



Wholesale Catalogue September 2022



PSC Natural Foods

we deliver the goodness

Tel: 250-386-3880 • 1-800-663-7604

Fax: 250-386-1413 • 1-800-520-5052

Email: sales@pscnaturalfoods.com

Web: www.pscnaturalfoods.com



PSC Natural Foods

we deliver the goodness

Office & Order Desk Hours:

Monday - Thursday 8:30AM - 4:30PM

Friday 8:30AM - 3:00PM

Pick-ups | Monday - Thursday 8:30AM - 4:00PM

Friday 8:30AM - 2:30PM

Warehouse | Unit 117-2924 Jacklin Road

Victoria BC

V9B 3Y5

Tel 250.386.3880 • 1.800.663.7604

Fax 250.386.1413 • 1.800.520.5052

Orders: sales@pscnaturalfoods.com

www.pscnaturalfoods.com

PSC NATURAL FOODS Wholesale Catalogue

- Pricing effective September 2022

Accounting Information Payment

- All shipments are C.O.D. unless prearranged otherwise
- Please ask for a credit application.
- **Drivers cannot process credit cards, please contact the office if credit card is your preferred method of payment**

Past Due Accounts

- 1.5% interest per month (18% per year) will be charged on past due accounts.

Delivery & Pick-up Information

- Please check with your sales representative for your delivery day or see next page.
- **Please check your order carefully before signing for it.**
- **We will assume that you have signed for a complete order, or have noted any discrepancies.**
- All prices shown include freight and shipping on established routes, subject to minimum order.
- We will ship via commercial carrier with freight collect or freight prepaid with a minimum order (see below for more information).

Order Pick-ups

- Monday–Thursday 8:30AM–4:00PM
- Friday 8:30AM–2:30PM
- Minimum 24 hours notice required.
- Call by 12:00PM, pick up next business day after 12PM.
- Please note that our minimum order for pick-up is \$100.

Quick Pick-Up Policy

- Order a maximum of ten cases before 10AM and you can pick up your order the same day after 2:00PM.

Back Order Policy

- PSC makes every attempt to ensure full orders but with so many suppliers we cannot guarantee 100% full orders. Please note short ships will not be back ordered. You must re-order with your next delivery, and reach the required minimums.

Ordering Information

* prices subject to change without notice

Order Lead Time - Please see next pg.

Split Cases

- 1/2 case minimum. Frozen items are sold in full cases only.
- Items that may not be split are marked "X" in the catalogue listings.

Minimum Order Amounts

– on scheduled days, where applicable.

- \$100 Pick Ups
- \$300 Delivery in Greater Victoria. This includes Saanich, Sidney, Westshore and Sooke.
- \$500 Delivery outside Greater Victoria. This includes Saltspring Island, Mill Bay and all points north to Campbell River.
- \$500 Delivery to Greater Vancouver.
- \$1500 As of April 1st, our minimum order for prepaid freight, for customers outside our established Delivery routes, will increase to \$1500.
This includes Gabriola, Hornby/Denman, Port Alberni, Tofino and all Vancouver Island points north of Campbell River.

Claims

If you are not satisfied with your purchase, credits will be issued under the following guidelines:

All Claims>Returns

- Credit can only be issued for claims made within 7 days of delivery.
- Please quote your invoice number when making a claim; this will enable us to respond more efficiently.
- There are **NO** returns on frozen products, perishable, discontinued/clearance or special order items. These must be paid in full.
- Products **MUST** be returned in **sellable condition** (eg. price stickers removed and packaging intact).
- **There is a 10% restocking charge on goods returned due to customer error. Or if no one is there to receive order scheduled for delivery.**
- **No returns on disco'd or clearance items unless due to PSC error**

Pricing/Shipping Errors

- Credit can only be given for claims made within 7 days of delivery.
- If an error has been made in billing, please make no changes on your invoice - **DO NOT DEDUCT CLAIMS.**
- Notify us promptly and proper adjustments will be made by credit/debit memo.

Guaranteed Sales

- New listings are guaranteed for no more than three months - please review your shelves periodically. All products claims must be made during this period. Guaranteed sales for products other than new listings require that a special arrangement be made at the time of purchase.

Damaged/Dated Items and Items Not Received

- Please check your order before signing for it and let the driver know immediately.

PSC Freight Rates

Highly competitive freight rates.

We deliver the goodness for less.

Vancouver Island and Other Islands

Vancouver Island, Saltspring Island *Minimum order, no charge*

Gabriola/Denman, Hornby, Port Alberni, Tofino & points north of Campbell River *Orders < \$1500, freight collect
Orders > \$1500, prepaid*

Mainland

Greater Vancouver *Minimum order, no charge*

Zone 1

Lower Fraser Valley, Sunshine Coast *Orders < \$1,000, freight collect
Orders > \$1,000, prepaid*

Zone 2

Other BC and Alberta points, Kelowna, Prince George, Revelstoke, Penticton, Calgary, Edmonton *Refer to Zone 2 and 3 Table*

Zone 3

Regina, Saskatoon, Winnipeg *Refer to Zone 2 and 3 Table*

For orders of unusual size or location, we will negotiate freight charges on an individual basis. We reserve the right to put accounts located off main routes into another geographical zone. Orders with frozen and/or refrigerated goods may be subject to a small surcharge.

PSC Minimum Order Levels for Zone 2 and 3 Shipping

Lower Minimum Orders for Prepaid Freight

Take advantage of our Partnership with Horizon Distributors for the Lower Minimum Order Requirements for Prepaid Freight.

Place your PSC order by the following cut-off times for shipping with your Horizon order.

Order placed by 3:00PM Thursday

Shipped from Horizon on Tuesday

Please ensure that your Horizon order is placed with an enclosure notice informing Horizon of your PSC order.

Your PSC order will arrive at Horizon the day before ship out.

Please note: Orders to be co-shipped with Horizon are delivered on the 'M' run only.

Zone 2

See locations in Freight Rates Table (left)

If shipped with Horizon order	\$500 min.
If shipped separately	\$2,500, prepaid
	Under \$2,500 will be shipped freight collect

Zone 3

See locations in Freight Rates Table (left)

If shipped with Horizon order	\$500 min.
If shipped separately	\$4,000, prepaid
	Under \$4,000 will be shipped freight collect

Please note: Add-on orders must be limited to 10 cases or less

DELIVERY DAYS	RUN	Overflow	LOCATION	MIN \$	CUT-OFF TIMES
MONDAY	M	V	VANCOUVER	\$500	Main Orders 1:00PM Thursday Add-ons 10:00AM Friday
TUESDAY	B		UP ISLAND	\$500	Main Orders 12:00PM Friday Add-ons 10:00AM Monday
TUESDAY	C	F	IN TOWN	\$300	Main Orders 10:00AM Monday Add-ons 12:00PM Monday
WEDNESDAY	K		VANCOUVER <i>*thriflys only*</i>	\$500	Main Orders 8:00AM Tuesday Add-ons 10:00AM Tuesday
WEDNESDAY	D		SALTSRING ISLAND	\$500	Main Orders 2:00PM Monday Add-ons 10:00AM Tuesday
WEDNESDAY	E	L	IN TOWN	\$300	Main Orders 10:00AM Tuesday Add-ons 12:00PM Tuesday
THURSDAY	A	T	CAMPBELL RIVER	\$500	Main Orders 2:00PM Tuesday Add-ons 10:00AM Wednesday
THURSDAY	G		SOOKE	\$300	Main Orders 10:00AM Wednesday Add-ons 12:00PM Wednesday
THURSDAY	R		RED BARN (excluding RED0001)	\$300	Main Orders 4:00PM Tuesday Add-ons 10:00AM Wednesday
FRIDAY	J	N	UP ISLAND	\$500	Main Orders 2:00PM Wednesday Add-ons 10:00AM Thursday
FRIDAY	H	P or Y	PENNINSULA	\$300	Main Orders 10:00AM Thursday Add-ons 12:00PM Thursday

SHIP OUT \$1500 MINIMUM (Free Freight)

BUY GROUP \$650 MINIMUM

***NO SHIP OUTS TO PENDER ISLAND**

Split Cases

• 1/2 case minimum.

Frozen items are sold in full cases only.

Order Pick-ups

- Monday–Thursday 9:00AM–4:00PM
- Friday 9:00AM–2:30PM
- Minimum 24 hours notice required.
- Call by 10:00AM, pick up next business day after 12PM.
- Please note that our minimum order for pick-up is \$100.
- Order a maximum of ten cases before 10AM and you can pick up your order the same day after 2:00PM

Please note: Some delivery routes are done more than once a week (Greater Victoria & Nanaimo), however, this does not mean you will get multiple deliveries each week. We will attempt to accommodate your preferred request but we reserve the right to designate your delivery day. Please check when you set up your account.

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UPC CODE | CODE | GMO | B | GF | V | * | @ | + | P | X | PACK | SIZE | | | | G | P | U

DRY GOODS

60081

1 / ea

BABY CARE

Diapers & Wipes

CABOO | BAMBOO BABY WIPES

628451 738015	46306	GMO								P	Bamboo Baby Wipes w/ Aloe	16 / 72ct					G	P		
628451 738046	46308									P	Bamboo Baby Wipes, Value Pack (S/O)	6 / 3x72ct							G	P

SEVENTH GENERATION | DIAPERS & BABY CARE

732913 342082	46028										Baby Wipes, Unscented, Tub	12 / 64ct							G	P
732913 342242	47036		B								Baby Wipes, Unscented, Litho Box	1 / 384ct							G	P
732913 448715	15100										Diapers, Newborn (up to 10lb) (disposable)	4 / 31ct							G	P
732913 448722	15101										Diapers, Stage 1 (8-14lb) (disposable)	4 / 31ct							G	P
732913 448739	15102										Diapers, Stage 2 (12-18lb) (disposable)	4 / 31ct							G	P
732913 448746	15103										Diapers, Stage 3 (16-28lb) (disposable)	4 / 27ct							G	P
732913 448753	15104										Diapers, Stage 4 (22-37lb) (disposable)	4 / 25ct							G	P
732913 448760	15105										Diapers, Stage 5 (27+ lb) (disposable)	4 / 19ct							G	P
732913 448777	15106										Diapers, Stage 6 (35+ lb) (disposable)	4 / 17ct							G	P
732913 448814	15107										X Value (3) Pack Disposable Diapers, Size 3 (16-28 pounds)	1 / 72ct							G	P
732913 448821	15108										X Value (3) Pack Disposable Diapers, Size 4 (22-37 pounds)	1 / 64ct							G	P
732913 448838	15109										X Value (3) Pack Disposable Diapers, Size 5 (27+ pounds)	1 / 52ct							G	P

Food & Formula

LOVE CHILD ORGANICS | BABY FOOD

858860 001077	61051	*		+	P	Puree, FIRST Apples, Organic (6+ months)	2 / 6x128ml
858860 001084	61052	*		+	P	Puree, FIRST Pears, Organic (6+ months)	2 / 6x128ml
858860 001022	61041	*		+	P	Puree, Apples, Bananas, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001626	61063	*		+	P	Puree, Apples, Banana's, Spinach, Avocado, Organic (6+ months)	2 / 6x128ml
858860 001060	61045	*		+	P	Puree, Apples, Corn, Butternut Squash, Organic (6+ months)	2 / 6x128ml
858860 001015	61040	*		+	P	Puree, Apples, Mangos, Organic (6+ months)	2 / 6x128ml
858860 001121	61047	*		+	P	Puree, Apples, Spinach, Kiwi, Broccoli, Organic (6+ months)	2 / 6x128ml
858860 001640	61065	*		+	P	Puree, Apples, Strawberries, Beets, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001114	61046	*		+	P	Puree, Apples, Sweet Potatoes, Beets, Cinnamon, Organic (6+ months)	2 / 6x128ml
858860 001633	61066	*		+	P	Puree, Apples, Sweet Potatoes, Broccoli, Spinach, Organic (6+ months)	2 / 6x128ml
858860 001046	61043	*		+	P	Puree, Apples, Sweet Potatoes, Carrots, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001619	61067	*		+	P	Puree, Bananas, Carrots, Mangoes, Coconut, Organic (6+ months)	2 / 6x128ml
858860 001176	61049	*		+	P	Puree, Bananas, Pumpkins, Pears, Coconut, Organic (6+ months)	2 / 6x128ml
858860 001039	61042	*		+	P	Puree, Bananas, Strawberries, Peaches, Organic (6+ months)	2 / 6x128ml
858860 001053	61044	*		+	P	Puree, Pears, Kale, Peas, Organic (6+ months)	2 / 6x128ml
858860 001152	61055	*		+	P	Puree with Yogurt, Pears, Bananas, Blackberries, Raspberries, Organic (8+ months)	2 / 6x128ml

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BAKERY GOODS

More Breads in Frozen Section

Bread

ENER-G FOODS | BREAD

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	
075119 145829	16256		GF		X Yeast Free Brown Rice Loaf	6 / 539g	
					Buy 5-9 cases	Save 10%	
					Buy 10+ cases	Save 15%	

KINNIKINNICK | PANKO STYLE BREAD CRUMBS

620133 600153	55053		GF	+ P	Panko Style Bread Crumbs	6 / 350g	
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PLUM-M-GOOD | BROWN RICE BREADING CRUMBS

069372 006201	16697		GF	* BC P	Brown Rice Breading Crumbs, Organic	6 / 100g	
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STICKLING'S | BAKERY PRODUCTS

775918 002032	32044		GF	+ P X	CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g	
775918 002018	32041		GF	+ P	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g	
					Buy 6-11 cases	Save 5%	
					Buy 12+ cases	Save 10%	

BAKING & PRESERVING

Baking Mixes

BOB'S RED MILL | BAKING MIX

039978 002259	34225		GF		X Baking Mix, Biscuit & Baking	4 / 680g	
039978 002198	34244		GF		X Baking Mix, Bread, Homemade Wonderful	4 / 454g	
039978 002006	34213		GF		X Baking Mix, Brownie	4 / 595g	
039978 002075	34214		GF		X Baking Mix, Cookie, Chocolate Chip	4 / 624g	
039978 001993	34212		GF		X Baking Mix, Cornbread	4 / 567g	
039978 003003	34251	GMO	GF		X Baking Mix, Grain Free Blueberry Muffin	5 / 255g	
039978 003225	34248	GMO	GF		X Baking Mix, Grain Free Brownie	5 / 340g	
039978 003188	34249	GMO	GF		X Baking Mix, Grain Free Chocolate Cake	5 / 300g	
039978 003294	34250	GMO	GF		X Baking Mix, Grain Free Flatbread	5 / 200g	
039978 002266	34245		GF		X Baking Mix, Muffin	4 / 454g	
039978 002242	34236		GF		X Baking Mix, Pie Crust	4 / 454g	
039978 002082	34215		GF		X Baking Mix, Pizza Crust	4 / 454g	

CLOUD 9 GLUTEN-FREE | BAKING MIX

816512 000045	21056		GF	BC P	Brownie Mix	8 / 550g	
816512 001776	21060		GF	BC P	Cake & Cupcake Mix, Vanilla	8 / 600g	
816512 000298	21055		GF	BC P	Cake & Cupcake Mix, Chocolate	8 / 600g	
816512 000052	21054		GF	BC P	Cookie Mix, Chocolate Chip	8 / 405g	
816512 000502	21037		GF	BC P	All Purpose Baking Mix	6 / 1.25kg	

Baking Supplies

IF YOU CARE | ENVIRONMENT FRIENDLY BAKING CUPS

770009 010484	46382				Baking Cups, Large	24 / 60ct	G P
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PAPERCHEF | CULINARY PARCHMENT BAKING PRODUCTS

628689 700303	47014			+ P	Baking Cups, Extra Large	12 / 30ct	G P
628689 700600	47013			+ P	Baking Cups, Large	12 / 60ct	G P
628689 700907	47015			+ P	Baking Cups, Mini	12 / 90ct	G P
628689 700129	21010			+ P	Baking Cups, Lotus	6 / 12ct	G P
628689 700143	21011			+ P	Baking Cups, Tulip	6 / 12ct	G P

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	\square	X	PACK	SIZE				G	P	U
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Baking Ingredients

BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

055853 001803	02218			*	BC	\square							24	/ 210g					
055853 001759	02240			*	BC	\square							6	/ 250g					
055853 001506	02217			*	BC	\square							12	/ 100ml					
055853 001308	02176				BC	\square	X						1	/ 500ml					
055853 002206	02266	B		*	BC	\square	X						1	/ 10kg					

BOB'S RED MILL | BAKING INGREDIENTS

039978 313928	34200	GMO		GF						X			4	/ 397g					
039978 323910	34201	GMO		GF						X			4	/ 454g					
039978 306203	34204	GMO		GF						X			5	/ 340g					
039978 325259	20374	GMO		GF						X			4	/ 624g					
039978 355553	34205	GMO		GF						X			5	/ 227g					
039978 315250	20421	GMO		B						X			1	/ 11.34kg					

EAGLE INSTAFERM | BAKING INGREDIENTS

067031 109096	02180												20	/ 450g					
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ENER-G FOODS | BAKING INGREDIENTS

075119 124480	16213	GMO											12	/ 454g					

KINNIKINNICK | GRAHAM STYLE CRUMBS

620133 004340	55052			GF			+	\square					6	/ 300g					
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LET'S DO...ORGANIC | BAKING INGREDIENTS

043182 005418	24138					*							6	/ 170g					
043182 005296	20114			GF		*							6	/ 170g					
043182 005272	70340												6	/ 170g					
043182 005937	02008			GF		*				X			12	/ 28g					
043182 095297	14542			B		*				X			1	/ 25kg					

ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932 005409	02060	GMO		*				\square					12	/ 10g					
062932 001005	02056				BC	\square							12	/ 100ml					
062932 001807	02074			*	BC	\square							12	/ 100ml					
062932 002002	02071				BC	\square							6	/ 500ml					
062932 001876	02228			*	BC	\square							6	/ 500ml					
062932 006017	02057				BC	\square							12	/ 100ml					

SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

089836 186188	02156			*									6	/ 59ml					
089836 186201	02157			*									6	/ 59ml					
089836 186225	02159			*									6	/ 59ml					
089836 195302	02326			*									6	/ 59ml					
089836 186232	02154			*									6	/ 59ml					
089836 186195	02172			*									6	/ 118ml					
089836 195319	02328			*									6	/ 118ml					
089836 186249	02155			*									6	/ 118ml					

Preserving Supplies

POMONA'S | UNIVERSAL PECTIN

019356 551111	02195												24	/ 31g					
019356 551135	02196	B								X			1	/ 454g					

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Cocoa & Chocolate

CAMINO | CHOCOLATE BAKING PRODUCTS

752612 230022	02244						*	@	P	Baking Chocolate, Bittersweet, 71% Cacao, Organic	10 / 200g
752612 230039	02243						*	@	P	Baking Chocolate, Semi-Sweet, 56% Cacao, Organic	10 / 200g
752612 230015	02245						*	@	P	Baking Chocolate, Unsweetened, 100% Cacao, Organic	10 / 200g
752612 240021	02337						*	@	P	Chocolate Chips, Bittersweet, 71% Cacao, Organic	8 / 225g
752612 240113	06921						*	@	P	Chocolate Chips, Mini, Semi-Sweet, 55% Cacao, Organic	8 / 225g
752612 240014	02338						*	@	P	Chocolate Chips, Semi-Sweet, 55% Cacao, Organic	8 / 225g
752612 240106	06920						*	@	P	Chocolate Chips, Unsweetened, 100% Cacao, Organic	8 / 225g
752612 000113	02002						*	@	P	Cocoa Powder, Dutch Processed, Organic	6 / 224g
752612 000212	02281						*	@	P	Cocoa Powder, Natural, 100% Cacao, Organic	6 / 224g
752612 300336	90371	B					*	@		Cocoa Powder, Dutch Processed, Organic (S/O)	1 / 25kg
752612 300147	02336	B					*	@		Chocolate Chips, Semi-Sweet, 55% Cacao, Organic (S/O)	1 / 10kg

CRAVE | STEVIA CHOCOLATE CHIPS

884063 000692	23032	GMO							BC	P	Chocolate Chips	6 / 200g
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ENDANGERED SPECIES | OAT MILK BAKING CHIPS

037014 400014	36210	GMO		GF	V		@				Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g
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ENJOY LIFE | BAKING CHOCOLATE

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

KRISDA | SUGAR-FREE CHOCOLATELY CHIPS

688120 200113	23019									+	P	Chocolatey Chips, Semi-Sweet	6 / 285g
												Buy 45+ cases (mix & match)	Save 15%
1068812 020022	93040	B					+		X			Chocolatey Chips, Semi-Sweet (S/O)	1 / 5kg

LILY'S | NO SUGAR ADDED BAKING CHIPS

810003 460516	21364	GMO		GF			@				Baking Chips, Dark Chocolate Style (55% Cocoa)	12 / 255g
810003 460936	21365	GMO		GF			@				Baking Chips, Semi-Sweet Style (45% Cocoa)	12 / 255g

PRANA ORGANIC | CHOCOLATE CHUNKS

877693 001559	26142	GMO		GF		*				P	Dark Chocolate Chunks, 70% Cacao, Organic	6 / 300g
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Flours

ANITA'S ORGANIC | FLOUR

623636 995351	22912	GMO		GF		*		BC	P	Almond Flour, Organic	4 / 375g
623636 993340	22252			GF		*			P	Coconut Flour, Organic	4 / 680g
623636 720113	22925			GF		*		BC	P	Flour, GF Brown Rice Flour, Organic	4 / 850g
623636 998970	22134	GMO		GF		*		BC	P	Flour, Gluten Free Tapioca, Organic	4 / 850g
623636 710053	22924			GF		*		BC	P	Flour, GF Oat Flour, Organic	4 / 900g
623636 993395	22251	GMO				*		BC	P	Einkorn Flour, Organic	4 / 1kg
623636 998956	22133	GMO		GF		*		BC	P	Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 101202	22138					*			P	Light Buckwheat, Organic	4 / 1kg
623636 998550	20261					*		BC	P	Sprouted High Protein Flour, Whole Grains & Beans, Organic	4 / 1kg
623636 995504	22913					*			P	Sprouted Light Buckwheat Flour, Organic	4 / 1kg
623636 993302	22239					*		BC	P	Sprouted Whole Spelt Flour, Organic	4 / 1kg
623636 993104	22240					*		BC	P	Sprouted Whole Wheat Flour, Hard Red Spring Wheat, Organic	4 / 1kg
623636 930000	22262					*		BC	P	Stoneground Red Fife Wheat Flour, Organic	4 / 1kg
623636 500005	22128					*		BC	P	Stoneground Whole Spelt Flour, Organic	4 / 1kg
623636 200004	22127					*		BC	P	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 1kg

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623636 120203	20101							*		P		4 / 1kg						
623636 600705	27000							*		P		4 / 1kg						
623636 400008	22126							*	BC	P		4 / 1kg						
623636 300056	22129	GMO						V	BC	P		4 / 1kg						
623636 120050	22136	GMO						*		P		4 / 1kg						
623636 998895	21018	GMO						*		+	P	4 / 2kg						
623636 200011	20069							*	BC	P		4 / 2kg						
623636 400015	20068							*	BC	P		4 / 2kg						
623636 200028	22922		B					*	BC	P		4 / 5kg						
623636 400022	22923		B					*		+	P	4 / 5kg						
623636 993913	22408							*			P	4 / 5kg						
623636 502139	20111		B					*	BC	P	X	1 / 10kg						
623636 221146	20201		B					*	BC	P	X	1 / 10kg						
623636 999038	20112	GMO	B	GF				*		+	P	1 / 10kg						
623636 999045	20113	GMO	B	GF				*		+	P	1 / 10kg						
623636 500036	20110		B					*	BC	P	X	1 / 10kg						
623636 200035	22124	GMO	B					V	BC	P		1 / 10kg						
623636 400039	20202		B					*	BC	P	X	1 / 10kg						
623636 300032	20059		B					*	BC	P	X	1 / 10kg						
623636 180030	20026		B					*			X	1 / 11.34kg						
623636 200042	20048		B					*	BC	P	X	1 / 20kg						
623636 400046	20073		B					*	BC	P	X	1 / 20kg						
623636 200301	20108		B					*	BC	P	X	1 / 10kg						
623636 999519	28083		B					*			X	1 / 20kg						

AVENA FOODS | OAT FLOUR

663780 100447 20117 B GF + P Oat Flour, Wholegrain 1 / 22.7kg

BLUE DIAMOND | ALMOND FLOUR

041570 147245 16184 GMO Almond Flour, finely sifted 4 / 454g

BOB'S RED MILL | FLOUR

039978 343819 20375 GMO X Almond Flour, Blanched 4 / 453g
 039978 333803 34076 GMO X Almond Flour, Natural 4 / 453g
 039978 002419 34239 GMO * X Amaranth Flour, Organic 4 / 510g
 039978 335050 20159 GMO GF X Arrowroot Starch Flour 4 / 454g
 039978 002426 34242 GMO GF * X Brown Rice Flour, Organic 4 / 680g
 039978 001870 34218 GMO * X Buckwheat Flour, Organic 4 / 624g
 039978 301789 20150 GMO GF X Cassava Flour 4 / 567g
 039978 328151 20355 GMO GF * @ X Coconut Flour, Organic 4 / 453g
 039978 002150 34220 X Corn Flour, Golden Masa 4 / 624g
 039978 001962 34209 X Cornmeal, Medium Grind 4 / 680g
 039978 002143 34240 * X Cornmeal, Medium Grind, Organic 4 / 680g
 039978 344533 30572 GMO GF X Flour, Gluten Free 1to1 Baking 4 / 623g
 039978 353207 30560 GMO GF * X Flour, Quinoa, Organic 4 / 510g
 039978 001986 34211 GMO GF X Flour, White Rice 4 / 680g
 039978 002280 34232 GMO GF X Garbanzo & Fava Flour 4 / 624g
 039978 002402 34222 GMO GF X Garbanzo Bean Flour 4 / 454g
 039978 002129 34221 GMO X Gluten Flour 4 / 567g
 039978 334527 30574 GMO GF X Gluten Free All Purpose Baking Flour 4 / 623g
 039978 002273 34235 GMO GF X Gluten Free Whole Oat Flour 4 / 510g
 039978 002433 34224 GMO X Millet Flour 4 / 567g
 039978 333490 30570 GMO GF X Paleo Baking Flour w/almond & coconut flours 4 / 454g
 039978 002389 34226 GMO GF X Potato Flour 4 / 680g
 039978 001979 34210 GMO GF X Rice Flour, Brown 4 / 680g
 039978 002440 34247 X Rice Flour, Sweet White 4 / 680g
 039978 002136 34227 GMO X Semolina Pasta Flour 4 / 680g

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039978 002341	34237	GMO		GF								4 / 624g						
039978 002105	34216	GMO				*						4 / 567g						
039978 325365	20389	GMO										4 / 454g						
039978 002396	34229	GMO										4 / 567g						
039978 333810	20238	GMO		GF								4 / 907g						
039978 354532	30573	GMO		GF								4 / 1.24kg						
039978 344526	30575	GMO		GF								4 / 1.24kg						
039978 333018	20169	GMO										4 / 2.26kg						
039978 315052	27002	GMO	B									1 / 11.34kg						
039978 314574	27003	GMO	B	GF								1 / 11.34kg						
039978 324528	27001	GMO	B	GF								1 / 11.34kg						
039978 316424	20415	GMO	B	GF								1 / 11.34kg						
039978 103154	20173	GMO	B	GF								1 / 25lb						
039978 109743	20174	GMO	B	GF		*						1 / 25lb						
039978 108159	27005	GMO	B	GF		*	@					1 / 25lb						
039978 103123	20422	GMO	B	GF								1 / 25lb						
039978 109675	20419	GMO	B	GF		*						1 / 25lb						
039978 106087	20424	GMO	B	GF								1 / 25lb						
039978 105356	20423	GMO	B									1 / 25lb						
039978 105394	20398	GMO	B									1 / 25lb						

EL FARO | FLOUR

627987 425659 20520 BC \mathbb{P} Gluten Free Flour 4 / 1.81kg

JOVIAL | EINKORN FLOUR

815421 011005 21044 * Einkorn Flour, All Purpose, Organic 10 / 907g

LET'S DO...ORGANIC | FLOUR

043182 015240 20107 GF * Coconut Flour, Organic 6 / 454g

043182 015400 24133 GMO GF * Flour, Green Banana, Organic 6 / 396g

MASECA | CORN MASA FLOUR

34000 B GF Yellow Corn Masa Flour, Regular #0 1 / 22.68kg

MILLSTREAM FLOUR MILL | FLOUR

060543 006402 20097 GF BC \mathbb{P} Corn Flour, Yellow Stoneground 10 / 1.8kg

060543 002121 07331 B BC \mathbb{P} X Chana Flour, Stoneground 1 / 9.07kg

NUNWEILER'S FLOUR CO | ORGANIC FLOUR

067785 000243 20042 * + \mathbb{P} All Purpose & Pastry Flour, Organic 4 / 1kg

067785 005743 20015 GMO * + \mathbb{P} Unbleached White Flour, Organic 4 / 1kg

067785 000045 20043 * + \mathbb{P} Whole Wheat Flour, Organic 4 / 1kg

Buy 10+ cases (Organic Pantry Builder Flours) Save 15%

067785 000441 20037 * + \mathbb{P} Buckwheat Flour, Organic 4 / 1kg

067785 000342 20024 * + \mathbb{P} Spelt Flour, Whole, Organic 4 / 1kg

067785 001745 20014 GMO * + \mathbb{P} Oat Flour, Whole Grain, Organic 4 / 1kg

Buy 10+ cases (Organic Specialty Flours) Save 15%

NUTIVA | COCONUT FLOUR

692752 105685 21043 GMO GF * Coconut Flour, Organic 6 / 454g

ONLY OATS | OAT FLOUR

663780 100041 20116 GF + \mathbb{P} Oat Flour, Wholegrain 6 / 1kg

PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142 22246 GMO GF Artisan Flour Blend 3 / 1.81kg

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BREAKFAST FOODS

Breakfast Toppings

ANITA'S ORGANIC | BREAKFAST BOOST TOPPING

623636 995580	20241	GMO				*			BC	P											BREAKFAST BOOST, Sprouted Buckwheat Chia & Hemp, Organic	4 / 475g
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Cereals - Hot

ALIMENTS TRIGONE | CEREAL

056142 006134	22290					*		+		P											Cream of the Crop Buckwheat Cereal, Organic	6 / 400g
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ANITA'S ORGANIC | HOT CEREAL

623636 998994	20103	GMO		GF		*			BC	P											Oats, Gluten Free Rolled, Old Fashioned, Organic	4 / 900g
623636 999014	28074	GMO		GF		*			BC	P											Oats, Gluten Free Steel Cut, Organic	4 / 900g
623636 700023	22921	GMO			V	*			BC	P											Rolled Oats, Old Fashioned, Organic	4 / 2.5kg
623636 998925	28059	GMO	B	GF		*		+		P											Gluten Free Oats, Regular Rolled, Organic	1 / 11.34kg

BOB'S RED MILL | HOT CEREAL

039978 001191	22866																				X Hot Cereal, 10 Grain	4 / 709g
039978 001153	22821	GMO		GF																	X Hot Cereal, 5 Grain	4 / 454g
039978 001184	22827			GF																	X Hot Cereal, 8 Grain	4 / 709g
039978 001214	22806	GMO		GF																	X Hot Cereal, Brown Rice Farina	4 / 737g
039978 001061	20362	GMO				*															X Hot Cereal, Creamy Buckwheat, Organic	4 / 510g
039978 001177	20340			GF																	X Hot Cereal, Mighty Tasty	4 / 680g
039978 341433	30533	GMO																			X Hot Cereal, Oat Bran	4 / 510g
039978 329554	30517	GMO				*															X Hot Cereal, Oat Bran, Organic	4 / 510g
039978 341211	30532	GMO																			X OATMEAL, Scottish	4 / 567g
039978 329561	30519	GMO				*															X OATMEAL, Scottish, Organic	4 / 567g

NATURE'S PATH | WHOLE GRAIN OATS

729906 410033	22175	GMO				*				P											Oats, Steel Cut, Quick Cook, Organic	6 / 680g
729906 410019	22074	GMO				*				P											Oats, Steel Cut, Coarsely Cut, Organic	6 / 840g

NATURE'S PATH | INSTANT OATMEAL

058449 450696	22882	GMO		GF		*				P											Gluten Free Oatmeal, Brown Sugar Maple, Organic	6 / 8x40g
058449 450719	22884	GMO		GF		*				P											Gluten Free Oatmeal, Variety Pack, Organic	6 / 8x40g
058449 450047	22784	GMO				*				P											Oatmeal, Apple Cinnamon, Organic	6 / 8x50g
058449 450023	22786	GMO				*				P											Oatmeal, FLAX PLUS, Organic	6 / 8x50g
058449 450030	22785	GMO				*				P											Oatmeal, Maple Nut, Organic	6 / 8x50g
058449 450016	22787	GMO				*				P											Oatmeal, Original, Organic	6 / 8x40g
058449 450009	22752	GMO				*				P											Oatmeal, Variety Pack, Organic	6 / 8x50g
058449 154006	25065	GMO				*				P											QI'A Oatmeal, Superseeds & Grains, Organic	6 / 228g
058449 154020	25066	GMO				*				P											QI'A Oatmeal, Creamy Coconut, Organic	6 / 228g
058449 154044	25067	GMO				*				P											QI'A Oatmeal, Cinnamon Pumpkin Seed, Organic	6 / 228g
058449 204084	55730	GMO				*				P											Superfood Oatmeal, Golden Turmeric, Organic	6 / 210g
058449 204091	55731	GMO				*				P											Superfood Oatmeal, Cacao, Organic	6 / 210g

Cereals - Ready To Eat

ANNIE'S HOMEGROWN | CEREAL

065633 173040	38431	GMO				*																Cereal, Cinnamon Crunch, Organic	10 / 260g
065633 173064	38430	GMO				*																Cereal, Honey Nut O's, Organic	10 / 235g
																						Buy 25-49 cases	Save 3.92
																						Buy 50+ cases	Save 5.89

MIX & MATCH ALLOWED

BOB'S RED MILL | CEREAL & GRANOLA

039978 303509	22385	GMO		GF																	X MUESLI, Paleo Style (grain free)	4 / 396g
039978 323668	22851	GMO																			X MUESLI, Wheat Free	4 / 453g
039978 341037	22850	GMO																			X MUESLI	4 / 510g

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FOOD FOR LIFE | EZEKIEL 4:9 CEREAL

073472 002551	22051							*											Original Sprouted Grain Cereal, Organic	6 / 454g
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HOLY CRAP | BREAKFAST CEREAL

883831 100008	22226			GF				*		BC	P								Cereal, Apple Cinnamon Superseed Blend, Original	12 / 225g
883831 200005	22227			GF				*		BC	P								Cereal, Natural Superseed Blend, Skinny B	12 / 225g

MANITOBA HARVEST | HEMP YEAH! GRANOLA

697658 692260	36626	GMO						V	*										+ P X Granola, Blueberry, Organic	6 / 283g
697658 692253	36628	GMO							*										+ P X Granola, Honey & Oats, Organic	6 / 283g

NATURE'S PATH | CEREAL

058449 600565	22760	GMO		GF					*										P X Cereal, Corn Flakes, Fruit Juice, Organic	6 / 750g
058449 770947	22765	GMO		GF					*										P X Cereal, Corn Flakes, Honey'd, Organic	6 / 750g
058449 550020	22761	GMO		GF					*										P X Cereal, Crispy Rice, Organic	6 / 750g
058449 870081	22767	GMO							*										P Superfood Oatmeal, Cacao, Organic	6 / 210g
058449 870104	22772	GMO							*										P X Cereal, ENVIROKIDZ, Koala Crisp, Organic	6 / 725g
058449 212416	22771	GMO							*										P X Cereal, ENVIROKIDZ, Leapin' Lemurs, Organic	6 / 650g
058449 870098	22770	GMO							*										P X Cereal, ENVIROKIDZ, Panda Puffs, Organic	6 / 700g
058449 771630	22847	GMO							*										P X Cereal, FLAX PLUS Cinnamon Flakes, Organic	6 / 907g
058449 189107	22650	GMO							*										P Cereal, Golden Turmeric, Organic	6 / 300g
058449 770213	22780	GMO							*										P X Cereal, HERITAGE Flakes, Organic	6 / 907g
058449 770015	22758	GMO							*										P X Cereal, HERITAGE O's, Organic	6 / 907g
058449 770695	22782	GMO							*										P X Cereal, Kamut Khorasan Wheat Flakes, Organic	6 / 750g
058449 620044	22044	GMO							*										P X Cereal, Kamut Khorasan Wheat Puffs, Organic	12 / 170g
058449 771616	22846	GMO			GF				*										P X Cereal, MESA SUNRISE with Raisins, Organic	6 / 825g
058449 779018	22773	GMO			GF				*										P X Cereal, MESA SUNRISE, Organic	6 / 750g
058449 770084	22766	GMO							*										P X Cereal, Millet Rice, Organic	6 / 907g
058449 602316	22762	GMO							*										P X Cereal, Multigrain Oatbran Flakes, Organic	6 / 907g
058449 620013	22047	GMO							*										P X Cereal, Rice Puffs, Organic	12 / 170g
058449 771524	22641	GMO			GF				*										P Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g
058449 181125	22699	GMO			GF				*										P X Cereal, SUNRISE Crunchy Maple, Organic	6 / 675g
058449 779124	22260	GMO			GF				*										P X Cereal, Whole O's, Organic	6 / 750g

NATURE'S PATH | GRANOLA

058449 172048	22886	GMO							*										P X Granola, Coconut & Cashew Butter, Organic	8 / 312g
058449 890171	22733	GMO							*										P X Granola, Hemp Hearts, Organic	6 / 750g
058449 890195	22734	GMO							*										P X Granola, Pumpkin Seed + Flax, Organic	6 / 750g
058449 192145	22146	GMO							*										P Granola, Coconut Chia, Organic	6 / 800g
058449 779063	22139	GMO							*										P Granola, Pumpkin Seed + Flax, Organic	6 / 800g
058449 202288	22655	GMO							*										P X Superfood Granola, Golden Turmeric, Organic	6 / 198g
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 202240	25063	GMO							*	@									P X LOVE CRUNCH Granola, Salted Caramel Pretzel, Organic	6 / 325g

PRANA ORGANIC | GRANOLOVE GRANOLA CEREAL

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
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

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PRANA ORGANIC | OVERNIGHT CHIA & OAT MIX

877693 002495	26164	GMO		GF		*		+	P				8 / 5x50g					
877693 002501	26165	GMO		GF		*	@	+	P				8 / 5x50g					

TERRA BREADS | SMALL BATCH GRANOLA

779324 009371	40150	GMO							P				8 / 340g					
779324 002372	40148	GMO							P				8 / 454g					
779324 009289	40149	GMO							P				8 / 454g					
779324 009388	40159	GMO							P				8 / 850g					
779324 002365	40151	GMO							P				8 / 1kg					
779324 009296	40152	GMO							P				8 / 1kg					
779324 009531	40153	GMO	B						P				1 / 5kg					
779324 009548	40154	GMO	B						P				1 / 5kg					

Pancake & Waffle Mixes

ANITA'S ORGANIC | PANCAKE & WAFFLE MIX

623636 999069	02042			GF		*			P				4 / 800g					
623636 113007	02263					*			P				4 / 1kg					
623636 100014	02041					*			P				4 / 1kg					

BOB'S RED MILL | PANCAKE & WAFFLE MIX

039978 322043	30580									X			4 / 680g					
039978 318817	30583	GMO								X			4 / 680g					
039978 328809	30582									X			4 / 680g					
039978 324627	30581	GMO		GF						X			4 / 623g					
039978 001856	22839	GMO								X			4 / 368g					
039978 001832	22840									X			4 / 397g					

CLOUD 9 | PANCAKE & WAFFLE MIX

816512 000908	21058			GF	V				P				8 / 1kg					
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KINNIKINNICK | PANCAKE & WAFFLE MIX

620133 105122	55051			GF				+	P				6 / 454g					
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NUNWEILER'S | PANCAKE & WAFFLE MIX

067785 010440	02190					*		+	P				4 / 1kg					
067785 011041	02191					*		+	P				4 / 1kg					
067785 010341	02192					*		+	P				4 / 1kg					
067785 010044	02189					*		+	P				4 / 1kg					

Buy 10+ cases Save 15%

PAMELA'S | PANCAKE MIX

093709 201106	22950			GF									6 / 680g					
093709 201144	22949			GF									3 / 1.81kg					
093709 302513	22976	B	GF							X			1 / 25lb					

BEVERAGES, HOT

For Fresh Non-Dairy Beverages + Coffee Creamers - please see Cooler Section

Barista Beverage & Non-Dairy Creamer (shelf stable)

CALIFIA FARMS | DAIRY-FREE FOR COFFEE

813636 021130	62208	GMO											6 / 946ml					
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EARTH'S OWN | BARISTA BEVERAGE

626027 814071	07345								P				12 / 946ml					
626027 087703	06917								P				12 / 946ml					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
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SILK | BARISTA BEVERAGE FOR COFFEE

036632 076755	08001	GMO										6 / 946ml						
036632 076540	52238	GMO										6 / 946ml						
												Buy 10-19 cases	Save	2.25				
												Buy 20+ cases	Save	2.88				

TWO BEARS | BARISTA FRIENDLY DAIRY ALTERNATIVE

628504 309308	10059											6 / 946ml						
628504 309391	10008											6 / 946ml						

Coffee & Coffee Filters

EMMA | UNBLEACHED COFFEE FILTERS

726286 603307	60304											24 / 100ea						G P
092911 041128	60332											36 / 100ea						G P
092911 041142	60334											32 / 100ea						G P

ETHICAL BEAN | WHOLE BEAN COFFEE

841631 826016	12877											6 / 340g						
841631 826030	12886											6 / 340g						

LEVEL GROUND TRADING DIRECT FAIR TRADE | COFFEE

661594 000380	11948											6 / 300g						
661594 000403	11955											6 / 300g						
661594 000274	11941											6 / 300g						
661594 000311	11943											6 / 300g						
661594 000427	11951											6 / 300g						
661594 000359	11953											6 / 300g						
661594 000441	11947											6 / 300g						
661594 000335	11945											6 / 300g						
661594 000366	11949											6 / 300g						
661594 000397	11952											6 / 300g						
661594 000267	11940											6 / 300g						
661594 000304	11942											6 / 300g						
661594 000342	11954											6 / 300g						
661594 000434	11946											6 / 300g						
661594 000328	11944											6 / 300g						
661594 000410	11950											6 / 300g						
661594 000182	11934	GMO										6 / 908g						
661594 000120	11929											6 / 908g						
661594 002162	11930											6 / 908g						
661594 000199	11935	GMO										6 / 908g						

MOUNT HAGEN | INSTANT COFFEE

4000799 110009	12137											6 / 100g						
4000799 109997	12050		GF									6 / 100g						

SALT SPRING COFFEE | COMPOSTABLE SINGLE-SERVE BREW PODS

628415 686635	12379	GMO										6 / 20ct						
628415 686161	12380	GMO										6 / 20ct						
628415 686413	12381	GMO										6 / 20ct						
628415 686352	12382	GMO										6 / 20ct						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
SALT SPRING COFFEE																			
628415 077631	12375	GMO					*	@			P		8 / 284g						
628415 077419	12376	GMO					*	@			P		8 / 284g						
628415 077167	12377	GMO					*	@			P		8 / 284g						
628415 077358	12378	GMO					*	@			P		8 / 284g						
628415 878634	13301	GMO					*	@			P		8 / 400g						
628415 078317	12356	GMO					*	@			P		8 / 400g						
628415 078416	12361	GMO					*	@			P		8 / 400g						
628415 878627	12359	GMO					*	@			P		8 / 400g						
628415 078355	12357	GMO					*	@			P		8 / 400g						
628415 078270	12358	GMO					*	@			P		8 / 400g						
628415 078164	12363	GMO					*	@			P		8 / 400g						
628415 078362	12362	GMO					*	@			P		8 / 400g						
628415 084646	12364	GMO					*	@			P		6 / 908g						
628415 084424	12365	GMO					*	@			P		6 / 908g						
628415 084387	12366	GMO					*	@			P		6 / 908g						

Hot Chocolate Mixes

CAMINO | HOT CHOCOLATE

752612 000120	06687						*	@	+	P		6 / 275g							
752612 000137	06681						*	@	+	P		6 / 275g							
752612 000571	07319						*	@	+	P		6 / 275g							
752612 000298	06918						*	@	+	P		6 / 275g							
752612 000045	06665						*	@	+	P		6 / 336g							
752612 000052	06666						*	@	+	P		6 / 336g							
752612 300428	37080	GMO					*	@	+	P		12 / 907g							

Teas, Concentrates & Tea Utensils

AMBIENT MOON | CHAI (CONCENTRATES)

855864 001010	17661									BC	P		12 / 946ml						
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DOMO | STONE GROUND TEA

817523 000345	04072	GMO		GF						BC	P		6 / 60g						
817523 000338	04069	GMO		GF						BC	P		6 / 120g						
817523 000215	04037	GMO		GF						BC	P		6 / 120g						
817523 000321	04054	GMO		GF						BC	P		6 / 120g						
817523 000192	04034	GMO		GF		*				BC	P		6 / 120g						

