

Summer Sale 2019 Product List

*Certified organic except noted items

*Quantities of some items are limited

Ordinary Family Food & Life Ltd.

Valid until August 11, 2019

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
FLOUR (2.27kg, 10kg, 25kg available - contacted for unlisted size)							
11-0B002	Buckwheat Flour	2.27 kg	\$19.56	\$8.62 /kg	Speerville		
11-0B005	Buckwheat Flour	10 kg	\$72.18	\$7.22 /kg	Speerville		
11-0B105	Whole Barley Flour	2.27 kg	\$12.42	\$5.47 /kg	Speerville		
11-0C005	Corn Flour	2.27 kg	\$10.53	\$4.64 /kg	Speerville	Maritime	
11-0C105	Corn Meal	2.27 kg	\$10.53	\$4.64 /kg	Speerville	Maritime	
11-0R005	Brown Rice Flour	2.27 kg	\$16.81	\$7.41 /kg	Speerville	Maritime	
11-0R006	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-Oa003	Whole Oat Flour (Bear River Farms Certified Biodynamic)	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	\$30.26	\$3.03 /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-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	\$26.06	\$3.83 /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	
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	
CEREAL & MIXES NEW							
11-Z0001	Sint John Valley Cereal	2.27 kg	\$8.99	\$3.96 /kg	Speerville		

Product #	Product	Volume		Price	\$/unit		Manufacture	Origin	Note
11-Z0011	7-Grain Cereal	2.27	kg	\$9.80	\$4.32	/kg	Speerville		
11-Z0021	12-Grain Cereal	2.27	kg	\$13.23	\$5.83	/kg	Speerville		
11-Z1001	Maritime Sunshine Pancake Mix	2.27	kg	\$11.75	\$5.18	/kg	Speerville		
11-Z1011	Buckwheat Pancake Mix	2.27	kg	\$11.97	\$5.27	/kg	Speerville		
11-Z1021	Whole Wheat Pancake Mix	2.27	kg	\$11.86	\$5.22	/kg	Speerville		
11-Z2001	Cornucopia Mix	910	g	\$6.72	\$7.38	/kg	Speerville		
11-Z2011	Rainbow Medley Mix	700	g	\$5.58	\$7.97	/kg	Speerville		
11-Z2021	Pharaoh's Favorite Mix	700	g	\$6.06	\$8.66	/kg	Speerville		
11-Z3101	Trial Cookie Mix	1.5	kg	\$22.51	\$15.01	/kg	Speerville		
11-Z3102	Trial Cookie Mix	3	kg	\$43.68	\$14.56	/kg	Speerville		
GRAINS, KERNELS & OAT MEAL									
12-Bu001	Buckwheat Groats	2.27	kg	\$20.34	\$8.96	/kg	Speerville	China	
12-Bu002	Buckwheat Groats	11.34	kg	\$95.71	\$8.44	/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-Oa505	Scotitish Oatmeal	2.27	kg	\$9.30	\$4.10	/kg	Speerville	Maritime	
12-Oa053	Scottish Oats (Bear River Farms Certified Biodynamic)	3	kg	\$14.40	\$4.80	/kg	Bear River Farms	NS	
12-Oa054	Scottish Oats (Bear River Farms Certified Biodynamic)	20	kg	\$72.00	\$3.60	/kg	Bear River Farms	NS	
12-Oa063	Rolled Oats (Bear River Farms Certified Biodynamic)	2	kg	\$14.40	\$7.20	/kg	Bear River Farms	NS	
12-Oa064	Rolled Oats (Bear River Farms Certified Biodynamic)	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 Biodynamic)	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	\$28.46	\$2.85	/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 Farms	NS	
RICE									
Japanese Standard									
13-JS047	Kokuho Rose (Calrose) NON ORGANIC	15	lb	\$27.60	\$4.05	/kg	Koda Farm	USA	While qty lasts
13-JS065	Heiwa Calrose NON ORGANIC	15	lb	\$23.25	\$3.41	/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	

