

Spring Sale 2019 Product List

*Certified organic except noted items

Ordinary Family Food & Life Ltd.

*Quantities of some items are limited

Valid until Feb 17, 2019

Product #	Product	Volume	Price	\$/unit			Manufacture	Origin	Note
FLOUR (2.27kg, 10kg, 25kg available - contacted for unlisted size)									
11-OB002	Buckwheat Flour	2.27 kg	\$ 19.45	\$ 8.57	/kg				
11-OB005	Buckwheat Flour	10 kg	\$ 66.47	\$ 6.65	/kg	Speerville			
11-OB105	Whole Barley Flour	2.27 kg	\$ 12.42	\$ 5.47	/kg				
11-OC005	Corn Flour	2.27 kg	\$ 10.53	\$ 4.64	/kg	Speerville	Maritime		
11-OC105	Corn Meal	2.27 kg	\$ 10.53	\$ 4.64	/kg	Speerville	Maritime		
11-OM005	Mochiko (sweetrice flour) NON ORGANIC	1 lb	\$ 2.99	\$ 6.59	/kg	Koda Farm	USA	While qty lasts	
11-OR005	Brown Rice Flour	2.27 kg	\$ 16.81	\$ 7.41	/kg	Speerville	Maritime		
11-OR006	Brown Rice Flour	10 kg	\$ 62.83	\$ 6.28	/kg	Speerville	Maritime		
11-Ac005	Acadia Whole Wheat Flour	2.27 kg	\$ 10.76	\$ 4.74	/kg	Speerville	Maritime		
11-Ac103	Acadia Whole Wheat Flour (Bear River Farms)	3 kg	\$ 14.40	\$ 4.80	/kg	Bear River Farms	NS		
11-Ac006	Acadia Whole Wheat Flour	10 kg	\$ 35.16	\$ 3.52	/kg	Speerville	Maritime		
11-Ac120	Acadia Whole Wheat Flour (Bear River Farms)	20 kg	\$ 72.00	\$ 3.60	/kg	Bear River Farms	NS		
11-Ac705	Light Acadia Wheat Flour	2.27 kg	\$ 12.01	\$ 5.29	/kg	Speerville	Maritime		
11-Ac706	Light Acadia Wheat Flour	10 kg	\$ 40.72	\$ 4.07	/kg	Speerville	Maritime		
11-He005	All Purpose Heritage Flour	2.27 kg	\$ 12.51	\$ 5.51	/kg	Speerville			
11-Ka005	Kamut Flour	2.27 kg	\$ 12.08	\$ 5.32	/kg	Speerville	Canada		
11-Ka006	Kamut Flour	10 kg	\$ 39.74	\$ 3.97	/kg	Speerville	Canada		
11-Oa003	Whole Oat Flour (Bear River Farms certified Biodinamic)	3 kg	\$ 14.40	\$ 4.80	/kg	Bear River Farms	NS		
11-Re005	Red Fife Whole Wheat Flour	2.27 kg	\$ 10.33	\$ 4.55	/kg	Speerville	Maritime		
11-Re006	Red Fife Whole Wheat Flour	10 kg	\$ 35.16	\$ 3.52	/kg	Speerville	Maritime		
11-Re105	Light Red Fife Wheat Flour	2.27 kg	\$ 12.01	\$ 5.29	/kg	Speerville	Maritime		
11-Re106	Light Red Fife Wheat Flour	10 kg	\$ 40.72	\$ 4.07	/kg	Speerville	Maritime		
11-Ry103	Whole Rye Flour (Bear River Farms)	3 kg	\$ 12.00	\$ 4.00	/kg	Bear River Farms	NS		
11-Ry120	Whole Rye Flour (Bear River Farms)	20 kg	\$ 60.00	\$ 3.00	/kg	Bear River Farms	NS		
11-Ry006	Whole Rye Flour	10 kg	\$ 28.46	\$ 2.85	/kg	Speerville	Maritime		
