



THE BETTER
BUTCHERS
ANIMAL FREE MEAT

MEAT YOUR NEW FAVOURITE PROTEIN!

Meat Made Better.



* see pg.7
for pricing



JUNE NEW PRODUCTS

AMY'S ENTRÉES.....	5,6
CHASERS 100% COLD-PRESSED JUICE.....	5,6
CHOSEN FOODS AVOCADO OIL MAYO.....	5,6
HUER NATURAL CANDY.....	3,6
IF YOU CARE COFFEE FILTERS & FOOD WASTE BAGS.....	5,6
LOOP MISSION COLD-PRESSED JUICE.....	5,6
MAISON ORPHEE GREY SEA SALT & WHITE WINE VINEGAR.....	4,6
NATURE CLEAN LAUNDRY PRODUCTS.....	3,6
NATURSOURCE SALAD TOPPER.....	5,6
ROAD POP SPARKLING HOP WATER.....	5,7
THE BETTER BUTCHERS FORAGER'S FINEST MUSHROOM POWERED GROUND.....	cover,7
TOM'S OF MAINE DENTAL CARE.....	5,7
TWO BEARS DAIRY LATTE.....	4,7
UMI'S KITCHEN COOKING SAUCE.....	5,7

AD FEATURES for JUNE SPECIALS8> 21

ANTOINETTE'S DIP & SAUCE.....	21
AUGA READY TO EAT ORGANIC CURRY & SOUPS.....	14
BIG MOUNTAIN SOY-FREE TOFU.....	9
BIO-K PLUS PROBIOTIC.....	14

AD FEATURES for JUNE SPECIALS cont..

CANADIAN HERITAGE ORGANICS MAPLE SYRUP.....	15
DEEBEE'S ORGANICS GELATO POPS.....	15
DIVINE CHOCOLATE BARS.....	10
EARTHBOUND FARM ORGANIC FRUIT.....	16
GOODDRINK BOTTLED TEA.....	16
GREEN CUISINE TEMPEH.....	21
GREEN TABLE FERMENTS CONDIMENTS.....	17
HOLY CRAP SUPERSEED CEREAL.....	17
HUMBLE ORGANIC POTATO CHIPS.....	21
ILIADA GREEK OLIVES & MOLISANA ORGANIC ROASTED PEPPERS.....	18
KAN'S GOURMET FOODS APPETIZERS.....	21
KASLO SOURDOUGH PASTA PASTA FERMENTATA.....	11
L'ANCÊTRE CHEESE.....	12
NOOCHPOP! VEGAN CHEESY POPCORN.....	13
ORGANIC MONTH 2024 BULLETIN.....	18
PHILLIPS SODA WORKS.....	19
YOGGU! PLANT-BASED YOGURT ALTERNATIVE.....	19
ZAZUBEAN CHOCOLATE BARS.....	20
ZEVIA ZERO SUGAR BEVERAGES.....	20
CANADA DAY DELIVERY SCHEDULE.....	back cover

HAPPY SUMMER!



huer

NEW

Meet Simply Huer™

Plant-Based Bears

* see pg.6 for pricing details

HAPPY
STARTS
HERE



- Plant-powered gummy snacks packed to the brim with delicious fruity taste
- 100% plant-based ingredients
- Natural flavours & colours, gluten free, peanut free
- Mix of 5 flavours: Strawberry, Pineapple, Orange, Green Apple, Grape
- Soft gummy texture, fresh taste
- Resealable bag, great for sharing!



Also available! **NEW 150 g**
Simply Huer Sour Plant-Based Bears

99% Natural
Concentrated Laundry Liquid
66 LOADS

Cleaner Laundry. Cleaner Planet

- A little goes a long way! 66 loads in a 1L bottle
- Our stain fighting formula with plant-based enzymes will remove even the toughest stains
- Convenient spout drain back cap for less mess
- Better for the environment – lower carbon footprint
- Easy storage: small & lightweight
- Scented with essential oils only
- Hypoallergenic & Dermatologist tested
- Cruelty free
- Septic tank and grey water safe
- The perfect choice for your family!