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PASTA							
14-Co001	Couscous, regular NEW	2.27 kg	\$19.36	\$8.53 /kg	Speerville		
14-Co011	Couscous, whole wheat NEW	2.27 kg	\$19.36	\$8.53 /kg	Speerville		
14-EI001	Whole Wheat Elbows Bulk	5 kg	\$45.35	\$9.07 /kg	Alegria	QC	
14-EI002	Whole Wheat Elbows Case	8x450 g	\$35.24	\$9.79 /kg	Alegria	QC	
14-EI009	Whole Wheat Elbows	450 g	\$6.08	\$13.51 /kg	Alegria		
14-EI011	Spelt Elbows Bulk	5 kg	\$53.79	\$10.76 /kg	Alegria	QC	
14-EI012	Spelt Elbows Case	8x450 g	\$48.85	\$13.57 /kg	Alegria	QC	
14-EI019	Spelt Elbows	450 g	\$6.50	\$14.44 /kg			
14-EI022	Veggie Elbow Case NEW	8x450 g	\$45.90	\$12.75 /kg	Alegria	QC	
14-EI029	Veggie Elbow NEW	450 g	\$6.08	\$20.27 /kg	Alegria	QC	
14-Fe009	Whole Wheat Fettucini NEW	230 g	\$4.09	\$17.78 /kg	Alegria	QC	
14-Fe019	Spelt Fettucini	230 g	\$4.20	\$18.26 /kg	Alegria	QC	
14-Fe029	Whole Wheat Fettucini NEW	230 g	\$4.20	\$18.26 /kg	Alegria	QC	
14-Fu009	Veggie Fusilli NEW	300 g	\$4.79	\$15.97 /kg	Alegria		
14-Li009	Whole Wheat Linguini NEW	230 g	\$4.03	\$17.52 /kg	Alegria	QC	
14-Li019	Spinachi Linguini NEW	230 g	\$4.14	\$18.00 /kg	Alegria	QC	
14-Li029	Garlic & Parsley Linguini NEW	230 g	\$4.14	\$18.00 /kg	Alegria	QC	
14-Li039	Tomato & Basil Linguini NEW	230 g	\$4.14	\$18.00 /kg	Alegria	QC	
14-Pe001	Whole Wheat Penne Bulk NEW	5 kg	\$45.35	\$9.07 /kg	Alegria	QC	
14-Pe002	Whole Wheat Penne Case NEW	8x300 g	\$34.14	\$14.23 /kg	Alegria	QC	
14-Pe009	Whole Wheat Penne NEW	300 g	\$4.47	\$14.90 /kg	Alegria		
14-Sp011	Whole Wheat spaghetti Bulk	5 kg	\$48.17	\$9.63 /kg	Alegria	QC	
14-Sp012	Whole Wheat Spaghetti Case	8x300 g	\$35.24	\$14.68 /kg	Alegria	QC	
14-Sp019	Whole Wheat Spaghetti	300 g	\$4.74	\$15.80 /kg	Alegria	QC	
14-Sp021	Spelt spaghetti Bulk	5 kg	\$56.61	\$11.32 /kg	Alegria	QC	
14-Sp022	Spelt spaghetti Case	8x300 g	\$43.03	\$17.93 /kg	Alegria	QC	
14-Sp029	Spelt spaghetti	300 g	\$5.71	\$19.03 /kg	Alegria	QC	
14-Sp039	Spinach Spagetti	300 g	\$5.17	\$17.23 /kg	Alegria	QC	
14-Sp049	Soya Spaghetti NEW	300 g	\$5.17	\$17.23 /kg	Alegria	QC	
14-Sx001	Veggie Spiral Bulk	5 kg	\$48.17	\$9.63 /kg	Alegria	QC	
14-Sx002	Veggie Spiral Case	8x300 g	\$38.73	\$16.14 /kg	Alegria	QC	
14-Sx009	Veggie Spiral	300 g	\$5.08	\$16.93 /kg	Alegria	QC	
14-Sz039	Veggie Shells NEW	300 g	\$4.91	\$16.37 /kg	Alegria	QC	
15-Ra001	HAKUBAKU ORG'C RAMEN case	12x270 g	\$34.80	\$10.74 /kg	HAKUBAKU		While qty lasts
15-Ra005	HAKUBAKU ORG'C RAMEN SALE	270 g	\$3.30	\$12.22 /kg	HAKUBAKU		While qty lasts
15-So001	HAKUBAKU ORG'C SOBA case	12x270 g	\$34.80	\$10.74 /kg	HAKUBAKU	AUS	While qty lasts
15-So005	HAKUBAKU ORG'C SOBA SALE	270 g	\$3.30	\$12.22 /kg	HAKUBAKU	AUS	While qty lasts
15-Ud001	HAKUBAKU ORG'C UDON case	12x270 g	\$34.80	\$10.74 /kg	HAKUBAKU	AUS	While qty lasts
15-Ud005	HAKUBAKU ORG'C UDON SALE	270 g	\$3.30	\$12.22 /kg	HAKUBAKU	AUS	While qty lasts
NUTS & SEEDS							
21-AU001	Almonds - Whole, Unpasteurized	1 lb	\$20.15	\$44.38 /kg	Rancho	Australia	While qty lasts
21-AU002	Almonds - Whole, Unpasteurized	2 lb	\$37.20	\$40.97 /kg	Rancho	Australia	While qty lasts
21-Br001	Brazil nuts - Whole, Raw	1 lb	\$20.02	\$44.10 /kg	Rancho	Vietnam	While qty lasts
21-Ca001	Cashews - Whole, Raw	1 lb	\$17.67	\$38.92 /kg	Rancho	Vietnam	While qty lasts
21-Ca002	Cashews - Whole, Raw	2 lb	\$32.86	\$36.19 /kg	Rancho	Vietnam	While qty lasts
21-Pe009	Peanuts, dry roasted	1.5 lb	\$10.91	\$16.02 /kg	Rancho	USA	While qty lasts
21-Pei05	Peanuts, dry roasted	5 lb	\$32.13	\$14.15 /kg	Rancho	USA	While qty lasts

