



PSC Natural Foods

— we deliver the goodness —

November Specials Showcase

Effective November 1-30th 2022
up to 90% off!

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

MONTHLY SPECIALS

ALIMENTS TRIGONE CEREAL	4	GOBIO! PRODUCTS	15,16
ALTER ECO CHOCOLATE TREAT	4	GOODDRINK SPRITZER	16
AMANO MISO (REFRIGERATED)	4	GOODVIBES JUICE CO. SICK DAY BEVERAGE	16
AMUSE BOOSH VEGGIE PATE (REFRIGERATED)	4	GREEN CUISINE TEMPEH	16
AMY'S ENTRÉES (FROZEN)	4,5	GREEN TABLE FOODS CONDIMENTS (REFRIGERATED)	16
AMY'S PRODUCTS	5	GT'S ALIVE ANCIENT MUSHROOM ELIXIR & SYNERGY RAW KOMBUCHA (REFRIGERATED)	16
ANITA'S ORGANIC PRODUCTS	5,6	GUAYAKI YERBA MATE	16
ANNIE'S HOMEGROWN PRODUCTS	6	GUAYAKI YERBA MATE BEVERAGE	17
ANTOINETTE'S DIP & SAUCE (REFRIGERATED)	6	HAPPY PLANET MEALS & SOUP (REFRIGERATED)	17
ARIZONA PEPPER'S HOT SAUCE	6	HAPPY PLANET JUICE & SMOOTHIES (REFRIGERATED)	17
ATLANTIC MARICULTURE DULSE	7	HARDBITE HANDCRAFTED STYLE CHIPS	18
BARBARA'S BAKERY CHEESE PUFFS	7	HEALTHY HIPPO LOW SUGAR CANDY	18
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	7	HEALTHY SHORES CANNED SEAFOOD FOR CATS & DOGS	18
BIOITALIA PRODUCTS	7	HERBARIA HERBAL TEA	18
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE	7	HOLY CRAP BREAKFAST CEREAL	18
BLUE MONKEY PURE COCONUT WATER	7	HOLY NAPOLI PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN)	19
BLUEBIRD PROVISIONS BONE BROTH	8	HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED)	19
BOB'S RED MILL PRODUCTS	8	HORNBY ORGANIC ENERGY BAR	19
BRAGG ALL PURPOSE SEASONING	8	IF YOU CARE ENVIRONMENT FRIENDLY PRODUCTS	19
BREMNER'S FRUIT (FROZEN)	8	IMAGINE FOODS BROTH & SOUP	19
BUCHA BREW KOMBUCHA	8	ISLAND ESSENTIALS NATURAL BODY CARE	19
CABOO TREE-FREE PAPER PRODUCTS	8	JOVIAL PRODUCTS	19,20
CAFE ALTURA INSTANT ORGANIC COFFEE	9	JUSTIN'S NUT BUTTER CUPS	20
CALIFIA BARISTA BLEND	9	JYOTI NATURAL FOODS INDIAN CUISINE	20
CALIFIA FARMS DAIRY-FREE BEVERAGE (REFRIGERATED)	9	KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	20
CANADIAN KELP RESOURCES SEA VEGETABLES	9	KASLO SOURDOUGH PASTA	20
CASA BONITA CANTINA STYLE TORTILLA CHIPS	9	KETTLE BRAND POTATO CHIPS	20,21
CASBAH AUTHENTIC GRAIN & MIX	9	KIND DIPPED CLUSTERS & NUT BARS	21
CENTRAL ROAST POPCORN	9	KINDRED CULTURES WATER KEFIR (REFRIGERATED)	22
CHA'S ORGANICS PRODUCTS	9	KINNIKINNICK PRODUCTS (FROZEN)	22
CHIMES CANDY	9	KOMO COMFORT FOODS PLANT BASED MEALS (FROZEN)	22
CHIWIS SUPERFRUIT SNACK	9	KOYO JAPANESE PRODUCTS	22
CHOSEN FOODS CULINARY OIL	9	KRINOS FOODS PRODUCTS	22
CLAWHAMMER ORGANIC MINTS	9	LAKANTO MONKFRUIT BLEND SWEETENER	23
CLIF BAR	10	L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED)	23
CLOUD 9 GLUTEN-FREE BAKING MIX	10	LET'S DO...ORGANIC PRODUCTS	23
COCONUT SECRET SAUCE	10	LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS	23
CRAVE STEVIA CHOCOLATE CHIPS & SWEETENER	10	LICK YOUR CHOPS DOG FOOD	23
DAIYA DELUXE CHEEZY MAC	10	LOTUS FOODS PRODUCTS	23
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	10	LOVE GOOD FATS KETO BAR	23
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	10,11	LUCKY FOODS SPRING ROLLS (FROZEN)	23
DIVINE CHOCOLATE BAR	11	LUNDBERG RICE	24
DJ&A VEGETABLE SNACKS	11	LUNDBERG PRODUCTS	24
DOM'S DEODORANT	11	MADEGOOD GRANOLA SNACKS	24
DUMET OLIVES	11	MAISON ORPHEE OIL	24
EARTH BALANCE SPREAD & STICKS (REFRIGERATED)	11	MARUKAN RICE VINEGAR	24
EARTH FRIENDLY DISHWASHING PRODUCTS	11	MARY'S ORGANIC CRACKERS	24
EARTHBOUND FARM ORGANIC FRUIT & VEGETABLES (FROZEN)	11,12	MILLSTREAM FLOUR MILL FLOUR	25
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED)	12	MINTIQ SUGAR FREE MINTS	25
ECOPOOCH COMPOSTABLE DOGGIE BAGS	12	MIYOKO'S VEGAN BUTTER & NON-DAIRY CHEESE ALTERNATIVE (REFRIGERATED)	25
ECO-MAX LAUNDRY PRODUCTS	12	MODERN MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	25
ECOSAFE~6400 COMPOSTABLE BAGS	12	MOUNTAIN SKY BODY CARE	25
EDEN PRODUCTS	12	MUIR GLEN CANNED TOMATOES	25
EDWARD & SONS EXOTIC RICE TOASTS	12	NATIVE FOREST PRODUCTS	25
ELIMENTO NUT & SEED BUTTERS	12,13	NATURA DAIRY-FREE BEVERAGE (ASEPTIC CARTON)	25
ENJOY LIFE BAKING CHOCOLATE	13	NATURE CLEAN LAUNDRY PRODUCTS	26
EVE'S CRACKERS	13	NATURE'S NUTS NUT & SEED BUTTER	26
EVIVE SMOOTHIE CUBES (FROZEN)	13	NATURE'S PATH PRODUCTS	26
FATSO NUT & SEED BUTTER	13	NAVITAS ORGANICS PRODUCTS	26
FERIDIES PEANUTS	13	NOBLE JERKY VEGAN JERKY	26
FEVER-TREE DRINK MIXER	13	NOOCHPOPI VEGAN CHEESY POPCORN	26
FIELD ROAST CHAO SLICES (REFRIGERATED)	13	NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED)	26
FIELD ROAST MEAT & CHEESE CO. PLANT BASED APPETIZERS & MEAT ALTERNATIVES (FROZEN)	13	NUNWEILER'S FLOUR CO ORGANIC FLOUR	27
FLORIDA CRYSTALS SUGAR	13	NUTIVA HAZELNUT SPREAD	27
FLOW ALKALINE SPRING WATER	13	NUTMEG MYLK DAIRY FREE BEVERAGE (REFRIGERATED)	27
FOOD FOR LIFE EZEKIEL 4:9 CEREAL	13	O'DOUGHS BUNS (FROZEN)	27
FOOD FOR LIFE BREADS, ENGLISH MUFFINS & TORTILLAS (FROZEN)	14	OLIVADO OIL	27
FOUR O'CLOCK TEA	14	OMEGA 3 NUTRACLEANSE FIBRE BLEND	27
FREEYUMM CRACKERS	14	OPUS ALCOHOL FREE BEVERAGE	27
FRONTERA GOURMET MEXICAN PRODUCTS	14	PACIFIC FOODS BROTH & SOUP	27
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN)	14	PAMELA'S PRODUCTS	28
GENUINE TEA CO. TEA	15	PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	28
GIMME ORGANIC ROASTED SEAWEED	15	PATIENCE FRUIT & CO PRODUCTS	28
GLUTINO PRODUCTS	15	PERFECT CHEF TOMATO PASTA SAUCE	28
		PORTOFINO BAKERY BREAD (FROZEN)	28

PRANA ORGANIC PRODUCTS	28,29	SUNFLOWER KITCHEN VEGETARIAN SOUP & CHILI (REFRIGERATED)	34
PROBAR NUTRITIONAL FOOD BAR	29	SUPERIOR NATURAL TOFU (REFRIGERATED)	34
PUKKA ORGANIC TEA	29	TASTY BITE HEAT & SERVE RICE	34
QUE PASA TACO SHELLS & TORTILLA CHIPS	29	TAZO TEA	34,35
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD	30	TERRA BREADS SMALL BATCH GRANOLA	35
RICEWORKS GOURMET RICE CHIPS	30	TERRA DELYSSA OLIVE OIL	35
RICEWORKS O3MG FRUIT BARS	30	THAI KITCHEN PRODUCTS	35
RISE KOMBUCHA (REFRIGERATED)	30	THAYERS REMEDIES WITCH HAZEL	35
RIZOPIA RICE PASTA	30,31	THE VERY GOOD CHEESE CO. PLANT-BASED CHEESE (REFRIGERATED)	35
ROCKY MOUNTAIN FLATBREAD PIZZA CRUST & PIZZA (FROZEN)	31	THEO CHOCOLATE	35,36
SAFE CATCH LOW MERCURY CANNED SEAFOOD	31	THIRSTY BUDDHA COCONUT WATER	36
SALT SPRING COFFEE COMPOSTABLE		THOMPSON'S HOMEOPATHIC CRÈME	36
SINGLE-SERVE BREW PODS	31	TINKYADA RICE PASTA	36
SALT SPRING COFFEE	31	TMRW FOODS MEAT ALTERNATIVE (FROZEN)	36
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS	31	TOFINO RAW KOMBUCHA (REFRIGERATED)	36
SEOUL PRODUCTS	32	TOFURKY MEAT ALTERNATIVE (REFRIGERATED)	37
SEVENTH GENERATION PRODUCTS	32	TRADITIONAL MEDICINALS TEA	37
SILK PRODUCTS	32	TRIPLE JIM'S ALL NATURAL JUICE MADE FROM BC FRUIT	37
SKINNYPOP POPCORN	32	TWO BEARS OAT MILK TEA LATTE	37
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER	32	UDI'S PRODUCTS (FROZEN)	37
SOL CUISINE PLANT-BASED MEAT ALTERNATIVE (FROZEN)	33	VEGGIE FAST FOODS VEGGIE PÂTÉ (REFRIGERATED)	38
SOTA SPARKLING TEA + ADAPTOGENS	33	VIJ'S INDIAN CUISINE (FROZEN)	38
SOUTHERN RECIPE SMALL BATCH PORK RINDS	33	WHITEWATER COOKS DRESSING & MARINADE	38
SPECTRUM MAYONNAISE & OIL	33	WHOLE ALTERNATIVES POPCORN	38
SPERRI PLANT-BASED MEAL REPLACEMENT	33	WILD COUNTRY HONEY	38
SPREAD 'EM KITCHEN CO. CASHEW CHEEZE (REFRIGERATED)	34	WILDBRINE FERMENTED SAUCE & VEGETABLES (REFRIGERATED)	38
ST. MICHAEL HONEY	34	WIZE COFFEE LEAF ICED TEA	38
STAHLBUSH ISLAND FARMS FRUIT (FROZEN)	34	YOGI BEVERAGE TEA	38
STASH TEA	34	ZAZUBEAN CHOCOLATE BAR	38,39
STELLA'S PEROGIES (FROZEN)	34	ZEVIA ZERO CALORIE ENERGY DRINK & STEVIA SWEETENED TEA BEVERAGE	39
STICKLING'S BAKERY PRODUCTS	34	CLEARANCE	40>42

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

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

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

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

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

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

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

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

PSC Management Team

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

You will notice many pricechanges 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

2022 Container Recycling Fees



Fees effective February 1, 2022

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	1 ¢
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	4 ¢
Glass	0 - 1L	10 ¢	10 ¢
	> 1L	10 ¢	16 ¢
Bi-Metal	0 - 1L	10 ¢	1 ¢
	> 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 ¢	4 ¢
Bag-In-Box	> 1L	10 ¢	12 ¢

2022 Container Recycling Fees



Fees effective February 1, 2022

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	1 ¢
Plastic	0 - 1L	10 ¢	5 ¢
	> 1L	10 ¢	9 ¢
Glass	0 - 1L	10 ¢	10 ¢
	> 1L	10 ¢	16 ¢
Bi-Metal	0 - 1L	10 ¢	1 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	2 ¢
	501ml - 1L	10 ¢	2 ¢
Gable Top	0 - 1L	10 ¢	6 ¢
	> 1L	10 ¢	6 ¢
Polystyrene Cups	0 - 500ml	10 ¢	5 ¢

MILK

☞ = Verified NON-GMO / B = Bulk / GF = Certified Gluten Free / V = Certified Vegan / * = Certified Organic

@ = Certified Fair Trade / + = Made in Canada / BC = BC Product / ☐ = Canadian Company

X = NO SPLITS / G = GST / P = PST / U = Container Recycling Fee / (S/O) = Special Order (See Rep for Lead Time & Pricing)



MONTHLY SPECIALS

ALIMENTS TRIGONE | CEREAL - 10% OFF

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

ALTER ECO | CHOCOLATE TREAT - UP TO \$5.70 OFF

817670 011188 35312 GMO GF * @ X Bar, Dark Chocolate, Super Blackout, 90% Cacao, Organic 12 / 75g G
817670 012499 35313 GMO GF * @ X Bar, Dark Chocolate, Total Blackout, 100% Cacao, Organic 12 / 75g G
817670 012109 35240 GMO GF * @ X Bar, Grass Fed Milk Chocolate, Classic, 46% Cacao, Organic 12 / 75g G
817670 012116 35241 GMO GF * @ X Bar, Grass Fed Milk Chocolate, Almond, 46% Cacao, Organic 12 / 75g G
817670 011720 35311 GMO GF * @ X Bar, Dark Chocolate, Mint Blackout, 90% Cacao, Organic 12 / 75g G
817670 010204 35232 GMO GF V * @ X Bar, Dark Chocolate, Classic Blackout, 85% Cacao, Organic 12 / 80g G
817670 011164 35310 GMO GF V * @ X Bar, Dark Chocolate, Salted Almonds, 70% Cacao, Organic 12 / 80g G
817670 010518 35284 GMO GF V * @ X Bar, Dark Chocolate, Sea Salt, 70% Cacao, Organic 12 / 80g G
817670 010259 35237 GMO GF * @ X Bar, Dark Chocolate, Coconut Toffee, 47% Cacao, Organic 12 / 80g G
817670 010242 35236 GMO GF V * @ X Bar, Dark Chocolate, Quinoa Crunch, 60% Cacao, Organic 12 / 80g G
817670 010525 35285 GMO GF * @ X Bar, Dark Chocolate, Brown Butter, 70% Cacao, Organic 12 / 80g G
817670 010532 35286 GMO GF * @ X Bar, Dark Chocolate, Burnt Caramel, 70% Cacao, Organic 12 / 80g G
817670 010396 14449 GMO GF * @ Truffles, Dark Chocolate, Classic, 58% Cacao, Organic (10ct) 8 / 120g G
817670 010648 14476 GMO GF * @ Truffles, Dark Chocolate, Salted Caramel, 58% Cacao, Organic (10ct) 8 / 120g G
817670 010631 14475 GMO GF * @ Truffles, Dark Chocolate, Sea Salt, 58% Cacao, Organic (10ct) 8 / 120g G
817670 010402 14450 GMO GF * @ Truffles, Dark Milk Chocolate, Silk Velvet, 39% Cacao, Organic (10ct) 8 / 120g G

AMANO | MISO (REFRIGERATED) - 10% OFF

067334 001011 40062 GMO * BC P Miso, Shiro, Organic 10 / 1kg

AMUSE BOOSH | VEGGIE PATE (REFRIGERATED) - \$5.19 OFF

855722 000261 25205 BC P Veggie Pate, Chili Garlic 8 / 175g
855722 000247 25203 BC P Veggie Pate, Herb 8 / 175g
855722 000254 25204 BC P Veggie Pate, Tomato Olive 8 / 175g

AMY'S | ENTRÉES (FROZEN) - \$4.50 OFF

042272 910564 54645 GF X Bowls, 3 Cheese & Kale Bake 12 / 241g
042272 908110 54485 GF X Bowls, Broccoli & Cheddar Bake 12 / 269g
042272 910571 54677 GF X Bowls, Chili Mac 12 / 255g
042272 901623 54679 X Bowls, Country Cheddar 12 / 269g
042272 901630 54678 X Bowls, Mexican Casserole 12 / 269g
042272 911295 54646 X Bowls, Ravioli 12 / 241g
042272 910052 54588 GF X Chinese Noodles & Veggies 12 / 269g
042272 900800 54459 X Enchilada, Cheese 12 / 255g
042272 900589 54433 X Indian Meal, Mattar Paneer 12 / 284g
042272 900596 54432 X Indian Meal, Palak Paneer 12 / 283g
042272 902507 54426 X Indian Meal, Vegetable Korma 12 / 269g
042272 900329 54465 X Lasagna, Vegetable 12 / 269g
042272 908141 54420 GF V X Lasagna, Vegetable 12 / 255g



STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
042272 909780	54585			X Thai, Green Curry	12 / 284g
042272 909247	54283			X Thai, Pad Thai	12 / 269g
042272 909223	54282			X Thai, Red Curry	12 / 284g
042272 900572	54647			X Whole Meal, Enchilada Dinner, Cheese	12 / 255g
042272 900510	54440			X Whole Meal, Enchilada Dinner, Spanish Rice & Beans (dairy-free)	12 / 284g
042272 900534	54442	V		X Whole Meal, Veggie Loaf	12 / 284g
AMY'S PRODUCTS - UP TO \$4.50 OFF					
042272 905171	10218	GMO	V *	Baked Beans, Organic	12 / 398ml
042272 905119	38222		GF *	CHILI, w/Vegetables, Medium, Organic	12 / 398ml
042272 905102	38221	GMO	GF *	CHILI, Medium, Organic	12 / 398ml
042272 905126	38223	GMO	GF *	CHILI, Spicy, Organic	12 / 398ml
042272 905515	10266	GMO	V *	Refried Beans, Black Beans, Organic	12 / 398ml
042272 905508	10265	GMO	V *	Refried Beans, Traditional, Organic	12 / 398ml
042272 905522	10267	GMO	V *	Refried Beans, With Green Chiles, Organic	12 / 398ml
042272 905140	38321		*	Soup, Alphabet, Organic	12 / 398ml
042272 905041	38157		GF *	Soup, Black Bean, Organic	12 / 398ml
042272 905348	38328		*	Soup, Butternut Squash, Organic	12 / 398ml
042272 907403	38322	GMO	*	Soup, Carrot Ginger, Organic	12 / 398ml
042272 905867	38609		GF *	Soup, Chunky Tomato Bisque, Lower in Sodium, Organic	12 / 398ml
042272 905362	38067		GF *	Soup, Chunky Tomato Bisque, Organic	12 / 398ml
042272 905409	38668		GF *	Soup, Chunky Vegetable, Organic	12 / 398ml
042272 905065	38155		*	Soup, Cream of Mushroom, Organic	12 / 398ml
042272 905010	38156		GF *	Soup, Cream of Tomato, Organic	12 / 398ml
042272 905478	38669		GF *	Soup, Fire Roasted Southwestern Vegetable, Organic	12 / 398ml
042272 905911	38716		GF *	Soup, French Country Vegetable, Organic	12 / 398ml
042272 905935	38715		GF *	Soup, Golden Lentil Dal, Organic	12 / 398ml
042272 905836	38666		GF *	Soup, Lentil Low Sodium, Organic	12 / 398ml
042272 905829	38607		GF *	Soup, Lentil Vegetable, Lower in Sodium, Organic	12 / 398ml
042272 905355	38330		GF *	Soup, Lentil Vegetable, Organic	12 / 398ml
042272 905027	38152		GF *	Soup, Lentil, Organic	12 / 398ml
042272 905850	38667		*	Soup, Minestrone, Low Sodium, Organic	12 / 398ml
042272 905072	38154		*	Soup, Minestrone, Organic	12 / 398ml
042272 906260	38751	GMO	GF *	Soup, Mushroom Bisque w/Porcini, Organic	12 / 398ml
042272 905034	38153		*	Soup, No Chicken Noodle, Organic	12 / 398ml
042272 906697	38783	GMO	GF *	Soup, Quinoa, Kale & Red Lentil, Organic	12 / 398ml
042272 905843	38608		GF *	Soup, Split Pea, Lower in Sodium, Organic	12 / 398ml
042272 905058	38216		GF *	Soup, Split Pea, Organic	12 / 398ml
042272 905089	38217		*	Soup, Vegetable Barley, Organic	12 / 398ml
ANITA'S ORGANIC PRODUCTS - UP TO 15% OFF					
623636 995351	22912	GMO	GF *	BC Almond Flour, Organic	4 / 375g
623636 993340	22252		GF *	Coconut Flour, Organic	4 / 680g
623636 720113	22925		GF *	BC Flour, GF Brown Rice Flour, Organic	4 / 850g
623636 998970	22134	GMO	GF *	BC Flour, Gluten Free Tapioca, Organic	4 / 850g
623636 710053	22924		GF *	BC Flour, GF Oat Flour, Organic	4 / 900g
623636 998956	22133	GMO	GF *	BC Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 998550	20261		*	BC Sprouted High Protein Flour, Whole Grains & Beans, Organic	4 / 1kg
623636 995504	22913		*	Sprouted Light Buckwheat Flour, Organic	4 / 1kg

