



NEW

INTRODUCING **SILK® OAT YOGURT-STYLE,**

WITH THE CREAMY TEXTURE AND DELICIOUS TASTE,
IT'S THE PERFECT INGREDIENT FOR YOUR SMOOTHIES,
BREAKFAST BOWLS OR ON ITS OWN!



For more information, please contact:

Jamie Millette
Business Development Manager
jamie.millette@danone.com
416-676-8397

* see pg.11 for pricing details

<https://www.silkanada.ca/products/yogurt-style/>

*Source: Nielsen MarketTrack, NAT+NFLD GB +DR +MM - Latest 52 Wks, PE
Silk® © 2021 WhiteWave Services, Inc. All rights reserved.



PSC Natural Foods

we deliver the goodness

FEBRUARY NEW PRODUCTS

BEANFIELDS BEAN CHIPS.....	9,10
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES.....	3,10
CHOSEN FOODS AVOCADO OIL DRESSINGS.....	9,10
CLIF BARS.....	9,10
DAIYA DAIRY-FREE CHEESE ALTERNATIVES.....	7,10
FATSO NUT BUTTERS.....	7,10
HERBARIA HERBAL TEAS.....	4,10
KRISDA SUGAR-FREE PRODUCTS.....	8,10
NATRACARE FEMININE CARE PRODUCTS.....	5,11
PACIFIC FOODS BONE BROTH.....	6,11
RISE KOMBUCHA.....	8,11
SILK DAIRY-FREE YOGURTS.....	cover,11
SILVER HILLS SPROUTED POWER BREADS.....	9,11
SOYA NOVA TOFU SHOP TOFUS.....	9,11
TOM'S OF MAINE DENTAL CARE.....	9,11

AD FEATURES for FEBRUARY SPECIALS.....12-26

ALTER ECO CHOCOLATE TREATS.....	25
BOB'S RED MILL PRODUCTS.....	13
CAMINO PRODUCTS.....	14

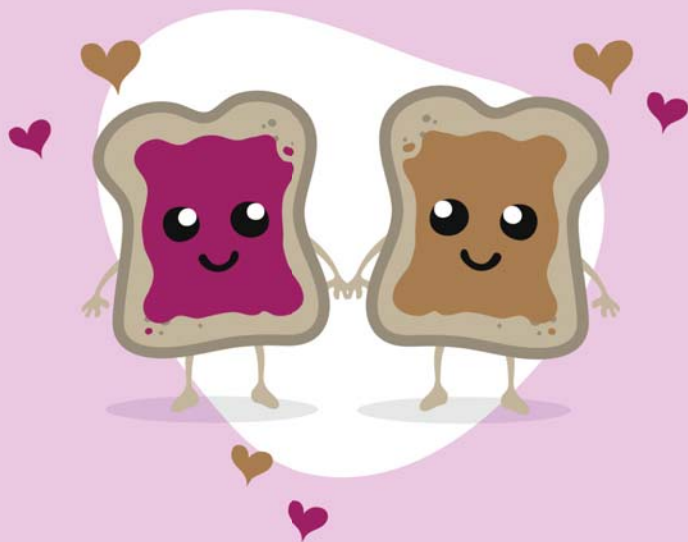
AD FEATURES for FEBRUARY SPECIALS cont...

COCOMELS COCONUT MILK CARAMELS.....	25
DIVINE CHOCOLATE BARS.....	15
EVE'S KETOGENIC CRACKERS.....	16
FOLEY'S VITALITY DOG GOURMET DOG TREATS.....	22
KASLO SOURDOUGH PASTAS.....	22
L'ANCÊTRE CHEESES.....	17
MADEGOOD GRANOLA SNACKS.....	18
NORA SEAWEED SNACKS.....	25
NORA'S DAIRY-FREE DESSERTS.....	25
PROBAR NUTRITIONAL FOOD BARS.....	23
PURPLE FROG HYDRATING HAND SANITIZER.....	26
SQUAMISH WATER KEFIR.....	20,21
THAI KITCHEN COCONUT MILK.....	19
THE VERY GOOD BUTCHERS PLANT BASED BUTCHERY.....	26
THRIVE REMEDIES ADAPTOGENIC TEAS.....	23
VG GOURMET ARTISAN VEGAN BURGERS.....	26
WOW BAKING COMPANY COOKIES.....	24
WOWBUTTER (NUT FREE BUTTER).....	26
ZAZUBEAN CHOCOLATE BARS.....	24
FAMILY DAY DELIVERY SCHEDULE.....	back cover

COMING SOON...

