

MONTHLY SPECIALS

ALIMENTS TRIGONE CEREAL - 15% OFF

056142 006134	22290	*	+	Ⓟ	Cream of the Crop Buckwheat Cereal, Organic	6 / 400g	
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AMANO MISO (REFRIGERATED) - 10% OFF

067334 001028	40061	GMO	*	BC	Ⓟ	Miso, Aka, Organic	10 / 1kg	
067334 001011	40062	GMO	*	BC	Ⓟ	Miso, Shiro, Organic	10 / 1kg	

ANITA'S ORGANIC FLOURS - 15% OFF

623636 993395	22251	GMO	*	BC	Ⓟ	Einkorn Flour, Organic	4 / 1kg	
623636 101202	22138		*		Ⓟ	Light Buckwheat, Organic	4 / 1kg	
623636 930000	22262		*	BC	Ⓟ	Stoneground Red Fife Wheat Flour, Organic	4 / 1kg	
623636 500005	22128		*	BC	Ⓟ	Stoneground Whole Spelt Flour, Organic	4 / 1kg	
623636 200004	22127		*	BC	Ⓟ	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 1kg	
623636 120203	20101		*		Ⓟ	Unbleached Cake & Pastry Flour, Organic	4 / 1kg	
623636 600705	27000		*		Ⓟ	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 1kg	
623636 400008	22126		*	BC	Ⓟ	Unbleached White Flour, Hard Red Spring, Organic	4 / 1kg	
623636 300056	22129	GMO	V *	BC	Ⓟ	Whole Dark Rye Flour, Organic	4 / 1kg	
623636 120050	22136	GMO	*		Ⓟ	Whole Wheat Pastry Flour, Soft White, Organic	4 / 1kg	
623636 998895	21018	GMO	*	+	Ⓟ	Flour, 60/40 Bakers Blend, Organic	4 / 2kg	
623636 200011	20069		*	BC	Ⓟ	Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 2kg	
623636 400015	20068		*	BC	Ⓟ	Unbleached White Flour, Hard Red Spring, Organic	4 / 2kg	
623636 200028	22922		B *	BC	Ⓟ	Flour, Whole Wheat, Stone-ground, Organic	4 / 5kg	
623636 400022	22923		B *	+	Ⓟ	Flour, Unbleached White, Organic	4 / 5kg	
623636 993913	22408		*		Ⓟ	Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 5kg	

ANNIE'S HOMEGROWN PASTA DINNERS - UP TO \$1.75 OFF

013562 104222	38423				Mac & Cheese, Classic Cheddar	4 / 4x170g	
013562 104239	38422				Mac & Cheese, Shells & White Cheddar	4 / 4x170g	
013562 001071	16676	GMO		X	Microwavable Cup, Macaroni & Cheese, White Cheddar	12 / 57g	

ANTOINETTE'S DIP & SAUCE (REFRIGERATED) - 20% OFF

628399 100295	23122			BC	Ⓟ	Dip & Sauce, Salt Spring	6 / 375ml	
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AURA CACIA PRODUCTS - 15% OFF

051381 285968	83004				X	Aromatherapy Foam Bath for Kids, Calming	6 / 70.9g	G P
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BAKERS SUPPLY HOUSE BAKING INGREDIENTS - 10% OFF

055853 001308	02176			BC	Ⓟ	X Pure Vanilla Extract	1 / 500ml	
055853 001407	02178			BC	Ⓟ	X Pure Vanilla Extract	1 / 1L	

BETTERWITH CREAM ICE CREAMS (FROZEN) - \$6.40 OFF

628055 217053	53184			BC	Ⓟ	X Caramel Ice Cream	8 / 500ml	
628055 217039	53182			BC	Ⓟ	X Chocolate Ice Cream	8 / 500ml	
628055 217046	53183			BC	Ⓟ	X Coffee Ice Cream	8 / 500ml	
628055 217015	53180			BC	Ⓟ	X Cream Ice Cream	8 / 500ml	
628055 217060	53185			BC	Ⓟ	X Strawberry Ice Cream	8 / 500ml	
628055 217022	53181			BC	Ⓟ	X Vanilla Ice Cream	8 / 500ml	

BEYOND MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN) - 15% OFF

810057 290275	56209	GMO	V		X	BEYOND BREAKFAST SAUSAGE, Classic Links	8 / 235g	
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BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVES (REFRIGERATED) - UP TO 15% OFF

777744 000008	38012		V	BC	Ⓟ	NEW! Lion's Mane, Mushroom Crumble	8 / 300g	
777744 000084	38008		V	BC	Ⓟ	Bites, MMM Mighty Mushroom	8 / 300g	
777744 000077	38009		V	BC	Ⓟ	Bites, Sunny Superfood Breakfast	8 / 300g	
777744 000091	38010		V	BC	Ⓟ	Veggie Grounds, Broccoli Boost	8 / 340g	
777744 000046	38007		V	BC	Ⓟ	Veggie Grounds, Cauli Crumble	8 / 340g	
777744 000015	38011		V	BC	Ⓟ	Veggie Patty, The Original	8 / 400g	

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052							
BIOITALIA PRODUCTS - 10% OFF + VOLUME PRICING									
661475 003387	33108	*				X	Tomato Paste, Organic (jar)	12 / 300ml	
							Buy 40+ cases (COOKING TOMATO SKUS ONLY)	Save 10%	
661475 105708	33069	*				X	Tomato Purée, Organic (bottle)	12 / 700ml	
							Buy 40+ cases (COOKING TOMATO SKUS ONLY)	Save 10%	
661475 101106	33182	*				X	Extra Virgin Olive Oil, Organic	6 / 750ml	
							Buy 30+ cases (OLIVE OIL ONLY)	Save 10%	
BIO-K PLUS EXTRA PROBIOTIC (REFRIGERATED) - GLUTEN FREE - 10% OFF									
626608 008066	07450	GMO	GF	*	+	X	NEW! Extra, Fermented Oat & Pumpkin Seeds, Wellmune Elderberry, Organic	6 / 98g	G
626608 008028	07451	GMO	GF	*	+	X	NEW! Extra, Fermented Oat & Pumpkin Seeds, Cereboost Peach & Turmeric, Organic	6 / 98g	G
626608 008042	07452	GMO	GF	*	+	X	NEW! Extra, Fermented Oat & Pumpkin Seeds, Cyracos Lemon & Ginger, Organic	6 / 98g	G
BLACK RIVER JUICES & LEMONADES - 10% OFF									
771344 001014	02377					+ P X	Cider, Sweet Apple	12 / 300ml	U
771344 001045	02371					+ P X	Juice, Apple + Cranberry	12 / 300ml	U
771344 001083	02372					+ P X	Juice, Apple + Mango	12 / 300ml	U
771344 001137	02373					+ P X	Juice, Bartlett Pear	12 / 300ml	U
771344 001090	02375					+ P X	Juice, Pure Orange	12 / 300ml	U
771344 001069	02376					+ P X	Juice, Pure Red Grapefruit	12 / 300ml	U
771344 001120	02374					+ P X	Lemonade, Classic	12 / 300ml	G U
771344 004091	02361					+ P	Juice, Apple Cranberry	12 / 1L	U
771344 004114	02363					+ P	Juice, Apple Mango	12 / 1L	U
771344 004237	02380					+ P	Juice, Bartlett Pear	12 / 1L	U
771344 004053	02358					+ P	Juice, Black Cherry	12 / 1L	U
771344 004121	02364					+ P	Juice, Pineapple	12 / 1L	U
771344 004138	02365					+ P	Juice, Pomegranate	12 / 1L	U
771344 004220	02390					+ P	Juice, Pure Cranberry	12 / 1L	U
771344 004251	02383					+ P	Juice, Pure Red Grapefruit	12 / 1L	U
771344 004060	02359					+ P	Juice, Tart Cherry	12 / 1L	U
771344 004176	02392			*		+ P	Juice, Sweet Apple Cider, Organic	12 / 1L	U
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES - VOLUME PRICING									
041570 500262	07000	GMO					ALMOND BREEZE, Chocolate	6 / 4x240ml	
041570 500279	07001	GMO					ALMOND BREEZE, Unsweetened Vanilla	6 / 4x240ml	
							Buy 10+ cases (4x240ml only)	Save 3.00	
BO & MARROW BROTHS (FROZEN) - GLUTEN FREE - 10% OFF									
627843 674382	66000		GF			+ P X	Bone Broth, Classic Beef (resealable bag)	6 / 591ml	
627843 674306	66001		GF			+ P X	Bone Broth, Classic Chicken (resealable bag)	6 / 591ml	
627843 674320	66003		GF			+ P X	Bone Broth, Little Munchkins (Beef) (resealable bag)	6 / 591ml	
BOB'S RED MILL PRODUCTS - UP TO 15% OFF									
039978 003003	34251	GMO	GF			X	NEW! Baking Mix, Grain Free Blueberry Muffin	5 / 255g	
039978 003225	34248	GMO	GF			X	NEW! Baking Mix, Grain Free Brownie	5 / 340g	
039978 003188	34249	GMO	GF			X	NEW! Baking Mix, Grain Free Chocolate Cake	5 / 300g	
039978 003294	34250	GMO	GF			X	NEW! Baking Mix, Grain Free Flatbread	5 / 200g	
039978 343819	20375					X	Almond Flour, Blanched	4 / 453g	
039978 333810	20238		GF			X	Almond Flour, Blanched	4 / 907g	
039978 333803	34076					X	Almond Flour, Natural	4 / 453g	
039978 335050	20159		GF			X	Arrowroot Starch Flour	4 / 454g	
039978 313928	02076		GF			X	Baking Powder (aluminum free)	6 / 397g	
039978 323910	34201		GF			X	Baking Soda (aluminum free)	4 / 454g	
039978 001993	34212		GF				Bread Mix, Cornbread	4 / 567g	
039978 002198	34244		GF				Bread Mix, Homemade Wonder	4 / 454g	
039978 002006	34213		GF				Brownie Mix	4 / 595g	
039978 301789	20150	GMO	GF			X	Cassava Flour	4 / 567g	
039978 328151	20355		GF	*	@	X	Coconut Flour, Organic	4 / 453g	
039978 325815	22368			@		X	Coconut, Dried Flakes, Unsweetened	4 / 285g	
039978 335784	02053			@		X	Coconut, Dried Shredded, Unsweetened	4 / 340g	
039978 002075	34214		GF				Cookie Mix, Chocolate Chip	4 / 624g	
039978 002112	34217			*		X	Farro, Organic	4 / 680g	

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039978 354532	30573	GMO	GF	X Flour, Gluten Free 1to 1 Baking	4 / 1.24kg	
039978 344533	30572	GMO	GF	X Flour, Gluten Free 1to1 Baking	4 / 623g	
039978 334527	30574		GF	X Gluten Free All Purpose Baking Flour	4 / 623g	
039978 344526	30575		GF	X Gluten Free All Purpose Baking Flour	4 / 1.24kg	
039978 306203	34204	GMO	GF	X Gluten Free Egg Replacer	5 / 340g	
039978 002259	34225		GF	X Mix, Gluten Free Biscuit	4 / 680g	
039978 325464	34203			X Nutritional Yeast, Large Flake	4 / 142g	
039978 333490	30570		GF	X Paleo Baking Flour w/almond & coconut flours	4 / 454g	
039978 002242	34236		GF	Pie Crust Mix	4 / 454g	
039978 002082	34215		GF	Pizza Crust Mix	4 / 454g	
039978 303127	20372	GMO	GF	X Potato Flour	4 / 680g	
039978 325259	20374		GF	X Potato Starch, Unmodified	4 / 624g	
039978 325365	20389			X Tapioca Flour	4 / 567g	
039978 333018	20169			X White All-Purpose Flour, Unbleached	4 / 2.26kg	
039978 355553	34205		GF	X Xanthan Gum	5 / 227g	
BRAGG PRODUCTS - UP TO \$9.00 OFF						
074305 101328	14076		GF *	+ Apple Cider Vinegar, Organic	12 / 946ml	
074305 160028	33119		GF *	Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker)	12 / 42.5g	
BREMNER'S PRODUCTS - UP TO 15% OFF						
834644 003055	05086		*	BC P X Juice, Pomegranate, Organic (bottle)	12 / 946ml	U
834644 005394	55068		*	BC P X Strawberries, Organic (FROZEN)	12 / 300g	
834644 005066	55001		*	BC P X Blueberries (stand-up pouch) (FROZEN)	12 / 600g	
834644 005035	55018		*	BC P X Mangos, Organic (stand-up pouch) (FROZEN)	12 / 600g	
834644 005615	55079	B	*	BC P X Mango Chunks, Organic (FROZEN)	8 / 1.5kg	
BREW DR.KOMBUCHA (REFRIGERATED) - 15% OFF						
851107 003872	16218	GMO	*	Kombucha, Clear Mind, Organic (can)	6 / 4x355ml	G P U
857161 008686	16219	GMO	*	Kombucha, Island Mango, Organic (can)	6 / 4x355ml	G P U
CALIFIA FARMS DAIRY FREE PRODUCTS - UP TO 10% OFF						
813636 020959	62206	GMO	GF	BETTERHALF, Coconut Cream & Almond Beverage, Original	6 / 500ml	
813636 020942	62207	GMO	GF	BETTERHALF, Coconut Cream & Almond Beverage, Unsweetened	6 / 500ml	
813636 022984	62250	GMO		For Coffee, Almond Vanilla (REFRIGERATED)	6 / 750ml	
813636 022991	62251	GMO		For Coffee, Oat Hazelnut (REFRIGERATED)	6 / 750ml	
813636 021130	62208	GMO	GF	Barista Blend Almond Beverage	6 / 946ml	
813636 022977	62241	GMO		Beverage, Oat Vanilla (REFRIGERATED)	6 / 1.4L	
CABOO BAMBOO BABY WIPES - 10% OFF						
628451 738015	46306	GMO		P Bamboo Baby Wipes w/ Aloe	16 / 72ct	G P
CANADIAN HERITAGE ORGANICS SWEETENERS - 10% OFF						
620892 000089	44258	GMO	*	+ P NEW! Maple Syrup, Amber, Organic	12 / 1L	
620892 000256	44257	GMO	*	+ P NEW! Maple Syrup, Dark, Organic	12 / 1L	
CASBAH AUTHENTIC GRAINS - 10% OFF						
072934 000104	38532	GMO		Couscous, Multigrain	8 / 180g	
072934 000081	38531	GMO		Couscous, Pearl	8 / 180g	
072934 000111	38530	GMO	*	Couscous, Pearl, Organic	6 / 600g	
CAULIPOWER PRODUCTS (FROZEN) - GLUTEN FREE - UP TO \$11.75 OFF						
854934 007549	32411	GMO	GF	X Cauliflower Tortilla, Grain Free	12 / 150g	
854934 007532	32410	GMO	GF	X Cauliflower Tortilla, Original	12 / 200g	
854934 007082	32400		GF	X Cauliflower Pizza Crust	8 / 310g	
854934 007846	32405		GF	X Pizza, Buffalo-Chicken Style	8 / 310g	
854934 007860	32406		GF	X Pizza, Italian Sausage and Vegetable	8 / 327g	
854934 007099	32402		GF	X Pizza, Margherita	8 / 310g	
854934 007853	32404		GF	X Pizza, Pepperoni	8 / 320g	
854934 007075	32401		GF	X Pizza, Three Cheese	8 / 310g	
854934 007105	32403		GF	X Pizza, Veggie	8 / 310g	
CENTRAL ROAST POPCORN - GLUTEN FREE - 15% OFF						
685220 007178	17503	GMO	GF *	+ P Tri Colour Popcorn, Organic	6 / 425g	G
CHA'S ORGANICS PRODUCTS - UP TO 15% OFF						
806253 210407	15040	GMO	GF V *	@ P Coconut Cream, Organic	12 / 400ml	
806253 210414	15080	GMO	GF V *	@ + P Coconut Milk, Premium, Organic	12 / 400ml	
806253 210421	15081	GMO	GF V *	@ + P Coconut Milk, Light, Organic	12 / 400ml	
806253 210483	15041		*	@ P Coconut Whipping Cream, Organic	6 / 400ml	
806253 304106	12742	GMO	*	Watermelon Chips, Organic	6 / 40g	
806253 000343	91306	GMO	GF V *	@ P X Cinnamon, Ceylon, Ground, Organic	1 / 500g	

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CHEZDZ CHEESE SNACKS - 15% OFF						
861258 000125	17922	GF	X	Oven Baked Cheese Snack, Gluten Free Spicy	6 / 113g	G
861258 000118	17923		X	Oven Baked Cheese Snack, Mild	6 / 113g	G
861258 000101	17924		X	Oven Baked Cheese Snack, Spicy	6 / 113g	G
CHIMES CANDY - 15% OFF						
051299 111519	35267	GMO		Ginger Chews, Mango	20 / 141.8g	G
051299 111311	35264	GMO		Ginger Chews, Original	20 / 141.8g	G
CHIWIS KIWI CHIPS - 10% OFF						
628451 225010	11307		☞ X	Kiwi Chips, Original	12 / 50g	G
628451 225027	11308		☞ X	Kiwi Chips, Tropical	12 / 50g	G
CHOSEN FOODS PRODUCTS - UP TO 12% OFF						
815074 022441	32300	GMO GF		Dressing, Apple Cider Vinegar	6 / 237ml	
815074 022496	32301	GMO GF		Dressing, Caesar	6 / 237ml	
815074 021444	32302	GMO GF		Dressing, Chipotle Ranch	6 / 237ml	
815074 021437	32303	GMO GF		Dressing, Lemon Garlic	6 / 237ml	
815074 022830	32304	GMO GF		Dressing, Ranch	6 / 237ml	
815074 022731	32305	GMO GF		Goddess Dressing, Baja	6 / 237ml	
815074 022694	32306	GMO GF		Goddess Dressing, Earth	6 / 237ml	
815074 022724	32316	GMO GF		Goddess Dressing, Garden	6 / 237ml	
815074 022717	32317	GMO GF		Goddess Dressing, Greek	6 / 237ml	
815074 020003	32313	GMO GF		Mayo, Classic Avocado oil	6 / 355ml	
815074 020409	32314	GMO GF		Mayo, Keto (certified)	6 / 355ml	
815074 021314	32315	GMO GF V		Mayo, Vegan Avocado oil	6 / 355ml	
815074 020737	32307	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml	
853807 005064	32308	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml	
853807 005828	32309	GMO		All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml	
853807 005231	32310	GMO		Avocado Oil, Virgin	6 / 250ml	
853807 005859	32311	GMO *		Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml	
815074 022915	32318	GMO		Cooking Oil Spray, Pure Avocado Oil	6 / 383g	
CLIF BAR - UP TO \$2.40 OFF						
722252 606426	37132	GMO	X	BUILDER's Protein Bar, Chocolate	12 / 68g	G
722252 606440	37340	GMO	X	BUILDER's Protein Bar, Chocolate Mint	12 / 68g	G
722252 606419	37133	GMO	X	BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g	G
722252 606488	37487	GMO	X	BUILDER's Protein Bar, Crunchy Peanut Butter	12 / 68g	G
722252 606457	37488	GMO	X	BUILDER's Protein Bar, Vanilla Almond	12 / 68g	G
722252 120229	36249	GMO	X	Energy Bar, Chocolate Almond Fudge	12 / 68g	
722252 121066	37890	GMO	X	Energy Bar, Chocolate Brownie	12 / 68g	
722252 120045	36256	GMO	X	Energy Bar, Chocolate Chip	12 / 68g	
722252 120090	36264	GMO	X	Energy Bar, Chocolate Chip Peanut Crunch	12 / 68g	
722252 120038	37426	GMO	X	Energy Bar, Coconut Chocolate Chip	12 / 68g	
722252 140036	36259	GMO	X	Energy Bar, Cool Mint Chocolate	12 / 68g	
722252 120083	36262	GMO	X	Energy Bar, Crunchy Peanut Butter	12 / 68g	
722252 187994	37902	GMO *	X	Energy Bar, Fruit Smoothie Filled, Tart Cherry Berry, Organic	12 / 50g	G
722252 102706	36761	GMO	X	Energy Bar, Oatmeal Raisin Walnut	12 / 68g	
722252 217950	37900	GMO	X	Energy Bar, Peanut Butter Banana w/ Dark Chocolate	12 / 68g	
722252 121097	37425	GMO	X	Energy Bar, White Chocolate Macadamia Nut Butter Filled Energy Bar, Chocolate	12 / 68g	
722252 128003	37734	GMO *	X +	Hazelnut Butter, Organic	12 / 50g	G
722252 128102	37735	GMO *	X +	Nut Butter Filled Energy Bar, Chocolate Peanut Butter, Organic	12 / 50g	G
722252 028020	37736	GMO *	X +	Nut Butter Filled Energy Bar, Coconut Almond Butter, Organic	12 / 50g	G
722252 128263	37780	GMO *	X	Nut Butter Filled Energy Bar, Maple Almond Butter, Organic	12 / 50g	G
722252 028037	37737	GMO *	X +	Nut Butter Filled Energy Bar, Peanut Butter, Organic	12 / 50g	G

