



SAPSUCKER®

Sparkling water naturally sweetened with organic Canadian maple sap.



THE BLACKBERRY ONE



Unleash your wild side.

Bold and juicy with a hint of tartness, this new addition strikes the perfect balance between sweet and sassy. Whether you're lounging lakeside or hosting a cozy gathering, it's the taste of adventure you'll want by your side. Enjoy it solo or mix it up with a splash of something stronger—either way, it's the berry best.

* see pg.12 for pricing details

Item # 56419

Case Pack: 12x355ml

UPC: 898171000307

• **TAP INTO SAP** • **TAP INTO SAP** • **TAP INTO SAP** •





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CINNAMON RAISIN GRANOLA

The fan-favorite breakfast and snack combo - upgraded. This organic granola is sweetened naturally with fruit, not sugar, so you can start your day the sweet way.

organic oats, organic coconut oil, organic date powder, organic raisins, organic cinnamon, sea salt, organic rosemary extract (for freshness), organic monk fruit

150 calories | **2g** fiber | **2g** protein | **6g** sugar | **7g** fat



CASHEW BUTTER GRANOLA

Cashew Butter and chunks of crunchy, whole cashews are a snacker's delight. This organic granola is sweetened only with fruit so you can start your day the sweet way.

organic oats, organic coconut oil, organic date powder, organic fair trade cashew butter, organic fair trade cashews, sea salt, organic cocoa powder, organic rosemary extract (for freshness), organic monk fruit

160 calories | **2g** fiber | **3g** protein | **3g** sugar | **8g** fat



DARK CHOCOLATE GRANOLA

Granola made with 100% cacao – now that's a breakfast we can get behind! Sweetened naturally with fruit, not sugar, so you can start your day the sweet way.

organic oats, organic coconut oil, organic date powder, organic fair trade 100% cacao dark chocolate (organic cacao beans, organic cocoa butter), organic cocoa powder, sea salt, organic rosemary extract (for freshness), organic monk fruit

150 calories | **1g** fiber | **2g** protein | **4g** sugar | **8g** fat



WE RESTORE ECOSYSTEMS
through regenerative agriculture



Our granola comes in a post-consumer recycled plastic bag, minimizing virgin plastic in our supply chain. Please dispose these bags in the trash.

ALSO NEW! Organic Almond Butter Granola 6/227g

**THE
CLEANEST,
GREENEST
SNACKS
ON EARTH**

**INDULGENCE
FOR MIND, BODY,
AND SOIL**

- ✓ Organic
- ✓ Sweetened with Fruit
- ✓ No Soy Ingredients
- ✓ No Fake Sugars
- ✓ Fair Trade
- ✓ Supports Regenerative Agriculture
- ✓ Climate Neutral



* see pg.11 for pricing details



FEVER-TREE

NEW

Introducing PREMIUM COCKTAIL MIXERS

SIMPLY ADD A SPIRIT



NO ARTIFICIAL
SWEETENERS



NON
CARBONATED



SERVINGS PER
BOTTLE



NON
GMO



NO ARTIFICIAL
FLAVOURS



IF $\frac{3}{4}$ OF YOUR DRINK IS THE MIXER, MIX WITH THE BEST

www.fever-tree.com | [@fevertreecanada](https://twitter.com/fevertreecanada) | [#mixwiththebest](https://hashtage.com/mixwiththebest)

* see pg.11 for pricing details



GUAYAKÍ YERBA MATE

NEW
NOUVEAU



28g Sugars. 120 Calories. 150mg caffeine
28g Sucres. 120 Calories. 150mg cafeine

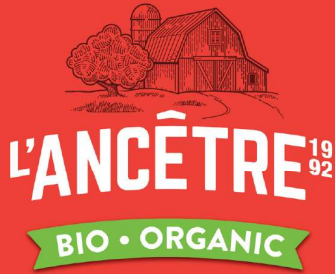
Ingredients: Filtered water, Sugars (cane sugar*, concentrated orange juice*), Yerba mate extract*, Brewed yerba mate*, (water, yerba mate*), Citric acid, Flavours*, Caffeine*.

