

2024 Summer Sale

*Certified organic except noted items

*Quantities of some items are limited

Ordinary Family Food & Life Ltd.

Valid until Sept 2, 2024

Product #	Product	Price	\$/unit		Manufacture	Origin	Note
FLOUR (2.27kg, 10kg, 25kg available - contact for unlisted size)							
11-OB002	Buckwheat Flour 2.27kg	\$20.71	\$9.12	/kg	Speerville		
11-OB005	Buckwheat Flour 10kg	\$90.22	\$9.02	/kg	Speerville		
11-OB105	Whole Barley Flour 2.27kg	\$15.14	\$6.67	/kg	Speerville		
11-OB106	Whole Barley Flour 10kg	\$57.21	\$5.72	/kg			
11-OC005	Corn Flour 2.27kg	\$11.11	\$4.89	/kg	Speerville	Maritime	
11-OC006	Corn Flour 10kg	\$39.09	\$3.91	/kg	Speerville	Maritime	
11-OC105	Cornmeal 2.27kg	\$11.11	\$4.89	/kg	Speerville	Maritime	
11-OC810	Chickpea (Garbanzo) Flour 1LB	\$5.31	\$11.70	/kg	Org. Matter	USA	
11-OC850	Chickpea (Garbanzo) Flour 5LB	\$21.56	\$9.50	/kg	Org. Matter	USA	fine
11-OO005	Oat Flour 2.27kg	\$15.22	\$6.70	/kg	Speerville	Canada	
11-OO006	Oat Flour 10kg	\$52.79	\$5.28	/kg	Speerville	Canada	
11-OO103	Whole Oat Flour (Bear River Farms) 3kg	\$18.00	\$6.00	/kg	BRF	NS	
11-OO120	Whole Oat Flour (Bear River Farms) 20kg	\$108.00	\$5.40	/kg	BRF	NS	
11-OR005	Brown Rice Flour 2.27kg	\$20.94	\$9.22	/kg	Speerville	Maritime	
11-OR006	Brown Rice Flour 10kg	\$77.08	\$7.71	/kg	Speerville	Maritime	
11-Ac103	Acadia Whole Wheat Flour (Bear River Farms) 3kg	\$16.80	\$5.60	/kg	BRF	NS	
11-Ac120	Acadia Whole Wheat Flour (Bear River Farms) 20kg	\$84.00	\$4.20	/kg	BRF	NS	
11-He005	All Purpose Heritage Flour 2.27kg	\$14.53	\$6.40	/kg	Speerville		
11-He007	All Purpose Heritage Flour 10kg	\$51.16	\$5.12	/kg	Speerville		
11-Ka005	Kamut Flour 2.27kg	\$18.73	\$8.25	/kg	Speerville	Canada	
11-Ka006	Kamut Flour 10kg	\$59.11	\$5.91	/kg	Speerville	Canada	
11-Re005	Red Fife Whole Wheat Flour 2.27kg	\$13.25	\$5.84	/kg	Speerville	Maritime	
11-Re006	Red Fife Whole Wheat Flour 10kg	\$41.94	\$4.19	/kg	Speerville	Maritime	
11-Re105	Light Red Fife Wheat Flour 2.27kg	\$14.53	\$6.40	/kg	Speerville	Maritime	
11-Re106	Light Red Fife Wheat Flour 10kg	\$51.16	\$5.12	/kg	Speerville	Maritime	
11-Ry005	Whole Rye Flour 2.27kg	\$10.85	\$4.78	/kg	Speerville	Maritime	
11-Ry006	Whole Rye Flour 10kg	\$32.60	\$3.26	/kg	Speerville	Maritime	
11-Ry103	Whole Rye Flour (Bear River Farms) 3kg	\$14.40	\$4.80	/kg	BRF	NS	
11-Ry120	Whole Rye Flour (Bear River Farms) 20kg	\$72.00	\$3.60	/kg	BRF	NS	
11-Sp005	Whole Spelt Flour 2.27kg	\$15.05	\$6.63	/kg	Speerville	Maritime	
11-Sp006	Whole Spelt Flour 10kg	\$57.15	\$5.72	/kg	Speerville	Maritime	
11-Sp103	Whole Spelt Flour (Bear River Farms) 3kg	\$20.40	\$6.80	/kg	BRF	NS	
11-Sp120	Whole Spelt Flour (Bear River Farms) 20kg	\$120.00	\$6.00	/kg	BRF	NS	
11-Sp205	Light Spelt Flour 2.27kg	\$18.74	\$8.26	/kg	Speerville	Maritime	
11-Sp206	Light Spelt Flour 10kg	\$68.11	\$6.81	/kg	Speerville	Maritime	
11-Wp005	Whole Wheat Pastry Flour 2.27kg	\$12.66	\$5.58	/kg	Speerville	Maritime	
11-Wp105	Wheat Flour, Soft Wheat (BRF) 3kg	\$16.80	\$5.60	/kg	BRF	Maritime	
11-Wp120	Wheat Flour, Soft Wheat (BRF) 20kg	\$84.00	\$4.20	/kg	BRF	Maritime	
11-Wp305	Soft Wheat Light Flour, pre-sifted (BRF) 3kg	\$18.00	\$6.00	/kg	BRF	Maritime	
11-Wp320	Soft Wheat Light Flour, pre-sifted (BRF) 20kg	\$114.00	\$5.70	/kg	BRF	Maritime	

Product #	Product	Price	\$/unit		Manufacture	Origin	Note
11-WU005	Whole White (Unbleached) Flour 2.27kg	\$11.30	\$4.98	/kg	Speerville	Maritime	