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722252 342966	37904			X	SWEET & SALTY, Chocolate Chunk with Sea Salt	12 / 68g	G
722252 342935	37905			X	SWEET & SALTY, Dark Chocolate Almond with Sea Salt	12 / 68g	G
CLOUD 9 GLUTEN FREE MIXES - 10% OFF							
816512 000045	21056	GF	BC	Ⓟ	Brownie Mix	8 / 550g	
816512 000298	21055	GF	BC	Ⓟ	Chocolate Cake & Cupcake Mix	8 / 600g	
816512 000052	21054	GF	BC	Ⓟ	Chocolate Chip Cookie Mix	8 / 405g	
816512 000502	21037	GF	BC	Ⓟ	All Purpose Baking Mix	6 / 1.25kg	
816512 000908	21058	GF V	BC	Ⓟ	Pancake & Waffle Mix (gluten free/nut free/dairy free/soy free/vegan)	8 / 1kg	
COCOMELS COCONUT MILK CARAMELS - 10% OFF + VOLUME PRICING							
853610 003448	35320	GMO	*		Coconut Milk Caramels, Original, Organic	6 / 100g	G
853610 003455	35321	GMO	*		Coconut Milk Caramels, Sea Salt, Organic	6 / 100g	G
853610 003462	35322	GMO	*		Coconut Milk Caramels, Vanilla, Organic	6 / 100g	G
						Buy 10+ cases	Save 5%
COCONUT SECRET SOY-FREE SEASONING SAUCES - GLUTEN FREE - UP TO \$8.91 OFF							
851492 002047	37386	GMO	GF	*	Soy-Free Seasoning Sauce, Organic	12 / 237ml	
851492 002108	14474	GMO	GF	*	Soy-Free Seasoning Sauce, Organic	6 / 500ml	
CRAVE STEVIA CHOCOLATE CHIPS & SWEETENERS - 10% OFF							
884063 000692	23032	GMO		BC Ⓟ	Chocolate Chips	6 / 200g	
884063 000678	23030	GMO	*	BC Ⓟ	Stevia Bakers Blend, Brown, Organic	6 / 380g	
884063 000661	23031	GMO	*	BC Ⓟ	Stevia Bakers Blend, White, Organic	6 / 380g	
884063 000500	23034	GMO	*	BC Ⓟ	Stevia, Natural (shaker jar), Organic	6 / 45g	
884063 300013	23033	GMO	*	Ⓟ	SWEETNESS, Pure Erythritol, Organic	6 / 400g	
CREPINI EGG THINS CREPES (FROZEN) - GLUTEN FREE - 25% OFF							
893190 002011	54000	GF		X	EGG THINS w/Cauliflower (12 pk)	12 / 64g	
893190 002028	54001	GF		X	EGG THINS w/Gluten-Free Grains (12pk)	12 / 64g	
CROFTER'S ORGANIC FRUIT SPREADS - UP TO 20% OFF							
067275 000661	42662	GMO	*	+ Ⓟ X	JUST FRUIT Juice Sweetened, Apricot, Organic,	6 / 235ml	
067275 000623	42660	GMO	*	+ Ⓟ X	JUST FRUIT Juice Sweetened, Raspberry, Organic	6 / 235ml	
067275 000586	42119	GMO	*	+ Ⓟ X	JUST FRUIT Juice Sweetened, Seville Orange, Organic	6 / 235ml	
067275 000616	42658	GMO	*	+ Ⓟ X	JUST FRUIT Juice Sweetened, Strawberry, Organic	6 / 235ml	
067275 000654	42659	GMO	*	+ Ⓟ X	JUST FRUIT Juice Sweetened, Wild Blueberry, Organic	6 / 235ml	
067275 001064	42655	GMO	*	+ Ⓟ X	Premium Spread, Apricot, Organic	6 / 235ml	
067275 001088	42638	GMO	*	+ Ⓟ X	Premium Spread, Black Currant, Organic	6 / 235ml	
067275 001118	42646	GMO	*	+ Ⓟ X	Premium Spread, Four Fruit, Organic	6 / 235ml	
067275 001101	42644	GMO	*	+ Ⓟ X	Premium Spread, Mango, Organic	6 / 235ml	
067275 001040	42651	GMO	*	+ Ⓟ X	Premium Spread, Morello Cherry, Organic	6 / 235ml	
067275 006083	42674	GMO	*	+ Ⓟ X	Premium Spread, Peach, Organic	6 / 383ml	
067275 001033	42649	GMO	*	+ Ⓟ X	Premium Spread, Seedless Blackberry, Organic	6 / 235ml	
067275 001026	42647	GMO	*	+ Ⓟ X	Premium Spread, Seedless Raspberry, Organic	6 / 235ml	
067275 006090	42675	GMO	*	+ Ⓟ X	Premium Spread, Strawberry Banana, Organic	6 / 383ml	
067275 001019	42645	GMO	*	+ Ⓟ X	Premium Spread, Strawberry, Organic	6 / 235ml	
067275 001057	42653	GMO	*	+ Ⓟ X	Premium Spread, Wild Blueberry, Organic	6 / 235ml	
067275 006052	42670	GMO	*	+ Ⓟ X	Premium Spread, Berry Harvest, Organic	6 / 383ml	
067275 006014	42654	GMO	*	+ Ⓟ X	Premium Spread, Seedless Raspberry, Organic	6 / 383ml	
067275 006021	42652	GMO	*	+ Ⓟ X	Premium Spread, Strawberry, Organic	6 / 383ml	
067275 006045	42672	GMO	*	+ Ⓟ X	Premium Spread, Wild Blueberry, Organic	6 / 383ml	
067275 006069	42671	GMO	*	+ Ⓟ X	SUPERFRUIT, Blueberry Blast, Organic	6 / 383ml	
067275 006076	42673	GMO	*	+ Ⓟ X	SUPERFRUIT, Pomegranate Power, Organic	6 / 383ml	
067275 006106	42677	GMO	*	+ Ⓟ X	NEW! Premium Spread, Apricot, Organic	6 / 383ml	
067275 006113	42678	GMO	*	+ Ⓟ X	NEW! Premium Spread, Blackberry, Organic	6 / 383ml	
067275 006120	42676	GMO	*	+ Ⓟ X	NEW! Premium Spread, Four Fruit, Organic	6 / 383ml	
067275 006144	42679	GMO	*	+ Ⓟ X	NEW! Premium Spread, Morello Cherry, Organic	6 / 383ml	

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DAIYA DAIRY-FREE PRODUCTS - UP TO 15% OFF

871459 001913	50113	GMO	B GF V	BC	Ⓟ	NEW! CUTTING BOARD Shreds, Mozzarella Style (REFRIGERATED)	3 / 2.27kg		
871459 002385	50160	GMO	GF V	BC	Ⓟ X	Cheezecake, Chocolate (FROZEN)	8 / 400g		
871459 002378	50158	GMO	GF V	BC	Ⓟ X	Cheezecake, Key Lime (FROZEN)	8 / 400g		
871459 002361	50157	GMO	GF V	BC	Ⓟ X	Cheezecake, New-York (FROZEN)	8 / 400g		
871459 002392	50159	GMO	GF V	BC	Ⓟ X	Cheezecake, Strawberry (FROZEN)	8 / 400g		
871459 009612	50323	GMO	V		Ⓟ X	Dipped Dessert Bar, Chocolate Fudge Crunch (FROZEN)	8 / 4x75ml	G	
871459 009605	50324	GMO	V		Ⓟ X	Dipped Dessert Bar, Classic Vanilla Bean (FROZEN)	8 / 4x75ml	G	
871459 009629	50325	GMO	V		Ⓟ X	Dipped Dessert Bar, Salted Caramel Swirl (FROZEN)	8 / 4x75ml	G	
871459 009803	50322	GMO			Ⓟ X	Frozen Dessert, Triple Fudge Chunk (FROZEN)	8 / 473ml	G	
871459 009124	50172	GMO	V	+	Ⓟ	Salad Dressing, Blue Cheeze, Dairy-Free	6 / 237ml		
871459 009117	50171	GMO	V	+	Ⓟ	Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml		
871459 009100	50170	GMO	V	+	Ⓟ	Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml		

DEEBEE'S FROZEN NOVELTIES (FROZEN) - GLUTEN FREE - \$6.45 OFF

838913 000202	39099		GF	*	@	Superfruit Freezies, 100% Juice Bars, Blueberry Pomegranate, Mango Orange, Strawberry Lemon (shelf stable)	18 / 10x40ml	G	
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DUMET OLIVES - 15% OFF

761218 8001545	48051	GMO				Hojiblanca Black Spanish, Pitted (pouch)	10 / 500g		
761218 8001552	48052	GMO				Hojiblanca Green Spanish, Pitted (pouch)	10 / 500g		

EARTH BALANCE SPREADS (REFRIGERATED) - \$6.00 OFF

033776 011888	51102		V			Traditonal Spread, Original	6 / 1.3kg		
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EARTH FRIENDLY DISHWASHING PRODUCTS - \$1.15 OFF

749174 097217	80737					Dishmate™ Free & Clear Dish Liquid	6 / 739ml	G P	
749174 097224	80672					Dishmate™ Grapefruit Dish Liquid	6 / 739ml	G P	
749174 097279	80699					Dishmate™ Lavender Dish Liquid	6 / 739ml	G P	

EARTH ISLAND DAIRY FREE ALTERNATIVES (REFRIGERATED) - UP TO 10% OFF

049568 289465	32140	GMO				NEW! VEGANAISE Better than Mayo, Organic	6 / 946ml		
049568 219462	32137	GMO		*		NEW! VEGANAISE Better than Mayo, Original	6 / 946ml		
049568 269467	32139	GMO				NEW! VEGANAISE Better than Mayo, Soy-Free	6 / 946ml		
049568 151984	32451	GMO				NEW! Finely Shredded, Cheddar Style	8 / 198g		
049568 161983	32452	GMO				NEW! Finely Shredded, Mozzarella Style	8 / 198g		

EARTH'S OWN DAIRY FREE ALTERNATIVES - 10% OFF

626027 926118	07356	GMO		*	BC	Ⓟ	Butter Spread, Organic (REFRIGERATED)	6 / 340g	
626027 927146	07358	GMO		*	BC	Ⓟ	Cream Cheese Style Spread, Original, Organic (REFRIGERATED)	6 / 227g	
626027 927139	07359	GMO		*	BC	Ⓟ	Dip, Creamy Ranch, Organic (REFRIGERATED)	6 / 227g	
626027 926125	07357	GMO		*	BC	Ⓟ	Sour Cream Alternative, Organic (REFRIGERATED)	6 / 340g	
626027 814071	07345	GMO	GF V		BC	Ⓟ	Barista Edition, Oat Beverage	12 / 946ml	
626027 814057	07347	GMO			BC	Ⓟ	Oat, Chocolate	12 / 946ml	
626027 700121	07145					Ⓟ	SO FRESH, Almond, Unsweetened Original	12 / 946ml	
626027 314021	07342					Ⓟ	SO FRESH, Cashew Unsweetened	12 / 946ml	
626027 814026	07343	GMO				Ⓟ	SO FRESH, Oat, Unsweetened Original	12 / 946ml	
626027 814040	07344	GMO				Ⓟ	SO FRESH, Oat, Unsweetened Vanilla	12 / 946ml	
626027 700015	06901	GMO			BC	Ⓟ	SO FRESH, Almond Original (REFRIGERATED)	6 / 1.89L	
626027 700039	06905	GMO			BC	Ⓟ	SO FRESH, Almond Unsweetened Original (REFRIGERATED)	6 / 1.89L	
626027 700060	07248	GMO			BC	Ⓟ	SO FRESH, Almond Unsweetened Vanilla (REFRIGERATED)	6 / 1.89L	
626027 700022	06903	GMO			BC	Ⓟ	SO FRESH, Almond Vanilla (REFRIGERATED)	6 / 1.89L	

ECO-MAX PRODUCTS - 15% OFF + VOLUME PRICING

853907 001263	80727			+	Ⓟ	Automatic Dishwasher Pacs, Biodegradable (20 pac)	8 / 360g	G P	
						Buy 25+ cases	Save 5%		

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853907 001010	80950	+ 📦		Cleaner, All Purpose, Natural Lemongrass	6 / 710ml	G P	
				Buy 25+ cases	Save 5%		
853907 001058	80701	+ 📦		Laundry Wash, Hypoallergenic (scent free)	4 / 3L	G P	
853907 001065	80702	+ 📦		Laundry Wash, Natural Lavender	4 / 3L	G P	
853907 001171	80707	+ 📦		Laundry Wash, Natural Orange	4 / 3L	G P	
				Buy 25+ cases	Save 5%		
ENCORE ORGANICS KETCHUP - 15% OFF							
680660 061469	14081	*	📦	Ketchup, Organic	12 / 575ml		
EDEN ORGANIC PRODUCTS - UP TO 15% OFF							
024182 003697	42160	GF *		Apple Butter, Organic	12 / 482g		
024182 003499	31020	GF *		Apple Sauce, Organic (jar)	12 / 398ml		
024182 420876	02117	*		Brown Rice Vinegar, Organic	12 / 296ml		
024182 001624	02114	GF		Red Wine Vinegar (raw unpasteurized)	12 / 473ml		
024182 000290	28006	GF *		Sesame Oil, Extra Virgin, Organic	12 / 473ml		
024182 000306	28007	GF		Sesame Oil, Toasted	12 / 148ml		
024182 425901	02119	GF		Ume Plum Vinegar	12 / 296ml		
EDWARD & SONS PRODUCTS - UP TO \$3.00 OFF							
043182 000611	16542	GMO GF		EXOTIC RICE TOAST, Brown Rice & Spring Onion	12 / 65g		
043182 000628	16543	GF		EXOTIC RICE TOAST, Purple Rice & Black Sesame	12 / 65g		
043182 000925	38261			Miso-Cup, Traditional w/Tofu, Organic	12 / 36g		
ENDANGERED SPECIES CHOCOLATE BARS - GLUTEN FREE - \$3.99 OFF							
037014 321029	36224	GMO GF V @	X	BUMBLE BEE Bar, Oat Milk Dark Chocolate, Sea Salt & Almonds (55% Cocoa)	12 / 85g	G	
037014 242379	36219	GMO GF V @	X	CHIMP Bar, Dark Chocolate (72% Cocoa)	12 / 85g	G	
037014 000528	37745	GMO GF @	X	EAGLE Bar, Dark Chocolate, Caramel Sea Salt (60% Cocoa)	12 / 85g	G	
037014 321012	36223	GMO GF V @	X	GORILLA Bar, Oat Milk Dark Chocolate, Rice Crisp (55% Cocoa)	12 / 85g	G	
037014 242287	36213	GMO GF V @	X	GRIZZLY Bar, Dark Chocolate, Tart Raspberries (72% Cocoa)	12 / 85g	G	
037014 242317	36216	GMO GF @	X	OTTER Bar, Milk Chocolate (48% Cocoa)	12 / 85g	G	
037014 000139	37450	GMO GF V @	X	OWL Bar, Dark Chocolate, Almonds Sea Salt(72% Cocoa)	12 / 85g	G	
037014 242478	36661	GMO GF V @	X	PANTHER Bar, Dark Chocolate (88% Cocoa)	12 / 85g	G	
037014 242263	36212	GMO GF V @	X	RAINFOREST Bar, Dark Chocolate, Forest Mint (72% Cocoa)	12 / 85g	G	
037014 100136	37451	GMO GF @	X	RHINO Bar, Dark Chocolate, Hazelnut Toffee (72% Cocoa)	12 / 85g	G	
037014 242300	36221	GMO GF V @	X	WOLF Bar, Dark Chocolate. Cranberries Almonds (72% Cocoa)	12 / 85g	G	
037014 321005	36222	GMO GF V @	X	ZEBRA Bar, Oat Milk Dark Chocolate (55% Cocoa)	12 / 85g	G	
ENER-G GLUTEN FREE BREADS - 15% OFF							
075119 049103	16212	GF	X	Tapioca Loaf	6 / 454g		
EVERGREEN WHEATGRASS JUICE (FROZEN) - 20% OFF							
778702 598001	82051	GMO *	+ 📦 X	Wheatgrass Juice, Organic	10 / 5x30ml		
FARMER'S MARKET CANNED CRANBERRY SAUCE & PUMPKIN - \$3.75 OFF							
638882 002081	10102	GMO *		Cranberry Sauce, Organic	12 / 426ml		
638882 002043	10105	GMO *		Pumpkin Pie Mix, Organic	12 / 398ml		
638882 002005	10103	GMO *		Pumpkin, Organic	12 / 398ml		
FATSO NUT & SEED BUTTERS - GLUTEN FREE - UP TO 10% OFF							
691428 005007	42081	GMO GF V	+ 📦	Almond and Seed Butter, Classic	6 / 454g		
691428 005021	42083	GMO GF V	+ 📦	Almond and Seed Butter, Maple	6 / 454g		
691428 005014	42082	GMO GF V	+ 📦	Almond and Seed Butter, Salted Caramel	6 / 454g		
627987 075847	42080	GMO GF V	+ 📦	Peanut Butter, Maple	12 / 500g		
FERIDIES PEANUTS - 10% OFF							
045518 011261	34700	GMO		Virginia Peanuts, Honey Roasted	12 / 255g	G	
045518 009022	34702	GMO		Virginia Peanuts, Salted	12 / 255g	G	
FEVER-TREE DRINK MIXERS - 10% OFF							
812136 030963	07810			Ginger Beer (can)	3 / 8x150ml	G P U	
812136 031038	06788			Ginger Ale, Refreshingly Light (glass)	6 / 4x200ml	G P U	
812136 030925	06790			Sparkling Pink Grapefruit (glass)	6 / 4x200ml	G P U	
812136 030949	07093			Tonic Water, Elderflower (glass)	8 / 500ml	G P U	

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FIELD ROAST CO. PLANT BASED MEAT ALTERNATIVES (FROZEN) - UP TO 15% OFF								
638031 606504	65022	GMO	V		X	FIELDBURGER (4pk)	12 / 368g	
638031 612284	65104	GMO	V		X	Frankfurters (6pk)	12 / 340g	
638031 612154	65100	GMO	V		X	Sausages, Italian (4pk)	12 / 368g	
638031 612161	65101	GMO	V		X	Sausages, Mexican Chipotle (4pk)	12 / 368g	
638031 612178	65102	GMO	V		X	Sausages, Smoked Apple Sage (4pk)	12 / 368g	
638031 622511	65109	GMO	V	+	X	Signature Stadium Dog	8 / 283g	
FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGARS - GLUTEN FREE - 15% OFF								
063930 500644	24107	GMO	GF	*	+	Apple Cider Vinegar, Organic (unfiltered/unpasteurized)	12 / 500ml	
FOLEY'S VITALITY DOG GOURMET DOG TREATS - 15% OFF								
627843 425885	48002				BC	VITALITY DOG, Duck w/Honey Sweet Papaya	6 / 400g	G P
FOUR O'CLOCK TEAS - 15% OFF								
779192 402342	12912	GMO		*	@	+	Chai, Green Tea Decaffeinated, Organic	6 / 16bags
779192 402328	12908	GMO		*	@	+	Green Tea, Japanese, Organic	6 / 16bags
779192 202232	12909	GMO		*	@	+	Herbal Tea, PEACEFUL DREAMS, Organic	6 / 16bags
FRONTIER HERBS & SPICES - UP TO 20% OFF								
089836 210159	70553			*			X Cardamom, Powder, Organic	6 / 21g
089836 210173	70555			*			X Cayenne Pepper, Organic	6 / 32g
089836 210197	70557			*			X Chili, Powder, Organic	6 / 36g
089836 210210	70559			*			X Cinnamon, Sticks, Organic	6 / 22g
089836 210241	70562			*			X Cumin Seed, Powder, Organic	6 / 36g
089836 210265	70564			*			X Curry, Powder, Organic	6 / 30g
089836 210272	70565			*			X Dill Weed, Flakes, Organic	6 / 11g
089836 210296	70567			*			X Garam Masala, Organic	6 / 42g
089836 210326	70570			*			X Herbes de Provence, Organic	6 / 14g
089836 210371	70575			*			X Oregano Leaf, Flakes, Organic	6 / 10g
089836 210142	70579			*			X Peppercorns, Black, Whole, Organic	6 / 39g
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN) - 15% OFF								
842234 401990	65041	GMO			X	Breakfast Saus'age Patties, Maple (5 patties)	8 / 190g	
GIMME ORGANIC ROASTED SUSHI NORI - GLUTEN FREE - \$4.80 OFF								
851093 004372	24164	GMO	GF	V	*	X Sushi Nori, Roasted, Organic (10ct)	12 / 23g	
GINGER PEOPLE PRODUCTS - UP TO \$6.77 OFF + VOLUME PRICING								
734027 904064	14196		GF	*		Ginger, Minced (jar), Organic	12 / 190g	
734027 904071	14197		GF	*		Ginger, Natural Pickled Sushi (jar), Organic	12 / 190g	
						Buy 15-29 cases (Pantry Skus ONLY)	Save 1.26	
						Buy 30+ cases (Pantry Skus ONLY)	Save 2.52	
734027 920514	35029			*		Ginger, Crystallized, Organic (Box)	12 / 112g	G
						Buy 15-29 cases (Pantry Skus ONLY)	Save 1.76	
						Buy 30+ cases (Pantry Skus ONLY)	Save 3.52	
734027 995017	06177	GMO			X	GINGER SOOTHER, Lemon & Honey	24 / 355ml	G U
734027 995055	06178	GMO			X	GINGER SOOTHER, Turmeric	24 / 360ml	G U
						Buy 15-29 cases (Ginger Soothers ONLY)	Save 1.87	
						Buy 30+ cases (Ginger Soothers ONLY)	Save 3.75	
734027 904705	14457			*		Ginger Syrup, Organic	12 / 237ml	
						Buy 15-29 cases (Pantry Skus ONLY)	Save 1.60	
						Buy 30+ cases (Pantry Skus ONLY)	Save 3.19	
734027 901377	14390	GMO				Sauce, Sweet Ginger Chili	12 / 375ml	
734027 901391	14391	GMO				Sauce, Spicy Ginger Teriyaki	12 / 375ml	G
						Buy 15-29 cases (Sauces ONLY)	Save 2.26	
						Buy 30+ cases (Sauces ONLY)	Save 4.51	
734027 901605	06231		GF	*		Ginger Juice (condiment), Organic	12 / 147ml	
						Buy 15-29 cases (Pantry Skus ONLY)	Save 1.81	
						Buy 30+ cases (Pantry Skus ONLY)	Save 3.64	
GLUTINO ENGLISH MUFFINS (FROZEN) - GLUTEN FREE - 15% OFF								
678523 375464	55617		GF		+	X ENGLISH MUFFINS, Multigrain (6 ct)	6 / 480g	
GOOD TO GO KETO BARS - GLUTEN FREE - \$2.52 OFF								
687456 111216	64103	GMO	GF	V	+	X Bar, Cinnamon Pecan	9 / 40g	G
687456 111193	64101	GMO	GF	V	+	X Bar, Cocoa Coconut	9 / 40g	G
687456 111278	64104	GMO	GF	V	+	X Bar, Double Chocolate	9 / 40g	G
687456 111209	64102	GMO	GF	V	+	X Bar, Raspberry Lemon	9 / 40g	G
687456 111186	64100	GMO	GF	V	+	X Bar, Vanilla Almond	9 / 40g	G
GOGO QUINOA PRODUCTS - GLUTEN FREE - UP TO 25% OFF								
885320 010676	30032	GMO	GF		+	NEW! Pasta Dinner, Lentil Pasta & Vegan Cheese	12 / 156g	
885320 010652	19011	GMO	GF		+	Cookies, Quinoa Orange & Mango	6 / 165g	