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623636 993302	22239	*	BC	Ⓟ	Sprouted Whole Spelt Flour, Organic	4 / 1kg	_____		
623636 993104	22240	*	BC	Ⓟ	Sprouted Whole Wheat Flour, Hard Red Spring Wheat, Organic	4 / 1kg	_____		
623636 998895	21018	GMO	*	+	Ⓟ	Flour, 60/40 Bakers Blend, Organic	4 / 2kg	_____	
623636 998994	20103	GMO	GF	*	+	Ⓟ	Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 900g	_____
623636 999014	28074	GMO	GF	*	+	Ⓟ	Gluten Free Steel Cut Oats, Organic	4 / 900g	_____
623636 700023	22921	GMO	B	*	+	Ⓟ	Rolled Oats, Old Fashioned, Organic	4 / 2.5kg	_____
623636 999069	02042		GF	*	BC	Ⓟ	Pancake & Waffle Mix, Organic	4 / 800g	_____
623636 113007	02263		*	BC	Ⓟ	Pancake & Waffle Mix, Ancient Grain, Organic	4 / 1kg	_____	
623636 100014	02041		*	BC	Ⓟ	Pancake & Waffle Mix, Multigrain, Organic	4 / 1kg	_____	
623636 700061	20104	GMO	*	+	Ⓟ	Rolled Oats, Quick, Organic	4 / 1kg	_____	
623636 700016	20067	GMO	*	+	Ⓟ	Rolled Oats, Old Fashioned, Organic	4 / 1kg	_____	
623636 700207	28073	GMO	*	+	Ⓟ	Steel Cut Oats, Organic	4 / 1kg	_____	
ANNIE'S HOMEGROWN PRODUCTS - UP TO 10% OFF									
013562 000388	16128				Baked Snack Crackers, Cheddar Bunnies	12 / 213g	_____		
013562 001842	16693				Baked Snack Crackers, Cheddar Squares	12 / 213g	_____		
013562 000364	16615				Baked Snack Crackers, White Cheddar Bunnies	12 / 213g	_____		
013562 111510	16526	GMO	GF	*	BUNNY FRUIT, Berry Patch, Organic	12 / 5x23g	G		
013562 111503	16525	GMO	GF	*	BUNNY FRUIT, Summer Strawberry, Organic	12 / 5x23g	G		
013562 000418	16168				Bunny Grahams, Chocolate	12 / 213g	_____		
013562 000401	16167				Bunny Grahams, Honey	12 / 213g	_____		
013562 000258	38356				Bunny Shape Pasta w/Yummy Cheese	12 / 170g	_____		
065633 173040	38431	GMO	*		Cereal, Cinnamon Crunch, Organic	10 / 260g	_____		
065633 173064	38430	GMO	*		Cereal, Honey Nut O's, Organic	10 / 235g	_____		
013562 000500	38649				Classic Macaroni & Cheese	12 / 170g	_____		
013562 119042	38425				Deluxe Rich & Creamy, Shells & Cheddar Cheese Sauce	12 / 312g	_____		
013562 119035	38424				Deluxe Rich & Creamy, Shells & White Cheddar Cheese Sauce	12 / 312g	_____		
065633 178687	16110	GMO	*		Granola Bars, Chocolate Dipped Caramel, Organic	12 / 5x26g	G		
065633 178670	16111	GMO	*		Granola Bars, Chocolate Dipped Chocolate Chip, Organic	12 / 5x26g	G		
065633 178618	16112	GMO	*		Granola Bars, Chocolate Drizzle Chocolate Chip, Organic	12 / 5x26g	G		
013562 049080	16757		*		Grass Fed Classic Mild Cheddar Macaroni & Cheese, Organic	12 / 170g	_____		
013562 049073	16758		*		Grass Fed Shells & White Cheddar, Organic	12 / 170g	_____		
013562 498857	38790				Macaroni & Cheese, Four Cheese w/Mini Penne Pasta	12 / 156g	_____		
013562 498840	38791				Macaroni & Cheese, Spirals with Butter & Parmesan	12 / 149g	_____		
013562 000203	38421				Petite Shells & White Cheddar	12 / 170g	_____		
013562 000432	38485		GF	*	Rice Pasta & Cheddar	12 / 170g	_____		
013562 000425	38670		GF	*	Rice Pasta Shells & White Cheddar	12 / 170g	_____		
013562 000395	38482				Shells & Real Aged Wisconsin Cheddar	12 / 170g	_____		
ANTOINETTE'S DIP & SAUCE (REFRIGERATED) - 15% OFF									
628399 100295	23122		BC	Ⓟ	Dip & Sauce, Salt Spring	6 / 375ml	_____		
ARIZONA PEPPER'S HOT SAUCE - 10% OFF									
027328 120548	18182		GF	*	Chipotle Habañero Sauce, Organic	12 / 148ml	_____		
027328 120296	18181		GF	*	Habañero Pepper Sauce, Organic	12 / 148ml	_____		
027328 120043	18180		GF	*	Jalapeño Pepper Sauce, Organic	12 / 148ml	_____		



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ATLANTIC MARICULTURE DULSE - 10% OFF					
067835 774056	24200	*	+ 🌱	Dulse, Organic	12 / 40g
BARBARA'S BAKERY CHEESE PUFFS - \$3.08 OFF					
070617 004722	36111			X Cheese Puffs, Baked, Original	12 / 155g G
070617 004739	36128			X Cheese Puffs, Baked, White Cheddar	12 / 155g G
070617 004708	36109			X Cheese Puffs, Original	12 / 198g G
070617 004715	36110			X Cheese Puffs, Jalapeño	12 / 198g G
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN) - \$4.00 OFF					
850004 207017	56200	GMO	V	X BEYOND BURGER	8 / 226g
810057 290275	56209	GMO	V	X BEYOND BREAKFAST SAUSAGE, Classic Links	8 / 235g
BIOITALIA PRODUCTS - 10% OFF + VOLUME PRICING					
661475 310010	33068		*	Chopped Tomatoes, Organic (can)	12 / 398ml
				Buy 50+ cases (398ml Tomato Skus ONLY)	Save 10%
661475 300011	33049		*	Whole Tomatoes, Peeled, Organic (can)	12 / 398ml
				Buy 50+ cases (398ml Tomato Skus ONLY)	Save 10%
661475 205040	33145		*	X Purée, Energy, Apple, Kiwi & Spinach, Organic (pouch)	6 / 120g
661475 202049	33142		*	X Purée, Energy, Apple, Strawberry & Banana, Organic (pouch)	6 / 120g
				Buy 30+ cases (PUREE SKUS ONLY)	Save 10%
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE - UP TO \$13.52 OFF + VOLUME PRICING					
041570 094464	16673	GMO		ALMOND BREEZE, Almond Coconut, Unsweetened	12 / 946ml U
041570 052747	06183	GMO		ALMOND BREEZE, Chocolate	12 / 946ml U
041570 052723	16671	GMO		ALMOND BREEZE, Original	12 / 946ml U
041570 059609	06731	GMO		ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml U
041570 055311	06088	GMO		ALMOND BREEZE, Unsweetened Original	12 / 946ml U
041570 055830	06613	GMO		ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml U
041570 052730	06181	GMO		ALMOND BREEZE, Vanilla	12 / 946ml U
				Buy 5-10 cases (946ml only)	Save 3.95
				Buy 11-19 cases (946ml only)	Save 4.95
				Buy 20+ cases (946ml only)	Save 5.60
041570 054314	06816	GMO		ALMOND BREEZE, Original	8 / 1.89L U
041570 109175	07220			Almond Breeze, Original, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109182	07221			Almond Breeze, Unsweetened Original, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109151	07222			Almond Breeze, Vanilla, Fresh (REFRIGERATED)	6 / 1.89L U
041570 109168	07223			Almond Breeze, Unsweetened Vanilla, Fresh (REFRIGERATED)	6 / 1.89L U
041570 054505	06817	GMO		ALMOND BREEZE, Unsweetened Original	8 / 1.89L U
041570 057957	06999	GMO		ALMOND BREEZE, Unsweetened Vanilla	8 / 1.89L U
BLUE MONKEY PURE COCONUT WATER - UP TO 10% OFF + VOLUME PRICING					
059654 170034	06896	GMO		🌱 X Pure Coconut Water (can)	24 / 330ml U
				Buy 5-15 cases (06896 Only)	Save 3.60
				Buy 16+ cases (06896 Only)	Save 4.80
059654 170027	06907	GMO		🌱 X Pure Coconut Water with Pulp (can)	24 / 520ml U
059654 170010	07060	GMO		🌱 X Pure Coconut Water (can)	24 / 520ml U
				Buy 5-15 cases (520ml Skus Only)	Save 4.80
				Buy 16+ cases (520ml Skus Only)	Save 6.00
059654 120213	05536	GMO		🌱 X Pure Coconut Water (can)	12 / 520ml U
059654 120220	05537	GMO		🌱 X Pure Coconut Water with Pulp (can)	12 / 520ml U



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BLUEBIRD PROVISIONS BONE BROTH - UP TO 10% OFF					
627843 623564	68604	*	BC P X	Bone Broth, Beef, Organic (FROZEN)	6 / 420ml
627843 623571	68605	*	BC P X	Bone Broth, Chicken, Organic (FROZEN)	6 / 420ml
627843 623557	68603		BC P	Instant Bone Broth Mix, Chicken	6 / 200g
BOB'S RED MILL PRODUCTS - UP TO 14% OFF					
039978 002198	34244	GF	X	Baking Mix, Bread, Homemade Wonderful	4 / 454g
039978 341211	30532	GMO	X	OATMEAL, Scottish	4 / 567g
039978 329561	30519	GMO	*	X OATMEAL, Scottish, Organic	4 / 567g
039978 349545	30510	GMO	*	X Rolled Oats, Extra Thick, Organic	4 / 454g
039978 339539	30512	GMO	*	X Rolled Oats, Quick Cooking, Organic	4 / 454g
039978 359544	30511	GMO	*	X Rolled Oats, Extra Thick, Organic	4 / 907g
039978 323866	30552	GMO GF	*	X Gluten Free Rolled Oats, Extra Thick, Organic	4 / 907g
039978 323750	30540	GMO	X	Rolled Oats, Old Fashioned	4 / 907g
039978 349521	30514	GMO	*	X Rolled Oats, Old Fashioned, Organic	4 / 454g
039978 323873	30551	GMO GF	*	X Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 907g
039978 323767	30530	GMO GF	X	X Gluten Free Rolled Oats, Quick Cooking	4 / 794g
039978 359520	34252	GMO	*	X NEW! Rolled Oats, Old Fashioned (regular), Organic	4 / 907g
039978 002549	34238	GMO GF	X	Sorghum, Whole Grain	4 / 680g
039978 341402	30534	GMO	X	Steel Cut Oats	4 / 680g
039978 323736	30541	GMO GF	X	Gluten Free Steel Cut Oats	4 / 680g
039978 329578	30518	GMO	*	X Steel Cut Oats, Organic	4 / 680g
BRAGG ALL PURPOSE SEASONING - UP TO 11% OFF					
074305 101168	14075	GF	* +	Apple Cider Vinegar, Organic	12 / 473ml
074305 100321	14072	GMO GF		Liquid Soy Seasoning	12 / 946ml
BREMNER'S FRUIT (FROZEN) - \$6.00 OFF					
834644 005028	55017	*	BC P X	Blackberries, Organic (stand-up pouch)	12 / 600g
834644 005066	55001		BC P X	Blueberries (stand-up pouch)	12 / 600g
834644 005042	05253	*	BC P X	Dark Tart Cherries, Organic (stand-up pouch)	12 / 600g
834644 005035	55018	*	BC P X	Mangos, Organic (stand-up pouch)	12 / 600g
BUCHA BREW KOMBUCHA - 15% OFF					
628110 435354	17252	GMO	* BC P	Kombucha Lite, Grapefruit, Organic	6 / 4x355ml G P U
628110 435330	17250	GMO	* BC P	Kombucha Lite, Lime, Organic	6 / 4x355ml G P U
628110 435347	17251	GMO	* BC P	Kombucha Lite, Lemon, Organic	6 / 4x355ml G P U
628110 435453	17238		BC P	Kombucha Lite, Lime	12 / 355ml G P U
628110 435460	17239		BC P	Kombucha Lite, Lemon	12 / 355ml G P U
628110 435477	17240		BC P	Kombucha Lite, Grapefruit	12 / 355ml G P U
628110 435293	17227		BC P	Kombucha, Blueberry (REFRIGERATED)	12 / 355ml G P U
628110 435262	17225		BC P	Kombucha, Ginger (REFRIGERATED)	12 / 355ml G P U
628110 435286	17229		BC P	Kombucha, Grapefruit (REFRIGERATED)	12 / 355ml G P U
628110 435224	17216		BC P	Kombucha, Mango (REFRIGERATED)	12 / 355ml G P U
628110 435231	17215		BC P	Kombucha, Passionfruit (REFRIGERATED)	12 / 355ml G P U
628110 435415	17241		BC P	Kombucha, Pineapple (REFRIGERATED)	12 / 355ml G P U
628110 435279	17226		BC P	Kombucha, Raspberry (REFRIGERATED)	12 / 355ml G P U
CABOO TREE-FREE PAPER PRODUCTS - 10% OFF					
627843 202776	46293	GMO	P	Bath Tissue (300 sheets per roll)	6 / 12pk G P
627843 347897	46305	GMO	P	Bath Tissue, Plastic Free Wap (300 sheets per roll)	3 / 24pk G P
627843 347835	46451	GMO	P	Facial Tissue	12 / 120ct G P
627843 202783	46452	GMO	P	Facial Tissue Cube	12 / 60ct G P

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CAFE ALTURA INSTANT ORGANIC COFFEE - 10% OFF					
032843 338088	35851	GMO	* @	Instant Coffee, Decaffeinated, Organic	6 / 100g
032843 338019	35850	GMO	* @	Instant Coffee, Medium Roast, Organic	6 / 100g
CALIFIA BARISTA BLEND - 15% OFF					
813636 022809	62242	GMO		Barista Blend Oat Beverage	6 / 946ml
CALIFIA FARMS DAIRY-FREE BEVERAGE (REFRIGERATED) - \$2.90 OFF					
813636 020553	62200	GMO		Beverage, Almond Unsweetened	6 / 1.4L U
813636 020614	62202	GMO		Beverage, Almond Unsweetened Vanilla	6 / 1.4L U
813636 020577	62203	GMO		Beverage, Almond Original	6 / 1.4L U
813636 022359	62240	GMO		Beverage, Oat	6 / 1.4L U
813636 022977	62241	GMO		Beverage, Oat Vanilla	6 / 1.4L U
813636 021741	62232	GMO		Coconut Milk & Coconut Water Blend	6 / 1.4L 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
CASA BONITA CANTINA STYLE TORTILLA CHIPS - 25% OFF					
627843 861058	56603	GMO	* + 📦	X Tortilla Chips, Organic	6 / 300g G
627843 861102	56604		+ 📦	X Tortilla Chips, Spent Grain Beer	6 / 300g G
627843 861096	56605		+ 📦	X Tortilla Chips, Tajin	6 / 300g G
CASBAH AUTHENTIC GRAIN & MIX - UP TO 15% OFF + VOLUME PRICING					
072934 000104	38532	GMO		Couscous, Multigrain	8 / 180g
072934 000081	38531	GMO		Couscous, Pearl	8 / 180g
				Buy 20+ cases	Save 5%
072934 000111	38530	GMO	*	Couscous, Pearl, Organic	6 / 600g
				Buy 20+ cases	Save 5%
072934 692477	38528	GMO		Couscous, Original	12 / 340g
072934 692309	33051	GMO		Mix, Falafel	12 / 284g
072934 692279	33059	GMO		Mix, Tabouli Salad	12 / 170g
				Buy 20+ cases	Save 5%
CENTRAL ROAST POPCORN - 10% OFF					
685220 007178	17503	GMO	GF * + 📦	Tri Colour Popcorn, Organic	6 / 425g G
685220 007185	17502	GMO	GF * + 📦	Yellow Popcorn, Organic	6 / 425g
CHA'S ORGANICS PRODUCTS - UP TO 15% OFF					
806253 000343	91306	GMO	GF V * @ 📦	X Cinnamon, Ceylon, Ground, Organic	1 / 500g
806253 210414	15080	GMO	* @ 📦	Coconut Milk, Premium, Organic	12 / 400ml
806253 600512	15042	GMO	* @ 📦	Coconut Oil, Deodorized, Organic	6 / 500ml
806253 600505	15043	GMO	* @ 📦	Coconut Oil, Virgin, Organic	6 / 500ml
806253 210483	15041	GMO	* @ 📦	Coconut Whipping Cream, Organic	6 / 400ml
CHIMES CANDY - 10% OFF					
051299 111069	35327			X Herbal Chews, Dark Cocoa	6 / 72g G
051299 111052	35328			X Herbal Chews, Tranquil Turmeric	6 / 72g G
CHIWIS SUPERFRUIT SNACK - 10% OFF + VOLUME PRICING					
628451 225010	11307			📦 X Fruit Chips, Kiwi, Original	12 / 50g G
628451 225027	11308			📦 X Fruit Chips, Kiwi, Tropical	12 / 50g G
628451 225263	11352			📦 X Fruit Chips, Mango	12 / 50g G
628451 225287	11350			📦 X Fruit Chips, Orange	12 / 50g G
628451 225270	11351			📦 X Fruit Chips, Pina (pineapple)	12 / 50g G
				Buy 10+ cases	Save 5%
CHOSEN FOODS CULINARY OIL - 15% OFF					
815074 023516	32319	GMO	*	Oil Spray, Chosen Blend, Organic	6 / 134g
CLAWHAMMER ORGANIC MINTS - \$1.43 OFF					
628371 190481	35119	GMO	* + 📦	X Mints, Black Licorice, Organic	12 / 30g G
628371 190313	35120	GMO	* + 📦	X Mints, Hot Cinnamon, Organic	12 / 30g G
628371 190320	35121	GMO	* + 📦	X Mints, Spicy Ginger Root, Organic	12 / 30g G
628371 190306	35122	GMO	* + 📦	X Mints, Strong Peppermint, Organic	12 / 30g G



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CLIF BAR - UP TO \$2.64 OFF					
722252 606426	37132	GMØ		X BUILDER's Protein Bar, Chocolate	12 / 68g G
722252 606440	37340	GMØ		X BUILDER's Protein Bar, Chocolate Mint	12 / 68g G
722252 606419	37133	GMØ		X BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g G
722252 192336	37599	GMØ	*	ORGANIC ZBARS, Chocolate Brownie	6 / 5x36g G
722252 192343	37611	GMØ	*	ORGANIC ZBARS, Chocolate Chip	6 / 5x36g G
722252 192326	37612	GMØ	*	ORGANIC ZBARS, Iced Oatmeal Cookie	6 / 5x36g G
722252 128003	37734	GMØ	* +	X Nut Butter Filled Energy Bar, Chocolate Hazelnut Butter, Organic	12 / 50g G
722252 128102	37735	GMØ	* +	X Nut Butter Filled Energy Bar, Chocolate Peanut Butter, Organic	12 / 50g G
722252 028037	37737	GMØ	* +	X Nut Butter Filled Energy Bar, Peanut Butter, Organic	12 / 50g G
CLOUD 9 GLUTEN-FREE BAKING MIX - 10% OFF					
816512 001776	21060	GF	BC	☞	Cake & Cupcake Mix, Vanilla 8 / 600g
COCONUT SECRET SAUCE - 10% OFF					
851492 002368	14701	GMØ	GF	*	Soy-Free Sauce, Teriyaki, Organic 12 / 296ml
851492 002047	37386	GMØ	GF	*	Soy Sauce Substitute, Organic 12 / 237ml
GRAVE STEVIA CHOCOLATE CHIPS & SWEETENER - 10% OFF					
884063 000692	23032	GMØ		BC ☞	Chocolate Chips 6 / 200g
884063 000678	23030	GMØ	*	BC ☞	Stevia Bakers Blend, Brown, Organic 6 / 380g
884063 000661	23031	GMØ	*	BC ☞	Stevia Bakers Blend, White, Organic 6 / 380g
884063 000500	23034	GMØ	*	BC ☞	Stevia, Natural (shaker jar), Organic 6 / 45g
884063 300013	23033	GMØ	*	☞	SWEETNESS, Pure Erythritol, Organic 6 / 400g
DAIYA DELUXE CHEEZY MAC - \$3.78 OFF					
871459 002347	50162	GMØ	GF	V BC ☞	Deluxe Cheezy Mac, Alfredo Style 8 / 300g
871459 002330	50161	GMØ	GF	V BC ☞	Deluxe Cheezy Mac, Cheddar Style 8 / 300g
871459 002439	50008	GMØ	GF	V BC ☞	Deluxe Cheezy Mac, Cheddar Style & Bacon Flavoured Bits 8 / 300g
871459 002415	50009	GMØ	GF	V BC ☞	Deluxe Cheezy Mac, Four Cheeze Style with Herbs 8 / 309g
871459 002354	50163	GMØ	GF	V BC ☞	Deluxe Cheezy Mac, White Cheddar Style Veggie 8 / 300g
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - UP TO \$5.80 OFF					
871459 003245	50184	GMØ	GF	V BC ☞	CUTTING BOARD Shreds, Cheddar Style 12 / 200g
871459 003177	50131	GMØ	GF	V + ☞	CUTTING BOARD Shreds, Italian 4 Cheeze Blend 12 / 200g
871459 003658	50189	GMØ	GF	V BC ☞	CUTTING BOARD Shreds, Mexican 4 Cheeze 12 / 200g
871459 003238	50185	GMØ	GF	V BC ☞	CUTTING BOARD Shreds, Mozza Style 12 / 200g
871459 003665	50130	GMØ	GF	V BC ☞	CUTTING BOARD Shreds, Parmesan Style 12 / 200g
871459 003252	50186	GMØ	GF	V BC ☞	CUTTING BOARD Shreds, Spicy Monterey Jack 12 / 200g
871459 001203	50500	GMØ	GF	V BC ☞	Creamy Spread, Garlic & Herb 6 / 227g
871459 001197	50143	GMØ	GF	V BC ☞	Spread, Chive & Onion Cream Cheese Style 6 / 227g
871459 001173	50141	GMØ	GF	V BC ☞	Spread, Plain Cream Cheese Style 6 / 227g
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN) - UP TO \$7.33 OFF					
871459 002552	50317	GMØ	GF	V BC ☞ X	Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale 8 / 322g
871459 002538	50316	GMØ	GF	V BC ☞ X	Flatbread, Mushroom, Caramelized Onion & Fig 8 / 346g
871459 002989	50173	GMØ	GF	V BC ☞ X	Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free 8 / 472g
871459 002323	50144	GMØ	GF	V BC ☞ X	Pizza, Cheeze Lover's, Dairy-Free 8 / 444g



