



DECEMBER SPECIALS

***Effective December 1-31st 2018
up to 50% off !***



PSC Natural Foods

— we deliver the goodness —

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

MONTHLY SPECIALS

ALMOND DREAM NON-DAIRY DESSERTS (FROZEN)	4	FIELD ROAST® GRAIN MEAT PRODUCTS (FROZEN)	16
ALTER ECO CHOCOLATE TREATS & COCONUT CLUSTERS	4	FILLO FACTORY PASTRY MASTERS APPETIZERS (FROZEN)	16
AMY'S CANNED SOUPS	4	FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGARS	16
AMY'S ENTRÉES (FROZEN)	4	FOOD FOR LIFE BREADS & ENGLISH MUFFINS (FROZEN)	16
ANITA'S ORGANIC PRODUCTS	5	FOOD FOR LIFE EZEKIEL 4:9 CEREALS	16
ANNIE CHUN'S ASIAN FOODS	5	FRONTIER HERBS & SPICES	17
ARIZONA PEPPER'S HOT SAUCES	6	GARDEIN™ MEAT-FREE ALTERNATIVES (FROZEN)	17
AURA CACIA PRODUCTS	6	GIMME™ ORGANIC ROASTED SEAWEED SNACKS	17
AVENA FOODS GLUTEN FREE OATS	6	GIOVANNI ECO CHIC COSMETICS	17
BAKERS SUPPLY HOUSE BAKING SUPPLIES	6	GLEE GUM NATURAL CHEWING GUMS	17
BARBARA'S BAKERY CHEESE PUFFS	6	GLUTINO PRODUCTS	17,18
BETTERWITH TRACEABLE CREAM ICE CREAMS (FROZEN)	6	GLUTINO BREADS & ENGLISH MUFFINS (FROZEN)	18
BIG MOUNTAIN FOODS MEAT ALTERNATIVES (REFRIGERATED)	6	GOGO QUINOA PRODUCTS	18
BIO-VERT HOUSEHOLD PRODUCTS	6	GOODDRINK SPRITZERS	18
BIOITALIA TOMATO PRODUCTS	6	GREEK GODS® GREEK STYLE YOGURTS (REFRIGERATED)	18
BLACK RIVER CIDERS & JUICES	6	GREEN CUISINE RAW SUPERFOOD (REFRIGERATED)	18
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES	7	GREENOLA VEGETABLES	18
BLUE DIAMOND NUT THINS CRACKERS	7	GT'S KOMBUCHA BEVERAGES (REFRIGERATED)	18
BLUE MONKEY PRODUCTS	7	GUSTA VEGAN PRODUCTS (REFRIGERATED)	19
BOB'S RED MILL PRODUCTS	7,8	HALFPOPS CURIOUSLY CRUNCHY POPCORN	19
BRAGG DRESSINGS	8	HAPPY DAYS ORGANIC CHEESES (REFRIGERATED)	19
BREMNER'S CAESAR MIXER	8	HAPPY PAWS CAT & DOG FOOD	19
BREMNER'S FROZEN FRUITS	8	HAPPY PLANET SNACK BITES	19
BRUCE COST GINGER ALES	8	HAPPY PLANET BEVERAGES & SOUPS (REFRIGERATED)	19
BULK PRODUCTS	9	HARDBITE™ HANDCRAFTED STYLE CHIPS	20
CABOO PRODUCTS	9	HARVEST SUN BOUILLON CUBES & BROTH POWDERS	20
CALIFIA FARMS BEVERAGES (REFRIGERATED)	9	HEALTH-ADE KOMBUCHAS	20
CAMINO PRODUCTS	9,10	HIGHWOOD CROSSING ORGANIC HOT CEREALS	21
CANADIAN HERITAGE ORGANICS SWEETENERS	10	HILARY'S VEGGIE MEAT ALTERNATIVES (FROZEN)	21
CASBAH AUTHENTIC GRAINS	10	HOLY NAPOLI PIZZA DOUGH & PIZZAS (FROZEN)	21
CAULIPOWER PIZZA CRUSTS & PIZZAS (FROZEN)	10	HONIBE HONEY LOZENGES	21
CENTRAL MILLING COMPANY FLOUR	10	HUNGRY BUDDHA COCONUT SNACKS	21
CENTRAL ROAST POPCORNS	10	IF YOU CARE HOUSEHOLD PRODUCTS	21
CHA'S ORGANICS PRODUCTS	10	IMAGINE™ BROTHS & SOUPS	21
CHIMES PRODUCTS	10	INDIAN LIFE PRODUCTS	21
CLIF KID® ORGANIC ZBARS	10	INDIAN LIFE PRODUCTS (FROZEN)	21,22
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COCONUT BLISS NON-DAIRY DESSERTS (FROZEN)	11	KAN'S GOURMET FOODS APPETIZERS (FROZEN)	22
COCONUT LOVE COCONUT CLUSTERS	11	KARTHEIN'S ORGANIC UNPASTEURIZED SAUERKRAUT (REFRIGERATED)	22
COCONUT SECRET PRODUCTS	11	KETTLE POTATO CHIPS	23
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DREAM PLANT-BASED BEVERAGES (REFRIGERATED)	13	LE PAIN DES FLEURS CRISPBREADS	25
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN)	13	LET'S DO...ORGANIC PRODUCTS	25
EARTH FRIENDLY HOUSEHOLD PRODUCTS	13	LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS	25,26
EARTH ISLAND® PRODUCTS (REFRIGERATED)	13	LICK YOUR CHOPS CAT FOOD	26
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EARTH'S OWN NON-DAIRY BEVERAGES (REFRIGERATED)	14	LOOP UPCYCLED COLD PRESSED JUICE (REFRIGERATED)	26
EAT WHOLESOME PRODUCTS	14	LOVE CHILD ORGANICS BABY FOODS	26
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ELIAS HONEYS	15	MANITOBA HARVEST PRODUCTS	27
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PLUM•M•GOOD™ PRODUCTS	35	TOFURKY MEAT ALTERNATIVES (REFRIGERATED)	44
PRAIRIE HARVEST PASTAS	35	TOM'S OF MAINE BODY CARE PRODUCTS	45
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R.W. KNUDSEN BEVERAGES	36	TRUMPS SLIMS DESSERT CRACKERS	46
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD	36	TUBIFY ORGANIC CRAFT FREEZIES (FROZEN)	46
RAWFOODZ VEGAN DRESSINGS (REFRIGERATED)	36	TYRRELL'S HAND COOKED ENGLISH CHIPS	46
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RIZOPIA RICE PASTA	36,37	VEGAN ROB'S PLANT BASED SNACKS	46
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ROO'BAR™ RAW BARS & ENERGY BALLS	37,38	VG GOURMET ARTISAN VEGAN BURGERS (FROZEN)	46
SAFE CATCH LOW MERCURY CANNED TUNA	38	VIJ'S CRAZY GOOD MEATBALLS (FROZEN)	46
SALT SPRING GELATO ITALIAN ICE CREAMS & SORBETOS (FROZEN)	38	VIJ'S INDIAN CUISINE (FROZEN)	46
SAN ZENONE PASTAS	38	VORTEX 9.5 HIGH ALKALINE BOTTLED WATERS	47
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SANTA CRUZ ORGANIC JUICES & LEMONADES	38	WHITewater COOKS PRODUCTS	47
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SIMPLY NATURAL PASTA SAUCES	39	WILD TEA KOMBUCHA BEVERAGES (REFRIGERATED)	47
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		ZIMT MACAROONS	48
		ZEVIA® STEVIA SWEETENED BEVERAGES	48
		CLEARANCE	49>54

2018 Container Recycling Fees



Fees effective February 1, 2018

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	5 ¢	1 ¢
Plastic	0 - 1L	5 ¢	3 ¢
	> 1L	20 ¢	4 ¢
Glass	0 - 1L	5 ¢	8 ¢
	> 1L	20 ¢	16 ¢
Bi-Metal	0 - 1L	5 ¢	5 ¢
	> 1L	20 ¢	No Recycling Fee
Drink Box	0 - 500ml	5 ¢	1 ¢
	501ml - 1L	5 ¢	5 ¢
Gable Top	0 - 1L	5 ¢	No Recycling Fee
	> 1L	20 ¢	6 ¢
Bag-In-Box		20 ¢	5 ¢

To Our Valued Customers - Pricing Notice

PSC continually reviews costs to bring you, our valued customers, as competitive pricing as possible. You will notice many price changes since our last catalogue was published. Some reflect better costing and have been reduced and in some instances higher costs are reflected.

- Please confirm any pricing when placing your order.
- For volume pricing, please use the case price.
- Pricing & information is subject to change without notice.

GMØ = NON-GMO / B = Bulk / GF = Gluten Free / WF = Wheat Free / GW = Gluten & Wheat Free / V = Vegan

@ = Fair Trade / + = Made in Canada / BC = Made in B.C. / P = Canadian Company

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

MONTHLY SPECIALS

ALMOND DREAM NON-DAIRY DESSERTS (FROZEN) - 10% OFF + VOLUME PRICING

084253 339230	53077	GF	X	Almond Dream, Gelato, Sea Salt Caramel	8 / 473ml	G	
084253 339247	53078	GF	X	Almond Dream, Gelato, Café Latte	8 / 473ml	G	
Buy 5+ cases (mix & match w/Rice Dream Frozen) Save 5%							
084253 294232	53087		X	Almond Dream, Chocolate Non-Dairy Dessert	8 / 473ml	G	
084253 294218	53086		X	Almond Dream, Vanilla Non-Dairy Dessert	8 / 473ml	G	
Buy 5+ cases (mix & match w/Rice Dream Frozen) Save 5%							

ALTER ECO CHOCOLATE TREATS & COCONUT CLUSTERS - UP TO 10% OFF

817670 011300	14479	GMO	GF	* @	COCONUT CLUSTERS, Dark X Chocolate Cherry + Almond Butter, 70% Cacao, Organic	12 / 91g	G
817670 011294	14478	GMO	GF	* @	COCONUT CLUSTERS, Dark X Chocolate Original, 70% Cacao, Organic	12 / 91g	G
817670 011317	14480	GMO	GF	* @	COCONUT CLUSTERS, Dark X Chocolate Seeds + Salt, 70% Cacao, Organic	12 / 91g	G
817670 010204	35232	GMO	GF	* @	Dark Blackout Chocolate, Bittersweet, 85% Cocoa, Organic	12 / 80g	G
817670 011171	35309	GMO		* @	Dark Chocolate, Salt & Malt, 70% Cacao, Organic	12 / 80g	G
817670 011164	35310	GMO	GF	* @	Dark Chocolate, Salted Almonds, 70% Cacao, Organic	12 / 80g	G
817670 010518	35284	GMO	GF	* @	Dark Chocolate, Sea Salt, 70% Cacao, Organic	12 / 80g	G
817670 010259	35237	GMO	GF	* @	Dark Coconut Toffee Chocolate, 47% Cocoa, Organic	12 / 80g	G
817670 010235	35235	GMO	GF	* @	Dark Mint Chocolate, 60% Cocoa, Organic	12 / 80g	G
817670 010242	35236	GMO	GF	* @	Dark Quinoa Chocolate, 60% Cocoa, Organic	12 / 80g	G
817670 010525	35285	GMO	GF	* @	Dark Salted Chocolate, Brown Butter, 70% Cacao, Organic	12 / 80g	G
817670 010532	35286	GMO	GF	* @	Dark Salted Chocolate, Burnt Caramel, 70% Cacao, Organic	12 / 80g	G
817670 010396	14449	GMO	GF	* @	Truffles, Black, Organic (10pc)	8 / 120g	G
817670 010648	14476	GMO	GF	* @	Truffles, Salted Caramel, Organic (10pc)	8 / 120g	G
817670 010631	14475	GMO	GF	* @	Truffles, Sea Salt, Organic (10pc)	8 / 120g	G
817670 010402	14450	GMO	GF	* @	Truffles, Velvet Dark Milk, Organic (10pc)	8 / 120g	G

AMY'S CANNED SOUPS - 10% OFF

042272 907403	38322	GMO		*	Soup, Carrot Ginger, Organic	12 / 398ml	
042272 905362	38067		GF	*	Soup, Chunky Tomato Bisque, Organic	12 / 398ml	
042272 905195	38717		GF	*	Soup, Tuscan Bean & Rice, Organic	12 / 398ml	

AMY'S ENTRÉES (FROZEN) - UP TO 15% OFF

042272 901623	54679	GMO			X BOWL, Country Cheddar	12 / 269g	
042272 910670	54680	GMO		*	X BOWL, Harvest Casserole, Organic	12 / 283g	
042272 900411	54648				X LASAGNA, Garden Vegetable	12 / 291g	
042272 900459	54259		GF		X MACARONI, Rice, w/Real Cheddar Sauce	12 / 255g	
042272 900954	54478				X POCKET SANDWICH, Vegetable (non-dairy)	12 / 142g	
042272 900596	54432		GF		X WHOLE MEAL, Indian Palak Paneer, Creamed Spinach & Cheese w/Rice & Dal	12 / 283g	

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
ANITA'S ORGANIC PRODUCTS - UP TO 20% OFF						
623636 995580	20241	GMO		* + P	BREAKFAST BOOST, Sprouted Buckwheat Chia & Hemp, Organic	4 / 475g
623636 997911	22907			* P	Buckwheat Groats, Sprouted, Organic	4 / 500g
623636 993241	21016			* BC P	Cookie Mix, Classic Chocolate Chip, Organic	4 / 428g
623636 993272	21017			* BC P	Cookie Mix, Classic Oatmeal Currant, Organic	4 / 461g
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 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 998970	22134	GMO	GF	* BC P	Flour, Gluten Free Tapioca, Organic	4 / 1kg
623636 995504	22913			* P	Sprouted Light Buckwheat Flour, 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
623636 120203	20101			* P	Unbleached Cake & Pastry Flour, Organic	4 / 1kg
623636 600705	27000			* P	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 1kg
623636 400008	22126			* BC P	Unbleached White Flour, Hard Red Spring, Organic	4 / 1kg
623636 998895	21018	GMO		* + P	Flour, 60/40 Bakers Blend, Organic	4 / 2kg
623636 200011	20069			* BC P	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 2kg
623636 400015	20068			* BC P	Unbleached White Flour, Hard Red Spring, Organic	4 / 2kg
623636 993913	22408			* P	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 5kg
623636 502139	20111		B	* BC P X	Fine Whole Spelt Flour, Organic	1 / 10kg
623636 221146	20201		B	* BC P X	Fine Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg
623636 999038	20112	GMO	B GF	* + P	Flour, Gluten Free All Purpose, Organic	1 / 10kg
623636 999045	20113	GMO	B GF	* + P	Flour, Gluten Free Tapioca, Organic	1 / 10kg
623636 600033	20087		B	* BC P X	Khorasan Wheat (Kamut) Flour, Organic	1 / 10kg
623636 500036	20110		B	* BC P X	Stoneground Whole Spelt Flour, Organic	1 / 10kg
623636 400039	20202		B	* BC P X	Unbleached White Flour, Hard Red Spring, Organic	1 / 10kg
623636 300032	20059		B	* BC P X	Whole Dark Rye Flour, Organic	1 / 10kg
623636 120036	20049		B	* BC P X	Whole Wheat Pastry Flour, Soft White, Organic	1 / 10kg
623636 998932	28060	GMO	B GF	* + P	Gluten Free Oats, Steel Cut, Organic	1 / 11.34kg
623636 200042	20048		B	* BC P X	Stoneground Whole Wheat Flour, Hard Red Wheat, Organic	1 / 20kg
623636 400046	20073		B	* BC P X	Unbleached White Flour, Hard Spring Wheat, Organic	1 / 20kg
ANNIE CHUN'S ASIAN FOODS - \$3.99 OFF						
765667 110430	24045			*	Seaweed Snack, Sesame, Roasted, Organic	12 / 10g G
765667 110447	24046			*	Seaweed Snack, Wasabi, Roasted, Organic	12 / 10g G

STORE NAME:











DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order	
ARIZONA PEPPER'S HOT SAUCES - GLUTEN FREE - \$3.60 OFF							
027328 120548	18182	GF	*		Chipotle Habañero Sauce, Organic	12 / 148ml	
027328 120296	18181	GF	*		Habañero Pepper Sauce, Organic	12 / 148ml	
027328 120043	18180	GF	*		Jalapeño Pepper Sauce, Organic	12 / 148ml	
AURA CACIA PRODUCTS - 15% OFF							
051381 382605	83000				Aromatherapy Bubble Bath, Lavender Harvest	1 / 384ml G P	
051381 382612	83001				Aromatherapy Bubble Bath, Tranquility	1 / 384ml G P	
051381 285968	83004			X	Aromatherapy Foam Bath for Kids, Calming	6 / 70.9g G P	
051381 285791	83002			X	Aromatherapy Foam Bath, Lavender	6 / 70.9g G P	
051381 285753	83003			X	Aromatherapy Foam Bath, Tangerine/Grapefruit	6 / 70.9g G P	
051381 302238	80837			X	Body Soak, Cleanse	1 / 524g G P	
051381 302207	80838			X	Body Soak, Soothe	1 / 524g G P	
051381 299019	80839			X	Essential Oils, Lavender (boxed)	3 / 15ml G P	
051381 299033	80840			X	Essential Oils, Peppermint, Natural (boxed)	3 / 15ml G P	
AVENA FOODS GLUTEN FREE OATS - 15% OFF							
663780 042013	20144	GMO B	GF	*	+	Ⓡ Rolled Oats, Organic	1 / 22.7g
BAKERS SUPPLY HOUSE BAKING SUPPLIES - 15% OFF							
055853 001803	02218		*	BC	Ⓡ Baking Powder, Organic (aluminum free) (corn free)	24 / 210g	
055853 001759	02240		*	BC	Ⓡ Corn Starch, Organic	6 / 250g	
055853 001506	02217		*	BC	Ⓡ Pure Vanilla Extract, Organic	12 / 100ml	
055853 020002	02174				Ⓡ Vanilla Beans	12 / 2ct	
BARBARA'S BAKERY CHEESE PUFFS - \$3.08 OFF							
070617 004722	36111	GF			X Cheese Puffs, Baked, Original	12 / 155g G	
070617 004739	36128	GF			X Cheese Puffs, Baked, White Cheddar	12 / 155g G	
070617 004708	36109	GF			X Cheese Puffs, Original	12 / 198g G	
070617 004715	36110	WF			X Cheese Puffs, Jalapeño	12 / 198g G	
BETTERWITH TRACEABLE CREAM ICE CREAMS (FROZEN) - 10% OFF							
628055 217039	53182			BC	Ⓡ X NEW! Chocolate Ice Cream	8 / 500ml	
628055 217046	53183			BC	Ⓡ X NEW! Coffee Ice Cream	8 / 500ml	
628055 217053	53184			BC	Ⓡ X Caramel Ice Cream	8 / 500ml	
628055 217015	53180			BC	Ⓡ X Cream Ice Cream	8 / 500ml	
628055 217060	53185			BC	Ⓡ X Strawberry Ice Cream	8 / 500ml	
628055 217022	53181			BC	Ⓡ X Vanilla Ice Cream	8 / 500ml	
BIG MOUNTAIN FOODS MEAT ALTERNATIVES (REFRIGERATED) - GLUTEN FREE - 20% OFF							
777744 000084	38000	GMO	GF	V	BC	Ⓡ Mighty Mushroom Bites	10 / 280g
777744 000015	38713	GMO	GF		BC	Ⓡ Original Veggie Burger	10 / 360g
777744 000077	38001	GMO	GF	V	BC	Ⓡ Superfood Breakfast Patties	10 / 280g
777744 000046	37998	GMO	GF		BC	Ⓡ Veggie Grounds Cauli Crumble	10 / 360g
777744 000091	38002	GMO	GF	V	BC	Ⓡ Veggie Grounds, Broccoli Crumble	10 / 360g
BIO-VERT HOUSEHOLD PRODUCTS - 15% OFF							
776622 011082	80550				+	Ⓡ Automatic Dishwasher Tabs, All-in-1, Fragrance Free (30 tabs)	6 / 540g G P
776622 011068	80528				+	Ⓡ Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L G P
776622 011044	80523				+	Ⓡ Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	2 / 4.43L G P
BIOITALIA TOMATO PRODUCTS - 20% OFF							
661475 300011	33049		*			Whole Tomatoes, Peeled, Organic (can)	12 / 398ml
BLACK RIVER CIDERS & JUICES - UP TO 30% OFF							
771344 004169	02367				+	Ⓡ Juice, Apple Strawberry	12 / 1L U
771344 004053	02358				+	Ⓡ Juice, Black Cherry	12 / 1L U
771344 004176	02392		*		+	Ⓡ Juice, Sweet Apple Cider, Organic	12 / 1L U
771344 004015	02394				+	Ⓡ Juice, Sweet Apple Cider	12 / 1L U

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BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES - GLUTEN FREE - UP TO \$4.65 OFF + VOLUME PRICING				
041570 094664	16673	GMO	GF	ALMOND BREEZE, Almond Coconut, Unsweetened 12 / 946ml
041570 052747	06183	GMO	GW	ALMOND BREEZE, Chocolate 12 / 946ml
041570 052723	16671	GMO	GW	ALMOND BREEZE, Original 12 / 946ml
041570 059609	06731	GMO	GW	ALMOND BREEZE, Unsweetened Chocolate 12 / 946ml
041570 055311	06088	GMO	GW	ALMOND BREEZE, Unsweetened Original 12 / 946ml
041570 055830	06613	GMO	GW	ALMOND BREEZE, Unsweetened Vanilla 12 / 946ml
041570 052730	06181	GMO	GW	ALMOND BREEZE, Vanilla 12 / 946ml
				Buy 10-19 cases (946ml only) Save 1.00
				Buy 20-49 cases (946ml only) Save 1.65
				Buy 50-74 cases (946ml only) Save 2.35
				Buy 75+ cases (946ml only) Save 3.30
041570 054314	06816	GMO	GW	ALMOND BREEZE, Original 8 / 1.89L
041570 054505	06817	GMO	GW	ALMOND BREEZE, Unsweetened Original 8 / 1.89L
041570 057957	06999	GMO	GW	ALMOND BREEZE, Unsweetened Vanilla 8 / 1.89L
				Buy 56+ cases (1.89L only) Save 1.00
BLUE DIAMOND NUT THINS CRACKERS - GLUTEN FREE - UP TO \$4.65 OFF + VOLUME PRICING				
041570 054192	16178	GMO	GF	Nut Thins, Almond 12 / 120g
041570 099162	16568	GMO	GF	Nut Thins, Almond, Hint of Sea Salt 12 / 120g
041570 054222	16181	GMO	GF	Nut Thins, Cheddar Cheese 12 / 120g
041570 054291	16179		GF	Nut Thins, Pecan 12 / 120g
				Buy 66+ cases (Nut Thins only) Save 0.66
BLUE MONKEY PRODUCTS - UP TO 10% OFF + VOLUME PRICING				
059654 410024	05521	GMO		X Sparkling Coco Kiwi (can) 12 / 330ml G U
059654 410031	05522	GMO		X Sparkling Coco Mango (can) 12 / 330ml G U
059654 410017	05520	GMO		X Sparkling Coco Natural (can) 12 / 330ml G U
059654 410048	05523	GMO		X Sparkling Coco Key Lime (can) 12 / 330ml G U
059654 410055	05524	GMO		X Sparkling Coco Watermelon (can) 12 / 330ml G U
				Buy 5-274 cases (Sparkling Waters only) Save 2.69
				Buy 275+ cases (Sparkling Waters only) Save 4.10
059654 705007	07334			X Coconut Water (glass bottle) 24 / 500ml U
				Buy 5-41 cases (07334 only) Save 6.46
				Buy 42+ cases (07334 only) Save 9.50
059654 122224	07242		*	X Coconut Water, Organic (tetrapak) 24 / 500ml U
				Buy 5-62 cases (07242 only) Save 6.47
				Buy 63+ cases (07242 only) Save 9.50
059654 222221	07241		*	X Coconut Water, Organic (tetrapak) 12 / 1L U
				Buy 5-79 cases (07241 only) Save 7.55
				Buy 80+ cases (07241 only) Save 11.07
059654 330018	02297	GW	* @	Coconut Cream, Organic 24 / 400ml
				Buy 5-79 cases (02297 only) Save 7.54
				Buy 80+ cases (02297 only) Save 11.05
059654 520068	07064	GMO		Sparkling 55% Watermelon Juice (can) (not from concentrate) 4 / 6x330ml G U
059654 510069	07063	GMO		100% Watermelon Juice (can) (not from concentrate) 4 / 6x330ml U
059654 500015	07065	GMO		100% Watermelon Juice (tetra) (not from concentrate) 12 / 1L U
059654 180019	07066	GMO		Coconut Milk Drink (tetra) 12 / 1L
059654 330506	05540	GMO	GF *	Coconut Oil, Virgin, Organic 12 / 500ml
BOB'S RED MILL PRODUCTS - UP TO 15% OFF				
039978 343819	20375			X Almond Flour, Blanched 4 / 453g
039978 333803	34076			X Almond Flour, Natural 4 / 453g
039978 344533	30572	GW		X Baking Flour, 1 to 1 4 / 623g
039978 354532	30573	GW		X Baking Flour, 1 to 1 4 / 1.24kg
039978 302052	22894	WF		Biscuit Mix 4 / 680g
039978 304612	20354	GF		Bread Mix, Cornbread 4 / 567g
039978 304544	20351	GF		Bread Mix, Homemade Wonder 4 / 453g
039978 309747	20377	GF	*	X Brown Rice Flour, Organic 4 / 680g
039978 304643	20334	GF		Brownie Mix 4 / 595g

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039978 305800	20366	GF	*	X Buckwheat Groats, Raw, Organic	4 / 453g	_____
039978 308818	20359			X Buckwheat Pancake Mix	4 / 736g	_____
039978 301246	22631			X Bulgar, Hard Red Wheat	4 / 793g	_____
039978 304681	20343	GF		Cake Mix, Chocolate	4 / 453g	_____
039978 301079	22824			X CEREAL, 7 Grain	4 / 708g	_____
039978 309730	20429	GF	*	X CEREAL, Brown Rice Farina, Organic	4 / 737g	_____
039978 328038	20153		*	X CEREAL, High Fibre, Organic	4 / 453g	_____
039978 341433	30533			X CEREAL, Oat Bran	4 / 510g	_____
039978 308016	22018		*	X CEREAL, Right Stuff, 6 Grain, Organic	4 / 680g	_____
039978 308443	30502	GF	*	X Chia Seeds, Whole, Organic	6 / 340g	_____
039978 328151	20355	GF	*	X Coconut Flour, Organic	4 / 453g	_____
039978 304674	20342	GF		Cookie Mix, Chocolate Chip	4 / 624g	_____
039978 308603	22268		*	X Farro, Organic	4 / 680g	_____
039978 304575	20337	GF		X Garbanzo & Fava Flour	4 / 623g	_____
039978 334527	30574	GF		X Gluten Free All Purpose Baking Flour	4 / 623g	_____
039978 344526	30575	GF		X Gluten Free All Purpose Baking Flour	4 / 1.24kg	_____
039778 303776	20426	GF		X Gluten Free Whole Oat Flour	4 / 623g	_____
039978 331885	22186			X GRANOLA, Cinnamon Raisin	4 / 340g	_____
039978 303103	20369			X Millet Flour	4 / 652g	_____
039978 304063	20368	GF		X Millet, Whole Grain	4 / 793g	_____
039978 304605	20435	GF		Muffin Mix, Gluten Free	4 / 453g	_____
039978 333490	30570	GF		X Paleo Baking Flour w/almond & coconut flours	4 / 454g	_____
039978 303950	22836			X Pancake & Waffle Mix, Paleo	6 / 240g	_____
039978 302090	22837			X Pancake & Waffle Mix, Protein	6 / 270g	_____
039978 303899	20289	GF		Pie Crust Mix	4 / 453g	_____
039978 303943	20316	GF		Pizza Crust Mix	4 / 453g	_____
039978 302953	20248	GMO GF		X Popcorn, White	4 / 765g	_____
039978 303073	22363			X Popcorn, Yellow	4 / 765g	_____
039978 303127	20372	GF		X Potato Flour	4 / 680g	_____
039978 353207	30560	WF	*	X Quinoa Flour, Organic	4 / 510g	_____
039978 329462	30562	GF	*	X Quinoa, Tri-Colour, Whole Grain, Organic	4 / 369g	_____
039978 303158	20327	WF		X Rice Flour, Brown	4 / 680g	_____
039978 303165	20326	GW		X Rice Flour, White	4 / 680g	_____
039978 302519	38930			X Soup Mix, 13 Bean Vegetable	4 / 822g	_____
039978 302502	38932			X Soup Mix, Vegetable	4 / 793g	_____
039978 306500	20325			X Spelt Flour	4 / 680g	_____
039978 325365	20389			X Tapioca Flour	4 / 567g	_____
039978 305398	20323			X Teff Flour	4 / 680g	_____
039978 305367	20430	GF		X Teff, Whole Grain	4 / 680g	_____
039978 363015	20167			X White All-Purpose Flour, Unbleached	4 / 1.36kg	_____
039978 319876	20378		*	X Whole Wheat Flour, Organic	4 / 1.36kg	_____
BRAGG DRESSINGS - GLUTEN FREE - 10% OFF						
074305 131127	32122	GMO GF		Dressing, Ginger & Sesame	6 / 355ml	_____
074305 130120	32121	GMO GF		Dressing, Healthy Vinaigrette	6 / 355ml	_____
BREMNER'S CAESAR MIXER - \$7.00 OFF						
834644 002614	05079		V	BC  Caesar Mix	6 / 1L	U _____
834644 002607	05078			BC  Caesar Mix, Perfectly Spiced	6 / 1L	U _____
BREMNER'S FROZEN FRUITS - UP TO 20% OFF						
834644 005318	55065		*	BC  X Blueberries, Organic	12 / 300g	_____
834644 005042	05253		*	BC  X Dark Tart Cherries, Organic (stand up pouch)	12 / 600g	_____
834644 005424	55071		*	BC  X Pineapple Chunks, Organic	12 / 300g	_____
834644 005400	55067		*	BC  X Raspberries, Organic	12 / 300g	_____
834644 005394	55068		*	BC  X Strawberries, Organic	12 / 300g	_____
834644 005028	55017		*	BC  X Blackberries, Organic (standup pouch)	12 / 600g	_____
834644 005066	55001			BC  X Blueberries (standup pouch)	12 / 600g	_____
834644 005615	55079	B	*	BC  X Mango Chunks, Organic	8 / 1.5kg	_____
BRUCE COST GINGER ALES - 10% OFF						
855235 002110	02703			Ginger Ale, Original, Unfiltered	6 / 4x355ml	G U _____

