



Turns water into DREAMS

JUST ADD WATER

NEW FORMAT

NEW FLAVOURS



Wake up to a magical breakfast! Discover our new flavours and formats

Introducing our revolutionary overnight chia creation, designed to transform mere water into a satisfying nutritious and delightful breakfast. This innovative product boasts a blend of premium oats, chia seeds and delicious flavors that, when combined with water, undergo a magical metamorphosis. Versatile and practical, enjoy it for breakfast, on-the go, in lunchboxes or as a wholesome treat, it has everything you need to fuel your day.

Now available through PSC



* see pg.12 for pricing details



MARCH NEW PRODUCTS

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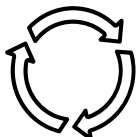
NEW!
value-size bags

GROWN ORGANICALLY AND FROZEN WITH CARE

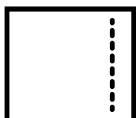


#1 MOST RECOGNIZED

and trusted organic produce
brand in North America



RECYCLABLE PACKAGING



STAND-UP BAGS

with resealable zippers

PRODUCTS

900 g Frozen Organic Blueberries

900 g Frozen Organic Green Peas *

900 g Frozen Organic Mango Chunks

900 g Frozen Organic Triple Berry Blend

900 g Frozen Organic Sliced Strawberries

900 g Frozen Organic Sweet Corn *

750 g Frozen Organic Broccoli Florets

* **New in March**

* see pg.11 for pricing details



GUAYAKÍ



NEW! GUAYAKI BERRY LEMONADE 12/458ml

Hits the perfect note of sweet and tart
A balanced blend of lemon and strawberry
juices and yerba mate without any
added sugar (2g of sugar)

NEW! GUAYAKI PEACH 12/458ml

A refreshing yerba mate infusion
of peach with delicate sweetness
and a hint of floral undertones

Enjoy this peachy perfection
with only 3g of sugar !



Ready-to-drink organic yerba mate beverage:
caffeinated, certified organic, non-GMO verified
and made with select Fair Trade ingredients

• 150mg caffeine • 20 calories



YERBA MATE

THE FEELING OF YERBA MATE

**FOCUSED MENTAL CLARITY AND
PHYSICAL ENERGY WITHOUT THE
NERVOUS EFFECTS OF CAFFEINE ALONE**

**THE MOST BALANCED
CAFFEINE SOURCE DELIVERING
BOTH ENERGY & NUTRITION**



STRENGTH OF COFFEE

Caffeine



HEALTH BENEFITS OF TEA

24 Vitamins and Minerals
15 Amino Acids
Abundant Antioxidants
Theophylline



EUPHORIA OF CHOCOLATE

Theobromine

* see pg.11 for pricing details



MAISON
ORPHÉE

THE PERFECT OIL™ IS THE KNOW-HOW OF MAISON ORPHÉE IN A BOTTLE!



The Perfect Oil™ is made in Québec City from extra virgin olive and virgin seed oils. Use it instead of your regular oils in your recipes. It makes every dish more delicious with its sweet, buttery flavour and balanced profile.

The best part? Its composition has been thought out to contain a great ratio of essential fatty acids. With its bright golden yellow hue and perfect on all levels, it will quickly become your favourite oil in the kitchen!

The Perfect Oil™ is:

Tasty

- Made with four cold-pressed organic virgin seed oils and our signature extra virgin olive oil.

Local

- Prepared in our Québec City facilities, we blended Canadian organic sunflower and canola seeds into the oil.

Balanced

- Unique, it was designed to offer a fatty acid profile with a great ratio of essential fatty acids and omega-9.

Versatile

- Its flavour profile means it can be used in dishes from all over the world, savoury and sweet.

Heat-resistant — up to 400 degrees Fahrenheit

- It has a certain resistance to heat, so it can be used for frying over medium heat or baking, but it isn't suitable with very high heat or deep frying.

Composition

Organic unrefined sunflower oil, Extra virgin olive oil, Organic unrefined sesame oil, Organic unrefined canola oil, Organic virgin flaxseed oil.

Made in Canada from domestic and imported ingredients.