11-WU006	Whole White (Unbleached) Flour 11.34kg	\$48.70	\$4.29	/kg	Speerville	Maritime	
11-WU007	Whole White (Unbleached) Flour 25kg	\$97.58	\$3.90	/kg	Speerville	Maritime	
11-WW005	Whole Wheat Flour 2.27kg	\$10.12	\$4.46	/kg	Speerville	Maritime	
11-WW006	Whole Wheat Flour 10kg	\$36.36	\$3.64	/kg	Speerville	Maritime	
11-WW007	Whole Wheat Flour 25kg	\$85.27	\$3.41	/kg	Speerville	Maritime	
GRAINS, KERNELS & OAT MEAL							
12-Ba005	Hulled Barley 2.27kg	\$45.56	\$20.07	/kg	Speerville	USA	
12-Bu001	Buckwheat Groats 2.27kg	\$24.47	\$10.78	/kg	Speerville	China	
12-Bu002	Buckwheat Groats 11.34kg	\$115.29	\$10.17	/kg	Speerville	China	
12-Mi005	Hulled Millet 2.27kg	\$22.30	\$9.82	/kg	Speerville	USA	
12-Oa005	Newfound Oatmeal 1.82kg	\$9.85	\$5.41	/kg	Speerville	Maritime	
12-Oa006	Newfound Oatmeal 8kg	\$32.65	\$4.08	/kg	Speerville	Maritime	
12-Oa007	Newfound Oatmeal 20kg	\$72.68	\$3.63	/kg	Speerville	Maritime	
12-Oa053	Scottish Oats (Bear River Farms) 3kg	\$18.00	\$6.00	/kg	BRF	NS	
12-Oa054	Scottish Oats (Bear River Farms) 20kg	\$96.00	\$4.80	/kg	BRF	NS	
12-Oa063	Rolled Oats (Bear River Farms) 2kg	\$16.80	\$8.40	/kg	BRF	NS	
12-Oa064	Rolled Oats (Bear River Farms) 15kg	\$96.00	\$6.40	/kg	BRF	NS	
12-Oa101	Oat Groats 2.27kg	\$12.31	\$5.42	/kg	Speerville		
12-Oa203	Oat Groats (Bear River Farms) 5kg	\$21.60	\$4.32	/kg	BRF	NS	
12-Oa505	Scottish Oatmeal 2.27kg	\$11.33	\$4.99	/kg	Speerville	Maritime	
12-Oa508	Scottish Oatmeal 10kg	\$38.07	\$3.81	/kg	Speerville	Maritime	
12-Po002	Popping Corn 2.27kg	\$18.56	\$8.18	/kg	Speerville	USA	
12-Qu006	Quinoa 2.27kg	\$30.36	\$13.37	/kg	Speerville	Peru	
12-Ry010	Rye Kernels 10kg	\$26.58	\$2.66	/kg	Speerville		
12-Ry105	Rye Kernels (Bear River Farms) 5kg	\$19.20	\$3.84	/kg	BRF	NS	
12-Ry125	Rye Kernels (Bear River Farms) 25kg	\$90.00	\$3.60	/kg	BRF	NS	
12-Ry205	Cracked Rye (Bear River Farms) 3kg	\$16.80	\$5.60	/kg	BRF	NS	
12-Ry508	Rye Flakes 8kg	\$28.08	\$3.51	/kg	Speerville		
12-SW005	Spelt Kernels 2.27kg	\$10.33	\$4.55	/kg	Speerville		
12-SW508	Spelt Flakes 8kg	\$39.59	\$4.95	/kg	Speerville		
12-WH093	Heritage Soft Wheat Bran (BRF) 1.5kg	\$12.00	\$8.00	/kg	BRF	NS	
12-Wh808	Wheat Flakes 8kg	\$25.46	\$3.18	/kg	Speerville		
12-Wh811	Cracked Wheat 2.27kg	\$9.32	\$4.11	/kg	Speerville		
12-Wh811	Cracked Wheat 10kg	\$35.29	\$3.53	/kg	Speerville		
12-Wh851	Wheat Blan 10kg	\$13.20	\$1.32	/kg	Speerville		
RICE							
13-JP021	Nozomi (Koshihikari) NON ORGANIC 15lb	\$57.40	\$8.43	/kg	JFC	USA	WQLs
Japanese Standard							
13-JS015	Botan Calrose Rice NON ORGANIC 40lb	\$68.20	\$3.76	/kg	JFC	USA	WQLs
13-JS047	Kokuho Rose (Calrose) NON ORGANIC 15lb	\$51.74	\$7.60	/kg	Koda Farm	USA	WQLs
13-JS051	Tenkei Medium Grain Rice NON ORGANIC 40lb	\$97.28	\$5.36	/kg	Koda Farm	USA	WQLs
Other Rice							
13-OB001	Basmati Rice Brown 2.27kg	\$25.36	\$11.17	/kg	Speerville	Pakistan	
13-OB002	Basmati Rice Brown 11.34kg	\$113.30	\$9.99	/kg	Speerville	Pakistan	
13-OB011	Basmati Rice White 2.27kg	\$24.94	\$10.99	/kg	Speerville	Pakistan	

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13-OB012	Basmati Rice White 11.34kg	\$111.52	\$9.83	/kg	Speerville	Pakistan	
13-Ob501	Black Rice "Ancient" 1LB	\$5.31	\$5.31	/kg	Org. Matter	China/USA	
13-Ob505	Black Rice "Ancient" 5LB	\$21.88	\$4.38	/kg	Org. Matter	China/USA	
13-Ob507	Black Rice "Ancient" 25LB	\$90.00	\$3.60	/kg	Org. Matter	China/USA	
13-OJ015	Jasmine Rice, White 5LB	\$20.63	\$9.09	/kg		Thailand	