* see pg.6 for pricing details



nature
clean.
SINCE 1963



1L x 6 per case
Lavender Fields, Fragrance Free
Recyclable Packaging



Indulge in the purity of Maison Orphée's New ! Fine Grey Sea Salt, a culinary treasure hand-harvested from the sun-kissed marshes of Noirmoutier.

Each 10kg bag promises a natural, unrefined taste experience, rich in minerals and trace elements.

Perfect for seasoning with precision, this fine salt enhances every dish, bringing the artisanal tradition of French salt farming to your table.

Choose Maison Orphée for a touch of gourmet authenticity in every grain !



Elevate your culinary creations with Maison Orphée's New ! Organic White Wine Vinegar.

Crafted from select Italian grapes, this vinegar boasts a delicate balance of tartness and aroma, reminiscent of fine white wine.

Its unpasteurized nature preserves the vibrant flavours, making it an ideal choice for vinaigrettes, marinades, and gourmet sauces.

Experience the essence of quality and tradition with every drop.

Maison Orphée, where taste meets excellence !

* see pg.6 for pricing details



TWO BEARS™

DAIRY LATTES

0G
ADDED
SUGAR

5G
PROTEIN

LACTOSE
FREE



* see pg.7 for pricing details

* see
pg.6
for
pricing
details



NEW ! AMY'S BOWL - Penne with Mushrooms & Spinach in three cheese sauce

This creamy Mushroom & Spinach Penne Bowl might well become your new favourite Amy's entrée and is a great addition to the pasta bowls you already know and love.

Amy's chefs created this dish using tender organic penne, organic spinach, organic mushrooms and a premium blend of aged white Cheddar, Monterey Jack and Parmesan.

A delicious comforting meal !

* see
pg.6
for
pricing
details



NEW ! CHASERS 100% COLD-PRESSED JUICE

- Alkaline Me 6/500ml • Basic Peach 6/500ml & 6/1L • Citrus Greens 6/500ml & 6/1L • Cosmos 6/500ml
- Green Detox 6/500ml • Ruby Red Grapefruit 6/1L • Summer Rain 6/500ml • The Fighter 6/500ml & 6/1L
- Tropical Greens 6/500ml • True Roots 6/500ml • Wake Me Up 6/500ml

COLD-PRESSED HPP FOR FRESHNESS & EXTENDED REFRIGERATED SHELF LIFE !

MADE IN BC CANADA

* see
pg.6
for
pricing
details



NEW ! CHOSEN FOODS AVOCADO OIL MAYO

Dress up your plant-based creations with Chosen Foods Vegan Avocado Oil Mayo, made with only avocado oil, aquafaba from garbanzo beans, fava bean protein, organic vinegar, organic sugar, and organic mustard.

For sandwiches, salads, dips, and marinades: Spread on burgers, wraps and tortillas, roast fresh vegetables, or mix with a dash of vinegar to create a homemade salad dressing.

- Gluten-free, healthy, Certified Non-GMO and free of soy, canola, and other oils.

* see
pg.6
for
pricing
details



NEW ! IF YOU CARE UNBLEACHED COFFEE FILTERS 12/100ct • Basket • No. 2 • No. 4

If You Care Coffee Filters are made from unbleached totally chlorine-free (TCF) paper.

They will not affect the taste of your coffee and will reduce the amount of pollution in our environment because like all If You Care paper products, these coffee filters are totally chlorine-free, so they do not release chlorine or chlorine derivatives into our lakes, rivers and streams.

NEW ! IF YOU CARE FOOD WASTE BAGS - 3 Gal (11.4L) (certified compostable) 12/30ct: Made from potato starch from non-GMO starch potatoes blended with a certified, fully compostable polymer. No plasticizers are added.

* see
pg.6
for
pricing
details



NEW ! LOOP MISSION COLD-PRESSED JUICE: Whether you're hoping to climb Everest or win a Guinness World Record, get the edge you need with the power of LOOP MISSION High Achiever cold-pressed juice.

Made with unprocessed beetroot, grapes, apple, carrot, celery, lemon and zero additives, this meticulous blend is renowned for boosting stamina, cleansing the liver, and unlocking your full potential.

