



HONEY STINGER



THE FUEL TEAMS TRUST™



2,000+ PRO AND COLLEGE TEAMS

* see pg.4 for pricing details

NEW! Organic Energy Chews 12/50g - Cherry Blossom & Orange Blossom
NEW! Organic Energy Gels 24/31g - Acai Pomegranate & Fruit Smoothie



JANUARY NEW PRODUCTS

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Vegetable Couscous Paella

Ingredients:

- 2 1/2 tbsp. olive oil
- 2 cups chopped onion
- 1 cup chopped red bell pepper
- 1 cup green bell pepper
- 1 tbsp. chopped garlic
- 1 1/2 tsp. paprika
- 2 cups vegetable broth
- 10 oz. stewed tomatoes
- 1 cup frozen peas
- 1 cup drained garbanzo beans (chickpeas)
- 1/2 cup chopped carrot
- 1/4 tsp. crushed saffron threads
- 1/4 tsp. cayenne pepper

Instructions:

- Heat oil in a large heavy pot over med/high heat
- Add onion and bell peppers
- Saute until vegetables start to soften (approx 5 minutes)
- Add garlic and paprika - saute 1 minute
- Stir in broth and add stewed tomatoes, frozen peas, drained garbanzo beans, chopped carrot, crushed saffron threads, and cayenne pepper
- Add over Couscous

1/2 cup (9 1/2 oz.) **Couscous** - cover & simmer 1 minute, remove from heat.
 Let stand 5 minutes, fluff with fork, let stand 5 minutes longer, fluff, season with salt & pepper.

Serve vegetable mixture over top Couscous and garnish with chopped parsley, lemon wedges, red bell pepper rings & artichoke hearts.



NEW! LIVIVA KETO PASTAS • Dried Shirataki 6/120g • Organic Bean Pasta 6/200g • Keto Pasta 6/225g • Shirataki 6/520g

Liviva unlocking a healthier way of life one low carb meal at a time

LIVIVA

* see
pg.4
for
pricing
details



NEW! BUBBIES SAUERKRAUT WITH PICKLED HOT PEPPERS 6/739ml

Bubbies naturally-fermented Sauerkraut has been loved for generations.

By adding pickled hot peppers to her traditional recipe, she's given her classic kraut some real chutzpah!

From creative salads, sauces and soups, to cocktails, appetizers and desserts, Bubbies makes everything better.

No Preservatives / Fermented with Natural Cultures / No Added Sugar

* see
pg.4
for
pricing
details



NEW! SUPREME Bowls 8/255g

- **Be'f & Broccoli:** Features Be'f tips, and serves up 18 grams of protein. It's topped off by a classic tamari, garlic and ginger sauce that adds personality to every bite.
- **Meatball Marinara:** Features cavatappi pasta covered in a rich marinara sauce made from freshly crushed tomatoes and perfected with spices. Premium spinach and onions, and its juicy, plant-based meatballs provide a tasty source of protein.

* see
pg.4
for
pricing
details



NEW! MELT ORGANIC PLANT BUTTER

- **Organic Salted Sticks (4 sticks) 12/454g** • **Organic Spread 12/368g**

Melt believes butter should be rich, creamy, unforgettable, and allergen-free.

Experience plant butter that tastes and performs like traditional dairy.

Whether spreading it on toast, melting it on pancakes, or baking, it is the perfect match for all your culinary adventures.

* see
pg.4
for
pricing
details



NEW! NATURE'S PATH ENVIROKIDZ ORGANIC RED PANDA PUFFS 6/650g

Deliciously crunchy peanut butter an strawberry organic corn puffs

FOOD FOR KIDS AND THE PLANET

Fun, tasty, and always organic, Nature's Path cereals and waffles are loved by kids and trusted by parents. Nature's Path donates a portion of every sale to protecting vulnerable and endangered animals.

Eco Pacs use 68% less packaging

* see
pg.4
for
pricing
details



NEW! NUUN LEMON LIME SPORT DRINK MIX 12/10ct

Nuun Sport is available in single-serve powder sachets! Unlike Nuun's popular tablets, this fast-dissolving powder contains no effervescence, great for those who want fizz-free hydration.

10 sachets per carton and only 1g of sugar per serving makes them perfect for taking on-the-go before, during, or after workouts.