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GREEN CUISINE PRODUCTS (REFRIGERATED) - 10% OFF								
068532 006174	40538	*	BC	Ⓟ X	TEMPEH, BBQ Burgers, Organic	1 / 170g		
068532 700034	40537	*	BC	Ⓟ X	TEMPEH, Indonesian, Organic	1 / 225g		
068532 000271	40536	*	BC	Ⓟ X	TEMPEH, Original Burgers, Organic	1 / 170g		
068532 113926	40526	*	BC	Ⓟ X	TEMPEH, Simply Soybean, Organic	1 / 225g		
068532 700041	40541	*	BC	Ⓟ X	TEMPEH, Smoked, Organic	1 / 225g		
068532 612344	40540		BC	Ⓟ	TEMPEH, Sunseed	1 / 170g		
068532 020002	54462	*	BC	Ⓟ X	Tempeh, 7 Grain, Organic (frozen)	1 / 227g		
068532 010003	54464	*	BC	Ⓟ X	Tempeh, Soybean, Organic (frozen)	1 / 227g		
GT'S LIVING FOODS RAW KOMBUCHAS (REFRIGERATED) - \$4.50 OFF								
722430 200170	05135	*			Kombucha, Gingerade, Organic	12 / 480ml	G P U	
722430 140179	05136	*			Kombucha, Multi-Green, Organic	12 / 480ml	G P U	
722430 000176	05134	*			Kombucha, Original, Organic	12 / 480ml	G P U	
722430 920177	05187	*			Kombucha, Sacred Life (Limited Edition), Organic	12 / 480ml	G P U	
722430 300177	05138	*			SYNERGY, Cosmic Cranberry, Organic	12 / 480ml	G P U	
722430 800172	05137	*			SYNERGY, Divine Grape, Organic	12 / 480ml	G P U	
722430 600178	05182	*			SYNERGY, Gingerberry, Organic	12 / 480ml	G P U	
722430 420172	05400	*			SYNERGY, Golden Pineapple, Organic	12 / 480ml	G P U	
722430 900179	05215	*			SYNERGY, Guava Goddess, Organic	12 / 480ml	G P U	
722430 170176	05404	GMO	*		SYNERGY, Hibiscus Ginger, Organic	12 / 480ml	G P U	
722430 500171	05214		*		SYNERGY, Mystic Mango, Organic	12 / 480ml	G P U	
722430 910178	05403	*			SYNERGY, Strawberry Lemonade, Organic	12 / 480ml	G P U	
722430 110172	05139	*			SYNERGY, Trilogy, Organic	12 / 480ml	G P U	
722430 340173	05258	*			SYNERGY, Watermelon Wonder, Organic	12 / 480ml	G P U	
GUSTA MEAT ALTERNATIVES (REFRIGERATED) - 10% OFF								
627552 101094	54717	GMO	V	+ Ⓟ	Wheat Sausage, Breakfast, Maple & Apples	12 / 320g		
627843 577850	54702		V	+ Ⓟ	Wheat Sausage, Espanola	12 / 350g		
627843 577867	54704		V	+ Ⓟ	Wheat Sausage, Germaine	12 / 350g		
627843 577843	54700		V	+ Ⓟ	Wheat Sausage, Italiana	12 / 350g		
627843 577874	54712		V	+ Ⓟ	Wheat Sausage, Montrealaise	12 / 350g		
627552 101070	54718	GMO	V	+ Ⓟ	Seitan Stick, Pizzaroni	12 / 200g		
HAPPY PLANET SOUPS (REFRIGERATED) - 10% OFF								
779172 667266	38894		BC	Ⓟ	NEW! Super Soup, Carrot Ginger & Turmeric	6 / 500ml		
779172 667501	38893		BC	Ⓟ	NEW! Super Soup, Fraser Valley Mushroom	6 / 500ml		
779172 667525	38899		BC	Ⓟ	NEW! Super Soup, Roasted Vegetables & Lentils	6 / 500ml		
779172 611054	38884	*	BC	Ⓟ	Soup, Berkeley Butternut Squash w/Yams & Fresh Cream, Organic (resealable bag)	6 / 650ml		
779172 611030	38883	*	BC	Ⓟ	Soup, Louisiana Sweetcorn & Red Pepper w/Chipotle Pepper, Organic (resealable bag)	6 / 650ml		
779172 611023	38882	*	BC	Ⓟ	Soup, Moroccan Chick Pea w/Spinach & Cumin, Organic (resealable bag)	6 / 650ml		
779172 611016	38881	*	BC	Ⓟ	Soup, Thai Coconut w/Baby Corn, Cilantro & Thai Chilies, Organic (resealable bag)	6 / 650ml		
779172 611061	38885	*	BC	Ⓟ	Soup, Tuscan Tomato w/Basil & Fresh Cream, Organic (resealable bag)	6 / 650ml		
HARDBITE HANDCRAFTED STYLE CHIPS - 10% OFF								
673513 107506	36428	GMO		BC	Ⓟ X NEW! Potato Chips, Southwest Chili	15 / 150g	G	
673513 119554	36426	GMO	GF	BC	Ⓟ X Vegetable Chips, BERRY SMOKEY PARSNIPS	15 / 150g	G	
673513 113552	37638	GMO		BC	Ⓟ X Vegetable Chips, 18 CARROT GOLD, Lightly Salted	15 / 150g	G	
673513 118557	36422	GMO		BC	Ⓟ X Vegetable Chips, DRESSED TO DILL Carrot Chips, Dill Flavoured	15 / 150g	G	
673513 112555	37637	GMO		BC	Ⓟ X Vegetable Chips, DROP 'N MAD BEETS, Lightly Salted	15 / 150g	G	
673513 111558	37518	GMO		BC	Ⓟ X Vegetable Chips, EAT YOUR PARSNIPS, Lightly Salted	15 / 150g	G	
673513 114559	37749	GMO		BC	Ⓟ X Vegetable Chips, SWEET SPUD OF MINE Sweet Potato Chips, Lightly Salted	15 / 150g	G	

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673513 120550	36451	GMO		BC	PK X	Vegetable Chips, SWEET TO THE BEET, Sweet Potato & Beet Chips	15 / 150g G
673513 117550	36423	GMO		BC	PK X	Vegetable Chips, SMOKIN' SWEET SPUD Sweet Potato Chips, BBQ Flavoured	15 / 150g G
HERBARIA HERBAL TEAS - 15% OFF							
5997005 343735	40850					Herbal Tea, Agrimony Herb	10 / 25ct
5997005 343742	40851					Herbal Tea, Birch Leaf	10 / 25ct
5997005 330100	40852					Herbal Tea, Chamomile Flowers	10 / 25ct
5997005 330933	40853					Herbal Tea, Dandelion Leaves	10 / 25ct
5997005 343605	40854					Herbal Tea, Echinacea Herb	10 / 25ct
5997005 330049	40855					Herbal Tea, Elder Flower	10 / 25ct
5997005 343599	40856					Herbal Tea, Eyebright Herb	10 / 25ct
5997005 324239	40857					Herbal Tea, Fennel	10 / 25ct
5997005 330902	40858					Herbal Tea, Hawthorn Flowers & Leaves	10 / 25ct
5997005 330438	40859					Herbal Tea, Horsetail	10 / 25ct
5997005 343834	40860					Herbal Tea, Lady's Mantle	10 / 25ct
5997005 343711	40861					Herbal Tea, Lavender Flowers	10 / 25ct
5997005 330919	40865					Herbal Tea, Milk Thistle	10 / 25ct
5997005 343810	40868					Herbal Tea, Plantain Leaf	10 / 25ct
5997005 330087	40869					Herbal Tea, Rosehip Leaf	10 / 25ct
5997005 343629	40870					Herbal Tea, Rosemary Leaf	10 / 25ct
5997005 343636	40871					Herbal Tea, Sage Leaves	10 / 25ct
5997005 330896	40872					Herbal Tea, Senna Leaves	10 / 25ct
5997005 343841	40873					Herbal Tea, Shepherd's Purse	10 / 25ct
5997005 330940	40874					Herbal Tea, Small Flowers Willow Herb	10 / 25ct
5997005 343728	40875					Herbal Tea, Spearmint	10 / 25ct
5997005 343827	40879					Herbal Tea, Uva Ursi Leaf	10 / 25ct
HORNBY ORGANIC ENERGY BARS - GLUTEN FREE - 10% OFF							
628055 058359	37550	GMO	GF *	BC	PK X	O SNACK, Chocolate Chip Banana, Organic	12 / 45g G
628055 058311	37551	GMO	GF *	BC	PK X	O SNACK, Chocolate Chip Peanut Butter, Organic	12 / 45g G
628055 058328	37552	GMO	GF *	BC	PK X	O SNACK, Chocolate Espresso, Organic	12 / 45g G
628055 058335	37553	GMO	GF *	BC	PK X	O SNACK, Peanut Butter & Jam, Organic	12 / 45g G
IF YOU CARE PRODUCTS - UP TO 15% OFF							
770009 010484	46382					Baking Cups, Large	24 / 60ct G P
770009 050046	46384		*			Cheesecloth, Unbleached, Organic	24 / 1.67m ² G P
770009 120114	46385					Aluminum Foil, 100% Recycled	12 / 50ft ² G P
770009 250255	46387					Unbleached Waxed Paper	12 / 75ft ² G P
770009 010200	46380					Parchment Baking Paper	12 / 70ft ² G P
770009 011924	46388					Parchment Baking Sheets (12.5" x 16")	12 / 24ct G P
770009 250262	60346					Sandwich Bags, Paper Snack & Sandwich	12 / 48ct G P
IMAGINE FOODS BROTHS - 10% OFF + VOLUME PRICING							
084253 773560	37800	GMO				Bone Broth, Chicken	12 / 1L
						Buy 10-19 cases (BROTHS)	Save 5%
						Buy 20-29 cases (BROTHS)	Save 10%
						Buy 30+ cases (BROTHS)	Save 15%
084253 241243	38636		GF *			Broth, Beef, Low Sodium, Organic	12 / 1L
084253 242943	38411		GF *			Broth, Chicken, Low Sodium, Organic	12 / 1L
084253 242493	38280		GF *			Broth, Chicken, Organic	12 / 1L
084253 773546	38785		GF *			Broth, Miso, Organic	12 / 1L
084253 242486	38279	GMO	GF *			Broth, Vegetable, Organic	12 / 1L
084253 242950	38449	GMO	V *			Broth, Vegetable, Low Sodium, Organic	12 / 1L
						Buy 10-19 cases (BROTHS)	Save 5%
						Buy 20-29 cases (BROTHS)	Save 10%
						Buy 30+ cases (BROTHS)	Save 15%
INDIANLIFE CHIPS - 15% OFF							
777762 004293	37601	GMO		BC	PK X	Masala Chips, Family Size	12 / 170g G
777762 004378	10073	GMO		BC	PK X	Palak Spinach Chips, Family Size	12 / 170g G
INDIANLIFE PRODUCTS (FROZEN) - 15% OFF							
777762 001377	58023	GMO		BC	PK X	Chapati (6ct)	12 / 284g
777762 002367	54079	GMO		BC	PK X	Masala Wrap w/Chickpeas & Wild Rice	12 / 275g
777762 001322	58014	GMO		BC	PK X	Naan, Coriander & Herbs	12 / 500g
777762 001285	58017	GMO		BC	PK X	Naan, Garlic	12 / 500g
777762 001292	58016	GMO		BC	PK X	Naan, Plain	12 / 500g
777762 001315	58018	GMO		BC	PK X	Naan, Spinach	12 / 500g
777762 000530	58013	GMO		BC	PK X	Roti	12 / 250g
777762 002374	54084	GMO		BC	PK X	Spinach Wrap w/Mixed Vegetables & Wild Rice	12 / 275g

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777762 001360	58022	GMO	BC	✪ X	Tortillas (7")	12 / 284g
777762 001650	58019	GMO	BC	✪ X	Wrap, Masala (11")	12 / 500g
777762 001629	58020	GMO	BC	✪ X	Wrap, Spinach (11")	12 / 500g
777762 001872	58038	GMO	*	BC	✪ X Wrap, Sprouted Spelt Flour, Organic (11")	12 / 500g
777762 001643	58021	GMO	BC	✪ X	Wrap, Sundried Tomato (11")	12 / 500g
777762 001612	58028	GMO	BC	✪ X	Wrap, Tortilla (11")	12 / 500g
JOVIAL ITALIAN PASTAS - GLUTEN FREE - 15% OFF						
815421 011234	17522	GF	*		Brown Rice Fusilli, Organic	12 / 340g
JUSTEA FARMER DIRECT KENYAN TEAS - UP TO \$8.78 OFF						
627843 437680	13700	GMO	@ BC	✪	Loose Leaf, African Chai (Tin)	6 / 115g
628451 866268	13716	GMO	@ BC	✪	Loose Leaf, Purple Chocolate (Tin)	6 / 100g
628451 866060	13711	GMO	@ BC	✪	Loose Leaf, Purple Jasmine (Tin)	6 / 90g
628451 866084	13712	GMO	@ BC	✪	Loose Leaf, Purple Mint (Tin)	6 / 60g
628451 866077	13710	GMO	@ BC	✪	Loose Leaf, Purple Rain (Tin)	6 / 80g
JUST EGG PLANT EGG (REFRIGERATED) - 10% OFF						
191011 000919	68902	GMO	+		NEW! Plant Egg, Scramble liquid	9 / 340g
KALIWAGS DOG SNACKS - 10% OFF						
856306 001162	39121		BC	✪	Dog Snacks, Bits, Beef (4 pack)	12 / 150g G P
856306 001193	39125		BC	✪	Dog Snacks, Bits, Salmon (4 pack)	12 / 150g G P
KAN'S GOURMET FOODS APPETIZERS (FROZEN) - 10% OFF						
189120 000524	54364	GMO	V	BC	✪ X Falafel, Mini Lentil, w/dipping sauce	12 / 330g
189120 000531	54367	GMO	V	BC	✪ X Pakoras, Spinach & Kale (baked), w/dipping sauce	12 / 330g
189120 000548	54643		V	BC	✪ X Pakoras, Yam, w/dipping sauce	12 / 320g
189120 000517	54363		V	BC	✪ X Samosas, Fresh Veggie & Lentil, w/dipping sauce	12 / 320g
KASLO SOURDOUGH PASTAS - 10% OFF						
779605 336400	42178	GMO	BC	✪ X	Pasta Fermentata, Radiatori, Classic	12 / 560g
779605 337407	42183	GMO	BC	✪ X	Pasta Fermentata, Radiatori, Semolina & Whole Wheat	12 / 560g
779605 336424	42179	GMO	BC	✪ X	Pasta Fermentata, Rotini, Classic	12 / 560g
KIJU ORGANIC BEVERAGES - \$0.72 OFF						
189727 000279	06768	GMO	*	+	✪ FIT, Pineapple Mango, Organic (Tetra)	8 / 4x200ml U
189727 000262	06770	GMO	*	+	✪ FIT, Strawberry Watermelon, Organic (Tetra)	8 / 4x200ml U
189727 000217	06944	GMO	*	+	✪ Juice, Apple, Organic (Tetra)	8 / 4x200ml U
189727 000224	06955	GMO	*	+	✪ Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml U
189727 000231	06956	GMO	*	+	✪ Juice, Lemonade, Organic (Tetra)	8 / 4x200ml U
189727 000248	06969	GMO	*	+	✪ Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml U
189727 000255	06975	GMO	*	+	✪ Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml U
KIND GRANOLA & BREAKFAST BARS & CLUSTERS - UP TO \$6.40 OFF + VOLUME PRICING						
602652 204050	37766				Breakfast Bars, Almond Butter (2pk)	8 / 4x50g G
602652 204067	37767				Breakfast Bars, Dark Chocolate Cocoa (2pk)	8 / 4x50g G
602652 201066	37768				Breakfast Bars, Peanut Butter (2pk)	8 / 4x50g G
					Buy 20-34 cases	Save 1.00
					Buy 35+ cases	Save 1.60
602652 184178	37609	GMO			HEALTHY GRAINS, Dark Chocolate Chunk	8 / 5x35g G
602652 184154	37607	GMO			HEALTHY GRAINS, Oats & Honey	8 / 5x35g G
602652 184185	37610	GMO			HEALTHY GRAINS, Peanut Butter Dark Chocolate	8 / 5x35g G
602652 296574	37600	GMO			HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g G
					Buy 20-34 cases	Save 1.00
					Buy 35+ cases	Save 1.60
602652 289095	39333		X		Nuts & Fruit, Almond Cranberry Cashew	8 / 113g G
602652 298127	39334		X		Nuts & Seeds, Almond Pumpkin Chia	8 / 113g G
602652 298158	39335		X		Coconut & Seeds, Pumpkin Sunflower Chia	8 / 113g G
					Buy 12-23 cases	Save 1.00
					Buy 24+ cases	Save 1.60
KRISDA SUGAR-FREE SWEETENERS - 15% OFF						
688120 014543	23020			✪	Sweetener, Stevia	6 / 454g
LAKANTO MONKFRUIT BLEND SWEETENER - 10% OFF						
843076 001225	44218	GMO			Sweetener, Classic	8 / 454g
843076 001232	44219	GMO			Sweetener, Golden	8 / 454g
L'ANCÊTRE CHEESES (REFRIGERATED) - UP TO \$4.75 OFF						
778177 499957	50101	GF	*	+	✪ Gouda (6 mos), Organic	8 / 170g
778177 509014	50099	GF	*		✪ Gouda, Dutch Aged (12 mos), Organic	8 / 175g

