



Granolove

Reinvent
your breakfast

NEW
FLAVOURS!



Feast on our gluten-free granola cereals. Light on sugar, rich in fibre, **Granolove is unconditionally yummy!** Already a best seller in the organic granola category*, our delicious cereals will be available this summer in Mixed Berries and Brownie Crunch flavours!



**Nielsen Headlines 52wks to Dec 2021 - Canada Grocery/Drug / Mass

* see pg.12 for pricing details

**SEPTEMBER NEW PRODUCTS**

AMUSE BOOSH VEGGIE PATE	9,11
BLUEBIRD PROVISIONS	
INSTANT BONE BROTH MIX.....	9,11
BLUE MONKEY PURE COCONUT WATER.....	9,11
CHIWI'S SUPERFRUIT SNACK	6,11
CLOUD 9 GLUTEN-FREE BAKING MIX	3,11
EARTH'S OWN NON-DAIRY BEVERAGE	9,11
EVIVE SMOOTHIE CUBES.....	6,11
FREEYUMM CRACKER BITES & CRACKERS.....	7,11
GT'S ALIVE ANCIENT MUSHROOM ELIXIR & SYNERGY RAW KOMBUCHA.....	9,11
JOVIAL ITALIAN PASTA.....	9,11
KIND DIPPED CLUSTERS.....	9,11
KINNIKINNICK GLUTEN FREE BREAD & ENGLISH MUFFINS.....	4,11
L'ANCÊTRE CHEESE.....	10,11
LOTUS FOODS RICE NOODLES	
RICE & SOUP.....	10,11
LOVE GOOD FATS KETO BAR.....	10,11
MADEGOOD GRANOLA SNACKS.....	10,11
NOBLE JERKY VEGAN JERKY.....	10,12
PACIFIC FOODS BROTH & SOUP.....	5,12
PRANA ORGANIC GRANOLOVE GRANOLA CEREAL.....	cover,12
RICEWORKS O3MG FRUIT BARS.....	8,12
SKINNYPop POPCORN.....	10,12
SPERRI PLANT-BASED MEAL REPLACEMENT..	10,12
TERRA GRANOLA.....	8,12

AD FEATURES for SEPTEMBER SPECIALS.13>34

ASPEN CLEAN LAUNDRY PRODUCTS.....	27
BAG TO EARTH FOOD WASTE BAGS.....	16
BLACK RIVER JUICE	14,15
BLUE HERON CULTURED CHEESE ALTERNATIVE.....	27
DANDIES VEGAN MARSHMALLOWS.....	33
EDEN BEANS.....	33
HOLY CRAP BREAKFAST CEREAL.....	17
HORNBY ORGANIC ENERGY BAR	28
IMPACT BY ALGI SPIRULINA ALGAE BAR	33
KINDRED CULTURES WATER KEFIR.....	29
L'ANCÊTRE BUTTER.....	18
LITA'S MEXICAN FOODS ENTRÉES	28
MOCOLATE PRODUCTS.....	19
NATURA DAIRY-FREE BEVERAGE.....	20
NORA'S DAIRY-FREE DESSERT.....	33
RISE KOMBUCHA.....	21
SALT SPRING COMPOSTABLE COFFEE PODS	22
SAPSUCKER SPARKLING TREE WATER	29
SAUGEEN COUNTRY DAIRY KEFIR & YOGURT.....	30
SILK NEXTMILK.....	23
STELLA'S PEROGIES.....	34
SUNFLOWER KITCHEN DIP & SAUCE.....	24
TASTE NIRVANA COCONUT WATER.....	30
TASTY BITE PRODUCTS.....	25
THE VERY GOOD CHEESE CO. PLANT-BASED CHEESE	31
THEO CHOCOLATE.....	34
THRIVE REMEDIES ADAPTOGENIC TEA.....	34
TOFINO RAW KOMBUCHA.....	31
TOM'S OF MAINE PRODUCTS.....	34
VIJ'S INDIAN CUISINE	32
WIZE COFFEE LEAF ICED TEA.....	26
ZAZUBEAN CHOCOLATE BAR	32
LABOUR DAY DELIVERY SCHEDULE	back cover

***These exciting New Product Innovations have
been announced and will be coming soon....***

- CALIFIA | Oat Barista Blend 6/946ml
- CHIMES | Adaptogenic Ginger Chews, Dark Cacao 6/72g
- CHIMES | Adaptogenic Ginger Chews, Tranquil Turmeric 6/72g
- DUMET | Italian Olives, Leccino 10/150g
- DUMET | Italian Olives, Organic Cerignola 10/275g
- HARDBITE | Avo Oil Potato Chips, Black Truffle Sea Salt 15/128g
- HARDBITE | Potato Chips, Spicy Ketchup 15/150g
- THAI KITCHEN | Coconut Cream 6/400ml



NEW

ONE MORE REASON TO LOVE CLOUD 9 GLUTEN-FREE



Vanilla Cake & Cupcake Mix!

Another trusted gluten free mix
that delivers exceptional, texture,

CLOUD 9 MAKES BAKING BETTER AND EASIER!