The perfect dressing

Ingredients

- 1/2 cup Perfect Oil™
- 2 tbsp white balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 1/4 tsp toasted sesame oil
- 1/8 to 1/4 tsp ground white pepper
- 2-3 pinches of fleur de sel

Preparation

1. Pour oil, vinegar and mustard into a bowl in that order.
2. Using a small whisk or fork, gradually stir in the mustard in a small circular motion, expanding the motion outward. You'll notice the emulsion form before your eyes!
3. Add maple syrup, toasted sesame oil, white pepper and fleur de Sel and stir well to incorporate.

* see pg. 11 for pricing details

NATURE'S BAKERY

NEW!

BROWNIE



BEST. DATE. EVER!

When cocoa met dates. Our taste buds might say cocoa's the star here, but dates are the unsuspecting powerhouse in this duet. This pair makes for the perfect, wholesome snack for those oh-so-deserved me-time breaks.

QUAND LE CACAO RENCONTRE LES DATTES.

Quand le cacao rencontre les dattes. Nos papilles gustatives pourraient dire que le cacao est la star ici, mais les dattes sont la puissance sans méfiance de ce duo. Cette paire constitue la collation parfaite et saine pour ces pauses bien méritées.

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive		
Per 1 package (45 g) pour 1 sachet (45 g)		
Calories 170		
*DV = Daily Value		
*VQ = valeur quotidienne		
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		
Fat / Lipides 5 g	7 %	Protein / Protéines 3 g
Saturated / saturés 1 g		Cholesterol / Cholestérol 0 mg
+ Trans / trans 0 g	5 %	Sodium 100 mg
		4 %
Carbohydrate / Glucides 30 g		Potassium 150 mg
Fibre / Fibres 3 g	11 %	4 %
Sugars / Sucres 13 g	13 %	Calcium 20 mg
		2 %
		Iron / Fer 1 mg
		6 %

Ingredients: Whole wheat flour, Sugars (cane sugar, date paste, brown rice syrup, table molasses), Canola oil, Cocoa powder, Glycerin, Chocolate (unsweetened chocolate, cane sugar, cocoa butter, cocoa powder), Acacia gum, Malted barley flour, Sea salt, Natural flavours, Sodium Bicarbonate.

Contains: Wheat, Barley.

Ingrédients : Farine de blé entier, Sucres (sucre de canne, pâte de dattes, sirop de riz brun, mélasse de table), Huile de canola, Poudre de cacao, Glycérine, Chocolat (chocolat non sucré, sucre de canne, beurre de cacao, poudre de cacao), Gomme d'acacia, Farine d'orge maltée, Sel marin, Arômes naturels, Bicarbonate de Sodium.

Contient : Blé, Orge.

45 g



0 47495 40160 8

270 g



0 47495 41016 7



PLANT BASED
À BASE DE PLANTE



NO GLUCOSE-FRUCTOSE
SANS GLUCOSE-FRUCTOSE



DAIRY FREE
SANS LAIT



NUT FREE
SANS NOIX



VEGAN
VÉGÉTALIEN



KOSHER
CACHER



NON-GMO
Project
VERIFIED



PROJET
SANS OGM
VÉRIFIÉ



WHOLE
GRAIN
GRAINS
ENTIERS

PRANA
ORGANIC

All you need is
GranoLOVE

NEW



Discover our new organic
premium morning blends!

With its unique sophisticated flavor combinations, high quality ingredients and crunchy texture, our new Gourmet Granolove shines a new light on granola. Crunch into joy every morning or satisfy your snack cravings with this wildly delicious and nutritious indulgence. Feel the love in every bite!

Now available through PSC



* see pg.12 for pricing details



BIGGER & CUTER

YOUR COFFEE LOVING BESTIES

NOW IN A LARGER FORMAT AND CUTER PACKAGE



DAIRY FREE



NON-GMO



VEGAN



NUT FREE



CARRAGEENAN FREE

* see pg.11 for pricing details

FOR COFFEE & TEA

MADEGOOD®

It's crunch time.

Our cookies just got better.



Visit us at www.madegoodfoods.ca

* see pg.11 for pricing details



Vintage

Probiotic Sodas

NEW !



