



PSC Natural Foods

we deliver the goodness

OCTOBER

Specials

Showcase

Effective October 1-31st 2024

up to 85% off !

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

MONTHLY SPECIALS

AELO ALCOHOL FREE BEVERAGE	4	KAN'S GOURMET FOODS APPETIZERS (FROZEN)	12
AK-MAK SESAME CRACKERS	4	KASLO SOURDOUGH PASTA PASTA FERMENTATA	12
ALKEME GLUTEN FREE SOURDOUGH (FROZEN)	4	KETTLE BRAND POTATO CHIPS	12
ALTER ECO CHOCOLATE BARS	4	KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED)	12
AMY'S BURRITOS, ENTRÉES & WRAPS (FROZEN)	4,5	KING ISLAND COCONUT WATER	13
ANGIE'S BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	5	KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN)	13
ANITA'S ORGANIC MILL FLOUR	5	KOYO RAMEN	13
ANTOINETTE'S DIP & SAUCE (REFRIGERATED)	5	L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED)	13
BAKERS SUPPLY HOUSE BAKING INGREDIENTS	6	LE GRAND PLANT BASED CHEESE & PESTO (REFRIGERATED)	13
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	6	LE PAIN DES FLEURS CRISPBREAD	13
BIOITALIA PRODUCTS	6	LET'S DO...ORGANIC BAKING INGREDIENTS	13,14
BIOVERT DISHWASHING & LAUNDRY PRODUCTS	6	LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE	14
BLISS BALLS ENERGY TRUFFLE BALLS	6	LOOP MISSION COLD-PRESSED JUICE (REFRIGERATED)	14
BLUE DIAMOND ALMOND FLOUR	6	LOTUS FOODS PRODUCTS	14
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE	6	LOVE CHILD ORGANICS BABY FOOD & SNACKS	14
BLUE MONKEY JUICE	6	LUNDBERG FAMILY FARMS ENTREES & RICE	15
BOB'S RED MILL PRODUCTS	6,7	MADEGOOD BARS	15
BRAGG ALL PURPOSE SEASONING	7	MAISON ORPHEE PRODUCTS	15
BREMNER'S FRUIT (FROZEN)	7	MANITOBA HARVEST HEMP YEAH PROTEIN POWDER	15
BUBBIES PRODUCTS (REFRIGERATED)	7	MARY'S ORGANIC CRACKERS	15
CAULIPOWER CAULIFLOWER PIZZA CRUSTS & PIZZA (FROZEN)	7	MISHIMA INSTANT SOUP	15
CHA'S ORGANICS PRODUCTS	7	MIYOKO'S CREAMERY VEGAN CHEESE (REFRIGERATED)	15
CHASERS 100% COLD-PRESSED JUICE (REFRIGERATED)	7,8	NAKED & SAUCY COOKING SAUCE & SIMMER SAUCE	15
CHOSEN FOODS PRODUCTS	8	NAKED & SAUCY NOOCH NUTRITIONAL YEAST DRESSING & SOY SAUCE SUBSTITUTE	15
CLIF PERFORMANCE & SNACK BARS	8	NATIVE FOREST PRODUCTS	16
CLOUD 9 GLUTEN-FREE MIXES	8,9	NATURA DAIRY-FREE BEVERAGE	16
COCOFINO PLANT-BASED YOGURT (REFRIGERATED)	9	NATURE CLEAN PRODUCTS	16
COCONUT SECRET SOY SAUCE SUBSTITUTE	9	NATUREBEE CONCENTRATED TABLETS & REUSABLE SPONGE CLOTHS	16,17
DAIYA CHEEZECAKE (FROZEN)	9	NIKKEI RAMEN YA AUTHENTIC RAMEN (FROZEN)	17
EARTH FRIENDLY DISHWASHING PRODUCTS	9	NONNY CRAFT NON-ALCOHOLIC BEER	17
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN)	9	NORA SEAWEED SNACKS	17
EARTH'S OWN PLANT-BASED BEVERAGE (REFRIGERATED)	9	NUMI ORGANIC TEA	17
ECO-MAX HOUSEHOLD PRODUCTS	9	NUTIVA OIL	17
EDEN PRODUCTS	9	NUTS FOR CHEESE NUTS FOR BUTTER CULTURED CASHEW PRODUCT & FERMENTED CASHEW PRODUCT (REFRIGERATED)	18
EDWARD & SONS MISO SOUP	9	NUUN HYDRATION DRINK TABLETS	18
ENDANGERED SPECIES OAT MILK BAKING CHIPS	9	OASIS PITA BREAD (FROZEN)	18
EVE'S CRACKERS	9	O'DOUGHS BAGELS (FROZEN)	18
FARMER'S MARKET CANNED PUMPKIN	9	O!! OIL	18
FERIDIES PEANUTS	9	OMEGA 3 NUTRACLEANSE FIBRE BLEND	18
FEVER-TREE PREMIUM COCKTAIL MIXERS	10	ORGANIC INDIA HERBAL INFUSIONS	18
FOOD FOR LIFE BREADS (FROZEN)	10	ORIGO FREEZE DRIED FRUIT	18
FREEYUMM CRACKERS	10	PACIFIC FOODS PLANT-BASED CHILI & SOUP	18
GARDEIN PLANT BASED MEAT ALTERNATIVES (FROZEN)	10	PARTAKE BREWING NON-ALCOHOLIC BEER	19
GINGER PEOPLE PRODUCTS	10	PERFECT CHEF TOMATO PASTA SAUCE	19
GOBIO! GRAVY CUBES	10	PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER	19
GOMACRO MACROBAR	10	PLUMM GOOD PRODUCTS	19
GREEN CUISINE TOFU (REFRIGERATED)	10	PRANA ORGANIC PRODUCTS	19,20
GUAYAKI YERBA MATE BEVERAGE	10	QUE PASA TORTILLA CHIPS	20
GUAYAKI YERBA MATE	11	RAINCOAST GLOBAL MSC CERTIFIED SUSTAINABLE SEAFOOD	20
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE	11	RICEWORKS GOURMET RICE CHIPS	20
HAPPY PAWS CAT FOOD	11	RIZOPIA RICE PASTA	21
HARDBITE HANDCRAFTED STYLE CHIPS	11	ROLLING MEADOW BUTTER (FROZEN)	21
HEALTHY SHORES CANNED SEAFOOD FOR DOGS	11	R.W. KNUDSEN FRUIT JUICE	21
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED)	11	SALT SPRING COFFEE	21
HUER NATURAL CANDY	11	SAN-J BREWED SOY SAUCE & ALTERNATIVES	22
INDIANLIFE CHIPS & SAVOURY SNACKS	11	SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE	22
INDIANLIFE PRODUCTS (FROZEN)	11	SENSIBLE PORTIONS GARDEN VEGGIE STRAWS & CHIPS	22
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER	11	SIMPLY ORGANIC PRODUCTS	22,23
JASON BODY CARE PRODUCTS	11	SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER	23
JUST EGG PLANT EGG (FROZEN)	12	SPARKMOUTH SPARKLING TONIC	23
JYOTI NATURAL FOODS INDIAN CUISINE	12	SPERRI PLANT-BASED MEAL REPLACEMENT SHAKE	23
		SQUAMISH WATER KEFIR PROBIOTIC SODA (REFRIGERATED)	23
		STAHLBUSH ISLAND FARMS FRUIT & VEGETABLES (FROZEN)	23,24

SUNDHED SEA SALT & PURE HIMALAYAN SALT	24	WHISTLER WATER	25
SWERVE SWEETENER	24	WHITEWATER COOKS DRESSING, MARINADE & VINAIGRETTE	25
TASTE NIRVANA COCONUT WATER	24	WHOLESOME NATURAL & ORGANIC SWEETENER	25,26
TERRA DELYSSA OLIVE OIL	24	WHOLLY WHOLESOME PIE SHELLS (FROZEN)	26
THE GINGER PEOPLE GINGER CANDY	24	WILD COUNTRY HONEY	26
THEO CHOCOLATE	24	WISE BITES ALLERGEN-FREE BAKED GOODS (FROZEN)	26
TOFINO RAW KOMBUCHA (REFRIGERATED)	24	WIZE ICED TEA	26
TRIPLE JIM'S ALL NATURAL JUICE	24	YESHI NUTRITIONAL YEAST DRESSING	
& ORGANIC DRIED FRUIT MADE FROM BC FRUIT	24	& NUTRITIONAL YEAST FLAKES	26
TWO BEARS BEVERAGES	25	YOGI HERBAL TEA	26,27
UMI'S KITCHEN COOKING SAUCE	25	CLEARANCE	27,28
UNCLE LEE'S TEA	25		
VANCOUVER CROISSANT READY-TO-BAKE			
CROISSANTS (FROZEN)	25		
VEGAN ROB'S PLANT BASED SNACKS	25		

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

2024 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	2 ¢
Plastic	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	5 ¢
Glass	0 - 1L	10 ¢	15 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	5 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	No Recycling Fee
	> 1L	10 ¢	1 ¢
Bag-In-Box	> 1L	10 ¢	20 ¢

Fees effective February 1, 2024

2024 Container Recycling Fees



Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	2 ¢
Plastic	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	5 ¢
Glass	0 - 1L	10 ¢	15 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	5 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	No Recycling Fee
	> 1L	10 ¢	1 ¢
Polystyrene Cups	0 - 500ml	10 ¢	4 ¢

Fees effective February 1, 2024

MILK

GMØ = Verified NON-GMO / B = Bulk / GF = Certified Gluten Free / V = Certified Vegan / * = Certified Organic

@ = Certified Fair Trade / + = Made in Canada / BC = BC Product / P = Canadian Company

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

MONTHLY SPECIALS

AELO | ALCOHOL FREE BEVERAGE - VOLUME PRICING

628634 740286	13945	BC	Ⓟ	Aperitivo Spritz (can)	6 / 4x355ml	G	U	_____
628634 740262	13944	BC	Ⓟ	Gin and Tonic (can)	6 / 4x355ml	G	U	_____
628634 740323	13947	BC	Ⓟ	Lime Margarita (can)	6 / 4x355ml	G	U	_____
628634 740309	13946	BC	Ⓟ	Peach Bellini (can)	6 / 4x355ml	G	U	_____
Buy 10+ cases					Save	15%		

AK-MAK | SESAME CRACKERS - 10% OFF

071105 000011	16005	Ak-Mak Sesame Crackers			12 / 118g	_____		
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ALKEME | GLUTEN FREE SOURDOUGH (FROZEN) - UP TO 10% OFF

854278 001210	40754	GMO	GF	BC	Ⓟ X Sourdough Bagels, Everything (6ct)	10 / 660g	_____	
854278 001036	40751	GMO	GF	BC	Ⓟ X Sourdough Bread, Ancient Grains	10 / 725g	_____	
854278 001111	40752	GMO	GF	BC	Ⓟ X Sourdough Demi Baguettes	10 / 2ct	_____	

ALTER ECO | CHOCOLATE BARS - UP TO \$4.94 OFF + VOLUME PRICING

817670 012628	35314	GMO	GF	* @	X Dark Chocolate, Blackout, Almond (85% Cacao), Organic	12 / 75g	G	_____
817670 010204	35232	GMO	GF	V * @	X Dark Chocolate, Blackout, Classic (85% Cacao), Organic	12 / 80g	G	_____
817670 011720	35311	GMO	GF	* @	X Dark Chocolate, Blackout, Mint (90% Cacao), Organic	12 / 75g	G	_____
817670 011188	35312	GMO	GF	* @	X Dark Chocolate, Blackout, Super (90% Cacao), Organic	12 / 75g	G	_____
817670 012499	35313	GMO	GF	* @	X Dark Chocolate, Blackout, Total (100% Cacao), Organic	12 / 75g	G	_____
817670 010525	35285	GMO	GF	* @	X Dark Chocolate, Brown Butter (70% Cacao), Organic	12 / 80g	G	_____
817670 010532	35286	GMO	GF	* @	X Dark Chocolate, Burnt Caramel (70% Cacao), Organic	12 / 80g	G	_____
817670 010259	35237	GMO	GF	* @	X Dark Chocolate, Coconut Toffee (47% Cacao), Organic	12 / 80g	G	_____
817670 010242	35236	GMO	GF	* @	X Dark Chocolate, Quinoa Crunch (60% Cacao), Organic	12 / 80g	G	_____
817670 010518	35284	GMO	GF	* @	X Dark Chocolate, Sea Salt (70% Cacao), Organic	12 / 80g	G	_____
817670 012604	35315	GMO	GF	* @	X TRUFFLE THINS, Dark Chocolate, Mint Crème, Organic	12 / 84g	G	_____
817670 012611	35316	GMO	GF	* @	X TRUFFLE THINS, Dark Chocolate, Salted Caramel, Organic	12 / 84g	G	_____
Buy 100+ cases					Save	2.94		
817670 012697	35317	GMO	GF	* @	X TRUFFLE THINS, Crème Brûlée, Organic	12 / 85g	G	_____
817670 012703	35318	GMO	GF	* @	X TRUFFLE THINS, Orange Crème, Organic	12 / 85g	G	_____
817670 012680	35319	GMO	GF	* @	X TRUFFLE THINS, Raspberry Crème, Organic	12 / 85g	G	_____

AMY'S | BURRITOS, ENTRÉES & WRAPS (FROZEN) - UP TO \$8.50 OFF

042272 900701	54470	X Burrito, Bean & Rice (dairy-free)			12 / 170g	_____	
042272 903528	54268	GF	X Burrito, Bean & Rice (gluten & dairy-free)			12 / 156g	_____
042272 913886	54264	GMO	*	X Burrito, Black Bean & Cheese, Organic			12 / 170g
042272 900732	54468	X Burrito, Black Bean (dairy-free)			12 / 170g	_____	
042272 900718	54472	X Burrito, Cheddar Cheese			12 / 170g	_____	
042272 903535	54267	GF	X Burrito, Cheddar Cheese (gluten free)			12 / 156g	_____
042272 900763	54265	X Burrito, Southwestern with Cheese			12 / 156g	_____	
042272 913985	54256	X	Family Size, Broccoli & Cheddar Bake (gluten free)			8 / 860g	_____
042272 909643	54257	X Family Size, Cheese Enchilada			8 / 765g	_____	
042272 913961	54258	X Family Size, Vegetable Lasagna			8 / 920g	_____	
042272 900305	54460	X Pasta, Macaroni & Cheese			12 / 255g	_____	
042272 900459	54259	GF	X Pasta, Rice Mac & Cheese (gluten free)			12 / 255g	_____
042272 913893	56161	V	X Pasta, Rice Mac & Cheese, Vegan (gluten free)			12 / 227g	_____

