

November 2023 New Products



**PSC Natural Foods**

we deliver the goodness

Effective 1st-30th

WEST COAST

FRESH ROAST



**ORDERING JUST GOT REALLY EASY. LIST TODAY!**

**Available Now!**



**Almond Butter  
250g**

**Peanut Butter  
375g crunchy and smooth**

**Peanut Butter  
750g crunchy and smooth**

Dry roasted in small batches, we know the quality of our freshly ground peanut butter and almond butter speak for themselves. We use old fashioned grinding techniques which gives our peanut butter and almond butter more texture. Our nut butters are verified non-gmo, gluten free, vegan and made with only one ingredient.

**Contact your local sales rep for intro deals and discounts.**

\* see pg.9 for pricing details

[www.IslandNutRoastery.com](http://www.IslandNutRoastery.com)

PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052 [sales@pscnaturalfoods.com](mailto:sales@pscnaturalfoods.com)



## NOVEMBER NEW PRODUCTS

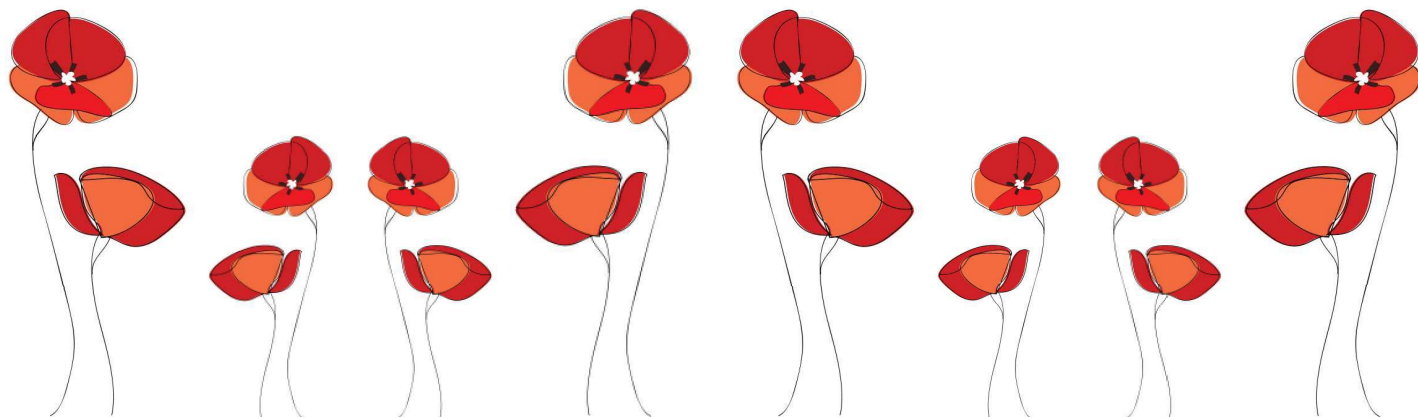
BIOITALIA PRODUCTS.....	5,9
BLUE MONKEY   SPARKLING BEVERAGE.....	5,9
COUNTRY GOLDEN YOLKS   EGGS .....	7,9
ECO LIVING CLUB   CLEANING PRODUCTS .....	6,9
EDEN   EDENSOY SOYMILK.....	3,9
ELIMENTO   NUTRITIONAL YEAST.....	8,9
HOME GROWN LIVING FOODS PRODUCTS.....	6,9
ISLAND NUT ROASTERY	
FRESH ROAST NUT BUTTER .....	cover,9
NATURE CLEAN PRODUCTS .....	8,9
OATLY   OAT DRINK.....	8,10
O'DOUGHS   BREAD.....	8,10
ORGANIC INDIA   HERBAL INFUSIONS .....	8,10
RABBIT RIVER FARMS   EGGS .....	7,10
SIMPLA   COCONUT PLANT-BASED YOGURT.....	4,10
SOBER CARPENTER	
NON-ALCOHOLIC CRAFT BEER .....	8,10
UNBUN   GRAIN FREE, KETO BREAD & TORTILLAS...	7,10

## AD FEATURES for NOVEMBER SPECIALS.....11>22

ALTER ECO   CHOCOLATE TREAT.....	19
BIOITALIA PRODUCTS.....	19
BOB'S RED MILL   BOB'S BAR .....	12
CRAVE   STEVIA CHOCOLATE CHIPS & SWEETENER.....	13
EARTHBOUND FARM   ORGANIC FRUIT & VEGETABLES..	22
EDEN REFRIED BEANS.....	22
FATSO   PEANUT BUTTER .....	20
KRINOS PRODUCTS.....	14
L'ANCÊTRE   CHEESE .....	15
NATURA   DAIRY-FREE BEVERAGE.....	16
NIKKEI RAMEN YA   AUTHENTIC RAMEN KIT.....	17
PARMELA CREAMERY	
PLANT BASED CHEESE ALTERNATIVE.....	20
PROBAR   NUTRITIONAL FOOD BAR.....	22
RISE   KOMBUCHA .....	21
SALT SPRING COFFEE .....	18
STELLA'S   PEROGIES.....	22
ZAZUBEAN   CHOCOLATE BAR .....	21
REMEMBRANCE DAY DELIVERY SCHEDULE.....	back cover

