



PSC Natural Foods

we deliver the goodness

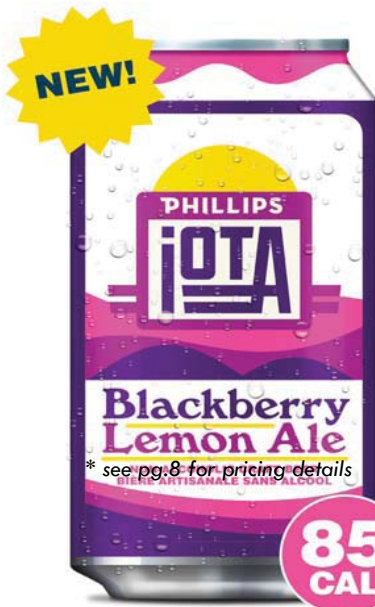
IOTA BLACKBERRY
LEMON ALE BOX

355ml x 4

UPC: 818278005166



SOLD IN:

Individual Flavours
4x355ml box
Sold in flats of 24Mixed Pack
6x355ml box
Sold in flats of 24

* see pg.8 for pricing details

IOTA BLACKBERRY LEMON ALE

355ml Single Can
UPC: 818278005159

LIME ZEST TONIC

WATER, BARLEY, HOPS, YEAST,
BLACKBERRY JUICE, LEMON
JUICE, BEET JUICE, NATURAL
FLAVOUR, SODIUM BENZOATENutrition Facts
Valeur nutritivePer 1 can (355 mL)
pour 1 canette (355mL)

Calories 85	% Daily Value*
Fat / Lipides 0g	% valeur quotidienne*
Saturated / saturée 0g	0 %
+ Trans / trans 0g	
Carbohydrate / Glucides 20g	
Fibre / Fibres 0g	0 %
Sugar / Sucres 1g	1 %
Protein / Protéines 1g	
Cholesterol / Cholestérol 0mg	
Sodium 25mg	1 %
Potassium 50mg	1 %
Calcium 10mg	1 %
Iron / Fer 0mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins est un peu, 15% ou plus c'est beaucoup

* see pg.10 for pricing details

iOTA Blackberry Lemon Ale features juicy blackberry flavours accented with hints of tart lemon, all in a medium-bodied ale that finishes clean. Balanced and full of great craft flavour.

IOTA MIXED
6 PACK355ml x 6
UPC:
818278005180LIME ZEST TONIC
355ml Single Can
UPC: 818278004817

LIME ZEST TONIC

INGREDIENTS: CARBONATED WATER,
CANE SUGAR, CITRIC ACID,
WHITE GRAPE JUICE, LIME JUICE,
NATURAL FLAVOUR, SODIUM
BENZOATE, QUININE
HYDROCHLORIDE, PHOSPHORIC ACID.Nutrition Facts
Valeur nutritivePer 1 can (355 mL)
pour 1 canette (355mL)

Calories 80	% Daily Value*
Fat / Lipides 0g	% valeur quotidienne*
Saturated / saturée 0g	0 %
+ Trans / trans 0g	0 %
Carbohydrate / Glucides 19g	
Fibre / Fibres 0g	0 %
Sugars / Sucres 9g	19 %
Protein / Protéines 0g	
Cholesterol / Cholestérol 0g	
Sodium 50mg	2 %
Potassium 10mg	0 %
Calcium 0mg	0 %
Iron / Fer 0mg	0 %

*5% or less is a little,
15% or more is a lot
*5% ou moins est un peu,
15% ou plus c'est beaucoup

* see specials insert for pricing details

SPARKMOUTH

SOLD IN:

Individual Flavours
4x355ml box
Sold in flats of 24LIME ZEST
TONIC BOX355ml x 4
UPC:
818278004824

Our zestiest yet, this tonic features fragrant notes of lime, adding in a subtle hint of tartness. Balanced with just the right touch of sweetness, it's a crisp refreshing tonic that may be enjoyed on its own, or add that extra spark to your favourite spirit!



JUNE NEW PRODUCTS

BIG MOUNTAIN PRODUCTS.....	6,10
BREW DR. KOMBUCHA.....	9,10
CAMINO CHOCOLATE BAKING CHIPS.....	9,10
CLIF PERFORMANCE & SNACK BARS.....	3,10
EAT WHOLESOME FOOD CO. MUNG BEAN VERMICELLI.....	9,10
ENGEVITA NUTRITIONAL YEAST.....	9,10
FREE2B ALLERGEN-FREE CHOCOLATE CUPS.....	6,10
HODO HEAT & SERVE PLANT-BASED EGG.....	7,10
HUER SENSIBLE SWEETS.....	4,10
JUST ABOUT FOODS BREADING CRUMBS SUBSTITUTE.....	9,10
KONSCIOUS PLANT-BASED SEAFOOD MEALS.....	9,10
MATEINA READY-TO-DRINK YERBA MATE.....	9,10
OPUS ALCOHOL FREE BEVERAGE.....	7,10
PARTAKE NON-ALCOHOLIC BEER.....	8,10
PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER.....	cover,10
SEVENTH GENERATION DISH CLEANING PRODUCTS.....	9,10
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER.....	5,11
SUNFLOWER KITCHEN DIP & SAUCE.....	8,11
YOGI HERBAL TEA.....	9,11

