776622 011211	80550			+	Ⓜ	Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 480g	G P	
776622 011068	80528			+	Ⓜ	Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L	G P	
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE - VOLUME PRICING									
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 11-40 cases (946ml only)	Save 4.95		
						Buy 41-74 cases (946ml only)	Save 6.25		
						Buy 75+ cases (946ml only)	Save 7.50		
BLUE MONKEY BEVERAGES - 10% OFF + VOLUME PRICING									
059654 410031	05522				Ⓜ X	Sparkling Coco Mango (can)	12 / 330ml	G P U	
059654 410055	05524				Ⓜ X	Sparkling Coco Watermelon (can)	12 / 330ml	G P U	
						Buy 5-15 cases (330ml Sparkling Coconut Skus Only)	Save 2.70		
						Buy 16+ cases (330ml Sparkling Coconut Skus Only)	Save 3.60		
059654 560019	07071				Ⓜ X	Sparkling Juice Drink, Guava (can)	12 / 330ml	G P U	
059654 550010	07070				Ⓜ X	Sparkling Juice Drink, Passion Fruit (can)	12 / 330ml	G P U	
059654 600012	05539				Ⓜ X	Sparkling Juice Drink, Pineapple (can)	12 / 330ml	G P U	
059654 500022	05538				Ⓜ	Juice Drink, Mango	6 / 1L	U	
BOB'S RED MILL PRODUCTS - UP TO \$8.10 OFF									
039978 328809	30582					X Buttermilk Pancake Mix	4 / 680g		
039978 003638	34264	GMO	GF			X Granola, Blueberry Lemon	6 / 312g		
039978 003614	34263	GMO	GF			X Granola, Maple Sea Salt	6 / 312g		
039978 003706	34265	GMO	GF			X Granola, Peanut Butter	6 / 312g		
039978 323668	22851	GMO	GF			X Muesli, Gluten Free	4 / 453g		
039978 341037	22850	GMO				X Muesli, Old Country Style	4 / 510g		
039978 324627	30581	GMO	GF			X Pancake Mix	4 / 623g		
BRAGG APPLE CIDER VINEGAR - \$7.29 OFF									
074305 101328	14076	GMO	GF	*	+	Apple Cider Vinegar, Organic	12 / 946ml		
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED) - 10% OFF									
851107 003001	15221	GMO		*		Kombucha, Clear Mind, Organic (glass)	12 / 414ml	G P U	
851107 003629	15222	GMO		*		Kombucha, Mountain Ginger, 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 Grove, Organic (glass)	12 / 414ml	G P U	
851107 003070	15224	GMO		*		Kombucha, Love, Organic (glass)	12 / 414ml	G P U	

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052				Order
857161 008921	16221	GMO	*			Kombucha, Pineapple Paradise, Organic (glass)	12 / 414ml	G P U	
857161 008914	16220	GMO	*			Kombucha, Strawberry Fields, 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, Blackberry Trails, Organic (glass)	12 / 414ml	G P U	
BUBBIES CONDIMENTS (REFRIGERATED) - 10% OFF									
038261 957665	51205		+			Prepared Horseradish	12 / 250ml		
BUCHA BREW KOMBUCHA - 15% OFF									
628110 435354	17252	GMO	*	BC	Ⓟ	Kombucha Lite, Grapefruit, Organic	6 / 4x355ml	G P U	
628110 435347	17251	GMO	*	BC	Ⓟ	Kombucha Lite, Lemon, Organic	6 / 4x355ml	G P U	
CANADIAN KELP RESOURCES SEA VEGETABLES - 10% OFF									
776128 000030	32851			BC	Ⓟ	X Kombu	16 / 42g		
776128 000047	32850			BC	Ⓟ	X Macro Kelp	16 / 21g		
CAULIPOWER PIZZA CRUST & PIZZA (FROZEN) - UP TO \$11.75 OFF									
854934 007082	32400			GF		X Cauliflower Pizza Crust	8 / 310g		
854934 007846	32405			GF		X Pizza, Buffalo-Chicken Style	8 / 310g		
854934 007099	32402			GF		X Pizza, Margherita	8 / 310g		
854934 007853	32404			GF		X Pizza, Pepperoni	8 / 320g		
854934 007075	32401			GF		X Pizza, Cheese Lover's	8 / 315g		
854934 007105	32403			GF		X Pizza, Veggie	8 / 310g		
CHA'S ORGANICS COCONUT CREAM, MILK & OIL - UP TO \$5.18 OFF									
806253 210407	15040	GMO	* @		Ⓟ	Coconut Cream, Full Cream, Organic	12 / 400ml		
806253 210414	15080	GMO	* @		Ⓟ	Coconut Milk, Premium, Organic	12 / 400ml		
806253 210421	15081	GMO	* @		Ⓟ	Coconut Milk, Light, Organic	12 / 400ml		
806253 600505	15043	GMO	* @		Ⓟ	Coconut Oil, Virgin, Organic	6 / 500ml		
CHIMES CANDY - 10% OFF									
051299 111076	35362					X Ginger Chews, Mango	12 / 100g	G	
051299 111038	35361	GMO				X Ginger Chews, Meyer Lemon	12 / 100g	G	
051299 111083	35363	GMO				X Ginger Chews, Orange	12 / 100g	G	
051299 111045	35360	GMO				X Ginger Chews, Original	12 / 100g	G	
051299 111519	35267					Ginger Chews, Mango	20 / 141.8g	G	
051299 111311	35264	GMO				Ginger Chews, Original	20 / 141.8g	G	
CHOSEN FOODS AVOCADO OIL MAYO - 10% OFF									
815074 020003	32313	GMO		GF		Mayo, Classic w/100% avocado oil	6 / 355ml		
815074 020010	32326	GMO		GF		Mayo, Classic w/100% avocado oil (squeeze)	6 / 332ml		
						Buy 5+ cases (Mayo Skus Only)	Save 1.43		
815074 020096	32324	GMO		GF		Mayo, Classic w/100% avocado oil	6 / 710ml		
						Buy 5+ cases (Mayo Skus Only)	Save 2.08		
815074 021314	32315	GMO		GF V		Mayo, Vegan w/100% avocado oil	6 / 355ml		
CLEVER PREMIUM MOCKTAIL - 10% OFF									
854531 000844	17557		+		Ⓟ	X Mocktail, Margarita (can)	6 / 4x355ml	G P U	
854531 000028	17558		+		Ⓟ	X Mocktail, Raspberry Mojito (can)	6 / 4x355ml	G P U	
CLIF BLOKS ENERGY CHEWS, PERFORMANCE & SNACK BARS - UP TO 25% OFF									
722252 101082	37914	GMO	*			NEW! BLOKS Energy Chews, Margarita, Organic	18 / 60g	G	
722252 101051	37915	GMO	*			NEW! BLOKS Energy Chews, Mountain Berry, Organic	18 / 60g	G	
722252 100993	37916	GMO	*			NEW! BLOKS Energy Chews, Salted Watermelon, Organic	18 / 60g	G	
722252 101174	37917	GMO	*			NEW! BLOKS Energy Chews, Strawberry, Organic	18 / 60g	G	
722252 068835	37343					X NEW! BUILDERS Protein Bar, Vanilla Almond	12 / 68g	G	
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	
722252 128102	37735	GMO	*			X Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g	G	
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - \$6.36 OFF									
871459 003245	50184	GMO		GF V	BC	Ⓟ	Shreds, Cheddar	12 / 200g	
871459 003177	50131	GMO		GF V	+	Ⓟ	Shreds, Italian Blend	12 / 200g	
871459 003658	50189	GMO		GF V	BC	Ⓟ	Shreds, Mexican Blend	12 / 200g	
871459 003238	50185	GMO		GF V	BC	Ⓟ	Shreds, Mozza	12 / 200g	
871459 003665	50130	GMO		GF V	BC	Ⓟ	Shreds, Parmesan	12 / 200g	
871459 003252	50186	GMO		GF V	BC	Ⓟ	Shreds, Spicy Monterey Jack	12 / 200g	