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BULK PRODUCTS - UP TO 15% OFF						
775768 040352	04035	B	*	X	Lentils, Green, Organic	1 / 11.34kg
775768 041557	04155	B	*	X	Lentils, Red, Organic	1 / 11.34kg
	22255	B	* @		Quinoa, Organic (South American)	1 / 11.34kg
CABOO PRODUCTS - UP TO 20% OFF + VOLUME PRICING						
627843 347897	46305	GMO			Bamboo & Sugarcane Bathroom Tissue, 2 Ply, 300 sheets	3 / 24pk G P
					Buy 30+ cases (46305 only)	Save 15%
627843 202745	46292			X	Bamboo & Sugarcane Bathroom Tissue, 2 Ply, 550 sheets	40 / 1ea G P
					Buy 30+ cases (46292 only)	Save 15%
627843 202738	46291				Bamboo & Sugarcane Bathroom Tissue 4 pack, 2 Ply, 300 sheets	10 / 4pk G P
					Buy 40+ cases (46291 only)	Save 15%
627843 202783	46295				Bamboo & Sugar Cane Facial Tissue, 100% Biodegradable, 2-Ply	30 / 90ct G P
					Buy 36+ cases (46295 only)	Save 15%
627843 202790	46294				Bamboo & Sugarcane Paper Towel, 2 pack, 75 sheets	20 / 2x75ct G P
					Buy 30+ cases (46294 only)	Save 10%
627843 202776	46293				Bamboo & Sugarcane Bathroom Tissue, 12 pack, 2 Ply, 300 sheets	6 / 12pk G P
627843 202806	46297				Bamboo & Sugarcane Facial Tissue, 2 Ply, Pocket Pack	30 / 8x12ct G P
627843 347835	46298				Bamboo & Sugar Cane Facial Tissue, 100% Biodegradable, 2-Ply	24 / 184ea G P
627843 202813	46296				Bamboo & Sugarcane Paper Napkins, 1 Ply, 250 sheets	16 / 1x250ct G P
628451 738015	46306	GMO		Ⓜ	Bamboo Baby Wipes w/ Aloe	16 / 72ct G P
628451 738077	46337				Bamboo Travel Wipes	2 / 24X10ct G P
CALIFIA FARMS BEVERAGES (REFRIGERATED) - GLUTEN FREE - 10% OFF						
813636 020935	62233	GMO	GF	V	Coconut & Almond Beverage	6 / 1.4L
813636 021741	62232	GMO	GF	V	Coconut Milk & Coconut Water Blend	6 / 1.4L
813636 021727	62231	GMO	GF	V	Cold Brew Coffee, Pure Black, Sweetened	6 / 1.4L U
813636 021734	62230	GMO	GF	V	Cold Brew Coffee, Pure Black, Unsweetened	6 / 1.4L U
CAMINO PRODUCTS - UP TO 11% OFF						
752612 000120	06687	GF	* @	+ Ⓜ	Hot Chocolate, Chili & Spice, Organic, Non-Dairy	6 / 275g
752612 000298	06918	GF	* @	+ Ⓜ	Hot Chocolate, Simply Dark, Organic, Non-Dairy	6 / 275g
752612 100660	37683	GF	* @	X	Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g G
752612 100653	37684	GF	* @	X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g G
752612 100363	37273		* @	X	Dark Chocolate, 65% Cacao, Raspberry, Organic	12 / 100g G
752612 100165	36476	GF	* @	X	Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g G
752612 100196	36734	GF	* @	X	Dark Chocolate, 55% Cacao, Organic	12 / 100g G
752612 100172	36475	GF	* @	X	Dark Chocolate, Bittersweet, 71% Cacao, Organic	12 / 100g G
752612 100226	37008	GF	* @	X	Dark Chocolate, 55% Cacao, Espresso, Organic	12 / 100g G
752612 100202	36735	GF	* @	X	Dark Chocolate, Mint, 67% Cacao, Organic	12 / 100g G
752612 100240	37007	GF	* @	X	Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g G
752612 100349	37258		* @	X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g G

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752612 100356	37259		* @	X	Milk Chocolate, 38% Cacao, Sea Salt, Organic	12 / 100g G
752612 100639	37438	GF	* @	X	Milk Chocolate, 38% Cacao, Butterscotch & Sea Salt, Organic	12 / 100g G
752612 100158	36474	GF	* @	X	Milk Chocolate, 38% Cacao, Organic	12 / 100g G
CANADIAN HERITAGE ORGANICS SWEETENERS - UP TO \$21.36 OFF						
620892 000140	44259		* +	Ⓜ	Maple Butter, Organic	12 / 160g
620892 000065	44262		* +	Ⓜ	Maple Syrup, Amber, Organic	12 / 250ml
620892 000072	44263		* +	Ⓜ	Maple Syrup, Amber, Organic	12 / 500ml
620892 000232	44264		* +	Ⓜ	Maple Syrup, Dark, Organic	12 / 250ml
620892 000249	44265		* +	Ⓜ	Maple Syrup, Dark, Organic	12 / 500ml
620892 000294	44266		* +	Ⓜ	Maple Syrup, Very Dark, Organic	12 / 500ml
620892 000089	44258		* +	Ⓜ	Maple Syrup, Amber, Organic	12 / 1L
620892 000256	44257		* +	Ⓜ	Maple Syrup, Dark, Organic	12 / 1L
620892 000300	44267		* +	Ⓜ	Maple Syrup, Very Dark, Organic	12 / 1L
620892 000164	44268		* +	Ⓜ	Maple sugar, 100% Pure, Organic	12 / 250g
CASBAH AUTHENTIC GRAINS - 10% OFF						
072934 801046	38755	GMO			Freekeh	8 / 174g
CAULIPOWER PIZZA CRUSTS & PIZZAS (FROZEN) - GLUTEN FREE - 15% OFF + VOLUME PRICING						
854934 007082	32400	GF		X	Cauliflower Pizza Crust	8 / 340g
854934 007099	32402	GF		X	Pizza, Margherita	8 / 330g
854934 007075	32401	GF		X	Pizza, Three Cheese	8 / 330g
854934 007105	32403	GF		X	Pizza, Veggie	8 / 330g
					Buy 40+ cases	Save 5%
CENTRAL MILLING COMPANY FLOUR - 10% OFF						
623636 400053	20046	B	*	X	Unbleached Enriched White Flour, Organic	1 / 22.7kg
CENTRAL ROAST POPCORNS - GLUTEN FREE - \$1.50 OFF + VOLUME PRICING						
817699 001849	17501	GMO GF	* +	Ⓜ	Tri Colour Popcorn, Organic	4 / 907g
817699 001832	17500	GMO GF	* +	Ⓜ	Yellow Popcorn, Organic	4 / 907g
					Buy 6+ cases	Save 0.75
CHA'S ORGANICS PRODUCTS - UP TO 15% OFF						
806253 000763	12694	GF	* @	Ⓜ X	Cinnamon, Ceylon, Ground, Organic	6 / 30g
806253 000343	91306	GF	* @	Ⓜ X	Cinnamon, Ceylon, Ground, Organic	1 / 500g
806253 310251	15089		*	Ⓜ	Coconut Cubes In Juice, Organic	12 / 400ml
806253 310206	15299		V *	Ⓜ	Young Jackfruit, Organic (vegan meat substitute)	12 / 400ml
CHIMES PRODUCTS - GLUTEN FREE - 10% OFF						
051299 111632	35323	GF			Coconut Toffee, Toasted w/ Sea Salt, Chewy, Bag	12 / 80g G
051299 111663	35279	GF			Coconut Toffee, Toasted w/ Sea Salt, Hard, Bag	12 / 100g G
051299 111298	35272	GF		X	Ginger Chews, Mango, Bag	12 / 42.5g G
051299 111304	35273	GF		X	Ginger Chews, Orange, Bag	12 / 42.5g G
051299 111267	35269	GF		X	Ginger Chews, Original, Bag	12 / 42.5g G
051299 111274	35270	GF		X	Ginger Chews, Peanut Butter, Bag	12 / 42.5g G
051299 111281	35271	GF		X	Ginger Chews, Peppermint, Bag	12 / 42.5g G
051299 111526	35276	GF		X	Ginger Chews, Mango, Tin	20 / 56.7g G
051299 811327	35262	GF		X	Ginger Chews, Original, Tin	20 / 56.7g G
051299 811358	35275	GF		X	Ginger Chews, Peppermint, Tin	20 / 56.7g G
051299 111519	35267	GF		X	Ginger Chews, Mango, Bag	20 / 141.8g G
051299 111533	35268	GF		X	Ginger Chews, Orange, Bag	20 / 141.8g G
051299 111311	35264	GF		X	Ginger Chews, Original, Bag	20 / 141.8g G
051299 111359	35266	GF		X	Ginger Chews, Peppermint, Bag	20 / 141.8g G
CLIF KID® ORGANIC ZBARS - \$2.40 OFF						
722252 194336	37599	GMO GF	*	X	ZBAR, Chocolate Brownie, Organic	6 / 5x36g G
722252 194343	37611	GMO GF	*	X	ZBAR, Chocolate Chip, Organic	6 / 5x36g G
722252 195326	37612	GMO GF	*	X	ZBAR, Iced Oatmeal Cookie, Organic	6 / 5x36g G
722252 492524	37891		*		ZBAR Filled, Apple & Almond Cashew Butter, Organic	8 / 4x30g G
722252 429100	37892		*		ZBAR Filled, Chocolate Peanut Butter, Organic	8 / 4x30g G
722252 387264	37893		*		ZBAR Filled, Double Peanut Butter, Organic	8 / 4x30g G

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CLOUD 9 PRODUCTS - GLUTEN FREE - 15% OFF						
816512 000045	21036	GF	BC	Ⓟ	Brownie Mix	6 / 550g
816512 000298	21035	GF	BC	Ⓟ	Chocolate Cake & Cupcake Mix	6 / 600g
816512 000052	21034	GF	BC	Ⓟ	Chocolate Chip Cookie Mix	6 / 405g
816512 001400	21046	GF	BC	Ⓟ	Granola Bar Mix, Super Seed	5 / 435g
816512 000502	21037	GF	BC	Ⓟ	All Purpose Baking Mix	6 / 1.25kg
816512 000908	21045	GF	V	BC	Ⓟ free/nut free/dairy free/soy free/vegan)	6 / 1.02kg
COCOMELS COCONUT MILK CARAMELS - \$2.64 OFF						
853610 003448	35320	GMO	*		Coconut Milk Caramels, Original, Organic	6 / 100g G
853610 003455	35321	GMO	*		Coconut Milk Caramels, Sea Salt, Organic	6 / 100g G
853610 003462	35322	GMO	*		Coconut Milk Caramels, Vanilla, Organic	6 / 100g G
COCONUT BLISS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - 15% OFF						
896767 001554	53210	GMO B	GF	*	X Vanilla Island, Organic Frozen Dessert	1 / 5.6L
COCONUT LOVE COCONUT CLUSTERS - \$3.75 OFF						
677210 090185	14426	GMO	*	BC	Ⓟ Coconut Clusters, Cranberry & Nuts, Organic	12 / 100g G
677210 090178	14425	GMO	*	BC	Ⓟ Coconut Clusters, Dark Chocolate, Organic	12 / 100g G
677210 090437	14427	GMO	*	BC	Ⓟ Coconut Clusters, Pumpkin, Quinoa & Flax Seeds, Organic	12 / 100g G
677210 090192	14428	GMO	*	BC	Ⓟ Coconut Clusters. Super Seeds, Organic	12 / 100g G
COCONUT SECRET PRODUCTS - GLUTEN FREE - 10% OFF + VOLUME PRICING						
851492 002047	37386	GMO	GF	*	Coconut Seasoning Sauce, Organic	12 / 237ml
						Buy 10+ cases Save 5%
851492 002108	14474	GMO	GF	*	Coconut Seasoning Sauce, Organic	6 / 500ml
						Buy 10+ cases Save 5%
851492 002016	02284		GF	*	Traditional Coconut Nectar, Organic	12 / 355ml
						Buy 10+ cases Save 5%
COCOS-PURE COCONUT WATERS - GLUTEN FREE - 20% OFF						
627843 225386	17006	GMO	GF		Coconut Water, 100% Pure, with Pineapple	24 / 330ml U
COUNTRY CHOICE COOKIES - 10% OFF						
729906 170036	16126	GMO	*		Sandwich Crèmes Cookies, Duplex, Organic (Chocolate & Vanilla)	6 / 340g
COVERED BRIDGE POTATO CHIPS MADE BY POTATO FARMERS - GLUTEN FREE - 10% OFF						
673879 000619	13503		GF	+ Ⓟ X	Old Fashioned Kettle Cooked, Sea Salt	15 / 170g G
CROFTER'S PREMIUM FRUIT SPREADS FAMILY SIZE - GLUTEN FREE - \$2.85 OFF						
067275 006052	42670	GMO	GF	* + Ⓟ X	Premium Fruit Spread, Berry Harvest, Family Size, Fair Trade Cane Sugar Sweetened, Organic	6 / 383ml
067275 006014	42654	GMO	GF	* + Ⓟ X	Premium Fruit Spread, Raspberry, Family Size, Fair Trade Cane Sugar Sweetened, Organic	6 / 383ml
067275 006021	42652	GMO	GF	* + Ⓟ X	Premium Fruit Spread, Strawberry, Family Size, Fair Trade Cane Sugar Sweetened, Organic	6 / 383ml
CUISINE CAMINO PRODUCTS - UP TO 15% OFF						
752612 230022	02244		GF	* @ Ⓟ	Baking Chocolate, Bittersweet, 71% Cacao, Organic	10 / 200g
752612 230039	02243		GF	* @ Ⓟ	Baking Chocolate, Semisweet, 56% Cacao, Organic	10 / 200g
752612 240113	06921	GMO	GF	* @ Ⓟ	Chocolate Chips, Mini, Semi-Sweet, 55% Cacao, Organic	8 / 225g
752612 240106	06920	GMO	GF	* @ Ⓟ	Chocolate Chips, Unsweetened, 100% Cacao, Organic	8 / 225g
752612 220023	44298			* @	Whole Brown Sugar (Muscovado), Organic	6 / 1kg

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DAIYA DAIRY-FREE PRODUCTS - 10% OFF								
871459 009148	50001	GMO	GF	+	Ⓟ	Salad Dressing, Creamy Italian, Dairy-Free	6 / 237ml	
871459 009131	50000	GMO	GF	+	Ⓟ	Salad Dressing, Honey Flavoured Mustard, Dairy-Free	6 / 237ml	
871459 002439	50008	GMO	GF	BC	Ⓟ	Deluxe Cheezy Mac, Cheddar Style & Bacon Flavoured Bits	8 / 300g	
871459 002415	50009	GMO	GF	BC	Ⓟ	Deluxe Cheezy Mac, Four Cheeze Style with Herbs	8 / 309g	
871459 007045	50182			BC	Ⓟ	Deluxe Sauce, Cheddar Style, Ready To Serve	8 / 3x134g	
871459 007090	50187	GMO		+	Ⓟ	Deluxe Sauce, Zesty Cheddar Style	8 / 3x134g	
DAIYA DAIRY-FREE CHEESE & YOGURT ALTERNATIVES (REFRIGERATED) - UP TO 15% OFF								
871459 005119	50004	GMO	GF	BC	Ⓟ	DUETS Coconut Yogurt & Toppings, Chocolate Coconut	12 / 145g	
871459 005126	50005	GMO	GF	BC	Ⓟ	DUETS Coconut Yogurt & Toppings, Cranberry Harvest	12 / 144g	
871459 005102	50006	GMO	GF	BC	Ⓟ	DUETS Coconut Yogurt & Toppings, Key Lime Crumble	12 / 143g	
871459 005133	50007	GMO	GF	BC	Ⓟ	DUETS Coconut Yogurt & Toppings, Salted Caramel Crunch	12 / 145g	
871459 005089	50121			BC	Ⓟ	Greek Yogurt, Plain	6 / 454g	
871459 005072	50120			BC	Ⓟ	Greek Yogurt, Vanilla Bean	6 / 454g	
871459 000336	50002	GMO	GF	BC	Ⓟ	Slices, Mozza Style	8 / 220g	
871459 000343	50003	GMO	GF	BC	Ⓟ	Slices, Smoked Gouda Style	8 / 220g	
871459 001180	50142			BC	Ⓟ	Spreads, Strawberry Cream Cheese Style	6 / 227g	
DAIYA PRODUCTS (FROZEN) - GLUTEN FREE - UP TO 11% OFF								
871459 002385	50160		GF	BC	Ⓟ X	Cheezecake, Chocolate	8 / 400g	
871459 002378	50158		GF	BC	Ⓟ X	Cheezecake, Key Lime	8 / 400g	
871459 002361	50157		GF	BC	Ⓟ X	Cheezecake, New-York	8 / 400g	
871459 002392	50159		GF	BC	Ⓟ X	Cheezecake, Strawberry	8 / 400g	
871459 009551	50110	GMO	GF	@	BC	Ⓟ X Dipped Dessert Bar, Chocolate Fudge Crunch	8 / 3x77ml	G
871459 009575	50112	GMO	GF	@	BC	Ⓟ X Dipped Dessert Bar, Espresso Coffee	8 / 3x77ml	G
871459 009568	50111	GMO	GF	@	BC	Ⓟ X Dipped Dessert Bar, Salted Caramel Swirl	8 / 3x77ml	G
871459 002996	50188		GF		BC	Ⓟ X Pizza, Meatless Deli Style, Dairy Free	8 / 542g	
DANDIES VEGAN MARSHMALLOWS - GLUTEN FREE - 15% OFF								
897581 000372	02370	GMO	GF	V		X Vegan Marshmallows, Minis	12 / 283g	G
897581 000365	02260		GF	V		X Vegan Marshmallows	12 / 283g	G
DEEBEE'S FROZEN NOVELTIES - UP TO 20% OFF								
838913 000011	39096		GF	*	@	Superfruit Freezies, 100% Juice Bars, Grape, Strawberry, Tropical (shelf stable)	14 / 12x53ml	G
838913 001315	39091	GMO	GF	*	@	X Fruit Pops, Berries N' Cherries, Organic (no caffeine)	8 / 4x50ml	G
838913 007515	39042	GMO	GF	*	@	X Fruit Pops, Chocolate Fudge, Organic (no caffeine)	8 / 4x50ml	G
838913 002817	39097	GMO		*	@	X Fruit Pops, Orange Cream Bars, Organic	8 / 4x50ml	G
838913 009311	39043	GMO	GF	*	@	X Fruit Pops, Pink Lemonade, Organic (no caffeine)	8 / 4x50ml	G
838913 006310	39045	GMO	GF	*	@	X Fruit Pops, Strawberry Harvest, Organic (no caffeine)	8 / 4x50ml	G
838913 004712	39046	GMO	GF	*	Ⓟ	X Fruit Pops, Watermelon, Organic	8 / 4x50ml	G
DIVINE CHOCOLATE BARS - 15% OFF								
898596 001965	35179			@	X	Dark Chocolate w/Ginger & Orange, 70% Cocoa	10 / 100g	G
898596 001958	35157			@	X	Dark Chocolate w/Mint, 70% Cocoa	10 / 100g	G
852749 004296	35178	GMO		@	X	Dark Chocolate w/Pink Himalayan Salt, 60% Cocoa	10 / 100g	G
898596 001941	35177			@	X	Dark Chocolate w/Raspberries, 70% Cocoa	10 / 100g	G
898596 001934	35156			@	X	Dark Chocolate, 70% Cocoa	10 / 100g	G
898596 001590	35296			@	X	Dark Chocolate, 85% Cocoa	10 / 100g	G

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898596 001972	35158	@	X	Milk Chocolate	10 / 100g	G		_____
898596 001637	35295	@	X	Milk Chocolate w/ Sea Salt and Toffee	10 / 100g	G		_____
898596 001996	35159	@	X	White Chocolate w/Strawberries	10 / 100g	G		_____
DOCTOR KRACKER CRISPBREADS - 20% OFF + VOLUME PRICING								
895538 000024	16761	GMO	*	Crispbreads, Pumpkin Seed Cheddar, Oraanic	6 / 200g			_____
				Buy 5-9 cases	Save 5%			_____
				Buy 10+ cases	Save 10%			_____
DOM'S DEODORANTS - 10% OFF								
627843 395959	88005	GMO	BC	☒ Cream Deodorant, Bergamot & Geranium	12 / 70g	G P		_____
627843 395966	88006	GMO	BC	☒ Cream Deodorant, Frankincense & Fir	12 / 70g	G P		_____
627843 395928	88002	GMO	BC	☒ Cream Deodorant, Lavender & Rosemary	12 / 70g	G P		_____
627843 395935	88003	GMO	BC	☒ Cream Deodorant, Lemon Citrus	12 / 70g	G P		_____
627843 395911	88001	GMO	BC	☒ Cream Deodorant, Lemongrass & Cedar	12 / 70g	G P		_____
627843 395942	88004	GMO	BC	☒ Cream Deodorant, Natural, Unscented	12 / 70g	G P		_____
DREAM PLANT-BASED BEVERAGES (REFRIGERATED) - GLUTEN FREE - 10% OFF								
084253 233187	06832	GF		RICE DREAM, Enriched, Vanilla	12 / 946ml			_____
084253 971263	07256	GMO	GF	+	ULTIMATE, Almond, Original	6 / 930ml		_____
084253 971270	07257	GMO	GF	+	ULTIMATE, Almond, Unsweetened	6 / 930ml		_____
084253 971133	07235	GMO	GF	+	ULTIMATE, Coconut, Original	6 / 930ml		_____
084253 971249	07255	GMO	GF	+	ULTIMATE, Pea Protein, Original	6 / 930ml		_____
084253 971140	07258	GMO	GF	+	ULTIMATE, Three Nut, Original	6 / 930ml		_____
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN) - 20% OFF								
032601 025540	63028	*	X	Kale, Organic (bag)	12 / 300g			_____
EARTH FRIENDLY HOUSEHOLD PRODUCTS - 15% OFF + VOLUME PRICING								
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		_____
				Buy 25+ cases (Dishmate 739ml)	Save 5%			_____
749174 097460	80749			Parsley Plus Surface Cleaner, Spray Bottle	6 / 650ml	G P		_____
				Buy 25+ cases (Household 650ml)	Save 5%			_____
749174 098887	80738			ECOS® Magnolia & Lily Liquid Laundry Detergent	4 / 2.957L	G P		_____
749174 098917	80740			ECOS® Lavender Liquid Laundry Detergent	4 / 2.957L	G P		_____
				Buy 25+ cases (Laundry 2.95L)	Save 5%			_____
EARTH ISLAND® PRODUCTS (REFRIGERATED) - UP TO 15% OFF								
495684 71143	52133		V	VeganEgg (soy based)	8 / 114g			_____
049568 601427	52130	GMO	GF	Parmesan Style, Grated (shaker)	8 / 142g			_____
049568 242279	52123			SLICES, Garden Herb Style (10 pk)	12 / 200g			_____
049568 232270	52122			SLICES, Mozzarella Style (10 pk)	12 / 200g			_____
049568 212272	52120			SLICES, Provolone Style (10 pk)	12 / 200g			_____
049568 292274	52135			SLICES, Smoke Gouda Style (10 pk)	12 / 200g			_____
049568 643557	32195	GMO	GF	V *	Salad Dressing, Balsamic, Organic	6 / 355ml		_____
049568 423555	32198	GMO	GF	V	Salad Dressing, Bleu Cheese Style	6 / 355ml		_____
049568 053554	32225	GMO		V	Salad Dressing, Creamy Garlic	6 / 355ml		_____
049568 093550	32192	GMO		V	Salad Dressing, Honey Mustard	6 / 355ml		_____
049568 403557	32228	GMO	GF	V	Salad Dressing, Ranch Style	6 / 355ml		_____
				Salad Dressing, Southwestern Ranch Style	6 / 355ml			_____
049568 443553	32197	GMO	GF	V				_____
049568 173559	32226	GMO		V	Salad Dressing, Thousand Island Style	6 / 355ml		_____
049568 240169	32205	GMO	GF	V	VEGENAISE Better than Mayo, Reduced Fat	6 / 473ml		_____
049568 763552	52127	GMO	GF	V	VEGENAISE Gourmet, Sriracha	6 / 355ml		_____
EARTH'S OWN NON-DAIRY BEVERAGES - 10% OFF								
626027 700329	07147		+	☒ Almond Fresh Chocolate	8 / 3x250ml			_____
626027 700312	07148		+	☒ Almond Fresh Original	8 / 3x250ml			_____
626027 700114	07146		+	☒ Almond Fresh, Original	12 / 946ml			_____
626027 700121	07145		+	☒ Almond Fresh, Unsweetened Original	12 / 946ml			_____

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626027 114041	07340			+ 📦	Almond Fresh, Unsweetened Vanilla	12 / 946ml
626027 814026	07343	GMO	GF	+ 📦	NEW! SO FRESH, Oat, Unsweetened Original	12 / 946ml
626027 814040	07344	GMO	GF	+ 📦	NEW! SO FRESH, Oat, Unsweetened Vanilla	12 / 946ml
EARTH'S OWN NON-DAIRY BEVERAGES (REFRIGERATED) - 10% OFF						
626027 712094	07329	GMO	GF	BC 📦	Sofresh, Cashew Cold Brew, Café Latte	6 / 946ml
626027 712100	07330	GMO	GF	BC 📦	Sofresh, Cashew Cold Brew Café Mocha	6 / 946ml
626027 087802	07232	GMO		* BC 📦	SO NICE Almond, Original, Organic (gable carton)	6 / 1.75L
626027 121032	07601	GMO		* BC 📦	SO NICE Almond, Vanilla, Organic (gable carton)	6 / 1.75L
626027 087819	07233	GMO		* BC 📦	SO NICE Almond, Unsweetened Original, Organic (gable carton)	6 / 1.75L
626027 121049	07602	GMO		* BC 📦	SO NICE Almond, Unsweetened Vanilla, Organic (gable carton)	6 / 1.75L
EAT WHOLESOME PRODUCTS - UP TO 20% OFF						
628110 454409	33230			* 📦	Crushed Tomatoes, No Salt, Organic	12 / 796ml
628110 454379	33231			* 📦	Diced Tomatoes, No Salt, Organic	12 / 796ml
628110 454393	33233			* 📦	Strained Tomatoes, No Salt, Organic	12 / 680ml
638170 905742	33232			* 📦	Whole Tomatoes, No Salt, Organic	12 / 796ml
638170 905810	33237			* 📦	Sauerkraut, Organic	12 / 909ml
ECO-MAX LAUNDRY PRODUCTS - 10% OFF + VOLUME PRICING						
853907 001058	80701			+ 📦	Laundry Wash, Hypoallergenic, HE (High Efficiency) Certified	4 / 3L
					Buy 30+ cases	Save 3%
ECOSAFE 6400 COMPOSTABLE ORGANICS BAGS - 10% OFF						
678526 416171	46265			📦	Compostable Bags, Kitchen, Mini 2.5 Gal / 9.5L	24 / 30bags
EDEN PRODUCTS - UP TO 15% OFF						
024182 003932	42184	GMO	GF	*	NEW! Black Sesame Butter, Organic	12 / 454g
024182 003925	42185	GMO	GF	*	NEW! Roasted Tahini, Organic	12 / 454g
024182 003529	10456	GMO	GF	*	Adzuki Beans, Organic	12 / 398ml
024182 003857	10451	GMO	GF	*	BAKED BEANS, w/Sweet Sorghum, Organic	12 / 398ml
024182 003208	10455	GMO	GF	*	Black Soy Beans, Organic	12 / 398ml
024182 003598	10449	GMO	GF	*	Butter Beans (Baby Lima), Organic	12 / 398ml
024182 283549	10442	GMO	GF	*	Dark Red Kidney Beans, Organic	12 / 796ml
024182 003093	24052		GF	*	Gomasio, Seaweed, Organic	12 / 100g
024182 003888	10476			*	LENTILS, w/Onion & Bay Leaf, Organic	12 / 398ml
024182 003178	33251		GF	*	Organic Pizza Pasta Sauce	12 / 398ml
024182 003864	36787	GMO	GF	*	Popcorn, Yellow, Organic	12 / 566g
024182 003963	10414		GF	*	REFRIED KIDNEY BEANS, Organic	12 / 398ml
024182 003987	10412		GF	*	REFRIED PINTO BEANS, Organic	12 / 398ml
024182 013054	10464			*	Sauerkraut, Kimchi, Organic	12 / 447ml
024182 013009	14500	GMO	GF	*	Sauerkraut, Organic (jar)	12 / 796ml
EFRUTI FRUIT JUICE GUMMI CANDIES - 10% OFF						
	37019	B		X	Fruit Juice Candies, Sour Fruit Berries, Large	1 / 1kg
ELEVATE ME! ENERGY BARS - \$1.50 OFF						
871102 005022	32260			BC 📦 X	Energy Bar, All Fruit, Original	12 / 44g
871102 005107	32266			BC 📦 X	Energy Bar, Apple Strawberry	12 / 44g
871102 005084	32267			BC 📦 X	Energy Bar, Banana Almond	12 / 44g
871102 005046	32261			BC 📦 X	Energy Bar, Blueberry	12 / 44g
871102 005145	32262			BC 📦 X	Energy Bar, Coconut Cocoa	12 / 44g
871102 005121	32265			BC 📦 X	Energy Bar, Cranberry Matcha	12 / 44g
871102 005039	32263			BC 📦 X	Energy Bar, Peanut Butter Cocoa	12 / 44g