AD FEATURES for JUNE SPECIALS.....12>21

CLEVER PREMIUM MOCKTAIL.....	21
CULTURE CRAFT KOMBUCHA.....	13
EDEN PRODUCTS.....	21
EVE'S CRACKERS.....	14
HOOCHY 'BOOCH KOMBUCHA.....	15
KINDRED CULTURES PROBIOTIC WATER KEFIR.....	19
KINNIKINNICK COOKIES.....	19
L'ANCÊTRE CHEESE.....	16
MOUNTAIN SKY BODY CARE.....	20
NATUREBEE CONCENTRATED HOUSEHOLD CLEANER TABLETS & FOAMING HAND SOAP TABLETS.....	17
SALT SPRING COFFEE COMPOSTABLE SINGLE-SERVE BREW PODS.....	18
SAVE DA SEA PLANT-BASED SEAFOOD.....	21
TERRA BREADS SMALL BATCH GRANOLA.....	20
TOM'S OF MAINE PRODUCTS.....	21
CANADA DAY DELIVERY SCHEDULE.....	inside/back cover

These new product innovations will be coming soon...

- L'ANCETRE | Artisan Goat Cheese Aged 1yr 8/190g
- LEVEL GROUND | OG Espresso Whole Beans 6/300g
- NAKED & SAUCY | OG Nooch Dressing, Caesar 12/250ml
- NAKED & SAUCY | OG Nooch Dressing, O.G. (Original) 12/250ml
- NAKED & SAUCY | OG Nooch Dressing, Sesame Ginger 12/250ml
- NAKED & SAUCY | OG Nooch Dressing, Sweet & Spicy Mustard 12/250ml
- NAKED & SAUCY | OG Simmer Sauce, Butterless Chicken 12/350g
- NAKED & SAUCY | OG Simmer Sauce, Thai Curry 12/350g
- NAKED & SAUCY | OG Simmer Sauce, Vindaloo 12/350g
- NORA | Crispy Spicy Seaweed Snacks 12/32g
- NUTS FOR CHEESE | OG Cream Cheese Style Spreads:
Original/Garlic & Herb/Lemon Dill 6/210g
- SQUAMISH WATER KEFIR CO. | Berry Berry Probiotic Soda 12/355ml
- URBANI BRANDS CRAFTED CANDY | Vegan Bears/Peaches/Cola Gummies 12/100g
- URBANI BRANDS Green Leaf | Vegan Crumbles, Unseasoned 12/100g
- URBANI BRANDS Green Leaf | Vegan Crumbles, Thai Curry 12/110g
- URBANI BRANDS Green Leaf | Vegan Crumbles, Taco 12/120g
- URBANI BRANDS TUNAH | Plant Based Canned Seafoods:
Original/Garlic/Lemon Pepper/Sriracha 12/150g
- URBANI BRANDS VEGANISSIMA | Plant Based Frozen Arrancini Bites:
Original/Mushroom/Marinara/Lemon Rosemary 12/224g
- TWO BEARS | Original Oat Beverage 6/946ml
- YOGI | Soothing Cinnamon Stress Support Tea 6/16ct

CLIF BUILDERS[™] NEW! BUILDERS PROTEIN + CAFFEINE Chocolate Chip Cookie Dough Flavour 12/68g

NEW!



With 20g of plant-based protein and 65mg of caffeine* (equivalent to a shot of espresso**), these chocolate chip cookie dough flavour protein bars support muscle recovery and provide an added boost to conquer your workout.

*Caffeine can range between 60–70mg.

Not recommended for pregnant or nursing women, children under 18 years old, or people sensitive to caffeine.

** USDA reference database for 1 fl. oz. of espresso is 63mg caffeine.



PLANT-BASED ENERGY BLUEBERRY ALMOND CRISP 12/68g

NEW!



The classic flavour of a blueberry crisp fresh from the oven, now packed into one delicious energy bar with 11 grams of protein.

Blueberry Almond Crisp is made with organic rolled oats, organic almonds, and dried blueberries for a home-baked taste that's ready to go anywhere.

Feed Your Adventure[®]

The Ultimate Energy Bar[®]

Clif Bar was born on a bike and built with athletes in mind. Today CLIF continues to make organic, plant-based energy food that begins with a recipe and the latest nutrition science - and not just for performance.

CLIF makes a wide range of foods expertly designed for different moments - from the epic to the everyday.

New!

huer[®]

Sensible Sweets[®]

THE THOUGHTFUL GUMMIES™

A sensible chewy candy infused with fresh fruity taste, a noticeably softer squishy texture than other brands and only 3g sugar per bag. They're so thoughtfully crafted, your tastebuds won't even know they're sensible!

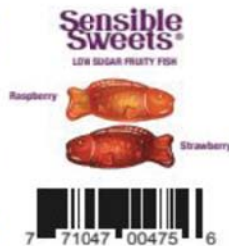


Fruity Bears



Fruity Fish

10% off in June



7 71047 00475 6

Nutrition Facts Valeur nutritive	
Serving Size: 1 bag / Portion: 1 sac: Per bag (50 g) / per sac (50 g)	
Calories 150	% Daily Value*
Fat / Lipides 0 g	% valeur quotidienne*
Saturated / saturés 0 g	0%
Trans / trans 0 g	0%
Carbohydrate / Glucides 40 g	43%
Fibre / Fibre 12 g	43%
Sugars / Sucres 3 g	3%
Sugar Alcohol / Polyols 0 g	
Protein / Protéines 2 g	4%
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

SS Low Sugar Fish 50g
Format: Peg Bag
Product ID: BFY004753
Case UPC: 10771047004753
Case Format: 3 x 12 x 50g
Product UPC: 771047004756

NEW!