**“IN FLANDERS FIELDS THE POPPIES BLOW  
BETWEEN THE CROSSES, ROW ON ROW,  
THAT MARK OUR PLACE; AND IN THE SKY  
THE LARKS, STILL BRAVELY SINGING, FLY  
SCARCE HEARD AMID THE GUNS BELOW.”**

**- JOHN MCCRAE, CANADIAN POET, DOCTOR AND MEDICAL OFFICER DURING WWI**



## These new product innovations will be coming soon...

- AMY'S | Family Size Entrees, Broccoli & Cheddar Bake 8/860g
  - AMY'S | Family Size Entrees, Cheese Enchilada 8/765g
  - AMY'S | Family Size Entrees, Vegetable Lasagna 8/950g
- CLEVER | Mocktail, Margarita 12/355ml
  - CLEVER | Mocktail, Mix Pack (4 flavour) 3/8x355ml
- KASLO SOURDOUGH PASTA | Elbow Macaroni 12/454g
  - LAKANTO | Pancake Syrup 8/384ml
- SOUTHERN RECIPE SMALL BATCH | Pork Rinds, All Dressed 15/85g
  - SOUTHERN RECIPE SMALL BATCH | Pork Rinds, Maple 15/85g
- WAKEWATER | Peach Caffeinated Sparkling Water 12/355ml





Organic  
Soymilk

the  
**ORIGINAL**

True organic  
U.S. whole soy  
& grain –  
all 18 essential  
amino acids

No refined sugar,  
soy isolate, or  
flavor masker  
chemicals

**TWIST  
OPEN / CLOSE  
NEW CAP**

A simple twist  
does both.  
An easy pour  
& tight seal.

Since July 1983  
America's finest  
and 1st verified  
Non-GMO  
soymilk.



Learn more at  
[edenfoods.com/edensoy](http://edenfoods.com/edensoy)

**EDEN**  
[edenfoods.com](http://edenfoods.com)  
\* see pg.9 for pricing details



**NEW!**

**NEW!** EDENSOY ORGANIC COCOA & VANILLA 12/946ML - ALSO AVAILABLE AT PSC: EDENSOY ORGANIC ORIGINAL & UNSWEETENED 12/946ML

Eden Foods Clinton, Michigan 49236 (800) 248-0320 [cs@edenfoods.com](mailto:cs@edenfoods.com)





# Simpla™



**SIMPLE INGREDIENTS. SUPERIOR TASTE.**

**NEW!**



**0g OF SUGAR!**

**SWEETENED WITH MAPLE SYRUP**

**PLASTIC NEUTRAL PAPER PACKAGING**



We use only a handful of simple high-quality organic ingredients you recognize & trust. Simpla is dairy-free, gluten-free, and refined sugar free making it the cleanest coconut yogurt in the fridge. Simpla is authentically made & slow fermented so it's full of healthy probiotics for a happy gut.

\* see pg.9 for pricing details

Katie & Ari







# NEW!



now certified  
gluten free

exclusively made with pieces of nature



Experience the true essence of Italian Cuisine with our organic ready-to-eat sauces and pesto. Crafted with only fresh ingredients, free from preservatives and inspired by traditional recipes, they bring the homemade taste of Italy straight to your table.

\* see pg.9 for pricing details



Blue Monkey's  
newest flavour is now  
available in a 4-pack!

Sparkling Lychee Juice  
is made with  
55% lychee juice  
and 45% carbonated  
water, with no added sugar  
or artificial flavours,  
and packed at the source,  
not from concentrate!