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DAIYA DAIRY-FREE SALAD DRESSING - \$3.12 OFF					
871459 009117	50171	GMO	V + P	Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml
871459 009100	50170	GMO	V + P	Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml
ECO-MAX DISHWASHING & SURFACE CLEANING PRODUCTS - 10% OFF					
853907 001102	80913		+ P	NEW! Dish Wash, Hypoallergenic	6 / 740ml G P
853907 001072	80910		+ P	NEW! Dish Wash, Natural Lavender	6 / 740ml G P
853907 001096	80912		+ P	NEW! Dish Wash, Natural Orange	6 / 740ml G P
853907 001089	80911		+ P	NEW! Dish Wash, Natural Tea Tree	6 / 740ml G P
853907 001737	80916		+ P	NEW! Dish Wash Refill, Hypoallergenic	2 / 4L G P
853907 001744	80917		+ P	NEW! Dish Wash Refill, Natural Orange	2 / 4L G P
853907 001263	80727		+ P	NEW! Dishwasher Pacs (20 pacs)	8 / 360g G P
667838 010146	80963		+ P	NEW! Disinfecting All Purpose Cleaner, Natural Orange	4 / 800ml G P
853907 001386	80294		+ P	NEW! Disinfecting Toilet Bowl Cleaner, Tea Tree	6 / 1L G P
EDEN EDENSOY SOY MILK - UP TO \$7.59 OFF					
024182 025101	06604	GMO		EDENSOY, Cocoa, Organic (TetraPak)	12 / 946ml U
024182 027051	06602	GMO	*	EDENSOY, Original, Organic (TetraPak)	12 / 946ml U
024182 027068	06609	GMO	*	EDENSOY, Unsweetened, Organic (TetraPak)	12 / 946ml U
024182 027259	06603	GMO	*	EDENSOY, Vanilla, Organic (TetraPak)	12 / 946ml U
ENJOY LIFE BAKING CHOCOLATE - \$7.54 OFF					
819597 013825	02501	GMO	GF V	Mini Chips, White Chocolate	12 / 255g
819597 010213	02325	GMO	GF V	Morsels, Dark	12 / 255g
819597 013474	02500	GMO	GF V	Morsels, Chocolateriz, 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
EVIVE BLENDER FREE SMOOTHIE CUBES & SMOOTHIE POPS (FROZEN) - 10% OFF					
628110 947048	24703	GMO	+ P	X Asana	8 / 405g
628110 947246	24708	GMO	+ P	X Azteque	8 / 405g
628110 947055	24704	GMO	* + P	X Pure, Organic	8 / 405g
628110 947017	24700	GMO	+ P	X Samourai	8 / 405g
628110 947239	24707	GMO	+ P	X Saphir	8 / 405g
628110 947253	24709	GMO	+ P	X Sunrize	8 / 405g
628110 947024	24701	GMO	* + P	X Touk-Touk, Organic	8 / 405g
628110 947079	24706	GMO	+ P	X Viva	8 / 405g
628110 947031	24702	GMO	* + P	X Yogi, Organic	8 / 405g
628110 947680	24714	GMO	+ P	X Probiotic, Mango Kiwi Lemonade	10 / 150g
628110 947673	24713	GMO	+ P	X Protein, Mocha Frappe	10 / 150g
628110 947536	24717	GMO	+ P	X Smoothie Pops, Dragon Fruit	8 / 5x50g G
628110 947543	24716	GMO	+ P	X Smoothie Pops, Peach	8 / 5x50g G
628110 947550	24715	GMO	+ P	X Smoothie Pops, Strawberry Mango	8 / 5x50g G
FENTIMANS BOTANICALLY BREWED SOFT DRINKS & MIXERS - 10% OFF					
5029396 000260	07127			Cherry Cola (glass)	6 / 4x275ml G P U
5029396 000246	06881			Curiosity Cola (glass)	6 / 4x275ml G P U
5029396 000307	04989			Gently Sparkling Elderflower (glass)	6 / 4x275ml G P U
5029396 002226	05000			Ginger Beer (glass)	6 / 4x200ml G P U
5029396 000222	06878			Ginger Beer (glass)	6 / 4x275ml G P U
5029396 000239	07081			Lemonade, Rose (glass)	6 / 4x275ml G P U
5029396 000291	06877			Lemonade, Victorian (glass)	6 / 4x275ml G P U
5029396 000253	07082			Tonic Water (glass)	6 / 4x275ml G P U
5029396 002257	04997			Tonic Water, Connoisseurs (glass)	6 / 4x200ml G P U
5029396 002233	04998			Tonic Water, Pink Grapefruit (glass)	6 / 4x200ml G P U
5029396 002240	04999			Tonic Water, Valencian Orange (glass)	6 / 4x200ml G P U
5029396 000451	04993			Lemonade, Rose (glass)	8 / 500ml G P U
5029396 000437	04995			Tonic Water, Pink Grapefruit (glass)	8 / 500ml G P U
FEVER-TREE PREMIUM COCKTAIL MIXERS - UP TO 40% OFF					
812136 032134	07821			NEW! Distillers Cola (glass)	6 / 4x200ml G P U
812136 030208	07806			Ginger Ale (can)	3 / 8x150ml G P U
GIMME ORGANIC ROASTED SEAWEED - \$4.80 OFF					
855463 005273	24165	GMO	GF V *	X Roasted Seaweed, Sea Salt & Avocado Oil, Organic	12 / 9g G
851093 004662	25163	GMO	GF *	X Roasted Seaweed Snacks, Sea Salt, Organic	12 / 10g G
851093 004693	24169	GMO	GF *	X Roasted Seaweed Snacks, Teriyaki, Organic	12 / 10g G
GINGER PEOPLE MINCED GINGER & GINGER JUICE - 15% OFF					
734027 904064	14196	GMO	GF *	Ginger, Minced (jar), Organic	12 / 190g
734027 904071	14197	GMO	GF *	Ginger, Natural Pickled Sushi (jar), Organic	12 / 190g
734027 901605	06231	GMO	GF *	Ginger Juice (condiment), Organic	12 / 147ml

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GOMACRO MACROBAR - \$2.40 OFF + VOLUME PRICING							
853555 006689	10910	GMO	GF V *	X	MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic	12 / 65g	G
810039 910115	10912	GMO	GF V *	X	MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic	12 / 65g	G
181945 000154	10908	GMO	GF V *	X	MACROBAR Prolonged Power - banana + almond butter, Organic	12 / 65g	G
853555 006412	10914	GMO	GF V *	X	MACROBAR Protein Decadence - dark chocolate + almonds, Organic	12 / 65g	G
181945 000062	10900	GMO	GF V *	X	MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic	12 / 65g	G
181945 000147	10905	GMO	GF V *	X	MACROBAR Protein Replenishment - peanut butter, Organic	12 / 65g	G
810039 910085	10911	GMO	GF V *	X	MACROBAR Pure Promise - maple sea salt, Organic	12 / 65g	G
810039 910146	10913	GMO	GF V *	X	MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic	12 / 65g	G
					Buy 8+ cases	Save 0.40	
GOODDRINK BOTTLED TEA - 10% OFF							
853790 001029	04104	GMO	GF	X	Green Tea with Lemon & Honey (glass bottle)	12 / 473ml	U
853790 001012	04105	GMO	GF	X	Iced Tea with Lemon (glass bottle)	12 / 473ml	U
853790 001067	04106	GMO	GF	X	Lemonade Tea, Lemonade & Black Tea (glass bottle)	12 / 473ml	U
853790 001036	04107	GMO	GF	X	Mango Tea with Hibiscus & Vanilla (glass bottle)	12 / 473ml	U
853790 001050	04108	GMO	GF	X	Peach Tea with Apple (glass bottle)	12 / 473ml	U
853790 001043	04109	GMO	GF	X	White Tea with Blueberry (glass bottle)	12 / 473ml	U
GREEN CUISINE TEMPEH - 10% OFF							
068532 020002	54462	GMO	* BC P	X	TEMPEH, 7 Grain, Organic (FROZEN)	1 / 227g	
068532 700034	40537	GMO	* BC P	X	TEMPEH, Indonesian, Organic (REFRIGERATED)	1 / 225g	
068532 765477	40530		BC P	X	TEMPEH, Miso Gravy (REFRIGERATED)	1 / 225g	
068532 113926	40526	GMO	* BC P	X	TEMPEH, Simply Soybean, Organic (REFRIGERATED)	1 / 225g	
068532 700041	40541	GMO	* BC P	X	TEMPEH, Smoked, Organic (REFRIGERATED)	1 / 225g	
068532 612344	40540		BC P	X	TEMPEH, Sunseed (REFRIGERATED)	1 / 225g	
068532 654368	40531		BC P	X	TEMPEH, Sweet Chili (REFRIGERATED)	1 / 225g	
GTS SYNERGY RAW KOMBUCHA (REFRIGERATED) - \$4.05 OFF							
722430 760179	05406	GMO			NEW! SYNERGY Kombucha, Blood Orange (glass)	12 / 480ml	G P U
722430 790176	05407	GMO			NEW! SYNERGY Kombucha, Honeycrisp Apple (glass)	12 / 480ml	G P U
GUAYAKI YERBA MATE BEVERAGE - 10% OFF + VOLUME PRICING							
632432 000398	07176	GMO	* @	X	Berry Lemonade, Organic (can)	12 / 458ml	G U
632432 000190	07332	GMO	* @	X	Bluephoria, Organic (can)	12 / 458ml	G U
632432 000114	07153	GMO	* @	X	Enlighten Mint, Organic (can)	12 / 458ml	G U
632432 000121	07151	GMO	* @	X	Lemon Elation, Organic (can)	12 / 458ml	G U
632432 000374	07175	GMO	* @	X	Peach, Organic (can)	12 / 458ml	G U
632432 000138	07152	GMO	* @	X	Revel Berry, Organic (can)	12 / 458ml	G U
					Buy 70-139 cases	Save 3.5%	
					Buy 140+ cases	Save 5%	
HAPPY PLANET SOUP (REFRIGERATED) - 15% OFF							
779172 611054	38884	GMO	* BC P		Soup, Berkeley Butternut Squash, Organic	6 / 650ml	
779172 611030	38883	GMO	* BC P		Soup, Louisiana Sweetcorn & Red Pepper, Organic	6 / 650ml	
779172 611023	38882	GMO	* BC P		Soup, Moroccan Chickpea, Organic	6 / 650ml	
779172 611016	38881	GMO	* BC P		Soup, Thai Coconut, Organic	6 / 650ml	
779172 611061	38885	GMO	* BC P		Soup, Tuscan Tomato, Organic	6 / 650ml	
HARDBITE HANDCRAFTED STYLE CHIPS - UP TO \$3.44 OFF							
673513 406500	36427	GMO	BC P	X	Potato Chips, Avocado Oil, Apple Cider Vinegar	15 / 128g	G
673513 401505	36420	GMO	BC P	X	Potato Chips, Avocado Oil, Black Sea Salt	15 / 128g	G
673513 407002	36458	GMO	BC P	X	Potato Chips, Avocado Oil, Black Truffle Sea Salt	15 / 128g	G
673513 400508	36419	GMO	BC P	X	Potato Chips, Avocado Oil, Honey Dijon	15 / 128g	G
673513 404506	36424	GMO	BC P	X	Potato Chips, Avocado Oil, Smoked Paprika & Garlic	15 / 128g	G
673513 402502	36421	GMO	BC P	X	Potato Chips, Avocado Oil, Sweet Ghost Pepper	15 / 128g	G
673513 405503	36450	GMO	BC P	X	Potato Chips, Avocado Oil, Wasabi Ranch	15 / 128g	G
673513 104505	36411	GMO	BC P	X	Potato Chips, All Dressed	15 / 150g	G
673513 001507	36412	GMO	BC P	X	Potato Chips, All Natural	15 / 150g	G
673513 103508	37748	GMO	BC P	X	Potato Chips, Avocado & Lime	15 / 150g	G