* see
pg.4
for
pricing
details



NEW! STOKED OATS CEREALS, OATS & PANCAKE & WAFFLE MIXES

OATMEAL BLEND 8/500g: Aphrodisi-Oats / Bucking-Eh / Mountain Maple / Redline / Stone Age

RUN OF THE MILL ORGANIC OATS 10/810g: Quick Oats / Rolled Oats / Steel cut Oats

GRANOLA 8/300g: Bucking Eh / Mountain Maple / Multipack, Stoked3 (6pk w/3 flavours) / Stone Age

PANCAKE MIX 6/285g: Mountain Maple / Bucking-Eh



JANUARY NEW PRODUCTS 2025

UPC CODE	SKU CODE						
BUBBIES FERMENTED CONDIMENTS (REFRIGERATED) - 10% OFF - see pg.3							
038261 954473	51206	GMO		+	Sauerkraut with Pickled Hot Peppers	6 / 739ml	
GARDEIN PLANT-BASED BOWLS (FROZEN) - \$3.00 OFF - see pg.3							
842234 400658	65053	GMO			X SUPREME Bowls, Be'f & Broccoli	8 / 255g	
842234 400566	65054	GMO			X SUPREME Bowls, Meatball Marinara	8 / 255g	
HONEY STINGER SPORTS NUTRITION - 15% OFF - see cover							
810815 020854	36563	GMO	GF	*	X Energy Chews, Cherry Blossom, Organic	12 / 50g	G
810815 021004	36565	GMO	GF	*	X Energy Chews, Orange Blossom, Organic	12 / 50g	G
810815 020403	36570	GMO		*	X Energy Gel, Acai Pomegranate, Organic	24 / 31g	G
810815 020434	36571	GMO		*	X Energy Gel, Fruit Smoothie, Organic	24 / 31g	G
LIVIVA KETO PASTAS (Keto certified) - 10% OFF - see pg.3							
628110 422422	30720	GMO	GF	V	Dried Shirataki, Instant Rice	6 / 120g	
628110 422408	30721	GMO	GF	V	Dried Shirataki, Noodles	6 / 120g	
628110 422415	30722	GMO	GF	V	Dried Shirataki, Spaghetti	6 / 120g	
628110 422019	30723	GMO	GF	V *	X Bean Pasta, Black Bean Fettuccine, Organic	6 / 200g	
628110 422002	30724	GMO	GF	V *	X Bean Pasta, Black Bean Spaghetti, Organic	6 / 200g	
628110 422026	30725	GMO	GF	V *	X Bean Pasta, Edamame Spaghetti, Organic	6 / 200g	
628110 422224	30726	GMO		V	Keto Pasta, Fettuccine	6 / 225g	
628110 422217	30727	GMO		V	Keto Pasta, Linguine	6 / 225g	
628110 422200	30728	GMO		V	Keto Pasta, Spaghetti	6 / 225g	
628110 422538	30729	GMO	GF	V	Shirataki, Fettuccine	6 / 520g	
628110 422576	30730	GMO	GF	V	Shirataki, Penne	6 / 520g	
628110 422552	30731	GMO	GF	V	Shirataki, Rice shaped	6 / 520g	
628110 422521	30732	GMO	GF	V	Shirataki, Spaghetti	6 / 520g	
MELT ORGANIC PLANT BUTTER (REFRIGERATED) - 10% OFF - see pg.3							
856014 002024	10760	GMO		*	Plant Butter, Spread, Organic	12 / 368g	
856014 002079	10761	GMO		*	Plant Butter, Salted Sticks, Organic (4 sticks)	12 / 454g	
NATURE'S PATH ENVIROKIDZ CEREAL - \$5.50 OFF - see pg.3							
058449 241126	22768	GMO	GF	*	X Cereal, ENVIROKIDZ, Red Panda Puffs, Organic	6 / 650g	
NUUN HYDRATION SUPPLEMENTS - 10% OFF - see pg.3							
811660 024493	40736	GMO		V	X Drink Mix, Sport, Lemon Lime	12 / 10ct	G
STOKED OATS SUPERFOOD PRODUCTS - 20% OFF - see pg.3							
818541 000140	22450	GMO	GF	+	Oatmeal Blend, Aphrodisi-Oats (chocolate chips, almonds & chia)	8 / 500g	
818541 000119	22451	GMO	GF	+	Oatmeal Blend, Bucking-Eh (apples, mulberries, chia & cinnamon)	8 / 500g	
818541 000317	22452	GMO	GF	+	Oatmeal Blend, Mountain Maple (maple syrup & chia)	8 / 500g	
818541 000133	22453	GMO	GF	+	Oatmeal Blend, Redline (chocolate chips, walnuts, coffee)	8 / 500g	
818541 000126	22454	GMO	GF	+	Oatmeal Blend, Stone Age (pumpkin seeds, coconut, almonds & walnuts)	8 / 500g	
818541 000072	22460	GMO	GF	+	RUN OF THE MILL, Quick Oats, Organic	10 / 810g	
818541 000065	22461	GMO	GF	+	RUN OF THE MILL, Rolled Oats, Organic	10 / 810g	
818541 008269	22462	GMO	GF	+	RUN OF THE MILL, Steel cut Oats, Organic	10 / 810g	
818541 000089	22465		GF	+	Granola, Bucking Eh (apple, mulberries, currants & cinnamon)	8 / 300g	
818541 000003	22466		GF	+	Granola, Mountain Maple (maple syrup, chia & flax)	8 / 300g	
818541 000706	22467		GF	+	Granola Multipack, Stoked3 (6pk w/3 flavours)	8 / 300g	
818541 000096	22468		GF	+	Granola, Stone Age (almonds, walnuts, chia & pumpkin seeds)	8 / 300g	
818541 008313	22470	GMO	GF	+	Pancake Mix, Mountain Maple (maple syrup & cinnamon)	6 / 285g	
818541 008320	22471	GMO	GF	+	Pancake Mix, Bucking-Eh (milled oats, apples, buckwheat & cinnamon)	6 / 285g	