FOUR O'CLOCK | TEA

779192 402212	12906	GMO					*	@	+	P		6 / 16ct							
779192 402564	12973	GMO					*	@	+	P		6 / 16ct							
779192 402274	12914	GMO					*	@	+	P		6 / 16ct							
779192 402458	12907	GMO					*	@	+	P		6 / 16ct							
779192 402823	24252	GMO					*	@	+	P		6 / 16ct							
779192 402342	12912	GMO					*	@	+	P		6 / 16ct							
779192 402434	12911	GMO					*	@	+	P		6 / 16ct							
779192 402359	12905	GMO					*	@	+	P		6 / 16ct							
779192 402298	12921	GMO					*	@	+	P		6 / 16ct							
779192 402809	24250	GMO					*	@	+	P		6 / 16ct							
779192 402328	12908	GMO					*	@	+	P		6 / 16ct							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE				G	P	U	
779192 202270	24254	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 202256	12916	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 202232	12909	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 202263	24253	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 402724	24114	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 402571	12910	GMO					*	@	+	🇨🇦			6 / 16ct						
779192 402816	24251	GMO					*	@	+	🇨🇦			6 / 16ct						

GENUINE TEA CO. | TEA

854335 001184	21452	GMO					*			🇨🇦			8 / 45g						
854335 001191	21453	GMO								🇨🇦			8 / 45g						
854335 001221	21456	GMO					*			🇨🇦			8 / 37.5g						
854335 001238	21457	GMO					*			🇨🇦			8 / 45g						

HERBARIA | HERBAL TEA

5997005 343735	40850												10 / 25ct						
5997005 330100	40852												10 / 25ct						
5997005 330933	40853												10 / 25ct						
5997005 330049	40855												10 / 25ct						
5997005 324239	40857												10 / 25ct						
5997005 330438	40859												10 / 25ct						
5997005 343711	40861												10 / 25ct						
5997005 330063	40862												10 / 25ct						
5997005 330094	40863												10 / 25ct						
5997005 330919	40865												10 / 25ct						
5997005 330056	40867												10 / 25ct						
5997005 330087	40869												10 / 25ct						
5997005 330896	40872												10 / 25ct						
5997005 330070	40877												10 / 25ct						

LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

661594 001677	12995						@			🇨🇦			12 / 70g						
661594 001837	12996						@			🇨🇦			12 / 70g						
661594 002698	13241						@			🇨🇦			12 / 70g						
661594 001684	12997						@			🇨🇦			12 / 70g						
661594 003305	13001						@			🇨🇦			12 / 30ct						
661594 003541	13002						@			🇨🇦			12 / 20ct						
661594 003329	13004						@			🇨🇦			12 / 20ct						
661594 003312	13003						@			🇨🇦			12 / 30ct						

MATEINA | YERBA MATE

628504 157107	20806	GMO					*			🇨🇦			6 / 220g						
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NUMI | ORGANIC TEA

680692 101713	12026	GMO					*	@					6 / 18ct						
680692 102215	12966	GMO					*	@					6 / 18ct						
680692 101812	12027	GMO					*	@					6 / 18ct						
680692 101195	12021	GMO					*	@					6 / 18ct						
680692 101188	12010	GMO					*	@					6 / 18ct						
680692 103014	13209	GMO					*						6 / 18ct						
680692 111507	12023	GMO					*	@					6 / 18ct						
680692 115000	12007	GMO					*						6 / 16ct						
680692 101010	12003	GMO					*	@					6 / 18ct						
680692 116144	12012	GMO					*	@					6 / 16ct						
680692 116151	12013	GMO					*	@					6 / 16ct						
680692 116175	12014	GMO					*	@					6 / 16ct						
680692 101034	12005	GMO					*						6 / 18ct						
680692 101140	12006	GMO					*	@					6 / 18ct						
680692 102017	12088	GMO					*						6 / 18ct						
680692 101126	12004	GMO					*						6 / 18ct						
680692 116120	12011	GMO					*	@					6 / 16ct						

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680692 115529	13239	GMO					*	@				6 / 12ct							
680692 115512	13238	GMO					*	@				6 / 12ct							
680692 115505	13237	GMO					*	@				6 / 12ct							
PUKKA ORGANIC TEA																			
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						
RIDGWAYS BLACK TEA																			
5060123 606034	12600						*					Black Tea, Organic	6 / 40ct						
5060123 606027	12605						*					Earl Grey, Organic	6 / 40ct						
STASH TEA																			
Premium Tea																			
077652 082548	13090	GMO										Black Tea, Chai Spice	6 / 20ct						
077652 082098	13091	GMO										Black Tea, Double Bergamot Earl Grey	6 / 18ct						
077652 082654	13092	GMO										Black Tea, Double Spice Chai	6 / 18ct						
077652 082272	13093	GMO										Black Tea, Earl Grey	6 / 20ct						
077652 082289	13124	GMO										Black Tea, English Breakfast	6 / 20ct						
077652 082791	13094	GMO										Decaf Tea, Chai Spice	6 / 18ct						
077652 082432	13095	GMO										Decaf Tea, Chocolate Hazelnut	6 / 18ct						
077652 082777	13096	GMO										Decaf Tea, Earl Grey	6 / 18ct						
077652 082784	13097	GMO										Decaf Tea, English Breakfast	6 / 18ct						
077652 082593	13098	GMO										Decaf Tea, Premium Green	6 / 18ct						
077652 082692	13099											Decaf Tea, Vanilla Chai	6 / 18ct						
077652 082753	13100	GMO										Decaf Tea, Vanilla Nut Crème	6 / 18ct						
077652 082524	13103	GMO										Green Tea, Chai Green	6 / 20ct						
077652 083651	13102	GMO										Green Tea, Ginger Peach Green w/ Matcha	6 / 18ct						
077652 082241	13123	GMO										Green Tea, Jasmine Blossom	6 / 20ct						
077652 082357	13104	GMO										Green Tea, Moroccan Mint	6 / 20ct						
077652 083668	13105											Green Tea, Pomegranate Raspberry Green w/ Matcha	6 / 18ct						
077652 082296	13106	GMO										Green Tea, Premium Green	6 / 20ct						
077652 772197	10087											Herbal Tea & Mate, Ginger Fire Chai	6 / 18ct						
077652 082661	12328	GMO										Herbal Tea, Blueberry Superfruit	6 / 20ct						
077652 082210	13108	GMO										Herbal Tea, Chamomile	6 / 20ct						
077652 082418	13109	GMO										Herbal Tea, Chamomile Nights	6 / 20ct						
077652 082395	13110	GMO										Herbal Tea, Cinnamon Apple Chamomile	6 / 20ct						
077652 772210	13230	GMO										Herbal Tea, Golden Turmeric Chai	6 / 18ct						
077652 082494	13111											Herbal Tea, Lemon Ginger	6 / 20ct						
077652 082258	13112	GMO										Herbal Tea, Licorice Spice	6 / 20ct						
077652 082562	13113											Herbal Tea, Mango Passionfruit	6 / 20ct						
077652 082449	13115											Herbal Tea, Meyer Lemon	6 / 20ct						
077652 082227	13116	GMO										Herbal Tea, Peppermint	6 / 20ct						

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077652 083095	13156	GMO											6 / 18ct						
077652 082708	12331	GMO		GF									6 / 18ct						
077652 772173	13226												6 / 18ct						
077652 772883	13225	GMO											6 / 18ct						
077652 082463	21085	GMO											6 / 20ct						
077652 083538	13121	GMO											6 / 20ct						
077652 083552	13122												6 / 20ct						
													Buy 50-99 cases	Save	2.46				
													Buy 100-199 cases	Save	3.69				
													Buy 200-349 cases	Save	4.92				
													Buy 350+ cases	Save	6.15				
077652 084818	13119												6 / 18ct						
													Buy 25-49 cases	Save	2.58				
													Buy 50+ cases	Save	3.32				
Organic Tea																			
077652 082807	12218	GMO					*	@					6 / 18ct						
077652 082821	12219	GMO					*						6 / 18ct						
TAZO BLACK TEA CONCENTRATE																			
794522 002252	30890												6 / 946ml						
TAZO FILTERBAG TEA																			
794522 002245	30881												6 / 20ct						
794522 002191	30885						*						6 / 20ct						
794522 002146	30883												6 / 20ct						
794522 002214	30886												6 / 20ct						
794522 002184	30889												6 / 20ct						
794522 002207	30887												6 / 20ct						
TRADITIONAL MEDICINALS TEA																			
032917 007391	12140	GMO											6 / 16ct						
032917 007339	12170	GMO											6 / 16ct						
032917 007346	12169	GMO					*	@					6 / 16ct						
032917 007353	12171	GMO					*	@					6 / 16ct						
032917 007377	12199	GMO					*	@					6 / 16ct						
032917 007384	13207	GMO					*						6 / 16ct						
032917 007407	12189	GMO					*						6 / 16ct						
032917 007414	12177	GMO					*						6 / 16ct						
032917 007421	13208	GMO					*						6 / 16ct						
032917 007438	12942	GMO					*						6 / 16ct						
032917 007445	12984	GMO		GF			*						6 / 16ct						
032917 007452	12163	GMO					*						6 / 16ct						
032917 007476	12103	GMO					*	@					6 / 16ct						
032917 007483	12186	GMO					*	@					6 / 16ct						
032917 007490	12174	GMO					*	@					6 / 16ct						
032917 007711	31700	GMO					*						6 / 16ct						
032917 007506	30109	GMO					*	@					6 / 16ct						
032917 007704	31701	GMO					*						6 / 16ct						
032917 007513	12985	GMO		GF			*	@					6 / 16ct						
032917 007520	12983	GMO		GF			*						6 / 16ct						
032917 007537	12244	GMO					*						6 / 16ct						
032917 007544	13049	GMO					*						6 / 16ct						
032917 007551	12249	GMO					*						6 / 16ct						
032917 007568	12986	GMO		GF			*						6 / 16ct						
032917 007575	12142	GMO					*	@					6 / 16ct						
032917 007582	12173	GMO					*						6 / 16ct						
032917 007599	12143	GMO					*						6 / 16ct						
032917 007643	12952	GMO					*						6 / 16ct						
032917 007605	12104	GMO					*						6 / 16ct						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
032917 007612	12950	GMO					*						6 / 16ct						
032917 007629	12160	GMO					*						6 / 16ct						
032917 007636	12106	GMO					*@						6 / 16ct						
032917 007650	12190	GMO					*						6 / 16ct						
032917 007667	12165	GMO					*						6 / 16ct						
032917 007674	12953	GMO					*@						6 / 16ct						
032917 007681	12954						*						6 / 16ct						
032917 007698	12155	GMO					*@						6 / 16ct						

UNCLE LEE'S | TEA

049606 100042 12956 Green Tea, Legend of China, Original 12 / 100ct

YOGI | BEVERAGE TEA

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

Buy 6-11 cases Save 1.00
 Buy 12-19 cases Save 2.00
 Buy 20+ cases Save 3.00

BEVERAGES, READY-TO-DRINK

Note: Due to provincial regulation differences regarding beverage container remittance, PSC does not sell beverage outside of B.C. We apologize for any inconvenience.

Carbonated Soft Drinks + Mixers

BLUE MONKEY | SPARKLING BEVERAGE

059654 560040	05535												6 / 4x250ml						
059654 530043	05531												6 / 4x250ml						
059654 540448	05532												6 / 4x250ml						
059654 550041	05533												6 / 4x250ml						
059654 520044	05530												6 / 4x250ml						
059654 580048	05534												6 / 4x250ml						
059654 530012	07067												12 / 330ml						
059654 520013	07336	GMO											12 / 330ml						
059654 410031	05522	GMO											12 / 330ml						
059654 410055	05524	GMO											12 / 330ml						

GOODDRINK | SPRITZER

853790 002026	04057	GMO					*						12 / 355ml						
853790 002057	04090	GMO					*						12 / 355ml						
853790 002019	04056	GMO					*						12 / 355ml						
853790 002033	04058	GMO					*						12 / 355ml						
853790 002064	04091	GMO					*						12 / 355ml						
853790 002040	04059	GMO					*						12 / 355ml						

REED'S | ALL-NATURAL GINGER DRINK

008274 444445	10951												6 / 4x355ml						
008274 111118	10950												6 / 4x355ml						

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THIRSTY BUDDHA | SPARKLING COCONUT WATER

852953 001654	72521	GMO										P X	Sparkling Coconut Water with Pineapple (can)	12 / 330ml				G	P	U
852953 001357	72522	GMO										P X	Sparkling Coconut Water with Watermelon (can)	12 / 330ml				G	P	U
														Buy 10-24 cases (no mix & match allowed between sizes)	Save	1.00				
														Buy 25-49 cases (no mix & match allowed between sizes)	Save	1.50				
														Buy 50+ cases (no mix & match allowed between sizes)	Save	2.00				

VIRGIL'S | HANDCRAFTED SODA

090341 372003	10963												Soda, Black Cherry (bottle)	6 / 4x355ml				G	P	U
090341 373000	10962												Soda, Orange Cream (bottle)	6 / 4x355ml				G	P	U
090341 120048	10960												Soda, Root Beer (bottle)	6 / 4x355ml				G	P	U
090341 377008	10964	GMO											Soda, Root Beer, Zero Sugar (bottle)	6 / 4x355ml				G	P	U
090341 543212	10961												Soda, Vanilla Cream (bottle)	6 / 4x355ml				G	P	U

WIZE COFFEE LEAF | ICED TEA

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

ZEVIA | ZERO CALORIE MIXER & SODA

849429 000815	72040	GMO		GF									Mixer, Ginger Beer	4 / 6x222ml				G	P	U
849429 000839	72041	GMO		GF									Mixer, Tonic Water	4 / 6x222ml				G	P	U
849429 001249	07158	GMO		GF									Soda, Black Cherry	4 / 6x355ml				G	P	U
849429 001201	07106	GMO		GF									Soda, Cola	4 / 6x355ml				G	P	U
849429 001287	07111	GMO		GF									Soda, Cream Soda	4 / 6x355ml				G	P	U
849429 000013	07160	GMO		GF									Soda, Creamy Root Beer	4 / 6x355ml				G	P	U
849429 001263	07161	GMO		GF									Soda, Dr. Zevia	4 / 6x355ml				G	P	U
849429 001256	07110	GMO		GF									Soda, Ginger Ale	4 / 6x355ml				G	P	U
849429 001232	07109	GMO		GF									Soda, Ginger Root Beer	4 / 6x355ml				G	P	U
849429 001270	07159	GMO		GF									Soda, Grape	4 / 6x355ml				G	P	U
849429 001218	07107	GMO		GF									Soda, Lemon Lime Twist	4 / 6x355ml				G	P	U
849429 001225	07108	GMO		GF									Soda, Orange	4 / 6x355ml				G	P	U

Functional Beverages

BUCHA BREW | KOMBUCHA

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

GINGER PEOPLE | GINGER SOOTHER

734027 995017	06177	GMO											X	GINGER SOOTHER, Lemon & Honey	24 / 355ml				G	U
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HAPPY PLANET | MORNIN' OATZ SHAKE

779172 774070	01522								BC	P			MORNIN' OATZ Shake, Chocolate Banana	8 / 3x250ml				G	U
779172 774094	01520								BC	P			MORNIN' OATZ Shake, Field Berry	8 / 3x250ml				G	U
779172 774087	01521								BC	P			MORNIN' OATZ Shake, Mango Peach	8 / 3x250ml				G	U
779172 772076	01502								BC	P			MORNIN' OATZ Shake, Chocolate Banana	12 / 946ml				G	U
779172 772090	01500								BC	P			MORNIN' OATZ Shake, Field Berry	12 / 946ml				G	U
779172 772083	01501								BC	P			MORNIN' OATZ Shake, Mango Peach	12 / 946ml				G	U

MATEINA | READY-TO-DRINK YERBA MATE

628504 157374	20811	GMO				*	+						P X	Energy Infusion, Blueberry Haskap, Organic (can)	12 / 355ml					U
628504 157046	20810	GMO				*	+						P X	Energy Infusion, Grapefruit Guava, Organic (can)	12 / 355ml					U
628504 157312	20804	GMO				*	+						P X	Energy Infusion, Hibiscus & Berries, Organic (can)	12 / 355ml					U
628504 157305	20803	GMO				*	+						P X	Energy Infusion, Lemon Original, Organic (can)	12 / 355ml					U
628504 157329	20805	GMO				*	+						P X	Energy Infusion, Peach Passion, Organic (can)	12 / 355ml					U

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PHAT TEA | MCT INFUSED ICED TEA

627843 885016	11604											12 / 355ml				G		U
627843 885009	11603											12 / 355ml				G		U

ROAR ORGANIC | ELECTROLYTE INFUSIONS BEVERAGE

628250 053258	19904	GMO		GF	V	*						12 / 532ml				G		U
628250 053227	19901	GMO		GF	V	*						12 / 532ml				G		U
628250 053265	19905	GMO		GF	V	*						12 / 532ml				G		U
628250 053241	19903	GMO		GF	V	*						12 / 532ml				G		U
628250 053210	19900	GMO		GF	V	*						12 / 532ml				G		U

RUNA | CLEAN ENERGY DRINK

856496 006060	24750	GMO					*	@				12 / 355ml				G	P	U
856496 006077	24751	GMO					*	@				12 / 355ml				G	P	U
856496 006053	24752	GMO					*	@				12 / 355ml				G	P	U
												Buy 5-9 cases	Save	1.00				
												Buy 10-24 cases	Save	2.00				
												Buy 25+ cases	Save	3.00				

RVIITA | ENERGY TEA

627987 111873	01200								BC	P	X	10 / 355ml						U
627987 111880	01201								BC	P	X	10 / 355ml						U
627987 111903	01202								BC	P	X	10 / 355ml						U
627987 111897	01203								BC	P	X	10 / 355ml						U

SAPSUCKER | SPARKLING TREE WATER

898171 000161	56411	GMO					*					6 / 4x355ml				G		U
898171 000208	56409	GMO					*					6 / 4x355ml				G		U
898171 000192	56410	GMO					*					6 / 4x355ml				G		U
898171 000185	56412	GMO					*					6 / 4x355ml				G		U
898171 000154	56417	GMO					*					12 / 355ml				G		U
898171 000024	56415	GMO					*					12 / 355ml				G		U
898171 000031	56414	GMO					*					12 / 355ml				G		U
898171 000178	56418	GMO					*					12 / 355ml				G		U
898171 000017	56413	GMO					*					12 / 355ml				G		U
898171 000284	56416	GMO					*					12 / 355ml				G		U

SOTA SPARKLING TEA + ADAPTOGENS

628176 390932	35450	GMO					*					4 / 6x355ml				G		U
628176 390949	35451	GMO					*					4 / 6x355ml				G		U
628176 390956	35452	GMO					*					4 / 6x355ml				G		U

THRIVE REMEDIES | ADAPTOGENIC TEA

628176 390048	11608						*		BC	P	X	12 / 475ml						U
628176 390062	11609						*		BC	P	X	12 / 475ml						U
628176 390017	11610						*		BC	P	X	12 / 475ml						U
628176 390055	11611						*		BC	P	X	12 / 475ml						U
628176 390000	11612						*		BC	P	X	12 / 475ml						U

ZEVIA | ZERO CALORIE ENERGY DRINK

849429 000693	72080	GMO		GF								12 / 355ml				G	P	U
849429 000723	72083	GMO		GF								12 / 355ml				G	P	U
849429 000709	72081	GMO		GF								12 / 355ml				G	P	U
849429 000716	72082	GMO		GF								12 / 355ml				G	P	U

WAKEWATER | CAFFEINATED SPARKLING WATER

628693 083003	25112											12 / 355ml				G		U
628055 980896	25110											12 / 355ml				G		U
628055 980278	25111											12 / 355ml				G		U

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KING ISLAND COCONUT WATER																	
8850813 300031	07130										+ \mathbb{P}	Coconut Water, Pure (gable top)	12 / 1L				U
LEMONCOCCO LEMON & COCONUT BEVERAGE																	
620221 280014	06001					V						X Lemon & Coconut, Natural (can)	24 / 355ml			G	U
MORNIN' GLORY PRUNE JUICE																	
093778 888819	05001							*				Prune Juice, Organic	12 / 946ml				U
NATURAL CABANA LEMON & LIMEADE																	
856190 003020	04081											X Lemonade, Cherry	12 / 591ml			G	U
853790 001722	04087											X Lemonade, Coconut & Pineapple	12 / 591ml			G	U
856190 003006	04082											X Lemonade, Original	12 / 591ml			G	U
853790 001715	04088											X Lemonade, Peach	12 / 591ml			G	U
856190 003013	04083											X Lemonade, Strawberry	12 / 591ml			G	U
856190 003037	04084											X Lemonade, Tropical Mango	12 / 591ml			G	U
856190 003136	04085											X Limeade, Original	12 / 591ml			G	U
856190 003204	04086											X Limeade, Raspberry	12 / 591ml			G	U
PATIENCE FRUIT & CO FRUIT JUICE																	
662166 221103	18209	GMO				GF		*	+			Pure Cranberry Juice, Not From Concentrate, Organic	6 / 946ml				U
662166 222209	18233	GMO						*	+	\mathbb{P}		Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml				U
662166 223305	18232	GMO						*	+	\mathbb{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
												Buy 12-19 cases	Save 15%				
												Buy 20+ cases	Save 20%				
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE																	
074682 123098	06303	GMO										Just Black Cherry Juice	6 / 946ml				U
074682 123241	06363											Just Blueberry (100% Blueberry juice)	6 / 946ml				U
074682 123500	06361	GMO										Just Cranberry (100% Cranberry juice)	6 / 946ml				U
074682 123357	06582	GMO						*				Just Cranberry, Organic (100% Cranberry juice)	6 / 946ml				U
074682 200645	07445	GMO						*				Just Grapefruit, Organic	6 / 946ml				U
074682 123296	06365											Just Pomegranate (100% Pomegranate Juice)	6 / 946ml				U
074682 123180	06580							*				Just Tart Cherry, Organic	6 / 946ml				U
074682 123128	06581							*				Prune Nectar, Organic	6 / 946ml				U
074682 123357	06582							*				Just Cranberry, Organic (100% Cranberry juice) (S/O)	6 / 946ml				U
SANTA CRUZ ORGANIC JUICE & LEMONADE																	
036192 127843	06819	GMO						*				Lemonade, Mango, Organic	12 / 946ml			G	U
036192 123135	06383	GMO						*				Lemonade, Organic	12 / 946ml			G	U
036192 123142	06384	GMO						*				Lemonade, Raspberry, Organic	12 / 946ml			G	U
036192 110029	06271	GMO						*				Juice, Apple, Organic	6 / 946ml				U
036192 125009	06639	GMO						*				Juice, Apple, Organic	6 / 2.84L				U
036192 127829	05993	GMO						*				Half & Half, Iced Tea Lemonade, Organic (S/O)	12 / 946ml			G	U
036192 123197	05194	GMO						*				Lemonade, Cherry, Organic (S/O)	12 / 946ml			G	U
036192 127867	05999	GMO						*				Lemonade, Peach, Organic (S/O)	12 / 946ml			G	U
036192 127850	06818	GMO						*				Limeade, Organic (S/O)	12 / 946ml			G	U
TASTE NIRVANA COCONUT WATER																	
011259 806862	05920					GF						X Coconut Water (glass bottle)	12 / 280ml				U
011259 806886	05921					GF						X Coconut Water With Pulp (glass bottle)	12 / 280ml				U
011259 801133	05922					GF						X Coco-Aloe (glass bottle)	12 / 280ml				U
011259 904247	05923					GF						Coconut Water (glass bottle)	6 / 700ml				U

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THIRSTY BUDDHA | COCONUT WATER

852953 001432	72505	GMO		GF							X	Coconut Water, Natural w/Pulp (can)	12 / 490ml					U
852953 001418	07165	GMO		GF								X	Coconut Water, Natural (can)	12 / 490ml				U
													Buy 10-24 cases (no mix & match allowed between sizes)	Save	1.25			
													Buy 25-49 cases (no mix & match allowed between sizes)	Save	1.50			
													Buy 50+ cases (no mix & match allowed between sizes)	Save	2.25			
852953 001173	07213	GMO		GF								Coconut Water, Natural (tetrapak)	12 / 1L					U
													Buy 10-24 cases (no mix & match allowed between sizes)	Save	2.00			
													Buy 25-49 cases (no mix & match allowed between sizes)	Save	2.50			
													Buy 50+ cases (no mix & match allowed between sizes)	Save	3.00			

TRIPLE JIM'S | ALL NATURAL JUICE MADE FROM BC FRUIT

059105 550941	18123										+	P	Black Cherry, Pure (glass bottle)	12 / 946ml				U
059105 650757	18133										+	P	Cranberry, Pure (glass bottle)	12 / 946ml				U
059105 060945	18150					*					BC	P	Juice, Cranberry, Organic (glass bottle)	12 / 946ml				U
059105 351005	18132					*					BC	P	Juice, Pear, Organic (glass bottle)	12 / 946ml				U
059105 150905	18102										BC	P	Cider, Apple (glass bottle)	12 / 946ml				U
059105 001009	18135					*					BC	P	Cider, Apple, Organic (glass bottle)	12 / 946ml				U
059105 153784	18131										BC	P	Cider, Apple (glass bottle)	4 / 3.78L				U
059105 003782	18121					*					BC	P	Cider, Apple, Organic (glass bottle)	4 / 3.78L				U

TRUE CITRUS | DRINK MIX

810979 001478	70369												True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct				
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TWO BEARS | COLD BREW COFFEE & OAT MILK TEA LATTE

628504 309414	10000										@	+	P	X	Flash Brew, Black Coffee, Unsweetened (can)	6 / 207ml			U
628504 309322	10001										@	+	P	X	Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml			P U
628504 309407	10002										@	+	P	X	Flash Brew, Mocha Coffee (can)	6 / 207ml			P U
628504 309353	10005											+	P	X	Tea Latte, Chai (can)	6 / 207ml			P U
628504 309384	10006											+	P	X	Tea Latte, Matcha (can)	6 / 207ml			P U
628504 309339	10003											+	P	X	Oat Latte, Black Coffee (can)	6 / 207ml			P U
628504 309377	10007											+	P	X	Oat Latte, Salted Caramel Coffee (can)	6 / 207ml			P U
628504 309346	10004											+	P	X	Oat Latte, Vanilla Coffee (can)	6 / 207ml			P U
628504 309063	10057											+	P	X	Oat Latte, Vanilla Coffee (Tetra)	6 / 946ml			U

ZEVIA | STEVIA SWEETENED TEA BEVERAGE

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

Non-Dairy Beverages (shelf stable)

BLUE DIAMOND | ALMOND BREEZE NON-DAIRY BEVERAGE

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
041570 054314	06816	GMO											ALMOND BREEZE, Original	8 / 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

EARTH'S OWN | NON-DAIRY BEVERAGE

626027 814057	07347	GMO									@	BC	P	Beverage, Oat, Chocolate (Tetra Pak)	12 / 946ml			U
626027 700121	07145	GMO										+	P	SO FRESH, Almond, Unsweetened Original (Tetra Pak)	12 / 946ml			U
626027 814026	07343	GMO										BC	P	SO FRESH, Oat, Original (Tetra Pak)	12 / 946ml			U
626027 814040	07344	GMO										BC	P	SO FRESH, Oat, Vanilla (Tetra Pak)	12 / 946ml			U

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EDEN | NON-DAIRY BEVERAGE

024182 027051	06602	GMO					*						12 / 946ml						U
024182 027068	06609	GMO		GF			*						12 / 946ml						U

NATIVE FOREST | DAIRY FREE MILK POWDER

043182 001021	24096												6 / 100g						
043182 011013	24134												6 / 150g						

NATURA | DAIRY-FREE BEVERAGE (ASEPTIC CARTON)

063667 090463	07276				V			+	P				12 / 946ml						U
063667 090081	07122				V			+	P				12 / 946ml						U
063667 090012	07119				V			+	P				12 / 946ml						U
063667 090067	07121				V			+	P				12 / 946ml						U
063667 090265	07275				V			+	P				12 / 946ml						U
063667 201081	06404	GMO		GF	*			+	P				12 / 946ml						U
063667 201012	06402	GMO		GF	*			+	P				12 / 946ml						U
063667 201029	06403	GMO		GF	*			+	P				12 / 946ml						U
063667 006013	06378	GMO			V	*		+	P				12 / 946ml						U
063667 006020	06379	GMO			V	*		+	P				12 / 946ml						U
063667 301859	06374	GMO			V	*		+	P				12 / 946ml						U
063667 301408	06371	GMO			V	*		+	P				12 / 946ml						U
063667 511005	06375	GMO			V	*		+	P				12 / 946ml						U
063667 301705	06373	GMO				*		+	P				12 / 946ml						U
063667 301552	06372	GMO			V	*		+	P				12 / 946ml						U
063667 508012	06392	GMO				*		+	P				8 / 3x200ml						U
063667 506018	06357	GMO				*		+	P				8 / 3x200ml						U

Buy 15-29 cases

Save 3%

Buy 30-74 cases

Save 5%

Buy 75+ cases

Save 7%

SILK | DAIRY-FREE BEVERAGE

025293 005525	08000	GMO											12 / 946ml						U
025293 002180	07190	GMO											12 / 946ml						U
025293 001817	07136	GMO											12 / 946ml						U
025293 002197	07191	GMO											12 / 946ml						U
025293 001800	07137	GMO											12 / 946ml						U
036632 074638	07138	GMO				*							12 / 946ml						U
036632 074614	07139	GMO				*							12 / 946ml						U
056800 715811	52243	GMO						+					12 / 946ml						U
056800 658903	52236	GMO						+					12 / 946ml						U
056800 660814	52237	GMO						+					12 / 946ml						U
025293 005532	08010	GMO				*							12 / 946ml						U
025293 005549	08011	GMO				*							12 / 946ml						U

Buy 10-19 cases

Save 2.11

Buy 20-49 cases

Save 3.17

Buy 50+ cases

Save 4.23

Alcohol-free Alternatives

BREMNER'S | CAESAR MIXER

834644 002614	05079				V		BC	P					6 / 1L						U
834644 002652	91842						BC	P					12 / 300ml						U
834644 002669	91843				V		BC	P					12 / 300ml						U

CLEVER | PREMIUM MOCKTAIL

854531 000240	17550								+	P	X		12 / 355ml						G P U
854531 000349	17552								+	P	X		12 / 355ml						G P U
854531 000264	17551								+	P	X		12 / 355ml						G P U
854531 000288	17553								+	P	X		12 / 355ml						G P U

Buy 10-24 cases

Save 10%

Buy 25+ cases

Save 15%

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FENTIMANS | BOTANICALLY BREWED BEVERAGE

5029396 002257	04997											6 / 4x200ml				G	P	U
5029396 002233	04998											6 / 4x200ml				G	P	U
5029396 002240	04999											6 / 4x200ml				G	P	U
5029396 002226	05000											6 / 4x200ml				G	P	U
5029396 000260	07127											6 / 4x275ml				G	P	U
5029396 000246	06881											6 / 4x275ml				G	P	U
5029396 000307	04989											6 / 4x275ml				G	P	U
5029396 000239	07081											6 / 4x275ml				G	P	U
5029396 000253	07082											6 / 4x275ml				G	P	U
5029396 000222	06878											6 / 4x275ml				G	P	U
5029396 000291	06877											6 / 4x275ml				G	P	U
5029396 000451	04993											8 / 500ml				G	P	U
5029396 000437	04995											8 / 500ml				G	P	U
5029396 000444	04996											8 / 500ml				G	P	U

FEVER-TREE | DRINK MIXER

812136 030208	07806											3 / 8x150ml				G	P	U
812136 030963	07810											3 / 8x150ml				G	P	U
812136 030215	07807											3 / 8x150ml				G	P	U
898195 001755	07808											3 / 8x150ml				G	P	U
898195 001762	07809											3 / 8x150ml				G	P	U
812136 030185	07805											6 / 4x200ml				G	P	U
898195 001090	06787											6 / 4x200ml				G	P	U
812136 031038	06788											6 / 4x200ml				G	P	U
898195 001915	07801											6 / 4x200ml				G	P	U
898195 001885	07800											6 / 4x200ml				G	P	U
898195 001274	07209											6 / 4x200ml				G	P	U
898195 001687	07804											6 / 4x200ml				G	P	U
5060108 450058	06786											6 / 4x200ml				G	P	U
5060108 450171	07262											6 / 4x200ml				G	P	U
898195 001137	07208											6 / 4x200ml				G	P	U
812136 030925	06790											6 / 4x200ml				G	P	U
898195 001014	06785											6 / 4x200ml				G	P	U
898195 001854	07211											6 / 4x200ml				G	P	U
898195 001656	07212											6 / 4x200ml				G	P	U
5060108 450232	06789											6 / 4x200ml				G	P	U
5060108 450515	07259											6 / 4x200ml				G	P	U
506010 8450287	07210											8 / 500ml				G	P	U
898195 001427	07141											8 / 500ml				G	P	U
898195 001441	07802											8 / 500ml				G	P	U
898195 001342	07092											8 / 500ml				G	P	U
812136 030949	07093											8 / 500ml				G	P	U
898195 001403	07803											8 / 500ml				G	P	U

OPUS | ALCOHOL FREE BEVERAGE

628634 740170	13941								BC \mathcal{P}			6 / 4x355ml				G	P	U
628634 740156	13940								BC \mathcal{P}			6 / 4x355ml				G	P	U
628634 740088	13942								BC \mathcal{P}			6 / 4x355ml				G	P	U

PARTAKE BREWING | NON-ALCOHOLIC BEER

628110 465337	06016								+ \mathcal{P}			2 / 12x355ml				G	U
628110 465092	06010								+ \mathcal{P}			6 / 4x355ml				G	U
628110 465283	06015								+ \mathcal{P}			6 / 4x355ml				G	U
628110 465085	06011								+ \mathcal{P}			6 / 4x355ml				G	U
628110 465078	06012								+ \mathcal{P}			6 / 4x355ml				G	U
628110 465153	06014								+ \mathcal{P}			6 / 4x355ml				G	U
628110 465108	06013								+ \mathcal{P}			6 / 4x355ml				G	U

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R.W. KNUDSEN CELEBRATORY SPARKLING BEVERAGE																			
074682 128376	06738	GMO					*						12 / 750ml						G P U
074682 128369	06695	GMO											12 / 750ml						G P U
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER																			
854531 000417	17103							+	P	X			12 / 473ml						G U
854531 000042	17101							+	P	X			12 / 473ml						G U
854531 000554	17104	GMO					*	+	P	X			12 / 473ml						G U
854531 000226	17102							+	P	X			12 / 473ml						G U
854531 000035	17100							+	P	X			12 / 473ml						G U
854531 000745	17105							+	P	X			12 / 473ml						G U

Waters

FLOW ALKALINE SPRING WATER																			
628055 429883	06021	GMO					*	+	P	X			12 / 500ml						G U
628055 429258	06022	GMO					*	+	P	X			12 / 500ml						G U
840277 000903	06023	GMO					*	+	P	X			12 / 500ml						G U
628055 429579	06024	GMO					*	+	P	X			12 / 500ml						G U
627843 463757	06020							+	P	X			12 / 500ml						U
627843 463788	06025							+	P				12 / 1L						U
ICEFIELD GLACIAL SPRING WATER																			
777311 011048	06591							BC		X			24 / 500ml						U
777311 019013	03008							BC		X			6 / 2L						U
NATURO AQUA MOUNTAIN SPRING WATER																			
628055 063070	50332							BC	P	X			4 / 4L						U
WHISTLER WATER																			
620791 000104	06068							BC	P				12 / 1L						U
620791 000159	06067							BC	P				12 / 1.5L						U
620791 000401	06065							BC	P		B		4 / 4L						U

CANNED & PACKAGED GOODS

Look for "canned soups" in Soups & Broths Section

Canned Beans

EDEN CANNED BEANS																			
024182 003529	10456	GMO		GF			*						12 / 398ml						
024182 003536	10458	GMO		GF			*						12 / 398ml						
024182 003574	10461	GMO		GF			*						12 / 398ml						
024182 003208	10455	GMO		GF			*						12 / 398ml						
024182 003598	10449	GMO		GF			*						12 / 398ml						
024182 003581	10475	GMO		GF			*						12 / 398ml						
024182 003512	10450	GMO		GF			*						12 / 398ml						
024182 003871	10448	GMO		GF			*						12 / 398ml						
024182 003543	10452	GMO		GF			*						12 / 398ml						
024182 003550	10460	GMO		GF			*						12 / 398ml						
024182 003505	10454	GMO		GF			*						12 / 398ml						
024182 003567	10447	GMO		GF			*						12 / 398ml						
024182 283532	10440			GF			*						12 / 796ml						
024182 283587	10444	GMO		GF			*						12 / 796ml						
024182 283549	10442	GMO		GF			*						12 / 796ml						
024182 283518	10441			GF			*						12 / 796ml						
024182 283501	10443	GMO		GF			*						12 / 796ml						
UNICO CHICKPEAS																			
067800 002474	10107												6 / 2.84L						

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Canned Fruits & Vegetables

BIOITALIA | TOMATO PRODUCTS

661475 310010	33068					*													Chopped Tomatoes, Organic (can)	12 / 398ml
661475 300011	33049					*													Whole Tomatoes, Peeled, Organic (can)	12 / 398ml
																			Buy 20-29 cases	Save 10%
																			Buy 30+ cases	Save 15%
661475 003387	33108					*													Tomato Paste, Organic (jar)	12 / 300ml
661475 105708	33069					*													Tomato Purée, Organic (bottle)	12 / 700ml
																			Buy 20-29 cases	Save 10%
																			Buy 30+ cases	Save 15%

EAT WHOLESOME FOOD CO. | ITALIAN TOMATOES

628110 454119	33249	GMO																	Cherry Tomatoes, No Salt	24 / 398ml
628110 454393	33233					*													Strained Tomatoes, No Salt, Organic	12 / 680ml
628110 454409	33230					*													Crushed Tomatoes, No Salt, Organic	12 / 796ml
628110 454379	33231					*													Diced Tomatoes, No Salt, Organic	12 / 796ml
628110 454386	33232					*													Whole Tomatoes, No Salt, Organic	12 / 796ml
628110 454560	90172		B																Tomatoes, Diced (S/O)	3 / 2.84L
528110 454553	90173		B																Tomatoes, Whole (S/O)	3 / 2.84L

EAT WHOLESOME FOOD CO. | VEGETABLES

628110 454539	33612	GMO			V	*			P										Corn, Whole Kernal, Organic	12 / 341ml
628110 454546	33613	GMO			V	*			P										Sweet Peas, Organic	12 / 398ml

EDEN | APPLE SAUCE

024182 003499	31020			GF		*													Apple Sauce, Organic (jar)	12 / 398ml
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FARMER'S MARKET | CANNED PUMPKIN

638882 002043	10105	GMO				*													Pumpkin Pie Mix, Organic	12 / 398ml
638882 002005	10103	GMO				*													Pumpkin, Organic	12 / 398ml

MUIR GLEN | CANNED TOMATOES

065633 471672	33208	GMO				*													Tomatoes, Crushed, Fire Roasted, Organic	12 / 796ml
065633 471740	33211	GMO				*													Tomatoes, Diced, Fire Roasted, Organic	12 / 796ml

NATIVE FOREST | CANNED FRUIT & VEGETABLES

043182 008945	10217			GF															Artichoke Hearts, Marinated	6 / 170g
043182 008914	10428			GF															Artichoke Hearts, Quartered	6 / 400g
043182 008921	10215			GF															Artichoke Hearts, Whole	6 / 280g
043182 008303	10429			GF		*													Cut Baby Corn, Organic	6 / 400g
043182 018685	10228			GF		*		+											Mandarin Oranges, Organic	6 / 284ml
043182 018517	10219			GF		*													Pineapple, Chunks, Organic	6 / 398ml
043182 018524	10220			GF		*													Pineapple, Slices, Organic	6 / 398ml
043182 018593	10227			GF		*													Sliced Peaches, Organic	6 / 398ml

Canned Seafood

RAINCOAST | SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD

810757 000624	16814				BC	P													Salmon, Pink	12 / 160g
810757 005629	16815				BC	P													Salmon, Pink, No Salt	12 / 160g
810757 006626	16817				BC	P													Salmon, Pink, Skinless Boneless	12 / 150g
810757 007623	16816				BC	P													Salmon, Pink, Skinless, Boneless & Smoked	12 / 150g
810757 000525	16811				BC	P													Salmon, Sockeye	12 / 160g
810757 005520	16812				BC	P													Salmon, Sockeye, No Salt	12 / 160g
810757 006510	16813				BC	P													Salmon, Sockeye, Skinless Boneless	12 / 150g
810757 009160	16819								P										Sardines, in spring water	12 / 120g
810757 000112	16808				BC	P													Tuna, Albacore	12 / 150g
810757 005117	16809				BC	P													Tuna, Albacore, No Salt	12 / 150g
810757 009115	16810				BC	P													Tuna, Albacore, Smoked	12 / 150g

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810757 003892	16826										P	24 / 142g						
810757 003991	16827										P	24 / 142g						

SAFE CATCH | LOW MERCURY CANNED SEAFOOD

859480 006428	68511	GMO										6 / 142g						
859480 006442	68510	GMO										6 / 142g						
859480 006459	68509	GMO										6 / 142g						
859480 006541	68520	GMO										6 / 142g						
859480 006053	68501	GMO										12 / 142g						
859480 006060	68500	GMO										12 / 142g						
859480 006732	68530											12 / 125g						
859480 006725	68531											12 / 125g						
859480 006008	68502	GMO										12 / 142g						
859480 006268	68503	GMO										6 / 142g						
859480 006275	68505	GMO										6 / 142g						
859480 006282	68504	GMO										6 / 142g						
859480 006305	68507	GMO										6 / 142g						

Ready to Serve Canned Meals

AMY'S | CANNED MEALS

042272 905171	10218	GMO				V	*					12 / 398ml						
042272 905119	38222					GF	*					12 / 398ml						
042272 905102	38221	GMO				GF	*					12 / 398ml						
042272 905126	38223	GMO				GF	*					12 / 398ml						

EAT WHOLESOME FOOD CO. | CANNED BEANS

628110 454447	33305					V	*					12 / 398ml						
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EDEN | CANNED BEANS

024182 003857	10451	GMO				GF	*					12 / 398ml						
024182 003888	10476						*					12 / 398ml						

CONDIMENTS & SAUCES

Condiments

ARIZONA PEPPER'S | HOT SAUCE

027328 120548	18182					GF	*					12 / 148ml						
027328 120296	18181					GF	*					12 / 148ml						
027328 120043	18180					GF	*					12 / 148ml						

GINGER PEOPLE | GINGER SYRUP

734027 904705	14457						*					12 / 237ml						
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HEE-HAW HORSERADISH

628110 106087	11171					GF		BC	P			12 / 250ml						
628110 106094	11172					GF		BC	P			12 / 250ml						

MAISON ORPHEE | MUSTARD

069593 120182	32365						*	+	P			12 / 250ml						
069593 120199	32366						*	+	P			12 / 250ml						
069593 120175	32364						*	+	P			12 / 250ml						

PIKE PIER FISHERMAN | ALL NATURAL SAUCE

031215 203535	14269					GF						12 / 255g						
031215 201173	14288					GF						12 / 241g						
031215 203344	14267					GF						12 / 241g						
031215 204099	14268											12 / 241g						

PRAIRIE HARVEST | KETCHUP

624756 995115	30065	GMO					*			P		12 / 575ml						
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SEOUL | KIMCHI HOT SAUCE

026396 502027	31035	GMO		GF								6 / 374g						
026396 502010	31034	GMO		GF								6 / 374g						

WIZARD'S | ORGANIC SAUCE

011206 004051	32700											12 / 147ml						
011206 004082	14541				V	*						12 / 147ml						
011206 004198	14039			GF	V	*						12 / 251ml						

Cooking Sauces

COCONUT SECRET | SOY-FREE SAUCE

851492 002245	14700	GMO		GF		*						12 / 296ml						
851492 002993	14702	GMO		GF		*						12 / 296ml						
851492 002368	14701	GMO		GF		*						12 / 296ml						

GINGER PEOPLE | COOKING SAUCE

734027 901377	14390	GMO										12 / 375ml						
734027 901391	14391	GMO										12 / 375ml						G

MAISON ORPHEE | MARINADE

069593 120816	33489	GMO		GF	V		+	P				12 / 250ml						
069593 120823	33490	GMO		GF	V		+	P				12 / 250ml						
069593 120854	33493	GMO		GF	V		+	P				12 / 250ml						
069593 121653	32393	GMO		GF			+	P				12 / 240ml						
069593 120861	33494	GMO		GF	V		+	P				12 / 250ml						

NAAM | COOKING SAUCE

689499 100042	14460	GMO					@	BC	P			12 / 350ml						
689499 100080	14459	GMO					@	BC	P			12 / 350ml						
689499 100066	14461	GMO					@	BC	P			12 / 350ml						
689499 100059	14463	GMO					@	BC	P			12 / 350ml						

NAKED & SAUCY | COOKING SAUCE

890104 001078	40118	GMO				*		BC	P			6 / 296ml						
890104 001313	40122	GMO				*		BC	P			6 / 296ml						
890104 001337	40124	GMO				*		BC	P			6 / 296ml						
890104 001306	40121	GMO				*		BC	P			6 / 296ml						
890104 001320	40123	GMO				*		BC	P			6 / 296ml						
890104 001061	40117	GMO				*		BC	P			6 / 296ml						
890104 001290	40120	GMO			V	*			P			6 / 296ml						

SAN-J | COOKING SAUCE

075810 150269	40659	GMO		GF								6 / 296ml						
075810 180266	40630	GMO		GF								6 / 296ml						
075810 230268	40647	GMO		GF								6 / 296ml						
075810 160268	40636	GMO		GF								6 / 296ml						
075810 120262	40635	GMO		GF								6 / 296ml						
075810 113264	40628	GMO		GF								6 / 296ml						
075810 112267	40625	GMO		GF								6 / 296ml						
075810 140260	40645	GMO		GF								6 / 296ml						
												Buy 10-19 cases	Save	1.74				
												Buy 20+ cases	Save	2.32				