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s	Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
042272 902606	56155	V	X	Wrap, Indian Samosa		12 / 142g	_____
042272 908073	54362	GF	X	Wrap, Tofu Scramble Breakfast		12 / 156g	_____
042272 912384	56152	GF V	X	Wrap, Vietnamese Banh Mi		12 / 156g	_____
ANGIE'S BOOMCHICKAPOP RTE POPCORN & CORN PUFFS - \$2.00 OFF							
018780 090050	59501	GMO GF	+	X NEW! BOOMCHICKAPOP, Popcorn, Sea Salt		12 / 35g	G _____
018780 110949	59502	GMO GF	+	X NEW! BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn		12 / 64g	G _____
818780 010627	59503	GF	+	X NEW! BOOMCHICKAPOP, Puffs, White Cheddar		12 / 50g	G _____
ANITA'S ORGANIC MILL FLOUR - UP TO \$8.80 OFF							
623636 995351	22912	GMO GF	*	BC ½ Flour, Almond (blanched), Organic		4 / 375g	_____
623636 993340	22252	GMO GF	*	BC ½ Flour, Coconut, Organic		4 / 680g	_____
623636 998970	22134	GMO GF	*	BC ½ Flour, Tapioca, Organic		4 / 850g	_____
623636 710053	22924	GMO GF	*	BC ½ Flour, Whole Grain Oat, Organic		4 / 900g	_____
623636 998994	20103	GMO GF	*	+ ½ Gluten Free Rolled Oats, Old Fashioned, Organic		4 / 900g	_____
623636 999014	28074	GMO GF	*	+ ½ Gluten Free Steel Cut Oats, Organic		4 / 900g	_____
623636 999847	02043	GMO	*	BC ½ Pancake & Waffle Mix, Classic, Organic		4 / 900g	_____
623636 999069	02042	GMO GF	*	BC ½ Pancake & Waffle Mix, Organic		4 / 800g	_____
623636 100014	02041	GMO	*	BC ½ Pancake & Waffle Mix, Multigrain, Organic		4 / 1kg	_____
623636 700016	20067	GMO	*	+ ½ Rolled Oats, Old Fashioned, Organic		4 / 1kg	_____
623636 700061	20104	GMO	*	+ ½ Rolled Oats, Quick, Organic		4 / 1kg	_____
623636 700207	28073	GMO	*	+ ½ Steel Cut Oats, Organic		4 / 1kg	_____
623636 998956	22133	GMO GF	*	BC ½ Flour, Gluten Free All Purpose, Organic		4 / 1kg	_____
623636 998550	20261	GMO	*	BC ½ Flour, Sprouted High Protein (grains, beans & legumes), Organic		4 / 1kg	_____
623636 995504	22913	GMO	*	BC ½ Flour, Sprouted Whole Grain Buckwheat (light), Organic		4 / 1kg	_____
623636 993302	22239	GMO	*	BC ½ Flour, Sprouted Whole Grain Spelt, Organic		4 / 1kg	_____
623636 993104	22240	GMO	*	BC ½ Flour, Sprouted Whole Wheat, Organic		4 / 1kg	_____
623636 400008	22126	GMO	*	BC ½ Flour, White All Purpose (bread flour), Organic		4 / 1kg	_____
623636 120203	20101	GMO	*	BC ½ Flour, White, Cake & Pastry, Organic		4 / 1kg	_____
623636 600705	27000	GMO	*	BC ½ Flour, White, Pizza & Pasta (type 00), Organic		4 / 1kg	_____
623636 101202	22138	GMO	*	BC ½ Flour, Whole Grain Buckwheat (light), Organic		4 / 1kg	_____
623636 993395	22251	GMO	*	BC ½ Flour, Whole Grain Einkorn, Organic		4 / 1kg	_____
623636 300056	22129	GMO	*	BC ½ Flour, Whole Grain Rye, Organic		4 / 1kg	_____
623636 500005	22128	GMO	*	BC ½ Flour, Whole Grain Spelt, Stone Ground, Organic		4 / 1kg	_____
623636 200004	22127	GMO	*	BC ½ Flour, Whole Wheat, Stone Ground, Organic		4 / 1kg	_____
623636 998895	21018	GMO	*	BC ½ Flour, 60/40 Bakers Blend, Organic		4 / 2kg	_____
623636 400015	20068	GMO	*	BC ½ Flour, White, All Purpose (bread flour), Organic		4 / 2kg	_____
623636 200011	20069	GMO	*	BC ½ Flour, Whole Wheat, Stone Ground, Organic		4 / 2kg	_____
623636 700023	22921	GMO B	*	+ ½ Rolled Oats, Old Fashioned, Organic		4 / 2.5kg	_____
623636 400022	22923	GMO	*	BC ½ Flour, White All Purpose (bread flour), Organic		4 / 5kg	_____
623636 200028	22922	GMO	*	BC ½ Flour, Whole Wheat, Stone Ground, Organic		4 / 5kg	_____
ANTOINETTE'S DIP & SAUCE (REFRIGERATED) - 20% OFF							
628399 100295	23122	BC ½		Dip & Sauce, Salt Spring		6 / 375ml	_____

STORE NAME:
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UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
BAKERS SUPPLY HOUSE BAKING INGREDIENTS - 10% OFF				
055853 001803	02218	GMO	* BC 📦 Baking Powder, Organic (aluminum free) (corn free)	24 / 210g
055853 001759	02240	GMO	* BC 📦 Corn Starch, Organic	6 / 250g
055853 001506	02217	GMO	* BC 📦 Pure Vanilla Extract, Organic	12 / 100ml
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 15% OFF				
777744 000138	38017	V	BC 📦 Burger, Lion's Mane Mushroom (2pk)	8 / 240g
777744 000060	38004	V	BC 📦 Links, Veggie Big Brat	12 / 300g
777744 000022	38006	V	BC 📦 Links, Veggie Fiesta	12 / 300g
777744 000015	38011	V	BC 📦 Veggie Patty, The Original	8 / 400g
BIOITALIA PRODUCTS - 15% OFF				
661475 046049	33176	GMO GF *	X Pasta, Multigrain Fusilli, Organic	12 / 340g
661475 071041	33177	GMO GF *	X Pasta, Multigrain Penne Rigate, Organic	12 / 340g
661475 014048	33175	GMO GF *	X Pasta, Multigrain Spaghetti, Organic	15 / 340g
661475 005008	33171	GMO *	X Pasta, Vegetable, Fusilli, Organic	12 / 500g
661475 161445	33109	GMO *	Pesto, Basil, Organic	12 / 160ml
661475 523045	33078	GMO *	Tomato Sauce, Aglio, Organic	8 / 660ml
661475 521041	33080	GMO *	Tomato Sauce, Marinara, Organic	8 / 660ml
661475 522048	33079	GMO *	Tomato Sauce, Rosee, Organic	8 / 660ml
BIOVERT DISHWASHING & LAUNDRY PRODUCTS - 15% OFF				
776622 011211	80550	+ 📦	Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 480g 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
BLISS BALLS ENERGY TRUFFLE BALLS - 10% OFF				
059443 252514	31400	BC 📦	X Energy Balls, Chocolate (2pk)	12 / 50g G
059443 252569	31402	BC 📦	X Energy Balls, Coconut (2pk)	12 / 50g G
059443 251012	31401	BC 📦	Energy Balls, Chocolate (6pk)	6 / 150g G
059443 251111	31403	BC 📦	Energy Balls, Coconut (6pk)	6 / 150g G
BLUE DIAMOND ALMOND FLOUR - \$8.71 OFF				
041570 147245	16184	GMO	Almond Flour, finely sifted	4 / 454g
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE - VOLUME PRICING				
041570 052747	06183	GMO	ALMOND BREEZE, Chocolate	12 / 946ml U
041570 052723	16671	GMO	ALMOND BREEZE, Original	12 / 946ml U
041570 059609	06731	GMO	ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml U
041570 055311	06088	GMO	ALMOND BREEZE, Unsweetened Original	12 / 946ml U
041570 055830	06613	GMO	ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml U
041570 052730	06181	GMO	ALMOND BREEZE, Vanilla	12 / 946ml U
			Buy 5-10 cases (946ml only)	Save 3.95
			Buy 11-40 cases (946ml only)	Save 4.95
			Buy 41-74 cases (946ml only)	Save 6.25
			Buy 75+ cases (946ml only)	Save 7.50
BLUE MONKEY JUICE - 10% OFF				
059654 5000015	07065	📦	Juice, Watermelon (PET bottle)	12 / 1L U
BOB'S RED MILL PRODUCTS - UP TO 20% OFF				
039978 343819	20375	GMO	X Almond Flour, Blanched	4 / 453g
039978 333803	34076	GMO	X Almond Flour, Natural	4 / 453g
039978 001993	34212	GF	X Baking Mix, Cornbread	4 / 567g
039978 333810	20238	GMO GF	X Blanched Almond Flour	4 / 907g
039978 328151	20355	GMO GF * @	X Coconut Flour, Organic	4 / 453g
039978 354532	30573	GMO GF	X Gluten Free 1to 1 Baking Flour	4 / 1.24kg
039978 344533	30572	GMO GF	X Gluten Free 1to1 Baking, Flour	4 / 623g
039978 334527	30574	GMO GF	X Gluten Free All Purpose Baking Flour	4 / 623g
039978 344526	30575	GMO GF	X Gluten Free All Purpose Baking Flour	4 / 1.24kg
039978 003638	34264	GMO GF	X Granola, Blueberry Lemon	6 / 312g
039978 003614	34263	GMO GF	X Granola, Maple Sea Salt	6 / 312g
039978 003706	34265	GMO GF	X Granola, Peanut Butter	6 / 312g
039978 325464	34203	GF	X Large Flake Nutritional Yeast	4 / 142g

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039978 302366	20180 GMO			X Unbleached Artisan Bread, Flour	4 / 2.27kg
039978 333018	20169 GMO			X White All-Purpose Flour, Unbleached	4 / 2.26kg
039978 333001	20171 GMO			X Whole Wheat, Flour	4 / 2.27kg
039978 355553	34205 GMO GF			X Xanthan Gum	5 / 227g
BRAGG ALL PURPOSE SEASONING - UP TO \$16.08 OFF					
074305 101328	14076 GMO GF *		+	Apple Cider Vinegar, Organic	12 / 946ml
074305 106101	32179 GMO		*	Coconut Nectar, All Purpose Seasoning, Organic	12 / 296ml
074305 100161	14071 GMO GF			Liquid Soy Seasoning	12 / 473ml
074305 100321	14072 GMO GF			Liquid Soy Seasoning	12 / 946ml
074305 160028	33119 GMO GF *			Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker)	12 / 42.5g
BREMNER'S FRUIT (FROZEN) - \$8.80 OFF					
834644 005615	55079 GMO B *	BC	Ⓟ	X Mango Chunks, Organic	8 / 1.5kg
BUBBIES PRODUCTS (REFRIGERATED) - 15% OFF					
038261 957368	51200 GMO		+	Pickles, Kosher Dill	6 / 1L
038261 957504	51201 GMO		+	Pickles, Traditional Bread & Butter Chips	6 / 1L
038261 957665	51205		+	Prepared Horseradish	12 / 250ml
038261 957474	51204 GMO		+	Sauerkraut, Fermented	6 / 750ml
CAULIPOWER CAULIFLOWER PIZZA CRUSTS & PIZZA (FROZEN) - UP TO \$13.15 OFF					
854934 007082	32400		GF	X Pizza Crusts (2pk)	8 / 310g
854934 007846	32405		GF	X Pizza, Buffalo-Chicken Style	8 / 310g
854934 007099	32402		GF	X Pizza, Margherita	8 / 310g
854934 007853	32404		GF	X Pizza, Pepperoni	8 / 320g
854934 007075	32401		GF	X Pizza, Cheese Lover's	8 / 315g
854934 007105	32403		GF	X Pizza, Veggie	8 / 310g
CHA'S ORGANICS PRODUCTS - UP TO \$4.12 OFF					
806253 210407	15040 GMO	*	@	Ⓟ Coconut Cream, Full Cream, Organic	12 / 400ml
806253 210421	15081 GMO	*	@	Ⓟ Coconut Milk, Light, Organic	12 / 400ml
806253 210414	15080 GMO	*	@	Ⓟ Coconut Milk, Premium, Organic	12 / 400ml
806253 210483	15041 GMO	*	@	Ⓟ Coconut Whipping Cream, Organic	6 / 400ml
806253 786223	12732 GMO	*		Ⓟ Curry Paste, Green (hot), Organic	6 / 55g
806253 786209	12730 GMO	*		Ⓟ Curry Paste, Red (med), Organic	6 / 55g
806253 786216	12731 GMO	*		Ⓟ Curry Paste, Yellow (mild), Organic	6 / 55g
806253 310220	15255 GMO	*		Ⓟ Mango Chunks, Organic (can)	12 / 400ml
806253 310237	15256 GMO	*		Ⓟ Pineapple Chunks, Organic (can)	12 / 400ml
CHASERS 100% COLD-PRESSED JUICE (REFRIGERATED) - 10% OFF					
628242 717014	58587	BC	Ⓟ	Cider, Apple - apple/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L U
628242 717090	58588	BC	Ⓟ	Cider, Cranberry - cranberry/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L U
628242 712118	58579	BC	Ⓟ	Juice, Basic Peach (peach, turmeric, orange, lemon, apple)	6 / 1L U
628242 710015	58557	BC	Ⓟ	Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 1L U
628242 710336	58581	BC	Ⓟ	Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)	6 / 1L U
628242 710039	58583	BC	Ⓟ	Juice, Cold K - lemon/ginger/honey	6 / 1L U
628242 710190	58565	BC	Ⓟ	Juice, Orange	6 / 1L U
628242 717021	58586	BC	Ⓟ	Juice, Pure BC Apple	6 / 1L U
628242 712040	58575	BC	Ⓟ	Juice, Ruby Red Grapefruit	6 / 1L U
628242 710022	58573	BC	Ⓟ	Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 1L U
628242 710053	58561	BC	Ⓟ	Juice, Taking Care of Business - spinach/apple/cucumber/celery/ginger/lemon	6 / 1L U

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628242 710374	58563	BC	Ⓟ	Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)	6 / 1L	U	_____
628242 710046	58553	BC	Ⓟ	Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 1L	U	_____
628242 717045	58590	BC	Ⓟ	Lemonade	6 / 1L	U	_____
628242 717069	58591	BC	Ⓟ	Lemonade, Blueberry	6 / 1L	U	_____
628242 717052	58589	BC	Ⓟ	Lemonade, Pink (strawberry)	6 / 1L	U	_____
CHOSEN FOODS PRODUCTS - UP TO \$10.68 OFF + VOLUME PRICING							
815074 022441	32300	GMO	GF	Dressing, Apple Cider Vinaigrette	6 / 237ml		_____
815074 022496	32301	GMO	GF	Dressing, Caesar	6 / 237ml		_____
815074 021444	32302	GMO	GF	Dressing, Chipotle Ranch	6 / 237ml		_____
815074 021437	32303	GMO	GF	Dressing, Lemon Garlic	6 / 237ml		_____
815074 022830	32304	GMO	GF	Dressing, Ranch	6 / 237ml		_____
				Buy 5+ cases (Dressing Skus Only)	Save 0.84		_____
815074 020010	32326	GMO	GF	Mayo, Classic w/100% avocado oil (squeeze bottle)	6 / 332ml		_____
815074 020003	32313	GMO	GF	Mayo, Classic w/100% avocado oil	6 / 355ml		_____
815074 021314	32315	GMO	GF V	Mayo, Vegan w/100% avocado oil	6 / 355ml		_____
				Buy 5+ cases (Mayo Skus Only)	Save 1.43		_____
815074 020096	32324	GMO	GF	Mayo, Classic w/100% avocado oil	6 / 710ml		_____
				Buy 5+ cases (Mayo Skus Only)	Save 2.08		_____
815074 020737	32307	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 1.44		_____
853807 005064	32308	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 2.88		_____
853807 005828	32309	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 3.56		_____
853807 005033	32312	GMO		All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g		_____
				Buy 8+ cases (Spray Skus Only)	Save 1.44		_____
853807 005231	32310	GMO		Avocado Oil, Virgin	6 / 250ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 2.10		_____
853807 005859	32311	GMO	*	Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml		_____
				Buy 10+ cases (Oil Skus Only)	Save 1.87		_____
815074 022915	32318	GMO		Cooking Oil Spray, Pure Avocado Oil	6 / 383g		_____
				Buy 8+ cases (Spray Skus Only)	Save 2.50		_____
CLIF PERFORMANCE & SNACK BARS - UP TO \$3.36 OFF							
722252 606426	37132		X	BUILDERS Protein Bar, Chocolate	12 / 68g	G	_____
722252 626615	37341		X	BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)	12 / 68g	G	_____
722252 606440	37340		X	BUILDERS Protein Bar, Chocolate Mint	12 / 68g	G	_____
722252 606419	37133		X	BUILDERS Protein Bar, Chocolate Peanut Butter	12 / 68g	G	_____
722252 068835	37343		X	BUILDERS Protein Bar, Vanilla Almond	12 / 68g	G	_____
722252 342997	37911	GMO	*	Nut Butter Bar, Chocolate Chip & Peanut Butter, Organic	12 / 50g	G	_____
722252 128102	37735	GMO	*	Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g	G	_____
722252 028037	37737	GMO	*	Nut Butter Bar, Peanut Butter, Organic	12 / 50g	G	_____
CLOUD 9 GLUTEN-FREE MIXES - 10% OFF							
816512 000502	21037	GF	BC	Ⓟ	All Purpose Baking Mix	6 / 1.25kg	_____
816512 000045	21056	GF	BC	Ⓟ	Brownie Mix	8 / 550g	_____
816512 000298	21055	GF	BC	Ⓟ	Cake & Cupcake Mix, Chocolate	8 / 600g	_____
816512 001776	21060	GF	BC	Ⓟ	Cake & Cupcake Mix, Vanilla	8 / 600g	_____
816512 000052	21054	GF	BC	Ⓟ	Cookie Mix, Chocolate Chip	8 / 405g	_____