All of our Cloud 9 are mixes and flours are BC made, tested, proven and delicious with no artificial flavours, colours, or allergens.

TRY OUR OTHER GLUTEN-FREE FLOUR MIXES TODAY!

Cloud9GlutenFree.com



PACKAGING PHOTO - ACTUAL PRODUCT MADE BY KAREN

* see pg.11 for pricing details



kinnikinnick



NEW!

S'Bread The Word



NEW! PSC# 58076
KINNIKINNICK
Bread, Wide Loaf, Seeded
6 / 615g



NEW! PSC# 58077
KINNIKINNICK
Bread, Wide Loaf, White
6 / 615g



NEW! PSC# 58078
KINNIKINNICK
English Muffins, Traditional, (6pk)
6 / 354g

* see pg.11
for pricing
details

* see pg.12 for pricing details

NEW

Plant Based.



Creamy Broths



Thicker than broth, thinner than soup – the perfect consistency for sipping or as a base for simple meals



Creamy Oat Soups



Made with oats for a creamy consistency



vegan + organic + non GMO + dairy free + soy free

* Also NEW! Chicken Bone Broth 12/946ml



There's a new chip in town.

100% Natural

Non-GMO

Local

Upcycled

Vegan

Women-Owned

* see pg.11 for pricing details



* see pg.11 for pricing details

VEGAN
SMOOTHIES

MADE WITH
ORGANIC
INGREDIENTS

evive

6g TO 18g
OF PROTEIN
PER PORTION

NO SUGAR
ADDED AND
GLUTEN-FREE



Introducing Azteque, the latest Evive smoothie!

A brown smoothie that tastes like heaven, is it really possible? Give it a try and you won't be disappointed by our raw cacao Azteque blend! Its creamy texture and sweet taste will definitely surprise you. The best part is: it's still healthy!

A perfectly balanced explosion of flavours and the mix of incredible ingredients provide a dose of essential vitamins and minerals to support overall wellness.



* see pg.11 for pricing details



NEW

Cracker Bites



Packed with
Whole Grains

Zero
added sugars

Easily packable,
delightfully snackable

School
Friendly

Nothing
Artificial



Inclusive Snacking



NEW

Crackers



17g
Whole Grains

Zero
Sugars

No artificial colours,
flavours, or preservatives

Baked
From Scratch

Top, Dip
or Simply Munch



Inclusive Snacking





RICEWORKS
gourmet rice snacks

03MG OMEGA-3 ALA
MULTI-GRAIN
GLUTEN-FREE
OMEGA-3 BARS

Made with
NON-GMO
Ingredients

www.riceworks.com

THE GOOD NEWS



19 g
WHOLE
GRAINS

5 g
FIBER

1 g ALA Omega-3
polyunsaturates
per 50 g serving

- All-Natural
- Vegan & Celiac Friendly
- Cholesterol & Trans Fat Free
- Plant Based
- Made with Real Fruit
- Free of 10 Common Allergens
- Kosher
- Shelf Stable / 12-Months from DOM



FRUITY NUTRITIOUS DELICIOUSNESS™

* see pg.12 for pricing details

OMEGA-3 BENEFITS

science based

- Can Promote Brain Health
- Can Improve Heart Disease Risk Factors
- Can Fight Depression & Anxiety
- Can Fight Inflammation
- Can Fight Auto-Immune Diseases
- Can Fight Mental Decline & Alzheimer's
- Can Improve Eye Health
- Can Help Prevent Cancer
- Can Improve Bone & Joint Health
- Can Reduce Fat In The Liver
- Can Improve Sleep & Menstrual Pain
- Can Reduce Symptoms of ADHD in Children

Introducing a New Member of the Family...

PURE CRUNCH FAMILY SIZE



Add this family size item to the fastest growing segment of the cereal category.

Contains **10-20% consumer value***
vs. smaller sized packs.

Consumer marketing support starting Sept 2022
targeting active families looking for convenient
breakfasts, snacks and meal additions.

*based on MSRP

Made in small batches. Non-GMO ingredients. No preservatives added.

**TERRA
BREADS**

* see pg.12 for pricing details

* see
pg.11
for
pricing
details



NEW! AMUSE BOOSH VEGGIE PATE 8/175g

- Chili Garlic • Herb • Tomato Olive

Exceptionally Delicious

Boosh-up all your soirées, snacks, salads & sandwiches with our full line of simple and delicious plant-based pâtés

* see
pg.11
for
pricing
details



NEW! BLUEBIRD PROVISIONS INSTANT CHICKEN BONE BROTH MIX 6/200g

Certainly not like your grandma used to make, it's better.

Bluebird's instant bone broth mixes instantly, is easily digestible and contains all the benefits of their original bone broth without the hassle.

- Keto & Paleo • One-The-Go Nourishment • 100% Recyclable Packaging

* see
pg.11
for
pricing
details



NEW! BLUE MONKEY PURE COCONUT WATER 12/520ml

- Pure Coconut Water • Pure Coconut Water with Pulp

Hydrate with Blue Monkey's 100% pure, delicious coconut water.

