



Nikkei Ramen-ya's FROZEN RAMEN PUCKS

Now Available

For the ultimate all-in-one ramen meal at home, Nikkei Ramen-ya's Frozen Ramen Pucks are your best bet. They have everything our restaurant ramen has (and are just as big at up to 650g (1.43lb) each!) but are superior to Take-Out because they are prepared hot and fresh in your own kitchen. Save the delivery fees and say sayonara to soggy, luke warm take-out; all you need is a pot, seven minutes, and a healthy appetite! And because Nikkei Ramen-ya is always made from scratch in small batches with all-natural ingredients (no additives, preservatives, concentrates, or



**MADE ON VANCOUVER ISLAND
GENUINE RESTAURANT QUALITY
ALL NATURAL FAMILY OWNED**

QUANTITIES/WEIGHTS/DIMS
Each / 620-650 g / 7 x 23 x 25 cm
Case-8 / 5.2-5.5 kg / 31 x 26 x 21 cm



artificial flavour enhancers), you can feel good about sharing them with your loved ones. Scan the QR code to see them in action!



AVAILABLE IN THREE FLAVOURS



buyBC

* see pg.7 for pricing details



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LABOUR DAY DELIVERY SCHEDULE.....inside back cover
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 DELIVERY SCHEDULE.....back cover

Parsnip and Pear Soup with Extra Old Cheddar

An earthy soup accented with sweet, ripe pear and tangy cheese.

Prep Time: 20 minutes

Cooking Time: About 20 minutes

Makes: 4 servings



Ingredients:

- 3 Tbsp. butter
- 1lb parsnips, peeled, halved lengthwise and sliced
- 1/2 medium onion, chopped
- 2 Tbsp. flour
- 4 cups vegetable or chicken stock
- 1 medium-sized ripe pear, peeled, cored and cubed
- 2 tsp. chopped fresh rosemary
- Salt and white pepper to taste
- 1 cup grated old cheddar cheese
- Thin slices of fresh pear and rosemary sprigs for garnish (optional)

Instructions:

- Melt the butter in a pot over medium heat. Add the parsnips and onion and cook until softened, about 4 to 5 minutes. Mix in the flour until well combined.
- While stirring, slowly pour in the stock. Mix in the cubed pear and rosemary. Bring to a gentle simmer; gently simmer the soup until the parsnips are very tender, about 10 minutes.
- Purée the soup in a food processor or with a hand-held immersion blender.
- Return the soup to a simmer; season with salt and pepper.
- Ladle the soup into heated bowls. Place 1/4 cup of cheese in the centre of each bowl.
- If desired, garnish each bowl with a slice or two of fresh pear and a rosemary sprig.

Nonny

CANADIAN CRAFT NON-ALCOHOLIC BEER



From Michelin Stars to local dive bars... **MIX IN A NONNY**



ALL NATURAL



FULL FLAVOUR



MADE IN CANADA

- Family owned and operated
- Under 55 calories and under 0.5% alc.
- All natural, no preservatives
- B.C.'s only dedicated non-alc. beer co.



NONNY.BEER

* see pg.7 for pricing details



NONNY.BEER

alter eco RESTORES FORESTS

alter eco RESTORES FORESTS

alter eco RESTORES FORESTS

alter eco RESTORES FORESTS

alter eco RESTORES FORESTS

Truffle THINS
SALTED CARAMEL
Organic Dark Chocolate
Caramel Noir Biologique
NET WT. / POIDS NET

Truffle THINS
RASPBERRY CRÈME
Organic Dark Chocolate
CRÈME À LA FRAISE
Chocolat Noir Biologique
NET WT. / POIDS NET

Truffle THINS
CRÈME BRÛLÉE
Organic Dark Chocolate
CRÈME BRÛLÉE
Chocolat Noir Biologique
NET WT. / POIDS NET 84g

Truffle THINS
ORANGE CRÈME
Organic Dark Chocolate
NET 2.96 OZ (84g)

Truffle THINS
MINT CRÈME
Organic Dark Chocolate
CRÈME À LA MENTHE
Chocolat Noir Biologique
NET WT. / POIDS NET 84g

Canada Organic • Biologique Canada

GF CERTIFIED GLUTEN FREE

The most indulgent way to eat chocolate is here, and it's *truffle stuffed*.