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871459 002521	50147	GMO GF V	BC P X	Pizza, Fire-Roasted Vegetable, Dairy-Free		8 / 492g	
871459 002705	50314	GMO GF V	+ P X	Pizza, Garlic & Herb Crust, Four Cheeze		8 / 390g	
871459 002712	50315	GMO GF V	+ P X	Pizza, Garlic & Herb Crust, Veggie Lover's		8 / 426g	
871459 002422	50145	GMO GF V	BC P X	Pizza, Margherita, Dairy-Free		8 / 462g	
871459 002996	50188	GMO GF V	BC P X	Pizza, Meatless Deli Style, Dairy-Free		8 / 542g	
871459 002828	50155	GMO GF V	BC P X	Pizza, Supreme, Dairy-Free		8 / 550g	
871459 002491	50311	GMO GF	BC P X	Vegetable Crust Pizza, Italian Herbs & Plant Based Cheeze		8 / 382g	
871459 002507	50313	GMO GF	BC P X	Vegetable Crust Pizza, Meatless Pepperoni Flavoured w/Jalapeño		8 / 405g	
871459 002514	50312	GMO GF	BC P X	Vegetable Crust Pizza, Mediterranean		8 / 411g	
DIVINE CHOCOLATE BAR - 15% OFF							
852749 004074	35606	V @	X	Dark Chocolate w/Ginger & Orange, 70% Cocoa		12 / 85g	G
852749 004067	35601	GMO V @	X	Dark Chocolate w/Mint, 70% Cocoa		12 / 85g	G
852749 004050	35608	GMO V @	X	Dark Chocolate w/Pink Himalayan Salt, 60% Cocoa		12 / 85g	G
852749 004081	35605	GMO V @	X	Dark Chocolate w/Raspberries, 70% Cocoa		12 / 85g	G
852749 004043	35600	GMO V @	X	Dark Chocolate, 70% Cocoa		12 / 85g	G
852749 004036	35607	GMO V @	X	Dark Chocolate, 85% Cocoa		12 / 85g	G
852749 004012	35602	@	X	Milk Chocolate		12 / 85g	G
852749 004029	35604	@	X	Milk Chocolate w/ Sea Salt and Toffee		12 / 85g	G
852749 004791	35603	@	X	White Chocolate w/Strawberries		12 / 85g	G
DJ&A VEGETABLE SNACKS - UP TO \$2.58 OFF							
853496 008056	31500		X	Crisps, Shiitake Mushroom		10 / 65g	G
853496 008407	31505		X	Crispy Beetroot Slices		14 / 35g	G
853496 008841	31503		X	Crispy Broccoli Florets		14 / 25g	G
853496 008032	31501		X	Veggie Crisps, Original		10 / 90g	G
DOM'S DEODORANT - 10% OFF							
628176 500126	88008	GMO	BC P	Cream Deodorant, Lavender & Rosemary		12 / 50ml	G P
628176 500119	88007	GMO	BC P	Cream Deodorant, Lemongrass & Cedar		12 / 50ml	G P
628176 500140	88010	GMO	BC P	Cream Deodorant, Natural, Unscented		12 / 50ml	G P
DUMET OLIVES - 10% OFF							
817861 010662	48054	*		Cerignola Green Italian, Organic (pouch)		10 / 270g	
817861 010686	48055			Leccino Black Italian (pouch)		10 / 150g	
EARTH BALANCE SPREAD & STICKS (REFRIGERATED) - VOLUME PRICING							
033776 011840	51100	V *		Traditional Spread, Organic		12 / 368g	
033776 011697	51104	V		Traditional Spread, Soy Free		12 / 425g	
						Buy 25+ cases (Cooler Skus only)	Save 5.04
033776 011727	42003	V		Traditional Spread, Original		12 / 425g	
						Buy 25+ cases (Cooler Skus only)	Save 5.04
033776 111700	51110	V		Traditional Spread, Olive Oil		6 / 368g	
						Buy 25+ cases (Cooler Skus only)	Save 2.52
033776 011826	42004	V		Vegan Cooking & Baking Sticks (4 pk)		18 / 454g	
						Buy 25+ cases (Cooler Skus only)	Save 5.04
EARTH FRIENDLY DISHWASHING PRODUCTS - \$1.26 OFF							
749174 097217	80737			Dishmate™ Free & Clear Dish Liquid		6 / 739ml	G P
749174 097224	80672			Dishmate™ Grapefruit Dish Liquid		6 / 739ml	G P
749174 097279	80699			Dishmate™ Lavender Dish Liquid		6 / 739ml	G P
EARTHBOUND FARM ORGANIC FRUIT & VEGETABLES (FROZEN) - 15% OFF							
032601 025311	63013	*		Berry Blend, Organic (bag)		12 / 300g	
032601 025304	63009	*		Blueberries, Organic (bag)		12 / 300g	
032601 025274	63016	*		Broccoli, Florets, Organic (bag)		12 / 300g	
032601 025250	63017	*		Butternut Squash, Organic (bag)		12 / 400g	

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032601 025298	63010	*	X	Cherries, Sweet Dark, Organic (bag)	12 / 300g		_____	
032601 025267	63022	*	X	Corn, Sweet, Organic (bag)	12 / 350g		_____	
032601 025212	63018	*	X	Green Beans, Whole, Organic (bag)	12 / 300g		_____	
032601 025540	63028	*	X	Kale, Organic (bag)	12 / 300g		_____	
032601 025335	63014	*	X	Mango Chunks, Organic (bag)	12 / 300g		_____	
032601 025229	63015	*	X	Peas, Green, Organic (bag)	12 / 350g		_____	
032601 025359	63024	*	X	Sliced Peaches, Organic (bag)	12 / 300g		_____	
032601 025243	63021	*	X	Spinach, Cut, Organic (bag)	12 / 300g		_____	
032601 025281	63011	*	X	Strawberries, Organic (bag)	12 / 300g		_____	
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED) - UP TO 15% OFF								
626027 087819	07233	GMQ	*	BC P	Beverage, Almond, Unsweetened, Organic (gable top)	6 / 1.75L	U	_____
626027 811056	07346	GMQ	@	BC P	Beverage, Oat, Chocolate (gable top)	6 / 1.75L	U	_____
626027 871050	08302	GMQ	*	BC P	NAKED Oat, Chocolate, Organic (gable top)	6 / 1.75L	U	_____
626027 871029	07353	GMQ	*	BC P	NAKED Oat, Organic (gable top)	6 / 1.75L	U	_____
626027 871043	08301	GMQ	*	BC P	NAKED Oat, Vanilla, Organic (gable top)	6 / 1.75L	U	_____
626027 811025	07327	GMQ		BC P	SO FRESH, Oat Original (gable top)	6 / 1.75L	U	_____
626027 811049	07328	GMQ		BC P	SO FRESH, Oat Vanilla (gable top)	6 / 1.75L	U	_____
626027 087802	07232	GMQ	*	BC P	SO NICE, Almond, Original, Organic (gable top)	6 / 1.75L	U	_____
626027 121049	07602	GMQ	*	BC P	SO NICE, Almond Unsweetened, Vanilla, Organic (gable top)	6 / 1.75L	U	_____
626027 814057	07347	GMQ	@	BC P	Beverage, Oat, Chocolate (Tetra Pak) (SHELF STABLE)	12 / 946ml	U	_____
ECOPOOCH COMPOSTABLE DOGGIE BAGS - 10% OFF								
678526 913014	46274		X		Doggie Bags, Leash Dispenser Roll (9"x13")	18 / 48ct	G P	_____
ECO-MAX LAUNDRY PRODUCTS - 10% OFF								
853907 001058	80701		+	P	Laundry Wash, Hypoallergenic (scent free)	4 / 3L	G P	_____
853907 001065	80702		+	P	Laundry Wash, Natural Lavender	4 / 3L	G P	_____
853907 001171	80707		+	P	Laundry Wash, Natural Orange	4 / 3L	G P	_____
ECOSAFE-6400 COMPOSTABLE BAGS - 10% OFF								
678526 600037	46273		P	X	Bin Liner Roll, Curbside (20 gal/75L 26x36)	15 / 12ct	G P	_____
678526 600013	46271		X		Food Scraps Bag, Small	24 / 30ct	G P	_____
678526 600020	46272		X		Food Scraps Bag, Tall	15 / 12ct	G P	_____
678526 316174	46299		P		Food Waste, Small 2.5gal/9.46L (16x17)	10 / 90ct	G P	_____
678526 500078	46275		P		Sandwich Bags	12 / 100ct	G P	_____
EDEN PRODUCTS - UP TO \$5.03 OFF								
024182 003857	10451	GMQ	GF	*	BAKED BEANS, w/Sweet Sorghum, Organic	12 / 398ml		_____
024182 003888	10476			*	LENTILS, w/Onion & Bay Leaf, Organic	12 / 398ml		_____
024182 000481	24069	GMQ	GF		Mirin, Rice Cooking Wine	12 / 300ml		_____
024182 003994	10413			*	Refried Beans, Black Beans, Organic	12 / 398ml		_____
024182 003987	10412			*	Refried Beans, Pinto Beans, Organic	12 / 398ml		_____
024182 157693	24004			GF	X Sushi Nori (7ct)	6 / 17g		_____
EDWARD & SONS EXOTIC RICE TOASTS - \$5.99 OFF								
043182 000611	16542	GMQ	GF		EXOTIC RICE TOAST, Brown Rice & Spring Onion	12 / 65g		_____
043182 000628	16543		GF		EXOTIC RICE TOAST, Purple Rice & Black Sesame	12 / 65g		_____
ELIMENTO NUT & SEED BUTTERS - 10% OFF								
059443 607826	35380	GMQ	*	BC P	NEW! Cashew Butter, Organic	12 / 365g		_____
059443 607550	35381	GMQ	*	BC P	NEW! Hazelnut Butter, Smooth Roasted Organic	12 / 365g		_____
059443 607499	35382	GMQ	*	BC P	NEW! Pumpkin Seed Butter, Raw, Organic	12 / 365g		_____

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059443 607406	35384	GMO	*	BC	Ⓟ	NEW! Sesame Tahini, Roasted, Organic	12 / 365g
059443 607758	35383	GMO	*	BC	Ⓟ	NEW! Sunflower Seed Butter, Roasted, Organic	12 / 365g
ENJOY LIFE BAKING CHOCOLATE - \$6.12 OFF							
819597 013825	02501	GMO	GF			Mini Chips, White Chocolate	12 / 255g
819597 010213	02325	GMO	GF V	+		Morsels, Dark	12 / 255g
819597 013474	02500	GMO	GF	+		Morsels, Smooth & Creamy	12 / 255g
853522 000313	02271	GMO	GF V	+		Mega Chunks, Semi-sweet	12 / 283g
853522 000306	02250	GMO	GF V	+		Mini Chips, Semi-sweet	12 / 283g
EVE'S CRACKERS - VOLUME PRICING							
627843 724971	56100		GF	BC	Ⓟ X	Crackers, Black Sesame	12 / 108g
627843 724964	56101		GF	BC	Ⓟ X	Crackers, Chili Pepper Pumpkin Seed	12 / 108g
627843 724988	56103		GF	BC	Ⓟ X	Crackers, Cracked Pepper	12 / 108g
627843 724957	56102		GF	BC	Ⓟ X	Crackers, Savoury Sunflower	12 / 108g
						Buy 10-14 cases	Save 10%
						Buy 15+ cases	Save 15%
EVIVE SMOOTHIE CUBES (FROZEN) - 10% OFF							
628110 947246	24708	GMO		+	Ⓟ X	Azteque	8 / 405g
FATSO NUT & SEED BUTTER - UP TO \$2.65 OFF + VOLUME PRICING							
691428 005014	42082	GMO	GF V	+	Ⓟ	Almond and Seed Butter, Salted Caramel	6 / 454g
						Buy 10+ cases	Save 7.15
691428 005021	42083	GMO	GF V	+	Ⓟ	Almond and Seed Butter, Maple	6 / 454g
						Buy 10+ cases	Save 7.15
627843 710691	42077	GMO	GF V	+	Ⓟ	Peanut Butter, Classic	12 / 500g
627987 075830	42079	GMO	GF V	+	Ⓟ	Peanut Butter, Crunchy Salted Caramel	12 / 500g
627987 075847	42080	GMO	GF V	+	Ⓟ	Peanut Butter, Maple	12 / 500g
						Buy 10+ cases	Save 8.80
FERIDIES PEANUTS - UP TO 20% OFF							
045518 011261	34700	GMO				Virginia Peanuts, Honey Roasted	12 / 255g G
045518 009022	34702	GMO				Virginia Peanuts, Salted	12 / 255g G
FEVER-TREE DRINK MIXER - 10% OFF							
812136 031335	06792					Sparkling Lime & Yuzu (glass)	6 / 4x200ml G P U
FIELD ROAST CHAO SLICES (REFRIGERATED) - 15% OFF							
638031 705702	65115		V			CHAO slices, Creamy Original (10 slices)	8 / 200g
638031 705726	65117		V			CHAO slices, Tomato Cayenne (10 slices)	8 / 200g
FIELD ROAST MEAT & CHEESE CO. PLANT BASED APPETIZERS & MEAT ALTERNATIVES (FROZEN) - 15% OFF							
638031 213238	65112	GMO	V			X FRUFFALO WINGS, Original	8 / 283g
638031 212385	65111	GMO	V			X Miniature Corn Dogs	8 / 283g
638031 684175	65106	GMO	V			X Nuggets	8 / 283g
638031 606504	65022	GMO	V			X FIELDBURGER (4pk)	12 / 368g
638031 612284	65104	GMO	V			X Frankfurters (6pk)	12 / 340g
638031 612154	65100	GMO	V			X Sausages, Italian (4pk)	12 / 368g
638031 612161	65101	GMO	V			X Sausages, Mexican Chipotle (4pk)	12 / 368g
638031 612178	65102	GMO	V			X Sausages, Smoked Apple Sage (4pk)	12 / 368g
638031 622511	65109	GMO	V	+		X Signature Stadium Dog	8 / 283g
FLORIDA CRYSTALS SUGAR - 10% OFF							
075779 311145	44083		*			Cane Sugar, Organic (bag)	6 / 907g
FLOW ALKALINE SPRING WATER - \$2.74 OFF							
627843 463788	06025			+	Ⓟ	Spring Water, Original (Tetra)	12 / 1L U
FOOD FOR LIFE EZEKIEL 4:9 CEREAL - \$3.24 OFF							
073472 002551	22051		*			Original Sprouted Grain Cereal, Organic	6 / 454g



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FOOD FOR LIFE BREADS, ENGLISH MUFFINS & TORTILLAS (FROZEN) - \$3.24 OFF				
073472 001318	55532	*	X BREAD, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 680g
073472 001530	55534	*	X BREAD, Ezekiel 4:9, Low Sodium, Organic	6 / 680g
073472 001202	55530	*	X BREAD, Ezekiel 4:9, Organic	6 / 680g
073472 001233	55531	*	X BREAD, Ezekiel 4:9, Sesame, Organic	6 / 680g
073472 001417	55533	*	X BREAD, Genesis 1:29, Sprouted Grain & Seed, Organic	6 / 680g
073472 001851	55595	GMO	X ENGLISH MUFFINS, Brown Rice	6 / 510g
073472 003695	55545	GMO	X Tortillas, Brown Rice (6ct)	12 / 340g
FOUR O'CLOCK TEA - 10% OFF				
779192 402342	12912	GMO	* @ + P Chai, Green Tea Decaffeinated, Organic	6 / 16ct
FREEYUMM CRACKERS - 10% OFF				
816695 004069	10323	GMO GF	BC P X Cracker Bites, Cheezy	6 / 120g
816695 004076	10324	GMO GF	BC P X Cracker Bites, Pizza	6 / 120g
816695 004038	10322	GMO GF	BC P X Crackers, Herb & Seed	6 / 120g
816695 004014	10320	GMO GF	BC P X Crackers, Himalayan Salt	6 / 120g
816695 004021	10321	GMO GF	BC P X Crackers, Zesty Cheese	6 / 120g
FRONTERA GOURMET MEXICAN PRODUCTS - \$2.04 OFF				
604183 121431	29073		X Enchilada Sauce, Medium Green Chile (pouch)	6 / 226g
604183 121424	20163		X Enchilada Sauce, Mild Red Chile (pouch)	6 / 226g
604183 110572	20162		X Original Guacamole Mix (pouch)	8 / 127g
604183 121745	20164		X Skillet Sauce, Medium Fajita (pouch)	6 / 226g
604183 121714	29069		X Skillet Sauce, Mild Taco, Chicken (pouch)	6 / 226g
604183 121707	20165		X Skillet Sauce, Mild Taco, Texas Original (pouch)	6 / 226g
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN) - VOLUME PRICING				
842234 000889	54274	GMO	X Barbecue Wings, Sweet and Tangy	8 / 255g
842234 001091	65000	GMO	X Beefless Ground	8 / 390g
842234 000636	54533	GMO	X Beefless Tips	8 / 255g
842234 401990	65041	GMO	X Breakfast Saus'age Patties, Maple	8 / 190g
842234 402003	65042	GMO	X Breakfast Saus'age Patties, Original	8 / 190g
842234 401983	65043	GMO	X Breakfast Saus'age Patties, Spicy	8 / 190g
842234 003248	54272	GMO	X Burger, Veggie	8 / 255g
842234 001350	65052	GMO	+ X Chick'n Nuggets	8 / 245g
842234 003231	54269	GMO	X Chick'n Patties	8 / 350g
842234 003200	54270	GMO	X Chick'n Strips	8 / 225g
842234 001374	65050	GMO	+ X Chick'n Tenders, Nashville-Style Hot	8 / 230g
842234 001558	65051	GMO	+ X Chick'n Wings, Spicy Gochujang Style	8 / 240g
842234 000872	54273	GMO	X Crispy Chick'n, Mandarin Orange	8 / 300g
842234 000896	54275	GMO	X Crispy Fingers, Chipotle Lime	8 / 270g
842234 000643	54534	GMO	X Crispy Tenders, Seven Grain	8 / 255g
842234 002227	65037	GMO	X Fish-Free Crabless Cakes	8 / 205g
842234 001701	65009	GMO	X Fish-Free Golden Fillets	8 / 288g
842234 001718	65028	GMO	+ X Meatless Meatballs, Classic	8 / 360g
842234 001671	65011	GMO	X Patties, Black Bean, Chipotle	8 / 340g
842234 003224	54271	GMO	+ X Porkless Bites, Sweet & Sour	8 / 255g
842234 001145	65036	GMO	X Turk'y Cutlets w/Gravy	8 / 300g
			Buy 25+ cases	Save 3.04
842234 007147	65013	GMO	+ X Burger, Supreme	8 / 226g
			Buy 25+ cases	Save 5.70
842234 401976	65040	GMO	X Bowl, Chick'n Teriyaki	8 / 241g
			Buy 25+ cases	Save 5.70
842234 001411	65006	GMO	X Chick'n Sliders Mini Burgers w/buns	6 / 320g
			Buy 25+ cases	Save 4.80

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GENUINE TEA CO. TEA - 15% OFF							
854335 001184	21452	GMO	*	Ⓟ	Black Tea, Assam Breakfast, Organic	8 / 45g	
854335 001191	21453	GMO		Ⓟ	Black Tea, Cream of Earl Grey	8 / 45g	
854335 001221	21456	GMO	*	Ⓟ	Herbal Tea, Elderberry Hibiscus, Organic	8 / 37.5g	
854335 001238	21457	GMO	*	Ⓟ	Herbal Tea, Moringa Mint, Organic	8 / 45g	
GIMME ORGANIC ROASTED SEAWEED - \$4.00 OFF							
855463 005280	24166	GMO	GF V *	X	Roasted Seaweed, Sea Salt & Avocado Oil, Organic	8 / 6x4.5g	G
851093 004327	24135	GMO	GF *	X	Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	8 / 6x5g	G
851093 004303	24136	GMO	GF *	X	Roasted Seaweed Snacks, Sea Salt, Organic	8 / 6x5g	G
851093 004310	24137	GMO	GF *	X	Roasted Seaweed Snacks, Teriyaki, Organic	8 / 6x5g	G
GLUTINO PRODUCTS - VOLUME PRICING							
678523 038451	16422	GF			Crackers (Rounds), Cheddar	6 / 125g	
678523 038512	16421	GF			Crackers (Rounds), Original	6 / 125g	
678523 038475	16423	GF			Crackers (Rounds), Multigrain	6 / 125g	
Buy 25+ cases (Dry Skus Only)						Save 1.50	
678523 070345	16493	GF	+	X	Cookies, Chocolate Chip	12 / 245g	
678523 070321	16495	GF	+		Cream Sandwich Cookies, Chocolate Vanilla Crème Dreams	12 / 300g	
678523 070307	16494	GF	+		Cream Sandwich Cookies, Vanilla Crème Dreams	12 / 300g	
Buy 25+ cases (Dry Skus Only)						Save 3.12	
678523 040119	37333	GF	+	X	Pretzel Sticks	12 / 400g	G
678523 040072	36160	GF	+	X	Pretzels	12 / 400g	G
Buy 25+ cases (Dry Skus Only)						Save 6.00	
678523 040225	37310	GF	+	X	Pretzels, Chocolate Covered	12 / 156g	G
678523 040249	37311	GF	+	X	Pretzels, Yogurt Covered	12 / 156g	G
Buy 25+ cases (Dry Skus Only)						Save 3.12	
678523 010402	38533	GF	+		Wafer Cookies, Chocolate, Milk Chocolate Coated	12 / 130g	
678523 010419	38535	GF	+		Wafer Cookies, Lemon	12 / 200g	
678523 010426	38534	GF	+		Wafer Cookies, Vanilla, Milk Chocolate Coated	12 / 130g	
Buy 25+ cases (Dry Skus Only)						Save 3.12	
GOBIO! PRODUCTS - 10% OFF							
687789 051111	45301	GMO	*	Ⓟ	Bouillon Cubes, Beef, Organic	15 / 66g	
687789 051005	45306	GMO	*	Ⓟ	Bouillon Cubes, Chicken (no salt), Organic	15 / 54g	
687789 051159	45302	GMO	*	Ⓟ	Bouillon Cubes, Chicken, Organic	15 / 66g	
687789 051135	45304	GMO	*	Ⓟ	Bouillon Cubes, Mushroom (yeast free), Organic	15 / 66g	
687789 051128	45303	GMO	*	Ⓟ	Bouillon Cubes, Onion (yeast free), Organic	15 / 66g	
687789 051012	45307	GMO	*	Ⓟ	Bouillon Cubes, Vegetable (no salt), Organic	15 / 54g	
687789 051142	45305	GMO	*	Ⓟ	Bouillon Cubes, Vegetable (yeast free), Organic	15 / 66g	
687789 051203	45300	GMO	*	Ⓟ	Bouillon Cubes, Vegetable, Organic	15 / 66g	
687789 051234	45312	GMO	*	Ⓟ	Broth Powder, Chicken (low sodium), Organic (jar)	6 / 75g	
687789 051241	45313	GMO	*	Ⓟ	Broth Powder, Chicken (low sodium), Organic (pkt)	8 / 150g	
687789 051210	45310	GMO	*	Ⓟ	Broth Powder, Vegetable (yeast free), Organic (jar)	6 / 100g	
687789 051227	45311	GMO	*	Ⓟ	Broth Powder, Vegetable (yeast free), Organic (pkt)	8 / 200g	



