Feel Good Food
Happy Planet™
mornin' OATZ™

Breakfast has never been so tasty, nutritious, or convenient!

Happy Planet takes breakfast seriously and we know mornings are busy. So we're giving you the nutritious goodness of a bowl of oats, in one convenient, delicious drink!

10g Protein per serving

with the goodness of a bowl of OATS

Made with Canadian oats, dairy, and super grains like Fonio, Hemp and Flax. Each shake contains 10g of protein, 3g of fibreand 10 vitamins and minerals - just sip and start your day!

* see pg.10 for pricing details

NEW!

PSC Natural Foods
we deliver the goodness

APRIL NEW PRODUCTS

ANGIE'S BOOMCHICKAPOP POPCORN....9,10
ANNIE'S HOMEGROWN GRANOLA BARS....9,10
EVE'S CRACKERS....3,10
GARDEIN MEAT-FREE ALTERNATIVES....9,10
HAPPY PLANET MORNIN' OATZ SHAKE....cover,10
HEALTHY HIPPO LOW SUGAR CANDY....8,10
KIND NUT BARS....9,10
NAKED & SAUCY SOY SAUCE SUBSTITUTE....4,10
PARTAKE BREWING NON-ALCOHOLIC BEER....9,10
PORTOFINO EUROPEAN BAKERY
ARTISAN LOAFS & BUNS....5,10
SEVENTH GENERATION LAUNDRY LIQUID....9,10
SILK DAIRY-FREE BEVERAGES....9,10
SO DELICIOUS DAIRY FREE DESSERT....6,10
THE VERY GOOD BUTCHERS PLANT BASED BUTCHERY.8,10
WAKEWATER CAFFEINATED SPARKLING WATER....7,10

AD FEATURES for APRIL SPECIALS.....11>25

BOB'S RED MILL BAKING MIXES....12,13
BUCHA BREW KOMBUCHA....24
EARTHBOUND FARM ORGANIC FRUITS & VEGETABLES....21

AD FEATURES for APRIL SPECIALS cont...

HAPPY PLANET SMOOTHIES....21
HERBARIA HERBAL TEA....24
HUMBLE POTATO CHIPS....14
IF YOU CARE ENVIROMENT FRIENDLY PRODUCTS....15
KASLO SOURDOUGH PASTA....22
KRISDA SUGAR-FREE PRODUCTS....22
L'ANCÊTRE CHEESE....16
NORA SEAWEED SNACKS....24
NUTIVA PRODUCTS....23
PARTAKE BREWING NON-ALCOHOLIC BEER....17
POW! PUFFS PLANT-BASED PUFFS....18
PUKKA ORGANIC TEAS....23
PURPLE FROG HYDRATING HAND SANITIZER....24
SALT SPRING COFFEE....19
STELLA'S PEROGIES....25
TERRA BREADS ARTISAN BREAD....25
THRIVE REMEDIES ADAPTOGENIC TEAS....25
TOM'S OF MAINE PRODUCTS....25
ZAZUBEAN CHOCOLATE BARS....20

EASTER DELIVERY SCHEDULE....back cover

COMING SOON…

These exciting line additions will be available in our May New Products Guide

- ANNIE'S | OG Chocolate Drizzled Chocolate Chip Granola Bar 12/5x26g
- BIG MOUNTAIN | Fava Tofu, Firm 8/34g
- BIG MOUNTAIN | Fava Tofu, Super Smoked Firm 8/300g
- COCONUT SECRET | OG Spicy Soy Sauce Substitute 12/296ml
- DEEBEE'S ORGANICS | OG Tropical Superfruit Freezie 18/10x40ml
- ENDANGERED SPECIES | Oat Milk/Dark Choc Baking Chips 6/285g
- ENDANGERED SPECIES | Oat Milk Koala Bar, Coconut & Almond 12/85g
- FOUR O'CLOCK TEA | OG Sweet Cinnamon Herbal Tea 6/16ct
- FOUR O'CLOCK TEA | OG Golden Turmeric Herbal Tea 6/16ct
- HARDBITE | Rugged Potato Chips, All Dressed 10/275g
- HARDBITE | Rugged Potato Chips, All Natural 10/275g
- LARABAR | Lemon Fruit & Nut Bar 16/45g
- LUNDBERG FAMILY FARMS | OG Cinnamon Toast Rice Cakes 6/269g
- MATEINA | OG Blueberry Haskap RTD Yerba Mate 12/355ml
- NATURE CLEAN | Fresh Lemon Floor Cleaner Strips 12/36ct
- NATURE CLEAN | Fresh Lime Toilet Bowl Cleaner Strips 12/36ct
- OPUS | Alcohol-Free Peach Bellini 6/4x355ml
- PRANA | OG Raw Sunflower Seeds 6/250g
- SOUTHERN RECIPE | Pork Rinds, Pineapple Ancho Chili 15/85g
- SOUTHERN RECIPE | Pork Rinds, Spicy Dill 15/85g
- THE VERY GOOD BUTCHERS | Very Good Steak 6/400g
- THEO | OG Hazelnut Crisp Milk Chocolate Bar 12/85g
- WILD BRINE | OG Wild Creamery Cream Cheese Alternative 8/341g
- WILD BRINE | OG Wild Creamery Euro Style Butter Alternative 12/340g
- WILD BRINE | OG Wild Creamery Sour Cream Alternative 8/241g

Eve's™ CRACKERS

Meet **Cracked Pepper,** our newest flavour!