Product #	Product	Volume		Price	\$/unit		Manufacture	Origin	Note
21-Pi001	Pistachios - Roasted, Light Salt in Shell (*HST)	1 lb		\$23.93	\$52.71	/kg	Rancho Vignola	USA	+HST, 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-Ch005	Black Chia seeds	350 g		\$10.51	\$30.03	/kg	Speerville		
22-FI005	Brown Flax Seed	2.27 kg		\$15.28	\$6.73	/kg	Speerville	Argentina/ India	
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		\$13.83	\$46.09	/kg	Rancho Vignola		
22-Pu001	Pumpkin Seed Raw (China)	2.27 kg		\$35.96	\$15.84	/kg	Speerville	China	
22-Pu202	Pumpkin Seed Roasted (Maritime)	2.27 kg		\$86.32	\$38.03	/kg	Speerville	Maritime	
22-Se001	Unhulled Sesame Seed	2.27 kg		\$28.80	\$12.69	/kg	Speerville	China	
22-Se510	Black Sesame Seed, roasted NON ORGANIC	1 kg		\$18.15	\$18.15	/kg	Kadoya		While qty lasts
22-Se505	Black Sesame Seed, roasted NON ORGANIC	500 g		\$10.18	\$20.36	/kg	Kadoya		While qty lasts
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-BP004	Yum Foods Peanut Butter Smooth	4 kg		\$52.56	\$13.14	/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	3x500 g		\$356.80	\$237.87	/kg	Yum Foods		
23-BP104	Yum Foods Peanut Butter Crunchy	4 kg		\$52.56	\$13.14	/kg	Yum Foods		
23-BP105	Yum Foods Peanut Butter Crunchy	500 g		\$8.46	\$16.92	/kg	Yum Foods		
23-BP106	Yum Foods Peanut Butter Crunchy bundle of 3	3x500 g		\$356.80	\$237.87	/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		
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-Mu002	Mung Beans	2.27 kg	NEW	\$21.28	\$9.37	/kg	Speerville		
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		\$17.39	\$7.66	/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		\$12.84	\$5.66	/kg	Speerville	PEI	