Truffle Thins combine our smooth 60% dark chocolate with our decadent truffle filling for a mindful, every-day indulgent treat. As always, they're made with ingredients that are better for you *and* the planet.

alterecofoods.com | sales@alterecofoods.com | [f](#) [i](#) [in](#) @altereco_foods
* see pg.7 for pricing details



Tofino, BC
PLANT BASED YOGURT
ESTB. 2020

Cocofino

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!

NEW! Blueberry & Ginger / Mango & Turmeric
Plain / Strawberry & Rhubarb

* see pg.7 for pricing details





NAVITAS[®] ORGANICS

NAVITAS ORGANICS PLANT-BASED SUPERFOOD

NEW! Organic Matcha Powder 1/85g

Energizing, calming, and with a lush earthy taste, this premium grade Matcha Powder contains caffeine, antioxidants, and compounds that promote balance & mental clarity.

Navitas Organics Matcha Powder is premium culinary grade and organically grown in its native Japan.

Smooth and earthy, it's perfect for making a traditional cup of tea, whipping up a frothy matcha latte, or adding to your favorite smoothies and desserts!

NEW! Organic Turmeric Powder 1/227g

This Turmeric Powder is specifically sourced for its high curcumin content, the revered compound in turmeric that gives it its anti-inflammatory properties. Incredibly versatile, it's great in sweet and savoury recipes alike!

Navitas Organics Turmeric Powder is organically cultivated and ethically sourced. This renowned inflammation buster offers a robust peppery and earthy flavour and is endlessly versatile - great in golden milk lattes, savoury curry and rice dishes, tropical smoothies, soups, veggie dishes...you get the idea.



* see pg.7 for pricing details

ZoRaw

High Protein

No Added Sugar

High Fibre

Great Taste

Over 75%

of consumers are looking for food options that are either high in protein or low in sugar.

(Source: Nielsen IQ)



* see pg.7 for pricing details

NEW! BLUE MONKEY WATERMELON JUICE 12/1L

Better for you

Blue Monkey is on a mission to provide you with beverages that are healthy, pure, and natural. Their sparkling juices and drinks are not from concentrate, vegan, and made with no artificial flavours or additives, making them better for you. Give your taste buds a refreshing flavour of non-alcoholic Blue Monkey's juices and drinks.

- Not From Concentrate • No Preservatives | No Additives | No Sugar Added
- Halal Certified Watermelon Juice • Good Source of Hydration | 100% DV Vitamin C
- Excellent source of Lycopene, Potassium, Magnesium & Vitamins B

* see
pg.7
for
pricing
details



NEW! FIELD ROAST - FIELD BURGER (2pk) 6/184g

Indulge in the ultimate summer BBQ with Field Roast®.

Crafted for maximum flavour, Field Roast plant-based products are the perfect complement to the lively tastes of summer. Get inspired to explore bold new flavours and grill up all your favourite plant-based proteins.

Handcrafted with garlic, fresh carrots, onions, and seasoned to perfection, this is not your traditional veggie burger. With a satisfying savoury flavour, pile on your favourite toppings or redefine the burger and crumble it in your famous chili.

* see
pg.7
for
pricing
details



NEW! GARDEIN SUPREME CHICK'N FILETS 6/425g

Meat-free and marvelous.

Sink your teeth into this crispy, breaded plant-based chick'n filets, made to satisfy just like real chicken.

Add to a bun with lettuce, tomato, vegan mayo, and all your favorite fast-food fixins for the ultimate chick'n sandwich experience.

- 23g protein per serving • Dairy-free

* see
pg.7
for
pricing
details



NEW! PACIFIC FOODS ORGANIC SOUP HEARTY CANS 12/440ml

A bounty of organic ingredients simmered slowly to create robust flavours, Pacific Foods introduces 3 new distinctively satisfying hearty soups:

Hearty Vegetable, Vegetable Lentil and Split Pea.