Like all Eve's Crackers our Cracked Pepper is made using a base of wholesome Canadian flax seeds.

We added hemp hearts, sunflower seeds and a hint of black pepper to create a deliciously indulgent snack.

KETO CÉTOGÈNE · VEGAN VÉGÉTALIEN · VERY HIGH FIBRE SOURCE DE FIBRE · CERTIFIED GLUTEN FREE GFCO.ORG

Place your order today!

** see pg.10 for pricing details*

NAKED & SAUCY

NEW 473ML BOTTLE
SAME GREAT SAUCE
60% MORE NAKED!

New!

NAKED
NATURAL FOODS

@nakednaturalfoods
www.nakednaturalfoods.com

06 UNITS PER CASE	473mL NET QUANTITY

* see pg.10 for pricing details

buyBC

THE PREFERRED CANVAS OF MASTER SANDWICH ARTISTS:

BRIOCHE DELUXE

NEW!

portofino™

REAL DEAL BAKERY

* see pg.10 for pricing details

NEW

SO DELICIOUS®
DAIRY FREE
SANS PRODUITS LAITIERS

AVAILABLE
March
2022

Crafted with a smooth and Creamy Oat base

EACH DELICIOUS SPOONFUL WILL REMIND YOU OF HOT SUMMER NIGHTS BY THE CAMPFIRE

GLUTEN FREE OATS

VEGAN

PAREVE

NON GMO Project VERIFIED · PROJET SANS OGM VÉRIFIÉ
MOproject.org · projetsansOGM.org

** see pg.10 for pricing details*

So Delicious® © 2022 Turtle Mountain, LLC. All rights reserved.

So Delicious® Frozen dessert
Dairy-free / Oat based -SMORES
500 ml
S'Mores
0-36632-07758-5

0 36632 07758 5

NEW!

WAKEWATER

CAFFEINATED SPARKLING WATER

IN TWO DELICIOUS FLAVOURS:

LEMON

GRAPEFRUIT

0 CALORIES
CARBS
SUGAR
SWEETENER

MADE IN CANADA

CAFFEINE FROM GREEN TEA

FOR WHEN THE DAY ISN'T DONE, BUT YOU FEEL LIKE YOU ARE

* see pg.10 for pricing details

NEW!

plant based

3g sugar, or less!

NON-GMO

No artificial colours or flavours

@healthyhippocandy

* see pg.10 for pricing details

hey monk fruit, see ya stevia!

We proudly use monk fruit in our candy, no sugar alcohols, stevia or aftertaste up in here!

healthy hippo

NATURALLY DELICIOUS

THE VERY GOOD BUTCHERS

PLANT-BASED BUTCHERY

Butcher's Select

OUR NEW LINEUP JUST GOT A MEATY UPGRADE.

CUSTOMERS ARE RAVING ABOUT OUR NEW GROUNDS AND SPICY MmmMEATBALLS.

For more information or to request a sample, contact our sales team today.

SALES@VERYGOODBUTCHERS.COM

* see pg.10 for pricing details

* see pg.10 for pricing details

NEW! ANGIE'S BOOMCHICKAPOP Microwave Popcorn 6/4x93g • Real Butter • Sea Salt

Fresh-popped and fabulous. Angie's is on a mission to give Netflix binges, midnight munchies, study seshes, office snack breaks, and any occasion in between the glow-up you never knew they needed with this microwave popcorn !

NEW! ANGIE'S BOOMCHICKAPOP Sweet & Salty Kettle Corn Popcorn 8/198g

Opposites don't just attract, they make us fall in love, too. Like the loveable duo in your favourite rom-com, the yin and yang of sweet and salty popcorn just feels right. And at 140 calories per serving, tip that bag upside down and get after every kernal !

* see pg.10 for pricing details

NEW! ANNIE'S Organic Chocolate Dipped Granola Bars 12/5x26g

• Caramel • Chocolate Chip

These Organic Chocolate Dipped Granola Bars are the perfect guilt-free, wholesome, tasty snack that will keep you wanting more !

This bar is perfect for any occasion, whether it's for the lunch box or an on-the-go quick bite. Certified organic, these delicious bars are made with only 7 grams of sugar per bar.