These exciting line additions will be available
in our MARCH New Products Guide

- HEALTH-ADE KOMBUCHA, OG Watermelon 12/414ml
- LUNDBERG FAMILY FARMS, OG Rice Cake Minis, Apple Pie 6/142g
- LUNDBERG FAMILY FARMS, OG Rice Cake Minis, Sea Salt 6/142g
- LUNDBERG FAMILY FARMS, OG Rice Cake Minis, White Cheddar 6/142g
 - PACIFIC FOODS, OG Beef Broth 12/946ml
- SILK, Dairy-Free Beverage, Oat, Unsweetened Original 12/946ml
- SILK, Dairy-Free Beverage, Oat, Unsweetened Vanilla 12/946ml
 - SKINNY POP, Microwave Popcorn, Butter 6/476g
 - SKINNY POP, Microwave Popcorn, Sea Salt 6/476g
- VIJ'S, Frozen Indian Cuisine, Coconut Ginger Green Beans 6/400g



Happy Valentine's Day!

New!

Chocolate 240mL 4-Pack

**Made with the Best Ingredients
Including Blue Diamond Almonds.**

Keep your shelves stocked with the rich chocolate flavor and creamy texture of shelf stable Almond Breeze Chocolate, now in a multipack of 240mL single serves. Perfect for satisfying your cravings for something sweet.

- ✓ Source of Vitamin E
- ✓ No Artificial Flavours or Colours
- ✓ Made with Real Blue Diamond Almonds
- ✓ Free of Cholesterol and MSG
- ✓ Free of Dairy, Soy, Lactose, Peanuts, Casein and Gluten
- ✓ Free of Carrageenan



ALSO NEW! Unsweetened Vanilla
Almond Breeze 6/4x240ml

Product Specs

HOOD CODE:	19042
UPC:	0 41570 50026 2
CASE CODE:	10041570500269
UNIT SIZE:	4 x 240mL
CASE PACK:	6
CASE WEIGHT:	14.25 lbs.
CASE CUBE:	0.36
CASE DIMENSIONS: (L x W x H)	8.75" x 12.5" x 5.625" (W x D x H)
PATTERN PALLET: (T x H = Pallet)	16 x 8 = 128 (T x H = Pallet)
UNIT DIMENSIONS: (L x W x H)	3.9" x 4.1" x 5.35" (W x D x H)
MANUFACTURING CODE:	1 year

Nutrition Facts Valeur nutritive

Per 1 Cup (240 mL) / pour 1 tasse (240 mL)
Servings Per Container 4 /
Portions par contenant 4

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100 (430 kJ)	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.6 g	
Omega-6 / oméga-6 0.6 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 1.5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 150 mg	6 %
Potassium / Potassium 230 mg	7 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 18 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %
Vitamin E / Vitamine E	10 %

INGREDIENTS: WATER, CANE SUGAR, ALMONDS, COCOA, SEA SALT, POTASSIUM CITRATE, NATURAL FLAVOUR, SUNFLOWER LECITHIN, GELLAN GUM.

CONTAINS: ALMONDS.

INGRÉDIENTS: EAU, EAU, SUCRE DE CANNE, AMANDES, CACAO, SEL DE MER, CITRATE DE POTASSIUM, ARÔME NATUREL, LECITHINE DE TOURNESOL, GOMMA GELLANE.

CONTIENT: AMANDES.



* see pg.10 for pricing details

* see pg.10 for pricing details



HERBARIA WAS ORIGINALLY ESTABLISHED IN 1949 TO COLLECT, PRODUCE, PROCESS AND TRADE MEDICINAL PLANTS AND TO MANUFACTURE HERBAL TEAS.

ORIGINALLY AN OPERATION MAINTAINED BY HUNGARIAN CO-OPERATIVES, IT HAS SINCE EVOLVED INTO A PRIVATE ORGANIZATION THAT IS DRIVEN TO MAINTAIN THE TRADITIONAL PRINCIPLES OF PRODUCING FINE, HERBAL TEAS COMPOSED OF TIME-TESTED, WILD-CRAFTED HERBAL INGREDIENTS.

TODAY HERBARIA NORTH AMERICA IS RENOWNED FOR BOTH THE VARIETY OF PREMIUM HERBAL TEAS WE OFFER, AND FOR THE TRADITIONAL, TIME-TESTED APPROACH TO QUALITY AND PURITY THAT EACH OFFERS.

HERBARIA'S UNIQUE, TRADITIONALLY WILD-CRAFTED HERBAL TEAS ARE NOW SOLD THROUGHOUT EUROPE AND IN OVER 600 STORES ACROSS CANADA.

THEY ARE FOUND IN HEALTH FOOD STORES, INDEPENDENT GROCERY STORES AND PHARMACIES, WHERE THEIR HEALING PROPERTIES ARE HIGHLY VALUED.