SEOUL | KOREAN BBQ SAUCE

026396 501013	31046	GMO		GF								6 / 350ml						
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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
UMI'S KITCHEN COOKING SAUCE																			
627761 820250	51363										BC P	Marinade, Tandoori	12	/ 450ml					
627761 820106	51360										BC P	Simmer Sauce, Butter Chicken	12	/ 450ml					
627761 820359	51361										BC P	Simmer Sauce, Coconut Curry	12	/ 450ml					
627761 820205	51362										BC P	Simmer Sauce, Jeera Cumin	12	/ 450ml					

WHITEWATER COOKS | MARINADE

627843 382164	77800										BC P	Marinade, Miso Ginger	12	/ 350ml					
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Gravy & Sauce Mixes

NAAM | MISO GRAVY

689499 100011	14000										BC P	Miso Gravy (bottle)	12	/ 350ml					
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SIMPLY ORGANIC | GRAVY MIX

089836 188731	70741					*						X Gravy Mix, Brown, Organic (sachets)	12	/ 28g					
089836 188755	70751					*						X Gravy Mix, Mushroom Sauce, Organic (sachets)	12	/ 24g					
089836 188748	70744					*						X Gravy Mix, Roasted Chicken, Organic (sachets)	12	/ 24g					
089836 188762	70745					*						X Gravy Mix, Roasted Turkey, Organic (sachets)	12	/ 24g					
089836 200075	70761					*						X Gravy Mix, Brown, Vegetarian, Organic (sachets)	12	/ 28g					

Mayonnaise, Salad Dressing

See Cooler section for more Mayonnaise Alternatives

BRAGG | DRESSING

074305 131127	32122	GMO		GF								Dressing, Ginger & Sesame	6	/ 355ml					
074305 130120	32121	GMO		GF								Dressing, Healthy Vinaigrette	6	/ 355ml					
													Buy 10-19 cases	Save 1.11					
													Buy 20+ ases	Save 2.40					

CHOSEN FOODS | AVOCADO OIL DRESSING

815074 022441	32300	GMO		GF								Dressing, Apple Cider Vinaigrette	6	/ 237ml					
815074 022496	32301	GMO		GF								Dressing, Caesar	6	/ 237ml					
815074 021444	32302	GMO		GF								Dressing, Chipotle Ranch	6	/ 237ml					
815074 022724	32316	GMO		GF								Dressing, Garden Herb Tahini	6	/ 237ml					
815074 022717	32317	GMO		GF								Dressing, Greek Tahini	6	/ 237ml					
815074 021437	32303	GMO		GF								Dressing, Lemon Garlic	6	/ 237ml					
815074 022830	32304	GMO		GF								Dressing, Ranch	6	/ 237ml					

CHOSEN FOODS | CLASSIC MAYO

815074 020003	32313	GMO		GF								Mayo, Classic Avocado oil	6	/ 355ml					
815074 020409	32314	GMO		GF								Mayo, Keto (certified)	6	/ 355ml					

DAIYA | DAIRY-FREE SALAD DRESSING

871459 009124	50172	GMO		V				+	P			Salad Dressing, Blue Cheeze, Dairy-Free	6	/ 237ml					
871459 009117	50171	GMO		V				+	P			Salad Dressing, Creamy Caesar, Dairy-Free	6	/ 237ml					
871459 009100	50170	GMO		V				+	P			Salad Dressing, Homestyle Ranch, Dairy-Free	6	/ 237ml					
													Buy 20-49 cases	Save 1.98					
													Buy 50-74 cases	Save 2.97					
													Buy 75+ cases	Save 3.97					

SPECTRUM | MAYONNAISE

022506 201286	14015			GF								X CANOLA, Mayonnaise	4	/ 3.78L					
078755 000262	14035			GF	V							CANOLA, Mayonnaise, Light, Eggless	12	/ 473ml					
022506 203044	14003			GF		*						SOY, Mayonnaise, Organic	12	/ 473ml					

WHITEWATER COOKS | DRESSING

627843 382140	77801										BC P	Dressing, Glory Bowl	12	/ 350ml					
627843 382133	77803										BC P	Vinaigrette, Honey Curry	12	/ 350ml					

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Pasta & Pizza Sauces

EDEN | PIZZA & PASTA SAUCE

024182 003178	33251		GF	*						Organic Pizza Pasta Sauce	12 / 398ml
024182 033137	33271			*						Pizza/Pasta Sauce, Organic (amber glass)	12 / 398ml

PERFECT CHEF | TOMATO PASTA SAUCE

620988 050387	42402	GMO		*	+	P				Pasta Sauce, Basil, Organic	6 / 740ml
620988 050592	42410	GMO		*	+	P				Pasta Sauce, Butternut Squash, Organic	6 / 740ml
620988 050455	42406	GMO		*	+	P				Pasta Sauce, Kale & Spinach, Organic	6 / 740ml
620988 050431	42404	GMO		*	+	P				Pasta Sauce, Marinara, Organic	6 / 740ml
620988 050370	42401	GMO		*	+	P				Pasta Sauce, Roasted Garlic, Organic	6 / 740ml
620988 050578	42408	GMO		*	+	P				Pasta Sauce, Sundried Tomato, Organic	6 / 740ml
Buy 20+ cases											Save 15%

PRAIRIE HARVEST | PASTA SAUCE

624756 995221	33223			*	+	P				Roasted Garlic, Organic	12 / 650ml
624756 995337	33224			*	+	P				Tomato Basil, Organic	12 / 650ml

Olives & Pickled Vegetables

DUMET | OLIVES

817861 010044	48030	GMO								A La Grecque Moroccan Black (pouch)	10 / 200g
817861 010631	48039	GMO		*						Amphisis Green Greek, Pitted, Organic (pouch)	10 / 270g
817861 010181	48034	GMO								Chalkidiki Greek (pouch)	10 / 200g
817861 010051	48031	GMO								Chalkidiki Greek, Almond Stuffed (pouch)	10 / 150g
817861 010068	48032	GMO								Chalkidiki Greek, Garlic Stuffed (pouch)	10 / 150g
817861 010006	48035	GMO								Hojiblanca Black Spanish, Pitted (pouch)	10 / 150g
761218 8001545	48051	GMO								Hojiblanca Black Spanish, Pitted (pouch)	10 / 500g
817861 010013	48036	GMO								Hojiblanca Green Spanish, Pitted (pouch)	10 / 150g
761218 8001552	48052	GMO								Hojiblanca Green Spanish, Pitted (pouch)	10 / 500g
817861 010037	48037	GMO								Kalamata Greek (pouch)	10 / 200g
817861 010617	48040	GMO		*						Kalamata Greek, Organic (pouch)	10 / 270g
817861 010020	48038	GMO								Manzanilla Green Spanish, Pimento Stuffed (pouch)	10 / 200g

EAT WHOLESOME | PICKLED VEGETABLES

638170 905803	33611			*		P				Pickles, Garlic Dill, Organic	6 / 750ml
638170 905810	33244			*		P				Sauerkraut, Organic	6 / 909ml

EDEN | PICKLED VEGETABLES

024182 013009	14500	GMO		GF	*					Sauerkraut, Organic (jar)	12 / 796ml
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KRINOS FOODS | GREEK OLIVES

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

Salsas

QUE PASA | SALSA

068826 200042	14455	GMO		GF	*	BC	P			Salsa, Chipotle, Organic	12 / 420ml
068826 200028	14453	GMO		GF	*	BC	P			Salsa, Mild Mexicana, Organic	12 / 420ml
068826 200004	14454	GMO		GF	*	BC	P			Salsa, Medium Mexicana, Organic	12 / 420ml

Soy Sauce & Alternatives

AMANO | SAUCE

067334 250884	40023					BC	P			Soy Sauce	12 / 250ml
067334 050880	40026					BC	P			Soy Sauce	12 / 500ml
067334 250327	40024			*		BC	P			Tamari, Organic	12 / 250ml
067334 250754	40022					BC	P			Tamari, Wheat Free(Product of Japan)	12 / 250ml

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067334 050750	40055										BC P	Tamari, Wheat Free (Product of Japan)	12 / 500ml					
067334 050323	40025					*					BC P	Tamari, Organic	12 / 500ml					
067334 004326	40099		B			*					BC P	Tamari, Organic	4 / 4L					
0673340 50750	40066		B								BC P X	Tamari (Product of Japan) (S/O)	1 / 18L					

BRAGG | ALL PURPOSE SEASONING

074305 106101	32179					*						Coconut Nectar, All Purpose Seasoning, Organic	12 / 296ml					
												Buy 10-19 cases	Save 2.58					
												Buy 20+ cases	Save 5.17					
074305 100161	14071	GMO		GF								Liquid Soy Seasoning	12 / 473ml					
												Buy 10-19 cases	Save 1.84					
												Buy 20+ cases	Save 3.69					
074305 100321	14072	GMO		GF								Liquid Soy Seasoning	12 / 946ml					
												Buy 10-19 cases	Save 3.02					
												Buy 20+ cases	Save 6.05					

COCONUT SECRET | SOY SAUCE SUBSTITUTE

851492 002047	37386	GMO		GF		*						Soy Sauce Substitute, Organic	12 / 237ml					
851492 002108	14474	GMO		GF		*						Soy Sauce Substitute, Organic	6 / 500ml					

NAKED & SAUCY | SOY SAUCE SUBSTITUTE

890104 001283	40119	GMO				*				P		Soy Sauce Substitute, Black Label 60% less sodium, Organic	6 / 296ml					
890104 001115	85315	GMO				*				P		Soy Sauce Substitute, Original 75% less sodium, Organic	6 / 296ml					
890104 001344	40115	GMO				*				P		Soy Sauce Substitute, Keto, Organic	6 / 473ml					
890104 001351	40116	GMO				*				P		Soy Sauce Substitute, Lightly Sweet, Organic	6 / 473ml					

SAN-J | SAUCE

075810 041260	40609	GMO				*						Shoyu, Organic, Bronze Label	6 / 296ml					
075810 024263	40434	GMO		GF								Tamari, 50% Less Sodium, Green Label	6 / 296ml					
075810 021262	40602	GMO		GF								Tamari, Black Label	6 / 296ml					
075810 023266	40435	GMO		GF								Tamari, Reduced Sodium, White Label	6 / 296ml					
075810 004265	40607	GMO		GF		*						Tamari, Reduced Sodium, Whole Soy, Platinum Label, Organic	6 / 296ml					
075810 001264	40600	GMO		GF		*						Tamari, Whole Soy, Gold Label, Organic	6 / 296ml					
												Buy 10-19 cases	Save 15%					
												Buy 20+ cases	Save 20%					
075810 021361	40603	GMO		GF								Tamari, Black Label	6 / 592ml					
075810 004364	40608	GMO		GF		*						Tamari, Reduced Sodium, Whole Soy, Platinum Label, Organic	6 / 592ml					
075810 001363	40605	GMO		GF		*						Tamari, Whole Soy, Gold Label, Organic	6 / 592ml					
												Buy 10-19 cases	Save 15%					
												Buy 20+ cases	Save 20%					

Vinegars

BRAGG | APPLE CIDER VINEGAR

074305 101168	14075			GF		*		+				Apple Cider Vinegar, Organic	12 / 473ml					
												Buy 10-19 cases	Save 1.51					
												Buy 20+ ases	Save 3.02					
074305 101328	14076			GF		*		+				Apple Cider Vinegar, Organic	12 / 946ml					
												Buy 10-19 cases	Save 2.36					
												Buy 20+ ases	Save 4.72					
074305 111280	14077	GMO	B			*						Apple Cider Vinegar, Raw-Unfiltered, Organic	4 / 3.78L					

EDEN | VINEGAR

024182 420876	02117					*						Brown Rice Vinegar, Organic	12 / 296ml					
024182 001624	02114			GF								Red Wine Vinegar (raw unpasteurized)	12 / 473ml					

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FILSINGER'S ORGANIC FOODS | APPLE CIDER VINEGAR

063930 500644	24107	GMO		GF		*		+	P			Apple Cider Vinegar, Organic (unfiltered/unpasteurized)	12 / 500ml					
063930 945643	24104	GMO		GF		*		+	P			Apple Cider Vinegar, Organic (unfiltered/unpasteurized)	12 / 945ml					
063930 189641	24105	GMO		GF		*		+	P			Apple Cider Vinegar, Organic (unfiltered/unpasteurized)	6 / 1.89L					
063930 378120	24106	GMO		GF		*		+	P			Apple Cider Vinegar, Organic (unfiltered/unpasteurized)	4 / 3.78L					
												Buy 10+ cases						Save 5%

MAISON ORPHEE | VINEGAR

069593 120212	32368					*		+	P			Vinegar, Balsamic, Organic	6 / 500ml					
069593 120229	32369							+	P			Vinegar, Red Wine, Organic	6 / 500ml					

MARUKAN | RICE VINEGAR

070641 000066	24031	GMO		GF								Rice Vinegar	6 / 355ml					
070641 064129	24034	GMO		GF		*						Rice Vinegar, Organic	6 / 355ml					
070641 064136	24023	GMO		GF		*						Rice Vinegar, Seasoned, Organic	6 / 355ml					
												Buy 10-19 cases						Save 15%
												Buy 20+ cases						Save 20%

OMEGA NUTRITION | APPLE CIDER VINEGAR

055358 314002	85028			GF		*			P			Apple Cider Vinegar, Organic (plastic bottle)	12 / 355ml					
055358 314101	85027			GF		*			P			Apple Cider Vinegar, Organic (plastic bottle)	6 / 946ml					
055358 314200	65026		B	GF		*			P			Apple Cider Vinegar, Organic (plastic jug)	4 / 3.78L					
055358 314200	91586		B			*			P			Apple Cider Vinegar, Organic (S/O)	1 / 18.9L					

COOKIES, SNACK BARS & TOASTER PASTRIES

Cookies

ANNIE'S HOMEGROWN | BUNNY GRAHAMS SNA MIX & MATCH ALLOWED

013562 000418	16168											Bunny Grahams, Chocolate	12 / 213g					
013562 000401	16167											Bunny Grahams, Honey	12 / 213g					
												Buy 25-49 cases						Save 3.13
												Buy 50+ cases						Save 4.70

FREEYUMM | ALLERGEN-FREE COOKIES

816695 000788	10290			GF			BC		P			Cookies, Banana Maple	6 / 7x22g					
816695 000795	10291			GF			BC		P			Cookies, Double Chocolate	6 / 7x22g					

GLUTINO | COOKIES

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					
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					

JOVIAL | COOKIES

815421 012118	13450	GMO				*	@					Cookies, Einkorn, Checkerboard, Organic	12 / 250g					
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KINNIKINNICK | COOKIES

620133 003077	55047			GF				+	P			Cookies, Ginger Snaps	6 / 190g					
620133 003213	55048			GF				+	P			Cookies, MONTANAS Chocolate Chip	6 / 190g					
620133 003091	55049	GMO		GF				+	P			Cookies, S'MORABLES Graham Style Crackers	6 / 220g					
620133 003251	38745			GF				+	P			Cookies, Vanilla Wafers	6 / 180g					
620133 003497	16691			GF				+	P			Cookies, KINNIKITTERS, Chocolate	6 / 220g					
620133 003596	16692			GF				+	P			Cookies, KINNIKITTERS, Graham Style	6 / 220g					
620133 003619	16690	GMO		GF				+	P			Cookies, KINNIKITTERS, Vanilla	6 / 220g					
620133 003640	54583	GMO		GF				+	P			Cookies, KINNITOOS, Chocolate	6 / 220g					
620133 003626	54582	GMO		GF				+	P			Cookies, KINNITOOS, Vanilla	6 / 220g					

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MARY'S ORGANIC | GRAHAM-STYLE KOOKIES

853665 005527	17612	GMO		GF		*															KOOKIES, Chocolate, Organic	6 / 142g	
853665 005510	17611	GMO		GF		*															KOOKIES, Cinnamon, Organic	6 / 142g	
853665 005503	17610	GMO		GF		*															KOOKIES, Honey, Organic	6 / 142g	

MOCOLATE | MORNING GLOW BREAKFAST BARS

628693 021043	36000								BC	P											MORNING GLOW Breakfast Bars, Apple Cinnamon (6pk)	12 / 140g	
628693 021036	36001								BC	P											MORNING GLOW Breakfast Bars, Caramel (6pk)	12 / 140g	
628693 021012	36002								BC	P											MORNING GLOW Breakfast Bars, Coconut (6pk)	12 / 140g	
628693 021029	36003								BC	P											MORNING GLOW Breakfast Bars, Strawberry (6pk)	12 / 140g	

PAMELA'S | COOKIES

093709 281016	13220										GF										Figgies & Jammies, Mission Fig	6 / 255g	
093709 230014	16648	GMO									GF										Graham Style Crackers, Honey Grahams	6 / 213g	

VICTORIA BAKING | OAT BISCUITS

682017 449296	18021								BC	P		X									Biscuits, Ginger	12 / 165g	
682017 449388	18022								BC	P		X									Biscuits, Hazelnut Red Fife	12 / 165g	
682017 449258	18020								BC	P		X									Biscuits, Island Digestive	12 / 165g	
	60007																				Wooden Display Rack - holds approx 20 units (S/O)	1 / ea	

WOW BAKING COMPANY | COOKIES

854287 005698	16654	GMO									GF										X Chocolate Chip (resealable pouch)	12 / 227g	
854287 005797	16655	GMO									GF										X Ginger Molasses (resealable pouch)	12 / 227g	
854287 005599	16656	GMO									GF										X Lemon Burst (resealable pouch)	12 / 227g	
850003 269016	21800	GMO									GF										X Triple Chocolate Chunk	12 / 227g	

Granola & Snack Bars

ANNIE'S | GRANOLA BARS

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

CLIF KID | ORGANIC ZBARS

722252 192336	37599	GMO				*															Chocolate Brownie, Organic	6 / 5x36g	G
722252 192343	37611	GMO				*															Chocolate Chip, Organic	6 / 5x36g	G
722252 192326	37612	GMO				*															Iced Oatmeal Cookie, Organic	6 / 5x36g	G
722252 921086	91666	GMO				*															Shipper, Organic (S/O)	56 / 5x36g	G

KIND | GRANOLA & BREAKFAST BAR

602652 204050	37766																				Breakfast Bar, Almond Butter (2pk)	8 / 4x50g	G
602652 204067	37767																				Breakfast Bar, Dark Chocolate Cocoa (2pk)	8 / 4x50g	G
602652 201066	37768																				Breakfast Bar, Peanut Butter (2pk)	8 / 4x50g	G
602652 184178	37609	GMO																			HEALTHY GRAINS, Dark Chocolate Chunk	8 / 5x35g	G
602652 184154	37607	GMO																			HEALTHY GRAINS, Oats & Honey	8 / 5x35g	G
602652 184185	37610	GMO																			HEALTHY GRAINS, Peanut Butter Dark Chocolate	8 / 5x35g	G
602652 296574	37600	GMO																			HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g	G

MADEGOOD | GRANOLA SNACKS

687456 214139	64055	GMO				*		+	P												Chocolate Drizzled Granola Bars, Birthday Cake, Organic	6 / 5x24g	G
687456 214146	64056	GMO				*		+	P												Chocolate Drizzled Granola Bars, Cookie Crumble, Organic	6 / 5x24g	G
687456 214122	64054	GMO				*		+	P												Chocolate Drizzled Granola Bars, Vanilla, Organic	6 / 5x24g	G

NO MIX & MATCH BETWEEN CATEGORIES

Buy 25-49 cases	Save 1.50
Buy 50-74 cases	Save 2.10
Buy 75+ cases	Save 3.00

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
687456 213040	64020	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 213019	64023	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 213750	64029	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 213026	64024	GMO		GF	V	*		+	P	X		6 / 5x24g						G
												Buy 25-49 cases	Save	1.50				
												Buy 50-74 cases	Save	2.10				
												Buy 75+ cases	Save	3.00				
687456 223490	64094	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 223476	64093	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 223506	64090	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 223513	64091	GMO		GF	V	*		+	P	X		6 / 5x24g						G
687456 223483	64092	GMO		GF	V	*		+	P	X		6 / 5x24g						G
												Buy 25-49 cases	Save	1.50				
												Buy 50-74 cases	Save	2.10				
												Buy 75+ cases	Save	3.00				

NATURE'S BAKERY | FIG BAR

047495 491531	13132	GMO						V		X		Fig Bar, Blueberry							G
047495 491555	13135	GMO						V		X		Fig Bar, Raspberry							G
												Buy 15-24 cases	Save	0.75					
												Buy 25+ cases	Save	0.93					
047495 210200	13136	GMO						V				Fig Bar, Apple Cinnamon							
047495 210217	13137	GMO						V				Fig Bar, Blueberry							
047495 210224	13138	GMO						V				Fig Bar, Original Fig							
047495 210248	13140	GMO						V				Fig Bar, Raspberry							
												Buy 15-24 cases	Save	4.20					
												Buy 25+ cases	Save	5.52					

Toaster Pastries

NATURE'S PATH | TOASTER PASTRIES

058449 188087	55721	GMO					*	@		P		Toaster Pastries, Berry Strawberry, Frosted, Organic							
058449 188070	55720	GMO					*	@		P		Toaster Pastries, Cherry Pomegranate, Frosted, Organic							

CRACKERS & PUFFED GRAIN CAKES

Crackers

AK-MAK | SESAME CRACKERS

071105 000011	16005											Ak-Mak Sesame Crackers							
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ANNIE'S HOMEGROWN | CHEDDAR CRACKERS MIX & MATCH ALLOWED

013562 000388	16128											Baked Snack Crackers, Cheddar Bunnies							
013562 000364	16615											Baked Snack Crackers, White Cheddar Bunnies							
013562 001842	16693											Baked Snack Crackers, Cheddar Squares							
												Buy 25-49 cases	Save	3.13					
												Buy 50+ cases	Save	4.70					

BLUE DIAMOND | NUT THINS CRACKERS

041570 054192	16178	GMO		GF								Nut Thins, Almond							
041570 099162	16568	GMO		GF								Nut Thins, Almond, Hint of Sea Salt							
041570 054291	16179			GF								Nut Thins, Pecan							

EDWARD & SONS | EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS

039631 000462	16159	GMO		GF	*							X Brown Rice Snaps, Black Sesame, Organic							
011206 000350	16068											X Brown Rice Snaps, Tamari Seaweed							
039631 000417	16024	GMO		GF	*							X Brown Rice Snaps, Unsalted Plain Rice, Organic							
039631 000448	16027	GMO		GF	*							X Brown Rice Snaps, Vegetable Rice, Organic							
043182 000611	16542	GMO		GF								EXOTIC RICE TOAST, Brown Rice & Spring Onion							
043182 000628	16543			GF								EXOTIC RICE TOAST, Purple Rice & Black Sesame							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
EVE'S CRACKERS																			
627843 724971	56100			GF					BC	P	X		12 / 108g						
627843 724964	56101			GF					BC	P	X		12 / 108g						
627843 724988	56103			GF					BC	P	X		12 / 108g						
627843 724957	56102			GF					BC	P	X		12 / 108g						
FREEYUMM CRACKERS																			
816695 004069	10323	GMO		GF					BC	P	X		6 / 120g						
816695 004076	10324	GMO		GF					BC	P	X		6 / 120g						
816695 004038	10322	GMO		GF					BC	P	X		6 / 120g						
816695 004014	10320	GMO		GF					BC	P	X		6 / 120g						
816695 004021	10321	GMO		GF					BC	P	X		6 / 120g						
GLUTINO CRACKERS																			
678523 038451	16422			GF									6 / 125g						
678523 038512	16421			GF									6 / 125g						
678523 038475	16423			GF									6 / 125g						
HOT KID RICE CRACKERS																			
686352 807063	16236			GF									20 / 100g						
686352 807070	16261			GF									20 / 100g						
686352 804895	16199			GF									20 / 100g						
LE PAIN DES FLEURS CRISPBREAD																			
848206 059565	16606	GMO		GF	V	*							12 / 150g						
848206 059572	16607	GMO		GF	V	*							12 / 150g						
848206 059596	16643	GMO		GF	V	*							12 / 150g						
848206 059589	16641	GMO		GF	V	*							12 / 150g						
MADEGOOD STAR PUFFED CRACKERS																			
687456 230016	64080	GMO		GF	V	*		+			P	X	6 / 121g						
687456 230030	64082	GMO		GF	V	*		+			P	X	6 / 121g						
687456 230023	64081	GMO		GF	V	*		+			P	X	6 / 121g						
													Buy 25-49 cases						Save 1.50
													Buy 50-74 cases						Save 2.10
													Buy 75+ cases						Save 3.00
687456 230276	64085	GMO		GF	V	*		+			P	X	6 / 5x20g						
MARY'S ORGANIC GOURMET CRACKERS																			
853665 005855	17605	GMO		GF		*							6 / 142g						
853665 005602	16837	GMO		GF	V	*							6 / 142g						
853665 005664	17604	GMO		GF		*							6 / 142g						
853665 005596	16838	GMO		GF	V	*							6 / 142g						
853665 005671	17603	GMO		GF		*							6 / 142g						
853665 005114	16833	GMO		GF		*							6 / 156g						
897580 000168	16832	GMO		GF		*							6 / 156g						
853665 005091	16834	GMO		GF		*							6 / 156g						
853665 005107	16835	GMO		GF		*							6 / 156g						
897580 000151	16376	GMO				*							12 / 184g						
897580 000137	16187	GMO				*							12 / 184g						
897580 000144	16669	GMO				*							12 / 156g						
897580 000106	16185	GMO				*							12 / 184g						
897580 000073	91146	GMO		GF		*		X					60 / 184g						
SAN-J RICE CRACKERS																			
075810 000151	16350	GMO		GF									12 / 105g						
075810 000168	16352	GMO		GF									12 / 105g						

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VICTORIA BAKING | SCOTTISH OATCAKES

682017 449289	18023										BC / X	Oatcakes, Cracked Pepper	12 / 155g
682017 449227	18024										BC / X	Oatcakes, Flax	12 / 155g
682017 449272	18026										BC / X	Oatcakes, Maple	12 / 155g
682017 449210	18027										BC / X	Oatcakes, Original	12 / 155g
	60007											Wooden Display Rack - holds approx 20 units (S/O)	1 / ea

Puffed Grain Cakes

LUNDBERG | WHOLE GRAIN RICE CAKES

073416 200395	16334	GMO		GF	*							X Rice Cakes, Cinnamon Toast, Organic	6 / 269g
073416 200142	16331	GMO		GF	*							X Rice Cakes, Plain, Organic	6 / 241g
073416 200159	16332	GMO		GF	*							X Rice Cakes, Unsalted, Organic	6 / 241g
073416 200173	16333	GMO		GF	*							X Rice Cakes, Wild Rice, Organic	6 / 241g
												Buy 36-79 cases	Save 1.88
												Buy 80-119 cases	Save 2.88
												Buy 120+ cases	Save 3.68
073416 532502	31226	GMO		GF	*							THIN STACKERS, Five Grain, Organic	6 / 167g
073416 532700	31225	GMO		GF	*							THIN STACKERS, Lightly Salted, Organic	6 / 167g
073416 532809	31227	GMO		GF	*							THIN STACKERS, Red Rice & Quinoa, Organic	6 / 167g
073416 532403	31224	GMO		GF	*							THIN STACKERS, Salt Free, Organic	6 / 167g
073416 561601	31230	GMO		GF	*							THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 167g
												Buy 22-65 cases	Save 1.34
												Buy 66-109 cases	Save 2.02
												Buy 110+ cases	Save 2.69

PLUM-M-GOOD | RICE CAKES

069372 007642	16667			GF	*							BC / X THINS, Brown Rice Cakes, 5 Rice Blend, Organic	12 / 95g
069372 007666	16668			GF	*							BC / X THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g
069372 007703	16733	GMO		GF	*							BC / X THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g
069372 007741	16735	GMO		GF	*							BC / X THINS, Brown Rice Cakes, Flax, Unsalted, Organic	12 / 95g
069372 007727	16734	GMO		GF	*							BC / X THINS, Brown Rice Cakes, Hemp, Unsalted, Organic	12 / 95g
069372 007307	16610			GF	*							BC / X THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g
069372 007628	16666			GF	*							BC / X THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g
069372 007208	16609			GF	*							BC / X THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g
069372 007505	16614			GF	*							BC / X THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12 / 95g
069372 007109	16608			GF	*							BC / X THINS, Brown Rice Cakes, Unsalted, Organic	12 / 95g
069372 002111	16445				*							BC / X Lightly Salted Rice Cakes, Natural, Organic	12 / 185g
069372 002159	16441				*							BC / X Salted Rice Cakes, Multigrain, Organic	12 / 185g
069372 002173	16446				*							BC / X Salted Rice Cakes, Sesame, Organic	12 / 185g
069372 001114	16450				*							BC / X Unsalted Rice Cakes, Multigrain, Organic	12 / 185g
069372 001046	16425				*							BC / X Unsalted Rice Cakes, Natural, Organic	12 / 185g

DRIED BEANS, GRAINS, OATS, POPCORNS, RICE & SEEDS

Dried Beans, Legumes & Seeds

BOB'S RED MILL | BEANS

039978 002617	34246	GMO										X Lentils, Green, French, Heritage	4 / 680g
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BULK BEANS

775768 04065	04065			B	*							X Black Beans, Organic	1 / 11.34kg
	04150			B	*							X Garbanzo Beans (Chick Peas), Organic	1 / 11.34kg
623636 394093	20054			B	*							X Lentils, Green, Small French, Organic	1 / 11.34kg
775768 041557	04155			B	*							X Lentils, Red, Organic	1 / 11.34kg
	04055			B	*							X Pinto Beans, Organic	1 / 11.34kg

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
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Popcorns

ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

018780 017347	59520											6 / 4X93g						
018780 017354	59521	GMO										6 / 4X93g						

ANITA'S ORGANIC | POPCORN

623636 397216	28084					*				P		4 / 630g						
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BOB'S RED MILL | POPCORN

039978 323071	22364	GMO								X		4 / 850g						
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CENTRAL ROAST | POPCORN

685220 007178	17503	GMO		GF		*		+		P		6 / 425g						G
685220 007185	17502	GMO		GF		*		+		P		6 / 425g						

EDEN | ORGANIC POPCORN

024182 003864	36787	GMO		GF		*						12 / 566g						
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PRAIRIE HARVEST | POPCORN

624756 933469	37289					*						12 / 454g						
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SKINNYPOP | POPCORN

816925 021958	38962	GMO		GF		V						6 / 6x80g						
816925 021965	38963	GMO		GF		V						6 / 6x80g						

WHOLE ALTERNATIVES | POPCORN

796259 150497	36297					*						12 / 3x99g						
796259 150480	36299	GMO				*						12 / 3x85g						
796259 151845	37497					*						12 / 454g						

BULK POPPING CORN

000000 041332	22070		B			*				X		1 / 11.34kg						
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Grains

ANITA'S ORGANIC | BULK GRAINS

623636 180061	22148		B			*				P	X	1 / 11.34kg						
623636 200097	22105		B			*		+		P	X	1 / 20kg						
623636 398084	22100		B			*		+		P	X	1 / 11.34kg						

BOB'S RED MILL | GRAINS & INGREDIENTS

039978 001894	34208			GF		*				X		4 / 454g						
039978 002488	34219					*				X		4 / 680g						
039978 002570	34241					*				X		4 / 680g						
039978 002112	34217	GMO				*				X		4 / 680g						
039978 002532	34223	GMO		GF		*				X		4 / 794g						
039978 002556	34228	GMO		GF		*				X		4 / 680g						
039978 002174	34230	GMO				*				X		4 / 227g						
039978 002167	34231	GMO				*				X		4 / 340g						

ELAN | ORGANIC GRAINS

805509 085417	23871			GF		*				P		8 / 426g						
805509 085400	23870			GF		*				P		8 / 426g						

BULK GRAINS

775768 22045	22045		B			*				X		1 / 11.34kg						
000000 041064	41064		B			*				X		1 / 11.34kg						

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Oats

ANITA'S ORGANIC | OATS

623636 700061	20104					*		+	P				4 / 1kg						
623636 700016	20067					*		+	P				4 / 1kg						
623636 700207	28073					*		+	P				4 / 1kg						
623636 710046	20071	B				*		+	P	X			1 / 11.34kg						
623636 700030	22040	B				*		+	P	X			1 / 11.34kg						
623636 700245	28058	B				*		+	P	X			1 / 11.34kg						

AVENA FOODS | OATS

663780 100225	22197	B	GF					+					1 / 22.7kg						
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BOB'S RED MILL | OATS

039978 349545	30510	GMO				*							4 / 453g						
039978 339539	30512	GMO				*							4 / 453g						
039978 341556	30531	GMO											4 / 454g						
039978 359544	30511	GMO				*							4 / 907g						
039978 323866	30552	GMO	GF			*							4 / 907g						
039978 349521	30514	GMO				*							4 / 454g						
039978 323750	30540	GMO	GF										4 / 907g						
039978 323873	30551	GMO	GF			*							4 / 907g						
039978 323767	30530	GMO	GF										4 / 794g						
039978 341402	30534	GMO											4 / 680g						
039978 323736	30541	GMO	GF										4 / 680g						
039978 329578	30518	GMO				*							4 / 680g						
039978 313751	20243	GMO	B	GF									1 / 11.34kg						
039978 103734	20244	GMO	B	GF									1 / 25lb						

ONLY OATS

663780 100034	22198		GF					+	P				6 / 1kg						
663780 100027	22194		GF					+	P				6 / 1kg						
663780 100010	22193		GF					+	P				6 / 1kg						

Rice

GIA BASMATI | RICE IN A BAG

882369 110329	38601	B											1 / 8lb						
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LUNDBERG | RICE

073416 004337	31215	GMO	GF										6 / 454g						
													Buy 20-59 cases (Mix & Match w/ all 454g skus allowed)	Save	1.98				
													Buy 60-119 cases (Mix & Match w/ all 454g skus allowed)	Save	2.88				
													Buy 120+ cases (Mix & Match w/ all 454g skus allowed)	Save	4.38				
073416 051911	31205		GF										6 / 907g						
073416 406032	31209	GMO	GF	*									6 / 907g						
073416 404045	31210	GMO	GF	*									6 / 907g						
073416 040502	31211	GMO	GF	*									6 / 907g						
073416 040489	31212		GF	*									6 / 907g						
073416 040434	31207	GMO	GF	*									6 / 907g						
													Buy 36-83 cases	Save	3.18				
													Buy 84-119 cases	Save	4.68				
													Buy 120+ cases	Save	5.88				
073416 405523	31202	GMO	GF										6 / 907g						
073416 403536	31203	GMO	GF										6 / 907g						
073416 040427	31204	GMO	GF										6 / 907g						
073416 199644	31208	GMO	GF	*									6 / 907g						
073416 199637	31206	GMO	GF	*									6 / 907g						
													Buy 36-83 cases	Save	2.28				
													Buy 84-119 cases	Save	3.48				
													Buy 120+ cases	Save	4.98				

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073416 402010	32098			B	GF	*							1 / 11.34kg			
073416 402027	32102	GMO		B	GF	*							1 / 11.34kg			
073416 040298	32043	GMO		B		*							1 / 11.34kg			
073416 401341	32039			B	GF	*							1 / 11.34kg			
073416 401327	32074	GMO		B	GF	*							1 / 11.34kg			
073416 401228	32076	GMO		B	GF	*							1 / 11.34kg			
073416 401617	32097	GMO		B	GF	*							1 / 11.34kg			
													Buy 50+ cases	Save 10%		
073416 401518	32050	GMO		B	GF								1 / 11.34kg			
													Buy 50+ cases	Save 10%		
30073416 14220	91334				GF								36 / 454g			
LOTUS FOODS RICE																
708953 508610	39909	GMO			GF	*							6 / 850g			
708953 507613	39908	GMO			GF	*							6 / 850g			

HERBS, SPICES, SEASONINGS & SALTS

Culinary Juices

GINGER PEOPLE | GINGER JUICE

734027 901605 06231 GF * Ginger Juice (condiment), Organic 12 / 147ml

SANTA CRUZ ORGANIC | 100% LEMON & LIME JUICE

036192 127157 06311 GMO * 100% Lemon Juice, Organic (not from concentrate) 8 / 473ml

036192 120820 06314 GMO * 100% Lime Juice, Organic 8 / 473ml

Herbs, Spices, Seasoning Mixes & Salts

BRAGG | SPRINKLE SEASONING

074305 160028 33119 GF * Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker) 12 / 42.5g

CHA'S ORGANICS | SPICES

806253 000343 91306 GMO GF V * @ $\text{\textcircled{P}}$ X Cinnamon, Ceylon, Ground, Organic 1 / 500g

806253 000756 12693 GMO GF V * @ $\text{\textcircled{P}}$ X Cinnamon Quills, Ceylon, Organic (S/O) 6 / 25g

806253 000770 91237 GMO GF V * @ $\text{\textcircled{P}}$ X Clove, Whole, Organic (S/O) 6 / 25g

806253 000800 91251 GMO GF V * @ $\text{\textcircled{P}}$ X Ginger, Ground, Organic (S/O) 6 / 30g

806253 001463 16794 GMO GF V * @ $\text{\textcircled{P}}$ Turmeric, Ground, Organic (S/O) 6 / 150g

806253 000329 91298 GMO GF V * @ $\text{\textcircled{P}}$ X Cinnamon Quills, Ceylon, Organic (S/O) 1 / 350g

806253 000527 70200 GMO GF V * $\text{\textcircled{P}}$ X Cumin, Ground, Organic (S/O) 1 / 500g

806253 000336 91299 GMO GF V * @ $\text{\textcircled{P}}$ X Ginger, Ground, Organic (S/O) 1 / 500g

806253 000466 91317 GMO GF V * @ $\text{\textcircled{P}}$ X Turmeric, Ground, Organic (S/O) 1 / 500g

FRONTERA | GOURMET MEXICAN GUACAMOLE MIX

604183 110572 20162 X Original Guacamole Mix (pouch) 8 / 127g

FRONTIER | HERBS & SPICES

089836 210197 70557 * X Chili, Powder, Organic 6 / 36g

089836 210210 70559 * X Cinnamon, Sticks, Organic 6 / 22g

089836 210371 70575 * X Oregano Leaf, Flakes, Organic 6 / 10g

MAISON ORPHEE | HAND-HARVESTED GREY SEA SALT

069593 100832 33483 $\text{\textcircled{P}}$ Grey Sea Salt, Coarse 12 / 1kg

069593 100849 33484 $\text{\textcircled{P}}$ Grey Sea Salt, Fine 12 / 500g

MODERN PRODUCTS | SEASONINGS

075820 000004 70450 GF Spike Seasoning 24 / 85g

075820 204082 70451 GF Spike Seasoning 12 / 198g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
REDMOND REAL SALT																			
018788 905004	15605												6 / 284g						
018788 992615	15600		B									12 / 737g							
												Buy 10-17 cases							
												Buy 18+ cases							
SIMPLY ORGANIC GUACAMOLE MIX																			
089836 192448	70854	GMO				V	*						6 / 113g						
089836 192431	70855	GMO				V	*						6 / 113g						
SIMPLY ORGANIC PASTA SAUCE MIX																			
089836 200068	70740										*		12 / 42g						
SIMPLY ORGANIC BOTTLED SPICES & GRINDERS																			
089836 192080	70789										*		6 / 15g						
089836 192240	70358										*		6 / 71g						
089836 192332	70842										*		6 / 59g						
089836 192257	70359										*		6 / 82g						
089836 192363	70840										*		6 / 75g						
089836 192110	70791										*		6 / 69g						
089836 192127	70792										*		6 / 65g						
089836 192264	70360										*		6 / 85g						
089836 192141	70793										*		6 / 103g						
089836 192158	70794										*		6 / 46.5g						
089836 192271	70361										*		6 / 22g						
089836 192288	70362										*		6 / 79g						
089836 192165	70795										*		6 / 21g						
089836 192295	70363										*		6 / 74g						
089836 192097	70796										*		6 / 65.5g						
089836 192134	70798										*		6 / 45g						
089836 192196	70801										*		6 / 75g						G
089836 192189	70800										*		6 / 75g						G
089836 192103	70797										*		6 / 75g						
089836 192349	70839										*		6 / 77g						
089836 192318	70365										*		6 / 31g						
089836 192172	70799										*		6 / 67.5g						
SIMPLY ORGANIC SEASONING MIX																			
089836 188700	70750										*		12 / 33g						
089836 200020	70742										*		12 / 28g						
089836 200037	70763										*		12 / 32g						
089836 200013	70747										*		12 / 32g						
SUNDHED SEA SALT & PURE HIMALAYAN SALT																			
873778 006174	06169										P		6 / 250g						
873778 006778	06171										P		6 / 750g						
873778 006730	06174										P		6 / 750g						
873778 006099	02252										P		6 / 250g						
873778 006082	02251										P		6 / 250g						
873778 006679	02253										P		6 / 390g						
873778 006129	02255										P		6 / 750g						
873778 006112	02254										P		6 / 750g						
873778 006143	02257										P		6 / 750g						
873778 006549	93037		B								P		1 / 10kg						
873778 006525	93036		B								P		1 / 10kg						
BULK SEA SALT																			
038400 138542	02179		B										1 / 50lb						

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INTERNATIONAL CUISINE

Caribbean

MAUREEN SIMON FOODS CORP | COOKING SAUCE

627987 503753	14902												12 / 350ml						
841307 000313	14900												12 / 350ml						

Indian

See Frozen Entrées for Vij's

JYOTI NATURAL FOODS | INDIAN CUISINE

077502 016105	38545												12 / 425g						
077502 156153	38542												12 / 425g						
077502 036103	38546					*							12 / 425g						
077502 146154	38541					*							12 / 425g						
													Buy 10-14 cases						Save 10%
													Buy 15+ cases						Save 15%

TASTY BITE | INDIAN CUISINE

782733 000365	38792	GMO				*			X				6 / 285g						
782733 000389	38798	GMO							X				6 / 285g						
782733 000372	38793	GMO				*			X				6 / 285g						
782733 000013	38231	GMO							X				6 / 285g						
782733 000266	38711	GMO							X				6 / 285g						
782733 000051	38236	GMO							X				6 / 285g						
782733 000037	38233	GMO							X				6 / 285g						
782733 000020	38232	GMO							X				6 / 285g						
782733 000044	38234	GMO							X				6 / 285g						
782733 000259	38712	GMO							X				6 / 285g						
782733 000341	37697	GMO							X				6 / 285g						

Japanese

ATLANTIC MARICULTURE | DULSE

067835 774056	24200					*		+	P				12 / 40g						
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BOB'S RED MILL | TEXTURED VEGETABLE PROTEIN

039978 105424	20172								B	GF			X	TVP (Textured Vegetable Protein)					1 / 25lbs
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CANADIAN KELP RESOURCES | SEA VEGETABLES

776128 000030	32851												BC	P	X	Kombu			16 / 42g
776128 000047	32850												BC	P	X	Macro Kelp			16 / 21g

EDEN | JAPANESE PRODUCTS

024182 003093	24052								GF	*										12 / 100g
024182 000481	24069	GMO							GF											12 / 300ml
024182 425901	02119								GF											12 / 296ml
024182 002188	24067																			6 / 25g

EDEN | SEA VEGETABLES

024182 157693	24004								GF				X	Sushi Nori (7ct)						6 / 17g
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EDWARD & SONS | MISO SOUP

043182 000987	38689								GF					Miso-Cup, Japanese Restaurant Style - 3ct						6 / 82g
043182 000925	38261													Miso-Cup, Traditional w/Tofu, Organic						12 / 36g

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GIMME ORGANIC | ROASTED SEAWEED

855463 005273	24165	GMO		GF	V	*						X	Roasted Seaweed, Sea Salt & Avocado Oil, Organic	12 / 9g						G	
855463 005280	24166	GMO		GF	V	*						X	Roasted Seaweed, Sea Salt & Avocado Oil, Organic	8 / 6x4.5g							G

GIMME ORGANIC | ROASTED SEAWEED SNACKS

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
851093 004679	24162	GMO		GF		*						X	Roasted Seaweed Snacks, Sesame, Organic	12 / 10g								G
851093 004662	25163	GMO		GF		*						X	Roasted Seaweed Snacks, Sea Salt, Organic	12 / 10g								G
851093 004693	24169	GMO		GF		*						X	Roasted Seaweed Snacks, Teriyaki, Organic	12 / 10g								G

GIMME ORGANIC | ROASTED SUSHI NORI

851093 004372	24164	GMO		GF	V	*						X	Sushi Nori, Roasted, Organic (10ct)	12 / 23g							
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GINGER PEOPLE | MINCED GINGER

734027 904064	14196			GF		*							Ginger, Minced (jar), Organic	12 / 190g							
734027 904071	14197			GF		*							Ginger, Natural Pickled Sushi (jar), Organic	12 / 190g							

KOYO | JAPANESE PRODUCTS

065493 062522	24210												Arame	10 / 50g							
065493 062607	24235												Wakame	10 / 50g							
021009 229025	24019												Wasabi Powder	6 / 25g							

MISHIMA | INSTANT SOUP

830757 000325	38551												X Instant Hot and Sour Soup	12 / 27g							
830757 000219	38821												X Instant Miso Soup, Red	12 / 30g							
830757 000233	38822												X Instant Miso Soup, White	12 / 30g							
830757 000226	38655												X Instant Mixed Miso soup (red & white)	12 / 30g							

NORA | SEAWEED SNACKS

855258 006225	19100	GMO											X Crispy Seaweed, Original	12 / 32g								G
855258 006232	19102	GMO											X Tempura Seaweed, Original	12 / 45g								G
855258 006249	19101	GMO											X Tempura Seaweed, Spicy	12 / 45g								G