• 8g whole grains • No Artificial Flavours

* see pg.10 for pricing details

BE INSPIRED. EAT WELL.

NEW! GARDEIN Chick'n Nuggets 8/245g

NEW! GARDEIN Spicy Gochujang Style Chick'n Wings 8/240g

Gardein lives and grows with its roots in delicious plant-based eating. Gardein's proprietary Pea + Wheat Protein Blend has brought a whole new wave of inspiration to the kitchen !

NEW! GARDEIN Nashville-Style Hot Chick'n Tenders 8/230g: These Plant-Based tenders are the beginning. Add them to salads or wraps for a deliciously easy lunch, or simply serve with dips. A everyday favourite !

* see pg.10 for pricing details

KIND BARS are all about simplicity. These bars include whole nuts bound in honey that makes this a snack that's easy to recognize, pronounce and enjoy. What's not to love?

NEW! KIND Almond Sea Salt & Dark Chocolate Nut Bars 10/5x40g

A blend that includes crunchy almonds and peanuts paired with dark chocolate and a touch of sea salt.

NEW! KIND Peanut Butter & Dark Chocolate Nut Bars 10/5x40g

A blend of ingredients such as peanuts and almonds paired with dark chocolate for a snack that delights from the first bite till the last.

* see pg.10 for pricing details

NEW! PARTAKE BREWING

Pale Non-Alcoholic Beer 2/12x355ml

Partake prides themselves on brewing a great non-alcoholic craft beer made with simply high quality ingredients: water, barley, hops & yeast.

PALE: With a medium bitterness balanced by a caramel malt, sweetness & purfumey tropical aromatics, this pale ale will please both beer geeks and beer newbies alike. 110 Calories - 0 Carbs

* see pg.10 for pricing details

NEW! SEVENTH GENERATION

Easydose Ultra Concentrated Laundry Liquid 6/683ml • Rose Scent • Mango & Mandarin

Life is complicated. Laundry shouldn't be. With Seventh Generation's New EASYDOSE Ultra Concentrated Laundry Detergent, you get the right amount of liquid - every time.
Advanced enzyme formula fights even the most stubborn stains.
Made with 0% dyes, synthetic fragrances, or artificial brighteners.
Ultra-concentrated, ultra-convenient laundry detergent:
66 loads in a compact 23oz bottle that's easy to store, and easy to feel good about.

* see pg.10 for pricing details

NEW! SILK Original Oat Beverage 12/946ml

Creamy-tasting and craveable ? Sweet ! This shelf stable oat beverage comes in a special packaging that allows it to be stored in the pantry instead of the fridge. A good source of calcium and vitamin D !

Step up your breakfast game by adding a touch of creaminess to your coffee, pouring it into your cereal, or enjoying it by the glass.

Discover Shelf-Stable, Plant-Powered Goodness - with Canadian Grown & Harvested Oats

FREE FROM: • Gluten • Soy • Carrageenan • Artificial Colours & Flavours • Dairy-Free • Vegan • Non-Gmo