Cola Probiotic Soda 12/355 mL
6 28451 42625 7

Root Beer Probiotic Soda 12/355 mL
6 28451 42623 3

Cream Soda Probiotic Soda 12/355 mL
6 28451 42624 0

* see pg.12 for pricing details

Production Shelf Life: 180 Days

GLUTEN FREE • VEGAN • FUNCTIONAL • TRADITIONALLY FERMENTED • LOW-ACIDITY



Milk with Almonds

ZoRaw

High Protein

No Added Sugar

High Fibre

Great Taste

* see pg.12 for pricing details

Milk chocolate

Over 75%

of consumers are looking for food options that are either high in protein or low in sugar.

(Source: Nielsen IQ)



Dark chocolate



* see
pg.11
for
pricing
details



NEW! BIO-K PLUS PROBIOTIC CAPSULES - Daily Care+

- 12.5 billion CFU 1/30ct
- 25 billion CFU 1/15ct • 25 billion CFU 1/30ct

A trio of powerful probiotic strains - the cornerstone that powers Bio-K's ability to help millions live life to the fullest and deliver long-lasting well-being.

This Original line provides science-backed solutions to those who seek daily support or just a pick-me-up for a better day.

Bio-K inspires well+being. It's who they are and it's in everything they do.

* see
pg.11
for
pricing
details



NEW! CABOO BAMBOO BABY WIPES 12/30ct

Softest and gentlest for your boo. Strongest for you! Caboo's baby wipes are made from bamboo which spins a softer and sturdier wipe. They're unscented and 99+% naturally derived. Unlike most wipes, these contain no plastic or tree fibers, too. Caboo bamboo baby wipes are better for baby and the planet.

- **MADE SAFE® certified** • **Ultra soft & gentle on baby's skin** • **Hypoallergenic**
- **Free of chemical binders, parabens, phthalates and alcohol**

* see
pg.11
for
pricing
details



NEW! KETTLE BRAND AIR FRIED POTATO CHIPS 12/156g

Batch cooked in kettles then air fried for a light and crispy crunch.

- **Himalayan Salt:** Sprinkled with a kiss of Himalayan pink salt, these chips have the classic taste you expect from Kettle Brand.
 - **Sea Salt & Vinegar:** Their balanced flavour of sea salt and tongue puckering vinegar is the bold taste you expect from Kettle Brand.
- Delight your taste buds with Kettle Brand's take on this flavourful favourite.
- With 30% less fat than their regular Kettle Brand chips.**

* see
pg.11
for
pricing
details



NEW! LUNDBERG FAMILY FARMS

Regenerative Organic Ready to Heat Rice 6/227g:

- Thai Jasmine Brown • Thai Jasmine Cilantro Lime
- Thai Jasmine White
- **Regenerative Organic Long Grain White Rice 6/907g**

Regenerative focuses on soil health - just like Lundberg does whether their products are labeled Organic, Sustainable, or Regenerative!

SIMPLY TASTEFUL: Nuts and mixes are artisanal, made in small batches to ensure amazing flavour and high quality

* see
pg.12
for
pricing
details



NEW! NATURSOURCE SNACKS

- **Almonds, Maple Praline Crunch 8/150g**
- **Almonds, Olio d'Oliva - Olive Oil & Sea Salt 8/150g**
- **Almonds, Tamari 8/150g**
- **Nut Mix, Pecan Pie Flavoured 8/500g**
- **Nut Mix, Salted Hot Cocoa - Chocolate & Cinnamon 8/500g**
- **Nut Mix, So Smart Trail Mix - Dark Chocolate & Wild Blueberries 8/135g**
- **Nut Mix, Weekend Tamari - w/Pretzels & Sesame Sticks 6/550g**

* see
pg.12
for
pricing
details



NEW! TRIPLE JIM'S ORGANIC CINNAMON APPLE CHIPS 24/70g

Triple Jims is a local juice making company that has been located in the Fraser Valley for over 35 years.

Started by the Jim "Triple Jim" Henderson in 1979 the company specializes in Organic Apple cider made with local BC grown organic Apples and boasts a product list of 17 locally grown fruit flavours.