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687789 021138	45330	GMO	*	Ⓟ	Gravy Cubes, Brown, Organic	15 / 60g	
687789 021121	45331	GMO	*	Ⓟ	Gravy Cubes, Poultry, Organic	15 / 60g	
687789 032233	45332	GMO	*	Ⓟ	Pesto Cubes, Genovese, Organic	15 / 54g	
687789 217012	45321	GMO	*	Ⓟ	Fruit Gummies, Sour, Organic	10 / 75g	G
687789 216015	45320	GMO	*	Ⓟ	Gummi Bears, Mixed Fruit, Organic	10 / 75g	G
687789 215018	45322	GMO	V *	Ⓟ	Gummi Bears, Vegan, Organic	10 / 75g	G
687789 218019	45323	GMO	V *	Ⓟ	Licorice, Vegan, Organic	10 / 75g	G
687789 220012	45324	GMO	*	Ⓟ	Wine Gums, Organic	10 / 75g	G
GOODDRINK SPRITZER - UP TO 5% OFF + VOLUME PRICING							
853790 002019	04056	GMO	*	X	Spritzer, Granny Smith Apple, Organic (can)	12 / 355ml	G P U
853790 002064	04091	GMO	*	X	Spritzer, Sweet Blueberry, Organic (can)	12 / 355ml	G P U
Buy 10+ cases (Spritzer Skus Only)						Save 10%	
853790 002026	04057	GMO	*	X	Spritzer, Eureka Lemon, Organic (can)	12 / 355ml	G P U
853790 002057	04090	GMO	*	X	Spritzer, Field Strawberry, Organic (can)	12 / 355ml	G P U
853790 002033	04058	GMO	*	X	Spritzer, Ruby Red Grapefruit, Organic (can)	12 / 355ml	G P U
853790 002040	04059	GMO	*	X	Spritzer, Wild Blackberry, Organic (can)	12 / 355ml	G P U
Buy 10+ cases (Spritzer Skus Only)						Save 10%	
GOODVIBES JUICE CO. SICK DAY BEVERAGE - 10% OFF							
628250 941180	80735		+	Ⓟ X	Sick Day Immune Support Beverage	24 / 50ml	U
GREEN CUISINE TEMPEH - 10% OFF							
068532 020002	54462		*	BC Ⓟ X	TEMPEH, 7 Grain, Organic (FROZEN)	1 / 227g	
068532 006174	40538		*	BC Ⓟ X	TEMPEH, BBQ Burgers, Organic (REFRIGERATED)	1 / 170g	
068532 700034	40537		*	BC Ⓟ X	TEMPEH, Indonesian, Organic (REFRIGERATED)	1 / 225g	
068532 000271	40536		*	BC Ⓟ X	TEMPEH, Original Burgers, Organic (REFRIGERATED)	1 / 170g	
068532 113926	40526		*	BC Ⓟ X	TEMPEH, Simply Soybean, Organic (REFRIGERATED)	1 / 225g	
068532 700041	40541		*	BC Ⓟ X	TEMPEH, Smoked, Organic (REFRIGERATED)	1 / 225g	
068532 010003	54464		*	BC Ⓟ X	TEMPEH, Soybean, Organic (FROZEN)	1 / 227g	
GREEN TABLE FOODS CONDIMENTS (REFRIGERATED) - 10% OFF							
180071 000199	19601	GMO	GF V	+	Ⓟ	Kimchi, Kale	6 / 500ml
180071 000182	19600	GMO	GF V *	+	Ⓟ	Kimchi, organic	6 / 500ml
180071 000229	19603	GMO	GF V *	+	Ⓟ	Living Beets, Organic	6 / 500ml
GTS ALIVE ANCIENT MUSHROOM ELIXIR & SYNERGY RAW KOMBUCHA (REFRIGERATED) - 10% OFF							
722430 160214	05120	GMO			ALIVE Mushroom Elixir, Cola	12 / 480ml	U
722430 750170	05130	GMO	*		SYNERGY Kombucha, Peach Paradise, Organic	12 / 480ml	G P U
722430 400174	05131	GMO	*		SYNERGY Kombucha, Strawberry Serenity, Organic	12 / 480ml	G P U
722430 800479	05267	GMO	*		SYNERGY Kombucha, Divine Grape, Organic	6 / 1.4L	G P U
722430 200477	05260	GMO	*		SYNERGY Kombucha, Gingerade, Organic	6 / 1.4L	G P U
722430 600475	05263	GMO	*		SYNERGY Kombucha, Gingerberry, Organic	6 / 1.4L	G P U
722430 900476	05264	GMO	*		SYNERGY Kombucha, Guava Goddess, Organic	6 / 1.4L	G P U
722430 500478	05266	GMO	*		SYNERGY Kombucha, Mystic Mango, Organic	6 / 1.4L	G P U
722430 110479	05261	GMO	*		SYNERGY Kombucha, Trilogy, Organic (raspberry/lemon/ginger)	6 / 1.4L	G P U
GUAYAKI YERBA MATE - 10% OFF							
632432 100029	13219	GMO	*	@	Traditional Mate, Bags, Organic	6 / 75ct	
632432 100036	13217	GMO	*	@	Traditional Mate, Loose Leaf, Organic	6 / 454g	



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UPC Code	Code	PSC Toll Free Order #	Order #'s	Tel: 1-800-663-7604	Fax: 1-800-520-5052				Order
GUAYAKI YERBA MATE BEVERAGE - 10% OFF									
632432 708782	07332	GMQ	* @	X	Bluephoria, Organic (can)	12 / 458ml	G	U	_____
632432 757797	07153	GMQ	* @	X	Enlighten Mint, Organic (can)	12 / 458ml	G	U	_____
632432 717791	07151	GMQ	* @	X	Lemon Elation, Organic (can)	12 / 458ml	G	U	_____
632432 737799	07152	GMQ	* @	X	Revel Berry, Organic (can)	12 / 458ml	G	U	_____
632432 333113	04032	GMQ	* @	X	Sparkling Classic Gold, Organic (can)	12 / 355ml	G	P U	_____
632432 333311	04033	GMQ	* @	X	Sparkling Cranberry Pomegranate, Organic (can)	12 / 355ml	G	P U	_____
632432 333212	04000	GMQ	* @	X	Sparkling Grapefruit Ginger, Organic (can)	12 / 355ml	G	P U	_____
632432 915203	06838	GMQ	* @		Terere Mint, Organic (glass)	12 / 473ml	G	U	_____
632432 915401	06839	GMQ	* @		Terere Raspberry, Organic (glass)	12 / 473ml	G	U	_____
632432 915005	06837	GMQ	* @		Terere Traditional, Organic (glass)	12 / 473ml	G	U	_____
632432 915500	06870	GMQ	* @		Terere Unsweetened, Organic (glass)	12 / 473ml	G	U	_____
HAPPY PLANET MEALS & SOUP (REFRIGERATED) - 15% OFF									
779172 645530	39701			BC	Meals, Balance Bowl w/Cauliflower & Turmeric	6 / 600g	G		_____
779172 645523	39702			BC	Meals, Power Bowl w/Black Beans & Smoky Chili	6 / 600g	G		_____
779172 645547	39703			BC	Meals, Soul Bowl w/Buckwheat & Cajun Spices	6 / 600g	G		_____
779172 645554	39700			BC	Meals, Warrior Bowl w/Red Lentils & Ginger	6 / 600g	G		_____
HAPPY PLANET JUICE & SMOOTHIES (REFRIGERATED) - 10% OFF									
779172 121010	06266	GMQ		BC	Juice, 100% Pure Orange (plastic bottle)	6 / 325ml		U	_____
779172 231610	01308	GMQ		BC	Smoothie, Extreme C (plastic bottle)	6 / 325ml		U	_____
779172 231627	01309	GMQ		BC	Smoothie, Extreme Energy (plastic bottle)	6 / 325ml		U	_____
779172 231108	06237	GMQ		BC	Smoothie, Extreme Green (plastic bottle)	6 / 325ml		U	_____
779172 221666	01340	GMQ		BC	Smoothie, Coconut and Pineapple (plastic bottle)	6 / 325ml		U	_____
779172 221635	01310	GMQ		BC	Smoothie, Mango and Passionfruit (plastic bottle)	6 / 325ml		U	_____
779172 221659	01311	GMQ		BC	Smoothie, Raspberry and Cherry (plastic bottle)	6 / 325ml		U	_____
779172 233614	01302	GMQ		BC	Smoothie, Extreme C (plastic bottle)	6 / 900ml		U	_____
779172 233621	01303	GMQ		BC	Smoothie, Extreme Energy (plastic bottle)	6 / 900ml		U	_____
779172 233027	01350	GMQ		BC	Smoothie, Extreme Gold (plastic bottle)	6 / 900ml		U	_____
779172 233102	01301	GMQ		BC	Smoothie, Extreme Green (plastic bottle)	6 / 900ml		U	_____
779172 223646	01306	GMQ		BC	Smoothie, Blackberry, Boysenberry & Black Currant (plastic bottle)	6 / 900ml		U	_____
779172 223660	01305	GMQ		BC	Smoothie, Coconut and Pineapple (plastic bottle)	6 / 900ml		U	_____
779172 223639	01304	GMQ		BC	Smoothie, Mango and Passionfruit (plastic bottle)	6 / 900ml		U	_____
779172 223288	01307			BC	Protein Smoothie, Chocolate and Banana (plastic bottle)	6 / 900ml	G	U	_____
779172 243903	01342	GMQ		@ BC	Clean Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml		U	_____
779172 243910	01341	GMQ		BC	Clean Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml		U	_____

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HARDBITE HANDCRAFTED STYLE CHIPS - UP TO 10% OFF							
673513 406500	36427	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Apple Cider Vinegar	15 / 128g	G
673513 401505	36420	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Black Sea Salt	15 / 128g	G
673513 407002	36458	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Black Truffle Sea Salt	15 / 128g	G
673513 400508	36419	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Honey Dijon	15 / 128g	G
673513 404506	36424	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Smoked Paprika & Garlic	15 / 128g	G
673513 402502	36421	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Sweet Ghost Pepper	15 / 128g	G
673513 405503	36450	GMO	BC	Ⓟ X	Potato Chips, Avocado Oil, Wasabi Ranch	15 / 128g	G
673513 108503	36429	GMO	BC	Ⓟ X	Potato Chips, Spicy Ketchup	15 / 150g	G
673513 501908	36457	GMO GF	BC	Ⓟ X	Potato Chips, RUGGED, All Dressed	12 / 275g	G
673513 501809	36456	GMO GF	BC	Ⓟ X	Potato Chips, RUGGED, All Natural	12 / 275g	G
HEALTHY HIPPO LOW SUGAR CANDY - \$3.00 OFF							
628176 040240	17654			Ⓟ X	Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g	G
628176 040103	17650			Ⓟ X	Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G
628176 040127	17651			Ⓟ X	Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G
628176 040110	17652			Ⓟ X	Sour Keys, Sweetened w/Monk Fruit	12 / 50g	G
628176 040134	17653			Ⓟ X	Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g	G
HEALTHY SHORES CANNED SEAFOOD FOR CATS & DOGS - 10% OFF							
810757 001416	48210		BC	Ⓟ	Cat Food, Minced, Albacore Tuna	24 / 100g	G P
810757 001423	48211		BC	Ⓟ	Cat Food, Minced, Pacific Hake	24 / 100g	G P
810757 001430	48212		BC	Ⓟ	Cat Food, Minced, Pacific Herring	24 / 100g	G P
810757 001409	48213		BC	Ⓟ	Cat Food, Minced, Wild Salmon	24 / 100g	G P
810757 001515	48214		BC	Ⓟ	Cat Food, Pate, Albacore Tuna	24 / 100g	G P
810757 001522	48215		BC	Ⓟ	Cat Food, Pate, Pacific Hake	24 / 100g	G P
810757 001539	48216		BC	Ⓟ	Cat Food, Pate, Pacific Herring	24 / 100g	G P
810757 001508	48217		BC	Ⓟ	Cat Food, Pate, Wild Salmon	24 / 100g	G P
810757 001119	48222		BC	Ⓟ	Dog Food, Albacore Tuna	24 / 170g	G P
810757 001126	48223		BC	Ⓟ	Dog Food, Pacific Hake	24 / 170g	G P
810757 001133	48224		BC	Ⓟ	Dog Food, Pacific Herring	24 / 170g	G P
810757 001102	48225		BC	Ⓟ	Dog Food, Wild Salmon	24 / 170g	G P
810757 001010	48218		BC	Ⓟ	Dog Food, Albacore Tuna	12 / 397g	G P
810757 001027	48219		BC	Ⓟ	Dog Food, Pacific Hake	12 / 397g	G P
810757 001034	48220		BC	Ⓟ	Dog Food, Pacific Herring	12 / 397g	G P
810757 001003	48221		BC	Ⓟ	Dog Food, Wild Salmon	12 / 397g	G P
810757 001829	48226		BC	Ⓟ	NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g	G P
810757 001812	48227		BC	Ⓟ	NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g	G P
810757 001805	48228		BC	Ⓟ	NOOTKA PURE Supplemental Food, 100% Wild Salmon, Soft Bones & Meat	24 / 170g	G P
HERBARIA HERBAL TEA - 10% OFF							
5997005 343735	40850				Herbal Tea, Agrimony Herb	10 / 25ct	
5997005 330438	40859				Herbal Tea, Horsetail	10 / 25ct	
HOLY CRAP BREAKFAST CEREAL - 15% OFF							
883831 100008	22226	GF *	BC	Ⓟ	Cereal, Apple Cinnamon Superseed Blend, Original	12 / 225g	
883831 200005	22227	GF *	BC	Ⓟ	Cereal, Natural Superseed Blend, Skinny B	12 / 225g	



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HOLY NAPOLI PIZZA DOUGH & NEAPOLITAN PIZZA (FROZEN) - UP TO \$6.70 OFF					
628110 552013	17300			BC P X Pizza Dough	8 / 300g
628110 552044	17303			BC P X Pizza, Calabrese	8 / 425g
628110 552099	17304			BC P X Pizza, Funghi	8 / 385g
628110 552020	17301			BC P X Pizza, Margherita	8 / 365g
628110 552037	17302			BC P X Pizza, Pesto Roast Vegetable	8 / 425g
628110 552112	17305			BC P X Pizza, Quattro Formaggi	8 / 385g
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED) - 10% OFF					
627843 360605	14403			BC P Veggie Pate, Herb	12 / 225g
627843 382843	14451			BC P Veggie Pate, Red Pepper Garlic	12 / 225g
HORNBY ORGANIC ENERGY BAR - 10% OFF					
628055 058052	37535	GF *		BC P X Energy Bar, Carob Peanut Butter, Organic	12 / 80g G
628055 058076	37534	GF *		BC P X Energy Bar, Chocolate Chip Peanut Butter, Organic	12 / 80g G
628055 058090	37538	GF *		BC P X Energy Bar, Chocolate Espresso, Organic	12 / 80g G
628055 058083	37537	GF *		BC P X Energy Bar, Oatmeal Raisin, Organic	12 / 80g G
628055 058113	37539	GF *		BC P X Energy Bar, Pumpkin Fudge, Organic	12 / 80g G
628055 058120	37540	GF *		BC P X Energy Bar, Sunflower Cranberry, Organic	12 / 80g G
IF YOU CARE ENVIROMENT FRIENDLY PRODUCTS - 10% OFF					
770009 250279	46393		@	Rubber Gloves, Small (Certified Natural Rubber)	12 / 1pr G P
770009 250293	46395		@	Rubber Gloves, Large (Certified Natural Rubber)	12 / 1pr G P
770009 250255	46387			Unbleached Waxed Paper	12 / 75ft ² G P
IMAGINE FOODS BROTH & SOUP - UP TO 20% OFF + VOLUME PRICING					
084253 773560	37800	GMO		Bone Broth, Chicken	12 / 1L
				Buy 10+ cases	Save 10%
084253 241243	38636	GF *		Broth, Beef, Low Sodium, Organic	12 / 1L
084253 242943	38411	GF *		Broth, Chicken, Low Sodium, Organic	12 / 1L
084253 242493	38280	GF *		Broth, Chicken, Organic	12 / 1L
084253 242486	38279	GMO GF *		Broth, Vegetable, Organic	12 / 1L
084253 242950	38449	GMO V *		Broth, Vegetable, Low Sodium, Organic	12 / 1L
				Buy 10+ cases	Save 10%
084253 773546	38785	GF *		Broth, Miso, Organic	12 / 1L
				Buy 10+ cases	Save 10%
084253 241441	38749	GMO GF *		Soup, Creamy Broccoli, Family Size, Organic	12 / 1L
084253 242417	38272	GF *		Soup, Creamy Butternut Squash, Family Size, Organic	12 / 1L
				Buy 10+ cases	Save 10%
084253 246514	38644	GF *		Soup, Creamy Garden Tomato, Reduced Sodium, Family Size, Organic	12 / 1L
084253 242479	38278	GF *		Soup, Creamy Tomato, Family Size, Organic	12 / 1L
				Buy 10+ cases	Save 10%
ISLAND ESSENTIALS NATURAL BODY CARE - 15% OFF					
884169 001265	30635			BC P Bar Soap, ForTHAVE'S Chai	12 / 97g G P
884169 000763	30643			BC P X Lip Balm, Peppermint	24 / 4g G P
884169 000756	30644			BC P X Lip Balm, Vanilla	24 / 4g G P
JOVIAL PRODUCTS - UP TO 15% OFF					
815421 012118	13450	GMO	* @	Cookies, Einkorn, Checkerboard, Organic	12 / 250g
815421 011005	21044		*	Einkorn Flour, All Purpose, Organic	10 / 907g



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815421 011302	17523	GMO GF *				Pasta, Brown Rice Egg Tagliatelle, Organic	12 / 255g
815421 011234	17522	GMO GF *				Pasta, Brown Rice Fusilli, Organic	12 / 340g
815421 011227	17521	GMO GF *				Pasta, Brown Rice Penne, Organic	12 / 340g
815421 011203	17520	GMO GF *				Pasta, Brown Rice Spaghetti, Organic	12 / 340g
815421 011937	17532	GMO GF *				Pasta, Grain Free Cassava Orzo, Organic	12 / 227g
815421 011913	17530	GMO GF *				Pasta, Grain Free Cassava Fusilli, Organic	6 / 227g
815421 011920	17531	GMO GF *				Pasta, Grain Free Cassava Penne, Organic	6 / 227g
815421 011906	17529	GMO GF *				Pasta, Grain Free Cassava Spaghetti, Organic	12 / 227g
JUSTIN'S NUT BUTTER CUPS - 10% OFF							
840379 153668	10562	GMO GF *				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
JYOTI NATURAL FOODS INDIAN CUISINE - 10% OFF							
077502 146154	38541		*			Punjabi Chhole, Chickpeas w/ Potato & Onions (can)	12 / 425g
KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED) - 10% OFF							
620892 809927	30225		*	+	Ⓟ	Kimchi, Raw, Unpasteurized, Organic	12 / 375ml
620892 809934	30376		*	+	Ⓟ	Kimchi, Raw, Unpasteurized, Organic	12 / 750ml
620892 809903	30184		*	+	Ⓟ	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809941	30182		*	+	Ⓟ	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809989	30221		*	+	Ⓟ	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 375ml
620892 809965	30223		*	+	Ⓟ	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml
620892 809910	30377		*	+	Ⓟ	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809958	30375		*	+	Ⓟ	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809996	30185		*	+	Ⓟ	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 750ml
620892 809972	30227		*	+	Ⓟ	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml
KASLO SOURDOUGH PASTA - 10% OFF							
779605 022730	42186	GMO	BC	Ⓟ	X	Pasta Fermentata, Macaroni	12 / 227g
779605 022747	42190	GMO	BC	Ⓟ	X	Pasta Fermentata, Radiatori, Whole Wheat	12 / 227g
779605 332273	42189	GMO	BC	Ⓟ	X	Pasta Fermentata, Spaghetti	12 / 227g
KETTLE BRAND POTATO CHIPS - UP TO \$4.05 OFF							
084114 117786	37243		GF		X	Potato Chips, Single Serve, Cheddar (formerly New York Cheddar)	24 / 45g G
084114 117793	37244		GF		X	Potato Chips, Single Serve, Honey Dijon	24 / 45g G
084114 117809	37245	GMO	GF		X	Potato Chips, Single Serve, Salt & Vinegar	24 / 45g G
084114 117816	37246	GMO	GF		X	Potato Chips, Single Serve, Sea Salt	24 / 45g G
084114 119117	37266		GF		X	Potato Chips, Gourmet, Backyard BBQ	12 / 220g G
084114 119056	37263		GF		X	Potato Chips, Gourmet, Honey Dijon	12 / 220g G
084114 119100	37268	GMO	GF		X	Potato Chips, Gourmet, Jalapeño	12 / 220g G
084114 119032	37260	GMO	GF		X	Potato Chips, Gourmet, Natural, Salted	12 / 220g G



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084114 119087	37261	GMO GF	X	Potato Chips, Gourmet, Natural, Low Sodium	12 / 220g	G	_____
084114 901255	36070	GMO GF	X	Potato Chips, Gourmet, Parmesan Garlic	12 / 220g	G	_____
084114 126566	37633	GMO GF	X	Potato Chips, Gourmet, Pepperoncini	12 / 220g	G	_____
084114 901248	36071	GMO GF	X	Potato Chips, Gourmet, Ranch	12 / 220g	G	_____
084114 119049	37262	GMO GF	X	Potato Chips, Gourmet, Sea Salt & Vinegar	12 / 220g	G	_____
084114 119063	37264	GF	X	Potato Chips, Gourmet, Yogurt & Green Onion	12 / 220g	G	_____
084114 119070	37265	GF	X	Potato Chips, Gourmet, Cheddar (formerly New York Cheddar)	12 / 220g	G	_____
084114 901682	37667	GMO GF	X	Potato Chips, Krinkle Cut, Habanero Lime	12 / 220g	G	_____
084114 901712	37666	GMO GF	X	Potato Chips, Krinkle Cut, Truffle & Sea Salt	12 / 220g	G	_____
084114 128003	37665	GMO GF	X	Potato Chips, Krinkle Cut, Dill Pickle	12 / 220g	G	_____
084114 119131	37270	GMO GF	X	Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	12 / 220g	G	_____
084114 125767	37137	GF	X	Potato Chips, Gourmet, Sea Salt & Vinegar	9 / 397g	G	_____
084114 901897	39210	GMO GF	X	Potato Chips, Honey Dijon	9 / 397g	G	_____
084114 115973	37186	GMO GF	X	Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	9 / 397g	G	_____
084114 901873	39211	GMO GF	X	Potato Chips, Sea Salt	9 / 397g	G	_____
KIND DIPPED CLUSTERS & NUT BARS - UP TO 11% OFF + VOLUME PRICING							
602652 170447	37470		X	Nut Bar, Almond & Coconut	12 / 40g	G	_____
602652 401619	39341		X	Nut Bar, Almond Milk Chocolate	12 / 40g	G	_____
602652 248535	37746		X	Nut Bar, Almond Mint & Dark Chocolate	12 / 40g	G	_____
602652 170751	37490		X	Nut Bar, Almond, Sea Salt & Dark Chocolate	12 / 40g	G	_____
602652 170942	37605		X	Nut Bar, Caramel Almond & Sea Salt	12 / 40g	G	_____
602652 170713	37474		X	Nut Bar, Cherry Cashew & Dark Chocolate	12 / 40g	G	_____
602652 170355	37466		X	Nut Bar, Fruit & Nut	12 / 40g	G	_____
602652 240232	37685		X	Nut Bar, Honey Roasted Nuts & Sea Salt	12 / 40g	G	_____
602652 170959	37606		X	Nut Bar, Maple Glazed Pecan & Sea Salt	12 / 40g	G	_____
602652 288104	37465		X	Nut Bar, Peanut Butter	12 / 40g	G	_____
602652 170706	37475		X	Nut Bar, Peanut Butter & Dark Chocolate	12 / 40g	G	_____
602652 401565	39340		X	Nut Bar, Peanut Butter Milk Chocolate	12 / 40g	G	_____
				Buy 30-49 cases	Save 0.60		_____
				Buy 50+ cases	Save 1.20		_____
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 30-49 cases	Save 0.60		_____
				Buy 50+ cases	Save 1.20		_____
602652 281242	39331			Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g	G	_____
602652 281112	39329			Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g	G	_____
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	_____