APRIL NEW PRODUCTS 2022

UPC CODE	SKU CODE												
ANGIE'S BOOMCHICKAPOP | POPCORN - 10% OFF - see pg.9													
018780 017347	**59520**						BOOMCHICKAPOP Microwave Popcorn, Real Butter	6 / 4X93g					
018780 017354	**59521**	~~GMO~~					BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6 / 4X93g					
892773 000208	**59513**	~~GMO~~	GF		+	X	BOOMCHICKAPOP Popcorn, Sweet & Salty Kettle Corn	8 / 198g		G			
ANNIE'S HOMEGROWN | GRANOLA BARS - 10% OFF - see pg.9													
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			
EVE'S CRACKERS - 10% OFF - see pg.3													
627843 724988	**56103**		GF		BC	X	Crackers, Cracked Pepper	12 / 108g					
GARDEIN | MEAT-FREE ALTERNATIVES (FROZEN) - 10% OFF - see pg.9													
842234 001350	**65052**	~~GMO~~			+	X	Chick'n Nuggets	8 / 245g					
842234 001374	**65050**	~~GMO~~			+	X	Chick'n Tenders, Nashville-Style Hot	8 / 230g					
842234 001558	**65051**	~~GMO~~			+	X	Chick'n Wings, Spicy Gochujang Style	8 / 240g					
HAPPY PLANET | MORNIN' OATZ SHAKE - 10% OFF - see cover													
779172 774070	**01522**				BC		MORNIN' OATZ Shake, Chocolate Banana	8 / 3x250ml		G		U	
779172 774094	**01520**				BC		MORNIN' OATZ Shake, Field Berry	8 / 3x250ml		G		U	
779172 774087	**01521**				BC		MORNIN' OATZ Shake, Mango Peach	8 / 3x250ml		G		U	
779172 772076	**01502**				BC		MORNIN' OATZ Shake, Chocolate Banana	12 / 946ml		G		U	
779172 772090	**01500**				BC		MORNIN' OATZ Shake, Field Berry	12 / 946ml		G		U	
779172 772083	**01501**				BC		MORNIN' OATZ Shake, Mango Peach	12 / 946ml		G		U	
HEALTHY HIPPO | LOW SUGAR CANDY - 10% OFF - see pg.8													
628176 040240	**17654**				BC	X	Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g		G			
628176 040103	**17650**				BC	X	Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g		G			
628176 040127	**17651**				BC	X	Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g		G			
628176 040110	**17652**				BC	X	Sour Keys. Sweetened w/Monk Fruit	12 / 50g		G			
628176 040134	**17653**				BC	X	Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g		G			
KIND | NUT BARS - $8.00 OFF - see pg.9													
602652 281242	**39331**						Nut Bars, Almond Sea Salt & Dark Chocolate	10 / 5x40g		G			
602652 281112	**39329**						Nut Bars, Peanut Butter & Dark Chocolate	10 / 5x40g		G			
NAKED & SAUCY | SOY SAUCE SUBSTITUTE - 15% OFF - see pg.4													
890104 001344	**40115**	~~GMO~~		*			Soy Sauce Substitute, Keto, Organic	6 / 473ml					
890104 001351	**40116**	~~GMO~~		*			Soy Sauce Substitute, Lightly Sweet, Organic	6 / 473ml					
PARTAKE BREWING | NON-ALCOHOLIC BEER - 10% OFF - see pg.9													
628110 465337	**06016**				+		Non-Alcoholic Beer, Pale	2 / 12x355ml		G		U	
PORTOFINO EUROPEAN BAKERY | ARTISAN LOAFS & BUNS (FROZEN) (Sell By Date if thawed and sold fresh is 10 days) - 10% OFF - see pg.5													
661172 018165	**40170**				BC	X	Artisan Loaf, Peasant	10 / 585g					
661172 018189	**40171**				BC	X	Artisan Loaf, Roasted Garlic & Cracked Pepper	10 / 585g					
661172 018110	**40173**				BC	X	Artisan Loaf, Seeded Hearth	10 / 600g					
661172 018158	**40172**				BC	X	Artisan Loaf, Sourdough	10 / 585g					
661172 020397	**40174**				BC	X	Buns, Deluxe Brioche Burger	12 / 480g					
661172 022841	**40175**				BC	X	Buns, Golden Potato	12 / 540g					
661172 012309	**40176**				BC	X	Buns, Pretzel Kaiser	12 / 660g					
SEVENTH GENERATION | LAUNDRY LIQUID - 10% OFF - see pg.9													
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		
SILK | DAIRY-FREE BEVERAGES - 15% OFF - see pg.9													
056800 715811	**52243**	~~GMO~~			+		Oat Beverage, Original	12 / 946ml				U	
SO DELICIOUS | DAIRY FREE DESSERT (FROZEN) - 15% OFF - see pg.6													
036632 077585	**55449**	~~GMO~~	GF	V		X	Oat Dessert, S'mores	8 / 500ml					
THE VERY GOOD BUTCHERS | PLANT BASED BUTCHERY (FROZEN) - 10% OFF - see pg.8													
628176 694146	**56312**	~~GMO~~	GF		BC	X	BUTCHER'S SELECT Ground, Beefy	10 / 340g					
628176 694139	**56313**	~~GMO~~	GF		BC	X	BUTCHER'S SELECT Ground, Porky	10 / 340g					
628176 694511	**56314**	~~GMO~~	GF		BC	X	BUTCHER'S SELECT Mmm Meatballs, Spicy Italian	6 / 400g					
WAKEWATER | CAFFEINATED SPARKLING WATER - 18% OFF - see pg.7													
628055 980896	**25110**				+	X	Caffeinated Sparkling Water, Grapefruit	12 / 355ml		G		U	
628055 980278	**25111**				+	X	Caffeinated Sparkling Water, Lemon	12 / 355ml		G		U	

PSC Natural Foods

we deliver the goodness

April Specials Showcase

Check out these awesome featured products on deal !

Bob's Red Mill®
Wholesomely Yours®
An Employee-Owned Company

Introducing

Grain Free BAKING MIXES

NON GMO Project VERIFIED • PROJET SANS OGM VÉRIFIÉ
nonGMOproject.org • projetsansOGM.org

GLUTEN FREE GF/SG SANS GLUTEN

PALEO FRIENDLY CONVIENT AU RÉGIME PALÉO

Bob's Red Mill Grain Free Baking Mixes are delicious, quick to prepare, easy-to-use mixes that offer the scrumptious flavour and tempting aroma of traditional baked goods, without the grains. It's that simple.