- **100% B.C. Fruit** • **Nothing Added** • **Dried to perfection**
- **Made in Chilliwack, British Columbia**



MARCH NEW PRODUCTS 2024

UPC CODE	SKU CODE								
BIO-K PLUS PROBIOTIC CAPSULES - 10% OFF - see pg.10									
626608 014012	07387			+		Probiotic Capsules, Daily Care+ - 12.5 billion CFU	1 / 30ct		G
626608 016016	07385			+		Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 15ct		G
626608 016023	07386			+		Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 30ct		G
CABOO BAMBOO BABY WIPES - 10% OFF - see pg.10									
628451 738022	46454	GMO			PB	Bamboo Baby Wipes	12 / 30ct		G P
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN) - 10% OFF - see pg.3									
032601 954208	63045	GMO		*		X Corn, Sweet, Organic	6 / 900g		
032601 954215	63046	GMO		*		X Peas, Green, Organic	6 / 900g		
EARTH'S OWN NON-DAIRY CREAMERS (REFRIGERATED) - 20% OFF - see pg.8									
626027 712179	08321	GMO			BC PB	Oat Creamer, French Vanilla	6 / 946ml		
626027 712155	08320	GMO			BC PB	Oat Creamer, Original	6 / 946ml		
626027 712186	08322	GMO			BC PB	Oat Creamer, Salted Caramel	6 / 946ml		
GUAYAKI YERBA MATE BEVERAGE - 10% OFF - see pg.4									
632432 000398	07176	GMO		*	@	X Berry Lemonade, Organic (can)	12 / 458ml		G U
632432 000374	07175	GMO		*	@	X Peach, Organic (can)	12 / 458ml		G U
KETTLE BRAND POTATO CHIPS - \$2.75 OFF - see pg.10									
084114 902917	39243	GMO	GF			X Potato Chips, Air Fried, Himalayan Salt	12 / 156g		G
084114 902924	39244	GMO	GF			X Potato Chips, Air Fried, Sea Salt & Vinegar	12 / 156g		G
LUNDBERG RICE - UP TO \$3.25 OFF - see pg.10									
073416 579101	32104	GMO		*	@	Ready to Heat Rice, Thai Jasmine Brown, Regenerative Organic	6 / 227g		
073416 579804	32105	GMO		*	@	Ready to Heat Rice, Thai Jasmine Cilantro Lime, Regenerative Organic	6 / 227g		
073416 579002	32103	GMO		*	@	Ready to Heat Rice, Thai Jasmine White, Regenerative Organic	6 / 227g		
073416 250109	31231	GMO	GF	*		Rice, Long Grain White, Regenerative Organic	6 / 907g		
MADEGOOD COOKIES, BITES & BARS - 10% OFF - see pg.8									
687456 284330	64067	GMO	GF V *	+	PB	X Cookies, Chocolate Chip, Organic	6 / 200g		
687456 284323	64068	GMO	GF V *	+	PB	X Cookies, Double Chocolate, Organic	6 / 200g		
687456 284309	64069	GMO	GF V *	+	PB	X Cookies, Vanilla, Organic	6 / 200g		
687456 283111	64018	GMO	GF V *	+	PB	Cookies, Soft Baked Mini, Chocolate Banana, Organic	6 / 5x24g		G
687456 283104	64017	GMO	GF V *	+	PB	Cookies, Soft Baked Mini, Chocolate Chip, Organic	6 / 5x24g		G
687456 283098	64016	GMO	GF V *	+	PB	Cookies, Soft Baked Mini, Double Chocolate, Organic	6 / 5x24g		G
687456 283449	64027	GMO	GF V *	+	PB	Cookies, Soft Baked Mini, Red Velvet, Organic	6 / 5x24g		G
687456 283432	64026	GMO	GF V *	+	PB	Cookies, Soft Baked Mini, Sweet Cinnamon, Organic	6 / 5x24g		G
687456 223711	64049	GMO	GF V *	+	PB	Crunchy Oat Bites, Vanilla Drizzled Cookies & Cream, Organic	6 / 5x24g		G
687456 213170	64021	GMO	GF V *	+	PB	Granola Bars, Strawberry, Organic	6 / 5x24g		G
687456 214313	64063	GMO	GF V *	+	PB	MORNINGS Soft Baked Oat Bars, Blueberry, Organic	6 / 5x30g		G
687456 214306	64062	GMO	GF V *	+	PB	MORNINGS Soft Baked Oat Bars, Chocolate Chip, Organic	6 / 5x30g		G
687456 214320	64064	GMO	GF V *	+	PB	MORNINGS Soft Baked Oat Bars, Cinnamon Bun, Organic	6 / 5x30g		G
MAISON ORPHEE CULINARY OIL - 15% OFF - see pg.5									
069593 122087	30212			+		Oil, The Perfect Oil - Virgin Vegetable Oil Blend (Keto certified)	6 / 500ml		
NATURE'S BAKERY SNACK BARS - \$2.50 OFF - see pg.6									
047495 410167	13343	GMO	V			Brownie, Double Chococate	6 / 6x45g		G