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KINDRED CULTURES WATER KEFIR (REFRIGERATED) - 10% OFF							
628504 073049	23620	BC	Ⓟ	Water Kefir, Activated Charcoal (glass)	12 / 250ml	G P U	_____
628504 073018	23621	BC	Ⓟ	Water Kefir, Cranberry Turmeric (glass)	12 / 250ml	G P U	_____
628504 073223	23630	BC	Ⓟ	Water Kefir, Lemon, Turmeric Ginger (glass)	12 / 250ml	G P U	_____
628504 073001	23623	BC	Ⓟ	Water Kefir, Spirulina (glass)	12 / 250ml	G P U	_____
628504 073025	23624	BC	Ⓟ	Water Kefir, Strawberry Rosehip (glass)	12 / 250ml	G P U	_____
628504 073148	23625	BC	Ⓟ	Water Kefir, Activated Charcoal (glass)	6 / 1L	G P U	_____
628504 073117	23626	BC	Ⓟ	Water Kefir, Cranberry Turmeric (glass)	6 / 1L	G P U	_____
628504 073230	23631	BC	Ⓟ	Water Kefir, Lemon, Turmeric Ginger (glass)	6 / 1L	G P U	_____
628504 073100	23628	BC	Ⓟ	Water Kefir, Spirulina (glass)	6 / 1L	G P U	_____
628504 073124	23629	BC	Ⓟ	Water Kefir, Strawberry Rosehip (glass)	6 / 1L	G P U	_____
KINNIKINNICK PRODUCTS (FROZEN) - 15% OFF							
620133 000809	58074	GF	V	+ Ⓟ X Bread, Cinnamon Raisin	6 / 560g		_____
620133 000458	54348	GF	V	+ Ⓟ X Bread, Multigrain	6 / 454g		_____
620133 000441	54342	GF	V	+ Ⓟ X Bread, White	6 / 454g		_____
620133 000762	58075	GF	V	+ Ⓟ X Bread, Whole Grain	6 / 504g		_____
620133 000472	58076	GF		+ Ⓟ X Bread, Wide Loaf, Seeded	6 / 615g		_____
620133 000465	58077	GF		+ Ⓟ X Bread, Wide Loaf, White	6 / 615g		_____
620133 000731	54345	GF	V	+ Ⓟ X Buns, Hamburger (4pk)	6 / 245g		_____
620133 000748	54343	GF	V	+ Ⓟ X Buns, Hotdog (4pk)	6 / 285g		_____
620133 002247	51004	GF		+ Ⓟ X Donuts, Chocolate Dipped (6pk)	8 / 320g		_____
620133 002230	54346	GF		+ Ⓟ X Donuts, Cinnamon Sugar (6pk)	8 / 270g		_____
620133 002216	51005	GF		+ Ⓟ X Donuts, Maple Glazed (6pk)	8 / 320g		_____
620133 002209	51003	GF		+ Ⓟ X Donuts, Vanilla Glazed (6pk)	8 / 320g		_____
620133 000502	54344	GF		+ Ⓟ X English Muffins (4pk)	6 / 375g		_____
620133 000540	58078	GF		+ Ⓟ X English Muffins, Traditional (6pk)	6 / 354g		_____
620133 005996	58069	GF	V	+ Ⓟ X Pie Crusts 9" (2ct)	6 / 390g		_____
620133 005590	58070	GF		+ Ⓟ X Pizza Crusts (2ct)	6 / 300g		_____
620133 001721	54684			+ Ⓟ X Soft Bagels, Blueberry (4pk)	6 / 344g		_____
620133 001714	54685			+ Ⓟ X Soft Bagels, Cinnamon Raisin (4pk)	6 / 352g		_____
620133 001707	54683			+ Ⓟ X Soft Bagels, Plain (4pk)	6 / 344g		_____
620133 001974	58071	GF		+ Ⓟ X Waffles, Blueberry	8 / 222g		_____
620133 001967	58072	GF		+ Ⓟ X Waffles, Cinnamon & Brown Sugar	8 / 222g		_____
620133 001950	58073	GF		+ Ⓟ X Waffles, Original	8 / 222g		_____
KOMO COMFORT FOODS PLANT BASED MEALS (FROZEN) - 10% OFF							
627987 619577	57000	BC	Ⓟ	X Chickenless Pot Pie	6 / 900g		_____
627987 619584	57002	BC	Ⓟ	X Lasagna (2 serving)	6 / 600g		_____
628678 993082	57003	BC	Ⓟ	X Mac & Greens (2 serving)	6 / 600g		_____
627987 619614	57004	BC	Ⓟ	X Shepherd's Pie (2 serving)	6 / 600g		_____
627987 619553	57001	BC	Ⓟ	X Lasagna (family size)	6 / 1.42kg		_____
628678 993099	57006	BC	Ⓟ	X Mac & Greens (family size)	6 / 1.42kg		_____
627987 619560	57005	BC	Ⓟ	X Shepherd's Pie (family size)	6 / 1.42kg		_____
KOYO JAPANESE PRODUCTS - UP TO 15% OFF							
021009 229025	24019			Wasabi Powder	6 / 25g		_____
065493 062607	24235			Wakame	10 / 50g		_____
KRINOS FOODS PRODUCTS - 10% OFF							
055498 028937	59181	GF	*	Greek Sheep & Goat Feta Cheese, Organic (REFRIGERATED)	12 / 150g		_____
055498 046078	48009		*	Organic Greek Kalamata Olives, Pitted	6 / 375ml		_____
055498 046023	48018		*	Organic Greek Kalamata Olives, Whole	6 / 375ml		_____
055498 046085	48025		*	Organic Greek Olive Mix w/Mountain Herbs	6 / 375ml		_____



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LAKANTO MONKFRUIT BLEND SWEETENER - UP TO 20% OFF					
843076 000105	44221	GMO		Sweetener, Classic	8 / 235g
843076 000099	44217	GMO		Sweetener, Golden	8 / 235g
843076 001225	44218	GMO		Sweetener, Classic	8 / 454g
843076 001232	44219	GMO		Sweetener, Golden	8 / 454g
843076 000525	44216	GMO		Sweetener, Powdered	8 / 453g
843076 000129	44220	GMO		Sweetener, Classic	8 / 800g
843076 000112	44215	GMO		Sweetener, Golden	8 / 800g
L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED) - UP TO \$6.25 OFF					
778177 106961	43000	GMO	* + P	Butter, 84% MF, Salted, Organic	12 / 250g
778177 106978	43001	GMO	* + P	Butter, 84% MF, Unsalted, Organic	12 / 250g
778177 107968	43002		* + P	Butter, Salted, Organic	12 / 250g
778177 107975	43003		* + P	Butter, Unsalted, Organic	12 / 250g
778177 106985	43005		* + P	Butter, Salted, Organic	6 / 454g
778177 106992	43006		* + P	Butter, Unsalted, Organic	6 / 454g
778177 499728	50023	GF	* + P	Parmesan, Organic (raw milk)	8 / 200g
778177 499858	50104	GMO	* + P	Shredded, Mozzarella, (28% MF) Organic	8 / 200g
778177 499575	50102	GMO	* + P	Shredded, Triple Cheddar Blend, Organic	8 / 200g
LET'S DO...ORGANIC PRODUCTS - \$8.10 OFF					
043182 002103	24098	GMO	*	Coconut Cream, Heavy (30% Fat), Organic	12 / 398ml
043182 015400	24133	GMO	GF *	Flour, Green Banana, Organic	6 / 396g
LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS - 10% OFF					
661594 001837	12996		@ P	Loose Leaf Tea, Chai	12 / 70g
661594 003329	13004		@ P	Pyramid bags, Green	12 / 20ct
661594 000083	44314		* @ P	Cane Sugar, Unrefined, Organic	1 / 20kg
LICK YOUR CHOPS DOG FOOD - 10% OFF					
032976 168569	48022			Canned Dog Food, Lamb Dinner with Brown Rice & Carrots	12 / 369g G P
032976 169726	48024			Canned Dog Food, Turkey Dinner with Brown Rice & Carrots	12 / 369g G P
LOTUS FOODS PRODUCTS - 10% OFF					
708953 508610	39909	GMO	GF *	Rice, White Basmati, Organic	6 / 850g
708953 507613	39908	GMO	GF *	Rice, White Jasmine, Organic	6 / 850g
708953 641133	39903	GMO	GF *	Rice Noodles, Pad Thai, Brown Rice, Organic	8 / 227g
708953 641126	39902	GMO	GF *	Rice Noodles, Pad Thai, Traditional, Organic	8 / 227g
708953 601113	39900	GMO	GF X	Soup, Forbidden Rice Ramen w/White Miso	10 / 80g
708953 601120	39910	GMO	GF X	Soup, Jade Pearl Rice Ramen w/Wakame Miso	10 / 80g
708953 601137	39901	GMO	GF X	Soup, Millet & Brown Rice Ramen w/Red Miso	10 / 80g
LOVE GOOD FATS KETO BAR - 10% OFF					
840659 001405	11545	GMO	+ P X	CHEWY NUTTY Keto Bar, Dark Chocolate Cranberry Almond	12 / 40g G
840659 001450	11546	GMO	+ P X	CHEWY NUTTY Keto Bar, White Chocolate Strawberry	12 / 40g G
LUCKY FOODS SPRING ROLLS (FROZEN) - 10% OFF					
078487 452780	31028	GMO	V	X Spring Rolls, Curry	8 / 241g
078487 462765	31029	GMO	GF V	X Spring Rolls, Gluten Free Curry	8 / 241g
078487 462727	31027	GMO	GF X	Spring Rolls, Gluten Free, Thai Style, w/Sweet & Sour Sauce	8 / 241g
078487 452773	31025	GMO	V	Spring Rolls, Kimchi, w/Sweet & Sour Sauce	8 / 241g
078487 452711	31024	GMO	X	Spring Rolls, Original, w/Traditional Sauce	8 / 241g



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LUNDBERG RICE - UP TO \$3.60 OFF					
073416 405523	31202	GMO	GF	Rice, Basmati, Brown, Nutra-Farmed	6 / 907g
073416 403536	31203	GMO	GF	Rice, Basmati, White, Nutra-Farmed	6 / 907g
073416 040427	31204	GMO	GF	Rice, Jasmine, White, Nutra-Farmed	6 / 907g
073416 199644	31208	GMO	GF *	Rice, Long Grain Brown, Organic	6 / 907g
073416 199637	31206	GMO	GF *	Rice, Short Grain, Brown, Organic	6 / 907g
073416 401518	32050	GMO B	GF	X Rice, Basmati, White, Eco-Farmed	1 / 11.34kg
LUNDBERG PRODUCTS - UP TO \$11.53 OFF					
073416 001800	24108		GF *	Brown Rice Syrup, Sweet Dreams, Organic	12 / 460ml
073416 001657	24109	GMO B	GF	X Brown Rice Syrup, Sweet Dreams, Eco-Farmed	1 / 25kg
073416 020252	38723	GMO	GF	Risotto, Butternut Squash, Eco-Farmed	6 / 164g
073416 020245	38722	GMO	GF	Risotto, Garlic Primavera, Eco-Farmed	6 / 156g
073416 512603	38726	GMO	GF *	Risotto, Alfredo (Parmesan Cheese), Organic	6 / 156g
073416 512801	38728	GMO	GF *	Risotto, Porcini Wild Mushroom, Organic	6 / 167g
073416 515000	38732	GMO	GF *	Wholegrain Rice & Seasoning Mix, Spanish Rice, Organic	6 / 170g
MADEGOOD GRANOLA SNACKS - UP TO 10% OFF					
687456 216119	64009	GMO	GF V *	+ P NEW! Bars, Chocolate Chip, Organic	4 / 15x24g G
687456 214139	64055	GMO	GF V *	+ P Chocolate Drizzled Granola Bars, Birthday Cake, Organic	6 / 5x24g G
687456 214146	64056	GMO	GF V *	+ P Chocolate Drizzled Granola Bars, Cookie Crumble, Organic	6 / 5x24g G
687456 214122	64054	GMO	GF V *	+ P Chocolate Drizzled Granola Bars, Vanilla, Organic	6 / 5x24g G
687456 223490	64094	GMO	GF V *	+ P Granola Minis, Apple Cinnamon, Organic	6 / 5x24g G
687456 223476	64093	GMO	GF V *	+ P Granola Minis, Chocolate Banana, Organic	6 / 5x24g G
687456 223506	64090	GMO	GF V *	+ P Granola Minis, Chocolate Chip, Organic	6 / 5x24g G
687456 223513	64091	GMO	GF V *	+ P Granola Minis, Cookies N Crème, Organic	6 / 5x24g G
687456 223483	64092	GMO	GF V *	+ P Granola Minis, Strawberry, Organic	6 / 5x24g G
MAISON ORPHEE OIL - 10% OFF					
069593 120014	30188			+ P Olive Oil, Extra Virgin, Balanced	6 / 500ml
069593 121066	30186	GMO	*	+ P Olive Oil, Extra Virgin, Balanced, Organi	6 / 500ml
069593 120021	30189			+ P Olive Oil, Extra Virgin, Delicate	6 / 500ml
069593 120083	30204	GMO	*	+ P Olive Oil, Extra Virgin, Delicate, Organic	6 / 500ml
069593 120113	30207	GMO	*	+ P Sesame Oil, Virgin, Organic	6 / 500ml
069593 120038	30190			+ P Toasted Sesame Oil, Virgin	6 / 500ml
069593 120144	30209	GMO	*	+ P Canola Oil, Virgin, Organic	6 / 750ml
069593 120137	30208	GMO	*	+ P Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml
MARUKAN RICE VINEGAR - 10% OFF + VOLUME PRICING					
070641 000066	24031	GMO	GF	Rice Vinegar	6 / 355ml
				Buy 10+ cases	Save 5%
070641 064129	24034	GMO	GF *	Rice Vinegar, Organic	6 / 355ml
				Buy 10+ cases	Save 5%
070641 064136	24023	GMO	GF *	Rice Vinegar, Seasoned, Organic	6 / 355ml
				Buy 10+ cases	Save 5%
MARY'S ORGANIC CRACKERS - 15% OFF					
853665 005862	17620	GMO	GF V *	NEW! CHEEZEE Crackers, Cheddar Flavour, Organic	6 / 120g
853665 005879	17621	GMO	GF V *	NEW! CHEEZEE Crackers, Cheese & Herb Flavour, Organic	6 / 120g



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MILLSTREAM FLOUR MILL FLOUR - 10% OFF						
060543 002121	07331 B	BC	Ⓟ	X Chana Flour, Stoneground	1 / 9.07kg	
MINTIQ SUGAR FREE MINTS - \$0.86 OFF						
628371 110014	35123	GMO	+	Ⓟ X Mints, Farwest Spearmint (no aspartame)	6 / 15.6g	G
628371 110038	35124	GMO	+	Ⓟ X Mints, Pomegranate (no aspartame)	6 / 15.6g	G
628371 110021	35125	GMO	+	Ⓟ X Mints, Spicy Cinnamon (no aspartame)	6 / 15.6g	G
MIYOKO'S VEGAN BUTTER & NON-DAIRY CHEESE ALTERNATIVE (REFRIGERATED) - 15% OFF						
857554 005889	19150	GMO	GF	V * Cultured Vegan Butter, Organic	6 / 227g	
857554 005902	19152			V * Creamy Classic Chive Semi Soft Round, Organic	6 / 184g	
857554 005896	19151			V * Vegan Mozz, Organic	6 / 227g	
MODERN MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN) - 10% OFF						
847004 000908	65210	BC	Ⓟ	X Breakfast Sausage Patties	10 / 360g	
847004 000557	65206	BC	Ⓟ	X Burgers, Mini	10 / 240g	
847004 000540	65205	BC	Ⓟ	X Burgers	10 / 452g	
847004 000823	65208	BC	Ⓟ	X Crabless Cakes	10 / 300g	
847004 000571	65209	BC	Ⓟ	X Crumble	10 / 454g	
MOUNTAIN SKY BODY CARE - 10% OFF						
628055 186106	82248	BC	Ⓟ	Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g	G P
MUIR GLEN CANNED TOMATOES - UP TO \$6.84 OFF						
065633 471672	33208	GMO	*	Tomatoes, Crushed, Fire Roasted, Organic	12 / 796ml	
065633 471740	33211	GMO	*	Tomatoes, Diced, Fire Roasted, Organic	12 / 796ml	
NATIVE FOREST PRODUCTS - UP TO \$5.35 OFF						
043182 011013	24134			Instant Milk Powder, Coconut	6 / 150g	
043182 018692	10398	GMO	*	Jackfruit, Original, Organic	6 / 398ml	
043182 018685	10228	GF	* +	Mandarin Oranges, Organic	6 / 284ml	
043182 018524	10220	GF	*	Pineapple, Slices, Organic	6 / 398ml	
NATURA DAIRY-FREE BEVERAGE (ASEPTIC CARTON) - 25% OFF + VOLUME PRICING						
063667 090463	07276		V	+ Ⓟ Almond & Coconut, Unsweetened	12 / 946ml	U
063667 090081	07122		V	+ Ⓟ Almond, Chocolate	12 / 946ml	U
063667 090012	07119		V	+ Ⓟ Almond, Original	12 / 946ml	U
063667 201081	06404	GMO	GF *	+ Ⓟ Oat, Chocolate, Organic	12 / 946ml	U
063667 201012	06402	GMO	GF *	+ Ⓟ Oat, Unsweetened Original, Organic	12 / 946ml	U
063667 201029	06403	GMO	GF *	+ Ⓟ Oat, Unsweetened Vanilla, Organic	12 / 946ml	U
063667 090067	07121		V	+ Ⓟ Almond, Unsweetened	12 / 946ml	U
063667 090265	07275		V	+ Ⓟ Almond, Unsweetened, Vanilla	12 / 946ml	U
063667 006013	06378	GMO	V *	+ Ⓟ Rice, Original, Organic	12 / 946ml	U
063667 006020	06379	GMO	V *	+ Ⓟ Rice, Vanilla, Organic	12 / 946ml	U
063667 301859	06374	GMO	V *	+ Ⓟ Soy, Chocolate, Organic	12 / 946ml	U
063667 301408	06371	GMO	V *	+ Ⓟ Soy, Original, Organic	12 / 946ml	U
063667 511005	06375	GMO	V *	+ Ⓟ Soy, Unsweetened, Organic	12 / 946ml	U
063667 301705	06373	GMO	*	+ Ⓟ Soy, Strawberry, Organic	12 / 946ml	G U
063667 301552	06372	GMO	V *	+ Ⓟ Soy, Vanilla, Organic	12 / 946ml	U
				Buy 15-29 cases	Save 3%	
				Buy 30-74 cases	Save 5%	
				Buy 75+ cases	Save 7%	
063667 508012	06392	GMO	*	+ Ⓟ Soy, Chocolate, Organic	8 / 3x200ml	U
063667 506018	06357	GMO	*	+ Ⓟ Soy, Unsweetened, Organic	8 / 3x200ml	U
				Buy 15-29 cases	Save 3%	
				Buy 30-74 cases	Save 5%	
				Buy 75+ cases	Save 7%	



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NATURE CLEAN LAUNDRY PRODUCTS - 10% OFF									
058951 308614	80725		+ P	Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified	4 / 3L		G	P	
058951 308881	80475		P X	NEW! Laundry Detergent Sheets, White Linen	12 / 32ct		G	P	
058951 308959	80476		P X	NEW! Laundry Stain Remover Sheets, Fragrance Free	12 / 32ct		G	P	
NATURE'S NUTS NUT & SEED BUTTER - 10% OFF									
682264 650001	35336	GMO	* BC P	Almond Butter, Smooth, Organic	12 / 340g				
NATURE'S PATH PRODUCTS - UP TO \$4.00 OFF									
058449 189107	22650	GMO	GF *	Cereal, Golden Turmeric, Organic	6 / 300g				
058449 771524	22641	GMO	GF *	Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g				
058449 221364	25077	GMO	* @ X	LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6 / 300g				
058449 162063	25069	GMO	* P X	LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6 / 325g				
058449 771760	25029	GMO	* P X	LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6 / 325g				
058449 772019	25055	GMO	* @ P X	LOVE CRUNCH Granola, Dark Chocolate Macaroon, Organic	6 / 325g				
058449 202233	25054	GMO	* @ P X	LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g				
058449 590576	55702	GMO	GF * BC P X	Waffles, Buckwheat Wildberry, Organic (6pk) (FROZEN)	12 / 210g				
058449 590743	55708	GMO	GF * BC P X	Waffles, Chia Plus, Organic (6pk) (FROZEN)	12 / 210g				
058449 167006	55711	GMO	GF * BC P X	Waffles, Dark Chocolate Chip, Organic (6pk) (FROZEN)	12 / 210g				
058449 590521	55699	GMO	GF * BC P X	Waffles, Homestyle, Organic (6pk) (FROZEN)	12 / 210g				
NAVITAS ORGANICS PRODUCTS - 15% OFF									
858847 000291	37365	GMO	*	Açaí Powder, Organic	1 / 113g				
858847 000680	29023	GMO	* @	Cacao Nibs, Organic	1 / 227g				
811961 022525	24421	GMO	* @	Cacao Powder, Keto, Organic	1 / 227g				
858847 000871	21004	GMO	* @	Cacao Powder, Organic	1 / 227g				
858847 000840	21003	GMO	* @	Cacao Powder, Organic	1 / 454g				
858847 000703	26116	GMO	*	Goji Berries, Sun-Dried, Organic	1 / 227g				
NOBLE JERKY VEGAN JERKY - 10% OFF									
851335 000933	30380	GMO	V BC P	Vegan Jerky, Original	12 / 70g		G		
851335 000964	30381	GMO	V BC P	Vegan Jerky, Smokehouse	12 / 70g		G		
851335 000988	30382	GMO	V BC P	Vegan Jerky, Sriracha	12 / 70g		G		
851335 000902	30383	GMO	V BC P	Vegan Jerky, Sweet BBQ	12 / 70g		G		
851335 000971	30384	GMO	V BC P	Vegan Jerky, Sweet Sesame	12 / 70g		G		
851335 000926	30385	GMO	V BC P	Vegan Jerky, Teriyaki	12 / 70g		G		
NOOCHPOP! VEGAN CHEESY POPCORN - 10% OFF									
627843 956624	17800	GMO	GF V BC P X	Popcorn, Kinda Cheesy	12 / 120g		G		
628504 091005	17808	GMO	GF V BC P X	Popcorn, Kinda Chili Lime & Cheesy	12 / 120g		G		
627843 956655	17802	GMO	GF V BC P X	Popcorn, Kinda Garlic 'n Cheesy	12 / 120g		G		
627843 956631	17801	GMO	GF V BC P X	Popcorn, Kinda Nacho	12 / 120g		G		
627843 956648	17803	GMO	GF V BC P X	Popcorn, Kinda Sweet 'n Savoury	12 / 120g		G		
NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED) - 10% OFF									
850020 078134	18862	GMO	GF V	Milk Alternative, 1% Low Fat	6 / 1.89L			U	
850020 078127	18861	GMO	GF V	Milk Alternative, 2% Reduced Fat	6 / 1.89L			U	
850020 078110	18860	GMO	GF V	Milk Alternative, Whole	6 / 1.89L			U	