\* see pg.9 for pricing details



# NEW!

# Toilet & Dishwasher Detergent Strips



REMOVES  
LIMESCALE  
& ODOURS



EASY TO USE:  
DROP, BRUSH  
& FLUSH



SCENTED WITH  
ESSENTIAL OILS



BLEACH &  
CHLORINE FREE



PLANT BASED  
FORMULA



STAIN REMOVAL  
ENZYMES



ULTRA CLEAN  
SPARKLE & SHINE



REMOVES  
GREASE



PHOSPHATE,  
DYE & CHLORINE  
FREE



FRAGRANCE  
FREE



PLASTIC-FREE  
PACKAGING



BIODEGRADABLE



WOMEN  
FOUNDERS



eco  
LIVING  
CLUB

[WWW.ECOLIVINGCLUB.COM](http://WWW.ECOLIVINGCLUB.COM)

\* see pg.9 for pricing details

ORGANIC · SPROUTED · PLANT BASED · LOW CARB · GLUTEN FREE

hOMe Grown  
**LIVING  
FOODS**  
KEEPING THE VIBE ALIVE SINCE 2008

**SIMPLY SPROUTED TASTES BETTER!**

GRAB 'N GO NUTS, SEEDS & TRAIL MIXES  
EASY U-BAKE & RAWGLES

\* see pg.9 for pricing details

★★★★★  
“By far the tastiest nuts  
of any that I’ve ever had...  
so fresh!!”

# NEW!



MADE IN SMALL BATCHES WITH ❤️ ON VANCOUVER ISLAND [HOMEGROWNLIVINGFOODS.CA](http://HOMEGROWNLIVINGFOODS.CA)





# Rabbit River Farms Organic Eggs

From hens that range free on organic pasture and are fed certified organic feed



**NEW!**

\* see pg.10 for pricing details

Rabbit River Farms offers a variety of egg options from organic to omega-3, free-run to free-range, all sized from medium to extra-large, to suit all your egg needs. Our BuyBC local certified eggs come from happy BC hens.



Support local, embrace healthy living, and eat well, today.

Buy our eggs from PSC Natural Foods, your local Island distributor.



**PSC Natural Foods**  
we deliver the goodness

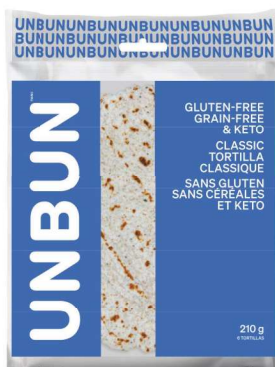
**ALSO NEW! COUNTRY GOLDEN YOLKS - Free Range Large Brown Eggs 15/12ct** - \* see pg.9 for pricing details

\* see pg.10 for pricing details



**MADE WITH ONLY THE REALEST INGREDIENTS  
RADICALLY REAL INGREDIENTS. RADICALLY TASTY PRODUCTS.  
NO FILLERS, FRANKEN-FOODS OR FUNNY BUSINESS. PERIOD.**

**NEW ! UNBUN SLICED UNBREAD 6/520g:**  
THIS GRAIN-FREE AND CERTIFIED KETO BREAD IS ANYTHING BUT BASIC. MADE WITH ONLY THE HIGHEST QUALITY INGREDIENTS, IT'S THE LOAF YOU'VE BEEN DREAMING OF. RICH FLAVOUR, SOFT TEXTURE, SIMPLY HEAVENLY.



**NEW ! UNBUN TORTILLAS (8PK) 8/210g:**

NOW THAT'S A WRAP, OR BURRITO, OR TOSTADA. THESE GRAIN-FREE WONDERS DON'T CRACK, BREAK OR FALL APART, SO NO NEED TO BE GENTLE. FILL 'EM TO THE BRIM, AND THEN SOME.

- NEW TO THE ISLAND • HIGH PROTEIN • LOW CARB • GLUTEN FREE
- HIGH IN FIBER • NO ADDITIVES / PRESERVATIVES • LOW GLYCEMIC INDEX
- NO ENGINEERED INGREDIENTS • ZERO GRAMS TRANS FAT





\* see  
pg.9  
for  
pricing  
details



### NEW! ELIMENTO - Nutritional Yeast Flakes (shaker) 12/100g

With its savoury flavour it's probably as close as it gets to cheese substitute, not to mention the abundance of essential nutrients it provides.

The exact nutritional properties vary from brand to brand, but here are some average figures: just two tablespoons are 71% protein, and the rest is carbs (mostly fibre).

It contains the 9 essential amino acids that the body can't produce itself; high in the naturally occurring B vitamins, as well as adding substantial amounts of iron, selenium and zinc to your diet.

\* see  
pg.9  
for  
pricing  
details



### NEW! NATURE CLEAN PRODUCTS

- Fragrance-Free Foaming Dish Spray 6/500ml
- Lavender Laundry Liquid 4/3L
- Lime Tea Tree Multi-Surface Cleaner Spray 6/740ml
- OxyPower+ Laundry Booster (24 pods) 8/432g

Nature Clean defines natural as being derived from plants and minerals. Which is exactly what their products are. They're as natural as they come.

Nature Clean likes to keep things clean & simple.