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673513 101504	37517 GMO	BC	℞ X	Potato Chips, Ketchup	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	_____
HARMLESS HARVEST COCONUT BEVERAGES (REFRIGERATED) - 15% OFF							
810068 900644	23534 GMO	* @	X	Coconut Smoothie, Chocolate, Organic (plastic bottle)	6 / 296ml	U	_____
810068 900668	23535 GMO	* @	X	Coconut Smoothie, Greens, Organic (plastic bottle)	6 / 296ml	U	_____
810068 900637	23533 GMO	* @	X	Coconut Smoothie, Mango, Organic (plastic bottle)	6 / 296ml	U	_____
810068 900408	23532 GMO	* @	X	Coconut Smoothie Original, Organic (plastic bottle)	6 / 296ml	U	_____
HEALTH-ADE KOMBUCHA (REFRIGERATED) - \$3.71 OFF							
811184 032042	17710 GMO	GF V *		Pomegranate Blueberry, Organic	12 / 473ml	G P U	_____
HEALTHY HIPPO LOW SUGAR CANDY - \$4.77 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	_____
HEALTHY SHORES CANNED SEAFOOD FOR CATS & DOGS - UP TO 30% OFF							
810757 001119	48222	BC	℞	Dog Food, Albacore Tuna	24 / 170g	G P	_____
810757 001102	48225	BC	℞	Dog Food, Wild Salmon	24 / 170g	G P	_____
810757 001812	48227	BC	℞	NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g	G P	_____
HOLY CRAP SUPERSEED CEREAL & OATMEAL - UP TO 15% OFF							
883831 114449	22230 GMO	* BC	℞	NEW! Cereal, Blueberry Apple, Organic	12 / 225g		_____
883831 100008	22226 GMO	* BC	℞	Cereal, Apple Cinnamon, Organic	12 / 225g		_____
883831 114449	22230 GMO	* BC	℞	Cereal, Blueberry Apple, Organic	12 / 225g		_____
883831 200005	22227 GMO	* BC	℞	Cereal, Natural Skinny B, Organic	12 / 225g		_____
883831 900028	22228 GMO	GF	℞	Oatmeal, Apple Cinnamon	12 / 320g		_____
883831 900035	22229 GMO	GF	℞	Oatmeal, Blueberry Cocoa	12 / 320g		_____
HUER NATURAL CANDY - 10% OFF							
771047 302005	15415	V	℞	SIMPLY HUER Plant-Based Gummies, Bears	12 / 150g	G	_____
771047 302012	15416	V	℞	SIMPLY HUER Plant-Based Gummies, Sour Bears	12 / 150g	G	_____
HUMMINGBIRD CHOCOLATE MAKER BEAN TO BAR CHOCOLATE - 10% OFF							
628451 966074	57103	+ ℞	X	NEW! Dark Chocolate 70%, Fleur de Sel (w/Van Island sea salt)	12 / 60g	G	_____
628451 966104	57104	+ ℞	X	NEW! Dark Chocolate 70%, Hispaniola	12 / 60g	G	_____
628451 966173	57107	+ ℞	X	NEW! Dark Chocolate 65%, PB & Joy - blended w/roasted peanuts	12 / 60g	G	_____
628451 966142	57109	+ ℞	X	NEW! Dark Chocolate 70%, Zorzal	12 / 60g	G	_____
628451 966371	57102	+ ℞	X	NEW! Milk Chocolate 60%, Dark Milk	12 / 60g	G	_____
875132 000132	57110	+ ℞	X	NEW! Milk Chocolate Peanut Butter Cups (2ct)	12 / 32g	G	_____
628451 966180	57105	+ ℞	X	NEW! Super Dark Chocolate 85%, Hispaniola 85	12 / 60g	G	_____
HUNGRY BUDDHA KETO BAR - \$4.50 OFF							
627561 000807	07360	V	℞ X	Keto Bar, Chocolate Chip	12 / 40g	G	_____
627561 000814	07361	V	℞ X	Keto Bar, Coconut Cocoa	12 / 40g	G	_____
IF YOU CARE COFFEE FILTERS & FOOD WASTE BAGS - 10% OFF							
770009 001116	60343			Coffee Filters, Basket (unbleached)	12 / 100ct	G P	_____
770009 001123	60341			Coffee Filters, No. 2 (unbleached)	12 / 100ct	G P	_____
770009 001147	60342			Coffee Filters, No. 4 (unbleached)	12 / 100ct	G P	_____
770009 250644	60347			Food Waste Bags, 3 Gal (11.4L) (certified compostable)	12 / 30ct	G P	_____
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER - 10% OFF							
859805 000056	15754	BC	℞	Almond Butter	12 / 250g		_____
859805 000025	15751	BC	℞	Peanut Butter, Crunchy	12 / 375g		_____
859805 000001	15750	BC	℞	Peanut Butter, Smooth	12 / 375g		_____
859805 000032	15753	BC	℞	Peanut Butter, Crunchy	12 / 750g		_____
859805 000018	15752	BC	℞	Peanut Butter, Smooth	12 / 750g		_____

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JASON BODY CARE PRODUCTS - 10% OFF						
078522 800057	80241			X Shampoo, Apricot	1 / 473ml	G P
078522 800095	80229			X Conditioner, Apricot Keratin	1 / 473ml	G P
078522 870050	80245			X Shampoo, Biotin	1 / 473ml	G P
078522 870098	80236			X Conditioner, Biotin	1 / 473ml	G P
078522 800781	80263			X Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml	G P
078522 850052	80257			X Shampoo, Sea Kelp	1 / 473ml	G P
078522 800293	80227			X Conditioner, 84% Aloe Vera	1 / 473ml	G P
078522 090250	80259			X Deodorant, Aloe Vera (stick)	1 / 71g	G P
078522 090656	80797			X Deodorant, Lavender (stick)	1 / 71g	G P
078522 800255	80240			X Shampoo, 84% Aloe Vera	1 / 473ml	G P
078522 015109	80185			X Toothpaste, Sea Fresh	1 / 170g	G P
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
KASLO SOURDOUGH PASTA PASTA FERMENTATA - 25% OFF						
779605 022747	42190	GMO		BC <input type="checkbox"/> X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 227g	
KETTLE BRAND POTATO CHIPS - UP TO \$2.52 OFF						
084114 902917	39243	GMO	GF	X Potato Chips, Air Fried, Himalayan Salt	12 / 156g	G
084114 902924	39244	GMO	GF	X Potato Chips, Air Fried, Sea Salt & Vinegar	12 / 156g	G
084114 902726	39220		GF	X Potato Chips, Gourmet, Backyard BBQ	12 / 198g	G
084114 902931	39222		GF	X Potato Chips, Gourmet, Honey Dijon	12 / 198g	G
084114 902764	39223	GMO	GF	X Potato Chips, Gourmet, Jalapeño	12 / 198g	G
084114 902801	39224	GMO	GF	X Potato Chips, Gourmet, Natural, Low Sodium	12 / 198g	G
084114 902702	39226	GMO	GF	X Potato Chips, Gourmet, Natural, Salted	12 / 198g	G
084114 902832	39232	GMO	GF	X Potato Chips, Gourmet, Parmesan Garlic	12 / 198g	G
084114 902825	39229	GMO	GF	X Potato Chips, Gourmet, Pepperoncini	12 / 198g	G
084114 902788	39231	GMO	GF	X Potato Chips, Gourmet, Ranch	12 / 198g	G
084114 902719	39227	GMO	GF	X Potato Chips, Gourmet, Sea Salt & Vinegar	12 / 198g	G
084114 902757	39228		GF	X Potato Chips, Gourmet, Yogurt & Green Onion	12 / 198g	G
084114 902740	39221		GF	X Potato Chips, Gourmet, Cheddar	12 / 198g	G
084114 902795	39233	GMO	GF	X Potato Chips, Krinkle Cut, Truffle & Sea Salt	12 / 198g	G
084114 902771	39230	GMO	GF	X Potato Chips, Krinkle Cut, Dill Pickle	12 / 198g	G
084114 902849	39234	GMO	GF	X Potato Chips, Krinkle Cut, Habanero Lime	12 / 198g	G
084114 902733	39225	GMO	GF	X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	12 / 198g	G
KIJU ORGANIC BEVERAGE - \$0.96 OFF						
189727 000279	06768	GMO	* + <input type="checkbox"/>	FIT, Pineapple Mango, Organic (Tetra)	8 / 4x200ml	U
189727 000262	06770	GMO	* + <input type="checkbox"/>	FIT, Strawberry Watermelon, Organic (Tetra)	8 / 4x200ml	U
189727 000217	06944	GMO	* + <input type="checkbox"/>	Juice, Apple, Organic (Tetra)	8 / 4x200ml	U
189727 000224	06955	GMO	* + <input type="checkbox"/>	Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml	U
189727 000231	06956	GMO	* + <input type="checkbox"/>	Juice, Lemonade, Organic (Tetra)	8 / 4x200ml	U
189727 000248	06969	GMO	* + <input type="checkbox"/>	Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml	U
189727 000255	06975	GMO	* + <input type="checkbox"/>	Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml	U
189727 000309	06753	GMO	* + <input type="checkbox"/>	Juice, Tropical Blend, Organic (Tetra)	8 / 4x200ml	U
KIND BREAKFAST BARS, HEALTHY GRAINS BARS, NUT BARS & CHOCOLATE DIPPED CLUSTERS - UP TO 30% OFF + VOLUME PRICING						
602652 204050	39346			Breakfast Bar, Almond Butter (2pk)	5 / 4x50g	G
602652 204067	39347			Breakfast Bar, Dark Chocolate Cocoa (2pk)	5 / 4x50g	G
602652 201066	39348			Breakfast Bar, Peanut Butter (2pk)	5 / 4x50g	G
				Buy 8-15 cases	Save 1.00	
				Buy 16+ cases	Save 2.00	
602652 184178	37609	GMO		HEALTHY GRAINS, Dark Chocolate Chunk	8 / 5x35g	G
602652 184154	37607	GMO		HEALTHY GRAINS, Oats & Honey	8 / 5x35g	G
602652 184185	37610	GMO		HEALTHY GRAINS, Peanut Butter Dark	8 / 5x35g	G
602652 296574	37600	GMO		HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g	G
				Buy 8-15 cases	Save 1.00	
				Buy 16+ cases	Save 2.00	