13-OJ018	Jasmine Rice, White 25LB	\$85.31	\$7.52	/kg		Thailand	
13-OJ025	Jasmine Rice, Brown 5LB	\$20.63	\$9.09	/kg		Thailand	
13-OJ028	Jasmine Rice, Brown 25LB	\$85.31	\$7.52	/kg		Thailand	
13-OL006	Long Grain Brown Rice 2.27kg	\$18.94	\$8.34	/kg	Speerville	Argentina/ F	
13-OL007	Long Grain Brown Rice 11.34kg	\$88.48	\$7.80	/kg	Speerville	Argentina/ F	
13-OS005	Short Grain Brown Rice 2.27kg	\$26.88	\$11.84	/kg	Org. Matter	USA	
13-OS007	Short Grain Brown Rice 11.34kg	\$109.69	\$9.67	/kg	Org. Matter	USA	
13-OS015	Short Grain White Rice (Sushi Rice) 2.27kg	\$29.38	\$12.94	/kg	Org. Matter	USA	
13-OS017	Short Grain White Rice (Sushi Rice) 11.34kg	\$119.69	\$10.55	/kg	Org. Matter	USA	
13-OW001	Wild Rice 1LB	\$21.88	\$21.88	/kg	Org. Matter	CA/USA	
13-OW005	Wild Rice 5LB	\$97.81	\$19.56	/kg	Org. Matter	CA/USA	
13-ZR001	Rice Crisps, Unsweetened 1LB	\$11.25	\$24.78	/kg	Org. Matter	USA	
13-ZR003	Rice Crisps, Unsweetened 3LB	\$30.63	\$22.49	/kg	Org. Matter	USA	
PASTA							
15-Ra001	HAKUBAKU ORG'C RAMEN case 8x270g	\$47.85	\$22.15	/kg	Hakubaku	AUS	WQLs
15-Ud001	HAKUBAKU ORG'C UDON case 8x270g	\$47.85	\$22.15	/kg	Hakubaku	AUS	WQLs
CEREAL & MIXES							
11-Z1001	Saint John Valley Cereal 2.27kg	\$10.80	\$4.76	/kg	Speerville		
11-Z2001	Maritime Sunshine Pancake Mix 2.27kg	\$15.66	\$6.90	/kg	Speerville		
11-Z1011	7-Grain Cereal 2.27kg	\$11.81	\$5.20	/kg	Speerville		
11-Z1021	12-Grain Cereal 2.27kg	\$17.07	\$7.52	/kg	Speerville		
11-Z2011	Buckwheat Pancake Mix 2.27kg	\$15.86	\$6.99	/kg	Speerville		
11-Z2021	Whole Wheat Pancake Mix 2.27kg	\$15.76	\$6.94	/kg	Speerville		
11-Z5100	Trial Cookie Mix 750g	\$18.31	\$24.41	/kg	Speerville		
11-Z5101	Trial Cookie Mix 1.5kg	\$27.13	\$18.09	/kg	Speerville		
11-Z5102	Trial Cookie Mix 3kg	\$48.67	\$16.22	/kg	Speerville		
11-Z5111	Trial Cookie Mix (case) 8x1.5kg	\$187.33	\$15.61	/kg	Speerville		
11-Z5113	Trial Cookie Mix (case) 4x3kg	\$173.34	\$14.45	/kg	Speerville		
NUTS & SEEDS							
21-AS001	Almonds - Supreme Whole, Raw 1lb	\$23.63	\$52.05	/kg	Rancho	USA	CLEARANCE
21-As003	Almonds - Supreme Whole, Raw 3lb	\$59.64	\$43.79	/kg	Rancho	USA	CLEARANCE
21-Br001	Brazil nuts - Whole, Raw 1lb	\$17.18	\$37.85	/kg	Rancho	Vietnam	CLEARANCE
21-Br002	Brazil nuts - Whole, Raw 2lb	\$33.18	\$36.54	/kg	Rancho	Vietnam	CLEARANCE
21-Cp001	Cashews - Pieces, Raw 400g	\$11.05	\$27.62	/kg	Rancho	Vietnam	CLEARANCE
21-Cp007	Cashews - Pieces, Raw 700g	\$17.81	\$25.44	/kg	Rancho	Vietnam	CLEARANCE
21-Pe001	Peanuts, dry roasted 1lb	\$8.25	\$18.17	/kg	Rancho	USA	CLEARANCE
21-Pe002	Peanuts, dry roasted 900g	\$16.10	\$17.89	/kg	Rancho	USA	CLEARANCE
21-Ph101	Pecan, fancy large halves 1LB	\$24.69	\$54.38	/kg	Org.Matter	USA/Mexico	WQLs
21-Ph105	Pecan, fancy large halves 5LB	\$110.94	\$48.87	/kg	Org.Matter	USA/Mexico	WQLs
21-Pp001	Pecan, Baby Pieces 1.25LB	\$25.68	\$45.25	/kg	Rancho	USA	CLEARANCE
21-Pp002	Pecan, Baby Pieces 2.25LB	\$46.22	\$45.25	/kg	Rancho	USA	CLEARANCE
21-Wa002	Walnuts - Halves & Pieces, Raw 600g	\$22.94	\$38.24	/kg	Rancho	USA	CLEARANCE

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22-0A001	Sprouting Seed - Alfalfa 910g	\$30.22	\$33.21	/kg	Speerville		
22-0A002	Sprouting Seed - Alfalfa 2.27kg	\$71.94	\$31.69	/kg	Speerville		
22-0B001	Sprouting Seed - Broccoli 910g	\$72.80	\$80.00	/kg	Speerville		
22-0B002	Sprouting Seed - Broccoli 2.27kg	\$181.72	\$80.05	/kg	Speerville		
22-0B101	Sprouting Seed - Broccoli Brassica Blend 910g	\$49.75	\$54.67	/kg	Speerville		