High quality, premium, whole food ingredients.

CERTIFIED ORGANIC: USDA Organic Certified.

SUSTAINABILITY: Non-BPA Lined, infinitely recyclable can.

* see
pg.7
for
pricing
details



NEW! QUE PASA GARDEN SALSA ORGANIC TORTILLA CHIPS 12/156g

ORGANIC AND MADE TO SHARE

Que Pasa starts with organic whole kernel corn, ground between volcanic stones for the perfect texture and the purest taste. This the traditional way tortilla chips have been made in Mexico for generations - and the way they've made them since they started out as a street-front deli in Vancouver, BC in 1983

Que Pasa products are certified organic and non GMO Project Verified, because they believe the best tasting (and healthiest) chips come from plants grown in healthy, organic soil – the way nature intended.

* see
pg.7
for
pricing
details





SEPTEMBER NEW PRODUCTS 2024

UPC CODE	SKU CODE							
ALTER ECO CHOCOLATE BARS - \$4.94 OFF - see pg.4								
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
BLUE MONKEY JUICE - 10% OFF - see pg.6								
059654 500015	07065		♻️	Juice, Watermelon (PET bottle)		12 / 1L		U
COCOFINO PLANT-BASED YOGURT (REFRIGERATED) - 15% OFF - see pg.4								
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		
FIELD ROAST PLANT BASED MEAT (REFRIGERATED) - 15% OFF - see pg.6								
638031 266739	65249	GMO V		Field Burger (2pk)		6 / 184g		
GARDEIN MEAT-FREE ALTERNATIVE (FROZEN) - \$6.00 OFF - see pg.6								
842234 409972	65046	GMO		X SUPREME Chick'n, Filets		6 / 425g		
NAVITAS ORGANICS PLANT-BASED SUPERFOOD - 20% OFF - see pg.5								
811961 021849	21241	GMO *		Matcha Powder, Organic		1 / 85g		
811961 021856	21242	GMO *		Turmeric Powder, Organic		1 / 227g		
NIKKEI RAMEN YA AUTHENTIC RAMEN (FROZEN) - 15% OFF - see cover								
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 - see pg.3								
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
PACIFIC FOODS SOUP - \$5.40 OFF - see pg.6								
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		
QUE PASA TORTILLA CHIPS - \$4.00 OFF - see pg.6								
068826 252584	37818	GMO GF *	BC ♻️	X Chips, Garden Salsa, Organic		12 / 156g		G
ZORAW CHOCOLATES FUNCTIONAL CHOCOLATE BARS - \$3.00 OFF - see pg.5								
628678 987036	27023		+	♻️ X Extra Dark Chocolate, 72% Cacao (dairy free)		12 / 52g		G
628678 987074	27024		+	♻️ X Coconut Milk Chocolate, 55% Cacao (dairy free)		12 / 52g		G



PSC Natural Foods

— we deliver the goodness —

September Specials Showcase

Check out these awesome
featured products on deal !

MEALS THAT MAKE THE GRADE



Protein packed recipes made easy with
Big Mountain Soy-Free Tofu!



Grilled Tofu Sandwich Ingredients

- 1 Block of Big Mountain Foods Soy-Free Tofu (smoked or regular)
- 1 tbsp olive oil
- 4 tbsp pesto
- 1 fresh tomato (sliced)
- 1/4 red onion (sliced)
- Handful of arugula
- 2 ciabatta buns

1. Cut Soy-Free Tofu into 1/3 or 1/4 inch slices. Coat in oil, salt and pepper and grill 3 min per side
2. Brush grilled tofu in pesto
3. Toast ciabatta and brush with pesto if desired
4. Layer tofu and veggies onto your sandwich and enjoy!



Scan to watch
the recipe!

* see specials insert for pricing details



Culture

CRAFT KOMBUCHA

September **10% OFF**



Supporting local farmers
Since 2015

Blueberry Ginger

17330

The very first recipe produced by the Culture Craft crew, this beloved fan-favourite thirst-quencher features the sweet-and-sour zing of blueberries from Delta's beloved Bremner Blueberry Farm complemented by the bold and fiery punch of freshly juiced organic ginger.