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816512 000908	21058	GF V	BC	Ⓟ	Pancake & Waffle Mix (gluten free/nut free/dairy-free/soy free/vegan)	8 / 1kg	
COCOFINO PLANT-BASED YOGURT (REFRIGERATED) - 15% OFF							
710497 530637	56083		BC	Ⓟ	Coconut Yogurt, Blueberry & Ginger	8 / 450g	
710497 530620	56081		BC	Ⓟ	Coconut Yogurt, Mango & Turmeric	8 / 450g	
710497 530613	56080		BC	Ⓟ	Coconut Yogurt, Plain	8 / 450g	
710497 530644	56082		BC	Ⓟ	Coconut Yogurt, Strawberry & Rhubarb	8 / 450g	
COCONUT SECRET SOY SAUCE SUBSTITUTE - \$12.95 OFF							
851492 002047	37386	GMO GF *			Soy Sauce Substitute, Organic	12 / 237ml	
DAIYA CHEEZECAKE (FROZEN) - \$5.75 OFF							
871459 002385	50160	GMO GF V	BC	Ⓟ	X Cheezecake, Chocolate	8 / 400g	
871459 002378	50158	GMO GF V	BC	Ⓟ	X Cheezecake, Key Lime	8 / 400g	
871459 002361	50157	GMO GF V	BC	Ⓟ	X Cheezecake, New-York	8 / 400g	
871459 002392	50159	GMO GF V	BC	Ⓟ	X Cheezecake, Strawberry	8 / 400g	
EARTH FRIENDLY DISHWASHING PRODUCTS - \$1.53 OFF							
749174 097217	80737				Dishmate™ Free & Clear Dish Liquid	6 / 739ml	G P
749174 097224	80672				Dishmate™ Grapefruit Dish Liquid	6 / 739ml	G P
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN) - 30% OFF							
032601 025274	63016	GMO *			X Broccoli, Florets, Organic (bag)	12 / 300g	
EARTH'S OWN PLANT-BASED BEVERAGE (REFRIGERATED) - 15% OFF							
626027 611410	08325	GMO	BC	Ⓟ	NEW! THE ALT. Milk Alternative	6 / 1.75L	U
ECO-MAX HOUSEHOLD PRODUCTS - 10% OFF							
853907 001102	80913		+	Ⓟ	Dish Wash, Hypoallergenic	6 / 740ml	G P
853907 001072	80910		+	Ⓟ	Dish Wash, Natural Lavender	6 / 740ml	G P
853907 001096	80912		+	Ⓟ	Dish Wash, Natural Orange	6 / 740ml	G P
853907 001089	80911		+	Ⓟ	Dish Wash, Natural Tea Tree	6 / 740ml	G P
853907 001737	80916		+	Ⓟ	Dish Wash Refill, Hypoallergenic	2 / 4L	G P
853907 001744	80917		+	Ⓟ	Dish Wash Refill, Natural Orange	2 / 4L	G P
853907 001263	80727		+	Ⓟ	Dishwasher Pacs (20 pacs)	8 / 360g	G P
667838 010146	80963		+	Ⓟ	Disinfecting All Purpose Cleaner, Natural Orange	4 / 800ml	G P
853907 001386	80294		+	Ⓟ	Disinfecting Toilet Bowl Cleaner, Tea Tree	6 / 1L	G P
EDEN PRODUCTS - UP TO \$19.08 OFF							
024182 003697	42160	GMO GF *			Apple Butter, Organic	12 / 482g	
024182 003499	31020	GMO GF *			Apple Sauce, Organic (jar)	12 / 398ml	
024182 420876	02117	GMO *			Brown Rice Vinegar, Organic	12 / 296ml	
024182 001624	02114	GF			Red Wine Vinegar (raw unpasteurized)	12 / 473ml	
024182 000290	28006	GMO GF *			Sesame Oil, Extra Virgin, Organic	12 / 473ml	
024182 000306	28007	GF			Sesame Oil, Toasted	12 / 148ml	
024182 425901	02119	GF			Ume Plum Vinegar	12 / 296ml	
EDWARD & SONS MISO SOUP - UP TO \$4.34 OFF							
043182 000987	38689	GF			Miso-Cup, Japanese Restaurant Style - 3ct	6 / 82g	
043182 000925	38261				Miso-Cup, Traditional w/Tofu, Organic	12 / 36g	
ENDANGERED SPECIES OAT MILK BAKING CHIPS - \$4.46 OFF							
037014 400014	36210	GMO GF V @			Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g	
EVE'S CRACKERS - 20% OFF							
627843 724971	56100	GF	BC	Ⓟ	X Crackers, Black Sesame	12 / 108g	
627843 724964	56101	GF	BC	Ⓟ	X Crackers, Chili Pepper Pumpkin Seed	12 / 108g	
627843 724988	56103	GF	BC	Ⓟ	X Crackers, Cracked Pepper	12 / 108g	
627843 724957	56102	GF	BC	Ⓟ	X Crackers, Savoury Sunflower	12 / 108g	
FARMER'S MARKET CANNED PUMPKIN - UP TO \$2.68 + VOLUME PRICING							
638882 002043	10105	GMO *			Pumpkin Pie Mix, Organic	12 / 398ml	
					Buy 50-99 cases	Save 3.01	
					Buy 100+ cases	Save 3.68	
638882 002005	10103	GMO *			Pumpkin, Organic	12 / 398ml	
					Buy 50-99 cases	Save 3.01	
					Buy 100+ cases	Save 3.68	
FERIDIES PEANUTS - 15% OFF							
045518 001125	34702	GMO			Virginia Peanuts, Salted	12 / 255g	G

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FEVER-TREE PREMIUM COCKTAIL MIXERS - 45% OFF				
812136 030208	07806		Ginger Ale (can)	3 / 8x150ml G P U
FOOD FOR LIFE BREADS (FROZEN) - 5% OFF				
073472 001240	55519	GMO *	X NEW! Bread, EZEKIEL 4:9 Sprouted Grain, Flax, Organic	6 / 680g
FREEYUMM CRACKERS - \$4.50 OFF				
816695 004069	10323	GMO GF	BC X Cracker Bites, Cheezy	6 / 120g
816695 004076	10324	GMO GF	BC X Cracker Bites, Pizza	6 / 120g
816695 004038	10322	GMO GF	BC X Crackers, Herb & Seed	6 / 120g
816695 004014	10320	GMO GF	BC X Crackers, Himalayan Salt	6 / 120g
816695 004021	10321	GMO GF	BC X Crackers, Zesty Cheese	6 / 120g
GARDEIN PLANT BASED MEAT ALTERNATIVES (FROZEN) - \$6.00 OFF				
842234 409965	65047	GMO	X NEW! SUPREME Chick'n, Nuggets	6 / 417g
GINGER PEOPLE PRODUCTS - 15% OFF				
734027 995017	06177	GMO	X GINGER SOOTHER, Lemon & Honey	24 / 355ml G U
734027 904705	14457	GMO *	Ginger Syrup, Organic	12 / 237ml
GOBIO! GRAVY CUBES - 10% OFF				
687789 021138	45330	GMO *	Gravy Cubes, Brown, Organic	15 / 60g
687789 021121	45331	GMO *	Gravy Cubes, Poultry, Organic	15 / 60g
GOMACRO MACROBAR - \$2.40 OFF + VOLUME PRICING				
853555 006689	10910	GMO GF V *	X MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic	12 / 65g G
810039 910115	10912	GMO GF V *	X MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic	12 / 65g G
181945 000154	10908	GMO GF V *	X MACROBAR Prolonged Power - banana + almond butter, Organic	12 / 65g G
853555 006412	10914	GMO GF V *	X MACROBAR Protein Decadence - dark chocolate + almonds, Organic	12 / 65g G
181945 000062	10900	GMO GF V *	X MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic	12 / 65g G
181945 000147	10905	GMO GF V *	X MACROBAR Protein Replenishment - peanut butter, Organic	12 / 65g G
810039 910085	10911	GMO GF V *	X MACROBAR Pure Promise - maple sea salt, Organic	12 / 65g G
810039 910146	10913	GMO GF V *	X MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic	12 / 65g G
			Buy 8+ cases	Save 0.40
GREEN CUISINE TOFU (REFRIGERATED) - 10% OFF				
068532 000264	40542	GMO *	BC X TOFU, Baked, Organic	1 / 225g
068532 000998	40230	GMO *	BC X TOFU, Extra Firm, Organic	1 / 454g
068532 000103	40228	GMO *	BC X TOFU, Medium, Organic	1 / 454g
GUAYAKI YERBA MATE BEVERAGE - UP TO 10% OFF + VOLUME PRICING				
632432 000398	07176	GMO *	@ X Berry Lemonade, Organic (can)	12 / 458ml G U
632432 000190	07332	GMO *	@ X Bluephoria, Organic (can)	12 / 458ml G U
632432 000114	07153	GMO *	@ X Enlighten Mint, Organic (can)	12 / 458ml G U
632432 000121	07151	GMO *	@ X Lemon Elation, Organic (can)	12 / 458ml G U
632432 000374	07175	GMO *	@ X Peach, Organic (can)	12 / 458ml G U
632432 000138	07152	GMO *	@ X Revel Berry, Organic (can)	12 / 458ml G U
			Buy 10+ cases	Save 10%
632432 000206	06838	GMO *	@ Terere Mint, Organic (glass)	12 / 473ml G U
632432 000220	06839	GMO *	@ Terere Raspberry, Organic (glass)	12 / 473ml G U
632432 000244	06837	GMO *	@ Terere Traditional, Organic (glass)	12 / 473ml G U
632432 000268	06870	GMO *	@ Terere Unsweetened, Organic (glass)	12 / 473ml G U
			Buy 10+ cases	Save 10%
632432 000145	04032	GMO *	@ X Sparkling Classic Gold, Organic (can)	12 / 355ml G P U
632432 000152	04033	GMO *	@ X Sparkling Cranberry Pomegranate, Organic (can)	12 / 355ml G P U
632432 000169	04000	GMO *	@ X Sparkling Grapefruit Ginger, Organic (can)	12 / 355ml G P U

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GUAYAKI YERBA MATE - VOLUME PRICING				
632432 100029	13219	GMO	* @ Traditional Mate, Bags, Organic	6 / 75ct
632432 100036	13217	GMO	* @ Traditional Mate, Loose Leaf, Organic	6 / 454g
			Buy 10+ cases	Save 10%
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE - 15% OFF				
683830 019369	14323	BC	Ⓟ Toum - Lebanese Garlic Sauce & Spread	8 / 250g
HAPPY PAWS CAT FOOD - 40% OFF				
831043 000166	48084	BC	Ⓟ X Holistic Cat Food	1 / 7.5kg G P
HARDBITE HANDCRAFTED STYLE CHIPS - 10% OFF				
673513 101108	37515	GMO	BC Ⓟ X NEW! Potato Chips, Tikka Masala	15 / 150g G
HEALTHY SHORES CANNED SEAFOOD FOR DOGS - UP TO 60% OFF				
810757 001119	48222	BC	Ⓟ Dog Food, Albacore Tuna	24 / 170g G P
810757 001102	48225	BC	Ⓟ Dog Food, Wild Salmon	24 / 170g G P
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED) - 10% OFF				
627843 360605	14403	BC	Ⓟ Veggie Pate, Herb	12 / 225g
627843 382843	14451	BC	Ⓟ Veggie Pate, Red Pepper Garlic	12 / 225g
HUER NATURAL CANDY - 10% OFF				
771047 004749	15413		Ⓟ X SENSIBLE SWEETS, Low Sugar Gummies, Fruity Bears	12 / 50g G
771047 004756	15412		Ⓟ X SENSIBLE SWEETS, Low Sugar Gummies, Fruity Fish	12 / 50g G
771047 004787	15414		Ⓟ SENSIBLE SWEETS, Low Sugar Gummies, Mixed Pack	12 / 150g G
INDIANLIFE CHIPS & SAVOURY SNACKS - 15% OFF				
777762 004293	37601	GMO	BC Ⓟ X Chips, Masala	12 / 170g G
777762 004378	10073	GMO	BC Ⓟ X Chips, Palak Spinach	12 / 170g G
777762 004330	58045	GMO	BC Ⓟ X Snack Mix, Dal	8 / 200g G
777762 004323	58046	GMO	BC Ⓟ X Snack Mix, Hot Punjabi	8 / 200g G
INDIANLIFE PRODUCTS (FROZEN) - 15% OFF				
777762 002367	54079	GMO	BC Ⓟ X Masala Wrap w/Chickpeas & Wild Rice	12 / 275g
777762 002374	54084	GMO	BC Ⓟ X Spinach Wrap w/Mixed Vegetables & Wild Rice	12 / 275g
777762 001377	58023	GMO	BC Ⓟ X Chapati (6ct)	12 / 284g
777762 001360	58022	GMO	BC Ⓟ X Tortillas (7")	12 / 284g
777762 001322	58014	GMO	BC Ⓟ X Naan, Coriander & Herbs	12 / 500g
777762 001285	58017	GMO	BC Ⓟ X Naan, Garlic	12 / 500g
777762 001292	58016	GMO	BC Ⓟ X Naan, Plain	12 / 500g
777762 001315	58018	GMO	BC Ⓟ X Naan, Spinach	12 / 500g
777762 000530	58013	GMO	BC Ⓟ X Roti	12 / 250g
777762 001650	58019	GMO	BC Ⓟ X Wrap, Masala (11")	12 / 500g
777762 001872	58038	GMO	* BC Ⓟ X Wrap, Sprouted Spelt Flour, Organic (11")	12 / 500g
777762 001629	58020	GMO	BC Ⓟ X Wrap, Spinach (11")	12 / 500g
777762 001643	58021	GMO	BC Ⓟ X Wrap, Sundried Tomato (11")	12 / 500g
777762 001612	58028	GMO	BC Ⓟ X Wrap, Tortilla (11")	12 / 500g
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER - 10% OFF				
859805 000056	15754	BC	Ⓟ Almond Butter	12 / 250g
859805 000025	15751	BC	Ⓟ Peanut Butter, Crunchy	12 / 375g
859805 000001	15750	BC	Ⓟ Peanut Butter, Smooth	12 / 375g
859805 000032	15753	BC	Ⓟ Peanut Butter, Crunchy	12 / 750g
859805 000018	15752	BC	Ⓟ Peanut Butter, Smooth	12 / 750g
JASON BODY CARE PRODUCTS - 10% OFF				
078522 090250	80259		X Deodorant, Aloe Vera (stick)	1 / 71g G P
078522 090656	80797		X Deodorant, Lavender (stick)	1 / 71g 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 870098	80236		X Conditioner, Biotin	1 / 473ml G P
078522 850052	80257		X Shampoo, Sea Kelp	1 / 473ml G P
078522 800781	80263		X Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml G P