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LE GRAND PESTOS (REFRIGERATED) - 15% OFF								
773798 100220	19451	GMO	V	+	Ⓟ	Pesto, Classic	6 / 170g	
773798 100121	19450	GMO	V	+	Ⓟ	Pesto, Garden	6 / 170g	
773798 010123	19454	GMO	GF	V	+	Ⓟ	Pesto, Chimichurri	6 / 156g
LEVEL GROUND TRADING DIRECT FAIR TRADE PRODUCTS - 10% OFF								
661594 003640	18108			*	@	Ⓟ	Cacao Nibs, Organic	12 / 120g
661594 001677	12995				@	Ⓟ	Loose Leaf Tea, Black	12 / 70g
661594 001837	12996				@	Ⓟ	Loose Leaf Tea, Chai	12 / 70g
661594 002698	13241				@	Ⓟ	Loose Leaf Tea, Earl Grey	12 / 70g
661594 001684	12997				@	Ⓟ	Loose Leaf Tea, Green	12 / 70g
661594 003305	13001				@	Ⓟ	Pyramid bags, Black	12 / 30bags
661594 003541	13002				@	Ⓟ	Pyramid bags, Chai	12 / 20bags
661594 003329	13004				@	Ⓟ	Pyramid bags, Green	12 / 20bags
661594 003336	13006				@	Ⓟ	Pyramid bags, Tulsi (green tea blend)	12 / 20bags
661594 003312	13003				@	Ⓟ	Tea bags, Earl Grey	12 / 30bags
661594 003626	18115			*	@	Ⓟ	Dried Banana, Organic	12 / 130g
661594 003688	18100			*	@	Ⓟ	Dried Dragon Fruit, Organic	12 / 90g
661594 003633	18112			*	@	Ⓟ	Dried Golden Berry, Organic	12 / 100g
661594 905005	18113			*	@	Ⓟ	Dried Mango, Organic	12 / 100g
661594 904015	18114			*	@	Ⓟ	Dried Pineapple, Organic	12 / 100g
661594 712306	44307			*	@	Ⓟ	Cane Sugar, Unrefined, Organic	12 / 500g
661594 812303	44310			*	@	Ⓟ	Cane Sugar, Unrefined, Organic	6 / 2kg
661594 000083	44314			*	@	Ⓟ	Cane Sugar, Unrefined, Organic	1 / 20kg
661594 000380	11948			*	@	Ⓟ	Ground Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g
661594 003787	11955			*	@	Ⓟ	Ground Coffee, Bright Roast, Light	6 / 300g
661594 000274	11941				@	Ⓟ	Ground Coffee, Colombia, Dark & Strong, Organic	6 / 300g
661594 000311	11943				@	Ⓟ	Ground Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g
661594 000427	11951			*	@	Ⓟ	Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g
661594 000359	11953			*	@	Ⓟ	Ground Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g
661594 000441	11947				@	Ⓟ	Ground Coffee, French Roast, Dark & Intense, Organic	6 / 300g
661594 000335	11945			*	@	Ⓟ	Ground Coffee, Peru, Medium & Smooth, Organic	6 / 300g
661594 003732	11949			*	@	Ⓟ	Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g
661594 000397	11952			*	@	Ⓟ	Whole Bean Coffee, Bright Bean, Light & Juicy, Organic	6 / 300g
661594 605004	11940				@	Ⓟ	Whole Bean Coffee, Colombia, Dark & Strong	6 / 300g
661594 300008	11942			*	@	Ⓟ	Whole Bean Coffee, Decaf, Dark & Jitter-Free	6 / 300g
661594 324004	11954			*	@	Ⓟ	Whole Bean Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g
661594 000151	11946				@	Ⓟ	Whole Bean Coffee, French Roast, Dark & Intense	6 / 300g
661594 322000	11944			*	@	Ⓟ	Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 300g
661594 000410	11950			*	@	Ⓟ	Whole Bean Coffee, East Africa, Dark & Balanced, Organic	6 / 300g
661594 001936	11929				@	Ⓟ	Whole Bean Coffee, Colombia, Dark	6 / 908g
661594 002162	11930			*	@	Ⓟ	Whole Bean Coffee, Congo, Medium, Organic	6 / 908g
LILY'S NO SUGAR ADDED PRODUCTS - GLUTEN FREE - UP TO \$10.90 OFF								
810003 460516	21364	GMO	GF		@		Baking Chips, Dark Chocolate Style (55% Cocoa)	12 / 255g
810003 460936	21365	GMO	GF		@		Baking Chips, Semi-Sweet Style (45% Cocoa)	12 / 255g
810003 460486	21358		GF		@	X	Dark Chocolate Style, Almond (55% Cocoa)	12 / 85g
810003 460479	21357		GF		@	X	Dark Chocolate Style, Crispy Rice (55% Cocoa)	12 / 85g
810003 460462	21356		GF		@	X	Dark Chocolate Style, Coconut (55% Cocoa)	12 / 85g

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810003 460455	21355	GF	@	X	Dark Chocolate Style, Original (55% Cocoa)	12 / 85g	G
810003 460912	21362	GF	@	X	Extra Dark Chocolate Style, Sea Salt (70% Cocoa)	12 / 80g	G
810003 460929	21363	GF	@	X	Extremely Dark Chocolate Style (85% Cocoa)	12 / 80g	G
810003 460493	21359	GF	@	X	Milk Chocolate Style, Creamy Milk (40% Cocoa)	12 / 85g	G
810003 460509	21360	GF	@	X	Milk Chocolate Style, Salted Almond (40% Cocoa)	12 / 85g	G
810003 460905	21361	GF	@	X	Milk Chocolate Style, Salted Caramel (40% Cocoa)	12 / 80g	G

LOVE CHILD ORGANICS BABY FOODS - VOLUME PRICING

858860 001077	61051	*	+	Ⓟ	Puree, FIRST Apples, Organic (6+ months)	2 / 6x128ml	
858860 001084	61052	*	+	Ⓟ	Puree, FIRST Pears, Organic (6+ months)	2 / 6x128ml	
858860 001022	61041	*	+	Ⓟ	Puree, Apples, Bananas, Blueberries, Organic (6+ months)	2 / 6x128ml	
858860 001626	61063	*	+	Ⓟ	Puree, Apples, Banana's, Spinach, Avocado, Organic (6+ months)	2 / 6x128ml	
858860 001060	61045	*	+	Ⓟ	Puree, Apples, Corn, Butternut Squash, Organic (6+ months)	2 / 6x128ml	
858860 001015	61040	*	+	Ⓟ	Puree, Apples, Mangos, Organic (6+ months)	2 / 6x128ml	
858860 001121	61047	*	+	Ⓟ	Puree, Apples, Spinach, Kiwi, Broccoli, Organic (6+ months)	2 / 6x128ml	
858860 001640	61065	*	+	Ⓟ	Puree, Apples, Strawberries, Beets, Blueberries, Organic (6+ months)	2 / 6x128ml	
858860 001114	61046	*	+	Ⓟ	Puree, Apples, Sweet Potatoes, Beets, Cinnamon, Organic (6+ months)	2 / 6x128ml	
858860 001633	61066	*	+	Ⓟ	Puree, Apples, Sweet Potatoes, Broccoli, Spinach, Organic (6+ months)	2 / 6x128ml	
858860 001046	61043	*	+	Ⓟ	Puree, Apples, Sweet Potatoes, Carrots, Blueberries, Organic (6+ months)	2 / 6x128ml	
858860 001619	61067	*	+	Ⓟ	Puree, Bananas, Carrots, Mangoes, Coconut, Organic (6+ months)	2 / 6x128ml	
858860 001176	61049	*	+	Ⓟ	Puree, Bananas, Pumpkins, Pears, Coconut, Organic (6+ months)	2 / 6x128ml	
858860 001039	61042	*	+	Ⓟ	Puree, Bananas, Strawberries, Peaches, Organic (6+ months)	2 / 6x128ml	
858860 001169	61048	*	+	Ⓟ	Puree, Pears, Carrots, Green Beans, Prunes, Organic (6+ months)	2 / 6x128ml	
858860 001053	61044	*	+	Ⓟ	Puree, Pears, Kale, Peas, Organic (6+ months)	2 / 6x128ml	
858860 001138	61053	*	+	Ⓟ	Puree with Yogurt, Apples, Pumpkins, Raisins, Cinnamon, Organic (8+ months)	2 / 6x128ml	
858860 001145	61054	*	+	Ⓟ	Puree with Yogurt, Apples, Strawberries, Rhubarb, Organic (8+ months)	2 / 6x128ml	
858860 001152	61055	*	+	Ⓟ	Puree with Yogurt, Pears, Bananas, Blackberries, Raspberries, Organic (8+ months)	2 / 6x128ml	

Buy 25+ cases

Save 15%

LUNDBERG PRODUCTS - UP TO 17% OFF

073416 570900	16336	GMO	GF	*	X Rice Cake Minis, Apple Pie, Organic	6 / 142g	
073416 571006	16337	GMO	GF	*	X Rice Cake Minis, Sea Salt, Organic	6 / 142g	
073416 570801	16338	GMO	GF	*	X Rice Cake Minis, White Cheddar, Organic	6 / 142g	
073416 200142	16331	GMO	GF	*	X Rice Cakes, Plain, Organic	6 / 241g	
073416 200135	16335	GMO	GF	*	X Rice Cakes, Tamari w/Seaweed, Organic	6 / 241g	
073416 200159	16332	GMO	GF	*	X Rice Cakes, Unsalted, Organic	6 / 241g	
073416 200173	16333	GMO	GF	*	X Rice Cakes, Wild Rice, Organic	6 / 241g	
073416 561700	31228	GMO	GF	*	THIN STACKERS, Black Pepper & Sea Salt, Organic	6 / 167g	
073416 532502	31226	GMO	GF	*	THIN STACKERS, Five Grain, Organic	6 / 167g	
073416 532700	31225	GMO	GF	*	THIN STACKERS, Lightly Salted, Organic	6 / 167g	
073416 532809	31227	GMO	GF	*	THIN STACKERS, Red Rice & Quinoa, Organic	6 / 167g	
073416 532403	31224	GMO	GF	*	THIN STACKERS, Salt Free, Organic	6 / 167g	
073416 561601	31230	GMO	GF	*	THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 167g	

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073416 539105	31222	GMO	GF *			Quinoa, Tricolor Blend, Organic, American Grown	6 / 454g
073416 534209	31219	GMO	GF *			Rice, Basmati, Sprouted Brown, Organic	6 / 454g
073416 004719	31216		GF			Rice, Black Japonica Field Blend, Nutra-Farmed	6 / 454g
073416 534407	31221	GMO	GF *			Rice, Sprouted Short Grain Brown, Organic	6 / 454g
073416 040298	32043	GMO B	*			Rice, Jasmine White, Organic	1 / 11.34kg
MACKELLAR FARMS EDAMAME (FROZEN) - \$3.50 OFF							
185820 000017	63026	GMO		+ P X		Edamame, Whole Pods (Product of Canada)	12 / 400g
185820 000024	63027	GMO		+ P X		Edamame, Shelled (Product of Canada)	12 / 400g
MADEGOOD STAR PUFFED CRACKERS - GLUTEN FREE - 10% OFF							
687456 230030	64082	GMO	GF V *	+ P X		STAR PUFFED CRACKERS, Pizza Flavour, Organic	6 / 121g
MAISON ORPHEE PRODUCTS - 10% OFF							
069593 120816	33489	GMO	GF V	+ P		Marinade, Caesar Vinaigrette	12 / 250ml
069593 121400	32390	GMO	GF V	+ P		Marinade, Greek Vinaigrette	12 / 250ml
069593 120823	33490	GMO	GF V	+ P		Marinade, Maple & Dijon Vinaigrette	12 / 250ml
069593 120854	33493	GMO	GF V	+ P		Marinade, Olive & Balsamic Vinaigrette	12 / 250ml
069593 121653	32393	GMO	GF	+ P		Marinade, Ranch Vinaigrette	12 / 240ml
069593 120861	33494	GMO	GF V	+ P		Marinade, Sesame & Tamari Vinaigrette	12 / 250ml
069593 120212	32368		*	+ P		Vinegar, Balsamic, Organic	6 / 500ml
069593 120229	32369			+ P		Vinegar, Red Wine, Organic	6 / 500ml
069593 120014	30188			+ P		Olive Oil, Extra Virgin, Balanced	6 / 500ml
069593 120021	30189			+ P		Olive Oil, Extra Virgin, Delicate	6 / 500ml
069593 120038	30190			+ P		Toasted Sesame Oil, Virgin	6 / 500ml
MANITOBA HARVEST HEMP YEAH! PROTEIN POWDERS - \$5.91 OFF							
697658 690044	37199	GMO	V *	+ P		Max Protein Powder, Unsweetened, Organic	6 / 454g G
MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN) - \$1.55 OFF							
058449 000037	54814	GMO	*	X		MIGHTY MANNA, Carrot Raisin, Organic	8 / 400g
058449 708018	54819	GMO	*	X		MIGHTY MANNA, Cinnamon Date, Organic	8 / 400g
058449 000266	54832	GMO	*	X		MIGHTY MANNA, Fig Fennel & Flax, Organic	8 / 350g
058449 000099	54818	GMO	*	X		MIGHTY MANNA, Fruit & Nut, Organic	8 / 400g
058449 000150	54811	GMO	*	X		MIGHTY MANNA, Millet Rice, Organic	8 / 400g
058449 000051	54816	GMO	*	X		MIGHTY MANNA, Whole Rye, Organic	8 / 400g
MILLENNIA TEA SUPERFOOD TEA (FROZEN) - UP TO 15% OFF							
627843 851783	13732		* @	P X		Superfood Tea, Raw Chopped, Organic	12 / 120g
627843 851769	13731		* @	P X		Superfood Tea, Raw Cubes (12ct), Organic	12 / 162g
MILLSTREAM FLOURS - 15% OFF							
060543 002121	07331	B		BC P X		Chana Flour, Stoneground	1 / 9.07kg
MINTIQ SUGAR FREE MINTS - 15% OFF							
628371 110014	35123	GMO		+ P X		Mints, Farwest Spearmint (no aspartame)	6 / 15.6g G
MIGHTY FINE BRINE NATURALLY FERMENTED PICKLES (REFRIGERATED) - 10% OFF							
627843 551515	19400			+ P		NEW! Pickles, Classic New York	8 / 1L
MISHIMA INSTANT SOUPS - \$3.75 OFF							
830757 000325	38551			X		Instant Hot and Sour Soup	12 / 27g
830757 000219	38821			X		Instant Miso Soup, Red	12 / 30g
830757 000233	38822			X		Instant Miso Soup, White	12 / 30g
830757 000226	38655			X		Instant Mixed Miso soup (red & white)	12 / 30g
MIYOKO'S NON-DAIRY CHEESE ALTERNATIVES (REFRIGERATED) - 15% OFF							
857554 005896	19151		V *			Vegan Mozz, Organic	6 / 227g
MOUNTAIN SKY BODY CARE PRODUCTS - 5% OFF							
628055 186007	82249			BC P		Handmade Bath Soap, Anise	6 / 135g G P
628055 186069	46194			BC P		Handmade Bath Soap, Goat Milk & Oats	6 / 135g G P
628055 186083	82242			BC P		Handmade Bath Soap, Lavender Dream	6 / 135g G P
628055 186137	82245			BC P		Handmade Bath Soap, Vanilla Cream	6 / 135g G P
628055 186144	82247			BC P		Handmade Bath Soap, Wild Rose	6 / 135g G P
628055 186038	80678			BC P		Handmade Body Soap, Charcoal Cleanse, Ancient Asian	6 / 135g G P
628055 186045	82239			BC P		Handmade Body Soap, Herbal Pine Eucalyptus	6 / 135g G P
628055 186076	82241			BC P		Handmade Body Soap, Kali Spice	6 / 135g G P
628055 186106	82248			BC P		Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g G P
628055 186090	46195			BC P		Shower Soap, Moroccan Argan	6 / 135g G P

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MYLKO OAT BUTT'R (FROZEN) - 10% OFF						
627843 609643	13810			+ P X	NEW! Oat Butt'r	8 / 280g
NAKED & SAUCY COOKING SAUCES - 15% OFF						
890104 001320	40123	GMO	*	BC P	NAKED & SAUCY, Teriyaki Keto, Organic	6 / 296ml
890104 001061	40117	GMO	*	BC P	NAKED & SAUCY, Teriyaki Sesame Ginger, Organic	6 / 296ml
890104 001337	40124	GMO	*	BC P	NAKED & SAUCY, Sweet & Sour, Organic	6 / 296ml
NATRACARE FEMININE CARE PRODUCTS - 15% OFF						
782126 003041	80892				Maxi Pads, Night Time	1 / 10ea
NATURA DAIRY FREE BEVERAGES - UP TO \$4.00 OFF						
063667 090463	07276		V	+ P	Almond & Coconut, Unsweetened	12 / 946ml
063667 090081	07122		V	+ P	Almond, Chocolate	12 / 946ml
063667 090012	07119		V	+ P	Almond, Original	12 / 946ml
063667 090067	07121		V	+ P	Almond, Unsweetened	12 / 946ml
063667 090265	07275		V	+ P	Almond, Unsweetened, Vanilla	12 / 946ml
063667 200084	06401		V	+ P	Oat, Chocolate	12 / 946ml
063667 006013	06378	GMO	V *	+ P	Rice, Original, Organic	12 / 946ml
063667 006020	06379	GMO	V *	+ P	Rice, Vanilla, Organic	12 / 946ml
063667 301859	06374	GMO	V *	+ P	Soy, Chocolate, Organic	12 / 946ml
063667 301408	06371	GMO	V *	+ P	Soy, Original, Organic	12 / 946ml
063667 511005	06375	GMO	V *	+ P	Soy, Unsweetened, Organic	12 / 946ml
063667 301552	06372	GMO	V *	+ P	Soy, Vanilla, Organic	12 / 946ml
NATURAL CABANA LEMON & LIMEADES - 15% OFF						
856190 003020	04081				X Lemonade, Cherry	12 / 591ml G U
853790 001722	04087				X Lemonade, Coconut & Pineapple	12 / 591ml G U
853790 001715	04088				X Lemonade, Peach	12 / 591ml G U
856190 003204	04086				X Limeade, Raspberry	12 / 591ml G U
NATURE CLEAN LAUNDRY PRODUCTS - 15% OFF						
058951 308508	80449			+ P	Laundry Liquid, HE (High Efficiency) Certified	4 / 1.83L G P
NATURE'S PATH PRODUCTS - UP TO \$5.00 OFF + VOLUME PRICING						
058449 450696	22882	GMO	GF *	P	Gluten Free Oatmeal, Brown Sugar Maple, Organic	6 / 8x40g
058449 450719	22884	GMO	GF *	P	Gluten Free Oatmeal, Variety Pack, Organic	6 / 8x40g
					Buy 10-19 cases	Save 0.25
					Buy 20-39 cases	Save 0.50
					Buy 40+ cases	Save 0.75
058449 450047	22784	GMO	*	P	Oatmeal, Apple Cinnamon, Organic	6 / 8x50g
058449 450023	22786	GMO	*	P	Oatmeal, FLAX PLUS, Organic	6 / 8x50g
058449 450030	22785	GMO	*	P	Oatmeal, Maple Nut, Organic	6 / 8x50g
058449 450016	22787	GMO	*	P	Oatmeal, Original, Organic	6 / 8x40g
058449 450009	22752	GMO	*	P	Oatmeal, Variety Pack, Organic	6 / 8x50g
					Buy 10-19 cases	Save 0.25
					Buy 20-39 cases	Save 0.50
					Buy 40+ cases	Save 0.75
058449 154006	25065	GMO	*	P	Ql'A Oatmeal, Superseeds & Grains, Organic	6 / 228g
058449 154020	25066	GMO	*	P	Ql'A Oatmeal, Creamy Coconut, Organic	6 / 228g
058449 154044	25067	GMO	*	P	Ql'A Oatmeal, Cinnamon Pumpkin Seed, Organic	6 / 228g
058449 204084	55730	GMO	*	P	Superfood Oatmeal, Golden Turmeric, Organic	6 / 210g
058449 204091	55731	GMO	*	P	Superfood Oatmeal, Cacao, Organic	6 / 210g
					Buy 10-19 cases	Save 0.25
					Buy 20-39 cases	Save 0.50
					Buy 40+ cases	Save 0.75
729906 410033	22175	GMO	*	P	Oats, Steel Cut, Quick Cook, Organic	6 / 680g
729906 410019	22074	GMO	*	P	Oats, Steel Cut, Coarsely Cut, Organic	6 / 840g
058449 189107	22650	GMO	GF *	P	Cereal, Golden Turmeric, Organic	6 / 300g
058449 771524	22641	GMO	GF *	P	Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g
058449 172048	22886	GMO	*	P X	Granola, Coconut & Cashew Butter, Organic	8 / 312g
058449 202288	22655	GMO	*	P X	Superfood Granola, Golden Turmeric, Organic	6 / 198g