MARCH NEW PRODUCTS 2024

UPC CODE	SKU CODE						
NATURSOURCE SNACKS - 10% OFF - see pg.10							
068110 500032	58111	GF		℞	Almonds, Maple Praline Crunch	8 / 150g	G
068110 500018	58109	GF		℞	Almonds, Olio d'Oliva - Olive Oil & Sea Salt	8 / 150g	G
068110 500001	58108	GF		℞	Almonds, Tamari	8 / 150g	G
068110 330615	58105	GF		℞	Nut Mix, Pecan Pie Flavoured	8 / 500g	G
068110 530046	58106	GF		℞	Nut Mix, Salted Hot Cocoa - Chocolate & Cinnamon	8 / 500g	G
068110 530015	58110	GF		℞	Nut Mix, So Smart Trail Mix - Dark Chocolate & Wild Blueberries	8 / 135g	G
068110 330325	58103	GF		℞	Nut Mix, Weekend Tamari - w/Pretzels & Sesame Sticks	6 / 550g	G
PRANA ORGANIC GRANOLOVE GRANOLA CEREAL & OVERNIGHT CHIA & OAT MIX - 10% OFF - see cover & pg.7							
877693 004659	26185	GMO	*	+	℞ X	GRANOLOVE Gourmet, Almond Butter Crunch, Organic	8 / 300g
877693 004666	26186	GMO	*	+	℞ X	GRANOLOVE Gourmet, Choco Chips Cookie, Organic	8 / 300g
877693 004673	26187	GMO	*	+	℞ X	GRANOLOVE Gourmet, Chocolate Strawberry, Organic	8 / 300g
877693 004710	26169	GMO	V * @	+	℞	Overnight Chia w/Oats, Strawberry Shortcake	8 / 300g
877693 004697	26167	GMO	V * @	+	℞ X	Overnight Chia w/Oats, Apple Crumble, Organic	8 / 5x50g
877693 004703	26168	GMO	V * @	+	℞	Overnight Chia w/Oats, Berry Fairy, Organic	8 / 300g
877693 004680	26166	GMO	V * @	+	℞ X	Overnight Chia w/Oats, Strawberry Shortcake, Organic	8 / 5x50g
SQUAMISH WATER KEFIR PROBIOTIC SODA (REFRIGERATED) - 10% OFF - see pg.9							
628451 426257	23616			BC	℞	Probiotic Soda, Cola (can)	12 / 355ml G P U
628451 426240	23617			BC	℞	Probiotic Soda, Cream Soda (can)	12 / 355ml G P U
628451 426233	23618			BC	℞	Probiotic Soda, Root Beer (can)	12 / 355ml G P U
TRIPLE JIM'S ORGANIC DRIED FRUIT - 10% OFF - see pg.10							
059105 051707	36658	GMO	*		BC ℞	Apple Chips, Cinnamon, Organic	24 / 70g G
ZORAW CHOCOLATES FUNCTIONAL CHOCOLATE BAR - 10% OFF - see pg.9							
627987 164503	27020			+	℞ X	Dark Chocolate, 60% Cacao	12 / 52g G
627987 164510	27021			+	℞ X	Milk Chocolate with Almonds	12 / 52g G
627987 164527	27022			+	℞ X	Milk Chocolate	12 / 52g G



PSC Natural Foods

— we deliver the goodness —

March Specials Showcase

Check out these awesome
featured products on deal !