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JUST EGG PLANT EGG (FROZEN) - 10% OFF						
191011 000988	68900	GMO			X Plant Egg, Folded	6 / 227g
JYOTI NATURAL FOODS INDIAN CUISINE - 15% OFF + VOLUME PRICING						
077502 016105	38545				Delhi Saag, Spinach & Mustard Greens w/ Ginger & Peppers (can)	12 / 425g
077502 156153	38542				Madras Sambar, Lentils w/ Vegetables (can)	12 / 425g
077502 036103	38546	GMO	*		Matar Paneer, Peas & Home Style Cheese (can)	12 / 425g
077502 146154	38541	GMO	*		Punjabi Chhole, Chickpeas w/ Potato & Onions (can)	12 / 425g
					Buy 10+ cases	Save 5%
KAN'S GOURMET FOODS APPETIZERS (FROZEN) - 10% OFF						
189120 000524	54364	GMO	V	BC	Ⓟ X Falafel, Mini Lentil, w/dipping sauce	12 / 330g
189120 000531	54367	GMO	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
KASLO SOURDOUGH PASTA PASTA FERMENTATA - UP TO \$18.96 OFF						
779605 022730	42186	GMO		BC	Ⓟ X PASTA FERMENTATA, Macaroni	12 / 227g
779605 022716	42187	GMO		BC	Ⓟ X PASTA FERMENTATA, Radiatori, Classic	12 / 227g
779605 022747	42190	GMO		BC	Ⓟ X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 227g
779605 022723	42188	GMO		BC	Ⓟ X PASTA FERMENTATA, Rotini	12 / 227g
779605 332273	42189	GMO		BC	Ⓟ X PASTA FERMENTATA, Spaghetti	12 / 227g
779605 336448	42192	GMO		BC	Ⓟ X PASTA FERMENTATA, Elbow Mac	12 / 454g
779605 336400	42178	GMO		BC	Ⓟ X PASTA FERMENTATA, Radiatori, Classic	12 / 454g
779605 337407	42183	GMO		BC	Ⓟ X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 454g
779605 336424	42179	GMO		BC	Ⓟ X PASTA FERMENTATA, Rotini, Classic	12 / 454g
779605 330071	42191	GMO		BC	Ⓟ X PASTA FERMENTATA, Spaghetti	12 / 454g
KETTLE BRAND POTATO CHIPS - \$2.52 OFF						
084114 902917	39243	GMO	GF		X Potato Chips, Air Fried, Himalayan Salt	12 / 156g G
084114 902924	39244	GMO	GF		X Potato Chips, Air Fried, Sea Salt & Vinegar	12 / 156g G
084114 902726	39220		GF		X Potato Chips, Gourmet, Backyard BBQ	12 / 198g G
084114 902931	39222		GF		X Potato Chips, Gourmet, Honey Dijon	12 / 198g G
084114 902764	39223	GMO	GF		X Potato Chips, Gourmet, Jalapeño	12 / 198g G
084114 902801	39224	GMO	GF		X Potato Chips, Gourmet, Natural, Low Sodium	12 / 198g G
084114 902702	39226	GMO	GF		X Potato Chips, Gourmet, Natural, Salted	12 / 198g G
084114 902832	39232	GMO	GF		X Potato Chips, Gourmet, Parmesan Garlic	12 / 198g G
084114 902825	39229	GMO	GF		X Potato Chips, Gourmet, Pepperoncini	12 / 198g G
084114 902788	39231	GMO	GF		X Potato Chips, Gourmet, Ranch	12 / 198g G
084114 902719	39227	GMO	GF		X Potato Chips, Gourmet, Sea Salt & Vinegar	12 / 198g G
084114 902757	39228		GF		X Potato Chips, Gourmet, Yogurt & Green Onion	12 / 198g G
084114 902740	39221		GF		X Potato Chips, Gourmet, Cheddar	12 / 198g G
084114 902795	39233	GMO	GF		X Potato Chips, Krinkle Cut, Truffle & Sea Salt	12 / 198g G
084114 902771	39230	GMO	GF		X Potato Chips, Krinkle Cut, Dill Pickle	12 / 198g G
084114 902849	39234	GMO	GF		X Potato Chips, Krinkle Cut, Habanero Lime	12 / 198g G
084114 902733	39225	GMO	GF		X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	12 / 198g G
KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED) - 10% OFF						
628504 073377	23632			BC	Ⓟ X Water Kefir, Cranberry Turmeric (can)	12 / 355ml G P U
628504 073391	23633			BC	Ⓟ X Water Kefir, Lemon Ginger Turmeric (can)	12 / 355ml G P U
628504 073414	23634			BC	Ⓟ X Water Kefir, Power Green (can)	12 / 355ml G P U
628504 073438	23635			BC	Ⓟ X Water Kefir, Strawberry Rosehip (can)	12 / 355ml G P U

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KING ISLAND COCONUT WATER - VOLUME PRICING				
8850813 300031	07130	+ 📦	Coconut Water, Pure (gable top)	12 / 1L U
			Buy 10-14 cases	Save 10%
			Buy 15-19 cases	Save 13%
			Buy 20+ cases	Save 15%
KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN) - 10% OFF				
877168 001039	34139	GMO + 📦	X Onigiri, Japanese Vegetable Curry (2pc)	8 / 204g
877168 001008	34136	GMO + 📦	X Onigiri, Kale Gomae (2pc)	8 / 204g
877168 001022	34138	GMO + 📦	X Onigiri, Korean BBQ Mushroom (2pc)	8 / 204g
877168 000001	34132	GMO + 📦	X Roll, California (8pc)	8 / 210g
877168 000032	34135	GMO + 📦	X Roll, Rainbow - w/plant based tuna, mango & Jasberry rice (8pc)	8 / 210g
877168 000018	34133	GMO + 📦	X Roll, Spicy California (8pc)	8 / 210g
877168 000025	34134	GMO + 📦	X Roll, Tuna Avocado (8pc)	8 / 210g
KOYO RAMEN - 10% OFF				
065493 064335	39106	📦	X Ramen, Asian Vegetables	12 / 60g
065493 064359	39100	📦	X Ramen, Garlic Pepper	12 / 60g
065493 064342	39101	📦	X Ramen, Lemongrass Ginger	12 / 60g
065493 064304	39102	📦	X Ramen, Mushroom	12 / 57g
065493 064311	39103	📦	X Ramen, Seaweed	12 / 57g
065493 064366	39104	📦	X Ramen, Soba Buckwheat Noodles	12 / 60g
065493 064328	39105	📦	X Ramen, Tofu & Miso	12 / 57g
065493 064410	39113	📦	X NEW! Rice Ramen Noodle Cup, Garlic Vegetable (gluten free)	6 / 57g
065493 064427	39114	📦	X NEW! Rice Ramen Noodle Cup, Spicy Kimchi (gluten free)	6 / 59g
065493 064434	39115	📦	X NEW! Rice Ramen Noodle Cup, Spicy Szechuan (gluten free)	6 / 58g
065493 064403	39116	📦	X NEW! Rice Ramen Noodle Cup, Wakame Miso (gluten free)	6 / 60g
L'ANCÊTRE BUTTER & CHEESE (REFRIGERATED) - UP TO 10% OFF				
778177 509304	50137	GMO * + 📦	NEW! Cheddar, Mild (snack size), Organic	8 / 8x21g
778177 106961	43000	GMO * + 📦	Butter, 84% MF, Salted, Organic	12 / 250g
778177 106978	43001	GMO * + 📦	Butter, 84% MF, Unsalted, Organic	12 / 250g
778177 107968	43002	GMO * + 📦	Butter, Salted, Organic	12 / 250g
778177 107975	43003	GMO * + 📦	Butter, Unsalted, Organic	12 / 250g
778177 499360	50014	GMO * + 📦	Cheddar, Marble, Organic	8 / 200g
778177 499933	50021	GMO * 📦	Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g
778177 499957	50101	GMO * + 📦	Gouda (6 mos), Organic (raw milk)	8 / 170g
778177 112962	50013	GMO * + 📦	Mozzarella (28% MF), Organic	8 / 200g
778177 499605	50020	GMO * + 📦	Swiss, Organic (raw milk)	8 / 200g
LE GRAND PLANT BASED CHEESE & PESTO (REFRIGERATED) - 15% OFF				
773798 101562	19483	GMO + 📦	Mac 'N Cheeze Sauce, Original (spoutPak)	6 / 227g
773798 100220	19451	+ 📦	Pesto, Classic (spoutPak)	6 / 170g
773798 100121	19450	V + 📦	Pesto, Garden (spoutPak)	6 / 170g
LE PAIN DES FLEURS CRISPBREAD - 10% OFF				
848206 059565	16606	GMO GF V *	Crispbread, Buckwheat, Organic	12 / 150g
848206 059572	16607	GMO GF V *	Crispbread, Buckwheat, Unsalted, Organic	12 / 150g
848206 059596	16643	GMO GF V *	Crispbread, Chestnut, Organic	12 / 150g
848206 059589	16641	GMO GF V *	Crispbread, Quinoa, Organic	12 / 150g
LET'S DO...ORGANIC BAKING INGREDIENTS - UP TO \$6.06 OFF				
043182 002103	24098	GMO *	Coconut Cream, Heavy (30% Fat), Organic	12 / 398ml
043182 015226	02264	GMO GF *	Coconut Flakes, Unsweetened, Organic	12 / 200g
043182 022057	24099	GMO *	Coconut Milk, Sweetened Condensed, Organic	6 / 195ml
043182 015202	02083	GMO GF *	Coconut, Fine Shredded, Unsweetened, Organic	12 / 250g
043182 005296	20114	GMO GF *	Cornstarch, Organic	6 / 170g

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043182 005258	02246 GMO	*			Creamed Coconut, Unsweetened, Organic	6 / 200g
043182 005272	70340				Tapioca, Granules, Organic	6 / 170g
LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE - 40% OFF						
661594 000427	11951 GMO	* @ BC	Ⓟ		Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g
661594 000120	11929 GMO	* @ BC	Ⓟ		Coffee Beans, Colombia (dark), Organic	6 / 908g
LOOP MISSION COLD-PRESSED JUICE (REFRIGERATED) - 15% OFF						
056719 900193	11222		+ Ⓟ		Juice, Better Together (grapefruit, orange, ginger)	6 / 1L U
056719 900186	11220 GMO		+ Ⓟ		Juice, Morning Glory (clementine, orange, strawberry)	6 / 1L U
056719 900452	11226 GMO		+ Ⓟ		Juice, Orange	6 / 1L U
LOTUS FOODS PRODUCTS - 10% OFF						
708953 622125	39904 GMO	GF *		X	Ramen Noodles, Jade Pearl Rice, Organic	6 / 283g
708953 622132	39905 GMO	GF *		X	Ramen Noodles, Millet & Brown Rice, Organic	6 / 283g
708953 641133	39903 GMO	GF *			Rice Noodles, Pad Thai, Brown Rice, Organic	8 / 227g
708953 641126	39902 GMO	GF *			Rice Noodles, Pad Thai, Traditional, Organic	8 / 227g
LOVE CHILD ORGANICS BABY FOOD & SNACKS - UP TO \$3.20 OFF						
058449 252900	69525 GMO	GF *	+ Ⓟ		NEW! OATY CHOMPS Bars, Banana+Chocolate+Kale (no added sugar) (6pk), Organic	8 / 138g
858860 001428	69507 GMO	GF *	+ Ⓟ		NEW! OATY CHOMPS Bars, Blueberry+Carrot (no added sugar) (6pk), Organic	8 / 138g
858860 001442	69517 GMO	GF *	+ Ⓟ		NEW! OATY CHOMPS Bars, Cherry+Spinach (no added sugar) (6pk), Organic	8 / 138g
858860 001435	69508 GMO	GF *	+ Ⓟ		NEW! OATY CHOMPS Bars, Raspberry+Beet (no added sugar) (6pk), Organic	8 / 138g
858860 001077	61051 GMO	*	Ⓟ		Puree, First Apple, Organic	2 / 6x128ml
858860 001084	61052 GMO	*	Ⓟ		Puree, First Pear, Organic	2 / 6x128ml
858860 001022	61041 GMO	*	Ⓟ		Puree, Apples, Bananas, Blueberries, Organic	2 / 6x128ml
858860 001626	61063 GMO	*	Ⓟ		Puree, Apples, Banana's, Spinach, Avocado, Organic	2 / 6x128ml
858860 001060	61045 GMO	*	Ⓟ		Puree, Apples, Corn, Butternut Squash, Organic	2 / 6x128ml
858860 001015	61040 GMO	*	Ⓟ		Puree, Apples, Mangos, Organic	2 / 6x128ml
858860 001121	61047 GMO	*	Ⓟ		Puree, Apples, Spinach, Kiwi, Broccoli, Organic	2 / 6x128ml
858860 001640	61065 GMO	*	Ⓟ		Puree, Apples, Strawberries, Beets, Blueberries, Organic	2 / 6x128ml
858860 001114	61046 GMO	*	Ⓟ		Puree, Apples, Sweet Potatoes, Beets, Cinnamon, Organic	2 / 6x128ml
858860 001046	61043 GMO	*	Ⓟ		Puree, Apples, Sweet Potatoes, Carrots, Blueberries, Organic	2 / 6x128ml
858860 001619	61067 GMO	*	Ⓟ		Puree, Bananas, Carrots, Mangoes, Coconut, Organic	2 / 6x128ml
858860 001176	61049 GMO	*	Ⓟ		Puree, Bananas, Pumpkins, Pears, Coconut, Organic	2 / 6x128ml
858860 001039	61042 GMO	*	Ⓟ		Puree, Bananas, Strawberries, Peaches, Organic	2 / 6x128ml
858860 001053	61044 GMO	*	Ⓟ		Puree, Pears, Kale, Peas, Organic	2 / 6x128ml
858860 001152	61055 GMO	*	Ⓟ		Puree, Yogurt + Grains, Pears, Bananas, Blackberries, Raspberries, Organic	2 / 6x128ml