11-Sp005	Whole Spelt Flour	2.27 kg	\$ 12.54	\$ 5.52	/kg	Speerville	Maritime		
11-Sp006	Whole Spelt Flour	10 kg	\$ 46.57	\$ 4.66	/kg	Speerville	Maritime		
11-Sp105	Light Spelt Flour	2.27 kg	\$ 14.34	\$ 6.32	/kg	Speerville	Maritime		
11-Sp106	Light Spelt Flour	10 kg	\$ 56.65	\$ 5.67	/kg	Speerville	Maritime		
11-Wp005	Whole Wheat Pastry Flour	2.27 kg	\$ 9.41	\$ 4.15	/kg	Speerville	Maritime		
11-Wp007	Whole Wheat Pastry Flour	10 kg	\$ 32.29	\$ 3.23	/kg	Speerville	Maritime		
11-WU002	Whole White (Unbleached) Flour Half Case	3x2.27 kg	\$ 28.01	\$ 4.11	/kg	Speerville	Maritime		
11-WU005	Whole White (Unbleached) Flour	2.27 kg	\$ 9.34	\$ 4.11	/kg	Speerville	Maritime		
11-WU006	Whole White (Unbleached) Flour	11.34 kg	\$ 40.18	\$ 3.54	/kg	Speerville	Maritime		

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11-WW005	Whole Wheat Flour	2.27 kg	\$ 8.36	\$ 3.68 /kg	Speerville	Maritime	
11-WW006	Whole Wheat Flour	10 kg	\$ 31.06	\$ 3.11 /kg	Speerville	Maritime	
11-WW007	Whole Wheat Flour	25 kg	\$ 71.21	\$ 2.85 /kg	Speerville	Maritime	
GRAINS & KERNELS (contact for larger size)							
12-Ba005	Hulled Barley	2.27 kg	\$ 11.26	\$ 4.96 /kg	Speerville	Canada	
12-Bu001	Buckwheat Groats	2.27 kg	\$ 19.49	\$ 8.59 /kg	Speerville	China	
12-Mi005	Hulled Millet	2.27 kg	\$ 15.46	\$ 6.81 /kg	Speerville	USA	
12-Oa005	Newfound Oatmeal	1.82 kg	\$ 8.09	\$ 4.44 /kg	Speerville	Maritime	
12-Oa006	Newfound Oatmeal	8 kg	\$ 26.99	\$ 3.37 /kg	Speerville	Maritime	
12-Oa007	Newfound Oatmeal	20 kg	\$ 59.09	\$ 2.95 /kg	Speerville	Maritime	
12-Oa053	Scotishi Oats (Bear River Farms certified Biodinamic)	3 kg	\$ 14.40	\$ 4.80 /kg	Bear River Farms	NS	
12-Oa054	Scotishi Oats (Bear River Farms certified Biodinamic)	20 kg	\$ 72.00	\$ 3.60 /kg	Bear River Farms	NS	
12-Oa063	Rolled Oats (Bear River Farms	2 kg	\$ 14.40	\$ 7.20 /kg	Bear River Farms	NS	
12-Oa064	Rolled Oats (Bear River Farms certified Biodinamic)	20 kg	\$ 72.00	\$ 3.60 /kg	Bear River Farms	NS	
12-Oa101	Oat Groats	2.27 kg	\$ 8.95	\$ 3.94 /kg	Speerville		
12-Oa203	Oat Groats (Bear River Farms certified Biodinamic)	5 kg	\$ 15.00	\$ 3.00 /kg	Bear River Farms	NS	
12-Po002	Popping Corn	2.27 kg	\$ 16.87	\$ 7.43 /kg	Speerville	USA	
12-Qu006	Quinoa	2.27 kg	\$ 31.12	\$ 13.71 /kg	Speerville	Peru	
12-Ry010	Rye Kernels	10 kg	\$ 22.67	\$ 2.27 /kg	Speerville		
12-Ry105	Rye Kernels (Bear River Farms certified Biodynamics)	5 kg	\$ 12.50	\$ 2.50 /kg	Bear River Farms	NS	