WHY HUER FOODS?

A robust candy portfolio that can satisfy all of your customer's needs. Huer's portfolio offers the best product range of any candy company.

Huer holds a strong industry reputation of launching chewy candy innovation and is investing heavily in the low-sugar segment.¹

Huer has been a leading chewy confections company for over 35 years, and is a local, privately owned Canadian Company operating out of Langley, BC, and Boucherville, QC.

Happy Starts Here™

Low-sugar is in high demand.

In 2022, reduced sugar claims saw the largest YOY \$ share growth among health & wellness claims.¹

Huer provides the softest chewy texture of any low-sugar gummy!

50% of consumers looking to reduce the amount of sugar they consume and 91% of consumers are influenced by sugar reduction claims.²

+15% Larger Basket.

Better-for-you candy buyers have a larger than Average Candy Basket due to the premium price of low sugar.³

Low-sugar candy doesn't experience seasonality.

As a part of overall wellness routines, better-for-you candy category is popular all year!⁴

Boost your candy aisle.

More products = higher growth rates and penetration gains for the low-sugar candy category.⁵

1. Food Institute October 5, 22

2. Nielsen: Sugar June, 2021

3. HS Sugar reduction trends in candy Sept. 22

Make life sweeter by making Indulgence more intelligent.



50% of consumers look to the nutrition facts label to determine if they will purchase the product.⁴

4. Sensible Sweets NEW design makes it easier than ever to shop for low-sugar candy.
5. Nielsen C&G market share data 2022

* see pg.10 for pricing details

* available at PSC

For More Information Contact Your Account Manager



info@huerfoods.com
+1 604 626 4888
www.huerfoods.com



NEW!

REAL CRAFT BEER. NO ALCOHOL!



IRISH RED

Brewed in the Irish style with windsor yeast, you'll notice the malt focused aromas of this medium bodied ale. The roasted barley translated into subtle notes of coffee and caramel.



10854531000902
Case: 6x(4x355ml)



IPA

Loaded with hops, this floral west coast style ipa offers notes of tropical fruit and citrus. Its sustained and balanced bitterness allows for a crisp finish that will have you coming back for more.



10854531000889
Case: 6(4x355ml)



BLONDE ALE

Sometimes you just want to kick back, relax and enjoy an easy drinking beer with a little edge. With accents of malt and a light hop finish, our golden ale is crisp and refreshing.



10854531000889
Case: 6x(4x355ml)

OTHER VARIETIES AVAILABLE IN 473ML

MULTI AWARD WINNING BRAND!



Follow us !



@sobercarpenter

* see pg.11 for pricing details

sobercarpenter.com

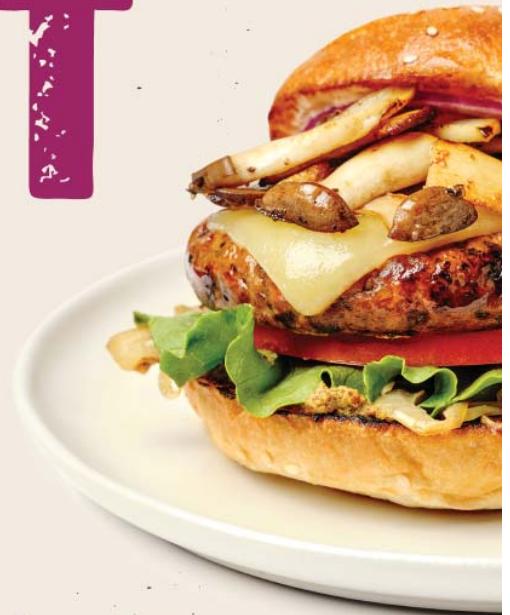


hey@sobercarpenter.com

UP NEXT



NEW!



Big Mountain Foods' latest plant-based creation

Also New! Fava Feta 8/200g

bigmountainfoods.com @bigmountainfoods



* see pg.10 for pricing details

free2b® NEW!

INDULGE IN GREAT FLAVOUR AND EAT FEARLESSLY.



* see pg.10 for pricing details



OUR PRODUCTS
ARE MADE
WITHOUT:

- | | |
|-------------|-------------|
| X GLUTEN | X CORN |
| X PEANUTS | X MUSTARD |
| X TREE NUTS | X SESAME |
| X DAIRY | X COCONUT |
| X EGG | X FISH |
| X SOY | X SHELLFISH |



NEW !

HODO | HEAT & SERVE PLANT-BASED EGG Organic All-Day Egg Type Scramble 6/227g

Finally!
A plant-based egg dish that's
fluffy, full of flavour and fun.

Just heat up this savory egg-stravaganza
whenever you want a yummy protein boost
without any messes or mixing.

And as always with Hodo, there are no fillers
or weird unpronounce-able ingredients.

Just a purely delicious, egg-y scramble
with our special scramble spice mix.

* see pg.10 for pricing details



OPUS

ALCOHOL
FREE COCKTAIL

EXPERTLY
HANDCRAFTED

ZERO
SUGAR

ALL NATURAL
FLAVOURS

GLUTEN
FREE

ZERO
CALORIES

The Next Generation of Carbonation.



DRINKOPUS.COM | @DRINKOPUS

* see pg.10 for pricing details

New !

* see pg.10 for pricing details

Partake

BREWING

GREAT TASTE. 25 CALORIES. NON-ALCOHOLIC BEER.