Kaslo Sourdough Pasta is a delicious, **easy-to-digest**, and **highly nutritious** alternative to regular wheat pasta. We make our gourmet pastas using a **traditional Italian process** along with the ancient technology of fermentation to deliver an **authentic and novel sourdough pasta**.

Compared to regular pasta that makes you feel immediately full and bloated and gives you a hunger craving within an hour or so, Kaslo Sourdough Pasta makes you feel **energized, satisfied**, and it's **good for your gut!** We use high-quality grains sourced from local farmers and unchlorinated **natural BC spring water** to achieve a **light yet tasty** pasta.

With only **four simple ingredients**, you are sure you're eating good food. Enjoy any of our premium pastas al dente as **easy and fast** as 5-6 minutes!

Our NEWEST PASTA SHAPE

Available Now!



PRODUCT FEATURES

Non-GMO

Made in BC

Naturally Fermented

Egg-free/Vegan

Zero Salt

Zero Oil



CLASSIC SOURDOUGH ELBOW

MACARONI

12 x 454G | UPC: 7 79605 33644 8

Ingredients: Durum wheat semolina flour, Organic wheat flour, Natural BC spring water, Natural sourdough culture.

* see specials insert for pricing details





EVERY BITE IS A BETTER WORLD
Over 30 years of organic farming



fromagerieancetre.com

* see specials insert for pricing details



women**serve**

** see specials insert for pricing details*

Drink our tea. Make a difference.

Partnering for Change in
our Source Communities.



SCAN HERE TO
LEARN MORE



It's secret smiles and overflowing hands while sharing a bag of candy you bought on a whim. Family movie night, snuggled into the couch wrapped in well-worn blankets while it rains. It's eyes glowing with excitement and little ears waiting to hear the crinkle of a candy bag. It's big little moments, made bigger with the taste of pure, simple delights.

Sensible Sweets available at PSC!

- Allsorts 12/170g • Low Sugar Fruity Fish Gummies 12/50g
- Soft Fruits Gelées 12/130g • Sour Wine Gums 12/170g
- Teddy Bears (20% Fruit Juice) 12/170g • Vegan Bears 12/150g • Wine Gums 12/170g

* see specials insert for pricing details



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

www.ParmelaCreamery.com



PLANT-BASED

Shreds & Slices

CULTURED FROM CREAMY CASHEW MILK

GREAT TASTE TAKES TIME

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

Batch 36

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

Made with

Batch 36



The Next Evolution in Authentic Cheesemaking is Here.

* see specials insert for pricing details

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

Aged & Cultured



ISLANDERS MEXICAN SAUCE – FRESH AUTHENTIC SALSA 12/250ml
Sassy Tomato: is a traditional handmade Mexican salsa called "Pico de Gallo" it's a Tomato based salsa, blended with Fresh Cilantro, Onion, Garlic and spices giving you a great zesty taste to your plates!
Savoury Jalapeño: is a fresh handmade salsa that blends all her ingredients keeping the jalapeño's pepper flavour, giving you a mild jalapeño taste to your plates.



Spicy Lovers: like her name said it is a handmade salsa for those who love the spicy taste.
Spicy Lovers is a blend of dry chilies and spices, giving you just the right touch of spicy taste to your plates.

* see specials insert for pricing details



Product of
Vancouver Island



* see specials insert for pricing details

JONNY HETHERINGTON ESSENTIALS CONDIMENTS

We are the family that blends fresh ingredients to make the best tasting sauces available without weird additives or any ingredient that didn't start from the soil up. We pack in glass, cause it kind of misses the point to put all of that fresh goodness into a plastic bottle. We love putting good things in our family's bellies. We're obsessed with flavour!