Cherry Cream Soda

17331

This nostalgic brew will take you back to the glory days of the soda shop and evoke some childhood memories (but with a healthy twist) thanks to the sour stone fruit sourced from Delta's Bremner's Farm and notes of vanilla and marshmallow root.

Lavender Lemonade

17332

Produced in partnership with the team at Mount Lehman's Tuscan Farm Gardens, this refreshing summer sipper features sweet floral aromas of English lavender and a sour swish of fresh-squeezed organic lemons for a slightly sweet yet well-balanced brew.

Peach Basil

17333

Packed with the tart sweetness of peaches sourced from TnT Dynamite Peaches in Naramata, this seasonal favourite gets an added touch of herbaceousness from freshly muddled basil, providing bright aromatics and an off-dry sweetness.

Raspberry Rose

17334

All day, Rosé! Raspberries sourced from Abbotsford's legendary Olera Farm and Roses grown by our founder's Mother. Raspberry Rose is a true nod to our roots and Mother of all our kombucha's.

Strawberry Mojito

17335

The perfect start for a refreshing zero-proof or high-test libation, this thirst-quencher showcases strawberries sourced from the iconic Richmond Farm Market as well as the cooling kick of mint and a hint of zesty lime.

* see specials insert for pricing details

eco max



PSC has a great Eco-Max selection!

We're excited to serve our friends on Vancouver Island with a wider range of sustainable options through your favourite island distributor.

Made in Canada with powerful plant based ingredients.

AVAILABLE ECO-MAX PRODUCTS AT PSC !

- Dish Wash, Hypoallergenic 6/740ml • Dish Wash, Natural Lavender 6/740ml
- Dish Wash, Natural Orange 6/740ml • Dish Wash, Natural Tea Tree 6/740ml
- Dish Wash Refill 2/4L
- Dish Wash Refill, Hypoallergenic 2/4L • Dish Wash Refill, Natural Orange 2/4L
- Dishwasher Pacs (20 pacs) 8/360g
- Laundry Wash, Hypoallergenic (scent free) 4/3L
- Laundry Wash, Natural Lavender 4/3L • Laundry Wash, Natural Orange 4/3L
- Disinfecting All Purpose Cleaner, Natural Orange 4/800ml
- Disinfecting Toilet Bowl Cleaner, Tea Tree 6/1L

* see specials insert for pricing details

GUSTA

100%
PLANT
BASED

At GUSTA, social and ecological causes are important to us.

That's why we're committed to doing our part for the environment with mouth-watering vegan food.



Plant-based sausages FOR A CHANGE...

Sausages don't grow on trees. Whether they're made from animal or vegetable protein, they're still sausages.

Ours get their flavour from succulent vegetables, and they're perfectly seasoned with spices and herbs.

If you think they taste like meat, ask yourself if it isn't the meat that tastes like our sausages!

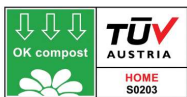


* see specials insert for pricing details

Roast Veggies. Not the Planet. Cuisiner des légumes. Pas la Planète.



With IF YOU CARE Sustainable Parchment Baking Paper.
Avec du papier de cuisson durable, IF YOU CARE.



To learn more about our certifications, visit our website
Pour en savoir plus sur nos certifications, visitez notre site Web

ifyoucare.com

* see specials insert for pricing details



**PROUD TO BE THE 1ST
CHEESE PRODUCER HAVING
THE NEW NATIONAL GRASS
FED CERTIFICATION!**



Mild (mid-September) and Medium (mid-November) Cheddars 325g to be launched in Grass Fed line!



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

* see specials insert for pricing details

lively

Hi, We're Lively.

A prebiotic pop that will actually tickle your taste buds.



**FEMALE
FOUNDED**

**CRAFTED IN
CANADA**

5g
SUGAR

30
CALORIES

3g
FIBRE

* see specials insert for pricing details

drink-lively.ca @drink.lively



Elevate your snack aisle.