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NUNWEILER'S FLOUR CO ORGANIC FLOUR - UP TO 20% OFF + VOLUME PRICING								
067785 000441	20037	*	+	Ⓟ	Buckwheat Flour, Organic	4 / 1kg		
					Buy 10+ cases (Specialty Flours ONLY)	Save 5%		
067785 000342	20024	*	+	Ⓟ	Spelt Flour, Whole, Organic	4 / 1kg		
					Buy 10+ cases (Specialty Flours ONLY)	Save 5%		
067785 001745	20014	GMQ	*	+	Ⓟ	Oat Flour, Whole Grain, Organic	4 / 1kg	
					Buy 10+ cases (Specialty Flours ONLY)	Save 5%		
067785 000243	20042	*	+	Ⓟ	All Purpose & Pastry Flour, Organic	4 / 1kg		
067785 005743	20015	GMQ	*	+	Ⓟ	Unbleached White Flour, Organic	4 / 1kg	
067785 000045	20043	*	+	Ⓟ	Whole Wheat Flour, Organic	4 / 1kg		
NUTIVA HAZELNUT SPREAD - \$6.22 OFF								
692752 107375	30658	GMQ	GF	*	Hazelnut Spread, Classic, Organic	6 / 369g		
692752 107573	30659	GMQ	GF	*	Hazelnut Spread, Dark, Organic	6 / 369g		
NUTMEG MYLK DAIRY FREE BEVERAGE (REFRIGERATED) - 10% OFF								
627987 085150	35752			BC Ⓟ X	NEW! SUPERMYLK, Blue Magic	6 / 500ml	U	
627987 085143	35751			BC Ⓟ X	NEW! SUPERMYLK, Creamy Vanilla	6 / 500ml	U	
627987 085167	35750			BC Ⓟ X	NEW! SUPERMYLK, Cocoa	6 / 500ml	U	
627987 085006	35754			BC Ⓟ	NEW! Everyday, Plain	6 / 1.1L	U	
627987 085013	35753			BC Ⓟ	NEW! Everyday, Vanilla	6 / 1.1L	U	
O'DOUGHS BUNS (FROZEN) - 15% OFF								
698433 000744	54613	GMQ	GF V	+	Ⓟ X	Buns, Hamburger	6 / 400g	
OLIVADO OIL - 10% OFF								
9421009 030316	37591			*	@	Avocado Oil, Extra Virgin, Organic	6 / 250ml	
9421009 030446	37593					Macadamia Nut Oil, Extra Virgin	6 / 250ml	
OMEGA 3 NUTRACLEANSE FIBRE BLEND - 10% OFF								
839266 000024	21851	GMQ	GF	*	BC Ⓟ	Omega 3 Nutracleanse, Organic	8 / 420g	G
839266 000017	21850	GMQ	GF	*	BC Ⓟ	Omega 3 Nutracleanse, Organic	6 / 1kg	G
OPUS ALCOHOL FREE BEVERAGE - VOLUME PRICING								
628634 740170	13941			BC Ⓟ	Aperitivo Spritz (can)	6 / 4x355ml	G P U	
628634 740156	13940			BC Ⓟ	Gin and Tonic (can)	6 / 4x355ml	G P U	
628634 740088	13942			BC Ⓟ	Peach Bellini (can)	6 / 4x355ml	G P U	
					Buy 10-24 cases	Save 10%		
					Buy 25+ cases	Save 12%		
PACIFIC FOODS BROTH & SOUP - UP TO 10% OFF + VOLUME PRICING								
052603 281409	38091	GMQ	*	X	Soup, Condensed Cream of Cauliflower, Organic (can)	12 / 284ml		
052603 281393	38092			X	Soup, Condensed Cream of Chicken (can)	12 / 284ml		
052603 279543	38090	GMQ	*	X	Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml		
					Buy 5+ cases (Soups Only)	Save 4.32		
052603 281287	38083	GMQ	*		Soup, Creamy Tomato Basil, Organic	12 / 946ml		
052603 054218	38269	GMQ	*		Soup, Cashew Carrot Ginger, Organic	12 / 1L		
052603 054034	38214	GMQ	*		Soup, Butternut Squash, Organic	12 / 1L		
052603 054584	38638	GMQ	*		Soup, Tomato, Light Sodium, Organic	12 / 1L		
052603 054096	38132	GMQ	*		Soup, Tomato, Organic	12 / 1L		
052603 054577	38639	GMQ	*		Soup, Red Pepper & Tomato, Light Sodium, Organic	12 / 1L		
052603 054041	38218	GMQ	*		Soup, Red Pepper & Tomato, Organic	12 / 1L		
					Buy 5+ cases (Soups Only)	Save 8.88		
052603 282383	38084	GMQ	*		Bone Broth, Chicken	12 / 946ml		
052603 284240	38088	GMQ	*		Plant-Based Broth, Creamy, Herb & Roasted Garlic, Organic	12 / 946ml		
052603 284233	38087	GMQ	*		Plant-Based Broth, Creamy, Zesty Ginger & Turmeric, Organic	12 / 946ml		
052603 284257	38085	GMQ	*		Oat Milk Soup, Creamy Cumin Carrot, Organic	12 / 946ml		
052603 284264	38086	GMQ	*		Oat Milk Soup, Creamy Garden Tomato, Organic	12 / 946ml		



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PAMELA'S PRODUCTS - UP TO \$5.97 OFF							
093709 221142	22246	GMO	GF		Artisan Flour Blend	3 / 1.81kg	_____
093709 281016	13220		GF		Figgies & Jammies, Mission Fig	6 / 255g	_____
093709 230014	16648	GMO	GF		Graham Style Crackers, Honey Grahams	6 / 213g	_____
093709 201106	22950		GF		Pancake & Baking Mix	6 / 680g	_____
093709 201144	22949		GF		Pancake & Baking Mix	3 / 1.81kg	_____
PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED) - 15% OFF							
857751 008027	21408	GMO			Shreds, Fiery Jack Style	8 / 198g	_____
857751 008003	21407	GMO			Shreds, Mozzarella Style	8 / 198g	_____
857751 008010	21406	GMO			Shreds, Old Cheddar Style	8 / 198g	_____
857751 008041	21410	GMO			Slices, Fiery Jack Style	8 / 198g	_____
857751 008034	21411	GMO			Slices, Old Cheddar Style	8 / 198g	_____
857751 008171	21409	GMO			Slices, Smoky Gouda Style	8 / 198g	_____
PATIENCE FRUIT & CO PRODUCTS - 10% OFF							
662166 551880	18208	GMO		* + P	Dried Fruit Blend, Sliced Three Fruit (Cranberries, Blueberries & Tart Cherries), Organic	6 / 196g	G _____
662166 551996	18202	GMO		* + P	Dried Sliced Cranberries, No Added Sugar, Organic	8 / 142g	G _____
662166 551668	18206	GMO		* + P	Dried Sliced Cranberries, Organic	6 / 283g	G _____
662166 551774	18207	GMO		* + P	Dried Sliced Cranberries, Sweetened w/Apple Juice, Organic	6 / 227g	G _____
662166 551330	18203	GMO		* + P	Dried Whole Cranberries, Organic	8 / 142g	G _____
662166 551446	18204	GMO		* + P	Dried Whole Cranberries, Sweetened w/Apple Juice, Organic	8 / 113g	G _____
662166 221103	18209	GMO	GF	* +	Pure Cranberry Juice, Not From Concentrate, Organic	6 / 946ml	U _____
662166 222209	18233	GMO		* + P	Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml	U _____
662166 223305	18232	GMO		* + P	Pure Wild Blueberry Juice, Not From Concentrate, Organic	6 / 946ml	U _____
662166 001002	18210	GMO	GF	+	Fruit d'Or Pure Cranberry Juice, Not From Concentrate	6 / 1L	U _____
PERFECT CHEF TOMATO PASTA SAUCE - 10% OFF							
620988 050592	42410	GMO		* + P	Pasta Sauce, Butternut Squash, Organic	6 / 740ml	_____
620988 050578	42408	GMO		* + P	Pasta Sauce, Sundried Tomato, Organic	6 / 740ml	_____
PORTOFINO BAKERY BREAD (FROZEN) - 10% OFF							
661172 023121	40188			BC P X	Artisan Loaf, French White, sliced 3/4"	8 / 970g	_____
PRANA ORGANIC PRODUCTS - UP TO 15% OFF							
877693 001504	26141	GMO	GF	* P	Cacao Nibs, Organic	6 / 250g	_____
877693 001559	26142	GMO	GF	* P	Dark Chocolate Chunks, 70% Cacao, Organic	6 / 300g	_____
877693 000224	18111	GMO	GF	* P	Dates, Medjool, Organic	6 / 250g	_____
877693 000217	18155	GMO	GF	* P	Figs, Organic	6 / 250g	_____
877693 000187	18110	GMO	GF	* P	Goji Berries, Organic	6 / 200g	_____
877693 002488	26173	GMO	GF	* + P	GRANOLOVE On The Go, Brownie Crunch, Organic	8 / 5x60g	_____
877693 002471	26172	GMO	GF	* + P	GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8 / 5x60g	_____
877693 002945	26174	GMO	GF	* + P X	GRANOLOVE, Brownie Crunch, Organic	8 / 300g	_____
877693 001696	26171	GMO	GF	* + P X	GRANOLOVE, Maple Spice Crunch, Organic	8 / 300g	_____
877693 002952	26175	GMO	GF	* + P X	GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g	_____



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877693 001689	26170	GMO GF *	+ P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic		8 / 300g	_____
877693 002969	26180	GMO GF *	+ P X	GRANOLOVE, Oatmeal Cookie Crunch, Organic		6 / 750g	_____
877693 001450	18152	GMO GF *	P	Mango Cheeks, Organic		6 / 150g	_____
877693 001405	18171	GF *	P	Mulberries, White, Organic		6 / 250g	_____
877693 000170	26130	GMO GF *	P	Nuts, Cashews, Non-Roasted, Organic		6 / 250g	_____
877693 001344	26132	GMO GF *	P	Nuts, Pecans, Organic		6 / 180g	_____
877693 001351	26136	GMO GF *	P	Nuts, Pistachios, Raw Shelled, Organic		6 / 200g	_____
877693 000200	26128	GMO GF *	P	Nuts, Walnuts, Organic		6 / 180g	_____
877693 002495	26164	GMO GF *	+ P	Overnight Chia, Berry Fairy, Organic		8 / 5x50g	_____
877693 002501	26165	GMO GF *	@ + P	Overnight Chia, Chocolatey Dream, Organic		8 / 5x50g	_____
877693 000279	18154	GMO GF *	P	Prunes, Pitted, Organic		6 / 250g	_____
877693 001498	26143	GMO GF *	P	Raw Cacao Powder, Organic		6 / 200g	_____
877693 001375	26138	GMO GF *	P	Seeds, Pumpkin, Organic		6 / 250g	_____
PROBAR NUTRITIONAL FOOD BAR - 15% OFF							
853152 100414	37525	GMO GF	X	Protein Bar, Cookie Dough		12 / 70g	G
853152 100384	37524	GMO GF	X	Protein Bar, Mint Chocolate		12 / 70g	G
853152 100391	37522	GMO GF	X	Protein Bar, Peanut Butter Chocolate		12 / 70g	G
853152 800529	37356		X	Peanut Butter Chocolate Chip Bar		12 / 85g	G
853152 800079	37191		X	Superfood Slam Bar		12 / 85g	G
PUKKA ORGANIC TEA - 15% OFF							
506022 9014450	40808	GMO	* @	X	Green Tea, Clean Matcha Green, Organic	4 / 20ct	_____
506022 9013781	40803	GMO	* @	X	Herbal Tea, After Dinner, Organic	4 / 20ct	_____
506022 9013798	40804	GMO	* @	X	Herbal Tea, Chamomile, Vanilla & Manuka Honey, Organic	4 / 20ct	_____
506022 9013705	40801	GMO	* @	X	Herbal Tea, Cleanse, Organic	4 / 20ct	_____
506022 9013897	40811	GMO	* @	X	Herbal Tea, Elderberry & Echinacea, Organic	4 / 20ct	_____
506051 9144133	40810	GMO	* @	X	Herbal Tea, Feel New, Organic	4 / 20ct	_____
506022 9013910	40807	GMO	* @	X	Herbal Tea, Lemon, Ginger & Manuka Honey, Organic	4 / 20ct	_____
506022 9013804	40812	GMO	* @	X	Herbal Tea, Lemongrass & Ginger, Organic	4 / 20ct	_____
506022 9013675	40813	GMO	* @	X	Herbal Tea, Love, Organic	4 / 20ct	_____
506022 9014849	40809	GMO	* @	X	Herbal Tea, Mint Refresh, Organic	4 / 20ct	_____
506022 9013774	40802	GMO	* @	X	Herbal Tea, Night Time, Organic	4 / 20ct	_____
506022 9013729	40814	GMO	* @	X	Herbal Tea, Original Chai, Organic	4 / 20ct	_____
506022 9013668	40800	GMO	* @	X	Herbal Tea, Relax, Organic	4 / 20ct	_____
506022 9013828	40816	GMO	* @	X	Herbal Tea, Three Fennel, Organic	4 / 20ct	_____
506022 9013767	40817	GMO	* @	X	Herbal Tea, Three Ginger, Organic	4 / 20ct	_____
506022 9013750	40818	GMO	* @	X	Herbal Tea, Three Mint, Organic	4 / 20ct	_____
506022 9014566	40819	GMO	* @	X	Herbal Tea, Turmeric Gold, Organic	4 / 20ct	_____
506022 9013712	40820	GMO	* @	X	Herbal Tea, Womankind, Organic	4 / 20ct	_____
QUE PASA TACO SHELLS & TORTILLA CHIPS - UP TO \$4.00 OFF							
068826 212861	37825	GMO GF *	BC P X	Taco Shells, Blue Corn, Organic		12 / 130g	_____
068826 212854	37824	GMO GF *	BC P X	Taco Shells, Yellow Corn, Organic		12 / 130g	_____
068826 212649	37812	GMO GF V *	BC P X	Tortilla Chips, Grain Free Nacho, Organic (Made with Cassava)		12 / 142g	G
068826 212564	37813	GMO GF V *	BC P X	Tortilla Chips, Grain Free Sea Salt, Organic (Made with Cassava)		12 / 142g	G
068826 212632	37814	GMO GF V *	BC P X	Tortilla Chips, Grain Free Squeeze of Lime, Organic (Made with Cassava)		12 / 142g	G
068826 222587	37815	GMO GF *	BC P X	Tortilla Chips, Jalapeno & Lime, Organic		12 / 156g	G
068826 166171	37721	GMO GF *	BC P X	Tortilla Chips, Nacho, Organic		12 / 156g	G
068826 166188	37722	GMO GF *	BC P X	Tortilla Chips, Sweet & Spicy Ranch, Organic		12 / 156g	G



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RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD - UP TO 13% OFF					
810757 006626	16817	BC	Ⓟ	Salmon, Pink, Skinless Boneless	12 / 150g
810757 000525	16811	BC	Ⓟ	Salmon, Sockeye	12 / 160g
810757 005520	16812	BC	Ⓟ	Salmon, Sockeye, No Salt	12 / 160g
810757 003892	16826		Ⓟ	Tuna, Skipjack, chunk in water, with Sea Salt	24 / 142g
810757 003991	16827		Ⓟ	Tuna, Skipjack, chunk in water, No Salt Added	24 / 142g
RICEWORKS GOURMET RICE CHIPS - UP TO \$6.00 OFF + VOLUME PRICING					
815506 014327	17905	GMO	GF	x Gourmet Rice Chips, Black Japonica	12 / 155g G
060816 093238	17902	GMO	GF	x Gourmet Rice Chips, Salsa Fresca	12 / 155g G
060816 093214	17900	GMO	GF	x Gourmet Rice Chips, Sea Salt	12 / 155g G
037578 616296	17903	GMO	GF	x Gourmet Rice Chips, Sea Salt & Brown Golden Flax	12 / 155g G
060816 093283	17901	GMO	GF	x Gourmet Rice Chips, Sweet Chili	12 / 155g G
				Buy 10-14 cases	Save 2.68
				Buy 15-19 cases	Save 4.01
				Buy 20+ cases	Save 5.35
060816 093825	17906	GMO	GF	X Gourmet Rice Chips, Sweet Chili	6 / 454g G
RICEWORKS O3MG FRUIT BARS - 10% OFF					
815506 010107	17890	GMO	GF	X O3MG Fruit Bars, Apple Cinnamon	9 / 50g G
815506 010121	17891	GMO	GF	X O3MG Fruit Bars, Blackberry	9 / 50g G
815506 010145	17892	GMO	GF	X O3MG Fruit Bars, Strawberry	9 / 50g G
RISE KOMBUCHA (REFRIGERATED) - \$4.50 OFF					
818762 001803	15322	V *	+ Ⓟ	Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml G P U
818762 001810	15323	V *	+ Ⓟ	Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml G P U
818762 001827	15324	V *	+ Ⓟ	Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml G P U
818762 001834	15325	V *	+ Ⓟ	Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml G P U
818762 001902	15315	GMO	V *	+ Ⓟ Low Sugar, Kiwi & Pineapple, Organic (glass)	6 / 1L G P U
818762 001919	15316	GMO	V *	+ Ⓟ Low Sugar, Mango & Papaya, Organic (glass)	6 / 1L G P U
818762 001926	15317	GMO	V *	+ Ⓟ Low Sugar, Raspberry & Vanilla, Organic (glass)	6 / 1L G P U
818762 001933	15318	GMO	V *	+ Ⓟ Low Sugar, Watermelon & Mint, Organic (glass)	6 / 1L G P U
RIZOPIA RICE PASTA - VOLUME PRICING					
833125 001153	40364	GF	* + Ⓟ	X Brown Rice Elbows, Organic	12 / 454g
833125 001122	40361	GF	* + Ⓟ	X Brown Rice Fettuccine, Organic	12 / 454g
833125 001139	40362	GF	* + Ⓟ	X Brown Rice Fusilli, Organic	12 / 454g
833125 001146	40363	GF	* + Ⓟ	X Brown Rice Penne, Organic	12 / 454g
833125 001115	40360	GF	* + Ⓟ	X Brown Rice Spaghetti, Organic	12 / 454g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%
833125 001054	40377	GF	+ Ⓟ	X Brown Rice Elbows	12 / 454g
833125 001023	40374	GF	+ Ⓟ	X Brown Rice Fettuccine	12 / 454g
833125 001030	40375	GF	+ Ⓟ	X Brown Rice Fusilli	12 / 454g
833125 001047	40376	GF	+ Ⓟ	X Brown Rice Penne	12 / 454g
833125 001016	40373	GF	+ Ⓟ	X Brown Rice Spaghetti	12 / 454g
833125 001078	40379	GF	+ Ⓟ	X Brown Rice Spirals	12 / 454g
				Buy 5-9 cases	Save 5%
				Buy 10-19 cases	Save 10%
				Buy 20-49 cases	Save 15%
				Buy 50+ cases	Save 20%

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833125 001085	40380	GF	+	Ⓟ X	Brown Rice Lasagna	12 / 340g	
					Buy 5-9 cases	Save 5%	
					Buy 10-19 cases	Save 10%	
					Buy 20-49 cases	Save 15%	
					Buy 50+ cases	Save 20%	
833125 003034	40383	GF	+	Ⓟ X	Vegetable Rice Fusilli	12 / 454g	
					Buy 5-9 cases	Save 5%	
					Buy 10-19 cases	Save 10%	
					Buy 20-49 cases	Save 15%	
					Buy 50+ cases	Save 20%	
ROCKY MOUNTAIN FLATBREAD PIZZA CRUST & PIZZA (FROZEN) - UP TO 12% OFF							
180659 000184	54629	GMO	V	+	Ⓟ X Pizza Crusts, Par Baked (2 pack)	6 / 370g	
180659 000115	54640			+	Ⓟ X Flatbread Pizza, All Beef Pepperoni (54640 cannot be sold outside of B.C)	6 / 420g	
180659 000160	54638			+	Ⓟ X Flatbread Pizza, Basil Bocconcini	6 / 420g	
180659 000108	54630			+	Ⓟ X Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g	
180659 000085	54628			+	Ⓟ X Flatbread Pizza, The Four Cheese Classic	6 / 405g	
SAFE CATCH LOW MERCURY CANNED SEAFOOD - UP TO 13% OFF							
859480 006428	68511	GMO			Wild Pink Salmon	6 / 142g	
859480 006442	68510	GMO			Wild Pink Salmon, No Salt	6 / 142g	
859480 006541	68520	GMO			Wild Yellowfin Ahi Tuna in Extra Virgin Olive Oil	6 / 142g	
SALT SPRING COFFEE COMPOSTABLE SINGLE-SERVE BREW PODS - \$7.92 OFF							
628415 686635	12379	GMO	* @ BC	Ⓟ	Coffee Pods, Blue Heron, Medium Dark, Organic	6 / 20ct	
628415 686161	12380	GMO	* @ BC	Ⓟ	Coffee Pods, Decaf, Dark Roast, Organic	6 / 20ct	
628415 686413	12381	GMO	* @ BC	Ⓟ	Coffee Pods, French Roast, Darkest Roast, Organic	6 / 20ct	
628415 686352	12382	GMO	* @ BC	Ⓟ	Coffee Pods, Peru, Medium Roast, Organic	6 / 20ct	
SALT SPRING COFFEE - UP TO 15% OFF							
628415 878634	13301	GMO	* @	Ⓟ	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g	
628415 078317	12356	GMO	* @	Ⓟ	Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g	
628415 078416	12361	GMO	* @	Ⓟ	Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g	
628415 878627	12359	GMO	* @	Ⓟ	Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g	
628415 078355	12357	GMO	* @	Ⓟ	Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g	
628415 078270	12358	GMO	* @	Ⓟ	Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g	
628415 078164	12363	GMO	* @	Ⓟ	Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g	
628415 078362	12362	GMO	* @	Ⓟ	Whole Bean Coffee, Village Trade, Dark Roast, Organic	8 / 400g	
628415 084646	12364	GMO	* @	Ⓟ	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g	
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS - 15% OFF + VOLUME PRICING							
829515 323516	37283	GMO	GF	X	GARDEN VEGGIE STRAWS, Cheddar	12 / 120g	G
829515 308582	37280			X	GARDEN VEGGIE STRAWS, Original	12 / 142g	G
829515 324636	37284			X	GARDEN VEGGIE STRAWS, Rosemary & Olive Oil	12 / 120g	G
829515 324629	37285			X	GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g	G
					Buy 10+ cases	Save 10%	