NEW! HAZY IPA 6/4x355ml



Our Hazy IPA is bursting with flavour and low on bitterness. Generously dry-hopped with notes of ripe apricot, sweet mango, and juicy berries, this Hazy IPA is juicy, smooth and fit for everyday enjoyment.



(*see your Sales Rep for more info on Variety Pack)

CHEERS TO ADULTING.

* see pg.11 for pricing details



New at PSC !

**Roasted Garlic
& Onion Hummus 500g:**

Deep flavours and creaminess

Spicy Hummus 227g:

Roasted jalapenos and fresh
cilantro delicious blend

*Dip into the warm months with
our New ! Hummus flavours,
perfect for BBQ, Picnic,
camping or at any time.*

Share and entertain with
Sunflower Kitchen Hummus !

- Plant Base Protein
- Made in Canada
- NON-GMO Verified
 - Gluten-Free
 - Certified-Kosher



* see
pg.10
for
pricing
details



NEW! BREW DR. KOMBUCHA - Organic Pineapple & Organic Strawberry 12/1414ml
Brew Dr. Kombucha's mission is to bring the magic of kombucha to all, without compromise. Their tea-first approach ensures they make authentic beverages from real, organic ingredients. No shortcuts, and no artificial nonsense.

Organic Strawberry - Deliciously juicy, with sweet organic strawberries and a hint of tart hibiscus.

Organic Pineapple - Tropical delight. A little vacation for your tastebuds.

* see
pg.10
for
pricing
details



NEW! CAMINO ORGANIC WHITE 40% CACAO BAKING CHIPS 8/225g

It's more than just chocolate...

Camino is an Canadian worker-owned co-op dedicated to empowering small-scale farmers and their communities to build diversified and sustainable economies.

These white chips, made with real cocoa butter, are dairy-free. Their creamy goodness makes them ideal for baking and snacking.

* see
pg.10
for
pricing
details



NEW! EAT WHOLESOME FOOD CO. MUNG BEAN VERMICELLI (glass noodles) 20/180g

These noodles are flavourless making it a perfect blank canvas to hold and absorb flavours of a dish.

The texture can range from being quite chewy to smooth and soft depending on how long it was soaked in water or boiled in broth.

Mung beans contain high levels of multiple nutrients including manganese, potassium, magnesium, folate, copper, zinc, and various B vitamins.

Mung beans are a good source of calcium. They are high in antioxidants. The fiber found in mung beans can aid digestion.

* see
pg.10
for
pricing
details



NEW! ENGEVITA NUTRITIONAL YEAST 1/2kg

Engevita® nutritional yeast is ideal for direct consumption as a natural food supplement, or as a functional ingredient in meal replacers and superfood mixes.

It is the original health food - inherently rich in complete protein and fiber, as well as significant amounts of vitamins and minerals. These products are suitable for vegan or vegetarian applications.

Engevita® contains naturally high levels of choline, an essential nutrient necessary for good liver and skeletal muscle health.

* see
pg.10
for
pricing
details



NEW! JUST ABOUT FOODS ORGANIC BREADING CRUMBS SUBSTITUTE

- Chickpea Crumbs 6/340g • Keto Coconut Crumbs 6/227g
- Peanut Crumbs 6/227g

INNOVATIVE & UNIQUE BREADING SUBSTITUTE LINE, ABSORB LESS OIL, FEWER CARBS, NO ADDED SUGARS, MORE FIBER & PROTEIN

* see
pg.10
for
pricing
details



NEW! KONSCIOUS PLANT-BASED SEAFOOD MEALS

Onigiri (2pc) 8/204g: Japanese Vegetable Curry / Kale Goma
Korean BBQ Mushroom / Roasted Corn & Poblano

Roll (8pc) 8/210g:

California / Rainbow - w/plant based tuna, mango & jasperberry rice
Spicy California / Tuna Avocado

* see
pg.10
for
pricing
details



NEW! MATEINA READY-TO-DRINK YERBA MATE - Organic Mango Key Lime Sparkling Energy Infusion 12/355ml

Meet Mateina's very first sparkling yerba mate energy infusion: mango key lime!

80mg of caffeine: slightly less caffeinated than their other yerba mate infusions.

Mateina's Mango Key Lime is the ultimate beverage to start your party this summer.

Brewed with organic mango and a hint of key lime to create an insanely delicious taste, enjoy all the benefits and balanced energy of yerba mate in a refreshing and lightly sweetened ready-to-drink beverage

* see
pg.10
for
pricing
details



NEW! SEVENTH GENERATION DISH WASHING PRODUCTS

Free & Clear Dishwasher Detergent Packs (20ct) 6/300g: Dried-on food and grease don't stand a chance against this plant and mineral powered dish washing automatic dish detergent.

Honeycrisp Apple Foaming Dish Spray 6/473ml: A quick, clean way to do dishes. A Safer Choice certified product made with 100% biodegradable ingredients that get the job done, this formula leaves nothing behind but clean dishes. Just spray, wipe, and rinse. Less scrubbing. Less work.

* see
pg.11
for
pricing
details



NEW! YOGI ORGANIC SWEET CITRUS POSITIVE ENERGY MEDICINAL TEA (w/caffeine) 6/16ct
SUPPORTS ELEVATED MOOD AND ENERGY LEVELS

Yogi Sweet Tangerine Positive Energy tea combines Ashwagandha, an herb traditionally used to uplift the spirit; with an invigorating blend of Black Tea and Yerba Maté Leaf to help provide energy.