Fueled with organic ingredients and amazing taste in every bite.



* see catalogue for pricing details



ALMOND FLOUR GOODNESS

New & improved recipe with 16 finely ground almonds in every pouch.

Reach out to your account rep for any additional information.



* see specials insert for pricing details

Enjoy 15% MCB on all eligible Bio-K+ probiotics*

+ Everyday Wellness



Benefits:

Boosts daily well-being with premium probiotic. Crafted with precision and powered by science to contribute to intestinal flora health.

+ Extra Wellness



Benefits:

Innovative and specialized wellness probiotics with added benefits to support the intestinal flora health; Researched ingredients for the effects on cognitive and immune function.

+ Wellness Shots



Benefits:

The perfect blend of wellness, functionality, and de'icious flavors with the NEW Active Probiotic Shot. Perfect for an active lifestyle, this delicious probiotic shot provides all the benefits of fermented foods.

*Valid in June 2024. Check with your distributor for offer details. The Active Probiotic Shots are eligible to a 10% MCB.
 **2023 Survey on OTC Counselling and Recommendations: Profession Santé (re: pharmacists).



Bio-K+^{PLUS}
 Inspiring well+being

Biotplus.com • 1 (800) 593-2465

* see specials insert for pricing details



Crave
stevia[™]
 sweet & natural

Sweetness you can live with
 Great taste you can't live without



Revitalize your baking
 with nature's answer to a
 sugar-free lifestyle



Your complete family of Natural Sweetness Products

For more information visit us online or call

866 844 2662
www.CraveStevia.ca



* see specials insert for pricing details



**FOUR O'CLOCK,
YOUR IMMERSIVE EXPERIENCE
IN EVERY CUP**

* see specials insert for pricing details



Make Back-to-School Safe For All With Free2b

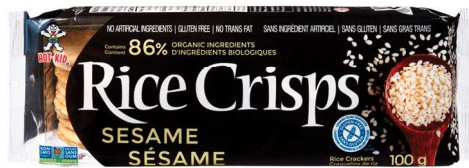


* see specials insert for pricing details

**OUR PRODUCTS
ARE MADE
WITHOUT:**

- X GLUTEN
- X PEANUTS
- X TREE NUTS
- X DAIRY
- X EGG
- X SOY
- X CORN
- X MUSTARD
- X SEASAME
- X COCONUT
- X FISH
- X SHELLFISH





HOT-KID RICE CRISPS 20/100g

- Cheese • Natural • Sesame

* see specials insert for pricing details

These Rice Crisps are a great addition for Back to School !
Delicious & Crispy, enjoy anytime for a snack
and add delicious toppings of your choice.
A perfect gluten-free replacement for wheat crackers. Enjoy !



Fresh Mayonnaise & Fresh Mayonnaise with Extra Virgin Olive Oil 440ml

Rediscover the pleasure of eating mayonnaise prepared like at home,
with ingredients that you have in your pantry or your fridge.

This smooth and creamy mayonnaise will surprise you with its real
homemade mayonnaise flavour, as if you had made it yourself.

As a homemade recipe, this Fresh Mayonnaise is free of artificial preservatives and contains no sugar.
It also contains less sodium than most mayonnaises on the market.

Vegan Fresh Mayonnaise 440ml

This vegan mayonnaise-style sauce is as tasty an option as classic mayonnaise, but without the eggs.

It contains no artificial preservatives or sugar.

What's more, it contains less sodium than most mayonnaises on the market.