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
35-To101	Mori-Nu Tofu Soft (Red) case NO-GMO, NON ORGANIC BACK!	12x349 g	\$22.05	\$1.84 /pc	JFC	USA	While qty lasts
35-To102	Mori-Nu Tofu Firm (Blue) case NO-GMO, NON ORGANIC BACK!	12x349 g	\$22.05	\$1.84 /pc	JFC	USA	While qty lasts
35-To103	Mori-Nu Tofu Ex Firm (Yellow) case NO-GMO, NON ORGANIC NEW	12x349 g	\$22.05	\$1.84 /pc	JFC	USA	While qty lasts
35-To111	Mori-Nu Tofu Soft (Red) half case NO-GMO, NON ORGANIC	6x349 g	\$13.13	\$2.19 /pc	JFC	USA	While qty lasts
35-To112	Mori-Nu Tofu Firm (Blue) half case NO-GMO, NON ORGANIC	6x349 g	\$13.13	\$2.19 /pc	JFC	USA	While qty lasts
35-To113	Mori-Nu Tofu Ex Firm (Yellow) half case NO-GMO, NON ORGANIC	6x349 g	\$13.13	\$2.19 /pc	JFC	USA	While qty lasts
35-To131	Mori-Nu Tofu Soft (Red) NO-GMO, NON ORGANIC	349 g	\$2.54	\$2.54 /pc	JFC	USA	While qty lasts
35-To132	Mori-Nu Tofu Firm (Blue) NO-GMO, NON ORGANIC	349 g	\$2.54	\$2.54 /pc	JFC	USA	While qty lasts
35-To133	Mori-Nu Tofu Ex Firm (Yellow) NO-GMO, NON ORGANIC	349 g	\$2.54	\$2.54 /pc	JFC	USA	While qty lasts
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	\$52.72	\$8.79 /kg	Maison Orphee	France	
43-Sa002	Fine Grey Sea Salt Half Case	6x500 g	\$27.68	\$9.23 /kg	Maison Orphee	France	
43-Sa005	Fine Grey Sea Salt	500 g	\$4.54	\$9.08 /kg	Maison Orphee	France	
43-Sa008	Fine Grey Sea Salt (jar)	1 L	\$9.19	\$9.19 /L	Maison Orphee	France	While qty lasts
43-Sa105	Coarse Grey Sea Salt	1 kg	\$6.31	\$6.31 /kg	Maison Orphee	France	
43-Sa111	Coarse Grey Sea Salt (jar)	1 L	\$6.13	\$6.13 /L	Maison Orphee	France	While qty lasts
43-Sa201	Fine Grey Sea Salt shaker	250 g	\$4.73	\$9.46 /kg	Maison Orphee	France	
44-Ss005	Kikkoman Organic Soy Sauce SALE	750 ml	\$12.00	\$16.00 /L	Kikkoman	Japan	While qty lasts
44-Ss015	Kikkoman Organic Soy Sauce	296 ml	\$5.96	\$20.14 /L	Kikkoman	USA	While qty lasts
44-Ss115	Kikkoman Soy Sauce Gluten-free NON ORG	296 ml	\$4.81	\$0.00 /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	\$8.80	\$9.26 /kg	Boates	NS	
46-Ba005	Apple Cider Vinegar Balsamic Style	500 ml	\$10.96	\$21.91 /kg	Boates	NS	
46-Pe005	Perry Vinegar	500 ml	\$7.76	\$15.53 /kg	Boates	NS	