PSC Natural Foods

— we deliver the goodness —

January Specials Showcase

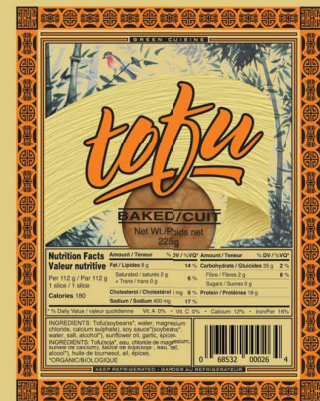
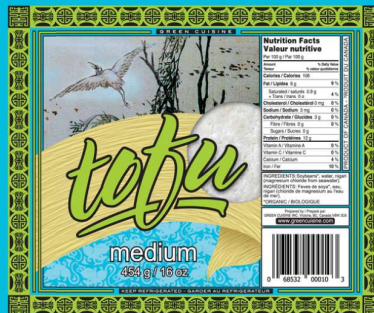
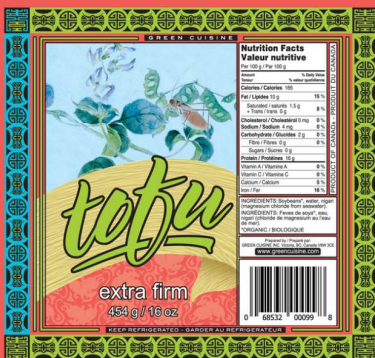
Check out these awesome
featured products on deal !

GREEN CUISINE

FOR GRILLING, STIR FRYING,
BAKING, CRUMBLING, DEEP
FRYING, AND MARINATING

FOR SOUPS, SAUCES,
SMOOTHIES, AND
SCRAMBLES

FOR STIR FRIES, PIZZAS,
SUBS, CUBING, AND
GRILLING



At 14g protein & zero cholesterol per serving our extra firm tofu offers an excellent nutritional profile for centre of the plate options

Our Medium Tofu has a smooth consistency perfect for soups, scrambles, desserts and blending

Our Baked & Smoked Tofu cutlets are pre-seasoned tofu slices, easy to add to any dish for a protein boost

Crafting organic tofu on Vancouver Island for 40 years!

* see specials insert for pricing details

Imagine™/MC

Discover the Delicious Goodness!



Imagine the finest organic vegetables, lightly simmered with fresh herbs and delicious seasonings. From their garden to your kitchen, experience gourmet Imagine soups for a truly fresh vegetable taste.

Awaken your taste buds to the finest organic ingredients, delicately flavoured with fresh herbs and delicious seasonings.

Whether it is heat and serve soup or the finest broth for your own creations, it's the recipe for gourmet every day.