NEW! HERBARIA HERBAL TEAS 10/25ct

- **AGRIMONY HERB • BIRCH LEAF • CHAMOMILE FLOWERS • DANDELION LEAVES**
- **ECHINACEA HERB • ELDER FLOWER • EYEBRIGHT HERB • FENNEL**
- **HAWTHORN FLOWERS & LEAVES • HORSETAIL**
- **LADY'S MANTLE • LAVENDER FLOWERS • LEMON BALM • LINDEN FLOWER**
- **MARIGOLD BLOSSOMS • MILK THISTLE • PASSION FLOWER • PEPPERMINT LEAVES • PLANTAIN LEAF**
- **ROSEHIP LEAF • ROSEMARY LEAF • SAGE LEAVES • SENNA LEAVES • SHEPHERD'S PURSE**
- **SMALL FLOWERS WILLOW HERB • SPEARMINT • ST. JOHN'S WORT • STINGING NETTLE LEAF**
- **THYME LEAVES • UVA URSI LEAF • VALERIAN ROOT**



natracare

Ingredients: organic cotton,
ecologically certified & TCF fluff
pulp, compostable film,
BPA-free synthetic rubber glue.
All packaging is compostable.



**GIVES
back**

new and improved

natracare maxi pads, now wider and longer with a
curved design and individually wrapped.

Plastic Free certified. Vegan. Compostable to EN13432.

new packaging
DESIGN

ORGANIC
and natural
PLASTIC-FREE
VEGAN

DEPENDABLE
TRUSTED

New! Night Time Maxi Pads 1/10ea



* see pg.11
for pricing
details

Technical data

	Regular	Super	Night-Time
Pads per pack	14	12	10
Packs per case	12	12	12
Product Code	3021	3031	3041
Pack h x w x d	6.6 x 4.1 x 3.3 inches	6.6 x 4.1 x 3.3 inches	7.7 x 4.3 x 3.8 inches
Case h x w x d	9.1 x 14.0 x 9.7 inches	9.1 x 14.0 x 9.7 inches	8.3 x 15.6 x 11.6 inches
Case weight	4.28 lbs.	4.56 lbs.	5.07 lbs.
Pack UPC (unchanged)	0782126003027	0782126003034	0782126003041
Case ITF-14 (unchanged)	05019493030215	05019493030314	05019493030413

* see pg.11 for pricing details



NEW! PACIFIC FOODS Unsalted Chicken Bone Broth



Available January 2021



Made from free-range chickens • Non GMO
Low fat • Gluten free • Keto friendly
Paleo friendly • 9 g of protein per serving



0 52603 06724 9

946 mL



0 52603 06723 2

237 mL

daiya

deliciously dairy-free®



PLANT
BASED



DAIRY
FREE



SOY
FREE



GLUTEN
FREE

NEW!

**Mexican 4 Cheese
Flavoured Blend**
that doesn't blend in



* see pg.10 for pricing details

NEW FROM FATSO

ALMOND & SEED BUTTER

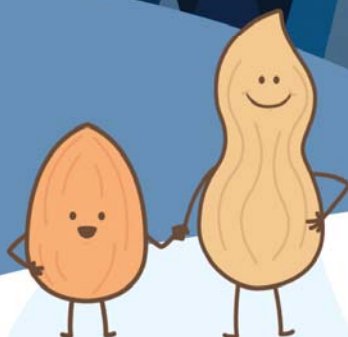
Now Available At



PSC Natural Foods

Celebrating 40 Years of Goodness

* see pg.10 for pricing details



eatfatso.com

* see pg.10 for pricing details



New!

KRISDA ©/MD



Krisda is proud to be distributed through PSC Natural Foods.

All Krisda products have clean ingredients, are GMO free, naturally sourced & keto friendly!

KOMBUCHA RISE



New!

NOW AVAILABLE IN 1L FORMAT!

ORGANIC & KETO-FRIENDLY

YOUR BETTER FOR YOU
PROUDLY CANADIAN
BEVERAGE PARTNER

* see pg.11 for pricing details

risekombucha.com

@risekombucha



* see pg.11 for pricing details



New! Tom's of Maine LUMINOUS WHITE Wintergreen Fluoride Toothpaste w/Activated Charcoal 1/85ml

Tom's Luminous White toothpaste with activated charcoal uses a natural whitening technology to remove surface stains that is also safe on enamel, fights cavities and is safe for everyday use.

It's made with biodegradable or mineral derived ingredients, plus water and contains no artificial flavours, colours or preservatives.

- With activated charcoal
- Gently whitens teeth
- No animal ingredients
- Not tested on animals



NEW! Beanfields Himalayan Pink Salt Bean Chips 6/156g

HIMALAYAN PINK SALT is like the spiritual experience of snacks.

The unique glistening pink salt from the far reaches of the globe will enlighten your taste buds and turn "Yums" into "Oms" (when eaten with meditation).

So, when someone asks if you want to come over, you can tell them, "Namaste home and eat all these chips!"