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NORA SEAWEED SNACKS - VOLUME PRICING								
855258 006225	19100	GMO			X Crispy Seaweed, Original	12 / 32g	G	
855258 006232	19102	GMO			X Tempura Seaweed, Original	12 / 45g	G	
855258 006249	19101	GMO			X Tempura Seaweed, Spicy	12 / 45g	G	
Buy 20+ cases						Save	15%	
NORA'S DAIRY-FREE DESSERTS (FROZEN) - 10% OFF								
627843 814245	32920		V	BC	Ⓟ X Cashew Frozen Dessert, Mint Chip	8 / 500ml		
627843 814184	32921		V	BC	Ⓟ X Cashew Frozen Dessert, Peanut Butter & Chocolate	8 / 473ml		
627843 814207	32922		V	BC	Ⓟ X Cashew Frozen Dessert, Strawberries & Crème	8 / 500ml		
627843 814153	32923		V	BC	Ⓟ X Cashew Frozen Dessert, Vanilla Bean	8 / 473ml		
NORTH PRAIRIE GOLD OIL - \$12.00 OFF								
628451 482055	20236	GMO		+	Ⓟ Virgin Canola Oil, Cold-Pressed	12 / 500ml		
NUMI ORGANIC TEAS - 15% OFF								
680692 101713	12026	GMO		*	@ Black Tea, Aged Earl Grey, Organic	6 / 18bags		
680692 102215	12966	GMO		*	@ Black Tea, Breakfast Blend, Organic	6 / 18bags		
680692 101812	12027	GMO		*	@ Black Tea, Golden Chai, Organic	6 / 18bags		
680692 101195	12021	GMO		*	@ Green Tea, Gunpowder Green, Organic	6 / 18bags		
680692 101188	12010	GMO		*	@ Green Tea, Jasmine Green, Organic	6 / 18bags		
680692 103014	13209	GMO		*	Organic Green Tea, Matcha Toasted Rice,	6 / 18bags		
680692 111507	12023	GMO		*	@ Herbal Teasan, Chamomile Lemon, Organic	6 / 18bags		
680692 115000	12007	GMO		*	Herbal Teasan, Chocolate Rooibos, Organic	6 / 16bags		
680692 101010	12003	GMO		*	@ Herbal Teasan, Dry Desert Lime, Organic	6 / 18bags		
680692 101034	12005	GMO		*	Herbal Teasan, Honeybush, Organic	6 / 18bags		
680692 101140	12006	GMO		*	@ Herbal Teasan, Moroccan Mint, Organic	6 / 18bags		
680692 102017	12088	GMO		*	Herbal Teasan, Rooibos Chai, Organic	6 / 18bags		
680692 101126	12004	GMO		*	Herbal Teasan, Rooibos, Organic	6 / 18bags		
680692 115529	13239	GMO		*	@ Herbal Teasan, Turmeric Amber Sun, Organic	6 / 12bags		
680692 115512	13238	GMO		*	@ Herbal Teasan, Turmeric Golden Tonic, Organic	6 / 12bags		
680692 115505	13237	GMO		*	@ Herbal Teasan, Turmeric Three Roots, Organic	6 / 12bags		
NUNWEILER'S FLOUR CO ORGANIC FLOURS & MIXES - 20% OFF + VOLUME PRICING								
067785 000243	20042		*	+	Ⓟ All Purpose & Pastry Flour, Organic	4 / 1kg		
067785 000045	20043		*	+	Ⓟ Whole Wheat Flour, Organic	4 / 1kg		
Buy 15+ cases (FLOURS ONLY)						Save	5%	
067785 000441	20037		*	+	Ⓟ Buckwheat Flour, Organic	4 / 1kg		
Buy 15+ cases (FLOURS ONLY)						Save	5%	
067785 000342	20024		*	+	Ⓟ Spelt Flour, Whole, Organic	4 / 1kg		
Buy 15+ cases (FLOURS ONLY)						Save	5%	
067785 001745	20014	GMO		*	Ⓟ Oat Flour, Whole Grain, Organic	4 / 1kg		
Buy 15+ cases (FLOURS ONLY)						Save	5%	
067785 005743	20015	GMO		*	Ⓟ Unbleached White Flour, Organic	4 / 1kg		
Buy 15+ cases (FLOURS ONLY)						Save	5%	
067785 010440	02190		*	+	Ⓟ Pancake & Waffle Mix, Buckwheat, Organic	4 / 1kg		
067785 011041	02191		*	+	Ⓟ Pancake & Waffle Mix, Buttermilk, Organic	4 / 1kg		
067785 010044	02189		*	+	Ⓟ Pancake & Waffle Mix, Whole Grain, Organic	4 / 1kg		
Buy 15+ cases (P&W MIX ONLY)						Save	5%	
067785 010341	02192		*	+	Ⓟ Pancake & Waffle Mix, Spelt, Organic	4 / 1kg		
Buy 15+ cases (P&W MIX ONLY)						Save	5%	
NUTIVA PRODUCTS - UP TO 17% OFF								
692752 223259	29731	GMO			Chia Seeds (Pouch)	6 / 400g		
692752 105685	21043	GMO	GF	*	Coconut Flour, Organic	6 / 454g		
692752 110054	35250			*	Coconut Manna, Organic (Glass Jar)	6 / 425g		
692752 108938	15209	GMO		*	Coconut Oil Liquid, Organic (Glass Bottle)	6 / 236ml		
692752 200014	30661			*	Coconut Oil, Virgin, Organic (PET Jar)	12 / 444ml		
692752 200021	30662	GMO		*	Coconut Oil, Virgin, Organic (PET Jar)	6 / 860ml		
692752 200052	30663	GMO		*	Coconut Oil, Virgin, Organic (PET Jar)	6 / 1.6L		
692752 107375	30658	GMO	GF	*	Hazelnut Spread, Classic, Organic	6 / 369g		
692752 107573	30659	GMO	GF	*	Hazelnut Spread, Dark, Organic	6 / 369g		

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NUTRINUGGET RAW SUPERFOOD SQUARES - 10% OFF

628634	236161	50270	GMO	*	+	ⓧ	X	Raw Superfood Squares, Caramel, Organic	12 / 65g	G
628634	236079	50271	GMO	*	+	ⓧ	X	Raw Superfood Squares, Chocolate, Organic	12 / 65g	G
628634	236130	50272	GMO	*	+	ⓧ	X	Raw Superfood Squares, Hazelnut, Organic	12 / 65g	G

NUTS FOR CHEESE DAIRY-FREE NUTS FOR BUTTER & FERMENTED CASHEW PRODUCT (REFRIGERATED) - UP TO \$5.00 OFF + VOLUME PRICING

842232	008023	18660	GMO	V	*	@	+	ⓧ	Cashew Butter, Salted Original, Organic (2 sticks)	6 / 227g	
842232	009020	18661	GMO	V	*	@	+	ⓧ	Cashew Butter, Herb & Garlic, Organic (2 sticks)	6 / 227g	
										Buy 10-14 cases	Save 10%
										Buy 15-19 cases	Save 15%
										Buy 20+ cases	Save 20%
842232	006012	18655		V	*		+	ⓧ	Black Garlic, Organic	6 / 120g	
627843	729600	18653		V	*		+	ⓧ	Chipotle Cheddar Style, Organic	6 / 120g	
627843	729624	18652		V	*		+	ⓧ	Smokey Artichoke and Herb, Organic	6 / 120g	
627843	729631	18651		V	*		+	ⓧ	Super Blue, Organic	6 / 120g	
627843	729594	18654		V	*		+	ⓧ	Un-brie-lievable, Organic	6 / 120g	
										Buy 10-14 cases	Save 10%
										Buy 15-19 cases	Save 15%
										Buy 20+ cases	Save 20%

NUUN HYDRATION DRINK TABLETS - GLUTEN FREE - \$4.00 OFF

811660	022482	40740	GMO	GF	V		X	NEW! Immunity, Blueberry Tangerine	8 / 10ct	G
811660	022499	40741	GMO	GF	V		X	NEW! Immunity, Orange Citrus	8 / 10ct	G
811660	021096	40719	GMO	GF	V		X	NEW! Sport, Strawberry Lemonade	8 / 10ct	G
811660	021188	40730	GMO	GF	V		X	NEW! Sport, Watermelon	8 / 10ct	G
811660	021935	40724		GF			X	VITAMINS, Blueberry Pomegrante	8 / 12ct	G
811660	021942	40725		GF			X	VITAMINS, Tangerine Lime	8 / 12ct	G

OASIS PITA BREAD (FROZEN) - 15% OFF

777762	002459	58024	GMO				+	X	Pita Bread (made with organic ingredients)	12 / 325g	
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OLIVADO OILS - 10% OFF

9421009	030446	37593							Macadamia Nut Oil, Extra Virgin	6 / 250ml	
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OMEGA NUTRITION PRODUCTS - GLUTEN FREE - UP TO 17.5% OFF

055358	314002	85028		GF	*			ⓧ	Apple Cider Vinegar, Organic (plastic bottle)	12 / 355ml	
055358	314101	85027		GF	*			ⓧ	Apple Cider Vinegar, Organic (plastic bottle)	6 / 946ml	
055358	314200	65026		B	GF	*		ⓧ	Apple Cider Vinegar, Organic (plastic jug)	4 / 3.78L	
055358	350024	85050		GF	*			ⓧ	Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 454g	
055358	350031	85051		GF	*			ⓧ	Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 908g	
055358	350055	28047		B	GF	*		ⓧ	Coconut Oil, Aroma Free, Organic (plastic jar) (REFRIGERATED)	4 / 3.17kg	
055358	351014	28031		GF	*			ⓧ	Coconut Oil, Virgin, Organic (plastic jar)	6 / 283g	
055358	351021	85052		GF	*			ⓧ	Coconut Oil, Virgin, Organic (plastic jar) (REFRIGERATED)	6 / 454g	
055358	114107	85036		GF	*			ⓧ	Flax Oil, Organic (plastic bottle) (REFRIGERATED)	12 / 355ml	
055358	114152	85037		GF	*			ⓧ	Flax Oil, Organic (plastic bottle) (REFRIGERATED)	12 / 473ml	
055358	114206	85046		GF	*			ⓧ	Flax Oil, Organic (plastic bottle) (REFRIGERATED)	6 / 946ml	
055358	350086	85343		GF				ⓧ	MCT Oil	6 / 946ml	G
055358	216009	85055		GF	*			ⓧ	Nutri-Flax Hi-Lignan Flax Seed Powder, Organic (plastic jar)	6 / 454g	
055358	335021	85060		GF	*			ⓧ	Pumpkin Seed Butter, Organic (plastic jar)	6 / 341g	
055358	335014	85059		GF	*			ⓧ	Pumpkin Seed Butter, Organic (plastic jar)	6 / 568g	
055358	670009	85048		GF	*			ⓧ	Pumpkin Seed Oil, Organic (plastic bottle)	12 / 355ml	
055358	219505	37237		GF	*			ⓧ	Pumpkin Seed Protein Powder, Organic (plastic jar)	6 / 600g	G

ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR - GLUTEN FREE - 15% OFF

182583	000025	22214		GF	*			ⓧ	Coconut Palm Sugar, Organic	12 / 475g	
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PACIFIC FOODS SOUP - 10% OFF							
052603 281409	38091	GMO	*	X	Soup, Condensed Cream of Cauliflower, Organic (can)	12 / 284ml	
052603 281393	38092			X	Soup, Condensed Cream of Chicken (can)	12 / 284ml	
052603 279543	38090	GMO	*	X	Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml	
052603 281287	38083	GMO	*		Soup, Creamy Tomato Basil, Organic	12 / 946ml	
PAPERCHIEF CULINARY PARCHMENT PRODUCTS - 10% OFF							
628689 700303	47014		+	Ⓟ	Baking Cups, Extra Large	12 / 30ct	G P
628689 700600	47013		+	Ⓟ	Baking Cups, Large	12 / 60ct	G P
628689 700907	47015		+	Ⓟ	Baking Cups, Mini	12 / 90ct	G P
628689 700129	21010		+	Ⓟ	Baking Cups, Lotus	6 / 12ct	G P
628689 700143	21011		+	Ⓟ	Baking Cups, Tulip	6 / 12ct	G P
628689 000014	47011			Ⓟ	Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft ²	G P
628689 700983	47010			Ⓟ	Parchment Paper, FSC Certified (roll) (123 Square Feet)	12 / 123ft ²	G P
628689 700242	47016			Ⓟ	Parchment Paper, Pre-cut Sheets, FSC Certified (41 Square Feet)	12 / 24ct	G P
PAQUI TORTILLA CHIPS - GLUTEN FREE - VOLUME PRICING							
810002 650055	38944	GMO	GF	X	Tortilla Chips, Fiery Chile Limón	12 / 155g	G
891760 002331	38935	GMO	GF	X	Tortilla Chips, Haunted Ghost Pepper	12 / 155g	G
810002 650062	38945	GMO	GF	X	Tortilla Chips, Jalapeño Tropicale	12 / 155g	G
891760 002577	38916	GMO	GF	X	Tortilla Chips, Mucho Nacho Cheese	12 / 155g	G
891760 002591	38917	GMO	GF	X	Tortilla Chips, Zesty Salsa Verde	12 / 155g	G
					Buy 5-24 cases	Save 3.91	
					Buy 25-49 cases	Save 5.88	
					Buy 50+ cases	Save 7.82	
PATIENCE FRUIT & CO DRIED BERRIES - 15% OFF							
662166 551996	18202	GMO	*	+ Ⓟ	Dried Sliced Cranberries, No Added Sugar, Organic	8 / 142g	G
PERFECT CHEF TOMATO PASTA SAUCE - UP TO 20% OFF + VOLUME PRICING							
620988 050387	42402	GMO	*	+ Ⓟ	Pasta Sauce, Basil, Organic	6 / 740ml	
620988 050431	42404	GMO	*	+ Ⓟ	Pasta Sauce, Marinara, Organic	6 / 740ml	
620988 050370	42401	GMO	*	+ Ⓟ	Pasta Sauce, Roasted Garlic, Organic	6 / 740ml	
					Buy 15+ cases	Save 5%	
620988 050592	42410	GMO	*	+ Ⓟ	Pasta Sauce, Butternut Squash, Organic	6 / 740ml	
620988 050455	42406	GMO	*	+ Ⓟ	Pasta Sauce, Kale & Spinach, Organic	6 / 740ml	
620988 050462	42407	GMO	*	+ Ⓟ	Pasta Sauce, Red Lentil, Organic	6 / 740ml	
620988 050578	42408	GMO	*	+ Ⓟ	Pasta Sauce, Sundried Tomato, Organic	6 / 740ml	
					Buy 15+ cases	Save 5%	
PLUM-M-GOOD PRODUCTS - UP TO \$3.55 OFF							
069372 006201	16697	GF	*	BC Ⓟ	Brown Rice Breading Crumbs, Organic	6 / 100g	
069372 007642	16667	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, 5 Rice Blend, Organic	12 / 95g	
069372 007666	16668	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g	
069372 007703	16733	GMO	GF	* BC Ⓟ X	THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g	
069372 007741	16735	GMO	GF	* BC Ⓟ X	THINS, Brown Rice Cakes, Flax, Unsalted, Organic	12 / 95g	
069372 007727	16734	GMO	GF	* BC Ⓟ X	THINS, Brown Rice Cakes, Hemp, Unsalted, Organic	12 / 95g	
069372 007307	16610	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g	
069372 007628	16666	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g	
069372 007208	16609	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g	
069372 007505	16614	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12 / 95g	
069372 007109	16608	GF	*	BC Ⓟ X	THINS, Brown Rice Cakes, Unsalted, Organic	12 / 95g	
069372 002111	16445		*	BC Ⓟ X	Lightly Salted Rice Cakes, Natural, Organic	12 / 185g	

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UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052						
069372 002159	16441	*	BC	Ⓟ	X	Salted Rice Cakes, Multigrain, Organic	12 / 185g	
069372 002173	16446	*	BC	Ⓟ	X	Salted Rice Cakes, Sesame, Organic	12 / 185g	
069372 001114	16450	*	BC	Ⓟ	X	Unsalted Rice Cakes, Multigrain, Organic	12 / 185g	
069372 001046	16425	*	BC	Ⓟ	X	Unsalted Rice Cakes, Natural, Organic	12 / 185g	
PRAIRIE HARVEST KETCHUP - 10% OFF								
624756 995115	30065	GMO	*	Ⓟ		Ketchup, Organic	12 / 575ml	
PRANA PRODUCTS - 10% OFF								
877693 001641	26108	GMO	GF	*	+	Ⓟ	NEW! Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g G
877693 001863	26109	GMO	GF	@	+	Ⓟ	NEW! Sumsuma Chocolate Sesame Bites, Organic	8 / 150g G
877693 001504	26141			*			Cacao Nibs, Organic ☐	6 / 250g
877693 001559	26142	GMO	GF	*		Ⓟ	Dark Chocolate Chunks 70%, Organic	6 / 300g
877693 000224	18111	GMO	GF	*		Ⓟ	Dates, Medjool, Organic	6 / 250g
877693 000217	18155	GMO	GF	*		Ⓟ	Dried Figs, Organic	6 / 250g
877693 000217	18155	GMO	GF	*		Ⓟ	Figs, Organic	6 / 250g
877693 000187	18110	GMO	GF	*		Ⓟ	Goji Berries, Organic	6 / 200g
877693 001450	18152	GMO	GF	*		Ⓟ	Mango Cheeks, Organic	6 / 150g
877693 001405	18171		GF	*		Ⓟ	Mulberries, White, Organic	6 / 250g
877693 000170	26130	GMO	GF	*			Nuts, Non-Roasted Cashews, Organic	6 / 250g
877693 000156	26131	GMO	GF	*			Nuts, Raw Almonds, Organic (European)	6 / 250g
877693 000163	26129	GMO	GF	*			Nuts, Raw Brazil, Organic	6 / 250g
877693 001344	26132		GF	*			Nuts, Raw Pecans, Organic	6 / 180g
877693 001351	26136		GF	*			Nuts, Raw Pistachios, Shelled, Organic	6 / 200g
877693 000200	26128	GMO	GF	*			Nuts, Raw Walnuts, Organic	6 / 180g
877693 003096	34092	GMO	GF	*	+	Ⓟ	PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g
877693 003089	34091	GMO	GF	*	+	Ⓟ	PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g
877693 000279	18154	GMO	GF	*		Ⓟ	Prunes, Pitted, Organic	6 / 250g
877693 001498	26143		GF	*		Ⓟ	Raw Cacao Powder, Organic	6 / 200g
877693 000330	34063	GMO	GF	*			Seeds, Chia Ground Black, Organic	6 / 200g
877693 000316	34061	GMO	GF	*			Seeds, Chia Ground White, Organic	6 / 200g
877693 000323	34062	GMO	GF	*			Seeds, Chia Whole Black, Organic	6 / 300g
877693 000583	34097	GMO	GF	*			Seeds, Chia Whole Black, Organic	4 / 1kg
877693 000293	34060	GMO	GF	*			Seeds, Chia Whole White, Organic	6 / 300g
877693 001375	26138	GMO	GF	*			Seeds, Raw Pumpkin, Organic (European)	6 / 250g
PUKKA ORGANIC TEAS - UP TO 15% OFF								
506022 9013897	40811	GMO	*	@	X	NEW! Herbal Tea, Elderberry & Echinacea, Organic	4 / 20bags	
506022 9013804	40812	GMO	*	@	X	NEW! Herbal Tea, Lemongrass & Ginger, Organic	4 / 20bags	
506022 9013675	40813	GMO	*	@	X	NEW! Herbal Tea, Love, Organic	4 / 20bags	
506022 9013729	40814	GMO	*	@	X	NEW! Herbal Tea, Original Chai, Organic	4 / 20bags	
506022 9014009	40815	GMO	*	@	X	NEW! Herbal Tea, Three Chamomile, Organic	4 / 20bags	
506022 9013828	40816	GMO	*	@	X	NEW! Herbal Tea, Three Fennel, Organic	4 / 20bags	
506022 9013767	40817	GMO	*	@	X	NEW! Herbal Tea, Three Ginger, Organic	4 / 20bags	
506022 9013750	40818	GMO	*	@	X	NEW! Herbal Tea, Three Mint, Organic	4 / 20bags	
506022 9014566	40819	GMO	*	@	X	NEW! Herbal Tea, Turmeric Gold, Organic	4 / 20bags	
506022 9013712	40820	GMO	*	@	X	NEW! Herbal Tea, Womankind, Organic	4 / 20bags	
506022 9013866	40806	GMO	*	@	X	Herbal Tea, Wild Apple & Cinnamon, Organic	4 / 20bags	
PULSE KITCHEN DAIRY-FREE CASHEW DELICACY (REFRIGERATED) - GLUTEN FREE - 10% OFF								
627843 694052	21602		GF	V	BC	Ⓟ	Almond Chevre, Creamy	9 / 100g
627843 694069	21603		GF	V	BC	Ⓟ	Almond Gruyere, Semi Firm	9 / 100g
627843 694038	21600		GF	V	BC	Ⓟ	Cashew Cheddar, Sharp	9 / 100g
627843 694021	21604		GF	V	BC	Ⓟ	Cashew Cheddar, Smoky	9 / 100g
627843 694045	21601		GF	V	BC	Ⓟ	Cashew Kind Of Blue	9 / 100g
PURPLE FROG HYDRATING HAND SANITIZER - 15% OFF								
676034 000011	47101				+	Ⓟ	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	24 / 125ml G P
676034 000004	47100				+	Ⓟ	Hand Sanitizer w/Aloe Vera + Grapefruit Oil, Gel	48 / 60ml G P