Mix up a batch today!

Reasons to ❤ our Grain Free Baking Mixes:

- Just add eggs, oil & water
- Gluten free
- Non-GMO Project Verified
- Simple, clean ingredients

Bob's Red Mill Natural Foods, Inc.
13521 SE Pheasant Court • Milwaukie, OR 97222 • 503-654-3215 • FAX 503-653-1339 • 1-800-349-2173 • **bobsredmill.com**

** see specials insert for pricing details*

Bob's Red Mill Grain Free Baking Mixes

SHELF LIFE: 365 days • DATE CODE TYPE: Best By DD MMM YYYY • CASE PACK: 5 • EACH (CM): 15.24W x 19.05H x 6.35D • CASE (CM): 13.34W x 20.96H x 24.13D
CASE (CUBIC METER): 0.007 • PALLET COUNT: 342 • PALLET CONFIGURATION: 9H x 38 • PACK MATERIAL: Laminated film • CASE MATERIAL: Corrugated cardboard

Grain Free Blueberry Muffin Mix

INGREDIENTS: Paleo Baking Flour (Blanched Almond Flour, Arrowroot Starch, Organic Coconut Flour, Tapioca Flour), Organic Coconut Sugar, Dried Blueberries, Baking Soda, Cream of Tartar, Salt. CONTAINS: Tree Nuts (Almond).

INGRÉDIENTS : Farine paléo (farine d'amandes blanchies, fécule d'arrow-root, farine de coco biologique, farine de tapioca), sucre de coco biologique, bleuets séchés, bicarbonate de soude, crème de tartre, sel. CONTIENT : Noix (amandes).

ITEM NO: **3514S255G5CA**
WEIGHT: 255 g
GROSS CASE WEIGHT: 1.535 kg
UPC: 0-39978-00300-3
GTIN: 10039978003000

Nutrition Facts / Valeur nutritive
Per 7 Tbsp (69 g) / pour 7 c. à soupe (69 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 300	
Fat / Lipides 9 g	**14** %
Saturated / saturés 1.5 g + Trans / trans 0 g	**8** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 260 mg	**11** %
Carbohydrate / Glucides 47 g	**16** %
Fibre / Fibres 5 g	**20** %
Sugars / Sucres 19 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	15 %

Grain Free Chocolate Cake Mix

INGREDIENTS: Paleo Baking Flour (Blanched Almond Flour, Arrowroot Starch, Organic Coconut Flour, Tapioca Flour), Organic Coconut Sugar, Cocoa (Processed with Alkali), Cocoa, Cream of Tartar, Baking Soda, Salt. CONTAINS: Tree Nuts (Almond).

INGRÉDIENTS : Farine paléo (farine d'amandes blanchies, fécule d'arrow-root, farine de coco biologique, farine de tapioca), sucre de coco biologique, cacao alcalinisé, cacao, crème de tartre, bicarbonate de soude, sel. CONTIENT : Noix (amandes).

ITEM NO: **3515S300G5CA**
WEIGHT: 300 g
GROSS CASE WEIGHT: 1.760 kg
UPC: 0-39978-00318-8
GTIN: 10039978003185

Nutrition Facts / Valeur nutritive
Per 5 Tbsp (46 g) / pour 5 c. à soupe (46 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 5 g	**8** %
Saturated / saturés 1 g + Trans / trans 0 g	**5** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 190 mg	**8** %
Carbohydrate / Glucides 32 g	**11** %
Fibre / Fibres 4 g	**16** %
Sugars / Sucres 14 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	20 %

Grain Free Brownie Mix

INGREDIENTS: Organic Coconut Sugar, Blanched Almond Flour, Cassava Flour, Cocoa (Processed with Alkali), Cocoa, Salt. CONTAINS: Tree nuts (Almond).

INGRÉDIENTS : Sucre de coco biologique, farine d'amandes blanchies, farine de manioc, cacao alcalinisé, cacao, sel. CONTIENT : Noix (amandes).

ITEM NO: **3516S340G5CA**
WEIGHT: 340 g
GROSS CASE WEIGHT: 1.960 kg
UPC: 0-39978-00322-5
GTIN: 10039978003222

Nutrition Facts / Valeur nutritive
Per 2 Tbsp (21 g) / pour 2 c. à soupe (21 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 2.5 g	**4** %
Saturated / saturés 0.4 g + Trans / trans 0 g	**2** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 75 mg	**3** %
Carbohydrate / Glucides 15 g	**5** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 9 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Grain Free Flatbread Mix

INGREDIENTS: Blanched Almond Flour, Cassava Flour, Arrowroot Starch, Organic Coconut Flour, Tapioca Flour, Salt, Cream of Tartar, Baking Soda. CONTAINS: Tree Nuts (Almond).