LOOP MISSION King of the Hill: This heroic concoction is proudly made from rescued clementines, cantaloupe, organic turmeric root, and more. Extremely delicious and refreshing, and includes 269% of your daily Vitamin C, this flavour will give you the energy you need to conquer the challenges in your path.

* see
pg.6
for
pricing
details



NEW ! NATURSOUCE Organic Smart Life Salad Topper 8/600g

This salad topper philosophy is simple: Take your healthy basics and make them delicious, and even more nutritious. Don't limit yourself to salads: snack straight out of the bag or add crunch to soups, yogurt, or even loaded baked potatoes.

Create splendid salads with this colourful blend of organic ruby cranberries, pumpkin seeds and Tamari sunflower seeds. Rich in antioxidants, this mix is sure to bring your salad to new heights of flavour and nutrition.

* see
pg.7
for
pricing
details



NEW ! ROAD POP SPARKLING HOP WATER • Cranberry & Orange • Original

Many are seeking moderation around alcohol consumption, including those seeking healthy and hydrating options.

Barnside wished to support that trend with non-alcoholic products that stayed true to their roots, showcasing ingredients grown on their Ladner, B.C. farms. Road Pop Sparkling Hop Water celebrates Barnside's farm-based story in a refreshing beverage that's inclusive, and enjoyed by everyone, at any time. Road Pop is brewed with Barnside's own farm-grown hops.

The unique terroir amplifies the grapefruit and citrus characteristics of their Cascade and Chinook hops, delightfully present in the refreshing taste of every flavour of Road Pop.

* see
pg.7
for
pricing
details



NEW ! TOM'S OF MAINE DENTAL CARE

- Fights cavities: Fluoride toothpaste provides cavity protection while calcium and silica gently clean teeth
- Taste they love: The fruity flavour of this children's toothpaste makes brushing a fun habit
- Recyclable tube: Look for the blue recycling flag, squeeze out as much toothpaste as you can, replace the cap, and recycle
- Take care of yourself naturally: Contains no artificial preservatives, colours or flavours and is not tested on animals

* see
pg.7
for
pricing
details



NEW ! UMI'S KITCHEN TIKKA MASALA SIMMER SAUCE

Umi's Kitchen Tikka Masala Simmer Sauce is creamy, tangy, and spice-infused sauce, with complex flavours and a hint of curry.

To serve a quick meal for four, gently simmer chicken, beef, lamb, pork or vegetables in the Tikka Masala sauce until fully cooked. Serve with basmati rice. Mild taste.