22-0B102	Sprouting Seed - Broccoli Brassica Blend 2.27kg	\$110.00	\$48.46	/kg	Speerville		
22-0C001	Sprouting Seed - Crunch Bean Mix 910g	\$18.22	\$20.02	/kg	Speerville		
22-0C002	Sprouting Seed - Crunch Bean Mix 2.27kg	\$38.00	\$16.74	/kg	Speerville		
22-0R001	Sprouting Seed - Radish 910g	\$23.17	\$25.46	/kg	Speerville		
22-0R002	Sprouting Seed - Radish 2.27kg	\$55.26	\$24.34	/kg	Speerville		
22-0R101	Sprouting Seed - Red Clover 910g	\$23.82	\$26.18	/kg	Speerville		
22-0R102	Sprouting Seed - Red Clover 2.27kg	\$56.57	\$24.92	/kg	Speerville		
22-0S101	Sprouting Seed - Sandwich Booster 910g	\$34.60	\$38.02	/kg	Speerville		
22-0S102	Sprouting Seed - Sandwich Booster 2.27kg	\$75.30	\$33.17	/kg	Speerville		
22-Ch001	Black Chia seeds 2.27kg	\$51.77	\$22.81	/kg	Speerville		
22-Ch002	Black Chia seeds 910g	\$22.70	\$24.95	/kg	Speerville		
22-Ch005	Black Chia seeds 350g	\$11.57	\$33.05	/kg	Speerville		
22-FI005	Brown Flax Seed 2.27kg	\$24.33	\$10.72	/kg	Speerville	Argentina/ Ir	
22-FI505	Yellow Flax Seed 2.27kg	\$23.91	\$10.53	/kg	Speerville	Argentina/ Ir	
22-He001	Hemp Seed 300g	\$16.75	\$55.84	/kg	Speerville		
22-He002	Hemp Seed 910g	\$50.35	\$55.33	/kg	Speerville		
22-He006	Hemp Seed 2.27kg	\$95.60	\$42.12	/kg	Speerville		
22-He201	Hemp Seed 1LB	\$18.13	\$39.93	/kg	Org.Matter/	Canada	WQLs
22-He205	Hemp Seed 5LB	\$80.31	\$35.38	/kg	Org.Matter	Canada	
22-Pu001	Pumpkin Seed Raw 2.27kg	\$43.22	\$19.04	/kg	Speerville	China	
22-Se001	Unhulled Sesame Seed 2.27kg	\$31.68	\$13.96	/kg	Speerville	China	
22-Su005	Hulled Sunflower Seed 2.27kg	\$24.32	\$10.71	/kg	Speerville	Romania/Ci	
22-Su007	Hulled Sunflower Seed 11.34kg	\$102.40	\$9.03	/kg	Speerville	Romania/Ci	
23-BA005	Yum Foods Almond Butter 240g	\$15.23	\$63.46	/kg	Yum Foods		
23-BA006	Yum Foods Almond Butter Bundle of 3 3x240g	\$43.78	\$60.81	/kg	Yum Foods		
23-BP001	Yum Foods Peanut Butter Smooth case 12x500g	\$124.14	\$20.69	/kg	Yum Foods		
23-BP004	Yum Foods Peanut Butter Smooth 4.5kg	\$87.53	\$19.45	/kg	Yum Foods		
23-BP005	Yum Foods Peanut Butter Smooth 500g	\$11.56	\$23.12	/kg	Yum Foods		
23-BP006	Yum Foods Peanut Butter Smooth bundle of 3 3x500g	\$33.22	\$22.15	/kg	Yum Foods		
23-BP010	Yum Foods Peanut Butter Smooth 10kg	\$186.66	\$18.67	/kg	Yum Foods		
23-BP101	Yum Foods Peanut Butter Crunchy case 12x500g	\$124.14	\$20.69	/kg	Yum Foods		
23-BP104	Yum Foods Peanut Butter Crunchy 4.5kg	\$87.53	\$19.45	/kg	Yum Foods		
23-BP105	Yum Foods Peanut Butter Crunchy 500g	\$11.56	\$23.12	/kg	Yum Foods		
23-BP106	Yum Foods Peanut Butter Crunchy bundle of 3 3x500g	\$33.22	\$22.15	/kg	Yum Foods		
23-BP110	Yum Foods Peanut Butter Crunchy 10kg	\$186.66	\$18.67	/kg	Yum Foods		

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23-Ta004	Yum Foods Sesame Tahihi 4.5kg	\$97.08	\$21.57	/kg	Yum Foods		
23-Ta005	Yum Foods Sesame Tahihi 500g	\$12.80	\$25.60	/kg	Yum Foods		
23-Ta006	Yum Foods Sesame Tahihi bundle of 3 3x500g	\$36.81	\$24.54	/kg	Yum Foods		
BEANS & PEAS (2.27kg, 11.34kg)							
31-Ad011	Azuki Beans 2.27kg	\$27.46	\$12.10	/kg	Speerville	China	
31-BI011	Black Turtle Beans 2.27kg	\$20.83	\$9.18	/kg	Speerville	Bolivia/ Chi	
31-Ch001	Chickpeas (Garbanzos) 2.27kg	\$24.50	\$10.79	/kg	Speerville		
31-Ch005	Chickpeas (Garbanzos) 11.34kg	\$103.79	\$9.15	/kg	Speerville		
31-GL001	Green Lentils 2.27kg	\$23.14	\$10.19	/kg	Speerville	Canada	
31-GL005	Green Lentils 11.34kg	\$98.48	\$8.68	/kg	Speerville	Canada	