12-Ry125	Rye Kernels (Bear River Farms certified Biodynamics)	25 kg	\$ 60.00	\$ 2.40 /kg	Bear River Farms	NS	
12-WA005	Acadia Wheat Kernels (Bear River Farms)	5 kg	\$ 15.00	\$ 3.00 /kg	Bear River Far	NS	
RICE							
Japanese Standard							
13-JS045	Kokuho Rose (Calrose) NON ORGANIC	5 lb	\$ 11.06	\$ 4.87 /kg	Koda Farm	USA	While qty lasts
13-JS047	Kokuho Rose (Calrose) NON ORGANIC	15 lb	\$29.40	\$4.32 /kg	Koda Farm	USA	While qty lasts
13-JS065	Heiwa Calrose NON ORGANIC	15 lb	\$ 23.25	\$ 5.12 /kg	Heiwa	USA	While qty lasts
Other Rice							
13-OB001	Basmati Rice Brown	2.27 kg	\$ 21.07	\$ 9.28 /kg	Speerville	Pakistan	
13-OB011	Basmati Rice White	2.27 kg	\$ 22.67	\$ 9.99 /kg	Speerville	Pakistan	
13-OL006	Long Grain Brown Rice	2.27 kg	\$ 14.14	\$ 6.23 /kg	Speerville	Algentina/ Pakistan	
PASTA							
14-Ap001	Pasta sample pack (WW Spagetti 300g, Spelt Fettucini 230g, Veggie Spiral 300g)	1 set	\$ 13.16	\$ 15.86 /kg	Alegria	QC	
14-EI001	Whole Wheat Elbows	5 kg	\$ 42.98	\$ 8.60 /kg	Alegria	QC	
14-EI002	Whole Wheat Elbows Case	8x450 g	\$ 47.27	\$ 13.13 /kg	Alegria	QC	

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
14-EI011	Spelt Elbows	5 kg	\$ 54.37	\$ 10.87 /kg	Alegria	QC	
14-EI012	Spelt Elbows Case	8x450 g	\$ 50.58	\$ 14.05 /kg	Alegria	QC	
14-Sp011	Whole Wheat Spagetti	5 kg	\$ 46.80	\$ 9.36 /kg	Alegria	QC	
14-Sp012	Whole Wheat Spagetti Case	8x300 g	\$ 36.85	\$ 15.35 /kg	Alegria	QC	
14-Sp021	Spelt Spagetti	5 kg	\$ 56.65	\$ 11.33 /kg	Alegria	QC	
14-Sp022	Spelt Spagetti Case	8x300 g	\$ 44.41	\$ 18.50 /kg	Alegria	QC	
14-VS001	Veggie Spiral	5 kg	\$ 44.11	\$ 8.82 /kg	Alegria	QC	
14-VS002	Veggie Spiral Case	8x300 g	\$ 35.93	\$ 14.97 /kg	Alegria	QC	
15-So005	HAKUBAKU ORG'C SOBA	269 g	\$ 3.94	\$ 14.59 /kg	HAKUBAKU	AUS	While qty lasts
15-So105	HAKUBAKU ORG'C CHASOBA (Green tea Soba)	198 g	\$ 3.94	\$ 19.90 /kg	HAKUBAKU		While qty lasts
NUTS & SEEDS							
21-AU001	Almonds - Whole, Unpasteurized	1 lb	\$ 20.15	\$ 44.38 /kg	Rancho Vignola	Australia	While qty lasts
21-AU002	Almonds - Whole, Unpasteurized	2 lb	\$ 37.20	\$ 40.97 /kg	Rancho Vignola	Australia	While qty lasts
21-Br001	Brazil nuts - Whole, Raw	1 lb	\$ 20.02	\$ 44.10 /kg	Rancho Vignola	Vietnam	While qty lasts
21-Ca001	Cashews - Whole, Raw	1 lb	\$ 17.67	\$ 38.92 /kg	Rancho Vignola	Vietnam	While qty lasts
21-Ca002	Cashews - Whole, Raw	2 lb	\$ 32.86	\$ 36.19 /kg	Rancho Vignola	Vietnam	While qty lasts