* see pg.10 for pricing details

* see pg.10 for pricing details



Contact your distributor representative for details!
chosenfoods.com / @chosenfoods



NEW! Garden Goddess Dressing 6/237ml

Transform pasta salad or a bowl of crisp greens.

A savoury new favourite enlightened with Chosen Foods pure avocado oil. Chosen Foods Garden Goddess Dressing reveals the herb-infused flavours of the Mediterranean with lemon juice, tahini, apple cider vinegar, toasted sesame oil, thyme, parsley, basil, rosemary, garlic, and a dash of sea salt in a beautiful base of pure avocado oil.

NEW! Greek Goddess Dressing 6/237ml

Accent falafels, chicken, seafood and salads. An authentic new favourite enlightened with Chosen Foods pure avocado oil. Chosen Foods Greek Goddess Dressing celebrates the iconic flavours of the Greek Isles with lemon juice, tahini, apple cider vinegar, toasted sesame oil, ripe kalamata olives, Greek oregano, sumac, garlic,



NEW! CLIF Chocolate Chip Energy Bar 3/16x68g

A cookie-lover's dream come true.



NEW! CLIF Crunchy Peanut Butter Energy Bar 3/16x68g

Organic peanut butter and tasty chopped peanuts - what's not to love?

NEW! CLIF Organic Maple Almond Nut Butter Filled Energy Bar 12/50g

* see pg.10 for pricing details



Rich, creamy almond butter filling gets a maple-flavoured makeover in this deliciously chewy and satisfying organic snack bar.



* see pg.11 for pricing details

NEW! Silver Hills Organic Sprouted Wheat Bread



Farmer Fife 8/660g: Made with whole, sprouted organic grains of Canada's oldest wheat variety, you get 23 grams of whole grain goodness in every soft, smooth, two-slice serving.

Full Seed Ahead 8/680g: Organic sprouted whole wheat pairs with blends of whole seeds and sprouted flours. With over half your recommended daily portion of whole grains in every two-slice serving.

Wheat & Greet 8/660g: Tender sprouted organic whole wheat and crunchy organic wheat berries are perfectly paired in every slice. 50% of your daily recommended serving of whole grains in a two-slice serving.

Oat So Lovely 8/680g: Give in to a charming slice loaded with high-fibre organic oats, delicately kissed with the sweetness of dates. It packs satisfying substance with 29% of your recommended daily fibre and 42 grams of whole grains in every two-slice serving, too.

NEW! Finest Medium Firm Tofu (made w/organic soybeans) 1/400g

This plain tofu has a smooth texture and a light, almost sweet taste that soaks up any flavours you add to it. Firm enough to keep its integrity whether lightly fried, deep fried or baked. It also makes a perfect tofu scramble.

Soya Nova is a family owned and operated tofu shop located on Salt Spring Island, BC Canada. Since 1982 their products have been made with Certified Organic, Non-GMO, Canadian grown soya beans and mineral rich unchlorinated deep well-water, with a perfect 7.3 PH balance and nigari (a natural form of magnesium chloride).



* see pg.11 for pricing details



FEBRUARY NEW PRODUCTS 2021

UPC CODE		SKU CODE				
BEANFIELDS BEAN CHIPS - GLUTEN FREE - \$2.20 OFF - see pg.9						
850008 457401	10019	GMO GF		X Bean Chips, Himalayan Pink Salt	6 / 156g	G
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGES - \$3.00 OFF - see pg.3						
041570 500262	07000	GMO		ALMOND BREEZE, Chocolate	6 / 4x240ml	
041570 500279	07001	GMO		ALMOND BREEZE, Unsweetened Vanilla	6 / 4x240ml	
CHOSEN FOODS AVOCADO OIL DRESSINGS - GLUTEN FREE - \$3.92 OFF - see pg.9						
815074 022724	32316	GMO GF		Goddess Dressing, Garden	6 / 237ml	
815074 022717	32317	GMO GF		Goddess Dressing, Greek	6 / 237ml	
CLIF BARS - UP TO 13% OFF - see pg.9						
722252 128263	37780	GMO	*	X Nut Butter Filled Energy Bar, Maple Almond Butter, Organic	12 / 50g	G
722252 432018	37907	GMO		Energy Bar, Chocolate Chip	3 / 16x68g	
722252 432070	37908	GMO		Energy Bar, Crunchy Peanut Butter	3 / 16x68g	
DAIYA DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED) - GLUTEN FREE - 10% OFF - see pg.7						
871459 003658	50189	GMO GF V	BC	CUTTING BOARD Shreds, Mexican 4 Cheeze	12 / 200g	
FATSO NUT BUTTERS - GLUTEN FREE - 10% OFF - see pg.7						
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	
HERBARIA HERBAL TEAS - 15% OFF - see pg.4						
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 330063	40862			Herbal Tea, Lemon Balm	10 / 25ct	
5997005 330094	40863			Herbal Tea, Linden Flower	10 / 25ct	
5997005 330889	40864			Herbal Tea, Marigold Blossoms	10 / 25ct	
5997005 330919	40865			Herbal Tea, Milk Thistle	10 / 25ct	
5997005 343643	40866			Herbal Tea, Passion Flower	10 / 25ct	
5997005 330056	40867			Herbal Tea, Peppermint Leaves	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 330766	40876			Herbal Tea, St. John's Wort	10 / 25ct	
5997005 330070	40877			Herbal Tea, Stinging Nettle Leaf	10 / 25ct	
5997005 331299	40878			Herbal Tea, Thyme Leaves	10 / 25ct	
5997005 343827	40879			Herbal Tea, Uva Ursi Leaf	10 / 25ct	
5997005 330926	40880			Herbal Tea, Valerian Root	10 / 25ct	
KRISDA SUGAR-FREE PRODUCTS - 15% OFF - see pg.8						
688120 200113	23019		+	Chocolatey Chips, Semi-Sweet	6 / 285g	
688120 044540	23023	GMO	*	Sweetener, Erythritol, Organic	6 / 454g	
688120 003042	23018			Sweetener, Monk Fruit (packets)	6 / 80x1g	
688120 024542	23022			Sweetener, Monk Fruit	6 / 454g	
688120 014543	23020			Sweetener, Stevia	6 / 454g	
688120 034541	23021			Sweetener, Xylitol	6 / 454g	