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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 170706	37475	X Nut Bar, Peanut Butter & Dark Chocolate	12 / 40g	G	_____
602652 431388	39345	X Nut Bar, Peanuts Salted Caramel w/Dark Chocolate	12 / 40g	G	_____
		Buy 8-15 cases	Save 0.50		_____
		Buy 16+ cases	Save 1.00		_____
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	_____
		Buy 8-15 cases	Save 0.50		_____
		Buy 16+ cases	Save 1.00		_____
602652 430527	39342	X DIPPED CLUSTERS, Dark Chocolate Almond Butter	8 / 113g	G	_____
602652 430503	39343	X DIPPED CLUSTERS, Dark Chocolate Nuts & Berries	8 / 113g	G	_____
602652 430558	39344	X DIPPED CLUSTERS, Dark Chocolate Vanilla Cashew	8 / 113g	G	_____
602652 429422	39336	THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g	G	_____
KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED) - 10% OFF					
628504 073377	23632	BC <input type="checkbox"/> X Water Kefir, Cranberry Turmeric (can)	12 / 355ml	G P U	_____
628504 073391	23633	BC <input type="checkbox"/> X Water Kefir, Lemon Ginger Turmeric (can)	12 / 355ml	G P U	_____
628504 073414	23634	BC <input type="checkbox"/> X Water Kefir, Power Green (can)	12 / 355ml	G P U	_____
628504 073438	23635	BC <input type="checkbox"/> X Water Kefir, Strawberry Rosehip (can)	12 / 355ml	G P U	_____
KING ISLAND COCONUT WATER - 10% OFF					
8850813 300031	07130	+ <input type="checkbox"/> Coconut Water, Pure (gable top)	12 / 1L	U	_____
KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN) - 10% OFF					
877168 001039	34139 GMO	+ <input type="checkbox"/> X Onigiri, Japanese Vegetable Curry (2pc)	8 / 204g		_____
877168 001008	34136 GMO	+ <input type="checkbox"/> X Onigiri, Kale Gomae (2pc)	8 / 204g		_____
877168 001022	34138 GMO	+ <input type="checkbox"/> X Onigiri, Korean BBQ Mushroom (2pc)	8 / 204g		_____
877168 001015	34137 GMO	+ <input type="checkbox"/> X Onigiri, Roasted Corn & Poblano (2pc)	8 / 204g		_____
877168 000001	34132 GMO	+ <input type="checkbox"/> X Roll, California (8pc)	8 / 210g		_____
877168 000032	34135 GMO	+ <input type="checkbox"/> X Roll, Rainbow - w/plant based tuna, mango & Jasberry rice (8pc)	8 / 210g		_____
877168 000018	34133 GMO	+ <input type="checkbox"/> X Roll, Spicy California (8pc)	8 / 210g		_____
877168 000025	34134 GMO	+ <input type="checkbox"/> X Roll, Tuna Avocado (8pc)	8 / 210g		_____
L'ANCÊTRE CHEESE (REFRIGERATED) - UP TO \$6.75 OFF					
778177 499940	50082	+ <input type="checkbox"/> Artisan Goat Cheese, 1 Year	8 / 190g		_____
778177 499919	50097 GMO	+ <input type="checkbox"/> Artisan Goat Cheese, Firm Ripened	8 / 190g		_____
778177 499926	50098 GMO	* <input type="checkbox"/> Feta, Greek Sheep's Milk, Organic	16 / 150g		_____
778177 509014	50099 GMO	* <input type="checkbox"/> Gouda, Dutch (12 mos), Organic	8 / 175g		_____
778177 499506	50103 GMO	* + <input type="checkbox"/> Shredded, Mozza-Cheddar, Organic	8 / 200g		_____
778177 499858	50104 GMO	* + <input type="checkbox"/> Shredded, Mozzarella, (28% MF) Organic	8 / 200g		_____
778177 499575	50102 GMO	* + <input type="checkbox"/> Shredded, Triple Cheddar, Organic	8 / 200g		_____
LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE - UP TO 30% OFF					
661594 000120	11929 GMO	* @ BC <input type="checkbox"/> Coffee Beans, Colombia (dark), Organic	6 / 908g		_____
661594 000199	11935 GMO	* @ BC <input type="checkbox"/> Coffee Beans, Peru (medium), Organic	6 / 908g		_____
661594 000380	11948 GMO	* @ BC <input type="checkbox"/> Ground Coffee, Andes Blend (medium), Organic	6 / 300g		_____
661594 000427	11951 GMO	* @ BC <input type="checkbox"/> Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g		_____
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	_____
LIVELY PREBIOTIC POP - 15% OFF					
628942 435324	66150	+ <input type="checkbox"/> X Prebiotic Pop, Cool Cola	12 / 355ml	G P U	_____
628942 435348	66151	+ <input type="checkbox"/> X Prebiotic Pop, Rockin' Root Beer	12 / 355ml	G P U	_____
628942 435355	66152	+ <input type="checkbox"/> X Prebiotic Pop, Spritzly Lemon Lime	12 / 355ml	G P U	_____

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LOOP MISSION COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED) - 15% OFF							
056719 900193	11222	+	℞	Juice, Better Together (grapefruit, orange, ginger)	6 / 1L		U
056719 900261	11244	+	℞	Smoothie, Green Vibes (spinach, kale, pineapple ,banana, spirulina, oat milk, pea protein)	6 / 1L		U
LUNDBERG FAMILY FARMS PRODUCTS - UP TO \$4.60 OFF + VOLUME PRICING							
073416 020252	38723	GMO	GF	Risotto, Butternut Squash, Eco-Farmed	6 / 164g		
073416 020245	38722	GMO	GF	Risotto, Garlic Primavera, Eco-Farmed	6 / 156g		
				Buy 10-19 cases (Risotto skus)	Save 1.55		
				Buy 20-49 cases (Risotto skus)	Save 2.32		
				Buy 50+ cases (Risotto skus)	Save 3.10		
073416 579101	32104	GMO	* @	Ready to Heat Rice, Thai Jasmine Brown, Regenerative Organic	6 / 227g		
073416 579804	32105	GMO	* @	Ready to Heat Rice, Thai Jasmine Cilantro Lime, Regenerative Organic	6 / 227g		
073416 579002	32103	GMO	* @	Ready to Heat Rice, Thai Jasmine White, Regenerative Organic	6 / 227g		
073416 004337	31215	GMO	GF	Rice, Wild Blend, Nutra-Farmed	6 / 454g		
073416 051911	31205		GF	Rice, Arborio, White, Nutra-Farmed	6 / 907g		
073416 405523	31202	GMO	GF	Rice, Basmati, Brown, Nutra-Farmed	6 / 907g		
073416 406032	31209	GMO	GF *	Rice, Basmati, Brown, Organic	6 / 907g		
073416 403536	31203	GMO	GF	Rice, Basmati, White, Nutra-Farmed	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 040427	31204	GMO	GF	Rice, Jasmine, White, Nutra-Farmed	6 / 907g		
073416 040489	31212	GMO	GF *	Rice, Jasmine, White, Organic	6 / 907g		
073416 199644	31208	GMO	GF *	Rice, Long Grain Brown, Organic	6 / 907g		
073416 250109	31231	GMO	GF *	Rice, Long Grain White, Regenerative Organic	6 / 907g		
073416 199637	31206	GMO	GF *	Rice, Short Grain, Brown, Organic	6 / 907g		
073416 040434	31207	GMO	GF *	Rice, Sushi, White, Organic	6 / 907g		
073416 570900	16336	GMO	GF *	X Rice Cake Minis, Apple Pie, Organic	6 / 142g		
073416 571006	16337	GMO	GF *	X Rice Cake Minis, Sea Salt, Organic	6 / 142g		
073416 570801	16338	GMO	GF *	X Rice Cake Minis, White Cheddar, Organic	6 / 142g		
073416 532700	31225	GMO	GF *	THIN STACKERS, Lightly Salted, Organic	6 / 168g		
073416 532809	31227	GMO	GF *	THIN STACKERS, Red Rice & Quinoa, Organic	6 / 168g		
073416 532403	31224	GMO	GF *	THIN STACKERS, Salt Free, Organic	6 / 168g		
073416 561601	31230	GMO	GF *	THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 168g		
MADEGOOD COOKIES, BARS & BITES - \$1.50 OFF							
687456 283111	64018	GMO	GF V *	+	℞	Cookies, Soft Baked Mini, Chocolate Banana, Organic	6 / 5x24g
687456 283104	64017	GMO	GF V *	+	℞	Cookies, Soft Baked Mini, Chocolate Chip, Organic	6 / 5x24g
687456 283098	64016	GMO	GF V *	+	℞	Cookies, Soft Baked Mini, Double Chocolate, Organic	6 / 5x24g
687456 283449	64027	GMO	GF V *	+	℞	Cookies, Soft Baked Mini, Red Velvet, Organic	6 / 5x24g
687456 283432	64026	GMO	GF V *	+	℞	Cookies, Soft Baked Mini, Sweet Cinnamon, Organic	6 / 5x24g
687456 214139	64055	GMO	GF V *	+	℞	Chocolate Drizzled Granola Bars, Birthday Cake, Organic	6 / 5x24g G
687456 214146	64056	GMO	GF V *	+	℞	Chocolate Drizzled Granola Bars, Cookie Crumble, Organic	6 / 5x24g G
687456 214122	64054	GMO	GF V *	+	℞	Chocolate Drizzled Granola Bars, Vanilla, Organic	6 / 5x24g G
687456 223650	64048	GMO	GF V *	+	℞	Crunchy Oat Bites, Chocolate Drizzled Birthday Cake, Organic	6 / 5x24g G
687456 223711	64049	GMO	GF V *	+	℞	Crunchy Oat Bites, Vanilla Drizzled Cookies & Cream, Organic	6 / 5x24g G
687456 213040	64020	GMO	GF V *	+	℞	Granola Bars, Chocolate Banana, Organic	6 / 5x24g G
687456 213019	64023	GMO	GF V *	+	℞	Granola Bars, Chocolate Chip, Organic	6 / 5x24g G
687456 213750	64029	GMO	GF V *	+	℞	Granola Bars, Cookies & Cream, Organic	6 / 5x24g G
687456 213026	64024	GMO	GF V *	+	℞	Granola Bars, Mixed Berry, Organic	6 / 5x24g G
687456 213170	64021	GMO	GF V *	+	℞	Granola Bars, Strawberry, Organic	6 / 5x24g G
687456 223490	64094	GMO	GF V *	+	℞	Granola Minis, Apple Cinnamon, Organic	6 / 5x24g G
687456 223476	64093	GMO	GF V *	+	℞	Granola Minis, Chocolate Banana, Organic	6 / 5x24g G
687456 223506	64090	GMO	GF V *	+	℞	Granola Minis, Chocolate Chip, Organic	6 / 5x24g G
687456 223483	64092	GMO	GF V *	+	℞	Granola Minis, Strawberry, Organic	6 / 5x24g G