21-Pe009	Peanuts, dry roasted	1.5 lb	\$ 10.91	\$ 16.02 /kg	Rancho Vignola	USA	While qty lasts
21-Pei05	Peanuts, dry roasted	5 lb	\$ 32.13	\$ 14.15 /kg	Rancho Vignola	USA	While qty lasts
22-AI001	Alfalfa seeds	910 g	\$ 21.26	\$ 23.36 /kg	Speerville		
22-AI002	Alfalfa seeds	2.27 kg	\$ 53.03	\$ 23.36 /kg	Speerville		
22-Ch001	Black Chia seeds	2.27 kg	\$ 47.06	\$ 20.73 /kg	Speerville		
22-Ch002	Black Chia seeds	910 g	\$ 20.64	\$ 22.68 /kg	Speerville		
22-Ch011	Black Chia seeds	300 g	\$ 8.63	\$ 28.76 /kg	Speerville		While qty lasts
22-He006	Hemp Seed	2.27 kg	\$ 101.47	\$ 44.70 /kg	Speerville		
22-He101	Hemp Seed	1 lb	\$ 19.58	\$ 43.12 /kg	Rancho Vignola	Canada	While qty lasts
22-He123	Hemp Seed	300 g	\$ 13.38	\$ 44.60 /kg	Rancho Vignola		
22-Pu001	Pumpkin Seed Raw (China)	2.27 kg	\$ 35.96	\$ 15.84 /kg	Speerville	China	
22-Pu101	Pumpkin Seed Raw (Austrian)	1 lb	\$ 12.92	\$ 28.45 /kg	Rancho Vignola	Austria	While qty lasts
22-Pu202	Pumpkin Seed Roasted (Maritime)	2.27 kg	\$ 86.32	\$ 38.03 /kg	Speerville	Maritime	
22-Se001	Unhulled Sesame Seed (China)	2.27 kg	\$ 24.40	\$ 10.75 /kg	Speerville	China	
22-Se502	Black Sesame Seed. roasted NON ORGANIC	100 g	\$ 1.92	\$ 19.20 /kg	Kadoya		
22-Su005	Hulled Sunflower Seed	2.27 kg	\$ 17.24	\$ 7.59 /kg	Speerville	Romania	
23-BA005	Yum Foods Almond Butter	240 g	\$ 13.43	\$ 55.96 /kg	Yum Foods		
23-BA006	Yum Foods Almond Butter Bundle of 3	3x240 g	\$ 34.71	\$ 48.21 /kg	Yum Foods		
23-BC005	Yum Foods Cashew Butter	240 g	\$ 12.44	\$ 51.83 /kg	Yum Foods		

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
23-BC006	Yum Foods Cashew Butter Bundle of 3	3x240 g	\$ 33.02	\$ 45.86 /kg	Yum Foods		
23-BP002	Yum Foods Peanut Butter Smooth bundle of 3	3x500 g	\$ 24.32	\$ 16.21 /kg	Yum Foods		
23-BP005	Yum Foods Peanut Butter Smooth	500 g	\$ 8.46	\$ 16.92 /kg	Yum Foods		
23-BP006	Yum Foods Peanut Butter Smooth	4 kg	\$ 52.56	\$ 13.14 /kg	Yum Foods		
23-BP012	Yum Foods Peanut Butter Crunchy bundle of 3	3x500 g	\$ 24.32	\$ 16.21 /kg	Yum Foods		
23-BP015	Yum Foods Peanut Butter Crunchy	500 g	\$ 8.46	\$ 16.92 /kg	Yum Foods		
23-BP016	Yum Foods Peanut Butter Crunchy	4 kg	\$ 52.56	\$ 13.14 /kg	Yum Foods		
23-Ta005	Yum Foods Sesame Tahihi	500 g	\$ 9.74	\$ 19.48 /kg	Yum Foods		
23-Ta006	Yum Foods Sesame Tahihi bundle of 3	3x500 g	\$ 28.01	\$ 18.67 /kg	Yum Foods		