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HERB & SPICES							
47-0H001	Dried Herb Mix - Roast Potatoes	70 g	\$14.00	\$200.00 /kg	BullyGoth Farm	Nova Scotia	Our favorite herb blend. While qty lasts
47-0H002	Dried Herb Mix - Spaghetti Sauce	70 g	\$14.00	\$200.00 /kg	BullyGoth Farm	Nova Scotia	While qty lasts
47-0H003	Dried Herb Mix - Mushroom & Herb	70 g	\$14.00	\$200.00 /kg	BullyGoth Farm	Nova Scotia	While qty lasts
47-0M011	Oyster Mushroom Powder	50 g	\$10.80	\$216.00 /kg	GothBully Farm	NS	While qty lasts
47-Ba001	Bay Leaf	56 g	\$7.93	\$141.63 /kg	Org.Matter	Turkey	While qty lasts
47-Ba101	Bay Leaf	14 g	\$3.82	\$272.77 /kg	Org.Matter	Turkey	While qty lasts
47-Ca101	Cayenne Pepper	113 g	\$5.88	\$51.99 /kg	Org.Matter	USA/India	While qty lasts
47-Ch001	Chicory root, roasted NEW	1 LB	\$16.16	\$35.59 /kg	Org.Matter	India/ France	While qty lasts
47-Ch101	Chicory root, roasted NEW	113 g	\$5.29	\$46.79 /kg	Org.Matter	India/ France	While qty lasts
47-Ci101	Cinnamon, True, Sweet	113 g	\$8.52	\$75.39 /kg	Org.Matter	Sri Lanka /Vietnam	While qty lasts
47-Cm101	Cumin, powder NEW	113 g	\$6.76	\$59.79 /kg	Org.Matter	Egypt/India /Indonesia	While qty lasts
47-Cu101	Curry Powder	113 g	\$6.76	\$59.79 /kg	Org.Matter		While qty lasts
47-Ga101	Garlic powder	113 g	\$5.29	\$46.79 /kg	Org.Matter	China	While qty lasts
47-Gi101	Ginger Root Powder	113 g	\$5.88	\$51.99 /kg	Org.Matter	India	While qty lasts
47-It101	Italian Seasoning	56 g	\$4.41	\$78.68 /kg	Org.Matter		While qty lasts
47-Mu101	Mustard seeds, powder NEW	113 g	\$4.11	\$36.39 /kg	Org.Matter		While qty lasts
47-On101	Onion, Dry, Minced	113 g	\$5.85	\$51.77 /kg	Org.Matter	China/India	While qty lasts
47-Pa101	Paprika, sweet	113 g	\$6.46	\$57.19 /kg	Org.Matter	USA / Israel	While qty lasts
47-Pe001	Peppercorn, Whole, Black	1 LB	\$26.14	\$57.59 /kg	Org.Matter	Sri Lanka /India	While qty lasts
47-Pe101	Peppercorn, Whole, Black	113 g	\$7.93	\$70.19 /kg	Org.Matter	Sri Lanka /India	While qty lasts
47-Pi001	Pickling Spice	1 LB	\$20.56	\$45.29 /kg	Org.Matter		While qty lasts
47-Pi101	Pickling Spice	113 g	\$6.46	\$57.19 /kg	Org.Matter		While qty lasts
47-Ps101	Psyllium Husks	113 g	\$6.46	\$57.19 /kg	Org.Matter	India	While qty lasts
47-St101	Stevia, Green	113 g	\$6.61	\$58.49 /kg	Org.Matter	Paraguay or India	While qty lasts
47-Tu001	Turmeric NEW	1 LB	\$15.86	\$34.94 /kg	Org.Matter	India	While qty lasts
47-Tu101	Turmeric NEW	113 g	\$4.70	\$41.59 /kg	Org.Matter	India	While qty lasts
OTHERS							
COCOA PRODUCTS							
51-C7101	Dark Chocolate Chips 70% Cocoa NEW	910 g	\$26.23	\$28.82 /kg	Speerville		
51-C7102	Dark Chocolate Chips 70% Cocoa	2.27 kg	\$61.54	\$27.11 /kg	Speerville		
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-Co001	Camino Cocoa Powder	224 g	\$8.13	\$36.27 /kg	Camino		*See Just Us! price list