FEBRUARY NEW PRODUCTS 2021

UPC CODE SKU CODE

NATRACARE FEMININE CARE PRODUCTS - 10% OFF - see pg.5

782126 003041 80892 Maxi Pads, Night Time 1 / 10ea

PACIFIC FOODS BONE BROTH - 10% OFF - see pg.6

052603 067232 38081 Bone Broth, Chicken, Unsalted 12 / 237ml

052603 067249 38082 Bone Broth, Chicken, Unsalted 12 / 946ml

RISE KOMBUCHA (REFRIGERATED) - 15% OFF - see pg.8

818762 001902 15315 ~~GMO~~ V * + Low Sugar, Kiwi & Pineapple, Organic (glass) 6 / 1L G U

818762 001919 15316 ~~GMO~~ V * + Low Sugar, Mango & Papaya, Organic (glass) 6 / 1L G U

818762 001926 15317 ~~GMO~~ V * + Low Sugar, Raspberry & Vanilla, Organic (glass) 6 / 1L G U

818762 001933 15318 ~~GMO~~ V * + Low Sugar, Watermelon & Mint, Organic (glass) 6 / 1L G U

SILK DAIRY-FREE YOGURTS (REFRIGERATED) - 15% OFF - see cover

036632 075840 52241 ~~GMO~~ Yogurt Style Oat, Plain 6 / 640g

036632 076212 52242 ~~GMO~~ Yogurt Style Oat, Vanilla 6 / 640g

SILVER HILLS SPROUTED POWER BREADS (FROZEN) - \$3.40 OFF - see pg.9

055991 041112 17184 ~~GMO~~ V * x Sprouted Wheat Bread, Farmer Fife, Organic 8 / 660g

055991 041105 17185 ~~GMO~~ V * x Sprouted Wheat Bread, Full Seed Ahead, Organic 8 / 680g

055991 041129 17187 ~~GMO~~ V * x Sprouted Wheat Bread, Oat So Lovely, Organic 8 / 680g

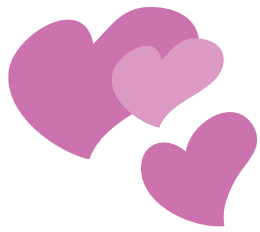
055991 041099 17186 ~~GMO~~ V * x Sprouted Wheat Bread, Wheat & Greet, Organic 8 / 660g

SOYA NOVA TOFU SHOP TOFUS (REFRIGERATED) - 10% OFF - see pg.9

813696 000120 40317 BC Tofu, Finest Medium Firm (made w/organic soybeans) 1 / 400g

TOM'S OF MAINE DENTAL CARE - 10% OFF - see pg.9

035000 987372 81526 Fluoride Toothpaste, LUMINOUS WHITE w/Activated Charcoal, Wintergreen 1 / 85ml G P



PSC Natural Foods

— we deliver the goodness —

FEBRUARY SPECIALS SHOWCASE

*Check out these
fantastic featured
products on deal!*



GLUTEN FREE/SANS GLUTEN

OATS / AVOINE



Bob's Red Mill Natural Foods, Inc.