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ELIAS HONEYS - UP TO 15% OFF						
055013 005078	21991			+ P	Raw Natural Creamed Honey, Canada #1 White	12 / 500g
055013 030025	21993			+ P	Wildflower Liquid Honey, Unpasteurized, Canada #1 Amber	6 / 3kg
EMERGEN-C INSTANT VITAMIN & MINERAL SUPPLEMENTS - GLUTEN FREE - 15% OFF						
062107 302951	80350	GF			X Açai Berry, Emergen-C	30 / 9.2g G
062107 302968	80352	GF			X Cranberry Pomegranate, Emergen-C	30 / 8.3g G
062107 302791	80757	GF			X Immune Plus, Blueberry Açai Berry, Emergen-C	24 / 9g G
062107 302760	80361	GF			X Lemon Lime, Emergen-C	30 / 9.3g G
062107 302777	80366	GF			X Pink Lemonade, Emergen-C	30 / 9.1g G
062107 302746	80365	GF			X Raspberry, Emergen-C	30 / 9.4g G
062107 302906	30329	GF			X Strawberry-Kiwi, Emergen-C	30 / 8.9g G
062107 302753	80364	GF			X Super Orange, Emergen-C	30 / 8.6g G
062107 302739	80363	GF			X Tangerine, Emergen-C	30 / 8.2g G
062107 302784	80362	GF			X Tropical, Emergen-C	30 / 9.0g G
ENDANGERED SPECIES CHOCOLATE BARS - GLUTEN FREE - \$3.99 OFF						
037014 242478	36661	GMO	GF	V @	X Black Panther Bar, 88% Cocoa, Extreme Dark Chocolate	12 / 85g G
037014 242379	36219	GMO	GF	V @	X Chimpanzee Bar, 72% Cocoa, Smooth Dark Chocolate	12 / 85g G
037014 000528	37745	GMO	GF	V @	X Eagle Bar, Dark Chocolate w/ Caramel & Sea Salt, 60% Cocoa	12 / 85g G
037014 242287	36213	GMO	GF	V @	X Grizzly Bar, 72% Cocoa, Dark Chocolate w/Red Raspberries	12 / 85g G
037014 000139	37450	GMO	GF	V @	X Owl Bar, 72% Cocoa, Dark Chocolate w/Sea Salt & Almonds	12 / 85g G
037014 242263	36212	GMO	GF	V @	X Rainforest Bar, 72% Cocoa, Dark Chocolate w/Deep Forest Mint	12 / 85g G
037014 100136	37451	GMO	GF	@	X Rhino Bar, 72% Cocoa, Dark Chocolate w/Hazelnut Toffee	12 / 85g G
037014 242317	36216	GMO	GF	@	X Sea Otter Bar, 48% Cocoa, Smooth Milk Chocolate	12 / 85g G
037014 242300	36221	GMO	GF	V @	X Wolf Bar, 72% Cocoa, Dark Chocolate w/Cranberries & Toasted Organic Almonds	12 / 85g G
ENER-C ENERGY DRINK MIXES - GLUTEN FREE - UP TO 15% OFF						
873024 001069	80751	GMO	GF	BC P	X Cranberry, Ener-C	30 / 10.3g G
873024 001014	80715	GMO	GF	BC P	X Lemon Lime, Ener-C	30 / 9.5g G
873024 002073	80845	GMO	GF	BC P	X Peach Mango, Ener-C	30 / 9.64g G
873024 001052	80785	GMO	GF	BC P	X Pineapple Coconut, Ener-C	30 / 9.4g G
873024 001021	80716	GMO	GF	BC P	X Raspberry, Ener-C	30 / 9.25g G
873024 001045	80736	GMO	GF	BC P	X Variety pack, Ener-C	30 / 1ea G
873024 002202	80844	GMO	GF	BC P	X SPORT, Electrolyte Drink Mix, Mixed Berry	12 / 3.43g G
ENER-G GLUTEN FREE PRODUCTS - UP TO 15% OFF						
075119 124480	16213	-GMO	GW		Egg Replacer (dairy/casein/egg free)	12 / 454g
075119 145829	16256		GF		X Yeast Free Brown Rice Loaf	6 / 539g
ENJOY LIFE CHOCOLATE BAKING PRODUCTS - \$6.12 OFF						
819597 010213	02325				Chips, Dark Chocolate, 69% Cacao (milk free/peanut free/tree nut free/soy free/gluten free)	12 / 255g
853522 000313	02271				Mega Chunks, Semisweet Chocolate (milk free/peanut free/tree nut free/soy free/gluten free)	12 / 283g
853522 000306	02250	-GMO	GF		X Mini Chips, Semisweet Chocolate (milk/nut/tree nut/soy free)	12 / 283g
ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUPS - 10% OFF						
187248 000204	44228			* + P	Maple Syrup, Medium (Canada No. 1), Organic	6 / 200ml
187248 000266	44229			* + P	Maple Syrup, Amber (Canada No. 2), Organic	6 / 200ml

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187248 000228	44233	*	+	Ⓟ	Maple Syrup, Medium (Canada No. 1), Organic	6 / 500ml
187248 000273	44234	*	+	Ⓟ	Maple Syrup, Amber (Canada No. 2), Organic	6 / 500ml
ETHICAL BEAN WHOLE BEAN COFFEES - 15% OFF						
841631 826023	12878	*	@		Bold Dark Roast Coffee, Organic	6 / 340g
841631 826061	12879	*	@		Decaf Dark Roast Coffee, Organic	6 / 340g
841631 826016	12877	*	@		Lush Medium Dark Coffee, Organic	6 / 340g
841631 826047	12887	*	@		Mellow Medium Roast Coffee, Organic	6 / 340g
841631 034800	31298	*	@		Super Dark Roast French Roast Coffee, Whole Bean, Organic	6 / 340g
841631 826030	12886	*	@		Sweet Espresso, Organic	6 / 340g
ETHICAL SODAS KOMBUCHAS - 15% OFF						
627843 216537	15288			BC Ⓟ X	Kombucha, Ginger-Lime	12 / 355ml G U
627843 216513	15249			BC Ⓟ X	Kombucha, Hibiscus	12 / 355ml G U
627843 216520	15250			BC Ⓟ X	Kombucha, Lavender	12 / 355ml G U
627843 216469	15246			BC Ⓟ X	Kombucha, Original	12 / 355ml G U
EVERGREEN WHEAT GRASS JUICE (FROZEN) - 10% OFF						
778702 598001	82051	GMO	*	+	Ⓟ X	WheatGrass Juice, Organic 10 / 5x30ml
FARMHOUSE CULTURE KRAUT KRISPS CHIPS - \$3.60 OFF + VOLUME PRICING						
850273 005710	32511	GMO	*		X	KRAUT KRISPS, Dill Pickle, Organic 12 / 142g G
850273 005703	32510	GMO	*		X	KRAUT KRISPS, Sea Salt, Organic 12 / 142g G
850273 005727	32512	GMO	*		X	KRAUT KRISPS, Zesty Garden Veggie, Organic 12 / 142g G
						Buy 15-19 cases Save 5%
						Buy 20+ cases Save 10%
FATSO HIGH PERFORMANCE PEANUT BUTTER - GLUTEN FREE - 10% OFF						
627843 710691	42077	GF	V	+	Ⓟ	High Performance Peanut Butter 12 / 500g
FEEDING CHANGE PRODUCTS (FROZEN) - 15% OFF						
091037 129253	07100	GMO	*		X	Coconut Water, Raw, Organic 12 / 345ml U
091037 129277	63023	GMO	*		X	Coconut Meat, Organic 10 / 454g
FEVER TREE BEVERAGES - UP TO 20% OFF						
898195 001656	07212	GMO	GF	@		Elderflower Tonic Water (bottle) 6 / 4x200ml G U
898195 001915	07801					Smoky Ginger Ale 6 / 4x200ml G U
898195 001885	07800					Spiced Orange Ginger Ale 6 / 4x200ml G U
506010 8450287	07210					Ginger Ale Mixer (bottle) 8 / 500ml G U
5060108 450003	07270				X	Tonic Water, Trays (bottle) 24 / 200ml G U
FIELD ROAST® CHAO CREAMERY FROZEN ENTREES - 15% OFF						
638031 225224	65113		V		X	NEW! MAC 'n CHAO, Chili (Vegan) 8 / 312g
638031 225705	65114		V		X	NEW! MAC 'n CHAO, Creamy (Vegan) 8 / 312g
FIELD ROAST® CHAO CREAMERY VEGAN CHEESE (REFRIGERATED) - 15% OFF						
638031 705726	52126	GMO	V			CHAO slices, Tomato Cayenne (10 slices) (DO NOT FREEZE) 12 / 200g
FIELD ROAST® GRAIN MEAT PRODUCTS (FROZEN) - 20% OFF						
638031 207060	65110		V		X	Katsu Cutlet, Sunflower Country Style (3pk) 8 / 297g
FILLO FACTORY PASTRY MASTERS APPETIZERS (FROZEN) - 15% OFF						
785002 337322	54390				X	Spinach & Feta Triangles, Organic (12pc) 12 / 241g
FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGARS - GLUTEN FREE - 10% OFF						
063930 500644	24107	GMO	GF	*	+	Ⓟ Apple Cider Vinegar, Organic (unfiltered/unpasteurized) 12 / 500ml
063930 189641	24105	GMO	GF	*	+	Ⓟ Apple Cider Vinegar, Organic (unfiltered/unpasteurized) 6 / 1.89L
063930 378120	24106	GMO	GF	*	+	Ⓟ Apple Cider Vinegar, Organic (unfiltered/unpasteurized) 4 / 3.78L
FOOD FOR LIFE BREADS & ENGLISH MUFFINS (FROZEN) - 15% OFF						
073472 001653	55536		GW		X	BREAD, Brown & White Rice, Almond, Fruit Juice Sweetened 6 / 680g
073472 001318	55532			*	X	BREAD, Ezekiel 4:9, Cinnamon Raisin, Organic 6 / 680g
073472 001868	55596		GW		X	ENGLISH MUFFINS, Brown Rice, Multiseed 6 / 510g
073472 001851	55595		GW		X	ENGLISH MUFFINS, Brown Rice 6 / 510g
FOOD FOR LIFE EZEKIEL 4:9 CEREALS - 10% OFF						
073472 002582	22054			*		Almond Sprouted Grain Cereal, Organic 6 / 454g

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FRONTIER HERBS & SPICES - UP TO 20% OFF					
089836 210111	70551	*	X	Basil Leaf, Organic	6 / 10g
089836 210159	70553	*	X	Cardamom, Powder, Organic	6 / 21g
089836 210173	70555	*	X	Cayenne Pepper, Organic	6 / 32g
089836 210180	70556	*	X	Chili Pepper, Flakes, Organic	6 / 31g
089836 210197	70557	*	X	Chili, Powder, Organic	6 / 36g
089836 210203	70558	*	X	Cinnamon, Powder, Organic	6 / 30g
089836 210210	70559	*	X	Cinnamon, Sticks, Organic	6 / 22g
089836 210234	70561	*	X	Coriander Seed, Powder, Organic	6 / 29g
089836 210241	70562	*	X	Cumin Seed, Powder, Organic	6 / 36g
089836 210258	70563	*	X	Cumin Seed, Whole, Organic	6 / 34g
089836 210265	70564	*	X	Curry, Powder, Organic	6 / 30g
089836 210272	70565	*	X	Dill Weed, Flakes, Organic	6 / 11g
089836 210296	70567	*	X	Garam Masala, Organic	6 / 42g
089836 210326	70570	*	X	Herbes de Provence, Organic	6 / 14g
089836 210364	70574	*	X	Onion, Granules, Organic	6 / 43g
089836 210371	70575	*	X	Oregano Leaf, Flakes, Organic	6 / 10g
089836 210388	70576	*	X	Paprika, Powder, Organic	6 / 36g
089836 210142	70579	*	X	Peppercorns, Black, Whole, Organic	6 / 39g
089836 210401	70580	*	X	Peppermill Blend, Organic	6 / 40g
089836 210425	70582	*	X	Rosemary Leaf, Organic	6 / 13g
089836 210456	70584	*	X	Thyme Leaf, Flakes, Organic	6 / 12g
089836 210463	70585	*	X	Tumeric Root, Organic	6 / 30g
089836 926173	70979	B	*	X Cardamom Pods, Whole, Organic	1 / 454g
089836 097958	70916	B	*	X Cayenne, Organic	1 / 454g
089836 093967	70920	B	*	X Cinnamon Powder, Korintje, Organic	1 / 454g
089836 926982	70922	B	*	X Cinnamon Sticks 2.75", Organic	1 / 454g
089836 929723	70919	B	*	X Cinnamon, Ceylon, Ground, Organic	1 / 454g
089836 092939	70978	B	*	X Cloves, Whole, Organic	1 / 454g
089836 925916	70928	B	*	X Cumin Seed Whole, Organic	1 / 454g
089836 093622	70930	B	*	X Dill Weed, Cut & Sifted, Organic	1 / 454g
089836 925244	70934	B	*	X Garlic, Granules, Organic	1 / 454g
089836 926104	70936	B	*	X Ginger Root, Ground, Organic	1 / 454g
089836 926074	70942	B	*	X Nutmeg, Ground, Organic	1 / 454g
089836 092816	70945	B	*	X Oregano Leaf, Cut and Sifted, Mediterranean	1 / 454g
089836 097149	70946	B	*	X Paprika, Ground, Organic	1 / 454g
089836 098092	70952	B	*	X Red Chili Peppers, Crushed, Organic	1 / 454g
GARDEIN™ MEAT-FREE ALTERNATIVES (FROZEN) - UP TO 20% OFF					
842234 000636	54533	GMO	+	X Beefless Tips	8 / 255g
842234 000605	54530	GMO	+	X Chick'n Scallopini	8 / 285g
842234 001411	65006	GMO	+	X Chick'n Sliders w/Buns (4/pkg)	6 / 320g
842234 003200	54270	GMO	+	X Chick'n Strips	8 / 225g
842234 001718	65028	GMO	+	X Meatless Meatballs	8 / 360g
842234 003224	54271	GMO	+	X Sweet & Sour Porkless Bites	8 / 255g
842234 003248	54272	GMO	+	X Veggie Burger	8 / 255g
GIMME™ ORGANIC ROASTED SEAWEED SNACKS - GLUTEN FREE - 10% OFF					
851093 004327	24135	GMO	GF	* X Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	8 / 6x5g G
851093 004600	24159	GMO	GF	* X Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	12 / 5g G
GIOVANNI ECO CHIC COSMETICS - UP TO 20% OFF					
716237 184016	80790			X Conditioner, 2chic® Avocado & Olive Oil Ultra-Moist	1 / 250ml G P
716237 184009	80789			X Shampoo, 2chic® Avocado & Olive Oil Ultra-Moist	1 / 250ml G P
716237 183606	80788			X Conditioner, 2chic® Brazilian Keratin & Argan Oil Ultra-Sleek	1 / 250ml G P
GLEE GUM NATURAL CHEWING GUMS - 20% OFF					
649815 000531	81567	GMO		X Bubblegum, Sugar Free	12 / 16ct G
GLUTINO PRODUCTS - GLUTEN FREE - UP TO \$8.04 OFF					
678523 070345	16493	GF	+	X Cookies, Chocolate Chip	12 / 245g
678523 038451	16422	GF		X Crackers (Rounds), Cheddar	6 / 125g
678523 038475	16423	GF		X Crackers (Rounds), Multigrain	6 / 125g
678523 038512	16421	GF		X Crackers (Rounds), Original	6 / 125g
678523 038499	16424	GF		X Crackers (Rounds), Vegetable	6 / 125g

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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 040119	37333	GF	+	X Pretzel Sticks	12 / 400g	G
678523 040393	37334	GF		Pretzel Twists Snack Packs	6 / 8x28g	G
678523 040072	36160	GF	+	X Pretzels	12 / 400g	G
678523 040225	37310	GF	+	X Pretzels, Chocolate Covered	12 / 156g	G
678523 040249	37311	GF	+	X Pretzels, Yogurt Covered	12 / 156g	G
678523 038604	12959	GF		Snack Crackers, Rosemary & Olive Oil	6 / 120g	G
678523 038581	12958	GF		Snack Crackers, Sea Salt	6 / 120g	G
678523 010402	38533	GF	+	Wafer Cookies, Chocolate, Milk	12 / 130g	
678523 010419	38535	GF	+	Chocolate Coated Wafer Cookies, Lemon	12 / 200g	
678523 010426	38534	GF	+	Wafer Cookies, Vanilla, Milk Chocolate Coated	12 / 130g	
GLUTINO BREADS & ENGLISH MUFFINS (FROZEN) - GLUTEN FREE - \$3.00 OFF						
678523 036143	55043	GF	+	X BREAD, Cinnamon Raisin	6 / 400g	
678523 036112	55030	GF	+	X BREAD, Sandwich, Multigrain	6 / 400g	
678523 036105	55029	GF	+	X BREAD, Sandwich, White	6 / 400g	
678523 036167	55044	GF	+	X BREAD, Seeded	6 / 400g	
678523 375488	55611	GF	+	X ENGLISH MUFFINS	6 / 480g	
678523 375464	55617	GF	+	X ENGLISH MUFFINS, Multigrain (6 ct)	6 / 480g	
GOGO QUINOA PRODUCTS - GLUTEN FREE - UP TO \$4.15 OFF						
896899 000180	30042	GMO GF	*	X Amaranth Penne, Organic	12 / 227g	
885320 000363	19028	GMO GF	* @	X Anellini Rice & Quinoa Vegetable Pasta, Organic	12 / 227g	
896899 000074	30041	GMO GF	*	X Fusilli Quinoa, Organic	12 / 227g	
896899 000791	19044	GMO GF	+	QRANOLA, Choco Ginger w/sprouted Quinoa	6 / 280g	
896899 000784	19042	GMO GF	+	QRANOLA, Supergrains w/sprouted Quinoa	6 / 280g	
896899 000401	19025	GMO GF		Quinoa Cookies, Chocolate Chip	6 / 198g	
896899 000463	19047	GMO GF		Quinoa Cookies, Double Chocolate	6 / 198g	
896899 000395	19026	GMO GF		Quinoa Cookies, Orange & Mango Essence	6 / 198g	
896899 000036	19021	GMO GF	*	X Quinoa Crunchies, Original, Organic	6 / 100g	G
896899 000029	30000	GMO GF	*	X Quinoa Spaghetti, Organic	12 / 227g	
896899 000548	22217	GMO GF		Quinoa, From Ecuador	8 / 500g	
896899 000814	19048	GMO GF		Quinoa, White	8 / 375g	
896899 000272	30043	GMO GF	*	X Red & White Macaroni , Organic	12 / 227g	
GOODDRINK SPRITZERS - 15% OFF						
853790 002026	04057	-GMO	*	X Spritzter, Eureka Lemon, Organic	12 / 355ml	G U
853790 002019	04056	-GMO	*	X Spritzter, Granny Smith Apple, Organic	12 / 355ml	G U
853790 002033	04058	-GMO	*	X Spritzter, Ruby Red Grapefruit, Organic	12 / 355ml	G U
853790 002040	04059	-GMO	*	X Spritzter, Wild Blackberry, Organic	12 / 355ml	G U
GREEK GODS® GREEK STYLE YOGURTS (REFRIGERATED) - 15% OFF						
078355 473169	52109			Yogurt, Black Cherry	6 / 500g	
078355 470106	52087			Yogurt, Honey Vanilla Flavour	6 / 500g	
GREEN CUISINE RAW SUPERFOOD (REFRIGERATED) - GLUTEN FREE - 15% OFF						
068532 478919	14433	GF	*	BC X Sauerkraut, Organic (raw)	12 / 500ml	
GREENOLA VEGETABLES - GLUTEN FREE - 10% OFF						
901641 003217	14415	GMO GF	*	Sauerkraut w/Carrots, Organic (jar)	12 / 750ml	
GT'S KOMBUCHA BEVERAGES (REFRIGERATED) - \$5.74 OFF						
722430 200477	05260		*	Kombucha, Gingerade, Organic	6 / 1.4L	G U
722430 000473	05262		*	Kombucha, Original, Organic	6 / 1.4L	G U
722430 320472	05265		*	Kombucha, Tantric Turmeric, Organic	6 / 1.4L	G U
722430 900476	05264		*	SYNERGY, Guava Goddess, Organic	6 / 1.4L	G U
722430 600475	05263		*	SYNERGY, Kombucha, Gingerberry , Organic	6 / 1.4L	G U
722430 110479	05261		*	SYNERGY, Kombucha (95%) Juice Blend, Trilogy, Organic	6 / 1.4L	G U

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GUSTA VEGAN PRODUCTS (REFRIGERATED) - 10% OFF						
627843 577898	54699	V	+	Ⓟ	X Grating Block, Fort (Sharp)	12 / 227g
627552 101094	54717	GMO	V	+	Ⓟ X Wheat Sausage, Breakfast, Maple & Apples	12 / 320g
627843 577850	54702	V	+	Ⓟ	X Wheat Sausage, Espanola	12 / 350g
627843 577867	54704	V	+	Ⓟ	X Wheat Sausage, Germaine	12 / 350g
627843 577843	54700	V	+	Ⓟ	X Wheat Sausage, Italiana	12 / 350g
627843 577874	54712	V	+	Ⓟ	X Wheat Sausage, Montrealaise	12 / 350g
HALPOPS CURIOUSLY CRUNCHY POPCORN - GLUTEN FREE - 10% OFF						
850091 003752	23502	GMO GF	X	Ⓟ	Popcorn, Aged White Cheddar	12 / 128g G
HAPPY DAYS ORGANIC CHEESES (REFRIGERATED) - GLUTEN FREE - 15% OFF						
778472 617513	56045		BC	Ⓟ	Feta in Brine, Organic	12 / 190g
778472 617551	56046		BC	Ⓟ	Feta Crumbles, Organic	6 / 140g
HAPPY PAWS CAT & DOG FOOD - 10% OFF						
831043 000142	48085		BC	Ⓟ	Holistic Cat Food	12 / 1.4kg G P
831043 000159	48086		BC	Ⓟ	Holistic Cat Food	6 / 3.2kg G P
831043 000104	48017		BC	Ⓟ	Holistic Dog Food	6 / 3.2kg G P
831043 000111	48015		BC	Ⓟ	X Holistic Dog Food	1 / 7.5kg G P
831043 000128	48016		BC	Ⓟ	X Holistic Dog Food	1 / 16.3kg G P
HAPPY PLANET SNACK BITES - GLUTEN FREE - 15% OFF						
779172 821019	01400	GF	BC	Ⓟ	X HAPPY PLANETS, Chocolate Coconut (3ct)	12 / 42g G
779172 821026	01401	GF	BC	Ⓟ	X HAPPY PLANETS, Peanut Butter (3ct)	12 / 42g G
HAPPY PLANET BEVERAGES & SOUPS (REFRIGERATED) - GLUTEN FREE - UP TO 15% OFF						
779172 121010	06266		BC	Ⓟ	X Juice, Orange (plastic bottle)	6 / 325ml U
779172 221642	01312		BC	Ⓟ	X Smoothie, Blackberry, Boysenberry & Black Currant (plastic bottle)	6 / 325ml U
779172 231627	01309		BC	Ⓟ	X Smoothie, Extreme Energy w/Yerba Maté (plastic bottle)	6 / 325ml U
779172 231108	06237		BC	Ⓟ	X Smoothie, Extreme Green w/Spirulina (plastic bottle)	6 / 325ml U
779172 221635	01310		BC	Ⓟ	X Smoothie, Mango & Passionfruit (plastic bottle)	6 / 325ml U
779172 221659	01311		BC	Ⓟ	X Smoothie, Raspberry & Cherry (plastic bottle)	6 / 325ml U
779172 243910	01341	GMO	BC	Ⓟ	Clean* Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml
779172 243941	01343	GMO	BC	Ⓟ	Clean* Protein Smoothie, Creamy Vanilla (plastic bottle)	6 / 900ml
779172 243903	01342	GMO	@ BC	Ⓟ	Clean* Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml
779172 231610	01308		BC	Ⓟ	X Smoothie, Extreme C w/Camu Camu (plastic bottle)	6 / 325ml U
779172 225664	07323		BC	Ⓟ	Smoothie, Coconut & Pineapple (plastic bottle)	6 / 1.5L
779172 229105	07322		BC	Ⓟ	Smoothie, Extreme Green w/Spirulina (plastic bottle)	6 / 1.5L U
779172 417496	06828	*	BC	Ⓟ	Organic Juice, Açai Berry, Organic (gable carton)	6 / 1.75L U
779172 417199	06260	*	BC	Ⓟ	Organic Juice, Mango & Peach, Organic (gable carton)	6 / 1.75L U
779172 417366	06506	*	BC	Ⓟ	Organic Juice, Pomegranate & Blueberry, Organic (gable carton)	6 / 1.75L U
779172 417182	06259	*	BC	Ⓟ	Organic Juice, Strawberry & Banana, Organic (gable carton)	6 / 1.75L U
779172 417021	06258	*	BC	Ⓟ	Organic Juice, Valencia Orange, Organic (gable carton)	6 / 1.75L U
779172 611054	38884	*	BC	Ⓟ	Soup, Berkeley Butternut Squash w/Yams & Fresh Cream, Organic (resealable bag)	6 / 650ml
779172 667365	38940		BC	Ⓟ	Soup, Chicken Pot Pie, made w/free range chicken (resealable bag)	6 / 500ml
779172 667433	38943		BC	Ⓟ	Soup, Cream of Chicken w/ Wild Rice & Tarragon, Organic (resealable bag)	6 / 500ml

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779172 667235	38891	*	BC	☒	Soup, Fraser Valley Mushroom & Mascarpone w/Thyme, Organic (resealable bag) 6 / 500ml	
779172 617353	38941		BC	☒	Soup, Korean Hot & Sour, w/Kimchi and vegetables (resealable bag) 6 / 500ml	
779172 611030	38883	*	BC	☒	Soup, Louisiana Sweetcorn & Red Pepper w/Chipotle Pepper, Organic (resealable bag) 6 / 650ml	
779172 611023	38882	*	BC	☒	Soup, Moroccan Chick Pea w/Spinach & Cumin, Organic (resealable bag) 6 / 650ml	
779172 611085	38887	*	BC	☒	Soup, South India Split Pea w/Plum Tomatoes & Coriander, Organic (resealable bag) 6 / 650ml	
779172 617278	38895	GF	BC	☒	Soup, Thai Chicken w/Green Curry, Thai Basil & Lemongrass (resealable bag) 6 / 500ml	
779172 611016	38881	*	BC	☒	Soup, Thai Coconut w/Baby Corn, Cilantro & Thai Chilies, Organic (resealable bag) 6 / 650ml	
779172 611061	38885	*	BC	☒	Soup, Tuscan Tomato w/Basil & Fresh Cream, Organic (resealable bag) 6 / 650ml	
HARDBITE™ HANDCRAFTED STYLE CHIPS - VOLUME PRICING						
673513 113552	37638	GMO	BC	☒ X	Vegetable Chips, 18 CARROT GOLD, Lightly Salted 15 / 150g G	
673513 118557	36422	GMO	BC	☒ X	Vegetable Chips, DRESSED TO DILL Carrot Chips, Dill Flavoured 15 / 150g G	
673513 112555	37637	GMO	BC	☒ X	Vegetable Chips, DROP 'N MAD BEETS, Lightly Salted 15 / 150g G	
673513 111558	37518	GMO	BC	☒ X	Vegetable Chips, EAT YOUR PARSNIPS, Lightly Salted 15 / 150g G	
673513 114559	37749	GMO	BC	☒ X	Vegetable Chips, SWEET SPUD OF MINE Sweet Potato Chips, Lightly Salted 15 / 150g G	
673513 117550	36423	GMO	BC	☒ X	Vegetable Chips, SMOKIN' SWEET SPUD Sweet Potato Chips, BBQ Flavoured 15 / 150g G	
					Buy 20-34 cases (Vegetable 150g) Save 10%	
					Buy 35-62 cases (Vegetable 150g) Save 15%	
					Buy 63+ cases (Vegetable 150g) Save 20%	
HARVEST SUN BOUILLON CUBES & BROTH POWDERS - UP TO \$11.97 OFF						
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 907004	38493	GF	*		Bouillon Cubes, Miso, Organic 15 / 6ea	
621234 806307	38387	GF	V *		Bouillon Cubes, Mushroom, Organic 15 / 6ea	
621234 951175	38399	GF	V *		Bouillon Cubes, Onion, 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 966117	38710		*		Broth Powder, Chicken, Organic 12 / 230g	
621234 966025	38707	V	*		Broth Powder, Vegetable, Organic 6 / 180g	
621234 966049	38708	V	*		Broth Powder, Vegetable, Organic 12 / 350g	
HEALTH-ADE KOMBUCHAS - GLUTEN FREE - 10% OFF						
811184 030031	17700	GMO	GF	V *	Cayenne Cleanse 12 / 473ml G U	
811184 030000	17701	GMO	GF	V *	Ginger Lemon 12 / 473ml G U	
811184 030017	17702	GMO	GF	V *	Pink Lady Apple 12 / 473ml G U	
811184 030024	17703	GMO	GF	V *	Pomegranate 12 / 473ml G U	

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HIGHWOOD CROSSING ORGANIC HOT CEREALS - 10% OFF						
628891 128001	41011		*	+	Ⓟ	Power Grains Hot Cereal, Organic (tub) 6 / 780g
628891 728003	41010		*	+	Ⓟ	Steel Cut Oats, Organic (tub) 6 / 775g
HILARY'S VEGGIE MEAT ALTERNATIVES (FROZEN) - GLUTEN FREE - 15% OFF						
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 003381	42500	GMO	GF	*	X	Burger, World's Best Veggie, Organic (2 patties) 12 / 181g
854262 003671	42505	GMO	GF	*	X	Bites, Original Veggie, Organic 10 / 340g
854262 003664	42506	GMO	GF	*	X	Bites, Broccoli Casserole, Organic 10 / 340g
854262 003947	42515	GMO	GF	*	X	Breakfast Sausage Patty, Apple Maple, Organic (4pk) 12 / 207g
854262 003930	42514	GMO	GF	*	X	Breakfast Sausage Patty, Spicy Veggie, Organic (4 pk) 12 / 207g
HOLY NAPOLI PIZZA DOUGH & PIZZAS (FROZEN) - UP TO 15% OFF						
628110 552013	17300				BC Ⓟ X	Pizza Dough 8 / 300g
628110 552044	17303				BC Ⓟ X	Pizza, Calabrese, 10" 8 / 425g
628110 552020	17301				BC Ⓟ X	Pizza, Margherita, 10" 8 / 365g
HONIBE HONEY LOZENGES - 15% OFF						
663448 001413	80828				X	Honey Lozenges, Immune Boost 12 / 10ct G
663448 000386	80825				X	Honey Lozenges, Pure Honey 12 / 10ct G
HUNGRY BUDDHA COCONUT SNACKS - 10% OFF						
852953 001487	07283	GMO			Ⓟ X	Coconut Chips, Classic Coconut 12 / 40g G
852953 001562	07285	GMO			Ⓟ X	Coconut Chips, Cheeky Chocolate 12 / 40g G
852953 001289	07702	GMO		*	+ Ⓟ X	Coconut Jerky, Jalapeno Lime, Organic 12 / 40g G
852953 001999	07703	GMO		*	+ Ⓟ X	Coconut Jerky, Teriyaki, Organic 12 / 40g G
IF YOU CARE HOUSEHOLD PRODUCTS - UP TO 10% OFF						
770009 120114	46385					Aluminum Foil 12 / 50sqft G P
770009 010484	46382					Baking Cups, Large 24 / 60cups G P
770009 050046	46384					Cheese Cloth, Natural Cotton 24 / 18sqft G P
770009 010200	46380					Parchment Paper 12 / 70sqft G P
770009 250255	46387					Wax Paper, Unbleached 12 / 1ea G P
IMAGINE™ BROTHS & SOUPS - UP TO 15% OFF + VOLUME PRICING						
084253 773560	37800	GMO				Bone Broth, Chicken 12 / 1L
						Buy 10-19 cases (BROTHS) Save 5%
						Buy 20-29 cases (BROTHS) Save 10%
						Buy 30+ cases (BROTHS) Save 15%
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 940375	38413	GMO	GF	*	+	Broth, Mushroom, Organic 12 / 1L
084253 940368	38412	GMO	GF	*	+	Broth, PHO, Organic 12 / 1L
084253 242486	38279	GMO	GF	*		Broth, Vegetable, Organic 12 / 1L
						Buy 10-19 cases (BROTHS) Save 5%
						Buy 20-29 cases (BROTHS) Save 10%
						Buy 30+ cases (BROTHS) Save 15%
084253 241434	38747		GF	*		Soup, Chunky, Potato Quinoa & Spinach Organic 12 / 500ml
084253 246224	38651		GF	*		Soup, Chunky, Tomato Basil, Organic 12 / 500ml
084253 241380	38262		GF	*		Soup, Creamy Tomato Basil, Family Size, Organic 12 / 1L
INDIAN LIFE PRODUCTS - 15% OFF						
777762 002220	24910				Ⓟ	NEW! Ghee, (Clarified Butter) 12 / 200g
777762 004422	37604	GMO			BC Ⓟ X	NEW! Chips, Naan 12 / 170g G
777762 004149	37603	GMO			BC Ⓟ X	Samosa Chips, Family Size 12 / 170g G
INDIAN LIFE PRODUCTS (FROZEN) - 15% OFF						
777762 002398	58040	GMO			BC Ⓟ X	NEW! Naan & Lentil Wrap 12 / 275g
777762 001605	58027	GMO			BC Ⓟ X	NEW! Chapati, (11") 12 / 500g
777762 001339	58015	GMO		*	BC Ⓟ X	NEW! Naan, Whole Wheat, Organic 12 / 500g