JUNE NEW PRODUCTS 2024

UPC CODE	SKU CODE					
AMY'S ENTRÉES (FROZEN) - 10% OFF - see pg.5						
042272 914104	56162	X	Bowls, Penne with Mushrooms & Spinach in three cheese sauce		12 / 255g	
CHASERS 100% COLD-PRESSED JUICE (REFRIGERATED) - 10% OFF - see pg.5						
628242 710268	58576	BC P ₃ X	Juice, Alkaline Me (apple, blueberry, cranberry, strawberry, apple vinegar)		6 / 500ml	U
628242 712101	58578	BC P ₃ X	Juice, Basic Peach (peach, turmeric, orange, lemon, apple)		6 / 500ml	U
628242 710343	58580	BC P ₃ X	Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)		6 / 500ml	U
628242 712088	58568	BC P ₃ X	Juice, Cosmos (pineapple, kale, lime, apple, chlorophyll)		6 / 500ml	U
628242 710183	58570	BC P ₃ X	Juice, Green Detox (green apple, orange, mint, fennel)		6 / 500ml	U
628242 710428	58566	BC P ₃ X	Juice, Summer Rain (apple, passion fruit, mango, coconut water, ginger, carrot)		6 / 500ml	U
628242 710381	58562	BC P ₃ X	Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)		6 / 500ml	U
628242 710329	58550	BC P ₃ X	Juice, Tropical Greens (apple, spinach, kale, coconut water, pineapple, mango, cucumber, celery, ginger, lemon)		6 / 500ml	U
628242 712064	58584	BC P ₃ X	Juice, True Roots (apple, pineapple, beet, carrot, ginger, lemon)		6 / 500ml	U
628242 710244	58554	BC P ₃ X	Juice, Wake Me Up (orange, grapefruit, lime, lemon, cayenne)		6 / 500ml	U
628242 712118	58579	BC P ₃	Juice, Basic Peach (peach, turmeric, orange, lemon, apple)		6 / 1L	U
628242 710336	58581	BC P ₃	Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)		6 / 1L	U
628242 712040	58575	BC P ₃	Juice, Ruby Red Grapefruit		6 / 1L	U
628242 710374	58563	BC P ₃	Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)		6 / 1L	U
CHOSEN FOODS AVOCADO OIL MAYO - 10% OFF - see pg.5						
815074 021314	32315	GMO GF V	Mayo, Vegan w/100% avocado oil		6 / 355ml	
HUER NATURAL CANDY - 10% OFF - see pg.3						
771047 302005	15415	V	SIMPLY HUER, Plant-Based Gummies, Bears		12 / 150g	G
771047 302012	15416	V	SIMPLY HUER, Plant-Based Gummies, Sour Bears		12 / 150g	G
IF YOU CARE COFFEE FILTERS & FOOD WASTE BAGS - 10% OFF - see pg.5						
770009 001116	60343		Coffee Filters, Basket (unbleached)		12 / 100ct	G P
770009 001123	60341		Coffee Filters, No. 2 (unbleached)		12 / 100ct	G P
770009 001147	60342		Coffee Filters, No. 4 (unbleached)		12 / 100ct	G P
770009 250644	60347		Food Waste Bags, 3 Gal (11.4L) (certified compostable)		12 / 30ct	G P
LOOP MISSION COLD-PRESSED JUICE (REFRIGERATED) - 15% OFF - see pg.5						
056719 900032	11203	X	Juice, High Achiever (beet, grape, apple, carrot, celery)		6 / 355ml	U
056719 900018	11204	X	Juice, King Of The Hill (clementine, carrot, cantaloupe, turmeric)		6 / 355ml	U
MAISON ORPHEE GREY SEA SALT & WHITE WINE VINEGAR - 10% OFF - see pg.4						
069593 100887	33488	P ₃	Grey Sea Salt, Fine		1 / 10kg	
069593 120236	32370	GMO *	Vinegar, White Wine, Organic		6 / 500ml	
NATURE CLEAN LAUNDRY PRODUCTS - 10% OFF - see pg.3						
058951 310358	80480	+ P ₃	Laundry Liquid Concentrated, Fragrance Free (66 loads)		6 / 1L	G P
058951 310372	80481	+ P ₃	Laundry Liquid Concentrated, Lavender Fields (66 loads)		6 / 1L	G P
NATURSOURCE SALAD TOPPER - 10% OFF - see pg.5						
068110 940128	58107	GMO * + P ₃	Salad Topper, Smart Life, Organic		8 / 600g	G



JUNE NEW PRODUCTS 2024

UPC CODE	SKU CODE					
ROAD POP SPARKLING HOP WATER - 10% OFF - see pg.5						
628120 870015	10351	BC	Ⓜ	ROAD POP Sparkling Hop Water, Cranberry & Orange	6 / 4x473ml	G U
628120 870008	10350	BC	Ⓜ	ROAD POP Sparkling Hop Water, Original	6 / 4x473ml	G U
THE BETTER BUTCHERS FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN) - 15% OFF - see cover						
628719 411018	56330	BC	Ⓜ X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Chorizo	6 / 300g	
628719 411025	56331	BC	Ⓜ X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Italian	6 / 300g	
628719 411001	56332	BC	Ⓜ X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Natural	6 / 300g	
TOM'S OF MAINE DENTAL CARE - 5% OFF - see pg.5						
035000 970633	81511			Fluoride Toothpaste, Children's, Silly Strawberry	1 / 90ml	G P
TWO BEARS DAIRY LATTE - \$1.22 OFF - see pg.4						
628504 309834	10026	+	Ⓜ X	Dairy Latte, Mocha (lactose free milk) (can)	6 / 207ml	P U
628504 309858	10027	+	Ⓜ X	Dairy Latte, Salted Caramel (lactose free milk) (can)	6 / 207ml	P U
628504 309841	10028	+	Ⓜ X	Dairy Latte, Vanilla (lactose free milk) (can)	6 / 207ml	P U
UMI'S KITCHEN COOKING SAUCE - 10% OFF - see pg.5						
627761 820403	51365	BC	Ⓜ	Simmer Sauce, Tikka Masala	12 / 450ml	



PSC Natural Foods

— we deliver the goodness —

June Specials Showcase

Check out these awesome featured products on deal !