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R.W. KNUDSEN JUICES - \$7.80 OFF + VOLUME PRICING						
074682 123241	06363			Just Blueberry (100% Blueberry juice)	6 / 946ml	U
074682 123500	06361	GMO		Just Cranberry (100% Cranberry juice)	6 / 946ml	U
074682 123296	06365			Just Pomegranate (100% Pomegranate Juice)	6 / 946ml	U
074682 123180	06580		*	Just Tart Cherry, Organic	6 / 946ml	U
074682 123128	06581		*	Prune Nectar, Organic	6 / 946ml	U
					Buy 5-19 cases (Just Juices ONLY)	Save 1.00
					Buy 20+ cases (Just Juices ONLY)	Save 2.90
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD - UP TO \$7.11 OFF						
810757 000624	16814		BC	Salmon, Pink	12 / 160g	
810757 005629	16815		BC	Salmon, Pink, No Salt	12 / 160g	
810757 006626	16817		BC	Salmon, Pink, Skinless Boneless	12 / 150g	
810757 007623	16816		BC	Salmon, Pink, Skinless, Boneless & Smoked	12 / 150g	
810757 000525	16811		BC	Salmon, Sockeye	12 / 160g	
810757 005520	16812		BC	Salmon, Sockeye, No Salt	12 / 160g	
810757 006510	16813		BC	Salmon, Sockeye, Skinless Boneless	12 / 150g	
REDMOND REAL SALT - 15% OFF						
018788 992615	15600		B	Sea Salt, Unrefined, Fine (pouch w/spout)	12 / 737g	
REED'S ALL-NATURAL GINGER DRINKS - 15% OFF						
008274 444445	10951			NEW! Ginger Beer, Extra (bottle)	6 / 4x355ml	G P U
008274 111118	10950			NEW! Ginger Beer, Original (bottle)	6 / 4x355ml	G P U
RIDGWAYS BLACK TEAS - \$1.80 OFF						
5060123 606034	12600		*	Black Tea, Organic	6 / 40bags	
5060123 606027	12605		*	Earl Grey, Organic	6 / 40bags	
RIPPLE DAIRY-FREE PEA BEVERAGE (REFRIGERATED) - GLUTEN FREE - \$3.96 OFF						
855643 006236	05272	GMO	GF	Pea Beverage, Chocolate	6 / 1.42L	
855643 006229	05271	GMO	GF	Pea Beverage, Original	6 / 1.42L	
855643 006212	05270	GMO	GF	Pea Beverage, Original Unsweetened	6 / 1.42L	
RISE KOMBUCHA (REFRIGERATED) - UP TO \$4.00 OFF						
818762 001803	15322		V *	Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml	G P U
818762 001810	15323		V *	Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml	G P U
818762 001827	15324		V *	Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml	G P U
818762 001834	15325		V *	Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml	G P U
818762 001902	15315	GMO	V *	Low Sugar, Kiwi & Pineapple, Organic (glass)	6 / 1L	G P U
818762 001919	15316	GMO	V *	Low Sugar, Mango & Papaya, Organic (glass)	6 / 1L	G P U
818762 001926	15317	GMO	V *	Low Sugar, Raspberry & Vanilla, Organic (glass)	6 / 1L	G P U
818762 001933	15318	GMO	V *	Low Sugar, Watermelon & Mint, Organic (glass)	6 / 1L	G P U
818762 000042	15304	GMO	GF V *	Blueberry & Maple, Organic (glass)	12 / 414ml	G P U
818762 000011	15301	GMO	GF V *	Ginger, Organic (glass)	12 / 414ml	G P U
818762 000035	15302	GMO	GF V *	Hibiscus & Rosehips, Organic (glass)	12 / 414ml	G P U
818762 000028	15303	GMO	GF V *	Lemongrass, Organic (glass)	12 / 414ml	G P U
818762 002008	15327	GMO	*	Lime & Matcha, Organic (glass)	12 / 414ml	G P U
818762 001063	15320	GMO	V *	Lychee & Jasmine, Organic (glass)	12 / 414ml	G P U
818762 001032	15305	GMO	GF V *	Mint Chlorophyll, Organic (glass)	12 / 414ml	G P U
818762 001056	15321	GMO	V *	Orange Turmeric, Organic (glass)	12 / 414ml	G P U
818762 002015	15326	GMO	*	Peach & Mango, Organic (glass)	12 / 414ml	G P U
818762 001018	15306	GMO	GF V *	Rose & Schizandra, Organic (glass)	12 / 414ml	G P U
818762 000370	15310	GMO	GF V *	Blueberry Maple, Organic (glass)	6 / 1L	G P U
818762 000349	15307	GMO	GF V *	Ginger, Organic (glass)	6 / 1L	G P U
818762 000363	15308	GMO	GF V *	Hibiscus & Rosehips, Organic (glass)	6 / 1L	G P U
818762 000356	15309	GMO	GF V *	Lemongrass, Organic (glass)	6 / 1L	G P U
818762 002046	15331	GMO	*	Lime & Matcha, Organic (glass)	6 / 1L	G P U
818762 001070	15313	GMO	V *	Lychee & Jasmine, Organic (glass)	6 / 1L	G P U
818762 001049	15311	GMO	GF V *	Mint Chlorophyll, Organic (glass)	6 / 1L	G P U
818762 001087	15314	GMO	V *	Orange Turmeric, Organic (glass)	6 / 1L	G P U
818762 002053	15330	GMO	*	Peach & Mango, Organic (glass)	6 / 1L	G P U
818762 001025	15312	GMO	GF V *	Rose & Schizandra, Organic (glass)	6 / 1L	G P U

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RIZOPIA RICE PASTA - GLUTEN FREE - VOLUME PRICING						
833125 001153	40364	GF	*	+	ⓧ X Brown Rice Elbows, Organic	12 / 454g
833125 001122	40361	GF	*	+	ⓧ X Brown Rice Fettuccine, Organic	12 / 454g
833125 001139	40362	GF	*	+	ⓧ X Brown Rice Fusilli, Organic	12 / 454g
833125 001146	40363	GF	*	+	ⓧ X Brown Rice Penne, Organic	12 / 454g
833125 001115	40360	GF	*	+	ⓧ X Brown Rice Spaghetti, Organic	12 / 454g
					Buy 5-9 cases	Save 5%
					Buy 10-19 cases	Save 10%
					Buy 20-49 cases	Save 15%
					Buy 50+ cases	Save 20%
833125 001054	40377	GF	+	ⓧ X	Brown Rice Elbows	12 / 454g
833125 001023	40374	GF	+	ⓧ X	Brown Rice Fettuccine	12 / 454g
833125 001030	40375	GF	+	ⓧ X	Brown Rice Fusilli	12 / 454g
833125 001047	40376	GF	+	ⓧ X	Brown Rice Penne	12 / 454g
833125 001016	40373	GF	+	ⓧ X	Brown Rice Spaghetti	12 / 454g
833125 001078	40379	GF	+	ⓧ X	Brown Rice Spirals	12 / 454g
					Buy 5-9 cases	Save 5%
					Buy 10-19 cases	Save 10%
					Buy 20-49 cases	Save 15%
					Buy 50+ cases	Save 20%
833125 001085	40380	GF	+	ⓧ X	Brown Rice Lasagna	12 / 340g
					Buy 5-9 cases	Save 5%
					Buy 10-19 cases	Save 10%
					Buy 20-49 cases	Save 15%
					Buy 50+ cases	Save 20%
833125 003034	40383	GF	+	ⓧ X	Vegetable Rice Fusilli	12 / 454g
					Buy 5-9 cases	Save 5%
					Buy 10-19 cases	Save 10%
					Buy 20-49 cases	Save 15%
					Buy 50+ cases	Save 20%
RUMBLE SUPERSHAKE - GLUTEN FREE - UP TO 11% OFF						
834642 000247	05311	GF		ⓧ X	Nourishing Drink, Coffee Bean	12 / 355ml
834642 000223	05309	GF		ⓧ X	Nourishing Drink, Dutch Cocoa	12 / 355ml
834642 000230	05310	GF		ⓧ X	Nourishing Drink, Vanilla Maple	12 / 355ml
834642 000285	05312	GF		ⓧ X	Supershake Plant-Based, Cacao	12 / 355ml
834642 000292	05313	GF		ⓧ X	Supershake Plant-Based, Latté	12 / 355ml
RUNA CLEAN ENERGY DRINK - \$5.00 OFF						
856496 006060	24750	GMO	*	@	Brewed Guayusa, Berry Boost, Organic (can)	12 / 355ml G P U
856496 006077	24751	GMO	*	@	Brewed Guayusa, Blood Orange, Organic (can)	12 / 355ml G P U
856496 006053	24752	GMO	*	@	Brewed Guayusa, Lime Twist, Organic (can)	12 / 355ml G P U
SAFE CATCH LOW MERCURY CANNED TUNA & SALMON - 15% OFF						
859480 006732	68530				Wild Sardines, in Water	12 / 125g
859480 006725	68531				Wild Sardines, in Extra Virgin Olive Oil	12 / 125g
SAN-J SAUCES - 10% OFF						
075810 024263	40434	GMO	GF		Tamari, 50% Less Sodium, Green Label	6 / 296ml
075810 021262	40602	GMO	GF		Tamari, Black Label	6 / 296ml
075810 023266	40435	GMO	GF		Tamari, Reduced Sodium, White Label	6 / 296ml
SANTA CRUZ ORGANIC JUICES & LEMONADES - UP TO 15% OFF + VOLUME PRICING						
036192 125009	06639	GMO	*		Juice, Apple, Organic	6 / 2.84L U
					Buy 35+ cases	Save 7.10
036192 110029	06271	GMO	*		Juice, Apple, Organic	6 / 946ml U
036192 127843	06819	GMO	*		Lemonade, Mango, Organic	12 / 946ml G U
SAPADILLA PRODUCTS - 15% OFF						
677141 002011	70332				All Purpose Cleaner, Rosemary & Peppermint	6 / 739ml G P
SCREAMIN BROTHERS DAIRY FREE FROZEN TREAT - \$5.30 OFF						
814697 000096	53153		+	ⓧ X	Frozen Treat, Chocolate	8 / 473ml G
814697 000256	53154		+	ⓧ X	Frozen Treat, Key Lime	8 / 473ml G
814697 000102	53157		+	ⓧ X	Frozen Treat, Mint Chocolate	8 / 473ml G
814697 000126	37996		+	ⓧ X	Frozen Treat, Raspberry	8 / 473ml G
814697 000072	53152		+	ⓧ X	Frozen Treat, Vanilla	8 / 473ml G

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SEASNAX SEAWEED PRODUCTS - GLUTEN FREE - 15% OFF							
728028 023183	24120	GMO	*	X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	16 / 5g	G
609722 798372	24121	GMO	*	X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic	16 / 5g	G
609722 798839	24123	GMO	*	X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Wasabi, Organic	16 / 5g	G
728028 023237	24094	GMO	GF *	X	SEAWEED, Raw Sheets, Organic	16 / 28g	
728028 012217	24083	GMO	GF *	X	SEAWEED, Roasted Olive, Organic	4 / 4x15g	G
728028 012200	24080	GMO	GF *	X	SEAWEED, Roasted Olive, Organic	16 / 15g	G
728028 023213	24081	GMO	GF *	X	SEAWEED, Roasted Onion, Organic	16 / 15g	G
SEVENTH GENERATION PRODUCTS - UP TO 20% OFF							
732913 227242	47002				Dish Liquid, Free & Clear	6 / 1.47L	G P
732913 449866	46181				Dish Liquid, Free & Clear (unscented)	6 / 561ml	G P
732913 449835	46182				Dish Liquid, Fresh Citrus & Ginger	6 / 561ml	G P
732913 449828	46180				Dish Liquid, Lavender Floral & Mint	6 / 561ml	G P
732913 229109	47003				Dish Liquid, Lavender Flower & Mint	6 / 1.47L	G P
732913 227327	46133				Dish Liquid, Lemongrass & Clementine Zest	12 / 739ml	G P
732913 221707	46334				Dishwasher Detergent Gel, Free & Clear	6 / 1.1L	G P
732913 228188	46247				Dishwasher Detergent Packs, Free & Clear, Biodegradable (20 packs)	12 / 360g	G P
732913 221509	46149				Dishwasher Detergent Powder, Free & Clear	12 / 1.28kg	G P
732913 229185	46062				Disinfecting Multi-Surface Cleaner	8 / 768ml	G P
732913 229178	46165				Disinfecting Wipes	12 / 35ct	G P
732913 447114	46066				Glass Cleaner, Free & Clear	8 / 680ml	G P
732913 447107	46169				Laundry Liquid, 2X Concentrate, Alpine Falls	4 / 2.95L	G P
732913 227709	46138				Laundry Liquid, 2X Concentrate, Blue Eucalyptus & Lavender	6 / 1.47L	G P
732913 227815	46171				Laundry Liquid, 2X Concentrate, Blue Eucalyptus & Lavender	4 / 2.95L	G P
732913 227693	46137				Laundry Liquid, 2X Concentrate, Free & Clear	6 / 1.47L	G P
732913 227808	46170				Laundry Liquid, 2X Concentrate, Free & Clear	4 / 2.95L	G P
732913 228270	46197				Laundry Liquid, 4X Concentrate, Free & Clear (fibre pack)	6 / 1.47L	G P
732913 228287	46198				Laundry Liquid, 4X Concentrate, Geranium Blossoms & Vanilla (fibre pack)	6 / 1.47L	G P
732913 447053	47004				Laundry Liquid, EASYDOSE Ultra Concentrate, Free & Clear	6 / 683ml	G P
732913 447381	47006				Laundry Liquid, EASYDOSE Ultra Concentrate, Fresh Lavender	6 / 683ml	G P
732913 447749	47029				Tub & Tile Cleaner, Emerald Cypress & Fir	8 / 768ml	G P
732913 446872	47059				Wipes, Multi-Purpose, Garden Mint	12 / 37ct	G P
SILK BARISTA BEVERAGE FOR COFFEE - 15% OFF							
036632 076540	52238	GMO			Barista, Oat	6 / 946ml	
SILK FOR COFFEE & OAT BEVERAGE (REFRIGERATED) - 15% OFF							
036632 077653	06544	GMO			For Coffee, Almond Unsweetened Vanilla	12 / 473ml	
056800 727494	52239	GMO	+		Beverage, Oat Unsweetened Vanilla	6 / 1.75L	
SILK DAIRY-FREE YOGURTS (REFRIGERATED) - \$2.28 OFF							
025293 005389	52201	GMO			Yogurt Style Almond, Berries & Acai	6 / 640g	
036632 073709	52240	GMO			Yogurt Style Almond, Unsweetened	6 / 640g	
025293 005365	52202	GMO			Yogurt Style Almond, Vanilla	6 / 640g	
036632 074928	52229	GMO			Yogurt Style Coconut, Raspberry	6 / 680g	
025293 003897	52131	GMO			Yogurt Style Coconut, Unsweetened, Plain	6 / 680g	
025293 003903	52132	GMO			Yogurt Style Coconut, Unsweetened, Vanilla	6 / 680g	
036632 074935	52228	GMO			Yogurt Style Coconut, Vanilla	6 / 680g	
036632 075840	52241	GMO			Yogurt Style Oat, Plain	6 / 640g	
036632 076212	52242	GMO			Yogurt Style Oat, Vanilla	6 / 640g	

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SIMPLY ORGANIC PRODUCTS - 15% OFF

089836 186188	02156	*		Almond Extract, Organic	6 / 59ml		
089836 186201	02157	*		Lemon Flavour, Organic (no alcohol)	6 / 59ml		
089836 186225	02159	*		Peppermint Flavour, Organic (no alcohol)	6 / 59ml		
089836 186195	02172	*		Almond Extract, Organic	6 / 118ml		
089836 195319	02328	*		Vanilla Extract, Organic (no alcohol)	6 / 118ml		
089836 186249	02155	*		Vanilla Extract, Organic	6 / 118ml		
089836 200068	70740	*	X	Seasoning Mix, Pasta Sauce, Alfredo, Organic (sachets)	12 / 42g		
089836 192240	70358	*		Cayenne Pepper, Organic (glass bottle)	6 / 71g		
089836 192332	70842	*		Ceylon Cinnamon, Organic (glass bottle)	6 / 59g		
089836 192363	70840	*		Chipotle Ground, Organic (glass bottle)	6 / 75g		
089836 192110	70791	*		Cinnamon, Ground, Organic (glass bottle)	6 / 69g		
089836 192127	70792	*		Cumin Seed, Ground, Organic (glass bottle)	6 / 65g		
089836 192264	70360	*		Curry Powder, Organic (glass bottle)	6 / 85g		
089836 192141	70793	*		Garlic Powder, Organic (glass bottle)	6 / 103g		
089836 192158	70794	*		Ginger Root, Ground, Organic (glass bottle)	6 / 46.5g		
089836 192271	70361	*		Italian Seasoning, Organic (glass bottle)	6 / 22g		
089836 192295	70363	*		Paprika Ground, Organic (glass bottle)	6 / 74g		
089836 192097	70796	*		Pepper, Black, Medium, Organic (glass bottle)	6 / 65.5g		
089836 192134	70798	*		Pepper, Red, Crushed, Organic (glass bottle)	6 / 45g		
089836 192196	70801	*		Peppercorn Blend, Organic (glass bottle)	6 / 75g	G	
089836 192189	70800	*		Peppercorns, Black, Organic (glass bottle w/adjustable grinder)	6 / 75g	G	
089836 192318	70365	*		Thyme Leaf, Organic (glass bottle)	6 / 31g		
089836 192172	70799	*		Tumeric Root, Ground, Organic (glass bottle)	6 / 67.5g		
089836 188700	70750	*	X	Seasoning Mix, Chili, Veggie, Organic (sachets)	12 / 33g		
089836 200020	70742	*	X	Seasoning Mix, Fajita, Organic (sachets)	12 / 28g		
089836 200037	70763	*	X	Seasoning Mix, Spicy Taco, Organic (sachets)	12 / 32.04g		
089836 200013	70747	*	X	Seasoning Mix, Taco, Organic (sachets)	12 / 32g		
089836 188731	70741	*	X	Gravy Mix, Brown, Organic (sachets)	12 / 28g		
089836 188755	70751	*	X	Gravy Mix, Mushroom Sauce, Organic (sachets)	12 / 24g		
089836 188748	70744	*	X	Gravy Mix, Roasted Chicken, Organic (sachets)	12 / 24g		
089836 188762	70745	*	X	Gravy Mix, Roasted Turkey, Organic (sachets)	12 / 24g		
089836 200075	70761	*	X	Gravy Mix, Brown, Vegetarian, Organic (sachets)	12 / 28g		

SO DELICIOUS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE - UP TO \$3.12 OFF

744473 299973	52118	GMO	GF	X COCOWHIP, Coconut Whipped Topping, Original	12 / 266ml		
744473 000913	55444	GMO	GF	X CASHEW MILK DESSERT, Chocolate Banana Flambe	8 / 500ml		
744473 000685	55437	GMO	GF	X CASHEW MILK DESSERT, Cinnamon Cookie Dough	8 / 500ml		
744473 000678	55438	GMO	GF	X CASHEW MILK DESSERT, Creamy Chocolate	8 / 500ml		
744473 276219	55376	GMO	GF	X CASHEW MILK DESSERT, Dark Chocolate Truffle	8 / 500ml		
744473 276134	55375	GMO	GF	X CASHEW MILK DESSERT, Salted Caramel Cluster	8 / 500ml		
744473 000661	55439	GMO	GF	X CASHEW MILK DESSERT, Simply Vanilla	8 / 500ml		
744473 000906	55300	GMO	GF	X COCONUT MILK DESSERT, Cold Brew Coffee	8 / 500ml		
744473 270460	55314	GMO	GF	X COCONUT MILK DESSERT, Cookie Dough	8 / 500ml		
744473 270118	55299	GMO	GF	X COCONUT MILK DESSERT, Vanilla Bean	8 / 500ml		
036632 072993	56250	GMO	GF V	X OAT MILK DESSERT, Oatmeal Cookie	8 / 500ml		
036632 072979	56251	GMO	GF V	X OAT MILK DESSERT, Peanut Butter & Raspberry	8 / 500ml		
744473 000258	56255	GMO	GF	X ALMOND MILK, Minis Bars, Mocha Almond Fudge	6 / 4x68ml	G	