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777762 003098	58025	GMO	*	BC	X NEW! Wrap, Chia, Organic (11")	12 / 500g
777762 003081	58026	GMO	*	BC	X NEW! Wrap, Flax, Organic (11")	12 / 500g
777762 001872	58038	GMO	*	BC	X NEW! Wrap, Spelt, Organic (11")	12 / 500g
777762 000530	58013	GMO		BC	X Roti	12 / 250g
777762 001322	58014	GMO		BC	X Naan, Coriander & Herbs	12 / 500g
777762 001315	58018	GMO		BC	X Naan, Spinach	12 / 500g
IRENE'S BAKERY VITAPAN BREADS (FROZEN) - UP TO 15% OFF						
058326 201403	55503			BC	X Bread, Deli Brown	8 / 454g
058326 001010	55504			BC	X Bread, German	8 / 680g
058326 001416	58030			BC	X Bread, Multigrain	8 / 680g
058326 001317	58032	WF		BC	X Bread, Nothing Else Rye (Yeast Free)	8 / 900g
058326 001294	55505			BC	X Bread, Seven Grain	8 / 645g
058326 001218	58031			BC	X Bread, Vollkornbrot (German coarse rye)	8 / 900g
JASON BODY CARE PRODUCTS - 10% OFF						
078522 840138	80269				X Aloe Vera 98% Gel w/Pump	1 / 227g G P
078522 090250	80259				X Deodorant, Aloe Vera (stick)	1 / 71g G P
078522 090557	80260				X Deodorant, Apricot (stick)	1 / 71g G P
078522 090656	80797				X Deodorant, Lavender (stick)	1 / 71g G P
078522 090458	80261				X Deodorant, Tea Tree (stick)	1 / 71g G P
078522 901976	80799				Dry Spray Deodorant, Fresh Cucumber	1 / 113ml G P
078522 901990	80798				Dry Spray Deodorant, Soft Rose	1 / 113ml G P
078522 301134	80183				X Hand & Body Lotion, Aloe Vera 84%	1 / 227g G P
078522 015604	80168				X Mouthwash, Healthy Mouth	1 / 473ml G P
078522 015505	80171				X Mouthwash, Powersmile	1 / 473ml G P
078522 015550	80267				X Mouthwash, Sea Fresh	1 / 473ml G P
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
078522 800255	80240				X Shampoo, 84% Aloe Vera	1 / 473ml G P
078522 800293	80227				X Conditioner, 84% Aloe Vera	1 / 473ml G P
078522 800057	80241				X Shampoo, Apricot	1 / 473ml G P
078522 800095	80229				X Conditioner, Apricot Keratin	1 / 473ml G P
078522 870050	80245				X Shampoo, Biotin	1 / 473ml G P
078522 870098	80236				X Conditioner, Biotin	1 / 473ml G P
078522 800194	80237				X Conditioner, Jojoba	1 / 473ml G P
078522 850052	80257				X Shampoo, Sea Kelp	1 / 473ml G P
078522 850090	80239				X Conditioner, Sea Kelp	1 / 473ml G P
078522 800781	80263				X Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml G P
078522 800804	80262				X Conditioner, Normalizing, Tea Tree Scalp	1 / 237ml G P
KAN'S GOURMET FOODS APPETIZERS (FROZEN) - 5% OFF						
189120 000524	54364	WF	V	BC	X Falafel, Mini Lentil, w/dipping sauce	12 / 330g
189120 000531	54367	WF	V	BC	X Pakoras, Spinach & Kale (baked), w/dipping sauce	12 / 330g
189120 000548	54643		V	BC	X Pakoras, Yam, w/dipping sauce	12 / 320g
189120 000517	54363		V	BC	X Samosas, Fresh Veggie & Lentil, w/dipping sauce	12 / 320g
KARTHEIN'S ORGANIC UNPASTEURIZED SAUERKRAUT (REFRIGERATED) - 15% OFF						
620892 809903	30184		*	+	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809941	30182		*	+	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml
620892 809965	30223		*	+	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml
620892 809958	30375		*	+	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml
620892 809972	30227		*	+	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml

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KETTLE POTATO CHIPS - UP TO \$4.20 OFF + VOLUME PRICING								
084114 125767	37138	GF		X GOURMET, Sea Salt & Vinegar Chips	10 / 397g		G	
084114 115973	37183	GMO	GF	X KRINKLE CUT, Salt & Fresh Ground Pepper Chips	10 / 397g		G	
084114 115935	37182	GMO	GF	X KRINKLE CUT, Salted Chips	10 / 397g		G	
				Buy 50-99 cases (397g ONLY)	Save 1.13			
				Buy 100+ cases (397g ONLY)	Save 2.25			
084114 119117	37266		GF	X GOURMET, Backyard BBQ Chips	12 / 220g		G	
084114 119056	37263		GF	X GOURMET, Honey Dijon Chips	12 / 220g		G	
084114 119100	37268	GMO	GF	X GOURMET, Jalapeño Chips	12 / 220g		G	
084114 129604	37729	GMO	GF	X GOURMET, Korean Barbeque	12 / 220g		G	
084114 125637	37476		GF	X GOURMET, Maple Bacon Chips	12 / 220g		G	
084114 119032	37260	GMO	GF	X GOURMET, Natural, Salted Chips	12 / 220g		G	
084114 119087	37261	GMO	GF	X GOURMET, Natural, Low Sodium Chips	12 / 220g		G	
084114 126566	37633	GMO	GF	X GOURMET, Pepperoncini Chips	12 / 220g		G	
084114 119049	37262	GMO	GF	X GOURMET, Sea Salt & Vinegar Chips	12 / 220g		G	
084114 119063	37264		GF	X GOURMET, Yogurt & Green Onion Chips	12 / 220g		G	
084114 119070	37265		GF	X GOURMET, York Cheddar & Herb Chips	12 / 220g		G	
084114 126450	37533	GMO	GF	X GOURMET, Sriracha Chips	12 / 220g		G	
084114 128003	37665	GMO	GF	X KRINKLE CUT, Dill Pickle Chips	12 / 220g		G	
084114 119131	37270	GMO	GF	X KRINKLE CUT, Salt & Fresh Ground Pepper Chips	12 / 220g		G	
				Buy 50-99 cases (220g ONLY)	Save 1.13			
				Buy 100+ cases (220g ONLY)	Save 2.25			
KEVITA SPARKLING FERMENTED DRINK (REFRIGERATED) - GLUTEN FREE - 15% OFF								
813513 020072	07974	GMO	GF	*	Lemon Cayenne, Organic	6 / 450ml	G U	
813513 020102	07970	GMO	GF	*	Lemon Ginger, Organic	6 / 450ml	G U	
813513 020089	07973	GMO	GF	*	Lime Mint Coconut, Organic	6 / 450ml	G U	
813513 020096	07972	GMO	GF	*	Strawberry Acai Coconut, Organic	6 / 450ml	G U	
813513 020171	07975	GMO	GF	*	Turmeric Ginger, Organic	6 / 450ml	G U	
KIJU ORGANIC BEVERAGES - UP TO 10% OFF + VOLUME PRICING								
189727 000217	06944	GMO		* + 📦	Juice, Apple, Organic (Tetra)	8 / 4x200ml	U	
189727 000224	06955	GMO		* + 📦	Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml	U	
189727 000231	06956	GMO		* + 📦	Juice, Lemonade, Organic (Tetra)	8 / 4x200ml	U	
189727 000248	06969	GMO		* + 📦	Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml	U	
189727 000255	06975	GMO		* + 📦	Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml	U	
					Buy 10-14 cases (200ml ONLY)	Save 0.40		
					Buy 15-39 cases (200ml ONLY)	Save 0.60		
					Buy 40-74 cases (200ml ONLY)	Save 1.00		
					Buy 75+ cases (200ml ONLY)	Save 1.29		
189727 000286	06769	GMO		* + 📦	FIT, Cherry Peach, Organic	8 / 4x200ml	U	
189727 000279	06768	GMO		* + 📦	FIT, Pineapple Mango, Organic	8 / 4x200ml	U	
189727 000262	06770	GMO		* + 📦	FIT, Strawberry Watermelon, Organic	8 / 4x200ml	U	
189727 001023	06758	GMO		* + 📦	Juice, Grape Apple, Organic (Tetra)	12 / 1L	U	
KIND SNACK BARS - GLUTEN FREE - 20% OFF								
602652 170492	37503		GF	X	Fruit & Nut, Blueberry, Vanilla & Cashew	12 / 40g	G	
KING ISLAND COCONUT WATERS - 15% OFF								
8850813 300048	07205			+ 📦	Coconut Water, Pure (gable top)	12 / 500ml	U	
KINNIKINNICK FOODS PRODUCTS - GLUTEN FREE - 15% OFF								
620133 600153	55053		GF	+ 📦	Bread Crumbs, Panko Style	6 / 350g		
620133 003077	55047		GF	+ 📦 X	Cookies, Ginger Snaps	6 / 190g		
620133 003213	55048		GF	+ 📦 X	Cookies, Montana's Chocolate Chip	6 / 190g		
620133 003091	55049		GF	+ 📦	Crackers, Graham Style, S'moreables	6 / 220g		
620133 004340	55052		GF	+ 📦	Crumbs, Graham Style	6 / 300g		

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620133 003497	16691	GF	+ ♻️	KINNIKritters Animal Cookies, Chocolate	6 / 220g
620133 003596	16692	GF	+ ♻️	KINNIKritters Animal Cookies, Graham Style	6 / 220g
620133 003619	16690	GF	+ ♻️	KINNIKritters Animal Cookies, Original	6 / 220g
620133 003640	54583	GF	+ ♻️ X	KinniTOOS Sandwich Cream Cookies, Chocolate	6 / 220g
620133 003671	54584	GF	+ ♻️ X	KinniTOOS Sandwich Cream Cookies, Fudge	6 / 220g
620133 003626	54582	GF	+ ♻️ X	KinniTOOS Sandwich Cream Cookies, Vanilla	6 / 220g
620133 105122	55051	GF	+ ♻️	Pancake & Waffle Mix	6 / 454g
620133 003251	38745	GF	+ ♻️	Wafers, Vanilla	6 / 180g
KINNIKINNICK FOODS PRODUCTS (FROZEN) - GLUTEN FREE - 15% OFF					
620133 000458	54348	GF	+ ♻️ X	Bread, Soft Multigrain	6 / 454g
620133 000441	54342	GF	+ ♻️ X	Bread, Soft White	6 / 454g
620133 000731	54345	GF	+ ♻️ X	Buns, Hamburger, 4pk	6 / 245g
620133 000748	54343	GF	+ ♻️ X	Buns, Hotdog, 4pk	6 / 285g
620133 002247	51004	GF	+ ♻️ X	Donuts, Chocolate Dipped, 6pk	8 / 320g
620133 002230	54346	GF	+ ♻️ X	Donuts, Cinnamon Sugar, 6pk	8 / 270g
620133 002216	51005	GF	+ ♻️ X	Donuts, Maple Glazed, 6pk	8 / 320g
620133 002209	51003	GF	+ ♻️ X	Donuts, Vanilla Glazed, 6pk	8 / 320g
620133 000502	54344	GF	+ ♻️ X	English Muffins, Tapioca	6 / 375g
620133 006009	58068	GF	+ ♻️ X	Pie Crusts (2ct x 8")	6 / 290g
620133 005576	54347	GF	+ ♻️ X	Pizza Crusts, Personal Size (4pk)	6 / 600g
KOMBUCHA WONDER DRINK SPARKLING FERMENTED TEAS - 20% OFF					
665479 071403	05155	*	X	Asian Pear & Ginger, Sparkling Fermented Tea, Organic (can)	24 / 250ml G U
665479 071502	05157	*	X	Essence of Lemon, Sparkling Fermented Tea, Organic (can)	24 / 250ml G U
665479 080306	05152	*	X	Asian Pear & Ginger, Sparkling Fermented Tea, Organic (w/ Oolong Tea) (bottle)	12 / 414ml G U
665479 080603	05159	*	X	Cherry Cassis, Sparkling Fermented Tea, Organic (w/green tea) (bottle)	12 / 414ml G U
665479 080504	05154	*	X	Concord Grape, Sparkling Fermented Tea, Organic (w/ Jasmine Tea) (bottle)	12 / 414ml G U
665479 080207	05151	*	X	Essence of Lemon, Sparkling Fermented Tea, Organic (w/ Green Tea) (bottle)	12 / 414ml G U
665479 080108	05150	*	X	Traditional, Sparkling Fermented Tea, Organic (bottle)	12 / 414ml G U
KOOPS' ORGANIC MUSTARDS - GLUTEN FREE - 10% OFF					
070281 001522	14601	GF	*	Spicy Brown Mustard, Organic (squeeze)	12 / 325ml
070281 001539	14602	GF	*	Stone Ground Mustard, Organic (squeeze)	12 / 325ml
070281 001508	14603	GF	*	Yellow Mustard, Organic (squeeze)	12 / 325ml
KOYO RAMEN SOUPS - \$1.50 OFF					
065493 064335	39106		X	Ramen Soup, Asian Vegetables	12 / 60g
065493 064359	39100		X	Ramen Soup, Garlic Pepper	12 / 60g
065493 064342	39101		X	Ramen Soup, Lemongrass Ginger	12 / 60g
065493 064304	39102		X	Ramen Soup, Mushroom	12 / 57g
065493 064311	39103		X	Ramen Soup, Seaweed	12 / 57g
065493 064366	39104		X	Ramen Soup, Soba Buckwheat Noodles	12 / 60g
065493 064328	39105		X	Ramen Soup, Tofu & Miso	12 / 57g
KRINOS CHEESES (REFRIGERATED) - GLUTEN FREE - 15% OFF					
055498 028937	59181	GF	*	Greek Sheep & Goat Feta Cheese, Organic	12 / 150g
KRINOS GREEK OLIVES - GLUTEN FREE - 10% OFF					
055498 046023	48018	GF	*	Organic Greek Kalamata Olives, Whole	6 / 375ml

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LA PREFERIDA PRODUCTS - 10% OFF + VOLUME PRICING						
071524 180066	47206	*			Refried Beans, Authentic, Organic	12 / 398ml
071524 180073	47207	*			Refried Black Beans, Organic	12 / 398ml
					Buy 10+ cases	Save 10%
071524 180103	47210	*			Diced Green Chiles, Mild, Organic	12 / 118ml
					Buy 10+ cases	Save 10%
071524 180011	47201	*			Salsa, Medium, Organic	12 / 492ml
					Buy 10+ cases	Save 10%
L'ANCÊTRE CHEESES & BUTTERS (REFRIGERATED) - UP TO 15% OFF + VOLUME PRICING						
778177 499346	50093	GF	*	+ P	Cheddar, Extra Sharp, Organic (raw milk)	8 / 200g
					Buy 3-4 cases (Mix & Match)	Save 2.40
					Buy 5-9 cases (Mix & Match)	Save 3.36
					Buy 10+ cases (Mix & Match)	Save 4.08
778177 499452	50096	GF	*	+ P	Le Boucané Bio, Cheddar, Double Wood Smoked, Organic (31% MF) (lactose free)	8 / 190g
					Buy 3-4 cases (Mix & Match)	Save 2.88
					Buy 5-9 cases (Mix & Match)	Save 4.08
					Buy 10+ cases (Mix & Match)	Save 4.88
	50057	B GF	*	+ P X	Cheddar, Medium, Organic (raw milk)	1 / 2kg
					Buy 5-9 ea (Mix & Match BULK)	Save 2.50
					Buy 10-14 ea (Mix & Match BULK)	Save 3.44
					Buy 15+ ea (Mix & Match BULK)	Save 5.36
	50059	B GF	*	+ P X	Mozzarella, Bulk (15% MF), Organic	1 / 2kg
					Buy 5-9 ea (Mix & Match BULK)	Save 2.24
					Buy 10-14 ea (Mix & Match BULK)	Save 3.22
					Buy 15+ ea (Mix & Match BULK)	Save 4.82
778177 108002	50089	GF	*	+	Cheese Curds, Organic	8 / 200g
778177 499360	50016	GF	*	+ P	Cheddar, Marble, Mild, Organic	14 / 200g
778177 499315	50090	GF	*	+ P	Cheddar, Mild, Organic (raw milk)	8 / 200g
778177 499810	50081	GF	*	+ P	Emmental, Sliced, Organic (raw milk)	12 / 180g
778177 499902	50060	GF	*	+ P	Goat Cheese, Soft Unripened, Organic	6 / 125g
778177 106962	43002		*	+ P	Butter, Salted, Organic	12 / 250g
778177 106978	43003		*	+ P	Butter, Unsalted, Organic	12 / 250g
078177 106986	43005		*	+ P	Butter, Salted, Organic	6 / 454g
078177 106993	43006		*	+ P	Butter, Unsalted, Organic	6 / 454g
LE PAIN DES FLEURS CRISPBREADS - 10% OFF						
848206 059565	16606	GMO GF	*		Crispbreads, Buckwheat, Organic	12 / 150g
848206 059572	16607	GMO GF	*		Crispbreads, Buckwheat, Unsalted, Organic	12 / 150g
LET'S DO...ORGANIC PRODUCTS - UP TO \$3.99 OFF						
043182 015202	02083	GF	*		Coconut, Fine Shredded, Unsweetened, Organic	12 / 250g
043182 005258	02246	GF	*		Creamed Coconut, Organic (can)	6 / 200g
043182 015226	02264	GF	*		Coconut Flakes, Unsweetened, Organic	12 / 200g
043182 015240	20107	GF	*		Coconut Flour, Organic	6 / 454g
043182 005296	20114	GF	*		Cornstarch, Organic	6 / 170g
043182 002103	24098		*		Heavy Coconut Cream (30% Fat), Organic	12 / 398ml
043182 022057	24099	GF	*		Coconut Milk, Sweetened, Condensed, Organic	6 / 195ml
043182 015400	24133	GMO GF	*		Flour, Green Banana, Organic	6 / 396g
043182 005418	24138		*		Arrowroot Starch (Powder), Organic	6 / 170g
043182 005425	24139	GF	*		Potato Starch, Organic	6 / 170g
LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS - UP TO 40% OFF						
661594 003640	18108		*	@ P	Cacao Nibs, Organic	12 / 120g
661594 712306	44307		*	@ P	Cane Sugar, Unrefined, Organic	12 / 500g
661594 812303	44310		*	@ P	Cane Sugar, Unrefined, Organic	6 / 2kg
661594 000083	44314		*	@ P	Cane Sugar, Unrefined, Organic	1 / 20kg
661594 001783	13280		*	@ P	Coconut Oil, Virgin, Organic	6 / 500ml

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661594 003626	18115	* @	☞	Dried Banana, Organic	12 / 130g
661594 003688	18100	* @	☞	Dried Dragon Fruit, Organic	12 / 90g
661594 003633	18112	* @	☞	Dried Golden Berry, Organic	12 / 100g
661594 905005	18113	* @	☞	Dried Mango, Organic	12 / 100g
661594 904015	18114	* @	☞	Dried Pineapple, Organic	12 / 100g
661594 002841	11915	* @	☞	Ground Coffee, Bolivia, Medium, Organic	6 / 454g
661594 200506	11920	@	☞	Ground Coffee, Decaf, Dark	6 / 454g
661594 002902	11921	* @	☞	Ground Coffee, Ethiopia, Medium, Organic	6 / 454g
661594 002957	11927	@	☞	Ground Coffee, French, Very Dark	6 / 454g
661594 001677	12995	@	☞	Loose Leaf Tea, Black	12 / 70g
661594 001837	12996	@	☞	Loose Leaf Tea, Chai	12 / 70g
661594 002698	13241	@	☞	Loose Leaf Tea, Earl Grey	12 / 70g
661594 001684	12997	@	☞	Loose Leaf Tea, Green	12 / 70g
661594 002049	13240	@	☞	Loose Leaf Tea, Lemongrass Herbal Blend	12 / 70g
661594 001844	12999	@	☞	Loose Leaf Tea, Smoked Black	12 / 70g
661594 002056	13000	@	☞	Loose Leaf Tea, Tulsi Ayurvedic Green Blend	12 / 70g
661594 002247	13277	@	☞	Rice, Aromatic Short Grain	6 / 700g
661594 002261	13278	@	☞	Rice, Long Grain Red	6 / 700g
661594 002254	13279	@	☞	Rice, Violet Sticky	6 / 700g
661594 002834	11914	* @	☞	Whole Bean Coffee, Bolivia, Medium, Organic	6 / 454g
661594 500002	11916	@	☞	Whole Bean Coffee, Colombia, Dark	6 / 454g
661594 001936	11929	@	☞	Whole Bean Coffee, Colombia, Dark	6 / 908g
661594 002162	11930	* @	☞	Whole Bean Coffee, Congo, Medium, Organic	6 / 908g
661594 200001	11919	@	☞	Whole Bean Coffee, Decaf, Dark	6 / 454g
661594 002933	11931	* @	☞	Whole Bean Coffee, Espresso Blend, Medium, Organic	6 / 454g
661594 002858	11922	* @	☞	Whole Bean Coffee, Peru, Medium, Organic	6 / 454g
661594 002872	11924	* @	☞	Whole Bean Coffee, Tanzania, Dark, Organic	6 / 454g
LICK YOUR CHOPS CAT FOOD - 10% OFF					
032976 270019	48079			Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g G P
LITTLE NORTHERN BAKEHOUSE LOAFS (FROZEN) - GLUTEN FREE - 15% OFF					
671521 400404	55450	GMO GF V	BC ☞ X	Loaf, Wide Slice, White	8 / 567g
LOOP UPCYCLED COLD PRESSED JUICE (REFRIGERATED) - 15% OFF					
056719 900032	11203		+ ☞ X	High Achiever	6 / 355ml U
LOVE CHILD ORGANICS BABY FOODS - 10% OFF					
858860 001770	61068	* +	☞	NEW! Puree, First Prunes, Organic (6+ months)	12 / 128ml
858860 001800	69515	* +	☞	Baby's First Infant Cereal, Oat + Chia, Organic (6+ months)	5 / 227g
858860 001626	61063	* +	☞	Puree, Apples, Banana's, Spinach, Avocado, Organic (6+ months)	12 / 128ml
858860 001602	61064	* +	☞	Puree, Apples, Butternut Squash, Cherries, Ginger, Organic (6+ months)	12 / 128ml
858860 001640	61065	* +	☞	Puree, Apples, Strawberries, Beets, Blueberries, Organic (6+ months)	12 / 128ml
858860 001633	61066	* +	☞	Puree, Apples, Sweet Potatoes, Broccoli, Spinach, Organic (6+ months)	12 / 128ml
858860 001619	61067	* +	☞	Puree, Bananas, Carrots, Mangoes, Coconut, Organic (6+ months)	12 / 128ml
858860 001176	61049	* +	☞	Puree, Bananas, Pumpkins, Pears, Coconut, Organic (6+ months)	12 / 128ml

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LUCKY SPRING ROLLS (FROZEN) - 15% OFF						
078487 452773	31025	GMO			X Kimchi Spring Rolls w/Sweet & Sour Sauce	8 / 241g
078487 452711	31024	GMO			X Original Spring Rolls w/Traditional Sauce	8 / 241g
078487 462710	31026	GMO	GF		X Gluten Free, Original Spring Rolls w/Traditional Sauce	8 / 241g
078487 462727	31027	GMO	GF		X Gluten Free, Thai Style Spring Rolls w/Sweet & Sour Sauce	8 / 241g
LUNDBERG PRODUCTS- GLUTEN FREE - UP TO 15% OFF						
073416 539204	31223	GMO	GF	*	Quinoa, Antique White, Organic, American Grown	6 / 454g
073416 539105	31222	GMO	GF	*	Quinoa, Tricolor Blend, Organic, American Grown	6 / 454g
073416 090156	31213		GF		Rice, Countrywild, Nutra-Farmed	6 / 454g
073416 004719	31216		GF		Rice, Black Japonica Field Blend, Nutra-Farmed	6 / 454g
073416 003279	31214	GMO	GF		Rice, Jubilee Blend, Nutra-Farmed	6 / 454g
073416 004337	31215	GMO	GF		Rice, Wild Blend, Nutra-Farmed	6 / 454g
073416 534100	31218	GMO	GF	*	Rice, Sprouted Tri-color Blend, Organic	6 / 454g
073416 534209	31219	GMO	GF	*	Rice, Basmati, Sprouted Brown, Organic	6 / 454g
073416 534308	31220	GMO	GF	*	Rice, Sprouted Red, Organic	6 / 454g
073416 534407	31221	GMO	GF	*	Rice, Sprouted Short Grain Brown, Organic	6 / 454g
073416 515000	38732	GMO	GF	*	Wholegrain Rice & Seasoning Mix, Spanish Rice, Organic	6 / 170g
073416 515109	38733	GMO	GF	*	Wholegrain Rice & Seasoning Mix, Black Beans & Rice, Organic	6 / 170g
073416 035447	36750	GMO	GF		X Rice Chips, Fiesta Lime	12 / 170g G
073416 035454	36752	GMO	GF		X Rice Chips, Honey Dijon	12 / 170g G
073416 035409	36269	GMO	GF		X Rice Chips, Original Sea Salt	12 / 170g G
073416 035430	36267	GMO	GF		X Rice Chips, Santa Fe Barbecue	12 / 170g G
073416 035423	36271	GMO	GF		X Rice Chips, Sesame Seaweed	12 / 170g G
MACKELLAR FARMS EDAMAME (FROZEN) - 15% OFF						
185820 000017	63026	GMO		+ P	X Edamame, Whole Pods (Product of Canada)	12 / 400g
185820 000024	63027	GMO		+ P	X Edamame, Shelled (Product of Canada)	12 / 400g
MADEGOOD® PRODUCTS - GLUTEN FREE - UP TO 10% OFF						
687456 294018	64070	GMO	GF	* + P	Semi-Sweet Chocolate Chips, Organic	6 / 227g
687456 223032	64002	GMO	GF	* + P	Granola Minis, Apple Cinnamon, Organic	6 / 4x24g G
687456 223018	64000	GMO	GF	* + P	Granola Minis, Chocolate Banana, Organic	6 / 4x24g G
687456 223100	64003	GMO	GF	* + P	Granola Minis, Chocolate Chip, Organic	6 / 4x24g G
687456 223025	64001	GMO	GF	* + P	Granola Minis, Strawberry, Organic	6 / 4x24g G
MANITOBA HARVEST HEMP SEED OILS (REFRIGERATED) - 15% OFF						
697658 200014	36603	GMO	WF	* + P	Hemp Seed Oil, Organic	12 / 250ml
MANITOBA HARVEST PRODUCTS - UP TO 15% OFF						
697658 201134	37350			+ P	X Hemp Hearts, Single Serve	12 / 25g
697658 692260	36626	GMO	V	* + P	X Granola, Blueberry, Organic	6 / 283g
697658 692277	36627	GMO	V	* + P	X Granola, Dark Chocolate, Organic	6 / 283g
697658 692253	36628	GMO	V	* + P	X Granola, Honey & Oats, Organic	6 / 283g
697658 691614	36620	GMO		* + P	Plant Protein Blend Drink Mix, Chocolate, Organic	6 / 454g G
697658 691591	36622	GMO		* + P	Plant Protein Blend Drink Mix, Unsweetened, Organic	6 / 454g G
697658 691607	36621	GMO		* + P	Plant Protein Blend Drink Mix, Vanilla, Organic	6 / 454g G