Ingrédients: Eau filtrée, Sucres (sucre de canne*, jus d'orange concentré*), Extrait de Yerba mate*, Yerba mate brassé*, (eau, yerba mate*), Acide citrique, Arômes*, Caféine*.

Non-carbonated 458mL can / Canette non gazeuse de 458mL

* see pg.11 for pricing details





EVERY BITE IS A BETTER WORLD



BACK IN STOCK



fromagerieancetre.com

* see pg.11 for pricing details



NEW!
BEE-MINDFUL HUNNIE
Organic Hot Chili Infused
Hunnie 6/460g

Highlights:

- 100% Canadian Company Supporting Canadian Farmers
 - Female Owned and Operated
- Made from Rescued Apples to Reduce Food Waste
- Plant-Based/Vegan
- Perfect for anyone allergic to bee honey or infants who can't consume bee honey
- Great for drizzling on pizza, coating your favourite proteins/veg (wings, salmon, brussel sprouts, etc), elevating charcuterie boards or spacing up cocktails!

* see pg.11 for pricing details



steam-in-bag
FROZEN ORGANIC
VEGETABLES



#1 MOST RECOGNIZED
 and trusted organic produce
 brand in North America



STAND-UP BAGS



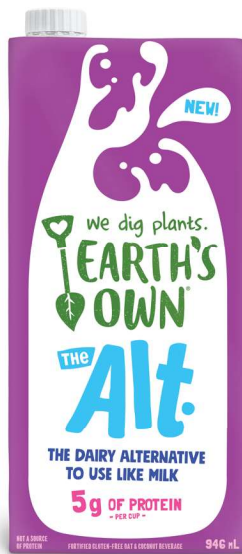
ALL ORGANIC. ALWAYS.



NEW! 300 g Mixed Vegetables

Ingredients: Organic Carrots, Organic Sweet Yellow Corn, Organic Green Peas.

INTRODUCING The Alt UHT, THE DAIRY ALTERNATIVE THAT CAN DO IT ALL!

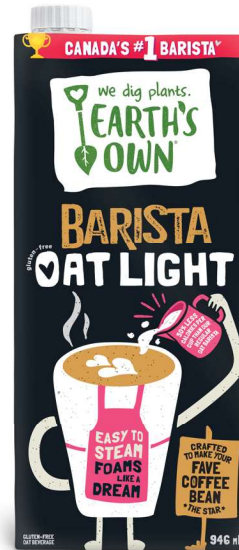


NEW! THE ALT.

Milk Alternative 12/946ml

A delicious neutral flavour with milk-like cues and a very light, natural sweetness that's creamy and smooth

- Acts as a 1:1 swap for dairy in all your cooking & baking
- Foams + froths for coffee and with a super creamy mouthfeel it mixes well without separation for hot drinks
- Can also be used in cold beverage creations and you can even drink it by the glass!
- With 5g of protein it has more protein than Almond, Oat, and Nextmilk and less sugar than dairy milk
- Now in Shelf Stable format!



NEW! Almond Barista 12/946ml

With a hint of nuttiness, this Barista foams and froths to perfection for the most exquisite almond lattes and extra delish iced coffees

- Almonds sourced from Bee-friendly suppliers
- Gluten Free • Soy Free
- Dairy Free • Carrageenan Free

NEW! Oat Lite Barista 12/946ml

This Barista foams + froths to perfection while letting your fave roast shine by balancing coffee flavour with a light oatiness

- 50% less calories than Earth's Own regular Oat Barista
- Gluten Free • Nut Free • Dairy Free
- Glyphosate Free • Carrageenan Free

* see pg.11 for pricing details

INTRODUCING EARTH'S OWN OAT BARISTA LIGHT AND ALMOND BARISTA!



* see pg.11 for pricing details

NEW! HUMMINGBIRD CHOCOLATE MAKER

Dark Chocolate Peanut Butter Cups (2ct) 12/32g



Peanut Butter Cups... *Elevated*

When one of the world's best chocolate makers conjures up peanut butter cups...it's worth a bite.