Not From Concentrate | Naturally GMO Free

No Preservatives | No Additives

Excellent source of Electrolytes & Potassium

Good Source of Hydration

* see
pg.11
for
pricing
details



NEW! EARTH'S OWN ORGANIC NAKED OAT BEVERAGE 6/1.75L

- Vanilla • Chocolate

With nothing to hide Naked Oat Beverages are made with simple (and organic) ingredients.

No oils, no artificial fillers, no bad stuff !

You can have it all with Naked Oat !

These oats are grown using 7x less water than cow's milk.

* see
pg.11
for
pricing
details



NEW! GT'S ALIVE ANCIENT MUSHROOM ELIXIR & SYNERGY RAW KOMBUCHA 12/480ml

- ALIVE Cola Mushroom Elixir: The refreshing zing of organic kola and spice with light black tea.
- SYNERGY Organic Kombucha - Peach Paradise: This sunny, succulent offering combines delicate peach and tropical red papaya.
- SYNERGY Organic Kombucha - Strawberry Serenity: Fresh waves of delicious strawberry puree.

* see
pg.11
for
pricing
details



NEW! JOVIAL ORGANIC GRAIN FREE CASSAVA ORZO PASTA 12/227g

Crafted in Italy by artisan pasta makers using the same family traditions for over a century, this grain free orzo cooks up firm and tastes delicious. Free from gluten, grains, the top 8 allergens, legumes, gums, and lectin, this is a pasta that everyone can enjoy!

Organic cassava orzo is also a great choice for those who follow a lectin free, paleo, or AIP diet.

- Grain free and paleo friendly • 4g of fiber per 2 oz. serving • 100% organic ingredients
- Cooks firm and tastes great with all types of sauces

* see
pg.11
for
pricing
details



NEW! KIND DIPPED CLUSTERS 8/113g: • Dark Chocolate Almond Butter

- Dark Chocolate Nuts & Berries • Dark Chocolate Vanilla Cashew

KIND Dipped Clusters deliver incredible flavour for an uncompromisingly delicious, nutrient-dense, guilt-free snack, mix for dessert or any time of day.

Sprinkle KIND Dipped Clusters over yogurt for a delectable afternoon snack or grab a few of these snacks after dinner for a healthy chocolate covered treat that you can enjoy as dessert.



NEW! L'ANCÊTRE CHEESE - ORGANIC 15% SHREDDED MOZZARELLA 1/2kg

Not only is organic food better for you - it also tastes fantastic !

L'ANCÊTRE's Canadian butters and cheeses offer you a whole new world of flavour.

Choosing organic foods means savouring life to the fullest !

This American-style organic mozzarella is only 15% fat, with a slightly tangy flavour followed by a milder finish reminiscent of melted butter. Use this gluten free and lactose free Canadian cheese to add a unique touch to all kinds of savoury dishes and salads.

NEW! LOTUS FOODS - RICE NOODLES, RICE & SOUP

Organic Pad Thai Rice Noodles 8/227g: • Brown Rice • Traditional

Organic White Rice 6/850g: • Basmati • Jasmine

Soup 10/80g: • Forbidden Rice Ramen w/White Miso

• Jade Pearl Rice Ramen w/Wakame Miso

• Millet & Brown Rice Ramen w/Red Miso

* see
pg.11
for
pricing
details



NEW! LOVE GOOD FATS CHEWY NUTTY KETO BAR 12/40g

• Dark Chocolate Cranberry Almond: Perfect for on the go, this Chewy Nutty Dark Chocolatey Cranberry & Almond bar pairs crunchy nuts with yummy sweet cranberries for the perfect combination!

• White Chocolate Strawberry: This Chewy Nutty White Chocolatey Strawberry bar pairs crunchy nuts with sweet, delicious strawberries. It's a fan favorite flavour combination ... without all the sugar.

* see
pg.11
for
pricing
details



* see
pg.11
for
pricing
details



NEW! MADEGOOD ORGANIC

COOKIES N CRÈME GRANOLA MINIS 6/5x24g

Granola Minis are the perfect any-time snack that both kids and grown-ups love. Each pack has a full serving of hidden vegetables and vitamins A, C, D, E, and B6. At the park, in school lunch bags, in the car or at home, Granola Minis are great for any occasion.

• Vegan • Evaporated Cane Sugar • Natural Seasonings • Plant Based Protein • Nitrate Free • Non-GMO Verified

* see
pg.12
for
pricing
details



NEW! NOBLE JERKY - VEGAN JERKY 12/70g

• Original • Smokehouse • Sriracha • Sweet BBQ

• Sweet Sesame • Teriyaki

* see
pg.12
for
pricing
details



NEW! SKINNYPOP ORIGINAL POPCORN 6/227g

SkinnyPop Family Size - Perfect for the "We" Occasion

SkinnyPop believes in Snacking Without Compromise

To us, that means using the fewest, cleanest and simplest ingredients possible to bring you the best tasting popcorn - now with more for the whole family.

That's the Skinny!