13521 SE Pheasant Court · Milwaukie, OR 97222 · 503-654-3215 · FAX 503-653-1339 · 1-800-349-2173 · bobsredmill.com

* see specials insert for pricing details



fair trade  équitable

camino[®] MD



- ✓ SAME INGREDIENTS
- ✓ SAME DIMENSIONS
- ✓ SAME FORMATS
- ✓ SAME UPC CODES

* see specials insert for pricing details

camino.ca

FAIR TRADE • ORGANIC
**BAKING
PRODUCTS**



Everyday Line



85% Dark Chocolate



70% Dark Chocolate



70% Dark Chocolate
with Mint Crisp



Milk Chocolate
with Toffee & Sea Salt



70% Dark Chocolate
with Raspberries



60% Dark Chocolate
with Pink Himalayan Salt



Milk Chocolate



70% Dark Chocolate
with Ginger & Orange



White Chocolate
with Strawberries

* see specials insert for pricing details

♥ *Seriously good chocolate*



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

The farmers who grow the cocoa for Divine also own 44%
of the company and share in the profits.



www.divinechocolate.com



KETO



GLUTEN FREE



VEGAN



A cracker that every customer can enjoy

www.evescrackers.com @evescrackers

* see specials insert for pricing details

EVERY BITE
is a better world



Authentically made
Organic Cheese and Butter

fromagerieancetre.com



**MADE WITH UNPASTEURIZED MILK
FREE OF LACTOSE, GLUTEN, ANIMAL RENNET & GMO**

* see specials insert for pricing details

MADEGOOD®

Cookies & Crème Granola Bars



Made in a dedicated peanut and tree nut free facility.



Free from the following common allergens:

Peanuts, Tree Nuts, Dairy, Egg, Wheat & Gluten, Soy, Sesame, Fish & Shellfish



Contains nutrients from vegetables

from 6 vegetable sources: spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms

Certified



Gluten-Free™

Gluten Free



Organic



Non-GMO Project Verified



Item	Flavour	Size	Case	UPC	SCC	MSRP
Granola Bars	Cookies & Crème	5x24g/ Box	6	6 87456 21375 0	10 6 87456 21375 7	\$4.99



2720 Steeles Avenue West, Vaughan, ON L4K 4N5
General Inquires: T: 416-360-8200
email: info@madegoodfoods.com Online: www.madegoodfoods.com

* see specials insert for pricing details



THAI
KITCHEN

4 WAYS TO USE COCONUT MILK

1

SPLASH IN
SMOOTHIES, HOT
CHOCOLATE, COFFEE



2

STIR IN
WAFFLE MIX, PANCAKE
BATTER, OATMEAL



3

FLAVOUR UP
SOUPS, RICE,
STIR-FRIES, CURRIES



4

MIX IN
CAKES, PUDDING,
BANANA BREAD



- ◆ 2 INGREDIENTS: COCONUT MILK & WATER
- ◆ RE-SEALABLE CARTON
- ◆ NO ARTIFICIAL COLOURS, FLAVOURS, OR PRESERVATIVES
- ◆ NON-GMO VERIFIED
- ◆ GLUTEN FREE
- ◆ VEGAN
- ◆ RECYCLABLE PACKAGING

NEW

McCORMICK CANADA, LONDON, CANADA.
*Reg. TM/MD McCormick & Co., Inc. ® Reg. TM/MD Simply Asia LLC.
Both marks used under licence / Les deux marques utilisées sous autorisation.



* see specials insert for pricing details

SQUAMISH WATER KEFIR COMPANY

NEW LOOK SWK
SAME GREAT
TASTE



SPARKLING
THE PALMER
335ml



SPARKLING
BLOOD ORANGE
335ml



SPARKLING
LEMON GINGER
335ml



SPARKLING
MOJITO MINT
335ml

FERMENTED LIVING PROBIOTICS 100% NATURAL

- Only 4 ingredients
- Low in pre-digested sugar
- Plant-based
- Gluten-free
- Caffeine-free
- Dairy-free



* see specials insert for pricing details

WE HAD A GUT FEELING... Squamish Water Kefir Co. was born in 2015 and continues to be brewed by a couple of nutrition-nerds, Sabrina and Kristin, who live with their wildling children (who are serious water kefir addicts), surrounded and inspired by the beautiful mountains of Squamish, BC.

Water kefir aligns with their principles of natural, good old fashioned, time-tested and simple, home kitchen health practices.



PSC Code	Description	Unit UPC	Case Size	Unit Size	Unit Dims	Box UPC
23605	SQUA Water Lemon Ginger	628451426004	12	355ml	2.38"W/7.28"H	10628451426001
23606	SQUA Water Blood Orange	628451426028	12	355ml	2.38"W/7.28"H	10628451426025
23608	SQUA Water Mojito Mint	628451426035	12	355ml	2.38"W/7.28"H	10628451426032
23609	SQUA Water The Palmer	628451426059	12	355ml	2.38"W/7.28"H	10628451426049

LEMON GINGER GINGEMBRE AU CITRON

Nutrition Facts Valeur nutritive

Serving Size 1 cup (250 mL) Portion 1 tasse (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 40	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	1%
Carbohydrate / Glucides 10 g	3%
Fibre / Fibres 0 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

INGREDIENTS:

Water, water kefir culture, organic sugar, organic lemon essential oil, organic ginger essential oil.