23-Ta007	Yum Foods Sesame Tahihi	4 kg	\$ 67.88	\$ 16.97 /kg	Yum Foods		
BEANS & PEAS (2.27kg, 11.34kg)							
31-Ad011	Azuki Beans	2.27 kg	\$ 18.92	\$ 8.33 /kg	Speerville	China	
31-BI011	Black Turtle Beans	2.27 kg	\$ 16.92	\$ 7.45 /kg	Speerville	Bolivia/ China	
31-Ch001	Chickpeas (Garbanzos)	2.27 kg	\$ 26.21	\$ 11.55 /kg	Speerville		
31-GL001	Green Lentils	2.27 kg	\$ 19.39	\$ 1.71 /kg	Speerville	Canada	
31-Na001	Navy Beans	2.27 kg	\$ 18.92	\$ 8.33 /kg	Speerville	China	
31-Pi001	Pinto Beans	2.27 kg	\$ 21.00	\$ 9.25 /kg	Speerville	USA	
31-RK001	Red Kidney Beans	2.27 kg	\$ 26.28	\$ 11.58 /kg	Speerville	USA/China	
31-RL001	Red Split Lentils	2.27 kg	\$ 20.95	\$ 1.85 /kg	Speerville	Turkey	
31-So003	Soy Beans	910 g	\$ 6.94	\$ 7.63 /kg	Speerville	PEI	While qty lasts
31-So006	Soy Beans	2.27 kg	\$ 14.98	\$ 6.60 /kg	Speerville	PEI	
CONDIMENTS							
41-SB001	Brown Sugar - Fair Trade	5 lb	\$ 18.73	\$ 8.25 /kg	Rancho Vignola	Peru	While qty lasts
41-Sc004	Whole Cane Sugar (Just Us!)*	4 kg	\$ 23.38	\$ 5.85 /kg	Just Us!		*See Just Us! Price List
41-Sc025	Whole Cane Sugar (Just Us!)*	25 kg	\$ 107.31	\$ 4.29 /kg	Just Us!		*See Just Us! Price List
42-Ma002	Maple Syrup	375 ml	\$ 13.55	\$ 36.13 /kg	Speerville	NB	
42-Ma003	Maple Syrup	1 L	\$ 28.20	\$ 28.20 /kg	Speerville	NB	
42-Ma004	Maple Syrup	4 L	\$ 98.02	\$ 24.50 /kg	Speerville	NB	
43-Sa001	Fine Grey Sea Salt Case	12x500 g	\$ 48.24	\$ 8.04 /kg	Maison Orphee	France	
43-Sa002	Fine Grey Sea Salt Half Case	6x500 g	\$ 25.33	\$ 8.44 /kg	Maison Orphee	France	
43-Sa005	Fine Grey Sea Salt	500 g	\$ 4.40	\$ 8.80 /kg	Maison Orphee	France	
43-Sa008	Fine Grey Sea Salt (jar)	1 L	\$ 8.46	\$ 8.46 /L	Maison Orphee	France	While qty lasts
43-Sa105	Coarse Grey Sea Salt	1 kg	\$ 6.15	\$ 6.15 /kg	Maison Orphee	France	
43-Sa111	Coarse Grey Sea Salt (jar)	1 L	\$ 5.73	\$ 5.73 /L	Maison Orphee	France	While qty lasts

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
44-Ss115	Kikkoman Soy Sauce Gluten-free NON ORG	296 ml	\$ 4.81	\$ - /pc	Kikkoman	USA	While qty lasts
46-Ap004	Apple Cider Vinegar	4 L	\$ 18.44	\$ 4.61 /kg	Boates	NS	
46-Ap005	Apple Cider Vinegar	950 ml	\$ 8.29	\$ 8.73 /kg	Boates	NS	
46-Ba005	Apple Cider Vinegar Balsamic Style	500 ml	\$ 10.96	\$ 21.91 /kg	Boates	NS	
HERB & SPICES							
47-Hr001	Dried Herb Mix - Roast Potatoes	70 g	\$ 14.00	\$ 200.00 /kg	BullyGoth Farm	Nova Scotia	Our favorite herb blend. While qty lasts