Notes of Lotus Flower and Tangerine add sweet, floral, and fruity flavour. Uplift your spirit with an energizing cup of Yogi Sweet Tangerine Positive Energy tea, a bright and flavourful blend that's sure to leave you smiling.



JUNE NEW PRODUCTS 2023

UPC CODE	SKU CODE							
BIG MOUNTAIN PRODUCTS (REFRIGERATED) - 15% OFF - see pg.6								
777744 000138	38017	V	BC	Ⓟ	Burger, Lion's Mane Mushroom (2pk)	8 / 240g		
777744 000145	38018	V	BC	Ⓟ	Fava Feta	8 / 200g		
BREW DR. KOMBUCHA (REFRIGERATED) - 10% OFF - see pg.9								
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
CAMINO CHOCOLATE BAKING CHIPS - 15% OFF - see pg.9								
752612 240137	37014	GMO	@	Ⓟ	Baking Chips, White, 40% Cacao, Organic	8 / 225g		
CLIF PERFORMANCE & SNACK BARS - \$2.40 OFF - see pg.3								
722252 626615	37341			X	BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)	12 / 68g	G	
722252 121073	37912			X	CLIF BAR, Blueberry Almond Crisp	12 / 68g	G	
EAT WHOLESOME FOOD CO. MUNG BEAN VERMICELLI - 10% OFF - see pg.9								
5060844 590285	33631			Ⓟ X	Mung Bean Vermicelli (glass noodles)	20 / 180g		
ENGEVITA NUTRITIONAL YEAST - 10% OFF - see pg.9								
778659 221038	02198	GMO	B	+	Ⓟ ENGEVITA Nutritional Yeast	1 / 2kg		
FREE2B ALLERGEN-FREE CHOCOLATE CUPS - 10% OFF - see pg.6								
687785 001400	43121	GMO	GF	Ⓟ X	Chocolate Sunflower Butter Cups (2pk)	12 / 40g	G	
687785 001417	43120	GMO	GF	Ⓟ X	Chocolate Sunflower Butter Cups, Dark Chocolate (2pk)	12 / 40g	G	
687785 001424	43122	GMO	GF	Ⓟ X	Dark Chocolate Mint Cups (2pk)	12 / 40g	G	
687785 001240	43126	GMO	GF	Ⓟ	Mini Cups, Chocolate Sunflower Butter	12 / 119g	G	
687785 001233	43125	GMO	GF	Ⓟ	Mini Cups, Dark Chocolate Sunflower Butter	12 / 119g	G	
HODO HEAT & SERVE PLANT-BASED EGG (REFRIGERATED) - 15% OFF - see pg.7								
850565 007460	21510	GMO	*		All-Day Egg Type Scramble, Organic	6 / 227g		
HUER SENSIBLE SWEETS - UP TO 15% OFF - see pg.4								
771047 004756	15412			Ⓟ X	SENSIBLE SWEETS, Low Sugar Fruity Fish Gummies	12 / 50g	G	
JUST ABOUT FOODS BREADING CRUMBS SUBSTITUTE - 20% OFF - see pg.9								
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		
KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN) - 15% OFF - see pg.9								
877168 001039	34139	GMO		+	Ⓟ X Onigiri, Japanese Vegetable Curry (2pc)	8 / 204g		
877168 001008	34136	GMO		+	Ⓟ X Onigiri, Kale Gomaе (2pc)	8 / 204g		
877168 001022	34138	GMO		+	Ⓟ X Onigiri, Korean BBQ Mushroom (2pc)	8 / 204g		
877168 001015	34137	GMO		+	Ⓟ X Onigiri, Roasted Corn & Poblano (2pc)	8 / 204g		
877168 000001	34132	GMO		+	Ⓟ X Roll, California (8pc)	8 / 210g		
877168 000032	34135	GMO		+	Ⓟ X Roll, Rainbow - w/plant based tuna, mango & Jasberry rice (8pc)	8 / 210g		
877168 000018	34133	GMO		+	Ⓟ X Roll, Spicy California (8pc)	8 / 210g		
877168 000025	34134	GMO		+	Ⓟ X Roll, Tuna Avocado (8pc)	8 / 210g		
MATEINA READY-TO-DRINK YERBA MATE - 10% OFF - see pg.9								
628504 157381	20812	GMO	*	+	Ⓟ X Sparkling Energy Infusion, Mango Key Lime, Organic (can)	12 / 355ml	G	P U
OPUS ALCOHOL FREE BEVERAGE - 10% OFF - see pg.7								
628634 740231	13943		BC	Ⓟ	Lime Margarita (can)	6 / 4x355ml	G	P U
PARTAKE NON-ALCOHOLIC BEER - \$3.20 OFF - see pg.8								
628110 465672	06017			+	Ⓟ Non-Alcoholic Beer, Hazy IPA (can)	6 / 4x355ml	G	U
PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER - 10% OFF - see cover								
818278 005159	11452		BC	Ⓟ	iOTA, Blackberry Lemon Ale (can)	6 / 4x355ml	G	U
818278 005104	11451		BC	Ⓟ	iOTA, Mixed Pack (can)	4 / 6x355ml	G	U
SEVENTH GENERATION DISH CLEANING PRODUCTS - 10% OFF - see pg.9								
732913 451777	46249				Dishwasher Detergent Packs, Free & Clear (20ct)	6 / 300g	G	P
732913 451678	46250				Foaming Dish Spray, Honeycrisp Apple	6 / 473ml	G	P



JUNE NEW PRODUCTS 2023

UPC CODE	SKU CODE						
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER - 10% OFF - see pg.5							
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
SUNFLOWER KITCHEN DIP & SAUCE (REFRIGERATED) - 10% OFF - see pg.8							
679514 410058	14420	GMO	GF	+	℞	Hummus, Garlic & Onion	8 / 500g
679514 310037	14277	GMO	GF	+	℞	Hummus, Spicy	6 / 227g
YOGI HERBAL TEA - \$1.98 OFF - see pg.9							
076950 208414	12672	GMO	*			Medicinal Tea, POSITIVE ENERGY, Sweet Citrus (w/caffeine), Organic	6 / 16ct



PSC Natural Foods

— we deliver the goodness —

June Specials Showcase

Check out these awesome
featured products on deal !