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MAPLETON'S ORGANIC ICE CREAMS (FROZEN) - GLUTEN FREE - 10% OFF									
684923 030001	53133	GF	*	+ P	X	Ice Cream, Cappuccino, Organic	8 / 473ml	G	_____
684923 020002	53132	GF	*	+ P	X	Ice Cream, Chocolate, Organic	8 / 473ml	G	_____
684923 010003	53130	GF	*	+ P	X	Ice Cream, French Vanilla, Organic	8 / 473ml	G	_____
684923 070007	53134	GF	*	+ P	X	Ice Cream, Ginger, Organic	8 / 473ml	G	_____
684923 171148	53172	GF	*	+ P	X	Ice Cream, Mint Chocolate Chip, Organic	8 / 473ml	G	_____
684923 012007	53131	GF	*	+ P	X	Ice Cream, Vanilla Chocolate Chunk, Organic	8 / 473ml	G	_____
MARY'S ORGANIC GOURMET CRACKERS - GLUTEN FREE - 10% OFF + VOLUME PRICING									
853665 005114	16833	GMO	GF	*		SUPER SEED Crackers, Basil & Garlic, Organic	6 / 155g		_____
853665 005121	16836	GMO	GF	*		SUPER SEED Crackers, Chia & Hemp, Organic	6 / 155g		_____
897580 000168	16832	GMO	GF	*		SUPER SEED Crackers, Classic, Organic	6 / 155g		_____
853665 005091	16834	GMO	GF	*		SUPER SEED Crackers, Everything, Organic	6 / 155g		_____
853665 005107	16835	GMO	GF	*		SUPER SEED Crackers, Seaweed & Black Sesame, Organic	6 / 155g		_____
						Buy 10-24 cases	Save 5%		_____
						Buy 25+ cases	Save 10%		_____
897580 000151	16376	GMO	GW	*		Black Pepper Crackers, Organic	12 / 184g		_____
897580 000113	16186	GMO	GW	*		Caraway Crackers, Organic	12 / 184g		_____
897580 000137	16187	GMO	GW	*		Herb Crackers, Organic	12 / 184g		_____
897580 000144	16669	GMO	GW	*		Jalapeno Crackers, Organic	12 / 155g		_____
897580 000106	16185	GMO	GW	*		Original Crackers, Organic	12 / 184g		_____
						Buy 10-24 cases	Save 5%		_____
						Buy 25+ cases	Save 10%		_____
MASECA CORN MASA FLOUR - GLUTEN FREE - 10% OFF									
	34000	B	GF			Regular #0 Yellow Corn	1 / 22.68kg		_____
MEATBARS - 25% OFF									
838143 005473	10500				X	Original, Grass-fed Beef	12 / 42g		_____
838143 005497	10502				X	Sriracha, Grass-fed Beef + Pork + Bacon	12 / 42g		_____
838143 005480	10501				X	Sweet + Savory, Grass-fed Beef + Cranberries + Pumpkin Seeds	12 / 42g		_____
MILLSTREAM PRODUCTS - UP TO 15% OFF									
060543 004101	20088			BC	P	Scottish Oatmeal	9 / 800g		_____
060543 004224	20126				P	Durum Semolina	9 / 800g		_____
MITOKU JAPANESE PRODUCTS - 10% OFF									
021009 229025	24019					Wasabi Powder	6 / 25g		_____
MODERN PRODUCTS SEASONINGS - GLUTEN FREE - 10% OFF									
075820 000004	70450	GF				Spike Seasoning	24 / 85g		_____
MOUNT HAGEN INSTANT COFFEES - 10% OFF									
400079 9110009	12137			*	@	Instant Coffee, Decaffeinated, Organic	6 / 100g		_____
MOUNTAIN SKY BODY CARE PRODUCTS - 10% OFF									
628055 186069	46194			BC	P	Handmade Bath Soap, Goat Milk & Oats	6 / 135g	G P	_____
628055 186083	82242			BC	P	Handmade Bath Soap, Lavender Dream	6 / 135g	G P	_____
628055 186137	82245			BC	P	Handmade Bath Soap, Vanilla Cream	6 / 135g	G P	_____
628055 186144	82247			BC	P	Handmade Bath Soap, Wild Rose	6 / 135g	G P	_____
628055 186038	80678			BC	P	Handmade Body Soap, Charcoal Cleanse, Ancient Asian	6 / 135g	G P	_____
628055 186045	82239			BC	P	Handmade Body Soap, Herbal Pine Eucalyptus	6 / 135g	G P	_____
628055 186076	82241			BC	P	Handmade Body Soap, Kali Spice	6 / 135g	G P	_____
628055 186106	82248			BC	P	Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g	G P	_____
628055 186090	46195			BC	P	Shower Soap, Moroccan Argan	6 / 135g	G P	_____
MUIR GLEN CANNED TOMATOES - 10% OFF									
065633 471740	33211	GMO		*		DICED, Tomatoes, Fire Roasted, Organic	12 / 796ml		_____
NAAM COOKING SAUCES - 10% OFF									
689499 100042	14460	GMO		@	BC	P	Coconut Curry Sauce	12 / 350ml	_____

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NATIVE FOREST PRODUCTS - UP TO 10% OFF						
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 008907	10430	GF	*		Hearts of Palm, Organic	12 / 400g
043182 008365	10214		*		Water Chestnuts, Sliced, Organic	6 / 227g
NATRACARE FEMININE CARE PRODUCTS - 20% OFF						
782126 003126	80173			X	Panty Liners, Individually Wrapped NORMAL	1 / 18ea
NATUR-A NON-DAIRY BEVERAGES - \$2.00 OFF						
063667 090265	07275	GMO	GF	+ P	ALMOND, Enriched, Vanilla, Unsweetened (tetrapak)	12 / 946ml
063667 090012	07119	GMO	GF	+ P	ALMOND, Enriched, Original (tetrapak)	12 / 946ml
063667 090029	07120	GMO	GF	+ P	ALMOND, Enriched, Vanilla (tetrapak)	12 / 946ml
063667 090067	07121	GMO	GF	+ P	ALMOND, Enriched, Unsweetened (tetrapak)	12 / 946ml
063667 090081	07122	GMO	GF	+ P	ALMOND, Enriched, Chocolate (tetrapak)	12 / 946ml
063667 090463	07276	GMO	GF	+ P	ALMOND & COCONUT, Enriched, Unsweetened (tetrapak)	12 / 946ml
063667 006013	06378	WF	*	+ P	RICE, Enriched, Original, Organic	12 / 946ml
063667 006020	06379	WF	*	+ P	RICE, Enriched, Vanilla, Organic	12 / 946ml
063667 301859	06374	WF	*	+ P	SOY, Enriched, Chocolate, Organic	12 / 946ml
063667 301408	06371	WF	*	+ P	SOY, Enriched, Original, Organic	12 / 946ml
063667 511005	06375	WF	*	+ P	SOY, Enriched, Unsweetened, Organic	12 / 946ml
063667 301552	06372	WF	*	+ P	SOY, Enriched, Vanilla, Organic	12 / 946ml
NATURAL CABANA LEMON & LIMEADES - 15% OFF						
856190 003020	04081			X	NEW! Lemonade, Cherry	12 / 591ml G U
856190 003006	04082			X	NEW! Lemonade, Original	12 / 591ml G U
856190 003013	04083			X	NEW! Lemonade, Strawberry	12 / 591ml G U
856190 003037	04084			X	NEW! Lemonade, Tropical Mango	12 / 591ml G U
856190 003136	04085			X	NEW! Limeade, Original	12 / 591ml G U
856190 003204	04086			X	NEW! Limeade, Raspberry	12 / 591ml G U
NATURE CLEAN PRODUCTS - UP TO 10% OFF						
058951 395157	80145			+ P	Liquid Hand Soap Refill, Citrus	6 / 1L G P
058951 395164	80146			+ P	Liquid Hand Soap Refill, Peppermint	6 / 1L G P
058951 395119	80144			+ P	Liquid Hand Soap Refill, Unscented	6 / 1L G P
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 403364	80443			+ P	Dishwashing Liquid	4 / 3.63L G P
NATURE'S BAKERY WHOLE WHEAT FIG BARS - UP TO \$0.53 OFF						
047495 491548	13133			X	Twin Packs, Fig Bar, Whole Wheat	12 / 57g G
047495 491524	13131			X	Twin Packs, Fig Bar, Whole Wheat, Apple Cinnamon	12 / 57g G
047495 491531	13132			X	Twin Packs, Fig Bar, Whole Wheat, Blueberry	12 / 57g G
047495 491517	13134			X	Twin Packs, Fig Bar, Whole Wheat, Peach Apricot	12 / 57g G
047495 491555	13135			X	Twin Packs, Fig Bar, Whole Wheat, Raspberry	12 / 57g G
047495 121018	13213			X	Twin Packs, Fig Bar, Whole Wheat, Strawberry	12 / 57g G
NATURE'S NUTS NUT BUTTERS - 10% OFF						
682264 600105	35333			+ P	Almond Butter, Crunchy	12 / 340g
682264 600006	35332			+ P	Almond Butter, Smooth	12 / 340g
682264 650100	35337	*		+ P	Almond Butter, Crunchy, Organic	12 / 340g
682264 650001	35336	*		+ P	Almond Butter, Smooth, Organic	12 / 340g
682264 600112	35335	*		+ P	Almond Butter, Crunchy	12 / 500g
682264 600013	35334	*		+ P	Almond Butter, Smooth	12 / 500g
682264 660406	35331	*		+ P	Peanut Butter, Crunchy, Organic	12 / 500g
682264 660208	35330	*		+ P	Peanut Butter, Smooth, Organic	12 / 500g

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	35343	B	*	+	Ⓟ	Peanut Butter, Crunchy, Organic	1 / 4.09kg	_____
	35342	B	*	+	Ⓟ	Peanut Butter, Smooth, Organic	1 / 4.09kg	_____
NATURE'S PATH PRODUCTS - UP TO 15% OFF								
729906 410026	22073	GMO		*	Ⓟ	CANISTER OATS, Old Fashioned, Organic	6 / 510g	_____
729906 410033	22175	GMO		*	Ⓟ	CANISTER OATS, Quick Cook Steel Cut, Organic	6 / 680g	_____
729906 410019	22074	GMO		*	Ⓟ	CANISTER OATS, Steel Cut, Organic	6 / 840g	_____
058449 450047	22784	GMO	WF	*	Ⓟ	OATMEAL, Apple Cinnamon, Organic (pouches)	6 / 8x50g	_____
058449 450023	22786	GMO	WF	*	Ⓟ	OATMEAL, Flax 'N' Oats, Organic (pouches)	6 / 8x50g	_____
058449 450030	22785	GMO	WF	*	Ⓟ	OATMEAL, Maple Nut, Organic (pouches)	6 / 8x50g	_____
058449 450016	22787	GMO	WF	*	Ⓟ	OATMEAL, Original, Organic (pouches)	6 / 8x40g	_____
058449 450009	22752	GMO		*	Ⓟ	OATMEAL, Variety Pack, Organic (pouches)	6 / 8x50g	_____
058449 450696	22882	GMO	GF	*	Ⓟ	PURE OATS, Hot Oatmeal, Brown Sugar Maple w/Ancient Grains, Organic (pouches)	6 / 8x40g	_____
058449 450658	22883	GMO	GF	*	Ⓟ	PURE OATS, Hot Oatmeal, Homestyle, Organic (pouches)	6 / 8x40g	_____
058449 450719	22884	GMO	GF	*	Ⓟ	PURE OATS, Hot Oatmeal, Variety Pack, Organic (pouches)	6 / 8x40g	_____
058449 154006	25065	GMO		*	Ⓟ	QI'A, Hot Oatmeal, Superseeds & Grains, Organic (6 ct)	6 / 228g	_____
058449 154020	25066	GMO		*	Ⓟ	QI'A, Hot Oatmeal, Creamy Coconut, Organic (6 ct)	6 / 228g	_____
058449 154044	25067	GMO		*	Ⓟ	QI'A, Hot Oatmeal, Cinnamon Pumpkin Seed, Organic (6 ct)	6 / 228g	_____
058449 181170	25074	GMO		*	Ⓟ	LOVE CRUNCH Cereal, Dark Chocolate Macaroon, Organic (box)	6 / 284g	_____
058449 181163	25073	GMO		*	Ⓟ	LOVE CRUNCH Cereal, Dark Chocolate Peanut Butter, Organic (box)	6 / 284g	_____
058449 181156	25072	GMO		*	Ⓟ	LOVE CRUNCH Cereal, Dark Chocolate Red Berries, Organic (box)	6 / 284g	_____
058449 191077	22210	GMO		K *	Ⓟ	NUT BUTTER Cereal, Almond Crunch, Organic	6 / 284g	_____
058449 191091	22211	GMO		K *	Ⓟ	NUT BUTTER Cereal, Coconut & Cashew, Organic	6 / 284g	_____
058449 191087	22212	GMO		K *	Ⓟ	NUT BUTTER Cereal, Honey & Peanut, Organic	6 / 284g	_____
058449 161134	22854	GMO	GF	*	Ⓟ	QI'A SUPERFLAKES™, Cocoa Coconut, Organic	12 / 284g	_____
058449 771521	22641	GMO	GF	*	Ⓟ	SUNRISE, Crunchy Maple, Organic	12 / 300g	_____
058449 779121	22260	GMO	GF	*	Ⓟ X	Whole O's Cereal, Organic (EcoPac)	6 / 750g	_____
058449 771784	25032	GMO		*	Ⓟ X	LOVE CRUNCH, Apple Crumble, Organic (standup pouch)	6 / 325g	_____
058449 162063	25069	GMO		* @	Ⓟ X	LOVE CRUNCH, Dark Chocolate & Peanut Butter, Organic (standup pouch)	6 / 325g	_____
058449 771760	25029	GMO		* @	Ⓟ X	LOVE CRUNCH, Dark Chocolate & Red Berries, Organic (standup pouch)	6 / 325g	_____
058449 172116	16789	GMO		* @	Ⓟ X	LOVE CRUNCH, Dark Chocolate Cinnamon & Cashew, Organic (standup pouch)	6 / 325g	_____
058449 772019	25055	GMO		* @	Ⓟ X	LOVE CRUNCH, Dark Chocolate Macaroon, Organic (standup pouch)	6 / 325g	_____
058449 172130	25071	GMO		*	Ⓟ	LOVE CRUNCH, Double Chocolate Chunk, Organic (standup pouch)	6 / 325g	_____

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058449 182030	22405	GMO	*	☞ X	LOVE CRUNCH, Dark Chocolate & Red Berries, Organic (standup pouch)	6 / 700g	
058449 192036	22652	GMO	GF	☞ X	Granola, Grain Free, Caramel Pecan, Organic	6 / 227g	
058449 192050	22653	GMO	GF	☞ X	Granola, Grain Free, Maple Almond, Organic	6 / 227g	
058449 192074	22654	GMO	GF	☞ X	Granola, Grain Free, Vanilla Poppy Seed, Organic	6 / 227g	
058449 890195	22734	GMO	WF	☞ X	Granola, Pumpkin Seed + Flax, Organic (EcoPac)	6 / 750g	
058449 890423	22597	GMO	GF	☞ X	Gluten Free Crunchy Granola, Almond Cranberry, Organic (standup pouch)	8 / 312g	
058449 160083	55826	GMO	*	☞	SUNRISE Breakfast Biscuits, Blueberry & Chia (2pk)	6 / 7X25g	
058449 160144	55827	GMO	*	☞	SUNRISE Breakfast Biscuits, Dark Chocolate & Coconut (2pk)	6 / 7X25g	
058449 165170	16745	GMO	GF	☞	ENVIROKIDZ BARS, Granola Bars, Macaw Strawberry, Peanut Free (6 ct), Organic	6 / 6x24g	G
058449 193040	16747	GMO	*	☞	NUT BUTTER Bars, Coconut & Cashew, Organic	6 / 5x35g	G
058449 193064	16748	GMO	*	☞	NUT BUTTER Bars, Pretzel & Peanut, Organic	6 / 5x35g	G
058449 193057	16749	GMO	*	☞	NUT BUTTER Bars, Pumpkin Seed & Sunflower, Organic	6 / 5x35g	G
NATURE'S PATH PRODUCTS (FROZEN) - UP TO \$4.35 OFF							
058449 000037	54814	GMO	WF	☞ X	Manna Bread, Carrot Raisin, Organic	8 / 400g	
058449 000099	54818	GMO	WF	☞ X	Manna Bread, Fruit & Nut, Organic	8 / 400g	
058449 000150	54811	GMO	WF	☞ X	Manna Bread, Millet Rice, Organic	8 / 400g	
058449 000051	54816	GMO	*	☞ X	Manna Bread, Whole Rye, Organic	8 / 400g	
058449 590576	55702	GMO	GF	☞ X	WAFFLES, Buckwheat, Organic	12 / 210g	
058449 590740	55708	GMO	*	☞ X	WAFFLES, Chia Plus, Organic	12 / 210g	
058449 167006	55711	GMO	GF	☞ X	WAFFLES, Dark Chocolate Chip, Organic	12 / 210g	
058449 590521	55699	GMO	GF	☞ X	WAFFLES, Homestyle, Organic	12 / 210g	
NAVITAS ORGANICS PRODUCTS - 10% OFF							
858847 000291	37365	GMO	GF	*	X Açai Powder, Organic	1 / 113g	
811961 020231	37597	GMO	GF	*	X Maca Powder, Raw, Organic	1 / 113g	
858847 000871	21004	GMO	*		Cacao Powder (Raw Chocolate), Organic	1 / 227g	
858847 000680	29023	GMO	*		Cacao Nibs (Raw Chocolate), Organic	1 / 227g	
858847 000703	26116	GMO	*		Goji Berries, Sun-Dried, Organic	1 / 227g	
858847 000277	34064	GMO	*		Coconut Sugar, Organic	1 / 454g	
NOOCHPOP! VEGAN CHEESY POPCORN - GLUTEN FREE - 10% OFF							
627843 956624	17800	GMO	GF	V BC ☞ X	NEW! Popcorn, Kinda Cheesy	12 / 120g	G
627843 956655	17802	GMO	GF	V BC ☞ X	NEW! Popcorn, Kinda Garlic 'n Cheesy	12 / 120g	G
627843 956631	17801	GMO	GF	V BC ☞ X	NEW! Popcorn, Kinda Nacho	12 / 120g	G
627843 956648	17803	GMO	GF	V BC ☞ X	NEW! Popcorn, Kinda Sweet 'n Savoury	12 / 120g	G
NOVA SCOTIA FISHERMAN XTREME LIP & SKIN CARE - UP TO 15% OFF							
883161 400014	80771			X	Hand & Body Cream, w/Sea Kelp (pump)	1 / 360ml	G P
883161 500011	80770			X	Hand & Body Cream, w/Sea Kelp (tube)	1 / 100ml	G P
883161 500004	80768			X	Lip Care, Nova Scotia Sea Kelp	1 / 9.9g	G P
883161 590012	80769			X	Lip Care, Sea Salt & Caramel	1 / 9.9g	G P
883161 500035	80772			X	Rescue Balm Body Balm	1 / 28.4g	G P
883161 400021	80777			X	Salt-N-Sea Body Scrub	1 / 153g	G P
883161 400038	80776			X	Soap, Fundy Clay & Mint	1 / 136g	G P
883161 500080	80775			X	Soap, Sea Fennel & Bayberry	1 / 136g	G P
883161 500097	80774			X	Soap, Seabuckthorn & Shea	1 / 136g	G P
883161 500066	81005			+ ☞	STEM TO STERN Mini Size Pack (Gift bag contains: Rescue Balm, Lotion, Soap, Minnow lip balm)	1 / 4pc	G P

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NUDE RAW HONEYS - 15% OFF							
627843 344919	44281				+ 🍷 Blueberry, Golden Liquid Honey	12 / 250g	
627843 344933	44282				+ 🍷 Buckwheat, Dark Liquid Honey	12 / 250g	
627843 344964	44283				+ 🍷 Raspberry, Golden Liquid Honey	12 / 250g	
627843 344902	44280				+ 🍷 Wildflower, Golden Liquid Honey	12 / 250g	
NUGO PROTEIN BARS & COOKIES - GLUTEN FREE - UP TO 20% OFF							
691535 301016	37396	GMO	GF	V	X COOKIES, Dark Chocolate Chip	12 / 16g G	
691535 302013	37397	GMO	GF	V	X COOKIES, Double Chocolate	12 / 16g G	
691535 304017	37398	GMO	GF	V	X COOKIES, Oatmeal Raisin	12 / 16g G	
691535 529014	53080	GMO	GF		X DARK, Chocolate Pretzel, Real Dark Chocolate	12 / 50g G	
691535 451018	37380	GMO	GF		X FREE, Dark Chocolate Crunch (Soy & Dairy Free)	12 / 45g G	
NUMI TEAS - 15% OFF							
680692 101713	12026	GMO		* @	BLACK TEA, Aged Earl Grey, Organic	6 / 18bags	
680692 102215	12966	GMO		* @	BLACK TEA, Breakfast Blend, Organic	6 / 18bags	
680692 101812	12027	GMO		* @	BLACK TEA, Golden Chai, Organic	6 / 18bags	
680692 101195	12021	GMO		* @	GREEN TEA, Gunpowder Green, Organic	6 / 18bags	
680692 101188	12010	GMO		* @	GREEN TEA, Jasmine Green, Organic	6 / 18bags	
680692 111507	12023	GMO		* @	HERBAL TEASAN, Chamomile Lemon, Organic	6 / 18bags	
680692 101010	12003	GMO		* @	HERBAL TEASAN, Dry Desert Lime, Organic	6 / 18bags	
680692 101034	12005	GMO		*	HERBAL TEASAN, Honeybush, Organic	6 / 18bags	
680692 101140	12006	GMO		* @	HERBAL TEASAN, Moroccan Mint, Organic	6 / 18bags	
680692 102017	12088	GMO		* @	HERBAL TEASAN, Rooibos Chai, Organic	6 / 18bags	
680692 101126	12004	GMO		*	HERBAL TEASAN, Rooibos, Organic	6 / 18bags	
680692 115529	13239	GMO		* @	TURMERIC TEA, Amber Sun, Organic	6 / 12bags	
680692 115512	13238	GMO		* @	TURMERIC TEA, Golden Tonic, Organic	6 / 12bags	
680692 115505	13237	GMO		* @	TURMERIC TEA, Three Roots, Organic	6 / 12bags	
NUNWEILER'S FLOUR CO PRODUCTS - UP TO 20% OFF							
067785 033746	20010	GMO		* + 🍷	Rolled Oats, Quick, Organic	4 / 750g	
067785 034743	20011	GMO		* + 🍷	Rolled Oats, Thick, Organic	4 / 750g	
067785 037744	20012	GMO		* + 🍷	Steel Cut Oats, Organic	4 / 750g	
067785 000243	20042			* + 🍷	All Purpose & Pastry Flour, Organic	4 / 1kg	
067785 000847	20013	GMO		* + 🍷	Barley Flour, Whole Grain, Organic	4 / 1kg	
067785 023945	20016	GMO		* + 🍷	Brown Flax Seeds, Organic	4 / 1kg	
067785 006740	20018	GMO		* + 🍷	Light Spelt Flour, Organic	4 / 1kg	
067785 010945	20017	GMO		* + 🍷	Mix, Country Muffin & Waffle, Organic	4 / 1kg	
067785 001745	20014	GMO		* + 🍷	Oat Flour, Whole Grain, Organic	4 / 1kg	
067785 010440	02190			* + 🍷	Pancake & Waffle Mix, Buckwheat, Organic	4 / 1kg	
067785 011041	02191			* + 🍷	Pancake & Waffle Mix, Buttermilk, Organic	4 / 1kg	
067785 010341	02192			* + 🍷	Pancake & Waffle Mix, Spelt, Organic	4 / 1kg	
067785 010044	02189			* + 🍷	Pancake & Waffle Mix, Whole Grain, Organic	4 / 1kg	
067785 005743	20015	GMO		* + 🍷	Unbleached White Flour, Organic	4 / 1kg	
067785 000045	20043			* + 🍷	Whole Wheat Flour, Organic	4 / 1kg	
NUVIVA OILS - UP TO 18% OFF							
692752 108976	15207	GMO		*	Coconut Oil Liquid, Garlic, Organic (Glass Bottle)	6 / 236ml	
692752 106927	30673	GMO		*	Coconut Oil, Refined, Buttery Flavour, Organic(Glass Jar)	6 / 414ml	

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692752 105418	30667	GMO	*		Coconut Oil, Refined, Organic (PET Jar)	6 / 860ml	
692752 108273	30685	GMO	*		Coconut Oil, Refined, Organic (PET Jar)	6 / 1.6L	
692752 200014	30661		*		Coconut Oil, Virgin, Organic (PET Jar)	12 / 444ml	
692752 200021	30662	GMO	*		Coconut Oil, Virgin, Organic (PET Jar)	6 / 860ml	
692752 200052	30663	GMO	*		Coconut Oil, Virgin, Organic (PET Jar)	6 / 1.6L	
692752 108990	30689	GMO GF	*		MCT Oil, Organic	6 / 473ml	
NUTS TO YOU NUT & SEED BUTTERS - GLUTEN FREE - UP TO 15% OFF							
068892 400308	42248	GW	*	+ P	Almond Butter, Smooth, Organic	12 / 250g	
068892 400407	42368	GW		+ P	Cashew Butter	12 / 250g	
068892 402005	42226	GW	*	+ P	Pumpkin Seed Butter, Organic	12 / 250g	
068892 542084	42377	GMO GW		+ P	Rainforest Nut Butter with Coconut, Smooth	12 / 250g	
068892 401206	42241	GW		+ P	Sunflower Seed Butter	12 / 250g	
068892 401305	42249	GW	*	+ P	Sunflower Seed Butter, Organic	12 / 250g	
068892 297731	42704	GMO GW		+ P	Almond Butter Raw, Smooth	12 / 365g	
068892 281082	42701	GMO GW	*	+ P	Almond Butter Raw, Smooth, Organic	12 / 365g	
068892 226731	42703	GMO GW	*	+ P	Almond Butter, Crunchy, Organic	12 / 365g	
068892 263101	42702	GMO GW	*	+ P	Almond Butter, Smooth, Organic	12 / 365g	
068892 241253	42707	GMO GW		+ P	Almond Hazelnut Butter, Smooth	12 / 365g	
068892 324925	42370	GW		+ P	Cashew Butter	12 / 500g	
068892 600104	42106	GW		+ P	Peanut Butter, Smooth	12 / 500g	
068892 568022	42378	GMO GW		+ P	Rainforest Nut Butter with Coconut, Smooth	12 / 500g	
068892 600807	42245	GW	*	+ P	Sunflower Seed Butter, Organic	12 / 500g	
	42385	B GW		+ P X	Almond Butter, Smooth	1 / 4.09kg	
OASIS PITA BREAD (FROZEN) - 15% OFF							
777762 002459	58024	GMO		+ X	Pita Bread (made with organic ingredients)	12 / 325g	
OMEGA NUTRITION PRODUCTS - GLUTEN FREE - UP TO 29% OFF							
055358 314200	65026	B GF	*	P	Apple Cider Vinegar, Organic (plastic jug)	4 / 3.78L	
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 211004	85025	GF	*	P	Nutri-Flax Hi-Lignan Flax Seed Powder, Organic (plastic jar)	6 / 227g	
055358 350024	85050	GF	*	P	Coconut Oil, Organic (plastic jar)	6 / 454g	
055358 351014	28031	GF	*	P	Coconut Oil, Virgin, Organic (plastic jar)	6 / 283g	
055358 351021	85052	GF	*	P	Coconut Oil, Virgin, Organic (plastic jar)	6 / 454g	
055358 219505	37237	GF	*	P	Pumpkin Seed Protein Powder, Organic (plastic jar)	6 / 600g	G
055358 350055	28047	B GF	*	P	Coconut Oil, Organic (plastic jar)	4 / 3.17kg	
OMEGA NUTRITION EFA OILS (REFRIGERATED) - GLUTEN FREE - UP TO 17% OFF							
055358 932008	85038	GF	*	P	Borage Oil, Organic (plastic bottle)	6 / 60ml	G
055358 114404	85039	GF	*	P	Essential Balance Oil Blend, Organic (plastic bottle)	12 / 355ml	G
055358 114459	85040	GF	*	P	Essential Balance Oil Blend, Organic (plastic bottle)	6 / 946ml	G
055358 117009	85032	GF	*	P	Flax Oil, Garlic-Chili, Organic (plastic bottle)	12 / 355ml	
055358 114107	85036	GF	*	P	Flax Oil, Organic (plastic bottle)	12 / 355ml	
055358 114152	85037	GF	*	P	Flax Oil, Organic (plastic bottle)	12 / 473ml	
055358 114206	85046	GF	*	P	Flax Oil, Organic (plastic bottle)	6 / 946ml	
055358 750008	85042	GF	*	+ P	Hemp Seed Oil, Organic (plastic bottle)	6 / 207ml	
ONE DEGREE PRODUCTS - 10% OFF							
675625 325076	28302		V	P	Sprouted Steel Cut Oats, Organic	4 / 680g	
675625 303029	28117	GMO GF	V *	BC P	Veganic Sprouted Ancient Maize Flakes, Organic	6 / 340g	

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ONLY OATS PRODUCTS - GLUTEN FREE - 15% OFF								
663780 200024	20141	GMO	GF	*	+ P	Quick Oat Flakes, Organic	6 / 500g	
663780 200017	20140	GMO	GF	*	+ P	Rolled Oats, Organic	6 / 500g	
663780 200031	20142	GMO	GF	*	+ P	Steel Cut Oats, Organic	6 / 500g	
663780 100065	20121	GMO	GF		+ P	Cinnamon Spice Muffin Mix	6 / 1kg	
663780 100041	20116		GF		+ P	Oat Flour, Wholegrain	6 / 1kg	
663780 100034	22198		GF		+ P	Quick Flakes	6 / 1kg	
663780 100027	22194		GF		+ P	Rolled Oats	6 / 1kg	
663780 100010	22193		GF		+ P	Steel Cut Oats	6 / 1kg	
663780 100096	20124	GMO	GF		+ P	Whole Grain Pancake Mix	6 / 1kg	
ORGANIC INDIA TULSI TEAS - GLUTEN FREE - 10% OFF								
801541 508914	12621	GMO	GF	*		Tulsi Tea, Masala Chai, Organic	6 / 18bags	
OZERY BAKERY BUNS (FROZEN) - 25% OFF								
664164 100770	55368	GMO		*	+ P X	Brioche Buns, Thin Pre-Sliced	6 / 378g	
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	
PACIFIC FOODS PRODUCTS - UP TO 15% OFF + VOLUME PRICING								
052603 067218	06851			*	@	Cashew Original, Organic	6 / 946ml	
052603 067225	06852				@	Cashew Original, Unsweetened	6 / 946ml	
Buy 5+ cases (Cashew Beverages) Save 3.17								
052603 094856	22401		GF	*		Beans, Refried Black, Vegetarian, Organic	12 / 365ml	
052603 094863	22402		GF	*		Beans, Refried Pinto, Vegetarian, Organic	12 / 365ml	
Buy 5+ cases (Beans) Save 5.09								
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	
Buy 5+ cases (Large Broths) Save 7.15								
052603 054966	38813		GF	*		Bisque, Roasted Red Pepper & Tomato, Organic	12 / 472ml	
052603 054829	38674			*		Soup, Roasted Garlic Mushroom Lentil, Organic	12 / 472ml	
052603 055246	38816			*		Soup, Spicy Black Bean & Kale, Organic	12 / 472ml	
PAMELA'S PRODUCTS - GLUTEN FREE - UP TO 15% OFF								
093709 203308	22952		GW			Brownie Mix, Ultra Chocolate	6 / 454g	
093709 202202	22956		GW			Cake Mix, Classic White	6 / 595g	
093709 204404	22954		GW			Cake Mix, Luscious Chocolate	6 / 595g	
093709 221104	22948		GW			Cornbread and Muffin Mix	6 / 340g	
093709 200703	16633		GW		X	Gourmet All Natural, Chunky Chocolate Chip Cookies	6 / 150g	
093709 201502	16617		GW		X	Gourmet All Natural, Lemon Shortbread Cookies	6 / 150g	
093709 201007	16642		GW		X	Gourmet All Natural, Pecan Shortbread Cookies	6 / 150g	
093709 230021	16649	GMO	GF			Graham Style Crackers, Cinnamon Grahams	6 / 213g	
093709 250104	16645		GW		X	Simplebites Minis, Chocolate Chip Cookies	6 / 170g	
093709 250203	16647		GW		X	Simplebites Minis, Ginger Snapz	6 / 170g	
093709 240037	16650	GMO	GF	*		OAT UP Bars, Peanut Butter, Organic	8 / 4x45g	G
093709 240051	16651	GMO	GF	*		OAT UP Bars, 2 Chocolates + Almonds, Organic	8 / 4x45g	G