SEASNAX | SEAWEED PRODUCTS

811201 020014	24132	GMO		GF		*							X BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	12 / 10g								G
811201 020021	24141	GMO		GF		*							X BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Lime, Organic	12 / 10g								G
728028 023183	24120	GMO				*							X GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	16 / 5g								G
609722 798372	24121	GMO				*							X GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic	16 / 5g								G
609722 798839	24123	GMO				*							X GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Wasabi, Organic	16 / 5g								G
728028 023237	24094	GMO		GF		*							X SEAWEED, Raw Sheets, Organic	16 / 28g								
728028 012217	24083	GMO		GF		*							X SEAWEED, Roasted Olive, Organic	4 / 4x15g								G
728028 012200	24080	GMO		GF		*							X SEAWEED, Roasted Olive, Organic	16 / 15g								G
728028 023213	24081	GMO		GF		*							X SEAWEED, Roasted Onion, Organic	16 / 15g								G
													Buy 10-49 cases (mix & match allowed)	Save	10%							
													Buy 50-99 cases (mix & match allowed)	Save	15%							
													Buy 100-119 cases (mix & match allowed)	Save	20%							
													Buy 120+ cases (mix & match allowed)	Save	25%							

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SOBAYA PASTA																				
057443 307029	30160					*		+					12 / 230g							
057443 309023	30169					*		+					12 / 230g							
057443 401017	30140							+					12 / 454g							
057443 302024	30130					*		+					12 / 230g							
057443 309047	30154					*		+					12 / 230g							
SUSHI NORI																				
6290211 203022	24041										P		48 / 25g							

Mediterranean

CASBAH AUTHENTIC GRAIN																				
072934 000104	38532	GMO											8 / 180g							
072934 692477	38528	GMO											12 / 340g							
072934 000081	38531	GMO											8 / 180g							
072934 000111	38530	GMO				*							6 / 600g							
CASBAH AUTHENTIC MIX																				
072934 692309	33051	GMO											12 / 284g							
072934 692279	33059	GMO											12 / 170g							
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE																				
683830 019123	14303										BC P		6 / 400g							

Mexican

AMY'S REFRIED BEANS																				
042272 905515	10266	GMO				V	*						12 / 398ml							
042272 905508	10265	GMO				V	*						12 / 398ml							
042272 905522	10267	GMO				V	*						12 / 398ml							
EDEN REFRIED BEANS																				
024182 003994	10413					*							12 / 398ml							
024182 003987	10412					*							12 / 398ml							
FRONTERA GOURMET MEXICAN COOKING SAUCE																				
604183 121431	29073										X		6 / 226g							
604183 121424	20163										X		6 / 226g							
604183 121745	20164										X		6 / 226g							
604183 121714	29069										X		6 / 226g							
604183 121707	20165										X		6 / 226g							
LA PREFERIDA ORGANIC MEXICAN INGREDIENTS																				
071524 180066	47206					*							12 / 398ml							
071524 180073	47207					*							12 / 398ml							
													Buy 10+ cases	Save 10%						
071524 180103	47210					*							12 / 118ml							
071524 180080	47208					*							12 / 250ml							
071524 180097	47209					*							12 / 250ml							
													Buy 10+ cases	Save 10%						
QUE PASA TACO SHELLS																				
068826 212861	37825	GMO									BC P	X	12 / 130g							
068826 212854	37824	GMO									BC P	X	12 / 130g							
SIMPLY ORGANIC SIMMER SAUCE																				
089836 192424	70850	GMO				V	*						6 / 227g							
089836 192455	70851	GMO				V	*						6 / 227g							
089836 192400	70852	GMO				V	*						6 / 227g							
089836 192417	70853	GMO				V	*						6 / 227g							

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Thai

BLUE MONKEY | COCONUT CREAM

059654 330018	02297	GMO					*													Coconut Cream, Organic	24 / 400ml
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CHA'S ORGANICS | COCONUT CREAM & MILK

806253 210407	15040	GMO					*	@			P									Coconut Cream, Full Cream, Organic	12 / 400ml
806253 210414	15080	GMO					*	@			P									Coconut Milk, Premium, Organic	12 / 400ml
806253 210421	15081	GMO					*	@			P									Coconut Milk, Light, Organic	12 / 400ml
806253 210483	15041	GMO					*	@			P									Coconut Whipping Cream, Organic	6 / 400ml

LET'S DO...ORGANIC | COCONUT CREAM & MILK

043182 005258	02246	GMO					*													Creamed Coconut, Unsweetened, Organic	6 / 200g
043182 022057	24099	GMO					*													Coconut Milk, Sweetened Condensed, Organic	6 / 195ml
043182 002103	24098	GMO					*													Coconut Cream, Heavy (30% Fat), Organic	12 / 398ml

LOTUS FOODS | RICE NOODLES

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

NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

043182 008341	10431	GMO					*													Bamboo Shoots, Sliced, Organic	6 / 400g
043182 018692	10398	GMO					*													Jackfruit, Original, Organic	6 / 398ml
043182 008365	10214	GMO					*													Water Chestnuts, Sliced, Organic	6 / 227g

NATIVE FOREST | COCONUT MILK

043182 012089	24008	GMO					*													Coconut Milk, Classic, Organic	12 / 398ml
043182 012010	24097	GMO	B				*				X									Coconut Milk, Organic (can)	6 / 2.84L

TASTY BITE | THAI ENTREES

782733 010050	38794	GMO										X								Thai Vegetable Curry	6 / 285g
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THAI KITCHEN | COCONUT CREAM & MILK

737628 011766	14958	GMO		GF																Coconut Cream	6 / 400ml
737628 060504	14424	GMO																		Coconut Milk, Premium	24 / 160ml
737628 011506	14930	GMO																		Coconut Milk, Premium	12 / 400ml
737628 079506	14933	GMO					*													Coconut Milk, Premium, Organic	12 / 400ml
737628 011605	14931	GMO																		Coconut Milk, Lite	12 / 400ml
737628 082506	14932	GMO					*													Coconut Milk, Lite, Organic	12 / 400ml
737628 011575	14936	GMO																		Coconut Milk (no guar)	6 / 750ml
737628 011551	14937	GMO																		Coconut Milk, Lite (no guar)	6 / 750ml

THAI KITCHEN | PASTE & SAUCE

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 001002	14694	GMO		GF																Premium Fish Sauce	12 / 200ml
737628 005000	14954	GMO		GF																Peanut Satay Sauce	12 / 227ml
																				Buy 30-49 cases	Save 15%
																				Buy 50+ cases	Save 20%

THAI KITCHEN | RICE NOODLES

737628 025251	30303	GMO		GF																Stir-Fry Rice Noodles	12 / 198g
																				Buy 30-49 cases	Save 15%
																				Buy 50+ cases	Save 20%

THAI KITCHEN | STIRFRY NOODLE DISH

737628 064502	30316																			Stir-fry Rice Noodles, Thai Peanut	12 / 155g
																				Buy 30-49 cases	Save 15%
																				Buy 50+ cases	Save 20%

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BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

Jams, Jellies & Fruit Spreads

CROFTER'S ORGANIC | FRUIT SPREAD

067275 000661	42662	GMO				*		+	P	X	JUST FRUIT Juice Sweetened, Apricot, Organic	6 / 235ml						
067275 000623	42660	GMO				*		+	P	X	JUST FRUIT Juice Sweetened, Raspberry, Organic	6 / 235ml						
067275 000586	42119	GMO				*		+	P	X	JUST FRUIT Juice Sweetened, Seville Orange, Organic	6 / 235ml						
067275 000616	42658	GMO				*		+	P	X	JUST FRUIT Juice Sweetened, Strawberry, Organic	6 / 235ml						
067275 000654	42659	GMO				*		+	P	X	JUST FRUIT Juice Sweetened, Wild Blueberry, Organic	6 / 235ml						
067275 006106	42677	GMO				*		+	P	X	Premium Spread, Apricot, Organic	6 / 383ml						
067275 006052	42670	GMO				*		+	P	X	Premium Spread, Berry Harvest, Organic	6 / 383ml						
067275 006113	42678	GMO				*		+	P	X	Premium Spread, Blackberry, Organic	6 / 383ml						
067275 006120	42676	GMO				*		+	P	X	Premium Spread, Four Fruit, Organic	6 / 383ml						
067275 006137	42680	GMO				*		+	P	X	Premium Spread, Mango, Organic	6 / 383ml						
067275 006144	42679	GMO				*		+	P	X	Premium Spread, Morello Cherry, Organic	6 / 383ml						
067275 006083	42674	GMO				*		+	P	X	Premium Spread, Peach, Organic	6 / 383ml						
067275 006014	42654	GMO				*		+	P	X	Premium Spread, Seedless Raspberry, Organic	6 / 383ml						
067275 006021	42652	GMO				*		+	P	X	Premium Spread, Strawberry, Organic	6 / 383ml						
067275 006045	42672	GMO				*		+	P	X	Premium Spread, Wild Blueberry, Organic	6 / 383ml						
067275 006069	42671	GMO				*		+	P	X	SUPERFRUIT, Blueberry Blast, Organic	6 / 383ml						
067275 006076	42673	GMO				*		+	P	X	SUPERFRUIT, Pomegranate Power, Organic	6 / 383ml						

EDEN | APPLE BUTTER

024182 003697	42160			GF		*					Apple Butter, Organic	12 / 482g						
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Nut & Seed Butters and Alternatives

EARTH BALANCE | COCONUT & PEANUT SPREAD

033776 100926	42145	GMO		GF							Coconut & Peanut Spread, Creamy	12 / 500g						
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EDEN | TAHINI

024182 003925	42185	GMO		GF		*					Roasted Tahini, Organic	12 / 454g						
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FATSO | NUT & SEED BUTTER

691428 005007	42081	GMO		GF	V			+	P		Almond and Seed Butter, Classic	6 / 454g						
691428 005021	42083	GMO		GF	V			+	P		Almond and Seed Butter, Maple	6 / 454g						
691428 005014	42082	GMO		GF	V			+	P		Almond and Seed Butter, Salted Caramel	6 / 454g						
627843 710691	42077	GMO		GF	V			+	P		Peanut Butter, Classic	12 / 500g						
627987 075830	42079	GMO		GF	V			+	P		Peanut Butter, Crunchy Salted Caramel	12 / 500g						
627987 075847	42080	GMO		GF	V			+	P		Peanut Butter, Maple	12 / 500g						

NATURE'S NUTS | NUT & SEED BUTTER

682264 660604	35356							BC	P		Cashew Butter	6 / 340g						
682264 650001	35336	GMO				*		BC	P		Almond Butter, Smooth, Organic	12 / 340g						
682264 600112	35335							BC	P		Almond Butter, Crunchy	12 / 500g						
682264 600013	35334							BC	P		Almond Butter, Smooth	12 / 500g						
682264 660406	35352	GMO				*		BC	P		Peanut Butter, Crunchy, Organic	6 / 500g						
682264 660208	35351	GMO				*		BC	P		Peanut Butter, Smooth, Organic	6 / 500g						
1068226 460005	35344	GMO	B					BC	P		Almond Butter, Smooth	1 / 4.09kg						
1068226 460076	35342	GMO	B			*		BC	P		Peanut Butter, Smooth, Organic	1 / 4.09kg						

NEW WORLD | NUT & SEED BUTTER

059443 607383	35370			B				BC	P		Cashew Butter	1 / 4kg						
059443 401172	35371	GMO	B			*		BC	P		Sesame Tahini, Roasted, Organic	1 / 3.5kg						

NUTIVA | HAZELNUT SPREAD

692752 107375	30658	GMO		GF		*					Hazelnut Spread, Classic, Organic	6 / 369g						
692752 107573	30659	GMO		GF		*					Hazelnut Spread, Dark, Organic	6 / 369g						

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NUTIVA | COCONUT MANNA CREAMY SPREAD

692752 110054 35250 * Coconut Manna, Organic (Glass Jar) 6 / 425g

OMEGA NUTRITION | PUMPKIN SEED BUTTER

055358 335021 85060 GF * P Pumpkin Seed Butter, Organic (plastic jar) 6 / 341g
 055358 335014 85059 GF * P Pumpkin Seed Butter, Organic (plastic jar) 6 / 568g
 055358 216207 91504 B * P Pumpkin Butter, Organic (S/O) 4 / 3.4kg

WOWBUTTER | NUT FREE BUTTER

773948 200008 42075 GF Creamy, Wowbutter (Peanut Butter Replacement) 6 / 500g
 773948 200015 42076 GF Crunchy, Wowbutter (Peanut Butter Replacement) 6 / 500g

NUTS, SEEDS & DRIED FRUIT

Dried Fruit

BOB'S RED MILL | FLAKED & SHREDDED COCONUT

039978 325815 22368 GMO @ X Coconut, Dried Flakes, Unsweetened 4 / 285g
 039978 335784 02053 GMO @ X Coconut, Dried Shredded, Unsweetened 4 / 340g

CHA'S ORGANICS | 100% REAL FRUIT SNACKS

806253 304106 12742 GMO * Watermelon Chips, Organic 6 / 40g

CAMINO | SHREDDED COCONUT

752612 240038 02258 * @ P Shredded Coconut, Unsweetened, Organic 8 / 200g

LET'S DO...ORGANIC | SHREDDED COCONUT

043182 015202 02083 GF * Coconut, Fine Shredded, Unsweetened, Organic 12 / 250g
 043182 015226 02264 GF * Coconut Flakes, Unsweetened, Organic 12 / 200g

LEVEL GROUND TRADING DIRECT FAIR TRADE | DRIED FRUIT

661594 003626 18115 * @ P Dried Banana, Organic 12 / 130g
 661594 003688 18100 * @ P Dried Dragon Fruit, Organic 12 / 90g
 661594 003633 18112 * @ P Dried Golden Berry, Organic 12 / 100g
 661594 905005 18113 * @ P Dried Mango, Organic 12 / 100g
 661594 904015 18114 * @ P Dried Pineapple, Organic 12 / 100g

MORNIN' GLORY | PRUNES

093778 888826 18333 * Prunes, Pitted, Organic 12 / 340g

NAVITAS ORGANICS | DRIED FRUIT

858847 000703 26116 GMO * Goji Berries, Sun-Dried, Organic 1 / 227g

PATIENCE FRUIT & CO | DRIED BERRIES

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 551361 18234 GMO * + P Dried Wild Blueberries, Sweetened w/Apple Juice, Organic 8 / 85g G
 Buy 12+ cases Save 15%
 662166 020119 18226 B * + P Classic Dried Cranberries, Gently Sweetened, Organic 1 / 10lb G
 1066216 602014 18227 GMO B * + P Dried Sliced Cranberries, Sweetened w/Apple Juice, Organic (S/O) 1 / 10lb G

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PATIENCE FRUIT & CO | SOUR CRAN DRIED CRANBERRIES

662166 557042	18553	GMO											8 / 60g						G
662166 557059	18554	GMO											8 / 60g						G

PRANA ORGANIC | DRIED FRUIT

877693 000224	18111	GMO		GF		*							6 / 250g						
877693 000217	18155	GMO		GF		*							6 / 250g						
877693 000187	18110	GMO		GF		*							6 / 200g						
877693 001450	18152	GMO		GF		*							6 / 150g						
877693 001405	18171			GF		*							6 / 250g						
877693 000279	18154	GMO		GF		*							6 / 250g						
877693 002259	17786	GMO		GF		V	*						4 / 794g						
877693 002082	17785	GMO		GF		V	*						3 / 500g						
877693 003034	18161					*							6 / 170g						
877693 000194	26139					*							6 / 300g						
	60130												1 / ea						

TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 050755	36657	GMO				*		BC					24 / 75g						G
059105 000026	18450	GMO				*							6 / 175g						

BULK DRIED FRUIT

000000 025152	16176		B			*							1 / 13.6kg						
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Nuts & Seeds

BOB'S RED MILL | SEEDS

039978 308443	34207	GMO		GF		*							5 / 340g						
039978 336200	34202	GMO		GF									4 / 368g						

MANITOBA HARVEST | HEMP SEED

697658 201554	37352	GMO											8 / 227g						
697658 201196	37349	GMO		GF		V							6 / 454g						
697658 000034	36352	GMO		GF		V							12 / 60g						
697658 000010	36348	GMO		GF		V							8 / 227g						
697658 220012	36907	GMO		GF		V	*						6 / 340g						
697658 000072	37197	GMO		GF		V	*						8 / 200g						
697658 410765	37351	GMO		GF		V							6 / 700g						
697658 691164	37026	GMO	B	GF		V							1 / 2.27kg						
697658 691157	37140	GMO	B	GF		V	*						1 / 2.27kg						
697658 102189	60122	GMO		GF		V							36 / 227g						

NATURE'S PATH | FLAXPLUS FLAX SEEDS

058449 300014	34016	GMO				*							6 / 425g						
058449 300007	34015	GMO				*							6 / 425g						

PRANA ORGANIC | NUTS & SEEDS

877693 002884	26145	GMO		GF		*							6 / 200g						
877693 002891	26146	GMO		GF		*							6 / 200g						
877693 000170	26130	GMO		GF		*							6 / 250g						
877693 001344	26132	GMO		GF		*							6 / 180g						
877693 001351	26136	GMO		GF		*							6 / 200g						
877693 000200	26128	GMO		GF		*							6 / 180g						
877693 000330	34063	GMO		GF		*							6 / 200g						
877693 000316	34061	GMO		GF		*							6 / 200g						
877693 000323	34062	GMO		GF		*							6 / 300g						
877693 000293	34060	GMO		GF		*							6 / 300g						
877693 000583	34097	GMO		GF		*							4 / 1kg						
877693 001375	26138	GMO		GF		*							6 / 250g						
877693 002907	34066	GMO		GF		*							6 / 250g						
	60130												1 / ea						

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BULK NUTS

000000 036102	36700		B																		X Cashews, Large White Pieces	1 / 25lb
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BULK SEEDS

34019			B																		X Pumpkin Seeds	1 / 10kg
34029			B																		X Sunflower Seeds, Raw, Hulled	1 / 11.34kg

OILS

BIOITALIA | OIL

661475 101106	33182						*														Extra Virgin Olive Oil, Organic	6 / 750ml
																					Buy 10-19 cases	Save 10%
																					Buy 20+ cases	Save 15%

CHA'S ORGANICS | COCONUT OIL

806253 600512	15042	GMO					* @		P												Coconut Oil, Deodorized, Organic	6 / 500ml
806253 600505	15043	GMO					* @		P												Coconut Oil, Virgin, Organic	6 / 500ml

CHOSEN FOODS | CULINARY OIL

815074 020737	32307	GMO																			All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml
853807 005064	32308	GMO																			All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml
853807 005828	32309	GMO																			All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml
853807 005033	32312	GMO																			All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g
853807 005231	32310	GMO																			Avocado Oil, Virgin	6 / 250ml
853807 005859	32311	GMO					*														Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml
815074 022915	32318	GMO																			Cooking Oil Spray, Pure Avocado Oil	6 / 383g
815074 021857	32320	GMO																			Oil Spray, Avocado Oil, Garlic Infused	6 / 134g
815074 023516	32319	GMO					*														Oil Spray, Chosen Blend, Organic	6 / 134g
810042 990210	32321	GMO																			Oil, Toasted Sesame	6 / 250ml
810042 990227	32322	GMO																			Oil, Toasted Sesame	4 / 750ml

EDEN | SESAME OIL

024182 000306	28007			GF																	Sesame Oil, Toasted	12 / 148ml
024182 000290	28006			GF			*														Sesame Oil, Extra Virgin, Organic	12 / 473ml

MAISON ORPHEE | OIL

069593 120014	30188							+	P												Olive Oil, Extra Virgin, Balanced	6 / 500ml
069593 121066	30186	GMO					*	+	P												Olive Oil, Extra Virgin, Balanced, Organic	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 120328	30195							+	P												Grapeseed Oil	6 / 750ml
069593 120069	30193							+	P												Olive Oil, Extra Virgin, Balanced	6 / 750ml
069593 120076	30194							+	P												Olive Oil, Extra Virgin, Delicate	6 / 750ml
069593 120137	30208	GMO					*	+	P												Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml
069593 120151	30210	GMO					*	+	P												Sunflower Oil, Virgin, Organic	6 / 750ml

MANITOBA HARVEST | HEMP SEED OIL

697658 200014	36603	GMO					*	+	P												Hemp Seed Oil, Organic	12 / 250ml
697658 000027	36353	GMO						+	P												Hemp Seed Oil	12 / 355ml
697658 200021	36897	GMO					*	+	P												Hemp Seed Oil, Organic	6 / 500ml

NORTH PRAIRIE GOLD | OIL

628451 482055	20236	GMO						+	P												Virgin Canola Oil, Cold-Pressed	12 / 500ml
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NUTIVA | OIL

692752 108938	15209	GMO					*					6 / 236ml						
692752 106927	30673	GMO					*					6 / 414ml						
692752 105418	30667	GMO					*					6 / 860ml						
692752 106804	30672						*					4 / 3.79L						
692752 200014	30661						*					12 / 444ml						
692752 200021	30662	GMO					*					6 / 860ml						
692752 200052	30663	GMO					*					6 / 1.6L						
692752 108273	30685	GMO					*					6 / 1.6L						

OLIVADO | OIL

9421009 030316	37591						*	@				6 / 250ml						
9421009 030446	37593											6 / 250ml						

OMEGA NUTRITION | OIL

055358 350024	85050			GF			*		P			6 / 454g						
055358 350031	85051			GF			*		P			6 / 908g						
055358 351014	28031			GF			*		P			6 / 283g						
055358 670009	85048			GF			*		P			12 / 355ml						
055358 353179	91501	B					*		P			4 / 3.17kg						
055358 350048	91500	B					*		P			1 / 18.9L						
055358 983178	91503	B					*		P			4 / 3.78L						

SPECTRUM | OIL

Refined Oils

022506 410374	28114	GMO										6 / 375ml						
022506 155305	28187	GMO										6 / 236ml						
022506 471757	28175	GMO					*					6 / 750ml						
022506 974692	28022	GMO					*					12 / 414ml						
022506 403376	28176	GMO					*					6 / 375ml						
022506 416376	28198	GMO										6 / 375ml						

Unrefined Oils

022506 135642	28044						*					6 / 857ml						
022506 721371	28130	GMO					*					6 / 375ml						
022506 721753	28135	GMO					*					6 / 750ml						
022506 404373	28185	GMO										6 / 375ml						
022506 022041	28136	GMO					*					6 / 1L						

SPECTRUM | SPRAY OIL

022506 065604	28107											6 / 170g						
022506 265813	28127											6 / 170g						

TERRA DELYSSA | OLIVE OIL

6191509 903641	05223	GMO		GF								6 / 500ml						
6191509 903726	05229	GMO		GF			*					6 / 500ml						
6191509 903719	05220	GMO		GF			*					6 / 750ml						
6191509 903627	05228	GMO		GF								6 / 1L						
6191509 903702	05221	GMO		GF			*					6 / 1L						

UNICO | OLIVE OIL

067800 002214	28033											6 / 3L						
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PACKAGED MEALS & SIDE DISHES

Meals & Sides

BOB'S RED MILL | VEGETABLE PROTEIN

039978	001290	02556									X	Textured Vegetable Protein	4	/ 340g					
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FULLGREEN | READY-TO-EAT RICED VEGETABLES

817142	020359	15905	GMO		V							Riced Broccoli & Cauliflower (pouch)	6	/ 200g					
817142	020342	15903	GMO		V							Riced Cauliflower (pouch)	6	/ 200g					
817142	020366	15904	GMO		V							Riced Sweet Potato (pouch)	6	/ 200g					

LUNDBERG | ENTREES & SIDES

073416	020252	38723	GMO		GF							Risotto, Butternut Squash, Eco-Farmed	6	/ 164g					
073416	020245	38722	GMO		GF							Risotto, Garlic Primavera, Eco-Farmed	6	/ 156g					
												Buy 20-39 cases (Mix & Match w/ Risotto & Entree)	Save	1.33					
												Buy 40-79 cases (Mix & Match w/ Risotto & Entree)	Save	2.00					
												Buy 80+ cases (Mix & Match w/ Risotto & Entree)	Save	2.66					
073416	512603	38726	GMO		GF	*						Risotto, Alfredo (Parmesan Cheese), Organic	6	/ 156g					
073416	512801	38728	GMO		GF	*						Risotto, Porcini Wild Mushroom, Organic	6	/ 167g					
												Buy 20-39 cases (Mix & Match w/ Risotto & Entree)	Save	1.55					
												Buy 40-79 cases (Mix & Match w/ Risotto & Entree)	Save	2.32					
												Buy 80+ cases (Mix & Match w/ Risotto & Entree)	Save	3.10					
073416	515000	38732	GMO		GF	*						Wholegrain Rice & Seasoning Mix, Spanish Rice, Organic	6	/ 170g					
												Buy 20-39 cases (Mix & Match w/ Risotto & Entree)	Save	1.52					
												Buy 40-79 cases (Mix & Match w/ Risotto & Entree)	Save	2.29					
												Buy 80+ cases (Mix & Match w/ Risotto & Entree)	Save	3.05					

TASTY BITE | HEAT & SERVE RICE

782733	012139	38799	GMO		*	X						Heat & Serve, Rice, Basmati Rice, Organic (microwavable pouch)	12	/ 250g					
782733	012115	38779	GMO		*	X						Heat & Serve, Rice, Brown Rice, Organic (microwavable pouch)	6	/ 250g					
782733	311119	37695	GMO		*	X						Heat & Serve, Rice, Brown w/Lentils with Herbs, Organic (microwavable pouch)	6	/ 250g					
782733	012061	38766	GMO		*	X						Heat & Serve, Rice, Tandoori, Organic (microwavable pouch)	6	/ 250g					
782733	012085	38778	GMO		*	X						Heat & Serve, Rice, Thai Lime, Organic (microwavable pouch)	6	/ 250g					
782733	012269	38797	GMO		*	X						Heat & Serve, Sticky Rice, Organic (microwavable pouch)	6	/ 250g					

Pasta Dinners

ANNIE'S HOMEGROWN | PASTA DINNER

013562	104222	38423										Mac & Cheese, Classic Cheddar	4	/ 4x170g					
013562	104239	38422										Mac & Cheese, Shells & White Cheddar	4	/ 4x170g					
												Buy 25-49 cases	Save	1.00					
												Buy 50+ cases	Save	2.00					
013562	000258	38356										Bunny Shape Pasta w/Yummy Cheese	12	/ 170g					
013562	000500	38649										Classic Macaroni & Cheese	12	/ 170g					
013562	000203	38421										Petite Shells & White Cheddar	12	/ 170g					
013562	000395	38482										Shells & Real Aged Wisconsin Cheddar	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					
												Buy 25-49 cases	Save	1.96					
												Buy 50+ cases	Save	2.93					
013562	000432	38485			GF							Rice Pasta & Cheddar	12	/ 170g					
013562	000425	38670			GF							Rice Pasta Shells & White Cheddar	12	/ 170g					
												Buy 25-49 cases	Save	2.35					
												Buy 50+ cases	Save	3.53					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
013562 049080	16757					*						12 / 170g							
013562 049073	16758					*						12 / 170g							
													Buy 25-49 cases	Save	2.83				
													Buy 50+ cases	Save	4.26				
013562 001071	16676	GMO										12 / 57g							
													Buy 25-49 cases	Save	1.56				
													Buy 50+ cases	Save	2.34				
013562 119035	38424											12 / 312g							
013562 119042	38425											12 / 312g							
													Buy 25-49 cases	Save	3.13				
													Buy 50+ cases	Save	4.70				

DAIYA | DELUXE CHEEZY MAC

871459 002347	50162	GMO		GF	V				BC	P		8 / 300g							
871459 002330	50161	GMO		GF	V				BC	P		8 / 300g							
871459 002439	50008	GMO		GF	V				BC	P		8 / 300g							
871459 002415	50009	GMO		GF	V				BC	P		8 / 309g							
871459 002354	50163	GMO		GF	V				BC	P		8 / 300g							
													Buy 20-49 cases	Save	2.38				
													Buy 50-74 cases	Save	3.57				
													Buy 75+ cases	Save	4.77				

PASTAS

Pastas

See Cooler & International Cuisine Sections for more Pasta Selections

ARTESIAN ACRES | KAMUT PASTA

771506 002071	30285					*						12 / 454g							
771506 002095	30295					*						12 / 454g							
771506 002088	30290					*						12 / 454g							
771506 002064	30280					*						12 / 454g							

JOVIAL | ITALIAN PASTA

815421 011302	17523	GMO		GF		*						12 / 255g							
815421 011234	17522	GMO		GF		*						12 / 340g							
815421 011227	17521	GMO		GF		*						12 / 340g							
815421 011203	17520	GMO		GF		*						12 / 340g							
815421 011937	17532	GMO		GF		*						12 / 227g							
815421 011913	17530	GMO		GF		*						6 / 227g							
815421 011920	17531	GMO		GF		*						6 / 227g							
815421 011906	17529	GMO		GF		*						12 / 227g							

KASLO | SOURDOUGH PASTA

779605 022730	42186	GMO							BC	P	X	12 / 227g							
779605 022716	42187	GMO							BC	P	X	12 / 227g							
779605 022747	42190	GMO							BC	P	X	12 / 227g							
779605 022723	42188	GMO							BC	P	X	12 / 227g							
779605 332273	42189	GMO							BC	P	X	12 / 227g							
779605 330071	42191	GMO							BC	P	X	12 / 454g							
779605 336400	42178	GMO							BC	P	X	12 / 454g							
779605 337407	42183	GMO							BC	P	X	12 / 560g							
779605 336424	42179	GMO							BC	P	X	12 / 454g							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	♻️	X	PACK	SIZE				G	P	U	
PRAIRIE HARVEST PASTA																			
624756 331609	30052					*		+	♻️	X		12 / 454g							
624756 337489	30057					*		+	♻️	X		12 / 454g							
624756 330237	30051					*		+	♻️	X		12 / 454g							
624756 334273	30054					*		+	♻️	X		12 / 454g							
624756 333740	30053					*		+	♻️	X		12 / 454g							
624756 883740	30099					*		+	♻️	X		12 / 454g							
624756 332194	30055					*		+	♻️	X		12 / 454g							
624756 330114	30050					*		+	♻️	X		12 / 454g							
624756 340113	30060		B			*		+	♻️	X		1 / 4.54kg							
RIZOPIA RICE PASTA																			
833125 001153	40364			GF		*		+	♻️	X		12 / 454g							
833125 001122	40361			GF		*		+	♻️	X		12 / 454g							
833125 001139	40362			GF		*		+	♻️	X		12 / 454g							
833125 001146	40363			GF		*		+	♻️	X		12 / 454g							
833125 001115	40360			GF		*		+	♻️	X		12 / 454g							
833125 001054	40377			GF				+	♻️	X		12 / 454g							
833125 001023	40374			GF				+	♻️	X		12 / 454g							
833125 001030	40375			GF				+	♻️	X		12 / 454g							
833125 001085	40380			GF				+	♻️	X		12 / 340g							
833125 001047	40376			GF				+	♻️	X		12 / 454g							
833125 001016	40373			GF				+	♻️	X		12 / 454g							
833125 001078	40379			GF				+	♻️	X		12 / 454g							
833125 003034	40383			GF				+	♻️	X		12 / 454g							
SAN ZENONE PASTA																			
624756 663991	30234			GF		*			♻️	X		12 / 340g							
624756 664271	30233					*			♻️	X		12 / 340g							
624756 660112	30232			GF		*			♻️	X		12 / 340g							
624756 553995	30231			GF		*			♻️	X		12 / 340g							
624756 554275	30230			GF		*			♻️	X		12 / 340g							
624756 550116	30229			GF		*			♻️	X		12 / 340g							
TINKYADA RICE PASTA																			
621683 920555	30903			GF				+	♻️	X		12 / 454g							
621683 010553	30930			GF		*		+	♻️	X		12 / 340g							
621683 920258	30901			GF				+	♻️	X		12 / 397g							
621683 920654	30037			GF				+	♻️	X		12 / 454g							
621683 910952	30909			GF				+	♻️	X		12 / 227g							
621683 921354	30908			GF				+	♻️	X		12 / 283g							
621683 011352	30925			GF		*		+	♻️	X		12 / 280g							
621683 911454	30918			GF				+	♻️	X		12 / 397g							
621683 921156	30907			GF				+	♻️	X		12 / 454g							
621683 021153	30922			GF		*		+	♻️	X		12 / 340g							
621683 920753	30924			GF				+	♻️	X		12 / 454g							
621683 920159	30900			GF				+	♻️	X		12 / 454g							
621683 020156	30920			GF		*		+	♻️	X		12 / 340g							
621683 520151	30916			GF				+	♻️	X		12 / 454g							
621683 921255	30902			GF				+	♻️	X		12 / 454g							
621683 021252	30921			GF		*		+	♻️	X		12 / 340g							
621683 721251	30923			GF				+	♻️	X		12 / 340g							
621683 021146	30039		B	GF		*		+	♻️	X		2 / 2.27kg							
621683 020149	90312		B	GF		*		+	♻️	X		2 / 2.27kg							
621683 021245	30038		B	GF		*		+	♻️	X		2 / 2.27kg							

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PET CARE

Pet Clean-up Products

ABSORBENT WCAT | LITTER

058633 001055	40039										BC P X	Cat Litter, Regular	5 / 5kg					G
058633 000102	16701		B								BC P X	Cat Litter, Regular	1 / 10kg					G

ECOPOOCH | COMPOSTABLE DOGGIE BAGS

678526 913014	46274											X Doggie Bags, Leash Dispenser Roll (9"x13")	18 / 48ct					G	P
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Food & Snacks

FOLEY'S | VITALITY DOG GOURMET DOG TREATS

627843 425908	48000										BC P	VITALITY DOG, Angus Beef w/Blueberry	6 / 400g					G	P
627843 425861	48001										BC P	VITALITY DOG, Bison w/Saskatoon Berries	6 / 400g					G	P
627843 425885	48002										BC P	VITALITY DOG, Duck Honey Banana	6 / 400g					G	P
628116 031758	48006										BC P	VITALITY DOG, Elk w/Wild Berries	6 / 400g					G	P
628116 031772	48007										BC P	VITALITY DOG, Lamb w/Apple	6 / 400g					G	P
627843 425915	48003										BC P	VITALITY DOG, Liver w/Harvest Pumpkin	6 / 400g					G	P
627843 425878	48004										BC P	VITALITY DOG, Salmon w/Honey Carrot	6 / 400g					G	P
628116 031765	48008										BC P	VITALITY DOG, Turkey w/Cranberry	6 / 400g					G	P
627843 425892	48005										BC P	VITALITY DOG, Venison w/Blueberry & Apple	6 / 400g					G	P

HAPPY PAWS | CAT & DOG FOOD

831043 000142	48085										BC P	Holistic Cat Food	12 / 1.4kg					G	P
831043 000159	48086										BC P	Holistic Cat Food	6 / 3.2kg					G	P
831043 000166	48084										BC P X	Holistic Cat Food	1 / 7.5kg					G	P
831043 000104	48017										BC P	Holistic Dog Food	6 / 3.2kg					G	P
831043 000111	48015										BC P X	Holistic Dog Food	1 / 7.5kg					G	P
831043 000128	48016										BC P X	Holistic Dog Food	1 / 16.3kg					G	P
831043 000135	48083										BC P X	Holistic Cat Food Trial Size (S/O)	24 / 155g					G	P
831043 000098	48014										BC P X	Holistic Dog Food Trial Size (S/O)	24 / 155g					G	P

LICK YOUR CHOPS | CAT & DOG FOOD

032976 270026	48080											Canned Cat Food, Distinctive Delicacies, Chicken & Catfish	24 / 85g					G	P
032976 270033	48081											Canned Cat Food, Distinctive Delicacies, Chicken & Crab	24 / 85g					G	P
032976 270019	48079											Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g					G	P
032976 270002	48078											Canned Cat Food, Distinctive Delicacies, Turkey & Sweet Potato	24 / 85g					G	P
												Buy 15-24 cases	Save 10%						
												Buy 25+ cases	Save 15%						
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
												Buy 15-24 cases	Save 10%						
												Buy 25+ cases	Save 15%						

SNACK 21 | DOG & CAT SNACKS

623572 111884	48135										BC P	Salmon Strips for Dogs	1 / 140g					G	P
623572 102417	48133										BC P	Salmon Skin Crisps for Dogs	1 / 200g					G	P
623572 707254	48134										BC P X	Salmon Skin Rolls for Dogs	6 / 6pk					G	P
623572 657023	48139										BC P X	Salmon Jumbo Fillets for Dogs	8 / 65g					G	P
623572 077258	48132										BC P X	Hawaiian Tuna Treats for Dogs	12 / 25g					G	P
623572 200069	48137										BC P X	Pacific Whiting for Dogs	12 / 25g					G	P
623572 061295	48138										BC P X	Salmon Snacks for Cats	12 / 25g					G	P
623572 091599	48136										BC P X	Salmon Snacks for Dogs	12 / 25g					G	P

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YAPPETIZERS TREAT COMPANY | DOG AND CAT TREATS

711841 743307	48062										P	Dog Treat, Kangaroo	1 / 85g					G	P	
799441 440727	48065										BC	Dog Treat, Wild Salmon	1 / 85g						G	P
799441 440703	48060											+ Dog & Cat Treat, Bison Heart	1 / 100g						G	P
799441 440666	48061											+ Dog & Cat Treat, Bison Liver	1 / 100g						G	P
799441 440680	48063											Dog & Cat Treat, Lamb Heart	1 / 100g						G	P
799441 440697	48064											Dog & Cat Treat, Lamb Liver	1 / 100g						G	P

SAVORY DIPS & SPREADS

SIMPLY ORGANIC | DIP MIX

089836 188786	70753										*	X Dip Mix, French Onion, Organic (sachets)	12 / 31g							
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SNACKS

Energy Bars, Bites & Gels

BLISS BALLS | ENERGY TRUFFLE BALLS

059443 252514	31400											BC	X Energy Balls, Chocolate (2pk)	12 / 50g						G	
059443 252569	31402											BC	X Energy Balls, Coconut (2pk)	12 / 50g							G
059443 251012	31401											BC	Energy Balls, Chocolate (6pk)	6 / 150g							G
059443 251111	31403											BC	Energy Balls, Coconut (6pk)	6 / 150g							G

CLIF BAR

722252 606426	37132	GMO											X BUILDER's Protein Bar, Chocolate	12 / 68g							G
722252 606440	37340	GMO											X BUILDER's Protein Bar, Chocolate Mint	12 / 68g							G
722252 606419	37133	GMO											X BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g							G
722252 165176	91477	GMO											BUILDER's Protein Bar Shipper (S/O)	96 / 68g							G
722252 432018	37907	GMO											Energy Bar, Chocolate Chip	3 / 16x68g							
722252 432070	37908	GMO											Energy Bar, Crunchy Peanut Butter	3 / 16x68g							
722252 120229	36249	GMO											X Energy Bar, Chocolate Almond Fudge	12 / 68g							G
722252 121066	37890	GMO											X Energy Bar, Chocolate Brownie	12 / 68g							G
722252 120045	36256	GMO											X Energy Bar, Chocolate Chip	12 / 68g							G
722252 120090	36264	GMO											X Energy Bar, Chocolate Chip Peanut Crunch	12 / 68g							G
722252 120038	37426	GMO											X Energy Bar, Coconut Chocolate Chip	12 / 68g							G
722252 140036	36259	GMO											X Energy Bar, Cool Mint Chocolate	12 / 68g							G
722252 120083	36262	GMO											X Energy Bar, Crunchy Peanut Butter	12 / 68g							G
722252 102706	36761	GMO											X Energy Bar, Oatmeal Raisin Walnut	12 / 68g							G
722252 217950	37900	GMO											X Energy Bar, Peanut Butter Banana w/ Dark Chocolate	12 / 68g							G
722252 121097	37425	GMO											X Energy Bar, White Chocolate Macadamia	12 / 68g							G
722252 128003	37734	GMO										*	+ X Nut Butter Filled Energy Bar, Chocolate Hazelnut Butter, Organic	12 / 50g							G
722252 128102	37735	GMO										*	+ X Nut Butter Filled Energy Bar, Chocolate Peanut Butter, Organic	12 / 50g							G
722252 028037	37737	GMO										*	+ X Nut Butter Filled Energy Bar, Peanut Butter, Organic	12 / 50g							G
722252 342966	37904												X SWEET & SALTY, Chocolate Chunk with Sea Salt	12 / 68g							G
722252 342935	37905												X SWEET & SALTY, Dark Chocolate Almond with Sea Salt	12 / 68g							G
722252 602299	90924	GMO											Energy Bar Shipper (S/O)	96 / 68g							G

GOOD TO GO | KETO BAR

687456 111216	64103	GMO	GF	V									+ P X Bar, Cinnamon Pecan	9 / 40g							G
687456 111193	64101	GMO	GF	V									+ P X Bar, Cocoa Coconut	9 / 40g							G
687456 111278	64104	GMO	GF	V									+ P X Bar, Double Chocolate	9 / 40g							G
687456 111209	64102	GMO	GF	V									+ P X Bar, Raspberry Lemon	9 / 40g							G
687456 111186	64100	GMO	GF	V									+ P X Bar, Vanilla Almond	9 / 40g							G

Buy 25-49 cases

Save 2.52

Buy 50-74 cases

Save 3.60

Buy 75+ cases

Save 4.05

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HORNBY ORGANIC ENERGY BAR																			
628055 058359	37550	GMO		GF		*			BC	P	X	O SNACK, Chocolate Chip Banana, Organic	12 / 45g						G
628055 058311	37551	GMO		GF		*			BC	P	X	O SNACK, Chocolate Chip Peanut Butter, Organic	12 / 45g						G
628055 058328	37552	GMO		GF		*			BC	P	X	O SNACK, Chocolate Espresso, Organic	12 / 45g						G
628055 058335	37553	GMO		GF		*			BC	P	X	O SNACK, Peanut Butter & Jam, Organic	12 / 45g						G
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
HUNGRY BUDDHA KETO BAR																			
627561 000807	07360					V					P	X Keto Bar, Chocolate Chip	12 / 40g						G
627561 000814	07361					V					P	X Keto Bar, Coconut Cocoa	12 / 40g						G
												Buy 10-19 cases	Save 3.00						
												Buy 20+ cases	Save 3.50						
IMPACT BY ALGI SPIRULINA ALGAE BAR																			
628011 317049	31420										+	P	X Algae Bar, Cocoa & Cacao Nibs	12 / 55g					G
628011 317032	31421										+	P	X Algae Bar, Sunflower Seeds & Sea Salt	12 / 55g					G
KIND DIPPED CLUSTERS																			
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
KIND NUT BAR																			
602652 429538	39337											THINS Nut Bar, Almond Caramel & Sea Salt	6 / 10x21g						G
602652 429422	39336											THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g						G
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 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 248542	37743											X Nut Bar, Almond Mocha & 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
602652 207068	39324											X PLUS+ Nut Bar, Almond Butter Dark Chocolate	12 / 50g						G
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
602652 268168	91552											X MINIS Changemaker Gravity Feed Display, Display	2 / 48x20g						G
	60009											Display Rack	1 / ea						
LARABAR ENERGY BAR																			
021908 509518	37320	GMO		GF								X Fruit & Nut Bar, Apple	16 / 45g						G
021908 509532	37322	GMO		GF								X Fruit & Nut Bar, Cashew Bar	16 / 48g						G
021908 511740	37547	GMO		GF								X Fruit & Nut Bar, Chocolate Brownie	16 / 45g						G
021908 507699	37371	GMO		GF								X Fruit & Nut Bar, Chocolate Chip	16 / 45g						G
021908 509587	37328	GMO		GF								X Fruit & Nut Bar, Coconut Cream	16 / 48g						G
065633 185784	37321	GMO										X Fruit & Nut Bar, Lemon	16 / 45g						G
021908 509624	37329	GMO		GF								X Fruit & Nut Bar, Peanut Butter	16 / 48g						G
021908 509396	37335	GMO										X Fruit & Nut Bar, Peanut Butter Chocolate Chip	16 / 45g						G
												Buy 20-49 cases	Save 1.60						
												Buy 50+ cases	Save 2.40						

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LOVE GOOD FATS | KETO BAR

840659 001405	11545	GMO									+ P X	CHEWY NUTTY Keto Bar, Dark Chocolate Cranberry Almond	12 / 40g					G
840659 000729	11533	GMO									+ P X	CHEWY NUTTY Keto Bar, Dark Chocolate Sea Salt Almond	12 / 40g					G
840659 000774	11534	GMO									+ P X	CHEWY NUTTY Keto Bar, Peanut Chocolatey	12 / 40g					G
840659 000675	11532	GMO									+ P X	CHEWY NUTTY Keto Bar, Salted Caramel	12 / 40g					G
840659 001450	11546	GMO									+ P X	CHEWY NUTTY Keto Bar, White Chocolate Strawberry	12 / 40g					G
628055 997320	11505	GMO									+ P X	Keto Bar, Chocolate Chip Cookie Dough	12 / 39g					G
628055 997009	11502	GMO									+ P X	Keto Bar, Coconut Chocolate Chip	12 / 39g					G
840659 000057	11506	GMO									+ P X	Keto Bar, Cookies & Cream	12 / 39g					G
840659 000118	11507	GMO									+ P X	Keto Bar, Lemon Mousse	12 / 39g					G
628055 997115	11500	GMO									+ P X	Keto Bar, Mint Chocolate Chip	12 / 39g					G
628055 997030	11503	GMO									+ P X	Keto Bar, Peanut Butter Chocolatey	12 / 39g					G
628055 997085	11501	GMO									+ P X	Keto Bar, Rich Chocolatey Almond	12 / 39g					G
												Buy 35-59 cases		Save				1.80
												Buy 60-107 cases		Save				2.40
												Buy 108+ cases		Save				3.00

MOCOLATE | FUNCTIONAL SNACK BAR

627843 997436	37449										BC P X	Snack Bar, Chocolate Lion's Mane	9 / 50g					G
627843 997399	37440										BC P X	Snack Bar, Roasted Carob & Chaga	9 / 50g					G