31-Mu002	Mung Beans 2.27kg	\$25.85	\$11.39	/kg	Speerville		
31-Na001	Navy Beans 2.27kg	\$25.40	\$11.19	/kg	Speerville	China	
31-Pi001	Pinto Beans 2.27kg	\$25.22	\$11.11	/kg	Speerville	USA	
31-RK001	Red Kidney Beans 2.27kg	\$28.91	\$12.74	/kg	Speerville	USA/China	
31-RK005	Red Kidney Beans 11.34kg	\$116.84	\$10.30	/kg	Speerville	USA/China	
31-RL001	Red Split Lentils 2.27kg	\$21.02	\$9.26	/kg	Speerville	Turkey	
31-RL005	Red Split Lentils 11.34kg	\$89.69	\$7.91	/kg	Speerville	Turkey	
31-So006	Soy Beans 2.27kg	\$16.48	\$7.26	/kg	Speerville	PEI	
31-So007	Soy Beans 11.34kg	\$66.08	\$5.83	/kg	Speerville	PEI	
35-To102	Tofu Firm (Blue) case NO-GMO, NON ORGANIC 12x349g	\$36.00	\$3.00	/pc	Mori-Nu	USA	WQLs
35-To103	Tofu Ex Firm (Yellow) case NO-GMO, NON ORGANIC 12x349g	\$36.00	\$3.00	/pc	Mori-Nu	USA	WQLs
35-To112	Tofu Firm (Blue) half case NO-GMO, NON ORGANIC 6x349g	\$19.20	\$3.20	/pc	Mori-Nu	USA	WQLs
35-To113	Tofu Ex Firm (Yellow) half case NO-GMO, NON ORGANIC 6x349g	\$19.20	\$3.20	/pc	Mori-Nu	USA	WQLs
35-To132	Tofu Firm (Blue) NO-GMO, NON ORGANIC 349g	\$3.50	\$3.50	/pc	Mori-Nu	USA	WQLs
35-To133	Tofu Ex Firm (Yellow) NO-GMO, NON ORGANIC 349g	\$3.50	\$3.50	/pc	Mori-Nu	USA	WQLs
CONDIMENTS							
41-Ho005	Unpasteurized Bees Honey, NON ORG glass jar 500ml	\$17.25	\$23.96	/kg	Speerville		
41-Ho007	Unpasteurized Bees Honey, NON ORG plastic container 750ml	\$26.47	\$24.51	/kg	Speerville		
41-Ho050	Unpasteurized Bees Honey, NON ORG plastic bucket 5LB	\$59.18	\$26.07	/kg	Speerville		
41-Ho070	Unpasteurized Bees Honey, NON ORG plastic bucket 7LB	\$0.00	\$0.00	##	Speerville		
41-SB001	Brown Sugar - Fair Trade 5lb	\$29.70	\$13.08	/kg	Rancho	Peru	WQLs
41-Sc004	Whole Cane Sugar (Just Us!)* 4kg	\$22.55	\$5.64	/kg	Just Us!		*See Just Us! Price List
41-Sc025	Whole Cane Sugar (Just Us!)* 25kg	\$116.98	\$4.68	/kg	Just Us!		*See Just Us! Price List
41-Sd001	Date Sugar 1lb	\$16.63	\$36.63	/kg	Rancho	USA	WQLs
42-Ma003	Maple Syrup 1L	\$31.02	\$31.02	/kg	Speerville	NB	

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42-Ma004	Maple Syrup 4L	\$98.62	\$24.65	/kg	Speerville	NB	
43-Sa005	Fine Grey Sea Salt 500g	\$5.16	\$10.32	/kg	Maison O.	France	
43-Sa006	Fine Grey Sea Salt 10kg	\$69.72	\$6.97	/kg	Maison O.	France	
43-Sa101	Coarse Grey Sea Salt 1kg	\$6.62	\$14.58	/kg	Maison O.	France	
43-Sa106	Coarse Grey Sea Salt 10kg	\$55.99	\$5.60	/kg	Maison O.	France	
43-SH001	Himalayan Salt, fine 1LB	\$4.38	\$9.65	/kg	Org. Matter	Pakistan	WQLs
43-SH005	Himalayan Salt, fine 5LB	\$16.25	\$7.16	/kg	Org. Matter	Pakistan	WQLs
43-SH101	Himalayan Salt, coarse (1-4mm) 1LB	\$4.38	\$9.65	/kg	Org. Matter	Pakistan	WQLs
43-SH105	Himalayan Salt, coarse (1-4mm) 5LB	\$16.56	\$7.30	/kg	Org. Matter	Pakistan	WQLs
44-Ss005	Kikkoman Organic Soy Sauce 750ml	\$16.00	\$21.33	/L	Kikkoman	Japan	WQLs
46-Ap004	Apple Cider Vinegar 4L	\$20.41	\$5.10	/kg	Boates	NS	
46-Ap005	Apple Cider Vinegar 950ml	\$9.08	\$9.56	/kg	Boates	NS	
46-Ba005	Apple Cider Vinegar Balsamic Style 500ml	\$10.04	\$20.09	/kg	Boates	NS	
46-Pe005	Perry Vinegar 500ml	\$8.44	\$16.87	/kg	Boates	NS	
HERB & SPICES							
47-OM511	Dry Shiitake Mushroom, whole 0.25lb	\$11.56	\$101.85	/kg	Org.Matter	China	
47-OM512	Dry Shiitake Mushroom, whole 1lb	\$36.88	\$81.23	/kg	Org.Matter	China	
47-AI201	Allspice, whole 1LB	\$26.56	\$58.50	/kg	Org.Matter	Mexico/Hon	
47-AI211	Allspice, whole 113g	\$8.44	\$74.69	/kg	Org.Matter	Mexico/Hon	