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PAPERCHIEF CULINARY PARCHMENT BAKING SUPPLIES - UP TO 15% OFF						
628689 700983	47010			+ P	NEW! Parchment Paper, FSC Certified (roll) (123 Square Feet)	12 / 1ea G P
628689 700242	47016			+ P	NEW! Parchment Paper, Pre-cut Sheets, FSC Certified (41 Square Feet)	12 / 1ea G P
628689 700129	21010			+	Lotus Cups, FSC Certified	6 / 12ea G P
628689 700143	21011			+	Tulip Cups, FSC Certified	6 / 12ea G P
PAPOUTSANIS OLIVE OIL HAND SOAP BAR - 15% OFF						
5201109 655022	89999				Oliva Pure Olive Oil Hand Soap Bar	4 / 125g G P
PATIENCE FRUIT & CO™ PRODUCTS - 15% OFF						
662166 553037	18242	GMO	*	+ P X	CHOCOCRUNCH BITES, Dark Chocolate & Chai Spices, Organic	8 / 95g G
662166 553013	18240	GMO	*	+ P X	CHOCOCRUNCH BITES, Dark Chocolate & Coconut, Organic	8 / 95g G
662166 553020	18241	GMO	*	+ P X	CHOCOCRUNCH BITES, Milk Chocolate & Chia, Organic	8 / 95g G
662166 552047	18225		*	+ P	Artisan Blend, Spice Oasis, Organic	8 / 130g G
662166 551354	18230	GMO	*	+ P X	Whole Dried Wild Blueberries, Apple Juice Sweetened, Organic	15 / 28g G
PEARL'S PEROGIES (FROZEN) - 15% OFF						
062066 000158	54428			BC P X	Cheddar Cheese & Potato Perogies	12 / 600g
PLUM•M•GOOD™ PRODUCTS - UP TO 11% OFF						
069372 006201	16697	GF	*	BC P	Brown Rice Breading Crumbs, Organic	6 / 100g
069372 002159	16441	WF	*	BC P X	Salted Rice Cakes, Multigrain, Organic	12 / 185g
069372 001015	16405	WF		BC P X	Unsalted Rice Cakes, Natural	12 / 185g
PRAIRIE HARVEST PASTAS - UP TO 15% OFF						
624756 337489	30057		*	+ P X	Lasagna, Organic	12 / 454g
624756 332194	30055		*	+ P X	Small Shells, Organic	12 / 454g
624756 880114	30096		*	+ P X	Spaghetti, Whole Wheat, Organic	12 / 454g
PRANA® PRODUCTS - GLUTEN FREE - UP TO 15% OFF						
877693 000224	18111	GMO GF	*	P	Dates, Medjool, Organic	6 / 250g
877693 000217	18155	GMO GF	*	P	Figs, Organic	6 / 250g
877693 003195	26086	GMO GF	* @	+ P X	ALGARVE Chocolate Bark, Almonds & Sea Salt, 62% Cacao, Organic	8 / 100g G
877693 003201	26087	GMO GF	* @	+ P X	CARAZEL Chocolate Bark, Caramelized Nuts with Sea Salt, 62% Cacao, Organic	8 / 100g G
877693 003249	34065	GMO GF	* @	+ P X	CHIA BALANCE Chocolate Bark, Caramelized Coconut & Probiotic Chia, 62% Cacao, Organic	8 / 100g G
877693 003218	26088	GMO GF	* @	+ P X	INCA TRAIL Chocolate bark, Cranberries, Nuts & Seeds, 62% Cacao, Organic	8 / 100g G
877693 003256	26090	GMO GF	* @	+ P X	MACA POWER Chocolate Bark, Corn Flakes, Almonds & Maca, 62% Cacao, Organic	8 / 100g G
877693 003232	26091	GMO GF	* @	+ P X	MATCHA MAGIC Chocolate Bark, Sesame, Crispy Rice & Matcha, 62% Cacao, Organic	8 / 100g G
877693 003225	26089	GMO GF	* @	+ P X	NO MYLK'N Chocolaty Bark, Hazelnuts & Crispy Rice, 40% Cacao, Organic	8 / 95g G
877693 003133	26082	GMO GF	*	+ P X	Coconut Chips, HULA Salt & Pepper, Organic	8 / 100g G
877693 003096	34092	GMO GF	*	+ P	PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g
877693 001344	26132	GF	*		Nuts, Raw Pecans, Organic	6 / 180g
QUE PASA PRODUCTS - GLUTEN FREE - UP TO \$4.35 OFF						
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
068826 166096	37686	GMO GF	*	BC P X	Thin & Crispy Tortilla Chips, Sea Salt, Organic	12 / 300g G

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068826 186148	37810	GMO	GF	*	BC P X	Tortilla Chips, Ancient Grains, Organic	12 / 300g	G	
068826 176002	37382	GMO	GF	*	BC P X	Tortilla Chips, Blue, Salted, Organic	12 / 350g	G	
068826 176118	37755	GMO	GF	*	BC P X	Tortilla Chips, Carnival Tri-Colour, Organic	12 / 300g	G	
068826 176033	37384	GMO	GF	*	BC P X	Tortilla Chips, Natural, Salted, Organic	12 / 350g	G	
068826 176026	37385	GMO	GF	*	BC P X	Tortilla Chips, Natural, Unsalted, Organic	12 / 350g	G	
068826 176019	37383	GMO	GF	*	BC P X	Tortilla Chips, Red, Salted, Organic	12 / 300g	G	
068826 166102	37687	GMO	GF	*	BC P X	Tortilla Chips, Twist of Lime, Organic	12 / 300g	G	
QUE PASA TORTILLAS (FROZEN) - GLUTEN FREE - \$1.60 OFF									
068826 310109	54200	GMO	GF	*	BC P X	Tortillas, Volcanic Stone Ground Corn, Organic (12 ct)	12 / 312g		
R.W. KNUDSEN BEVERAGES - UP TO 15% OFF + VOLUME PRICING									
074682 128345	06063	GMO				Sparkling Crisp Apple Juice (bottle)	12 / 750ml	G U	
							Buy 20+ cases	Save 4.47	
074682 123128	06581			*		Prune Nectar, Organic	6 / 946ml	U	
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD - UP TO 10% OFF									
810757 006626	16817				BC P	Salmon, Pink, Skinless Boneless	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 003793	16828				P X	Tuna, Skipjack RTS Pouch, Mayonnaise & Chives	24 / 74g		
810757 003595	16829				P X	Tuna, Skipjack RTS Pouch, Mediterranean	24 / 74g		
810757 003694	16830				P X	Tuna, Skipjack RTS Pouch, Thai Chili	24 / 74g		
810757 003892	16826				P	Tuna, Skipjack, chunk in water	24 / 142g		
810757 003991	16827				P	Tuna, Skipjack, chunk in water, No Salt	24 / 142g		
RAWFOODZ VEGAN DRESSINGS (REFRIGERATED) - GLUTEN FREE - 15% OFF									
798304 137897	32066		GF	V *	+ P	Dressing, Glorious Greek, Organic	6 / 250ml		
798304 206777	32073		GF	V *	+ P	Dressing, Ranch Revival, Organic	6 / 250ml		
REAL FOODS CORN THINS - GLUTEN FREE - 10% OFF									
671959 001013	16464	GMO	GF	*	X	Corn Thins, Original, Organic	6 / 150g		
671959 001044	16467	GMO	GF	*	X	Corn Thins, Sesame, Organic	6 / 150g		
RED DUCK PRODUCTS - \$4.32 OFF									
858638 004217	35403			*		Ketchup, Original, Organic	6 / 350ml		
858638 004002	35404			*		Ketchup, Smoky, Organic	6 / 350ml		
858638 004194	35431			*		BBQ Sauce, Hot Honey Chipotle, Organic	6 / 465ml		
858638 004187	35430			*		BBQ Sauce, Smoked Applewood Molasses, Organic	6 / 465ml		
858638 004200	35432			*		BBQ Sauce, Sweet Mustard Peppercorn, Organic	6 / 465ml		
RICE DREAM NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - 10% OFF + VOLUME PRICING									
084253 273510	55322		GF	*	X	Vanilla Frozen Dessert, Organic	6 / 946ml		
							Buy 5+ cases (mix & match w/Almond Dream Frozen)	Save 5%	
RIPPLE™ DAIRY-FREE PEA BEVERAGE (REFRIGERATED) - GLUTEN FREE - 10% OFF									
855643 006250	05274	GMO	GF			Pea Beverage, Unsweetened Vanilla	6 / 1.42L		
RIZOPIA RICE PASTA - GLUTEN FREE - UP TO 10% OFF + VOLUME PRICING									
833125 001153	40364		GF	*	+ P X	Brown Rice Elbows, Organic	12 / 454g		
833125 001108	40365		GF	*	+ P X	Brown Rice Fantasia fun shapes, Organic	12 / 454g		
833125 001122	40361		GF	*	+ P X	Brown Rice Fettuccine, Organic	12 / 454g		
833125 001139	40362		GF	*	+ P X	Brown Rice Fusilli, Organic	12 / 454g		
833125 001146	40363		GF	*	+ P X	Brown Rice Penne, Organic	12 / 454g		
833125 001115	40360		GF	*	+ P X	Brown Rice Spaghetti, Organic	12 / 454g		
							Buy 10-19 cases	Save 5%	
							Buy 20-49 cases	Save 10%	
							Buy 50+ cases	Save 15%	

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833125 004154	40369	GF	*	+	☒ X	Wild Rice Elbows, Organic	12 / 454g		
833125 004130	40367	GF	*	+	☒ X	Wild Rice Fusilli, Organic	12 / 454g		
833125 004147	40368	GF	*	+	☒ X	Wild Rice Penne, Organic	12 / 454g		
833125 004116	40366	GF	*	+	☒ X	Wild Rice Spaghetti, Organic	12 / 454g		
						Buy 10-19 cases	Save 5%		
						Buy 20-49 cases	Save 10%		
						Buy 50+ cases	Save 15%		
833125 006035	40371	GMO	GF	*	+	☒ X	Quinoa Brown Rice Fusilli, Organic	12 / 340g	
833125 006042	40372	GMO	GF	*	+	☒ X	Quinoa Brown Rice Penne, Organic	12 / 340g	
833125 006011	40370	GMO	GF	*	+	☒ X	Quinoa Brown Rice Spaghetti, Organic	12 / 340g	
						Buy 10-19 cases	Save 5%		
						Buy 20-49 cases	Save 10%		
						Buy 50+ cases	Save 15%		
833125 001085	40380	GF			+	☒ X	Brown Rice Lasagna	12 / 340g	
						Buy 10-19 cases	Save 5%		
						Buy 20-49 cases	Save 10%		
						Buy 50+ cases	Save 15%		
833125 001054	40377	GF			+	☒ X	Brown Rice Elbows	12 / 454g	
833125 001023	40374	GF			+	☒ X	Brown Rice Fettuccine	12 / 454g	
833125 001030	40375	GF			+	☒ X	Brown Rice Fusilli	12 / 454g	
833125 001047	40376	GF			+	☒ X	Brown Rice Penne	12 / 454g	
833125 001061	40378	GF			+	☒ X	Brown Rice Shells	12 / 454g	
833125 001016	40373	GF			+	☒ X	Brown Rice Spaghetti	12 / 454g	
833125 001078	40379	GF			+	☒ X	Brown Rice Spirals	12 / 454g	
833125 000019	40381	GF			+	☒ X	White Rice Spaghetti	12 / 454g	
						Buy 10-19 cases	Save 5%		
						Buy 20-49 cases	Save 10%		
						Buy 50+ cases	Save 15%		
833125 002013	40382	GF			+	☒ X	Spinach Rice Spaghetti	12 / 454g	
833125 003034	40383	GF			+	☒ X	Vegetable Rice Fusilli	12 / 454g	
						Buy 10-19 cases	Save 5%		
						Buy 20-49 cases	Save 10%		
						Buy 50+ cases	Save 15%		
ROCKY MOUNTAIN FLATBREAD COMPANY FLATBREAD PIZZAS (FROZEN) - 10% OFF									
180659 000115	54640				+	☒ X	Flatbread Pizza, All Beef Pepperoni	6 / 420g	
							(54640 cannot be sold outside of B.C)		
180659 000160	54638				+	☒ X	Flatbread Pizza, Basil Bocconcini	6 / 420g	
180659 000108	54630				+	☒ X	Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g	
180659 000085	54628				+	☒ X	Flatbread Pizza, The Four Cheese Classic	6 / 405g	
ROO'BAR™ RAW BARS & ENERGY BALLS - GLUTEN FREE - VOLUME PRICING									
380023 2731096	59600	GMO	GF	*		X	Bar, Almond Cacao Nibs, Organic	12 / 45g	G
380023 2731119	59601	GMO	GF	*		X	Bar, Baobab Pineapple, Organic	12 / 45g	G
380023 2731133	59602	GMO	GF	*		X	Bar, Chia Coconut, Organic	12 / 45g	G
380023 2731126	59603	GMO	GF	*		X	Bar, Goji Coconut, Organic	12 / 45g	G
380023 2731102	59604	GMO	GF	*		X	Bar, Maca Cherry, Organic	12 / 45g	G
380023 2730730	59610	GMO	GF	*		X	Pre & Probiotic Energy Ball, Cacao Brazil Nut Maca, Organic	12 / 40g	G
380023 2730723	59609	GMO	GF	*		X	Pre & Probiotic Energy Ball, Guarana Coconut Vanilla, Organic	12 / 40g	G
380023 2730716	59611	GMO	GF	*		X	Pre & Probiotic Energy Ball, Mango Ashwagandha, Organic	12 / 40g	G
380023 2730709	59608	GMO	GF	*		X	Pre & Probiotic Energy Ball, Matcha Choc Chip Mint, Organic	12 / 40g	G
							Buy 6-9 cases	Save 10%	
							Buy 10-19 cases	Save 20%	
							Buy 20+ cases	Save 30%	

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380023 2731546	59606	GMO	GF	*	X	Protein Bar, Chia & Spirulina, Organic	10 / 60g	G	
380023 2731539	59605	GMO	GF	*	X	Protein Bar, Choc Chip & Vanilla, Organic	10 / 60g	G	
380023 2731140	59607	GMO	GF	*	X	Protein Bar, Maca & Cherry, Organic	10 / 60g	G	
						Buy 6-9 cases	Save 10%		
						Buy 10-19 cases	Save 20%		
						Buy 20+ cases	Save 30%		
SAFE CATCH LOW MERCURY CANNED TUNA - 15% OFF									
859480 006312	68508	GMO				Elite Wild Skipjack Tuna, Habanero Mint	6 / 142g		
SALT SPRING GELATO ITALIAN ICE CREAMS & SORBETTOS (FROZEN) - 15% OFF									
628451 883180	53028				BC P X	Gelato, Belgian Chocolate	8 / 450ml	G	
628451 883302	53030				BC P X	Gelato, Hazelnut	8 / 450ml	G	
628451 883036	53092			*	BC P X	Gelato, Hazelnut, Organic	8 / 450ml	G	
628451 883333	53031				BC P X	Gelato, Mt.Maxwell Mint	8 / 450ml	G	
628451 883043	53094			*	BC P X	Gelato, Strawberries & Cream, Organic	8 / 450ml	G	
628451 883395	53029				BC P X	Gelato, Vanilla Bean	8 / 450ml	G	
628451 883135	53097			*	BC P X	Sorbetto, Mango, Organic	8 / 450ml	G	
SAN ZENONE PASTAS - GLUTEN FREE - 15% OFF									
624756 550116	30229		GF	*	P X	Corn Spaghetti, Organic	12 / 340g		
SAN-J PRODUCTS - GLUTEN FREE - UP TO 15% OFF									
075810 170267	40637		GF			Asian BBQ Sauce	6 / 296ml		
075810 180266	40630		GF			Orange Cooking Sauce	6 / 296ml		
075810 230268	40647		GF			Mongolian Style Sauce	6 / 296ml		
075810 160268	40636		GF			Sweet & Tangy Cooking Sauce	6 / 296ml		
075810 000151	16350		GF		X	Black Sesame Crackers	12 / 105g		
075810 000168	16352		GF		X	Sesame Brown Rice Crackers	12 / 105g		
SANTA CRUZ ORGANIC JUICES & LEMONADES - 20% OFF									
036192 127393	06272			*		JUICE, Orange Mango Juice, Organic	12 / 946ml	U	
036192 127829	05993	GMO		*		Half & Half, Iced Tea Lemonade, Organic	12 / 946ml	U	
036192 123197	05194	GMO		*		LEMONADE, Cherry, Organic	12 / 946ml	G U	
036192 127843	06819	GMO		*		LEMONADE, Mango, Organic	12 / 946ml	G U	
036192 123135	06383	GMO		*		LEMONADE, Organic	12 / 946ml	G U	
036192 127867	05999	GMO		*		LEMONADE, Peach, Organic	12 / 946ml	G U	
036192 127850	06818	GMO		*		LIMEADE, Organic	12 / 946ml	G U	
SEASNAX SEAWEED PRODUCTS - GLUTEN FREE - 15% OFF									
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	
609722 798839	24123	GMO	GW	*	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 023212	24081	GMO	GF	*	X	SEAWEED, Roasted Onion, Organic	16 / 15g	G	
SEVENTH GENERATION HOUSEHOLD PRODUCTS - UP TO 15% OFF									
732913 229178	46165					Disinfecting Wipes	12 / 35ct	G P	
732913 228188	46247					Auto Dish Pacs, Free & Clear	12 / 20ct	G P	
732913 221707	46334					Automatic Dishwasher Gel, Free & Clear	6 / 1.1L	G P	
732913 221509	46149					Automatic Dishwasher Powder	12 / 1.28kg	G P	
732913 227334	46134					Dish Liquid, Free & Clear (unscented)	12 / 739ml	G P	
732913 228294	47041					Dish Liquid, Fresh Citrus & Ginger	12 / 739ml	G P	
732913 227341	46132					Dish Liquid, Lavender Floral & Mint	12 / 739ml	G P	
732913 227327	46133					Dish Liquid, Lemongrass & Clementine Zest	12 / 739ml	G P	

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732913 227709	46138				Laundry Liquid, 2X Ultra Concentrate, Blue Eucalyptus & Lavender	6 / 1.47L G P
732913 227693	46137				Laundry Liquid, 2X Ultra Concentrate, Free & Clear (unscented)	6 / 1.47L G P
732913 227686	47023				Laundry Liquid, 2X Ultra Concentrate, Fresh Citrus	6 / 1.47L G P
732913 228270	46197				Laundry Liquid, 4X Ultra Concentrate, Free & Clear (unscented) (fibre pack)	6 / 1.47L G P
732913 228287	46198				Laundry Liquid, 4X Ultra Concentrate, Geranium Blossoms & Vanilla (fibre pack)	6 / 1.47L G P
732913 227815	46171				Laundry Liquid, 2X Ultra Concentrate, Blue Eucalyptus & Lavender	4 / 2.95L G P
732913 227808	46170				Laundry Liquid, 2X Ultra Concentrate, Free & Clear (unscented)	4 / 2.95L G P
SILK COFFEE CREAMERS & NON-DAIRY BEVERAGES (REFRIGERATED) - UP TO \$1.88 OFF						
025293 002630	07251	GMO	GF		Almond Vanilla	12 / 473ml
025293 003880	07292	GMO	GF		Almond Hazelnut	12 / 473ml
025293 004016	07290	GMO	GF		Coconut Original	12 / 473ml
025293 004023	07291	GMO	GF		Coconut Vanilla	12 / 473ml
025293 600768	06543	GMO	GF		Soy Original	12 / 473ml
025293 001008	06850	GMO			Almond Original	6 / 1.89L
025293 001503	07055	GMO			Almond Unsweetened Original	6 / 1.89L
025293 600713	06529	GMO			Soy Original	6 / 1.89L
SILVER HILLS SPROUTED PRODUCTS (FROZEN) - 15% OFF						
055991 049026	17180	GMO	V *	BC P X	SPROUTED POWER Bagels, Plain, Organic (5-pk)	8 / 400g
055991 049019	17181	GMO	V *	BC P X	SPROUTED POWER Bagels, Sesame Sunflower, Organic (5-pk)	8 / 400g
055991 040863	17169	GMO	V	BC P X	SPROUTED POWER 100% Sprouted Grains Bread, LITTLE BIG BREAD	8 / 430g
055991 040658	17164	GMO	V	BC P X	SPROUTED POWER 100% Sprouted Grains Bread, MACK'S FLAX	8 / 615g
055991 040450	17163	GMO	V	BC P X	SPROUTED POWER 100% Sprouted Grains Bread, SQUIRRELLY	8 / 600g
055991 040160	17166	GMO	V	BC P X	SPROUTED POWER 100% Sprouted Grains Bread, THE BIG 16	8 / 615g
055991 041020	17170	GMO	*	P X	SPROUTED POWER Bread, Soft Wheat, Organic	6 / 680g
055991 033056	17177	GMO	V *	P X	SPROUTED POWER 50% Sprouted Grains Tortillas, Herb & Garlic, Organic	12 / 255g
055991 033049	17174	GMO	V *	P X	SPROUTED POWER 50% Sprouted Grains Tortillas, Spinach, Organic	12 / 255g
055991 033070	17176	GMO	V *	P X	SPROUTED POWER 50% Sprouted Grains Tortillas, Turmeric, Organic	12 / 255g
055991 033025	17175	GMO	V *	P X	SPROUTED POWER 50% Sprouted Grains Tortillas, Whole Grain, Organic	12 / 255g
SIMPLY NATURAL PASTA SAUCES - GLUTEN FREE - 15% OFF						
070974 415100	33060	GF	*		Marinara Sauce, Organic	12 / 739ml
070974 415223	33066	GF	*		Marinara w/Red Wine Sauce, Organic	12 / 739ml
070974 415124	33061	GF	*		Tomato & Basil Sauce, Organic	12 / 739ml
070974 415148	33062	GF	*		Tomato & Mushroom Sauce, Organic	12 / 739ml
070974 415162	33063	GF	*		Tomato w/Roasted Garlic Sauce, Organic	12 / 739ml
070974 415186	33064	GF	*		Tomato w/Roasted Peppers Sauce, Organic	12 / 739ml

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SIMPLY ORGANIC PRODUCTS - 15% OFF				
089836 186188	02156	*	Almond Extract, Organic	6 / 59ml
089836 186201	02157	*	Lemon Flavour, Organic (no alcohol)	6 / 59ml
089836 186218	02158	*	Orange Flavour, Organic (no alcohol)	6 / 59ml
089836 186225	02159	*	Peppermint Flavour, Organic (no alcohol)	6 / 59ml
089836 195302	02326	*	Vanilla Extract, Organic (no alcohol)	6 / 59ml
089836 186232	02154	*	Vanilla Extract, Organic	6 / 59ml
089836 186195	02172	*	Almond Extract, Organic	6 / 118ml
089836 195319	02328	*	Vanilla Extract, Organic (no alcohol)	6 / 118ml
089836 186249	02155	*	Vanilla Extract, Organic	6 / 118ml
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
089836 192226	70356	*	All Purpose Seasoning, Organic	6 / 59g
089836 192080	70789	*	Basil Leaf, c/s Organic (glass bottle)	6 / 15g
089836 192240	70358	*	Cayenne Pepper, Organic (glass bottle)	6 / 71g
089836 192332	70842	*	Ceylon Cinnamon, Organic (glass bottle)	6 / 59g
089836 192257	70359	*	Chili Powder, Organic (glass bottle)	6 / 82g
089836 192363	70840	*	Chipotle Ground, Organic (glass bottle)	6 / 75g
089836 192110	70791	*	Cinnamon, Ground, Organic (glass bottle)	6 / 69g
089836 192127	70792	*	Cumin Seed, Ground, Organic (glass bottle)	6 / 65g
089836 192264	70360	*	Curry Powder, Organic (glass bottle)	6 / 85g
089836 192141	70793	*	Garlic Powder, Organic (glass bottle)	6 / 103g
089836 192158	70794	*	Ginger Root, Ground, Organic (glass bottle)	6 / 46.5g
089836 192271	70361	*	Italian Seasoning, Organic (glass bottle)	6 / 22g
089836 192288	70362	*	Onion, Minced, Organic (glass bottle)	6 / 79g
089836 192165	70795	*	Oregano Leaf c/s, Organic (glass bottle)	6 / 21g
089836 192295	70363	*	Paprika Ground, Organic (glass bottle)	6 / 74g
089836 192097	70796	*	Pepper, Black, Medium, Organic (glass bottle)	6 / 65.5g
089836 192134	70798	*	Pepper, Red, Crushed, Organic (glass bottle)	6 / 45g
089836 192196	70801	*	Peppercorn Blend, Organic (glass bottle)	6 / 75g
089836 192189	70800	*	Peppercorns, Black, Organic (glass bottle w/adjustable grinder)	6 / 75g
089836 192103	70797	*	Peppercorns, Black, Organic (glass bottle)	6 / 75g
089836 192349	70839	*	Smoked Paprika, Organic (glass bottle)	6 / 77g

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089836 192318	70365	*			Thyme Leaf, Organic (glass bottle)	6 / 31g
089836 192172	70799	*			Tumeric Root, Ground, Organic (glass bottle)	6 / 67.5g
089836 188717	70748	*	X		Seasoning Mix, Chili, Spicy, Organic (sachets)	12 / 28g
089836 188700	70750	*	X		Seasoning Mix, Chili, Veggie, Organic (sachets)	12 / 33g
089836 188809	70752	*	X		Dip Mix, Creamy Dill, Organic (sachets)	12 / 19g
089836 188786	70753	*	X		Dip Mix, French Onion, Organic (sachets)	12 / 31g
089836 188793	70754	*	X		Dip Mix, Guacamole, Organic (sachets)	12 / 22g
089836 188779	70755	*	X		Dip Mix, Ranch, Organic (sachets)	12 / 42g
SO DELICIOUS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - UP TO 15% OFF						
744473 000678	55438	GMO	GF	X	CASHEW MILK DESSERT, Creamy Chocolate	8 / 500ml
744473 299973	52118	GMO	GF	X	COCOWHIP, Coconut Whipped Topping, Original	12 / 266ml
SOBAYA PASTAS - 10% OFF						
057443 302024	30130	*	+		Soba, Wheat and Buckwheat, Organic	12 / 230g
SOL CUISINE MEAT ALTERNATIVES (FROZEN) - UP TO 15% OFF						
628025 016228	54302	GMO		+ P X	Burger, Lemon Dill Salm'n	12 / 226g
628025 016211	54301	GMO		+ P X	Burger, Portobello Quinoa	12 / 226g
628025 016204	54300	GMO		+ P X	Burger, Sunflower Beet	12 / 226g
628025 016006	54311		V	+ P X	Meatballs, Greek Moussaka	8 / 300g
SPECTRUM PRODUCTS - 10% OFF						
022506 403376	28176	GMO	WF	*	Safflower Oil, Organic	6 / 375ml
022506 065604	28107				Spray, Coconut Oil	6 / 170g
022506 265813	28127				Spray, Olive Oil	6 / 170g
SPREAD 'EM KITCHEN SPREADS & PESTO (FROZEN) - GLUTEN FREE - 10% OFF						
627843 428237	14661	GMO	GF	BC P	NEW! Fermented Cashew Soft Cheeze, Nacho Cheeze	8 / 183g
627843 428305	14660	GMO	GF	BC P	NEW! Fermented Cashew Soft Cheeze, Porcini & Dill	8 / 183g
627843 428299	14659	GMO	GF	BC P	NEW! Fermented Cashew Soft Cheeze, Spinach & Artichoke	8 / 183g
627843 428213	14652	GMO	GF	V BC P	Cashew Dip, Beet & Balsamic	8 / 183g
627843 428244	14653	GMO	GF	V BC P	Cashew Dip, Carrot & Chilli	8 / 183g
627843 428220	14654	GMO	GF	V BC P	Dip, Cilantro & Sunflower Seed	8 / 183g
STAHLBUSH ISLAND FARMS FRUITS & VEGETABLES (FROZEN) - UP TO 15% OFF						
638882 000506	54026	GMO		X	Broccoli Florets (bag)	12 / 298g
638882 210806	54011	GMO		X	Butternut Squash, Diced (bag)	12 / 397g
638882 000704	54052	GMO		X	Classic Mixed Vegetables (bag)	12 / 283g
638882 000520	54012	GMO		X	Corn, Super Sweet (bag)	12 / 340g
638882 000544	54010	GMO		X	Green Peas (bag)	12 / 340g
638882 000599	54014	GMO		X	Marion Blackberries (bag)	12 / 283g
638882 000933	54690	GMO		X	Northwest Berry Blend	12 / 300g
638882 000612	54061	GMO		X	Spinach, Cut (bag)	12 / 283g
638882 125773	54027	GMO		X	Sweet Potato, Diced (bag)	12 / 298g
STASH TEAS - UP TO 10% OFF + VOLUME PRICING						
077652 772319	13224	GMO			Black Tea & Mate, Power Breakfast	6 / 18bags
077652 082548	13090	GMO			Black Tea, Chai Spice	6 / 20bags
077652 082098	13091	GMO			Black Tea, Double Bergamot Earl Grey	6 / 18bags
077652 082654	13092	GMO			Black Tea, Double Spice Chai	6 / 18bags
077652 082272	13093	GMO			Black Tea, Earl Grey	6 / 20bags
077652 082289	13124	GMO			Black Tea, English Breakfast	6 / 20bags
077652 082111	13169	GMO			Black Tea, White Chocolate Mocha	6 / 18bags
077652 082791	13094	GMO			Decaf Tea, Chai Spice	6 / 18bags
077652 082432	13095	GMO			Decaf Tea, Chocolate Hazelnut	6 / 18bags
077652 082777	13096	GMO			Decaf Tea, Earl Grey	6 / 18bags
077652 082784	13097	GMO			Decaf Tea, English Breakfast	6 / 18bags
077652 082593	13098	GMO			Decaf Tea, Premium Green	6 / 18bags
077652 082692	13099	GMO			Decaf Tea, Vanilla Chai	6 / 18bags
077652 082753	13100	GMO			Decaf Tea, Vanilla Nut Crème	6 / 18bags