SkinnyPop Popcorn, Pure Popped Perfection

* see
pg.12
for
pricing
details



NEW! SPERRI ORGANIC PLANT-BASED MEAL REPLACEMENT 3/4x330ml

• Chocolate • Vanilla Maple

Sperry is the first plant-based meal replacement in Canada designed to help people get well and stay well. They deliver optimal plant-based nutrition to people who are struggling with consuming a balanced diet. Sperry is free of preservatives and artificial ingredients, guaranteeing high quality balanced nutrition and excellent, palatable taste and texture.



SEPTEMBER NEW PRODUCTS 2022

UPC CODE		SKU CODE					
AMUSE BOOSH VEGGIE PATE (REFRIGERATED) - \$5.19 OFF - see pg.9							
855722 000261	25205		BC	℞	Veggie Pate, Chili Garlic	8 / 175g	
855722 000247	25203		BC	℞	Veggie Pate, Herb	8 / 175g	
855722 000254	25204		BC	℞	Veggie Pate, Tomato Olive	8 / 175g	
BLUEBIRD PROVISIONS INSTANT BONE BROTH MIX - \$13.86 OFF - see pg.9							
627843 623557	68603		BC	℞	Instant Bone Broth Mix, Chicken	6 / 200g	
BLUE MONKEY PURE COCONUT WATER - 15% OFF - see pg.9							
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	
CHIWI'S SUPERFRUIT SNACK - 10% OFF - see pg.6							
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	
CLOUD 9 GLUTEN-FREE BAKING MIX - 10% OFF - see pg.3							
816512 001776	21060	GF	BC	℞	Cake & Cupcake Mix, Vanilla	8 / 600g	
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED) - 15% OFF - see pg.9							
626027 871050	08302	GMO	*	BC	℞ NAKED Oat, Chocolate, Organic (gable top)	6 / 1.75L U	
626027 871043	08301	GMO	*	BC	℞ NAKED Oat, Vanilla, Organic (gable top)	6 / 1.75L U	
EVIVE SMOOTHIE CUBES (FROZEN) - 10% OFF - see pg.6							
628110 947246	24708	GMO	+	℞	X Azteque	8 / 405g	
FREEYUMM CRACKERS - 12% OFF - see pg.7							
816695 004069	10323	GMO	GF	BC	℞ X Cracker Bites, Cheezy	6 / 120g	
816695 004076	10324	GMO	GF	BC	℞ X Cracker Bites, Pizza	6 / 120g	
816695 004038	10322	GMO	GF	BC	℞ X Crackers, Herb & Seed	6 / 120g	
816695 004014	10320	GMO	GF	BC	℞ X Crackers, Himalayan Salt	6 / 120g	
816695 004021	10321	GMO	GF	BC	℞ X Crackers, Zesty Cheese	6 / 120g	
GT'S ALIVE ANCIENT MUSHROOM ELIXIR & SYNERGY RAW KOMBUCHA (REFRIGERATED) - 30% OFF - see pg.9							
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	
JOVIAL ITALIAN PASTA - 10% OFF - see pg.9							
815421 011937	17532	GMO	GF	*	Pasta, Grain Free Cassava Orzo, Organic	12 / 227g	
KIND DIPPED CLUSTERS - 10% OFF - see pg.9							
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	
KINNIKINNICK GLUTEN FREE BREAD PRODUCTS (FROZEN) - 15% OFF - see pg.4							
620133 000472	58076		GF	+	℞ X Bread, Wide Loaf, Seeded (FROZEN)	6 / 615g	
620133 000465	58077		GF	+	℞ X Bread, Wide Loaf, White (FROZEN)	6 / 615g	
620133 000540	58078		GF	+	℞ X English Muffins, Traditional (6pk) (FROZEN)	6 / 354g	
L'ANCÊTRE CHEESE (REFRIGERATED) - 10% OFF - see pg.10							
	50054	GMO	B	*	+	℞ Shredded, Mozzarella 15%, Organic	1 / 2kg
LOTUS FOODS RICE NOODLES, RICE & SOUP - 10% OFF - see pg.10							
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 508610	39909	GMO	GF	*		Rice, White Basmati, Organic	6 / 850g
708953 507613	39908	GMO	GF	*		Rice, White Jasmine, Organic	6 / 850g
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 - \$2.64 OFF - see pg.10							
840659 001405	11545	GMO		+	℞ X CHEWY NUTTY Keto Bar, Dark Chocolate Cranberry Almond	12 / 40g G	
840659 001450	11546	GMO		+	℞ X CHEWY NUTTY Keto Bar, White Chocolate Strawberry	12 / 40g G	
MADEGOOD GRANOLA SNACKS - 10% OFF - see pg.10							
687456 223513	64091	GMO	GF	V *	+	℞ Granola Minis, Cookies N Crème, Organic	6 / 5x24g G