PROBAR | NUTRITIONAL FOOD BAR

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

RATIO | KETO FRIENDLY SNACK BAR

065633 291133	39151										+	X Crunchy Bar, Lemon Almond	12 / 41g					G
065633 284555	39150										+	X Crunchy Bar, Toasted Almond	12 / 41g					G
												Buy 20-49 cases		Save				1.60
												Buy 50+ cases		Save				2.40

Chips & Savory Snacks

ANGIE'S BOOMCHICKAPOP | POPCORN & PUFFS

892773 000215	59508	GMO		GF							+	X BOOMCHICKAPOP, Popcorn, Lightly Sweet	8 / 142g					G
818780 015356	59516			GF							+	X BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g					G
892773 000246	59504	GMO		GF							+	X BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g					G
892773 000208	59513	GMO		GF							+	X BOOMCHICKAPOP, Sweet & Salty Kettle Corn Popcorn	8 / 198g					G
818780 012935	59518			GF							+	X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g					G

BARBARA'S BAKERY | CHEESE PUFFS

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

BEANFIELDS | BEAN CHIPS

852565 003343	10081	GMO		GF							X	Bean Chips, Black Bean w/Sea Salt	6 / 156g					G P
850008 457401	10019	GMO		GF							X	Bean Chips, Himalayan Pink Salt	6 / 156g					G
850008 457128	10018	GMO		GF							X	Bean Chips, Himalayan Salt + Vinegar	6 / 156g					G
852565 003367	10082	GMO		GF							X	Bean Chips, Jalapeno Nacho	6 / 156g					G
852565 003077	10017	GMO		GF							X	Bean Chips, Nacho	6 / 156g					G
852565 003039	10016	GMO		GF							X	Bean Chips, Pico De Gallo	6 / 156g					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
CASA BONITA CANTINA STYLE TORTILLA CHIPS																			
627843 861058	56603	GMO						*				+ P X	Tortilla Chips, Organic	6 / 300g					G
627843 861102	56604											+ P X	Tortilla Chips, Spent Grain Beer	6 / 300g					G
627843 861096	56605											+ P X	Tortilla Chips, Tajin	6 / 300g					G
CHEDZ CHEESE SNACKS																			
861258 000163	17920											X	Oven Baked Cheese Snack, Gluten Free Chia	6 / 113g					G
861258 000132	17921											X	Oven Baked Cheese Snack, Gluten Free Mild	6 / 113g					G
861258 000125	17922											X	Oven Baked Cheese Snack, Gluten Free Spicy	6 / 113g					G
861258 000118	17923											X	Oven Baked Cheese Snack, Mild	6 / 113g					G
861258 000101	17924											X	Oven Baked Cheese Snack, Spicy	6 / 113g					G
DJ&A VEGETABLE SNACKS																			
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
GLUTINO PRETZELS																			
678523 040119	37333											+	X Pretzel Sticks	12 / 400g					G
678523 040072	36160											+	X Pretzels	12 / 400g					G
678523 040225	37310											+	X Pretzels, Chocolate Covered	12 / 156g					G
678523 040249	37311											+	X Pretzels, Yogurt Covered	12 / 156g					G
HARDBITE HANDCRAFTED STYLE CHIPS																			
673513 240500	37459	GMO										BC P X	Potato Chips, All Natural	30 / 50g					G
673513 242504	37461	GMO										BC P X	Potato Chips, Rock Salt & Vinegar	30 / 50g					G
673513 241507	37460	GMO										BC P X	Potato Chips, Smokin' BBQ	30 / 50g					G
673513 406500	36427	GMO										BC P X	Potato Chips, Avo Oil, Apple Cider Vinegar	15 / 128g					G
673513 401505	36420	GMO										BC P X	Potato Chips, Avo Oil, Black Sea Salt	15 / 128g					G
673513 400508	36419	GMO										BC P X	Potato Chips, Avo Oil, Honey Dijon	15 / 128g					G
673513 404506	36424	GMO										BC P X	Potato Chips, Avo Oil, Smoked Paprika & Garlic	15 / 128g					G
673513 402502	36421	GMO										BC P X	Potato Chips, Avo Oil, Sweet Ghost Pepper	15 / 128g					G
673513 405503	36450	GMO										BC P X	Potato Chips, Avo Oil, Wasabi Ranch	15 / 128g					G
673513 104505	36411	GMO										BC P X	Potato Chips, All Dressed	15 / 150g					G
673513 001507	36412	GMO										BC P X	Potato Chips, All Natural	15 / 150g					G
673513 103508	37748	GMO										BC P X	Potato Chips, Avocado & Lime	15 / 150g					G
673513 031504	36416	GMO										BC P X	Potato Chips, Jalapeño	15 / 150g					G
673513 101504	37517	GMO										BC P X	Potato Chips, Ketchup	15 / 150g					G
673513 105502	36410	GMO										BC P X	Potato Chips, Pepper Jack	15 / 150g					G
673513 021505	36414	GMO										BC P X	Potato Chips, Rock Salt & Vinegar	15 / 150g					G
673513 091508	37516	GMO										BC P X	Potato Chips, Sea Salt & Pepper	15 / 150g					G
673513 011506	36413	GMO										BC P X	Potato Chips, Smokin' BBQ	15 / 150g					G
673513 107506	36428	GMO										BC P X	Potato Chips, Southwest Chili	15 / 150g					G
673513 106509	36425	GMO										BC P X	Potato Chips, Spicy Dill Pickle	15 / 150g					G
673513 041503	36417	GMO										BC P X	Potato Chips, Wild Onion & Yogurt	15 / 150g					G
673513 113552	37638	GMO										BC P X	Vegetable Chips, 18 Carrot Gold	15 / 150g					G
673513 119554	36426	GMO										BC P X	Vegetable Chips, Berry Smokey Parsnips, Chipotle	15 / 150g					G
673513 118557	36422	GMO										BC P X	Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g					G
673513 112555	37637	GMO										BC P X	Vegetable Chips, Drop 'N Mad Beets	15 / 150g					G
673513 111558	37518	GMO										BC P X	Vegetable Chips, Eat Your Parsnips	15 / 150g					G
673513 114559	37749	GMO										BC P X	Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g					G
673513 120550	36451	GMO										BC P X	Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g					G
673513 117550	36423	GMO										BC P X	Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet Potato	15 / 150g					G
673513 121557	36453	GMO										BC P X	Vegetable Chips, The Beet Goes On	15 / 150g					G
673513 501908	36457	GMO										BC P X	Potato Chips, RUGGED, All Dressed	12 / 275g					G
673513 501809	36456	GMO										BC P X	Potato Chips, RUGGED, All Natural	12 / 275g					G

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HUMBLE POTATO CHIPS																			
628678 211049	34303	GMO		GF		*		+			P X		12 / 150g						G
628678 211063	34305	GMO		GF		*		+			P X		12 / 150g						G
628678 211025	34301	GMO		GF		*		+			P X		12 / 150g						G
628678 211032	34302	GMO		GF		*		+			P X		12 / 150g						G
628678 211018	34300	GMO		GF		*		+			P X		12 / 150g						G
INDIANLIFE CHIPS																			
777762 004293	37601	GMO							BC		P X		12 / 170g						G
777762 004378	10073	GMO							BC		P X		12 / 170g						G
KETTLE BRAND POTATO CHIPS																			
084114 117786	37243			GF							X		24 / 45g						G
084114 117793	37244			GF							X		24 / 45g						G
084114 117809	37245	GMO		GF							X		24 / 45g						G
084114 117816	37246	GMO		GF							X		24 / 45g						G
084114 119117	37266			GF							X		12 / 220g						G
084114 119056	37263			GF							X		12 / 220g						G
084114 119100	37268	GMO		GF							X		12 / 220g						G
084114 129604	37729	GMO		GF							X		12 / 220g						G
084114 119032	37260	GMO		GF							X		12 / 220g						G
084114 119087	37261	GMO		GF							X		12 / 220g						G
084114 901255	36070	GMO		GF							X		12 / 220g						G
084114 126566	37633	GMO		GF							X		12 / 220g						G
084114 901248	36071	GMO		GF							X		12 / 220g						G
084114 119049	37262	GMO		GF							X		12 / 220g						G
084114 119063	37264			GF							X		12 / 220g						G
084114 119070	37265			GF							X		12 / 220g						G
084114 901682	37667	GMO		GF							X		12 / 220g						G
084114 901712	37666	GMO		GF							X		12 / 220g						G
084114 128003	37665	GMO		GF							X		12 / 220g						G
084114 119131	37270	GMO		GF							X		12 / 220g						G
084114 125767	37137			GF							X		9 / 397g						G
084114 901897	39210	GMO		GF							X		9 / 397g						G
084114 115973	37186	GMO		GF							X		9 / 397g						G
084114 901873	39211	GMO		GF							X		9 / 397g						G
LUNDBERG RICE CAKE MINIS																			
073416 570900	16336	GMO		GF		*					X		6 / 142g						
073416 571006	16337	GMO		GF		*					X		6 / 142g						
073416 570801	16338	GMO		GF		*					X		6 / 142g						
												Buy 22-65 cases	Save 1.34						
												Buy 66-109 cases	Save 2.02						
												Buy 110+ cases	Save 2.69						
NOOCHPOP! VEGAN CHEESY POPCORN																			
627843 956624	17800	GMO		GF		V			BC		P X		12 / 120g						G
628504 091005	17808	GMO		GF		V			BC		P X		12 / 120g						G
627843 956655	17802	GMO		GF		V			BC		P X		12 / 120g						G
627843 956631	17801	GMO		GF		V			BC		P X		12 / 120g						G
627843 956648	17803	GMO		GF		V			BC		P X		12 / 120g						G
PAQUI TORTILLA CHIPS																			
810002 650055	38944	GMO		GF							X		12 / 155g						G
891760 002331	38935	GMO		GF							X		12 / 155g						G
810002 650062	38945	GMO		GF							X		12 / 155g						G
891760 002577	38916	GMO		GF							X		12 / 155g						G
891760 002591	38917	GMO		GF							X		12 / 155g						G

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POW! PUFFS PLANT-BASED PUFFS																			
627987 603415	18807	GMO											12 / 100g						G
627987 603408	18806	GMO											12 / 100g						G
QUE PASA TORTILLA CHIPS																			
068826 212649	37812	GMO		GF	V	*			BC	P	X		12 / 142g						G
												Tortilla Chips, Grain Free Nacho, Organic (Made with Cassava)							
068826 212564	37813	GMO		GF	V	*			BC	P	X		12 / 142g						G
												Tortilla Chips, Grain Free Sea Salt, Organic (Made with Cassava)							
068826 212632	37814	GMO		GF	V	*			BC	P	X		12 / 142g						G
												Tortilla Chips, Grain Free Squeeze of Lime, Organic (Made with Cassava)							
068826 222587	37815	GMO		GF		*			BC	P	X		12 / 156g						G
												Tortilla Chips, Jalapeno & Lime, Organic							
068826 166171	37721	GMO		GF		*			BC	P	X		12 / 156g						G
												Tortilla Chips, Nacho, Organic							
068826 166188	37722	GMO		GF		*			BC	P	X		12 / 156g						G
												Tortilla Chips, Sweet & Spicy Ranch, Organic							
068826 166096	37686	GMO		GF		*			BC	P	X		12 / 300g						G
												Thin & Crispy Tortilla Chips, Sea Salt, Organic							
068826 176002	37382	GMO		GF		*			BC	P	X		12 / 350g						G
												Tortilla Chips, Blue, Salted, Organic							
068826 176118	37755	GMO		GF		*			BC	P	X		12 / 300g						G
												Tortilla Chips, Carnival Tri-Colour, Organic							
068826 176033	37384	GMO		GF		*			BC	P	X		12 / 350g						G
												Tortilla Chips, Natural, Salted, Organic							
068826 176026	37385	GMO		GF		*			BC	P	X		12 / 350g						G
												Tortilla Chips, Natural, Unsalted, Organic							
068826 176019	37383	GMO		GF		*			BC	P	X		12 / 300g						G
												Tortilla Chips, Red, Salted, Organic							
068826 166102	37687	GMO		GF		*			BC	P	X		12 / 300g						G
												Tortilla Chips, Twist of Lime, Organic							
RICEWORKS GOURMET RICE CHIPS																			
815506 014327	17905	GMO		GF									12 / 155g						G
												x Gourmet Rice Chips, Black Japonica							
060816 093238	17902	GMO		GF									12 / 155g						G
												x Gourmet Rice Chips, Salsa Fresca							
060816 093214	17900	GMO		GF									12 / 155g						G
												x Gourmet Rice Chips, Sea Salt							
037578 616296	17903	GMO		GF									12 / 155g						G
												x Gourmet Rice Chips, Sea Salt & Brown Golden Flax							
060816 093283	17901	GMO		GF									12 / 155g						G
												x Gourmet Rice Chips, Sweet Chili							
060816 093825	17906	GMO		GF									6 / 454g						G
												X Gourmet Rice Chips, Sweet Chili							
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS																			
829515 323516	37283	GMO		GF									12 / 120g						G
												X GARDEN VEGGIE STRAWS, Cheddar							
829515 308582	37280												12 / 142g						G
												X GARDEN VEGGIE STRAWS, Original							
829515 324636	37284												12 / 120g						G
												X GARDEN VEGGIE STRAWS, Rosemary & Olive Oil							
829515 324629	37285												12 / 120g						G
												X GARDEN VEGGIE STRAWS, Zesty Ranch							
SKINNYPOP POPCORN																			
850251 004148	38913	GMO		GF	V								10 / 6x18g						G
												X Popcorn, Original							
850251 004117	38915	GMO		GF	V								12 / 125g						G
												X Popcorn, Original							
850251 004360	38914	GMO		GF	V								12 / 125g						G
												X Popcorn, Sea Salt & Pepper							
816925 021088	38954	GMO		GF	V								12 / 150g						G
												X Popcorn, Sweet & Salty Kettle							
850251 004346	38912	GMO		GF	V								12 / 125g						G
												X Popcorn, White Cheddar							
816925 022313	38965	GMO		GF	V								6 / 227g						G
												X Popcorn, Original							
SKIPPY'S KETTLE CORN																			
627843 308140	17931								BC	P	X		12 / 135g						G
												PERFECT POP, Butter							
737332 876750	17932								BC	P	X		12 / 180g						G
												PERFECT POP, Caramel							
737332 876743	17933								BC	P	X		12 / 135g						G
												PERFECT POP, Cheddar							
627843 308157	17930								BC	P	X		12 / 180g						G
												PERFECT POP, Sweet & Salty							
627843 308232	90960								BC	P	X		18 / 250g						G
												CRUNCH, Dark Chocolate Sea Salt (S/O)							
627843 308195	90961								BC	P	X		18 / 250g						G
												CRUNCH, Original Blue Ribbon (S/O)							
627843 308188	90962								BC	P	X		18 / 250g						G
												CRUNCH, Peanut (S/O)							
SOUTHERN RECIPE SMALL BATCH PORK RINDS																			
077079 004222	37400												15 / 85g						G
												X Pork Rinds, Korean Kimchi BBQ							
077079 004529	37402												15 / 85g						G
												X Pork Rinds, Pineapple Ancho Chile							
077079 004239	37401												15 / 85g						G
												X Pork Rinds, Sea Salt & Cracked Black Pepper							
077079 004512	37403												15 / 85g						G
												x Pork Rinds, Spicy Dill							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	X	PACK	SIZE				G	P	U	
VEGAN ROB'S PLANT BASED SNACKS																			
816678 020727	10142	GMO		GF	V							12 / 99g							G
816678 020109	10126	GMO		GF	V							12 / 99g							G
859941 005915	10125	GMO		GF	V							12 / 99g							G
816678 020154	10127	GMO		GF	V							12 / 99g							G
816678 021090	10143	GMO		GF	V							12 / 99g							G
													Buy 20-40 cases	Save	15%				
													Buy 41-71 cases	Save	20%				
													Buy 72+ cases	Save	25%				

Chocolate

ALTER ECO | CHOCOLATE TREAT

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

CAMINO | CHOCOLATE BAR

752612 100684	37010						*	@			X	Dark Chocolate, 55% Cacao, Coconut Milk, Organic (Dairy Alternative)	14 / 80g						G
752612 100660	37683						*	@			X	Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g						G
752612 100653	37684						*	@			X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g						G
752612 100691	37011						*	@			X	Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g						G
752612 100677	37009						*	@			X	Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g						G
752612 100165	36476						*	@			X	Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g						G
752612 100196	36734						*	@			X	Dark Chocolate, 55% Cacao, Organic	12 / 100g						G
752612 100240	37007						*	@			X	Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g						G
752612 100363	37273						*	@			X	Dark Chocolate, 65% Cacao, Raspberries, Organic	12 / 100g						G
752612 100202	36735						*	@			X	Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g						G
752612 100172	36475						*	@			X	Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g						G
752612 100349	37258						*	@			X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g						G
752612 100356	37259						*	@			X	Milk Chocolate, Sea Salt, Organic	12 / 100g						G
752612 100158	36474						*	@			X	Milk Chocolate, Organic	12 / 100g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
DIVINE CHOCOLATE BAR																			
852749 004074	35606				V		@						12 / 85g						G
852749 004067	35601	GMO			V		@						12 / 85g						G
852749 004050	35608	GMO			V		@						12 / 85g						G
852749 004081	35605	GMO			V		@						12 / 85g						G
852749 004043	35600	GMO			V		@						12 / 85g						G
852749 004036	35607	GMO			V		@						12 / 85g						G
852749 004012	35602						@						12 / 85g						G
852749 004029	35604						@						12 / 85g						G
852749 004791	35603						@						12 / 85g						G
ENDANGERED SPECIES CHOCOLATE BAR																			
037014 242379	36219	GMO		GF	V		@						12 / 85g						G
037014 000528	37745	GMO		GF			@						12 / 85g						G
037014 242287	36213	GMO		GF	V		@						12 / 85g						G
037014 000139	37450	GMO		GF	V		@						12 / 85g						G
037014 242478	36661	GMO		GF	V		@						12 / 85g						G
037014 242263	36212	GMO		GF	V		@						12 / 85g						G
037014 100136	37451	GMO		GF			@						12 / 85g						G
037014 242300	36221	GMO		GF	V		@						12 / 85g						G
037014 242317	36216	GMO		GF			@						12 / 85g						G
037014 321029	36224	GMO		GF	V		@						12 / 85g						G
037014 321012	36223	GMO		GF	V		@						12 / 85g						G
037014 321050	36214	GMO		GF	V		@						12 / 85g						G
JUSTIN'S NUT BUTTER CUPS																			
840379 153668	10562	GMO		GF		*							6 / 120g						G
840379 188455	10561	GMO		GF		*							12 / 40g						G
840379 100051	10560	GMO		GF		*							12 / 40g						G
LILY'S NO SUGAR ADDED CHOCOLATE BAR																			
810003 460486	21358			GF			@						12 / 85g						G
810003 460462	21356			GF			@						12 / 85g						G
810003 460479	21357			GF			@						12 / 85g						G
810003 460455	21355			GF			@						12 / 85g						G
810003 460912	21362			GF			@						12 / 80g						G
810003 460929	21363			GF			@						12 / 80g						G
810003 460493	21359			GF			@						12 / 85g						G
810003 460509	21360			GF			@						12 / 85g						G
810003 460905	21361			GF			@						12 / 80g						G
PRANA ORGANIC CHOCOLATE BARK																			
877693 003195	26086	GMO		GF		*	@	+	P	X			8 / 100g						G
877693 003201	26087	GMO		GF		*	@	+	P	X			8 / 100g						G
877693 003232	26091	GMO		GF		*	@	+	P	X			8 / 100g						G
877693 003225	26089	GMO		GF		*	@	+	P	X			8 / 95g						G
877693 008640	17764	GMO		GF	V	*	@				P	X	4 / 412g						G
	60130												1 / ea						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
THEO CHOCOLATE																			
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
													Buy 10-19 cases						Save 5.16
													Buy 20+ cases						Save 6.48
874492 003210	11991	GMO					*	@				X	Peanut Butter Cups, Dark Chocolate	12 / 38g					G
874492 004910	11990	GMO					*	@				X	Peanut Butter Cups, Dark Chocolate Peanut Butter & Jelly, Organic	12 / 38g					G
874492 003227	11992	GMO					*	@				X	Peanut Butter Cups, Milk Chocolate	12 / 38g					G
													Buy 10-19 cases						Save 3.00
													Buy 20+ cases						Save 3.78
ZAZUBEAN CHOCOLATE BAR																			
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
872227 000220	14740	GMO					*	@			P	X	Coconut Sugar Chocolate, Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g					G
872227 000206	14739	GMO					*	@			P	X	Coconut Sugar Chocolate, Sassy - Pomegranate & Hazelnut (55% Cacao), Organic	12 / 85g					G
872227 000107	14737	GMO					*	@			P	X	Dark Chocolate, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g					G
872227 000060	14734	GMO					*	@			P	X	Dark Chocolate, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g					G
872227 000015	14733	GMO					*	@			P	X	Dark Chocolate, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g					G
872227 000046	14731	GMO					*	@			P	X	Dark Chocolate, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g					G
872227 000169	14732	GMO					*	@			P	X	Dark Chocolate, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g					G
872227 000084	14735	GMO					*	@			P	X	Dark Chocolate, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g					G
872227 000121	14736	GMO					*	@			P	X	Dark Chocolate, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g					G
872227 000145	07189	GMO					*	@			P	X	Milk Chocolate, Smooch - Vanilla Caramel Crunch (46% Cacao), Organic	12 / 85g					G
872227 000589	14762						@				P	X	SLINKY Half The Sugar, Nuts & Berries (67% Cacao)	12 / 80g					G
872227 000565	14761	GMO					*	@			P	X	SLINKY Half The Sugar, Salted Almonds (70% Cacao), Organic	12 / 80g					G
872227 000602	14763						@				P	X	SLINKY No Added Sugar, Creamy Hazelnut (44% Cacao)	12 / 80g					G
872227 000541	14760						@				P	X	SLINKY No Added Sugar, Grass Fed Swiss Milk (50% Cacao)	12 / 80g					G
872227 000640	14765						@				P	X	SLINKY No Added Sugar, Hazelnut Mocha Latte (43% Cacao)	12 / 80g					G
872227 000626	14764						@				P	X	SLINKY No Added Sugar, Super Dark Panama (85% Cacao)	12 / 80g					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
872227 000961	14771	GMO					*	@			P X	12	/ 80g						G
												SLINKY, No Added Sugar, Hazelnut Almond Crunch (43% Cacao), Organic							
872227 000947	14772	GMO					*	@			P X	12	/ 85g						G
												Coconut Sugar Chocolate, Breezy - Cashew & Hazelnut (55% Cacao), Organic							
ZIMT CHOCOLATE BAR																			
628055 532033	11003	GMO		GF			*		BC		P X	12	/ 40g						G
												Raw Chocolate, Peppermint Nib'd, Organic							
628055 532026	11002	GMO		GF			*		BC		P X	12	/ 40g						G
												Raw Chocolate, Salt of the Earth, Organic							

Confectionery

ANNIE'S HOMEGROWN BUNNY FRUIT SNACKS MIX & MATCH ALLOWED																			
013562 111510	16526	GMO		GF			*					12	/ 5x23g						G
												BUNNY FRUIT, Berry Patch, Organic							
013562 111503	16525	GMO		GF			*					12	/ 5x23g						G
												BUNNY FRUIT, Summer Strawberry, Organic							
												Buy 25-49 cases		Save 3.92					
												Buy 50+ cases		Save 5.89					
CHIMES CANDY																			
051299 111236	35325	GMO									X	12	/ 42.5g						G
												Ginger Chews, Cayenne Lemon							
051299 111298	35272	GMO									X	12	/ 42.5g						G
												Ginger Chews, Mango							
051299 111243	35324	GMO									X	12	/ 42.5g						G
												Ginger Chews, Meyer Lemon							
051299 111304	35273	GMO									X	12	/ 42.5g						G
												Ginger Chews, Orange							
051299 111267	35269	GMO									X	12	/ 42.5g						G
												Ginger Chews, Original							
051299 111281	35271	GMO									X	12	/ 42.5g						G
												Ginger Chews, Peppermint							
051299 111519	35267	GMO										20	/ 141.8g						G
												Ginger Chews, Mango							
051299 111311	35264	GMO										20	/ 141.8g						G
												Ginger Chews, Original							
051299 111649	35326	GMO										12	/ 100g						G
												Hard Toffee, Spiced Chai							
051299 111663	35279	GMO										12	/ 100g						G
												Hard Toffee, Toasted Coconut							
CLAWHAMMER ORGANIC MINTS																			
628371 190481	35119	GMO					*	+			P X	12	/ 30g						G
												Mints, Black Licorice, Organic							
628371 190313	35120	GMO					*	+			P X	12	/ 30g						G
												Mints, Hot Cinnamon, Organic							
628371 190320	35121	GMO					*	+			P X	12	/ 30g						G
												Mints, Spicy Ginger Root, Organic							
628371 190306	35122	GMO					*	+			P X	12	/ 30g						G
												Mints, Strong Peppermint, Organic							
DANDIES VEGAN MARSHMALLOWS																			
897581 000471	02650	GMO					V				X	20	/ 142g						G
												Vegan Marshmallows, Maple Flavoured							
897581 000372	02370	GMO					V				X	12	/ 283g						G
												Marshmallows, Mini Vanilla Flavoured							
897581 000365	02260	GMO					V				X	12	/ 283g						G
												Marshmallows, Vanilla Flavoured							
EFRUTI FRUIT JUICE GUMMI CANDIES																			
055976 104016	35064										X	24	/ 100g						G
												Fruit Juice Candies, Fruit Bears							
055976 104023	35065										X	24	/ 100g						G
												Fruit Juice Candies, Fruit Berries							
	37922						B				X	1	/ 3kg						G
												Fruit Juice Candies, Fruit Bears							
	37018						B				X	1	/ 3kg						G
												Fruit Juice Candies, Fruit Berries							
GINGER PEOPLE GINGER CANDY																			
734027 905016	35010	GMO										12	/ 100g						G
												Crystallized Ginger							
734027 905337	35703	GMO									X	12	/ 60g						G
												Gin Gins, Ginger Candy, Double Strength							
734027 905054	35012	GMO										12	/ 84g						G
												Gin Gins, Ginger Candy, Hard							
734027 902039	35018	GMO									X	12	/ 31g						G
												Gin Gins, Ginger Candy, Super Strength Caramels							
734027 905023	35011	GMO									X	12	/ 84g						G
												Gin Gins, Ginger Chews, Original							
734027 905320	35702	GMO									X	12	/ 60g						G
												Gin Gins, Ginger Chews, Original							
734027 902053	35025	GMO									X	12	/ 45g						G
												Gin Gins, Ginger Chews, Original							
734027 901551	35019	GMO										12	/ 128g						G
												Gin Gins, Ginger Chews, Original							
734027 551459	35027						B	GF			X	1	/ 5kg						G
												Gin Gins, Ginger Chews, Original (S/O)							
734027 905344	35701	GMO									X	12	/ 60g						G
												Gin Gins, Ginger Chews, Spicy Turmeric							
GINGER PEOPLE CRYSTALLIZED GINGER																			
734027 920514	35029						*					12	/ 112g						G
												Ginger, Crystallized, Organic (Box)							

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HEALTHY HIPPO LOW SUGAR CANDY																			
628176 040240	17654										BC P X	Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g						G
628176 040103	17650										BC P X	Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g						G
628176 040127	17651										BC P X	Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g						G
628176 040110	17652										BC P X	Sour Keys. Sweetened w/Monk Fruit	12 / 50g						G
628176 040134	17653										BC P X	Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g						G
HUER SENSIBLE SWEETS																			
771047 004633	15407										P	SENSIBLE SWEETS, Allsorts	12 / 170g						G
771047 004664	15406										P	SENSIBLE SWEETS, Jelly Babies	12 / 170g						G
771047 004503	15404				V						P	SENSIBLE SWEETS, Soft Fruits Gelées	12 / 130g						G
771047 004732	15411										P	SENSIBLE SWEETS, Sour Suckers	12 / 150g						G
771047 004725	15408										P	SENSIBLE SWEETS, Sour Wine Gums	12 / 170g						G
771047 004565	15405										P	SENSIBLE SWEETS, Teddy Bears (20% Fruit Juice)	12 / 170g						G
771047 004695	15409				V						P	SENSIBLE SWEETS, Vegan Bears	12 / 150g						G
771047 004602	15410										P	SENSIBLE SWEETS, Wine Gums	12 / 170g						G
771047 022972	90663	GMO	B					V			P	SENSIBLE SWEETS, Vegan Bears (S/O)	6 / 1kg						G
771047 961387	90660		B								P	SENSIBLE SWEETS, Allsorts (S/O)	3 / 3kg						G
771047 961325	90661		B								P	SENSIBLE SWEETS, Jelly Babies (S/O)	4 / 3kg						G
771047 961509	90662		B								P	SENSIBLE SWEETS, Soft Fruits Gelées (S/O)	2 / 3kg						G
771047 961394	90664		B								P	SENSIBLE SWEETS, Wine Gums (S/O)	4 / 3kg						G
MINTIQ SUGAR FREE MINTS																			
628371 110014	35123	GMO									+ P X	Mints, Farwest Spearmint (no aspartame)	6 / 15.6g						G
628371 110038	35124	GMO									+ P X	Mints, Pomegranate (no aspartame)	6 / 15.6g						G
628371 110021	35125	GMO									+ P X	Mints, Spicy Cinnamon (no aspartame)	6 / 15.6g						G
PANDA LICORICES																			
075172 079451	35074										X	Bars, Natural Black	20 / 32g						G
075172 079475	35075										X	Bars, Natural Strawberry	20 / 32g						G
075172 079734	35069										X	Chews, Bear Shaped, Natural Black (bag)	12 / 125g						G
075172 071646	35068											Chews, Natural Black (bag)	12 / 170g						G
075172 078560	35071		B								X	Chews, Natural Black	1 / 1.8kg						G
Snack Foods																			
BIOITALIA PUREES																			
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 10-19 cases	Save 10%						
												Buy 20+ cases	Save 15%						
661475 200045	33140									*	X	Purée, Purity, Apple, Organic (pouch) (S/O)	6 / 120g						
661475 201042	33141									*	X	Purée, Purity, Plum, Organic (pouch) (S/O)	6 / 120g						
CHIWIWIS SUPERFRUIT SNACK																			
628451 225010	11307										P X	Fruit Chips, Kiwi, Original	12 / 50g						G
628451 225027	11308										P X	Fruit Chips, Kiwi, Tropical	12 / 50g						G
628451 225263	11352										P X	Fruit Chips, Mango	12 / 50g						G
628451 225287	11350										P X	Fruit Chips, Orange	12 / 50g						G
628451 225270	11351										P X	Fruit Chips, Pina (pineapple)	12 / 50g						G
EDEN PACKAGED SNACK FOOD																			
024182 020847	35061		GF							*	X	Pumpkin Seeds, Dry Roasted, Organic	15 / 113g						G
FERIDIES PEANUTS																			
045518 011261	34700	GMO										Virginia Peanuts, Honey Roasted	12 / 255g						G
045518 009022	34702	GMO										Virginia Peanuts, Salted	12 / 255g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
NOBLE JERKY VEGAN JERKY																			
851335 000933	30380	GMO			V				BC	P			12 / 70g						G
851335 000964	30381	GMO			V				BC	P			12 / 70g						G
851335 000988	30382	GMO			V				BC	P			12 / 70g						G
851335 000902	30383	GMO			V				BC	P			12 / 70g						G
851335 000971	30384	GMO			V				BC	P			12 / 70g						G
851335 000926	30385	GMO			V				BC	P			12 / 70g						G
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES																			
662166 557028	18551	GMO											8 / 60g						G
662166 557011	18550	GMO											8 / 60g						G
662166 557035	18552	GMO											8 / 60g						G
PRANA ORGANIC SNACKS																			
877693 003331	26151	GMO		GF		*	@	+		P	X		8 / 125g						G
877693 003355	26153	GMO		GF		*	@	+		P	X		8 / 125g						G
877693 003348	26152	GMO		GF		*		+		P	X		8 / 125g						G
877693 001641	26108	GMO		GF		*		+		P			8 / 150g						G
877693 000033	26102	GMO		GF		*		+		P			8 / 150g						G
877693 000118	26105	GMO		GF		*		+		P			8 / 150g						G
877693 000019	26103	GMO		GF		*		+		P			8 / 150g						G
877693 000149	26107	GMO		GF		*		+		P			8 / 150g						G
877693 000132	26106	GMO		GF		*		+		P			8 / 150g						G
877693 001863	26109	GMO		GF		@		+		P			8 / 150g						G
877693 000071	26101	GMO		GF		*	@	+		P			8 / 150g						G
877693 001672	34102	GMO		GF		*		+		P			6 / 325g						G
877693 000125	26104	GMO		GF		*		+		P			8 / 150g						G
877693 003065	26063	GMO		GF		*		+		P			8 / 150g						G
877693 003058	26062	GMO		GF		*		+		P			8 / 150g						G
877693 001665	34101	GMO		GF		*		+		P			6 / 310g						G
877693 003072	26059	GMO		GF		*		+		P			8 / 150g						G
	60130												1 / ea						
RICEWORKS O3MG FRUIT BARS																			
815506 010107	17890	GMO		GF						X			9 / 50g						G
815506 010121	17891	GMO		GF						X			9 / 50g						G
815506 010145	17892	GMO		GF						X			9 / 50g						G
ZIMT MACAROONS																			
628055 532088	21100					*			BC	P	X		9 / 82g						G

SOUPS & BROTHS

Broths & Bouillons

BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

627843 623564	68604					*			BC	P	X		6 / 420ml						
627843 623571	68605					*			BC	P	X		6 / 420ml						

BLUEBIRD PROVISIONS | INSTANT BONE BROTH MIX

627843 623557	68603								BC	P			6 / 200g						
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BO & MARROW | BROTH (FROZEN)

627843 674382	66000			GF				+		P	X		6 / 591ml						
627843 674306	66001			GF				+		P	X		6 / 591ml						
627843 674320	66003			GF				+		P	X		6 / 591ml						
627843 674337	66002			GF				+		P	X		6 / 591ml						
627843 674375	66004			GF	V			+		P	X		6 / 591ml						

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IMAGINE FOODS | BROTH

084253 773560	37800	GMO																		Bone Broth, Chicken	12 / 1L
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 773546	38785			GF		*														Broth, Miso, 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

PACIFIC FOODS | BROTH

052603 055178	38737			GF		*														Broth, Chicken Low Sodium, Organic	6 / 4x236ml
052603 055154	38736			GF		*														Broth, Vegetable, Organic	6 / 4x250ml
052603 067249	38082																			Buy 20+ cases (Mix & Match Small Broths Only)	Save 2.64
																				Bone Broth, Chicken, Unsalted	12 / 946ml
																				Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup)	Save 3.63
052603 067256	38080	GMO				*														Broth, Beef, Organic	12 / 946ml
052603 054089	38069			GF		*														Broth, Chicken, Low Sodium, Organic	12 / 946ml
052603 054072	38079			GF		*														Broth, Chicken, Organic	12 / 946ml
052603 054058	38811			GF		*														Broth, Mushroom, Organic	12 / 1L
052603 054379	38118			GF		*														Broth, Vegetable, Low Sodium, Organic	12 / 1L
052603 054119	38183			GF		*														Broth, Vegetable, Organic	12 / 1L
																				Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup)	Save 5.04
052603 067232	38081																			Bone Broth, Chicken, Unsalted	12 / 237ml
052603 282383	38084	GMO																		Bone Broth, Chicken	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

HARVEST SUN | BOUILLON CUBES & BROTH POWDER

621234 905604	38404			GF		*														Bouillon Cubes, Chicken, Organic	15 / 6ea
621234 966018	38706			GF		*														Bouillon Cubes, Chicken, Low Sodium, Organic	15 / 6ea
621234 905109	38397			GF		V	*													Bouillon Cubes, Herbal, Organic	15 / 6ea
621234 905406	38400			GF		V	*													Bouillon Cubes, Vegetable, Low Sodium, Organic	15 / 6ea
621234 905000	38398			GF		V	*													Bouillon Cubes, Vegetable, Organic	15 / 6ea
621234 966100	38709						*													Broth Powder, Chicken, Yeast-Free, Organic	6 / 120g
621234 966025	38707						V	*												Broth Powder, Vegetable, Organic	6 / 180g

Instant Soups

KOYO | RAMEN

065493 064335	39106																			X Ramen, Asian Vegetables	12 / 60g
065493 064359	39100																			X Ramen, Garlic Pepper	12 / 60g
065493 064342	39101																			X Ramen, Lemongrass Ginger	12 / 60g
065493 064304	39102																			X Ramen, Mushroom	12 / 57g
065493 064311	39103																			X Ramen, Seaweed	12 / 57g
065493 064366	39104																			X Ramen, Soba Buckwheat Noodles	12 / 60g
065493 064328	39105																			X Ramen, Tofu & Miso	12 / 57g

LOTUS FOODS | RICE RAMEN MISO SOUP

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/C	X	PACK	SIZE				G	P	U	
THAI KITCHEN RICE NOODLE SOUP																			
737628 047000	30310											12 / 45g							
737628 030002	30309											12 / 45g							
737628 047505	30311											12 / 45g							
737628 029501	30308											12 / 45g							
737628 046508	30312											12 / 45g							
													Buy 30-49 cases						Save 15%
													Buy 50+ cases						Save 20%
737628 085507	38291											6 / 68g							
737628 086504	38292											6 / 68g							
737628 065509	38227											6 / 68g							
737628 062508	38226											6 / 68g							
737628 066001	38228											6 / 68g							
737628 086009	38293											6 / 68g							

Ready-To-Serve Soups

AMY'S CANNED SOUP																			
042272 905140	38321											12 / 398ml							
042272 905041	38157			GF		*						12 / 398ml							
042272 905348	38328					*						12 / 398ml							
042272 907403	38322	GMO				*						12 / 398ml							
042272 905867	38609			GF		*						12 / 398ml							
042272 905362	38067			GF		*						12 / 398ml							
042272 905409	38668			GF		*						12 / 398ml							
042272 905065	38155					*						12 / 398ml							
042272 905010	38156			GF		*						12 / 398ml							
042272 905478	38669			GF		*						12 / 398ml							
042272 905911	38716			GF		*						12 / 398ml							
042272 905935	38715			GF		*						12 / 398ml							
042272 905836	38666			GF		*						12 / 398ml							
042272 905829	38607			GF		*						12 / 398ml							
042272 905355	38330			GF		*						12 / 398ml							
042272 905027	38152			GF		*						12 / 398ml							
042272 905850	38667					*						12 / 398ml							
042272 905072	38154					*						12 / 398ml							
042272 906260	38751	GMO		GF		*						12 / 398ml							
042272 905034	38153					*						12 / 398ml							
042272 906697	38783	GMO		GF		*						12 / 398ml							
042272 905843	38608			GF		*						12 / 398ml							
042272 905058	38216			GF		*						12 / 398ml							
042272 905089	38217					*						12 / 398ml							

IMAGINE FOODS | NATURAL SOUP

084253 241441	38749	GMO		GF		*						12 / 1L							
084253 242417	38272			GF		*						12 / 1L							
084253 246514	38644			GF		*						12 / 1L							
084253 242479	38278			GF		*						12 / 1L							

PACIFIC FOODS | SOUP

052603 281409	38091	GMO				*						12 / 284ml							
052603 281393	38092											12 / 284ml							
052603 279543	38090	GMO				*						12 / 284ml							
													Buy 15+ cases (Mix & Match Condensed Can Soups Only)						Save 3.04

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U	
052603 054973	38812	GMO				*							12 / 472ml							
052603 054959	38814	GMO				*							12 / 472ml							
052603 054966	38813	GMO				*							12 / 472ml							
052603 054805	38673	GMO				*							12 / 472ml							
													Buy 20+ cases (Mix & Match with any 320ml/472ml Soups or 365ml/480ml Beans)	Save	4.80					
052603 281287	38083	GMO				*							12 / 946ml							
052603 054218	38269	GMO				*							12 / 1L							
052603 054034	38214	GMO				*							12 / 1L							
052603 054584	38638	GMO				*							12 / 1L							
052603 054096	38132	GMO				*							12 / 1L							
052603 054577	38639	GMO				*							12 / 1L							
052603 054041	38218	GMO				*							12 / 1L							
													Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup)	Save	6.17					
052603 284257	38085	GMO				*							12 / 946ml							
052603 284264	38086	GMO				*							12 / 946ml							

Soup Mixes

BOB'S RED MILL | SOUP MIX

039978 001283	38938	GMO				*															X Soup Mix, Vegi	4 / 794g	
039978 001276	38934	GMO				*																X Soup Mix, 13 Bean	4 / 822g

SWEETENERS

CAMINO | SUGAR

752612 200025	44297					*	@															Golden Cane Sugar (Turbinado), Organic	6 / 1kg	
752612 220023	44298					*	@																Whole Brown Sugar (Muscovado), Organic	6 / 1kg
752612 300169	44299		B			*	@																X Golden Cane Sugar (Turbinado), Organic	1 / 25kg

CANADIAN HERITAGE ORGANICS | MAPLE BUTTER & SYRUP

620892 000140	44259	GMO				*		+	P													Maple Butter, Organic	12 / 160g	
620892 000065	44262	GMO				*		+	P														Maple Syrup, Amber, Organic	12 / 250ml
620892 000232	44264	GMO				*		+	P														Maple Syrup, Dark, Organic	12 / 250ml
620892 000072	44263	GMO				*		+	P														Maple Syrup, Amber, Organic	12 / 500ml
620892 000249	44265	GMO				*		+	P														Maple Syrup, Dark, Organic	12 / 500ml
620892 000294	44266	GMO				*		+	P														Maple Syrup, Very Dark, Organic	12 / 500ml
620892 000256	44257	GMO				*		+	P														Maple Syrup, Dark, Organic	12 / 1L
620892 000089	44258	GMO				*		+	P														Maple Syrup, Amber, Organic	12 / 1L
620892 000300	44267	GMO				*		+	P														Maple Syrup, Very Dark, Organic	12 / 1L
													Buy 15+ cases	Save	20%									

CRAVE | SWEETENER

884063 000678	23030	GMO				*			BC	P													Stevia Bakers Blend, Brown, Organic	6 / 380g
884063 000661	23031	GMO				*			BC	P													Stevia Bakers Blend, White, Organic	6 / 380g
884063 000500	23034	GMO				*			BC	P													Stevia, Natural (shaker jar), Organic	6 / 45g
884063 300013	23033	GMO				*				P													SWEETNESS, Pure Erythritol, Organic	6 / 400g

EDEN FOODS | BARLEY MALT SYRUP

024182 493153	44050					*																	Barley Malt Syrup, Organic	12 / 566g
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ELIAS | HONEY

055013 000318	44069					*																	Liquid Squeeze Honey Bear, Unpasteurized, Canada #1 White	12 / 375g	
055013 000226	44068					*			BC	P														Liquid Squeeze Honey, Canada #1 White	12 / 500g
055013 000127	44067					*			BC	P														Liquid Squeeze Honey, Canada #1 White	12 / 1kg

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ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUP																			
187248 000266	44229							*	+	P		6 / 200ml							
187248 000204	44228							*	+	P		6 / 200ml							
187248 000273	44234							*	+	P		6 / 500ml							
187248 000228	44233							*	+	P		6 / 500ml							
FLORIDA CRYSTALS SUGAR																			
075779 311145	44083							*				6 / 907g							
KRISDA SUGAR-FREE SWEETENER																			
688120 044540	23023	GMO						*		P		6 / 454g							
688120 024542	23022									P		6 / 454g							
688120 034541	23021									P		6 / 454g							
1068812 020023	93041		B							X		1 / 10kg							
												Buy 45+ cases (mix & match)	Save 20%						
LAKANTO MONKFRUIT BLEND SWEETENER																			
843076 000105	44221	GMO										8 / 235g							
843076 000099	44217	GMO										8 / 235g							
843076 001225	44218	GMO										8 / 454g							
843076 001232	44219	GMO										8 / 454g							
843076 000525	44216	GMO										8 / 453g							
843076 000129	44220	GMO										8 / 800g							
843076 000112	44215	GMO										8 / 800g							
LEVEL GROUND TRADING DIRECT FAIR TRADE SUGAR																			
661594 712306	44307							*	@	P		12 / 500g							
661594 812303	44310							*	@	P		6 / 2kg							
661594 000083	44314							*	@	P		1 / 20kg							
LUNDBERG BROWN RICE SYRUP																			
073416 001800	24108			GF				*				12 / 460ml							
												Brown Rice Syrup, Sweet Dreams, Organic							
												Buy 32-63 cases	Save 5.57						
												Buy 64-95 cases	Save 8.35						
												Buy 96+ cases	Save 11.14						
073416 001657	24109	GMO	B	GF						X		1 / 25kg							
												X Brown Rice Syrup, Sweet Dreams, Eco-Farmed							
												Buy 50+ cases	Save 11.53						
MCKENZIE'S COUNTRY FARM HONEY																			
056113 001700	44084									+	P		12 / 500g						
ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR																			
182583 000025	22214		GF					*		P		12 / 475g							
ST. MICHAEL HONEY																			
771901 101355	44005		B							+	P	X	1 / 3kg						
SWERVE SWEETENER																			
852700 300191	32701	GMO										6 / 340g							
852700 300290	32702	GMO										6 / 340g							
852700 300399	32703	GMO										6 / 340g							
WHOLESOME NATURAL & ORGANIC SWEETENER																			
012511 971069	44158	GMO	GF					*	@			6 / 454g							
012511 320041	44018	GMO	GF					*	@			6 / 454g							
012511 446529	44037	GMO	GF					*	@			6 / 680g							
012511 446413	44036	GMO	GF					*	@			6 / 680g							
012511 444716	44029	GMO	GF					*	@			6 / 680g							
012511 406004	44127	GMO	GF					*	@			6 / 907g							
012511 470715	44198	GMO	GF					@				6 / 680g							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U	
012511 600006	44072	GMO		GF		*	@						12 / 662g							
012511 700003	44199	GMO		GF		*	@						6 / 1.33kg							
012511 976354	44157	GMO		GF		*							6 / 35g							
012511 976750	44159	GMO		GF		*							6 / 75g							
012511 976606	44182	GMO		GF		*							6 / 170g							
012511 471217	44091	GMO		GF		*	@						6 / 240ml							
012511 472313	44093	GMO		GF		*	@						6 / 480ml							
012511 473235	44094			GF		*	@						6 / 480ml							
012511 470319	44197	GMO		GF		*	@						6 / 454g							
012511 945005	44191	GMO		GF		*							1000 / 1g							

WILD COUNTRY | HONEY

621234 600165	44107					*		+	P				12 / 500g							
621234 610041	44109					*		+	P				12 / 500g							
621234 600400	44108					*		+	P				12 / 500g							
621234 600196	44106					*		+	P				12 / 500g							
621234 600035	44210					*		+	P				12 / 500g							
621234 600042	44212					*		+	P				12 / 500g							

COOLER

PSC ships with minimum 2 weeks dating on most cooler items, unless otherwise noted.

