



NUTRITIONAL YEAST DRESSING, DIP, SAUCE & MORE!

Yeshi

NEW!



Caesar

Ingredients: Canola Oil, Water, Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Vinegar, Nutritional Yeast, Dried Garlic, Chipotle Powder, Sugar, Salt, Natural Hickory Smoke Flavour, Xanthan Gum, Natural Flavour.
Contains: Soy. **May Contain:** Sesame, Mustard.



Original

Ingredients: Canola Oil, Water, Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Vinegar, Nutritional Yeast, Dried Garlic, Sugar, Salt, Xanthan Gum, Natural Flavour.
Contains: Soy. **May Contain:** Sesame, Mustard.



Sesame Ginger

Ingredients: Canola Oil, Water, Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Vinegar, Nutritional Yeast, Sesame Oil, Dried Garlic, Ground Ginger, Sugar, Salt, Chili Flakes, Xanthan Gum, Natural Flavour. **Contains:** Soy, Sesame.
May Contain: Mustard.



Smoky Chipotle

Ingredients: Canola Oil, Water, Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Vinegar, Nutritional Yeast, Dried Garlic, Chipotle Powder, Sugar, Salt, Natural Hickory Smoke Flavour, Xanthan Gum, Natural Flavour.
Contains: Soy. **May Contain:** Sesame, Mustard.



Golden Ranch

Ingredients: Canola Oil, Water, Vinegar, Soy Sauce (Water, Soybeans, Salt, Sugar, Corn Starch), Nutritional Yeast, Garlic, Mustard, Onion, Sugar, Salt, Dill, Citric Acid, Xanthan gum, Natural Flavour.
Contains: Soy, Mustard. **May Contain:** Sesame.



Yeshi dressings are gluten-free, dairy-free, nut-free and egg-free. We're committed to being plant-based, and we're conscious of our footprint on the planet too.

TRY IT ON EVERYTHING!

ALSO NEW! Yeshi Nutritional Yeast Flakes: Original 6/125g & Roasted Garlic & Parmesan 6/100g



**GLUTEN FREE/
SANS GLUTEN**



**PLANT BASED/À BASE
DE VÉGÉTAUX**



**DAIRY FREE/SANS
PRODUITS LAITIERS**



NUT FREE/SANS NOIX



**SOURCE OF PROTEIN/
SOURCE DE PROTÉINES**



**MADE IN CANADA/
FABRIQUÉ AU CANADA**

@yeshidressing | yeshifoods.com

* see pg.6 for pricing details



OCTOBER NEW PRODUCTS

ANGIE'S BOOMCHICKAPOP RTE POPCORN & CORN PUFFS.....	5,6
EARTH'S OWN PLANT-BASED BEVERAGE.....	4,6
FOOD FOR LIFE BREADS.....	5,6
GARDEIN PLANT BASED MEAT ALTERNATIVES.....	5,6
HARDBITE HANDCRAFTED STYLE CHIPS.....	5,6
KOYO RAMEN.....	5,6
L'ANCÊTRE CHEESE.....	3,6
LOVE CHILD ORGANICS BABY FOOD & SNACKS.....	5,6
PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER.....	4,6
VANCOUVER CROISSANT READY-TO-BAKE CROISSANTS.....	5,6
YESHI NUTRITIONAL YEAST DRESSING & FLAKES..	cover,6

AD FEATURES for OCTOBER SPECIALS.....7>18

BAKERS SUPPLY HOUSE BAKING INGREDIENTS.....	8
CAULIPOWER CAULIFLOWER PIZZA.....	9
CULTURE CRAFT KOMBUCHA.....	10
EVE'S CRACKERS.....	11
HORNBY ISLAND VEGGIE PÂTÉ.....	16
HUER NATURAL CANDY.....	16
JASON BODY CARE PRODUCTS.....	17
KASLO SOURDOUGH PASTA PASTA FERMENTATA.....	12
KINDRED CULTURES PROBIOTIC WATER KEFIR.....	17
L'ANCÊTRE BUTTER.....	13
R.W. KNUDSEN FRUIT JUICE.....	14
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS.....	15
SUNDHED SEA SALT & PURE HIMALAYAN SALT.....	18
TOFINO RAW KOMBUCHA.....	18
THANKSGIVING DELIVERY SCHEDULE.....	back cover



HAVE A SPOOKTACULAR TIME !



Snack pack size Organic Mild Cheddar 21g



it's peelable!



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



* see pg.6 for pricing details

* see pg.6 for pricing details

THE
DAIRY
ALT
ERNA
TIVE



THAT'S
UDDERLY
DELISH.