* see specials insert for pricing details

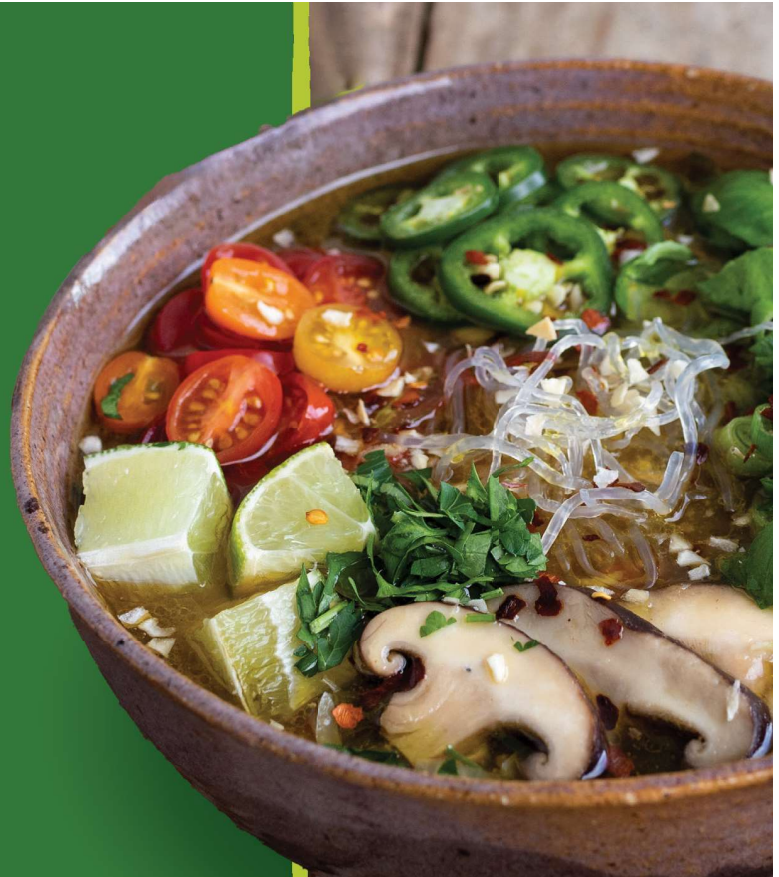


Real Ingredients.
Unreal flavour.



Nourish Every Body

* see specials insert for pricing details



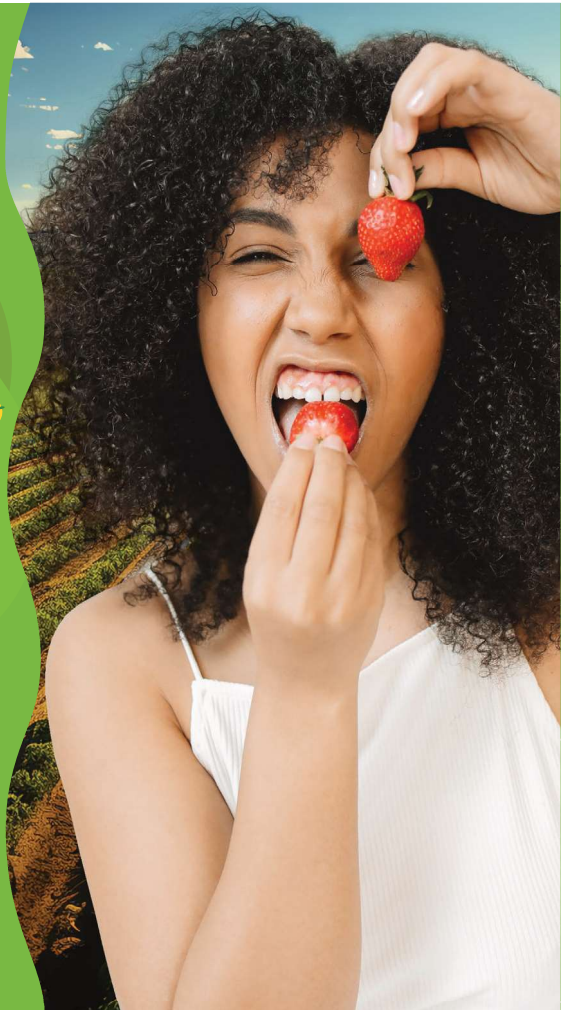
Serving Suggestion

©2023 Pacific Foods of Oregon, LLC

ORGANIC
month
2024



SEPTEMBER
1 - 30
2024



Antoinette's SALTSPRING DIP & SAUCE



* see specials insert for pricing details



**BETTER
WITH
ICE CREAM**

- NO PRESERVATIVES
- NO ARTIFICIAL SWEETENERS
- NO GUMS
- NO ARTIFICIAL FLAVOURS
- NO GLUTEN
- 100% NATURAL INGREDIENTS
- LOWEST SUGAR POSSIBLE



YOUR GRANDMA'S GRANDMA WOULD APPROVE!