47-Hm001	Dried Herb Mix - Mushroom & Herb	70 g	\$ 14.00	\$ 200.00 /kg	BullyGoth Farm	Nova Scotia	While qty lasts
47-Ba001	Bay Leaf	56 g	\$ 7.93	\$ 141.63 /kg	Organic Matter	Turkey	While qty lasts
47-Ba101	Bay Leaf	14 g	\$ 3.82	\$ 272.77 /kg	Organic Matter	Turkey	While qty lasts
47-Ca101	Cayenne Pepper	113 g	\$ 5.88	\$ 51.99 /kg	Organic Matter	USA/India	While qty lasts
47-Ci101	Cinnamon, True, Sweet	113 g	\$ 8.52	\$ 75.39 /kg	Organic Matter	Sri Lanka/ Vietnam	While qty lasts
47-Cu101	Curry Powder	113 g	\$ 6.76	\$ 59.79 /kg	Organic Matter		While qty lasts
47-Gi101	Ginger Root Powder	113 g	\$ 5.88	\$ 51.99 /kg	Organic Matter	India	While qty lasts
47-It101	Italian Seasoning	56 g	\$ 4.41	\$ 78.68 /kg	Organic Matter		While qty lasts
47-On101	Onion, Dry, Minced	113 g	\$ 5.85	\$ 51.77 /kg	Organic Matter	China/India	While qty lasts
47-Pa101	Paprika, sweet	113 g	\$ 6.46	\$ 57.19 /kg	Organic Matter	USA / Israel	While qty lasts
47-Pe001	Peppercorn, Whole, Black	1 LB	\$ 26.14	\$ 57.59 /kg	Organic Matter	Sri Lanka/ India	While qty lasts
47-Pe101	Peppercorn, Whole, Black	113 g	\$ 7.93	\$ 70.19 /kg	Organic Matter	Sri Lanka/ India	While qty lasts
47-Pi001	Pickling Spice	1 LB	\$ 20.56	\$ 45.29 /kg	Organic Matter		While qty lasts
47-Pi101	Pickling Spice	113 g	\$ 6.46	\$ 57.19 /kg	Organic Matter		While qty lasts
47-Ps001	Psyllium Husks	1 LB	\$ 20.86	\$ 45.94 /kg	Organic Matter	India	While qty lasts
47-Ps101	Psyllium Husks	113 g	\$ 6.46	\$ 57.19 /kg	Organic Matter	India	While qty lasts
47-St101	Stevia, Green	113 g	\$ 6.61	\$ 58.49 /kg	Organic Matter	Paraguay or India	While qty lasts
47-Tu101	Turmeric	113 g	\$ 4.70	\$ 41.59 /kg	Organic Matter	India	While qty lasts
OTHERS							
COCOA PRODUCTS							
51-C7001	Dark Chocolate Domes 70% Cocoa - Fair Trade	1 lb	\$ 17.25	\$ 38.00 /kg	Rancho Vignola	Germany	While qty lasts
51-C7002	Dark Chocolate Domes 70% Cocoa - Fair Trade	2 lb	\$ 32.92	\$ 36.26 /kg	Rancho Vignola	Germany	While qty lasts
51-C7201	Dark Chocolate Bits 70% Cocoa	1 lb	\$ 16.88	\$ 37.18 /kg	Organic Matter	Italy	While qty lasts
51-C7205	Dark Chocolate Bits 70% Cocoa	5 lb	\$ 75.00	\$ 33.04 /kg	Organic Matter	Italy	While qty lasts
51-Co001	Camino Cocoa Powder	224 g	\$ 8.13	\$ 36.27 /kg	Camino		*See Just Us! price list
51-JC001	Just Us! Chocolate bar Dark (*HST)	100 g	\$ 3.93	\$ 3.93 /pc	Just Us!		While qty lasts
DRIED FRUITS							