- ✓ House-Made Peanut Butter
- ✓ Craft, Bean-To-Bar, Chocolate
- ✓ Canadian Made

Whole, Simple Ingredients

(Fewer than other brands' cups)

Dark
Organic Cacao,
Organic Cane Sugar, Peanuts,
Organic Cocoa Butter, Sea Salt

RISE Kombucha has been brewed in Montreal, Quebec since 2008.

We set ourselves apart through our approach to flavour.

While traditional kombucha is known for its vinegary taste, RISE is always balanced and accessible.

NEW! RISE Organic Low-Sugar Kombucha 12/414ml & 6/1L

Pineapple & Coconut - 2g sugar per serving / Strawberry & Lemon - 0g sugar per serving

Elevate your beverage with RISE KOMBUCHA Low Sugar



It's crisp, clean, and fully alive with billions of active cultures, antioxidants, and natural acids.

No sugar added.

10 Calories per serving.

Go ahead, do something good for yourself today.

MADE IN CANADA

* see pg.11 for pricing details

Save da Sea

Spread The Word

Save Da Sea spreads now available!



GLUTEN FREE



SOY FREE



VEGAN



CLEAN LABEL



buyBC

* see pg.12 for pricing details
savedasea.com | @savedasea

* see
pg.11
for
pricing
details



NEW! BREW DR. KOMBUCHA (ORGANIC) 12/414ml

Their mission is to bring the magic of kombucha to all, without compromise. Their tea-first approach ensures they make authentic beverages from real, organic ingredients. No shortcuts, and no artificial nonsense.

- **Cherry Limeade:** A sweet and juicy blend of cherries, tart lime, and refreshing green tea
- **Crisp Apple:** A delicious juicy blend of Pacific Northwest apples and smooth green tea
- **ALSO NEW!** Iced Tea Lemonade

* see
pg.11
for
pricing
details



NEW! COOKIES & CREME CLIF BAR 12/68g

Go Sweet, Go Strong with this new energy bar in a classic flavour you'll be sure to love. Made with organic rolled oats, delicious cocoa, and 11 grams of protein per bar, the Cookies & Creme Flavour is a sweet way to fuel your active adventures.

Purposefully crafted with a blend of protein, fat and carbohydrates, CLIF BAR Energy Bars are made to help sustain active bodies. They're also doing more to help sustain the environment in the way they bake their bars.

* see
pg.11
for
pricing
details



NEW! DAIYA NON-DAIRY CHEESE ALTERNATIVES & PIZZA

- **Cinnamon Twist Cream Cheese 6/227g**
- **Pepper Jack Slices 8/220g**
- **Cheeseburger Flavour Pizza 8/363g** - Can you imagine a life without cheese? Sounds impossible, right? Now, picture a plant-based cheese that's irresistibly rich and satisfyingly creamy. With Daiya, it's not just possible - it's a guarantee. You'll never have to live without the joy of cheese again.

* see
pg.11
for
pricing
details



NEW! HOLY NAPOLI NEAPOLITAN PIZZA

Sacredly Authentic Neapolitan Pizza

- **Hot Honey & Pepperoni 8/362g**
 - **Truffle Bianco 8/375g**
- Pizza lovers rejoice! Holy Napoli is authentic Neapolitan pizza in all its glory. Made with our own vine ripened tomatoes and fresh toppings, Holy Napoli pizzas are restoring faith in the frozen aisle.

* see
pg.11
for
pricing
details



NEW! HUMBLE ORGANIC POTATO CHIPS 12/135g • Jalapeno Potato Chips

- **RUMBLES Ridged Potato Chips - All Dressed / Sea Salt / Sour Cream & Onion**

Humble only uses locally grown, organic potatoes.

They cook them up the old-fashioned way and sprinkle them with all-natural, organic seasonings from their certified Potato Chip Chef. They do their part for the planet, they package them in eco-friendly Plastic Negative packaging.

* see
pg.11
for
pricing
details



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

Kettle Brand Air Fried Texas BBQ Kettle Chips are kettle cooked, air-fried chips that deliver a light, crispy crunch.

Tangy with sweet heat and a smoky finish, these barbecue chips have 100% bold Kettle Brand flavour with 30% less fat than the leading regular Kettle Brand variety.