ANCIENT METHODS, MODERN RECIPE

* see specials insert for pricing details



THE FIRST (AND ONLY) SOY FREE TOFU MADE WITH FAVA BEANS

**CERTIFIED VEGAN | COMMON ALLERGEN FREE
GLUTEN-FREE | NON-GMO | SOY-FREE**

@bigmountainfoods

bigmountainfoods.com



100,000 Farmers. One Purpose.



* see specials insert for pricing details

The farmers who make the cocoa for the chocolate co-own the company & share in the profits.

- ♥ Fairtrade cocoa grown by family farmers in Ghana
- ♥ No artificial flavors
- ♥ Natural ingredients
- ♥ 100% pure cocoa butter
- ♥ No palm oil or soy

Certified



Corporation



sales@divinechocolateusa.com | (202) 332-8913 | 425 8th st. SE Washington, D.C.

Kaslo Sourdough Pasta is a delicious, **easy-to-digest**, and **highly nutritious** alternative to regular wheat pasta. We make our gourmet pastas using a **traditional Italian process** along with the ancient technology of fermentation to deliver an **authentic and novel sourdough pasta**.

Compared to regular pasta that makes you feel immediately full and bloated and gives you a hunger craving within an hour or so, Kaslo Sourdough Pasta makes you feel **energized, satisfied**, and it's **good for your gut!** We use high-quality grains sourced from local farmers and unchlorinated **natural BC spring water** to achieve a **light yet tasty** pasta.

With only **four simple ingredients**, you are sure you're eating good food. Enjoy any of our premium pastas al dente as **easy and fast** as 5-6 minutes!

ALSO AVAILABLE PASTA FERMENTATA:

- Macaroni 12/227g • Radiatori, Classic 12/227g & 12/454g
- Radiatori, Whole Wheat 12/227g & 12/454g
- Rotini, Classic 12/227g & 12/454g • Spaghetti 12/227g & 12/454g



PRODUCT FEATURES

Non-GMO

Made in BC

Naturally Fermented

Egg-free/Vegan

Zero Salt

Zero Oil

* see specials insert for pricing details



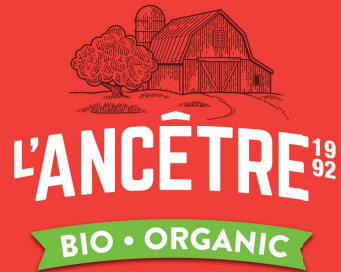
Our NEWEST PASTA SHAPE
CLASSIC SOURDOUGH ELBOW

MACARONI

12 x 454G | UPC: 7 79605 33644 8

Ingredients: Durum wheat semolina flour, Organic wheat flour, Natural BC spring water, Natural sourdough culture.





**NEW AND IMPROVED
PACKAGING**

**EVERY BITE IS A BETTER
WORLD**

Over 30 years of organic
farming

** see specials insert for pricing details*



fromagerieancetre.com



Nutritional Yeast + Popcorn = NoochPOP!



The only popcorn devoted to Nutritional Yeast!

NEW!
20g MINI
BAGS



POPtastic snack size for active busy lives!

* see specials insert for pricing details



* 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 delicious flavors with the NEW Active Probiotic Shot. Perfect for an active lifestyle, this delicious probiotic shot provides all the benefits of fermented foods.



Bio-K+[®]
Inspiring well+being

Biokplus.com • 1 (800) 593-2465

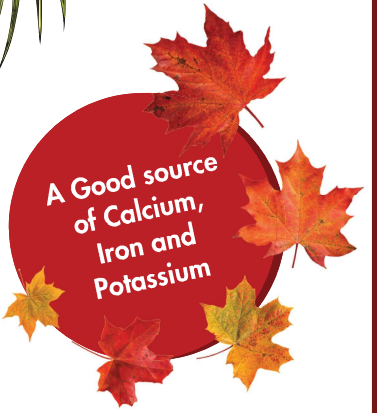
* see specials insert for pricing details

*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).