SEPTEMBER NEW PRODUCTS 2022

UPC CODE		SKU CODE						
NOBLE JERKY VEGAN JERKY - \$3.68 OFF - see pg.10								
851335 000933	30380	GMO	V	BC	Ⓡ	Vegan Jerky, Original	12 / 70g	G
851335 000964	30381	GMO	V	BC	Ⓡ	Vegan Jerky, Smokehouse	12 / 70g	G
851335 000988	30382	GMO	V	BC	Ⓡ	Vegan Jerky, Sriracha	12 / 70g	G
851335 000902	30383	GMO	V	BC	Ⓡ	Vegan Jerky, Sweet BBQ	12 / 70g	G
851335 000971	30384	GMO	V	BC	Ⓡ	Vegan Jerky, Sweet Sesame	12 / 70g	G
851335 000926	30385	GMO	V	BC	Ⓡ	Vegan Jerky, Teriyaki	12 / 70g	G
PACIFIC FOODS BROTH & SOUP - 10% OFF - see pg.5								
052603 282383	38084	GMO				Bone Broth, Chicken	12 / 946ml	
052603 284257	38085	GMO	*			Oat Milk Soup, Creamy Cumin Carrot, Organic	12 / 946ml	
052603 284264	38086	GMO	*			Oat Milk Soup, Creamy Garden Tomato, Organic	12 / 946ml	
052603 284240	38088	GMO	*			Plant-Based Broth, Creamy, Herb & Roasted Garlic, Organic	12 / 946ml	
052603 284233	38087	GMO	*			Plant-Based Broth, Creamy, Zesty Ginger & Turmeric, Organic	12 / 946ml	
PRANA ORGANIC GRANOLOVE GRANOLA CEREAL - 10% OFF - see cover								
877693 002945	26174	GMO	GF	*	+ Ⓡ X	GRANOLOVE, Brownie Crunch, Organic	8 / 300g	
877693 002952	26175	GMO	GF	*	+ Ⓡ X	GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g	
877693 002969	26180	GMO	GF	*	+ Ⓡ X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	6 / 750g	
RICEWORKS O3MG FRUIT BARS - \$2.24 OFF - see pg.8								
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
SKINNYPOP POPCORN - 15% OFF - see pg.10								
816925 022313	38965	GMO	GF V			X Popcorn, Original	6 / 227g	G
SPERRI PLANT-BASED MEAL REPLACEMENT - 10% OFF - see pg.10								
627987 473766	13953	GMO	*	+ Ⓡ		Plant-Based Meal Replacement, Chocolate, Organic	3 / 4x330ml	
627987 473759	13952	GMO	*	+ Ⓡ		Plant-Based Meal Replacement, Vanilla Maple, Organic	3 / 4x330ml	
TERRA GRANOLA - 10% OFF - see pg.8								
779324 009388	40159	GMO		BC	Ⓡ	Granola, Pure Crunch	8 / 850g	



PSC Natural Foods

— we deliver the goodness —

September Specials Showcase

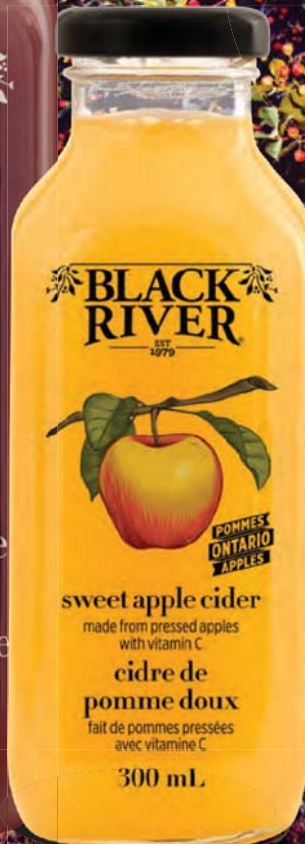
Check out these awesome
featured products on deal !

BACK TO SCHOOL TIME !

* see specials insert for pricing details

BLACK RIVER

EST 1979



Black River Juice has been pressing locally sourced fruits since 1979.

Unbeatable quality,
cold pressed flavour,
packed with nutrients.

Introducing Black River Pure Fruit Juices



Black River Juice is proudly Canadian!

For over 40 years, we have been creating pure juices and juice blends, never adding a drop of sugar or flavouring.



We source the fruit **directly from local farmers** whenever possible and press the fruit ourselves. **What comes out of the press, goes into the bottle!** We never add colours, flavours, sugars, stabilizers or preservatives to our 100% juices.

Black River Juices are bottled in a highly certified plant, just minutes from where the fruit is pressed in Ontario, Canada.

Our juices are completely pure, and therefore possess the real nutritional value of the fruit. As a result, there are health benefits to many of our juices, such as the antioxidant power of the pure blueberry, or the anti-inflammatory nature of the pure tart cherry.

The **beautiful square glass bottle** and transparent labels are unique in our category. They make gorgeous in store displays and are often re-purposed by our consumers.



Learn more at blackriverjuice.com

For behind the scenes info, follow us

 [@blackriverjuice](https://www.instagram.com/blackriverjuice)



THE ENVIRONMENTAL CHOICE FOR YOUR KITCHEN FOOD WASTE



Bag to Earth® is committed to providing products that preserve and enrich the environment. Our food waste paper bags are completely **plastic free**. Our natural cellulose fibre liner means that our bags are **leak-resistant**, **odour-proof** and **100% compostable**.