All of Nature Clean products are hypoallergenic, biodegradable, and created from naturally derived ingredients. Their products are very effective, yet gentle on you and your loved ones. And the planet of course.

\* see  
pg.10  
for  
pricing  
details



### NEW! OATLY | OAT DRINK 12/946ml

- **Chocolate:** Creamy & rich, ready to be deployed in case of any chocolate emergencies.
- **Barista Edition:** Isn't overly sweet or excessively heavy. Fully foamable, so you can showcase your latte art skills. Pour it right into your coffee or drink it straight out of the container or pour it on your granola or put it to work with your cooking skills.
- **Original:** It's a great go-to product for just about everything, and provides the kind of oatsome deliciousness that would make other drinks exceptionally jealous. Try chilled in a glass, on your cereal, in your smoothies, and in all your cooking and baking.

• **ALSO NEW!** Extra Creamy

\* see  
pg.10  
for  
pricing  
details



### NEW! O'DOUGHS BREAD

- Flax & White 6/700g
- Multigrain & Original Sandwich Thins 6/510g

**GET TO KNOW O'DOUGHS FROM BREAKFAST TO DINNER, THEY'VE GOT YOUR DAILY BREAD! (AND BUNS, BAGELS AND MUFFINS)**

Everyone loves baked goods - but often, they don't love us back! O'DOUGHS knows the health, wellbeing and happiness of your family is essential, which is why O'Doughs bakes a wide variety of healthy and soft, high quality gluten-free products.

\* see  
pg.10  
for  
pricing  
details



### NEW! ORGANIC INDIA HERBAL INFUSIONS 5/25ct

- Tulsi Ginger
- Tulsi Lemon Ginger
- Tulsi Green Tea, Lemon Ginger
- Tulsi Honey Chamomile
- Tulsi Jasmine
- Tulsi Jasmine Green Tea

AT THE HEART OF ORGANIC INDIA is our commitment to be a living embodiment of love and consciousness in action. ALL ORGANIC INDIA PRODUCTS are made with loving care.

WE WORK WITH THOUSANDS of small family farmers in India to cultivate thousands of acres of sustainable, organic farmland.

EACH OF OUR PRODUCTS EMBODIES a flow of love, respect and connectedness between Mother Nature, our farmers, our company and you. WE PROVIDE A LIFE OF DIGNITY to our local farmers, while bringing health & happiness to you. BY CHOOSING ORGANIC INDIA you're actively participating in our mission to create a sustainable global environment.

\* see  
pg.10  
for  
pricing  
details



### NEW! SOBER CARPENTER SOUR RASPBERRY NON-ALCOHOLIC CRAFT BEER 12/473ml

This Raspberry Sour non-alcoholic craft beer is a complex and refreshing blend of tart and fruity flavours.

The initial taste is a burst of fresh raspberry, followed by a sour and tangy kick.

Let the fruity aroma and playful effervescence ignite your taste buds and leave you coming back for more.

Made with natural ingredients: each can contains 18g of fresh raspberry puree.