Date & Maple

ORGANIC SYRUP



* see specials insert for pricing details

www.belandorganicfoods.com



We offset CO₂ transportation emissions through the Carbon Boreal program to combat climate change.

**DEEBEE'S
ORGANICS™**

NON-DAIRY & ORGANIC GELATO POPS

MADE WITH
COCONUT
MILK
CREAMY &
DREAMY

All the 'yum' of a creamy, dreamy gelato but without all the sugar and dairy and in a super-fun, convenient freezer-pop form.

DeeBee's has created the world's first luscious and creamy shelf-stable freezer pop - made with simple ingredients like the goodness of organic fruit and creamy coconut. Our Dairy-Free Gelato pops are fully shelf-stable just like our best-selling Organic juice freezer pops, and ready for families to shake, freeze and enjoy at home. Our recipe is made with simple, high-quality organic fruit and coconut milk, and without any artificial flavours, colours or preservatives.

* see specials insert for pricing details





OUR FOODS WILL BRING A LITTLE
extra sunshine **TO YOUR PLATE...**
 not only because they're delicious but because you can trust they are
 USDA and CFIA certified organic, grown, and handled with care.



Earthbound Farm · 275 Westgate Drive, Watsonville, CA 95076, USA
 www.EarthboundFarm.com | Certified Organic by CCOF · www.ccof.org



* 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



Green Table Foods

Kosher-style, ya big shmuck !

We decided to make these little beauties after being unable to find anything on the market that doesn't taste like crunchy vinegar.

Barrel-fermented with dill, garlic and our secret blend of nuanced spices and herbs; our Living Dills are in a class of their own.

Our cloudy brine with loads of flavour and whole garlic cloves takes inspiration from traditional Jewish kosher pickles.

These crunchy treats are sure to be a crowd pleaser !

- Wild-fermented • Raw • Vegan
- Gluten-free • Probiotic • Enzyme-rich

** see specials insert for pricing details*

**HIGH FIBER
SUPERSEED
CEREAL**

**GLUTEN-FREE
& GOOD FOR
YOUR GUT**

**HOLY
CRAP™**

**ORGANIC &
PROUDLY
CANADIAN**

**PLANT-BASED
SOURCE OF
PROTEIN**

** see specials insert for pricing details*



GOOD-FOR-YOUR-GUT SUPERSEED CEREALS

Made right on the Sunshine Coast in BC

MAKE ENTERTAINING EASY

ORGANIC KALAMATA OLIVES



ORGANIC WHOLE ROASTED PEPPERS



* see specials insert for pricing details

ORGANIC MONTH 2024



SEPTEMBER 1 - 30 2024



Phillips
SODA WORKS



PSC Natural Foods

we deliver the goodness



REAL CRAFT-BREWED SODA USING NATURAL HERBS, SPICES AND CANE SUGAR

★ AVAILABLE IN SINGLE FLAVOUR 4 PACKS OF 355ML CANS ★

* see specials insert for pricing details

Do your gut some good™

Yoggu!™

Say Hello To Lemon Yoggu!



Dairy-free Coconut Yogurt

* see specials insert for pricing details



zazubean

CHOCOLATE FOR ALL STRIPES



* see specials insert for pricing details



PROMO ENDS 06/30/2024

Flavour and Savings. It's That Good.

zevia.