Culture

CRAFT KOMBUCHA



Culture Craft Kombucha was founded in 2015 by North Vancouver entrepreneur and chef Dan Larsen, who decided to turn his attention from a 15-year grind in the back of house at renowned restaurants like La Quercia, Café Medina, Sonora Resort and Bishop's and combine his relationships with local farmers and purveyors and passion for food and drink into building his own boutique brand of kombucha.

Our mission is to craft kombucha that supports local farmers and sustainable food systems both here and abroad while creating healthy, delicious beverages that feature the highest-quality, locally grown fruits, flowers and herbs grown right here in BC.

Cherry Cream Soda Peach Basil Lavender Lemonade Blueberry Ginger

17331

12/355

This nostalgic brew will take you back to the glory days of the soda shop and evoke some childhood memories (but with a healthy twist) thanks to the sour stone fruit sourced from Delta's Bremner's Farm and notes of vanilla and marshmallow root.

17333

12/355

Packed with the tart sweetness of peaches sourced from TnT Dynamite Peaches in Naramata, this seasonal favourite gets an added touch of herbaceousness from freshly muddled basil, providing bright aromatics and an off-dry sweetness.

17332

12/355

Produced in partnership with the team at Mount Lehman's Tuscan Farm Gardens, this refreshing summer sipper features sweet floral aromas of English lavender and a sour swish of fresh-squeezed organic lemons for a slightly sweet yet well-balanced brew.

17330

12/355

The very first recipe produced by the Culture Craft crew, this beloved fan-favourite thirst-quencher features the sweet-and-sour zing of blueberries from Delta's beloved Bremner Blueberry Farm complemented by the bold and fiery punch of freshly juiced organic ginger.

* see specials insert for pricing details



ON SALE!

Made With Love In British Columbia



**15%
OFF**

**10%
OFF**

**Case Stack Deal
10+ Cases**







All Month



SAVOURY, CRUNCHY, TOTALLY ADDICTIVE.

* see specials insert for pricing details

Hoochy 'Booch

-  Kombucha made the good ol' fashioned way. Unpasteurized. Fermented for up to 3+ weeks
-  Fermented with organic green jasmine tea + organic cane sugar
-  All flavours derived from organic teas, herbs + essential oils
-  Lower sugar than most kombuchas, 7g per 355ml
***No sugar added after fermentation*
-  NO fruit juice, NO preservatives,
NO artificial flavours, NOT watered down
-  Fun, Sassy, and Unique flavours you'll love!

WHAT & WHO IS HOOCHY 'BOOCH KOMBUCHA?

Kombucha has been the catalyst for so many people on their health journeys.

Because HB believes health should be both fun & quality, we've enhanced Kombucha by adding a modern twist – opting for organic teas, herbs and botanicals, instead of fruit or fruit juice.

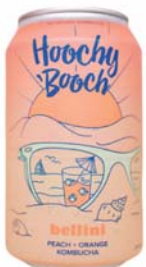
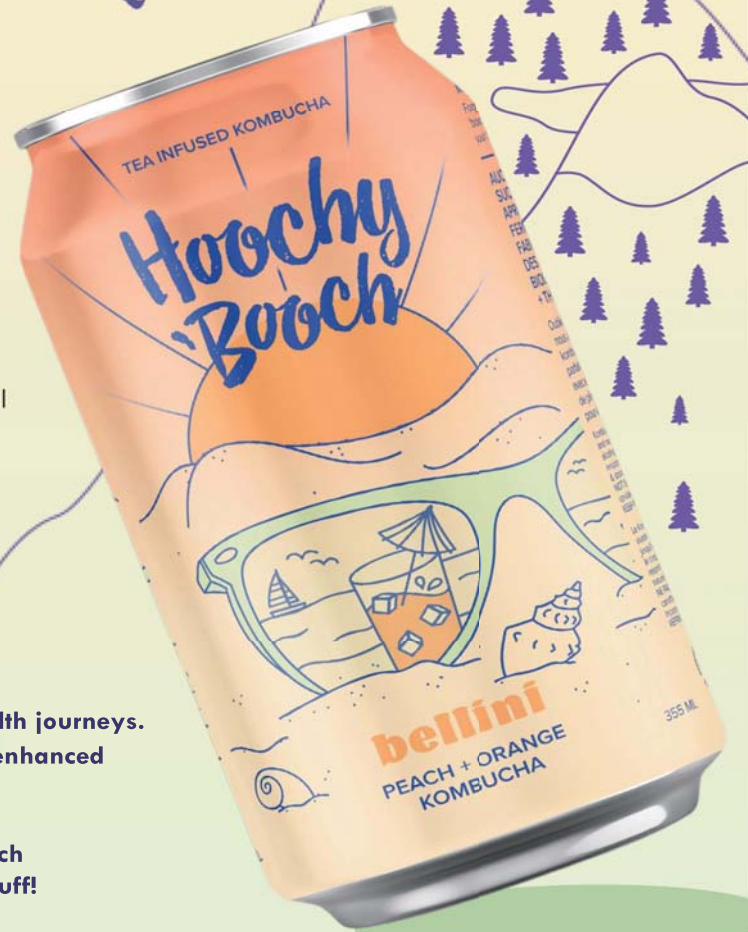
Brewed now in the heart of East Van, we've created Hoochy 'Booch to help simplify nutrition, balancing the good stuff with the fun stuff!