CHOOSE THE ENVIRONMENTALLY SAFE PAPER BAG IN YOUR GREEN CART AND RESPECT THE RIGHT FOOD WASTE CYCLE.

www.bagtoearth.com // 1-800-366-6812
Made in Canada



* see specials insert for pricing details



* see specials insert for pricing details

Healthy gut.

HOLY CRAP^{TM/MC} CEREAL

Happy mind.



Our high-fibre, plant-based superseed blends help you maintain good gut health and tastes great. Healthy Gut. Happy Mind.



PLANT-BASED
À BASE DE PLANTES



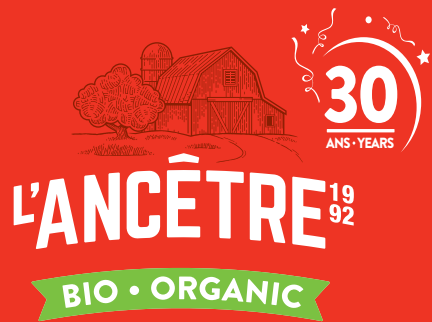
GUT HEALTHY
FAVORISE LA SANTÉ
INTESTINALE



GLUTEN-FREE
SANS GLUTEN



HIGH FIBRE
RICHE EN
FIBRES



EVERY BITE is a better world



Organic pasture butter made with a single ingredient : organic fresh cream! This is an organic pasture butter because the cows eat a minimum of 60% of grass daily and grazed outside for a minimum of 120 days a year.



Authentically made
Organic Cheese and Butter



* see specials insert for pricing details

fromagerieancetre.com





New Arrivals



BREAKFAST BARS DRINK ENHANCERS MUSHROOM POWDERS



* see specials insert for pricing details



**INGREDIENTS ALIGNING
FOR YOUR HEALTH**

☎ 250-271-1102
@ Info@mocolate.ca
🌐 www.mocolate.ca

by Heartisan Foods
491 Sperling Ave, Burnaby,
BC, V5B 4H4



ORGANIC



* see specials insert
for pricing details

Canadian Oat Canadian Company Canadian Formula
✓ Certified Organic ✓ Certified Gluten-free ✓ Certified Delicious



NOT YOUR BASIC KOMBUCHA

RISE Kombucha has been brewed in Montreal, Quebec since 2008.

We set ourselves apart through our approach to flavour.

While traditional kombucha is known for its vinegary taste, RISE is always balanced and accessible.

HIGHEST STANDARDS

Each batch is put through more than 100 tests from brewing to bottling to ensure the highest quality.

RISE has developed a proprietary technique to guarantee that alcohol remains below 0.5% throughout the product's shelf life.

RISE ORGANIC KOMBUCHA 12/414ml & 6/1L

- Lemongrass • Blueberry & Maple • Orange & Turmeric
- Hibiscus & Rosehips • Fresh Ginger • Lychee & Jasmine • Mint Chlorophyll
- Rose & Schizandra • Lime & Matcha • Peach & Mango



* see catalogue for pricing details

YOUR BETTER FOR YOU PROUDLY CANADIAN BEVERAGE PARTNER

SALT SPRING™

COFFEE

Organic, Fair Trade.



100%

COMPOSTABLE
COFFEE PODS



* see specials insert for pricing details

BLUE HERON 100% COMPOSTABLE COFFEE PODS

Medium Dark Roast

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

Tasting Notes: milk chocolate, nutty, citrus



20 units / 230g | UPC 628415686635

FRENCH ROAST 100% COMPOSTABLE COFFEE PODS

Darkest Roast

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

Tasting Notes: bold, caramel, dark chocolate



20 units / 230g | UPC 628415686413

PERU 100% COMPOSTABLE COFFEE PODS

Medium Roast

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

Tasting Notes: sweet, citrus, bright



20 units / 230g | UPC 628415686352

DECAF 100% COMPOSTABLE COFFEE PODS

Dark Roast

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

Tasting Notes: balanced, cocoa nibs, toasty



20 units / 230g | UPC 628415686161

0% dairy.



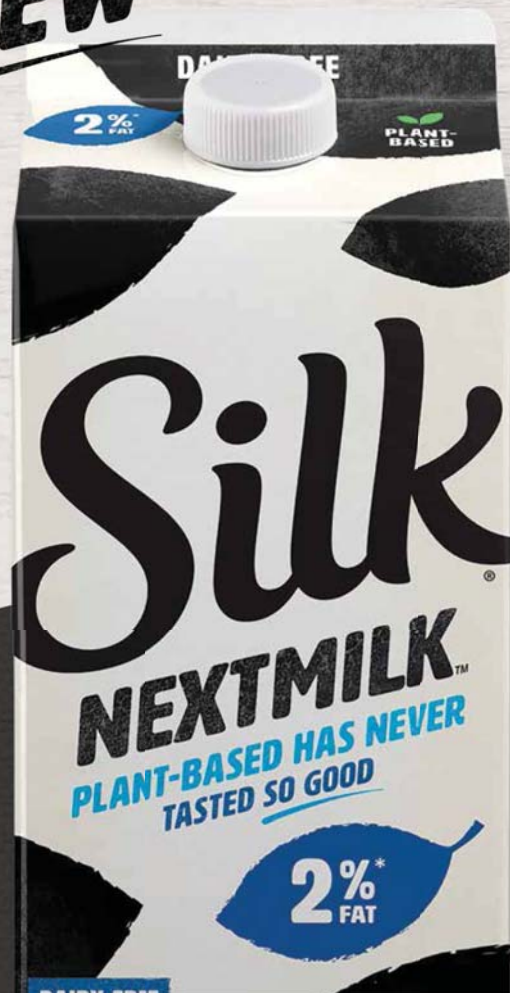
love at first sip.