INGREDIENTS:

Eau, culture de kéfir d'eau, sucre biologique, huile essentielle de citron biologique, huile essentielle de gingembre biologique.

BLOOD ORANGE ORANGE SANGUINE

Nutrition Facts Valeur nutritive

Serving Size 1 cup (250 mL) Portion 1 tasse (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 40	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	1%
Carbohydrate / Glucides 10 g	3%
Fibre / Fibres 0 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

INGREDIENTS:

Water, water kefir culture, organic sugar, organic blood orange essential oil.

INGREDIENTS:

Eau, culture de kéfir d'eau, sucre biologique, huile essentielle d'orange sanguine biologique.

MOJITO MINT MOJITO MENTHE

Nutrition Facts Valeur nutritive

Serving Size 1 cup (250 mL) Portion 1 tasse (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 40	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	1%
Carbohydrate / Glucides 10 g	3%
Fibre / Fibres 0 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

INGREDIENTS:

Water, water kefir culture, organic sugar, fresh mint.

INGREDIENTS:

Eau, culture de kéfir d'eau, sucre biologique, menthe fraîche.

THE PALMER THE PALMER LIMONADE

Nutrition Facts Valeur nutritive

Serving Size 1 cup (250 mL) Portion 1 tasse (250 mL)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 40	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	1%
Carbohydrate / Glucides 10 g	3%
Fibre / Fibres 0 g	
Sugars / Sucres 8 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

INGREDIENTS:

Water, water kefir culture, kombucha culture, organic sugar, organic black tea, organic lemon juice, organic lemon extract.

INGREDIENTS:

Eau, culture de kéfir d'eau, culture de kombucha, sucre biologique, thé noir biologique, jus de citron biologique, extrait de citron biologique.

Stock Your Store with Vancouver Island's

locally made, locally sourced and locally invested



HEALTHY DOG TREATS

* see specials insert for pricing details



KASLO SOURDOUGH'S PASTA FERMENTATA

- *Traditionally Fermented Sourdough Pasta*
 - *Non-GMO Project Verified*
- *BC made with premium ingredients*
 - *Vegan*
 - *Zero Salt*
- *Quick cooking (ready in 5-6 minutes)*
 - *Superior flavour profile (due to the fermentation process)*

ON SALE FOR FEBRUARY!

- 42178 CLASSIC RADIATORI 12/560g
- 42179 CLASSIC ROTINI 12/560g
- 42183 WHOLE WHEAT 12/560g

* see specials insert for pricing details



The World's First
**SOURDOUGH
PASTA**



This PROBAR provides fruits, nuts and seeds to make it delicious, satisfying and nutritious.

It's rich in raw ingredients and the right nutrient-dense calories for lasting energy and nourishment.

Looking for a protein bar that resembles nature rather than a science experiment? Good.

Because Probar packed 20 grams of plant protein and plenty of real, recognizable ingredients into this bar.



- Chocolate Coconut Bar 12/85g
- Peanut Butter Chocolate Chip Bar 12/85g
- Superfood Slam Bar 12/85g

* see specials insert for pricing details

It does more than build your strength - it's packed with chia and flax seeds to keep you going strong.

Protein Bar 12/70g:

- Cookie Dough
- Mint Chocolate
- Peanut Butter Chocolate



Organic
Zero Sugar
Zero Caffeine
Keto
Vegan

5 Remedies:
STRESS
DETOX
CALM
RECOVERY
DEFENSE

Thrive Remedies are formulated with healing herbs and **adaptogens** to help the body adapt to stress and promote overall health and wellbeing, naturally.



Available through **PSC**

It's time to thrive!

To learn more visit:
www.drinkthrivere remedies.com

* see specials insert for pricing details



The newest delicious
gluten-free cookie from
WOW Baking Company!

Introducing

Triple Chocolate Chunk

Bursting with a decadent blend of dark chocolate chips and creamy white chocolate chunks set in a moist, soft-baked chocolate cookie

You won't believe they're wheat and gluten-free!



* see specials insert for pricing details



VALENTINE'S CHOCOLATE



A little love chocolate goes a long way.

* see specials insert for pricing details

*available at PSC





CHOCOLATE AS NATURE INTENDED

- ✓ organic ✓ fair trade ✓ non-gmo ✓ no soy
- ✓ no refined sugars ✓ nothing artificial

alterecofoods.com

* see specials insert for pricing details



Organic Original Coconut Milk Caramels 6/100g: Chewy, snackable treat with 30% less sugar than traditional caramels.