We proudly ask questions about the ingredients in our tea blends.

All “natural flavours” are in fact natural, vegan, dairy-free and are created ethically. Expect balanced, unique, mood-boosting profiles.

We brew our Kombucha the way we do because we find that what's already out there is too sweet and lacking in balanced fermentation. We wanted a brew that felt good in our guts as well as our mouths. Our Kombucha is fermented using only carefully selected teas + herbs to add balance and useable health benefits without being “too healthy”.

Our Kombucha is perfectly tart, not too sweet or bubbly and packed with probiotic + herbal nutrition. You won't find heavily sweetened or watered-down brews with us. Our flavours are unique and diverse and provide a different experience with each one you pick. Our cheeky sense of style allows our brews to be versatile in cocktails/mocktails as well as fun for all ages.





Celebrating 30 years of organic farming



Every bite is a better world

fromagerieancetre.com

* see specials insert for pricing details



ORGANIC SLICED RACLETTE CHEESE:

- Lactose & Gluten free
- Melting cheese
- 100% pure Canadian organic milk

naturebee

ECO FRIENDLY & LOW WASTE DISSOLVABLE CLEANING TABLETS



REFILL TABLET 2 PACKS



BOTTLES & TABLET KITS

Why Choose Cleaning Tablets?

Cleaning tablets are revolutionizing the way we clean; each tablet is one less plastic bottle in the landfill. Simply fill your bottle with warm, filtered bottle and drop in one tablet. Watch it dissolve into an effective formula without the waste. Choose our Cleaning Kits with a Tablet and Glass Bottle or a 2 Tablet Refill Box!



FILL



DISSOLVE



CLEAN



EFFECTIVE
FORMULA



ECO FRIENDLY
PACKAGING



COMPACT
REFILLS



COST
SAVINGS

LEARN MORE AT NATUREBEEWRAPS.CA

* see specials insert for pricing details

SALT SPRING™

COFFEE

Organic, Fair Trade.



100%

COMPOSTABLE
COFFEE PODS



* see specials insert for pricing details

BLUE HERON 100% COMPOSTABLE COFFEE PODS

Medium Dark Roast

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

Tasting Notes: milk chocolate, nutty, citrus



20 units / 230g | UPC 628415686635

FRENCH ROAST 100% COMPOSTABLE COFFEE PODS

Darkest Roast

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

Tasting Notes: bold, caramel, dark chocolate



20 units / 230g | UPC 628415686413

PERU 100% COMPOSTABLE COFFEE PODS

Medium Roast

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

Tasting Notes: sweet, citrus, bright



20 units / 230g | UPC 628415686352

DECAF 100% COMPOSTABLE COFFEE PODS

Dark Roast

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

Tasting Notes: balanced, cocoa nibs, toasty



20 units / 230g | UPC 628415686161



super tasty probiotics.



super sleek can.



* see specials insert for pricing details

355ml cans available now



KinniTOOSs Sandwich Crème Cookies

Mint Magic - CinnaBunFun - Birthday

Three Unique Flavours for the Allergy Free/Gluten Free segment

Magic-mint: Flavoured crème with green glitter between dark chocolate wafers

CinnaBunFun: Cinnamon wafer with cream cheese flavoured crème

Birthday: Traditional birthday flavoured crème with coloured glitter between dark chocolate wafers



- Free From gluten, dairy, tree nuts, peanuts, soy and egg free
- Deliciously crisp wafers with soft flavourful crème filling-Yummy!
- Line priced with other KinniTOOSs line

* see catalogue for pricing details

* see specials insert for pricing details



Product of Canada
Made in BC

* available at PSC



* see full list
in catalogue

Join the
Plastic-Free Movement!



Use less bottles,
buy bars!



GRANOLA BY TERRA BREADS
perfected for decades. enjoyed in minutes. made to nourish.

AVAILABLE
IN FAMILY SIZE
AND SMALL
SIZE!



chewy with
fruit + nuts



crunchy with
cinnamon

chewy with
spice



6 SKUS AVAILABLE!



no preservatives added • fresh baked • small batch • proudly Canadian

* see specials insert for pricing details

**TERRA-
BREADS**



A refreshing and clever blend of distilled botanical extracts, drink irresponsibly.

The secret of Clever mocktails lies in our careful choice of herbs and spices unique to each of our flavours.

Our selected botanicals are infused with care, distilled in small lots in an authentic copper still, to capture their bright and vibrant flavours.

** see specials insert for pricing details*

Eden Foods began in southern Michigan in the late 1960s amongst friends sourcing natural food. Youth motivated by study of a worldwide phenomenon stemming from macrobiotics; the centering of ones eating around whole grain and seasonal local plant foods that are not toxic chemical adulterated or nutrient depleted.