GLUTEN FREE



VEGAN



NUT FREE



NON-GMO



CARRAGEENAN FREE



DAIRY FREE



GLYPHOSATE FREE



New! from Phillips Brewing:
iOTA Cerveza Mexican Style Lager
Non-Alcoholic Craft Beer 6/4x355ml



The epitome of a thirst quenching beer.
A vacation in every sip, this light bodied lager delivers
big on refreshment with a clean, crisp finish.

PSC Order Code: 11453 UPC Code: 818278 005944

CELEBRATE ALL THE TIMES

The choice to drink non-alcoholic beer doesn't mean you have to sacrifice
great craft brewed flavour or put the good times on hold.

It's amazing what some beer nerds can accomplish with a little creativity and a welding torch.
Weathering the occasional catastrophic beer flood, imploding tanks, and a few address changes, we've taken it all in stride.

We've always kept it unconventional in all our approaches to craft brewing, malting and distilling as we constantly
explore the craft beer frontier guided by unbridled creativity and an unwavering attention to quality.

At Phillips Brewing, we find inspiration through fermentation.

Are you just here for the beer? We can't blame you, craft brewing really gets our gears spinning too.
We get to constantly combine and explore new styles and love to get creative while doing it.

* see pg.6 for pricing details

* see
pg.6
for
pricing
details



- NEW! ANGIE'S BOOMCHICKAPOP • Sea Salt Popcorn 12/35g**
 • Sweet & Salty Kettle Corn Popcorn 12/64g • White Cheddar Puffs 12/50g
Angie's about bringing you a pop of positivity.

And, well, if it were up to them, popcorn would be a separate food group. So they channel those mantras of theirs with Ready-to-Eat Popcorn & Puffs because snacking should always be something to smile about. Try all of these delicious flavours!

* see
pg.6
for
pricing
details



NEW! FOOD FOR LIFE EZEKIEL 4:9

Organic Sprouted Grain Flax Bread 6/680g

These are not your ordinary Breads. Lots of natural nutrients, and bursting with flavour, Food for Life Breads, Tortillas, Cereals, Pastas, and Waffles are flourless and crafted with sprouted grains to capture all their wholesomeness!

- 3g of dietary fiber per slice
- Non-GMO
- Plant Protein

* see
pg.6
for
pricing
details



NEW! GARDEIN SUPREME CHICK'N NUGGETS 6/417g

Tender popcorn-style plant-based chick'n nuggets, with an irresistibly crispy golden breading that are sure to delight even the fussiest of eaters.

These nuggets are a plant-based take on a childhood favourite cooks, looks, and tastes just like real chicken nuggets.

The only question: Which dip to choose? • Dairy-free • Plant-based

* see
pg.6
for
pricing
details



NEW! HARDBITE TIKKA MASALA POTATO CHIPS 15/150g

Hardbite has always loved the West Coast and its healthy, active lifestyle. Oh, and potatoes. So we decided to celebrate both by making our own delicious chips. By cooking in small batches and using simple ingredients we ensure the highest quality flavour.

- Nothing Artificial
- No Trans Fat
- No Cholesterol
- Small Batch Cooking
- Made in Canada from domestic and imported ingredients

* see
pg.6
for
pricing
details



NEW! KOYO RICE RAMEN NOODLE CUP

- Garlic Vegetable 6/57g
- Spicy Kimchi 6/59g
- Spicy Szechuan 6/58g
- Wakame Miso 6/60g

Ramen life! Savoury broth and organic ramen noodles come together in a dish you can't wait to slurp down. Loaded with flavour and nutrition, Koyo's noodle soup is ready in 9 minutes. Perfect for on-the-go!

* see
pg.6
for
pricing
details



- Banana+Chocolate+Kale
- Blueberry+Carrot
- Cherry+Spinach
- Raspberry+Beet

Your little one will love these yummy oat bars (and parents will too!). They are a delicious healthy snack, made with oats, fruits and vegetables.

- Certified Organic
- Gluten-free
- No added sugar
- Perfect for lunchboxes or on-the-go

NEW! LOVE CHILD ORGANICS OATY CHOMPS BARS 8/138g (6pk)

* see
pg.6
for
pricing
details



NEW! VANCOUVER CROISSANT FROZEN READY-TO-BAKE CROISSANTS

Jumbo Organic White Croissants (6pc) 12/480g

Vancouver Croissant chose to make croissants the way they were intended - by hand.

They've never used additives of any kind. At their Facility, they take pride in their **Unwavering Commitment To Crafting The Finest Frozen Croissants** for your convenience.

With passion & precision, their team brings you the authentic taste of freshly baked croissants, ready to enjoy anytime, anywhere.