DAIRY PRODUCTS

Butters

L'ANCÊTRE | BUTTER (REFRIGERATED)

778177 106961	43000	GMO				*		+	P				12 / 250g							
778177 106978	43001	GMO				*		+	P				12 / 250g							
778177 107968	43002					*		+	P				12 / 250g							
778177 107975	43003					*		+	P				12 / 250g							
778177 106985	43005					*		+	P				6 / 454g							
778177 106992	43006					*		+	P				6 / 454g							

Preserving Supplies

YOGOURMET | CULTURES (REFRIGERATED)

056828 121069	52038					*		+	P				6 / 18g							
060988 212031	52036					*		+	P				6 / 18g							
056828 121090	52037					*		+	P				6 / 18g							

Yogurts & Sour Creams

GREEK GODS | GREEK STYLE YOGURT (REFRIGERATED)

078355 471103	52351					*							6 / 500g							
078355 471158	52350					*							6 / 500g							
078355 450009	52084					*							6 / 500g							

SAUGEEN COUNTRY DAIRY | KEFIR & YOGURT (REFRIGERATED)

778716 065018	52303					*		+	P				6 / 650g							
778716 090812	52305					*		+	P				6 / 908g							
778716 090829	52306					*		+	P				6 / 908g							
	52301	B				*		+	P				1 / 3.5kg							

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Cheeses

Please note that sizes of bulk cheeses may vary and that weights stated here are an approximation.

Invoices will reflect the price based on the actual case weight multiplied by the price per kilogram.

KRINOS FOODS | CHEESE (REFRIGERATED)

055498 028937	59181																			Greek Sheep & Goat Feta Cheese, Organic	12 / 150g
055498 120105	59180																			Traditional Feta Cheese, Pail (S/O)	1 / 3kg

L'ANCÊTRE | CHEESE (REFRIGERATED)

778177 009057	50106	GMO																		Baluchon, Cheese	8 / 145g
778177 499377	50061																			Cheddar, 1 Year, Organic (raw milk)	8 / 200g
778177 499391	50049	GMO																		Cheddar, Aged 3 years, Organic	8 / 200g
778177 499346	50093																			Cheddar, Extra Sharp, Organic (raw milk)	8 / 200g
778177 149340	50041																			Cheddar, Extra Sharp, Organic (raw milk)	8 / 325g
778177 499322	50091																			Cheddar, Medium, Organic (raw milk)	8 / 200g
778177 149326	50035																			Cheddar, Medium, Organic (raw milk)	8 / 325g
	50057		B																	Cheddar, Medium, Organic (raw milk)	1 / 2kg
778177 499360	50014																			Cheddar, Mild Marbled, Organic	8 / 200g
778177 149364	50028																			Cheddar, Mild Marbled, Organic	8 / 325g
778177 499315	50090																			Cheddar, Mild, Organic (raw milk)	8 / 200g
778177 149319	50029																			Cheddar, Mild, Organic (raw milk)	8 / 325g
778177 499339	50092																			Cheddar, Old, Organic (raw milk)	8 / 200g
778177 149333	50038																			Cheddar, Old, Organic (raw milk)	8 / 325g
778177 108002	50089																			Cheese Curds, Organic	8 / 200g
778177 499452	50096																			Cheddar, LE BOUCANÉ BIO (Smoked), Organic (raw milk)	8 / 190g
778177 499810	50401																			Swiss Emmental, Sliced, Organic (raw milk)	8 / 180g
778177 499605	50020																			Swiss Emmental, Organic (raw milk)	8 / 200g
778177 149814	50406	GMO																		Swiss, Organic (unpasteurized)	8 / 325g
778177 499926	50098	GMO																		Feta, Greek Sheep's Milk, Organic	16 / 150g
778177 499933	50021	GMO																		Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g
778177 111965	50094																			FRUGAL Skim Milk (7% MF), Organic	8 / 200g
778177 499902	50060																			Goat Cheese, Soft Unripened, Organic	6 / 125g
778177 499919	50097																			Goat Cheese, Ripened Firm (Cheddar style)	8 / 190g
778177 499957	50101																			Gouda (6 mos), Organic	8 / 170g
778177 509014	50099																			Gouda, Dutch Aged (12 mos), Organic	8 / 175g
778177 112979	50095																			Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g
778177 149388	50042																			Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g
	50059		B																	Mozzarella, Partlally Skimmed (15% MF), Organic	1 / 2kg
778177 112962	50013																			Mozzarella (28% MF), Organic	8 / 200g
778177 149425	50044																			Mozzarella (28% MF), Organic	8 / 325g
778177 499728	50023																			Parmesan, Organic (raw milk)	8 / 200g
778177 499704	50027																			Parmesan, Grated, Organic (raw milk)	8 / 125g
778177 499858	50104	GMO																		Shredded, Mozzarella, (28% MF) Organic	8 / 200g
778177 499575	50102	GMO																		Shredded, Triple Cheddar Blend, Organic	8 / 200g
	50055	GMO		B																Shredded, Cheddar Medium, Organic	1 / 2kg
	50054	GMO		B																Shredded, Mozzarella 15%, Organic	1 / 2kg
778177 499414	50022	GMO																		Cheddar, Aged 4 Years, Organic S/O	8 / 200g
778177 009019	90844	GMO		B																Baluchon, Cheese Wheel, Organic S/O	1 / 1.8kg
	91215			B																Mozzarella (28% MF), Organic (S/O)	1 / 2kg
	91213																			Plastic Trays 80/1ea (S/O)	1 / ea

DAIRY & EGG ALTERNATIVES

Egg Alternatives (REFRIGERATED)

See Frozen Section for More Selections

EARTH ISLAND | VEGAN EGG ALTERNATIVE (REFRIGERATED)

049568 471143	52133	GMO																		VeganEgg, Soy-Based	8 / 114g
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JUST EGG | PLANT EGG (REFRIGERATED)

191011 000919	68902	GMO																		Plant Egg, Scramble liquid	9 / 355g
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Non-dairy Beverages (REFRIGERATED)

UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE (REFRIGERATED)																			
041570 109175	07220											6 / 1.89L							U
041570 109182	07221											6 / 1.89L							U
041570 109151	07222											6 / 1.89L							U
041570 109168	07223											6 / 1.89L							U
CALIFIA FARMS DAIRY-FREE BEVERAGE (REFRIGERATED)																			
813636 020553	62200	GMO										6 / 1.4L							U
813636 020614	62202	GMO										6 / 1.4L							U
813636 020577	62203	GMO										6 / 1.4L							U
813636 022359	62240	GMO										6 / 1.4L							U
813636 022977	62241	GMO										6 / 1.4L							U
813636 021741	62232	GMO										6 / 1.4L							U
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED)																			
626027 087819	07233	GMO				*			BC	P		6 / 1.75L							U
626027 811056	07346	GMO					@		BC	P		6 / 1.75L							U
626027 871050	08302	GMO				*			BC	P		6 / 1.75L							U
626027 871029	07353	GMO				*			BC	P		6 / 1.75L							U
626027 871043	08301	GMO				*			BC	P		6 / 1.75L							U
626027 811025	07327	GMO							BC	P		6 / 1.75L							U
626027 811049	07328	GMO							BC	P		6 / 1.75L							U
626027 087802	07232	GMO				*			BC	P		6 / 1.75L							U
626027 121049	07602	GMO				*			BC	P		6 / 1.75L							U
626027 700015	06901	GMO							BC	P		6 / 1.89L							U
626027 700039	06905	GMO							BC	P		6 / 1.89L							U
626027 700060	07248	GMO							BC	P		6 / 1.89L							U
626027 700022	06903	GMO							BC	P		6 / 1.89L							U
NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED)																			
850020 078134	18862	GMO							GF	V		6 / 1.89L							U
850020 078127	18861	GMO							GF	V		6 / 1.89L							U
850020 078110	18860	GMO							GF	V		6 / 1.89L							U
RIPPLE DAIRY-FREE PEA BEVERAGE (REFRIGERATED)																			
855643 006236	05272	GMO							GF			6 / 1.42L							U
855643 006229	05271	GMO							GF			6 / 1.42L							U
855643 006212	05270	GMO							GF			6 / 1.42L							U
SILK DAIRY-FREE BEVERAGE (REFRIGERATED)																			
025293 001503	07055	GMO										6 / 1.89L							U
036632 072399	52230	GMO										6 / 1.75L							U
036632 072405	52232	GMO										6 / 1.75L							U
036632 075321	52233	GMO										6 / 1.75L							U
056800 727494	52239	GMO						+				6 / 1.75L							U
036632 072412	52231	GMO										6 / 1.75L							U
												Buy 5-9 cases							Save 0.88
												Buy 10-14 cases							Save 1.24
												Buy 15+ cases							Save 1.77
036632 078506	52260											6 / 1.74L							U

Non-dairy Cream & Creamers (REFRIGERATED)

UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
CALIFIA FARMS DAIRY-FREE COFFEE CREAMER (REFRIGERATED)																			
813636 022984	62250	GMO										6 / 750ml							
813636 022991	62251	GMO										6 / 750ml							
EARTH'S OWN CREAMER ALTERNATIVE (REFRIGERATED)																			
626027 818154	07354	GMO							V		+	P	8 / 473ml						
626027 818161	07355	GMO							V		+	P	8 / 473ml						

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SILK | FOR COFFEE (REFRIGERATED)

025293 003880	07292	GMO																		For Coffee, Almond Hazelnut	12 / 473ml
036632 077653	06544	GMO																		For Coffee, Almond Unsweetened Vanilla	12 / 473ml
025293 002630	07251	GMO																		For Coffee, Almond Vanilla	12 / 473ml
025293 600768	06543	GMO																		For Coffee, Soy Original	12 / 473ml
																				Buy 5-9 cases	Save 0.88
																				Buy 10-14 cases	Save 1.24
																				Buy 15+ cases	Save 1.77
036632 075451	08030	GMO		GF																Creamer, Almond Vanilla	12 / 890ml
036632 075918	08033	GMO																		Creamer, Half & Half, Oat & Coconut	12 / 890ml
036632 075147	08032	GMO		GF																Creamer, OAT YEAH! The Vanilla One	12 / 890ml
036632 075444	08031	GMO		GF																Creamer, Soy Original	12 / 890ml
																				Buy 5-9 cases	Save 1.55
																				Buy 10-14 cases	Save 1.79
																				Buy 15+ cases	Save 3.13

SILK | WHIPPING CREAM ALTERNATIVE (REFRIGERATED)

036632 074140	08034	GMO																		Whipping Cream Alternative (38% fat)	12 / 473ml
																				Buy 5-9 cases	Save 1.55
																				Buy 10-14 cases	Save 1.79
																				Buy 15+ cases	Save 3.13

Non-Dairy Butter Alternatives

See Frozen Section for More Selection

EARTH BALANCE | SPREAD & STICKS (REFRIGERATED)

033776 111700	51110				V															Traditional Spread, Olive Oil	6 / 368g
033776 011840	51100				V *															Traditional Spread, Organic	12 / 368g
033776 011727	42003				V															Traditional Spread, Original	12 / 425g
033776 011888	51102				V															Traditional Spread, Original	6 / 1.3kg
033776 011697	51104				V															Traditional Spread, Soy Free	12 / 425g
033776 011826	42004				V															Vegan Cooking & Baking Sticks (4 pk)	18 / 454g

EARTH'S OWN | DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)

626027 926118	07356	GMO				*		BC	🇨🇦											Butter Spread, Organic	6 / 340g
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MIYOKO'S | VEGAN BUTTER (REFRIGERATED)

857554 005889	19150	GMO		GF	V *															Cultured Vegan Butter, Organic	6 / 227g
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NUTS FOR CHEESE | DAIRY-FREE NUTS FOR BUTTER (REFRIGERATED)

842232 008023	18660	GMO			V *		+	🇨🇦												Cashew Butter, Salted Original, Organic (2 sticks)	6 / 227g
842232 009020	18661	GMO			V *		+	🇨🇦												Cashew Butter, Herb & Garlic, Organic (2 sticks)	6 / 227g
																				Buy 10-14 cases	Save 10%
																				Buy 15-19 cases	Save 15%
																				Buy 20+ cases	Save 20%

WILDBRINE | WILD CREAMERY CULTURED BUTTER ALTERNATIVE (REFRIGERATED)

857859 007229	32250	GMO			V *															WILDCREAMERY, European Style Cultured Butter	12 / 340g
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Non-Dairy Cheese Alternatives

BLUE HERON | DAIRY-FREE CULTURED CHEESE ALTERNATIVE (REFRIGERATED)

628011 968029	35650							BC	🇨🇦											Herb & Garlic	8 / 175g
628011 968005	35652							BC	🇨🇦											Le Bleuét Cumulus	8 / 170g
628011 968012	35651							BC	🇨🇦											The Crown	8 / 170g

DAIYA | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

871459 001128	50134	GMO		GF	V			BC	🇨🇦											Block, Cheddar Style	8 / 200g
871459 001289	50128	GMO			V			BC	🇨🇦											Block, Feta Flavour	8 / 185g
871459 001296	50129	GMO			V			BC	🇨🇦											Block, Grilling Cheeze	8 / 195g

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PARMELA CREAMERY | PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)

857751 008027	21408	GMO											8 / 198g							
857751 008003	21407	GMO											8 / 198g							
857751 008010	21406	GMO											8 / 198g							
857751 008041	21410	GMO											8 / 198g							
857751 008034	21411	GMO											8 / 198g							
857751 008171	21409	GMO											8 / 198g							

SILK | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

036632 076939	08102	GMO				*			BC	P	X		6 / 200g							
036632 076922	08101	GMO											6 / 200g							

SPREAD 'EM KITCHEN CO. | CASHEW CHEESE (REFRIGERATED)

628176 337081	14663			GF					BC	P			6 / 98g							
627843 428275	14656								BC	P			8 / 183g							
6281763 37067	14662								BC	P			8 / 183g							
627843 428305	14660								BC	P			8 / 183g							
627843 428251	14655								BC	P			8 / 183g							
627843 428268	14658								BC	P			8 / 183g							
628176 337043	14673								BC	P			6 / 200g							
628176 337012	14671								BC	P			6 / 200g							
628176 337036	14670								BC	P			6 / 200g							
628176 337029	14672								BC	P			6 / 200g							

THE VERY GOOD CHEESE CO. | PLANT-BASED CHEESE (REFRIGERATED)

628176 694627	56321								BC	P			6 / 190g							
628176 694658	56324								BC	P			6 / 190g							
628176 694634	56322								BC	P			6 / 190g							
628176 694641	56323								BC	P			6 / 190g							
628176 694610	56320								BC	P			6 / 190g							

WILDBRINE | WILD CREAMERY CULTURED CREAM CHEESE ALTERNATIVE (REFRIGERATED)

857859 007236	32256	GMO				V	*						8 / 241g							
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Non-dairy Sour Cream & Yogurts

EARTH ISLAND | SOUR CREAM ALTERNATIVE (REFRIGERATED)

049568 634548	52137	GMO				V							4 / 473ml							
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EARTH'S OWN | DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)

626027 926125	07357	GMO					*		BC	P			6 / 340g							
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SILK | DAIRY-FREE YOGURT (REFRIGERATED)

036632 072245	52223	GMO											8 / 150g							
036632 072252	52224	GMO											8 / 150g							
025293 005389	52201	GMO											6 / 640g							
025293 005365	52202	GMO											6 / 640g							
036632 074928	52229	GMO											6 / 680g							
025293 003897	52131	GMO											6 / 680g							
025293 003903	52132	GMO											6 / 680g							
036632 075840	52241	GMO											6 / 640g							
036632 076212	52242	GMO											6 / 640g							

YOGGU! | PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)

627987 070811	56000								BC	P			6 / 450g							
627987 070767	56001								BC	P			6 / 450g							
627987 070774	56002								BC	P			6 / 450g							
627987 070804	56003								BC	P			6 / 450g							

WILDBRINE | WILD CREAMERY CULTURED SOUR CREAM ALTERNATIVE (REFRIGERATED)

857859 007243	32255	GMO				V	*						8 / 241g							
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SALAD DRESSINGS & MAYONNAISE

EARTH ISLAND | SALAD DRESSING & VEGENAISE (REFRIGERATED)

049568 643557	32195	GMO				*							6 / 355ml						
049568 423555	32198	GMO											6 / 355ml						
049568 683553	32199	GMO				*							6 / 355ml						
049568 053554	32225	GMO											6 / 355ml						
049568 093550	32192	GMO											6 / 355ml						
049568 673554	32227	GMO				*							6 / 355ml						
049568 784731	32206	GMO											6 / 473ml						
049568 220161	15198	GMO											6 / 473ml						
049568 280165	14119	GMO				*							6 / 473ml						
049568 210162	14118	GMO											6 / 473ml						
049568 240169	32205	GMO											6 / 473ml						
049568 260167	32208	GMO											6 / 473ml						
049568 723556	32210	GMO											6 / 355ml						
049568 289465	32140	GMO											6 / 946ml						
049568 219462	32137	GMO				*							6 / 946ml						
049568 269467	32139	GMO											6 / 946ml						
049568 216409	90130	GMO	B										1 / 18.9L						

MAISON ORPHEE | MAYONNAISE (REFRIGERATED)

069593 121479	33452							+	P				6 / 440ml						
069593 121684	33454							+	P				6 / 440ml						

FRESH DIPS & SAUCES

ANTOINETTE'S | DIP & SAUCE (REFRIGERATED)

628399 100295	23122						BC	P					6 / 375ml						
													Buy 10+ cases	Save 15%					

HABIBI'S MEDITERRANEAN | DIPS & HUMMUS (REFRIGERATED)

683830 018935	14313						BC	P					6 / 200g						
683830 008950	14312						BC	P					6 / 200g						
683830 002224	14301						BC	P					6 / 200g						
683830 007779	14300						BC	P					6 / 200g						
683830 011233	14591						BC	P					6 / 240g						
683830 001111	14440						BC	P					12 / 240g						
683830 005553	14302						BC	P					6 / 240g						

LE GRAND | PESTO (REFRIGERATED)

773798 100220	19451	GMO							+	P			6 / 170g						
773798 100121	19450	GMO							+	P			6 / 170g						
773798 010123	19454	GMO		GF					+	P			6 / 156g						
													Buy 15-24 cases	Save 20%					
													Buy 25+ cases	Save 25%					

RUBY'S AUTHENTIC | CHUTNEY (REFRIGERATED)

627843 533610	14040						BC	P	X				8 / 225g						
627843 533641	14041		B				BC	P	X				4 / 900g						

SPREAD 'EM KITCHEN CO. | PLANT-BASED DIP (REFRIGERATED)

627843 428282	14657						BC	P					8 / 183g						
627843 428237	14661						BC	P					8 / 183g						
627843 428299	14659						BC	P					8 / 183g						
627843 428213	14652						BC	P					8 / 183g						
627843 428220	14654						BC	P					8 / 183g						

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SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMO		GF				+	P				6 / 227g							
679514 310068	14281	GMO		GF		*		+	P				6 / 227g							
679514 310013	14276	GMO		GF				+	P				6 / 227g							
679514 410010	14419	GMO		GF				+	P				8 / 500g							
679514 310112	14287	GMO		GF		V	*	+	P				6 / 227g							
679514 310020	14278	GMO		GF				+	P				6 / 227g							
679514 310044	14279	GMO		GF				+	P				6 / 227g							
679514 310051	14280	GMO		GF				+	P				6 / 227g							
679514 310075	14284	GMO		GF		V	*	+	P				6 / 227g							
679514 310082	14285	GMO		GF		V	*	+	P				6 / 227g							
679514 310099	14286	GMO		GF		V	*	+	P				6 / 227g							
679514 311010	14274	GMO		GF				+	P				6 / 227g							
679514 311041	14275	GMO		GF				+	P				6 / 227g							
679514 311102	14282	GMO		GF				+	P				6 / 227g							
679514 310129	14289	GMO		GF									6 / 227g							

(May ship with down to one week dating)

WILDBRINE | WILDCREAMERY PLANT BASED DIP (REFRIGERATED)

857859 007663	32254	GMO											8 / 241g							
857859 007670	32251	GMO											8 / 241g							
857859 007687	32252	GMO											8 / 241g							
857859 007694	32253	GMO											8 / 241g							

WILDBRINE | FERMENTED SAUCE (REFRIGERATED)

858159 002082	32159	GMO											6 / 510ml							
858159 002716	32238	GMO											8 / 241g							

FRESH MEALS & SOUPS

HAPPY PLANET | MEALS & SOUP (REFRIGERATED)

779172 645530	39701								BC	P			6 / 600g							G	
779172 645523	39702								BC	P			6 / 600g								G
779172 645547	39703								BC	P			6 / 600g								G
779172 645554	39700								BC	P			6 / 600g								G
779172 611054	38884	GMO				*			BC	P			6 / 650ml								
779172 611030	38883	GMO				*			BC	P			6 / 650ml								
779172 611023	38882	GMO				*			BC	P			6 / 650ml								
779172 611016	38881	GMO				*			BC	P			6 / 650ml								
779172 611061	38885	GMO				*			BC	P			6 / 650ml								
779172 667266	38894								BC	P			6 / 500ml								
779172 667501	38893								BC	P			6 / 500ml								
779172 667525	38899								BC	P			6 / 500ml								

SUNFLOWER KITCHEN | VEGETARIAN SOUP & CHILI (REFRIGERATED)

679514 120117	14523	GMO		GF				+	P				6 / 925ml							
679514 120063	14518	GMO		GF				+	P				6 / 925ml							
679514 120018	14519	GMO		GF				+	P				6 / 925ml							
679514 120056	14520	GMO		GF				+	P				6 / 925ml							
679514 120032	14524	GMO		GF				+	P				6 / 925ml							
679514 120162	14525	GMO		GF				+	P				6 / 925ml							
679514 120131	14507	GMO		GF				+	P				6 / 925ml							
679514 120209	14526	GMO		GF		*		+	P				6 / 925ml							

VEGGIE PÂTÉS

AMUSE BOOSH | VEGGIE PATE (REFRIGERATED)

855722 000261	25205								BC	P			8 / 175g							
855722 000247	25203								BC	P			8 / 175g							
855722 000254	25204								BC	P			8 / 175g							

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HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

627843 360605	14403								BC	P			12 / 225g							
627843 382843	14451								BC	P			12 / 225g							

VEGGIE FAST FOODS | VEGGIE PÂTÉ (REFRIGERATED)

627059 000708	42113								BC	P			12 / 227g							
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COLD COFFEES, JUICES, SMOOTHIES & FUNCTIONAL BEVERAGES

Note: Due to provincial regulation differences regarding beverage container remittance, PSC does not sell beverage outside of B.C.

We apologize for any inconvenience.

BREW DR.KOMBUCHA | KOMBUCHA (REFRIGERATED)

851107 003872	16218	GMO				*							6 / 4x355ml							G	P	U	
857161 008686	16219	GMO				*							6 / 4x355ml								G	P	U
851107 003001	15221	GMO				*							12 / 414ml								G	P	U
851107 003629	15222	GMO				*							12 / 414ml								G	P	U
857161 008464	16216	GMO				*							12 / 414ml								G	P	U
851107 003049	15223	GMO				*							12 / 414ml								G	P	U
851107 003070	15224	GMO				*							12 / 414ml								G	P	U
851107 003032	15227	GMO				*							12 / 414ml								G	P	U
857161 008600	15252	GMO				*							12 / 414ml								G	P	U
857161 008457	16215	GMO				*							12 / 414ml								G	P	U
851107 003155	16217												12 / 414ml								G	P	U

BUCHA BREW | KOMBUCHA (REFRIGERATED)

628110 435293	17227								BC	P			12 / 355ml								G	P	U
628110 435262	17225								BC	P			12 / 355ml								G	P	U
628110 435286	17229								BC	P			12 / 355ml								G	P	U
628110 435224	17216								BC	P			12 / 355ml								G	P	U
628110 435231	17215								BC	P			12 / 355ml								G	P	U
628110 435415	17241								BC	P			12 / 355ml								G	P	U
628110 435279	17226								BC	P			12 / 355ml								G	P	U

CALIFIA FARMS | COLD BREW COFFEE (REFRIGERATED)

813636 020584	62205												6 / 1.4L										U
813636 020591	62204	GMO		GF									6 / 1.4L										U

FARMHOUSE CULTURE | GUT SHOT BEVERAGE (REFRIGERATED)

850273 005956	32505	GMO		GF		*							6 / 473ml										U
850273 005970	32507	GMO		GF		*							6 / 473ml										U
850273 005994	32508	GMO		GF		*							6 / 473ml										U

GT'S | ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)

722430 170084	05184	GMO											12 / 480ml										U
722430 160214	05120	GMO											12 / 480ml										U
722430 170022	05185	GMO											12 / 480ml										U
722430 170039	05186	GMO											12 / 480ml										U

GT'S | SYNERGY RAW KOMBUCHA (REFRIGERATED)

722430 300177	05138	GMO				*							12 / 480ml										G	P	U
722430 800172	05137	GMO				*							12 / 480ml										G	P	U
722430 200170	05135	GMO				*							12 / 480ml										G	P	U
722430 600178	05182	GMO				*							12 / 480ml										G	P	U
722430 420172	05400	GMO				*							12 / 480ml										G	P	U
722430 900179	05215	GMO				*							12 / 480ml										G	P	U
722430 170176	05404	GMO				*							12 / 480ml										G	P	U
722430 140179	05136	GMO				*							12 / 480ml										G	P	U
722430 500171	05214	GMO				*							12 / 480ml										G	P	U
722430 000176	05134	GMO				*							12 / 480ml										G	P	U
722430 750170	05130	GMO				*							12 / 480ml										G	P	U

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722430 920177	05187	GMO					*						12 / 480ml						G P U
722430 910178	05403	GMO					*						12 / 480ml						G P U
722430 400174	05131	GMO					*						12 / 480ml						G P U
722430 110172	05139	GMO					*						12 / 480ml						G P U
722430 340173	05258	GMO					*						12 / 480ml						G P U
722430 800479	05267	GMO					*						6 / 1.4L						G P U
722430 200477	05260	GMO					*						6 / 1.4L						G P U
722430 600475	05263	GMO					*						6 / 1.4L						G P U
722430 900476	05264	GMO					*						6 / 1.4L						G P U
722430 500478	05266	GMO					*						6 / 1.4L						G P U
722430 110479	05261	GMO					*						6 / 1.4L						G P U

HAPPY PLANET | JUICE & SMOOTHIES (REFRIGERATED)

Please note: Organic Lemonade is a seasonal product and only available in the summer months

779172 121010	06266	GMO							BC P	X			6 / 325ml						U
779172 231610	01308	GMO							BC P				6 / 325ml						U
779172 231627	01309	GMO							BC P				6 / 325ml						U
779172 231108	06237	GMO							BC P				6 / 325ml						U
779172 221666	01340	GMO							BC P				6 / 325ml						U
779172 221635	01310	GMO							BC P				6 / 325ml						U
779172 221659	01311	GMO							BC P				6 / 325ml						U
779172 233614	01302	GMO							BC P				6 / 900ml						U
779172 233621	01303	GMO							BC P				6 / 900ml						U
779172 233027	01350	GMO							BC P				6 / 900ml						U
779172 233102	01301	GMO							BC P				6 / 900ml						U
779172 223646	01306	GMO							BC P				6 / 900ml						U
779172 223660	01305	GMO							BC P				6 / 900ml						U
779172 223639	01304	GMO							BC P				6 / 900ml						U
779172 223288	01307								BC P				6 / 900ml						G U
779172 243903	01342	GMO					@		BC P				6 / 900ml						U
779172 243910	01341	GMO							BC P				6 / 900ml						U
779172 229105	07322	GMO							BC P				6 / 1.5L						U
779172 417199	06260	GMO					*		BC P				6 / 1.75L						U
779172 417366	06506	GMO					*		BC P				6 / 1.75L						U
779172 417021	06258	GMO					*		BC P				6 / 1.75L						U
779172 225664	07323	GMO							BC P				6 / 1.5L						U

HEALTH-ADE | KOMBUCHA (REFRIGERATED)

811184 030048	17704	GMO											12 / 473ml						G P U
811184 030031	17700	GMO											12 / 473ml						G P U
811184 030000	17701	GMO											12 / 473ml						G P U
811184 030017	17702	GMO											12 / 473ml						G P U
811184 030024	17703	GMO											12 / 473ml						G P U

KINDRED CULTURES | WATER KEFIR (REFRIGERATED)

628504 073049	23620								BC P				12 / 250ml						G P U
628504 073018	23621								BC P				12 / 250ml						G P U
628504 073223	23630								BC P				12 / 250ml						G P U
628504 073001	23623								BC P				12 / 250ml						G P U
628504 073025	23624								BC P				12 / 250ml						G P U
628504 073148	23625								BC P				6 / 1L						G P U
628504 073117	23626								BC P				6 / 1L						G P U
628504 073230	23631								BC P				6 / 1L						G P U
628504 073100	23628								BC P				6 / 1L						G P U
628504 073124	23629								BC P				6 / 1L						G P U

LOOP | SPARKLING KEFIR WATER (REFRIGERATED)

056719 900377	11232												12 / 355ml						G P U
056719 900094	11231												12 / 355ml						G P U
056719 900070	11230												12 / 355ml						G P U

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RISE BOTANICALS | SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)

818762 006235	15332	GMO				*		+	BC	♪			12 / 414ml				G	P	U
818762 005429	15333	GMO				*		+	BC	♪			12 / 414ml				G	P	U
818762 004613	15334	GMO				*		+	BC	♪			12 / 414ml				G	P	U
818762 007515	15335	GMO				*		+	BC	♪			12 / 414ml				G	P	U

RISE | KOMBUCHA (REFRIGERATED)

818762 001803	15322					V	*	+	BC	♪			12 / 414ml				G	P	U
818762 001810	15323					V	*	+	BC	♪			12 / 414ml				G	P	U
818762 001827	15324					V	*	+	BC	♪			12 / 414ml				G	P	U
818762 001834	15325					V	*	+	BC	♪			12 / 414ml				G	P	U
818762 001902	15315	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 001919	15316	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 001926	15317	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 001933	15318	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 000042	15304	GMO				GF	V	*	BC	♪			12 / 414ml				G	P	U
818762 000011	15301	GMO				GF	V	*	BC	♪			12 / 414ml				G	P	U
818762 000035	15302	GMO				GF	V	*	BC	♪			12 / 414ml				G	P	U
818762 002008	15327	GMO					*	+	BC	♪			12 / 414ml				G	P	U
818762 001063	15320	GMO				V	*	+	BC	♪			12 / 414ml				G	P	U
818762 001032	15305	GMO				GF	V	*	BC	♪			12 / 414ml				G	P	U
818762 001056	15321	GMO				V	*	+	BC	♪			12 / 414ml				G	P	U
818762 002015	15326	GMO					*	+	BC	♪			12 / 414ml				G	P	U
818762 000370	15310	GMO				GF	V	*	BC	♪			6 / 1L				G	P	U
818762 000349	15307	GMO				GF	V	*	BC	♪			6 / 1L				G	P	U
818762 000363	15308	GMO				GF	V	*	BC	♪			6 / 1L				G	P	U
818762 002046	15331	GMO					*	+	BC	♪			6 / 1L				G	P	U
818762 001070	15313	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 001049	15311	GMO				GF	V	*	BC	♪			6 / 1L				G	P	U
818762 001087	15314	GMO				V	*	+	BC	♪			6 / 1L				G	P	U
818762 002053	15330	GMO					*	+	BC	♪			6 / 1L				G	P	U

SQUAMISH | WATER KEFIR (REFRIGERATED)

628451 426028	23606								BC	♪			12 / 355ml				G	P	U
628451 426004	23605								BC	♪			12 / 355ml				G	P	U
628451 426035	23608								BC	♪			12 / 355ml				G	P	U
628451 426059	23609								BC	♪			12 / 355ml				G	P	U

TOFINO | RAW KOMBUCHA (REFRIGERATED)

628176 608136	17243	GMO				*			BC	♪	X		12 / 355ml				G	P	U
628176 608068	17233					*			BC	♪	X		12 / 355ml				G	P	U
628176 608082	17234					*			BC	♪	X		12 / 355ml				G	P	U
628176 608020	17235					*			BC	♪	X		12 / 355ml				G	P	U
628176 608044	17236					*			BC	♪	X		12 / 355ml				G	P	U
628176 608112	17242												12 / 355ml				G	P	U
628176 608105	17237					*			BC	♪	X		12 / 355ml				G	P	U
628176 608150	17244	GMO				*			BC	♪	X		12 / 355ml				G	P	U

MEAT & SEAFOOD ALTERNATIVES

BIG MOUNTAIN | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)

777744 000008	38012					V			BC	♪			8 / 300g						
777744 000084	38008					V			BC	♪			8 / 300g						
777744 000077	38009					V			BC	♪			8 / 300g						
777744 000053	38003					V			BC	♪			12 / 300g						
777744 000060	38004					V			BC	♪			12 / 300g						
777744 000022	38006					V			BC	♪			12 / 300g						
777744 000039	38005					V			BC	♪			12 / 300g						
777744 000091	38010					V			BC	♪			8 / 340g						
777744 000046	38007					V			BC	♪			8 / 340g						
777744 000015	38011					V			BC	♪			8 / 400g						

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SAVE DA SEA | PLANT-BASED SEAFOOD (REFRIGERATED)

627987 308181	40450								BC	P			6 / 100g							
627987 308228	40452								BC	P			6 / 100g							
627987 308204	40451								BC	P			6 / 100g							

TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

025583 004313	57072												12 / 156g							
025583 004306	57071												12 / 156g							
025583 004320	57080												12 / 156g							
025583 006119	57077												12 / 397g							
025583 006126	57078	GMO											12 / 397g							
025583 006133	57079	GMO											12 / 397g							
025583 005303	54605												5 / 227g							
025583 005334	54607												5 / 227g							
025583 005358	54606												5 / 227g							

YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

060822 001142	40511	GMO			V		+						12 / 156g							
060822 000084	40518	GMO			V		+						12 / 275g							
060822 003016	40560	GMO			V		+						12 / 340g							
060822 001303	91284	GMO	B		V		+	X					6 / 1kg							
060822 001227	91285	GMO	B		V		+	X					5 / 1kg							

SNACKS

MID-DAY SQUARES | FUNCTIONAL CHOCOLATE (REFRIGERATED)

877977 000032	50255	GMO			V	*	@	+		P	X		12 / 33g							G	
877977 000001	50254	GMO			V	*	@	+		P	X		12 / 33g								G
877977 000063	50256	GMO			V		@	+		P	X		12 / 33g								G

PERFECT BAR (REFRIGERATED)

855569 110666	25302	GMO			GF	*							2 / 8x65g								G	
855569 110239	25300	GMO			GF	*							2 / 8x71g									G

TOFU, ASIAN CUISINE & FERMENTED VEGETABLES

AMANO | MISO (REFRIGERATED)

067334 070024	40005	GMO			*				BC	P			12 / 400g							
067334 070031	40010	GMO			*				BC	P			12 / 400g							
067334 070048	40007	GMO			*				BC	P			12 / 400g							
067334 070017	40015	GMO			*				BC	P			12 / 400g							
067334 001028	40061	GMO			*				BC	P			10 / 1kg							
067334 001035	40059	GMO			*				BC	P			10 / 1kg							
067334 001011	40062	GMO			*				BC	P			10 / 1kg							
067334 005026	40065	GMO	B		*				BC	P			1 / 2.27kg							
067334 005019	40060	GMO	B		*				BC	P			1 / 2.27kg							
067334 025024	40063	GMO	B		*				BC	P			1 / 11.36kg							

BIG MOUNTAIN | SOY-FREE TOFU (REFRIGERATED)

777744 000107	38013	GMO			V				BC	P			8 / 340g							
777744 000114	38014	GMO			V				BC	P			8 / 320g							

GREEN CUISINE | MOCHI, TEMPEH & TOFU (REFRIGERATED)

See Frozen meat alternatives for more selections

068532 730017	24054				*				BC	P	X		1 / 284ml							
068532 730024	24055				*				BC	P	X		1 / 284ml							
068532 730031	24056				*				BC	P	X		1 / 284ml							
068532 006174	40538				*				BC	P	X		1 / 170g							
068532 700034	40537				*				BC	P	X		1 / 225g							
068532 000271	40536				*				BC	P	X		1 / 170g							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
068532 113926	40526					*					BC P X	TEMPEH, Simply Soybean, Organic	1 / 225g					
068532 700041	40541					*					BC P X	TEMPEH, Smoked, Organic	1 / 225g					
068532 612344	40540										BC P	TEMPEH, Sunseed	1 / 170g					
068532 000264	40542					*					BC P X	TOFU, Baked, Organic	1 / 225g					
068532 000998	40230					*					BC P X	TOFU, Extra Firm, Organic	1 / 454g					
068532 000103	40228					*					BC P X	TOFU, Medium, Organic	1 / 454g					
068532 000547	40544	GMO				*					BC P	TOFU, Smoked Cutlets, Organic	1 / 225g					
	40106		B			*					BC P X	TOFU, Extra Firm, Bulk, Organic	1 / 5.4kg					
	91032											X Display Tray (S/O)	1 / 1ea					

GREEN CUISINE | RAW SUPERFOOD (REFRIGERATED)

068532 478919	14433			GF		*					BC P	Sauerkraut, Organic (raw)	12 / 750ml					
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GREEN TABLE FOODS | CONDIMENTS (REFRIGERATED)

180071 000199	19601	GMO		GF	V			+		P		Kimchi, Kale	6 / 500ml					
180071 000182	19600	GMO		GF	V	*		+		P		Kimchi, organic	6 / 500ml					
180071 000229	19603	GMO		GF	V	*		+		P		Living Beets, Organic	6 / 500ml					
													Buy 15+ cases	Save 15%				

KARTHEIN'S ORGANIC | UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)

620892 809927	30225					*		+		P		Kimchi, Raw, Unpasteurized, Organic	12 / 375ml					
620892 809934	30376					*		+		P		Kimchi, Raw, Unpasteurized, Organic	12 / 750ml					
620892 809903	30184					*		+		P		Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml					
620892 809941	30182					*		+		P		Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml					
620892 809989	30221					*		+		P		Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 375ml					
620892 809965	30223					*		+		P		Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml					
620892 809910	30377					*		+		P		Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 750ml					
620892 809958	30375					*		+		P		Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml					
620892 809996	30185					*		+		P		Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 750ml					
620892 809972	30227					*		+		P		Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml					

SEOUL | KIMCHI (REFRIGERATED)

026396 908256	31036	GMO		GF								Kimchi, Original, Keto (certified)	6 / 396g					
026396 909109	31038	GMO		GF	V							Kimchi, Vegan, Keto (certified)	6 / 396g					

SOYA NOVA | TOFU (REFRIGERATED)

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

SUPERIOR NATURAL | TOFU (REFRIGERATED)

777433 001064	40322	GMO				*					BC P	Tofu, Extra Firm, Organic	12 / 350g					
777433 012404	40323	GMO				*					P	Tofu, Firm, Organic	12 / 454g					
777433 000302	40335	GMO									BC P	Tofu, Fried	12 / 360g					
777433 012411	40324	GMO				*					P	Tofu, Medium Firm, Organic	12 / 454g					
777433 001101	40012	GMO				*					BC P	Tofu, Pressed, Organic	12 / 280g					
777433 012480	40325	GMO				*					P	Tofu, Silken (water pack), Organic	12 / 454g					

TOFURKY | MARINATED TEMPEH STRIPS (REFRIGERATED)

025583 001619	57085	GMO										Marinated Tempeh Strips, Sesame Garlic	10 / 198g					
025583 001664	57086	GMO						V				Marinated Tempeh Strips, Smoky Maple Bacon	10 / 198g					

WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)

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					

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FROZEN

FROZEN BREAD

Breads, Bagels, Buns & English Muffins

FOOD FOR LIFE | BREADS, BUNS & ENGLISH MUFFINS (FROZEN)

073472 001691	55538	GMO																			X BREAD, Brown Rice, Fruit Juice Sweetened	6 / 680g
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 001172	55547					*															X ENGLISH MUFFINS, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 454g
073472 001196	55546					*															X ENGLISH MUFFINS, Ezekiel 4:9, Sprouted Whole Grain, Organic	6 / 454g

GLUTINO | BREADS & ENGLISH MUFFINS (FROZEN)

678523 375488	55611					GF															+ \mathbb{P} X ENGLISH MUFFINS	6 / 480g
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KINNIKINNICK | GLUTEN FREE BREAD PRODUCTS (FROZEN)

620133 000502	54344					GF															+ \mathbb{P} X English Muffins (4pk)	6 / 375g
620133 000540	58078					GF															+ \mathbb{P} X English Muffins, Traditional (6pk)	6 / 354g
620133 000809	58074					GF V															+ \mathbb{P} X Bread, Cinnamon Raisin	6 / 560g
620133 000458	54348					GF V															+ \mathbb{P} X Bread, Multigrain	6 / 454g
620133 000441	54342					GF V															+ \mathbb{P} X Bread, White	6 / 454g
620133 000762	58075					GF V															+ \mathbb{P} X Bread, Whole Grain	6 / 504g
620133 000472	58076					GF															+ \mathbb{P} X Bread, Wide Loaf, Seeded	6 / 615g
620133 000465	58077					GF															+ \mathbb{P} X Bread, Wide Loaf, White	6 / 615g
620133 000748	54343					GF V															+ \mathbb{P} X Buns, Hotdog (4pk)	6 / 285g
620133 000731	54345					GF V															+ \mathbb{P} X Buns, Hamburger (4pk)	6 / 245g
620133 001721	54684																				+ \mathbb{P} X Soft Bagels, Blueberry (4pk)	6 / 344g
620133 001714	54685																				+ \mathbb{P} X Soft Bagels, Cinnamon Raisin (4pk)	6 / 352g
620133 001707	54683																				+ \mathbb{P} X Soft Bagels, Plain (4pk)	6 / 344g

MANNA ORGANICS | MIGHTY MANNA BREAD (FROZEN)

058449 000037	54814	GMO				*															X MIGHTY MANNA, Carrot Raisin, Organic	8 / 400g
058449 708018	54819	GMO				*															X MIGHTY MANNA, Cinnamon Date, Organic	8 / 400g
058449 000266	54832	GMO				*															X MIGHTY MANNA, Fig Fennel & Flax, Organic	8 / 350g
058449 000099	54818	GMO				*															X MIGHTY MANNA, Fruit & Nut, Organic	8 / 400g
058449 000150	54811	GMO				*															X MIGHTY MANNA, Millet Rice, Organic	8 / 400g
058449 000051	54816	GMO				*															X MIGHTY MANNA, Whole Rye, Organic	8 / 400g

O'DOUGHS | BUNS & BAGELS (FROZEN)

698433 000744	54613	GMO				GF V															+ \mathbb{P} X Buns, Hamburger	6 / 400g
698433 001208	54651	GMO				GF V															+ \mathbb{P} X THINS, Bagel, Everything	6 / 300g
698433 000843	54616	GMO				GF V															+ \mathbb{P} X THINS, Bagel, Original	6 / 300g
698433 001192	54650	GMO				GF V															+ \mathbb{P} X THINS, Bagel, Sesame	6 / 300g
698433 000850	54617	GMO				GF V															+ \mathbb{P} X THINS, Bagel, Sprouted Whole Grain Flax	6 / 300g

O'DOUGHS | NAAN STYLE O'DIPPERS (FROZEN)

698433 100185	54625	GMO				GF V															+ \mathbb{P} X O'DIPPERS, Garlic & Chive	6 / 210g
698433 100178	54624	GMO				GF V															+ \mathbb{P} X O'DIPPERS, Original	6 / 210g

Use-By Date if Sold Thawed: 7 days

PORTOFINO BAKERY | BREAD & BUNS (FROZEN)

661172 020397	40174																				BC \mathbb{P} X Artisan Buns, Brioche Deluxe	12 / 480g
661172 022889	40177																				BC \mathbb{P} X Artisan Buns, Brioche Hot Dog Deluxe	12 / 390g
661172 022841	40175																				BC \mathbb{P} X Artisan Buns, Golden Potato	12 / 540g
661172 012309	40176																				BC \mathbb{P} X Artisan Buns, Pretzel Kaiser	12 / 660g

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661172 018080	40178												10 / 630g						
661172 018165	40170												10 / 585g						
661172 018189	40171												10 / 585g						
661172 018097	40179												10 / 700g						
661172 018110	40173												10 / 600g						
661172 018158	40172												10 / 585g						
661172 022803	40180												10 / 585g						
661172 020687	40181												10 / 675g						
661172 000061	40182												12 / 810g						
661172 000092	40183												12 / 810g						
661172 020694	40184												12 / 810g						
661172 000115	40185												12 / 720g						
661172 000122	40186												12 / 720g						