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LUNDBERG FAMILY FARMS ENTREES & RICE - UP TO \$4.60 OFF				
073416 020252	38723	GMO	GF	Risotto, Butternut Squash, Eco-Farmed 6 / 164g
073416 020245	38722	GMO	GF	Risotto, Garlic Primavera, Eco-Farmed 6 / 156g
073416 004337	31215	GMO	GF	Rice, Wild Blend, Nutra-Farmed 6 / 454g
073416 051911	31205		GF	Rice, Arborio, White, Nutra-Farmed 6 / 907g
073416 405523	31202	GMO	GF	Rice, Basmati, Brown, Nutra-Farmed 6 / 907g
073416 406032	31209	GMO	GF *	Rice, Basmati, Brown, Organic 6 / 907g
073416 403536	31203	GMO	GF	Rice, Basmati, White, Nutra-Farmed 6 / 907g
073416 404045	31210	GMO	GF *	Rice, Basmati, White, Organic 6 / 907g
073416 040502	31211	GMO	GF *	Rice, Jasmine, California Brown, Organic 6 / 907g
073416 040427	31204	GMO	GF	Rice, Jasmine, White, Nutra-Farmed 6 / 907g
073416 040489	31212	GMO	GF *	Rice, Jasmine, White, Organic 6 / 907g
073416 199644	31208	GMO	GF *	Rice, Long Grain Brown, Organic 6 / 907g
073416 250109	31231	GMO	GF *	Rice, Long Grain White, Regenerative Organic 6 / 907g
073416 199637	31206	GMO	GF *	Rice, Short Grain, Brown, Organic 6 / 907g
073416 040434	31207	GMO	GF *	Rice, Sushi, White, Organic 6 / 907g
MADEGOOD BARS - \$4.00 OFF				
687456 216119	64009	GMO	GF V *	Bars, Chocolate Chip, Organic 4 / 15x24g G
MAISON ORPHEE PRODUCTS - 15% OFF				
069593 120816	33489	GMO	+ P	Dressing, Caesar (certified Keto) 12 / 250ml
069593 120823	33490	GMO	+ P	Dressing, Maple & Dijon (certified Keto) 12 / 250ml
069593 120854	33493	GMO	+ P	Dressing, Olive & Balsamic (certified Keto) 12 / 250ml
069593 120861	33494	GMO	+ P	Dressing, Sesame & Tamari (certified Keto) 12 / 250ml
069593 120182	32365	GMO	* + P	Mustard, Dijon, Organic 12 / 250ml
069593 120199	32366	GMO	* + P	Mustard, Old-Fashioned, Organic 12 / 250ml
069593 120175	32364	GMO	* + P	Mustard, Yellow w/Turmeric, Organic 12 / 250ml
MANITOBA HARVEST HEMP YEAH PROTEIN POWDER - \$7.15 OFF				
697658 690044	37199	GMO	* + P	HEMP YEAH, Max Protein Powder, Unsweetened, Organic 6 / 454g G
MARY'S ORGANIC CRACKERS - 40% OFF				
853665 005879	17621	GMO	GF V *	CHEEZEE Crackers, Cheese & Herb Flavour, Organic 6 / 120g
MISHIMA INSTANT SOUP - \$4.02 OFF				
830757 000325	38551			X Instant Hot and Sour Soup 12 / 27g
830757 000219	38821			X Instant Miso Soup, Red 12 / 30g
830757 000233	38822			X Instant Miso Soup, White 12 / 30g
830757 000226	38655			X Instant Mixed Miso soup (red & white) 12 / 30g
MIYOKO'S CREAMERY VEGAN CHEESE (REFRIGERATED) - 15% OFF				
857554 005896	19151	GMO	*	Cashew Cheese, Mozzarella Style, Organic 6 / 227g
NAKED & SAUCY COOKING SAUCE & SIMMER SAUCE - 15% OFF				
890104 001078	40118	GMO	* BC P	Sauce, Chili Garlic, Organic 6 / 296ml
890104 001313	40122	GMO	* BC P	Sauce, Peanut, Organic 6 / 296ml
890104 001337	40124	GMO	* BC P	Sauce, Sweet & Sour, Organic 6 / 296ml
890104 001306	40121	GMO	* BC P	Sauce, Sweet Thai Chili, Organic 6 / 296ml
890104 001320	40123	GMO	* BC P	Sauce, Teriyaki, Keto, Organic 6 / 296ml
890104 001061	40117	GMO	* BC P	Sauce, Teriyaki, Sesame Ginger, Organic 6 / 296ml
890104 001290	40120	GMO	V * P	Sauce, Vegan Oyster, Organic 6 / 296ml
890104 001528	40125	GMO	* BC P	Simmer Sauce, Butterless Chicken, Organic 12 / 350g
890104 001535	40128	GMO	* BC P	Simmer Sauce, Mild Vindaloo, Organic 12 / 350g
890104 001559	40127	GMO	* BC P	Simmer Sauce, Thai Curry, Organic 12 / 350g
NAKED & SAUCY NOOCH NUTRITIONAL YEAST DRESSING & SOY SAUCE SUBSTITUTE - 15% OFF				
890104 001726	40103	GMO	* BC P	NOOCH Caesar, Organic 12 / 250ml
890104 001702	40104	GMO	* BC P	NOOCH O.G. (Original), Organic 12 / 250ml
890104 001719	40105	GMO	* BC P	NOOCH Sesame Ginger, Organic 12 / 250ml
890104 001733	40107	GMO	* BC P	NOOCH Sweet & Spicy Mustard, Organic 12 / 250ml
890104 001283	40119	GMO	* P	Soy Sauce Substitute, Keto, Organic 6 / 296ml
890104 001115	85315	GMO	* P	Soy Sauce Substitute, Lightly Sweet, Organic 6 / 296ml

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NATIVE FOREST PRODUCTS - UP TO \$3.22 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 011013	24134			X	Instant Milk Powder, Coconut	6 / 150g	
043182 018692	10398	GMO	*		Jackfruit, Original, Organic	6 / 398ml	
043182 018685	10228	GMO	GF	* +	Mandarin Oranges, Organic	6 / 284ml	
043182 018517	10219	GMO	GF	*	Pineapple, Chunks, Organic	6 / 398ml	
043182 018524	10220	GMO	GF	*	Pineapple, Slices, Organic	6 / 398ml	
043182 018593	10227	GMO	GF	*	Sliced Peaches, Organic	6 / 398ml	
NATURA DAIRY-FREE BEVERAGE - 20% OFF							
063667 201098	06405	GMO	GF	* +	Ⓟ Barista, Oat, Organic (tetra pak)	6 / 946ml	
063667 201197	06406			+ Ⓟ	Barista, Oat, Premium (tetra pak)	6 / 946ml	
063667 201081	06404	GMO	GF	* +	Ⓟ Oat, Chocolate, Organic (tetra pak)	12 / 946ml	U
063667 201012	06402	GMO	GF	* +	Ⓟ Oat, Unsweetened Original, Organic (tetra pak)	12 / 946ml	U
063667 201029	06403	GMO	GF	* +	Ⓟ Oat, Unsweetened Vanilla, Organic (tetra pak)	12 / 946ml	U
NATURE CLEAN PRODUCTS - UP TO \$6.60 OFF							
058951 807001	80450			+ Ⓟ	All Purpose Cleaning Lotion	12 / 1L	G P
058951 403364	80443			+ Ⓟ	Dish Soap, Fragrance Free	4 / 3.63L	G P
058951 380207	80835			+ Ⓟ	Dishwasher Pods (60ct)	4 / 1.08kg	G P
058951 307556	81122			+ Ⓟ	Face & Body Bar, Fragrance Free/Hypoallergenic	12 / 99g	G P
058951 140252	80473			Ⓟ X	Floor Cleaner Strips, Fresh Lemon (Plastic-Free)	12 / 36ct	G P
058951 184652	80489			+ Ⓟ	Foaming Dish Spray, Fragrance-Free	6 / 500ml	G P
058951 225003	80490			+ Ⓟ	Fruit & Veggie Wash Spray	6 / 500ml	G P
058951 308850	80471			+ Ⓟ X	Laundry Detergent Sheets, Fragrance Free (32 Loads)	12 / 32ct	G P
058951 308881	80475			Ⓟ X	Laundry Detergent Sheets, White Linen	12 / 32ct	G P
058951 308867	80472			+ Ⓟ X	Laundry Detergent Sheets, WildFlower (32 Loads)	12 / 32ct	G P
058951 308959	80476			Ⓟ X	Laundry Stain Remover Sheets, Fragrance Free	12 / 32ct	G P
058951 395027	80543			+ Ⓟ	Liquid Hand Soap, Citrus	6 / 500ml	G P
058951 395010	80486			+ Ⓟ	Liquid Hand Soap, Fragrance Free	6 / 500ml	G P
058951 309307	80439			+ Ⓟ	Oxy Stain Remover Powder	6 / 700g	G P
058951 308904	80474			Ⓟ X	Toilet Bowl Cleaner Strips, Fresh Lime (Plastic-Free)	12 / 36ct	G P
NATUREBEE CONCENTRATED TABLETS & REUSABLE SPONGE CLOTHS - 10% OFF							
628176 082691	30608			Ⓟ	Bathroom Cleaner Kit (500ml glass spray bottle w/soap tablet), Eucalyptus Mint	12 / 1ea	G P
628176 082523	30610			Ⓟ	Bathroom Cleaner Tablets, Eucalyptus Mint	12 / 2x8g	G P
628176 082486	30603			Ⓟ	Foaming Hand Soap Tablets, Bergamot Lime	12 / 2x8g	G P
628176 082165	30604			Ⓟ	Foaming Hand Soap Tablets, Honey Clementine	12 / 2x8g	G P
628176 082493	30605			Ⓟ	Foaming Hand Soap Tablets, Sweet Citrus	12 / 2x8g	G P
628176 082158	30606			Ⓟ	Foaming Hand Soap Tablets, Unscented	12 / 2x8g	G P
628176 082172	30607			Ⓟ	Foaming Hand Soap Tablets, Warm Coconut	12 / 2x8g	G P
628176 082196	30600			Ⓟ	Hand Soap Kit (350ml glass dispenser w/soap tablet), Honey Clementine	12 / 1ea	G P
628176 082738	30601			Ⓟ	Hand Soap Kit (350ml glass dispenser w/soap tablet), Sweet Citrus	12 / 1ea	G P
628176 082189	30602			Ⓟ	Hand Soap Kit (350ml glass dispenser w/soap tablet), Unscented	12 / 1ea	G P

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628176 082677	30609		Multi-Purpose Cleaner Kit (500ml glass spray bottle w/soap tablet), Sweet Citrus	12 / 1ea		G P	_____
628176 082509	30611		Multi-Purpose Cleaner Tablets, Fresh Lemon	12 / 2x8g		G P	_____
628176 082219	30612		Multi-Purpose Cleaner Tablets, Sweet Citrus	12 / 2x8g		G P	_____
628176 082912	30613		X Sponge Cloths (17cm x 20cm / 8" x 9.5")	12 / 1ea		G P	_____
NIKKEI RAMEN YA AUTHENTIC RAMEN (FROZEN) - 15% OFF							
628693 494229	39193	BC	X Instant Ramen Puck, Ichiban Miso (pork)	8 / 650g			_____
628693 494243	39194	BC	X Instant Ramen Puck, Miso Yasai (vegetarian)	8 / 650g			_____
628693 494236	39195	BC	X Instant Ramen Puck, Shoyu (pork)	8 / 620g			_____
NONNY CRAFT NON-ALCOHOLIC BEER - 10% OFF							
627987 709162	39651	BC	Non-Alcoholic Beer, Czech Style Pilsner (can)	6 / 4x355ml		G U	_____
627987 709148	39650	BC	Non-Alcoholic Beer, Pale Ale (can)	6 / 4x355ml		G U	_____
628942 740251	39652	BC	Non-Alcoholic Beer, West Coast IPA (can)	6 / 4x355ml		G U	_____
NORA SEAWEED SNACKS - 15% OFF							
855258 006225	19100	GMO	X Crispy Seaweed, Original	12 / 32g		G	_____
855258 006584	19103	GMO	X Crispy Seaweed, Spicy	12 / 32g		G	_____
855258 006232	19102	GMO	X Tempura Seaweed, Original	12 / 45g		G	_____
855258 006249	19101	GMO	X Tempura Seaweed, Spicy	12 / 45g		G	_____
NUMI ORGANIC TEA - 15% OFF							
680692 101713	12026	GMO	* @ Black Tea, Aged Earl Grey, Organic	6 / 18ct			_____
680692 102215	12966	GMO	* @ Black Tea, Breakfast Blend, Organic	6 / 18ct			_____
680692 101812	12027	GMO	* @ Black Tea, Golden Chai, Organic	6 / 18ct			_____
680692 101195	12021	GMO	* @ Green Tea, Gunpowder Green, Organic	6 / 18ct			_____
680692 101188	12010	GMO	* @ Green Tea, Jasmine Green, Organic	6 / 18ct			_____
680692 103014	13209	GMO	* Green Tea, Matcha Toasted Rice, Organic	6 / 18ct			_____
680692 111507	12023	GMO	* @ Herbal Teasan, Chamomile Lemon, Organic	6 / 18ct			_____
680692 115000	12007	GMO	* Herbal Teasan, Chocolate Rooibos, Organic	6 / 16ct			_____
680692 101010	12003	GMO	* @ Herbal Teasan, Dry Desert Lime, Organic	6 / 18ct			_____
680692 116144	12012	GMO	* @ Herbal Teasan, Echinacea Ally, Organic	6 / 16ct			_____
680692 116151	12013	GMO	* @ Herbal Teasan, Elderberry Ally, Organic	6 / 16ct			_____
680692 116175	12014	GMO	* @ Herbal Teasan, Fennel Peppermint Ginger, Organic	6 / 16ct			_____
680692 101034	12005	GMO	* Herbal Teasan, Honeybush, Organic	6 / 18ct			_____
680692 101140	12006	GMO	* @ Herbal Teasan, Moroccan Mint, Organic	6 / 18ct			_____
680692 102017	12088	GMO	* Herbal Teasan, Rooibos Chai, Organic	6 / 18ct			_____
680692 101126	12004	GMO	* Herbal Teasan, Rooibos, Organic	6 / 18ct			_____
680692 116120	12011	GMO	* @ Herbal Teasan, Sweet Slumber, Organic	6 / 16ct			_____
680692 115529	13239	GMO	* @ Herbal Teasan, Turmeric Amber Sun, Organic	6 / 12ct			_____
680692 115505	13237	GMO	* @ Herbal Teasan, Turmeric Three Roots, Organic	6 / 12ct			_____
NUTIVA OIL - UP TO \$25.55 OFF							
692752 108938	15209	GMO	* Coconut Oil Liquid, Organic (Glass Bottle)	6 / 236ml			_____
692752 106927	30673	GMO	* Coconut Oil, Refined, Buttery Flavour, Organic (Glass Jar)	6 / 414ml			_____
692752 105418	30667	GMO	* Coconut Oil, Refined, Organic (PET Jar)	6 / 860ml			_____
692752 200014	30661	GMO	* 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			_____

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NUTS FOR CHEESE NUTS FOR BUTTER CULTURED CASHEW PRODUCT & FERMENTED CASHEW PRODUCT (REFRIGERATED) - UP TO \$5.35 OFF				
842232 008023	18660	GMO	* + 📦	Cashew Butter, Salted Original, Organic (2 sticks) 6 / 227g
842232 009020	18661	GMO	* + 📦	Cashew Butter, Herb & Garlic, Organic (2 sticks) 6 / 227g
627843 729624	18652	GMO	* + 📦	Artichoke and Herb, Organic 6 / 120g
842232 006012	18655	GMO	* + 📦	Black Garlic, Organic 6 / 120g
627843 729600	18653	GMO	* + 📦	Cheddar Style, Chipotle, Organic 6 / 120g
842232 020018	18656	GMO	* + 📦	Sharp Cheddar, Organic 6 / 120g
627843 729631	18651	GMO	* + 📦	Super Blue, Organic 6 / 120g
627843 729594	18654	GMO	* + 📦	Un-brie-lievable, Organic 6 / 120g
NUUN HYDRATION DRINK TABLETS - \$4.80 OFF				
811660 022482	40740	GMO		X Immunity, Blueberry Tangerine 8 / 10ct G
811660 022499	40741	GMO		X Immunity, Orange Citrus 8 / 10ct G
811660 021935	40724	GMO		X Vitamins, Blueberry Pomegranate 8 / 12ct G
811660 021942	40725	GMO		X Vitamins, Tangerine Lime 8 / 12ct G
OASIS PITA BREAD (FROZEN) - 15% OFF				
777762 002459	58024	GMO	+ X	Pita Bread (made with organic ingredients) 12 / 325g
O'DOUGHS BAGELS (FROZEN) - 15% OFF				
698433 001208	54651	GMO	GF V + 📦	X THINS, Bagel, Everything 6 / 300g
698433 000843	54616	GMO	GF V + 📦	X THINS, Bagel, Original 6 / 300g
698433 001192	54650	GMO	GF V + 📦	X THINS, Bagel, Sesame 6 / 300g
698433 000850	54617	GMO	GF V + 📦	X THINS, Bagel, Sprouted Whole Grain Flax 6 / 300g
OIL OIL - UP TO \$5.70 OFF + VOLUME PRICING				
810042 990210	32321	GMO		Oil, Toasted Sesame 6 / 250ml
				Buy 10+ cases (Oil Sesame Skus Only) Save 1.24
810042 990227	32322	GMO		Oil, Toasted Sesame 4 / 750ml
				Buy 10+ cases (Oil Sesame Skus Only) Save 1.50
OMEGA 3 NUTRACLEANSE FIBRE BLEND - UP TO \$16.00 OFF				
839266 000024	21851	GMO	GF * BC 📦	Omega 3 Nutracleanse, Organic 8 / 420g G
839266 000017	21850	GMO	GF * BC 📦	Omega 3 Nutracleanse, Organic 6 / 1kg G
ORGANIC INDIA HERBAL INFUSIONS - \$2.50 OFF				
801541 520831	13352	GMO	*	X Simply Chamomile, Organic 5 / 25ct
801541 500215	13353	GMO	*	X Tulsi Brahmi, Organic 5 / 25ct
801541 500062	13361	GMO	*	X Tulsi Breakfast, Organic 5 / 25ct
801541 040438	13357	GMO	*	X Tulsi Ginger, Organic 5 / 25ct
801541 070435	13351	GMO	*	X Tulsi Green Tea, Classic, Organic 5 / 25ct
801541 509416	13362	GMO	*	X Tulsi Green Tea, Lemon Ginger, Organic 5 / 25ct
801541 508402	13358	GMO	*	X Tulsi Honey Chamomile, Organic 5 / 25ct
801541 507740	13363	GMO	*	X Tulsi Jasmine Green Tea, Organic 5 / 25ct
801541 500079	13359	GMO	*	X Tulsi Jasmine, Organic 5 / 25ct
801541 500086	13360	GMO	*	X Tulsi Lemon Ginger, Organic 5 / 25ct
801541 508624	13355	GMO	*	X Tulsi Moringa, Organic 5 / 25ct
801541 050505	13350	GMO	*	X Tulsi Original, Organic 5 / 25ct
801541 500123	13356	GMO	*	X Tulsi Peppermint, Organic 5 / 25ct
801541 605002	13354	GMO	*	X Tulsi Sweet Rose, Organic 5 / 25ct
ORIGO FREEZE DRIED FRUIT - \$1.25 OFF				
628693 376006	18030	GMO	BC 📦	X 100% Freeze-Dried Apple 6 / 20g G
628693 376020	18031	GMO	BC 📦	X 100% Freeze-Dried Blueberry 6 / 25g G
628693 376044	18032	GMO	BC 📦	X 100% Freeze-Dried Raspberry 6 / 20g G
628693 376051	18033	GMO	BC 📦	X 100% Freeze-Dried Strawberry 6 / 20g G
PACIFIC FOODS PLANT-BASED CHILI & SOUP - \$5.40 OFF + VOLUME PRICING				
052603 287135	38121	GMO	*	Chili, Fire-Roasted Vegetable, Organic 12 / 468g
052603 287128	38119	GMO	*	Chili, Harvest Black Bean, Organic 12 / 468g
052603 287142	38120	GMO	*	Chili, White Bean Verde, Organic 12 / 468g
				Buy 5+ cases (Chili Skus only) Save 5.52
052603 290609	38122	GMO	*	Soup, Hearty Vegetable, Organic (can) 12 / 440ml
052603 290616	38123	GMO	*	Soup, Split Pea, Organic (can) 12 / 440ml
052603 290623	38124	GMO	*	Soup, Vegetable Lentil, Organic (can) 12 / 440ml