OCTOBER NEW PRODUCTS 2024

UPC CODE	SKU CODE								
ANGIE'S BOOMCHICKAPOP RTE POPCORN & CORN PUFFS - \$2.00 OFF - see pg.5									
018780 090050	59501	GMO	GF	+	X	BOOMCHICKAPOP, Popcorn, Sea Salt		12 / 35g	G
018780 110949	59502	GMO	GF	+	X	BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn		12 / 64g	G
818780 010627	59503		GF	+	X	BOOMCHICKAPOP, Puffs, White Cheddar		12 / 50g	G
EARTH'S OWN PLANT-BASED BEVERAGE (REFRIGERATED) - 15% OFF - see pg.4									
626027 611410	08325	GMO			BC	Pb	THE ALT. Milk Alternative	6 / 1.75L	U
FOOD FOR LIFE BREADS (FROZEN) - 5% OFF - see pg.5									
073472 001240	55519	GMO		*	X	Bread, EZEKIEL 4:9 Sprouted Grain, Flax, Organic		6 / 680g	
GARDEIN PLANT BASED MEAT ALTERNATIVES (FROZEN) - \$6.00 OFF - see pg.5									
842234 409965	65047	GMO			X	SUPREME Chick'n, Nuggets		6 / 417g	
HARDBITE HANDCRAFTED STYLE CHIPS - 10% OFF - see pg.5									
673513 101108	37515	GMO			BC	Pb	X Potato Chips, Tikka Masala	15 / 150g	G
KOYO RAMEN - 10% OFF - see pg.5									
065493 064410	39113				Pb	X	Rice Ramen Noodle Cup, Garlic Vegetable (gluten free)	6 / 57g	
065493 064427	39114				Pb	X	Rice Ramen Noodle Cup, Spicy Kimchi (gluten free)	6 / 59g	
065493 064434	39115				Pb	X	Rice Ramen Noodle Cup, Spicy Szechuan (gluten free)	6 / 58g	
065493 064403	39116				Pb	X	Rice Ramen Noodle Cup, Wakame Miso (gluten free)	6 / 60g	
L'ANCÊTRE CHEESE (REFRIGERATED) - 10% OFF - see pg.3									
778177 509304	50137	GMO		*	+	Pb	Cheddar, Mild (snack size), Organic	8 / 8x21g	
LOVE CHILD ORGANICS BABY FOOD & SNACKS - \$3.20 OFF - see pg.5									
058449 252900	69525	GMO	GF	*	+	Pb	OATY CHOMPS Bars, Banana+Chocolate+Kale (no added sugar) (6pk), Organic	8 / 138g	
858860 001428	69507	GMO	GF	*	+	Pb	OATY CHOMPS Bars, Blueberry+Carrot (no added sugar) (6pk), Organic	8 / 138g	
858860 001442	69517	GMO	GF	*	+	Pb	OATY CHOMPS Bars, Cherry+Spinach (no added sugar) (6pk), Organic	8 / 138g	
858860 001435	69508	GMO	GF	*	+	Pb	OATY CHOMPS Bars, Raspberry+Beet (no added sugar) (6pk), Organic	8 / 138g	
PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER - 10% OFF - see pg.4									
818278 005944	11453				BC	Pb	iOTA, Cerveza (can)	6 / 4x355ml	G U
VANCOUVER CROISSANT READY-TO-BAKE CROISSANTS (FROZEN) - 10% OFF - see pg.5									
626639 113043	55193	GMO		*	BC	Pb	X Croissants, Jumbo White (6pc), Organic	12 / 480g	
YESHI NUTRITIONAL YEAST DRESSING & NUTRITIONAL YEAST FLAKES - 10% OFF - see cover									
628011 160010	32804				BC	Pb	Dressing, Caesar	6 / 350ml	
628011 160041	32805				BC	Pb	Dressing, Golden Ranch	6 / 350ml	
627843 808909	32802				BC	Pb	Dressing, Original	6 / 350ml	
627843 808923	32801				BC	Pb	Dressing, Sesame Ginger	6 / 350ml	
627843 808961	32803				BC	Pb	Dressing, Smoky Chipotle	6 / 350ml	
628011 160072	32806	GMO			BC	Pb	Nutritional Yeast Flakes, Original	6 / 125g	
628011 160089	32807	GMO			BC	Pb	Nutritional Yeast Flakes, Roasted Garlic & Parmesan	6 / 100g	



PSC Natural Foods

— we deliver the goodness —

OCTOBER

Specials

Showcase

Check out these awesome featured products on deal !



your source for organic & natural baking ingredients

**On deal for October
10% OFF !**

- Organic Baking Powder (aluminum free) (corn free) 24/210g
- Organic Corn Starch 6/250g
- Organic Pure Vanilla Extract 12/100ml



Fantastic products for all your baking needs!