Welcome to the future of plant-based with Silk Nextmilk, a delicious blend of oats, soy and coconut that has a smooth taste you will love. Plants have never tasted so good! Use it everywhere, like milk: add a dash to your coffee, bake it, splash it on cereal or simply sip from a glass. Nextmilk is so tasty and creamy, you won't even believe it (+ it's 100% kitchen approved!).

Being a source of calcium and with 3g of sugar per serving, it will become your new favorite!

Plants for all.

NEW



WHY DO CANADIANS LOVE SUNFLOWER KITCHEN?

AS SEEN ON
THE FOOD
NETWORK!

CERTIFIED ORGANIC HUMMUS & VEGAN CHILI. SIMPLE INGREDIENTS. FABULOUS FLAVOURS!
FRESH FLAVOURS AND ORGANIC TOO!



ROASTED GARLIC & SPINACH. BEETS & DILL. SMOKEY RED PEPPER.
TUMERIC MASALA LENTIL. AND CLASSIC ORGANIC.

ORGANIC VEGAN CHILI! HEARTY READY- TO- EAT MEALS



SWEET POTATO & CHIPOTLE. ANCIENT GRAINS. & SMOKY THREE BEANS

* PSC lists the Sweet Potato & Chipotle Chili

www.SunflowerKitchen.com

Facebook: @KitchenSunflower

Instagram: @Sunflower.Kitchen

* see specials insert for pricing details



All Natural
TASTY BITE®

15% OFF
for all 11 Indian
RTE Entrees
& 7 Organic
RTE Rices

HOT & SPICY



- Open. Heat. Ready to Eat.
- Now with raw sugar ONLY
- Vegetarian/Vegan
- Kosher
- 18 months shelf-life
- No preservatives, additives or MSG, BPA Free
- No refrigeration required



* See specials insert for full list
of Tasty Bite Products & pricing

ca.tastybite.com



LOW SUGAR ICED TEA FOR BACK TO SCHOOL



NEW!
SPARKLING
MANGO

* see specials insert for pricing details

100% Natural * Home Cleaning Products

since 2004



AspenClean Products

Formulated using only the Finest, cosmetic-grade ingredients derived From plants and minerals to ensure healthy cleaning and minimum environmental impact. Designed as an effective system For a proFessional cleaning service.

* see specials insert for pricing details

**15
YEAR
ANNIVERSARY**



Deliciously dairy-free, soy free,
filler free.

Proudly made in BC.

Cultured cheese
Made from plants

For any cheese board or meal!

lumi



BLUE HERON

* see catalogue for pricing details



HORNBY
ORGANIC

**EVERYTHING YOU NEED,
NOTHING YOU DON'T.®**

ORGANIC & GLUTEN-FREE ENERGY BARS

* see specials insert for pricing details

**10%
OFF!**



buyBC

* see specials insert for pricing details

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The new
kombucha tastes
like lemonade.

Delicious.
Probiotic.
Kefir Water.

** see specials insert for pricing details*



kindred



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From our pastures to your table
Saugeen Country Dairy



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Premium Thai Coconut Waters

Our award winning taste sets us apart from other brands.
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* see specials insert for pricing details

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CHEESE CO.**
PLANT-BASED

BETTER BUY EXTRA CHEESE JUST IN QUESO.

NEW



DILL'ISH

THE DILLIONAIRE'S CHEESE OF CHOICE



GOUD AF*

SMOKE 'EM IF YOU GOT 'EM



BOLD CHEDDAH

WAKE UP YOUR TASTE BUDS, BUDS



CHEDDAH

THE ULTIMATE 'MELTDOWN'



PEPPER JACK

BRING THE HEAT!