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077652 082524	13103	GMO		Green Tea, Chai Green	6 / 20bags
077652 083651	13102	GMO		Green Tea, Ginger Peach Green w/ Matcha	6 / 18bags
077652 082241	13123	GMO		Green Tea, Jasmine Blossom	6 / 20bags
077652 082371	13127			Green Tea, Mojito Mint w/ Matcha	6 / 18bags
077652 082357	13104	GMO		Green Tea, Moroccan Mint	6 / 20bags
077652 083668	13105			Green Tea, Pomegranate Raspberry Green w/ Matcha	6 / 18bags
077652 082296	13106	GMO		Green Tea, Premium Green	6 / 20bags
077652 082333	13079			Herbal & Black Tea, Salted Caramel Mate	6 / 18bags
077652 772197	10087			Herbal Tea & Mate, Ginger Fire Chai	6 / 18bags
077652 083392	13107	GMO		Herbal Tea, Acai Berry	6 / 18bags
077652 082661	12328	GMO		Herbal Tea, Blueberry Superfruit	6 / 20bags
077652 082210	13108	GMO		Herbal Tea, Chamomile	6 / 20bags
077652 082418	13109	GMO		Herbal Tea, Chamomile Nights	6 / 20bags
077652 082395	13110	GMO		Herbal Tea, Cinnamon Apple Chamomile	6 / 20bags
077652 082494	13111			Herbal Tea, Lemon Ginger	6 / 20bags
077652 082258	13112	GMO		Herbal Tea, Licorice Spice	6 / 20bags
077652 082562	13113			Herbal Tea, Mango Passionfruit	6 / 20bags
077652 082449	13115			Herbal Tea, Meyer Lemon	6 / 20bags
077652 772104	10088	GMO		Herbal Tea, Minty Licorice Delight	6 / 18bags
077652 082227	13116	GMO		Herbal Tea, Peppermint	6 / 20bags
077652 088199	13089			Herbal Tea, Sampler, 9 Flavours	6 / 18bags
077652 083095	13156	GMO		Herbal Tea, Spice Dragon Red Chai	6 / 18bags
077652 772173	13226			Herbal Tea, Sunny Orange Ginger	6 / 18bags
077652 772883	13225	GMO		Herbal Tea, Super Mint	6 / 18bags
077652 083538	13121	GMO		Oolong Tea, Chocolate Mint Wuyi Oolong	6 / 20bags
077652 083552	13122			Oolong Tea, Coconut Mango Wuyi Oolong	6 / 20bags
Buy 60+ cases Save 1.24					
077652 083576	13159	GMO	*	Herbal Tea, Chocolate Orange, Organic	6 / 18bags
077652 773873	12329	GMO	* @	Herbal Tea, Moringa Mint, Organic	6 / 18bags
077652 773897	12330	GMO	* @	Herbal Tea, Rainforest Chai, Organic	6 / 18bags
077652 772234	10089	GMO	*	Herbal Tea, Sunny Dandelion Root, Organic	6 / 18bags
077652 082401	12222	GMO	*	Herbal Tea, Vanilla Honeybush, Organic	6 / 18bags
077652 083569	13160	GMO	* @	Herbal Tea, Very Berry, Organic	6 / 18bags
STELLA'S PEROGIES (FROZEN) - GLUTEN FREE - 15% OFF					
878431 000032	30350	GF	+ P	X Perogies, Dairy Free Cheddar Style	12 / 520g
878431 000025	30349	GF	+ P	X Perogies, Onion & Garlic	12 / 520g
STICKLING'S BAKERY PRODUCTS - GLUTEN FREE - 15% OFF					
775918 002018	32041	GF	+ P	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
STIRLING CREAMERY CHURN 84 EUROPEAN STYLE BUTTER (FROZEN) - GLUTEN FREE - 10% OFF					
062415 512950	18407	GF	+ P	NEW! CHURN 84, Farmhouse (Whey), Salted	18 / 250g
062415 512998	18403	GF	+ P	NEW! CHURN 84, Salted	18 / 250g
062415 512981	18402	GF	+ P	NEW! CHURN 84, Unsalted	18 / 250g
062415 512943	18401	GF	* + P	NEW! CHURN 84, Salted, Organic	18 / 250g
062415 512936	18400	GF	* + P	NEW! CHURN 84, Unsalted, Organic	18 / 250g
SUNFLOWER KITCHEN DIPS & SPREADS (REFRIGERATED) - GLUTEN FREE - 10% OFF					
679514 310105	14273	GMO	GF	+ P Babaghanouj	6 / 227g
679514 312048	14467	GMO	GF	+ P Hummus+, Artichoke Dill w/ Garden Vegetable Medley Topping	6 / 300g
679514 312031	14468	GMO	GF	+ P Hummus+, Roasted Pepper w/ Basil Pesto topping	6 / 300g
679514 410010	14419	GMO	GF	+ P Hummus, Classic	8 / 500g
679514 310013	14276	GMO	GF	+ P Hummus, Classic	6 / 227g
679514 310068	14281	GMO	GF	* + P Hummus, Classic, Organic	6 / 227g
679514 310020	14278	GMO	GF	+ P Hummus, Jerusalem	6 / 227g

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679514 310044	14279	GMO	GF	+ P	Hummus, Mediterranean Black Olive	6 / 227g
679514 310051	14280	GMO	GF	+ P	Hummus, Roasted Garlic & Onion	6 / 227g
679514 311010	14274	GMO	GF	+ P	Pesto, Basil	6 / 227g
679514 311041	14275	GMO	GF	+ P	Pesto, Kale & Oregano	6 / 227g
SUPERIOR TOFUS (REFRIGERATED) - UP TO \$4.20 OFF						
777433 000302	40334	GMO		BC P	Tofu, Fried	12 / 350g
777433 001101	40011	GMO		* BC P X	Tofu, Pressed, Organic	12 / 350g
777433 001064	40322	GMO		* BC P	Tofu, Extra Firm, Organic	12 / 350g
777433 012404	40320	GMO		* BC P	Tofu, Medium Firm, Organic	12 / 454g
SURF SWEETS® by WHOLESOME - GLUTEN FREE - 15% OFF						
891475 001131	35144		GF		Gummy Bears	12 / 78g G
891475 001148	35145		GF		Gummy Worms	12 / 78g G
891475 001155	35146	GMO	GF	*	Jelly Beans, Organic	12 / 78g G
891475 001162	35147	GMO	GF	X	Sour Worms	12 / 78g G
SUSHI NORI - 10% OFF						
290211 203022	24041			P	Sushi Nori	48 / 25g
SUZIE'S GOOD FATS SNACK BARS - GLUTEN FREE - 10% OFF						
628055 997009	11502	GMO	GF	+ P X	Coconut Chocolate Chip	12 / 39g G
628055 997115	11500	GMO	GF	+ P X	Mint Chocolate Chip	12 / 39g G
628055 997030	11503	GMO	GF	+ P X	Peanut Butter Chocolatey	12 / 39g G
628055 997085	11501	GMO	GF	+ P X	Rich Chocolatey Almond	12 / 39g G
SWERVE SWEETENERS - 10% OFF						
852700 300290	32702				Icing Sugar	6 / 340g
TASTE ADVENTURE PRODUCTS - GLUTEN FREE - 10% OFF						
032445 006323	38719	GMO	GF	*	Refried Black Beans, Organic (flakes)	6 / 170g
032445 026116	38832	GMO	GF	*	X Soup Cup, Black Bean, Organic	6 / 71g
032445 026123	38833	GMO	GF	*	X Soup Cup, Curry Lentil, Organic	6 / 71g
032445 026130	38834	GMO	GF	*	X Soup Cup, Golden Pea, Organic	6 / 71g
032445 026109	38831	GMO	GF	*	X Soup Cup, Split Pea, Organic	6 / 71g
032445 026147	38835	GMO	GF	*	X Soup Cup, Sweet Corn Chowder, Organic	6 / 57g
TASTE NIRVANA COCONUT WATERS - 10% OFF						
011259 806886	05921		GF	X	Coconut Water With Pulp (glass bottle)	12 / 280ml U
TAZO FILTERBAG TEAS - 10% OFF						
794522 200702	30854				AWAKE English Breakfast style (wrapped)	6 / 24ct
794522 210107	30862			*	Chai, Organic (wrapped)	6 / 24ct
TEECCINO DANDELION TEAS - UP TO 15% OFF						
795239 432202	12869				Dandelion Caramel Nut (caffeine free)	6 / 10bags
795239 431106	12868			*	Dandelion Dark Roast (caffeine free), Organic	6 / 10bags
795239 433308	12867		GF	*	Dandelion Turmeric (caffeine free), Organic	6 / 10bags
THAI KITCHEN PRODUCTS - 15% OFF						
737628 047000	30310		GF	X	INSTANT NOODLES, Bangkok Curry	12 / 45g
737628 030000	30309		GF	X	INSTANT NOODLES, Garlic & Vegetable	12 / 45g
737628 047505	30311		GF	X	INSTANT NOODLES, Thai Ginger	12 / 45g
737628 029501	30308		GF	X	INSTANT NOODLES, Lemongrass & Chili	12 / 45g
737628 046508	30312		GF	X	INSTANT NOODLES, Spring Onion	12 / 45g
737628 085507	38291		GF	X	SOUP BOWL, Hot & Sour	6 / 68g
737628 086504	38292		GF	X	SOUP BOWL, Lemongrass & Chili	6 / 68g
737628 065509	38227		GF	X	SOUP BOWL, Mushroom Medley	6 / 68g
737628 062508	38226		GF	X	SOUP BOWL, Roasted Garlic	6 / 68g
737628 066001	38228		GF	X	SOUP BOWL, Spring Onion	6 / 68g
737628 086009	38293		GF	X	SOUP BOWL, Thai Ginger	6 / 68g
737628 060504	14424		GF		Coconut Milk, Premium (can)	24 / 160ml
737628 004003	14950		GF		Green Curry Paste	12 / 112g
737628 003006	14952		GF		Red Curry Paste	12 / 112g
737628 006007	14956		GF		Roasted Red Chili Paste	12 / 112g
737628 012008	14944		WF		Yellow Curry Paste	12 / 112g

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THE CANADIAN ORGANIC POPCORN COMPANY POPCORN - GLUTEN FREE - UP TO \$5.52 OFF				
628451 010104	38829	GMO GF	* BC P X	Theatre Style Butter & Sea Salt Flavoured, Organic 12 / 90g G
628451 010098	38827	GMO GF	* BC P X	English Toffee Flavoured, Organic 12 / 125g G
628451 010081	38828	GMO GF	* BC P X	Sweet & Salty Flavour, Organic 12 / 125g G
628451 010067	32177	GMO GF	* P	Unpopped Kernels, Organic 24 / 500g
THE GINGER PEOPLE PRODUCTS - GLUTEN FREE - UP TO 18% OFF + VOLUME PRICING				
734027 902039	35018	GF		Gin Gins Boost Soft Candy 12 / 31g G Buy 15-29 cases Save 5% Buy 30+ cases Save 10%
734027 902053	35025	GF	X	Gin Gins, Chewy Ginger Candy, Original (travel pack) (box) 12 / 45g G Buy 15-29 cases Save 5% Buy 30+ cases Save 10%
734027 901551	35019	GF		Gin Gins, Chewy Ginger Candy, Original (box) 12 / 128g G Buy 15-29 cases Save 5% Buy 30+ cases Save 10%
734027 901377	14390	GF		Dipping & Cooking Sauce, Sweet Ginger Chili 12 / 375ml
THEO CHOCOLATES - 10% OFF				
874492 002435	11982	GMO	* X	Dark Chocolate, Cherry Almond, 70% Cocoa, Organic 12 / 85g G
874492 002510	11984	GMO	* X	Milk Chocolate, Salted Almond, 45% Cocoa, Organic 12 / 85g G
874492 003258	11993	GMO GF	* X	Dark Chocolate, Sea Salt, 70% Cocoa, Organic 12 / 85g G
THIRSTY BUDDHA BEVERAGES - UP TO 10% OFF + VOLUME PRICING				
852953 001456	72506	GMO	P X	Coconut Water with Aloe Vera (can) 12 / 490ml U
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 15-24 cases (490ml SKUS) Save 0.50 Buy 25-49 cases (490ml SKUS) Save 0.75 Buy 50+ cases (490ml SKUS) Save 1.00
852953 001319	07219	GMO GF		Coconut Water, Natural (tetrapak) 12 / 500ml U Buy 15-24 cases (07219 ONLY) Save 0.50 Buy 25-49 cases (07219 ONLY) Save 0.75 Buy 50+ cases (07219 ONLY) Save 1.00
852953 001500	72523	GMO	P X	Sparkling Coconut Water with Grapefruit (Can) 12 / 330ml G U
852953 001173	07213	GMO GF		Coconut Water, Natural (tetrapak) 12 / 1L U
THOMPSON'S HOMEOPATHIC CRÈME - 20% OFF				
628977 000498	82001			Calendula Crème 1 / 40ml G P
THREE FARMERS CRUNCHY LITTLE LENTILS - GLUTEN FREE - 15% OFF				
679339 000410	29721	GMO GF	+ P	NEW! CRUNCHY LITTLE LENTILS, Barbecue 12 / 140g G
679339 000427	29722	GMO GF	+ P	NEW! CRUNCHY LITTLE LENTILS, Garlic & Herb 12 / 140g G
679339 000403	29720	GMO GF	+ P	NEW! CRUNCHY LITTLE LENTILS, Lightly Salted 12 / 140g G
679339 000434	29723	GMO GF	+ P	NEW! CRUNCHY LITTLE LENTILS, Sea Salt & Vinegar 12 / 140g G
TINKYADA RICE PASTAS - GLUTEN FREE - UP TO 15% OFF				
621683 920654	30037	GF	+ P X	Fusilli, Brown Rice 12 / 454g
621683 920753	30924	GF	+ P X	Shells, Brown Rice 12 / 454g
621683 520151	30916	GF	+ P X	Spaghetti, White Rice 12 / 454g
TOFURKY MEAT ALTERNATIVES (REFRIGERATED) - 15% OFF				
025583 006164	56025	GMO		Artisan Sausages, Andouille 12 / 397g
025583 006171	56026	GMO		Artisan Sausages, Spinach Pesto 12 / 397g

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TOM'S OF MAINE BODY CARE PRODUCTS - 10% OFF						
077326 831328	81555				Deodorant, Beautiful Earth, Aluminum Free, Long Lasting	1 / 64g G P
077326 831502	81554				Deodorant, Calendula, Aluminum Free, Long Lasting	1 / 64g G P
077362 831519	81553				Deodorant, Honeysuckle Rose Long, Aluminum Free, Long Lasting	1 / 64g G P
077326 613252	81537				Deodorant, Lemongrass, Long Lasting Stick	1 / 64g G P
077326 832301	80671				Deodorant, Mountain Spring, Men's Long Lasting Stick	1 / 64g G P
077326 832295	81075			X	Deodorant, Naturally Dry, Natural Powder Antiperspirant	1 / 64g G P
077326 831311	81552				Deodorant, Unscented, Aluminum Free, Long Lasting	1 / 64g G P
077326 444627	80793			X	Deodorant, Wild Lavendar, Aluminum Free, Long Lasting	1 / 64g G P
077326 834176	80779				Mouthwash, Wicked Fresh, Cool Mountain Mint (alcohol free)	1 / 473ml G P
077326 102404	81515				Toothpaste, Fluoride Free, Fennel Natural	1 / 85ml G P
077326 455562	81525				Toothpaste, Fluoride Free, Rapid Relief Sensitive, Fresh Mint	1 / 76ml G P
077326 832226	81505	WF			Toothpaste, Fluoride Free, Silly Strawberry	1 / 90ml G P
077326 101407	81509				Toothpaste, Fluoride Free, Spearmint Natural	1 / 85ml G P
077326 830055	81523				Toothpaste w/fluoride, Mint, Maximum Strength Sensitive	1 / 85ml G P
077326 830031	81522				Toothpaste w/fluoride, Peppermint, Whole Care plus whitening	1 / 85ml G P
077326 116401	81507				Toothpaste, w/fluoride, Spearmint Natural	1 / 85ml G P
077326 159408	81506				Toothpaste, Fluoride Free, Peppermint Natural Clean Plus Whitening	1 / 85ml G P
TRADITIONAL MEDICINALS TEAS - UP TO 15% OFF						
032917 101617	12150	GMO			Cold Formula	6 / 20bags
032917 101631	12199	GMO		* @	Cup of Calm, Organic	6 / 20bags
032917 101549	12189	GMO		*	Echinacea Plus Elderberry, Organic	6 / 20bags
032917 101853	30109	GMO		* @	Heart Tea w/Hawthorn Hibiscus, Organic	6 / 20bags
032917 101914	12983	GMO	GF	*	Lemon Balm, Organic	6 / 20bags
032917 101969	13049	GMO		*	Mother's Milk Tea, Organic	6 / 20bags
032917 101938	12986	GMO	GF	*	Nighty Night Valerian, Organic	6 / 20bags
032917 101686	12142	GMO		* @	Nighty Night, Organic	6 / 20bags
032917 102089	12952	GMO		*	RELAXATION TEA, Stress Soother, Cinnamon, Organic	6 / 20bags
032917 102096	12953	GMO		* @	Tulsi w/ Ginger, Organic	6 / 20bags
032917 102102	12954			*	Turmeric with Meadowsweet & Ginger, Organic	6 / 20bags
032917 101662	12155	GMO		* @	Weightless Tea, Organic	6 / 20bags
TRIPLE JIM'S ALL NATURAL PRODUCTS MADE FROM BC FRUIT - UP TO 15% OFF						
059105 621009	18141			BC ☞ X	Juice, Cranberry Apple (glass bottle)	12 / 473ml U
059105 550941	18123			+ ☞	Black Cherry, Pure (bottle)	12 / 946ml U
059105 601001	18120			+ ☞	Cranberry Apple (bottle)	12 / 946ml U
059105 650757	18133			+ ☞	Cranberry, Pure (bottle)	12 / 946ml U
059105 150905	18102			BC ☞	Cider, Apple	12 / 946ml U
059105 001825	18122			* BC ☞	Cider, Apple, Organic (glass bottle)	6 / 1.89L U
059105 153784	18131			BC ☞	Cider, Apple	4 / 3.78L U
059105 003782	18121			* BC ☞	Cider, Apple, Organic	4 / 3.78L U
059105 050755	36657			* BC ☞	Apple Chips, Organic	24 / 75g G

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TRUE CITRUS DRINK MIXES - 20% OFF						
810979 001478	70369				True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct
TRUMPS SLIMS DESSERT CRACKERS - 10% OFF						
818474 009265	50177	GF	BC	Ⓟ X	SLIMS Dessert Cracker, Cocoa	14 / 100g
818474 009463	50178	GF	BC	Ⓟ X	SLIMS Dessert Cracker, Lemon	14 / 100g
818474 009166	50179		BC	Ⓟ X	SLIMS Dessert Cracker, Cranberry Orange	14 / 100g
818474 009067	50180		BC	Ⓟ X	SLIMS Dessert Cracker, Banana	14 / 100g
TUBIFY ORGANIC CRAFT FREEZIES (FROZEN) - 15% OFF						
628055 432081	52153	V * @		Ⓟ X	Coconut Koala Café Latte, Organic	12 / 6x55ml G
628055 432036	52151	V * @		Ⓟ X	Mango Tiger, Organic	12 / 6x55ml G
628055 432067	52152	V * @		Ⓟ X	Minty Moose Limeade, Organic	12 / 6x55ml G
628055 432012	52150	V * @		Ⓟ X	Raspberry Raven Lemonade, Organic	12 / 6x55ml G
TYRRELL'S HAND COOKED ENGLISH CHIPS - 20% OFF						
810697 011001	15500			X	Lightly Sea Salted	12 / 150g G
810697 010264	15501			X	Mature Cheddar & Chives Flavour	12 / 150g G
810697 011025	15502			X	Sea Salt & Cider Vinegar Flavour	12 / 150g G
810697 011063	15504			X	Sweet Chili & Red Pepper Flavour	12 / 150g G
UDI'S™ GLUTEN FREE PRODUCTS (FROZEN) - UP TO \$4.20 OFF						
698997 809579	54286	GF		X	Bagels, Cinnamon Raisin (4ct)	8 / 395g
698997 809548	54353	GF		X	Bagels, Plain (5ct)	8 / 395g
698997 809647	54285	GF		X	Bagels, Whole Grain (5ct)	8 / 395g
698997 809258	54349	GF		X	Bread, Cinnamon Raisin	8 / 340g
698997 809944	55042	GF		X	Bread, Millet Chia Loaf	8 / 404g
698997 829157	54290	GF		X	Bread, Multigrain Sandwich Loaf	8 / 340g
698997 809968	55057	GF			Bread, Omega-3 Flax	8 / 406g
698997 809104	54287	GF		X	Bread, White Sandwich	8 / 340g
698997 806981	54547	GF		X	Bread, French Baguettes (2ct)	6 / 240g
698997 809371	55041	GF		X	MUFFINS, Double Chocolate (4pk)	6 / 340g G
698997 809173	54289	GF		X	Pizza Crusts (2ct)	8 / 227g
698997 808442	54578	GF		X	Lasagna, Italian Sausage	6 / 227g
698997 806257	54544	GF		X	Pizza, Margherita	6 / 284g
698997 806233	55077	GF		X	Pizza, Pepperoni	6 / 286g
698997 826262	54291	GF		X	Pizza, Supreme	6 / 312g
698997 806240	54543	GF		X	Pizza, Three Cheese	6 / 284g
UMI'S KITCHEN COOKING SAUCES - 10% OFF						
627761 820205	51362		BC	Ⓟ	Simmer Sauce, Jeera Cumin	12 / 450ml
UPTON'S NATURALS JACKFRUIT IN SAUCE - 15% OFF						
851070 006450	46510	GMO		* @	Jackfruit, Original (plain)	10 / 200g
851070 006467	46511				Jackfruit in Barbecue Sauce	10 / 200g
851070 006474	46512				Jackfruit in Thai Curry Sauce	10 / 200g
VAN'S WAFFLES (FROZEN) - GLUTEN FREE - UP TO \$2.24 OFF + VOLUME PRICING						
089947 302200	54752	GF		X	Blueberry Waffles	8 / 255g
089947 302064	54750	GF		X	Original Waffles	8 / 255g
					Buy 10+ cases	Save 0.76
VEGAN ROB'S PLANT BASED SNACKS - GLUTEN FREE - 10% OFF						
816678 020727	10142	GMO GF V		X	Puffs, Beet	12 / 99g G
816678 020840	10140	GMO GF V		X	Puffs, Jackfruit	12 / 99g G
816678 020796	10141	GMO GF V		X	Puffs, Moringa	12 / 99g G
VEGGIE-GO'S FRUIT & VEGGIE STRIPS - UP TO 15% OFF						
853079 005380	26492	GMO GF *		X	Cinnamon Spiced Beet, Organic	20 / 12g G
853079 005397	26491	GMO GF *		X	Sweet Potato Pie, Organic	20 / 12g G
094723 510168	26495	GMO GF *		X	TropiKale, Organic	20 / 12g G
VG GOURMET ARTISAN VEGAN BURGERS (FROZEN) - GLUTEN FREE - \$5.04 OFF						
627843 517436	54644	GF V		+ Ⓟ X	Artisan Vegan Burgers, Sweet Potato and Black Bean (4-pk)	12 / 400g
627843 517412	54596	GF V		+ Ⓟ X	Lentil & Walnut Burger (4 pk)	12 / 400g
627843 517375	54594	GF V		+ Ⓟ X	Quinoa & Chickpea Burger (4 pk)	12 / 400g
VIJ'S CRAZY GOOD MEATBALLS (FROZEN) - 10% OFF						
673984 001280	60160		BC	Ⓟ X	Butter Chicken Style	6 / 850g
673984 001273	60161		BC	Ⓟ X	Indian Marinara	6 / 850g
673984 001297	60162		BC	Ⓟ X	Sweet Masala	6 / 850g
VIJ'S INDIAN CUISINE (FROZEN) - 10% OFF						
673984 001365	54406			+ Ⓟ X	Coconut Beef Curry	6 / 400g
673984 001419	54412			+ Ⓟ X	Everyday Chana Masala	6 / 400g
673984 001426	54413			+ Ⓟ X	Slow-Cooked Punjabi Daal	6 / 400g
673984 001303	54400			+ Ⓟ X	Kalonji Chicken Curry	6 / 400g
673984 001327	54402			+ Ⓟ X	Vij's Masala Chicken	6 / 400g

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VORTEX 9.5 HIGH ALKALINE BOTTLED WATERS - 10% OFF						
661431 100501	06897			X	High pH Glacial Alkaline Water w/Electrolytes	24 / 500ml U
WELO™ PROBIOTIC BARS - \$3.00 OFF						
628110 014009	10091			+ P X	PROBIOTIC Bar, Chocolate Bar	12 / 40g G
628110 014016	10092			+ P X	PROBIOTIC Bar, Coconut Cashew	12 / 40g G
628110 014023	10093			+ P X	PROBIOTIC Bar, Matcha Almond	12 / 40g G
WHITEWATER COOKS PRODUCTS - 10% OFF						
627843 382164	77800			BC P	Marinade, Miso Ginger	12 / 350ml
627843 382140	77801			BC P	Dressing, Glory Bowl	12 / 350ml
627843 382133	77803			BC P	Vinaigrette, Honey Curry	12 / 350ml
WHOLESOME PRODUCTS - UP TO 15% OFF						
012511 537425	44270	GMO	GF	* @	X Fruit Chews, Organic	12 / 57g G
012511 537128	44271	GMO	GF	* @	X DelishFish, Raspberry Flavoured, Organic	12 / 57g G
012511 871338	44235	GMO		* @	Vanilla Frosting, Organic (ready-to-use)	6 / 354g
012511 871314	44236	GMO		* @	Chocolate Frosting, Organic (ready-to-use)	6 / 354g
012511 971069	44158	GMO	GF	* @	COCONUT PALM SUGAR, Organic	6 / 454g
012511 320041	44018	GMO	GF	* @	ICING SUGAR, Powdered , Organic	6 / 454g
012511 446529	44037	GMO	GF	* @	SUGAR, Dark Brown, Organic	6 / 680g
012511 446413	44036	GMO	GF	* @	SUGAR, Light Brown, Organic	6 / 680g
012511 444716	44029	GMO	GF	* @	SUGAR, Turbinado, Organic	6 / 680g
012511 406004	44127	GMO	GF	* @	SUGAR, Organic	6 / 907g
012511 470715	44198	GMO	GF	@	SUGAR, Cane, Raw	6 / 680g
012511 600006	44072	GMO	GF	* @	MOLASSES, Blackstrap, Organic	12 / 662g
012511 700003	44199	GMO	GF	* @	MOLASSES, Blackstrap, Organic	6 / 1.33kg
012511 976354	44157	GMO	GF	*	STEVIA, Organic (35 individual packets)	6 / 35g
012511 976750	44159	GMO	GF	*	STEVIA, Organic	6 / 75g
012511 976606	44182	GMO	GF	*	STEVIA, Organic (jar)	6 / 170g
012511 476441	44112		GF	* @	BLUE AGAVE NECTAR, Raw, Organic	6 / 900ml
012511 471217	44091	GMO	GF	* @	BLUE AGAVE NECTAR, Organic	6 / 240ml
012511 473129	44092	GMO	GF	* @	BLUE AGAVE NECTAR, Raw, Organic	6 / 240ml
012511 472313	44093	GMO	GF	* @	BLUE AGAVE NECTAR, Organic	6 / 480ml
012511 473235	44094		GF	* @	BLUE AGAVE NECTAR, Raw, Organic	6 / 480ml
012511 470319	44197	GMO	GF	* @	SUGAR, Organic	6 / 454g
WHOLLY WHOLESOME PIE SHELLS (FROZEN) - UP TO \$5.50 OFF						
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
WILD COUNTRY PRODUCTS - UP TO 20% OFF						
625094 808457	60340			P X	Tea Strainer, 100% Unbleached Cotton, Reusable (S/O)	10 / 1ea G P
621234 610041	44109			+ P	Pure Raw Honey, Canada #1 White	12 / 500g
621234 600219	44251			* + P	Creamed Honey, Unpasteurized Canada #1 White, Organic	12 / 1kg
WILD MADE ORGANIC FRUITROLLS - 10% OFF						
853079 005731	13600			*	Grape, Organic (5ct)	8 / 60g G
853079 005748	13601			*	Tropical Fruit, Organic (5ct)	8 / 60g G
WILD TEA KOMBUCHA BEVERAGES (REFRIGERATED) - 10% OFF						
628055 948117	23703			+ P	Pineapple Mojito (glass)	12 / 380ml G U
628055 948131	23700			+ P	Strawberry Daiquiri (glass)	12 / 380ml G U
WILDBRINE FERMENTED CONDIMENTS & PROBIOTIC LIVE SHOTS (REFRIGERATED) - UP TO 15% OFF						
858159 002785	32237	GMO		*	Coleslaw, Organic	6 / 500ml
858159 002051	32156	GMO	GF		Kimchi, Japanese	6 / 500ml
858159 002082	32159	GMO			Salsa, Fermented Salsa Rojo	6 / 510ml
858159 002013	32151	GMO	GF		Sauerkraut, Dill & Garlic	6 / 500ml
858159 002419	32220	GMO	GF	*	Sauerkraut, Raw, Green, Organic	6 / 500ml
858159 002433	32221	GMO	GF	*	Sauerkraut, Raw, Red, Organic	6 / 500ml
858159 002761	32222	GMO	GF	*	Sauerkraut, Smoky Kale, Organic	6 / 500ml
858159 002778	32239	GMO			Sriracha Sauce, Smoky Jalapeno	8 / 241g
858159 002716	32238	GMO			Sriracha Sauce, Spicy Kimchi	8 / 241g