Imagine Soups and Broths are all organic and low fat.

All Imagine creamy soups are made with non-dairy ingredients, like soy or rice, to deliver a smooth creamy taste without the fat of dairy cream.

Imagine soups are flash cooked and aseptically packed for a fresh, homemade taste.

At Imagine brand, they're dedicated to helping you discover A Healthy Way of Life™. The road to good health begins with good nutrition... because you are what you eat.

When it comes to a healthy diet, they also believe that less is more.

To that end, all of their soups and broths contain:

- No Preservatives
- No artificial flavours or Colours

They're also committed to fulfilling your special dietary needs.

All Imagine's creamy soups are dairy-free and gluten-free, and they also offer a wide array of delicious kosher and reduced sodium varieties.

Enjoy... to your health!

* see specials insert for pricing details

* see specials insert for pricing details

NORA[™]
seaweed snacks

Asia's

#1 Seaweed Snack



NORASNACKS.COM



@norasnacks



@noraseaweedsnacks

@DRINKAELO

ZERO MOMENTS WASTED™

DRINKAELO.COM

* see specials insert for pricing details

aēlo

EXPERTLY HANDCRAFTED™



0% ALCOHOL | 0% SUGAR | 0% CALORIES | 0% GLUTEN



* see specials insert for pricing details

A refreshing and clever blend of distilled botanical extracts, drink irresponsibly.



The secret of Clever mocktails lies in our careful choice of herbs and spices unique to each of our flavours. Our selected botanicals are infused with care, distilled in small lots in an authentic copper still, to capture their bright and vibrant flavours.

SOBER CARPENTER IS A MICROBREWERY DEDICATED TO BREWING PREMIUM CRAFT NON-ALCOHOLIC BEER & CIDER
100% Craft. 0% Guilt.



NON-ALCOHOLIC CRAFT BEER

*Blonde / IPA / Irish Red 6/4x355ml
see specials for pricing details



CLOUD 9
GLUTEN-FREE

10
YEARS STRONG

THE ORIGINAL **FREE FROM** MIXES

Always delivering superior taste, texture, performance and repeat sales!

Made in BC, trusted, proven and delicious with no artificial flavours, colours, or allergens. Cloud 9 makes gluten-free baking better!



Cloud9GlutenFree.com



* see specials insert for pricing details

Cocofino

Tofino, BC
PLANT BASED YOGURT

ESTB. 2020



Discover Cocofino, the vegan yogurt that is setting a new standard for taste and quality. Born in the heart of Tofino, Cocofino was crafted out of a need that we couldn't find locally - an incredibly delicious vegan yogurt that doesn't compromise on flavor. We blend the finest local and seasonal ingredients with premium coconut milk, creating a creamy, irresistible yogurt that combines the best of local freshness and exotic richness.

Adding to its appeal, our innovative and fully recyclable yogurt pouches are designed to be both visually striking and environmentally responsible.

Cocofino has quickly become a weekly staple for our community and with a growing demand and rave reviews we are excited to expand across Vancouver Island.

Experience the exceptional taste that's making waves!

Blueberry & Ginger / Mango & Turmeric

Plain / Strawberry & Rhubarb

* see specials insert for pricing details



* see specials insert for pricing details

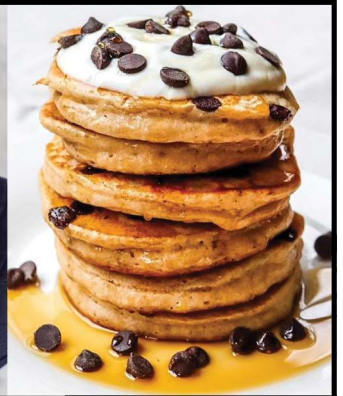
GoodDrink™

CLASSIC BOTTLED TEA

- All Natural ✓
- No GMO's ✓
- Crisp & Clean ✓
- Lightly Sweetened ✓
- Pure cane sugar ✓
- Organic Honey ✓
- Real Brewed Tea ✓



GOODDRINK.CA | @GOODDRINKBEVERAGES | 1.888.371.1011



DELICIOUS, CREAMY YOGURT THE WHOLE FAMILY WILL LOVE - Just one bite will make you go OMGG – Oh My Greek Gods!

LOVE AT FIRST SCOOP

We perfectly craft every cup of Greek Gods using an old-world method that results in a creamier, tastier yogurt without the tang.