* see
pg.11
for
pricing
details



NEW! NAKED & SAUCY ORGANIC TERIYAKI SESAME GINGER SAUCE 6/473ml

Even with less sugar and sodium than regular Teriyaki Sauces, there is no compromise on this classic flavour thanks to the organic ingredients and their classic Coconut Aminos used.

- **50% less sugar than regular teriyakis**
- **75% less sodium than regular teriyakis**

NAKED & SAUCY really believes less is more and when you find high quality, healthy ingredients, adding in anything extra just detracts from their goal: to create highly flavourful and healthy sauces that everyone can enjoy.

* see
pg.11
for
pricing
details



NEW! NATUREBEE BATH & BODY CARE

- **Foaming Hand Soap Tablets 12/2x8g - Eucalyptus Mint**
- **Warm Coconut Hand Soap Kit (350ml glass dispenser w/soap tablet) 12/1kit**
- **Eucalyptus Mint Shower Steamers (5ct) 12/100g**

NATUREBEE is proud to be a women-owned, Canadian small business creating high-quality, sustainable, low-waste products for your home.

* see
pg.12
for
pricing
details



NEW! ROAR PLUS TROPICAL TWIST VITAMIN & ELECTROLYTE MIX 12/7.18g

A jazzy little number that's bursting with ripe mango and a just-right splash of tart citrus.

- **BURSTING WITH POWERFUL ANTIOXIDANTS A, C & E**
- **100% OF DAILY VALUE OF VITAMINS B5, B6 & B12**
- **WELLNESS BOOSTED WITH +100% ZINC, +100MG ELDERBERRY, +100MG GREEN TEA POLYPHENOLS**
- **NO GMOS, ARTIFICIAL FLAVOURS, COLOURS, OR INGREDIENTS**
- **ELECTROLYTE INFUSED**
- **1000+% DAILY VALUE OF VITAMIN C**