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687456 214313	64063	GMO	GF	V *	+ P	MORNINGS Soft Baked Oat Bars, Blueberry, Organic	6 / 5x30g	G	
687456 214306	64062	GMO	GF	V *	+ P	MORNINGS Soft Baked Oat Bars, Chocolate Chip, Organic	6 / 5x30g	G	
687456 214320	64064	GMO	GF	V *	+ P	MORNINGS Soft Baked Oat Bars, Cinnamon Bun, Organic	6 / 5x30g	G	
MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN) - \$1.55 OFF									
058449 000037	54814	GMO		*		X MIGHTY MANNA, Carrot Raisin, Organic	8 / 400g		
058449 708018	54819	GMO		*		X MIGHTY MANNA, Cinnamon Date, Organic	8 / 400g		
058449 000266	54832	GMO		*		X MIGHTY MANNA, Fig Fennel & Flax, Organic	8 / 350g		
058449 000099	54818	GMO		*		X MIGHTY MANNA, Fruit & Nut, Organic	8 / 400g		
058449 000051	54816	GMO		*		X MIGHTY MANNA, Whole Rye, Organic	8 / 400g		
MARY'S ORGANIC CRACKERS - 25% OFF									
853665 005879	17621	GMO	GF	V *		CHEEZEE Crackers, Cheese & Herb Flavour, Organic	6 / 120g		
MAUREEN'S COOKING SAUCE - \$6.00 OFF									
627987 503753	14902		BC		P	Sauce, Mild Coconut Curry	12 / 350ml		
841307 000313	14900		BC		P	Sauce, The Original Jerk	12 / 350ml		
MCKENZIE'S COUNTRY FARM HONEY - 10% OFF									
056113 001700	44084				+ P	Raw Natural Honey, Canada No 1 White	12 / 500g		
MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED) - 15% OFF									
877977 000292	50259	GMO	V	@	+ P	Squares, Cookie Dough	5 / 4x33g	G	
877977 000407	50260	GMO	V	@	+ P	Squares, Crunchy Peanut	5 / 4x33g	G	
877977 000278	50258	GMO	V	@	+ P	Squares, Peanut Butta	5 / 4x33g	G	
877977 000032	50255	GMO	V	@	+ P	X Squares, Almond Crunch	12 / 33g	G	
877977 000353	50261	GMO	V	@	+ P	X Squares, Crunchy Peanut	12 / 33g	G	
877977 000001	50254	GMO	V	@	+ P	X Squares, Brownie Batter	12 / 33g	G	
877977 000186	50257	GMO	V	@	+ P	X Squares, Cookie Dough	12 / 33g	G	
877977 000063	50256	GMO	V	@	+ P	X Squares, Peanut Butta	12 / 33g	G	
MOUNTAIN SKY BODY CARE - 30% OFF									
628055 186069	46194		BC		P	Handmade Bath Soap, Goat Milk & Oats	6 / 135g	G P	
NATURA DAIRY-FREE BEVERAGE - 20% OFF									
063667 241087	06408	GMO		*	+ P	Oat, Chocolate, Organic (tetra pak)	8 / 3x200ml	U	
063667 431020	06407	GMO		*	+ P	Oat, Vanilla, Organic (tetra pak)	8 / 3x200ml	U	
063667 508012	06392	GMO	V	*	+ P	Soy, Chocolate, Organic (tetra pak)	8 / 3x200ml	U	
NATURE CLEAN PRODUCTS - UP TO \$4.80 OFF									
058951 232506	80429				+ P	Dishwasher Rinse Agent	12 / 250ml	G P	
058951 351825	80400				+ P	Dishwasher Gel	6 / 1.8L	G P	
058951 395157	80145				+ P	Liquid Hand Soap Refill, Citrus	6 / 1L	G P	
058951 395119	80144				+ P	Liquid Hand Soap Refill, Fragrance Free	6 / 1L	G P	
058951 307204	80867				+ P	Odour Remover Pacs for Laundry	6 / 180g	G P	
058951 307198	80569				+ P	OxyPower+ Laundry Booster (24 pods)	8 / 432g	G P	
058951 502807	81118				+ P	Pure Sensitive Unscented Shampoo	6 / 300ml	G P	
NATURE'S BAKERY SNACK BARS - \$3.45 OFF									
047495 410167	13343	GMO	V			Brownie, Double Chocoate	6 / 6x45g	G	
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		
NATURE'S NUTS NUT & SEED BUTTER - UP TO \$15.00 OFF									
682264 650001	35336	GMO		*	BC P	Almond Butter, Smooth, Organic	12 / 340g		
682264 600112	35335				BC P	Almond Butter, Crunchy	12 / 500g		
682264 600013	35334				BC P	Almond Butter, Smooth	12 / 500g		
NATURE'S PATH PRODUCTS - UP TO \$7.50 OFF									
058449 600565	22760	GMO	GF	*	P	X Cereal, Corn Flakes, Fruit Juice, Organic	6 / 750g		
058449 770947	22765	GMO	GF	*	P	X Cereal, Corn Flakes, Honey'd, Organic	6 / 750g		
058449 550020	22761	GMO	GF	*	P	X Cereal, Crispy Rice, Organic	6 / 750g		
058449 870081	22767	GMO		*	P	Cereal, ENVIROKIDZ, Gorilla Munch, Organic	6 / 650g		
058449 870104	22772	GMO	GF	*	P	X Cereal, ENVIROKIDZ, Koala Crisp, Organic	6 / 725g		
058449 212416	22771	GMO	GF	*	P	X Cereal, ENVIROKIDZ, Leapin' Lemurs, Organic	6 / 650g		
058449 870098	22770	GMO	GF	*	P	X Cereal, ENVIROKIDZ, Panda Puffs, Organic	6 / 700g		
058449 771630	22847	GMO		*	P	X Cereal, FLAX PLUS Cinnamon Flakes, Organic	6 / 907g		
058449 189107	22650	GMO	GF	*	P	Cereal, Golden Turmeric, Organic	6 / 300g		
058449 770213	22780	GMO		*	P	X Cereal, HERITAGE Flakes, Organic	6 / 907g		
058449 770015	22758	GMO		*	P	X Cereal, HERITAGE O's, Organic	6 / 907g		
058449 770695	22782	GMO		*	P	X Cereal, Khorasan Wheat Flakes, Organic	6 / 750g		
058449 620044	22044	GMO		*	P	X Cereal, Khorasan Wheat Puffs, Organic	12 / 170g		
058449 771616	22846	GMO	GF	*	P	X Cereal, MESA SUNRISE with Raisins, Organic	6 / 825g		
058449 779018	22773	GMO	GF	*	P	X Cereal, MESA SUNRISE, Organic	6 / 750g		
058449 770084	22766	GMO		*	P	X Cereal, Millet Rice, Organic	6 / 907g		
058449 602316	22762	GMO		*	P	X Cereal, Multigrain Oatbran Flakes, Organic	6 / 907g		