Sell By Date if thawed and sold fresh is 10 days

TERRA | ARTISAN BREAD (FROZEN)

779324 008268	40139												24 / 270g						
779324 000507	40133												20 / 290g						
779324 000125	40134												15 / 450g						
779324 000316	40140												15 / 480g						
779324 100054	40130												15 / 500g						
779324 000194	40135												15 / 500g						
779324 100108	40137												15 / 500g						
779324 100153	40157												15 / 500g						
779324 009197	40136												8 / 700g						

UDI'S | BAGELS, BREADS & BUNS (FROZEN)

698997 809548	54353												8 / 395g						
698997 809647	54285												8 / 395g						
698997 809104	54287												8 / 340g						
698997 829157	54290												8 / 340g						
698997 809135	55036												8 / 295g						

Please note: Shelf life once thawed is 7 days

Flat Breads

BUENO FOODS | TORTILLAS (FROZEN)

082256 601125	58005												24 / 226g						
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CAULIPOWER | TORTILLAS (FROZEN)

Slack-Out Instructions: Keep refrigerated. Use By Date of 28 days from slacking

854934 007532	32410												12 / 200g						
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FOOD FOR LIFE | TORTILLAS (FROZEN)

073472 003695	55545												12 / 340g						
073472 002001	55541												12 / 340g						
073472 003701	55548												12 / 283g						

INDIANLIFE | FLAT BREADS, WRAPS & TORTILLAS (FROZEN)

777762 001377	58023												12 / 284g						
777762 001360	58022												12 / 284g						
777762 001322	58014												12 / 500g						
777762 001285	58017												12 / 500g						
777762 001292	58016												12 / 500g						
777762 001315	58018												12 / 500g						
777762 000530	58013												12 / 250g						
777762 001650	58019												12 / 500g						
777762 001872	58038												12 / 500g						
777762 001629	58020												12 / 500g						
777762 001643	58021												12 / 500g						
777762 001612	58028												12 / 500g						

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OASIS | PITA BREAD (FROZEN)

777762 002459	58024	GMO						+												X Pita Bread (made with organic ingredients)	12 / 325g
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OZERY | BAKERY BUNS (FROZEN)

664164 100091	55357	GMO						+	P	X										MORNING ROUNDS Breakfast Buns, Apple Cinnamon	6 / 450g
664164 100084	55356	GMO						+	P	X										MORNING ROUNDS Breakfast Buns, Muesli	6 / 450g
664164 100411	55359	GMO						+	P	X										ONEBUN Thin Pre-sliced Sandwich Buns, Multigrain	6 / 600g
664164 100510	55364	GMO						+	P	X										ONEBUN Thin Pre-sliced Sandwich Buns, Multigrain 100 Calorie	6 / 320g

FROZEN DESSERTS

Bakery Goods

DAIYA | CHEEZECAKE (FROZEN)

871459 002385	50160	GMO		GF	V				BC	P	X									Cheezecake, Chocolate	8 / 400g
871459 002378	50158	GMO		GF	V				BC	P	X									Cheezecake, Key Lime	8 / 400g
871459 002361	50157	GMO		GF	V				BC	P	X									Cheezecake, New-York	8 / 400g
871459 002392	50159	GMO		GF	V				BC	P	X									Cheezecake, Strawberry	8 / 400g

KINNIKINNICK | DONUTS (FROZEN)

620133 002247	51004			GF				+	P	X										Donuts, Chocolate Dipped (6pk)	8 / 320g
620133 002230	54346			GF				+	P	X										Donuts, Cinnamon Sugar (6pk)	8 / 270g
620133 002216	51005			GF				+	P	X										Donuts, Maple Glazed (6pk)	8 / 320g
620133 002209	51003			GF				+	P	X										Donuts, Vanilla Glazed (6pk)	8 / 320g

RAWMBAS | VEGAN MUFFINS (FROZEN)

628176 576008	56510			GF	V				BC	P	X									Muffins, Apple Raspberry (single serve)	24 / 125g	G
628176 576022	56508			GF	V				BC	P	X									Muffins, Bountiful Blueberry (single serve)	24 / 125g	G
628176 576046	56509			GF	V				BC	P	X									Muffins, Double Chocolate (single serve)	24 / 125g	G
627843 823490	56511			GF	V				BC	P	X									Muffins, Apple Raspberry (4pk)	12 / 400g	G
627843 823506	56512			GF	V				BC	P	X									Muffins, Bountiful Blueberry (4pk)	12 / 400g	G
627843 823520	56513			GF	V				BC	P	X									Muffins, Double Chocolate (4pk)	12 / 400g	G

For Single Serve Muffins: Sell By Date if thawed and sold fresh is 3 days

Dessert Toppings & Ice Cream Cones

LET'S DO | ICE CREAM CONES

043182 003520	35182	GMO		GF	V															X Ice Cream Cones, Gluten Free (cups)	6 / 36g
043182 003537	35183			GF																X Sugar Cones, Gluten Free (S/O)	6 / 132g

LET'S DO...ORGANIC | ICE CREAM CONES

043182 003551	35042				V	*														X Ice Cream Cones, Organic (cups)	12 / 36g
043182 003575	35043				V	*														X Sugar Cones, Organic	12 / 132g

SO DELICIOUS | COCOWHIP (FROZEN)

744473 299973	52118	GMO		GF																X COCOWHIP, Coconut Whipped Topping, Original	12 / 266ml
																				Buy 10-24 cases	Save 3.12
																				Buy 25+ cases	Save 4.56

Ice Cream, Frozen Yogurt & Gelato

BETTERWITH | CREAM ICE CREAM (FROZEN)

628055 217053	53184								BC	P	X									Caramel Ice Cream	8 / 500ml
628055 217039	53182								BC	P	X									Chocolate Ice Cream	8 / 500ml
628055 217046	53183								BC	P	X									Coffee Ice Cream	8 / 500ml
628055 217015	53180								BC	P	X									Cream Ice Cream	8 / 500ml
628055 217060	53185								BC	P	X									Strawberry Ice Cream	8 / 500ml
628055 217022	53181								BC	P	X									Vanilla Ice Cream	8 / 500ml

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SALT SPRING GELATO | ITALIAN ICE CREAM (FROZEN)

628451 883104	53028												8 / 450ml						G
628451 883302	53030												8 / 450ml						G
628451 883487	53029												8 / 450ml						G
628451 883050	53093										*		8 / 450ml						G

UDDERLY RIDICULOUS | GOAT'S MILK ICE CREAM CO. (FROZEN)

628504 859063	40954												8 / 473ml						G
628504 859032	40952												8 / 473ml						G
628504 859056	40953												8 / 473ml						G
628504 859018	40950												8 / 473ml						G
628504 859025	40951												8 / 473ml						G

Non-Dairy Frozen Desserts & Sorbets

NORA'S | DAIRY-FREE DESSERT (FROZEN)

627843 814214	32924			GF	V								8 / 500ml						
627843 814245	32920				V								8 / 500ml						
627843 814221	32921				V								8 / 500ml						
627843 814207	32922				V								8 / 500ml						
627843 814238	32923				V								8 / 500ml						

SALT SPRING GELATO | SORBETTO (FROZEN)

628451 883142	53098											*	8 / 450ml						G
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SO DELICIOUS | DAIRY-FREE DESSERT (FROZEN)

744473 000913	55444	GMO		GF	V								8 / 500ml						
744473 000685	55437	GMO		GF	V								8 / 500ml						
744473 000678	55438	GMO		GF	V								8 / 500ml						
744473 276219	55376	GMO		GF	V								8 / 500ml						
744473 276134	55375	GMO		GF	V								8 / 500ml						
744473 000661	55439	GMO		GF	V								8 / 500ml						
744473 000906	55300	GMO		GF	V								8 / 500ml						
744473 270460	55314	GMO		GF	V								8 / 500ml						
744473 270118	55299	GMO		GF	V								8 / 500ml						
036632 072993	56250	GMO		GF	V								8 / 500ml						
036632 072979	56251	GMO		GF	V								8 / 500ml						
036632 077585	55449	GMO		GF	V								8 / 500ml						

Buy 10-24 cases

Save 2.96

Buy 25+ cases

Save 4.48

Frozen Novelties

DAIYA | COCONUT NON-DAIRY DESSERT (FROZEN)

871459 009605	50324	GMO			V								8 / 4x75ml						G
871459 009629	50325	GMO			V								8 / 4x75ml						G
871459 009841	50320	GMO											8 / 473ml						G
871459 009810	50321	GMO											8 / 473ml						G
871459 009803	50322	GMO											8 / 473ml						G

DEEBEE'S ORGANICS | SUPERFRUIT FREEZIE

838913 000202	39099	GMO										*	18 / 10x40ml						G
838913 00509	39094	GMO										*	18 / 10x40ml						G

SO DELICIOUS | NON-DAIRY NOVELTIES (FROZEN)

744473 000258	56255	GMO		GF									6 / 4x68ml						G
744473 000746	56256	GMO		GF									6 / 4x68ml						G
744473 274123	56254	GMO		GF									6 / 4x68ml						G

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744473 274116	56253	GMO		GF								X	COCONUT MILK, Minis Bars, Vanilla, Chocolate Covered	6 / 4x68ml						G
744473 274307	56252	GMO										X	COCONUT MILK, Minis Sandwiches, Chocolate Cookie, Coconut	6 / 8x68ml						G
													Buy 10-24 cases	Save 1.86						
													Buy 25+ cases	Save 2.76						

FROZEN DOUGH, CREPES, PASTRY SHELLS & PIZZA CRUSTS

CAULIPOWER | PIZZA CRUST (FROZEN)

854934 007082 32400 GF X Cauliflower Pizza Crust 8 / 310g

HOLY NAPOLI | PIZZA DOUGH (FROZEN)

628110 552013 17300 BC P X Pizza Dough 8 / 300g

KINNIKINNICK | PIZZA & PIE CRUST (FROZEN)

620133 005996 58069 GF V + P X Pie Crusts 9" (2ct) 6 / 390g

620133 005590 58070 GF + P X Pizza Crusts (2ct) 6 / 300g

ROCKY MOUNTAIN | FLATBREAD PIZZA CRUST (FROZEN)

180659 000184 54629 GMO V + P X Pizza Crusts, Par Baked (2 pack) 6 / 370g

UDI'S | PIZZA CRUSTS (FROZEN)

698997 809173 54289 GF X Pizza Crusts (2ct) 8 / 227g

WHOLLY WHOLESOME | PIE SHELLS (FROZEN)

074677 990339 54589 GF X Pie Shells, Gluten Free, 9" (2-pk) 6 / 396g

074677 990100 54590 * X Pie Shells, Traditional, Organic, 9" (2-pk) 12 / 396g

FROZEN PREPARED FOODS

Appetizers

FIELD ROAST MEAT & CHEESE CO. | PLANT BASED APPETIZERS (FROZEN)

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

KAN'S GOURMET FOODS | APPETIZERS (FROZEN)

189120 000524 54364 GMO V BC P X Falafel, Mini Lentil, w/dipping sauce 12 / 330g

189120 000531 54367 GMO V BC P X Pakoras, Spinach & Kale (baked), w/dipping sauce 12 / 330g

189120 000548 54643 V BC P X Pakoras, Yam, w/dipping sauce 12 / 320g

189120 000517 54363 V BC P X Samosas, Fresh Veggie & Lentil, w/dipping sauce 12 / 320g

LUCKY FOODS | SPRING ROLLS (FROZEN)

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

RUBY'S AUTHENTIC | APPETIZERS (FROZEN)

627843 533580 54800 BC P X Pakora, Vegetable 9 / 220g

627843 533573 54802 B BC P X Pakora, Vegetable 1 / 5kg

627843 533658 54801 BC P X Frozen) 9 / 140g

SOL CUISINE | PLANT-BASED APPETIZERS (FROZEN)

628025 016419 54322 GMO + P X Bites, Crispy Chik'n w/BBQ Sauce 8 / 300g

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Entrées

AMY'S | ENTRÉES (FROZEN)

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
042272 900305	54460										X	Macaroni & Cheese	12 / 255g
042272 900459	54259			GF							X	Rice Mac & Cheese	12 / 255g
042272 900435	54266			GF	V						X	Rice Mac & Cheeze	12 / 227g
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	12 / 284g
042272 900534	54442				V						X	Whole Meal, Veggie Loaf	12 / 284g

AMY'S | BURRITOS, WRAPS & POCKETS (FROZEN)

042272 903528	54268			GF							X	Burrito, Bean & Rice (dairy-free)	12 / 156g
042272 903535	54267			GF							X	Burrito, Cheddar Cheese	12 / 156g
042272 900701	54470										X	Burrito, Bean & Rice (dairy-free)	12 / 170g
042272 900732	54468										X	Burrito, Black Bean (dairy-free)	12 / 170g
042272 900718	54472										X	Burrito, Cheddar Cheese	12 / 170g
042272 912377	56154	GMO									X	Wrap, Greek Spanakopita	12 / 156g
042272 908073	54362			GF							X	Wrap, Tofu Scramble Breakfast	12 / 156g
042272 912384	56152			GF	V						X	Wrap, Vietnamese Banh Mi	12 / 156g

GARDEIN | MEAT-FREE ENTRÉES (FROZEN)

842234 401976	65040	GMO									X	Bowl, Chick'n Teriyaki	8 / 241g
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INDIANLIFE | ENTRÉES (FROZEN)

777762 002367	54079	GMO								BC \overline{P}	X	Masala Wrap w/Chickpeas & Wild Rice	12 / 275g
777762 002374	54084	GMO								BC \overline{P}	X	Spinach Wrap w/Mixed Vegetables & Wild Rice	12 / 275g

LITA'S MEXICAN FOODS | ENTRÉES (FROZEN)

627843 778004	15642			V						BC \overline{P}	x	Bean Taco Kit, Pinto Beans & Mild Ancho Chili Filling w/6 Flour Tortillas	6 / 480g
627843 777984	15641			V						BC \overline{P}	x	Cochinita Taco Kit, Enoki Mushroom & Mild Achiote Sauce Filling w/6 Flour Tortillas	6 / 480g
627843 778028	15646									BC \overline{P}	x	Taquito, Bean & Cheeze	6 / 280g
627843 778011	15645									BC \overline{P}	x	Taquito, Potato & Chorizo	6 / 280g
627843 777991	15640			V						BC \overline{P}	x	Tinga Taco Kit, Enoki Mushroom, Jackfruit & Chipotle Sauce Filling w/6 Flour Tortillas	6 / 480g
627843 777960	15635	GMO		V	*					BC \overline{P}	x	Tortillas, White Flour, Uncooked, Organic (7") (8pk)	12 / 280g
627843 777977	15636	GMO		V	*					BC \overline{P}	x	Tortillas, Whole Wheat Flour, Uncooked, Organic (7") (8pk)	12 / 280g

PEARL'S | PEROGIES (FROZEN)

062066 000158	54428										BC \overline{P}	X	Cheddar Cheese & Potato Perogies	12 / 600g
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STELLA'S | PEROGIES (FROZEN)

878431 000049	30351			GF							+	\overline{P}	X	Perogies, Cheddar Cheese	12 / 520g
878431 000018	30348			GF							+	\overline{P}	X	Perogies, Just Potato	12 / 520g

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THE WORKSHOP VEGETARIAN | VEGAN NOODLES (FROZEN)

628250 433005	54002				V				BC	P	X		6 / 435g							
628250 433128	54003				V				BC	P	X		6 / 495g							

VIJ'S | INDIAN CUISINE (FROZEN)

673984 001419	54412												6 / 400g							
673984 001396	54410						GF						6 / 400g							
673984 001303	54400												6 / 400g							
673984 001815	54419												6 / 400g							
673984 001426	54413												6 / 400g							
673984 001327	54402												6 / 400g							

Meat & Egg Alternatives

BEYOND MEAT | PLANT-BASED MEAT ALTERNATIVE (FROZEN)

850004 207291	56205	GMO			V								12 / 340g								
810057 290237	56208	GMO			V								8 / 678g								
850004 207017	56200	GMO			V								8 / 226g								
													<i>Refrigerated burger shelf life: 10 days from start of thaw</i>								
810057 290275	56209	GMO			V								8 / 235g								
850004 207376	56207	GMO			V								8 / 400g								
850004 207277	56206	GMO			V								8 / 400g								
													<i>Refrigerated sausage shelf life: 7 days from start of thaw</i>								

FIELD ROAST CO. | PLANT BASED MEAT ALTERNATIVE (FROZEN)

Please thaw before placing in your refrigerated section. Sell by date: 65 days after thawing

638031 226160	65107	GMO			V								8 / 241g							
638031 606504	65022	GMO			V								12 / 368g							
638031 612284	65104	GMO			V								12 / 340g							
638031 612154	65100	GMO			V								12 / 368g							
638031 612161	65101	GMO			V								12 / 368g							
638031 612178	65102	GMO			V								12 / 368g							
638031 622511	65109	GMO			V			+					8 / 283g							

GARDEIN | MEAT-FREE ALTERNATIVE (FROZEN)

842234 000889	54274	GMO											8 / 255g							
842234 001091	65000	GMO											8 / 390g							
842234 000636	54533	GMO											8 / 255g							
842234 401990	65041	GMO											8 / 190g							
842234 402003	65042	GMO											8 / 190g							
842234 401983	65043	GMO											8 / 190g							
842234 007147	65013	GMO						+					8 / 226g							
842234 003248	54272	GMO											8 / 255g							
842234 001350	65052	GMO						+					8 / 245g							
842234 003231	54269	GMO											8 / 350g							
842234 001411	65006	GMO											6 / 320g							
842234 003200	54270	GMO											8 / 225g							
842234 001374	65050	GMO						+					8 / 230g							
842234 001558	65051	GMO						+					8 / 240g							
842234 000872	54273	GMO											8 / 300g							
842234 000896	54275	GMO											8 / 270g							
842234 000643	54534	GMO											8 / 255g							
842234 002227	65037	GMO											8 / 205g							
842234 001701	65009	GMO											8 / 288g							
842234 001718	65028	GMO						+					8 / 360g							
842234 001671	65011	GMO											8 / 340g							
842234 003224	54271	GMO						+					8 / 255g							
842234 001145	65036	GMO											8 / 300g							
	91796												1 / ea							

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GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

068532 020002	54462										*	BC P X	TEMPEH, 7 Grain, Organic (frozen)	1	/ 227g					
068532 010003	54464										*	BC P X	TEMPEH, Soybean, Organic (frozen)	1	/ 227g					
	91035	GMO	B								*	BC P X	TEMPEH, IQF, Organic (Individually Quick Frozen) (S/O)	1	/ 4.54kg					
	91036	GMO	B								*	BC P X	TEMPEH, Strips, Organic (frozen) (S/O)	1	/ 4.54kg					

HILARY'S | VEGGIE BURGERS (FROZEN)

854262 003398	42501	GMO		GF							*	X	Burger, Adzuki Bean, Organic (2 patties)	12	/ 181g					
854262 003404	42503	GMO		GF							*	X	Burger, Hemp & Greens, Organic (2 patties)	12	/ 181g					
854262 003411	42502	GMO		GF							*	X	Burger, Root Veggie, Organic (2 patties)	12	/ 181g					
854262 003381	42500	GMO		GF							*	X	Burger, World's Best Veggie, Organic (2 patties)	12	/ 181g					
													Buy 8-15 cases		Save 10%					
													Buy 16-19 cases		Save 15%					
													Buy 20+ cases		Save 20%					

JUST EGG | PLANT EGG (FROZEN)

191011 000988	68900	GMO											X Plant Egg, Folded	6	/ 227g					
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MODERN MEAT | PLANT-BASED MEAT ALTERNATIVE (FROZEN)

847004 000908	65210												BC P X Breakfast Sausage Patties	10	/ 360g					
847004 000557	65206												BC P X Burgers. Mini	10	/ 240g					
847004 000540	65205												BC P X Burgers	10	/ 452g					
847004 000823	65208												BC P X Crabless Cakes	10	/ 300g					
847004 000571	65209												BC P X Crumble	10	/ 454g					

NOTCO | NOTBURGER PLANT BASED BURGERS (FROZEN)

850020 078301	18881			GF									X NOTBURGER	6	/ 4x113g					
850020 078295	18880			GF									X NOTBURGER	16	/ 113g					

SOL CUISINE | PLANT-BASED MEAT ALTERNATIVE (FROZEN)

628025 019328	54555	GMO		GF									+ P X Burger, Extreme Griller (4/pkg)	12	/ 284g					
628025 019250	54561	GMO		GF									+ P X Burger, Mushroom & Wild Rice (4/pkg)	12	/ 284g					
628025 019298	54558	GMO		GF									+ P X Burger, Spicy Black Bean (4/pkg)	12	/ 284g					
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					

THE VERY GOOD BUTCHERS | PLANT BASED BUTCHERY (FROZEN)

628176 694191	56311												BC P X BUTCHER'S SELECT Flipin' Good Burger	10	/ 226g					
628176 694146	56312	GMO		GF									BC P X BUTCHER'S SELECT Ground, Beefy	10	/ 340g					
628176 694139	56313	GMO		GF									BC P X BUTCHER'S SELECT Ground, Porky	10	/ 340g					
628176 694184	56310												BC P X BUTCHER'S SELECT Mmm Meatballs, Classic Italian	6	/ 400g					
628176 694511	56314	GMO		GF									BC P X BUTCHER'S SELECT Mmm Meatballs, Spicy Italian	6	/ 400g					
628176 694061	56307												BC P X BUTCHER'S SELECT Sausage, Bratwurst	8	/ 400g					
628176 694924	56308												BC P X BUTCHER'S SELECT Sausage, Breakfast	10	/ 360g					
628176 694085	56309												BC P X BUTCHER'S SELECT Sausage, Cajun	8	/ 400g					
627843 817055	56300												BC P X Burger, The Smokin' Burger (4pk)	6	/ 430g					
627843 817024	56301												BC P X Burger, The Very Good Burger (4pk)	6	/ 432g					
628176 694481	56317	GMO											BC P X Ribs, Maple Bourbon BBQ	6	/ 400g					
628176 694290	56316	GMO											BC P X Ribs, Smoky BBQ	6	/ 400g					
628176 694498	56318	GMO											BC P X Ribs, Southern Gold BBQ	6	/ 400g					
627843 817048	56302												BC P X Sausage, Smokin' Bangers (4pk)	6	/ 400g					
627843 817017	56303												BC P X Sausage, Very British Bangers (4pk)	6	/ 400g					
627843 817031	56304												BC P X Taco Stuff'er	6	/ 300g					
628176 694115	56306												BC P X Very Good Dog (4pk)	6	/ 300g					
628176 694092	56305												BC P X Very Good Pepperoni	12	/ 200g					
628176 694313	56315	GMO											BC P X Very Good Steak	6	/ 400g					

We ship The Very Good Butchers line frozen but recommend retailing fresh in cooler. Shelf life once thawed is 30 days.

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TMRW FOODS | MEAT ALTERNATIVE (FROZEN)

627987 299717	11070												8	/ 210g							
627987 299694	11071												8	/ 226g							
627987 299731	11056												8	/ 340g							
628634 283769	11058												8	/ 240g							
627987 299755	11057												8	/ 240g							
628634 283790	11065												8	/ 200g							
628634 283820	11068												8	/ 200g							

VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

627843 517436	54644			GF	V			+					12	/ 400g							
627843 517412	54596			GF	V			+					12	/ 400g							
627843 517375	54594			GF	V			+					12	/ 400g							

Non-Dairy Butter Alternatives

MYLKO | OAT BUTT'R (FROZEN)

627843 609643	13810													8	/ 280g						
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Pizzas

AMY'S | PIZZA (FROZEN)

042272 901036	54445													8	/ 340g						
042272 901012	54443													8	/ 369g						
042272 901999	54421													8	/ 369g						
042272 912452	54436				V									8	/ 397g						
042272 901029	54444													8	/ 397g						

CAULIPOWER | PIZZA (FROZEN)

854934 007846	32405			GF										8	/ 310g						
854934 007099	32402			GF										8	/ 310g						
854934 007853	32404			GF										8	/ 320g						
854934 007075	32401			GF										8	/ 310g						
854934 007105	32403			GF										8	/ 310g						

DAIYA DAIRY-FREE | PIZZA & FLATBREAD (FROZEN)

871459 002552	50317	GMO		GF	V				BC					8	/ 322g						
871459 002538	50316	GMO		GF	V				BC					8	/ 346g						
871459 002989	50173	GMO		GF	V				BC					8	/ 472g						
871459 002323	50144	GMO		GF	V				BC					8	/ 444g						
871459 002521	50147	GMO		GF	V				BC					8	/ 492g						
871459 002705	50314	GMO		GF	V			+						8	/ 390g						
871459 002712	50315	GMO		GF	V			+						8	/ 426g						
871459 002422	50145	GMO		GF	V				BC					8	/ 462g						
871459 002996	50188	GMO		GF	V				BC					8	/ 542g						
871459 002620	50146	GMO		GF	V				BC					8	/ 483g						
871459 002828	50155	GMO		GF	V				BC					8	/ 550g						
871459 002491	50311	GMO		GF					BC					8	/ 382g						
871459 002507	50313	GMO		GF					BC					8	/ 405g						
871459 002514	50312	GMO		GF					BC					8	/ 411g						

HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

628110 552044	17303								BC					8	/ 425g						
628110 552099	17304								BC					8	/ 385g						
628110 552020	17301								BC					8	/ 365g						
628110 552037	17302								BC					8	/ 425g						
628110 552112	17305								BC					8	/ 385g						

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ROCKY MOUNTAIN | FLATBREAD PIZZA (FROZEN)

180659 000115	54640										+ P X	Flatbread Pizza, All Beef Pepperoni (54640 cannot be sold outside of B.C)	6 / 420g
180659 000160	54638										+ P X	Flatbread Pizza, Basil Bocconcini	6 / 420g
180659 000108	54630										+ P X	Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g
180659 000085	54628										+ P X	Flatbread Pizza, The Four Cheese Classic	6 / 405g

UDI'S | PIZZA (FROZEN)

698997 810483	54293			GF							X	Pizza, Four Cheese	6 / 497g
698997 810490	54294			GF							X	Pizza, Margherita	6 / 493g
698997 810506	54295			GF							X	Pizza, Pepperoni	6 / 522g
698997 810513	54292			GF							X	Pizza, Supreme	6 / 542g

Toaster Waffles

KINNIKINNICK | HOMESTYLE WAFFLES (FROZEN)

620133 001974	58071			GF							+ P X	Waffles, Blueberry	8 / 222g
620133 001967	58072			GF							+ P X	Waffles, Cinnamon & Brown Sugar	8 / 222g
620133 001950	58073			GF							+ P X	Waffles, Original	8 / 222g

NATURE'S PATH | WAFFLES (FROZEN)

058449 590576	55702	GMO		GF	*	BC	P	X				Waffles, Buckwheat Wildberry, Organic (6pk)	12 / 210g
058449 590743	55708	GMO		GF	*	BC	P	X				Waffles, Chia Plus, Organic (6pk)	12 / 210g
058449 167006	55711	GMO		GF	*	BC	P	X				Waffles, Dark Chocolate Chip, Organic (6pk)	12 / 210g
058449 590521	55699	GMO		GF	*	BC	P	X				Waffles, Homestyle, Organic (6pk)	12 / 210g

FROZEN PRODUCE, COCONUT WATER, JUICE, SMOOTHIE CUBES & TEAS

Coconut Water & Juice

EVERGREEN | WHEATGRASS JUICE (FROZEN)

778702 598001	82051	GMO			*						+ P X	Wheatgrass Juice, Organic	10 / 5x30ml
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Smoothie Cubes & Teas

EVIVE | SMOOTHIE CUBES (FROZEN)

628110 947048	24703	GMO									+ P X	Asana	8 / 405g
628110 947246	24708	GMO									+ P X	Azteque	8 / 405g
628110 947055	24704	GMO			*						+ P X	Pure, Organic	8 / 405g
628110 947017	24700	GMO									+ P X	Samourai	8 / 405g
628110 947239	24707	GMO									+ P X	Saphir	8 / 405g
628110 947024	24701	GMO			*						+ P X	Touk-Touk, Organic	8 / 405g
628110 947079	24706	GMO									+ P X	Viva	8 / 405g
628110 947031	24702	GMO			*						+ P X	Yogi, Organic	8 / 405g

Fruit

BREMNER'S | FRUIT (FROZEN)

834644 005363	55066				*	BC	P	X				Blackberries, Organic	12 / 300g
834644 005318	55065				*	BC	P	X				Blueberries, Organic	12 / 300g
834644 005424	55071				*	BC	P	X				Pineapple Chunks, Organic	12 / 300g
834644 005400	55067				*	BC	P	X				Raspberries, Organic	12 / 300g
834644 005394	55068				*	BC	P	X				Strawberries, Organic	12 / 300g
834644 005028	55017				*	BC	P	X				Blackberries, Organic (stand-up pouch)	12 / 600g
834644 005066	55001											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
834644 005615	55079	B			*	BC	P	X				Mango Chunks, Organic	8 / 1.5kg
834644 002379	91847	B			*	BC	P	X				Pineapple Chunks, Organic (S/O)	1 / 13.6kg
834644 002393	91845	B			*	BC	P	X				Strawberries, Organic (S/O)	1 / 13.6kg

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EARTHBOUND FARM | ORGANIC FRUIT (FROZEN)

032601 025311	63013									*		X Berry Blend, Organic (bag)	12	/ 300g					
032601 025304	63009									*		X Blueberries, Organic (bag)	12	/ 300g					
032601 025298	63010									*		X Cherries, Sweet Dark, Organic (bag)	12	/ 300g					
032601 025335	63014									*		X Mango Chunks, Organic (bag)	12	/ 300g					
032601 025359	63024									*		X Sliced Peaches, Organic (bag)	12	/ 300g					
032601 025281	63011									*		X Strawberries, Organic (bag)	12	/ 300g					

RUBY RED FARMS | ORGANIC BLUEBERRIES (FROZEN)

689076 175098	54099									*	BC \square X	X Blueberries, Organic (bag)	12	/ 340g					
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STAHLBUSH ISLAND FARMS | FRUIT (FROZEN)

638882 000070	54015	GMO										X Blueberries (bag)	12	/ 300g					
638882 000582	54017	GMO										X Cranberries (bag)	12	/ 284g					
638882 000599	54014	GMO										X Marion Blackberries (bag)	12	/ 284g					
638882 000933	54690	GMO										X Northwest Berry Blend	12	/ 300g					
638882 000575	54016	GMO										X Red Raspberries (bag)	12	/ 284g					
638882 000551	54013	GMO										X Strawberries, Whole (bag)	12	/ 300g					

Sides & Potato Products

GOLD RUSH | POTATO PRODUCTS (FROZEN)

629066 036268	55400	GMO								*	+ \square X	X Crinkle Fries, Organic	12	/ 454g					
629066 036145	55394	GMO								*	+ \square X	X Diced Hashbrowns, Organic	12	/ 454g					
629066 036183	55399	GMO								*	+ \square X	X Julienne French Fries, Organic	12	/ 454g					
629066 036282	55401	GMO								*	+ \square X	X Steak Fries, Organic	12	/ 454g					
													Buy 30+ cases (can combine w/ all Gold Rush)	Save	7.05				
629066 036244	55398	GMO								*	\square X	X Sweet Potato French Fries, Organic	12	/ 454g					
													Buy 30+ cases (can combine w/ all Gold Rush)	Save	8.52				

Vegetables

EARTHBOUND FARM | ORGANIC VEGETABLES (FROZEN)

032601 025274	63016									*		X Broccoli, Florets, Organic (bag)	12	/ 300g					
032601 025250	63017									*		X Butternut Squash, Organic (bag)	12	/ 400g					
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 025229	63015									*		X Peas, Green, Organic (bag)	12	/ 350g					
032601 025243	63021									*		X Spinach, Cut, Organic (bag)	12	/ 300g					

MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017	63026	GMO									+ \square X	X Edamame, Whole Pods (Product of Canada)	12	/ 400g					
185820 000024	63027	GMO									+ \square X	X Edamame, Shelled (Product of Canada)	12	/ 400g					

STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000506	54026	GMO										X Broccoli Florets (bag)	12	/ 300g					
638882 210806	54011	GMO										X Butternut Squash, Diced (bag)	12	/ 284g					
638882 000704	54052	GMO										X Classic Mixed Vegetables (bag)	12	/ 300g					
638882 000520	54012	GMO										X Corn, Super Sweet (bag)	12	/ 350g					
638882 000537	54207	GMO										X Green Beans, Cut (bag)	12	/ 300g					
638882 000544	54010	GMO										X Green Peas (bag)	12	/ 350g					
638882 000612	54061	GMO										X Spinach, Cut (bag)	12	/ 300g					
638882 125773	54027	GMO										X Sweet Potato, Diced (bag)	12	/ 284g					
	60069	GMO										X Freezer Display Box	1	/ 1ea					

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NATURE CLEAN | BODY CARE

058951 395010	80486										+ P	Liquid Hand Soap, Unscented, w/Pump	6 / 500ml					G	P	
058951 395027	80543										+ P	Liquid Hand Soap, Citrus, w/Pump	6 / 500ml						G	P
058951 395034	80542										+ P	Liquid Hand Soap, Peppermint, w/Pump	6 / 500ml						G	P
058951 307556	81122										+ P	Sensitive Face & Body Bar	12 / 99g						G	P

NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

883161 500004	80768										+ P	X Lip Care, Nova Scotia Sea Kelp	1 / 9.9g						G	P
883161 590012	80769										+ P	X Lip Care, Sea Salt & Caramel	1 / 9.9g						G	P
883161 500011	80770										+ P	X Moisturizing Hand & Body Cream, Sea Kelp (tube)	1 / 100ml						G	P
883161 500035	80772										+ P	X Rescue Balm (tin)	1 / 28.4g						G	P
883161 400021	80777										+ P	X Body Scrub, Salt-N-Sea	1 / 153g						G	P
883161 400038	80776										+ P	X Soap, Fundy Clay & Mint	1 / 136g						G	P
883161 500080	80775										+ P	X Soap, Sea Fennel & Bayberry	1 / 136g						G	P
883161 500097	80774										+ P	X Soap, Seabuckthorn & Shea	1 / 136g						G	P
883161 500066	81005										+ P	STEM TO STERN Mini Size Pack (Gift bag contains: Rescue Balm, Lotion, Soap, Minnow lip balm)	1 / 4pc						G	P

PAPOUTSANIS | OLIVE OIL HAND SOAP BAR

5201109 655022	89999										X	Oliva Pure Olive Oil Hand Soap Bar	4 / 125g						G	P
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SAPADILLA | BODY CARE

677141 010023	70381											Liquid Hand Soap, Grapefruit & Bergamot	6 / 354ml						G	P
677141 010016	70380											Liquid Hand Soap, Rosemary & Peppermint	6 / 354ml						G	P
677141 010030	70382											Liquid Hand Soap, Sweet Lavender & Lime	6 / 354ml						G	P

THAYERS REMEDIES | WITCH HAZEL

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
												Buy 48-71 units	Save 10%							
												Buy 72-95 units	Save 15%							
												Buy 96+ units	Save 20%							

THOMPSON'S HOMEOPATHIC | CRÈME

628977 000016	82000											Arnica Crème	1 / 40ml						G	P
628977 000498	82001											Calendula Crème	1 / 40ml						G	P

TOM'S OF MAINE | DEODORANT

077326 832295	81075											Antiperspirant, Natural Powder	1 / 64g						G	P
077326 665251	81555											Deodorant, Long Lasting, Beautiful Earth	1 / 64g						G	P
077326 613252	81537											Deodorant, Long Lasting, Refreshing Lemongrass	1 / 64g						G	P
077326 614259	81552											Deodorant, Long Lasting, Unscented	1 / 64g						G	P
077326 612255	80793											Deodorant, Long Lasting, Wild Lavender	1 / 64g						G	P
035000 968425	80674											Deodorant For Men, Mountain Spring	1 / 79g						G	P

DENTAL CARE

JASON | DENTAL CARE

078522 015154	80266											X Toothpaste, Healthy Mouth	1 / 119g						G	P
078522 015000	80175											X Toothpaste, Powersmile	1 / 170g						G	P
078522 015109	80185											X Toothpaste, Sea Fresh	1 / 170g						G	P

SYNERGY ORGANICS | DENTAL CARE

874321 000021	81017										BC P	Fresh Kiss All Natural Mouthwash, Citrus	12 / 250ml						G	P
874321 000038	80554										BC P	Sexy Mouth All Natural Mouthwash, Lavender Spice	12 / 250ml						G	P

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VITAMINS, SUPPLEMENTS, FUNCTIONAL FOODS & HERBAL/MEDICINAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

FUNCTIONAL FOODS

BOB'S RED MILL | NUTRITIONAL YEAST

039978 325464 34203 GF X Large Flake Nutritional Yeast 4 / 142g

BRAGG | NUTRITIONAL YEAST

074305 066009 14409 ~~GMO~~ GF Nutritional Yeast (shaker) 12 / 127g

ENGEVITA | NUTRITIONAL YEAST

02198 B P X Nutritional Yeast 1 / 2kg

LEVEL GROUND TRADING | CACAO NIBS

661594 003640 18108 ~~GMO~~ * @ P Cacao Nibs, Organic 12 / 120g

MOCOLATE | MORNING GLOW MUSHROOM BLEND CREAMER

627843 997443 37446 BC P MORNING GLOW, Mushroom Blend Creamer, Caramel 1 / 224g G

627843 997429 37447 BC P MORNING GLOW, Mushroom Blend Creamer, Chocolate 1 / 224g G

MODERN PRODUCTS | BREWERS YEAST

075820 300012 02013 Brewer's Yeast 6 / 396g

NAVITAS ORGANICS | PLANT-BASED SUPERFOOD

858847 000291 37365 ~~GMO~~ * Açai 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

PRANA ORGANIC | FUNCTIONAL FOOD

877693 001504 26141 ~~GMO~~ GF * P Cacao Nibs, Organic 6 / 250g

877693 003096 34092 ~~GMO~~ GF * P PROACTIVChia +Probiotics, Ground Black, Organic 6 / 200g

877693 003089 34091 ~~GMO~~ GF * P PROACTIVChia +Probiotics, Whole Black, Organic 6 / 284g

877693 001498 26143 ~~GMO~~ GF * P Raw Cacao Powder, Organic 6 / 200g

60130 Empty Racks (S/O) 1 / ea

RED STAR | NUTRITIONAL YEAST

017929 746605 02147 B X Nutritional Yeast Flakes, Vegetarian Support Formula 1 / 2.72kg

017929 746312 02115 B X Nutritional Yeast Flakes, Vegetarian Support Formula 1 / 2.7kg

SPERRI PLANT-BASED MEAL REPLACEMENT

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

SUNSORYA | SPIRULINA SPRINKLES

627843 978923 37448 P Spirulina Sprinkles 10 / 200g

HERBAL REMEDIES

BACH | RESCUE REMEDIES

741273 005193 85012 X Rescue Remedy 1 / 20ml G

741273 000020 80092 X Rescue Remedy, Spray 1 / 20ml G

741273 005216 80830 X Rescue Night Spray 1 / 20ml G

741273 002598 03834 X Rescue Pastilles, Original Flavour 6 / 35ct G

741273 105619 03833 X Rescue Pastilles, Black Currant 6 / 50g G

741273 005179 85011 X Rescue Remedy, Cream 1 / 30g G

741273 002499 03844 RESCUE Night, Liquid Melts 1 / 28caps G P

741273 002529 03845 RESCUE REMEDY, Pet 1 / 10ml G

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VITAMINS & SUPPLEMENTS

AURA | NUTRITIONAL SUPPLEMENTS

180916 001374	01656										BC P	BOTANY Vegan Collagen Booster, Cherry Lime	1 / 180g					G
180916 001343	01655										BC P	BOTANY Vegan Collagen Booster, Summer Watermelon	1 / 180g					G
627987 020182	01651										BC P	Elevated Collagen Creamer with MCT	1 / 300g					G
627987 020137	01653										BC P	Plant Based Protein Mix, Vanilla	1 / 500g					G
180916 000025	01652										BC P	Wild Ocean Marine Collagen	1 / 300g					G

ENER-C | DRINK MIX

873024 001069	80751	GMO		GF							BC P X	Multivitamin, Cranberry	30 / 10.3g					G
873024 001014	80715	GMO		GF							BC P X	Multivitamin, Lemon Lime	30 / 9.5g					G
873024 001007	80714	GMO		GF							BC P X	Multivitamin, Orange	30 / 8.63g					G
873024 002073	80845	GMO		GF							BC P X	Multivitamin, Peach Mango	30 / 9.64g					G
873024 001052	80785	GMO		GF							BC P X	Multivitamin, Pineapple Coconut	30 / 9.4g					G
873024 001021	80716	GMO		GF							BC P X	Multivitamin, Raspberry	30 / 9.25g					G
873024 001304	14350	GMO									BC P X	Multivitamin, Sugar Free, Orange	30 / 5.35g					G
873024 001038	80717	GMO		GF							BC P X	Multivitamin, Tangerine Grapefruit	30 / 9.4g					G
873024 001045	80736	GMO		GF							BC P X	Multivitamin, Variety Pack (3 flavours)	30 / 1ea					G
873024 001205	80844	GMO		GF							BC P X	Sport Electrolyte, Mixed Berry	12 / 3.43g					G
	91195											Ener-C Shipper (12ea of Orange & 6ea of Lemon Lime, Tangerine Grapefruit & Raspberry) (S/O)	1 / ea					G

MANITOBA HARVEST | HEMP YEAH PROTEIN POWDER

697658 690044	37199	GMO				*						HEMP YEAH, Max Protein Powder, Unsweetened, Organic	6 / 454g					G
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MOCOLATE | MUSHROOM SUPERFOOD POWDER

627843 997405	36004										BC P	Mushroom Superfood Powder, Chaga	12 / 70g					G
628693 021067	36005										BC P	Mushroom Superfood Powder, Cordyceps	12 / 70g					G
627843 997382	36006										BC P	Mushroom Superfood Powder, Lion's Mane	12 / 70g					G
627843 997450	36007										BC P	Mushroom Superfood Powder, Reishi	12 / 70g					G

NUUN HYDRATION | DRINK TABLETS

811660 022482	40740	GMO										X Immunity, Blueberry Tangerine	8 / 10ct					G
811660 022499	40741	GMO										X Immunity, Orange Citrus	8 / 10ct					G
811660 021089	40717	GMO										X Sport, Citrus Fruit	8 / 10ct					G
811660 021072	40716	GMO										X Sport, Lemon Lime	8 / 10ct					G
811660 021065	40718	GMO										X Sport, Tri-Berry	8 / 10ct					G
811660 021096	40719	GMO										X Sport, Strawberry Lemonade	8 / 10ct					G
811660 021188	40730	GMO										X Sport, Watermelon	8 / 10ct					G
811660 021935	40724	GMO										X Vitamins, Blueberry Pomegranate	8 / 12ct					G
811660 021942	40725	GMO										X Vitamins, Tangerine Lime	8 / 12ct					G

OM MUSHROOM SUPERFOOD | MUSHROOM POWDER

856210 008639	74002	GMO				*						Mushroom Powder, Chaga, Organic	6 / 60g					G
856210 008615	74000	GMO				*						Mushroom Powder, Lions Mane, Organic	6 / 60g					G
856210 008622	74001	GMO				*						Mushroom Powder, Reishi, Organic	6 / 60g					G

OMEGA NUTRITION | FLAX & PUMPKIN SEED POWDER

055358 211004	85025	GMO				*					P	NUTRI-FLAX, Hi-Lignan Flax Seed Powder, Organic	6 / 227g					G
055358 216009	85055	GMO				*					P	NUTRI-FLAX, Hi-Lignan Flax Seed Powder, Organic	6 / 454g					G
055358 219505	37237	GMO				*					P	Pumpkin Seed Protein Powder, Organic	6 / 600g					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
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HOUSEHOLD & PACKAGING MATERIALS

PAPER PRODUCTS

CABOO | TREE-FREE PAPER PRODUCTS

627843 202738	46291	GMO									P	Bath Tissue (300 sheets per roll)	10 / 4pk					G	P
627843 202776	46293	GMO									P	Bath Tissue (300 sheets per roll)	6 / 12pk					G	P
628451 738510	46311	GMO									P	Bath Tissue (300 sheets per roll)	6 / 9pk					G	P
627843 347897	46305	GMO									P	Bath Tissue, Plastic Free Wap (300 sheets per roll)	3 / 24pk					G	P
628451 738459	46309	GMO									P X	Bath Tissue (500 sheets per roll)	24 / 1ea					G	P
627843 202745	46292	GMO									P X	Bath Tissue (550 sheets per roll)	40 / 1ea					G	P
627843 202783	46295	GMO									P	Facial Tissue Cube	30 / 90ct					G	P
627843 347835	46298	GMO									P	Facial Tissue	24 / 184ea					G	P
627843 202813	46296	GMO									P	Napkins	16 / 1x250ct					G	P
627843 202790	46294	GMO									P	Paper Towels (75 sheets per roll)	20 / 2x75ct					G	P
628451 738176	46312	GMO									P	Paper Towels (75 sheets per roll)	8 / 3pk					G	P
628451 738084	46310	GMO									P	Paper Towels (75 sheets per roll)	4 / 6pk					G	P

SILK'N SOFT | BAMBOO BATHROOM TISSUE

876791 000044	46201										P	Bathroom Tissue, 3 Ply (200 sheets)	8 / 12pk					G	P
876791 000099	46202										P	Bathroom Tissue, Oh Natural Unbleached, 3 Ply (200 sheets) (box)	8 / 12pk					G	P

DISHWASHING PRODUCTS

BIOVERT | DISHWASHING PRODUCTS

776622 011082	80550										+ P	Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 540g					G	P
776622 011068	80528										+ P	Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L					G	P
												Buy 15-19 cases	Save 10%						
												Buy 20-34 cases	Save 12%						
												Buy 35+ cases	Save 15%						
776622 120098	80534		B								+ P X	Dishwashing Liquid, Citrus Fresh (S/O)	2 / 10L					G	P