52-Cr001	Dried Fruits - Cranberries Cane Sweetened (*HST)	1 lb	\$ 10.13	\$ 22.31 /kg	Rancho Vignola	Canada	+HST, while qty lasts

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52-Cr011	Dried Fruits - Cranberries Juice Sweetened (*HST)	1	lb	\$ 12.96	\$ 28.55	/kg	Rancho Vignola	Canada	+HST, while qty lasts
52-Da101	Dried Fruits - Dates Deglet Pitted	1	lb	\$ 9.60	\$ 21.15	/kg	Rancho Vignola	USA	While qty lasts
52-Da102	Dried Fruits - Dates Deglet Pitted	2	lb	\$ 17.28	\$ 19.03	/kg	Rancho Vignola	USA	While qty lasts
52-Da201	Dried Fruits - Dates Medjool Whole	1	lb	\$ 12.05	\$ 26.54	/kg	Rancho Vignola	USA	While qty lasts
52-Da202	Dried Fruits - Dates Medjool Whole	2	lb	\$ 23.36	\$ 25.73	/kg	Rancho Vignola	USA	While qty lasts
52-Ra005	Dried Fruits - Raisins Thompson	5	kg	\$ 59.02	\$ 11.80	/kg	Speerville	USA	
52-Ra101	Dried Fruits - Raisins Thompson	1	lb	\$ 8.05	\$ 17.73	/kg	Rancho Vignola	USA	While qty lasts
52-Ra102	Dried Fruits - Raisins Thompson	2	lb	\$ 14.95	\$ 16.46	/kg	Rancho Vignola	USA	While qty lasts
53-Co001	Coconut - Medium Shred	1	lb	\$ 5.28	\$ 11.63	/kg	Rancho Vignola	Vietnam	While qty lasts
53-Co002	Coconut - Medium Shred	2	lb	\$ 9.99	\$ 11.01	/kg	Rancho Vignola	Vietnam	While qty lasts
53-Co004	Coconut - Medium Shred	3	lb	\$ 13.99	\$ 10.27	/kg	Rancho Vignola	Vietnam	While qty lasts
53-Co005	Coconut - Medium Shred	5	lb	\$ 21.13	\$ 9.31	/kg	Rancho Vignola	Vietnam	While qty lasts
OIL									
54-Ca001	Unrefined Canola Oil Case	6x1	L	\$ 92.65	\$ 15.44	/L	Soleil D'or	QC	For salads and sautéing
54-Ca005	Unrefined Canola Oil	1	L	\$ 16.46	\$ 16.46	/L	Soleil D'or	QC	
54-Ca101	Unrefined Canola Oil (PEI)	500	ml	\$ 11.69	\$ 23.38	/L	Alpha Mills	PEI	Glass bottle
54-Ca104	Unrefined Canola Oil (PEI)	4	L	\$ 59.42	\$ 14.86	/L	Alpha Mills	PEI	Plastic jug
54-Co201	Coconut Oil (L) Case	6x850	g	\$ 108.42	\$ 21.26	/kg	Maison Orphee		
54-Co202	Coconut Oil Half Case	3x850	g	\$ 56.02	\$ 21.97	/kg	Maison Orphee		
54-Co206	Coconut Oil	850	g	\$ 19.79	\$ 23.28	/kg	Maison Orphee		
54-Ol001	Olive Oil Case	6x1	L	\$ 144.88	\$ 24.15	/L	Soleil D'or	Argentina	
54-Ol005	Olive Oil	1	L	\$ 27.05	\$ 27.05	/L	Soleil D'or	Argentina	
54-Ol006	Olive Oil	3	L	\$ 72.05	\$ 24.02	/L	Soleil D'or	Argentina	
54-Ol007	Olive Oil Bundle	2x3	L	\$ 138.09	\$ 23.02	/L	Soleil D'or	Argentina	
54-Se003	Kadoya Sesame Oil NON ORGANIC bundle	2x163	ml	\$ 8.13	\$ 24.92	/L	Kadoya	Japan	While qty lasts