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SEOUL PRODUCTS - UP TO 15% OFF							
026396 501013	31046	GMO	GF	BBQ Sauce, Kalbi	6 / 350ml		_____
026396 502027	31035	GMO	GF	Kimchi Hot Sauce, Spicy, Keto (certified)	6 / 374g		_____
026396 502010	31034	GMO	GF	Kimchi Hot Sauce, Sweet & Spicy, Keto (certified)	6 / 374g		_____
026396 908256	31036	GMO	GF	Kimchi, Original, Keto (certified) (REFRIGERATED)	6 / 396g		_____
026396 909109	31038	GMO	GF V	Kimchi, Vegan, Keto (certified) (REFRIGERATED)	6 / 396g		_____
SEVENTH GENERATION PRODUCTS - 10% OFF							
732913 229178	46165			Disinfecting Wipes	12 / 35ct	G P	_____
732913 228287	46198			Laundry Liquid, 4X Concentrate, Geranium Blossoms & Vanilla (fibre pack)	6 / 1.47L	G P	_____
732913 446872	47059			Wipes, Multi-Purpose, Garden Mint	12 / 37ct	G P	_____
SILK PRODUCTS - UP TO \$3.17 OFF							
025293 005525	08000	GMO		Almond Beverage, Dark Chocolate	12 / 946ml	U	_____
025293 002180	07190	GMO		Almond Beverage, Original	12 / 946ml	U	_____
025293 001817	07136	GMO		Almond Beverage, Unsweetened	12 / 946ml	U	_____
025293 002197	07191	GMO		Almond Beverage, Vanilla	12 / 946ml	U	_____
025293 001800	07137	GMO		Almond Beverage, Unsweetened, Vanilla	12 / 946ml	U	_____
036632 074638	07138	GMO	*	Coconut Beverage, Original, Organic	12 / 946ml	U	_____
036632 074614	07139	GMO	*	Coconut Beverage, Unsweetened, Organic	12 / 946ml	U	_____
056800 715811	52243	GMO	+	Oat Beverage, Original	12 / 946ml	U	_____
056800 658903	52236	GMO	+	Oat Beverage, Unsweetened, Original	12 / 946ml	U	_____
056800 660814	52237	GMO	+	Oat Beverage, Unsweetened, Vanilla	12 / 946ml	U	_____
025293 005532	08010	GMO	*	Soy Fortified Beverage, Original, Organic	12 / 946ml	U	_____
025293 005549	08011	GMO	*	Soy Fortified Beverage, Unsweetened, Organic	12 / 946ml	U	_____
036632 076939	08102	GMO	*	BC <input type="checkbox"/> X Shreds, Cheddar Style (REFRIGERATED)	6 / 200g		_____
036632 076922	08101	GMO		Shreds, Mozzarella Style (REFRIGERATED)	6 / 200g		_____
SKINNYPOP POPCORN - UP TO 15% OFF + VOLUME PRICING							
816925 021958	38962	GMO	GF V	Microwave Popcorn, Butter	6 / 6x80g		_____
816925 021965	38963	GMO	GF V	Microwave Popcorn, Sea Salt	6 / 6x80g		_____
				Buy 5-19 cases (Microwave skus only)	Save 3.00		_____
				Buy 20+ cases (Microwave skus only)	Save 4.32		_____
850251 004117	38915	GMO	GF V	X Popcorn, Original	12 / 125g	G	_____
850251 004360	38914	GMO	GF V	X Popcorn, Sea Salt & Pepper	12 / 125g	G	_____
816925 021088	38954	GMO	GF V	X Popcorn, Sweet & Salty Kettle	12 / 150g	G	_____
850251 004346	38912	GMO	GF V	X Popcorn, White Cheddar	12 / 125g	G	_____
				Buy 5-24 cases	Save 3.91		_____
				Buy 25-49 cases	Save 5.88		_____
				Buy 50+ cases	Save 7.82		_____
816925 022313	38965	GMO	GF V	X Popcorn, Original	6 / 227g	G	_____
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER - VOLUME PRICING							
854531 000417	17103		+	<input type="checkbox"/> X Beer, Blonde Ale (can)	12 / 473ml	G U	_____
854531 000042	17101		+	<input type="checkbox"/> X Beer, IPA (can)	12 / 473ml	G U	_____
854531 000226	17102		+	<input type="checkbox"/> X Beer, Irish Red (can)	12 / 473ml	G U	_____
854531 000035	17100		+	<input type="checkbox"/> X Beer, White (can)	12 / 473ml	G U	_____
				Buy 25+ cases	Save 15%		_____
854531 000554	17104	GMO	*	<input type="checkbox"/> X Beer, IPA, Organic (can)	12 / 473ml	G U	_____
				Buy 25+ cases	Save 15%		_____
854531 000745	17105		+	<input type="checkbox"/> X Craft Cider (can)	12 / 473ml	G U	_____
				Buy 25+ cases	Save 15%		_____

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SOL CUISINE PLANT-BASED MEAT ALTERNATIVE (FROZEN) - \$4.20 OFF					
628025 016419	54322	GMO	+ P	X Bites, Crispy Chik'n w/BBQ Sauce	8 / 300g
628025 016464	54306	GMO	+ P	X Cauliflower Wings, Buffalo Style	8 / 225g
628025 016457	54305	GMO GF	+ P	X Cauliflower Wings, Sweet Chili	8 / 225g
628025 016303	54312	GMO	+ P	X Tenders, Crispy Chik'n	8 / 300g
628025 016426	54303	GMO	+ P	X Wings, Hot & Spicy Chik'n	8 / 255g
SOTA SPARKLING TEA + ADAPTOGENS - 10% OFF					
628176 390932	35450	GMO	* + P	Sparkling Tea, Calm - Grapefruit + Hibiscus, Organic	4 / 6x355ml G U
628176 390949	35451	GMO	* + P	Sparkling Tea, Focus - Orange + Chamomile, Organic	4 / 6x355ml G U
628176 390956	35452	GMO	* + P	Sparkling Tea, Refresh - Lime + Dandelion, Organic	4 / 6x355ml G U
SOUTHERN RECIPE SMALL BATCH PORK RINDS - \$3.00 OFF					
077079 004222	37400			X Pork Rinds, Korean Kimchi BBQ	15 / 85g G
077079 004529	37402			X Pork Rinds, Pineapple Ancho Chile	15 / 85g G
077079 004239	37401			X Pork Rinds, Sea Salt & Cracked Black Pepper	15 / 85g G
077079 004512	37403			x Pork Rinds, Spicy Dill	15 / 85g G
SPECTRUM MAYONNAISE & OIL - 15% OFF + VOLUME PRICING					
078755 000262	14035	GF V		CANOLA, Mayonnaise, Light, Eggless	12 / 473ml
				Buy 10+ cases	Save 10%
022506 203044	14003	GF *		SOY, Mayonnaise, Organic	12 / 473ml
				Buy 10+ cases	Save 10%
022506 410374	28114	GMO		Almond Oil	6 / 375ml
				Buy 10+ cases	Save 10%
022506 155305	28187	GMO		Avocado Oil, Refined	6 / 236ml
				Buy 10+ cases	Save 10%
022506 471757	28175	GMO *		Canola Oil, Organic	6 / 750ml
				Buy 10+ cases	Save 10%
022506 974692	28022	GMO *		Coconut Oil, Organic	12 / 414ml
				Buy 10+ cases	Save 10%
022506 403376	28176	GMO *		Safflower Oil, Organic	6 / 375ml
				Buy 10+ cases	Save 10%
022506 416376	28198	GMO		Walnut Oil	6 / 375ml
				Buy 10+ cases	Save 10%
022506 135642	28044		*	Coconut Oil, Virgin, Organic	6 / 857ml
				Buy 10+ cases	Save 10%
022506 721371	28130	GMO *		Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 375ml
				Buy 10+ cases	Save 10%
022506 721753	28135	GMO *		Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 750ml
				Buy 10+ cases	Save 10%
022506 404373	28185	GMO		Sesame Oil	6 / 375ml
				Buy 10+ cases	Save 10%
022506 022041	28136	GMO *		Olive Oil, Extra Virgin, Mediterranean, Organic	6 / 1L
				Buy 10+ cases	Save 10%
022506 065604	28107			Spray, Coconut Oil	6 / 170g
				Buy 10+ cases	Save 10%
022506 265813	28127			Spray, Olive Oil	6 / 170g
				Buy 10+ cases	Save 10%
SPERRI PLANT-BASED MEAL REPLACEMENT - 10% OFF					
627987 473766	13953	GMO *	+ P	Plant-Based Meal Replacement, Chocolate, Organic	3 / 4x330ml
627987 473759	13952	GMO *	+ P	Plant-Based Meal Replacement, Vanilla Maple, Organic	3 / 4x330ml



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SPREAD 'EM KITCHEN CO. CASHEW CHEEZE (REFRIGERATED) - 10% OFF						
628176 337043	14673	BC	Ⓟ	Cheeze Block, The Big Smoke, Applewood Smoked	6 / 200g	
628176 337012	14671	BC	Ⓟ	Cheeze Block, The Classic, Greek Inspired	6 / 200g	
628176 337036	14670	BC	Ⓟ	Cheeze Block, The Delight, Apricot & Chili	6 / 200g	
628176 337029	14672	BC	Ⓟ	Cheeze Block, The Meadow, Herbs & Garlic	6 / 200g	
ST. MICHAEL HONEY - 10% OFF						
771901 101355	44005	B	+	Ⓟ X Liquid Honey Pail, Canada No 1 White	1 / 3kg	
STAHLBUSH ISLAND FARMS FRUIT (FROZEN) - \$5.06 OFF						
638882 000070	54015	GMQ		X Blueberries (bag)	12 / 300g	
638882 000582	54017	GMQ		X Cranberries (bag)	12 / 284g	
638882 000599	54014	GMQ		X Marion Blackberries (bag)	12 / 284g	
638882 000933	54690	GMQ		X Northwest Berry Blend	12 / 300g	
638882 000575	54016	GMQ		X Red Raspberries (bag)	12 / 284g	
638882 000551	54013	GMQ		X Strawberries, Whole (bag)	12 / 300g	
STASH TEA - \$2.51 OFF + VOLUME PRICING						
077652 084818	13119			Holiday Herbal Tea, Cinnamon Vanilla	6 / 18ct	
				Buy 25-49 cases	Save 0.32	
				Buy 50+ cases	Save 1.13	
STELLA'S PEROGIES (FROZEN) - 10% OFF						
878431 000049	30351	GF	+	Ⓟ X Perogies, Cheddar Cheese	12 / 520g	
878431 000018	30348	GF	+	Ⓟ X Perogies, Just Potato	12 / 520g	
STICKLING'S BAKERY PRODUCTS - 15% OFF + VOLUME PRICING						
775918 002032	32044	GF	+	Ⓟ X CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g	
				Buy 12+ cases	Save 5%	
775918 002018	32041	GF	+	Ⓟ BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g	
				Buy 12+ cases	Save 5%	
SUNFLOWER KITCHEN VEGETARIAN SOUP & CHILI (REFRIGERATED) - 10% OFF						
679514 120117	14523	GMQ	GF	+	Ⓟ Soup, Asian Wild Rice & Mushroom	6 / 925ml
679514 120063	14518	GMQ	GF	+	Ⓟ Soup, Borscht	6 / 925ml
679514 120018	14519	GMQ	GF	+	Ⓟ Soup, Carrot and Ginger	6 / 925ml
679514 120056	14520	GMQ	GF	+	Ⓟ Soup, Egyptian Lentil	6 / 925ml
679514 120032	14524	GMQ	GF	+	Ⓟ Soup, Harira, Moroccan Vegetable & Chickpeas	6 / 925ml
679514 120162	14525	GMQ	GF	+	Ⓟ Soup, Italian Red Lentil & Spinach	6 / 925ml
679514 120131	14507	GMQ	GF	+	Ⓟ Soup, Thai Hot & Sour	6 / 925ml
679514 120209	14526	GMQ	GF	*	Ⓟ Chili, Sweet Potato & Chipotle, Organic	6 / 925ml
SUPERIOR NATURAL TOFU (REFRIGERATED) - 10% OFF						
777433 001064	40322	GMQ	*	BC Ⓟ Tofu, Extra Firm, Organic	12 / 350g	
777433 012404	40323	GMQ	*	Ⓟ Tofu, Firm, Organic	12 / 454g	
777433 000302	40335	GMQ		BC Ⓟ Tofu, Fried	12 / 360g	
777433 012411	40324	GMQ	*	Ⓟ Tofu, Medium Firm, Organic	12 / 454g	
777433 001101	40012	GMQ	*	BC Ⓟ Tofu, Pressed, Organic	12 / 280g	
777433 012480	40325	GMQ	*	Ⓟ Tofu, Silken (water pack), Organic	12 / 454g	
TASTY BITE HEAT & SERVE RICE - 15% OFF						
782733 311119	37695	GMQ	*	X Heat & Serve, Rice, Brown w/Lentils with Herbs, Organic (microwavable pouch)	6 / 250g	
TAZO TEA - 15% OFF						
794522 002245	30881			AWAKE English Breakfast style (wrapped)	6 / 20ct	
794522 002191	30885		*	Chai, Organic (wrapped)	6 / 20ct	
794522 002146	30883			Earl Grey (wrapped)	6 / 20ct	



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794522 002214	30886				Green Tea, Green Ginger	6 / 20ct		
794522 002184	30889				Herbal Infusion Tea, Passion	6 / 20ct		
794522 002207	30887				Herbal Infusion Tea, Wild Sweet Orange	6 / 20ct		
794522 002252	30890				Black Tea Concentrate, Chai Latte	6 / 946ml		
TERRA BREADS SMALL BATCH GRANOLA - 10% OFF								
779324 009388	40159	GMO		BC P	Granola, Pure Crunch	8 / 850g		
TERRA DELYSSA OLIVE OIL - UP TO \$8.87 OFF								
6191509 903726	05229	GMO	GF	*	Extra Virgin Olive Oil, Organic	6 / 500ml		
6191509 903702	05221	GMO	GF	*	Extra Virgin Olive Oil, Organic	6 / 1L		
THAI KITCHEN PRODUCTS - 15% OFF								
737628 011766	14958	GMO	GF		Coconut Cream	6 / 400ml		
737628 047000	30310				X Instant Soup, Bangkok Curry	12 / 45g		
737628 030002	30309				X Instant Soup, Garlic & Vegetable	12 / 45g		
737628 029501	30308				X Instant Soup, Lemongrass & Chili	12 / 45g		
737628 046508	30312				X Instant Soup, Spring Onion	12 / 45g		
737628 047505	30311				X Instant Soup, Thai Ginger	12 / 45g		
737628 004003	14950	GMO	GF		Paste, Green Curry	12 / 112g		
737628 003006	14952	GMO	GF		Paste, Red Curry	12 / 112g		
737628 006007	14956	GMO	GF		Paste, Roasted Red Chili	12 / 112g		
737628 012008	14944	GMO			Paste, Yellow Curry	12 / 112g		
737628 005000	14954		GF		Peanut Satay Sauce	12 / 227ml		
737628 001002	14694	GMO	GF		Premium Fish Sauce	12 / 200ml		
737628 085507	38291				X Soup Bowl, Hot & Sour	6 / 68g		
737628 086504	38292				X Soup Bowl, Lemongrass & Chili	6 / 68g		
737628 065509	38227				X Soup Bowl, Mushroom Medley	6 / 68g		
737628 062508	38226				X Soup Bowl, Roasted Garlic	6 / 68g		
737628 066001	38228				X Soup Bowl, Spring Onion	6 / 68g		
737628 086009	38293				X Soup Bowl, Thai Ginger	6 / 68g		
THAYERS REMEDIES WITCH HAZEL - UP TO 15% OFF								
041507 067035	85306				Witch Hazel Astringent, Lemon	1 / 355ml	G P	
041507 065765	85307				Witch Hazel Astringent, Original	1 / 355ml	G P	
041507 070035	85308				Witch Hazel Toner, Rose Petal	1 / 355ml	G P	
041507 070066	85310				Witch Hazel Toner, Lavender	1 / 355ml	G P	
THE VERY GOOD CHEESE CO. PLANT-BASED CHEESE (REFRIGERATED) - 10% OFF								
628176 694627	56321			BC P	Bold Cheddah, White Cheddar Style	6 / 190g		
628176 694658	56324			BC P	Cheddah, Medium Cheddar Style	6 / 190g		
628176 694634	56322			BC P	Dill'ish, Garlic & Herb Havarti Style	6 / 190g		
628176 694641	56323			BC P	Goud AF*, Smoky Gouda Style	6 / 190g		
628176 694610	56320			BC P	Pepper Jack, Monterey Jack Style	6 / 190g		
THEO CHOCOLATE - UP TO \$5.18 OFF								
874492 002411	11981	GMO		* @	X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g	G	
874492 002459	11978	GMO		* @	X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g	G	
874492 003258	11993	GMO		* @	X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g	G	
874492 004200	11995	GMO		* @	X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g	G	
874492 002633	11987	GMO		* @	X Dark Chocolate 70%, Coconut, Organic	12 / 85g	G	
874492 002534	11985	GMO		* @	X Dark Chocolate 70%, Mint, Organic	12 / 85g	G	
874492 003814	11994	GMO		* @	X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g	G	
874492 005405	11997	GMO		* @	X Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g	G	
874492 005375	11996	GMO		* @	X Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g	G	
874492 002374	11979	GMO		* @	X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g	G	
874492 002510	11984	GMO		* @	X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g	G	



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874492 003210	11991	GMQ	* @	X	Peanut Butter Cups, Dark Chocolate	12 / 38g	G	_____
874492 004910	11990	GMQ	* @	X	Peanut Butter Cups, Dark Chocolate Peanut Butter & Jelly, Organic	12 / 38g	G	_____
874492 003227	11992	GMQ	* @	X	Peanut Butter Cups, Milk Chocolate	12 / 38g	G	_____
THIRSTY BUDDHA COCONUT WATER - UP TO \$2.00 OFF + VOLUME PRICING								
852953 001654	72521	GMQ		Ⓟ X	Sparkling Coconut Water with Pineapple (can)	12 / 330ml	G P U	_____
852953 001357	72522	GMQ		Ⓟ X	Sparkling Coconut Water with Watermelon (can)	12 / 330ml	G P U	_____
						Buy 10-24 cases (330ml SKUS)	Save 0.50	_____
						Buy 25-49 cases (330ml SKUS)	Save 0.75	_____
						Buy 50+ cases (330ml SKUS)	Save 1.00	_____
852953 001173	07213	GMQ	GF		Coconut Water, Natural (tetrapak)	12 / 1L	U	_____
						Buy 10-24 cases (1L SKUS)	Save 1.25	_____
						Buy 25-49 cases (1L SKUS)	Save 1.75	_____
						Buy 50+ cases (1L SKUS)	Save 2.10	_____
THOMPSON'S HOMEOPATHIC CRÈME - 10% OFF								
628977 000016	82000				Arnica Crème	1 / 40ml	G P	_____
628977 000498	82001				Calendula Crème	1 / 40ml	G P	_____
TINKYADA RICE PASTA - 10% OFF								
621683 920555	30903	GF	+	Ⓟ X	Elbows, Brown Rice	12 / 454g		_____
621683 010553	30930	GF	*	Ⓟ X	Elbows, Brown Rice, Organic	12 / 340g		_____
621683 920258	30901	GF	+	Ⓟ X	Fettucine, Brown Rice	12 / 397g		_____
621683 920654	30037	GF	+	Ⓟ X	Fusilli, Brown Rice	12 / 454g		_____
621683 910952	30909	GF	+	Ⓟ X	Grand Shells, Brown Rice	12 / 227g		_____
621683 921354	30908	GF	+	Ⓟ X	Lasagna, Brown Rice	12 / 283g		_____
621683 011352	30925	GF	*	Ⓟ X	Lasagna, Brown Rice, Organic	12 / 280g		_____
621683 911454	30918	GF	+	Ⓟ X	Little Dreams, Brown Rice (kids' shapes)	12 / 397g		_____
621683 921156	30907	GF	+	Ⓟ X	Penne, Brown Rice	12 / 454g		_____
621683 021153	30922	GF	*	Ⓟ X	Penne, Brown Rice, Organic	12 / 340g		_____
621683 920753	30924	GF	+	Ⓟ X	Shells, Brown Rice	12 / 454g		_____
621683 920159	30900	GF	+	Ⓟ X	Spaghetti, Brown Rice	12 / 454g		_____
621683 020156	30920	GF	*	Ⓟ X	Spaghetti, Brown Rice, Organic	12 / 340g		_____
621683 520151	30916	GF	+	Ⓟ X	Spaghetti, White Rice	12 / 454g		_____
621683 921255	30902	GF	+	Ⓟ X	Spirals, Brown Rice	12 / 454g		_____
621683 021252	30921	GF	*	Ⓟ X	Spirals, Brown Rice, Organic	12 / 340g		_____
621683 721251	30923	GF	+	Ⓟ X	Spirals, Vegetable, Brown Rice	12 / 340g		_____
621683 021146	30039	B GF	*	Ⓟ X	Penne, Brown Rice, Organic	2 / 2.27kg		_____
621683 020149	90312	B GF	*	Ⓟ X	Spaghetti, Brown Rice, Organic	2 / 2.27kg		_____
621683 021245	30038	B GF	*	Ⓟ X	Spirals, Brown Rice, Organic	2 / 2.27kg		_____
TMRW FOODS MEAT ALTERNATIVE (FROZEN) - 15% OFF								
627987 299717	11070			BC Ⓟ X	Breakfast Patties	8 / 210g		_____
627987 299731	11056			BC Ⓟ X	Ground, Original	8 / 340g		_____
628634 283790	11065			BC Ⓟ X	Shreds, Lightly Seasoned	8 / 200g		_____
628634 283820	11068			BC Ⓟ X	Shreds, Barbecue	8 / 200g		_____
TOFINO RAW KOMBUCHA (REFRIGERATED) - 10% OFF								
628176 608136	17243	GMQ	*	BC Ⓟ X	Kombucha, Apple Honeybush, Organic (can)	12 / 355ml	G P U	_____
628176 608068	17233		*	BC Ⓟ X	Kombucha, Apricot & Rose, Organic (can)	12 / 355ml	G P U	_____
628176 608082	17234		*	BC Ⓟ X	Kombucha, Blueberry & Lavender, Organic (can)	12 / 355ml	G P U	_____
628176 608020	17235		*	BC Ⓟ X	Kombucha, Ginger & lemon, Organic (can)	12 / 355ml	G P U	_____
628176 608044	17236		*	BC Ⓟ X	Kombucha, Jasmine & Hibiscus, Organic (can)	12 / 355ml	G P U	_____
628176 608112	17242			X	Kombucha, Organic, Mix Pack (can)	12 / 355ml	G P U	_____
628176 608105	17237		*	BC Ⓟ X	Kombucha, Raspberry, Organic (can)	12 / 355ml	G P U	_____
628176 608150	17244	GMQ	*	BC Ⓟ X	Kombucha, Turmeric Raspberry, Organic (can)	12 / 355ml	G P U	_____