INGRÉDIENTS : Farine d'amandes blanchies, farine de manioc, fécule d'arrow-root, farine de coco biologique, farine de tapioca, sel, crème de tartre, bicarbonate de soude. CONTIENT : Noix (amandes).

ITEM NO: **3517S200G5CA**
WEIGHT: 200 g
GROSS CASE WEIGHT: 1.260 kg
UPC: 0-39978-00329-4
GTIN: 10039978003291

Nutrition Facts / Valeur nutritive
Per 3 Tbsp (25 g) / pour 3 c. à soupe (25 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 3.5 g	**5** %
Saturated / saturés 0.5 g + Trans / trans 0 g	**3** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 200 mg	**8** %
Carbohydrate / Glucides 16 g	**5** %
Fibre / Fibres 2 g	**8** %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

For images and more, log in at: **docs.bobsredmill.com**
13521 SE Pheasant Court • Milwaukie, OR 97222 • 503-654-3215 • FAX 503-653-1339 • 1-800-349-2173 • **bobsredmill.com**

Now you see it.

Now you don't.

INTRODUCING CANADA'S ONLY PLASTIC-FREE COMPOSTABLE SNACK BAG.

#34303 #34301 #34300 #34302 #34305

** see specials insert for pricing details*

Our new organic potato chips, in a certified compostable bag. Order from our five flavours before Earth Day on April 22.

PLASTIC FREE

humble™ potato Chips

HumbleChips.ca

if you care

QUALITY WITH INTEGRITY

If You Care kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time, delivering to the consumer, the highest quality and most effective results.

- ☑ Sustainable
- ☑ FSC Certified
- ☑ Chlorine Free
- ☑ Non-Tonic
- ☑ Vegetable Based Inks
- ☑ Ethically Sourced
- ☑ Renewable Resources
- ☑ Compostable Certified

* *see specials insert for pricing details*

ifyoucare.com

L'ANCÊTRE 1992
BIO • ORGANIC

Lactose Free

Authentically made
Organic Cheese and Butter

fromagerieancetre.com

CANADA ORGANIC • BIOLOGIQUE CANADA

* *see specials insert for pricing details*

This organic, semi-soft cheese with a washed rind is made with pasteurized milk and ripened for 45 days. Under its orange, slightly humid and sticky rind with a humid cellar scent, an ivory-coloured cheese is revealed, one that has an even texture and mild, earthy aromas of butter and herbs. It is a creamy, melt-in-your-mouth cheese that tastes of hazelnut, cream, butter and leaves a slight clover aftertaste. The taste is slightly acidic and salty, but not bitter.

Partake BREWING ®

OUR BEER

Today we boast Blonde, Pale, Red, IPA, Dark/Stout and Peach Gose as part of Partake's genuinely crafted non-alcoholic offerings….and our new limited time Summer Variety Pack! (* see your Rep for more info on SVP)

That's not by accident. It's part of our mission of social inclusion.
If NA drinkers want to feel good about their beverage
of choice, they need a choice to begin with.

Preferably one that doesn't waver on taste.
Partake is as delicious as beer because it is beer.
But unlike both our alcoholic and non-alcoholic counterparts,
our beers fall into the 10-30 calorie range, the lowest on the market.

This combination of great taste, range of flavours
and low calories make Partake a refreshingly
obvious choice for any beer drinker.

* see New Product section
pgs. 9 & 10 for PALE info

** see specials insert for pricing details*

Blazin' Hot & Chedda' Cheeze POW! PUFFS 12/100g

WITH GREAT POW! COMES GREAT RESPONSIBILITY

SNACKERS ASSEMBLE!

SUPER-PUFFS MADE WITH MIGHTY FAVA BEANS!

10g PROTEIN • 5g FIBER

IT'S GOBBLIN' TIME!

* see specials insert for pricing details

SUPER POWERS

GMO free

CORN free

DAIRY free

NUT free

GLUTEN FREE

SOY FREE

SALT SPRING™ COFFEE

Organic, Fair Trade.

PROUDLY Canadian

Salt Spring Coffee

1-800-332-8858
orders@saltspringcoffee.com
saltspringcoffee.com

** see specials insert for pricing details*

fair for life commerce équitable

Organic • Biologique Canada

Entreprise B Certifiée

BLUE HERON

Medium Dark Roast

TASTING NOTES: milk chocolate, nutty, citrus

UPC 628415878634

SUMATRA

Dark Roast

TASTING NOTES: molasses, earthy, full-bodied

UPC 628415078270

FRENCH ROAST

Darkest Roast

TASTING NOTES: bold, caramel, dark chocolate

UPC 628415078416

PERU

Medium Roast

TASTING NOTES: sweet, citrus, bright

UPC 628415078355

VILLAGE TRADE

Dark Roast

TASTING NOTES: deep, complex, hearty

UPC 628415078362

CANOPY BIRD

Medium Dark Roast

TASTING NOTES: spicy, rich, syrupy

UPC 628415078317

DECAF

Dark Roast

TASTING NOTES: balanced, cocoa nibs, toasty

UPC 628415078164

METTA ESPRESSO

Medium Dark Roast

TASTING NOTES: balanced, velvety, fruity

UPC 628415878627

zazubean

crazy delicious!