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744473 000746	56256	GMO	GF	X	CASHEW MILK, Frozen Dessert Bars, Dipped	6 / 4x68ml	G	
					Salted Caramel			
744473 274123	56254	GMO	GF	X	COCONUT MILK, Minis Bars, Coconut	6 / 4x68ml	G	
					Almond, Chocolate Covered			
744473 274116	56253	GMO	GF	X	COCONUT MILK, Minis Bars, Vanilla,	6 / 4x68ml	G	
					Chocolate Covered			
744473 274307	56252	GMO		X	COCONUT MILK, Minis Sandwiches,	6 / 8x68ml	G	
					Chocolate Cookie, Coconut			
SO NICE PRODUCTS (Earth's Own) - 10% OFF								
626027 087703	06917			Ⓟ	Barista Blend	12 / 946ml		
057864 087050	06503		*	+ Ⓟ	SOY, Beverage, Original, Fortified,	12 / 946ml		
					Organic			
SOBAYA PASTAS - UP TO \$5.90 OFF								
057443 302024	30130		*	+	Soba, Wheat and Buckwheat, Organic	12 / 230g		
057443 401017	30140			+	Soba, Wheat and Buckwheat	12 / 454g		
057443 309047	30154		*	+	Udon, Spelt, Organic	12 / 230g		
057443 307029	30160		*	+	Soba, Kamut and Buckwheat, Organic	12 / 230g		
057443 309023	30169		*	+	Soba, Spelt and Buckwheat, Organic	12 / 230g		
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER - 10% OFF								
854531 000554	17104	GMO	*	+ Ⓟ X	Beer, IPA, Organic (can)	12 / 473ml	G U	
SOL CUISINE MEATLESS BURGERS (FROZEN) - GLUTEN FREE - \$4.00 OFF								
628025 016440	54304	GMO	GF	+ Ⓟ X	Burger, Cauliflower (4/pkg)	12 / 284g		
628025 019328	54555	GMO	GF	+ Ⓟ X	Burger, Extreme Griller (4/pkg)	12 / 284g		
628025 019250	54561	GMO	GF	+ Ⓟ X	Burger, Mushroom & Wild Rice (4/pkg)	12 / 284g		
628025 019298	54558	GMO	GF	+ Ⓟ X	Burger, Spicy Black Bean (4/pkg)	12 / 284g		
SPICE IT UP FOODS MEATLESS MEATBALLS (FROZEN) - 10% OFF								
180356 000906	60175			BC Ⓟ X	Meatless Meatballs, Butter Chicken Style	12 / 400g		
					Sauce			
180356 000890	60176			BC Ⓟ X	Meatless Meatballs, Indian Marinara Style	12 / 400g		
					Sauce			
SPICE IT UP FOODS CRAZY GOOD MEATBALLS (FROZEN) - 10% OFF								
180356 000913	60170			BC Ⓟ X	CRAZY GOOD MEATBALLS, Butter Chicken	6 / 850g		
					Style Sauce			
STAHLBUSH ISLAND FARMS VEGETABLES (FROZEN) - \$3.75 OFF								
638882 000506	54026	GMO		X	Broccoli Florets (bag)	12 / 300g		
638882 210806	54011	GMO		X	Butternut Squash, Diced (bag)	12 / 284g		
638882 000704	54052	GMO		X	Classic Mixed Vegetables (bag)	12 / 300g		
638882 000520	54012	GMO		X	Corn, Super Sweet (bag)	12 / 350g		
638882 000537	54207	GMO		X	Green Beans, Cut (bag) □	12 / 300g		
638882 000544	54010	GMO		X	Green Peas (bag)	12 / 350g		
638882 000612	54061	GMO		X	Spinach, Cut (bag)	12 / 300g		
638882 125773	54027	GMO		X	Sweet Potato, Diced (bag)	12 / 284g		
STASH TEAS - UP TO \$2.32 OFF + VOLUME PRICING								
077652 082548	13090	GMO			Black Tea, Chai Spice	6 / 20bags		
077652 082272	13093	GMO			Black Tea, Earl Grey	6 / 20bags		
077652 082289	13124	GMO			Black Tea, English Breakfast	6 / 20bags		
077652 082791	13094	GMO			Decaf Tea, Chai Spice	6 / 18bags		
077652 082432	13095	GMO			Decaf Tea, Chocolate Hazelnut	6 / 18bags		
077652 082784	13097	GMO			Decaf Tea, English Breakfast	6 / 18bags		
077652 082692	13099	GMO			Decaf Tea, Vanilla Chai	6 / 18bags		
077652 082210	13108	GMO			Herbal Tea, Chamomile	6 / 20bags		
077652 082418	13109	GMO			Herbal Tea, Chamomile Nights	6 / 20bags		
077652 772210	13230	GMO			Herbal Tea, Golden Turmeric Chai	6 / 18bags		
077652 082494	13111	GMO			Herbal Tea, Lemon Ginger	6 / 20bags		
077652 082258	13112	GMO			Herbal Tea, Licorice Spice	6 / 20bags		
077652 082562	13113	GMO			Herbal Tea, Mango Passionfruit	6 / 20bags		
077652 082227	13116	GMO			Herbal Tea, Peppermint	6 / 20bags		
					Buy 50-99 cases	Save 0.55		
					Buy 100-199 cases	Save 1.80		
					Buy 200-349 cases	Save 3.05		
					Buy 350+ cases	Save 4.30		
077652 082098	13091	GMO			Black Tea, Double Bergamot Earl Grey	6 / 18bags		
077652 082654	13092	GMO			Black Tea, Double Spice Chai	6 / 18bags		
077652 082777	13096	GMO			Decaf Tea, Earl Grey	6 / 18bags		
077652 082593	13098	GMO			Decaf Tea, Premium Green	6 / 18bags		
077652 082753	13100	GMO			Decaf Tea, Vanilla Nut Crème	6 / 18bags		
077652 082524	13103	GMO			Green Tea, Chai Green	6 / 20bags		
077652 083651	13102	GMO			Green Tea, Ginger Peach Green w/	6 / 18bags		
					Matcha			

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077652 082241	13123	GMO		Green Tea, Jasmine Blossom	6 / 20bags	
077652 082371	13127			Green Tea, Mojito Mint w/ Matcha	6 / 18bags	
077652 082357	13104	GMO		Green Tea, Moroccan Mint	6 / 20bags	
077652 083668	13105			Green Tea, Pomegranate Raspberry	6 / 18bags	
				Green w/ Matcha		
077652 082296	13106	GMO		Green Tea, Premium Green	6 / 20bags	
077652 772197	10087			Herbal Tea & Mate, Ginger Fire Chai	6 / 18bags	
077652 083392	13107	GMO		Herbal Tea, Acai Berry	6 / 18bags	
077652 082661	12328	GMO		Herbal Tea, Blueberry Superfruit	6 / 20bags	
077652 082395	13110	GMO		Herbal Tea, Cinnamon Apple Chamomile	6 / 20bags	
077652 082449	13115			Herbal Tea, Meyer Lemon	6 / 20bags	
077652 772104	10088	GMO		Herbal Tea, Minty Licorice Delight	6 / 18bags	
077652 083095	13156	GMO		Herbal Tea, Spice Dragon Red Chai	6 / 18bags	
				Herbal Tea, Strawberry Pomegranate with		
077652 082708	12331	GMO	GF	Rooibos	6 / 18bags	
				Herbal Tea, Sunny Orange Ginger	6 / 18bags	
077652 772173	13226			Herbal Tea, Super Mint	6 / 18bags	
077652 772883	13225	GMO		Herbal Tea, Wild Raspberry Hibiscus	6 / 20bags	
077652 082463	21085	GMO		Oolong Tea, Chocolate Mint Wuyi Oolong	6 / 20bags	
077652 083538	13121	GMO		Oolong Tea, Coconut Mango Wuyi	6 / 20bags	
				Oolong		
				Buy 50-99 cases	Save 0.55	
				Buy 100-199 cases	Save 1.80	
				Buy 200-349 cases	Save 3.05	
				Buy 350+ cases	Save 4.30	
077652 084818	13119			Holiday Herbal Tea, Cinnamon Vanilla	6 / 18bags	
				Buy 25-49 cases	Save 0.30	
				Buy 50+ cases	Save 1.05	
SUNDHED PURE HIMALAYAN SALT - UP TO 15% OFF						
873778 006174	06169			NEW! Sea Salt Grinder	6 / 250g	
873778 006778	06171			NEW! Sea Salt, Coarse	6 / 750g	
873778 006730	06174			NEW! Sea Salt, Fine Iodized	6 / 750g	
873778 006099	02252			Himalayan Pink Salt Grinder	6 / 250g	
873778 006082	02251			Himalayan Pink Salt, Fine	6 / 250g	
873778 006679	02253			Himalayan Pink Salt Grinder	6 / 390g	
873778 006129	02255			Himalayan Pink Salt, Coarse	6 / 750g	
873778 006112	02254			Himalayan Pink Salt, Fine	6 / 750g	
873778 006143	02257			Himalayan White Salt, Fine Iodized	6 / 750g	
SUNFLOWER KITCHEN VEGETARIAN SOUPS & CHILI (REFRIGERATED) - GLUTEN FREE - 10% OFF						
679514 120117	14523	GMO	GF	+	Ⓟ Soup, Asian Wild Rice & Mushroom	6 / 925ml
679514 120063	14518	GMO	GF	+	Ⓟ Soup, Borscht	6 / 925ml
679514 120018	14519	GMO	GF	+	Ⓟ Soup, Carrot and Ginger	6 / 925ml
679514 120056	14520	GMO	GF	+	Ⓟ Soup, Egyptian Lentil	6 / 925ml
					Ⓟ Soup, Harira, Moroccan Vegetable &	
679514 120032	14524	GMO	GF	+	Ⓟ Chickpeas	6 / 925ml
679514 120162	14525	GMO	GF	+	Ⓟ Soup, Italian Red Lentil & Spinach	6 / 925ml
679514 120131	14507	GMO	GF	+	Ⓟ Soup, Thai Hot & Sour	6 / 925ml
679514 120209	14526	GMO	GF	+	Ⓟ Chili, Sweet Potato & Chipotle, Organic	6 / 925ml
SUPERIOR NATURAL TOFU (REFRIGERATED) - 10% OFF						
777433 012480	40325	GMO		*	Ⓟ Tofu, Silken (water pack), Organic	12 / 454g
THAI KITCHEN COCONUT MILKS - GLUTEN FREE - 15% OFF						
737628 082506	14932		GF	*	Coconut Milk, Lite, Organic (can)	12 / 400ml
737628 011551	14937	GMO	GF		Coconut Milk, Unsweetened, Lite (tetra)	6 / 750ml
THIRSTY BUDDHA COCONUT WATERS - \$1.50 OFF + VOLUME PRICING						
852953 001432	72505	GMO	GF		X Coconut Water, Natural w/Pulp (can)	12 / 490ml U
852953 001418	07165	GMO	GF		X Coconut Water, Natural (can)	12 / 490ml U
					Buy 15-24 cases (490 & 500ml SKUS)	Save 0.50
					Buy 25-49 cases (490 & 500ml SKUS)	Save 0.75
					Buy 50+ cases (490 & 500ml SKUS)	Save 1.00
TMRW FOODS MEAT ALTERNATIVES (FROZEN) - 15% OFF						
628634 283790	11065		BC	Ⓟ	X Shreds, Lightly Seasoned	8 / 200g
628634 283820	11068		BC	Ⓟ	X Shreds, Barbecue	8 / 200g

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TOFINO RAW KOMBUCHA (REFRIGERATED) - 5% OFF						
628176 608068	17233	*	BC P X	Kombucha, Apricot & Rose, Organic (can)	12 / 355ml	G P U
628176 608082	17234	*	BC P X	Kombucha, Blueberry & Lavender, Organic (can)	12 / 355ml	G P U
628176 608020	17235	*	BC P X	Kombucha, Ginger & lemon, Organic (can)	12 / 355ml	G P U
628176 608044	17236	*	BC P X	Kombucha, Jasmine & Hibiscus, Organic (can)	12 / 355ml	G P U
628176 608105	17237	*	BC P X	Kombucha, Raspberry, Organic (can)	12 / 355ml	G P U
TOFURKY MEAT ALTERNATIVES (REFRIGERATED) - 15% OFF						
025583 004313	57072			Deli Slices, Hickory Smoked	12 / 156g	
025583 004306	57071			Deli Slices, Oven Roasted Tofurky	12 / 156g	
025583 004320	57080			Deli Slices, Peppered (pastrami-style)	12 / 156g	
TRADITIONAL MEDICINALS TEAS - UP TO 10% OFF						
032917 007391	12140	GMO		Belly Comfort, Peppermint	6 / 16bags	
032917 101600	12170	GMO		Breathe Easy Tea	6 / 20bags	
032917 101617	12150	GMO		Cold Formula	6 / 20bags	
032917 007377	12199	GMO	* @	Cup of Calm, Organic	6 / 16bags	
032917 101549	12189	GMO	*	Echinacea Plus Elderberry, Organic	6 / 20bags	
032917 000767	12177	GMO	*	Echinacea Plus, Organic	6 / 20bags	
032917 101976	13208	GMO	*	Everyday Detox, Dandelion, Organic	6 / 20bags	
032917 007438	12942	GMO	*	EveryDay Detox, Lemon, Organic	6 / 16bags	
032917 007452	12163	GMO	*	Ginger Aid, Organic	6 / 16bags	
032917 007711	31700	GMO	*	Green Tea, Matcha, Organic	6 / 16bags	
032917 007704	31701	GMO	*	Herbal Tea, Reishi Mushroom, Organic	6 / 16bags	
032917 007568	12986	GMO	GF *	Nighty Night Valerian, Organic	6 / 16bags	
032917 007575	12142	GMO	* @	Nighty Night, Organic	6 / 16bags	
032917 007643	12952	GMO	*	RELAXATION TEA, Stress Soother, Cinnamon, Organic	6 / 16bags	
032917 007612	12950	GMO	*	Smooth Move Peppermint, Organic	6 / 16bags	
032917 101884	12951			Smooth Move, Chamomile	6 / 20bags	
032917 007629	12160	GMO	*	Smooth Move, Organic	6 / 16bags	
032917 101594	12190	GMO	*	Throat Coat Lemon Echinacea, Organic	6 / 20bags	
032917 101723	12165	GMO	*	Throat Coat, Organic	6 / 20bags	
032917 101662	12155	GMO	* @	Weightless Tea, Organic	6 / 20bags	
TRIPLE JIM'S ALL NATURAL JUICE MADE FROM BC FRUIT - UP TO 15% OFF						
059105 550941	18123		+ P	Black Cherry, Pure (glass bottle)	12 / 946ml	U
059105 650757	18133		+ P	Cranberry, Pure (glass bottle)	12 / 946ml	U
059105 001009	18135		* BC P	Cider, Apple, Organic	12 / 946ml	U
059105 003782	18121		* BC P	Cider, Apple, Organic	4 / 3.78L	U
059105 153784	18131		BC P	Cider, Apple	4 / 3.78L	U
TWO BEARS COLD BREW COFFEES & OAT MILK LATTES & OAT MILK - UP TO \$1.50 OFF						
627843 482598	10050		@ + P X	Flash Brew, Black Coffee, Unsweetened (can)	6 / 250ml	U
627843 482604	10051		@ + P X	Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 250ml	U
627843 482628	10053		@ + P X	Flash Brew, Mocha Coffee (can)	6 / 250ml	U
628504 309032	10060		+ P X	Oat Milk Latte, Black Coffee (can)	6 / 250ml	
628504 309070	10062		+ P X	Oat Milk Latte, Chai Tea (can)	6 / 250ml	
628504 309100	10063		+ P X	Oat Milk Latte, Matcha Tea (can)	6 / 250ml	
628504 309094	10064		+ P X	Oat Milk Latte, Salted Caramel Coffee (can)	6 / 250ml	
628504 309049	10061		+ P X	Oat Milk Latte, Vanilla Coffee (can)	6 / 250ml	
628504 309056	10067		+ P	Oat Milk, Unsweetened	6 / 1L	
UDI'S GLUTEN FREE BREADS (FROZEN) - \$4.00 OFF						
698997 809258	54349	GF	X	Bread, Cinnamon Raisin	8 / 340g	
698997 809104	54287	GF	X	Bread, White Sandwich	8 / 340g	
698997 829157	54290	GF	X	Bread, Whole Grain Sandwich Loaf	8 / 340g	
UNCLE LEE'S TEAS - 15% OFF						
049606 100042	12956			Green Tea, Legend of China, Original	12 / 100ct	
VEGAN ROB'S PLANT BASED SNACKS - GLUTEN FREE - 10% OFF						
816678 021090	10143	GMO	GF V	X Puffs, Dragon	12 / 99g	G
VIJ'S INDIAN CUISINE (FROZEN) - 15% OFF						
673984 001396	54410	GF	+ P X	Green Beans, Coconut Ginger	6 / 400g	
VIRGIL'S HANDCRAFTED SODA - 15% OFF						
090341 003709	10963	GMO		NEW! Soda, Black Cherry	6 / 4x355ml	G P U
090341 120048	10960	GMO		NEW! Soda, Root Beer	6 / 4x355ml	G P U
090341 003716	10962	GMO		NEW! Soda, Orange Cream	6 / 4x355ml	G P U
090341 543212	10961	GMO		NEW! Soda, Vanilla Cream	6 / 4x355ml	G P U

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WHITWATER COOKS DRESSINGS & MARINADES - 10% OFF						
627843 382140	77801	BC	Ⓟ	Dressing, Glory Bowl	12 / 350ml	
627843 382164	77800	BC	Ⓟ	Marinade, Miso Ginger	12 / 350ml	
627843 382133	77803	BC	Ⓟ	Vinaigrette, Honey Curry	12 / 350ml	
WHOLLY WHOLESOME PIE SHELLS (FROZEN) - UP TO \$5.50 OFF						
074677 990339	54589	GF		X Pie Shells, Gluten Free, 9" (2-pk)	6 / 396g	
074677 990100	54590	*		X Pie Shells, Traditional, Organic, 9" (2-pk)	12 / 396g	
YAPPETIZERS TREAT COMPANY DOG TREATS - 15% OFF						
711841 743307	48062		Ⓟ	Dog Treat, Kangaroo	1 / 85g	G P
YVES VEGGIE CUISINE MEAT ALTERNATIVES (REFRIGERATED) - 10% OFF						
060822 001142	40511	GMO	V	+	Veggie Bacon Strips	12 / 156g
ZAZUBEAN CHOCOLATE BARS - \$3.00 OFF						
872227 000640	14765	@	Ⓟ	X NEW! SLINKY, Oat, Hazelnut Mocha Latte	12 / 80g	G
ZEVIA ZERO CALORIE BEVERAGES - GLUTEN FREE - UP TO \$4.00 OFF						
849429 000013	07160	GMO	GF	NEW! Soda, Creamy Root Beer	4 / 6x355ml	G P U
849429 001263	07161	GMO	GF	NEW! Soda, Dr. Zevia	4 / 6x355ml	G P U
849429 000723	72083	GMO	GF	X NEW! Energy Drink, Kōla	12 / 355ml	G P U
849429 001249	07158	GMO	GF	Soda, Black Cherry	4 / 6x355ml	G P U
849429 001201	07106	GMO	GF	Soda, Cola	4 / 6x355ml	G P U
849429 001287	07111	GMO	GF	Soda, Cream Soda	4 / 6x355ml	G P U
849429 001256	07110	GMO	GF	Soda, Ginger Ale	4 / 6x355ml	G P U
849429 001232	07109	GMO	GF	Soda, Ginger Root Beer	4 / 6x355ml	G P U
849429 001270	07159	GMO	GF	Soda, Grape	4 / 6x355ml	G P U
849429 001218	07107	GMO	GF	Soda, Lemon Lime Twist	4 / 6x355ml	G P U
849429 001225	07108	GMO	GF	Soda, Orange	4 / 6x355ml	G P U
849429 000693	72080	GMO	GF	X Energy Drink, Grapefruit	12 / 355ml	G P U
849429 000709	72081	GMO	GF	X Energy Drink, Mango/Ginger	12 / 355ml	G P U
849429 000716	72082	GMO	GF	X Energy Drink, Raspberry/Lime	12 / 355ml	G P U
849429 001539	72030	GMO	GF	* @ X Black Tea, Lemon, Organic	12 / 355ml	U
849429 001546	72031	GMO	GF	* @ X Black Tea, Raspberry, Organic	12 / 355ml	U
849429 001560	72032	GMO	GF	* @ X Earl Grey Tea, Blood Orange, Organic	12 / 355ml	U
849429 001577	72033	GMO	GF	* @ X Hibiscus Tea, Passionfruit, Organic	12 / 355ml	U
CLEARANCE						
<i>Discontinued and Clearance items are final sale</i>						
ANITA'S ORGANIC BULK GRAINS - 40% OFF						
623636 600088	28061	B	*	BC Ⓟ	Khorasan (Kamut) Wheat Kernels, Organic	1 / 10kg
ASPCLEAN PRODUCTS - 20% OFF						
876805 003054	81200		Ⓟ	Microfiber Cloth, All Purpose, Professional Grade	6 / 1ea	G P
876805 003061	81201		Ⓟ	Microfiber Cloth, Glass, Professional Grade	6 / 1ea	G P
876805 003085	81203		Ⓟ	Microfiber Cloth, Kitchen, Professional Grade	6 / 1ea	G P
AURA CACIA PRODUCTS - 20% OFF						
051381 998158	04290			X Silver Mist Bottle w/Cap	12 / 118ml	G P
BACH RESCUE REMEDIES - 10% OFF						
741273 400523	03848			X RESCUE PLUS Lozenge, Mixed Berries	8 / 10pc	G
BEC ORGANIC SODA WITH MAPLE SYRUP - 50% OFF						
627696 000048	17750	*	+	Ⓟ	Cola, Organic	6 / 4x275ml G P U
627696 100045	17752	*	+	Ⓟ	Cranberry, Organic	6 / 4x275ml G P U
627696 200042	17751	*	+	Ⓟ	Lime, Organic	6 / 4x275ml G P U
BETTERWITH CREAM ICE CREAMS (FROZEN) - 50% OFF						
628055 217060	90058				Strawberry Ice Cream - OLD LABEL	8 / 500ml
BIO-K PLUS PROBIOTICS (REFRIGERATED) - GLUTEN FREE - 20% OFF						
626608 001128	07380	GF	+	Ⓟ	Capsules, Mild (12.5 Billion)	1 / 15ct G
BOB'S RED MILL PRODUCTS - 70% OFF						
	99116	GF		X	Hulled Millet (S/O)	1 / 25lb
BONED BROTH (FROZEN) - 35% OFF						
	20500				Bone Beef Broth (S/O)	8 / 460ml
BRAGG APPLE CIDER VINEGAR DRINKS - 50% OFF						
074305 151163	14563	GMO	*	X	Ginger ACV Drink (Stevia Sweetened), Organic	12 / 473ml U
BREMNER'S PRODUCTS - UP TO 45% OFF						
834644 002027	05081		BC	Ⓟ	Juice, Cranberry (bottle)	12 / 946ml U
	55089				Tropical Blend, Organic (S/O) (FROZEN)	8 / 1.5kg