47-Ca001	Cayenne, powder 1LB	\$8.75	\$19.27	/kg	Org.Matter	USA/India	WQLs
47-Ca101	Cayenne, powder 113g	\$2.81	\$24.87	/kg	Org.Matter	USA/India	
47-Ch001	Chicory root, roasted 1LB	\$15.31	\$33.72	/kg	Org.Matter	India/France	
47-Ch101	Chicory root, roasted 113g	\$5.00	\$44.25	/kg	Org.Matter	India/France	
47-Ch611	Chili Powder 113g	\$9.06	\$80.18	/kg	Org.Matter		
47-Ch612	Chili Powder 1LB	\$28.44	\$62.64	/kg	Org.Matter		
47-Ci211	Cinnamon, Cassia 1LB	\$13.13	\$28.92	/kg	Org.Matter	Vietnam/Ind	
47-Ci311	Cinnamon, Cassia 113g	\$4.06	\$35.93	/kg	Org.Matter	Vietnam/Ind	
47-CL501	Cloves, powder 1LB	\$30.94	\$68.15	/kg	Org.Matter		WQLs
47-CL511	Cloves, powder 56g	\$5.31	\$94.82	/kg	Org.Matter	Sri Lanka	WQLs
47-CL611	Cloves, whole 113g	\$9.69	\$85.75	/kg	Org.Matter	Sri Lanka/In	WQLs
47-Cm001	Cumin Seed, powder 1LB	\$15.94	\$35.11	/kg	Org.Matter	India/Egypt/	
47-Cm101	Cumin Seed, powder 113g	\$5.00	\$44.25	/kg	Org.Matter	India/Egypt/	
47-Cu001	Curry Powder 1LB	\$20.31	\$44.74	/kg	Org.Matter		
47-Cu101	Curry Powder 113g	\$6.56	\$58.05	/kg	Org.Matter		
47-DP001	Dandelion Root Roasted, ground 1LB	\$17.19	\$37.86	/kg	Org.Matter	Albania/Chi	
47-DR101	Dandelion Root Roasted, ground 113g	\$5.31	\$46.99	/kg	Org.Matter	Albania/Chi	
47-Ga001	Garlic granules 1LB	\$12.50	\$27.53	/kg	Org.Matter	India/China/	
47-Ga101	Garlic granules 113g	\$4.06	\$35.93	/kg	Org.Matter	India/China/	
47-Ga201	Garlic powder 1LB	\$15.00	\$33.04	/kg	Org.Matter	India/China/	WQLs
47-Ga202	Garlic powder 113g	\$4.69	\$41.50	/kg	Org.Matter	India/China/	WQLs
47-Gi001	Ginger Root Powder 1LB	\$14.38	\$31.67	/kg	Org.Matter	India	
47-Gi101	Ginger Root Powder 113g	\$4.69	\$41.50	/kg	Org.Matter	India	
47-Ma001	Marshmallow Root, c/s 1LB	\$27.81	\$61.26	/kg	Org.Matter	China/Albar	
47-Ma101	Marshmallow Root, c/s 113g	\$8.75	\$77.43	/kg	Org.Matter	China/Albar	
47-Mu001	Mustard Seeds, Yellow, Powder 1LB	\$16.25	\$35.79	/kg	Org.Matter	India	
47-Mu101	Mustard Seeds, Yellow, Powder 113g	\$5.31	\$46.99	/kg	Org.Matter	India	
47-On001	Onion, Dry, Minced 1LB	\$13.13	\$28.92	/kg	Org.Matter	China/Inida/	WQLs
47-On002	Onion, Dry, Minced 113g	\$4.06	\$35.93	/kg	Org.Matter	China/Inida/	WQLs

Product #	Product	Price	\$/unit		Manufacture	Origin	Note
47-On101	Onion, Powder 1LB	\$15.63	\$34.43	/kg	Org.Matter	China/India	WQLs
47-On102	Onion, Powder 113g	\$5.00	\$44.25	/kg	Org.Matter	China/India	WQLs
47-Pa201	Paprika, Smoked 1LB	\$22.50	\$49.56	/kg	Org.Matter	Spain/China	
47-Pa211	Paprika, Smoked 113g	\$7.19	\$63.63	/kg	Org.Matter	Spain/China	
47-Pe001	Peppercorn, Black, whole 1LB	\$21.56	\$47.49	/kg	Org.Matter	Sri Lanka/In	
47-Pe101	Peppercorn, Black, whole 113g	\$6.88	\$60.88	/kg	Org.Matter	Sri Lanka/In	
47-Pe201	Peppercorn, Black, fine ground 1LB	\$22.19	\$48.88	/kg	Org.Matter	Sri Lanka/In	
47-Pe211	Peppercorn, Black, fine ground 113g	\$6.88	\$60.88	/kg	Org.Matter	Sri Lanka/In	
47-Pi001	Pickling Spice 1LB	\$20.63	\$45.44	/kg	Org.Matter		WQLs
47-Pi101	Pickling Spice 113g	\$6.56	\$58.05	/kg	Org.Matter		WQLs
47-Pu001	Pumpkin Pie Spice 1LB	\$29.06	\$64.01	/kg	Org.Matter		WQLs
47-Pu101	Pumpkin Pie Spice 113g	\$9.06	\$80.18	/kg	Org.Matter	India	
47-St001	Stevia, Green, powder 1LB	\$14.69	\$32.36	/kg	Org.Matter	India	
47-St101	Stevia, Green, powder 113g	\$4.69	\$41.50	/kg	Org.Matter	India	
47-Tu001	Turmeric, Powder 1LB	\$12.19	\$26.85	/kg	Org.Matter	India	
47-Tu101	Turmeric, Powder 113g	\$3.75	\$33.19	/kg	Org.Matter	India	