- Enjoy.
BBQ SAUCE 6/237ml
 • Smoky Craft Beer • Smoky Original • Smoky Pineapple
HABANERO HOT SAUCE 6/237ml
 • Original • Peach • Pineapple
KETCHUP 6/237ml
 • Craft Beer • French Fry/Malt Vinegar • Original



MADE IN BC



* see specials insert for pricing details

At Rviita they are meticulous about what they put in their bodies, which is why they formulated this energy tea with ingredients you can feel good about! Every ingredient in Rviita is intentional and helps to create the amazing flavour and long lasting benefits that people love.

NO ARTIFICIAL PRESERVATIVES, ARTIFICIAL SWEETENERS, OR CHEMICALS



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



* see specials insert for pricing details



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

PSC Natural Foods Easter 2024 Delivery Schedule

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

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

sales@pscnaturalfoods.com

To be delivered on: **Monday, March.25**

M Run - Vancouver

Order Cut-off Times: Main Orders: 1:00 pm Thursday, March.21

Order Cut-off Times: Add-Ons: 10:00 am Friday, March.22

To be delivered on: **Tuesday, March.26**

B Run - Nanaimo / Gabriola Island / Lantzville / Nanoose

Parksville / Qualicum / Errington / Coombs

Order Cut-off Times: Main Orders: 11:00 am Friday, March.22

Order Cut-off Times: Add-Ons: 10:00 am Monday, March.25

D Run - Saltspring Island

Order Cut-off Times: Main Orders: 12:00 noon Friday, March.22

Order Cut-off Times: Add-Ons: 10:00 am Monday, March.25

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

Order Cut-off Times: Main Orders: 10:00 am Monday, March.25

Order Cut-off Times: Add-Ons: 12:00 noon Monday, March.25

To be delivered on: **Wednesday, March.27**

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

Courtenay / Comox / Black Creek / Campbell River / Quadra Island

Order Cut-off Times: Main Orders: 2:00 pm Monday, March.25

Order Cut-off Times: Add-Ons: 10:00 am Tuesday, March.26

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

Order Cut-off Times: Main Orders: 10:00 am Tuesday, March.26

Order Cut-off Times: Add-Ons: 11:00 am Tuesday, March.26

S Run - Sidney / North Saanich

Order Cut-off Times: Main Orders: 2:00 pm Monday, March.25

Order Cut-off Times: Add-Ons: 10:00 am Tuesday, March.26

To be delivered on: **Thursday, March.28**

J/N Run - Mill Bay / Shawnigan / Cobble Hill / Cowichan Bay

Duncan / Chemainus / Crofton / Ladysmith / Cassidy / Nanaimo

Order Cut-off Times: Main Orders: 2:00 pm Tuesday, March.26

Order Cut-off Times: Add-Ons: 10:00 am Wednesday, March.27

H/P/Y Run - Greater Victoria / Saanich Peninsula

Brentwood Bay / Saanichton / Cordova Bay

Order Cut-off Times: Main Orders: 10:00 am Wednesday, March.27

Order Cut-off Times: Add-Ons: 11:00 am Wednesday, March.27

G/R Run - Sooke / West Shore / Colwood / Langford

Order Cut-off Times: Main Orders: 10:00 am Wednesday, March.27

Order Cut-off Times: Add-Ons: 11:00 am Wednesday, March.27

Friday, March.29 ** PSC CLOSED TO OBSERVE GOOD FRIDAY **

To be delivered on: **Monday, April.1**

M Run - Vancouver

Order Cut-off Times: Main Orders: 1:00 pm Wednesday, March.27

Order Cut-off Times: Add-Ons: 10:00 am Thursday, March.28

To be delivered on: **Tuesday, April.2**

B Run - Nanaimo / Gabriola Island / Lantzville

Nanoose / Parksville / Qualicum / Errington / Coombs

Order Cut-off Times: Main Orders: 11:00 am Thursday, March.28

Order Cut-off Times: Add-Ons: 10:00 am Monday, April.1



Please note:

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

2. The "D Run"
(Saltspring Island) is being
delivered on Tuesday of
this week, NOT Wednesday.

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

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

5. The "S Run"
(Sidney / North Saanich)
is being delivered on
Wednesday of this week.

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