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CLEARANCE
Discontinued and Clearance items are final sale
CARBONAUT LOW CARB KETO BREADS & BUNS (FROZEN)

696685 100052	55490	GMO	GF V	BC	Ⓟ	X Bread, Gluten Free, Cinnamon Raisin	8 / 550g	
696685 100038	55491	GMO	GF V	BC	Ⓟ	X Bread, Gluten Free, Seeded	8 / 550g	
696685 100045	55492	GMO	GF V	BC	Ⓟ	X Bread, Gluten Free, White	8 / 550g	
696685 100014	55458	GMO	V	BC	Ⓟ	X Bread, White	8 / 544g	
696685 100076	55493	GMO	V	BC	Ⓟ	X Buns, Hamburger	6 / 325g	
696685 100090	55494	GMO	V	BC	Ⓟ	X Buns, Hot Dog	8 / 300g	

CELESTIAL SEASONINGS TEAS - 20% OFF

070734 053283	12430	GMO				Herbal Tea, Bengal Spice	12 / 20bags	
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CHA'S ORGANICS SPICES - GLUTEN FREE - 20% OFF

806253 001425	16790	GMO	GF V * @	Ⓟ		Black Peppercorns, Organic	6 / 120g	
806253 001340	16791	GMO	GF V * @	Ⓟ		Cinnamon, Ceylon, Ground, Organic	6 / 130g	
806253 000787	12699	GMO	GF V * @	Ⓟ	X	Curry Leaf, Whole, Organic	6 / 6g	

COCONUT BLISS NON-DAIRY DESSERTS (FROZEN) - GLUTEN FREE

896767 001318	53040	GMO	GF	*		X Dark Chocolate Bars, Organic	12 / 4x89ml	G
851499 006758	53212	GMO	GF V *			X CUPS OF JOY, Dark Chocolate, Organic	6 / 4x106ml	G
851499 006741	53211	GMO	GF V *			X CUPS OF JOY, Madagascan Vanilla Bean, Organic	6 / 4x106ml	G
896767 001264	53035	GMO	GF V *			X Dessert, Chocolate Hazelnut Decadence, Organic	8 / 473ml	G
896767 001882	53193	GMO	GF V *			X Dessert, Chocolate Walnut Brownie, Organic	8 / 473ml	G
896767 001271	53036	GMO	GF V *			X Dessert, Dark Chocolate, Organic	8 / 473ml	G
851499 006598	53199	GMO	GF V *			X Dessert, Golden Banana Brownie Swirl, Organic	8 / 473ml	G
896767 001288	53037	GMO	GF V *			X Dessert, Infinite Coconut, Organic	8 / 473ml	G
851499 006765	53200	GMO	GF V *			X Dessert, Legendary Cookie Dough, Organic	8 / 473ml	G
896767 001660	53187	GMO	GF V *			X Dessert, Mint Chip Galactica, Organic	8 / 473ml	G
896767 001677	53188	GMO	GF V *			X Dessert, Sea Salt Caramel Chocolate, Organic	8 / 473ml	G

DAINTY RICES - 30% OFF

056725 262018	45203	GMO	*	Ⓟ		Rice, Jasmine, Organic	12 / 460g	
056725 138726	45201	GMO		Ⓟ		Rice, Basmati	10 / 900g	

DOMO TEAS - 45% OFF

04038						X Tea Elixo (S/O)	6 / 120g	
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DOM'S DEODORANTS - UP TO 60% OFF

628176 500164	88011	GMO		BC	Ⓟ	Cream Deodorant, Frankincense & Fir	12 / 50ml	G P
628176 500133	88009	GMO		BC	Ⓟ	Cream Deodorant, Lemon Citrus	12 / 50ml	G P

DRAGON TOWELS - BAMBOO REUSABLE PAPER TOWELS - 20% OFF

876791 000068	46200				Ⓟ	Reusable Bamboo Kitchen Towels (20 sheets/roll)	15 / 1 ea	G P
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EDEN PICKLED VEGETABLES - 15% OFF

024182 013054	10464		*			Sauerkraut, Kimchi, Organic	12 / 447ml	
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EARTH'S OWN (SO FRESH) NON-DAIRY BEVERAGES - 50% OFF

626027 314014	07341				Ⓟ	SO FRESH, Cashew Original	12 / 946ml	
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EAT WHOLESOME FOOD CO. APPLE CIDER VINEGARS - 50% OFF

628110 454171	33246		*			Apple Cider Vinegar & Ginger, Raw,	12 / 1L	
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ECHOCLEAN LAUNDRY PRODUCTS - 20% OFF

063827 602505	46070			BC	Ⓟ	2X Concentrate Liquid Laundry	6 / 1.5L	G P
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ECO-MAX LAUNDRY PRODUCTS - 50% OFF

853907 001294	70351				Ⓟ	Laundry Wash 2X Concentrated, Natural Lavender	6 / 1.5L	G P
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EDWARD & SONS YOUNG JACKFRUIT MEATLESS ALTERNATIVE - 20% OFF

043182 008105	10390		*			Young Jackfruit, Unseasoned Pieces, Organic (vacuum pack)	6 / 200g	
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FRONTIER HERBS & SPICES - UP TO 35% OFF

089836 210111	70551		*			X Basil Leaf, Organic	6 / 10g	
089836 210180	70556		*			X Chili Pepper, Flakes, Organic	6 / 31g	
089836 210203	70558		*			X Cinnamon, Powder, Organic	6 / 30g	
089836 210234	70561		*			X Coriander Seed, Powder, Organic	6 / 29g	
089836 210364	70574		*			X Onion, Granules, Organic	6 / 43g	
089836 210388	70576		*			X Paprika, Powder, Organic	6 / 36g	
089836 210456	70584		*			X Thyme Leaf, Flakes, Organic	6 / 12g	
089836 097958	70916	B	*			X Cayenne, Organic	1 / 454g	
089836 927705	70918	B	*			X Chili Powder Blend, Organic	1 / 454g	

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FRONTIER HERBS & SPICES - UP TO 35% OFF

089836 093967	70920	B	*	X Cinnamon Powder, Korintje, Organic	1 / 454g	
089836 926982	70922	B	*	X Cinnamon Sticks 2.75", Organic	1 / 454g	
089836 093523	70935	B	*	X Garlic, Powdered, Organic	1 / 454g	
089836 926036	70950	B	*	X Peppercorns, Black, Whole, Organic	1 / 454g	
089836 928917	70911	B	*	X Star Anise, Whole, Organic	1 / 454g	
089836 926043	70961	B		X Turmeric Root, Ground, Organic	1 / 454g	
089836 093714	70944	B		X White Onion, Powdered, Organic	1 / 454g	

GARDEIN MEAT-FREE ENTRÉES (FROZEN) - 30% OFF

842234 401945	65038	GMO		X Bowl, Chick'n Fajita	8 / 241g	
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GIOVANNI ECO CHIC COSMETICS - 50% OFF

716237 040084	80589			Conditioner, 50/50 Balanced	1 / 250ml	G P
716237 030085	80584			Shampoo, 50/50 Balanced	1 / 250ml	G P
716237 150080	80591			Conditioner, Tea Tree Triple Treat	1 / 250ml	G P
716237 130082	80587			Shampoo, Tea Tree Triple Treat	1 / 250ml	G P

GINGER PEOPLE GINGER CANDY - GLUTEN FREE - 45% OFF

734027 551459	35027	B GF		X Gin Gins, Ginger Chews, Original (S/O)	1 / 5kg	G
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GLEE GUM NATURAL CHEWING GUMS - UP TO 25% OFF

649815 000531	81567	GMO		X Bubblegum, Sugar Free	12 / 16ct	G
649815 000500	81548	GMO		X Peppermint Gum, Sugar Free	12 / 16ct	G
649815 000111	81546	GMO		X Spearmint Gum	12 / 16ct	G
649815 000012	81542	GMO		X Tangerine Gum	12 / 16ct	G

GOGO QUINOA PRODUCTS - GLUTEN FREE - 15% OFF

896899 000371	19049	GF	* +	Pancake Mix, Organic	8 / 500g	
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GREEN LID COMPOSTABLE COMPOST BIN - 85% OFF

858143 000018	46303		+ P	X Compostable Compost Bin, Starter Kit	20 / 5ct	G P
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HAPPY PLANET SOUPS (REFRIGERATED) - 10% OFF

779172 667501	38891		* BC P	Soup, Fraser Valley Mushroom & Mascarpone w/Thyme, Organic (resealable bag)	6 / 500ml	
779172 617278	38895	GF	BC P	Soup, Thai Chicken w/Green Curry, Thai Basil & Lemongrass (resealable bag)	6 / 500ml	
779172 611085	38887		* BC P	Soup, South India Split Pea w/Plum Tomatoes & Coriander, Organic (resealable bag)	6 / 650ml	

IRENE'S BAKERY VITAPAN BREADS (FROZEN) - 15% OFF

058326 201403	55503		BC P	X Bread, Deli Brown	8 / 454g	
058326 001294	55505		BC P	X Bread, Seven Grain	8 / 645g	

KIND GRANOLA & BREAKFAST BARS - 20% OFF

602652 184161	37608	GMO		HEALTHY GRAINS, Maple Pumpkin Seeds	8 / 5x35g	G
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KODA FARMS RICES - GLUTEN FREE - 35% OFF

074823 201234	31014	GMO GF	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain Brown, Organic	12 / 2.27kg	
074823 201210	31013	GMO GF	*	Kokuho Rose, Heirloom Varietal, Medium Grain, Whole Grain White, Organic	12 / 2.27kg	

KOYO JAPANESE PRODUCTS - 20% OFF

065493 062768	24220			Kombu	10 / 50g	
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L'ANCÊTRE BUTTERS (REFRIGERATED) - 40% OFF

078177 106962	43002C		* + P	Butter, Salted, Organic	12 / 250g	
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LATE JULY SNACKS TORTILLA CHIPS - 35% OFF

815099 020255	20610			Tortilla Chips Multigrain, Sea Salt, Organic	12 / 156g	
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LITTLE NORTHERN BAKEHOUSE PRODUCTS (FROZEN) - GLUTEN FREE

671521 441339	55472	GMO GF V	BC P	X Bagels, Blueberry (4pk)	6 / 400g	
671521 441346	55473	GMO GF V	BC P	X Bagels, Cinnamon & Raisin (4pk)	6 / 400g	
671521 441322	55471	GMO GF V	BC P	X Bagels, Everything (4pk)	6 / 400g	
671521 441315	55470	GMO GF V	BC P	X Bagels, Plain (4pk)	6 / 400g	

LITTLE NORTHERN BAKEHOUSE PRODUCTS (FROZEN) - GLUTEN FREE

671521 421416	55480	GMO GF V	BC P	X Classic Dinner Rolls (6pk)	8 / 220g	
671521 441308	55387	GMO GF V	BC P	X Hot Dog Buns, Millet & Chia (4pk)	6 / 260g	
671521 401104	55436	GMO GF V	BC P	X Sandwich Buns, Millet & Chia (4/pkg)	6 / 320g	
671521 440530	55454	GMO GF V *	BC P	X Loaf, Ancient Grain, Organic	6 / 455g	
671521 400305	55386	GMO GF V	BC P	X Loaf, Cinnamon & Raisin	6 / 482g	
671521 400107	55384	GMO GF V	BC P	X Loaf, Millet & Chia	6 / 454g	
671521 440547	55455	GMO GF V *	BC P	X Loaf, Oatmeal, Organic	6 / 494g	
671521 440554	55456	GMO GF V *	BC P	X Loaf, Original, Organic	6 / 455g	

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671521 400206	55385	GMO	GF V	BC	Ⓟ X	Loaf, Seeds & Grains	6 / 482g	
671521 440523	55453	GMO	GF V	BC	Ⓟ X	Loaf, Sprouted, 7 Grain	6 / 482g	
671521 440516	55452	GMO	GF V	BC	Ⓟ X	Loaf, Sprouted, Honey Oat	6 / 482g	
671521 400404	55450	GMO	GF V	BC	Ⓟ X	Loaf, Wide Slice, White	8 / 567g	
671521 441353	55460	GMO	GF V	BC	Ⓟ X	Pizza Crust, Thin (10" 2pk)	12 / 420g	
671521 441360	55461	GMO	GF V	BC	Ⓟ X	Pizza Crust, Original (10" 2pk)	8 / 600g	

MADEGOOD GRANOLA SNACKS - 35% OFF

687456 216652	99802				X	SEASONAL Granola Bar Minis, Chocolate Chip (Valentine)	4 / 360g	
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MILLENNIA TEA FRESH-LEAF TEAS (FROZEN) - 65% OFF

627843 851738	13730				* @	Ⓟ X Fresh-Leaf Tea, Organic	12 / 120g	
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MINTIQ SUGAR FREE MINTS - 40% OFF

628371 110007	35126	GMO			+	Ⓟ X Mints, Yakima Peppermint (no aspartame)	6 / 15.6g	G
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MODERN PRODUCTS SEASONINGS - GLUTEN FREE - 15% OFF

075820 000073	70453		GF			Spike Seasoning, Salt Free	24 / 54g	
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MR. SPICE ORGANIC SALT FREE SAUCES - 15% OFF

039348 000212	14262	GMO			*	Honey BBQ, Organic	12 / 298g	
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MUMM'S SEEDS & SANDWICH BOOSTER - 15% OFF

073295 125437	34438				*	+	Ⓟ Sandwich Booster (Clover/Alfalfa/Radish/Mustard), Organic	12 / 125g	
073295 125109	34430				*	+	Ⓟ Seeds, Alfalfa, Organic	12 / 125g	
073295 125444	34431				*	+	Ⓟ Seeds, Ancient Eastern Blend (Fenugreek/Lentils/Kamut/Adzuki), Organic	12 / 125g	
073295 100533	34433				*	+	Ⓟ Seeds, Broccoli, Organic	12 / 100g	
073295 125420	34432				*	+	Ⓟ Seeds, Crunchy Bean Mix (Chickpeas/Lentils/Peas), Organic	12 / 125g	
073295 125697	34435				*	+	Ⓟ Seeds, Mung Beans, Organic	12 / 125g	
073295 100205	34437				*	+	Ⓟ Seeds, Radish, Daikon, Organic	12 / 100g	

MY MAGIC MUD ORAL CARE - 85% OFF

851958 008217	80110				X	Activated Charcoal Infused Bamboo Toothbrush, Soft	12 / 2pk	G P
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NATURE'S PATH READY TO EAT CEREALS - GLUTEN FREE - 15% OFF

729906 410026	22073	GMO			*	Ⓟ Oats, Rolled, Old Fashioned, Organic	6 / 510g	
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NATURE CLEAN LAUNDRY PRODUCTS - 50% OFF

058951 307280	80504					STINK BOMBS, Odor Remover Pacs	4 / 60ct	G
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NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED) - 15% OFF

627843 729617	18650		V *		+	Ⓟ Cashew Cheese Smoky Gouda, Red Rind, Organic	6 / 120g	
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OLIVADO OILS - 20% OFF

9421009 030286	37592					Avocado Oil w/Lemon Zest, Extra Virgin	6 / 250ml	
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PACIFIC FOODS SOUP- 10% OFF

052603 054843	38675	GMO			*	Soup, Condensed Cream of Mushroom, Organic	12 / 320ml	
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PATIENCE FRUIT & CO SNACKS - UP TO 45% OFF

662166 552092	18245	GMO	GF	*	+	Ⓟ Active Blend, Sea Salt & Pepper, Organic	8 / 130g	G
662166 552085	18244	GMO	GF	*	+	Ⓟ Active Blend, Tropical Delight, Organic	8 / 130g	G
662166 551224	18229	GMO		*	+	Ⓟ X Whole Dried Cranberries, Apple Juice Sweetened, Organic	15 / 28g	G
662166 551354	18230	GMO		*	+	Ⓟ X Whole Dried Wild Blueberries, Apple Juice Sweetened, Organic	15 / 28g	G

PRANA PRODUCTS - GLUTEN FREE - UP TO 25% OFF

877693 003249	34065	GMO	GF	*	@	+	Ⓟ X CHIA BALANCE Chocolate Bark, Caramelized Coconut & Probiotic Chia, 62% Cacao, Organic	8 / 100g	G
877693 003218	26088	GMO	GF	*	@	+	Ⓟ X INCA TRAIL Chocolate bark, Cranberries, Nuts & Seeds, 62% Cacao, Organic	8 / 100g	G
877693 003256	26090	GMO	GF	*	@	+	Ⓟ X MACA POWER Chocolate Bark, Corn Flakes, Almonds & Maca, 62% Cacao, Organic	8 / 100g	G
877693 002006	26162	GMO	GF			+	Ⓟ Superseeds, Shelled Hempseeds & Whole Black Chia , Organic	8 / 250g	

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SAPADILLA PRODUCTS - UP TO 20% OFF

677141 002028	70333			All Purpose Cleaner, Grapefruit & Bergamot	6 / 739ml	G P	
677141 002035	70334			All Purpose Cleaner, Sweet Lavender & Lime	6 / 739ml	G P	
677141 001021	70330			Countertop Cleanser Spray, Grapefruit & Bergamot	12 / 473ml	G P	
677141 001038	70331			Countertop Cleanser Spray, Sweet Lavender & Lime	12 / 473ml	G P	
677141 000031	70328			Dish Soap, Sweet Lavender & Lime	12 / 473ml	G P	
677141 003032	70398			Laundry Liquid, Sweet Lavender & Lime	6 / 946ml	G P	

SILVER HILLS SPROUTED POWER PRODUCTS (FROZEN)

055991 049040	17183	GMO	V *	BC P X	Bagels, Cinnamon Raisin, Organic (5-pk)	8 / 400g	
055991 049026	17180	GMO	V *	BC P X	Bagels, Plain, Organic (5-pk)	8 / 400g	
055991 049019	17181	GMO	V *	BC P X	Bagels, Sesame Sunflower, Organic (5-pk)	8 / 400g	
055991 040863	17169	GMO	V	BC P X	Bread, LITTLE BIG BREAD	8 / 430g	
055991 040658	17164	GMO	V	BC P X	Bread, MACK'S FLAX	8 / 615g	
055991 040450	17163	GMO	V	BC P X	Bread, SQUIRRELLY	8 / 600g	
055991 040160	17166	GMO	V	BC P X	Bread, THE BIG 16	8 / 615g	
055991 041020	17170	GMO	*	BC P X	Bread, Soft Wheat, Organic	8 / 680g	
055991 041112	17184	GMO	V *		x Sprouted Wheat Bread, Farmer Fife, Org	8 / 660g	
055991 041105	17185	GMO	V *		x Sprouted Wheat Bread, Full Seed Ahead, Organic	8 / 680g	
055991 041099	17186	GMO	V *		x Sprouted Wheat Bread, Wheat & Greet, Organic	8 / 660g	
055991 044076	67663	GMO	V *	BC P X	Buns, Hamburger, Organic	6 / 390g	
055991 044083	67664	GMO	V *	BC P X	Buns, Hamburger w/ Sesame Seeds, Organic	6 / 390g	
055991 044090	67665	GMO	V *	BC P X	Buns, Hot Dog, Organic	6 / 330g	
055991 033056	17177	GMO	V *	P X	Tortillas, Herb & Garlic, Organic	12 / 255g	
055991 033049	17174	GMO	V *	P X	Tortillas, Spinach, Organic	12 / 255g	
055991 033070	17176	GMO	V *	P X	Tortillas, Turmeric, Organic	12 / 255g	
055991 033025	17175	GMO	V *	P X	Tortillas, Whole Grain, Organic	12 / 255g	

SIMPLY ORGANIC PRODUCTS - 40% OFF

	91682				X Vanilla Extract Disp (S/O)	18 / 118ml	
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SO DELICIOUS MOUSSE (FROZEN) - GLUTEN FREE - 15% OFF

036632 071750	55446	GMO	GF V		X Mousse, Salted Caramel Swirl	8 / 500ml	
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SPECTRUM PRODUCTS - UP TO 50% OFF

022506 270848	02086	GMO	*		Apple Cider Vinegar, Organic	12 / 946ml	
022506 411753	28118	GMO			Canola Oil	6 / 750ml	

TOFURKY MEAT ALTERNATIVES (FROZEN) - UP TO 50% OFF

025583 006683	54602				Jumbo Hot Dogs (REFRIGERATED)	6 / 397g	
	97081				X Veggie Roast (S/O) (FROZEN)	6 / 737g	

TOM'S OF MAINE DENTAL CARE - 15% OFF

077326 449783	83014				Fluoride-Free Toothpaste, Toddler Training, Mild Fruit	1 / 38ml	G P
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TOUT DE SWEET CARAMELS - 50% OFF

	90245				Lavender Caramels (S/O)	6 / 80g	
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WHOLE SOME NATURAL & ORGANIC SWEETENERS - 60% OFF

012511 920258	44185				Coconut Palm Sugar, Organic (S/O)	1 / 11.34kg	
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ZIMT CHOCOLATE BARS & MACAROONS - 15% OFF

628055 532019	11001	GMO	GF *	BC P X	Raw Chocolate, Coconut Crisp, Organic Macaroon, Salted Vanilla Bean Caramel, Organic (2 pack)	12 / 40g	G
628055 532095	21101		*	BC P X		9 / 70g	G