MARCH NEW PRODUCTS 2025

UPC CODE	SKU CODE									
ALTER ECO NO ADDED SUGAR GRANOLA - \$2.97 OFF (ETA mid March) - see pg.3										
817670 012741	35220	GMO	*	🍁	X	Granola, Almond Butter, Organic		6 / 227g		
817670 012710	35221	GMO	*	🍁	X	Granola, Cashew Butter, Organic		6 / 227g		
817670 012727	35222	GMO	*	🍁	X	Granola, Cinnamon Raisin, Organic		6 / 227g		
817670 012734	35223	GMO	*	@ 🍁	X	Granola, Dark Chocolate, Organic		6 / 227g		
BEE-MINDFUL HUNNIE VEGAN HONEY ALTERNATIVE - 10% OFF - see pg.7										
627987 844016	29101	GMO	*		BC +	HUNNIE. Hot Chili Infused. Organic		6 / 460g		
BREW DR. KOMBUCHA KOMBUCHA (REFRIGERATED) - 15% OFF - see pg.10										
850044 821143	16223	GMO	*			Kombucha, Cherry Limeade, Organic (glass)		12 / 414ml	G	P U
850044 821136	16222	GMO	*			Kombucha, Crisp Apple, Organic (glass)		12 / 414ml	G	P U
850044 821174	16224	GMO	*			Kombucha, Iced Tea Lemonade, Organic (glass)		12 / 414ml	G	P U
CLIF SNACK BARS - 15% OFF - see pg.10										
722252 069474	37918					X CLIF BAR. Cookies & Creme		12 / 68g		G
DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - 10% OFF - see pg.10										
871459 001494	50305	GMO	GF V		BC +	Cream Cheese, Cinnamon Twist		6 / 227g		
871459 000374	50306	GMO	GF V		BC +	Slices, Pepper Jack		8 / 220g		
DAIYA DAIRY-FREE PIZZA (FROZEN) - 10% OFF - see pg.10										
871459 002965	50329	GMO	GF V		BC +	X Pizza, Cheeseburger Flavour		8 / 363g		
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN) - 10% OFF - see pg.7										
032601 954741	63008	GMO	*			X Mixed Vegetables (carrots, corn, peas), Organic		12 / 300g		
EARTH'S OWN PLANT-BASED BEVERAGE - 10% OFF - see pg.8										
626027 114072	07405	GMO			BC +	Barista, Almond		12 / 946ml		
626027 814422	07404	GMO			BC +	Barista, Oat Lite		12 / 946ml		
626027 614411	07406	GMO			BC +	THE ALT. Milk Alternative (Tetra Pak)		12 / 946ml		U
FEVER-TREE PREMIUM COCKTAIL MIXERS - see pg.4										
812136 032363	07824					Cocktail Mix, Caesar		6 / 750ml	G	U
812136 032370	07823					Cocktail Mix, Margarita		6 / 750ml	G	U
812136 032387	07822					Cocktail Mix, Mojito		6 / 750ml	G	U
GUAYAKI YERBA MATE BEVERAGE - 10% OFF (ETA mid March) - see pg.5										
632432 000664	07177	GMO	*	@		X Awakening Orange, Organic (can)		12 / 458ml	G	U
HOLY NAPOLI NEAPOLITAN PIZZA (FROZEN) - 10% OFF - see pg.10										
673334 100045	17306				BC +	X Pizza, Hot Honey & Pepperoni		8 / 362g		
673334 100052	17307				BC +	X Pizza, Truffle Bianco (ETA early March)		8 / 375g		
HUMBLE ORGANIC POTATO CHIPS - see pg.10										
628678 211278	34312	GMO	*	🍁	+	X Potato Chips, Jalapeno, Organic		12 / 135g		G
628678 211520	34314	GMO	*	🍁	+	X RUMBLES Ridged Potato Chips, All Dressed, Organic		12 / 135g		G
628678 211513	34313	GMO	*	🍁	+	X RUMBLES Ridged Potato Chips, Sea Salt, Organic		12 / 135g		G
628678 211537	34315	GMO	*	🍁	+	X RUMBLES Ridged Potato Chips, Sour Cream & Onion, Organic		12 / 135g		G
HUMMINGBIRD BEAN TO BAR CHOCOLATE - 10% OFF - see pg.8										
875132 000095	57119			🍁	+	X Dark Chocolate Peanut Butter Cups (2ct)		12 / 32g		G
KETTLE BRAND POTATO CHIPS - \$2.75 OFF - see pg.10										
084114 903754	39245	GMO	GF			X Potato Chips, Air Fried, Texas BBQ		12 / 156g		G
L'ANCÊTRE CHEESE (REFRIGERATED) - 10% OFF - see pg.6										
778177 499414	50022	GMO	*	🍁	+	Cheddar, 4 years, Organic		8 / 200g		
NAKED & SAUCY COOKING SAUCE - 15% OFF - see pg.10										
890104 001368	40108	GMO	*		BC +	Sauce, Teriyaki Sesame Ginger, Organic		6 / 473ml		
NATUREBEE CONCENTRATED FOAMING HAND SOAP TABLETS & SHOWER STEAMERS - see pg.10										
628176 082516	30614				+	Foaming Hand Soap Tablets, Eucalyptus Mint		12 / 2x8g		G P
628176 082202	30617				+	Hand Soap Kit, Warm Coconut (350ml glass dispenser w/soap tablet)		12 / 1kit		G P
628176 082387	30616			🌲	+	Shower Steamers, Eucalyptus Mint (5ct)		12 / 100g		G P
RISE KOMBUCHA (REFRIGERATED) - 15% OFF - see pg.9										
818762 003029	15341	GMO	*	🍁	+	Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)		12 / 414ml	G	P U
818762 003005	15340	GMO	*	🍁	+	Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)		12 / 414ml	G	P U
818762 003067	15343	GMO	*	🍁	+	Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)		6 / 1L	G	P U
818762 003043	15342	GMO	*	🍁	+	Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)		6 / 1L	G	P U