# NOVEMBER NEW PRODUCTS 2023

UPC CODE	SKU CODE						
<b>BIOITALIA PRODUCTS - 10% OFF - see pg.5</b>							
661475 161445	<b>33109</b>	GMO	*	Pesto, Basil, Organic	12 / 160ml		
661475 523045	<b>33078</b>	GMO	*	Tomato Sauce, Aglio, Organic	8 / 660ml		
661475 115509	<b>33043</b>	GMO	*	Tomato Sauce, Basil, Organic	12 / 358ml		
661475 505010	<b>33048</b>	GMO	*	Tomato Sauce, Bolognese, Organic	12 / 358ml		
661475 521041	<b>33080</b>	GMO	*	Tomato Sauce, Marinara, Organic	8 / 660ml		
661475 115530	<b>33045</b>	GMO	*	Tomato Sauce, Neapolitan, Organic	12 / 358ml		
661475 522048	<b>33079</b>	GMO	*	Tomato Sauce, Rosee, Organic	8 / 660ml		
<b>BLUE MONKEY   SPARKLING BEVERAGE - 10% OFF - see pg.5</b>							
059654 590047	<b>05529</b>	GMO		Sparkling Juice Drink, Lychee (can)	6 / 4x250ml	G	P U
<b>COUNTRY GOLDEN YOLKS   EGGS (REFRIGERATED) - \$3.75 OFF - see pg.7</b>							
774290 091559	<b>61086</b>		BC	X Eggs, Free Range, Large Brown	15 / 12ct		
<b>ECO LIVING CLUB   CLEANING PRODUCTS - 10% OFF - see pg.6</b>							
627987 344905	<b>28514</b>			X Dishwasher Detergent Strips, Unscented	12 / 32ct	G	P
627987 344936	<b>28509</b>			X Toilet Bowl Cleaner Strips, Eucalyptus & Citrus	12 / 39ct	G	P
<b>EDEN   EDENSOY SOYMILK - 2% OFF - see pg.3</b>							
024182 025101	<b>06604</b>	GMO	*	EDENSOY, Cocoa, Organic (TetraPak)	12 / 946ml		U
024182 027259	<b>06603</b>	GMO	*	EDENSOY, Vanilla, Organic (TetraPak)	12 / 946ml		U
<b>ELIMENTO   NUTRITIONAL YEAST - 10% OFF - see pg.8</b>							
059443 607154	<b>35390</b>			Nutritional Yeast Flakes (shaker)	12 / 100g		
<b>HOME GROWN LIVING FOODS PRODUCTS - 10% OFF - see pg.6</b>							
628110 072023	<b>16251</b>	GMO	*	BC X RAWgles, Apple Cinnamon, Organic	8 / 150g		
628110 072849	<b>16291</b>	GMO	*	BC X RAWgles, Sunflower Dill, Organic	8 / 120g		
628110 072115	<b>16266</b>	GMO	*	BC X Seaweed Surf Snax, Organic	8 / 150g		G
628110 072085	<b>16270</b>	GMO	*	BC X Sprouted Almonds (unpasteurized), Organic	8 / 120g		
628110 072450	<b>16301</b>	GMO	*	BC X Sprouted Cashews, Organic	8 / 120g		
628110 072405	<b>16300</b>	GMO	*	BC X Sprouted Pumpkin Seeds, Heirloom, Organic	8 / 120g		
628110 072108	<b>16271</b>	GMO	*	BC X Sprouted Pumpkin Seeds, Organic	8 / 120g		
628110 072092	<b>16273</b>	GMO	*	BC X Sprouted Sunflower Seeds, Organic	8 / 130g		
628110 072122	<b>16272</b>	GMO	*	BC X Sprouted Walnuts, Organic	8 / 100g		
628110 072993	<b>16274</b>	GMO	*	BC X Sprouted Walnuts, Salted, Organic	8 / 100g		G
628110 072443	<b>16304</b>	GMO	*	BC U-BAKE Easy Meal Magic Mix, Organic	8 / 500g		
628110 072702	<b>16254</b>	GMO	*	BC U-BAKE Mix, Bread & Buns, Pumpkin Chia, Organic	8 / 500g		
628110 072719	<b>16253</b>	GMO	*	BC U-BAKE Mix, Bread & Buns, Sunflower Chia, Organic	8 / 500g		
628110 072955	<b>16282</b>	GMO	*	BC U-BAKE Mix, Cookies, Chocolate Chip, Organic	12 / 330g		
628110 072733	<b>16280</b>	GMO	*	BC U-BAKE Mix, Cookies, Double Chocolate, Organic	12 / 330g		
628110 072726	<b>16281</b>	GMO	*	BC U-BAKE Mix, Cookies, Pumpkin Spice, Organic	12 / 330g		
628110 072931	<b>16302</b>	GMO	*	BC U-BAKE Mix, Cracker, Savoury, Organic	12 / 330g		
628110 072948	<b>16303</b>	GMO	*	BC U-BAKE Mix, Cracker, Spicy, Organic	12 / 330g		
628110 072825	<b>16290</b>	GMO	*	BC U-BAKE Mix, Pizza Crust, Garlic Rosemary, Organic	12 / 330g		
<b>ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER - 10% OFF - see cover</b>							
859805 000056	<b>15754</b>		BC	Almond Butter	12 / 250g		
859805 000025	<b>15751</b>		BC	Peanut Butter, Crunchy	12 / 375g		
859805 000001	<b>15750</b>		BC	Peanut Butter, Smooth	12 / 375g		
859805 000032	<b>15753</b>		BC	Peanut Butter, Crunchy	12 / 750g		
859805 000018	<b>15752</b>		BC	Peanut Butter, Smooth	12 / 750g		
<b>NATURE CLEAN PRODUCTS - 10% OFF - see pg.8</b>							
058951 184652	<b>80489</b>		+	Foaming Dish Spray, Fragrance-Free	6 / 500ml	G	P
058951 308584	<b>80722</b>		+	Laundry Liquid, Lavender	4 / 3L	G	P
058951 637400	<b>80571</b>		+	Multi-Surface Cleaner Spray, Lime Tea Tree	6 / 740ml	G	P
058951 307198	<b>80569</b>		+	OxyPower+ Laundry Booster (24 pods)	8 / 432g	G	P