FOR MORE INFORMATION OR TO REQUEST A SAMPLE, CONTACT OUR SALES TEAM TODAY.
SALES@VERYGOODFOOD.COM

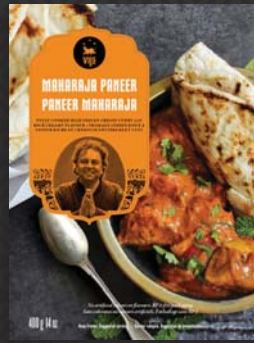
* see specials insert for pricing details



NATURALLY NOURISHED

healthy, delicious meals
made with
everyday ingredients

* see specials insert for pricing details



A FLAVOURFUL LINE OF FULLY COOKED **INSPIRED INDIAN** DISHES



Coconut Milk
cocoanut milk

Coconut Sugar chocolate

zazubean
CHOCOLATE WITH BENEFITS

breezy
COCONUT SUGAR CHOCOLATE

cashew & hazelnut
cajou & noisette

55% CACAO

fair for life
USDA ORGANIC
VEGAN
SANS GLUTEN
PALEO FRIENDLY

lait de noix de coco
SUCRÉ AVEC DU SUCRE DE NOIX DE COCO

oat milk chocolate

no added Sugar chocolate

zazubean
LIFE IS SWEET ENOUGH

Slinky
HAZELNUT ALMOND CRUNCH
CROQUANT AUX NOISSETTES ET AUX AMANDES

CHOCOLATE / CHOCOLAT
WITH / AVEC STÉVIA

43% CACAO

fair for life
USDA ORGANIC
VEGAN
SANS GLUTEN
NETO

BASE D'AVOINE

* see specials insert for pricing details



Dandies **Vegan Maple Marshmallows**

These vegan maple flavoured marshmallows are made with plant-based ingredients you can feel good about. You'll love Dandies Maple Marshmallows on a hot stack of pancakes, crispy treats, melted into a cup of coffee or hot cocoa, baked into delicious cookies, and snacking right out of the bag! Dandies Maple Marshmallows are made with no artificial flavours or colours, no corn syrup, no gluten and no gelatin!

* see specials insert for pricing details



EDEN FOODS

Eden Foods procures the cream of the USA organic bean crop from its dedicated network of family farms that have been farming organically for decades. Similar to Great Northern beans, but with more durable skin, white kidney beans (Cannellini Beans) are native to Argentina and popular in Italy, hence the name 'Italian' kidney. White beans and their mild taste are a staple of Mediterranean cuisine. Prized for marinated salads, soup, stew, and with pasta, cannellini beans are the traditional bean of minestrone soup.



Cannellinis are a Tuscan delicacy on bread or crostini when sautéed with EDEN Extra Virgin Olive Oil and sage. No salt added.

EDEN beans come in BPA, BPS, and phthalate free cans since 1999.

* see specials insert for pricing details

CANADA'S FIRST ALGAE-BASED ENDURANCE BAR

WHOLE FOOD JUST TASTES BETTER!

* see specials insert for pricing details



P.S. WE WILL DO ANYTHING TO HELP THE IMPACT BAR SELL!



* see specials insert for pricing details

**100% plants.
110% yum.**

Offer your customers a deliciously creamy plant-based ice cream proudly locally made in the heart of Vancouver!

- * Certified Vegan
- * Dairy-Free
- * Gluten-Free
- * BC owned and operated
- * All-Natural

nora's

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



* see specials insert for pricing details



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



Mama Kavira is one of 6,000 farmers in Eastern Congo who sells cocoa to Theo. With every bar you buy, you support our business model which puts farmers first - increasing their income by 50% and supporting eliminating maternal fatalities in their villages.

Now that's making life sweeter! * see specials insert for pricing details



Thrive Remedies are formulated with healing herbs and adaptogens to help the body adapt to stress and promote overall health and wellbeing, naturally.

* see specials insert for pricing details



Naturals You Can Count On

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

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



NEW LOOK



* see specials insert for pricing details



PSC Natural Foods

Labour Day 2022 Delivery Schedule

PSC Toll-Free Telephone Order #: 1-800-663-7604 - PSC Toll-Free Fax Order #: 1-800-520-5052
PSC Local Telephone Order #: 250-386-3880 - PSC Local Fax Order #: 250-386-1413
sales@pscnaturalfoods.com

Monday, September 5 ** PSC CLOSED TO OBSERVE LABOUR DAY **

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

To be delivered on: **Tuesday, September 6**

M / V Run - Vancouver

Order Cut-off Times:	Main Orders	1:00 pm	Thursday, Sept. 1
Order Cut-off Times:	Add-Ons	10:00 am	Friday, Sept. 2

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

Order Cut-off Times:	Main Orders	2:00 pm	Thursday, Sept. 1
Order Cut-off Times:	Add-Ons	10:00 am	Friday, Sept. 2

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

Order Cut-off Times:	Main Orders	10:00 am	Friday, Sept. 2
Order Cut-off Times:	Add-Ons	12:00 noon	Friday, Sept. 2

To be delivered on: **Wednesday, September 7**

D Run - Sidney / North Saanich / Salt Spring Island

Order Cut-off Times:	Main Orders	12:00 noon	Friday, Sept. 2
Order Cut-off Times:	Add-Ons	10:00 am	Tuesday, Sept. 6

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

Order Cut-off Times:	Main Orders	10:00 am	Tuesday, Sept. 6
Order Cut-off Times:	Add-Ons	12:00 noon	Tuesday, Sept. 6

To be delivered on:

Thursday & Friday, September 8 & 9

** Deliveries and order deadlines resume as usual **