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052				Order
858159 002938	32240	GMO		X	KIMCHI LIVE SHOTS, Beet Dill	6 / 237ml U
858159 002914	32230	GMO	GF	X	KIMCHI LIVE SHOTS, Citrusy Japanese	6 / 237ml U
858159 002907	32229	GMO	GF	X	KIMCHI LIVE SHOTS, Spicy Korean	6 / 237ml U
WILDER HARRIER SUSTAINABLE DOG TREATS - 15% OFF						
628110 795205	10825			+ P X	Cricket Dog Biscuits, Apple Cranberry	6 / 90g G P
628110 795212	10824			+ P X	Cricket Dog Biscuits, Banana Peanut	6 / 90g G P
628110 795168	10820			+ P X	Cricket Dog Training Treats, Blueberry Honey	6 / 130g G P
628110 795151	10821			+ P X	Cricket Dog Training Treats, Pumpkin Carrot	6 / 130g G P
628110 795175	10822		V	+ P X	Seaweed Vegan Dog Treats, Cantaloupe Carrot	6 / 120g G P
628110 795182	10823		V	+ P X	Seaweed Vegan Dog Treats, Pear Spinach	6 / 120g G P
WOLFGANG PUCK CANNED SOUPS - 10% OFF						
858328 764322	19393			*	Soup, Chicken & Dumpling, Organic	12 / 398ml
858328 764162	19395			*	Soup, Hearty Garden Vegetable, Low Sodium, Organic	12 / 398ml
YOGI BEVERAGE TEAS - VOLUME PRICING						
076950 615168	12720	GMO		*	EGYPTIAN LICORICE Tea, Organic	6 / 16bags
076950 650213	12652				Green Tea, Kombucha	6 / 16bags
076950 650176	12671				Lemon Ginger Tea	6 / 16bags
076950 203488	12944	GMO		*	Restful Sleep Tea, Organic	6 / 16bags
						Buy 20+ cases Save 2.00
YOSO YOGURT ALTERNATIVE (REFRIGERATED) - \$3.00 OFF						
834914 002634	56039			+ P	Premium Creamy Cultured Almond & Cashew, Strawberry	6 / 440g
834914 002610	56040			+ P	Premium Creamy Cultured Almond & Cashew, Unsweetened	6 / 440g
834914 002627	56038			+ P	Premium Creamy Cultured Almond & Cashew, Vanilla	6 / 440g
ZIMT CHOCOLATE BARS - GLUTEN FREE - 10% OFF						
628055 532002	11000	GMO	GF	* BC P X	Raw Chocolate, 80% Cacao, Organic	12 / 40g G
628055 532040	11004	GMO	GF	* BC P X	Raw Chocolate, Chocolate Nib'd, Organic	12 / 40g G
628055 532019	11001	GMO	GF	* BC P X	Raw Chocolate, Coconut Crisp, Organic	12 / 40g G
628055 532064	11006	GMO	GF	* BC P X	Raw Chocolate, Kaffee Chocolate, Organic	12 / 40g G
628055 532071	11007	GMO	GF	* BC P X	Raw Chocolate, Maple Salt & Rosemary, Organic	12 / 40g G
628055 532033	11003	GMO	GF	* BC P X	Raw Chocolate, Peppermint Nib'd, Organic	12 / 40g G
628055 532026	11002	GMO	GF	* BC P X	Raw Chocolate, Salt of the Earth, Organic	12 / 40g G
628055 532057	11005	GMO	GF	* BC P X	Raw Chocolate, Sweet Orange Nib'd, Organic	12 / 40g G
ZIMT MACAROONS - 10% OFF						
628055 532095	21101			* BC P X	Macaroon, Salted Vanilla Bean Caramel, Organic (2 pack)	9 / 70g G
ZEVIA® STEVIA SWEETENED BEVERAGES - GLUTEN FREE - 20% OFF						
849429 000624	72020	GMO	GF		Sparkling Water, Blackberry (can)	3 / 8x355ml G U
849429 000648	72021	GMO	GF		Sparkling Water, Cucumber Lemon (can)	3 / 8x355ml G U
849429 000662	72022	GMO	GF		Sparkling Water, Lime (can)	3 / 8x355ml G U
849429 000617	72023	GMO	GF		Sparkling Water, Mandarin Orange (can)	3 / 8x355ml G U

CLEARANCE*Discontinued and Clearance items are final sale***AKAVA INSTANT COFFEE SUBSTITUTE**

063998 009127	12981					Instant Coffee Substitute, Jar	12 / 100g	44.52	
063998 009233	12982					Instant Coffee Substitute, Tin	12 / 250g	66.72	

ANCIENT HARVEST PASTAS - GLUTEN FREE - 50% OFF

089125 269301	17053	GMO	GF	*	X	Rotelle, Red Lentil & Quinoa, Organic	6 / 227g	26.46	
089125 259005	17047	GMO	GF	*	X	Spaghetti, Quinoa, Organic	12 / 227g	41.76	

ANITA'S ORGANIC MILL PRODUCTS - 50% OFF

623636 800709	28077			*	+	Ⓟ	X	Hemp Hearts, Organic	4 / 454g	62.20	
623636 500043	22036		B	K	*	BC	Ⓟ	X	Stoneground Whole Spelt Flour, Hard Spring Wheat, Organic	1 / 20kg	97.17

ARCTIC ZERO FIT FROZEN DESSERTS - 75% OFF

852244 003862	23901	GMO		K		X		Cake Batter	8 / 473ml	39.60	G
852244 003886	23903	GMO		K		X		Cherry Chocolate Chunk	8 / 473ml	39.60	G
852244 003879	23904	GMO		K		X		Cookie Dough Chip	8 / 473ml	39.60	G
852244 003848	23900	GMO		K		X		Cookie Shake	8 / 473ml	39.60	G
852244 003893	23905	GMO		K		X		Rocky Road Trip	8 / 473ml	39.60	G
852244 003855	23906	GMO		K		X		Salted Caramel	8 / 473ml	39.60	G
852244 003831	23902	GMO		K		X		Vanilla Maple	8 / 473ml	39.60	G

AURA CACIA PRODUCTS - 50% OFF

051381 286361	80836					X		Aromatherapy Mist, Lavender	1 / 118ml	6.65	G P
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BLACK RIVER BEVERAGES - 50% OFF

771344 001052	02349				+	Ⓟ	X	Juice, Grape	24 / 300ml	43.44	U
771344 001014	02393				+	Ⓟ	X	Sweet Apple Cider	24 / 300ml	41.76	U

BOB'S RED MILL PRODUCTS - 75% OFF

039978 303172	20364			K		X		Soy Flour, Stone Ground	4 / 453g	14.92	
039978 303875	02397			GF	*	X		Rolled Oats, Old Fashioned (regular), Organic, Gluten Free	4 / 907g	32.32	

BRAGG PRODUCTS - GLUTEN FREE - 50% OFF

074305 152160	14564	GMO		*		X		Apple-Cinnamon ACV Drink (Stevia Sweetened), Organic	12 / 473ml	33.12	U
074305 132124	32123	GMO	GF	K	*			Dressing, Braggberry, Fat Free, Organic	6 / 355ml	42.96	

CASBAH QUINOA & BROWN RICE - 75% OFF

072934 801961	38768			K				Quinoa & Brown Rice, Mild Curry	8 / 180g	28.80	
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CAVEMAN BBQ SAUCE - 75% OFF

627761 840401	16945					BC	Ⓟ	BBQ Sauce, Hot Mango	12 / 375ml	76.44	
627761 840302	16944					BC	Ⓟ	BBQ Sauce, Asian Barbecue	12 / 375ml	76.44	
627761 840203	16943					BC	Ⓟ	BBQ Sauce, Bourbon Coffee	12 / 375ml	76.44	

CHA'S PRODUCTS - GLUTEN FREE - UP TO 75% OFF

806253 000862	12727			GF	*	@	Ⓟ	X	Turmeric, Ground, Organic	6 / 30g	18.78
806253 001487	16792			GF	*	@	Ⓟ	X	Curry Powder, Masala, Organic (S/O)	6 / 150g	46.32

CLIF® CRUNCH GRANOLA BARS - 25% OFF

722252 296016	37367			K				CRUNCH Chocolate Chip Granola Bar (5x2pk)	12 / 5x42g	38.28	G
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COCONUT BLISS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - 75% OFF

896767 001097	53198	GMO	GF	*	@	X		Cinnamon Chocolate Fusion Frozen Dessert, Organic	8 / 473ml	56.80	G
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COCONUT SECRET BARS - GLUTEN FREE - 50% OFF

851492 002177	37390			GF	K	*	X	Coconut Bar, Macaroon, Organic	12 / 50g	37.08	G
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DEEBEE'S FRUIT POPS (FROZEN) - GLUTEN FREE - 75% OFF

838913 005313	39095	GMO	GF	K	*	@	X	Fruit Pops, Toasted Coconut, Organic (no caffeine)	8 / 4x50ml	37.92	G
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DESERT ESSENCE BODY CARE PRODUCTS - 75% OFF

718334 220550	80796							Toothpaste, Natural Tea Tree Oil, Mint	1 / 176g	6.18	G P
718334 334134	81155							Toothpaste, Natural Tea Tree Oil, Whitening Plus	1 / 176g	6.18	G P

EARTH FRIENDLY DISHWASHING PRODUCTS - 50% OFF

749174 097200	80694							Dishmate™ Pear Dish Liquid	6 / 739ml	24.54	G P
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EARTH'S BEST BABY FOODS - 50% OFF

023923 122697	15011			*				Stage 2, Green Beans & Brown Rice, Organic (jar)	12 / 128ml	13.68	
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CLEARANCE
Discontinued and Clearance items are final sale
EARTH'S CHOICE PRODUCTS - 25% OFF

677403 501856	10511		K *	+	Almond Butter, Crunchy, Organic	12 / 340g	
677403 501863	10512		K *	+	Almond Butter, Smooth, Organic	12 / 340g	
677403 512050	10527	GF	K *	Ⓟ	Apple Cider Vinegar, Organic	12 / 473ml	
677403 512067	10528	GF	K *	Ⓟ	Apple Cider Vinegar, Organic	12 / 946ml	
677403 503249	10493	GF	*	Ⓟ	Black Beans, Organic	12 / 398ml	
677403 504512	10499	GF	K *	Ⓟ	Coconut Chips, Unsweetened, Organic	12 / 200g	
677403 513002	10437		*	Ⓟ	Coconut Milk Light, Organic	18 / 160ml	
677403 513040	28095		*	Ⓟ	Coconut Milk, Guar Gum Free, Organic	12 / 400ml	
677403 512715	10558		*	Ⓟ	Cranberry Sauce, Jellied, Organic	12 / 348ml	
677403 513026	10521	GF	K *	Ⓟ	Creamed Coconut, Packets, Organic	12 / 3x50g	
677403 501818	10491		*	BC Ⓟ	Crunchy Peanut Butter, Organic	12 / 500g	
677403 510179	10540	GF	*	@ BC Ⓟ X	Dark Chocolate w/ Blueberries & Lavender, 72% Cocoa, Organic	12 / 80g	G
677403 510155	10538	GF	*	@ BC Ⓟ X	Dark Chocolate, 72% Cocoa, Organic	12 / 80g	G
677403 501948	10530	-GMO	*	Ⓟ X	Fruit Spread, Peach, Organic (S/O)	6 / 320g	
677403 501931	10532	-GMO	*	Ⓟ X	Fruit Spread, Red Fig, Organic (S/O)	6 / 320g	
677403 501900	10533	-GMO	*	Ⓟ X	Fruit Spread, Strawberry, Organic (S/O)	6 / 320g	
677403 503218	10433	GF	*	Ⓟ	Garbanzo Beans, Organic	12 / 398ml	
677403 503256	10522	GF	*	Ⓟ	Great Northern Beans, Organic	12 / 398ml	
677403 510186	10543	GF	*	@ BC Ⓟ X	Milk Chocolate, 40% Cocoa, Organic (S/O)	12 / 80g	G
677403 505090	02421			Ⓟ	Pacific Sea Salt, Coarse	6 / 454g	
677403 505106	02420			Ⓟ	Pacific Sea Salt, Fine	6 / 454g	
677403 503225	10434	GF	*	Ⓟ	Pinto Beans, Organic	12 / 398ml	
677403 512807	99200				Pumpkin Puree	12 / 398ml	
677403 503201	10432	GF	*	Ⓟ	Red Kidney Beans, Organic	12 / 398ml	
677403 502358	10497		K	Ⓟ X	SALMON, Wild Alaskan Pink, Skinless & Boneless (No Salt Added) (S/O)	12 / 170g	
677403 501825	10492		*	BC Ⓟ	Smooth Peanut Butter, No Salt, Organic	12 / 500g	
677403 501801	10446		*	BC Ⓟ	Smooth Peanut Butter, Organic	12 / 500g	
677403 502976	10551		K *	Ⓟ	Tomato Sauce, No Salt, Organic	12 / 398ml	
677403 502983	10559		K *		Tomatoes, Diced No Salt, Organic	12 / 796ml	
677403 502907	10548		K *	Ⓟ	Tomatoes, Diced, Organic	12 / 398ml	
677403 502914	10545		K *	Ⓟ	Tomatoes, Diced, Organic	12 / 796ml	
677403 502921	10547		*	Ⓟ	Tomatoes, Whole, Organic	12 / 796ml	
677403 502334	10495		K	Ⓟ	Tuna, Wild Skipjack, chunk light in water, no salt	12 / 142g	

EAT WHOLESOME PRODUCTS - 50% OFF

628110 454423	33234		*	Ⓟ	Chick Peas, No Salt, Organic	24 / 396ml	
628110 454416	33241		*	Ⓟ	Mixed Beans (Chick Peas, Borlotti, Kidney, & Cannellini Beans), Organic	24 / 396ml	
638170 906015	33238		*	Ⓟ	Sauerkraut & Carrot, Organic	12 / 909ml	
638170 906022	33239		*	Ⓟ	Sauerkraut & Mushrooms, Organic	12 / 909ml	

ECO-MAX LAUNDRY PRODUCTS - 50% OFF

853907 001171	80707			+ Ⓟ	Laundry Wash, Orange, HE (High Efficiency) Certified	4 / 3L	G P
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EDEN PRODUCTS - 60% OFF

024182 013061	10462		K *		Sauerkraut, Three Onion, Organic	12 / 447ml	
024182 013047	10463		K *		Sauerkraut, Organic	12 / 447ml	
024182 023510	19013	GMO GF	K *		Quinoa, Red, Organic	12 / 454g	
024182 240641	38875		*		Instant White Miso Soup, Organic	10 / 4 x 8g	G
024182 283556	10445	GMO GF	K *		Navy Beans, Organic	12 / 796ml	

ELEVATE ME! ENERGY BARS - 50% OFF

871102 000461	32264		K	BC Ⓟ X	Energy Bar, Peanut Butter Berry	12 / 44g	G
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ENER-G GLUTEN FREE BREADS - 50% OFF

075119 149544	55389	GF	K		X Select Bread, Deli Style White	6 / 454g	
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CLEARANCE
Discontinued and Clearance items are final sale
FIRE CIDER APPLE CIDER VINEGAR TONICS - 25% OFF

853743 003162	13804				Apple Cider Vinegar Blend, African Bronze, Organic	12 / 237ml	
853743 003186	13802				Apple Cider Vinegar Blend, Honey-Free, Organic	12 / 237ml	
853743 003179	13800				Apple Cider Vinegar Blend, Original, Organic	12 / 237ml	
853743 003247	13801				Apple Cider Vinegar Blend, Original, Organic	12 / 474ml	

FIREFLY KITCHENS CONDIMENTS (REFRIGERATED) - 75% OFF

609722 957953	32116		*		Firefly Kimchi, Organic (glass jar)	6 / 454g	
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FOOD FOR LIFE BREADS (FROZEN) - 75% OFF

073472 001738	55539	GW	K	X	BREAD, China Black Rice, Fruit Juice Sweetened	6 / 680g	
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FRONTERA SALSAS - 50% OFF

604183 111104	29065				Salsa Mexicana, Mild	6 / 453g	
604183 111203	29066				Salsa Mexicana, Medium	6 / 453g	

FRONTIER HERBS & SPICES - 50% OFF

089836 210166	70554		*	X	Cardamom, Whole, Organic	6 / 28g	
089836 926012	70953	B	*	X	Black Peppper, Coarse Grind, Organic	1 / 454g	
089836 926517	70915	B		X	Cardamom Seed, Ground, Decorticated	1 / 454g	
089836 944085	70958	B		X	Salt, Yakima Applewood Smoked, Medium Grind	1 / 454g	
089836 927781	70959	B	*	X	Taco Seasoning, Organic	1 / 454g	

FROZEN COCONUT NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - 75% OFF

628451 826057	34085	GMO	GF	*	BC	X	Lemon Meringue, Non-Dairy Frozen Dessert, Organic	8 / 473ml	G
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GANESHA GARDEN PERFUME SOLIDS IN SOAPSTONE - 50% OFF

809545 210086	82032			X	Perfume Solid in Soapstone, 1000 Flowers	1 / 13g	G	P
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GIOVANNI ECO CHIC COSMETICS - 50% OFF

716237 183590	80787			X	Shampoo, 2chic® Brazilian Keratin & Argan Oil Ultra-Sleek	1 / 250ml	G	P
716237 184818	80792			X	Conditioner, 2chic® Repairing, with Blackberry & Coconut Milk	1 / 250ml	G	P

GLEE GUM NATURAL CHEWING GUMS - 50% OFF

649815 000517	81549	GMO	K	X	Lemon Lime Gum, Sugar Free	12 / 16ct	G
649815 002504	81559	GMO	K	X	Refresh-Mint, Sugar-Free (pouch)	6 / 75ea	G

GLUTEN FREE PANTRY BAKING MIXES - GLUTEN FREE - 50% OFF

737880 061318	22834	GMO	GF	+	Brownie Mix, Chocolate Truffle	6 / 454g	
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GLUTINO BAGEL CHIPS - GLUTEN FREE - 50% OFF

678523 041024	16594		GF	+	Bagel Chips, Parmesan Garlic	6 / 170g	G
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GLUTINO PIZZAS (FROZEN) - GLUTEN FREE - 75% OFF

678523 010785	54277		GF	X	Pizza, Brown Rice Crust, Pepperoni	6 / 175g	
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GUAYAKI YERBA MATE BEVERAGES - 20% OFF

632432 717791	07151	GMO	K	*	@	X	Yerba Mate, Lemon Elation, Organic (can)	12 / 458ml	U
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GURU ENERGY BEVERAGES - UP TO 75% OFF

701648 010153	13075		GF	*	+	Ⓟ	X	Energy Drink, Lite, Organic (can)	24 / 355ml	G	U
701648 010207	13266	GMO	GF	*	+	Ⓟ	X	Energy Water, Sparkling, Lime, Organic (can)	24 / 355ml	G	U
701648 010214	13265	GMO	GF	*	+	Ⓟ	X	Energy Water, Sparkling, Grapefruit, Organic (can)	24 / 355ml	G	U
701648 010221	13267	GMO	GF	*	+	Ⓟ	X	Energy Water, Sparkling, Pomegranate, Organic (can)	24 / 355ml	G	U

HALFPOPS CURIOUSLY CRUNCHY POPCORN - GLUTEN FREE - 50% OFF

850091 003769	23503	GMO	GF	X	Popcorn, Simply Sea Salt	12 / 128g	G
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HILARY'S VEGGIE MEAT ALTERNATIVES (FROZEN) - GLUTEN FREE - 75% OFF

854262 003428	42504	GMO	GF	*	X	Burger, Black Rice, Organic (2 patties)	12 / 181g
854262 003657	42507	GMO	GF	*	X	Bites, Mediterranean, Organic	10 / 340g

CLEARANCE
Discontinued and Clearance items are final sale
IMAGINE™ NATURAL SOUPS - 50% OFF

084253 242462 38276 GF * Soup, Creamy Potato Leek, Family Size, Organic 12 / 1L

HILARY'S DRESSINGS & VINAIGRETTES - GLUTEN FREE - 50% OFF

 854262 003701 42512 ~~GMO~~ GF * Beet Vinaigrette, Organic 6 / 237ml

LILY OF THE DESERT ALOE H2O - GLUTEN FREE - 75% OFF

 026395 782161 37936 ~~GMO~~ GF * ALOE H2O, Blueberry-Pomgranate, Organic 12 / 500ml G U

 026395 780167 37934 ~~GMO~~ GF * ALOE H2O, Original, Organic 12 / 500ml G U

 026395 781164 37935 ~~GMO~~ GF * ALOE H2O, Peach-Mango, Organic 12 / 500ml G U

MILLSTREAM PRODUCTS - 50% OFF

060543 003050 20130 Wheat Bran 9 / 200g

MODERN PRODUCTS BREWERS YEAST - 50% OFF

075820 300005 02012 Brewers Yeast 12 / 198g

075820 300012 02013 Brewers Yeast 6 / 396g

MUIR GLEN CANNED TOMATOES - 25% OFF

 065633 471672 33208 ~~GMO~~ * CRUSHED, Tomatoes, Fire Roasted, Organic 12 / 796ml

NATURE CLEAN SKIN & BODY CARE PRODUCTS - 50% OFF

058951 153511 80863 + Moisturizing Lotion, Velvet Vanilla & Coconut (Tube) 6 / 280ml G P

058951 114031 80865 + Body Wash, Passionate Pear & Hibiscus 6 / 405ml G P

058951 114048 80866 + Body Wash, Gentle Geranium & Chamomile 6 / 405ml G P

NATURO AQUA MOUNTAIN SPRING WATER - 50% OFF

 628055 063117 50331 BC ~~P~~ X Natural Spring Water 12 / 1.5L U

NOVA SCOTIA FISHERMAN XTREME LIP & SKIN CARE - 50% OFF

883161 500073 80778 X Cuticle Rescue 1 / 9.9g G P

883161 500028 80773 X Soap, Apple Cider 1 / 136g G P

NUTS TO YOU NUT BUTTERS - GLUTEN FREE - 25% OFF

 068892 402104 42323 GW * + ~~P~~ Cashew Butter, Organic 12 / 250g

 068892 600302 42324 GW * + ~~P~~ Cashew Butter, Organic 12 / 500g

OHSAWA JAPANESE PRODUCTS - 50% OFF

707881 351244 52144 Nama White Shoyu, Soy-Free, Unpasteurized 6 / 250ml

707881 351015 52140 * Nama Shoyu, Unpasteurized, Organic 6 / 296ml

ONE DEGREE PRODUCTS - 50% OFF

 675625 307065 28158 ~~GMO~~ GF V * ~~P~~ X Sprouted Oat Granola, Cinnamon Flax, Organic 6 / 312g

 675625 308062 28157 ~~GMO~~ GF V * ~~P~~ X Sprouted Oat Granola, Vanilla Chia, Organic 6 / 312g

 675625 324079 28300 ~~GMO~~ GF V * ~~P~~ Sprouted Quick Oats, Organic 4 / 680g

 675625 323072 28301 V ~~P~~ Sprouted Rolled Oats, Organic 4 / 680g

ORGANIC INDIA TULSI TEAS - GLUTEN FREE - 50% OFF

 801541 500062 13245 ~~GMO~~ GF K * @ Tulsi Tea, Breakfast, Organic 6 / 18bags

 801541 508938 12623 ~~GMO~~ GF * Tulsi Tea, Pomegranate Green, Organic 6 / 18bags

PAMELA'S PRODUCTS BAKING MIXES - GLUTEN FREE - 50% OFF

093709 221500 22248 GW Pizza Crust Mix 6 / 320g

PAPERCHEF CULINARY PARCHMENT COOKING BAGS - 50% OFF

628689 700105 47012 + Culinary Parchment Cooking Bags, FSC Certified 12 / 10ea G P

PATIENCE FRUIT & CO™ SNACKS

 662166 552023 18223 * + ~~P~~ Artisan Blend, Exotic Journey, Organic 8 / 130g G

PLUM•M•GOOD™ RICE CAKES - GLUTEN FREE - 30% OFF

 069372 001145 16541 GW * BC ~~P~~ X Unsalted Rice Cakes, Flax Seed, Organic 12 / 185g

CLEARANCE
Discontinued and Clearance items are final sale
PRAIRIE HARVEST PASTAS - UP TO 50% OFF

624756 440110	30359	GMO	*	+	Ⓟ	X	Spaghetti, Durum Wheat & Coconut, Organic	12 / 375g	
624756 444279	30357	GMO	*	+	Ⓟ	X	Penne, Durum Wheat & Coconut, Organic	12 / 375g	

R.W. KNUDSEN JUICES & VEGETABLE JUICES - 50% OFF

074682 510249	07320		*				Tomato Red Bell Pepper, Organic	12 / 946ml	U
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RUSTICHELLA D'ABRUZZO ITALIAN ARTISAN PASTA - 50% OFF

686537 001958	30366						X Fettuccini Egg Nest	12 / 250g	
686537 001972	30360						X Italian Pappardelle Egg Nest	12 / 250g	
686537 003259	30362						X Capellini	24 / 500g	
686537 003167	30365						X Linguine	24 / 500g	
686537 003136	30373						X Spaghetti	24 / 500g	
686537 003198	30374						X Spaghettini	24 / 500g	

SAHALE SNACKS GLAZED NUT MIX - GLUTEN FREE - 50% OFF

893869 005480	07503	GF					X Glazed Mix, Almonds with Cranberries & Honey	6 / 113g	G
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SALT SPRING GELATO ITALIAN ICE CREAMS (FROZEN) - 75% OFF

628451 883029	53090		*	BC	Ⓟ	X	Gelato, Chocolate, Organic	8 / 450ml	G
628451 883098	53205		*	BC	Ⓟ	X	Gelato, Maple Walnut, Organic	8 / 450ml	G

SCREAMIN BROTHERS DAIRY-FREE DESSERTS (FROZEN) - GLUTEN FREE - UP TO 75% OFF

814697 000317	53156	GW	K	+	Ⓟ	X	Chocolate Banana, Dairy-Free Frozen Treat	8 / 473ml	G
814697 000096	53153	GW		+	Ⓟ	X	Chocolate, Dairy-Free Frozen Treat	8 / 473ml	G
814697 000256	53154	GW		+	Ⓟ	X	Key Lime, Dairy-Free Frozen Treat	8 / 473ml	G
814697 000584	37997	GW	*	+	Ⓟ	X	Lemon, Dairy-Free Frozen Treat, Organic	8 / 473ml	G
814697 000102	53157	GW		+	Ⓟ	X	Mint Chocolate, Dairy-Free Frozen Treat	8 / 473ml	G
814697 000294	53158	GW		+	Ⓟ	X	Mocha, Dairy-Free Frozen Treat	8 / 473ml	G
814697 000126	37996	GW	*	+	Ⓟ	X	Raspberry, Dairy-Free Frozen Treat, Organic	8 / 473ml	G
814697 000072	53152	GW		+	Ⓟ	X	Vanilla, Dairy-Free Frozen Treat	8 / 473ml	G

SEVA MAPLE WATERS - GLUTEN FREE - 50% OFF

627843 300809	30147	GMO	GF	+	Ⓟ	X	100% Pure Maple Water	24 / 330ml	U
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SEVENTH GENERATION BABY CARE - 75% OFF

732913 441280	46345						Coconut Care, Moisture Lotion	6 / 2x224ml	G P
732913 441259	15233					X	Value (3) Pack Disposable Diapers, Size 6 (35+ pounds)	1 / 3x20ct	G P

SEVENTH GENERATION HOUSEHOLD PRODUCTS - 50% OFF

732913 227792	47024						Laundry Liquid, 2X Ultra Concentrate, Fresh Citrus	4 / 2.95L	G P
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SIP NATURAL CRAFT SODAS - GLUTEN FREE - 50% OFF

777705 000030	10752	GMO	GF		BC	Ⓟ	X Natural Craft Soda, Coriander Orange (bottle)	24 / 355ml	G U
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SO DELICIOUS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - 75% OFF

744473 240210	55241	GMO	GF	K	*	X	Chocolate Velvet Frozen Dessert, Organic	6 / 946ml	
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SOL CUISINE MEATLESS BURGERS (FROZEN) - GLUTEN FREE - 75% OFF

628025 019311	54535	GMO	GF		+	Ⓟ	X Burger, Sprouted Quinoa Chia w/Sweet Potato (4/pkg)	12 / 284g	
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STAHLBUSH ISLAND FARMS VEGETABLES (FROZEN) - 75% OFF

638882 000919	54564	GMO					X Chopped Curly Kale (bag)	12 / 284g	
638882 000902	54565	GMO					X Cool Cauliflower, Tri Coloured Florets (bag)	12 / 300g	
638882 000940	54687	GMO	K			X	Corn, Tri-Coloured Whole Kernel (bag)	12 / 350g	

STASH TEAS - 50% OFF

077652 082708	13117				K		Herbal Tea, Strawberry Pomegranate	6 / 18bags	
077652 084825	13120	GMO			K		Holiday Herbal Tea, Cranberry Pomegranate	6 / 18bags	

STEAZ ICED GREEN TEAS - 50% OFF

856820 160116	40067		*	@		X	Iced Green Tea w/ Superfruit, Organic (can)	12 / 473ml	U
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CLEARANCE
Discontinued and Clearance items are final sale
SUNDHED HIMALAYAN CRYSTAL SALTS - 50% OFF

873778 006075	02382					Pure Himalayan Salt Hickory Smoked, Coarse (grinder)	6 / 210g		
873778 006457	02384					Pure Himalayan Salt Maple Smoked, Coarse (grinder)	6 / 210g		

SUNSHINE FARMS PICKLED VEGETABLES - 50% OFF

625077 850107	14239		*	+	Ⓟ	Baby Dill Pickles, Organic	12 / 500ml		
625077 810156	14242		*	+	Ⓟ	Whole Dill Pickles, Organic	12 / 1L		

SYNERGY ORGANICS DENTAL CARE PRODUCTS - 25% OFF

874321 000199	81019				BC Ⓟ	Fresh Kiss Breath Spray, Citrus	20 / 10ml	G	P
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TASTE OF NATURE SNACK BARS - GLUTEN FREE - 50% OFF

059527 172394	37733	GMO	GF	*	+	Ⓟ X	Dark Chocolate Coconut Bar, Organic	16 / 40g	G
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TASTY BITE PRODUCTS - 50% OFF

782733 015055	38743					X Mushroom Lo Mein Noodles (microwavable pouch)	6 / 250g		
782733 015031	38742					X Toasted Sesame Noodles (microwavable pouch)	6 / 250g		
782733 012184	37696	GMO		*		X Heat & Serve, Rice, Steamed, Long Grain White, Organic (pouch)	6 / 250g		

TAZO FILTERBAG TEAS - 50% OFF

794522 200207	30849					CALM Chamomile infusion (wrapped)	6 / 24ct		
794522 201303	30860					China Green Tips green tea (wrapped)	6 / 24ct		
794522 201006	30857					Green Ginger blend (wrapped)	6 / 24ct		
794522 200108	30848					REFRESH Mint herbal infusion (wrapped)	6 / 24ct		

TEECCINO HERBAL COFFEES - 50% OFF

795239 200108	12862			*		Vanilla Nut, Medium Roast, 70% Organic (caffeine free)	6 / 225g		
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TERRA DELYSSA OILS - 50% OFF

6191509 902781	05231			*		Extra Virgin Olive Oil Infused w/ Basil, Organic	6 / 250ml		
6191509 902811	05230			*		Extra Virgin Olive Oil Infused w/ Chili Pepper, Organic	6 / 250ml		

THE GINGER PEOPLE GINGER CONFECTIONS - GLUTEN FREE - 50% OFF

734027 905054	35012		GF			Gin Gins Hard Candy	12 / 84g	G	
734027 905016	35020		GF			Ginger, Crystallized	24 / 100g	G	

TRUE CITRUS SEASONINGS - 50% OFF

810979 006817	70372				K	True Lime Crystallized Seasoning Shaker	6 / 65g		
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WAYKANA AMAZON GUAYUSA TEAS - 50% OFF

855211 007030	13342			*		Amazon Guayusa Tea, Cacao, Organic	6 / 16bags		
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WHITEWATER COOKS DRESSINGS - 50% OFF

627843 382157	77802				BC Ⓟ	Dressing, Maple Balsamic	12 / 350ml		
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WILD COUNTRY PRODUCTS - 50% OFF

621234 600288	44256				+	Ⓟ	Honey with Cinnamon Spread	12 / 330g	
621234 600271	44255				+	Ⓟ	Honey with Raspberry Spread	12 / 330g	
621234 600202	44250			*	+	Ⓟ	Creamed Honey, Unpasteurized Canada #1 White, Organic	12 / 500g	

WILD TEA KOMBUCHA BEVERAGES (REFRIGERATED) - 75% OFF

628055 948155	23704				+	Ⓟ	Beet-arita Kombucha (glass)	12 / 380ml	G	U
628055 948124	23701				+	Ⓟ	Hard Lime (glass)	12 / 380ml	G	U