47-Tu201	Turmeric Tea, OM Blend 1LB	\$20.31	\$44.74	/kg	Org.Matter	India	
47-Tu301	Turmeric Tea, OM Blend 113g	\$6.25	\$55.31	/kg	Org.Matter	India	
47-Va001	Vanilla bean, whole 14g	\$7.50	\$535.71	/kg	Org.Matter	Madagascar	3~5 bean pods
OTHERS							
COCOA PRODUCTS							
51-C7101	Dark Chocolate Chips 70% Cocoa 910g	\$34.06	\$37.43	/kg	Speerville		
51-C7102	Dark Chocolate Chips 70% Cocoa 2.27kg	\$75.82	\$33.40	/kg	Speerville		
51-Co001	Camino Cocoa Powder 224g	\$10.87	\$48.52	/kg	Camino		Case available on Just Us! list
51-JC009	Just Us! Chocolate bar Dark* 15x100g	\$60.75	\$4.05	/pc			+HST
51-JC109	Just Us! Chocolate bar Milk* 15x100g	\$60.75	\$4.05	/pc			+HST
51-JC209	Just Us! Chocolate bar White* 15x100g	\$60.75	\$4.05	/pc			+HST
51-JC309	Just Us! Chocolate bar Mint* 13x100g	\$40.50	\$3.12	/pc			+HST
DRIED FRUITS							
52-AI001	Apple 454g	\$23.85	\$52.53	/kg	Speerville	Turkey	
52-AI003	Apple 2.5kg	\$96.62	\$38.65	/kg	Speerville	Turkey	
52-Ap002	Apricots 910g	\$27.16	\$29.85	/kg	Speerville	Turkey	
52-Cr001	Cranberries Cane Sweetened (*HST) 1lb	\$11.56	\$25.46	/kg	Rancho	Canada	CLEARANCE
52-Cr002	Cranberries Cane Sweetened (*HST) 2lb	\$21.76	\$23.96	/kg	Rancho	Canada	CLEARANCE
52-Cr005	Cranberries Cane Sweetened (*HST) 5lb	\$51.00	\$22.47	/kg	Rancho	Canada	CLEARANCE
52-Cr201	Cranberries Juice Sweetened (*HST) 1lb	\$17.81	\$39.23	/kg	Org.Matter	Canada	HST not included, WQL
52-Cr205	Cranberries Juice Sweetened (*HST) 5lb	\$80.00	\$35.24	/kg	Org.Matter	Canada	HST not included, WQL
52-Da101	Dates Deglet Pitted 1lb	\$13.43	\$29.58	/kg	Rancho	USA	CLEARANCE
52-Da102	Dates Deglet Pitted 2lb	\$24.49	\$26.97	/kg	Rancho	USA	CLEARANCE
52-Da201	Dates Medjool Whole 1lb	\$16.32	\$35.95	/kg	Rancho	USA	WQLs
52-Da301	Dates Blonde Whole 1lb	\$10.80	\$23.79	/kg	Rancho	USA	WQLs

Product #	Product	Price	\$/unit		Manufacture	Origin	Note
52-Fi101	Figs Black Mission 1lb	\$22.50	\$49.56	/kg	Org.Matter	USA	WQLs
52-Gi100	Ginger, crystallized cubed, sweetened 5LB	\$58.13	\$25.61	/kg	Org.Matter	China	WQLs
52-Gi101	Ginger, crystallized cubed, sweetened 1LB	\$13.13	\$28.92	/kg	Org.Matter	China	WQLs
52-Gi102	Ginger, crystallized cubed, sweetened 113g	\$4.38	\$38.76	/kg	Org.Matter	China	WQLs
52-Gi110	Ginger, crystallized cubed Small, sweetened 5LB	\$54.69	\$24.09	/kg	Org.Matter	China	WQLs
52-Gi111	Ginger, crystallized cubed Small, sweetened 1LB	\$12.50	\$27.53	/kg	Org.Matter	China	WQLs
52-Gi112	Ginger, crystallized cubed Small, sweetened 113g	\$4.38	\$38.76	/kg	Org.Matter	China	WQLs
52-Go011	Goji berries 1lb	\$15.94	\$35.11	/kg	Org.Matter	China	WQLs
52-Go015	Goji berries 5lb	\$71.25	\$31.39	/kg	Org.Matter	China	WQLs
52-Pi001	Pineapple, dried, sliced 1lb	\$32.50	\$71.59	/kg	Org.Matter	China	WQLs
52-Pi005	Pineapple, dried, sliced 5lb	\$148.13	\$65.26	/kg	Org.Matter	China	WQLs
52-Pr005	Prunes Pitted 5kg	\$139.97	\$27.99	/kg	Speerville	USA	
52-Pr009	Prunes Pitted 910g	\$29.00	\$31.87	/kg	Speerville	USA	
52-Ra005	Raisins Thompson 5kg	\$80.94	\$16.19	/kg	Speerville	USA	
52-Ra101	Raisins Thompson 1lb	\$7.67	\$16.89	/kg	Rancho	USA	WQLs
52-Ra102	Raisins Thompson 2lb	\$14.14	\$15.57	/kg	Rancho	USA	WQLs
53-Co005	Coconut - Medium Shred (vac) 500g	\$8.96	\$17.92	/kg	Rancho	Vietnam	CLEARANCE
OIL							
54-Ca001	Unrefined Canola Oil Case 6x750ml	\$94.19	\$20.93	/L	Maison O./		
54-Ca002	Unrefined Canola Oil Half Case 3x750ml	\$51.61	\$22.94	/L	Maison O.		