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058449 620013	22047 GMO	*	Ⓜ	X Cereal, Rice Puffs, Organic	12 / 170g		
058449 771524	22641 GMO	GF *	Ⓜ	Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g		
058449 181125	22699 GMO	GF *	Ⓜ	X Cereal, SUNRISE Crunchy Maple, Organic	6 / 675g		
058449 779124	22260 GMO	GF *	Ⓜ	X Cereal, Whole O's, Organic	6 / 750g		
058449 450696	22882 GMO	GF *	Ⓜ	Gluten Free Oatmeal, Brown Sugar Maple, Organic	6 / 8x40g		
058449 172048	22886 GMO	*	Ⓜ	X Granola, Coconut & Cashew Butter, Organic	8 / 312g		
058449 890171	22733 GMO	*	Ⓜ	X Granola, Hemp Hearts, Organic	6 / 750g		
058449 890195	22734 GMO	*	Ⓜ	X Granola, Pumpkin Seed + Flax, Organic	6 / 750g		
058449 779063	22139 GMO	*	Ⓜ	Granola, Pumpkin Seed + Flax, Organic	6 / 800g		
058449 772019	25055 GMO	*	Ⓜ	X LOVE CRUNCH Granola, Dark Chocolate & Coconut, Organic	6 / 325g		
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 202233	25054 GMO	*	Ⓜ	X LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g		
058449 450047	22784 GMO	*	Ⓜ	Oatmeal, Apple Cinnamon, Organic	6 / 8x50g		
058449 450023	22786 GMO	*	Ⓜ	Oatmeal, FLAX PLUS, Organic	6 / 8x50g		
058449 450030	22785 GMO	*	Ⓜ	Oatmeal, Maple Nut, Organic	6 / 8x50g		
058449 450016	22787 GMO	*	Ⓜ	Oatmeal, Original, Organic	6 / 8x40g		
058449 450009	22752 GMO	*	Ⓜ	Oatmeal, Variety Pack, Organic	6 / 8x50g		
729906 410019	22074 GMO	*	Ⓜ	Oats, Steel Cut, Coarsely Cut, Organic	6 / 850g		
729906 410033	22175 GMO	*	Ⓜ	Oats, Steel Cut, Quick Cook, Organic	6 / 680g		
058449 154044	25067 GMO	*	Ⓜ	Ql'A Oatmeal, Cinnamon Pumpkin Seed, Organic	6 / 228g		
058449 154020	25066 GMO	*	Ⓜ	Ql'A Oatmeal, Creamy Coconut, Organic	6 / 228g		
058449 154006	25065 GMO	*	Ⓜ	Ql'A Oatmeal, Superseeds & Grains, Organic	6 / 228g		
058449 204091	55731 GMO	*	Ⓜ	Superfood Oatmeal, Cacao, Organic	6 / 210g		
058449 204084	55730 GMO	*	Ⓜ	Superfood Oatmeal, Golden Turmeric, Organic	6 / 210g		
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		
NATURSOURCE SALAD TOPPER & SNACKS - 10% OFF							
068110 940128	58107 GMO	*	+	Ⓜ Salad Topper, Smart Life, Organic	8 / 600g	G	
068110 500032	58111		+	Ⓜ Almonds, Maple Praline Crunch	8 / 150g	G	
068110 500018	58109		+	Ⓜ Almonds, Olio d'Oliva - Olive Oil & Sea Salt (keto certified)	8 / 150g	G	
068110 500001	58108		+	Ⓜ Almonds, Tamari (keto certified)	8 / 150g	G	
068110 530015	58110		+	Ⓜ Nut Mix, So Smart Trail Mix - Dark Chocolate & Wild Blueberries	8 / 135g	G	
NOOCHPOP! VEGAN CHEESY POPCORN - 10% OFF							
627843 956662	17820 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Cheesy	12 / 20g	G	
627843 956709	17824 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Chili Lime & Cheesy	12 / 20g	G	
628504 091012	17825 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Dill Pickled & Cheesy	12 / 20g	G	
627843 956693	17821 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Garlic & Cheesy	12 / 20g	G	
627843 956679	17822 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Nacho & Cheesy	12 / 20g	G	
627843 956686	17823 GMO	GF V	BC Ⓜ	X Popcorn, Kinda Sweet & Savoury	12 / 20g	G	
NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED) - \$4.50 OFF							
842232 013027	18664 GMO	V *	+	Ⓜ Cream Cheese Style Spread, Garlic & Herb, Organic	6 / 210g		
842232 014024	18665 GMO	V *	+	Ⓜ Cream Cheese Style Spread, Lemon Dill, Organic	6 / 210g		
842232 012020	18663 GMO	V *	+	Ⓜ Cream Cheese Style Spread, Original, Organic	6 / 210g		

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ORGANIC MEADOW BUTTER & ICE CREAM (FROZEN) - UP TO 10% OFF					
062325 011116	50623	GMO	* + P X	Butter, Cultured, unsalted, Organic	15 / 454g
062325 084004	50625	GMO	* + P X	Butter, Grass Fed 84% MF, lightly salted, Organic	25 / 250g
062325 610074	50620	GMO	* + P X	Ice Cream, Chocolate, Organic	6 / 946ml
062325 610067	50619	GMO	* + P X	Ice Cream, Strawberry, Organic	6 / 946ml
062325 610081	50618	GMO	* + P X	Ice Cream, Vanilla, Organic	6 / 946ml
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 201144	22949		GF	Pancake & Baking Mix	3 / 1.81kg
093709 201106	22950		GF	Pancake & Baking Mix	6 / 680g
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES - 15% OFF					
662166 557028	18556	GMO	+ P X	SOUR CRAN, Sour Cherry	12 / 60g G
662166 557011	18555	GMO	+ P X	SOUR CRAN, Sour Peach	12 / 60g G
662166 557042	18558	GMO	+ P X	SOUR CRAN, Sour Raspberry	12 / 60g G
662166 557035	18557	GMO	+ P X	SOUR CRAN, Sour Strawberry	12 / 60g G
662166 557059	18559	GMO	+ P X	SOUR CRAN, Sour Watermelon	12 / 60g G
PHILLIPS SODA WORKS & IOTA NON-ALCOHOLIC CRAFT BEER - 10% OFF					
818278 009058	11450		BC P	Soda, Dare Devil Orange Cream (can)	6 / 4x355ml G P U
818278 009034	11448		BC P	Soda, Intergalactic Root Beer (can)	6 / 4x355ml G P U
818278 009065	11447		BC P	Soda, Speed King Craft Cola (can)	6 / 4x355ml G P U
818278 009041	11449		BC P	Soda, Spitfire Ginger Ale (can)	6 / 4x355ml G P U
818278 005180	11451		BC P	iOTA, Mixed Pack (can)	4 / 6x355ml G U
POMONA'S UNIVERSAL PECTIN - 10% OFF					
019356 551111	02195			Pectin, Low Methoxyl (sugar free)	24 / 31g
019356 551135	02196		B	X Pectin, Low Methoxyl (sugar free)	1 / 454g
PRANA ORGANIC PRODUCTS - 8% OFF					
877693 004659	26185	GMO	* + P X	GRANOLOVE Gourmet, Almond Butter Crunch, Organic	8 / 300g
877693 004666	26186	GMO	* + P X	GRANOLOVE Gourmet, Choco Chips Cookie, Organic	8 / 300g
877693 004673	26187	GMO	* + P X	GRANOLOVE Gourmet, Chocolate Strawberry, Organic	8 / 300g
877693 002945	26174	GMO	* + P X	GRANOLOVE, Brownie Crunch, Organic	8 / 300g
877693 001696	26171	GMO	* + P X	GRANOLOVE, Maple Spice Crunch, Organic	8 / 300g
877693 002952	26175	GMO	* + P X	GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g
877693 003904	26184	GMO	* + P X	GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g
877693 001689	26170	GMO	* + P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	8 / 300g
877693 002969	26180	GMO	* + P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	6 / 750g
877693 001641	26108	GMO	GF * + P	Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g G
877693 000033	26102	GMO	GF * + P	Nuts, Amandine Maple Almonds, Organic	8 / 150g G
877693 000118	26105	GMO	GF * + P	Nuts, Extaze Sea Salted Cashews, Organic	8 / 150g G
877693 000019	26103	GMO	GF * + P	Nuts, Kabana, Maple Sea Salt Nuts, Organic	8 / 150g G
877693 000149	26107	GMO	GF * + P	Nuts, Nirvana Sea Salted Almonds, Organic	8 / 150g G
877693 000132	26106	GMO	GF * + P	Nuts, Samadhi Tamari Almonds, Organic	8 / 150g G
877693 004710	26169	GMO	V * @ + P	Overnight Chia w/Oats, Strawberry Shortcake	8 / 300g
877693 004697	26167	GMO	V * @ + P X	Overnight Chia w/Oats, Apple Crumble, Organic	8 / 5x50g
877693 004703	26168	GMO	V * @ + P	Overnight Chia w/Oats, Berry Fairy, Organic	8 / 300g
877693 004680	26166	GMO	V * @ + P X	Overnight Chia w/Oats, Strawberry Shortcake, Organic	8 / 5x50g
877693 002495	26164	GMO	* + P	Overnight Chia, Berry Fairy, Organic	8 / 5x50g
877693 002501	26165	GMO	* @ + P	Overnight Chia, Chocolatey Dream, Organic	8 / 5x50g
877693 000071	26101	GMO	GF * @ + P	Sumsuma Sesame Bites, Organic	8 / 150g G
877693 001672	34102	GMO	GF * + P	Sumsuma Sesame Bites, Organic	6 / 325g G
877693 000125	26104	GMO	GF * + P	Trail Mix, Annapurna Superfruit Mix, Organic	8 / 150g G
877693 003065	26063	GMO	GF * + P	Trail Mix, Fuji Salted Mix, Organic	8 / 150g G
877693 003058	26062	GMO	GF * + P	Trail Mix, Kilimanjaro Chocolate Mix, Organic	8 / 150g G
877693 003072	26059	GMO	GF * + P	Trail Mix, Machu Pichu Exotic Mix, Organic	8 / 150g G
PRANA SNACKS - UP TO 10% OFF					
877693 002662	26133	GMO	+ P	Seeds, Loka - Roasted Pumpkin w/Sea Salt (Grown in Quebec)	8 / 130g G
877693 003935	26111	GMO	+ P	Snack Mix, Edamame - Almonds/Dried Fruit/Pumpkin Seeds	12 / 400g G
877693 003942	26112	GMO	+ P	Snack Mix, Spicy Peas & Favas - Almonds/Edamame/Pumpkin Seeds	12 / 400g G

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RICEWORKS | GOURMET RICE CHIPS - \$6.00 OFF

815506 014556	17907	GF		X	Gourmet Rice Chips, Avocado Ranch	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	
					Gourmet Rice Chips, Sea Salt & Brown Golden Flax			
037578 616296	17903	GMO	GF	x	Gourmet Rice Chips, Sweet Chili	12 / 155g	G	

RISE BOTANICALS | SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED) - \$5.00 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

RIZOPIA | RICE PASTA - 20% OFF

833125 001153	40364	GMO	GF	*	+	Ⓟ	X Brown Rice Elbows, Organic	12 / 454g
833125 001122	40361	GMO	GF	*	+	Ⓟ	X Brown Rice Fettuccine, Organic	12 / 454g
833125 001139	40362	GMO	GF	*	+	Ⓟ	X Brown Rice Fusilli, Organic	12 / 454g
833125 001146	40363	GMO	GF	*	+	Ⓟ	X Brown Rice Penne, Organic	12 / 454g
833125 001115	40360	GMO	GF	*	+	Ⓟ	X Brown Rice Spaghetti, Organic	12 / 454g
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 001085	40380	GF			+	Ⓟ	X Brown Rice Lasagna	12 / 340g
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
833125 003034	40383	GF			+	Ⓟ	X Vegetable Rice Fusilli	12 / 454g