** see specials insert for pricing details*

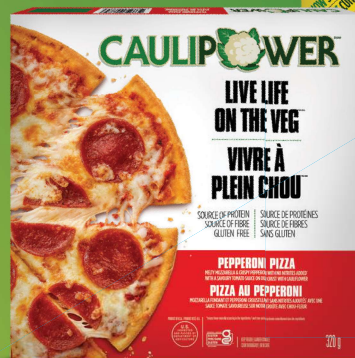
CAULIPOWER®

CRAVE ON



THIN & CRISPY STONE-FIRED CAULIFLOWER CRUST

EATCAULIPOWER.CA



* see specials insert for pricing details



Culture
CRAFT KOMBUCHA

OCTOBER
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.



IRRESISTIBLY INDULGENT SEED CRACKERS



HANDMADE IN BEAUTIFUL B.C.



* see specials insert for pricing details

'Fall' in love with Pasta again. Did you know **October is Pasta Month?!**

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



PRODUCT FEATURES

Non-GMO

Made in BC

Naturally Fermented

Egg-free/Vegan

Zero Salt

Zero Oil

OUR NEWEST PASTA SHAPE – AVAILABLE NOW!



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.





**SANS
OGM - GMO
FREE**

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

* see specials insert for pricing details



fromagerieancetre.com



Ripe, flavourful fruit and veggies are the key ingredients in every R.W. Knudsen product. In some cases, it's the only ingredient !

We're here to help you live your best life with delicious and powerful juices.

Fruit Juices: Our fruit juices are perfect for smoothies, mixers, or served straight from the bottle.

Veggie Juices: The easy way to get veggies into your day. Great for drinking by itself or for adding flavour to your favourite recipes !





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



HORNBY ISLAND PÂTÉ

Tasty, Healthy, Made With *Pride*

Hornby Island Pâté is a delicious alternative to traditional spreads. Handmade on Hornby Island, our vegetarian pâté is perfect on crackers, sandwiches, or with crudités.

Visit therealhornbyislandpate.org to find out where to buy!

* 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

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



* see specials insert for pricing details

JĀSÖN®

Blazing the natural trail

JĀSÖN® was born in California in 1959 when a group of independent thinkers sought to establish a new kind of personal care for themselves and their families.

Taking the name JĀSÖN®, which means “Healer” in Greek, they rejected harsh, risky chemicals.

JĀSÖN® offers high-performance personal care products made with ingredients inspired by nature.

Available at PSC:

- 84% Aloe Vera Shampoo & Conditioner 1/473ml
- 84% Aloe Vera Conditioner 1/473ml
- Apricot Shampoo 1/473ml
- Apricot Keratin Conditioner 1/473ml
- Biotin Conditioner 1/473ml
- Sea Kelp Shampoo 1/473ml
- Normalizing Tea Tree Scalp Shampoo 1/517ml
- Aloe Vera Deodorant 1/71g
- Lavender Deodorant 1/71g



Super Tasty Probiotics

Nothing Artificial

Kid-Approved

Plant-Based

Organic Ingredients

Caffeine-Free

Naturally Fermented



* see specials insert for pricing details



* see specials insert for pricing details



SUNDHED GOURMET SALTS

- Promise of purity, health benefits & amazing quality
- Mouth-watering taste & free from additives

TOFINO

KOMBUCHA

Light up your day!

15% OFF



RAW ORGANIC
WWW.TOFINOKOMBUCHA.COM



* see specials insert for pricing details



PSC Natural Foods



Thanksgiving 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, October 14 - PSC CLOSED TO OBSERVE THANKSGIVING

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



To be delivered on: **Tuesday, October 15**

Vancouver (M Run)

Order Cut-off Times: Main Orders	1:00 pm	Thursday, October 10
Order Cut-off Times: Add-Ons	10:00 am	Friday, October 11

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

Order Cut-off Times: Main Orders	2:00 pm	Thursday, October 10
Order Cut-off Times: Add-Ons	10:00 am	Friday, October 11

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

Order Cut-off Times: Main Orders	10:00 am	Friday, October 11
Order Cut-off Times: Add-Ons	12:00 noon	Friday, October 11

To be delivered on: **Wednesday, October 16**

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

Order Cut-off Times: Main Orders	10:00 am	Tuesday, October 15
Order Cut-off Times: Add-Ons	12:00 noon	Tuesday, October 15

Saltspring Island (D Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, October 11
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, October 15

Sidney / North Saanich (S Run)

Order Cut-off Times: Main Orders	12:00 noon	Friday, October 11
Order Cut-off Times: Add-Ons	10:00 am	Tuesday, October 15

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

Order Cut-off Times: Main Orders	10:00 am	Tuesday, October 15
Order Cut-off Times: Add-Ons	12:00 noon	Tuesday, October 15

To be delivered on:

Thursday & Friday, October 17 & 18

** Deliveries and order deadlines resume as usual **