EDEN FOODS

** see specials insert for pricing details*



Excellent & Persistent

- A principled natural food company
- The finest food that can be procured and shared, from growers and handlers we know and trust
- Full transparency of source, growing, and handling of food & ingredients
 - Pure & Purifying great tasting food
 - Bean cannery is British Retail Consortium (BRC) certified
- All Eden facilities receive AIB International's highest food safety rating
 - Passionate, and independently guided since 1968

Save da Sea

SEAFOOD. MADE FROM PLANTS.



** see specials insert for pricing details*

10% OFF

Delicious plant-based seafood made from wholesome ingredients that are better for you and our planet.



NEW LOOK

Naturals You Can Count On

At Tom's of Maine, we believe you shouldn't have to choose between effectiveness and a naturally healthy life. For nearly 50 years, we've searched the world for ingredients and combined them in fresh new ways to create natural products that work.

- Formulas free of artificial flavours, fragrances, colours, sweeteners & preservatives
- Not tested on animals • 10% of Profits to Charity



** see specials insert for pricing details*

PSC Natural Foods Canada Day 2023 Delivery Schedule

PSC Toll-Free Telephone Order #: 1-800-663-7604 - PSC Toll-Free Fax Order #: 1-800-520-5052

PSC Local Telephone Order #: 250-386-3880 - PSC Local Fax Order #: 250-386-1413

sales@pscnaturalfoods.com

To be delivered on: Monday, June.26

M/V Run - Vancouver

Order Cut-off Times: Main Orders: 1:00 pm Thursday, June.22

Order Cut-off Times: Add-Ons: 10:00 am Friday, June.23

To be delivered on: Tuesday, June.27

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

Order Cut-off Times: Main Orders: 11:00 am Friday, June.23

Order Cut-off Times: Add-Ons: 10:00 am Monday, June.26

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

Order Cut-off Times: Main Orders: 10:00 am Monday, June.26

Order Cut-off Times: Add-Ons: 12:00 noon Monday, June.26

To be delivered on: Wednesday, June.28

D/S Run - Sidney / North Saanich / Saltspring Island

Order Cut-off Times: Main Orders: 2:00pm Monday, June.26

Order Cut-off Times: Add-Ons: 10:00 am Tuesday, June.27

A Run - Lasqueti Island / Bowser / Denman Island / Hornby Island Courtenay / Comox / Black Creek / Campbell River / Quadra Island

Order Cut-off Times: Main Orders: 2:00 pm Monday, June.26

Order Cut-off Times: Add-Ons: 10:00 am Tuesday, June.27

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

Order Cut-off Times: Main Orders: 10:00 am Tuesday, June.27

Order Cut-off Times: Add-Ons: 11:00 am Tuesday, June.27

Y Run - Greater Victoria

Order Cut-off Times: Main Orders: 9:00 am Tuesday, June.27

Order Cut-off Times: Add-Ons: 11:00 am Wednesday, June.28

To be delivered on: Thursday, June.29

T Run - Lasqueti Island / Bowser / Denman Island / Hornby Island

Order Cut-off Times: Main Orders: 2:00 pm Tuesday, June.27

Order Cut-off Times: Add-Ons: 10:00 am Wednesday, June.28

J/N Run - Mill Bay / Shawnigan / Cobble Hill / Cowichan Bay Duncan / Chemainus / Crofton / Ladysmith / Cassidy / Nanaimo

Order Cut-off Times: Main Orders: 2:00 pm Tuesday, June.27

Order Cut-off Times: Add-Ons: 10:00 am Wednesday, June.28

PSC Natural Foods Canada Day 2023 Delivery Schedule

PSC Toll-Free Telephone Order #: 1-800-663-7604 - PSC Toll-Free Fax Order #: 1-800-520-5052

PSC Local Telephone Order #: 250-386-3880 - PSC Local Fax Order #: 250-386-1413

sales@pscnaturalfoods.com

To be delivered on: Thursday, June.29

H/P Run - Greater Victoria / Saanich Peninsula

Brentwood Bay / Saanichton / Cordova Bay

Order Cut-off Times: Main Orders: 10:00 am Wednesday, June.28

Order Cut-off Times: Add-Ons: 11:00 am Wednesday, June.28

G Run - Sooke / West Shore / Colwood / Langford

Order Cut-off Times: Main Orders: 10:00 am Wednesday, June.28

Order Cut-off Times: Add-Ons: 11:00 am Wednesday, June.28

Friday, June.30 ** PSC CLOSED TO OBSERVE CANADA DAY **

To be delivered on: Monday, July.3

M Run - Vancouver

Order Cut-off Times: Main Orders: 1:00 pm Wednesday, June.28

Order Cut-off Times: Add-Ons: 10:00 am Thursday, June.29

To be delivered on: Tuesday, July.4

B Run - Nanaimo / Gabriola Island / Lantzville

Nanoose / Parksville / Qualicum / Errington / Coombs

Order Cut-off Times: Main Orders: 11:00 am Thursday, June.29

Order Cut-off Times: Add-Ons: 10:00 am Monday, July.3

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

Order Cut-off Times: Main Orders: 10:00 am Monday, July.3

Order Cut-off Times: Add-Ons: 12:00 noon Monday, July.3

**Please note: The "A Run" (Courtenay / Comox / Campbell River)
is being delivered on Wednesday of this week, NOT Thursday.**

The "J Run" (Duncan / Nanaimo) is being delivered on Thursday of this week, NOT Friday.

The "H Run" (Greater Victoria / Saanich Peninsula) is being delivered on Thursday of this week, NOT Friday.

Please be aware of the revised ordering deadlines for these runs listed above.