ROAD POP | SPARKLING HOP WATER - 10% OFF

628120 870015	10351				BC	Ⓟ	ROAD POP, Sparkling Hop Water, Cranberry & Orange	6 / 4x473ml	G U
628120 870008	10350				BC	Ⓟ	ROAD POP, Sparkling Hop Water, Original	6 / 4x473ml	G U

R.W. KNUDSEN | FRUIT JUICE - \$4.00 OFF + VOLUME PRICING

074682 000122	07448	GMO					Pineapple Coconut Juice	6 / 946ml	U
							Buy 15+ cases (07448 ONLY)	Save 2.00	

SAFE CATCH | LOW MERCURY CANNED SEAFOOD - \$4.25 OFF

859480 006732	68530						Wild Sardines, in Water	12 / 125g	
859480 006725	68531						Wild Sardines, in Extra Virgin Olive Oil	12 / 125g	

SALT SPRING COFFEE - \$9.00 OFF

628415 084646	12364	GMO	*	@	Ⓟ		Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g	
628415 084424	12365	GMO	*	@	Ⓟ		Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g	

SAN-J | RICE CRACKERS - \$3.97 OFF

075810 000151	16350	GMO	GF				X Crackers, Tamari Black Sesame	12 / 105g	
075810 000168	16352	GMO	GF				X Crackers, Tamari Brown Sesame	12 / 105g	

SANTA CRUZ ORGANIC | LEMONADE - \$4.00 OFF + VOLUME PRICING

036192 127843	06819	GMO	*				Lemonade, Mango, Organic	12 / 946ml	G U
036192 123135	06383	GMO	*				Lemonade, Organic	12 / 946ml	G U
036192 123142	06384	GMO	*				Lemonade, Raspberry, Organic	12 / 946ml	G U
							Buy 10-49 cases (Lemonade skus only)	Save 4.00	
							Buy 50+ cases (Lemonade skus only)	Save 6.00	

SAPSUCKER | SPARKLING TREE WATER - \$3.97 OFF

898171 000154	56417	GMO	*	+	Ⓟ		X Sparkling Tree Water, Grapefruit, Organic	12 / 355ml	G U
898171 000024	56415	GMO	*	+	Ⓟ		X Sparkling Tree Water, Lemon, Organic	12 / 355ml	G U
898171 000031	56414	GMO	*	+	Ⓟ		X Sparkling Tree Water, Lime, Organic	12 / 355ml	G U
898171 000178	56418	GMO	*	+	Ⓟ		X Sparkling Tree Water, Orange, Organic	12 / 355ml	G U
898171 000017	56413	GMO	*	+	Ⓟ		X Sparkling Tree Water, Original, Organic	12 / 355ml	G U
898171 000284	56416	GMO	*	+	Ⓟ		X Sparkling Tree Water, Peach, Organic	12 / 355ml	G U

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

SIMPLA | COCONUT PLANT-BASED YOGURT (REFRIGERATED) - 10% OFF

627987 786477	25363					+	Ⓟ	X Coconut Yogurt, Chocolate	12 / 113g
627987 786453	25362					+	Ⓟ	X Coconut Yogurt, Lemon	12 / 113g
627987 786484	25360					+	Ⓟ	X Coconut Yogurt, Original	12 / 113g
627987 786491	25364					+	Ⓟ	X Coconut Yogurt, Raspberry	12 / 113g
627987 786460	25361					+	Ⓟ	X Coconut Yogurt, Vanilla	12 / 113g
628942 855528	25354					+	Ⓟ	Coconut Yogurt, Raspberry	6 / 450g

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SOBER CARPENTER | NON-ALCOHOLIC CRAFT BEER & CIDER - 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 000554	17104	GMO		+	Ⓟ	X Beer, IPA, Organic (can)	12 / 473ml	G	U	
854531 000103	17111			+	Ⓟ	X Beer, Raspberry, Sour (can)	12 / 473ml	G	U	
854531 000745	17105			+	Ⓟ	X Craft Cider (can)	12 / 473ml	G	U	

SOUTHERN RECIPE SMALL BATCH | PORK RINDS - \$5.00 OFF

077079 004666	37404					X Pork Rinds, All Dressed	15 / 85g	G		
077079 004222	37400					X Pork Rinds, Korean Kimchi BBQ	15 / 85g	G		
077079 004673	37405					X Pork Rinds, Maple	15 / 85g	G		
077079 004239	37401					X Pork Rinds, Sea Salt & Cracked Black Pepper	15 / 85g	G		

SOYA NOVA | TOFU (REFRIGERATED) - 10% OFF

813696 000120	40317				BC Ⓟ	Tofu, Finest Medium Firm (made w/organic soybeans)	1 / 400g			
813696 000939	40316				BC Ⓟ	Tofu, Smoked, Garlic, Dill & Chilli Pepper (made w/organic soybeans)	1 / 200g			
813696 000144	40314				BC Ⓟ	Tofu, Smoked, Westcoast (made w/organic soybeans)	1 / 225g			
813696 001561	40315				BC Ⓟ	Tofu, Sprouted Soybean (made w/organic soybeans)	1 / 300g			

SPARKMOUTH | MOCKTAILS & SPARKLING WATER - UP TO 15% OFF

818278 009980	11420				BC Ⓟ	Mocktails, Margarita (can)	6 / 4x355ml	G	P	U
818278 009973	11421				BC Ⓟ	Mocktails, Mimosa Mocktail (can)	6 / 4x355ml	G	P	U
818278 009997	11422				BC Ⓟ	Mocktails, Moscow Mule (can)	6 / 4x355ml	G	P	U
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

SPERRI | PLANT-BASED MEAL REPLACEMENT SHAKE - 10% OFF

627987 473766	13953	GMO		*	+	Ⓟ	Meal Replacement Shake, Chocolate, Organic	3 / 4x330ml		
832365 000025	13955	GMO		*	+	Ⓟ	Meal Replacement Shake, Strawberry, Organic	3 / 4x330ml		
627987 473759	13952	GMO		*	+	Ⓟ	Meal Replacement Shake, Vanilla Maple, Organic	3 / 4x330ml		

ST. MICHAEL | HONEY - 10% OFF

771901 101355	44005					B	+	Ⓟ	X Liquid Honey Pail, Canada No 1 White	1 / 3kg
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STASH TEA COMPANY | PREMIUM TEA - \$3.06 OFF

077652 773972	21091	GMO		*						
077652 773965	21090	GMO		*						
077652 773934	21088	GMO		*						
077652 773941	21086	GMO		*						
077652 773927	21087	GMO		*						
077652 773958	21089	GMO		*						

STREET LEGAL | DEALCOHOLIZED BEER - 15% OFF

696852 063821	39554				BC Ⓟ	Dealcoholized Beer, IPA (can)	6 / 4x473ml	G	U	
696852 063845	39553				BC Ⓟ	Dealcoholized Beer, Mango Wheat Ale (can)	6 / 4x473ml	G	U	
696852 063852	39552				BC Ⓟ	Dealcoholized Beer, Nitro Stout (can)	6 / 4x473ml	G	U	
696852 063838	39551				BC Ⓟ	Dealcoholized Beer, Pale Ale (can)	6 / 4x473ml	G	U	
696852 063814	39550				BC Ⓟ	Dealcoholized Beer, Pilsner (can)	6 / 4x473ml	G	U	

TASTE NIRVANA | COCONUT WATER - 15% OFF

011259 904247	05923				GF					
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TERRA BREADS | SMALL BATCH GRANOLA - 15% OFF

779324 009388	40159	GMO			BC Ⓟ	Granola, Pure Crunch	8 / 850g			
779324 002389	40161	GMO			BC Ⓟ	Granola, Original	8 / 800g			
779324 009562	40162	GMO			BC Ⓟ	Granola, Pistachio	8 / 800g			

TERRA DELYSSA | OLIVE OIL - UP TO \$10.20 OFF

6191509 903726	05229	GMO		GF	*					
6191509 903719	05220	GMO		GF	*					
6191509 903702	05221	GMO		GF	*					

THAYERS REMEDIES | WITCH HAZEL - 10% OFF

041507 065765	85307									
041507 070035	85308									
041507 070066	85310									

THE BETTER BUTCHERS | FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN) - 15% OFF

628719 411018	56330				BC Ⓟ	X FORAGER'S FINEST Mushroom Powered Plant Based Ground, Chorizo	6 / 300g			
628719 411025	56331				BC Ⓟ	X FORAGER'S FINEST Mushroom Powered Plant Based Ground, Italian	6 / 300g			
628719 411001	56332				BC Ⓟ	X FORAGER'S FINEST Mushroom Powered Plant Based Ground, Natural	6 / 300g			