Product #	Product	Volume	Price	\$/unit	Manufacture	Origin	Note
DRIED FRUITS							
52-AI002	Apple Case	2.5 kg	\$74.26	\$29.70 /kg	Speerville	Turkey	
52-AI002	Apple	454 g	\$19.84	\$43.70 /kg	Speerville	Turkey	
52-Ap002	Apricots	910 g	\$22.99	\$25.26 /kg	Speerville	Turkey	
52-Ap102	Apricots, unsulfured	5 LB	\$57.53	\$25.34 /kg	Org.Matter	Turkey	
52-Da201	Dates Medjool Whole	1 lb	\$12.05	\$26.54 /kg	Rancho	USA	While qty lasts
52-Da202	Dates Medjool Whole	2 lb	\$23.36	\$25.73 /kg	Rancho	USA	While qty lasts
52-Gi001	Ginger, crystallized diced, sweetened	1 lb	\$27.30	\$60.13 /kg	Rancho	China	While qty lasts
52-Pr109	Prunes Pitted	910 g	\$24.54	\$26.97 /kg	Speerville	USA	
52-Ra005	Raisins Thompson	5 kg	\$62.89	\$12.58 /kg	Speerville	USA	
52-Ra009	Raisins Thompson	910 g	\$13.50	\$14.84 /kg	Speerville	USA	
52-Ra101	Raisins Thompson	1 lb	\$7.19	\$15.84 /kg	Rancho	USA	While qty lasts
53-Co001	Coconut - Medium Shred	1 lb	\$5.44	\$11.99 /kg	Rancho	Vietnam	While qty lasts
53-Co002	Coconut - Medium Shred	1.5 lb	\$7.92	\$11.63 /kg	Rancho	Vietnam	While qty lasts
53-Co004	Coconut - Medium Shred	2 lb	\$10.08	\$11.10 /kg	Rancho	Vietnam	While qty lasts
53-Co007	Coconut - Medium Shred	4 lb	\$18.53	\$10.20 /kg	Rancho	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	\$15.14	\$15.14 /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-OI001	Olive Oil Case	6x1 L	\$144.88	\$24.15 /L	Soleil D'or	Argentina	
54-OI005	Olive Oil	1 L	\$27.05	\$27.05 /L	Soleil D'or	Argentina	
54-OI006	Olive Oil	3 L	\$72.05	\$24.02 /L	Soleil D'or	Argentina	
54-OI007	Olive Oil Bundle	2x3 L	\$138.09	\$23.02 /L	Soleil D'or	Argentina	
54-Se003	Kadoya Sesame Oil NON ORGANIC	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	\$87.18	\$14.53 /L	Soleil D'or	Canada	
54-Su005	Unrefined Sunflower Oil	1 L	\$15.14	\$15.14 /L	Soleil D'or	Canada	
54-Su006	Unrefined Sunflower Oil	3 L	\$41.29	\$13.76 /L	Soleil D'or	Canada	
54-Su007	Unrefined Sunflower Oil Bundle	2x3 L	\$79.14	\$13.19 /L	Soleil D'or	Canada	
MISC ZZ							
55-BC001	Hime Seasoned Fried Bean Curd (Inarizushi-No-Moto), canned, NON ORGANIC	284 g	\$5.40	\$5.40 /pc			Seasoned deep-fried Tofu, while qty lasts
55-Bu001	Bamboo shoot (canned) NON ORG	218 ml	\$2.10	\$2.10 /pc		China	
55-Ma001	Matcha Love Culinary Matcha (powder) NON ORG	100 g	\$23.40	\$234.00 /kg	Itoen	Japan	good for baking & smoothie, while qty lasts
55-Sh101	JFC IKI Shirataki Dark (S) NON ORGANIC	198 g	\$2.18	\$0.00 /pc	JFC	USA	While qty lasts



Product #	Product	Volume		Price	\$/unit		Manufacture	Origin	Note
55-Sh102	JFC IKI Shirataki White (S) NON ORGANIC	198	g	\$2.18	\$0.00	/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	\$3.82	\$0.00	/pc	JFC	USA	While qty lasts
55-Sh402	JFC IKI Shirataki White (L) NON ORGANIC	453	g	\$3.82	\$0.00	/pc	JFC	USA	While qty lasts
55-Sh501	JFC IKI Shirataki Dark (L) case NON ORGANIC	12x453	g	\$41.16	\$3.43	/pc	JFC	USA	While qty lasts
55-Sh502	JFC IKI Shirataki White (L) case NON ORGANIC	12x453	g	\$41.16	\$3.43	/pc	JFC	USA	While qty lasts
55-TG111	Green Tea w/Roasted Rice	20	bags	\$7.56	\$7.56	/pc	YMY	Japan	While qty lasts
55-TG119	Green Tea w/Roasted Rice case	6x20	bags	\$36.96	\$6.16	/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
55-TG129	Green Tea w/Roasted Rice Decaf case	6x20	bags	\$36.96	\$6.16	/pc	YMY	Japan	While qty lasts
57-Ko001	Korean Nori 3P - NON ORG BACK!	3x6.5	g	\$2.44	\$0.81	/pc	Dong Won	Korea	While qty lasts
57-Ko005	Korean Nori 3P - NON ORG (case)	24x3x6.5	g	\$46.80	\$0.65	/pc	Dong Won	Korea	While qty lasts
57-NF005	Nori Flakes - NON ORG SALE	28	g	\$4.00	\$0.00	/pc	Fundy Dulse	NS	From Digby
57-Nf105	Dulse Flakes - NON ORG	28	g	\$4.00	\$0.00	/pc	Fundy Dulse	NS	From Digby