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PARTAKE BREWING | NON-ALCOHOLIC BEER - VOLUME PRICING

628110 465092	06010				+ 📦	Non-Alcoholic Beer, Blonde (can)	6 / 4x355ml	G	U	
628110 465283	06015				+ 📦	Non-Alcoholic Beer, Gose, Peach (can)	6 / 4x355ml	G	U	
628110 465672	06017				+ 📦	Non-Alcoholic Beer, Hazy IPA (can)	6 / 4x355ml	G	U	
628110 465085	06011				+ 📦	Non-Alcoholic Beer, IPA (can)	6 / 4x355ml	G	U	
628110 465078	06012				+ 📦	Non-Alcoholic Beer, Pale (can)	6 / 4x355ml	G	U	
628110 465153	06014				+ 📦	Non-Alcoholic Beer, Red (can)	6 / 4x355ml	G	U	
Buy 20+ cases							Save	3.20		
628110 465764	06018				+ 📦	Non-Alcoholic Beer, Variety (Pale, IPA, Pils, Blonde)	2 / 12x355ml	G	U	
Buy 20+ cases							Save	3.20		

PERFECT CHEF | TOMATO PASTA SAUCE - \$4.00 OFF

620988 050387	42402	GMO	*		+ 📦	Pasta Sauce, Basil, Organic	6 / 740ml			
620988 050431	42404	GMO	*		+ 📦	Pasta Sauce, Marinara, Organic	6 / 740ml			
620988 050370	42401	GMO	*		+ 📦	Pasta Sauce, Roasted Garlic, Organic	6 / 740ml			

PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER - 10% OFF

818278 005944	11453				BC 📦	NEW! Iota, Cerveza (can)	6 / 4x355ml	G	U	
818278 005166	11452				BC 📦	iOTA, Blackberry Lemon Ale (can)	6 / 4x355ml	G	U	
818278 009683	11446				BC 📦	iOTA, Hazy IPA (can)	6 / 4x355ml	G	U	
818278 005180	11451				BC 📦	iOTA, Mixed Pack (can)	4 / 6x355ml	G	U	
818278 009706	11445				BC 📦	iOTA, Pale Ale (can)	6 / 4x355ml	G	U	
818278 009690	11444				BC 📦	iOTA, Pilsner (can)	6 / 4x355ml	G	U	

PLUMM GOOD PRODUCTS - UP TO \$3.75 OFF

069372 006201	16697	GMO	GF	*	BC 📦	Brown Rice Breading Crumbs, Organic	6 / 100g			
069372 007901	16611	GMO		*	BC 📦 X	RICE THINS, Ancient Grains w/Pink Salt, Organic	12 / 95g			
069372 007666	16668	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g			
069372 007703	16733	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g			
069372 007307	16610	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g			
069372 007628	16666	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g			
069372 007208	16609	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g			
069372 007505	16614	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12 / 95g			
069372 007109	16608	GMO		*	BC 📦 X	RICE THINS, Brown Rice Cakes, Unsalted, Organic	12 / 95g			

PRANA ORGANIC PRODUCTS - 8% OFF

877693 003850	26177	GMO		*	+ 📦	Chewy Granola Bars, Berry Blast, Organic (safe for school)	12 / 5x24g	G		
877693 003843	26176	GMO		*	+ 📦	Chewy Granola Bars, Choco Bongo, Organic (safe for school)	12 / 5x24g	G		
877693 003867	26178	GMO		*	+ 📦	Chewy Granola Bars, Magic Rainbow, Organic (safe for school)	12 / 5x24g	G		
877693 003614	26183	GMO	GF	*	+ 📦 X	GRANOLOVE Cookies, Berries, Organic	8 / 120g	G		
877693 003607	26182	GMO	GF	*	+ 📦 X	GRANOLOVE Cookies, Brownie, Organic	8 / 120g	G		
877693 003591	26181	GMO	GF	*	+ 📦 X	GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g	G		
877693 004659	26185	GMO		*	+ 📦 X	GRANOLOVE Gourmet, Almond Butter Crunch, Organic	8 / 300g			
877693 004666	26186	GMO		*	+ 📦 X	GRANOLOVE Gourmet, Choco Chips Cookie, Organic	8 / 300g			
877693 004673	26187	GMO		*	+ 📦 X	GRANOLOVE Gourmet, Chocolate Strawberry, Organic	8 / 300g			
877693 002945	26174	GMO		*	+ 📦 X	GRANOLOVE, Brownie Crunch, Organic	8 / 300g			
877693 001696	26171	GMO		*	+ 📦 X	GRANOLOVE, Maple Spice Crunch, Organic	8 / 300g			

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877693 002952	26175 GMO	*	+ 🇺🇸 X	GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g		_____
877693 003904	26184 GMO	*	+ 🇺🇸 X	GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g		_____
877693 001689	26170 GMO	*	+ 🇺🇸 X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	8 / 300g		_____
877693 002969	26180 GMO	*	+ 🇺🇸 X	GRANOLOVE, Oatmeal Cookie Crunch, Organic	6 / 750g		_____
877693 001641	26108 GMO	GF *	+ 🇺🇸	Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g	G	_____
877693 000033	26102 GMO	GF *	+ 🇺🇸	Nuts, Amandine Maple Almonds, Organic	8 / 150g	G	_____
877693 000118	26105 GMO	GF *	+ 🇺🇸	Nuts, Extaze Sea Salted Cashews, Organic	8 / 150g	G	_____
877693 000019	26103 GMO	GF *	+ 🇺🇸	Nuts, Kabana, Maple Sea Salt Nuts, Organic	8 / 150g	G	_____
877693 000149	26107 GMO	GF *	+ 🇺🇸	Nuts, Nirvana Sea Salted Almonds, Organic	8 / 150g	G	_____
877693 000132	26106 GMO	GF *	+ 🇺🇸	Nuts, Samadhi Tamari Almonds, Organic	8 / 150g	G	_____
877693 004710	26169 GMO	V * @ +	🇺🇸	Overnight Chia w/Oats, Strawberry Shortcake	8 / 300g		_____
877693 004697	26167 GMO	V * @ +	🇺🇸 X	Overnight Chia w/Oats, Apple Crumble, Organic	8 / 5x50g		_____
877693 004703	26168 GMO	V * @ +	🇺🇸	Overnight Chia w/Oats, Berry Fairy, Organic	8 / 300g		_____
877693 004680	26166 GMO	V * @ +	🇺🇸 X	Overnight Chia w/Oats, Strawberry Shortcake, Organic	8 / 5x50g		_____
877693 002495	26164 GMO	*	+ 🇺🇸	Overnight Chia, Berry Fairy, Organic	8 / 5x50g		_____
877693 002501	26165 GMO	* @ +	🇺🇸	Overnight Chia, Chocolatey Dream, Organic	8 / 5x50g		_____
877693 003096	34092 GMO	GF *	🇺🇸	PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g		_____
877693 003089	34091 GMO	GF *	🇺🇸	PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g		_____
877693 000583	34097 GMO	GF *	🇺🇸	Seeds, Chia, Whole Black, Organic	4 / 1kg		_____
877693 000330	34063 GMO	GF *	🇺🇸	Seeds, Chia, Ground Black, Organic	6 / 200g		_____
877693 000316	34061 GMO	GF *	🇺🇸	Seeds, Chia, Ground White, Organic	6 / 200g		_____
877693 000323	34062 GMO	GF *	🇺🇸	Seeds, Chia, Whole Black, Organic	6 / 300g		_____
877693 000293	34060 GMO	GF *	🇺🇸	Seeds, Chia, Whole White, Organic	6 / 300g		_____
877693 000071	26101 GMO	GF * @ +	🇺🇸	Sumsuma Sesame Bites, Organic	8 / 150g	G	_____
877693 001672	34102 GMO	GF * @ +	🇺🇸	Sumsuma Sesame Bites, Organic	6 / 325g	G	_____
877693 000125	26104 GMO	GF *	+ 🇺🇸	Trail Mix, Annapurna Superfruit Mix, Organic	8 / 150g	G	_____
877693 003065	26063 GMO	GF *	+ 🇺🇸	Trail Mix, Fuji Salted Mix, Organic	8 / 150g	G	_____
877693 003058	26062 GMO	GF *	+ 🇺🇸	Trail Mix, Kilimanjaro Chocolate Mix, Organic	8 / 150g	G	_____
877693 003072	26059 GMO	GF *	+ 🇺🇸	Trail Mix, Machu Pichu Exotic Mix, Organic	8 / 150g	G	_____
QUE PASA TORTILLA CHIPS - \$4.00 OFF							
068826 252584	37818 GMO	GF *	BC 🇺🇸 X	Chips, Garden Salsa, Organic	12 / 156g	G	_____
RAINCOAST GLOBAL MSC CERTIFIED SUSTAINABLE SEAFOOD - \$3.40 OFF							
810757 009160	16819		🇺🇸	Sardines, in spring water	12 / 120g		_____
RICEWORKS GOURMET RICE CHIPS - \$6.00 OFF							
815506 014556	17907	GF		X Gourmet Rice Chips, Avocado Ranch	12 / 155g	G	_____
060816 093238	17902 GMO	GF		x Gourmet Rice Chips, Salsa Fresca	12 / 155g	G	_____
060816 093214	17900 GMO	GF		x Gourmet Rice Chips, Sea Salt	12 / 155g	G	_____
037578 616296	17903 GMO	GF		x Gourmet Rice Chips, Sea Salt & Brown Golden Flax	12 / 155g	G	_____
060816 093283	17901 GMO	GF		x Gourmet Rice Chips, Sweet Chili	12 / 155g	G	_____

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RIZOPIA RICE PASTA - VOLUME PRICING						
833125 001153	40364	GMO	GF *	+ 📦 X Brown Rice Elbows, Organic	12 / 454g	
833125 001122	40361	GMO	GF *	+ 📦 X Brown Rice Fettuccine, Organic	12 / 454g	
833125 001139	40362	GMO	GF *	+ 📦 X Brown Rice Fusilli, Organic	12 / 454g	
833125 001146	40363	GMO	GF *	+ 📦 X Brown Rice Penne, Organic	12 / 454g	
833125 001115	40360	GMO	GF *	+ 📦 X Brown Rice Spaghetti, Organic	12 / 454g	
				Buy 5-9 cases	Save 5%	
				Buy 10-19 cases	Save 10%	
				Buy 20-49 cases	Save 15%	
				Buy 50+ cases	Save 20%	
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 001016	40373		GF	+ 📦 X Brown Rice Spaghetti	12 / 454g	
833125 001078	40379		GF	+ 📦 X Brown Rice Spirals	12 / 454g	
				Buy 5-9 cases	Save 5%	
				Buy 10-19 cases	Save 10%	
				Buy 20-49 cases	Save 15%	
				Buy 50+ cases	Save 20%	
833125 001085	40380		GF	+ 📦 X Brown Rice Lasagna	12 / 340g	
				Buy 5-9 cases	Save 5%	
				Buy 10-19 cases	Save 10%	
				Buy 20-49 cases	Save 15%	
				Buy 50+ cases	Save 20%	
833125 003034	40383		GF	+ 📦 X Vegetable Rice Fusilli	12 / 454g	
				Buy 5-9 cases	Save 5%	
				Buy 10-19 cases	Save 10%	
				Buy 20-49 cases	Save 15%	
				Buy 50+ cases	Save 20%	
ROLLING MEADOW BUTTER (FROZEN) - UP TO \$12.50 OFF						
062325 800857	05931	GMO	* +	📦 X Butter, Grass Fed, Salted	15 / 454g	
838143 001819	05992	GMO	* +	📦 X Butter, Grass Fed, Salted	25 / 250g	
062325 800864	05930	GMO	* +	📦 X Butter, Grass Fed, Unsalted	15 / 454g	
838143 001802	05991	GMO	* +	📦 X Butter, Grass Fed, Unsalted	25 / 250g	
R.W. KNUDSEN FRUIT JUICE - UP TO \$8.25 OFF + VOLUME PRICING						
074682 000146	07446	GMO	*	Beet Juice, Organic	6 / 946ml	U
				Buy 5-14 cases (Just Juices ONLY)	Save 0.81	
				Buy 15+ cases (Just Juices ONLY)	Save 2.81	
074682 123098	06303	GMO		Just Black Cherry Juice	6 / 946ml	U
074682 123241	06363			Just Blueberry (100% Blueberry juice)	6 / 946ml	U
074682 123500	06361	GMO		Just Cranberry (100% Cranberry juice)	6 / 946ml	U
074682 123296	06365			Just Pomegranate (100% Pomegranate Juic	6 / 946ml	U
				Buy 5-14 cases (Just Juices ONLY)	Save 0.81	
				Buy 15+ cases (Just Juices ONLY)	Save 2.81	
074682 123357	06582	GMO	*	Just Cranberry, Organic (100% Cranberry juice)	6 / 946ml	U
074682 200645	07445	GMO	*	Just Grapefruit, Organic	6 / 946ml	U
074682 123180	06580	GMO	*	Just Tart Cherry, Organic	6 / 946ml	U
074682 123128	06581	GMO	*	Prune Nectar, Organic	6 / 946ml	U
				Buy 15+ cases (Organic Juices ONLY)	Save 1.75	
074682 000115	07447	GMO	*	Blueberry Pomegranate Juice, Organic	6 / 946ml	U
SALT SPRING COFFEE - \$6.88 OFF						
628415 077631	12375	GMO	* @	📦 Ground Coffee, Blue Heron, Medium Dark, Organic	8 / 284g	
628415 077419	12376	GMO	* @	📦 Ground Coffee, French Roast, Darkest Roast, Organic	8 / 284g	
628415 077167	12377	GMO	* @	📦 Ground Coffee, Decaf, Dark Roast, Organic	8 / 284g	
628415 077358	12378	GMO	* @	📦 Ground Coffee, Peru, Medium Roast, Organic	8 / 284g	