NO ADDED SUGAR 0 zero SANS SUCRE AJOUTÉ

oat milk chocolate

fair for life · VEGAN · KETO · PALEO FRIENDLY · SANS GLUTEN FREE · SANS SOY FREE · GMO

** see specials insert for pricing details*

Earthbound Farm · SINCE 1984 · ORGANIC

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

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

* see specials insert for pricing details

Earthbound Farm, LLC · 150 Main Street, Suite 300, Salinas, CA 93901, USA · www.EarthboundFarm.com | Certified Organic by CCOF · www.ccof.org

Feel Good Food

MORE TASTE, LESS WASTE!

Help save 100,000lbs of fruit and veg in a year, one smoothie at a time. Each Happy Planet smoothie contains upcycled fruit and vegetables to maximize on taste and minimize food waste.

NON-GMO | NO ADDED SUGAR * | 100% PLANT-BASED PROTEIN **

*in fruit smoothies **in select protein skus

* see specials insert for pricing details

* see specials insert for pricing details

KASLO SOURDOUGH'S PASTA FERMENTATA

- Classic Radiatori 454g
- Semolina & Whole Wheat Radiatori 454g
- Classic Rotini 560g
- Spaghetti 454g

Kaslo Sourdough Pastas are gourmet sourdough pastas that you can feel good about sharing with family and friends.

Our sourdough pastas are made using high-quality Canadian ingredients and natural BC spring water.

We use traditional Italian pasta practices combined with our ancient sourdough fermentation to create a superior flavour for all our pastas.

With only four simple ingredients, these pastas are nutritious, delicious, easy to digest, and cook in only 5-6 minutes.

Enjoy our pastas for an authentic sourdough experience as a nutritious alternative to conventional pastas.

- Non-GMO Project Verified
- BC made with premium ingredients
- Vegan • Zero Salt

* see specials insert for pricing details

Krisda is proud to be distributed through PSC Natural Foods.

All Krisda products have clean ingredients, are GMO free, naturally sourced & keto friendly!

nutiva®

IMPORTED
IMPORTÉ

NON GMO Project VERIFIED
PROJET SANS OGM VÉRIFIÉ
nonGMOproject.org • projetsansOGM.org

** see specials insert for pricing details*

New Year, New Nutiva Look

Nutiva's vibrant new identity is bold and memorable creating visual impact on shelf, while conveying the brand belief that a bright future for all is rooted in healthy food. Celebrate with us and brighten up your shelf with our new packaging.

pukka

Pukka Tea was created with the purpose of benefitting the health of people, plants, and the planet. When we began in 2001 the science was already clear that business needed to operate in a way that regenerated our environment and society. These are the values that Pukka was built upon, organic farming, fair trade and conservation through commerce. From being Fair for Life certified, donating 1% of our revenue to environmental and social causes and sourcing organic ingredients, we believe a healthy world means a healthy you. Find out how we are helping to change the world for a positive future – one cup of tea at a time.

** see specials insert for pricing details*

BUCHA BREW

see specials insert for pricing details

FOR YOUR CUSTOMERS

- Less than 5 calories per can
- 1g of sugar per can
- Sparkling water with antioxidant benefits
- Made with a base of organic craft kombucha
- Great alternative to artificially flavoured waters

FOR YOU

- 355ml x 12 case pack and 6 x 4 pack
- Suggested Retail $2.99 per can/$9.99 per 4 pack
- Available in Grapefruit, Lemon and Lime

Female Founded
Locally Made in Delta BC

NEW Functional Sparkling Water

buyBC · WOMEN OWNED

SPARKLING WATER WITH A HEALTHY HIT OF KOMBUCHA

*see specials insert for pricing details

HERBARIA HERBAL TEAS 10/25CT

ORIGINALLY AN OPERATION MAINTAINED BY HUNGARIAN CO-OPERATIVES, IT HAS SINCE EVOLVED INTO A PRIVATE ORGANIZATION THAT IS DRIVEN TO MAINTAIN THE TRADITIONAL PRINCIPLES OF PRODUCING FINE, HERBAL TEAS COMPOSED OF TIME-TESTED, WILD-CRAFTED HERBAL INGREDIENTS.