54-Ca005	Unrefined Canola Oil 750ml	\$18.77	\$25.03	/L	Maison O.		
54-Co501	Coconut Oil, virgin, unrefined (not deodorized) 946ml	\$17.81	\$18.83	/L	Org.Matter	Philippines/	WQLs
54-Co502	Coconut Oil, virgin, unrefined (not deodorized) 3.8L	\$63.44	\$16.69	/L	Org.Matter	Philippines/	WQLs
54-Co511	Coconut Oil, refined, bleached and deodorized 946ml	\$10.31	\$10.90	/L	Org.Matter	Philippines/	WQLs
54-Co512	Coconut Oil, refined, bleached and deodorized 3.8L	\$36.25	\$9.54	/L	Org.Matter	Philippines/	WQLs
54-OI001	Olive Oil, Ex. Virgin Case 6x750ml	\$134.95	\$29.99	/L	Maison O./S		
54-OI002	Olive Oil, Ex. Virgin Half Case 3x750ml	\$74.22	\$32.99	/L	Maison O./S		
54-OI005	Olive Oil, Ex. Virgin 750ml	\$25.49	\$33.99	/L	Maison O./S		
54-OI006	Olive Oil, Ex. Virgin 1.5L 1.5L	\$49.73	\$33.15	/L	Soleil D'or		
54-OI007	Olive Oil, Ex. Virgin 1.5L Case 4x1.5L	\$171.96	\$28.66	/L	Soleil D'or		
54-Se013	Kadoya Sesame Oil NON ORGANIC bundle 2x327ml	\$18.00	\$27.52	/L	Kadoya	Japan	WQLs
54-Se015	Kadoya Sesame Oil NON ORGANIC 327ml	\$9.60	\$29.36	/L	Kadoya	Japan	WQLs
54-Su001	Unrefined Sunflower Oil Case 6x750ml	\$95.83	\$21.30	/L	Maison O.		
54-Su003	Unrefined Sunflower Oil Half Case 3x750ml	\$53.79	\$23.91	/L	Maison O.		
54-Su005	Unrefined Sunflower Oil 750ml	\$18.75	\$25.00	/L	Maison O.		
54-Su006	Sunflower Oil 1.5L 1.5L	\$32.48	\$21.65	/L	Maison O.		
54-Su007	Sunflower Oil 1.5L Case 4x1.5L	\$142.91	\$23.82	/L	Maison O.		
MISC							

Product #	Product	Price	\$/unit		Manufacture	Origin	Note
55-Sh909	Tofu Shirataki Noodle NON ORGANIC case 12x226g	\$37.20	\$3.10	/pc	JFC		WQLs
55-TG119	Green Tea w/Roasted Rice case 6x18bags	\$54.00	\$9.00	/pc	YMY	Japan	WQLs
55-TG129	Green Tea w/Roasted Rice Decaf case 6x18bags	\$54.00	\$9.00	/pc	YMY	Japan	WQLs
59-9D001	Down Laundry Detergent * 4L	\$23.98	\$6.00	/L			
59-9D010	Down Dishwashing Liquid, case * 4x4L	\$68.70	\$4.29	/L			
59-9D011	Down Dishwashing Liquid * 4L	\$22.08	\$5.52	/L			
59-9D020	Hand & Body Wash, case * 4x4L	\$73.76	\$4.61	/L			
59-9D021	Hand & Body Wash * 4L	\$20.56	\$5.14	/L			
59-9D031	All Purpose Cleaner * 4L	\$18.32	\$4.58	/L			
59-9D051	Down Oxigen Bleach Cleaner * 1.5kg	\$16.83	\$11.22	/kg			
Cheese							
Approximately 5LB Block, actual cost depends on the exact weight							
D2-Ch001	Cheddar - Mild 2.27kg	\$75 +/-	\$34.24	/kg			Estimate,
D2-Ch011	Cheddar - Medium 2.27kg	\$75 +/-	\$34.97	/kg			Estimate,
D2-Ch021	Cheddar - Old 2.27kg	\$80 +/-	\$36.25	/kg			Estimate,
D2-Ch031	Cheddar - EX Old 2.27kg	\$80 +/-	\$37.23	/kg			Estimate,
D2-Mo001	Mozzarella 2.27kg	\$70 +/-	\$31.87	/kg			Estimate,
D2-Sw001	Swiss 2.27kg	\$82 +/-	\$37.37	/kg			Estimate,
200g Block							
D3-Ch002	Cheddar, Mild 200g	\$8.81	\$44.05	/kg			
D3-Ch012	Cheddar, Medium 200g	\$9.18	\$45.89	/kg			
D3-Ch022	Cheddar, Old 200g	\$9.64	\$48.19	/kg			
D3-Ch032	Cheddar, Ex Old 200g	\$10.02	\$50.08	/kg			
D3-Go002	Gouda 200g	\$10.34	\$51.69	/kg			
D3-Mo002	Mozzarella 200g	\$8.61	\$43.07	/kg			
D3-Pa002	Parmesan 200g	\$10.38	\$51.92	/kg			
D3-Sw002	Swiss 200g	\$10.02	\$50.08	/kg			