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SAN-J BREWED SOY SAUCE & ALTERNATIVES - UP TO \$2.99 OFF					
075810 024263	40434	GMO	GF V	Tamari, 50% Less sodium	6 / 296ml
075810 021262	40602	GMO	GF V	Tamari	6 / 296ml
075810 023266	40435	GMO	GF V	Tamari, Reduced Sodium	6 / 296ml
075810 400265	40614	GMO	GF V	Tamari, No Soy	6 / 296ml
075810 031261	40611	GMO	GF V	TAMARI SPLASH, Ponzu	6 / 296ml
075810 030264	40613	GMO	GF V *	TAMARI SPLASH, Sweet Doux, Organic	6 / 296ml
075810 032268	40612	GMO	GF V *	TAMARI SPLASH, Umami, Organic	6 / 296ml
SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE - UP TO \$7.25 OFF					
036192 127157	06311	GMO	*	100% Lemon Juice, Organic	8 / 473ml U
036192 120820	06314	GMO	*	100% Lime Juice, Organic	8 / 473ml U
036192 000191	06308	GMO	*	100% Lemon Juice, Organic	6 / 946ml
036192 000207	06309	GMO	*	100% Lime Juice, Organic	6 / 946ml
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS & CHIPS - 15% OFF					
829515 324537	37276		GF	X GARDEN VEGGIE STRAWS, BBQ	12 / 120g G
829515 323516	37283	GMO	GF	X GARDEN VEGGIE STRAWS, Cheddar	12 / 120g G
829515 308582	37280			X GARDEN VEGGIE STRAWS, Original	12 / 142g G
829515 324636	37284			X GARDEN VEGGIE STRAWS, Rosemary & Olive Oil	12 / 120g G
829515 323813	37277		GF	X GARDEN VEGGIE STRAWS, Screamin' Hot	12 / 120g G
829515 324520	37278		GF	X GARDEN VEGGIE STRAWS, Sour Cream & Onion	12 / 120g G
829515 324629	37285			X GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g G
829515 301378	37279		GF	X GARDEN VEGGIE WAVY CHIPS, Sea Salt	12 / 142g G
SIMPLY ORGANIC PRODUCTS - 15% OFF					
089836 186188	02156	GMO	*	Almond Extract, Organic	6 / 59ml
089836 186195	02172	GMO	*	Almond Extract, Organic	6 / 118ml
089836 192080	70789	GMO	*	Basil Leaf, c/s Organic (glass bottle)	6 / 15g
089836 192240	70358	GMO	*	Cayenne Pepper, Organic (glass bottle)	6 / 71g
089836 192332	70842	GMO	*	Ceylon Cinnamon, Organic (glass bottle)	6 / 59g
089836 192257	70359	GMO	*	Chili Powder, Organic (glass bottle)	6 / 82g
089836 192363	70840	GMO	*	Chipotle Ground, Organic (glass bottle)	6 / 75g
089836 192110	70791	GMO	*	Cinnamon, Ground, Organic (glass bottle)	6 / 69g
089836 192486	70804	GMO	*	Coriander, Ground, Organic (glass bottle)	6 / 65g
089836 192127	70792	GMO	*	Cumin Seed, Ground, Organic (glass bottle)	6 / 65g
089836 192264	70360	GMO	*	Curry Powder, Organic (glass bottle)	6 / 85g
089836 092502	70806	GMO	*	Dill Weed, Organic (glass bottle)	6 / 23g
089836 188786	70753	GMO	*	X Dip Mix, French Onion, Organic (sachets)	12 / 31g
089836 192141	70793	GMO	*	Garlic Powder, Organic (glass bottle)	6 / 103g
089836 192479	70803	GMO	*	Garlic Salt, Organic (glass bottle)	6 / 113g
089836 192158	70794	GMO	*	Ginger Root, Ground, Organic (glass bottle)	6 / 46g
089836 188731	70741	GMO	*	X Gravy Mix, Brown, Organic (sachets)	12 / 28g
089836 200075	70761	GMO	*	X Gravy Mix, Brown, Vegetarian, Organic (sachets)	12 / 28g
089836 188755	70751	GMO	*	X Gravy Mix, Mushroom Sauce, Organic (sachets)	12 / 24g
089836 188748	70744	GMO	*	X Gravy Mix, Roasted Chicken, Organic (sachets)	12 / 24g
089836 188762	70745	GMO	*	X Gravy Mix, Roasted Turkey, Organic (sachets)	12 / 24g
089836 192271	70361	GMO	*	Italian Seasoning, Organic (glass bottle)	6 / 22g
089836 186201	02157	GMO	*	Lemon Flavour, Organic (no alcohol)	6 / 59ml
089836 192288	70362	GMO	*	Onion, Minced, Organic (glass bottle)	6 / 79g
089836 192165	70795	GMO	*	Oregano Leaf c/s, Organic (glass bottle)	6 / 21g
089836 192295	70363	GMO	*	Paprika Ground, Organic (glass bottle)	6 / 74g

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089836 192097	70796 GMO	*	Pepper, Black, Medium, Organic (glass bottle)	6 / 65.5g			_____
089836 192134	70798 GMO	*	Pepper, Red, Crushed, Organic (glass bottle)	6 / 45g			_____
089836 192196	70801 GMO	*	Peppercorn Blend, Organic (glass bottle)	6 / 75g	G		_____
089836 192189	70800 GMO	*	Peppercorns, Black, Organic (glass bottle w/adjustable grinder)	6 / 75g	G		_____
089836 192103	70797 GMO	*	Peppercorns, Black, Organic (glass bottle)	6 / 75g			_____
089836 186225	02159 GMO	*	Peppermint Flavour, Organic (no alcohol)	6 / 59ml			_____
089836 192493	70805 GMO	*	Rosemary, Organic (glass bottle)	6 / 35g			_____
089836 188700	70750 GMO	*	X Seasoning Mix, Chili, Veggie, Organic (sachets)	12 / 28g			_____
089836 200020	70742 GMO	*	X Seasoning Mix, Fajita, Organic (sachets)	12 / 28g			_____
089836 200068	70740 GMO	*	X Seasoning Mix, Pasta Sauce, Alfredo, Organic (sachets)	12 / 42g			_____
089836 200037	70763 GMO	*	X Seasoning Mix, Spicy Taco, Organic (sachets)	12 / 32g			_____
089836 200013	70747 GMO	*	X Seasoning Mix, Taco, Organic (sachets)	12 / 32g			_____
089836 192349	70839 GMO	*	Smoked Paprika, Organic (glass bottle)	6 / 77g			_____
089836 192318	70365 GMO	*	Thyme Leaf, Organic (glass bottle)	6 / 31g			_____
089836 192172	70799 GMO	*	Turmeric Root, Ground, Organic (glass bottle)	6 / 46g			_____
089836 186232	02154 GMO	*	Vanilla Extract, Organic	6 / 59ml			_____
089836 186249	02155 GMO	*	Vanilla Extract, Organic	6 / 118ml			_____
089836 195302	02326 GMO	*	Vanilla Extract, Organic (no alcohol)	6 / 59ml			_____
089836 195319	02328 GMO	*	Vanilla Extract, Organic (no alcohol)	6 / 118ml			_____
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER - 10% OFF							
854531 000417	17103	+ P	X Beer, Blonde Ale (can)	12 / 473ml	G	U	_____
854531 000042	17101	+ P	X Beer, IPA (can)	12 / 473ml	G	U	_____
854531 000226	17102	+ P	X Beer, Irish Red (can)	12 / 473ml	G	U	_____
854531 000035	17100	+ P	X Beer, White (can)	12 / 473ml	G	U	_____
SPARKMOUTH SPARKLING TONIC - 10% OFF							
818278 004787	11432	BC P	Tonic, Artisanal Dry (can)	6 / 4x355ml	G	P U	_____
818278 005128	11433	BC P	Tonic, Cucumber Mint (can)	6 / 4x355ml	G	P U	_____
818278 004824	11434	BC P	Tonic, Lime Zest (can)	6 / 4x355ml	G	P U	_____
SPERRI PLANT-BASED MEAL REPLACEMENT SHAKE - 10% OFF							
627987 473766	13953 GMO	* + P	Meal Replacement Shake, Chocolate, Organic	3 / 4x330ml			_____
832365 000025	13955 GMO	* + P	Meal Replacement Shake, Strawberry, Organic	3 / 4x330ml			_____
627987 473759	13952 GMO	* + P	Meal Replacement Shake, Vanilla Maple, Organic	3 / 4x330ml			_____
SQUAMISH WATER KEFIR PROBIOTIC SODA (REFRIGERATED) - 15% OFF							
628451 426219	23604	BC P	Probiotic Soda, Berry Berry (can)	12 / 355ml	G	P U	_____
628451 426028	23606	BC P	Probiotic Soda, Blood Orange (can)	12 / 355ml	G	P U	_____
628451 426257	23616	BC P	Probiotic Soda, Cola (can)	12 / 355ml	G	P U	_____
628451 426240	23617	BC P	Probiotic Soda, Cream Soda (can)	12 / 355ml	G	P U	_____
628451 426004	23605	BC P	Probiotic Soda, Lemon Ginger (can)	12 / 355ml	G	P U	_____
628451 426059	23609	BC P	Probiotic Soda, Lemonade Iced Tea (can)	12 / 355ml	G	P U	_____
628451 426035	23608	BC P	Probiotic Soda, Mojito Mint (can)	12 / 355ml	G	P U	_____
628451 426233	23618	BC P	Probiotic Soda, Root Beer (can)	12 / 355ml	G	P U	_____
STAHLBUSH ISLAND FARMS FRUIT & VEGETABLES (FROZEN) - UP TO \$5.36 OFF							
638882 000070	54015 GMO		X Blueberries (bag)	12 / 300g			_____
638882 000155	54026 GMO		X Broccoli Florets, Organic (bag)	12 / 300g			_____
638882 210806	54011 GMO		X Butternut Squash, Diced (bag)	12 / 284g			_____
638882 000704	54052 GMO		X Classic Mixed Vegetables (bag)	12 / 300g			_____
638882 000520	54012 GMO		X Corn, Super Sweet (bag)	12 / 350g			_____
638882 000179	54017 GMO	*	X Cranberries, Organic (bag)	12 / 284g			_____
638882 000193	54207 GMO	*	X Green Beans, Cut, Organic (bag)	12 / 300g			_____
638882 000544	54010 GMO		X Green Peas (bag)	12 / 350g			_____

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638882 000599	54014 GMO		X Marion Blackberries (bag)	12 / 284g	_____
638882 000933	54690 GMO		X Northwest Berry Blend	12 / 300g	_____
638882 000575	54016 GMO		X Red Raspberries (bag)	12 / 284g	_____
638882 000612	54061 GMO		X Spinach, Cut (bag)	12 / 300g	_____
638882 000551	54013 GMO		X Strawberries, Whole (bag)	12 / 300g	_____
638882 000216	54027 GMO		X Sweet Potato, Organic (bag)	12 / 284g	_____
SUNDHED SEA SALT & PURE HIMALAYAN SALT - 15% OFF					
873778 006174	06169		⌘ Sea Salt Grinder	6 / 250g	_____
873778 006778	06171		⌘ Sea Salt, Coarse	6 / 750g	_____
873778 006730	06174		⌘ Sea Salt, Fine Iodized	6 / 750g	_____
873778 006099	02252		⌘ Himalayan Pink Salt Grinder	6 / 250g	_____
873778 006082	02251		⌘ Himalayan Pink Salt, Fine	6 / 250g	_____
873778 006679	02253		⌘ Himalayan Pink Salt Grinder	6 / 390g	_____
873778 006129	02255		⌘ Himalayan Pink Salt, Coarse	6 / 750g	_____
873778 006112	02254		⌘ Himalayan Pink Salt, Fine	6 / 750g	_____
873778 006143	02257		⌘ Himalayan White Salt, Fine Iodized	6 / 750g	_____
SWERVE SWEETENER - \$5.80 OFF					
852700 300191	32701 GMO		Granular	6 / 340g	_____
852700 300290	32702 GMO		Icing Sugar	6 / 340g	_____
852700 300399	32703 GMO		Sugar, Brown	6 / 340g	_____
TASTE NIRVANA COCONUT WATER - 15% OFF					
011259 904247	05923	GF	Coconut Water (glass bottle)	6 / 700ml	U _____
TERRA DELYSSA OLIVE OIL - UP TO \$10.20 OFF					
6191509 903726	05229 GMO	GF *	Extra Virgin Olive Oil, Organic	6 / 500ml	_____
6191509 903719	05220 GMO	GF *	Extra Virgin Olive Oil, Select, Organic	6 / 750ml	_____
6191509 903702	05221 GMO	GF *	Extra Virgin Olive Oil, Organic	6 / 1L	_____
THE GINGER PEOPLE GINGER CANDY - 15% OFF					
734027 905016	35010 GMO		Crystallized Ginger	12 / 100g	G _____
734027 920514	35029 GMO	*	Crystallized Ginger, Organic	12 / 112g	G _____
734027 905337	35703 GMO		X Gin Gins, Ginger Candy, Double Strength	12 / 60g	G _____
734027 905054	35012 GMO		Gin Gins, Ginger Candy, Hard	12 / 84g	G _____
734027 902039	35018 GMO		X Gin Gins, Ginger Candy, Super Strength Caramels	12 / 31g	G _____
734027 905023	35011 GMO		Gin Gins, Ginger Chews, Original	12 / 84g	G _____
734027 905320	35702 GMO		X Gin Gins, Ginger Chews, Original	12 / 60g	G _____
734027 902053	35025 GMO		X Gin Gins, Ginger Chews, Original	12 / 45g	G _____
734027 901551	35019 GMO		Gin Gins, Ginger Chews, Original	12 / 128g	G _____
734027 905344	35701 GMO		X Gin Gins, Ginger Chews, Spicy Turmeric	12 / 60g	G _____
THEO CHOCOLATE - 40% OFF					
874492 002633	11987 GMO	* @	X Dark Chocolate 70%, Coconut, Organic	12 / 85g	G _____
TOFINO RAW KOMBUCHA (REFRIGERATED) - 15% OFF					
628176 608136	17243 GMO	* BC ⌘	X Kombucha, Apple Honeybush, Organic (cc)	12 / 355ml	G P U _____
628176 608068	17233 GMO	* BC ⌘	X Kombucha, Apricot & Rose, Organic (can)	12 / 355ml	G P U _____
628176 608082	17234 GMO	* BC ⌘ X	Kombucha, Blueberry & Lavender, Organic (can)	12 / 355ml	G P U _____
628176 608020	17235 GMO	* BC ⌘ X	Kombucha, Ginger & lemon, Organic (can)	12 / 355ml	G P U _____
628176 608044	17236 GMO	* BC ⌘ X	Kombucha, Jasmine & Hibiscus, Organic (can)	12 / 355ml	G P U _____
628176 608112	17242		X Kombucha, Organic, Mix Pack (can)	12 / 355ml	G P U _____
628176 608105	17237 GMO	* BC ⌘	X Kombucha, Raspberry, Organic (can)	12 / 355ml	G P U _____
628176 608150	17244 GMO	* BC ⌘ X	Kombucha, Turmeric Raspberry, Organic (can)	12 / 355ml	G P U _____
TRIPLE JIM'S ALL NATURAL JUICE & ORGANIC DRIED FRUIT MADE FROM BC FRUIT - 10% OFF					
059105 351005	18132 GMO	* BC ⌘	Juice, Pear, Organic (glass bottle)	12 / 946ml	U _____
059105 051707	36658 GMO	* BC ⌘	Apple Chips, Cinnamon, Organic	24 / 70g	G _____
059105 050755	36657 GMO	* BC ⌘	Apple Chips, Organic	24 / 75g	G _____