# NOVEMBER NEW PRODUCTS 2023

UPC CODE		SKU CODE					
OATLY   OAT DRINK - 10% OFF - see pg.8							
190646 631390	35506	GMO	GF	V	Barista Edition (TetraPak)	12 / 946ml	
190646 631369	35508	GMO	GF	V	Chocolate (TetraPak)	12 / 946ml	U
190646 631376	35509	GMO	GF	V	Extra Creamy (TetraPak)	12 / 946ml	U
190646 631352	35507	GMO	GF	V	Original (TetraPak)	12 / 946ml	U
O'DOUGHS   BREAD (FROZEN) - 20% OFF - see pg.8							
698433 000003	54598	GMO	GF	V + R	X Bread, Flax	6 / 700g	
698433 000027	54599	GMO	GF	V + R	X Bread, White	6 / 700g	
698433 001116	54621	GMO	GF	V + R	X THINS, Sandwich, Multigrain	6 / 510g	
698433 001109	54619	GMO	GF	V + R	X THINS, Sandwich, Original	6 / 510g	
ORGANIC INDIA   HERBAL INFUSIONS - 10% OFF - see pg.8							
801541 040438	13357	GMO		*	X Tulsi Ginger, Organic	5 / 25ct	
801541 509416	13362	GMO		*	X Tulsi Green Tea, Lemon Ginger, Organic	5 / 25ct	
801541 508402	13358	GMO		*	X Tulsi Honey Chamomile, Organic	5 / 25ct	
801541 507740	13363	GMO		*	X Tulsi Jasmine Green Tea, Organic	5 / 25ct	
801541 500079	13359	GMO		*	X Tulsi Jasmine, Organic	5 / 25ct	
801541 500086	13360	GMO		*	X Tulsi Lemon Ginger, Organic	5 / 25ct	
RABBIT RIVER FARMS   EGGS (REFRIGERATED) - \$3.75 OFF - see pg.7							
620580 000018	61075	GMO		* BC R	X Eggs, Free Range, Extra Large Brown, Organic	15 / 12ct	
620580 000025	61076	GMO		* BC R	X Eggs, Free Range, Large Brown, Organic	15 / 12ct	
620580 000094	61078	GMO		* BC R	X Eggs, Free Range, Large Brown, Organic	30 / 6ct	
620580 000070	61081			BC R	X Eggs, Free Range, Medium Brown	15 / 12ct	
620580 000469	61083			BC R	X Eggs, Free Run, Large Brown	15 / 12ct	
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED) - 10% OFF - see pg.4							
627987 786439	25353			+ R	Coconut Yogurt, Chocolate	6 / 450g	
627987 786422	25352			+ R	Coconut Yogurt, Lemon	6 / 450g	
627987 786408	25350			+ R	Coconut Yogurt, Original	6 / 450g	
627987 786446	25351			+ R	Coconut Yogurt, Vanilla	6 / 450g	
SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER - 10% OFF - see pg.8							
854531 000103	17111			+ R	X Beer, Raspberry, Sour (can)	12 / 473ml	G U
UNBUN   GRAIN FREE, KETO BREAD & TORTILLAS (FROZEN) - 10% OFF - see pg.7							
628250 179033	11103		GF	R	X Tortillas (8pk)	8 / 210g	
628250 179040	11102		GF	R	X Unbread, Sliced	6 / 520g	





**PSC Natural Foods**

— we deliver the goodness —

# November Specials Showcase

Check out these awesome  
featured products on deal !





## WHOLESOME SNACKS ARE GOOD TO GO

TRY THREE DELICIOUS FLAVOURS!



- Short, simple, clean ingredients list
- Non-GMO Project Verified
- Free from gluten, soy, dairy and egg
- Up to 8 grams protein per bar
- 11 grams sugar or less per bar

\* see specials insert for pricing details







crave  
stevia™  
sweet & natural  
PREMIUM QUALITY • DE PREMIÈRE QUALITÉ



Sweetness you can live with  
Great taste you can't live without

## Baking Blends:



For more information visit us online or call

**866 844 2662**

**www.CRAVESTEVIA.CA**

- Stevia Bakers Blend - Bulk Bags
- Chocolate Chips
- Organic Erythritol
- Organic Monk Fruit
- Powder Stevia Shaker
- Dozens of Fabulous Liquid Flavours
- Tablets
- \*New Chocolate Bars & Sprinkles
- Convenient Travel Packets - Sweetness in your pocket

\* see specials insert for pricing details

Your complete family of Natural Sweetness Products

New

# krinos®

*Inspiring Canadian meals.*



f @krinoscanada

 krinos.ca

\* see specials insert for pricing details



\* see specials insert for pricing details



L'ANCÊTRE<sup>1992</sup>



EVERY BITE IS  
A BETTER WORLD

fromagerieancetre.com







# THE UNIQUE ORGANIC GLUTEN-FREE BARISTA



MADE EXCLUSIVELY  
WITH CANADIAN  
WHOLE OATS



\* Registered Trademark of the Canadian Celiac Association. Used under license.  
\* Marque déposée de l'Association canadienne de la maladie cœliaque. Utilisée sous licence.