MARCH NEW PRODUCTS 2025

UPC CODE	SKU CODE						
ROAR PLUS VITAMIN & ELECTROLYTE MIX - 15% OFF (ETA early March) - see pg.10							
628250 053425	19912			X	Tropical Twist	12 / 7.18g	G
SAPSUCKER SPARKLING TREE WATER - \$1.99 OFF - see cover							
898171 000307	56419	GMO	*	🍁	+ X The Blackberry One, Organic (sweetened w/maple sap)	12 / 355ml	G U
SAVE DA SEA PLANT-BASED SEAFOOD (REFRIGERATED) - 10% OFF - see pg.9							
627987 308266	40453			🌲	+ Creamy Cashew Spread, Carrot Lox	6 / 185g	
627987 308273	40454			🌲	+ Creamy Cashew Spread, Tuna	6 / 185g	

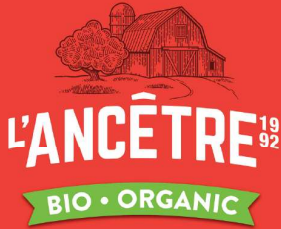


PSC Natural Foods

— we deliver the goodness —

March Specials Showcase

Check out these awesome
featured products on deal !

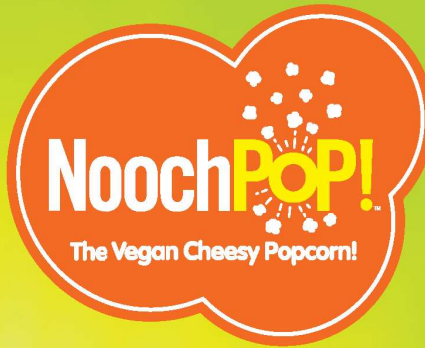


EVERY BITE IS A BETTER WORLD
Over 30 years of organic farming

fromagerieancetre.com

* see specials insert for pricing details

Nutritional Yeast + Popcorn = NoochPOP!



The only popcorn devoted to Nutritional Yeast!

NEW FLAVOUR!

KINDA DILL PICKLED & CHEESY
Cheesy, tangy & pickled!



Kinda Dill'iciously Cheesy!

* see specials insert for pricing details



Snack Smart. Guilt Less.



0 TRANS FAT



0 CHOLESTEROL

- ✓ All Sensible Portions straw and chip products are made with no artificial flavours, colours or preservatives and contain no trans fats or cholesterol.
- ✓ Allows consumers to eat better without sacrificing taste.
- ✓ The combination of garden grown potatoes, ripe vegetables, and no artificial flavours provides a better-for-you snack.



* see specials insert for pricing details



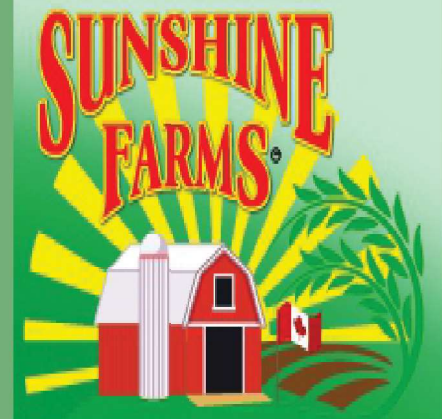
IRRESISTIBLY INDULGENT SEED CRACKERS

HANDMADE IN
BEAUTIFUL B.C.



The best pickles start with the best ingredients.
At Sunshine Farms, our organic pickles are made with
Canadian grown vegetables and all natural ingredients.

Experience the difference a little Sunshine can make.



Just like Grandma use to make

* see specials insert for pricing details

TOFINO

KOMBUCHA

Light up your day!

15% OFF



RAW ORGANIC

WWW.TOFINOKOMBUCHA.COM



* see specials insert for pricing details

Fixie

CHOCOLATE+FUELBAR



* see specials insert for pricing details

LOVE AT FIRST BITE.

THE BETTER
BUTCHERS
FORAGER'S FINEST



**15%
OFF**

Enjoy **15% OFF**
better butchers
plant-based
ground in the
month of March



**FOOD &
BEVERAGE
PRODUCT OF
THE YEAR**

* see specials insert for pricing details

PLANT-BASED GROUND

Animal-Free butcher shop meats made with oyster mushrooms. We take pride in crafting our own range of delicious and sustainable alternatives. Welcome to a tastier, planet-friendly way of eating.