EARTH FRIENDLY | DISHWASHING PRODUCTS

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

IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

770009 250897	46390											Automatic Dishwasher Tablets, Free & Clear, Biodegradable (40 tabs)	8 / 520g					G	P
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NATURE CLEAN | DISHWASHING PRODUCTS

058951 380184	80570										+ P	Automatic Dishwasher Pacs (24pac)	8 / 432g					G	P
058951 380207	80835										+ P	Automatic Dishwasher Pacs, 60ct	4 / 1.08kg					G	P
058951 232506	80429										+ P	Dishwasher Rinse Agent	12 / 250ml					G	P
058951 403746	80580										+ P	Dishwashing Liquid, Unscented	6 / 740ml					G	P
058951 403364	80443										+ P	Dishwashing Liquid	4 / 3.63L					G	P

SAPADILLA | ECO-CLEANERS DISH PRODUCTS

677141 000024	70327											Dish Soap, Grapefruit & Bergamot	12 / 473ml					G	P
677141 000017	70305											Dish Soap, Rosemary & Peppermint	12 / 473ml					G	P

SEVENTH GENERATION | DISHWASHING PRODUCTS

732913 228188	46247											Dishwasher Detergent Packs, Free & Clear, Biodegradable (20 packs)	12 / 360g					G	P
732913 449866	46181											Dish Liquid, Free & Clear (unscented)	6 / 561ml					G	P
732913 449828	46180											Dish Liquid, Lavender Floral & Mint	6 / 561ml					G	P
732913 449835	46182											Dish Liquid, Fresh Citrus & Ginger	6 / 561ml					G	P
732913 449859	46183											Dish Liquid, Lemongrass & Clementine Zest	6 / 561ml					G	P

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
PAPERCHEF CULINARY PARCHMENT PAPER																		
628689 000014	47011										P	Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft ²					G P
628689 700983	47010										P	Parchment Paper, FSC Certified (roll) (123 Square Feet)	12 / 123ft ²					G P
628689 700242	47016										P	Parchment Paper, Pre-cut Sheets, FSC Certified (41 Square Feet)	12 / 24ct					G P

LAUNDRY PRODUCTS

ASPEN CLEAN | LAUNDRY PRODUCTS

876805 000459	80833										+	P	Laundry Detergent, Eucalyptus & Rosemary, HE	3 / 1.9L				G P
876805 000442	80832										+	P	Laundry Detergent, Lavender & Lemongrass, HE	3 / 1.9L				G P
876805 000435	80831										+	P	Laundry Detergent, Unscented, HE	3 / 1.9L				G P

BIOVERT | LAUNDRY PRODUCTS

776622 011044	80523										+	P	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	2 / 4.43L				G P
													Buy 15-19 cases	Save 10%				
													Buy 20-34 cases	Save 12%				
													Buy 35+ cases	Save 15%				

ECO-MAX | LAUNDRY PRODUCTS

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

NATURE CLEAN | LAUNDRY PRODUCTS

058951 307839	80507										+	P	Fabric Softener, Unscented	4 / 1.5L				G P
058951 308850	80505										+	P	X Laundry Detergent Strips, Fragrance Free (32 Loads)	2 / 12x32ea				G P
058951 308867	80472										+	P	X Laundry Detergent Strips, WildFlower (32 Loads)	12 / 32ea				G P
058951 308034	80461										+	P	Laundry Liquid, HE (High Efficiency) Certified	4 / 3L				G P
058951 308614	80725										+	P	Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified	4 / 3L				G P
058951 308089	82025										+	P	Laundry Liquid, Unscented, HE (High Efficiency) Certified	2 / 4.5L				G P
058951 308508	80449										+	P	Laundry Liquid, HE (High Efficiency) Certified	4 / 1.83L				G P
058951 307204	80867										+	P	Odour Remover Pacs for Laundry	6 / 180g				G P
058951 394013	80500										+	P	Oxygen Liquid Bleach	6 / 1L				G P
058951 394105	80451										+	P	Oxygen Liquid Bleach	4 / 3.63L				G P
058951 309307	80439										+	P	Oxygen Stain Powder	6 / 700g				G P

SAPADILLA | ECO-CLEANERS LAUNDRY PRODUCTS

677141 003025	70343												Laundry Liquid, Grapefruit & Bergamot	6 / 946ml				G P
677141 003018	70342												Laundry Liquid, Rosemary & Peppermint	6 / 946ml				G P

SEVENTH GENERATION | LAUNDRY PRODUCTS

732913 447053	47004												Laundry Liquid, EASYDOSE Ultra Concentrate, Free & Clear	6 / 683ml				G P
732913 447381	47006												Laundry Liquid, EASYDOSE Ultra Concentrate, Fresh Lavender	6 / 683ml				G P
732913 450800	47071												Laundry Liquid, EASYDOSE Ultra Concentrated, Mango & Mandarin	6 / 683ml				G P
732913 450923	47070												Laundry Liquid, EASYDOSE Ultra Concentrated, Rose Scent	6 / 683ml				G P
732913 227709	46138												Laundry Liquid, 2X Concentrate, Blue Eucalyptus & Lavender	6 / 1.47L				G P
732913 228287	46198												Laundry Liquid, 4X Concentrate, Geranium Blossoms & Vanilla (fibre pack)	6 / 1.47L				G P
732913 447107	46169												Laundry Liquid, 2X Concentrate, Alpine Falls	4 / 2.95L				G P
732913 450626	47081												Laundry Liquid, 2X Concentrate, Blue Eucalyptus & Lavender	4 / 2.6L				G P
732913 450633	47080												Laundry Liquid, Free & Clear	4 / 2.6L				G P

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ABSORBENT WCAT LITTER	55
AK-MAK SESAME CRACKERS	36
ALIMENTS TRIGONE CEREAL	11
ALTER ECO CHOCOLATE TREAT	62
AMANO MISO (REFRIGERATED)	83
AMANO SAUCE	32,33
AMBIENT MOON CHAI (CONCENTRATES)	15
AMUSE BOOSH VEGGIE PATE (REFRIGERATED)	79
AMY'S BURRITOS, WRAPS & POCKETS (FROZEN)	91
AMY'S CANNED MEALS	29
AMY'S CANNED SOUP	69
AMY'S ENTRÉES (FROZEN)	91
AMY'S PIZZA (FROZEN)	94
AMY'S REFRIED BEANS	45
ANGIE'S BOOMCHICKAPOP MICROWAVE POPCORN	39
ANGIE'S BOOMCHICKAPOP POPCORN & PUFFS	58
ANITA'S ORGANIC BREAKFAST BOOST TOPPING	11
ANITA'S ORGANIC BULK GRAINS	39
ANITA'S ORGANIC FLOUR	8,9
ANITA'S ORGANIC HOT CEREAL	11
ANITA'S ORGANIC OATS	40
ANITA'S ORGANIC PANCAKE & WAFFLE MIX	13
ANITA'S ORGANIC POPCORN	39
ANNIE'S GRANOLA BARS	35
ANNIE'S HOMEGROWN BUNNY FRUIT SNACKS	65
ANNIE'S HOMEGROWN BUNNY GRAHAMS SNACKS & COOKIES	34
ANNIE'S HOMEGROWN CEREAL	11
ANNIE'S HOMEGROWN CHEDDAR CRACKERS	36
ANNIE'S HOMEGROWN PASTA DINNER	52,53
ANTOINETTE'S DIP & SAUCE (REFRIGERATED)	78
ARIZONA PEPPER'S HOT SAUCE	29
ARTESIAN ACRES KAMUT PASTA	53
ASPEN CLEAN LAUNDRY PRODUCTS	104
ATLANTIC MARICULTURE DULSE	43
AURA NUTRITIONAL SUPPLEMENTS	101
AURA CACIA BODY CARE	97
AVENA FOODS OAT FLOUR	9
AVENA FOODS OATS	40
BACH RESCUE REMEDIES	100
BAG TO EARTH FOOD WASTE BAGS	103
BAKERS SUPPLY HOUSE BAKING INGREDIENTS	7
BARBARA'S BAKERY CHEESE PUFFS	58
BEANFIELDS BEAN CHIPS	58
BETTERWITH CREAM ICE CREAM (FROZEN)	88
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	92
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	82
BIG MOUNTAIN SOY-FREE TOFU (REFRIGERATED)	83
BIOITALIA OIL	50
BIOITALIA PUREES	66
BIOITALIA TOMATO PRODUCTS	28
BIO-K PLUS PROBIOTIC (REFRIGERATED)	85
BIOVERT DISHWASHING PRODUCTS	102
BIOVERT LAUNDRY PRODUCTS	104
BLACK RIVER JUICE & LEMONADE	22
BLISS BALLS ENERGY TRUFFLE BALLS	56
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE	24
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE (REFRIGERATED)	74
BLUE DIAMOND ALMOND FLOUR	9
BLUE DIAMOND NUT THINS CRACKERS	36
BLUE HERON DAIRY-FREE CULTURED CHEESE ALTERNATIVE (REFRIGERATED)	75
BLUE MONKEY COCONUT CREAM	46
BLUE MONKEY PURE COCONUT WATER & JUICE	22
BLUE MONKEY SPARKLING BEVERAGE	19
BLUEBIRD PROVISIONS BONE BROTH (FROZEN)	67
BLUEBIRD PROVISIONS INSTANT BONE BROTH MIX	67
BO & MARROW BROTH (FROZEN)	67
BOB'S RED MILL BAKING INGREDIENTS	7

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BOB'S RED MILL BAKING MIX	6
BOB'S RED MILL BEANS	38
BOB'S RED MILL CEREAL & GRANOLA	11
BOB'S RED MILL FLAKED & SHREDDED COCONUT	48
BOB'S RED MILL FLOUR	9,10
BOB'S RED MILL GRAINS & INGREDIENTS	39
BOB'S RED MILL HAZELNUT MEAL FLOUR (REFRIGERATED)	85
BOB'S RED MILL HOT CEREAL	11
BOB'S RED MILL NUTRITIONAL YEAST	100
BOB'S RED MILL OATS	40
BOB'S RED MILL PANCAKE & WAFFLE MIX	13
BOB'S RED MILL POPCORN	39
BOB'S RED MILL SEEDS	49
BOB'S RED MILL SEEDS (REFRIGERATED)	85
BOB'S RED MILL SOUP MIX	70
BOB'S RED MILL TEXTURED VEGETABLE PROTEIN	43
BOB'S RED MILL VEGETABLE PROTEIN	52
BRAGG ALL PURPOSE SEASONING	33
BRAGG APPLE CIDER VINEGAR	33
BRAGG DRESSING	31
BRAGG NUTRITIONAL YEAST	100
BRAGG SPRINKLE SEASONING	41
BREMNER'S CAESAR MIXER	25
BREMNER'S JUICE	22
BREMNER'S FRUIT (FROZEN)	95
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED)	80
BUCHA BREW KOMBUCHA	20
BUCHA BREW KOMBUCHA (REFRIGERATED)	80
BUENO FOODS TORTILLAS (FROZEN)	87
BULK BEANS	38
BULK DRIED FRUIT	49
BULK GRAINS	39
BULK NUTS	50
BULK POPPING CORN	39
BULK SEA SALT	42
BULK SEEDS	50
CABOO BAMBOO BABY WIPES	5
CABOO TREE-FREE PAPER PRODUCTS	102
CALIFIA FARMS COLD BREW COFFEE (REFRIGERATED)	80
CALIFIA FARMS DAIRY-FREE BEVERAGE (REFRIGERATED)	74
CALIFIA FARMS DAIRY-FREE COFFEE CREAMER (REFRIGERATED)	74
CALIFIA FARMS DAIRY-FREE FOR COFFEE	13
CAMINO CHOCOLATE BAKING PRODUCTS	8
CAMINO CHOCOLATE BAR	62
CAMINO HOT CHOCOLATE	15
CAMINO SHREDDED COCONUT	48
CAMINO SUGAR	70
CANADIAN HERITAGE ORGANICS MAPLE BUTTER & SYRUP	70
CANADIAN KELP RESOURCES SEA VEGETABLES	43
CASA BONITA CANTINA STYLE TORTILLA CHIPS	59
CASBAH AUTHENTIC GRAIN	45
CASBAH AUTHENTIC MIX	45
CAULIPOWER PIZZA (FROZEN)	94
CAULIPOWER PIZZA CRUST (FROZEN)	90
CAULIPOWER TORTILLAS (FROZEN)	87
CENTRAL ROAST POPCORN	39
CHA'S ORGANICS 100% REAL FRUIT SNACKS	48
CHA'S ORGANICS COCONUT CREAM & MILK	46
CHA'S ORGANICS COCONUT OIL	50
CHA'S ORGANICS SPICES	41
CHEDZ CHEESE SNACKS	59
CHIMES CANDY	65
CHIWIS SUPERFRUIT SNACK	66
CHOSEN FOODS AVOCADO OIL DRESSING	31
CHOSEN FOODS CLASSIC MAYO	31
CHOSEN FOODS CULINARY OIL	50
CLAWHAMMER ORGANIC MINTS	65

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CLEVER PREMIUM MOCKTAIL	25
CLIF BAR	56
CLIF KID ORGANIC ZBARS	35
CLOUD 9 PANCAKE & WAFFLE MIX	13
CLOUD 9 GLUTEN-FREE BAKING MIX	6
COCONUT SECRET SOY SAUCE SUBSTITUTE	33
COCONUT SECRET SOY-FREE SAUCE	30
CRAVE STEVIA CHOCOLATE CHIPS	8
CRAVE SWEETENER	70
CROFTER'S ORGANIC FRUIT SPREAD	47
DAIYA CHEEZECAKE (FROZEN)	88
DAIYA COCONUT NON-DAIRY DESSERT (FROZEN)	89
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	75,76
DAIYA DAIRY-FREE SALAD DRESSING	31
DAIYA DELUXE CHEEZY MAC	53
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	94
DANDIES VEGAN MARSHMALLOWS	65
DEEBEE'S ORGANICS SUPERFRUIT FREEZIE	89
DIVINE CHOCOLATE BAR	63
DJ&A VEGETABLE SNACKS	59
DOMO STONE GROUND TEA	15
DOM'S DEODORANT	97
DUMET OLIVES	32
EAGLE INSTAFERM BAKING INGREDIENTS	7
EARTH BALANCE COCONUT & PEANUT SPREAD	47
EARTH BALANCE SPREAD & STICKS (REFRIGERATED)	75
EARTH FRIENDLY DISHWASHING PRODUCTS	102
EARTH ISLAND DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	76
EARTH ISLAND SALAD DRESSING & VEGENAISE (REFRIGERATED)	78
EARTH ISLAND SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
EARTH ISLAND VEGAN EGG ALTERNATIVE (REFRIGERATED)	73
EARTHBOUND FARM ORGANIC FRUIT (FROZEN)	96
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN)	96
EARTH'S OWN BARISTA BEVERAGE	13
EARTH'S OWN CREAMER ALTERNATIVE (REFRIGERATED)	74
EARTH'S OWN DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	75
EARTH'S OWN DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	76
EARTH'S OWN DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
EARTH'S OWN NON-DAIRY BEVERAGE	24
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED)	74
EAT WHOLESOME PICKLED VEGETABLES	32
EAT WHOLESOME FOOD CO. CANNED BEANS	29
EAT WHOLESOME FOOD CO. ITALIAN TOMATOES	28
EAT WHOLESOME FOOD CO. VEGETABLES	28
ECOFORCE RECYCLED SCOURER PADS	103
ECO-MAX LAUNDRY PRODUCTS	104
ECOPOOCH COMPOSTABLE DOGGIE BAGS	55
ECOSAFE~6400 COMPOSTABLE BAGS	103
ECOSAFE~6400 COMPOSTABLE SANDWICH BAGS	103
EDEN APPLE BUTTER	47
EDEN APPLE SAUCE	28
EDEN CANNED BEANS	29
EDEN CANNED BEANS	27
EDEN JAPANESE PRODUCTS	43
EDEN NON-DAIRY BEVERAGE	25
EDEN ORGANIC POPCORN	39
EDEN PACKAGED SNACK FOOD	66
EDEN PICKLED VEGETABLES	32
EDEN PIZZA & PASTA SAUCE	32
EDEN REFRIED BEANS	45
EDEN SEA VEGETABLES	43
EDEN SESAME OIL	50
EDEN TAHINI	47
EDEN VINEGAR	33
EDEN FOODS BARLEY MALT SYRUP	70
EDWARD & SONS EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	36
EDWARD & SONS MISO SOUP	43

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EFRUTI FRUIT JUICE GUMMI CANDIES	65
EL FARO FLOUR	10
ELAN ORGANIC GRAINS	39
ELIAS HONEY	70
EMMA UNBLEACHED COFFEE FILTERS	14
ENDANGERED SPECIES CHOCOLATE BAR	63
ENDANGERED SPECIES OAT MILK BAKING CHIPS	8
ENER-C DRINK MIX	101
ENER-G FOODS BAKING INGREDIENTS	7
ENER-G FOODS BREAD	6
ENGEVITA NUTRITIONAL YEAST	100
ENJOY LIFE BAKING CHOCOLATE	8
ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUP	71
ETHICAL BEAN WHOLE BEAN COFFEE	14
EVERGREEN WHEATGRASS JUICE (FROZEN)	95
EVE'S CRACKERS	37
EVIVE SMOOTHIE CUBES (FROZEN)	95
FARMER'S MARKET CANNED PUMPKIN	28
FARMHOUSE CULTURE GUT SHOT BEVERAGE (REFRIGERATED)	80
FATSO NUT & SEED BUTTER	47
FENTIMANS BOTANICALLY BREWED BEVERAGE	26
FERIDIES PEANUTS	66
FEVER-TREE DRINK MIXER	26
FIELD ROAST CHAO SLICES (REFRIGERATED)	76
FIELD ROAST CO. PLANT BASED MEAT ALTERNATIVE (FROZEN)	92
FIELD ROAST MEAT & CHEESE CO. PLANT BASED APPETIZERS (FROZEN)	90
FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGAR	34
FLORIDA CRYSTALS SUGAR	71
FLOW ALKALINE SPRING WATER	27
FOLEY'S VITALITY DOG GOURMET DOG TREATS	55
FOOD FOR LIFE BREADS, BUNS & ENGLISH MUFFINS (FROZEN)	86
FOOD FOR LIFE EZEKIEL 4:9 CEREAL	12
FOOD FOR LIFE TORTILLAS (FROZEN)	87
FOUR O'CLOCK TEA	15,16
FREEYUMM ALLERGEN-FREE COOKIES	34
FREEYUMM CRACKERS	37
FRONTERA GOURMET MEXICAN COOKING SAUCE	45
FRONTERA GOURMET MEXICAN GUACAMOLE MIX	41
FRONTIER HERBS & SPICES	41
FULLGREEN READY-TO-EAT RICED VEGETABLES	52
GARDEIN MEAT-FREE ALTERNATIVE (FROZEN)	92
GARDEIN MEAT-FREE ENTRÉES (FROZEN)	91
GENUINE TEA CO. TEA	16
GIA BASMATI RICE IN A BAG	40
GIMME ORGANIC ROASTED SEAWEED	44
GIMME ORGANIC ROASTED SEAWEED SNACKS	44
GIMME ORGANIC ROASTED SUSHI NORI	44
GINGER PEOPLE COOKING SAUCE	30
GINGER PEOPLE CRYSTALLIZED GINGER	65
GINGER PEOPLE GINGER CANDY	65
GINGER PEOPLE GINGER JUICE	41
GINGER PEOPLE GINGER SOOTHER	20
GINGER PEOPLE GINGER SYRUP	29
GINGER PEOPLE MINCED GINGER	44
GLUTINO BREADS & ENGLISH MUFFINS (FROZEN)	86
GLUTINO COOKIES	34
GLUTINO CRACKERS	37
GLUTINO PRETZELS	59
GOLD RUSH POTATO PRODUCTS (FROZEN)	96
GOOD TO GO KETO BAR	56
GOODDRINK BOTTLED TEA	22
GOODDRINK SPRITZER	19
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED)	72
GREEN CUISINE MOCHI, TEMPEH & TOFU (REFRIGERATED)	83,84
GREEN CUISINE RAW SUPERFOOD (REFRIGERATED)	84
GREEN CUISINE TEMPEH (FROZEN)	93
GREEN TABLE FOODS CONDIMENTS (REFRIGERATED)	84

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GT'S SYNERGY RAW KOMBUCHA (REFRIGERATED)	80,81
GT'S ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	80
HABIBI'S MEDITERRANEAN DIPS & HUMMUS (REFRIGERATED)	78
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE	45
HAPPY PAWS CAT & DOG FOOD	55
HAPPY PLANET JUICE & SMOOTHIES (REFRIGERATED)	81
HAPPY PLANET MEALS & SOUP (REFRIGERATED)	79
HAPPY PLANET MORNIN' OATZ SHAKE	20
HARDBITE HANDCRAFTED STYLE CHIPS	59
HARVEST SUN BOUILLON CUBES & BROTH POWDER	68
HEALTH-ADE KOMBUCHA (REFRIGERATED)	81
HEALTHY HIPPO LOW SUGAR CANDY	66
HEE-HAW HORSERADISH	29
HERBARIA HERBAL TEA	16
HILARY'S VEGGIE BURGERS (FROZEN)	93
HOLY CRAP BREAKFAST CEREAL	12
HOLY NAPOLI PIZZA DOUGH (FROZEN)	90
HOLY NAPOLI NEAPOLITAN PIZZA (FROZEN)	94
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED)	80
HORNBY ORGANIC ENERGY BAR	57
HOT KID RICE CRACKERS	37
HUER SENSIBLE SWEETS	66
HUMBLE POTATO CHIPS	60
HUNGRY BUDDHA KETO BAR	57
ICEFIELD GLACIAL SPRING WATER	27
IF YOU CARE CONCENTRATED DISHWASHING PRODUCTS	102
IF YOU CARE ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE ENVIROMENT FRIENDLY CLEANING PRODUCTS	103
IF YOU CARE ENVIROMENT FRIENDLY COOKING PRODUCTS	103
IMAGINE FOODS BROTH	68
IMAGINE FOODS NATURAL SOUP	69
IMPACT BY ALGI SPIRULINA ALGAE BAR	57
INDIANLIFE CHIPS	60
INDIANLIFE ENTRÉES (FROZEN)	91
INDIANLIFE FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	87
ISLAND ESSENTIALS NATURAL BODY CARE	97
JASON BODY CARE PRODUCTS	97
JASON DENTAL CARE	98
JASON HAIR CARE	99
JOVIAL COOKIES	34
JOVIAL EINKORN FLOUR	10
JOVIAL ITALIAN PASTA	53
JUST EGG PLANT EGG (FROZEN)	93
JUST EGG PLANT EGG (REFRIGERATED)	73
JUSTIN'S NUT BUTTER CUPS	63
JYOTI NATURAL FOODS INDIAN CUISINE	43
KAN'S GOURMET FOODS APPETIZERS (FROZEN)	90
KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	84
KASLO SOURDOUGH PASTA	53
KETTLE BRAND POTATO CHIPS	60
KIJU ORGANIC BEVERAGE	22
KIND DIPPED CLUSTERS	57
KIND GRANOLA & BREAKFAST BAR	35
KIND NUT BAR	57
KINDRED CULTURES WATER KEFIR (REFRIGERATED)	81
KING ISLAND COCONUT WATER	23
KINNIKINNICK COOKIES	34
KINNIKINNICK DONUTS (FROZEN)	88
KINNIKINNICK GLUTEN FREE BREAD PRODUCTS (FROZEN)	86
KINNIKINNICK GRAHAM STYLE CRUMBS	7
KINNIKINNICK HOMESTYLE WAFFLES (FROZEN)	95
KINNIKINNICK PANCAKE & WAFFLE MIX	13
KINNIKINNICK PANKO STYLE BREAD CRUMBS	6
KINNIKINNICK PIZZA & PIE CRUST (FROZEN)	90
KOYO JAPANESE PRODUCTS	44
KOYO RAMEN	68
KRINOS FOODS CHEESE (REFRIGERATED)	73

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KRINOS FOODS GREEK OLIVES	32
KRISDA SUGAR-FREE CHOCOLATELY CHIPS	8
KRISDA SUGAR-FREE SWEETENER	71
LA PREFERIDA ORGANIC MEXICAN INGREDIENTS	45
LAKANTO MONKFRUIT BLEND SWEETENER	71
L'ANCÊTRE BUTTER (REFRIGERATED)	72
L'ANCÊTRE CHEESE (REFRIGERATED)	73
LARABAR ENERGY BAR	57
LE GRAND CHEESE SPREAD ALTERNATIVE (REFRIGERATED)	76
LE GRAND PESTO (REFRIGERATED)	78
LE PAIN DES FLEURS CRISPBREAD	37
LEMONCOCCO LEMON & COCONUT BEVERAGE	23
LET'S DO ICE CREAM CONES	88
LET'S DO...ORGANIC BAKING INGREDIENTS	7
LET'S DO...ORGANIC COCONUT CREAM & MILK	46
LET'S DO...ORGANIC FLOUR	10
LET'S DO...ORGANIC SHREDDED COCONUT	48
LET'S DO...ORGANIC ICE CREAM CONES	88
LEVEL GROUND TRADING CACAO NIBS	100
LEVEL GROUND TRADING DIRECT FAIR TRADE COFFEE	14
LEVEL GROUND TRADING DIRECT FAIR TRADE DRIED FRUIT	48
LEVEL GROUND TRADING DIRECT FAIR TRADE SUGAR	71
LEVEL GROUND TRADING DIRECT FAIR TRADE TEA	16
LICK YOUR CHOPS CAT & DOG FOOD	55
LILY'S NO SUGAR ADDED BAKING CHIPS	8
LILY'S NO SUGAR ADDED CHOCOLATE BAR	63
LITA'S MEXICAN FOODS ENTRÉES (FROZEN)	91
LOOP SPARKLING KEFIR WATER (REFRIGERATED)	81
LOTUS FOODS RICE	41
LOTUS FOODS RICE NOODLES	46
LOTUS FOODS RICE RAMEN MISO SOUP	68
LOVE CHILD ORGANICS BABY FOOD	5
LOVE GOOD FATS KETO BAR	58
LUCKY FOODS SPRING ROLLS (FROZEN)	90
LUNDBERG BROWN RICE SYRUP	71
LUNDBERG ENTREES & SIDES	52
LUNDBERG RICE	40,41
LUNDBERG RICE CAKE MINIS	60
LUNDBERG WHOLE GRAIN RICE CAKES	38
MACKELLAR FARMS EDAMAME (FROZEN)	96
MADEGOOD GRANOLA SNACKS	35,36
MADEGOOD STAR PUFFED CRACKERS	37
MAISON ORPHEE HAND-HARVESTED GREY SEA SALT	41
MAISON ORPHEE MARINADE	30
MAISON ORPHEE MAYONNAISE (REFRIGERATED)	78
MAISON ORPHEE MUSTARD	29
MAISON ORPHEE OIL	50
MAISON ORPHEE VINEGAR	34
MANITOBA HARVEST HEMP SEED	49
MANITOBA HARVEST HEMP SEED OIL	50
MANITOBA HARVEST HEMP YEAH PROTEIN POWDER	101
MANITOBA HARVEST HEMP YEAH! GRANOLA	12
MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN)	86
MARUKAN RICE VINEGAR	34
MARY'S ORGANIC GOURMET CRACKERS	37
MARY'S ORGANIC GRAHAM-STYLE KOOKIES	35
MASECA CORN MASA FLOUR	10
MATEINA READY-TO-DRINK YERBA MATE	20
MATEINA YERBA MATE	16
MAUREEN SIMON FOODS CORP COOKING SAUCE	43
MCKENZIE'S COUNTRY FARM HONEY	71
MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED)	83
MILLSTREAM FLOUR MILL FLOUR	10
MINTIQ SUGAR FREE MINTS	66
MISHIMA INSTANT SOUP	44
MIYOKO'S NON-DAIRY CHEESE ALTERNATIVE (REFRIGERATED)	76
MIYOKO'S VEGAN BUTTER (REFRIGERATED)	75

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MOCOLATE FUNCTIONAL SNACK BAR	58
MOCOLATE MORNING GLOW BREAKFAST BARS	35
MOCOLATE MORNING GLOW MUSHROOM BLEND CREAMER	100
MOCOLATE MUSHROOM SUPERFOOD POWDER	101
MODERN MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	93
MODERN PRODUCTS BREWERS YEAST	100
MODERN PRODUCTS SEASONINGS	41
MORNIN' GLORY PRUNE JUICE	23
MORNIN' GLORY PRUNES	48
MOUNT HAGEN INSTANT COFFEE	14
MOUNTAIN SKY BODY CARE	97
MUIR GLEN CANNED TOMATOES	28
MYLKO OAT BUTT'R (FROZEN)	94
NAAM COOKING SAUCE	30
NAAM MISO GRAVY	31
NAKED & SAUCY COOKING SAUCE	30
NAKED & SAUCY SOY SAUCE SUBSTITUTE	33
NATIVE FOREST CANNED FRUIT & VEGETABLES	28
NATIVE FOREST CANNED VEGETABLES & JACKFRUIT	46
NATIVE FOREST COCONUT MILK	46
NATIVE FOREST DAIRY FREE MILK POWDER	25
NATRACARE FEMININE CARE	99
NATURA DAIRY-FREE BEVERAGE (ASEPTIC CARTON)	25
NATURAL CABANA LEMON & LIMEADE	23
NATURE CLEAN BODY CARE	98
NATURE CLEAN DISHWASHING PRODUCTS	102
NATURE CLEAN HOUSEHOLD CLEANERS	103
NATURE CLEAN LAUNDRY PRODUCTS	104
NATURE CLEAN SHAMPOO & CONDITIONER	99
NATURE'S BAKERY FIG BAR	36
NATURE'S NUTS NUT & SEED BUTTER	47
NATURE'S PATH CEREAL	12
NATURE'S PATH FLAXPLUS FLAX SEEDS	49
NATURE'S PATH GRANOLA	12
NATURE'S PATH INSTANT OATMEAL	11
NATURE'S PATH TOASTER PASTRIES	36
NATURE'S PATH WAFFLES (FROZEN)	95
NATURE'S PATH WHOLE GRAIN OATS	11
NATURO AQUA MOUNTAIN SPRING WATER	27
NAVITAS ORGANICS DRIED FRUIT	48
NAVITAS ORGANICS PLANT-BASED SUPERFOOD	100
NEW WORLD NUT & SEED BUTTER	47
NOBLE JERKY VEGAN JERKY	67
NOOCHPOP! VEGAN CHEESY POPCORN	60
NORA SEAWEED SNACKS	44
NORA'S DAIRY-FREE DESSERT (FROZEN)	89
NORTH PRAIRIE GOLD OIL	50
NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED)	74
NOTCO NOTBURGER PLANT BASED BURGERS (FROZEN)	93
NOVA SCOTIA FISHERMAN XTREME LIP & SKIN CARE	98
NUMI ORGANIC TEA	16,17
NUNWEILER'S PANCAKE & WAFFLE MIX	13
NUNWEILER'S FLOUR CO ORGANIC FLOUR	10
NUTIVA COCONUT FLOUR	10
NUTIVA COCONUT MANNA CREAMY SPREAD	48
NUTIVA HAZELNUT SPREAD	47
NUTIVA OIL	51
NUTS FOR CHEESE DAIRY-FREE NUTS FOR BUTTER (REFRIGERATED)	75
NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED)	76
NUUN HYDRATION DRINK TABLETS	101
OASIS PITA BREAD (FROZEN)	88
O'DOUGHS BUNS & BAGELS (FROZEN)	86
O'DOUGHS NAAN STYLE O'DIPPERS (FROZEN)	86
OLIVADO OIL	51
OM MUSHROOM SUPERFOOD MUSHROOM POWDER	101
OMEGA NUTRITION APPLE CIDER VINEGAR	34
OMEGA NUTRITION COCONUT & EFA OIL (REFRIGERATED)	85

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OMEGA NUTRITION FLAX & PUMPKIN SEED POWDER	101
OMEGA NUTRITION OIL	51
OMEGA NUTRITION PUMPKIN SEED BUTTER	48
ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR	71
ONLY OATS	40
ONLY OATS OAT FLOUR	10
OPUS ALCOHOL FREE BEVERAGE	26
ORCHID REAL FLAVOUR BAKING INGREDIENTS	7
OZERY BAKERY BUNS (FROZEN)	88
PACIFIC FOODS BROTH	68
PACIFIC FOODS SOUP	69,70
PAMELA'S ARTISAN FLOUR BLENDS	10
PAMELA'S COOKIES	35
PAMELA'S PANCAKE MIX	13
PANDA LICORICES	66
PAPERCHEF CULINARY PARCHMENT BAKING PRODUCTS	6
PAPERCHEF CULINARY PARCHMENT PAPER	104
PAPOUTSANIS OLIVE OIL HAND SOAP BAR	98
PAQUI TORTILLA CHIPS	60
PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	77
PARTAKE BREWING NON-ALCOHOLIC BEER	26
PATIENCE FRUIT & CO DRIED BERRIES	48
PATIENCE FRUIT & CO FRUIT JUICE	23
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES	49
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES	67
PEARL'S PEROGIES (FROZEN)	91
PERFECT BAR (REFRIGERATED)	83
PERFECT CHEF TOMATO PASTA SAUCE	32
PHAT TEA MCT INFUSED ICED TEA	21
PIKE PIER FISHERMAN ALL NATURAL SAUCE	92
PLUM-M-GOOD BROWN RICE BREADING CRUMBS	6
PLUM-M-GOOD RICE CAKES	38
POMONA'S UNIVERSAL PECTIN	7
PORTOFINO BAKERY BREAD & BUNS (FROZEN)	86,87
POW! PUFFS PLANT-BASED PUFFS	61
PRAIRIE HARVEST KETCHUP	29
PRAIRIE HARVEST PASTA	54
PRAIRIE HARVEST PASTA SAUCE	32
PRAIRIE HARVEST POPCORN	39
PRANA ORGANIC CHOCOLATE BARK	63
PRANA ORGANIC CHOCOLATE CHUNKS	8
PRANA ORGANIC DRIED FRUIT	49
PRANA ORGANIC FUNCTIONAL FOOD	100
PRANA ORGANIC GRANOLOVE GRANOLA CEREAL	12
PRANA ORGANIC NUTS & SEEDS	49
PRANA ORGANIC OVERNIGHT CHIA & OAT MIX	13
PRANA ORGANIC SNACKS	67
PROBAR NUTRITIONAL FOOD BAR	58
PUKKA ORGANIC TEA	17
QUE PASA SALSA	32
QUE PASA TACO SHELLS	45
QUE PASA TORTILLA CHIPS	61
R.W. KNUDSEN CELEBRATORY SPARKLING BEVERAGE	27
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE	23
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD	28,29
RATIO KETO FRIENDLY SNACK BAR	58
RAWMBAS VEGAN MUFFINS (FROZEN)	88
RED STAR NUTRITIONAL YEAST	100
REDMOND REAL SALT	42
REED'S ALL-NATURAL GINGER DRINK	19
RICEWORKS GOURMET RICE CHIPS	61
RICEWORKS O3MG FRUIT BARS	67
RIDGWAYS BLACK TEA	17
RIPPLE DAIRY-FREE PEA BEVERAGE (REFRIGERATED)	74
RISE KOMBUCHA (REFRIGERATED)	82
RISE BOTANICALS SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	82
RIZOPIA RICE PASTA	54

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ROAR ORGANIC ELECTROLYTE INFUSIONS BEVERAGE	21
ROCKY MOUNTAIN FLATBREAD PIZZA (FROZEN)	95
ROCKY MOUNTAIN FLATBREAD PIZZA CRUST (FROZEN)	90
RUBY RED FARMS ORGANIC BLUEBERRIES (FROZEN)	96
RUBY'S AUTHENTIC APPETIZERS (FROZEN)	90
RUBY'S AUTHENTIC CHUTNEY (REFRIGERATED)	78
RUNA CLEAN ENERGY DRINK	21
RVIITA ENERGY TEA	21
SAFE CATCH LOW MERCURY CANNED SEAFOOD	29
SALT SPRING COFFEE	15
SALT SPRING COFFEE COMPOSTABLE SINGLE-SERVE BREW PODS	14
SALT SPRING GELATO ITALIAN ICE CREAM (FROZEN)	89
SALT SPRING GELATO SORBETTO (FROZEN)	89
SAN ZENONE PASTA	54
SAN-J COOKING SAUCE	30
SAN-J RICE CRACKERS	37
SAN-J SAUCE	33
SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE	41
SANTA CRUZ ORGANIC JUICE & LEMONADE	23
SAPADILLA BODY CARE	98
SAPADILLA CLEANING PRODUCTS	103
SAPADILLA ECO-CLEANERS DISH PRODUCTS	102
SAPADILLA ECO-CLEANERS LAUNDRY PRODUCTS	104
SAPSUCKER SPARKLING TREE WATER	21
SAUGEEN COUNTRY DAIRY KEFIR & YOGURT (REFRIGERATED)	72
SAVE DA SEA PLANT-BASED SEAFOOD (REFRIGERATED)	83
SEASNAX SEAWEED PRODUCTS	44
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS	61
SEOUL KIMCHI (REFRIGERATED)	84
SEOUL KIMCHI HOT SAUCE	30
SEOUL KOREAN BBQ SAUCE	30
SEVENTH GENERATION DIAPERS & BABY CARE	5
SEVENTH GENERATION DISHWASHING PRODUCTS	102
SEVENTH GENERATION HOUSEHOLD CLEANERS	103
SEVENTH GENERATION LAUNDRY PRODUCTS	104
SILK BARISTA BEVERAGE FOR COFFEE	14
SILK DAIRY-FREE BEVERAGE	25
SILK DAIRY-FREE BEVERAGE (REFRIGERATED)	74
SILK DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	77
SILK DAIRY-FREE YOGURT (REFRIGERATED)	77
SILK FOR COFFEE (REFRIGERATED)	75
SILK WHIPPING CREAM ALTERNATIVE (REFRIGERATED)	75
SILK'N SOFT BAMBOO BATHROOM TISSUE	102
SIMPLY ORGANIC BOTTLED SPICES & GRINDERS	42
SIMPLY ORGANIC DIP MIX	56
SIMPLY ORGANIC FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC GRAVY MIX	31
SIMPLY ORGANIC GUACAMOLE MIX	42
SIMPLY ORGANIC PASTA SAUCE MIX	42
SIMPLY ORGANIC SEASONING MIX	42
SIMPLY ORGANIC SIMMER SAUCE	45
SKINNYPOP POPCORN	61
SKINNYPOP POPCORNS	39
SKIPPY'S KETTLE CORN	61
SNACK 21 DOG & CAT SNACKS	55
SO DELICIOUS COCOWHIP (FROZEN)	88
SO DELICIOUS DAIRY-FREE DESSERT (FROZEN)	89
SO DELICIOUS NON-DAIRY NOVELTIES (FROZEN)	89,90
SOBAYA PASTA	45
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER	27
SOL CUISINE PLANT-BASED APPETIZERS (FROZEN)	90
SOL CUISINE PLANT-BASED MEAT ALTERNATIVE (FROZEN)	93
SOTA SPARKLING TEA + ADAPTOGENS	21
SOUTHERN RECIPE SMALL BATCH PORK RINDS	61
SOYA NOVA TOFU (REFRIGERATED)	84
SPECTRUM MAYONNAISE	31
SPECTRUM OIL	51

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SPECTRUM SPRAY OIL	51
SPERRI PLANT-BASED MEAL REPLACEMENT	100
SPREAD 'EM KITCHEN CO. CASHEW CHEEZE (REFRIGERATED)	77
SPREAD 'EM KITCHEN CO. PLANT-BASED DIP (REFRIGERATED)	78
SQUAMISH WATER KEFIR (REFRIGERATED)	82
ST. MICHAEL HONEY	71
STAHLBUSH ISLAND FARMS FRUIT (FROZEN)	96
STAHLBUSH ISLAND FARMS VEGETABLES (FROZEN)	96
STASH TEA	17,18
STELLA'S PEROGIES (FROZEN)	91
STICKLING'S BAKERY PRODUCTS	6
SUNDHED SEA SALT & PURE HIMALAYAN SALT	42
SUNFLOWER KITCHEN DIP & SAUCE (REFRIGERATED)	79
SUNFLOWER KITCHEN VEGETARIAN SOUP & CHILI (REFRIGERATED)	79
SUNSORYA SPIRULINA SPRINKLES	100
SUPERIOR NATURAL TOFU (REFRIGERATED)	84
SUSHI NORI	45
SWERVE SWEETENER	71
SYNERGY ORGANICS DENTAL CARE	98
TASTE NIRVANA COCONUT WATER	23
TASTY BITE HEAT & SERVE RICE	52
TASTY BITE INDIAN CUISINE	43
TASTY BITE THAI ENTREES	46
TAZO BLACK TEA CONCENTRATE	18
TAZO FILTERBAG TEA	18
TERRA ARTISAN BREAD (FROZEN)	87
TERRA BREADS SMALL BATCH GRANOLA	13
TERRA DELYSSA OLIVE OIL	51
THAI KITCHEN COCONUT CREAM & MILK	46
THAI KITCHEN PASTE & SAUCE	46
THAI KITCHEN RICE NOODLE SOUP	69
THAI KITCHEN RICE NOODLES	46
THAI KITCHEN STIRFRY NOODLE DISH	46
THAYERS REMEDIES WITCH HAZEL	98
THE CULTURED COCONUT PROBIOTIC (REFRIGERATED)	85
THE VERY GOOD BUTCHERS PLANT BASED BUTCHERY (FROZEN)	93
THE VERY GOOD CHEESE CO. PLANT-BASED CHEESE (REFRIGERATED)	77
THE WORKSHOP VEGETARIAN VEGAN NOODLES (FROZEN)	92
THEO CHOCOLATE	64
THIRSTY BUDDHA COCONUT WATER	24
THIRSTY BUDDHA SPARKLING COCONUT WATER	20
THOMPSON'S HOMEOPATHIC CRÈME	98
THRIVE REMEDIES ADAPTOGENIC TEA	21
TINKYADA RICE PASTA	54
TMRW FOODS MEAT ALTERNATIVE (FROZEN)	94
TOFINO RAW KOMBUCHA (REFRIGERATED)	82
TOFURKY MARINATED TEMPEH STRIPS (REFRIGERATED)	84
TOFURKY MEAT ALTERNATIVE (REFRIGERATED)	83
TOM'S OF MAINE DENTAL CARE	99
TOM'S OF MAINE DEODORANT	98
TRADITIONAL MEDICINALS TEA	18,19
TRIPLE JIM'S ORGANIC DRIED FRUIT	49
TRIPLE JIM'S ALL NATURAL JUICE MADE FROM BC FRUIT	24
TRUE CITRUS DRINK MIX	24
TWO BEARS BARISTA FRIENDLY DAIRY ALTERNATIVE	14
TWO BEARS COLD BREW COFFEE & OAT MILK TEA LATTE	24
UDDERLY RIDICULOUS GOAT'S MILK ICE CREAM CO. (FROZEN)	89
UDI'S BAGELS, BREADS & BUNS (FROZEN)	87
UDI'S PIZZA (FROZEN)	95
UDI'S PIZZA CRUSTS (FROZEN)	90
UMI'S KITCHEN COOKING SAUCE	31
UNCLE LEE'S TEA	19
UNICO CHICKPEAS	27
UNICO OLIVE OIL	51
VEGAN ROB'S PLANT BASED SNACKS	62
VEGGIE FAST FOODS VEGGIE PÂTÉ (REFRIGERATED)	80
VG GOURMET ARTISAN VEGAN BURGERS (FROZEN)	94

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VICTORIA BAKING OAT BISCUITS	35
VICTORIA BAKING SCOTTISH OATCAKES	38
VIJ'S INDIAN CUISINE (FROZEN)	92
VIRGIL'S HANDCRAFTED SODA	20
WAKEWATER CAFFEINATED SPARKLING WATER	21
WHISTLER WATER	27
WHITEWATER COOKS DRESSING	31
WHITEWATER COOKS MARINADE	31
WHOLE ALTERNATIVES POPCORN	39
WHOLESOME NATURAL & ORGANIC SWEETENER	71,72
WHOLLY WHOLESOME PIE SHELLS (FROZEN)	90
WILD COUNTRY HONEY	72
WILDBRINE FERMENTED SAUCE (REFRIGERATED)	79
WILDBRINE FERMENTED VEGETABLES (REFRIGERATED)	84,85
WILDBRINE WILD CREAMERY CULTURED BUTTER ALTERNATIVE (REFRIGERATED)	75
WILDBRINE WILD CREAMERY CULTURED CREAM CHEESE ALTERNATIVE (REFRIGERATED)	77
WILDBRINE WILD CREAMERY CULTURED SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
WILDBRINE WILDCREAMERY PLANT BASED DIP (REFRIGERATED)	79
WILDWOOD ORGANICS SPROUTED TOFU (REFRIGERATED)	85
WIZARD'S ORGANIC SAUCE	30
WIZE COFFEE LEAF ICED TEA	20
WOW BAKING COMPANY COOKIES	35
WOWBUTTER NUT FREE BUTTER	48
YAPPETIZERS TREAT COMPANY DOG AND CAT TREATS	56
YOGGU! PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	77
YOGI BEVERAGE TEA	19
YOGOURMET CULTURES (REFRIGERATED)	72
YVES VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	83
ZAZUBEAN CHOCOLATE BAR	64
ZEVIA STEVIA SWEETENED TEA BEVERAGE	24
ZEVIA ZERO CALORIE ENERGY DRINK	21
ZEVIA ZERO CALORIE MIXER & SODA	20
ZIMT CHOCOLATE BAR	64,65
ZIMT MACAROONS	67