**natura.ca**

\* see specials insert for pricing details



# VANCOUVER ISLAND'S PREMIER RESTAURANT RAMEN IS NOW AVAILABLE THROUGH PSC!

**NEW**



- **Authentic, premium-quality ramen kits**
- **Includes one generous portion of noodles and seasoned soup (not from concentrate)**
- **Scratch-made in Courtenay, BC from wholesome ingredients**
- **Scan QR code on box for video directions**
- **Ready in minutes/easy to clean up**
- **Fun! Kids love it too!**



HAKATA TONKOTSU  
PSC 39180  
UPC 628693494083



VEGAN SHOYU  
PSC 39182  
UPC 628693494076



YUZU SHIO  
PSC 39183  
UPC 628693494175



TOKYO SHOYU  
PSC 39181  
UPC 628693494182

- **Available in four flavours**
- **Case of 12x 450g/460g units**
- **Sell frozen or slack off with 2-week Best By date**



**REALRAMEN.CA**



\* see specials insert for pricing details

# SALT SPRING<sup>TM</sup>

## COFFEE

Organic, Fair Trade.



### Salt Spring Coffee

1-800-332-8858

orders@saltspringcoffee.com

saltspringcoffee.com

\* see specials insert for pricing details



## BLUE HERON



Medium  
Dark Roast

TASTING NOTES:  
milk chocolate,  
nutty, citrus

UPC 628415878634

## SUMATRA



Dark  
Roast

TASTING NOTES:  
molasses, earthy,  
full-bodied

UPC 628415078270

## FRENCH ROAST



Darkest  
Roast

TASTING NOTES:  
bold, caramel,  
dark chocolate

UPC 628415078416

## PERU



Medium  
Roast

TASTING NOTES:  
sweet, citrus,  
bright

UPC 628415078355

## VILLAGE TRADE



Dark  
Roast

TASTING NOTES:  
deep, complex,  
hearty

UPC 628415078362

## CANOPY BIRD



Medium  
Dark Roast

TASTING NOTES:  
spicy, rich,  
syrupey

UPC 628415078317

## DECAF



Dark  
Roast

TASTING NOTES:  
balanced, cocoa  
nibs, toasty

UPC 628415078164

## METTA ESPRESSO



Medium  
Dark Roast

TASTING NOTES:  
balanced, velvety,  
fruity

UPC 628415878627



# Truffle Thins

## DARK CHOCOLATE BARS



Imported / Importé

The most indulgent way to eat chocolate is truffle stuffed. These two bars combine our smooth, 60% dark chocolate with our decadent truffle filling for a mindful, every-day indulgent treat. Beloved truffle flavors like Salted Caramel and Mint Creme are made with ingredients that are good for you and the planet.



- ✓ 60% cacao shell
- ✓ made with coconut oil
- ✓ no fake sugars
- ✓ organic
- ✓ gluten free



\* see specials insert for pricing details



# BIOITALIA

**ORGANIC**  
**LEGUMES 398ML\***

**ORGANIC**  
**TOMATOES 398ML\***

**ORGANIC**  
**PASTA 500G\***



**\*SEE VARIETIES IN STORE**

\* see specials insert for pricing details



\* see specials insert  
for pricing details

Made in Canada



Mozzarella & Old Cheddar Style Shreds 8/198g  
Old Cheddar & Smoky Gouda Style Slices 8/198g

[www.ParmelaCreamery.com](http://www.ParmelaCreamery.com)



**PLANT-BASED**

**Shreds & Slices**

CULTURED FROM CREAMY CASHEW MILK

**GREAT TASTE TAKES TIME**

Vegan Non-GMO Dairy & Lactose Free Gluten Free Soy Free

### Batch 36

The most advanced  
plant-based cheesemaking  
methods on Earth, how we  
make real cheese from  
plants.

Made with

**Batch 36**



**The Next Evolution in Authentic Cheesemaking is Here.**

Parmela Creamery embraces age-old cheesemaking techniques passed down  
by artisan cheesemakers to create the bold and authentic flavors in our cheeses.