54-Se005	Kadoya Sesame Oil NON ORGANIC	163	ml	\$ 4.69	\$ 28.77	/L	Kadoya	Japan	While qty lasts
54-Su001	Unrefined Sunflower Oil Case	6x1	L	\$ 84.66	\$ 14.11	/L	Soleil D'or	Canada	For flavourful vinaigrettes
54-Su005	Unrefined Sunflower Oil	1	L	\$ 14.66	\$ 14.66	/L	Soleil D'or	Canada	
54-Su006	Unrefined Sunflower Oil	3	L	\$ 39.36	\$ 13.12	/L	Soleil D'or	Canada	
54-Su007	Unrefined Sunflower Oil Bundle	2x3	L	75.44	12.573	/L	Soleil D'or	Canada	
MISC									

Product #	Product	Volume	Price	\$/unit		Manufacture	Origin	Note
55-BC001	Hime Seasoned Fried Bean Curd (Inarizushi-No-Moto), canned, NON ORGANIC	284 g	\$ 5.00	\$ 5.00	/pc			Seasoned deep-fried Tofu pouches for a type of Sushi, while qty lasts
55-Bu001	Bamboo shoot (canned) NON ORG	218 ml	\$ 2.10	\$ 2.10	/pc		China	
55-TG111	Green Tea w/Roasted Rice	20 bags	\$ 7.56	\$ 7.56	/pc	YMY	Japan	While qty lasts
55-TG121	Green Tea w/Roasted Rice Decaf	20 bags	\$ 7.56	\$ 7.56	/pc	YMY	Japan	While qty lasts
59-NF005	Nori Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf105	Dulse Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf205	Sea Lettuce Flakes	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf305	Sea Flavour Seasoning	28 g	\$ 4.00		/pc	Fundy Dulse	NS	From Digby
59-Nf201	Dulse (dry)	35 g	\$ 2.99		/pc	Fundy Dulse	NS	From Digby
59-Nf202	Dulse (soft)	35 g	\$ 2.99		/pc	Fundy Dulse	NS	From Digby
59-Oy011	Oyster Mushroom Powder	50 g	\$ 10.80	\$ 216.00	/kg	GothBully Farm	NS	While qty lasts
59-Oy015	Oyster Mushroom Powder	100 g	\$ 16.27	\$ 162.67	/kg	GothBully Farm	NS	While qty lasts
55-Sh101	JFC IKI Shirataki Dark (S) NON ORGANIC	198 g	\$ 2.18	\$ 2.18	/pc	JFC	USA	While qty lasts
55-Sh102	JFC IKI Shirataki White (S) NON ORGANIC	198 g	\$ 2.18	\$ 2.18	/pc	JFC	USA	While qty lasts
55-Sh201	JFC IKI Shirataki Dark (S) case NON ORGANIC	24x200 g	\$ 45.57	\$ 1.90	/pc	JFC	USA	While qty lasts
55-Sh202	JFC IKI Shirataki White (S) case NON ORGANIC	24x200 g	\$ 45.57	\$ 1.90	/pc	JFC	USA	While qty lasts
55-Sh401	JFC IKI Shirataki Dark (L) NON ORGANIC	453 g	\$ 3.38	\$ 3.38	/pc	JFC	USA	While qty lasts
55-Sh402	JFC IKI Shirataki White (L) NON ORGANIC	453 g	\$ 3.38	\$ 3.38	/pc	JFC	USA	While qty lasts
55-Sh501	JFC IKI Shirataki Dark (L) case NON ORGANIC	12x453 g	\$ 36.40	\$ 3.03	/pc	JFC	USA	While qty lasts
55-Sh502	JFC IKI Shirataki White (L) case NON ORGANIC	12x453 g	\$ 36.40	\$ 3.03	/pc	JFC	USA	While qty lasts