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THEO CHOCOLATE - 25% OFF							
874492 002633	11987	GMO	* @	X Dark Chocolate 70%, Coconut, Organic	12 / 85g	G	
THIRSTY BUDDHA SPARKLING COCONUT WATER - \$2.25 OFF							
852953 001654	72521	GMO		Sparkling Coconut Water with Pineapple (can)	12 / 330ml	G P U	
852953 001357	72522	GMO		Sparkling Coconut Water with Watermelon (can)	12 / 330ml	G P U	
TOFURKY MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF							
025583 004313	57072			Deli Slices, Hickory Smoked, Plant-Based	12 / 156g		
025583 004306	57071			Deli Slices, Oven Roasted Tofurky, Plant-Based	12 / 156g		
025583 004320	57080			Deli Slices, Peppered (pastrami-style), Plant-Based	12 / 156g		
TRADITIONAL MEDICINALS TEA - \$2.19 OFF							
032917 007513	12985	GMO GF	* @	Hibiscus, Organic	6 / 16ct		
TWO BEARS DAIRY-FREE BEVERAGE - UP TO 45% OFF							
628504 309308	10059		+ P	Oat Barista, Vanilla (unsweetened)	6 / 946ml		
628504 309575	10012		+ P	Oat Beverage, Original	6 / 946ml	U	
TWO BEARS LACTOSE FREE DAIRY LATTE - \$2.45 OFF + VOLUME PRICING							
628504 309834	10026		+ P X	Dairy Latte, Mocha (lactose free milk) (can)	6 / 207ml	P U	
628504 309858	10027		+ P X	Dairy Latte, Salted Caramel (lactose free milk) (can)	6 / 207ml	P U	
628504 309841	10028		+ P X	Dairy Latte, Vanilla (lactose free milk) (can)	6 / 207ml	P U	
				Buy 10-19 cases (Dairy Latte Skus)	Save 0.05		
				Buy 20+ cases (Dairy Latte Skus)	Save 0.55		
VEGAN ROB'S PLANT BASED SNACKS - 15% OFF + VOLUME PRICING							
859941 005915	10125	GMO GF V		X Puffs, Cauliflower	12 / 99g	G	
816678 020154	10127	GMO GF V		X Puffs, Cheddar	12 / 99g	G	
816678 021090	10143	GMO GF V		X Puffs, Dragon	12 / 99g	G	
				Buy 10-19 cases	Save 5%		
				Buy 20+ cases	Save 10%		
VG GOURMET ARTISAN VEGAN BURGERS (FROZEN) - 10% OFF							
627843 517412	54596	GF V	+ P	X Burger, Lentil & Walnut (4 pk)	12 / 400g		
627843 517375	54594	GF V	+ P	X Burger, Quinoa & Chickpea (4 pk)	12 / 400g		
628110 150080	54952	V	+ P	X Burgers, Eggplant & Tahini (4pk)	12 / 400g		
627843 517399	54595	V	+ P	X Burgers, Mexican 3-Bean (4pk)	12 / 400g		
627843 517436	54644	GF V	+ P	X Burgers, Sweet Potato and Black Bean (4 pk)	12 / 400g		
WHITEWATER COOKS DRESSING, MARINADE & VINAIGRETTE - 10% OFF							
627843 382140	77801	BC P		Glory Bowl Dressing	12 / 350ml		
627843 382133	77803	BC P		Honey Curry Vinaigrette	12 / 350ml		
627843 382157	77802	BC P		Maple Balsamic Vinaigrette	12 / 350ml		
627843 382164	77800	BC P		Miso Ginger Marinade	12 / 350ml		
WHOLESOME NATURAL & ORGANIC SWEETENER - \$6.20 OFF + VOLUME PRICING							
012511 976606	44182	GMO GF	*	STEVIA, Organic (jar)	6 / 170g		
				Buy 2-3 cases (Stevia Sku ONLY)	Save 2.06		
				Buy 4+ cases (Stevia Skus ONLY)	Save 4.13		
WILD TEA KOMBUCHA - 15% OFF							
628055 948445	23727	GMO	* + P	X Kombucha, Cream Soda, Organic (can)	12 / 355ml	G P U	
628055 948469	23726	GMO	* + P	X Kombucha, Rootbeer, Organic (can)	12 / 355ml	G P U	
WILDVINE PICKLED VEGETABLES (REFRIGERATED) - 15% OFF							
857859 007649	32248	GMO		Pickled Vegetables, Curtido Coleslaw	6 / 591ml		
857859 007625	32247	GMO		Pickled Vegetables, Spiced Banh Mi Medley	6 / 591ml		
857859 007656	32249	GMO		Pickled Vegetables, Spicy Escabeche	6 / 591ml		
857859 007632	32246	GMO		Pickled Vegetables, Spicy Pickled Red Onions	6 / 591ml		
WISE BITES ALLERGEN-FREE BAKED GOODS (FROZEN) - \$7.00 OFF							
816592 000218	28512	GF V BC P		X Quinoa Bars, Chocolate Chip (12pk)	12 / 300g		
816592 000232	28513	GF V BC P		X Quinoa Bars, Triple Fudge (12pk)	12 / 300g		
WOW BAKING COMPANY COOKIES - 15% OFF							
854287 005698	16654	GMO GF		X Chocolate Chip (resealable pouch)	12 / 227g		
854287 005797	16655	GMO GF		X Ginger Molasses (resealable pouch)	12 / 227g		
854287 005599	16656	GMO GF		X Lemon Burst (resealable pouch)	12 / 227g		
850003 269016	21800	GMO GF		X Triple Chocolate Chunk	12 / 227g		
YVES VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF							
060822 000084	40518	GMO V	+	Veggie Dogs (6pk)	12 / 275g		
ZAZUBEAN CHOCOLATE BAR - \$3.00 OFF							
872227 000947	14772	GMO	* @ P X	Coconut Sugar, Coconut Milk Breezy - Cashew & Hazelnut, Organic	12 / 85g	G	
872227 000367	14742	GMO	* @ P X	Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g	G	
872227 000206	14739	GMO	* @ P X	Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g	G	

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872227 000343	14750	GMO	* @	℞ X	Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g	G	
872227 000244	14741	GMO	* @	℞ X	Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g	G	
872227 000183	14738	GMO	* @	℞ X	Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g	G	
872227 000220	14740	GMO	* @	℞ X	Coconut Sugar, Dark Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g	G	
872227 000145	07189	GMO	* @	℞ X	Grass Fed Milk Chocolate, Smooch - Vanilla Caramel Crunch, Organic	12 / 85g	G	
872227 001098	14751	GMO	* @	℞ X	Oat Milk Chocolate, Bestie - Almond Toffee Crunch, Organic	12 / 85g	G	
872227 000107	14737	GMO	* @	℞ X	Superfood, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g	G	
872227 000060	14734	GMO	* @	℞ X	Superfood, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g	G	
872227 000015	14733	GMO	* @	℞ X	Superfood, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g	G	
872227 000046	14731	GMO	* @	℞ X	Superfood, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g	G	
872227 000169	14732	GMO	* @	℞ X	Superfood, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g	G	
872227 000084	14735	GMO	* @	℞ X	Superfood, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g	G	
872227 000121	14736	GMO	* @	℞ X	Superfood, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g	G	
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	

ZEVIA | ZERO SUGAR SODA - \$2.40 OFF

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
AURA CACIA | BODY CARE - 50% OFF

051381 382612	83001				Aromatherapy Bubble Bath, Tranquility	1 / 384ml	G P	
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BIOITALIA | PASTA - 40% OFF

661475 006807	33172	GMO	*	X	Pasta, Vegetable, Penne, Organic	12 / 500g		
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BULK BEANS - 50% OFF

	04055	B	*	X	Pinto Beans, Organic	1 / 11.34kg		
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CLIF | SNACK BARS - 30% OFF

722252 439864	37909				THINS Bars, Chocolate Chip	6 / 7x22g	G	
722252 439925	37910				THINS Bars, White Chocolate Macadamia Nut	6 / 7x22g	G	

GROUND LEEF | VEGAN CRUMBLES - 50% OFF

851335 000469	56011			℞ X	Soy Vegan Crumbles, Thai Curry (Keto verified)	12 / 110g		
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HEALTHY SHORES | CANNED SEAFOOD DOGS - 50% OFF

810757 001133	48224			BC ℞	Dog Food, Pacific Herring	24 / 170g	G P	
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HERBARIA | HERBAL TEA - 85% OFF

5997005 343735	40850				Herbal Tea, Agrimony Herb	10 / 25ct		
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IF YOU CARE | ENVIRONMENT FRIENDLY CLEANING PRODUCTS - 50% OFF

770009 250279	46393			@	Rubber Gloves, Small (Certified Natural Rubber) (S/O)	12 / 1pr	G P	
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JASON | BODY CARE PRODUCTS - 50% OFF

078522 901976	80799				Dry Spray Deodorant, Fresh Cucumber	1 / 113ml	G P	
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NATURE CLEAN | LAUNDRY PRODUCTS - 50% OFF

058951 308614	80725			+ ℞	Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified	4 / 3L	G P	
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OM MUSHROOM SUPERFOOD | MUSHROOM POWDER - 60% OFF

856210 008622	74001	GMO	*		Mushroom Powder, Reishi, Organic	6 / 60g	G	
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ORCHID REAL FLAVOUR BAKING INGREDIENTS - 40% OFF							
062932	006017	02057	BC	P	Pure Almond Extract (S/O)	12 / 100ml	
SAPADILLA CLEANING PRODUCTS - 30% OFF							
677141	002011	70332			All Purpose Cleaner, Rosemary & Peppermint	6 / 739ml	G P
677141	000024	70400			Dish Soap, Grapefruit & Bergamot	6 / 473ml	G P
SEVENTH GENERATION DIAPERS - 50% OFF							
732913	448715	15100			Diapers, Newborn (up to 10lb) (disposable)	4 / 31ct	G P
732913	448722	15101			Diapers, Stage 1 (8-14lb) (disposable)	4 / 31ct	G P
732913	448739	15102			Diapers, Stage 2 (12-18lb) (disposable)	4 / 31ct	G P
732913	448746	15103			Diapers, Stage 3 (16-28lb) (disposable)	4 / 27ct	G P
732913	448814	15107	X		Value (3) Pack Disposable Diapers, Size 3 (16-28 pounds)	1 / 72ct	G P
SUNDHED SALT LAMP - 40% OFF							
		93021			Salt Lamp Tea 3H (S/O)	1 / ea	
		96422			Salt Lamp Tea Triangle (S/O)	1 / ea	
TRIPLE JIM'S PRODUCTS - UP TO 60% OFF							
059105	000026	18450	GM	*	Dried Plums, Organic	6 / 175g	
059105	060945	18150		*	Juice, Cranberry, Organic (glass bottle)	12 / 946ml	U
VIRGIL'S HANDCRAFTED SODA - 50% OFF							
090341	543212	10961			Soda, Vanilla Cream (bottle)	6 / 4x355ml	G P U