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TWO BEARS BEVERAGES - UP TO \$2.92 OFF + VOLUME PRICING				
628504 309414	10000	@ + 📦 X	Flash Brew, Black Coffee, Unsweetened (can)	6 / 207ml U
628504 309322	10001	@ + 📦 X	Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml P U
628504 309407	10002	@ + 📦 X	Flash Brew, Mocha Coffee (can)	6 / 207ml P U
			Buy 10-19 cases (Flash Brew Skus)	Save 0.05
			Buy 20+ cases (Flash Brew Skus)	Save 0.55
628504 309353	10005	+ 📦 X	Tea Latte, Chai (can)	6 / 207ml P U
628504 309384	10006	+ 📦 X	Tea Latte, Matcha (can)	6 / 207ml P U
628504 309339	10003	+ 📦 X	Oat Latte, Black Coffee (can)	6 / 207ml P U
628504 309421	10010	+ 📦 X	Oat Latte, Mocha Coffee (can)	6 / 207ml P U
628504 309377	10007	+ 📦 X	Oat Latte, Salted Caramel Coffee (can)	6 / 207ml P U
628504 309438	10009	+ 📦 X	Oat Latte, Triple Shot (can)	6 / 207ml P U
628504 309346	10004	+ 📦 X	Oat Latte, Vanilla Coffee (can)	6 / 207ml P U
			Buy 10-19 cases (Latte Skus)	Save 0.05
			Buy 20+ cases (Latte Skus)	Save 0.55
628504 309551	10011	+ 📦 X	Cocktail Mixer, Espresso Martini (can)	3 / 4x207ml P U
628504 309063	10057	+ 📦	Oat Latte, Vanilla Coffee (Tetra)	6 / 946ml U
628504 309391	10008	+ 📦	Oat Barista (unsweetened)	6 / 946ml
628504 309308	10059	+ 📦	Oat Barista, Vanilla (unsweetened)	6 / 946ml
628504 309575	10012	+ 📦	Oat Beverage, Original	6 / 946ml U
UMI'S KITCHEN COOKING SAUCE - 10% OFF				
627761 820250	51363	BC 📦	Marinade, Tandoori	12 / 450ml
627761 820106	51360	BC 📦	Simmer Sauce, Butter Chicken	12 / 450ml
627761 820359	51361	BC 📦	Simmer Sauce, Coconut Curry	12 / 450ml
627761 820205	51362	BC 📦	Simmer Sauce, Jeera Cumin	12 / 450ml
UNCLE LEE'S TEA - 15% OFF				
892241 000679	12963	GMO *	Black Tea, Organic	12 / 100ct
049606 100042	12956		Green Tea, Legend of China, Original	12 / 100ct
892241 000686	12964	GMO *	Green Tea, Organic	12 / 100ct
892241 000693	12965	GMO *	White Tea, Organic	12 / 100ct
892241 000235	12961	GMO *	Green Tea, Jasmine, Organic	6 / 40ct
892241 000211	12962	GMO *	Green Tea, Matcha, Organic	6 / 40ct
892241 000167	12960	GMO *	Green Tea, Organic	6 / 40ct
VANCOUVER CROISSANT READY-TO-BAKE CROISSANTS (FROZEN) - 10% OFF				
626639 113043	55193	GMO * BC 📦 X	NEW! Croissants, Jumbo White (6pc), Organic	12 / 480g
VEGAN ROB'S PLANT BASED SNACKS - 15% OFF + VOLUME PRICING				
859941 005915	10125	GMO GF V	X Puffs, Cauliflower	12 / 99g G
816678 020154	10127	GMO GF V	X Puffs, Cheddar	12 / 99g G
816678 021090	10143	GMO GF V	X Puffs, Dragon	12 / 99g G
			Buy 10-19 cases	Save 5%
			Buy 20+ cases	Save 10%
WHISTLER WATER - 10% OFF + VOLUME PRICING				
620791 000104	06068	BC 📦	Glacial Spring Water w/Sports Cap	12 / 1L U
			Buy 25+ cases	Save 5%
620791 000401	06065	B BC 📦	Glacial Spring Water	4 / 4L U
			Buy 25+ cases	Save 5%
WHITEWATER COOKS DRESSING, MARINADE & VINAIGRETTE - 10% OFF				
627843 382140	77801	BC 📦	Glory Bowl Dressing	12 / 350ml
627843 382133	77803	BC 📦	Honey Curry Vinaigrette	12 / 350ml
627843 382157	77802	BC 📦	Maple Balsamic Vinaigrette	12 / 350ml
627843 382164	77800	BC 📦	Miso Ginger Marinade	12 / 350ml
WHOLESOME NATURAL & ORGANIC SWEETENER - \$7.72 OFF + VOLUME PRICING				
012511 971069	44158	GMO GF * @	COCONUT PALM SUGAR, Organic	6 / 454g
			Buy 5-7 cases (Sugar Skus ONLY)	Save 1.33
			Buy 8+ cases (Sugar Skus ONLY)	Save 2.65
012511 320041	44018	GMO GF * @	ICING SUGAR, Powdered, Organic	6 / 454g
			Buy 5-7 cases (Sugar Skus ONLY)	Save 1.03
			Buy 8+ cases (Sugar Skus ONLY)	Save 2.06

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012511 446529	44037	GMO GF *	@	SUGAR, Dark Brown, Organic	6 / 680g	
012511 446413	44036	GMO GF *	@	SUGAR, Light Brown, Organic	6 / 680g	
				Buy 5-7 cases (Sugar Skus ONLY)	Save 1.18	
				Buy 8+ cases (Sugar Skus ONLY)	Save 2.36	
012511 444716	44029	GMO GF *	@	SUGAR, Turbinado, Organic	6 / 680g	
				Buy 5-7 cases (Sugar Skus ONLY)	Save 1.26	
				Buy 8+ cases (Sugar Skus ONLY)	Save 2.50	
012511 406004	44127	GMO GF *	@	SUGAR, Organic	6 / 907g	
				Buy 5-7 cases (Sugar Skus ONLY)	Save 1.37	
				Buy 8+ cases (Sugar Skus ONLY)	Save 2.72	
012511 470715	44198	GMO GF	@	SUGAR, Cane, Raw	6 / 680g	
				Buy 5-7 cases (Sugar Skus ONLY)	Save 1.07	
				Buy 8+ cases (Sugar Skus ONLY)	Save 2.14	
012511 600006	44072	GMO GF *	@	MOLASSES, Blackstrap, Organic	12 / 662g	
				Buy 2-4 cases (Molasses Skus ONLY)	Save 2.57	
				Buy 5+ cases (Molasses Skus ONLY)	Save 5.14	
012511 700003	44199	GMO GF *	@	MOLASSES, Blackstrap, Organic	6 / 1.33kg	
				Buy 2-4 cases (Molasses Skus ONLY)	Save 1.82	
				Buy 5+ cases (Molasses Skus ONLY)	Save 3.64	
012511 976606	44182	GMO GF *		STEVIA, Organic (jar)	6 / 170g	
				Buy 2-3 cases (Stevia Sku ONLY)	Save 2.05	
				Buy 4+ cases (Stevia Skus ONLY)	Save 4.10	
WHOLLY WHOLESOME PIE SHELLS (FROZEN) - UP TO \$8.35 OFF						
074677 990339	54589		GF	X Pie Shells, Gluten Free, 9" (2-pk)	6 / 425g	
074677 990100	54590	GMO	*	X Pie Shells, Traditional, Organic, 9" (2-pk)	12 / 396g	
WILD COUNTRY HONEY - 15% OFF						
621234 600165	44107		+ P	Buckwheat Honey, Canada #1 Amber	12 / 500g	
621234 610041	44109		+ P	Pure Raw Honey, Canada #1 White	12 / 500g	
621234 600042	44212		+ P	Royal Jelly in Honey	12 / 500g	
621234 600400	44108		+ P	Wild Blossom Honey, Canada #1 Golden	12 / 500g	
WISE BITES ALLERGEN-FREE BAKED GOODS (FROZEN) - \$7.00 OFF						
816592 000218	28512		GF V BC P	X Quinoa Bars, Chocolate Chip (12pk)	12 / 300g	
816592 000232	28513		GF V BC P	X Quinoa Bars, Triple Fudge (12pk)	12 / 300g	
WIZE ICED TEA - 10% OFF						
628250 387469	13656		P X	Sparkling Iced Tea, Honeycrisp Apple (can)	12 / 355ml	G P U
628250 387360	13653		P X	Sparkling Iced Tea, Mango (can)	12 / 355ml	G P U
628250 387445	13654		P X	Sparkling Iced Tea, Wild Raspberry (can)	12 / 355ml	G P U
YESHI NUTRITIONAL YEAST DRESSING & NUTRITIONAL YEAST FLAKES - 10% OFF						
628011 160010	32804		BC P	NEW! Dressing, Caesar	6 / 350ml	
628011 160041	32805		BC P	NEW! Dressing, Golden Ranch	6 / 350ml	
627843 808909	32802		BC P	NEW! Dressing, Original	6 / 350ml	
627843 808923	32801		BC P	NEW! Dressing, Sesame Ginger	6 / 350ml	
627843 808961	32803		BC P	NEW! Dressing, Smoky Chipotle	6 / 350ml	
628011 160072	32806	GMO	BC P	NEW! Nutritional Yeast Flakes, Original	6 / 125g	
628011 160089	32807	GMO	BC P	NEW! Nutritional Yeast Flakes, Roasted Garlic & Parmesan	6 / 100g	
YOGI HERBAL TEA - VOLUME PRICING						
076950 650213	12652	GMO	*	Green Tea, Kombucha, Organic	6 / 16ct	
076950 615335	12677	GMO	*	Herbal Tea, Chai Rooibos, Organic	6 / 16ct	
076950 615168	12720	GMO	*	Herbal Tea, EGYPTIAN LICORICE, Organic	6 / 16ct	
076950 650114	12670	GMO	*	Herbal Tea, Ginger, Organic	6 / 16ct	
076950 650176	12671	GMO	*	Herbal Tea, Lemon Ginger, Organic	6 / 16ct	
076950 203471	12945	GMO	*	Medicinal Tea, Calming, Organic	6 / 16ct	
076950 208957	12949	GMO	*	Medicinal Tea, Cold Support, Echinacea Elderberry, Organic	6 / 16ct	
076950 209374	12678	GMO	*	Medicinal Tea, Focus, Spiced Blackberry (w/caffeine), Organic	6 / 16ct	
076950 209381	12679	GMO	*	Medicinal Tea, Morning Vitality (w/caffeine), Organic	6 / 16ct	

STORE NAME:
DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free	Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
076950 208414	12672 GMO	*	Medicinal Tea, POSITIVE ENERGY, Sweet Citrus (w/caffeine), Organic	6 / 16ct	_____
076950 203488	12944 GMO	*	Medicinal Tea, Restful Sleep, Organic	6 / 16ct	_____
076950 209367	12680 GMO	*	Medicinal Tea, Revitalize, Chai Turmeric, Organic	6 / 16ct	_____
076950 207028	12653 GMO	*	Medicinal Tea, STRESS RELIEF, Chamomile Passionflower, Organic	6 / 16ct	_____
076950 209114	12673 GMO	*	Medicinal Tea, STRESS SUPPORT, Soothing Cinnamon, Organic	6 / 16ct	_____
			Buy 6-11 cases	Save 1.34	_____
			Buy 12-19 cases	Save 2.68	_____
			Buy 20+ cases	Save 4.02	_____

CLEARANCE

Discontinued and Clearance items are final sale

AURA CACIA BODY CARE - 55% OFF					
051381 382612	83001		Aromatherapy Bubble Bath, Tranquility	1 / 384ml	G P
BOB'S RED MILL FLOUR & MIX - 50% OFF					
039978 003188	34249 GMO GF		X Baking Mix, Grain Free Chocolate Cake	5 / 300g	_____
039978 327505	22665 GMO GF		X Hazelnut Flour	4 / 396g	_____
DEEBEE'S ORGANICS FREEZER POPS - 50% OFF					
	93913		Superfruit Freezies (S/O)	250 / 10x40ml	_____
	93915		Superfruit Freezies, Tropical (S/O)	250 / 10x40ml	_____
FOOD FOR LIFE ENGLISH MUFFINS (FROZEN) - 45% OFF					
073472 001172	55547 GMO	*	X English Muffins, EZEKIEL 4:9 Sprouted Grain, Cinnamon Raisin, Organic	6 / 454g	_____
GARDEIN MEAT-FREE ALTERNATIVE (FROZEN) - 30% OFF					
842234 001374	65050 GMO	+	X Chick'n Tenders, Nashville-Style Hot	8 / 230g	_____
HEALTHY HIPPO LOW SUGAR CANDY - 30% OFF					
628176 040103	17650 GMO		X Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G
628176 040127	17651 GMO		X Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g	G
HEALTHY SHORES CANNED SEAFOOD DOGS - 50% OFF					
810757 001133	48224	BC	X Dog Food, Pacific Herring	24 / 170g	G P
HERBARIA HERBAL TEA - 85% OFF					
5997005 343735	40850		Herbal Tea, Agrimony Herb	10 / 25ct	_____
ICEFIELD GLACIAL SPRING WATER - 10% OFF					
777311 016036	03009	BC	X Glacial Alkaline Water (9.6 PH)	12 / 1L	_____
IF YOU CARE ENVIROMENT FRIENDLY CLEANING PRODUCTS - 50% OFF					
770009 250279	46393	@	Rubber Gloves, Small (Certified Natural Rubber) (S/O)	12 / 1pr	G P
JASON BODY CARE PRODUCTS - 55% OFF					
078522 901976	80799		Dry Spray Deodorant, Fresh Cucumber	1 / 113ml	G P
LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE - 25% OFF					
661594 000182	11934 GMO	* @ BC	Coffee Beans, Andes Blend (medium), Organic	6 / 908g	_____
NATURE CLEAN LAUNDRY PRODUCTS - 55% OFF					
058951 308614	80725	+	X Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified	4 / 3L	G P
ORCHID REAL FLAVOUR BAKING INGREDIENTS - 40% OFF					
062932 006017	02057	BC	X Pure Almond Extract (S/O)	12 / 100ml	_____
RAWMBAS VEGAN MUFFINS (FROZEN) - 50% OFF					
628176 576213	56522	GF V	BC X Muffins, Apple Raspberry (single serve)	24 / 100g	G
628176 576251	56520	GF V	BC X Muffins, Bountiful Blueberry (single serve)	24 / 100g	G
628176 576299	56521	GF V	BC X Muffins, Double Chocolate (single serve)	24 / 100g	G
SAPADILLA CLEANING PRODUCTS - 50% OFF					
677141 002011	70332		All Purpose Cleaner, Rosemary & Peppermint	6 / 739ml	G P
677141 000024	70400		Dish Soap, Grapefruit & Bergamot	6 / 473ml	G P

STORE NAME:

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SEVENTH GENERATION | DIAPERS - 50% OFF

732913 448715	15100		Diapers, Newborn (up to 10lb) (disposable)	4 / 31ct	G P	_____
732913 448722	15101		Diapers, Stage 1 (8-14lb) (disposable)	4 / 31ct	G P	_____
732913 448739	15102		Diapers, Stage 2 (12-18lb) (disposable)	4 / 31ct	G P	_____
732913 448746	15103		Diapers, Stage 3 (16-28lb) (disposable)	4 / 27ct	G P	_____
732913 448814	15107	X	Value (3) Pack Disposable Diapers, Size 3 (16-28 pounds)	1 / 72ct	G P	_____

SOL CUISINE | PLANT-BASED MEAT ALTERNATIVE (FROZEN) - 35% OFF

628025 016303	54312	GMO	+ 📦 X Tenders, Crispy Chik'n	8 / 300g		_____
628025 016426	54303	GMO	+ 📦 X Wings, Hot & Spicy Chik'n	8 / 255g		_____

SUNDHED | SALT LAMP - 40% OFF

	93021		Salt Lamp Tea 3H (S/O)	1 / ea		_____
	96422		Salt Lamp Tea Triangle (S/O)	1 / ea		_____

TRIPLE JIM'S PRODUCTS - 80% OFF

059105 000026	18450	GMO	* Dried Plums, Organic	6 / 175g		_____
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