TODAY HERBARIA NORTH AMERICA IS RENOWNED FOR BOTH THE VARIETY OF PREMIUM HERBAL TEAS THEY OFFER, AND FOR THE TRADITIONAL, TIME-TESTED APPROACH TO QUALITY AND PURITY THAT EACH OFFERS.

Nora seaweed snacks are light, crispy and crunchy, a perfect alternative to traditional potato chips, and the light seasoning adds a delicious taste.
Made with simple ingredients, Nora snacks offer wholesome goodness in every savory bite.

*see specials insert for pricing details

NORA™
seaweed snacks

see specials insert for pricing details

Purple Frog Hand Sanitizer Gel with Aloe Vera + Grapefruit Oil
48/60ml & 24/125ml sizes

With strong demand for safe hand sanitizer, the Purple Frog team saw an opportunity to help. Their mission has always driven them to create clean, safe wellness products.

Purple Frog produces their own Health Canada Certified formula.

A portion of every batch is donated to organizations on the front lines who need it most, right now.

Sanitize & Hydrate • naturally • safely • effectively

• Made with the natural, antibacterial power of Pink Grapefruit Oil

Free of synthetic chemicals like:

• Parabens • Phthalates • Formaldehydes • Artificial fragrances (parfum)

All the bad stuff.

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

Happy Easter

April Sale 10%

* see specials insert for pricing details

Stellas

You really don't have to live without it

MADE IN CANADA

Available Perogies 12/520g: Just Potato & Cheddar Cheese

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

TERRA BREADS

Bread that's
CRAFTED BY TRADITION
SAVOURED TOGETHER
MADE TO NOURISH
by Terra Breads

To enhance flavour, all of our breads are made using a slow-food process. The breads in our sourdough series are leavened through a fermentation process using a sourdough-based starter.

* see specials insert for pricing details

Thrive REMEDIES
Organic Wellness Teas

- ZERO SUGAR
- ZERO CALORIES
- CAFFEINE FREE
- ORGANIC
- BREWED IN BC

* see specials insert for pricing details

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

THE ORIGINAL Tom's OF MAINE

NEW LOOK

Naturals You Can Count On

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

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

* see specials insert for pricing details

PSC Natural Foods Easter 2022 Delivery Schedule

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

To be delivered on: Monday, April.11

M Run - Vancouver

Order Cut-off Times:	Main Orders:	1:00 pm	Thursday, April 7
Order Cut-off Times:	Add-Ons:	10:00 am	Friday, April 8

To be delivered on: Tuesday, April.12

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

Order Cut-off Times:	Main Orders:	11:00 am	Friday, April 8
Order Cut-off Times:	Add-Ons:	10:00 am	Monday, April 11

D Run - Sidney / North Saanich / Saltspring Island

Order Cut-off Times:	Main Orders:	12:00 noon	Friday, April 8
Order Cut-off Times:	Add-Ons:	10:00 am	Monday, April 11

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

Order Cut-off Times:	Main Orders:	10:00 am	Monday, April 11
Order Cut-off Times:	Add-Ons:	12:00 noon	Monday, April 11

To be delivered on: Wednesday, April.13

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, April 11
Order Cut-off Times:	Add-Ons:	10:00 am	Tuesday, April 12

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

Order Cut-off Times:	Main Orders:	10:00 am	Tuesday, April 12
Order Cut-off Times:	Add-Ons:	11:00 am	Tuesday, April 12

To be delivered on: Thursday, April.14

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, April 12
Order Cut-off Times:	Add-Ons:	10:00 am	Wednesday, April 13

H/P/Y Run - Greater Victoria / Saanich Peninsula Brentwood Bay / Saanichton / Cordova Bay

Order Cut-off Times:	Main Orders:	10:00 am	Wednesday, April 13
Order Cut-off Times:	Add-Ons:	11:00 am	Wednesday, April 13

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

Order Cut-off Times:	Main Orders:	10:00 am	Wednesday, April 13
Order Cut-off Times:	Add-Ons:	11:00 am	Wednesday, April 13

Friday, April.15 ** PSC CLOSED TO OBSERVE GOOD FRIDAY **

To be delivered on: Monday, April.18

M Run - Vancouver

Order Cut-off Times:	Main Orders:	1:00 pm	Wednesday, April 13
Order Cut-off Times:	Add-Ons:	10:00 am	Thursday, April 14

To be delivered on: Tuesday, April.19

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

Order Cut-off Times:	Main Orders:	11:00 am	Thursday, April 14
Order Cut-off Times:	Add-Ons:	10:00 am	Monday, April 18

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

Order Cut-off Times:	Main Orders:	10:00 am	Monday, April 18
Order Cut-off Times:	Add-Ons:	12:00 noon	Monday, April 18

Please note:

1. The "D Run" (Sidney / North Saanich / Saltspring Island) is being delivered on Tuesday of this week, NOT Wednesday.

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

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

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

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