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TOFURKY MEAT ALTERNATIVE (REFRIGERATED) - 15% OFF					
025583 004313	57072			Deli Slices, Hickory Smoked	12 / 156g
025583 004306	57071			Deli Slices, Oven Roasted Tofurky	12 / 156g
025583 004320	57080			Deli Slices, Peppered (pastrami-style)	12 / 156g
TRADITIONAL MEDICINALS TEA - \$1.80 OFF					
032917 007391	12140	GMO		Belly Comfort, Peppermint	6 / 16ct
032917 007339	12170	GMO		Breathe Easy Tea	6 / 16ct
032917 007346	12169	GMO	* @	Chamomile w/Lavender Tea, Organic	6 / 16ct
032917 007353	12171	GMO	* @	Chamomile, Organic	6 / 16ct
032917 007377	12199	GMO	* @	Cup of Calm, Organic	6 / 16ct
032917 007384	13207	GMO	*	Dandelion Leaf and Root, Organic	6 / 16ct
032917 007407	12189	GMO	*	Echinacea Plus Elderberry, Organic	6 / 16ct
032917 007414	12177	GMO	*	Echinacea Plus, Organic	6 / 16ct
032917 007421	13208	GMO	*	Everyday Detox, Dandelion, Organic	6 / 16ct
032917 007438	12942	GMO	*	EveryDay Detox, Lemon, Organic	6 / 16ct
032917 007445	12984	GMO	GF *	Fennel, Organic	6 / 16ct
032917 007452	12163	GMO	*	Ginger Aid, Organic	6 / 16ct
032917 007476	12103	GMO	* @	Ginger, Organic	6 / 16ct
032917 007483	12186	GMO	* @	Green Tea w/Ginger, Organic	6 / 16ct
032917 007490	12174	GMO	* @	Green Tea w/Lemongrass, Organic	6 / 16ct
032917 007711	31700	GMO	*	Green Tea, Matcha, Organic	6 / 16ct
032917 007506	30109	GMO	* @	Heart Tea w/Hawthorn Hibiscus, Organic	6 / 16ct
032917 007704	31701	GMO	*	Herbal Tea, Reishi Mushroom, Organic	6 / 16ct
032917 007513	12985	GMO	GF * @	Hibiscus, Organic	6 / 16ct
032917 007520	12983	GMO	GF *	Lemon Balm, Organic	6 / 16ct
032917 007537	12244	GMO	*	Licorice Root, Organic	6 / 16ct
032917 007544	13049	GMO	*	Mother's Milk Tea, Organic	6 / 16ct
032917 007551	12249	GMO	*	Nettle Leaf, Organic	6 / 16ct
032917 007568	12986	GMO	GF *	Nighty Night Valerian, Organic	6 / 16ct
032917 007575	12142	GMO	* @	Nighty Night, Organic	6 / 16ct
032917 007582	12173	GMO	*	Peppermint, Organic	6 / 16ct
032917 007599	12143	GMO	*	Raspberry Leaf, Organic	6 / 16ct
032917 007643	12952	GMO	*	RELAXATION TEA, Stress Soother, Cinnamon, Organic	6 / 16ct
032917 007605	12104	GMO	*	Roasted Dandelion Root, Organic	6 / 16ct
032917 007612	12950	GMO	*	Smooth Move Peppermint, Organic	6 / 16ct
032917 007629	12160	GMO	*	Smooth Move, Organic	6 / 16ct
032917 007636	12106	GMO	* @	Spearmint, Organic	6 / 16ct
032917 007650	12190	GMO	*	Throat Coat Lemon Echinacea, Organic	6 / 16ct
032917 007667	12165	GMO	*	Throat Coat, Organic	6 / 16ct
032917 007674	12953	GMO	* @	Tulsi w/ Ginger, Organic	6 / 16ct
032917 007681	12954		*	Turmeric with Meadowsweet & Ginger, Organic	6 / 16ct
032917 007698	12155	GMO	* @	Weightless Tea, Organic	6 / 16ct
TRIPLE JIM'S ALL NATURAL JUICE MADE FROM BC FRUIT - 10% OFF					
059105 150905	18102		BC P	Cider, Apple (glass bottle)	12 / 946ml U
059105 153784	18131		BC P	Cider, Apple (glass bottle)	4 / 3.78L U
TWO BEARS OAT MILK TEA LATTE - 15% OFF					
628504 309063	10057		+ P	Oat Latte, Vanilla Coffee (Tetra)	6 / 946ml U
UDI'S PRODUCTS (FROZEN) - UP TO \$3.04 OFF					
698997 809548	54353	GF		X Bagels, Plain (5ct)	8 / 395g
698997 809647	54285	GF		X Bagels, Whole Grain (5ct)	8 / 395g
698997 809104	54287	GF		X Bread, White Sandwich	8 / 340g
698997 829157	54290	GF		X Bread, Whole Grain Sandwich Loaf	8 / 340g
698997 809173	54289	GF		X Pizza Crusts (2ct)	8 / 227g
698997 810483	54293	GF		X Pizza, Four Cheese	6 / 497g
698997 810506	54295	GF		X Pizza, Pepperoni	6 / 522g
698997 810513	54292	GF		X Pizza, Supreme	6 / 542g



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VEGGIE FAST FOODS VEGGIE PÂTÉ (REFRIGERATED) - 10% OFF					
627059 000708	42113	BC P	Veggie Pâté	12 / 227g	
VIJ'S INDIAN CUISINE (FROZEN) - 15% OFF					
673984 001419	54412		+ P X Everyday Chana Masala	6 / 400g	
673984 001396	54410	GF	+ P X Green Beans, Coconut Ginger	6 / 400g	
673984 001303	54400		+ P X Kalonji Chicken Curry	6 / 400g	
673984 001815	54419		+ P X Maharaja Paneer	6 / 400g	
673984 001426	54413		+ P X Slow-Cooked Punjabi Daal	6 / 400g	
673984 001327	54402		+ P X Vij's Masala Chicken	6 / 400g	
WHITEWATER COOKS DRESSING & MARINADE - 10% OFF					
627843 382140	77801	BC P	Dressing, Glory Bowl	12 / 350ml	
627843 382164	77800	BC P	Marinade, Miso Ginger	12 / 350ml	
627843 382133	77803	BC P	Vinaigrette, Honey Curry	12 / 350ml	
WHOLE ALTERNATIVES POPCORN - 15% OFF					
796259 150497	36297	*	Microwave Popcorn, Butter Flavour, Organic	12 / 3x99g	
796259 150480	36299	GMO *	Microwave Popcorn, Low Fat, Organic	12 / 3x85g	
796259 151845	37497	*	Popping Corn, Yellow, Organic	12 / 454g	
WILD COUNTRY HONEY - 20% OFF					
621234 600165	44107		+ P Buckwheat Honey, Canada #1 Amber	12 / 500g	
621234 610041	44109		+ P Pure Raw Honey, Canada #1 White	12 / 500g	
621234 600400	44108		+ P Wild Blossom Honey, Canada #1 Golden	12 / 500g	
WILDBRINE FERMENTED SAUCE & VEGETABLES (REFRIGERATED) - 15% OFF					
858159 002051	32156	GMO	Kimchi, Japanese	6 / 500ml	
858159 002068	32157	GMO	Kimchi, Korean	6 / 500ml	
858159 002686	32242	GMO	Kimchi, Mild w/ turmeric	6 / 500ml	
858159 002020	32152	GMO *	Kraut, Arame & Ginger, Organic	6 / 500ml	
858159 002013	32151	GMO *	Kraut, Dill & Garlic, Organic	6 / 500ml	
858159 002419	32220	GMO *	Kraut, Green, Organic	6 / 500ml	
858159 002044	32154	GMO *	Kraut, Red Beet & Cabbage, Organic	6 / 500ml	
858159 002815	32245	GMO *	Kraut, Roasted Garlic, Organic	6 / 500ml	
858159 002082	32159	GMO	Salsa, Fermented Salsa Rojo	6 / 510ml	
858159 002716	32238	GMO	Sriracha Sauce, Spicy Kimchi	8 / 241g	
WIZE COFFEE LEAF ICED TEA - \$1.79 OFF					
628250 387315	13652		P X Iced Tea, Grapefruit (can)	12 / 355ml	U
628250 387292	13650		P X Iced Tea, Hint Of Lemon (can)	12 / 355ml	U
628250 387308	13651		P X Iced Tea, Mango (can)	12 / 355ml	U
628250 387360	13653		+ P X Iced Tea, Sparkling Mango (can)	12 / 355ml	G P U
YOGI BEVERAGE TEA - \$3.37 OFF					
076950 650213	12652		Green Tea, Kombucha	6 / 16ct	
076950 203471	12945	*	Herbal Tea, Calming, Organic	6 / 16ct	
076950 615335	12677	GMO *	Herbal Tea, Chai Rooibos , Organic	6 / 16ct	
076950 615168	12720	GMO *	Herbal Tea, Egyptian Licorice, Organic	6 / 16ct	
076950 650114	12670	GMO *	Herbal Tea, Ginger, Organic	6 / 16ct	
076950 650176	12671		Herbal Tea, Lemon Ginger	6 / 16ct	
076950 203488	12944	GMO *	Herbal Tea, Restful Sleep , Organic	6 / 16ct	
076950 207028	12653	GMO *	Herbal Tea, Stress Relief, Chamomile Passionflower, Organic	6 / 16ct	
ZAZUBEAN CHOCOLATE BAR - VOLUME PRICING					
872227 000343	14750	GMO *	@ P X Coconut Sugar Chocolate, Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g	G
872227 000244	14741	GMO *	@ P X Coconut Sugar Chocolate, Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g	G
872227 000183	14738	GMO *	@ P X Coconut Sugar Chocolate, Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g	G
872227 000367	14742	GMO *	@ P X Coconut Sugar Chocolate, Punch - Pineapple & Coconut (55% Cacao), Organic	12 / 85g	G



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872227 000220	14740	GMO	* @	Ⓟ X	Coconut Sugar Chocolate, Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g	G	_____
872227 000206	14739	GMO	* @	Ⓟ X	Coconut Sugar Chocolate, Sassy - Pomegranate & Hazelnut (55% Cacao), Organic	12 / 85g	G	_____
872227 000107	14737	GMO	* @	Ⓟ X	Dark Chocolate, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g	G	_____
872227 000060	14734	GMO	* @	Ⓟ X	Dark Chocolate, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g	G	_____
872227 000015	14733	GMO	* @	Ⓟ X	Dark Chocolate, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g	G	_____
872227 000046	14731	GMO	* @	Ⓟ X	Dark Chocolate, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g	G	_____
872227 000169	14732	GMO	* @	Ⓟ X	Dark Chocolate, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g	G	_____
872227 000084	14735	GMO	* @	Ⓟ X	Dark Chocolate, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g	G	_____
872227 000121	14736	GMO	* @	Ⓟ X	Dark Chocolate, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g	G	_____
872227 000145	07189	GMO	* @	Ⓟ X	Milk Chocolate, Smooch - Vanilla Caramel Crunch (46% Cacao), Organic	12 / 85g	G	_____
872227 000961	14771	GMO	* @	Ⓟ X	SLINKY, No Added Sugar, Hazelnut Almond Crunch (43% Cacao), Organic	12 / 80g	G	_____
872227 000947	14772	GMO	* @	Ⓟ X	Coconut Sugar Chocolate, Breezy - Cashew & Hazelnut (55% Cacao), Organic	12 / 85g	G	_____
					Buy 5-9 cases	Save 1.00		_____
					Buy 10-14 cases	Save 2.00		_____
					Buy 15+ cases	Save 3.00		_____
872227 000589	14762		@	Ⓟ X	SLINKY Half The Sugar, Nuts & Berries (67% Cacao)	12 / 80g	G	_____
872227 000565	14761	GMO	* @	Ⓟ X	SLINKY Half The Sugar, Salted Almonds (70% Cacao), Organic	12 / 80g	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	_____
					Buy 5-9 cases	Save 1.00		_____
					Buy 10-14 cases	Save 2.00		_____
					Buy 15+ cases	Save 3.00		_____
ZEVIA ZERO CALORIE ENERGY DRINK & STEVIA SWEETENED TEA BEVERAGE - \$3.18 OFF								
849429 000693	72080	GMO	GF	X	Energy Drink, Grapefruit	12 / 355ml	G P U	_____
849429 000723	72083	GMO	GF	X	Energy Drink, Kōla	12 / 355ml	G P U	_____
849429 000709	72081	GMO	GF	X	Energy Drink, Mango/Ginger	12 / 355ml	G P U	_____
849429 000716	72082	GMO	GF	X	Energy Drink, Raspberry/Lime	12 / 355ml	G P U	_____
849429 001539	72030	GMO	GF	* @	X Black Tea, Lemon, Organic	12 / 355ml	U	_____
849429 001546	72031	GMO	GF	* @	X Black Tea, Raspberry, Organic	12 / 355ml	U	_____
849429 001560	72032	GMO	GF	* @	X Earl Grey Tea, Blood Orange, Organic	12 / 355ml	U	_____
849429 001577	72033	GMO	GF	* @	X Hibiscus Tea, Passionfruit, Organic	12 / 355ml	U	_____



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CLEARANCE

Discontinued and Clearance items are final sale

ASPENCLEAN | CLEANING PRODUCTS - 40% OFF

876805 003054 81200 ~~PB~~ Microfiber Cloth, All Purpose, Professional Grade 6 / 1ea G P

CABOO | BAMBOO WIPES - 50% OFF

628451 738046 46308 ~~PB~~ Bamboo Baby Wipes, Value Pack (S/O) 6 / 3x72ct G P

COCONUT SECRET | SOY-FREE SAUCE - 15% OFF

851492 002245 14700 ~~GMO~~ GF * Soy-Free Sauce, Garlic, Organic 12 / 296ml

851492 002368 14701 ~~GMO~~ GF * Soy-Free Sauce, Teriyaki, Organic 12 / 296ml

CROFTER'S ORGANIC | FRUIT SPREAD - 20% OFF

067275 006090 42675 ~~GMO~~ * + ~~PB~~ X Premium Spread, Strawberry Banana, Organic 6 / 383ml

DJ&A | VEGETABLE SNACKS - 40% OFF

853496 008858 31502 X Potato Wedges, Sweet Chilli 10 / 100g G

EARTH ISLAND | VEGENAISE (REFRIGERATED)

049568 210162 14118 ~~GMO~~ VEGENAISE Better than Mayo, Original 6 / 473ml

049568 219462 32137 ~~GMO~~ * VEGENAISE Better than Mayo, Original 6 / 946ml

ECO-MAX | HOUSEHOLD CLEANERS - UP TO 40% OFF

853907 001263 80727 + ~~PB~~ Automatic Dishwasher Pacs, Biodegradable (20 pacs) 8 / 360g G P

853907 001010 80950 + ~~PB~~ Cleaner, All Purpose, Natural Lemongrass 6 / 710ml G P

ENER-G FOODS PRODUCTS - 10% OFF

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

075119 145713 16214 ~~GMO~~ GF X Brown Rice Loaf 6 / 454g

075119 149520 55388 GF X Select Bread, Sourdough White 6 / 397g

075119 049103 16212 GF X Tapioca Loaf 6 / 454g

FATSO | SEED BUTTER - 10% OFF

691428 005007 42081 ~~GMO~~ GF V + ~~PB~~ Almond and Seed Butter, Classic 6 / 454g

FIELD ROAST® CHAO CREAMERY | ENTRÉES (FROZEN) - 20% OFF

638031 225705 65114 V X MAC 'n CHAO, Creamy (Vegan) 8 / 312g

FRONTIER | HERBS & SPICES - UP TO 45% OFF

089836 210173 70555 * X Cayenne Pepper, Organic 6 / 32g

089836 210265 70564 * X Curry, Powder, Organic 6 / 30g

089836 210296 70567 * X Garam Masala, Organic 6 / 42g

GOGO QUINOA PRODUCTS - UP TO 60% OFF

896899 000166 22143 ~~GMO~~ GF * ~~PB~~ Cereal, Quinoa Cocoa, Organic 8 / 260g

30040 ~~GMO~~ GF * Pasta, Lasagna, Rice and Quinoa, Organic 12 / 227g

896899 000272 30043 ~~GMO~~ GF * ~~PB~~ X Pasta, Macaroni, Red & White Quinoa, Organic 12 / 227g

HERBARIA | HERBAL TEA - 45% OFF

5997005 343742 40851 Herbal Tea, Birch Leaf 10 / 25ct

5997005 343605 40854 Herbal Tea, Echinacea Herb 10 / 25ct

5997005 330902 40858 Herbal Tea, Hawthorn Flowers & Leaves 10 / 25ct

5997005 343834 40860 Herbal Tea, Lady's Mantle 10 / 25ct

5997005 330889 40864 Herbal Tea, Marigold Blossoms 10 / 25ct

5997005 343643 40866 Herbal Tea, Passion Flower 10 / 25ct

5997005 343810 40868 Herbal Tea, Plantain Leaf 10 / 25ct

5997005 343629 40870 Herbal Tea, Rosemary Leaf 10 / 25ct

5997005 343841 40873 Herbal Tea, Shepherd's Purse 10 / 25ct

5997005 343728 40875 Herbal Tea, Spearmint 10 / 25ct

5997005 330766 40876 Herbal Tea, St. John's Wort 10 / 25ct

5997005 343827 40879 Herbal Tea, Uva Ursi Leaf 10 / 25ct

5997005 330926 40880 Herbal Tea, Valerian Root 10 / 25ct

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JUSTEA | FARMER DIRECT KENYAN TEA - 40% OFF

627843 437680	13700	GMØ	@ BC P	Loose Leaf, African Chai (Tin)	6 / 115g	
628451 866268	13716	GMØ	@ BC P	Loose Leaf, Purple Chocolate (Tin)	6 / 100g	
628451 866060	13711	GMØ	@ BC P	Loose Leaf, Purple Jasmine (Tin)	6 / 90g	
628451 866084	13712	GMØ	@ BC P	Loose Leaf, Purple Mint (Tin)	6 / 60g	
628451 866077	13710	GMØ	@ BC P	Loose Leaf, Purple Rain (Tin)	6 / 80g	

KIND | NUT BAR - 10% OFF

602652 207068	39324		X	PLUS+ Nut Bar, Almond Butter Dark Chocolate	12 / 50g	G
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KOYO | JAPANESE PRODUCTS - 40% OFF

065493 062638	24205			Agar Kanten Flakes (Vegetarian Gelatin)	10 / 28g	
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KRISDA | SUGAR-FREE SWEETENER - 20% OFF

688120 003042	23018		P	Sweetener, Monk Fruit (packets)	6 / 80x1g	
688120 014543	23020		P	Sweetener, Stevia	6 / 454g	

L'ANCÊTRE | CHEESE (REFRIGERATED) - 20% OFF

50054	GMØ B	*	+ P	Shredded, Mozzarella 15%, Organic (S/O)	1 / 2kg	
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LA PREFERIDA | SALSAS - 75% OFF

071524 180028	47202		*	Salsa, Hot, Organic (S/O)	12 / 492ml	
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MAISON ORPHEE | MARINADE - 40% OFF

069593 121400	32390	GMØ	GF V	+ P	Marinade, Greek Vinaigrette	12 / 250ml
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MARY'S ORGANIC | CRACKERS - 15% OFF

897580 000073	91146	GMØ	GF V *	X	Display Shipper #2 (S/O) (24ea Original, 12ea Jalapeno, 24ea Super Seed)	60 / 184g
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MILLENNIA TEA | FRESH-LEAF & SUPERFOOD TEA (FROZEN) - 55% OFF

627843 851738	13730		* @	P X	Fresh-Leaf Tea, Organic	12 / 120g
627843 851769	13731		* @	P X	Superfood Tea, Raw Cubes (12ct), Organic	12 / 162g

MUMM'S | SEEDS - 80% OFF

073295 125420	34432		*	+ P	Seeds, Crunchy Bean Mix (Chickpeas/Lentils/Peas), Organic	12 / 125g
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NADAMOO! | DAIRY-FREE COCONUT DESSERT (FROZEN) - 15% OFF

854758 001570	32907	GMØ	GF V	X	Birthday Cake Cookie Dough	8 / 473ml	G
854758 001532	32903	GMØ	GF V	X	Cookie Dough Fudge	8 / 473ml	G
854758 001518	32901	GMØ	GF V *	X	Vanilla...Ahhh, Organic	8 / 473ml	G

NATURE CLEAN | LAUNDRY PRODUCTS - 40% OFF

058951 307181	80724			+ P	Laundry Tabs, Unscented	8 / 432g	G P
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NATURE'S NUTS | NUT & SEED BUTTER - 20% OFF

682264 650100	35337	GMØ	*	BC P	Almond Butter, Crunchy, Organic	12 / 340g	
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OLIVADO OILS - 85% OFF

9421009 030286	37592				Avocado Oil w/Lemon Zest, Extra Virgin	6 / 250ml	
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ORCHID REAL FLAVOUR | BAKING INGREDIENTS - 35% OFF

062932 006017	02057			BC P	Pure Almond Extract (S/O)	12 / 100ml	
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PERFECT CHEF | TOMATO PASTA SAUCE - 50% OFF

620988 050462	42407	GMØ	*	+ P	Pasta Sauce, Red Lentil, Organic	6 / 740ml	
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PUKKA | ORGANIC TEA - 20% OFF

506022 9013811	40805	GMØ	* @	X	Herbal Tea, Licorice & Cinnamon, Organic	4 / 20ct	
506022 9014009	40815	GMØ	* @	X	Herbal Tea, Three Chamomile, Organic	4 / 20ct	

PURPLE FROG | HYDRATING HAND SANITIZER - 45% OFF

676034 000011	47101			+ P	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	24 / 125ml	G P
676034 000004	47100			+ P	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	48 / 60ml	G P



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SAPADILLA PRODUCTS - UP TO 85% OFF

677141 002035	70334		All Purpose Cleaner, Sweet Lavender & Lime	6 / 739ml	G P	
677141 001038	70331		Countertop Cleanser Spray, Sweet Lavender & Lime	12 / 473ml	G P	
677141 001014	70329		Countertop Cleanser Spray, Rosemary & Peppermint	12 / 473ml	G P	

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

628634 283776	11059	BC P X	Sausage, Roasted Garlic & Herb	8 / 240g		
628634 283783	11060	BC P X	Sausage, Spicy Sicilian	8 / 240g		

TRADITIONAL MEDICINALS TEAS - 60% OFF

032917 101884	12951		Smooth Move, Chamomile	6 / 20ct		
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TRUE CITRUS | SEASONING & DRINK MIX - 40% OFF

810979 006800	70370		True Lemon Crystallized Lemon Seasoning Shaker	6 / 60g	G	
810979 001454	70371		True Lime Crystallized Sachet Packets	12 / 32ct		

XOMA SUPERFOODS | COMPOSTABLE SINGLE-SERVE BREW PODS (Compatible with Keurig K-Cup Brewing Systems) - 20% OFF

628678 478350	01210	BC P	Superfood Drink Mix, Cocoa Keto	6 / 12ct		
628678 478343	01213	BC P	Superfood Drink Mix, Matcha Latte	6 / 12ct		
628678 478336	01214	BC P	Superfood Drink Mix, Turmeric Golden Milk	6 / 12ct		
628678 478329	01211	BC P	Superfood Drink Mix, Coffee, Keto	6 / 12ct		
628678 478312	01212	BC P	Superfood Drink Mix, Coffee, MCT	6 / 12ct		

ZIMT | CHOCOLATE BARS - UP TO 50% OFF

628055 532057	11005	GMO GF *	BC P X	Raw Chocolate, Sweet Orange Nib'd, Organic	12 / 40g	G
628055 532354	11011	V *	BC P X	Raw Chocolate, The White Stuff (White Chocolate), Organic	12 / 40g	G