PERFECT FOR SHARING - Our multi-serve yogurt tubs are the perfect size for sharing with the whole family...if you decide to share, that is!

* Available at PSC - Greek Gods Organic Yogurt 6/500g - Honey Flavour/Honey Vanilla Flavour/Traditional Plain

* see specials insert for pricing details





Taste the difference! Arguably the freshest-tasting low sugar gummies available:



- Only 3 g sugar per serving
- Excellent source of fibre
- Natural flavours & colours, gluten free, peanut free
- Mix of 5 flavours: orange, strawberry, raspberry, blueberry, lemon
- The ONLY low-sugar mix pack available
- The ONLY re-sealable low sugar candy bag

* see specials insert for pricing details

**Also available! 12 x 50 g
Sensible Sweets Fruity Bears and Fruity Fish**



You deserve the best. No compromise.

You already face many challenges throughout your day.

It's good to have complete confidence in what you eat at mealtime.

Sperry contains ingredients that support immunity and reduces inflammation, helping you heal naturally.

Why Sperry

Sperry is the first plant-based meal replacement in Canada designed to help people get well and stay well.

They deliver optimal plant-based nutrition to people who are struggling with consuming a balanced diet.

Sperry is free of preservatives and artificial ingredients, guaranteeing high quality balanced nutrition and excellent, palatable taste and texture.

Sperry's plant-based products contain:

- Hemp Protein • 24 Vitamins and Minerals • Pea Protein • DHA
- No Allergens • Organic • Gluten Free • Dairy Free • Vegan • No Artificial Sweeteners



* see specials insert for pricing details

TOFINO

K O M B U C H A

Light up your day!

* see specials insert
for pricing details



RAW ORGANIC

WWW.TOFINOKOMBUCHA.COM



WISE BITES ALLERGEN-FREE BAKED GOODS

Oat & Quinoa Chocolate Chip Super Cookie 2/12x75g: This delicious healthy Oat & Quinoa Chocolate Chip 75g Cookie packs a powerful punch with 10g of Protein and 5g of Fibre in every cookie ! The perfect grab n go snacks. Free from the Top 11 Allergens, School Safe to eat before or after a work out or to enjoy during your coffee break.

If you are really pushed for time these high protein cookies will hold you over for a long time !

Oat & Quinoa Snowy Lemon Treats 8/150g: These delicious little boxes of Snow Lemon Treats are perennial favourites. Wise Bites gluten-free oats contain a powerful soluble fiber called beta-glucan, so you can enjoy these small indulgences along with the many benefits of oats.

Plus, our quinoa flour is super high in protein and delivers all nine essential amino acids.

Chocolate Chip Quinoa Bars (12pk) 12/300g:

These freshly baked, all natural Chocolate Chip Quinoa Bars will satisfy your sweet cravings.

High fiber and protein and deliciously low in sugar and fat.

Triple Fudge Quinoa Bars (12pk) 12/300g: Made with organic powdered cocoa and dairy-free chocolate chips, these bars are perfect for serious chocolate lovers.



* see specials insert
for pricing details

Antoinette's SALTSPRING DIP & SAUCE



* see specials insert for pricing details

Pick your poison.



Nonny

CANADIAN CRAFT
NON-ALCOHOLIC BEER

* see specials insert for pricing details



WWW.NONNY.BEER
@NONNY.BEER

Save da Sea

SEAFOOD. MADE FROM PLANTS.

* see specials insert for pricing details



VEGAN



GLUTEN FREE



SOY FREE



WOMEN-OWNED

15% OFF

Delicious plant-based seafood made from wholesome ingredients that are better for you and our planet.



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



Stellas January 2025 Promo!

* see specials insert for pricing details



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

THE BETTER
BUTCHERS
FORAGER'S FINEST



GOLD MEDAL WINNER PRODUCT OF THE YEAR!

CHORIZO PLANT-BASED GROUND

Spice up your dishes with the bold, delicious flavor of The Better Butchers Plant-Based Chorizo. Versatile and ready to use, it's the perfect choice for adding a Mexican twist to your favorite recipes. Authentically seasoned with no added flavours or colours, this clean protein will be the highlight of your next fiesta.



SPECIAL

ENJOY 15% OFF

on all Better Butchers Plant-Based Ground in the month of January!

* see specials insert for pricing details