* see specials insert for pricing details



Antoinette's SALTSPRING DIP & SAUCE

* see specials insert for pricing details

Antoinette's
SALTSPRING
DIP & SAUCE
SALTSPRING
TREMPELLETTE & SAUCE
375 mL

Antoinette's
SALTSPRING
DIP & SAUCE
SALTSPRING
TREMPELLETTE & SAUCE
375 mL

Made in Canada

Green Cuisine

SUSTAINABLE HEALTHY AFFORDABLE

plant-based protein

JUNE SALE

all seven
tempeh
varieties

www.greencuisine.com

* see specials insert for pricing details

GREEN CUISINE					
SMOKED TEMPEH TEMPEH FUMÉ					
tempé					
Nutrition Facts	Amount / Teneur	% DV / %VQ*	Amount / Teneur	% DV / %VQ*	
Valeur nutritive					
Per 100 g / Par 100 g	Saturated / saturés 0 g	0%	Fibre / Fibres 5 g	16%	
	+ Trans / trans 0 g	0%	Sugars / Sucres 0 g		
Calories 176	Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 16 g		
	Sodium / Sodium 402 mg	17%			
* % Daily Value / valeur quotidienne		* Valeur A, 7%		* Valeur C, 9%	
Calcium 7%		Iron/fer 9%			
INGREDIENTS: Tempeh* (soybeans*, water, culture), soy sauce* (soybeans*, alcohol*, salt), garlic, herbs & spices. Naturally smoked.					
INGRÉDIENTS: Tempeh (soja*, eau, culture), sauce soja* (soja*, alcool*, sel), ail, herbes et épices. Naturellement fumé. *ORGANIC/BIOLOGIQUE					
Net Wt./ Poids net 225 g (8 oz)					

THE ONLY ORGANIC

Potato Chips in Canada

ORGANIC | BIOLOGIQUE

humble™ POTATO CHIPS

CREAMY ANETH CR

THE ORIGINAL L'ORIGINAL

KETCHUP

NEGAR DE CIDE

135g

135g

135g

@HumblePotatoChips | HumbleChips.ca

* see specials insert for pricing details

kan's gourmet foods

Manufactured locally in Burnaby B.C.

All Kan's Gourmet Foods products are Handcrafted using only the finest and freshest of ingredients.

All natural with no MSG or preservative added.

Products are cooked and fried in Non-GMO expeller pressed canola oil.

Found in the frozen grocery aisles, our products are great as appetizers for parties and get-togethers, or perfect just as a light snack.

It is an easy and convenient way to have home-style Indian cooking at your fingertips.

* see specials insert for pricing details

kan's gourmet foods

spinach & kale
aux épinards et aux chou frond
PAKORAS

fresh veggie & lentil
aux légumes et aux lentilles
SAMOSAS

yam
IGRAM
PAKORAS

mini lentil
mini fufufufe aux lentilles
FALAFEL

PSC Natural Foods

Canada Day 2024 Delivery Schedule

Monday, July.1 - PSC CLOSED TO OBSERVE CANADA DAY

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

To be delivered on: **Tuesday, July.2**

Vancouver (M Run)

Order Cut-off Times: *Main Orders* 1:00 pm Thursday, June.27
Order Cut-off Times: *Add-Ons* 10:00 am Friday, June.28

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

Order Cut-off Times: *Main Orders* 2:00 pm Thursday, June.27
Order Cut-off Times: *Add-Ons* 10:00 am Friday, June.28

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

Order Cut-off Times: *Main Orders* 10:00 am Friday, June.28
Order Cut-off Times: *Add-Ons* 12:00 noon Friday, June.28

To be delivered on: **Wednesday, July.3**

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

Order Cut-off Times: *Main Orders* 10:00 am Tuesday, July.2
Order Cut-off Times: *Add-Ons* 12:00 noon Tuesday, July.2

Saltspring Island (D Run)

Order Cut-off Times: *Main Orders* 12:00 noon Friday, June.28
Order Cut-off Times: *Add-Ons* 10:00 am Tuesday, July.2

Sidney/North Saanich (S Run)

Order Cut-off Times: *Main Orders* 12:00 noon Friday, June.28
Order Cut-off Times: *Add-Ons* 10:00 am Tuesday, July.2

Greater Victoria - City of Victoria, Oak Bay, Saanich, Esquimalt (E/L Run)

Order Cut-off Times: *Main Orders* 10:00 am Tuesday, July.2
Order Cut-off Times: *Add-Ons* 12:00 noon Tuesday, July.2

To be delivered on: **Thursday & Friday, July.4 & 5**

** Deliveries and order deadlines resume as usual **