**Aged & Cultured**

\* see specials insert for pricing details





# KOMBUCHA RISE



YOUR BETTER FOR YOU **PROUDLY CANADIAN** BEVERAGE PARTNER

risekombucha.com   @risekombucha

\* see specials insert for pricing details



**zazubean**

ALL THE FUN

**Slinky ZERO**

WITH NO ADDED SUGAR

**Slinky** SUPER DARK 85% CACAO 0 ZERO NO ADDED SUGAR SANS SUCRE AJOUTÉ

**Slinky** CREAMY HAZELNUT NOISSETTE CREMEUSE 44% CACAO 0 ZERO NO ADDED SUGAR SANS SUCRE AJOUTÉ

**Slinky** HAZELNUT ALMOND CRUNCH 43% CACAO 0 ZERO NO ADDED SUGAR SANS SUCRE AJOUTÉ

**Slinky** HAZELNUT MOCHA LATTE 43% CACAO 0 ZERO NO ADDED SUGAR SANS SUCRE AJOUTÉ

**Slinky** GRASS FED NOURRIES À L'HERBE 49% CACAO 0 ZERO NO ADDED SUGAR SANS SUCRE AJOUTÉ

**fair for life** **SANS GLUTEN FREE** **KETO** **CANADIAN WOMEN BRAND**

\* see specials insert for pricing details



## OUR FOODS WILL BRING A LITTLE *extra sunshine* TO YOUR PLATE...

not only because they're delicious but because you can trust they are USDA and CFIA certified organic, grown and handled with care.



\* see specials insert for pricing details

Earthbound Farm • 275 Westgate Drive, Watsonville, CA 95076, USA • [www.EarthboundFarm.com](http://www.EarthboundFarm.com) | Certified Organic by CCOF • [www.ccof.org](http://www.ccof.org)



## EDEN FOODS

**EDEN REFRIED BLACK BEANS:** Steamed, pureed black turtle beans with some added bean pieces for texture

**EDEN REFRIED PINTO BEANS:** Pureed pinto beans with some added pinto pieces for texture

- Make excellent dips, burritos, enchiladas, tortillas, and tacos • Use them as a base for creamy soups
- Excellent food, ready to serve, just heat and serve or use them in recipes
- Good protein, complex carbs, vitamins, fiber, magnesium, zinc, antioxidants, and healthy fats
- No chemical additives • Half the sodium of other brands
- U.S. organically grown • Gluten Free • Pressure cooked at Eden Foods' Indiana cannery
- Awarded 'Best for Flavor and Nutrition' by Men's Health magazine
- BPA, BPS, and phthalate free cans since 1999



\* see specials insert for pricing details



\* see specials insert for pricing details



Looking for a protein bar that resembles nature rather than a science experiment? Good. Because Probar packed 20 grams of plant protein and plenty of real, recognizable ingredients into this bar. It does more than build your strength - it's packed with chia and flax seeds to keep you going strong.

### Protein Bar 12/70g:

- Cookie Dough • Mint Chocolate • Peanut Butter Chocolate



~ Gluten Free ~ Dairy Free ~ Plant Based ~ Vegan ~ GMO Free ~ Soy Free ~ Egg Free



NOVEMBER SALE 10%



Stellas Perogies are proudly pinched in a dedicated gluten & peanut free facility.

\* see specials insert for pricing details



# PSC Natural Foods Remembrance Day 2023

## Delivery Schedule

**Monday, November 13 - PSC CLOSED TO OBSERVE REMEMBRANCE DAY**

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

### To be delivered on: **Tuesday, November 14**

#### Vancouver (M Run)

Order Cut-off Times: Main Orders 1:00 pm Thursday, November 9  
Order Cut-off Times: Add-Ons 10:00 am Friday, November 10

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

Order Cut-off Times: Main Orders 2:00 pm Thursday, November 9  
Order Cut-off Times: Add-Ons 10:00 am Friday, November 10

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

Order Cut-off Times: Main Orders 10:00 am Friday, November 10  
Order Cut-off Times: Add-Ons 12:00 noon Friday, November 10

### To be delivered on: **Wednesday, November 15**

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

Order Cut-off Times: Main Orders 10:00 am Tuesday, November 14  
Order Cut-off Times: Add-Ons 12:00 noon Tuesday, November 14

#### Saltspring Island (D Run)

Order Cut-off Times: Main Orders 12:00 noon Friday, November 10  
Order Cut-off Times: Add-Ons 10:00 am Tuesday, November 14

#### Sidney/North Saanich (S Run)

Order Cut-off Times: Main Orders 12:00 noon Friday, November 10  
Order Cut-off Times: Add-Ons 10:00 am Tuesday, November 14

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

Order Cut-off Times: Main Orders 10:00 am Tuesday, November 14  
Order Cut-off Times: Add-Ons 12:00 noon Tuesday, November 14

### To be delivered on:

**Thursday & Friday, November 16 & 17**

**\*\* Deliveries and order deadlines  
resume as usual \*\***