The deliciousness is limitless with our original coconut milk caramels. So, tear open a bag and try not to eat all of them in one sitting. Or better yet, share them with friends, family...just not your dog!



* see specials insert for pricing details

Organic Sea Salt Coconut Milk Caramels 6/100g:

Balanced with a hint of sea salt for a sweet, salty finish. They're our bestseller for a good reason - Sea Salt Cocomels are the perfect blend of sweet and salty sublimeness.

Organic Vanilla Coconut Milk Caramels 6/100g:

Infused with fragrant Madagascar vanilla. Our vanilla coconut milk caramels are anything but ordinary. Flavoured with just a touch of Madagascar vanilla, these Cocomels are so good you'll want to eat the whole bag.

- 2g sugar per piece • Organic, vegan friendly and indescribably delicious
- FREE FROM: dairy, gluten, GMOs, cholesterol and corn syrup

Nora seaweed snacks are light, crispy and crunchy, a perfect alternative to traditional potato chips, and the light seasoning adds a delicious taste.

Made with simple ingredients, Nora snacks offer wholesome goodness in every savory bite.

* see specials insert for pricing details



NORA™ seaweed snacks



100% plants. 110% yum.

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

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

nora's



* see specials insert for pricing details

Hand Sanitizer Gel with Aloe Vera + Grapefruit Oil

48/60ml & 24/125ml sizes

With strong demand for safe hand sanitizer, the Purple Frog team saw an opportunity to help. Their mission has always driven them to create clean, safe wellness products.

Purple Frog produces their own Health Canada Certified formula.

A portion of every batch is donated to organizations on the front lines who need it most, right now.

Sanitize & Hydrate • naturally • safely • effectively

• Made with the natural, antibacterial power of Pink Grapefruit Oil

Free of synthetic chemicals like:

• Parabens • Phthalates • Formaldehydes • Artificial fragrances (parfum)
All the bad stuff.

* see catalogue & specials insert for pricing details



Very Good Dog (4pk) 6/300g

Crafted with organic navy beans, fresh, white onions, organic wheat and spices, this plant-based hot dog delivers that summertime taste with none of the guilt.

A Very Good Dog indeed.

Grill 'em, roast 'em, boil 'em, eat 'em straight outta the package - we don't judge.



THE
VERY GOOD BUTCHERS
• PLANT BASED BUTCHERY •
BRITISH COLUMBIA

* see specials insert for pricing details



A popular must-have in your frozen Natural Foods section:

VG Gourmet burgers made in Canada from fresh and gourmet ingredients



• All certified Vegan and Gluten Free and high in protein and fiber • Made with 100% natural ingredients

Made with gourmet ingredients such as Quinoa, wild mushrooms, sweet potato and walnuts with loads of fresh herbs, these burgers deliver! Big Bold Flavour!



* see specials insert for pricing details

Simply Delicious.

PEANUT FREE
WOWBUTTER®
TASTES JUST LIKE PEANUT BUTTER. BUT BETTER!



ON SALE
THIS MONTH

EXTRA DISCOUNT WITH
6 CASE ORDER

* see specials insert for pricing details



PSC Natural Foods Family Day 2021 Delivery Schedule

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

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

sales@pscnaturalfoods.com

Monday, February 15 ** PSC CLOSED TO OBSERVE FAMILY DAY **

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

To be delivered on: Tuesday, February 16

M Run - Vancouver

<i>Order Cut-off Times: Main Orders</i>	<i>1:00 pm</i>	<i>Thursday, February 11</i>
<i>Order Cut-off Times: Add-Ons</i>	<i>10:00 am</i>	<i>Friday, February 12</i>

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

<i>Order Cut-off Times: Main Orders</i>	<i>2:00 pm</i>	<i>Thursday, February 11</i>
<i>Order Cut-off Times: Add-Ons</i>	<i>10:00 am</i>	<i>Friday, February 12</i>

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

<i>Order Cut-off Times: Main Orders</i>	<i>10:00 am</i>	<i>Friday, February 12</i>
<i>Order Cut-off Times: Add-Ons</i>	<i>12:00 noon</i>	<i>Friday, February 12</i>

To be delivered on: Wednesday, February 17

D Run - Sidney / North Saanich / Saltspring Island

<i>Order Cut-off Times: Main Orders</i>	<i>12:00 noon</i>	<i>Friday, February 12</i>
<i>Order Cut-off Times: Add-Ons</i>	<i>10:00 am</i>	<i>Tuesday, February 16</i>

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

<i>Order Cut-off Times: Main Orders</i>	<i>10:00 am</i>	<i>Tuesday, February 16</i>
<i>Order Cut-off Times: Add-Ons</i>	<i>12:00 noon</i>	<i>Tuesday, February 16</i>

To be delivered on: Thursday February 18 & Friday February 19

***** Deliveries & order deadlines resume as usual *****