* see specials insert for pricing details



* see specials insert for pricing details

**100% plants.
110% yum.**

Offer your customers a deliciously creamy plant-based ice cream proudly locally made in the heart of Vancouver!

- * Certified Vegan
- * Dairy-Free
- * Gluten-Free
- * BC owned and operated
- * All-Natural



Simply Delicious.

**PEANUT FREE
WOWBUTTER®**

TASTES JUST LIKE PEANUT BUTTER, BUT BETTER!



ON SALE
THIS MONTH

**EXTRA DISCOUNT WITH
6 CASE ORDER**

* see specials insert for pricing details



PSC Natural Foods

Labour Day 2024 Delivery Schedule



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

Monday, September.2 ** PSC CLOSED TO OBSERVE LABOUR DAY **

Vancouver orders normally delivered on a Monday
 will be delivered on Tuesday this week

To be delivered on: **Tuesday, September.3**

Vancouver (M Run)

Order Cut-off Times: Main Orders	1:00 pm	Thursday, August.29
Order Cut-off Times: Add-Ons	10:00 am	Friday, August.30

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

Order Cut-off Times: Main Orders	2:00 pm	Thursday, August.29
Order Cut-off Times: Add-Ons	10:00 am	Friday, August.30

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

Order Cut-off Times: Main Orders	10:00 am	Friday, August.30
Order Cut-off Times: Add-Ons	12:00 noon	Friday, August.30

To be delivered on: **Wednesday, September.4**

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

Order Cut-off Times: Main Orders	10:00 am	Tuesday, September.3
Order Cut-off Times: Add-Ons	12:00 noon	Tuesday, September.3

Saltspring Island (D Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, August.30
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, September.3

Sidney / North Saanich (S Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, August.30
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, September.3

Greater Victoria - City of Victoria/Oak Bay/Saanich/Esquimalt (E/LRun)

Order Cut-off Times: Main Orders	10:00 am	Tuesday, September.3
Order Cut-off Times: Add-Ons	12:00 noon	Tuesday, September.3

To be delivered on:

Thursday & Friday, September.5 & 6

** Deliveries and order deadlines resume as usual **



PSC Natural Foods

National Day for Truth and Reconciliation 2024 Delivery Schedule


PSC Toll-Free Telephone Order #: 1-800-663-7604 - PSC Toll-Free Fax Order #: 1-800-520-5052

PSC Local Telephone Order #: 250-386-3880 - PSC Local Fax Order #: 250-386-1413


sales@pscnaturalfoods.com

Monday, September. 30 - PSC CLOSED TO OBSERVE

****National Day for Truth and Reconciliation****



**Vancouver orders normally delivered on a Monday
will be delivered on Tuesday this week**



To be delivered on: Tuesday, October. 1

Vancouver (M Run)

Order Cut-off Times: Main Orders	1:00 pm	Thursday, September.26
Order Cut-off Times: Add-Ons	10:00 am	Friday, September.27

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

Order Cut-off Times: Main Orders	2:00 pm	Thursday, September.26
Order Cut-off Times: Add-Ons	10:00 am	Friday, September.27

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

Order Cut-off Times: Main Orders	10:00 am	Friday, September.27
Order Cut-off Times: Add-Ons	12:00 noon	Friday, September.27

To be delivered on: Wednesday, October. 2

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

Order Cut-off Times: Main Orders	10:00 am	Tuesday, October. 1
Order Cut-off Times: Add-Ons	12:00 noon	Tuesday, October. 1

Saltspring Island (D Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, September.27
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, October. 1

Sidney / North Saanich (S Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, September.27
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, October. 1

To be delivered on:

Thursday & Friday, October. 3 & 4

**** Deliveries and order deadlines resume as usual ****

